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文集

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星級得獎佳作

〈我的中國夢，我的香港夢！〉

國民教育作文比賽得獎作品

5C 肖嘉怡

中國夢是指實現中華民族偉大復興，就是中華民族近代以來最偉大夢想，而香港夢則指的是為香港社會做出奉獻。可見兩者皆強調個人與社會利益一體化。

每個人都會在意氣風發的年紀時抱有崇高的志向或偉大的夢想，例如有些人想成為救死扶傷的醫生，有些人想成為維護和平的警察，有些人想成為伸張正義的律師。正如習近平主席所言：「中國夢歸根到底是人民的夢。」我們的小小夢想匯聚成中國夢，而我的中國夢與香港夢就是成為一名教書育人的老師。

正所謂沒有文明的繼承和發展，沒有文化的弘揚和繁榮，就沒有中國夢的實現。而老師正是當中重要的一環。如我們所知，老師的工作是教書育人，而教育是人類希望的工程，學校是實現希望的場域，倘若未來我有幸成為香港的一名老師，我定會竭盡全力傳授知識，弘揚美德，令我的學生們成為學校、香港乃至於中國的棟樑。正所謂「少年強則香港強，中國強則香港強」，以此實現香港夢及中國夢的偉大復興。

我們都在努力奔跑，我們都是追夢人，無論是香港夢還是中國夢都講求一份擔當，一份責任；一份努力，一份拼搏。從當下的你變成你想成為的自己，必定要經歷行為和態度的轉變，需要付出艱辛的努力，需要勇氣和決心。所幸的是我們並非孤身一人，亦有千千萬萬的同胞在全國各地為了夢想而拼搏，為之而奮鬥！回到自己身上，在香港做老師絕非一件易事，做一位好老師更是難上加難。但越是如此，更激起了我的鬥志！也許「毫不畏懼」、「迎難而上」就是青少年的代名詞。此外，老師更是一份默默奉獻的職業，「春蠶到死絲方盡，蠟炬成灰淚始乾」便是最真實的寫照。

香港夢和中國夢往往有着密不可分的關係，我們在實現個人的夢想，抱負與價值的同時，也會為香港，為中國做出或多或少的貢獻，這也正是中國夢與香港夢的意義所在。我們也應當為了心之所向去拼搏，去努力，去奮鬥！

文情並茂

〈人物變，情未變〉

1C 陳俞心

鄰里之間的守望相助是一種傳統美德，相信大家或多或少都有被鄰居幫助過吧，在我小時候，我生活在一個友愛、友善的小村落。

在那時候，我有一個鄰居叫李阿姨，她是一個嚴厲的人，常常教導我做人不可以太隨意，做事要認真，不能馬虎帶過。除此之外，她也會在我做錯事時指責我，讓我明白我的錯處。

其實她也是一位親切的母親，但她的女兒卻已長大成人，去了外地工作，她曾說過自己有時也會寂寞，但是一看到我就像看到她女兒小時候，因此她也待我不薄，常常煮一些好吃的食物給我，不時邀請我去她家玩耍，待我如親生女兒。

此外，她的丈夫李先生也對我很好，經常給我糖果，也常常帶我去玩，有時候我的父母會出外地工作，一去就是一年，在父母外出期間便是他們夫婦照顧我。

在我九歲那年，他們老來得子，生下了一位又可愛又乖巧的兒子，在李阿姨的兒子誕生後，我便常常去她家裡幫忙，考慮到李阿姨剛生產完身子弱，我會在過去前都會熬一些雞湯給她補身子，就這樣日復一日，突然有一天母親告知我要搬去另外一區了，對於我來說是萬分的不情願，我捨不得待我如親女兒一樣的李阿姨和李先生，捨不得在這裡待過的時光。

但是世上不是所有事情都可以如自己所願，到了離別的日子，李阿姨為我準備了一些食物，然後我便上路了。在路上，我的心情五味雜陳，既在期待着新家，又想念那在村落的李阿姨。

幸運的是我新家的鄰居，是一位和藹可親的老婆婆，鄰里之間也常常互相幫助，他們也會在我父母不在家時主動提出照顧我，隔壁有一位大姐姐，她也是我的「補習老師」，時常教導我去完成不會的功課。

正所謂「行要好伴，住要好鄰」、「隔鄰居，不隔心」。雖然鄰居不是你的家人，但他們卻也像家人一樣，隔了一道牆，卻又像甚麼都沒隔，鄰里之間的守望相助一直是一個傳統美德，不論過了多少代，這個傳統仍然會存在下去。

〈總有一種聲音直達心底〉

2A 王心燁

總有一種聲音直達心底，那就是我最親最重要的人——媽媽。

從小到大，我不斷做錯事情，媽媽一直都是心平氣和地耐心教導我，我們的關係一直都很好，但這天我做了一件俗不可耐的事情，那一次，所有事情都變了。

那天，是一年一次的母親節，這對我而言相當重要，可我卻根本沒有能力，此時我的腦袋漂浮了一個想法，是觸犯法律的行為，那就是「偷」，那是我第一次自己出門，對周圍的環境感到又陌生又危險又害怕。我先去花店趁老闆不注意偷了兩束花，又偷了一條頸鏈和珠寶，本以為一切都很順利，在回家的路上還心滿意足地想媽媽一定很驚喜還抱起我稱讚我。

可是，一切都和我預想的不一樣，她一回到家看到我的禮物，表情從驚喜再到疑惑，她疑惑地問我：「女兒，你買禮物的錢從哪來？」我心跳加速，立刻慌忙地說：「是……是鄰居送給我的。」媽媽詢問過後怒氣沖沖地向我奔來。那天，媽媽由早罵我到晚，她罵道：「你今次觸犯的是法律，你不單止觸犯法律，你還對我說謊，這跟以往不一樣，我不會原諒你！」一直以來，我的媽媽從來不會這樣對我說話，更何況我只是想她開心，那刻，我心死了。

過了很久，難得一次天氣好，媽媽邀我去沙灘，我答應了，這次是那麼多年以來單獨去玩，自從那件事我們的關係疏遠了，我顯得特別緊張，就像一棵樹站在那，不過我的媽媽特別熱情地邀請我下水玩，我下水玩她便開心得像個小孩般，我們互相向對方不停潑水，千古一時的氣氛，我們玩得很即興，大家都身心疲憊。我們的關係似乎得以緩解，那天，我整天都心曠神怡，呼吸的空氣都是清新的，真幸福啊！

一息間，生活一直都很平淡，我也沒有過去想辦法去彌補我們的關係。我就如平常一樣，靜夜獨坐，泡一杯淡淡的清茶，聽一曲柔柔的音樂，正享受清茶時，突然，傳來咣噹碰撞的聲音，我聽見媽媽在叫痛，在這一刻，我呆在原地，這種聲音竟然令我耳鳴，眼前浮現了一幕又一幕我和媽媽的快樂時光，沒有錯！就是這把聲音刺入我心底。我立刻飛奔過去扶起媽媽，原來母親已經一頭白髮了，時光飛逝，我懂事了，我抱着母親說：「小時候你扶我起身，現在由我扶你了。」原來我這一生一直都忽略了最重要的東西，當我發現時，已經快不在了…

總有一種聲音直達心底，不知不覺媽媽老了，真是一寸光陰一寸金，一寸金難買寸光陰，要珍惜時光，更加要珍惜親情。

〈總有一種聲音直達心底〉

3C 鄭柱健

我打開那落了塵的破箱子，也打開了塵封和記憶的那把鎖，兒時記憶湧入腦海，在眼前老舊的玩具，頓時感慨萬千。跑車，公仔，積木，卡牌等等，這些玩具都是兒時陪伴了我的夥伴，如今已成為我生命中可有可無的東西。「快點，要走了，不在擔擱了！」媽媽傳來催促聲，我心中有點不捨，但也只好再多看一眼，向以往告別，但就是這一眼，我眼睛卻亮了起來，那是一個老舊的風扇，扇葉上滿佈灰塵，明顯已不能正常使用，看見它的一瞬間，喚起了更多兒時的記憶，記得那是一個炎炎的夏天，記起它轉動的聲音，那聲音直達心底。

為了應付夏天的酷熱，媽媽買了一個電風扇，這東西對我來說可是一個稀奇的玩意兒，我整天圍着它轉，特別是它聲音可有趣了！「呼呼呼」一塵不染的電風扇不知疲憊地轉動着扇葉。我盯電風扇眼裏滿是好奇，我眨了下眼，心中誕生一個有趣的想法，我拿起一旁的鉛筆，緩緩伸進轉動着的扇葉，鉛筆與扇葉的交戰開始了，但不一秒，鉛筆發出了「咯咯咯」的慘叫，逗得我哈哈大笑。我姑且把鉛筆收了回來，風扇見鉛筆敗退，「呼呼呼」，吹起了勝利的號角。這聲音甚是有趣！

「你們快來看看這東西可有趣了！」周圍的小伙伴們聽到這話紛紛望了過來，甚是好奇，他們左望望、右看看，彷彿要把風扇看個透徹。我撥開了他們的手，「別亂摸，這東西可不是這樣用的！」話畢，我按了下底座上的綠色按鈕，風扇轉動得更快，其他小伙伴看到我的示範，雙眼發光，找到了竅門，手指不停地按着那綠色按鈕，不出意料，風扇轉動地越來越快、越來越快，風力也越來越大，越來越大……威力如同一場暴風，吹得他們眼皮和嘴皮外翻，黑髮亂舞，看到他們如此怪相，我憋不住越發濃郁的笑意，捂着肚子大笑了起來，風扇似乎明白了我的意思，吹得更加猛烈，「呼呼呼」的氣流聲也更加響亮，我倆的聲音交匯，彷彿高歌一曲。

「別笑了，笑什麼笑，有這麼好笑嗎？」媽媽呵斥了我，放下盤上的幾杯西瓜汁，趕快跑過去，按了幾下紅色按鈕，才讓風力回復正常，小伙伴免受責備，紛紛噤若寒蟬。此刻，一個個的眼神幽怨地盯着我，恨不得把我千刀萬刮，心虛的我只好摸鼻子，裝看不到，無視他們。媽媽見氣氛有點緊張，只能朝我們手中一人一杯塞了杯西瓜汁，說道：「天氣太熱了！來喝杯西瓜汁！」。我們感受着冰涼的觸感，看着杯子載滿了誘人的解渴飲料，眾人不禁抿了抿乾裂的嘴唇，一切的不愉快也拋之腦後了。媽媽見氣氛緩和，微微鬆了口氣，再次啟動風扇，這次風不再猛烈，那是輕柔的微風，吹拂著我們每一寸肌膚與髮絲，扯一扯已被汗水浸透的背心，吹奏著安眠曲！

耳邊依稀傳來電風扇轉動的聲音……「快點，要走了，不在擔擱了！」媽媽催促著我。

〈心靈的感應〉

3C 梁穎桐

人與人之間總會有一種感應，就像立刻撥通的電話，「叮」一聲跨越兩地的人便有了聯系。或許這就是人類奇妙之處。這一瞬間心跳好像少了一拍，難道這就是心靈感應？

在繁囂的街道，靜下心來傾聽著不同人的小秘密。有匆忙的上班族，彷彿在告訴我時間在推着他們往前走，推着他們走向金錢的懷抱，推着他們走向車大的世界；亦有純真的學生，彷彿背後的書包載滿成績的壓力，載滿他們的歡聲笑語，載滿以後的理想；當然少不了思愛的情侶，他們牽着手充滿對彼此的信任，充滿給予對方的愛，充滿未來的盼望。

這些便是社會上形形色色的人心靈上的傾訴。世界總是喧嘩，眾聲交響。用心去感受世界的聲響，總會有新的發現。

而我這時候，腦海閃過一個人的名字，想着他最近好嗎？生活如意嗎？學業如理想嗎？我拿起手機撥打到已墊底的電話號碼。第一次沒有打通，我想他已經把我刪了吧。沒想到下一秒，手機響了，是她。「最近好嗎？」我們異口同聲地說。此刻我們都不約而同地笑了，可能沒有想到當年的默契沒有隨着時間而偷偷跑走。我慢慢走向一間咖啡店，叫著一杯從未嘗試過的飲品，電話裏傳來相同飲料的名字。我想這大概就是我和她獨有的心靈感應吧。電話掛掉後，回想起剛才第一次沒有打通的電話，會不會就是互相打電話給對方？我想應該是。相隔兩地的人會互相惦記，心靈會替不善於表達的你們傳送給對方。這不只是默契，而是兩人之間的「心靈感應」。

人與人之間的聯繫總是很奇妙，有時候不需要通過言語來表達，用心去感受，志同道合的人就會看到一片風景，用心去聆聽歡怒哀樂，你會發現世界的奧妙，用心去回應，你也會發現你亦是被惦記，被回應，被重視。

世間聲音總是紛紛擾擾，用心感應，尋找青春奮鬥的足跡，愛情道路的腳印，為生活搏鬥的痕跡。「我可以為你關起手機，純靈魂對話」停一停，聽一聽，。感受一個完整的心靈世界。或許這世界裏也有着與你相遇的故事。拉起一條線，慢慢走進這個心靈世界。



〈自此之後，我終於解開了心結〉

6A 李梓清

人生總有大大小小的心結。有些心結，不管過了多少年，都難以忘懷，有些心結會留下傷疤，想起來還是痛、難受。這一次之後，我終於解開心結……

「解鈴還須繫鈴人，心病還須心藥醫。」從小到大，媽媽為糊口奔波，陪伴我的時間少之又少，她最關心是工作，除了工作，一切似乎都與她無關。每次媽媽回家，留兩天就走了，我們一年也不見幾次，說是母女，我卻認為她似是旅客，偶爾在家暫住。

我自小與外婆生活，是她見證我每次成長的第一次：第一次生牙齒、第一次學走路、第一次學講話、第一次跌倒……外婆是我生活中的主角。媽媽，大概可有可無，她回來見我的一句總是「你又長高了不少，學習怎樣啊？」我聽到這一句就很生氣，有許多的難題從我的眼中蹦出來，左思右想都難以解答，沒有母親在旁指導、沒有人檢查作業，在這個空蕩蕩的房間裏，我每次遇到問題，目不識丁的外婆都會叫我加油說：「做了就好，錯了不打緊的」。媽媽責備我成績不好，沒有好好讀書，讓我委屈，我沒感受到母愛的溫暖，每次總是追問我的學業，她只留下淒涼、孤獨陪伴我，沒有鼓勵、沒有關懷。終於，委屈的淚水終於湧出眼眶，眼淚情不自禁地潸然流下，一絲又一絲的痛恨扎進心窩……「你有愛我嗎？你真是我的媽媽？」心結糾結著。

直到小學六年級，我到了人生的另一個階段，那天媽媽回來了，我突然感到身體不適，我上了洗手間，才發現來了人生中第一次月事，我久久沒有出來，媽媽察覺我的不妥，細心的指導我如何處理，而我難免會感覺羞澀。媽媽沒有責備，仔細給我講解女生在青春其心理和心理上的常識，教我使用衛生棉的方法，叫我注意飲食的禁忌和提醒我避免做劇烈運動等，頓時，媽媽十分溫柔，柔和的語氣令我驚訝，問我：「肚子痛嗎？」我的臉突然紅得像蘋果一樣，感到她對我的愛意。原來除了學業，她會關心我的。是我一直誤會了她嗎？數日後，媽媽又工作了，頭也不回的追趕火車，我一直看著她漸漸縮小的身影，直至消失。「你有愛我嗎？你真是我的媽媽？」心結仍然糾結。

外婆端出紅棗茶和紅棗糕，我紅了眼睛道：「外婆，只有你會對我好！」「是媽媽做的，她一早起來做的，還暖，趁熱吧！」我恍然大悟，我一直誤會了媽媽，「不要恨媽媽，她在外面工作不容易，現在社會競爭激烈，工作壓力很大，她不能長期陪伴你，哭過了一次又一次，一個女人撐起一個家，可真苦，她已盡力。」外婆從抽屜拿出了一疊相片，相中是不同時期正在熟睡的我，原來，愛一直都在，這麼多年，原來媽媽一直默默守護我。媽媽真的愛我！我的心結終於解開了。

原來愛可以很簡單，輕輕的，悄悄的，伴隨著我，慶幸我豁然醒悟。下次回家時，我也要為媽媽奉上暖暖的熱茶。自此之後，我終於解開了心結。

〈傾訴與傾聽〉

6B 陳芍彤

傾聽與傾訴，表面上它們只有一字之差，可是聽與訴卻不大相同。傾聽是指我們認真聽別人所說的，並同時認真思考，適當時可以給予教導或安慰，而傾訴，一般是當人受到不滿意的事或者心中認為很委屈時，會找一個人向他傾訴自己的遭遇。傾聽者的正能量可以為傾訴者的負能量帶來好的改變，可是世界上卻沒多少合格的傾聽者。

人總把自己站在至高無上的道德點去審判別人，當傾訴者通過社交媒體傾訴自己不幸的遭遇，換來的卻是網友說自己不自愛，不大度。新聞上的強姦案便是例子，女方作為受害者，勇敢地在社交媒體傾訴自己半夜回家卻在無人的小巷遭遇不幸，她希望藉著互聯網的消息快速廣泛流通，提醒各位女生晚上回家要有防護意識。可是網友作為傾聽者的關注點卻是女生半夜回家不自愛，活該。也有人說，肯定是女生穿得少，不能怪犯罪的人。這反倒成了受害者的錯嗎？後來女生受不了網上的謾罵聲而自殺。在這之前，若網友可以作為一個合格的傾聽者。誇讚她的勇敢，同時鼓勵她不要因為不幸的遭遇而對生活有所影響，或許她還在過自己快樂的生活。難道保護花的方法是不讓花開？

傾聽者比傾訴者更為重要。當傾訴者對你有足夠信任才會將心事向你傾訴，若傾聽者的反應是假裝聽不懂，或者說算了，你別鬧了。傾訴者只能啞巴吃黃蓮，有苦說不出。但如果傾聽者可以在聽他的抱怨或不幸時，及時給予疏導，傾訴者的內心也不會積壓過多的負面情緒，可以更快令自己恢復正能量水平。

其實合格的傾聽者在生活中也有許多，家庭中是姐妹、父母，學校中有社工、朋友、老師，這些都是為你好的角色，他們都會保護你而教導你，父母、老師他們雖然囉嗦，可是他們普遍年紀較大，正所謂薑還是老的辣，他們肯定有自身經驗可以提點你。朋友、姐妹，雖然年紀與自己差不多，也沒太多經驗可以提點你，但是每個人都有不同的解決方法及心態，我們在向她們傾訴之後，也可以聽她們給的反饋建議，哪些適合我們。當然，最合格的傾聽者是有證書專業的社工、心理專家，他們會用書中學到的知識，教導你如何妥善處理你所傾訴的事。

總括而言，傾訴與傾聽，二者是同一時間所發生的，傾訴者應該適當地接納傾聽者給出的建議，並且認真思考，應該與哪個值得信任的人訴說自己的遭遇。而傾聽者，即便不會適當的安慰技巧，也應該坦然表示，我理解你現在的感受，等你說完，我思考一下自己的做法再告訴你，而不是用嗯、哦、啊，來敷衍對方。

〈傾訴與傾聽〉

6C 梁安童

「下一站屯門，乘客可以轉乘……」是我每天都會聽到的聲音，想必每個在城市在忙碌的人都有同感。車門打開，陸陸續續的腳步聲傳入耳中，浮在眼底畫面是趕路的人，持着手機的人以及送孩及上學的家長。大家無一不在繁忙中，而少了與他人傾訴與傾聽。

到了令人放鬆和傾聽大自然的公園，有着隨處可見的花花草草，春天來臨時百花齊放的樣子惹人憐愛。除了花草，我們還可以聽到來自大自然的聲音，夏日的蟬鳴，魚兒戲水聲，風劃過的聲音等。可這些卻鮮有人能欣賞，美艷的景色被蒙上了一層沙霧，風也不能在人們的心裡留下一抹痕跡。不知道這到底是人的悲哀還是風景的悲哀？

在日常生活中，我們可能是善於向他人傾訴的，而永遠圍繞着我們的大抵是生活中的柴米油鹽，工作上的不順心或者難以理解他人的痛苦。這些正是消滅我們對生活希望的負能量，從而令我們失去動力面對未來。我想，其原因一定是我們將自己局限於我們的生活中，局限於三點一線的生活，局限於狹窄的視線。

大自然是解決這煩惱的良藥。這並不需要我們獻身於自然，也不需要日日與自然為伴。只需要多多傾聽和欣賞大自然，在我們覺得辛苦，快被生活壓倒時。當我們站在高山俯視腳下的風景時、躺在草地上看着漫天星河時，坐在礁石上感受海浪拍打時，就會發現我們不過是自然世界中渺小的一份子。煩惱終會過去，只要有勇氣面對明天，便能傾聽到不同聲音就像每天的天空都在變化着。

傾聽大自然可以治癒我們的生活，那向大自然傾訴呢？我認為傾訴不只語言表達一種形式，可以是一個動作或者心靈交匯。向大自然吶喊可以直接緩解我們的煩惱，而另一種方法也有異工同曲之妙，種植。在種植的過程中，無需交流，只要想着將自己的煩惱化為一顆種子，用泥土覆蓋。

當我在城市中的各個角落，都難以尋覓到發自內心的笑容。唯有在兒童身上，才能看到，可能是他們心裡還存着對世界的好奇。因此，他們可以無憂無慮地傾訴和傾聽，除了向家人和朋友，他們還會向花草、鳥兒打招呼和傾聽它們的聲音。這就是為什麼長大後我們失去了孩童的天真快樂的原因。若我們多多傾訴和傾聽大自然，可不可以像孩子一樣快樂？不一定。但會比往開心許多，保持着對明天期待。

為什麼一定要傾聽和傾訴？傾聽大自然能讓我們保持對世界的好奇，認識到不同的新鮮事物，更令我們對生活產生希望以及對未來的期望。向大自然傾訴可以幫助我們緩解各方面的壓力和煩惱。因此，在我們辛苦、困擾以及不想前進時，不妨停下來傾聽大自然和感受世界的美好，在被大自然治癒後，依然有動力面對明天。

〈傾訴與傾聽〉

6C 林齊煌

幾滴銀針順著天空而落，落進了身旁的小水塘裡，發出清脆的滴答聲。頃刻之間，這一層面上泛開越來越多的漣漪，樹葉上被拍打得發出劈劈啪啪的聲響。撐開傘，將雨水隔絕，不想讓心中的不快，再度受到雨水的侵擾。

我享受在生活被繁瑣的事務淹沒得喘不過氣來，只能用嘴發出咕嚕咕嚕的時候，去傾聽大海漲落——嘩啦嘩啦，那聲音是如此的寧靜，是如此的悠和，卻又充滿着不可抵擋的力量，感覺得內心的壓力不過是小事一樁，在自然的面前是多麼的渺小與可笑。

不用去傾訴些什麼不滿，僅僅去看大海的澎湃，慢慢傾聽它的呼吸聲。嘩啦嘩啦、嘩啦嘩啦……世間的一切憂慮好像都不足掛齒，車水馬龍水的嘈雜街頭，也被其掩蓋，我只剩下一次次的一漲一落的打鼓聲傳至心底。

一切盡在不言之中，如人們去傾聽海浪聲來緩解心中的傾訴之言。試想一下，是否大自然也在發出屬於它的傾訴之聲呢？

風從耳邊刮去，從留下呼呼的聲響，我的思緒一半給風帶去。我知道，這是它來邀請我，共同傾聽屬於它的哀號……

遙想山竹吹襲那年，颱風連帶着它的淚水侵襲本港，發出一聲聲淒厲的嘶吼聲。其所到之處，滿目瘡痍，我們無一不目睹它肆虐的痕跡，我們無一不傾聽其哀傷的傾訴。那是自然對我們人類行為的傾訴，傾訴我們破壞環境的行為，傾訴我們浪費資源的劣跡，傾訴我們造就全球暖化的局面。遺憾的是，只有少數人傾聽這痛苦的吶喊，並加以改善現狀，做出亡羊補牢之舉。

自然的心中充溢着對我們破壞環境，損害生態的不滿，傾訴出不滿予我們，渴望我們能夠去傾聽到它的肺腑之言，好好去珍惜每一方寸的淨土。

如同海浪，清風，大自然的聲音等着我們，我們不妨放下心中的雜念，好好享受當下，享受自然靜謐的生活。大自然化為聆聽者，祝福我們這些傾訴者。那麼我們，是否也應該回應大自然的恩惠，細細的，慢慢地，去聆聽我們共同生存的大自然的傾訴呢？

這就是世界的聲音，它能讓你心中有着不同的千變萬化的世界。它可以是繁華的，在都市街頭，車輛流動的汽車轟鳴聲；它可以是充滿人情味的，在鬧市巷口，人們吆喝著，鄰里鄉親相互問候的；它可以是寧靜的，在山間小屋，鳥鳴在叢林間，清純石上流的。

你看，這世間是多麼多姿多彩，不如虛心聽世界聲音的奧秘，何必局限於一些小煩惱，卻錯過了大自然的風光？何必只顧着傾訴灰暗的過往，卻忘記了聆聽豐富的世界之聲？

滴答，滴答 雨淋淋瀝瀝地落在了我的傘上，但這一刻，我是覺得侵擾不在，有的只剩下那一個敲擊雨傘，風呼呼吹過，走過泥濘譜出一首有聲有色的樂章。

〈總有一種聲音讓我淚流滿面〉

6C 周鈺婷

又一年盛夏，樹上的蟬不知倦地叫着，這幾天熱得出奇，我不耐煩地搖了搖手中的大蒲扇，眯眼看小孫子在院裡玩兒，十歲，正是調皮愛玩的年紀。「讓我們的笑容充滿著青春的驕傲，讓我們期待明天會更好……」微風輕輕地把童真清脆的歌聲吹到我耳邊，一時間，世界暫停了。

空氣似乎停止了流動，唯有那幾句歌聲在我的耳邊迴響，一遍又一遍。「奶奶，你怎麼哭了？」小孫子睜着清澈的大眼睛望向我，眼裡滿是困惑不解，「沒什麼，奶奶只是想起了一個人，一個和你差不多年紀的男孩。」我透過朦朧的淚眼看着小孫子，那張稚嫩無邪的面容似乎跨越時光和另一個人重疊。

「那是很多很多年前的故事了，那時你還沒出世，災難，還沒發生。」2008年5月12日，那場人類的浩劫，像一雙巨手改變了無數人的生命軌跡，後來人們是怎麼形容的——中華人民共和國成立以來破壞性最強、波及範圍最廣、災害損失最重、救災難度最大的一次地震，共計造成69227人遇難、17923人失蹤、1993.03萬人失去住所，一個個冰冷的數字背後都是一條條鮮活的生命，而我在現場，親眼目睹了一幕幕慘絕人寰的場面。

一座百萬人口的城市頃刻間化為烏有，濃重的灰霧瀰漫開來，堅實的大地從中間裂開一道道深淵，像是垂涎欲滴的大嘴迫不及待地想要吞噬些什麼，傾斜崩塌的高樓大廈，彎曲歪折的電線杆，七零八落的機器殘骸，一具具遺體掩埋在斷壁殘垣裡，碎屍殘骸隨處可見，被巨石砸扁腦袋的青年、被混凝土樑柱攔腰截斷的少女、從大樓窗戶往下跳而被半途壓住的男人，僵直的手仍在空中向前伸，腦漿、血液流了一地，在年幼的我眼裡，那就是人間煉獄。

僅僅是一個小時前，這裡仍是一個截然不同的世界。

夏天的下午，是沒有一個孩子會認真聽課的，我用手撐著下巴，抬眼直視刺眼的太陽，第一百零五次發出陽光真燦爛的感歎，然後默默吐槽最近也太熱了，教室裡亂哄哄的，同學們在向希回答班主任是因為扶老奶奶過馬路才遲到後笑得更加開懷，「給我站着上課！」班主任氣急敗壞的聲音響起，聽著耳邊傳來向希小聲的哼唱「讓我們的笑容充滿著青春的驕傲，讓我們期待明天…明天會更好！」我毫不懷疑他根本沒聽進去，而且他什麼時候能

把歌唱到調上啊！側頭斜眼瞅著他，一縷陽光調皮地跳到他的睫毛上，瞳孔像瑪瑙般透澈明亮，我突然想起以前嘲笑他的名字不吉利像一路向西時，他就是瞪着這雙眼睛反駁「才不是，我爸說取這名字是要我嚮往希望，永不放棄！什麼不吉利。」

霎時，一陣突兀的玻璃破碎聲打斷了我的聯想，門口掛着的班級集體照摔到地上，緊接著，地板開始瘋狂地抖動，海浪般翻騰，我的腳底像是過電一般顫抖起來，做夢一樣飄飄然的感覺，我愣在原地，完全反應不過來，教室裡爆發出尖叫聲，此起彼伏，要把天花板掀翻，同學們你推我我擠你爭着要衝出門口，整棟教學樓猛烈地搖晃，牆灰簌簌地往下落，我像被篩子篩來篩去的豆子，「快跑！地震來了！快！」班主任的吼聲凌空劃過，我用力拔起軟綿的雙腿向外跑，「小心——」向希的聲音在背後響起，抬頭一看，原本堅固的天花板裂開縫隙，其中一大塊帶起呼呼風聲向我砸來，身體卻靜止不動，腦海中有眩目白光閃過，我看到的最後一個畫面，是向希朝我撲來。

不知過了多久，白光才漸漸淡去，我掀開沉重的上眼皮，眼前的景象卻別無二致，入目皆是黑，墨水瓶撒倒後的一片濃稠化不開的漆黑，在視覺失效後，其他的感官反而變得格外靈敏，我仿佛聽見了從地面傳來的悶悶的轟隆聲，四肢無力地癱在地上，全身像被重錘碾過般疼痛，右手更是被壓住無法動彈，疼痛不止停留在肌膚表面，它隨着血液脈絡深入，吞噬我的靈魂。

疼痛帶給我的恐懼遠不如未知的黑暗之中僅剩我一人，我後背發毛，似乎有毛骨悚然的東西隱匿在黑暗裡窺伺，那種孤立無援的感覺像把我沉進冰冷寂靜的深海，我大口大口地喘氣，像瀕死掙扎的人那樣，冷汗浸透了我的短袖，「有…有人嗎？還有人在這嗎？」我小心翼翼地試探，「在你左邊。」「王陽，我在這！」「有人！」「嗚嗚嗚救救我！」意料之外的，好幾個迥異的嗓音同時應答，向希、陳慧、李強、張柔！我的心在得知這裡不止我一人時突然就安穩了，我們幾個都是坐在教室右後方的，地震時天花板剛好和牆壁形成了一個夾角，這才讓我們能夠齊聚在這裡，我默默想著。

「大家靠近一點吧，試試看能不能移動。」向希的聲音聽起來比往常低啞些，莫名讓人感到安心，我伸直左手在地上摸索，尖細的幾根、有薄薄的一層繭，摸到了！是向希的手，黑暗中響起窸窣窸窣的聲音，伴隨着幾聲呼疼，溫暖的手掌貼上我的左腿，好近！這地方原來不過巴掌大，五個人幾乎靠在了一起，膽小的張柔吸了吸鼻涕，開始放聲大哭，「怎麼辦啊？我們幾個不會死在這裡吧，我好害怕！我好想爸爸媽媽……」哭聲就像火星子，丟在稻草堆裡引燃了一片，細細密密的哭聲瀰漫開來，我想起媽媽香香的懷抱，想起爸爸有些扎手的胡茬，眼眶也酸酸的，「怕什麼，一定會有人來救我們的！別忘了我爸可

是軍人，他老厲害了！」聽著向希虛弱但又自豪的語調，我似乎透過黑暗看見了他神采飛揚的臉，「實在害怕的話就唱〈明天會更好〉！唱歌就不會怕了！」

少年特有的清亮嗓音在狹小的地底響起，「唱出你的熱情，伸出你的雙手，讓我擁抱著你的夢……」我被歌聲飽含的希望感染，不禁啟唇跟唱，「讓我們的笑容充滿著青春的驕傲，讓我們期待明天會更好！」五種音色聲調各不相同的歌聲彙聚到一起，往常滑稽可笑的場景此時卻沒人出聲打斷，五個少年少女真摯近乎虔誠地唱着這首歌，沒有人會懷疑我們此刻滿懷真心，仿佛這首歌是什麼能召喚救世主的咒語。一片廢墟，有生命的讚歌，從絕望的罅隙中艱難地擠出，響徹雲霄。

一首歌曲的時間實在很短，而在這狹小地底裡度過的每分每秒又相當漫長，比以往捱過無聊的歷史課等待放學還要難熬，因為這種等待是沒有確切的方向的，我們甚至不知道，救援是否會到來。

到後來，我已經不知道究竟過了多久，麻木地躺在地上，直挺挺地，像躺在棺材裡的屍體，血液似乎停止了流動，眼皮越來越沉，耳邊的聲音變得縹緲虛幻，像從很遠的天邊傳過來，聽不真切。「別睡！不能睡！我們一起唱歌！唱歌就不會困了！讓我們的笑容充滿著青春的驕傲，讓…讓我們期待明天會更好……」向希的聲音越來越弱，越來越低，微不可聞，漸漸聽不見了，消失在厚重的岩壁後面。是我的問題還是向希的呢？我有些分心的想……

「我們來接你們回家了！同學們快醒醒！」耀眼的光芒從頭頂直射下來，刺痛了我的雙眼，有…有人來救我們了！向希，你快看，我們都會有更好的明天的！但我張了張嘴，再沒有力氣說出口，透過裂縫，我看到一輪紅日緩緩升起，像是澆灌了無數人的血肉般鮮紅，汶川，終於迎來了它的黎明。

「那向希後來怎麼樣啦？」小孫子坐在我懷裡仰著頭看我，「那個小男孩下半身被天花板直直刺穿，沒條件輸血，不能截肢，只能等死，真讓人心疼……」「讓我們的笑容充滿著青春的驕傲，讓我們期待明天會更好……」這歌聲又再在我的腦海中迴響。我不顧滿臉濕潤，伸手摸了摸小孫子的頭，邊啟唇「他啊，他永遠留在了十二歲，他永遠是那個神采飛揚的小英雄！」

回憶點滴

〈記述一件好人好事〉

1A 陶家莉

在陽光正好的假期中，令人心浮動，生活都變得美好起來。尤其是正坐在圖書館時，浸泡在知識的海洋中，配上一杯熱可可，炎熱的夏天卻能呆在圖書館中吹空調；這份舒適，想想就讓人感到舒適。

也是在這陽光正好、天氣炎熱的下午，看完一本書後，我想着動一動，便將書收拾好，走出門口。在不久後，原本天空萬里無雲的，不知為何飄來幾大朵雨雲，突然之間的變化，讓我在心中暗罵一聲，不由得加快了腳步。可惜天公不造美，這雨說下就下，仿佛一隻貓被激怒了。猶不及防的變化讓我淪為了「落湯雞」，看着行人撐着傘從面前經過，看着呼嘯如流水奔涌的大小車輛。那份狼狽，無由地令人沮喪。

我目光四處觀望着，突然看見有家花店還沒關店，我兩步作為四步直接衝了過去，站在店門口整理濕漉漉的衣物，正打算兩次衝進雨裡衝回家時，身後有道聲音傳來：「小姑娘，進來避避雨吧！」聞聲轉身，映入眼簾的是一位約莫已過五、六旬的婆婆。

那位婆婆手中正整理着花束，身上還繫着圍裙，察覺到我望着她，她抬起頭，手指着一張椅子說：「快坐吧！雨那麼大，你既然來了我店門口，等到雨小些再走吧！」到我繞過花走到椅子上時，那位婆婆不知何時倒了杯熱檸檬水和一條乾毛巾放在我面前。

簡單地收拾了下，心中正想着該如何感謝她時，只見婆婆朝我招了招手，我走過去開口說道：「婆婆，謝謝你的熱茶和毛巾，我說如何感謝你呢？」婆婆聽完笑了笑，道：「哎！舉手之勞，如果真的要感謝，那就陪我一起修剪花束吧！」

那個下午是我假期中最窩心的一天，一杯溫熱的檸檬茶卻溫暖了我。回家之後，那份感動久久不能忘懷。

在離開的時候，我的腳步緩慢了些，因為天氣讓我有煩躁的感覺，但這些煩躁全部消散在一位陌生人善意的溫柔中。並且我發現，即使行走在雨中，也可以是一種自在的感覺。

贈人玫瑰，手有餘香。

〈聚餐〉

1B 姜振堯

一個溫暖的家，從與家人一起吃飯開始。暖色的燈光照進了家中，水氣從米飯上升起，變化成精靈，在空中飛舞。肉與菜裹上了薄薄的一層油，就像穿了新衣服。

我認為和家人吃一頓飯不需要原因，因為不論怎樣只要和家人一起吃飯就會幸福。平凡的一頓飯可能就是餓了或者吃飯時間到了。

什麼是溫馨？吃飯時，大家互相聊起近期的趣事，飯菜的味道。我和哥哥在搶吃，表面上是在搶吃食物，實際上都會故意讓給對方。因為臨近暑假，我們都在討論着去哪裡玩，爺爺奶奶表示他們想要泡溫泉，但我們表示天氣太熱了，應該去玩水。經過一番激烈的討論，大家決定找一個暖水泳道，平衡大家的需要。每次到了差不多吃完飯的時刻，我和哥哥就賽跑了，因為母親總會把好吃的食物留到最後給我們吃，我們一個箭步衝進廚房放下碗筷，也想把好的東西留給母親。

簡單又幸福的愛可能源於生活，能夠和諧愉快地共聚晚餐的家庭，就是一個溫暖的家。

我愛我家！



〈失而復得〉

3B 黃曉鈞

恩平是個粗心大意的人，就在上星期四，他在上體育課的時候，發現錢包不見了，剛開始他還渾然不知，後來才發現錢包不見了。

恩平的同學看到恩平的神情緊張起來，便上前詢問他，恩平就慌張地說：「我的錢包不見了！」，那位同學得知情況後，便決定幫恩平到操場上尋找，但他們找了好一回也找不到，所以那位同學就提議和班主任先說明，恩平也點點頭表示同意。

班主任得知此事後，便將恩平帶去校務處，詢問是否有人檢到錢包，可惜並沒有人檢到，所以班主任找到了訓導老師，希望訓導老師能幫忙在全校廣播，讓大家幫忙找一下，訓導老師也爽快答應，但之後都沒有任何消息。

之後也要開始上下一節課了，所以大家也放棄尋找。恩平看到大家停止尋找後，便感到很沮喪，上課的時候也心不在焉，老師也注意到恩平失魂的模樣，便上前安慰他，沒想到恩平卻突然哭了起來，讓老師不知所措。

直到放學，恩平也一直維持在丟了魂魄的狀況一樣，無論別人怎麼和他說話和安慰他，他也不搭理。後來班主任帶了一位陌生人走向恩平，那位陌生的女士把錢包還給了恩平，並向恩平說明了錢包在哪裡拾到的。原來那位女士目睹了事情的經過，是一隻流浪的小狗偷偷溜進學校的操場，把恩平掉在地上的錢包叼走了。當時那位女士想在小狗逃出學校的時候捉住牠，可是小狗跑得太快了，那位女士追了好一回才追上小狗，並從小狗的嘴上的錢包拿回來。看到錢包上的學生證，就把錢包送回來。恩平知道後，非常感激那位女士，女士也笑笑說：「不客氣，下次要小心點喔！」恩平瞬間露出笑容。

經過此事後，恩平很小心保管好自己的物品，並向自己保證再也不會弄不見自己的物品，並好好珍惜。

〈中大文學散步有感〉

4A 鄧倩澄

那天，我們從學校出發，乘坐校巴前往中文大學，車上充滿同學興奮、期待的傾談聲，我也沉入了這輕鬆的氛圍當中。終於到達中大，首先看到的是高大的四條柱，他就像守衛一樣，保護着這裡的自由。慢慢向上行，風吹過我的臉，髮絲跟着舞動，暖暖的陽光打落，令我感到十分舒適。走到百萬大道前，我看到和平時截然不同的景色，廣闊的大路筆直的伸向前，沒有任何遮擋，我們用輕快的腳步走過大道，想像到每年畢業典禮，百萬大道見證了每名莘莘學子完成學業，邁向另一旅程，甚為壯觀。

再向前走，走過山徑，聽到樹葉沙沙的聲音，一抬頭眼前風景與天空形成水天一色，水池波光粼粼，閃閃的亮亮的像星塵一般，一旁的大樹垂下來的樹柳倒影在池上，點綴了這風景。向前走到懸崖邊，低頭飽覽整個吐露港，彷彿置身秘境，站在池邊，感覺自己也成為了天空這塊巨大畫布下的小小裝飾，坐下來細心感受樹柳被微風輕輕吹過的聲音，他們搖擺着，剛柔並濟，絕不任意動搖根本，象徵了生命氣息，此刻我們和大自然融為一體，感受時間的流逝。

之後，我們走去新亞書院的途中，看見了一片小草地，有兩外國男女坐在上面，一大片草綠色的草地，小草微微擺動，和普通的公園上啡綠色泥土千差萬別，令我對之後要去的聯合草地生了少許期待，之後到了新亞書院，老師叫我們找在這畢業的老師的名字，烈日當空，沒有任何樹蔭，畢業生的名字就烙印在這裡，旁邊就是圖書館，充滿文學的氣息，在烈烈的陽光底下，燃燒着眾多學生的鬥志，對未來的憧憬。

聯合伯利衡宿舍旁有一條小徑，不長卻幽雅，小徑旁的是直直通向天際的竹樹，雖然害怕有蛇出沒，但小徑很快就走完了。遠遠看到胡忠圖書館，本來以為是「湖中圖書館」，雖然失望了一瞬間，但走上樓梯看到嫩綠的草地，我的心瞬間就平靜起來。在這片草地上散步，慢慢坐下來，凝在草尖的露水沾濕我的褲管，軟淋淋的觸感，許多小蟲在草尖上走動，猶如前來和我們這些新臉孔打招呼。躺下來，拉下口罩，一陣陣草青味迎來，躺在這裡彷彿就能忘記在城中的種種壓力，清新的空氣對比起城市汽車的廢氣，根本就是另一國度，真想逃離現實，永不離開。

終於到了旅程的尾聲，我們由山徑離開，真害怕走錯一步就要從這萬丈高空掉下去，老師還一邊笑說着有蛇，殊不知把我嚇得不輕，小心翼翼地慢慢走下山，沿途景色優美加上黃昏，還有一架飛機劃破天際，出現白色的裂縫，途人也紛紛舉高手指向天空，這就是人類與大自然的傑作融合的景象嗎？中大令我逃離了繁囂、城市急促的節奏，帶給了我截然不同的香港。

〈難忘的生活營〉

4B 馮真晞

「好啦，我們出發吧！」聽到老師的呼叫，大家都湧湧地走出班房，今天是中四的生活營，我卻有些納悶，之前都是因為疫情失去了這個機會，這是第一次復辦，可想而知我是要跟着那些接觸不久的同班同學一起去，真可惜，如果跟着我以前的同學去應該會更加有趣的。

略過熟悉的開場介紹，我東張西望適應了環境，抱着「快點結束吧」的心態遊走，看着其他班有我曾經最熟悉的同學，勾起了一起玩的回憶，不等我不甘心已開始了第一個活動，我又要和那些熟悉又陌生的同班同學學習新的事物，因能是少接觸大家都意外地聽教學，連平時嘈吵的同學也認真安靜地聽着，這倒是讓我挺意外的，本來也沒有甚麼興趣的我也被這「怪象」吸引了過去，這場攻防戰面對雖是同學但也不掉以輕心，而我還沒準備好所以有點緊張，但這時同為我隊友的同學輕拍了我的左肩，這個舉動有些讓我如釋重負，雖然還輸了但這個舉動和過程中同學們的天賦都讓我出乎意料。

玩了半天，大家都疲倦不堪又餓着肚，終於放飯了，我也看厭了這場遊戲，思緒空空好像也沒有甚麼不好，好似又熟悉這幫「傢伙」了一些，面對面吃了飯過後，我從一來時就一直注意到外面的大草地很久了，午時熱烈的太陽照亮着草地，使它不知是黃色還是青綠色，時不時的微風吹過帶着青草甜味，是我喜歡的氣候很寫意。

我和其他人一樣走出餐廳就馬上奔向了那裏，本身我爬上了小木屋上，向左看我的同班同學還有老師已坐在那片草地上，我便跳了下來過去，一方面是羨慕，另一方面是學得這個場面似曾相識，與他們一同坐在草地上閒言閒語，聽着小鳥的歌唱，旁邊還有微風吹動的樹葉，感受着片刻其實……與他們相處並沒有甚麼不好，舒暢的氣氛讓我與他們一同時能夠讓我放鬆、逍遙自在的，不得不承認是做回自己。

終於到了最後一個活動，放下包袱投入活動，連我自己也沒有注意到，我與半班人分成了一個小隊，隊裏有些我完全不熟悉的同學，只有刻板的印象，在我的印象中他們大多數都是沉默寡言無趣，沉默的氣氛讓我平日根本不會跟他們接觸。我看過活動表都是有身體接觸的。啊！可是他們都是男生！但這次我並沒有「忍下吧，很快就結束了」的想法，難得有與他們合作的機會也挺好，也讓我期待。

〈我看中大〉

4B 阮文俊

在中大的校園裡面，沒有城市的人聲鼎沸，只有平靜和諧的氣氛，人們好像生活在一個烏托邦，面上沒有煩惱，只有平和的表情。

百萬大道，在中大的圖書館前，起點有朱銘的雕塑「仲門」，仲門的外形像兩個人在比武，面上給人的感覺沒有一點殺氣，象徵着互相切磋，學習彼此的優點，成為一個更好的人。百萬大道的道路起點可以直接到盡頭的教學大樓，在百萬大道上的行人有的很匆忙，有的很休閒，風從百萬大道吹過來，很冷。站在教學大樓的前面看向百萬大道，地面的圖騰透露着一種莊重和平整的視感，細細看圖騰會有一種輪迴和傳承的感覺，處處透露着一種平淡又雄偉。

靠山建成的中大有一處山崖名叫天人合一亭，天人合一亭的風景怡人，可以眺望到這處的船隻在水面上經過，在榕樹旁邊可以嗅到泥土、水和樹木的味道，這裡的風不像百萬大道一樣刺痛，山上的風很柔和舒服。在遠處的吐露港的海水一碧萬頃，海上的小島與一座座大橋互相連接起來，不過吐露港海裡的生態也因為發展而遭到破壞，人類的發展征服了自然，也破壞了自然，兩者應該互相平衡，像太極圖騰一樣，陰裡有陽、陽裡有陰，人類的發展還差很遠。

在中大的最高點有一片草地，山頂上的清新空氣令到草地格外的綠，坐在草地上閉上眼睛，水聲和味道不同於天人合一亭的草香直衝丹田處，人們在這裡格外的安靜，旁邊的建築融合形成衝突的感覺，它們各司其職，互不干擾。在這片草地上我們像一個格格不入的外來者，還是希望這片淨土永遠不會受到打擾。

中大的校園從進來的時候總是給我一種不真實感，一切都好得不真實，沒有城市的喧鬧，只有一種感覺，靜。

〈我看中大〉

4B 袁卓希

在走進中文大學的那一刻，此時的心無比激動，讓我對中大的印象千變萬化，因為真的很大，風景很美，彷彿像一座小島，大得很。

當我們進去的時候，簡略吃過午飯後，因為這間飯堂只是眾多飯堂其中之一，所以中大真的很大。之後，我們一路談話一路望着美麗的風景，我是充滿着興奮與期待，可能是第一次參觀這座小島，也可能是閱讀中大的文章，想見識一下中大是否真的如常人所說那麼漂亮，不期而然，這趟的旅程一點也不累人。

其實，我最喜歡的景點就是天人合一湖，我認為那是最好看的景點，令我留下深刻印象。因為那時正是下午三點，加上天空的藍光映照到水面裡，清水也是藍藍的，剛開始時還疑惑為什麼會叫這麼奇怪的名字，直到親眼看到才覺得配這個名字剛剛好，不單是拍照讓我們和水連成一線，讓我們彷彿站在水裡面，非常壯觀的場景，以形成天人合一，這亭前水池好像讓吐露港還原到沒填海之前，雖然也只是自欺欺人，但也能滿足我想看長裙子吐露港的心，當我閉上眼睛來與天空的空氣二合為一，感受着這吐露港和身在高處的風，可算是短暫的遠離燈紅酒綠、紙醉金迷的人和損壞人心的社會了，風的溫度和它的吹氣溫柔撫摸着我的臉龐，吹起了我的劉海。

離開了讓我沉迷的天人合一湖後，我又新見識到一個好地方，那就是胡忠圖書館，那片親近大自然的「大草地」，讓人感到很治癒，那片草地原來叫作聯合草地。我與同學們一起坐在那片草地上，感受着它的溫度和撫摸着草，聞着它獨有的草香，讓我很開心，這讓我再一次遠離了光污染、空氣污染等問題，這種氣味讓我整個人都放鬆了許多，由一開始嘈雜的聲音變成了聽見背後傳來的流水聲、鳥叫聲，這讓我的耳朵很是治癒和溫暖，很久沒有聽見這種聲音了，我不懼怕昆蟲感受這片刻的大自然，讓我忐忑的心得到平靜……

隨後不捨地離開這一片草地，這讓我沉迷於這平靜的草地並想以後過着這樣平靜的生活。在行走的路徑上，我看見一個公園，那個公園內裡有一顆類似許願樹的樹，說真的，我也很希望去許願一下，即使是假的，也好讓我滿足一下自身的幻想。但最後我也沒有去到，就好像一個青春少艾錯過了一場轟轟烈烈的戀愛，只剩下無盡的失望與悲傷，何其心痛。

最後，我們帶着歡天喜地的心情離開了中大，但我卻感今懷昔，懷念着中大的事物，彷彿對當前的事物有所感觸而懷念過去的人、事物或景物……

最終還是離開了中大，想了很多事情，剛進了中大，像是與女神見面，欣賞中大，彷彿在與女神談戀愛，離開中大，似與女神分手……我看中大，中大也在看我，兩心相應。

〈獲益良多的中四生活營〉

4C 何家傑

暮色四垂，蒼穹染上緋紅的煙霞，我在夕陽餘輝下回望這個營地，這個令我獲益良多的營地……

今天我們踏進中學生活四年的第一個生活營，在到達營地後，映入眼簾的是一個巨大的草地，草地上從木製成的遊樂場以及營地的中心建築群。我們進入中心聆聽當地職員的營地介紹後，開始分組進行活動。

第一個活動是「電子閃避球」，這是一種虛擬的三對三混合攻擊及閃避的遊戲。對戰正式開始！伴隨着觀眾席傳來的歡迎聲，雙方的攻擊越來越激烈。對戰進入了白熱化階段，雙方激烈的腳步聲也充斥了整個場地。「遊戲結束！」我們輸了，有一個隊友唉聲嘆氣道：「對手這麼強，我們還是直接放棄吧！反正也贏不了的。」此時，我的心態也產生了一點變化，甚至也有點認同他的話。但就在他話音剛落，另一個隊友站了出來用手搭着我倆的肩，激勵我們不要放棄，盡力再試試，並制定了各種策略。他的力量透過我的肩流遍了我的全身，我的鬥志也重新燃燒起來。第二回合開始，我們按照計劃下不斷靈活地走位及攻擊，憑着我們三人的鬥志，終於取得了對戰的勝利。在對戰結束後，我滿頭大汗，從未想過我們能逆轉局勢，我想起了小時候聽到的教誨「堅持就是勝利！」我終於理解了這句話的意思，只要堅持不懈，就能取得成功，如果我們第一回合就放棄，那我們也許沒有機會取得勝利吧？

第二個活動是攀登，這是一個我十分抗拒的活動。我在攀石場底部看着身旁的同學一個一個成功登上頂部，我的內心開始動搖，一方面是我開始認為自己也可以爬到頂部，一方面是我害怕自己在攀登過程中就選擇放棄。這種矛盾的心理維持了半小時，就只剩我站在原地，我逼於無奈地穿好裝備往上攀爬。我一級級地往上爬，但到了一半後，我的體力已經消耗殆盡，甚至雙手抓不住直接向下墜落了一段距離，把我的靈魂都嚇飛了，我腦袋一片空白，休息了幾分鐘。此時，職員詢問我要繼續還是放棄，我沒有回應，在內心不斷掙扎着。呼嘯而來的大風拍打着已經正在顫抖的我，我愈來愈焦急和無助，我想起早上的堅持，於是心中只想着堅持和登頂，咬緊牙關往上成功登頂。在到達終點後，我回想起如果我剛剛選擇放棄，那我以後也不會再成功，也再沒有勇氣再嘗試了。我很慶幸剛才的自己能緊堅持下去，也更加堅信做事要堅定不放棄便能成功的精神。

第三個活動是歷奇，十個人協力完成每項任務，賺取最多的分數。在遊戲開始後，我們熱烈討論任務的先後次序，然後實行。在最初的幾個任務，我感受到我們整個團隊的投入，這是久違的團隊合作。但，我們的烈火被一個任務撲滅了。這是一個大家手牽手，維持平衡然後將道具慢慢運送到目的地。我們保持耐心及平衡，步步為營，成功到達一半的

距離。但在一次運送道具的過程，有一個隊員失誤了，道具在幾步之遙卻伸手不能及的地方，絕望籠罩着我們。我們只能重新開始，但我們已在這遊戲花掉大部份的時間，大家都失去動力，心中的火種也徹底熄滅。看到這一幕，我知道我們還有機會，所以我站出來，希望大家還能再努力嘗試，只要努力便能成功。在剩餘的時間，我們汲取教訓把任務成功完成，儘管在時間結束時我們並不是第一名，但我們已經盡力付出自己的力量，就足夠了。

我帶着今天得到的道理，踏上離開營地的路上，也踏上人生的路。回望這個營地，夕陽照亮了營地，也映照出今天發光發熱的我們。人生路上，要在逆風中把握方向，要做暴風雨中的海燕，要做不改顏色的孤星。



〈商場節日活動所見所聞〉

4C 林子澐

「好一朵迎春花啊！」，耳熟能詳的歌曲傳入耳邊。隨即映入眼簾的是一個大紅燈籠高掛，商場中央擺放着一個巨型的玩偶，玩偶上舉着一幅春聯，「新年快樂」四字正印在春聯上。

我繼續走在商場。遠望去有一群人圍在一起，好奇心驅使着我也湊了上去。人群中原來是一群穿着舞獅服的人。「咚咚鏘，咚咚鏘」，突然響起一陣鼓聲，三隻原本還在休息的「獅子」站了起來。伴隨着人群的歡呼聲，「獅子」做的動作難度越來越高。我看得起興，一稚嫩的童讓我出了神。眼見一個小男孩正拉着爸爸的衣角，聲音帶點委屈地說：「爸爸，我看不到，我也想看表演高：只見小孩爸爸輕笑了一下，隨後便把小孩抱起並騎在自己肩上。小孩看着表演，興奮地拍着小。小孩爸爸則是緊扶着小孩的腿，以防小孩從肩上摔下。看到兩父子溫馨的一幕，恍惚間看到幼時的我與父親相處的片段。

「爸爸，前面的表演我看不到」我說。「那只怪你長得太矮了，等你長大後再看吧！」爸爸道。我臉色當即一變，一臉生氣。爸爸卻當作看不見一樣。我只能在一旁乾着急，就像熱鍋上的螞蟻一樣。直到我開始沮喪，爸爸才一把把我抱起，放在他寬厚的肩上。我賭氣的抓着他的頭髮，但耳邊傳來「咚咚咚」的聲音，眼睛也目不轉睛的看着一隻舞獅接繡球，注意力不自覺的被吸引過去。隨着越來越激昂的鼓聲，「獅子」踏上梅花樁不停前進，直至鼓聲暫停，「獅子」踩在最高的梅花樁上。頓時，場面的氣氛似乎十分緊張，我緊握着手，不自覺地屏住呼吸。只見「獅子」站了起來，在場上寂靜了幾秒後，毫不猶豫地從樁上跳下，穩穩落地，嘴裡還咬着一顆在高處採下來的繡球。隨着繡球被採下，人群中爆出陣陣喝彩。我也不例外，激動地躍起，卻忘了自己仍坐在爸爸肩上，我重心不穩開始往後倒。突然一隻溫暖的大手扶住了我的背，另一隻大手則緊握我的腿。這是我坐過最舒服，也是最安心的「凳子」。因為我知道無論什麼時候，這張「凳子」都會保護我，不讓我受到任何傷害。

耳邊再次傳來陣陣鼓聲。我的思緒被拉了來。看看四周，仍是那個巨型玩偶，喜慶的燈籠隨處可見，春聯掛滿在牆上。仍是熟悉的布置，但陪我看表演的，卻是一陌生人。

準備轉身離開，卻看到身旁坐在父親肩頭的孩子，遠處的一位父親正轉換各種姿勢幫女兒拍照，忽然愣住了。隨着時我逐漸長大，與父親慢慢生疏了。忘了從前的親密，我們的關係也在一道道無形的屏障中被間隔開來。但看着眼前的景象，身邊有父親陪伴的孩子是多麼快樂，我也曾是這樣。忽然，我好像茅塞頓開，原來父親陪伴才是我最寶貴的，不割捨的一部分。

「叮鈴鈴，叮鈴鈴」，我起手機撥通電話，「喂，怎麼了，女兒？」。「爸爸，明天我回來陪你過年。」。「好！」。家人的陪伴才是春節的意義。和父親一起過的春節，才是快樂的春節。

〈中大文學散步有感〉

4C 湯迪生

「沙沙沙……」秋風吹過這片草地，發出沙沙沙的聲音，不遠處的流水潺潺流淌，兩者交織在一起，形成一曲美妙的旋律，令人不禁平靜下來。

我站在聯合書院的大草地上，聽着由大自然所演奏出來的旋律，躁動的心靈不禁平靜了下來，一直以來都身處於快節奏生活的我，此時此刻，我慢下來了，這裡的天空是被藍色包圍的，沒有半點鐵樹林的蹤影，鳥語花香充斥着聽覺及味覺，我不敢相信，能擁有此般淨土，看不到由各種廣告牌組成的天空，聞不到由各種汽車排出的空氣，聽不到由各種噪音交織的聲音，我足足呆住了一分鐘，可我仍是難以置信。

漸漸的我從呆愕中回神，然後小心翼翼地俯下身去，就好像是怕這一切都是虛幻的一般，我跪在草地上，溫柔的輕輕地撫摸着草地上每一顆小草，我將手摸在地上的小草，濕潤的小草帶着尖輕輕地刺激着我手上敏感的神經，癢癢的，就好像小草們在和我輕輕地打趣着。不過一會兒，貪心的我並不滿足於此，我想與它的關係再進一步，想再貼身地感受一下這片草地，於是我放下隨身的背囊，慢慢地躺在了這片草地上，本以為我的身軀會使小草們感到不適，但不然，它們反而將我溫柔地擁在它們的懷裡，我看着天上那一塵不染的天藍色，耳邊彷彿只有了流水潺潺的水聲和風吹草動的聲音，這一刻，我感覺自己就是這片的草地，隨風搖晃。

恍惚間，一塵不染的天藍色，多了一點不一樣的色彩，我定睛一看原來是一隻盤旋在天空的老鷹，我看着它慢慢地盤旋在天空之上，我的心跳亦彷彿慢慢地變慢了下來，「怦，怦，怦……」我漸漸發現我開始捨不得這樣的感覺，我想在往後的日子裡，把節奏放慢，上學的時候不再踩點打卡，而是提早起床放慢腳步，吃飯的時候不再兩三口吃完，而是細細品味，走路的時候不再走馬看花，而是放下手機慢下腳步。相信這樣的生活肯定能讓我發現更多身邊的美，而不再糾結於噪音、光污染、空氣污染等醜陋之處。

恍惚間我彷彿成為了那天上的老鷹，我慢慢地盤旋在天上，以往總見到老鷹盤旋在天地間，卻難以見到老鷹落在地面，使我百思不得其解，如今我終於明白了，老鷹並非不會落下，而是不願落下。

〈文學遊踪〉

5C 肖嘉怡

伴隨着朦朦細雨，我們踏上了前往中大的征程。我們先乘搭了巴士，巴士上不太擁擠，每位同學和老師都能找到位置落座。在那之後，我們換乘地鐵，搭了兩個站便到達目的地。

進入中大的區域，這裡跟我想像中的不一樣。它不像中學那樣將教學樓串在一塊，而是分散開來。我們首先到達的是崇基紀念碑，全部人一起拍了大合照。接着我們來到未圓湖，在這個湖中央有一些荷花，可能是冬天的緣故，看上去像泄氣的孩子，蔫了。低頭一瞧，還有一些魚在湖中暢游，有紅彤彤的，有金灿灿的，有黑乎乎的，形色各異，讓人眼花瞭亂。

緊跟着，我們去到了崇基食堂，享用美味午餐。肉、菜、飯、麵，一應俱全；煮、炸、煎、焗，隨你挑選。重點是便宜！起初我還擔心自己吃不慣，而浪費食物。直到品嚐了之後，才發覺自己實屬多慮了。湯很鮮美，米線也很有嚼頭，加上新鮮的生菜和咸淡適中的芝士腸，我就一個字：「值！」此外，我看到一些大學生坐在食堂一起談笑風生，這也增加了我對於大學的美好校園生活的嚮往。

午飯完畢後，我們繼續踏上征途。一路上走走停停，少不了的自然就是拍合照。其中令我印象最深刻的就是在回音壁這個地方。在那裡我們偶遇到了練習普通話脫口秀的大學生，她的自信，她的勇敢深深感染了我，令我更加想要考上大學，體驗更多新事物，在途中亦不失勇氣，自信與初心。

在那之後，我們來到大草地。大草地踩上去很鬆軟，像踩在棉花上一樣，而當你躺過草地時，調皮的雨珠會依附在鞋上，令人悲喜交加，悲是因為鞋子濕了，喜是因為這是罕有的接觸大自然的機會。在征途步入尾聲之時，我們來到了「水天一色」，這個地方地如其名，那裡的景色美得無法用言語形容，總之有機會一定要親身前去領略一番。抬頭望去，茂盛的榕樹阻了視線，俯瞰眺望，遠方好像堆砌了幾個火柴盒，不時亦會有小螞蟻匆匆從旁邊走過。

如此美麗的校園風景看一次又怎麼會夠呢？我們一定要發奮圖強，刻苦習習，將陸考上中文大學再慢慢那世人讚嘆的風景。

言之有物

〈我讚嘆的科技〉

2C 徐家欣

偉大的科技發明，為我們的生活帶來了不少便利、益處，甚至造福了我們，這些發明你又知多少？

燈，在我們日常生活中十分常見，燈是一種為人類活動進行照明發出亮光的照明工具，它照明了無數個上班族、學生、甚至是工地工人的夜晚，使我們可以在烏漆墨黑的夜裡可以繼續工作。在1879年10月21日，著名發明家愛迪生利用碳化的捲繞棉線作為燈絲，製出世界上第一個燈泡，因為燈泡的出現造福了不少窮人。當時蠟燭價格昂貴，只有富人才能負擔得起，而燈泡以低價出售，使不少貧困的家庭也能付擔得起，比起蠟燭，燈泡更耐用得多，所以久而久之，燈泡取代了蠟燭。燈的發明令我十分讚嘆，它不僅造福了當時的窮人，更是造福了現今的你和我，燈真是個偉大的發明啊！

相機，是一種捕捉和記錄影像的設備，它可以捕捉、紀錄下每個美好的瞬間，例如拍下與親人相聚的一刻，記錄下落日黃昏那扣人心弦的一幕，分享給身邊的愛人、家人及朋友，讓他們一起感受那歡樂、珍貴的時光。在1839年8月19日，法國畫家路易·達蓋爾發明了史上第一台可攜式木箱相機，之後經過人們的不斷改良、改進，就有了我們現在常見的相機。因為相機的出現，取代了畫畫記錄的方法，比起畫畫，照相更方便、快捷，只需按下按鈕即可記錄下，不用花費那麼多時間作畫。我讚嘆這個發明，因為正是相機為我留下了不少回憶，例如在我還是初生兒時，在我小學畢業時，為我捕捉下種種珍貴的一幕。發明相機的人真是太有才了，相機為我們記錄美好回憶為我們帶來喜悅歡樂，造福了我們。

還有一種技術發明亦使我讚嘆，那就是紙。紙是一種書寫、印刷的載體，也可以作為包裝等用途，如打印紙、複寫紙、畫紙等。造紙術是由東漢時期的一位名蔡倫的先生所改良，造紙術被稱為古代四大發明之一，是促使人類文化傳播的重要大發明。紙，使人類的文明傳播速度更便捷，古時人們都使用動物的甲骨上刻字，為我們的生活帶來便利。我讚嘆當時古人的智慧，為人類的進步做出了重要貢獻。

這些偉大的發明不僅令我讚嘆，甚至令我感激這些發明家發明出這些偉大的發明，使我們的生活更加方便，為我們帶來益處，令我們的生活更豐富、多彩……

〈一件令我心情明亮的物品——蠟燭〉

3A 黃恩禮

大掃除時，我在客廳的抽屜裡發現了許多蠟燭。它們細細的，有著無暇的白色，靜靜地整齊地躺在抽屜裡。蠟燭，多麼普通的事物，它需要藉助火機的力量才能散發微弱的光。諷刺的是，我們需要透過其他的光源才能看透它真正的模樣，它又怎麼比得上廳堂天花板懸吊著的華麗燈束？燈束閃閃發光，卻又像隱藏著秘密一般，透著神秘與美麗，無盡的吸引力將蠟燭狠狠踏在腳下，用輝煌的光宣佈蠟燭的慘敗。蠟燭輸得如此可憐，卻又毫不意外。

世人常說，只用一根蠟燭便能照亮整個書房。蠟燭散發出令人安心的舒適感，讓夜晚不再冰涼。可人們卻忘記，如今的他們只將蠟燭丟棄在一旁，毫不吝嗇對燈束大聲讚美，只留蠟燭樹立在窗邊，默默讓晚風將自己的生命帶走。是啊！有了華麗夢幻的燈束，怎會有人需要弱小的燭光？我心中不斷嫌棄著蠟燭，但卻忘記了自己何嘗不是和蠟燭一樣，內心微弱的，名為「希望」的火苗熄滅後，終將回到黑暗焦慮的世界中，成為行屍走肉，為生活賣命的人。想到這，原先準備抓起垃圾袋的手停了下來，拿起一個和蠟燭一樣純白無暇的袋子，輕輕地把它放了進去。我想，蠟燭與黑暗的融合，就如同我與焦慮的相擁，那黑暗中的一束希望，既弱小，又無力。

「啪！」一聲聲響打斷了我的思緒。房間陷入了黑暗當中。停電了，廳堂的燈束仍在互相碰撞，發出細微悅耳的「叮叮」聲。只是光芒熄滅了，如同被野獸囚禁的公主，失去魔法的她也對牢籠無能為力。我幾乎立刻想起了剛剛收起的蠟燭。這回，能讓它當一次偉大帥氣的騎士了。我點燃了蠟燭，燭光很小，但確實能照亮半間房子。我不怕黑，但微弱的燭光也給予我無限的安全感。多麼神奇，那麼微小的燭光，卻能讓我看清半間房子。我情不自禁地盯著蠟燭。它在燃燒，在融化，被夜風吹著卻不會熄滅，堅強地豎立在桌上。曾經用來照亮它的燈束，也被它橙紅色的光照得閃閃發亮。這瞬間，不知為何，也讓我燃起了無盡希望，蠟燭的光雖比燈束來得弱小，但也並不是無力的廢物。它用自身照亮了房間，也照亮了我的希望之光，也許我如同蠟燭一般並不無用，普通的生命也能散發出美麗的光，就算被強風吹滅，也能夠拿起火機，重新點燃火苗，溫暖著身邊的事物。想到這裡，心裡突然燃燒起激動的火苗。我穿上外套，回頭望向那燭光，它仍在燃燒。我不會熄滅它，能夠燃燒至盡便是它生命最重要的意義，美麗而又燦爛地將生命用盡，這也是我唯一能夠幫助它的事。

我對著蠟燭微笑道別。它會美麗地完成它的使命，而我則會去追尋心中的燭火，像蠟燭一樣，生命普通，卻也能發出不普通的光芒。

〈恆心是成功的基石〉

4A 馮紫穎

「恆心是成功的基石」，我同意這個說法。恆心是不要放棄，可能在成功的過程中，會失敗，但「失敗乃成功之母」，只要堅持就會成功。

首先，可從失敗中得到經驗。一位美國著名的發明家愛迪生，在發明電燈過程，經歷了過千次的失敗，但憑他自己的恆心，從失敗中不斷學習，最後成功了。我認為可以從失敗中得到經驗，而且他就算失敗，心情沮喪，但也一直堅持下去，也不斷學習。他是個很厲害的人，也值得我學習，失敗可能會有無數次，但失敗中可學習到，吸引到知識、經驗，從而改進。另外，愛迪生非常注重恆心和毅力。他也曾說過：「天才是百分之一的靈感加上百分之九十九的汗水。」他相信通過不懈的努力和堅持不懈的努力，人們可以克服任何困難，並取得成功。

其次，要有堅毅的心。一位美國著名的物理學家史提芬·霍金年少時便因為肌肉萎縮症而近乎全身癱瘓，連說話也難。但他憑鬥志與科技的協助，出版了驚世物理巨著——《時間簡史》，也被譽為是繼愛因斯坦後最傑出的物理學家。我認為他十分堅毅，他不管身體有什麼疾病，不管是全身動不了，他也堅持坐在輪椅上繼續鑽研物理學，沒有放棄。他對黑洞、宇宙起源等領域做出了重要的貢獻，並一直保持着對科學的熱情。無論面臨各種困難，只要我們保持堅毅的信念和持久的努力，就一定可以成功的。

然後，不要放棄，有一句「只要有恆心，鐵柱磨成針。」是來自唐代著名詩人李白的詩歌。有一個故事也有這個句子的意思。一位老婆婆在磨一根大鐵棒，鄰居們認為她在浪費時間，但她堅持下去。經過幾個月的不懈努力後，成功把鐵棒磨成針。只要有恆心，即使看起來不可能完成的事情，也可通過不斷努力和堅持來實現。只要不放棄，才能在人生的道路上走得更遠，取得更大的成就。

最後，以上是我舉例了和引用了名人的故事。無論在哪個領域，成功都是要不斷努力去追求的。只要你具備恆心和毅力，才能克服到各種困難和挑戰，並且最後能取得成功。不要害怕失敗，失敗是成功的一種經驗，來幫助我們變得更好。

〈現代人應該如何行孝〉

4A 馬家琪

在現代社會我們應該如何行孝？只單單是孝順嗎？我覺得不是，因為只是孝順我覺得還遠遠不夠，在生活中行孝的小細節也有很多。

首先，行孝的第一步也是最重要的，就是尊重，我們要尊重父母的意見和決定，就像他們在教育我們時一樣尊重我們，在做出重要決定時，我們可以請教他們的意見和建議。同樣如果父母做錯事時，我們應該和他們溝通，嘗試與他們表達自己的感受和看法，學會寬容和原諒。最後，我們應該尊重父母，例如父母在出遊時做的決定我們都要尊重和理解他們。就算他們做的決定不合自己意、不喜歡也要孝順他們。

其次，我們要關心和關愛父母，在日常生活中我們可能需要更多的關注照顧他們，我們可以去照顧他們的生活需要，可以是幫助做家務，多和他們外出，如果不是和父母同住，我們也可以定期致電他們關心他們。我們也可以不時送一些禮物給他們，給他們小驚喜。只是簡簡單單的關注，就可以讓他們感受到我們對他們的關心和關愛，但我們也可能只說不做，因為這樣是無效的關心，並不是真正的關心。因為一些老年人的子女不孝，導致他們活在老人院過得很孤獨，我們其實也可以盡自己的一點能力去幫助他們，讓他們也能感受到來自陌生的關愛。

最後，我覺得現代人應該多積極參與社會公益活動，去關心一些弱勢群體，因為我覺得孝道不僅是關心家人，也可以是包括社會中的弱勢群體，通過自己的行動和力量，去幫助他們渡過生活中的困難和挑戰，我們可以去老人院和他們玩一些小遊戲，令他們的生活增添一點樂趣。多關心和陪伴父母都是我們應該做的，這些也是孝的一部分。

總括而言，現代人應該多關心家人、父母，關心社會上的弱勢群體，多給點關心給他們，尊重他們，照顧他們，其實只要在我們生活中多點行動，了解多一點他們，其實已經令他們感受到關愛。關心家人、孝順父母也是我們的責任，最後行孝不僅是我們的傳統文化的重要內容，也是現代社會中需要實踐的一種價值觀。

〈嚴以律己，寬以待人〉

5B 歐陽翹暉

我有一個朋友，他叫鄭子深，在我認識的人當中，他最能體現「嚴以律己，寬以待人」的美德。不只我敬佩他，他就像神一樣受到身邊的人崇拜，更有不少人以他為榜樣，他卻從不驕傲，還覺得自己不足之處，真是「嚴以律己」。

他不是一個平庸之輩，在讀書和運動之中都常常名列前茅。在學校中更成功考獲全級第一，連校長也多次為他頒獎，更成功得到過該區的傑出學生獎。但他從不沾沾自喜又不會以此來讚許自己，反而自己當起自己的老師，不斷找出自己的錯誤再加以改正，令自己不停下腳步，一直進步。

在日常生活之中，他簡直是一位導師，用他的智慧和道德導人悟出正確的道路，令人茅塞頓開，而當他自己也遇到困難時，他會先找出自己的問題，再尋求他人的幫助。他每天的時間表行程滿滿，放學後去補習，補習後再去打籃球，連打籃球後的時間也用來溫習，從不浪費時間，嚴格督促自己。

他也會有累透的時候，但也不止息地做好自己。在休息的時候，他和我通話聊天，聽到他的聲音早以變得低沉毫無活力可言，問他累不累，他卻回應：「不累，還可以做更多事情呢！」我也真的佩服他，也讓我視他為榜樣。

有一次，我們特意組成隊伍去參加數學的益智遊戲比賽，他知道我的數學成績較為遜色，所以邀請我參加這次比賽。比賽中，我連續犯了錯，使我們隊伍的分數減少，但他不但沒有怪責於我，依然努力逆轉分數，為求獲得勝利。不幸地，他失手了，比賽也輸了，他卻自責自己沒有做好，也不斷向我說對不起。雖然，我不斷安慰他，但他自責之心仍沒減去，不過換作是我，可能我只會是一笑置之，說一聲對不起就罷了。反正已經輸了，還有甚麼可說？

那一刻，我突然驚醒了，發現到我與他的分別，我是那一種常常責怪別人，卻從不檢討自己的人。但他卻是「嚴以律己，寬以待人」的君子，他擁有美德和智慧，從來也不要求別人的，只對自己有要求；我卻只會要求別人做好，卻從不做好自己。想起這些，根本是天與地的分別，不能對比。令我想通了，該如何做好自己。

「嚴以律己，寬以待人」，這個道理顯淺易明，卻難以做到，從古至今，又有誰做到呢？不禁令我想起我的朋友，他究竟是如何做到的？但無論怎樣也好，我也要像《愛蓮說》一樣「出淤泥而不染」，即使大多數人不能做到，我相信總有一天能像我的朋友一樣做到「嚴以律己，寬以待人」。

〈金無足赤，人無完人〉

5C 楊思琪

「金無赤足，人無完人」，總被提及的這句話，意思是黃金沒有一塊是十足純淨的赤金，人亦沒有一人是完美無缺的天人。過去的我常沉醉於追求完美，還是嘗到這次挫敗，才令我明悟這句話的精妙哲理所在。

窗外刮着猛烈的風，灰蒙蒙的天彰顯秋的來臨，伴隨雨啪嗒打碎在屋頂的，還有我手中剛執着的畫筆與那驕傲的心。面前的畫框上，本該有的五彩繽紛被揉成一團紙團，落在垃圾桶中。「為什麼？為什麼我就是沒辦法做到完美？」

這次的美術作業很重要，關乎於我整個學習課程的總成績，我努力拿筆在潔白的紙上塗抹，躁、妒忌和喪氣……鬼使神差的我走向他，「你是怎麼做到的？這麼的……完美？」他轉頭看我，眼神和他的畫一樣閃耀着光彩，「什麼完美？」「我是說你的畫，我試了太久，都不及你的十分之一。」他隨後笑了，露出了潔白的牙齒，「不完美啊，這世界上本就沒有完美的事物。」

我的視線跟着他的手指，他邊抬手邊眯眼找，坦然笑着與我說：「看，這兒我擦得太過，紙都磨破了！」「這兒呀，水加太多，潮得糊了一片。」「喏，你看爺爺的耳朵，我填錯色成了大樹的棕了！」他一個個指出畫中的瑕疵，一點點告訴我它們為什麼不完美。「你說，是不是不完美？」

我點頭，「可是，你還是畫得好，磨破的坑成了雲朵；潮濕黏平的地方是水花；爺爺的帽子蓋住了消失的耳朵，我還是覺得這幅畫完美。」他又笑了，認真的對我說：「什麼是完美？」

我呆住，是呀，什麼是完美呢？

「你覺得我的畫完美，是因為它遠看整體好看對吧？可當我指出我畫的缺點時，你又認為我的畫有更多優點，瑕不掩瑜，仍然完美。好的我，繪畫是完美的，那我就是完美的嗎？」「不，我不是。而我是毫無成就，毫無優點的嗎？當然也不是。」「那麼我為什麼看起來完美呢？」顯然是因為我善於展示自身的優點，卻從不與缺點較勁，不妄自菲薄或驕傲自大。」

「一心，每個人都有他自己的特點，面對優點，我們應努力提升，為自己自豪；面對缺點，也該微笑面對，擁抱包容。」「正如古人言：『金無足赤，人無完人。』每人都有自己的優缺點，你總不能讓鮮花長腳去跑馬拉松，咸魚長翅膀去翱翔吧？」

我被他逗笑，沒錯，一向追求面面俱到，事事完美的我，其實在過程中捨棄了自我的優點，反而轉牛角尖的對缺點惱怒憂傷，如星光蒙塵，忘卻人無生來完美。

當今的多元化社會，歷經千百年來成長至今，才終於形成的文化，是鼓勵人人展現自我，優秀的一面被稱讚，缺失的一面被包容。也許，人無完人，但只要不逃避，勇於面對自我接受自我，也是另類的做到了，自己人生路上的完美。

那幅醜陋畫作平鋪在桌面，老師與同學的批判也仍在腦中循環，只是這次我接受自身的不完美，對挫敗微微一笑，掙開那一路束縛我的鐵鏈。

「你能幫忙指導我改善這畫嗎？」我對他請求。「當然，但也請你指導我的數學！」他笑着回應我。

窗外的雨停了，太陽撒下點點的魚子金，那株茉莉花還留下三朵白花，葉子雖斑雜不堪，花香卻是一頂一的清香淡雅。

「金無足赤，人無完人。」，擁抱接受自己的不完美，或許會發現自己身上相對的另一種，只屬於自己的完美。



〈得不償失〉

6A 麥慧儀

人性本惡，人都是貪心的？吃自助餐的人為了得到內心的滿足和飽腹感，暴飲暴食，最後失去的就是健康；用成本效益與健康作取捨，這就是得不償失。不要因為貪圖一時的利益，而讓自己留下長期的麻煩。

其實，盡情享用自助餐，最後暴殄天物，更甚肚子承受不了，這是自招惡果。可曾想想世界有那麼多人，每人留下一些吃不完的食物，日積月累，就會造成過度消耗的問題。人類過度消耗帶來各種惡果，例如全球暖化，在北極的企鵝和北極熊四處逃難，所以在我們做任何事情時，都要三思而行，不要給別人帶來不必要的麻煩。

日常生活中，得不償失的例子比比皆是。你為了滿足貪玩之心，每日昏天暗地打遊戲機，不溫習不做功課，得到片刻享受和快感，最後考試、測驗不及格，導致留班，甚至文憑試不能考得理想的成績。因為追求玩樂，浪費時間，賠上前途。做任何事情或抉擇的時候，一定要思前想後，不要讓自己後悔或留下遺憾。取捨之時，應仔細權衡。

現今社會捕風捉影，生活營役，人們往往看到一點點的好處，就容易迷失方向，不辭辛勞地去忙碌追逐小名小利，到最後竟然發現都是一些芝麻綠豆的利益，自己原本擁有的東西，例如健康、親情可能已經不在，自己本應該要做的事情也被耽擱，換來一個又一個愛得太遲的故事，最終抱怨收場。做事情應該先認真考慮一下，分清輕重，不要因一點細小的眼前利益而損失珍寶，更不要因一點瑣碎的事情而影響重要大事，造成因小失大，得不償失的結果。

國家之間，倘若無視現實執意發展，不但令政權不穩，更會民不聊生。俄烏戰爭持續一年多，俄羅斯總統普京以「非軍事化、去納粹化」為戰爭藉口動員俄軍侵略烏克蘭，衝突正式白熱化為全面戰爭，發展為二戰後歐洲最大規模的軍事對抗，結果普遍視為侵略之戰，人民飽受戰火之害，無家可歸。由是觀之，國家發展不應急功近利，只顧眼前利益，賠上人民性命、押上世界和平，得不償失是也！

學會了得不償失的道理，在吃自助餐時就不會出現饕餮搶吃的畫面了。

〈堅持之必要〉

6B 孔繁蘇

今天發生了一件事情，當時我曾經想放棄，最後選擇了堅持。我認為堅持是必要的。

今天，是一個平常的下午，夕陽斜斜的灑在操場上，這時一個身影突然出現在我的面前，原來是黃社的社長一心，她告訴我今天是學校的社際攀石比賽，因為她今天突然有事，同年級的已經沒有人來參加了，所以她就把我的名字報了上去，我下意識的想逃避，但她已為我報了名，我無法改變，天上來了一片雲，把陽光蓋着，天一下就陰了起來，就像我的心情，突然由開心變得無奈，我想只要上去爬一下就草草了事吧，我懷着這樣的心情去到比賽現場。

比賽的現場，人聲鼎沸，除了我以外每個人的臉上都有着開心的笑容，有的在做比賽前的熱身，有的在和朋友分享着喜悅，還有的已經開始在石牆上努力的攀着，我心中暗想到：「這麼無聊的事情為什麼要這麼努力堅持爬到頂呢？」這個問題很快我就沒有時間想了，因為已經到我上場了，我穿好保護裝備，開始慢慢的爬上去，我剛摸到石頭上就被嚇了一下，這粗糙的手感真是令人不舒服，我才剛爬到一樓左右的位置就已經想要放棄了，因為不知是因為上課累了的原因還是我本來就不想參加的原因，我停在那裡，思考着是不是要放棄了，有這個想法我自己沒有感到意外，只是不斷安慰着自己，我已經很好了，起碼我幫了忙。但是，當我低下頭看到上輪因為不小心發生意外而沒有完成比賽的女生，坐在地上哭泣，我的心中好像有什麼改變了，我看了看旁邊，我的對手已經與我拉開了半層樓的高度，突然，心中突然有一鼓不甘心的感覺，而這種不甘心跟着心中莫名的改變，化為我的力量。我開始不斷向上追，心中有一種難以言明的快意，我追上了她，並慢慢的超過她，我到了四樓左右的位置，我的對手好像才剛到三樓，我繼續向上爬，又想放棄了，只是這時，突然吹來了清風，天上的雲被吹開，又露出了天邊的夕陽，它照在我的身上，我伏看下去，同學們小得像蟲子一樣，看着先前我爬上來的高度，我想：「我離終點已經不然，我要現在放棄嗎？」「不要！」我脫口而出，但我的手已經開始微微發酸了，我無視這些又開始向上爬去，終於我到了最頂，風變得更大了，我可以看到山那邊的夕陽，紅紅的，有一種夕陽無限好的感嘆，我終於看到這樣的夕陽，我平時都是抬頭看，現在則是平視，讓我明白到堅持的重要，為了不負之前的努力，為了最後的結果，我感到十分開心。

這一回的攀石比賽讓我學到堅持，不要抱着隨意的心情，不要遇到一點困難就放棄，那怕再難的事情也終將過去，說不定不放棄還可以有一個更好的結果。所以我認為堅持是必要的。

〈迎難而上〉

6B 蘇堯舜

「你若失去財產，你只失去一點；你若失去了榮譽，你就丟掉了許多；你若失去了勇敢，你就把一切都丟掉了。」這是德國詩人歌德的話，人生面對任何事放棄只會使人不斷退步，迎難而上才能讓人不斷超越自我，成就自己。

人為什麼要迎難而上呢？之所謂困難就是成功路上的攔路虎，不斷的打敗困難方可走向成功。戰國時期，吳越兩國交戰，越國勾踐被俘。勾踐為了復國，甘願忍辱負重，做吳王夫差的僕人。一次夫差患病，勾踐為表忠心更不惜親嘗夫差大便的味道，以判斷夫差病癒日期。而為了不忘國恥，勾踐每晚臥在柴薪之上睡覺，嘗蛇膽。經過十年，越國大敗吳國成功復國，勾踐臥薪嘗膽的故事說明了迎難而上的重要，若勾踐在面對困難選擇逃避或甘願當一輩子僕人，他一定不會成功。而是他不放棄，面對困難，迎難而上的精神讓他得以成功，反敗為勝。

迎難而上是一個人得以成就自己的方法，亦是一個民族成功的方法。革命主義期間，多少先烈不怕死亡，只為讓清政府改革換新，變得更好。黃花岡起義時，大批革命志士拋頭顱灑熱血。而其中林覺民率敢死隊衝進兩廣總督衙門，與清兵浴血奮戰，中強被俘，為革命英勇犧牲。正是各位先烈不斷的迎難而上，不懼生死，不斷努力用血淚換來革命的成功，覆滅了腐敗的清政府。

迎難而上，才能開發世界的更多東西。18世紀美國著名科學家富蘭克林為了打破有關雷電的古老神話，證明雷電是一種自然現象。在一個雷電交加的夜晚，富蘭克林把一隻風箏升上天空，當雷電閃過時，他迎難而上立刻觸碰風箏線的銅制鑰匙，強烈的電火花在他手邊閃過，他興奮地大叫：「捕捉到電了。」從而由此發明避雷針。也正是他迎難而上，明知雷電十分危險，卻仍要進行實驗，才使他得以成功，為人類對大自然有更多的了解。

若人們都在面對困難時退縮，那將無法進步與成功。社會中，消防員不懼火焰的傷害衝進火場救人。疫情爆發，無數醫護人員在前線奔波。他們皆是普通人，但做着不普通的事，正是他們迎難而上，不懼困難的精神才使社會得以安好，讓人們能健康安全。如果沒有這一群迎難而上的人，社會也不會美好。

我們都是普通人，但仍可以在面對困難時勇敢向前，不僅是為了成就自己，更能以自己微薄的力量幫到他人，為社會付出自己的一份力。因此我們要迎難而上，成為更優秀超越自我的人。

浮想聯翩

〈屯門河〉

2B 陶靖宇

我是一條河，屯門河，我是這一帶的母親。我看著孩子們在荒郊野嶺，建起一座座高樓聳立成群，但我也在他們的一點點反刺中黑化去。

屯門站，我最多孩子流動的地方之一。他們不知恩情，把甚麼奇怪的管子加於我身，又從中給我吃一些莫名其妙的東西。於是，我成了綠水龜。我是很愛美的，我成了綠龜，氣到我都黑了。但他們總是那麼無情無意，有時俯看下我說「這河又黑又臭，真是一條名副其實的臭河」他們麻木，說我令人作嘔，我只好走慢點給他們嗅個夠。

青田路橋底，我少有想速速離去又依依不捨的一帶，這裏的乖孩子們每天早上都來看我，晨跑，看着他們正常生活又不時看看我，我想起了在那一無所有的日子，我帶著孩子們，他們以前也覺得我在那一帶收起了大多臭氣，給他們一些好日子過。

兆康的夜晚，這是我覺得自己最美的時候，在夜晚下的燈光中我翩翩起舞，在月下獨舞一支，形成一片水中星空唯美無比。我本將心向明月，奈何明月照溝渠，真是一堆行動的木頭不懂得欣賞。你們有著這般美景卻視而不見，星空都不想出來了，真是好心變成驢肝肺。

哎，孩子大了翅膀硬了，羽翼豐滿，要離去我無力阻撓。只是有時諷刺我，青年嘛，沒事，我不在意，只是近幾年孩子們感到了一點愧疚還是回來孝順我了，但這般長久的傷害，可不是一時就可以結巴無痕的，所以加油吧孩子們，再久一點我就原諒你們。

哼，你們不會信了吧？嘻嘻，天下哪有會報復孩子的母親呢？不過我呀，也不是從來沒有怪過你們的。臭味嗎，你們就自己看着辦吧，我可愛的孩子們。

〈跌倒〉

3C 吳佳凌

時間攜青春淡淡走過，不經意間，紅了櫻桃，綠了芭蕉。走在這名為人生的不回頭路上，漫長又不順。隨着歲月的長河緩緩流逝，我曾在這條路上跌倒的次數大抵是數不清了。可能我不曾畏懼，著名作家溫斯頓格魯姆在《阿甘正傳》中說：「即使跌倒，也別忘記微笑。」這也是我留給自己的寄語。記得很久以前，我是一個笨小孩，難以學會很多事……

那些記憶，早已被我淡忘，只是偶爾在母親口中得知，我學習新事物總是比別人慢。這讓我早就輸在了與同齡孩子的起跑線上，因此母親很焦慮。她曾給我報了許許多多的補習班和興趣班，幼時的我並不覺得這很有趣。原本讓我休息放鬆的週末變成了額外上課天。幼時的我不懂反抗，也不敢，只好聽從。那時，我便被逼學會了鋼琴、小提琴、拉丁舞、朗誦和書法，但這真的是我所感興趣的嗎？

母親甚至覺得不夠，又給我報了劍橋英語班，我多次被導師批評發音不準、欠缺語感，我在學習上跌倒了，我被壓得喘不過氣，卻又畏懼於和母親訴說，她總是打着「為我好」的旗幟壓迫我。我知道她把所有的愛給我，但我快接受不了這過份的愛。正是因為每次想開口向母親訴說時，想到這份沉重的愛，我會愧對她？湧上心頭的話又隨風逝去！

當我彈錯、拉錯一個個音時，當我在冰冷的舞蹈教室一次次跌倒時，當我讀錯一個個音時，當我寫錯一筆筆順序時，當我不會一個詞彙時，我跌倒了。我真正地被挫折所打敗而跌倒時，我再也受不了了。我受不了這一次次小挫折堆積而成的大挫折，失聲痛哭。我痛恨自己，我痛恨自己的無能。我總以為我比母親更堅忍，我不甘再受控，於是壯起了膽，和母親進行了談話……讓我意外的是，母親沒有責備，反而是愧疚和抱歉：「對不起……對不起，女兒……是我思慮不周……是我用錯了方法……」

從那天以後，我只管做我自己，母親便會在背後默默支持。漸漸地，我想，我站起來了，做我喜歡的事。

風吹了，隨手拾起落下的樹葉，又看着風從我手中搶走它，隨風飛過高山與河流，越過平地與山尖，飽覽世間萬物，最終化作春泥，我也終於明白了什麼是愛！

「即使跌倒，也別忘記微笑。」因為總有母親的支持，她會為我拍拍灰塵，而我也學會從此做一個勇敢的女孩。

〈陽光與陰影〉

5A 何德儀

陽光和陰影是我們生活中不可缺的兩個元素。陽光代表着生命的希望和光明，而陰影則代表着生命的挑戰和困難。雖然陽光和陰影看起來是對立的，但它們其實互相依存，互為補充，讓我們的生命更加豐富多彩。

陽光是我們生命之光，它給予我們溫暖和能量。當我們走在陽光下，感受到陽光的溫暖和明亮，我們的心情會變得愉悅和舒適。陽光也是萬物生長的泉源，它給植物提供了養分和光照，讓它們茁壯成長。同樣，陽光也是人們精神成長的重要因素，它能夠激勵人們追求美好的生活，充滿希望和信心。

然而，陰影也是我們生命中不可少的元素。陰影代表生命的挑戰和困難，是我們成長的動力和泉源。當我們面臨困難和挫折時，陰影就像一盞燈，在黑暗中照亮我們前進的方向。經過困難和挫折的洗禮，我們會變得更加堅強和成熟，更加珍惜生命中的每一個陽光時刻。

除此之外，陰影還有另一個重要的意義，它讓陽光更加明亮。如果沒有陰影，陽光會變得單調和平淡。陰影可以令陽光更加立體、更鮮活，讓我們更好地欣賞和感受陽光的美好。

在我們的生活中，陽光和陰影時常交替出現，有時候我們會感到陽光普照，一切都順利美好；而時候會遇到挑戰和困難，感受到陰影的壓力和挑戰，但是無論如何，我們都需要接受它們。

當我們面對陽光時，我們應該珍惜它，享受它帶給我們的美好和溫暖，我們應該學會分享陽光，讓它照亮別人的生命，讓他們感受到生命的美好。

而面對陰影時，我們也不應該害怕和迴避它。我們應該勇敢地面對，從中吸取智慧和力量，讓它成為我們成長的泉源和動力。

最後，我們應該明白，陽光和陰影是相互依存、相依。我們需要欣賞和接受它們的存在，讓它們共同為我們的生命增添美好的意義。只有當我們學會在陽光和陰影之間平衡和循環，才能真正體驗到生命的豐富和充實。

〈陽光與陰影〉

5A 梁巧怡

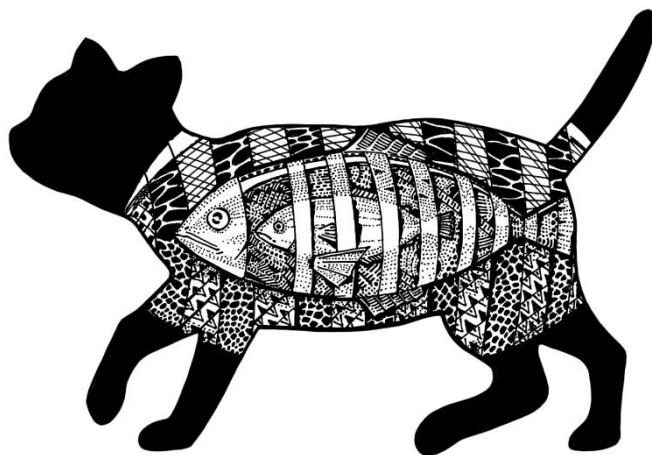
陽光，代表着積極和樂觀，一切美好的事物仿佛都是為她而生。就像陽光灑落在臉上時，會讓人有感到興奮快樂的感覺。然而，當我們背向陽光時，地上的陰影就會令人感受到帶有一些寒涼與失落的感覺。但其實陰影是不可怕的，最可怕的是自己根本不願意面對自己所遇到的困難。

陽光總是給人帶來快樂的感受，它好像一些光線，照耀着我們。但是有陽光的地方就意味着有陰影。只要一回頭，便能夠看見自己身後在陽光投射下所形成的影子。雖然很多時候很多人都會給人看到最優秀的一面，但是那些人背後也是下了不少苦功，有機會他們是需要日夜操練不同的考試卷，廢寢忘餐地溫習，所以很多時候成功的背後都必然伴隨一些數不清的努力、壓力和痛苦。

有些人看見了陰影便會感到失敗，不能成功，完全沒有去想過要努力就放棄了，但有些人則是被那些黑暗而寒涼的影子嚇怕，從而被別人提醒其實陰影是給人最好的磨練。雖然一些人一開始就已經覺得會失敗，但有些人就會去克服困難，解決那些難題，從而令那些遇到難題的人變得強大，也增強了自己的信心。

其實陰影使人成長、進步，邁向成功。而愈黑暗，愈寒涼的影子就意味着必定背後有一個巨大的太陽。即使面對挫折或失敗，但只要向好的方面想，其實影子就會變得沒有那麼可怕，反而用另一種方式去思考，其實面對着太陽根本就看不見影子，從而也會更樂觀去面對那些遇到挫折或失敗的時候。

最後，當我們身處於光明之中，其實也包含了當中的努力、辛酸與困難，但當我們面對着影子，也會知道陽光會在身邊一直存在，從而這就是陽光與影子要給我們的道路。



〈刺蝟取暖〉

5A 梁緯鍵

在這個世界上，任何關係都不要太近，也不要太遠，包括朋友、同學等，最好彼此保持一定的距離，這個道理能貫穿在我們的現實生活中。

簡單來說，從人與人之間的關係，已經能夠體現此大道理。朋友的關係，太近的時候，忘記了彼此的身份，對待對方失去了尊重、禮貌，會隨便呼喝對方，甚至會不思量後果地與朋友開玩笑。殊不知，這已經觸碰到對方的底線，最後卻以「真性情」、「深厚友誼」等字眼去解釋一切，我相信這種關係多數不會長久。同樣地，太遠的時候，只靠手機去聯絡，彼此不會見面，這樣會降低彼此了解對方感受和理解對方所表達的內容的能力，繼而產生誤會，發生爭吵，因此而失去一段珍貴的友誼。即使彼此沒有產生誤會，也會自然地逐漸疏遠，當你再記起對方時，已形同陌路人。

除了人與人之間的關係，在社會上，市民與政府也應保持一定的距離。政府的工作正是幫助市民改善生活素質，令社會進步。因此，兩者的距離一定不能太遠。太遠的話，政府聆聽不了市民的訴求，不能夠互相溝通，那麼所制定的政策自然也不能夠滿足市民的需求，難以令社會有所進步。就好像北韓一樣，政府和市民的距離很遠，北韓從來也不會聆聽市民的聲音，只是單方面去灌輸一些「知識」給他們，彼此沒有溝通的橋樑，導致北韓的人民生活在一個既定的環境，沒有自由、人權、也不知道外面的世界是怎樣。活在一個封建、與外界沒有聯繫的社會，只能永遠做一隻井底之蛙。這樣的社會是沒有進步的，但這也不代表太近就是好的。

朋友、社會也好，不論任何關係，彼此都一定要保持一定的距離。當任何一方太近和太遠，都會導致壞的結果。對待任何事物，都應學會尊重，保持友好的距離；擁有個人空間的時候，同時也要互相交流、溝通，所有事情才能夠往好的方面發展。

所謂中庸之道這個道理，過猶不及，太過與不及都不妥當。若果每個人都能做到恰如其分，必定所有事都能更美好。

〈刺蝟取暖〉

5B 張映桐

在一個寒冷的冬天，幾隻刺蝟擠在一起取暖。由於牠們身上長滿了短刺，彼此戳痛了對方，所以不得不散開。可是，寒冷的天氣又驅使他們擠在一起，同樣的事情重複發生。到最後，牠們終於明白；不要太近，也不要太遠，最好彼此保持一定的距離。

刺蝟是一種從小到大，從出生以來，在背上就生滿了滿滿的尖刺。這些尖刺會在刺蝟感受到危險的時候就會彈出來，令刺蝟可以保護自己不受傷害，而刺蝟在一些感到不安的環境中，會咀嚼唾液然後吐到自己身上，令自己保持當時環境的氣味，以防止自己受到傷害。

不只是刺蝟，其實在人生中，人與人之間也是同樣。

人，本來天生就是孤獨。人，本來天生就是一種奇怪的生物。這不是諷刺，而是在生活經驗當中也有感受到的現實。

有心理學家提出過一個結論「人類在說謊的時候眼神會下意識躲避」，這種是人天生的反應，確應是沒法解釋得到。人類說謊時這個動作就如刺蝟伸出尖刺，就如開啟了自己的防護機制般。

但如果我不說謊，是不是不會跟刺蝟一樣伸出刺來？不是。

有人說：「說謊的時候你說人跟刺蝟一樣會伸出尖刺，現在何解你又會說在不說謊的情況下，人也會伸出尖刺呢？」

其實，不論人有沒有說謊，人類也是帶着尖刺。

每一個人對不同人的感覺不一，有些人天生令人感受到滿滿的安全感，有些人天生令人感受到滿滿的歸屬感，有些人天生令人感受到滿滿的依賴感。

但並不是每一個人都是這樣，畢竟每個人都是獨一無二，有優點自然有缺點。所以人都是喜歡留在自己的舒適圈。

有研究指出人類在一個陌生的環境生活，生活質素會比原來下降百分之三十，代表着他的舒適圈不是這個範圍。

舒適圈是指一個令人身心放鬆的圈子，包括居住環境、人際關係、社會地位等。在一段關係中，如何才算是一個舒適圈呢？

舒適圈的定義是一種心理狀態，在這種狀態下，一個人對四周圍事物感到熟悉，且感到放鬆並認為自己能夠控制所在的環境，低水平的壓力令人不會太辛苦。

心理狀態也會影響到心理距離，有些人不會認同你所做的一切，但有些人會在你失落以及半放棄的狀態時，給你鼓勵，每個人在別人心中的位置也不一，也不要高估自己在別人心中的位置，否則到最後受傷的只會是自己。

正所謂物極必反，越了解傷害越大。所以人就像刺蝟取暖一樣，關係及距離，不要太近，也不要太遠，最好彼此保持一定的距離。



〈刺蝟取暖〉

5B 劉曉彤

刺蝟取暖的故事，一個寒冷的冬天，幾隻刺蝟擠在一起取暖。由於牠們身上長滿了短刺，彼此戳痛了對方，所以不得不散開。可是。寒冷的天氣又驅使牠們擠在一起，同樣的事情重複發生。牠們終於明白；不要太近，也不要太遠，最好彼此保持一定的距離。

簡單來說，人與人之間還是要保持距離，就比如朋友之間，你可能認為在我們朋友之間已經很相熟了，就算說什麼都沒有關係，朋友之間也沒有秘密。但是，就在這些你認為的方面，有的會認為我們之間已經很熟悉了，沒有距離，但是就是在這些時候，往往會說出傷害朋友的話，在不經意的時候，那些話就已經說出去。但這個時候只會說一句：「我們這麼熟了，說這些沒關係啦！」「我們是朋友嘛！不要在意這些話。」等等。就是這些話，會在不經意間讓友情慢慢破裂，甚至到了之後不再聯繫，因為一些小事吵架，然後再見面早已沒有之前的友情，已變成陌路人了。所以人與人之間還是需要保持距離，不要因為是朋友就說一些過份的話。

再比如現在的情況吧，大家都知道現在的疫情，現在每一個人都要保持距離，不然就不知道發生了什麼就突然給人傳染了疾病，現在可以看到很多人都會保持距離，就是為了保護自己。如果時間久了，大家可能因為抗疫疲勞的關係，會脫下口罩和朋友一起唱歌和吃飯。但就是因為這小小的動作，就讓大家都「中招」，然後還要隔離，和朋友分開更長的時間，所以還是要保持好距離，不然會傷害到別人，也會傷害到自己。

還有一個比較多人熟悉的例子，男女之間需要保持一定距離，畢竟男女授受不親，男女受禮教道德的規範，不可親手遞接物品，以免肌膚之親。

再例如別和陌生人說話，因為根本不認識，例如小時候父母經常告訴我們不要給陌生人開門，不要吃陌生人給的東西，這些就是例子，不然被人帶走了，所以保持距離真的很重要。

最後人與人之間，任何時候都要有一種保持距離的覺悟。正如俗話說：「距離產生美。」適當的距離感，能夠使兩個人之間的關係親而有間，更加溫暖。

〈陽光與陰影〉

5C 梁晶蕊

你見過陽光嗎？如春日般明媚，似鑽石之璀璨，在空氣中掀起微塵遍遍，在溪水畔石閃閃發光，在樹影間熠熠生輝，在驕花間流光溢彩。拂照在鳥兒疏起的第一片羽毛上，照進懵懂孩子的眼睛裡，生機便從大地上萌芽，喜樂與純潔從萌芽中綻出朵朵的花苞，這是向日葵，在太陽下盛開的花。

你一定未曾留意過陰影吧，陰影沉默無言，陰影暗淡無光，站在沙漠中巨石的身側，站在大樹站着的地面，柳木垂下頭端詳自己的身影，頭髮浸泡在溪水中，幾條小魚抖抖尾巴，游過來親吻柳樹的頭髮，水底黑色的小魚影子也隨着游來，與黑色的柳枝影子融為一體，飛鳥掠過，但柳樹抬不起頭來，它只能看到飛鳥投下的，短暫而迅速的陰影，你現在可以留意到陰影了，他正站在你的腳下，站在最猛烈的陽光下也無法抹除他，站中黑暗中他也從沒離去，只是跟黑暗融為一體，每個人都渴望陽光，但沒有人能逃得開自己創造的陰影。

世上本是沒有影的，陰影之所以存在是因為遮擋，自然隆起的大山，人為製造的鐵幕，它們遮擋了那麼多陽光，植物森林，鋼鐵森林，它們投下了那麼巨大的影子，飛鳥走獸，它們也留下過方寸之間的小小影子。

那一天，我來到了一片在金色星球上的荒無大地，舉目所及都是燦爛的陽光，空曠填滿了所有的視野，陽光鑽入了每一絲縫隙，每一步都踩在陽光上，每一腳都踩在無邊無際的金色上。陽光遍及每一處角落，遍佈整片沒有一絲陰霾，沒有一朵雲彩的天空，我怔住了，這就是陰影不存在的世界嗎？這就是至美至善的世界嗎？這是美麗的，還是令人窒息的呢？我捧起一捧被陽光照得發亮、發熱的沙子，沙子流出我的指縫，那在這片世界我是什麼呢？是沙子的一部份嗎？我忽然明白純粹的光明是什麼東西，有什麼意義了，那是完美，那是極致的宏觀，那是不完美的，萬物都是一粒沙礫的世界。

那是所有的遺憾都圓滿落幕的世界，因為裡有足夠的空曠，所以一切都微不足道，忽然一種想離開的慾望攥住了我。在想逃離轉身的那一剎那我看到了自己的影子，我在這片無垠的大地上留下了一片影子，是我自己的影子，光明的海洋也吞噬不了它，因為就笑宇宙再大，小小的我也真切的存於其中。我離不開我不完美的影子，離不開我不完美的真正生活，因為他們都真真切切的存在着，要腳踏實地，要踩着自己的影子，才能見證太陽，要腳踏實地，才能開始無邊無際的幻想，有了影子，我才能找到這輪明亮的太陽，所以我低頭就看到陰影，抬頭就能望見陽光，完美因殘缺而完美，幻想因真實而虛假，陰影因陽光而黑暗，這就是為什麼喜歡離不開討厭，歡笑離不開淚水。

我再次來到那片金色的原野時，我看見流沙中生長着一枝向日葵，陰影刻印在陽光上，伴隨着太陽的每一次起落，朝暮的每一次交替，向日葵永遠向着太陽，花影隨着太陽升降的方位以真正的花為軸心一圈圈轉着，像一支時鐘的分針。

〈郵件〉

6A 鍾健豪

不知從何時起，世界被溫暖的陽光所籠罩，因為和平、富足、無憂無慮，卻不知去向，不明所以！享受陽光的人們自覺高人一等，卻不知自己已丟失了靈魂，只是一封空件，不知目地在何方……

我是一名郵差，在一個富足發達的城市工作，每日工作的內容就是收集各個郵箱信件，然後回郵局取件送出，悠然自得的工作，不愁吃喝的同時造就了我的不求上進、馬馬虎虎的性格：處理郵件時，一些不合規格的郵件，我就視若無睹，置之不理，這樣我就能少送一戶郵件，我總愛拖延工作，我依舊慢條斯理無人能管，我獲得了「老油條」的稱號，有人諷刺我說：「郵件有明確的方向與目的，而你怎麼就沒有……」我無言以對，繼續安於現狀。

每年過年，我都會出席家族聚會，每個人都說我的現況很好，為我有的安穩而感到驕傲。有一個與我同齡的，出身不太富裕的，他穿着樸素，遠沒有我那麼鮮艷，他是一名教師，我看得出他有一絲不服，我投以不屑的眼光。我俱在洗手間裡，我和他相遇。他說：「我用努力，用學識改變生活，你只是在父母的羽翼下才有安定，還不明所以的為自己自豪，毫無價值與內涵……」我又想起郵局老局長對我的忠告，每封郵件都有自身的意義，可能是提醒、可能是關心、可能是支持，希望我認真工作，服務他人，不要得過且過，並囑咐：「你的人生才剛開始！」當時，我並沒有嘗試理解其中深意，而今日又被人一番敲打，我有點不知所措。我竟似一隻籠中的稚鳥，享受着主人的投餵，看着天空，我完全沒有意識到自己的渺小。

當我回到家開始正常生活工作時，我時常胡思亂想，或許看着手中的郵件，形形色色的郵票、重重複複的工作，在着車水馬龍的世界上難免會迷途。在第二日工作時，我比平時認真了一點，同事發現我的不對勁，便打趣問道：「發生了什麼大事？」我答：「沒有，一切正常。」

我把信件送到一家，有一個老奶奶正好開門了，我將信封交予她，同時也注意到她只有一只手臂，而她也與我打了個招呼，便說道：「小哥兒，我兒子去了國外工作，每周都有三兩封信，但我時常收不到。」我頓時心中愧疚，想到我一一無視許許多多不合規格的信件或常常遲送，又看見奶奶難以回信的手臂，我輕聲道：「我會多留意的，謝謝你。」自此，我真的改變了，我似乎明白我的意義何在，我雖渺小，但我有了方向，我開始留意每個郵票，我開始記起重要的地址，我開始早起以確保人們盡快收到郵件……

我們的生命仿似一封封郵件，我們有目的地，就會明白意義何在，我們來到社會上，卻不能做一封空件，人生在世，何不認真做點事呢！

陽光依然和煦，它讓我看見了無垠的蔚藍。

作家風采

〈病房〉

4A 馮紫穎

我張開眼睛，看著白茫茫的天花板，聽到小朋友哭的聲音，聽到一些推車卡卡的聲音，我一臉懵了，我不是在家嗎？為何我在醫院？

當父母發現我醒來的時候，他們一臉擔心聽着醫生說的話，幸好沒大礙，過兩天就可以出院了。當醫生走了，我立馬詢問父母：「到底我為何在醫院？」他們說着：「你剛剛在家裏暈倒了，昏迷不醒，我們立馬送你到醫院，幸好醫生說着只是白血球過高了，我們便放下心頭大石。」突然我記起了，當我暈的時候眼前一黑，什麼再也聽不到，十分恐怖。後來父母回家了，留下獨自孤單的我，突然看見一位頭髮凌亂，身穿藍白色病服的小女孩向我走過來，向我打招呼，說着一句：「你是剛剛來的嗎？」我說着：「是的。你叫什麼名字？你在這裏很久了嗎？」不知道為何她的臉上充滿笑容說着：「你好，你可以叫我一心！可以說這個地方是我的老地方。」

在晚上的時候，發現她的病情好像嚴重了，一滴滴眼淚流到她的枕頭，聽到醫生說着要立馬帶他去治療，我躺在病床上想着，明明下午的時候還是看見她滿面笑容，為何到了晚上就像變了一個人一樣，有着雙重人格？

明天早上，她便和昨天下午一樣充滿活力地向我說聲早安，我在心想：太好了那個「你」又回來了！突然她說着要和我一起出去醫院旁邊的小公園。「那個公園有一棵能讓你願望成真的樹。」她便彎低身在我耳朵旁邊說「着許了願會成真哦！」我一臉天真的樣子，便立馬許願，她問我許了什麼願望，我便假裝很神秘說着：「說了會不靈的。」我們回到病房，照以往一樣，拋開煩惱玩着那些幼稚的小遊戲，真像個小孩子！睡覺的時候在想明天我要走了，捨不得和一心道別，我決定留下在樹下許願的字條。「一起努力，一心要好起來，友誼長久！」

在我收拾行李的時候，一心依依不捨地向我道別，說出：「你就好了，我還要在這一段時間。」後來我才知道原來一心是患有抑鬱症，我便寫了一封說著鼓勵她的話。希望所有有抑鬱症的人都能走出來，從黑暗到明亮，走去充滿帶刺的黑玫瑰，向明亮的彩虹出發。

〈枯樹〉

4B 馮真晞

「沙沙」這個聲音一直在我耳邊迴響，把我從夢中拉了起來，那時正是下午四時是陽光最耀眼的時候，我揉了揉差點被這昏黃的光線照得打不開的眼睛，雖是初夏但也不阻微風輕輕吹動我的髮絲，那也正是在我窗外旁樹葉交纏的來源，這寫意的氣氛很難不讓我休，我家是兩層的小平房，外面有一個小園子，小時候我在那埋下了一粒巧克力豆，如今我上了大學了，它也變成了一顆大樹。咦？真奇怪，明明那時它還跟我一樣高，如今就連我坐在二樓的小書桌前望向窗外也能看到它的身影。

它就像是我的靠山伴我同行度過四季，像是一直長大的朋友，每次微風吹過，它的樹枝擺動像是跟我揮手，猛烈的陽光侵佔進入我的房間，樹葉的反射更我睜不開眼，但我依舊還是能嗅到一陣青草之中加夾雜木香味顯得郁郁青青，讓我多了一絲安全感，但……它能一直陪着我嗎？好像有些勉強它了，去年秋高氣爽的時候，它的樹葉泛黃、樹根發黑，樹枝像是一個餓了很久沒有吃飯的人，這次我不是在二樓的窗旁注視它了，而是站在它旁邊輕摸著它乾燥的根，它裂開的縫隙之間不再吐露出郁郁青青也不再讓人心人脾，以前微風吹動樹葉也依舊堅固不落，反而自信地起舞，秋天的風是大了些，但為什麼沒有風它的黃葉也不斷飄落，我蹲下小心翼翼地撿起了一片葉子，它比以前身嬌肉貴得多了，泛黃的樹葉很脆弱，好像一碰就會散碎，可惜我還來不及心痛它，它就在我眼前漸漸凋萎，誰能接受相伴多年卻突然漸行漸遠。

我緩緩坐下靠在它的樹根旁，與它一同感受這秋風帶來的清涼，風劃過我的臉，像冰塊滑過，映入我眼簾欲是滿天的枯葉，可惜它與櫻花隨意綻放不同，多了分不捨與難，堪少了分放肆，不能用花謝花飛花滿天一筆帶過。我抬頭與漫天的葉子對上了眼，它是頑強又脆弱的生命，泛黃又乾枯的葉子遭人嫌棄，但我卻用心撫摸它的葉徑憐憫它，與以前那青春活潑身穿着隋綠的少女不同，回想起我童時，在鄉下的屋前也經常與這少女玩，因為父母忙碌，身邊沒有同伴，當我獨自一人時會與她童言童語。她在我的畫中也出現過很多次，她的影子將我的影子整個包圍，突如其來的暖意湧來讓我感到不再是獨自一人，但自從我搬離那地方後就再也沒見過她，臨離別時我看到她隋綠的裙子也沾染上了一些柑黃，不等我開口就被人拉上了車，透過車窗看她向我揮手，漸行漸遠。

咦？我怎麼睡着了，又是這個夢，這個令我感到幼稚的夢，我記得去年夏天的時候我也夢到過，我收起了思緒才發現它的枯葉掉光了，因為沒有聲音在我的耳邊迴響，安靜得可怕，剛剛布滿天空的樹葉也都一一落在地上，枯乾的樹幹讓它變得像落葉的墳墓，它的身影在我眼前若隱若現，大概我不想記憶中的少女，在眼前變成了一棵枯樹。

今年秋天有些微凍而我不在二樓的窗外旁，我坐在家裡的小園子，身旁還有與我一樣高的枯樹。

〈魚香茄子〉

4B 彭焯彥

在這個秋天，我回到了熟悉的餐廳，叫了一份魚香茄子，可是味道卻不同從前。

我自少便喜歡魚香茄子，鹹香口味的肉碎帶著軟糯易入口的茄子，使我對它的味道回味無窮。

那是我第一次接觸魚香茄子。早上，我便隨着母親去樓下的餐廳吃飯，我看著餐牌上眾多的菜式，頓時不知道要選什麼好，而母親則很快便叫了一份魚香茄子飯，我也選好了一份菜式，隨著香味飄來，我看著飯菜的到來，我當時最愛的奄列也來了，但吃着兜裏看著碗里，魚香茄子的香味傳入我的鼻腔，它的香味使我面前的麵遜色了下來，我問：「我能吃一塊嗎？」母親欣然接受，我嘗了一口，鹹香味在我的味蕾綻放，在此之後我便愛上了。可是過了不久，我便要搬走了，我再到這間吃了多年的餐廳，吃了最後的魚香茄子便和老闆娘說再見了。

新屋離那間餐廳很遠，我也在為之後前往加拿大留學而奮鬥，在溫習的時間里我漸漸忘記了這餐懷念過去的飯，在我努力不懈下，終於成功獲取了留學的通知，那天很開心，不久之後，便去了加拿大。

時光飛逝，轉眼間 6 年過去了，快將過年時，我決定回港探望父母。回港後，我和父母吃過團年飯和基本的新年活動，便決定明天出發前往昔日的餐廳。早上，我乘坐地鐵，懷著激動的心情前往，「叮」到站了，我沿着天橋前往，路上有人散步，有人騎著單車，有人在為生活奔波，這片地方還是和以前一樣，到了餐廳，裡面的裝修還是一樣，老闆娘也還是那個人，我點了魚香茄子後便和老闆娘敘舊了起來，隨著香味的出現，飯到了，味道卻不同了，並非因為難吃了，而是不禁感嘆時光飛快，上次來還是在七年前，在這個吃快餐的時代，人們都不會慢下來欣賞，只會為生活奮鬥，少年時，我吃的還是童年的快樂，成長後，吃的卻是生活的壓力。



〈家〉

4C 湯迪生

「叮！」泛著黃光的微波爐發出一聲清脆的響聲，我打開微波爐的櫃門，拿出這一天的最後一餐，無視了廳內的吵罵聲。撕開包裝，拿起早已準備好的筷子，將不知道是什麼的飯菜送進嘴裡，不知為何，口腔裏本該充斥著飯菜的香味，如今竟味同嚼蠟，無半點味道。

我坐在餐桌前，低著頭看著眼前簡陋的飯菜，身邊只有那些無聲的餐具和沉寂的空氣，一時間，我難以理解為何那個曾經溫暖的、美好的家會成了如今的模樣？我望向廳內，那裏傳來著父母的吵鬧聲，他們的聲音漸漸變得激昂，我能感受到他們之間的不和與緊張。他們的爭吵聲在我耳邊環繞，讓我感到壓抑和不安，讓我感到這個家將要破裂，像一面鏡子，被狠狠地打了一拳。

忽然，一道不知從何而來的香氣順著夜色來到我的餐桌，我細細的嗅著，甚至站起來探索氣味的來源，順著氣味我走到窗台望向窗外，原來是隔壁的一家三口在吃晚飯，男人約四十有多，頭髮略為顯禿，眉毛濃密整齊，有著一臉慈愛的笑容，只見他伸出粗壯有力的手臂為他的孩子夾菜，那孩子也很懂事地拿起碗去接，男人的妻子正端著飯桶為孩子和丈夫添飯，三人共同演繹了這溫暖的畫面。我就這樣靜靜地看著他們，就像看著那面能穿越時空的鏡子，看著以往同樣發生在我身上的場景，只是好像那面鏡子碎成了一片一片，我想要把碎片拼好，但鋒利的鏡片卻一次又一次地傷害到我，我有點害怕了，害怕再也無法將鏡子復原，再也無法復原。

我不知何時因落寞而坐下的身，突然站起來走向窗邊，透過窗戶望向空中那皎潔的明月，眼淚滑過我的臉頰，滴落地面。我感受到內心隨著廳內激昂的吵罵聲跳動，像在催促我，催促我做出些什麼來，我只好站起來，踏過淚珠形成的小水漬，邁向客廳，用滿是傷痕的手輕輕安撫著躁動的鏡子，並慢慢地拼砌起來，或許最後破鏡可以重圓，或許不能重圓，但手上的傷痕依舊存在，不知何時我才能撫平因「家」而起的傷痕。

家或許就是這樣，能讓人奮不顧身，也能讓人歇斯底里，亦能讓你得到心靈慰藉，「家」便是如此萬般變幻之物，可是如何變幻卻取決於你、我、他。



〈女人街〉

4C 沈倬賢

在這人頭湧湧的女人街上，彷彿置身在一個千姿百態的世界。每個人都正忙著，有人忙著使勁地叫賣，有人忙著向檔主討價還價，有人忙著購買自己想要的東西。這街道是位於旺角鬧市的通菜街，通菜街又名「女人街」，何以名之？顧名思義是指這條街很受女性歡迎，與女性愛逛街、愛購物的習性有關吧！

女人街是一個小小的購物天堂，貨品琳琅滿目，應有盡有。價錢物美。街道兩旁有售賣著不同貨品的攤檔，這就是女人街最吸引、最獨特之處。

走進街頭，你便會感受到不同於大商場的獨有魅力。這裡不像店鋪，沒有店鋪裝潢的門面，沒有店鋪舒適的環境，這裏只有一個個用鐵枝搭起的攤檔，每個攤檔只用帆布分隔著，門面簡陋，攤檔裏隨意擺放著不同的貨品，但為甚麼仍吸引不少遊客前來女人街購物？這一定是有它獨有的魅力吧！

每逢週末，女人街總是人頭湧湧，走在人群，有時候真擠擁得像三文治裏夾著的沙甸魚，身不由己，不時只能跟著人群前進，特別是酷熱的夏日，大汗淋漓的人們擠滿了女人街，整條街道瀰漫著各人的汗臭味，簡直令人快要透不過氣來！

走著走著，很多攤檔的店主不時叫喊著：「快來看！快來看！我們的貨品又便宜又精美。」經過攤當的行人總是會被他們的叫喊吸引著，走進攤檔跟店主議價，你一句我一句，他們對店主說：「便宜一點，可以嗎？」他們刺耳的聲音總會充斥著每位行人的耳朵。

女人街還有一個獨特之處，由於攤檔搭建在行車道路的兩旁，有時候汽車會駛進女人街，街道的遊客由於被各式各樣的貨品吸引著，彷如看到一顆一顆超級巨星在前面，不理會周圍的情況，眼睛只停留在攤檔的貨品，這時候司機唯有慢下來，不時響啞，夾雜著攤檔店主的叫賣聲、店主熱情招待顧客的聲音、遊客跟店主討價還價的聲音……好像身在演奏廳欣賞著美妙的另類交響曲。

雖然如此，仍不減女人街的獨特魅力，熱鬧氣氛充斥著每一個角落，這裏不僅讓人感受到購物的樂趣，更能夠感受到一種與別不同的文化和風情。這就是不一樣的女人街了！

〈回家〉

4C 曾俊傑

一天的上學天總能令人累倒，我的眼簾都快要掉下來，每天操練文憑試試卷，還剩下一個月後便考公開試，這種心情一天一天比一天壓抑。我腳步沉沉地走到屯門市中心站等巴士的到來，這座繁華城市的在晚上顯得和早上不同：在早上時我聽到的各人快跑提步地去上班，但我現在聽到的是學生、大人們回家的腳步聲，讓我感到欣慰。走路聲是如此美妙的演奏曲，頓時把我迷倒。頓時我意識到「原來像我這樣的人，不只是一個，各自各走在回家的路上。」我說道。巴士的身影突然在眼前出現，身體像要飄過去般，簡單付了車費，一級一級地走上樓梯，隨便坐了一個位置目光呆滯地看着窗外。時光流轉，思緒進入了夢鄉。

我的手中傳來陣陣的溫暖，向右上望去時，看到年輕時的媽媽。她拖着我的手，突然，她注意到我呆滯並悶悶不樂的神情，便問我是不是在學校有不開心的經歷。那時我突然想起，從前的我，一旦不開心便會悶在心里，而當時的我覺得哭是不符合男人大丈夫的形象，所以我只會望着母親，希望她會注意到我，把我抱在懷裏。

「起床，日日也賴床，你太過份吧！，第一天上學一定要守時，起來，快起來……」被媽媽幾聲的嘈雜聲叫醒後，我慢慢地打開雙眼，看到我的媽媽和平時不一樣的裝扮，由家庭圍裙變成工作裝扮，臉上已不是平時素顏的樣子，她坐在化妝枱上玩弄着眼眉，急急忙忙。我知媽媽打工的原因，但我也只能默默地守望着她，我沒有資格得到她的溫暖，更沒有資格取得她的陪伴。她隻身一人把我養大，拿着那些來自爸爸的四十五萬，他在地盤工地上的死給媽媽的打擊遠遠超過我的孤獨，她令我童年時候有足夠的溫暖，對我來說已是奢侈。在我的夢中，不知過去了多久，從我獨自自己一人坐着巴士返回學校，變成有一個又一個的小伴兒在我旁邊，而我也慢慢地不太看重母親當初的關懷。

直到夢中的巴士快到小學站時，我猛一下地打開眼睛，發現我的眼睛流着水，我拿起手機，想看看眼睛是不是有甚麼毛病，回過頭來已從玻璃窗的反射看到眼睛變紅的我。但我並不想刻意去擦掉，想繼續流淚，再次回到媽媽的溫暖。

「我想見到你成家立室，你好好讀書啊，我拼命賺錢，就是希望你們有好的生活……喂，你幫我貼膠布，好痛啊……」當年我沒有接話，但非常明白父親的辛勞。但只是，當時的我怎麼也沒想到——這竟是我們最後的對話，也是我對他最後的記憶。

成長的過程，我相信大家也會感受過人生中的離離合合，我相信大家都有經歷過，但你們有想過回到過去嗎？回到那個對你溫柔的人的身邊。還記得當初對你溫柔的人嗎？任何人都有愛的人，也有愛你的人。所以應珍惜現在的家人或愛你的人，不要等失去才後悔。

〈鮮奶咖啡〉

4C 何家傑

當我再次走進這間咖啡店坐下，點了一杯鮮奶咖啡的時候，我聽到旁邊的歡笑嬉戲聲，不自覺地看了過去，咖啡店裡環繞著輕快的音樂，在溫暖柔和的燈光下，一個男生細心地為女生擦去嘴角上的咖啡，此刻，這個男生比整間咖啡店更要溫柔。看著這場景，我不禁想起了那時候的我和她，也是旁人眼中的一對情侶……

還記得那年，我和她在這間咖啡店第一次相遇。想要點杯咖啡然後讀書的我，剛坐下目光就被旁邊的女生吸引住了，陽光透過窗戶折射到她的臉上，她柔軟的長髮也被染成了隱約的棕色，心跳聲越來越急速，我趕緊把背包裡的書翻出來看冷靜了一下。夜色漸漸降臨，她的背影一秒一秒離開了我的視線。

隔天，我再次在這間咖啡店看到她的身影，再往後幾天，每一天我都在咖啡店裡面遇到她。終於有一天，我鼓起勇氣跟她聊天，後來我們成為了朋友，也是一起讀書的夥伴。我們每天都來到這間咖啡店一起讀書，儘管很多時間我們都是靜靜地看著自己要讀的書，但偶爾我們有一些問題看不懂，也會互相討論。她是一個文科很厲害的人，中英文的成績都很優異，很多時候我有單字不知道都會問她，然後她便會滔滔不絕地教我每個單字跟相關的解釋；她的會計很不擅長，而我剛好精通會計，便很耐心地教她每一條算式該怎麼寫，看著她低頭認真在寫筆記的樣子，我產生了一種難以言喻的感覺。

在每一天的交流中，我發現到我們的性格、愛好是那麼的相近，都一樣愛鮮奶咖啡，一樣愛讀書，一樣都愛在咖啡店默默地做自己的事，這也是我們能相遇的原因。漸漸地，我們認定了雙方是彼此心中的唯一。每當她讀書累了，舉起雙手伸展身體的那個慵懶模樣，都讓我很想一輩子保護眼前可愛的她。每次她剛點一杯鮮奶咖啡，只喝了幾口，就會隨使用一些理由把剩下大半的鮮奶咖啡推給我喝，再用她燦爛的笑容看著我喝下，甜甜的鮮奶加上她甜甜的笑容能把我的心融化了。而每當我把咖啡喝完，她都會看著我的樣子傻笑好一陣子，再溫柔地擦我的嘴角，她把頭靠過來溫柔的面容令我畢生難忘。

我曾經以為這種幸福的場景能一直永遠存在，但這種幸福的時光並沒有過得很久，有一天，她帶著沉重的腳步來到咖啡店，她臉上的表情彷彿陰天烏雲都圍繞著她一樣，我趕忙上前問她，她沒有回應，深深地抱著我，此刻我感受到衣服沾上她的淚水。我一直安慰她，隔了一段時間，她終於開口說要去外國留學讀書，以後沒辦法再跟我一起讀書，一起喝咖啡，也沒有辦法一起向未來前進了。看著淚流滿臉的她，我很心疼，沒想到我倆從今以後就要離別，在彼此的世界交錯開。我努力地忍住眼眶的淚水，跟她說沒關係，並祝福她能有更好的將來，也承諾未來在這間咖啡店再次共聚。我留在原地，看著她的背影，心中的悲痛久久不能散去，像被千萬把刀刺進心底一樣。那天，我在這個故事開篇的地方喝了無數杯鮮奶咖啡，甜與苦交雜在我的口腔中，我和她的美好回憶也像走馬燈一樣不斷在我眼前重現。

直到現在，我還在這間咖啡店獨自一人喝著那杯鮮奶咖啡，口中的咖啡已經徹底失去牛奶的甘甜，只剩下咖啡的苦澀，苦得難以下嚥。我看著四周相同的佈置，幻想著窗邊她美麗的側影，等待兌現當初的承諾。但我知道，我們的緣分已經從那天起結束了，不知道她現在怎樣了呢？我們已經很久沒有聯絡，也許是彼此都太忙，也許是這份感情已經被時間沖淡了，也許，這就是年輕的愛情，甜和苦都只是一瞬間的事。

〈家人〉

4C 甘家安

在黑暗吞噬之際，一切的景物都變得蒙糊，身邊沒有熟悉的人時，才發現親情是無可替代的。

在立秋之際，天氣適宜的一天，我帶著輕鬆愉快的心情，即興自己去大棠行山。在燒烤場中，看到不少家庭玩著熟悉的集體遊戲如數字球，飛蝶，踢足球.....聽到歡樂的笑聲及叫囂聲：「哈哈，你差一點就接著啦！不要讓它掉下來～」再直行一段路，便看到一片綠油油的樹林下面有一排椅子，迎著夕陽的落下。記得這個地方是小時候家人帶我過來，如果他們現在在我的身旁，一起玩著集體遊戲，一起坐著椅子下迎著日落，一起感受秋風的涼意，也許是一種不可言喻的快樂吧。

上到最高處，夕陽已慢慢沉下去了，月亮慢慢地升起，此時我正享受這個時刻，便停下來，拍照留念，享受這陽與月同在的一刻。下山的時候，因為光線不足，只好一直向前行，當時道路已經被黑暗籠罩，直至我察覺有一點不對勁，下山的時候還在上斜坡。我立馬回頭並往返剛才的路，心裏想著，這裏如果發生了什麼意外，家人會擔心嗎？會讓他們形成一道不可修復的裂痕？

在下樓梯的途中，除了手機閃光燈之後，沒有一絲的光線，黑暗像一隻怪獸吞噬著我。帶著絕望而恐懼的心情躺下，沒有熟悉的人、沒有一絲光源。突然手機有了信號，來電顯示為「屋企」。是家...是他們...給了我知識、教導我思考對錯，還給了我希望。

在你四周沒有人，被黑暗包圍著，想放下一切的時候，靈光閃出和家人的一點一滴，你便會很感激，珍惜親情的存在。



My Best Friend

My best friend is Agnes, a 12 year old girl who lives in Tuen Mun. She is of medium height, slim and has a round face, big eyes and long straight hair. She is also cheerful and often laughs. Indeed, her personality and appearance are both attractive. Our friendship started when we went to school on the school bus. She sat next to me and suddenly, said, “Hi, my name is Agnes. What is your name?” However, I was very shy, so I just said, “Hi, my name is Wendy.” However, she did not mind, and encouraged me to talk more. We have learned so many things with each other and often go to Disneyland and shopping together. I am really lucky to have a best friend like her.

Chow Wan Ching (1A)

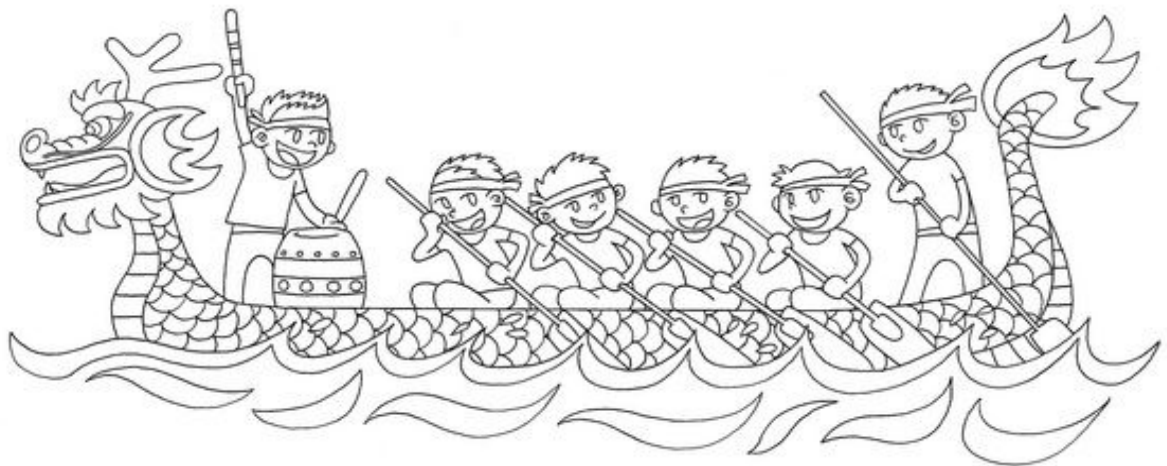
my
BEST
friend

Festival: Dragon Boat Festival

On 22nd June, I celebrated Dragon Boat Festival with my family and friends. During this festival, I watched the exciting dragon boat race, swam in the sea, and made rich dumplings. I felt excited and happy and ate rice dumplings with sweet and salty fillings. There was pork belly, salted egg yolk, mushrooms, and you could choose your own ingredients, and make your own flavour. It was fun and delicious.

I enjoyed the celebration because it was fun.

Chan Tsz Long (1A)



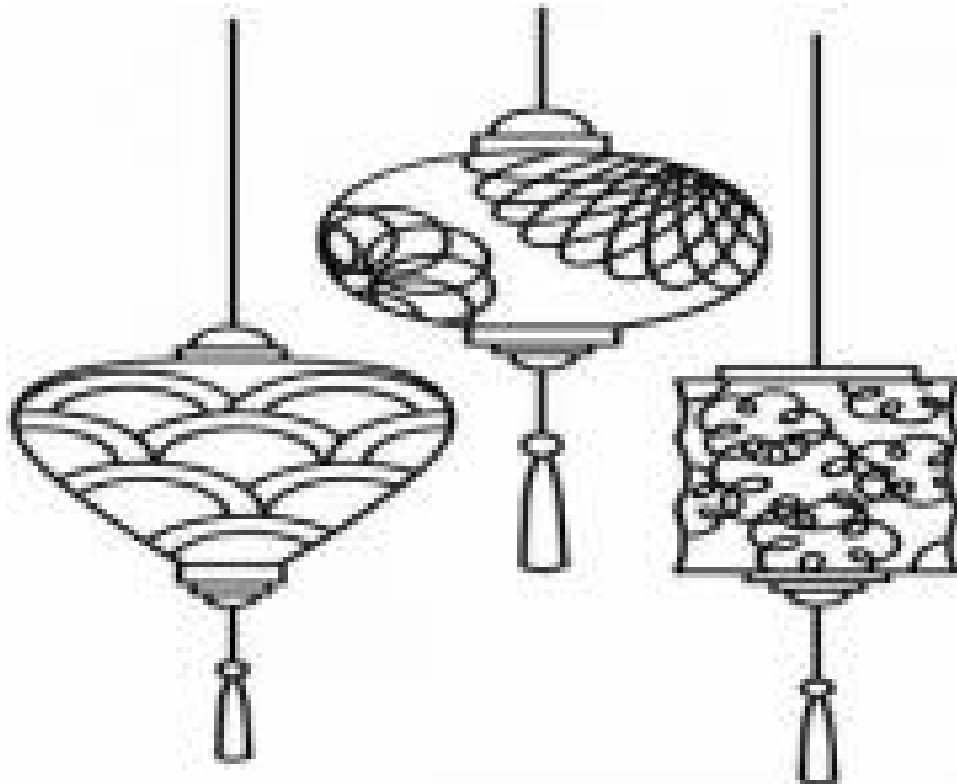
Festival: Mid-Autumn Festival

Mid-Autumn Festival is celebrated on 15th August according to the Lunar Calendar. This year I celebrated with my parents and my elder sister. On that night, I played with lanterns and looked at the beautiful full moon with family. I felt happy. We had some festival food such as ice-cream, mooncakes and star fruit. The mooncake was sweet and the star fruit was tasty and refreshing.

The most impressive thing about the celebration is I got the chance to make ice-cream and mooncake with my family. We went to the supermarket to buy a box of ice-cream, two packs of strawberries, a carton of milk, a pack of flour and a carton of eggs. After returning to the house, we started to make the mooncakes. First, we poured the milk, eggs and flour into a pot. Then, we mixed them in the pot. After that, we washed the strawberries. My elder sister was afraid of getting food poisoning, so we had to wash the strawberries carefully. Finally, we wrapped the strawberries and ice-cream with the glutinous rice skin.

I enjoyed the celebration because we could solve lantern riddles, play with lanterns and make mooncakes.

Chow Wan Ching (1A)



Teen Problems

Dear Lonely Student,

Thank you for your email. I'm sorry to hear about your problems. Lots of teenagers are dealing with your loneliness which is such a common problem.

You ought to join a school club or an activity to make some new friends. For example, joining the dance club, singing club or art club. They are interesting and fun. I'm sure you will meet a lot of new friends and that you and your friends will have a lot of things to share.

Why don't you start a conversation with your classmates? You can talk about dancing, food, or shopping. These topics are popular with teenagers lately. You can meet a lot of new friends this way, and you won't be alone.

Don't give up. You'll feel better soon.

Best wishes,

Chris

Ng Cheuk Fei (1B)

Tsim Sha Tsui

Today I want to share what I have done during a visit to Tsim Sha Tsui. On 3rd May, all Form One students visited Tsim Sha Tsui. We went to the Avenue of stars, Hong Kong Space Museum, Clock Tower and Star Ferry Pier.

During the visit, we interviewed two tourists who both loved Tsim Sha Tsui. One was called Krista from Latvia and the other was Elebba, from Brazil.

Our group then visited the Avenue of Stars and Clock Tower. First, we went to the Avenue of Stars and read some information about the Hong Kong Film Awards which have been held annually since 1982. The statue depicts a goddess holding a pearl. Next, we went to the Clock Tower. We learnt that Kowloon Canton Railway inaugurated on 1st October 1910 erected the Clock Tower in 1915. It was declared a Hong Kong landmark in 1990.

It was an interesting trip as it was the first time I had been to Tsim Sha Tsui with my classmates. I will visit there again with my best friends and my family.

Chen Hoi Tung (1B), Khan Mehek (1B), Wong Chun Nok (1B), Xie Anna (1B)



School Life in Hong Kong

Hi everyone Good afternoon. Today, I'm going to tell you about my school. Let's go inside!

I'm standing at Ho Ngai College (Sponsored by Sik Sik Yuen). As you can see, most students in the school wear uniforms. There is a music room equipped with many musical instruments. For example, there is a piano and some guitars. This is where we have music lessons, band practices and play musical instruments.

Here we are at my favourite place, the tuck shop. I often come here for lunch. There are many students who also go there to buy snacks. They are really nice. The tuck shop is my favourite place at school.

Now I want to introduce the gym which has lots of training equipment. Students come here to exercise and build muscle. Working out can help prevent disease, boost your immunity and release the pressures of learning.

This is the end for my school tour. Thank you for listening.

Chan Yu Sum (1C)



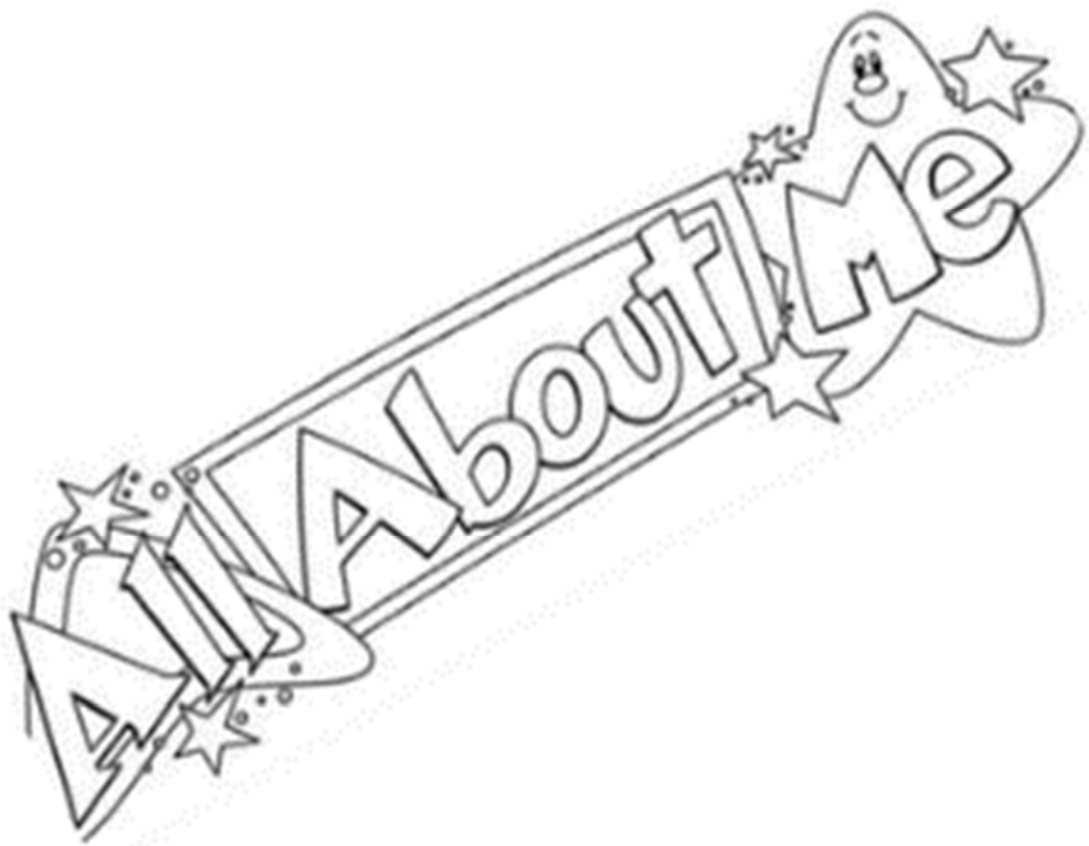
All About Me

I am a twelve year old girl who lives in Tuen Mun. I go to Ho Ngai College (Sponsored by Sik Sik Yuen). I am slender and tall and have long wavy hair. I have big eyes and fine features.

I am a well-organised and a curious person so like to keep my things tidy and I always ask about many things. I also like listening to music and shopping as often as I can. I mostly buy decorations for my room.

My favourite school subjects are English and Music.

Rumaisa Ali (1C)



Protecting Wildlife

Wildlife Week is coming so I would like to discuss protecting wildlife. As we all know many animals in the world are in danger because of the selfish behaviours of humans, but there are also many things we can do to help protect these animals and their habitats. In this article, I will share some ideas on how we can all make a difference and work together to protect the amazing creatures that share our planet.

There are many species of sea and land animals that are endangered. Some of the endangered sea animals include sea lions, blue fin tuna and blue whales. Similarly, several land animals are also in great danger including Asian elephants, orangutans, black rhino and polar bears. We can also find endangered animals in Hong Kong such as the Chinese pangolin, gold coin turtle and Romer's tree frog.

Do you know what the common threats to these endangered species are? The most serious one is wildfires, which can kill lots of animals and burn down the forests that they live in. Another major threat is pollution. People throw rubbish everywhere including the ocean. Therefore, animals will die quickly. In addition to this, poaching is also a common threat to endangered species. People kill animals for their furs, tusks and much more.

We can help protect wildlife in many ways. First, we can be a volunteer. We can do voluntary work for charitable organisations like the WWF and OWLHK. For example, cleaning beaches, country parks and forests in our spare time.

Next, we can donate money to charities. We can save a little from our pocket money regularly and donate \$10 per week and give the money to WWF. Alternatively, we can take actions to protect the environment. We can reduce, reuse, and recycle materials in our daily lives to create less pollution. For example, we can take our own shopping bags when we go shopping. Finally, we should stop cutting down trees and let animals live happily.

Take action to save endangered species!

Shah Sahira (2A)

A Book Review: The Wizard of Oz

Recently, I have read a story book called *The Wizard of Oz*. The writer is L. Frank Baum. It is a fantasy.

The story begins with a girl called Dorothy who lives in Kansas in the USA with her aunt and uncle, and a dog called Toto. One day, a cyclone blows Dorothy's house, with Dorothy and her dog in it, to a country called Oz. The Witch of the North tells Dorothy the Wizard of Oz in the Emerald City can help her to find a way back to her home. The witch tells her to follow the yellow brick road as it will lead her to the Emerald City. On the way to the Emerald City, Dorothy meets Scarecrow, Tin Man and Cowardly Lion. Dorothy asks them to go to the Emerald City with her as the Wizard can help them get what they want: The Scarecrow wants a brain; Tin Man wants a heart; and Cowardly Lion wants to be brave. When they arrive at the Emerald City, the Wizard of Oz asks them to kill the Witch of the West. Dorothy kills the bad witch by throwing a bucket of water at her. Then, they find out that the Wizard of Oz is just an old man with no magic. At last, the Witch of the South tells her magic red shoes can carry her home.

Among all the characters in the story, I like Dorothy most because even if she was in a good city, she still wanted to live with her aunt and uncle. There is an important message from the story that no matter where you are, you should still remember your loved ones and go to them.

If I could make one change to the story, it would be the ending because I would tell the magic monkeys to bring Aunt Em and Uncle Henry to Oz because in Oz there are no cyclones so they could live happily together. Dorothy would also not need to separate from her new friends this way. I like this book because it has a very deep meaning and it is fun to read. I give it a rating of ten out of ten. I think this book is suitable for people of all ages to read.

Shah Sahira (2A)

A Weekend Trip to Beijing

To: lily2170@yahoo.edu.hk
From: miki0625@yahoo.edu.hk
Subject: A weekend trip to Beijing

Dear Lily,

How are you? I can't believe we are leaving for a trip next week! I'm so excited! There are so many magnificent attractions to see. Let me tell you my plan.

Our flight leaves at 8:45 a.m. on 18 November and we return at 16:45 p.m. on 20 November. We're staying at Greentree Inn which is cheap and convenient.

We're visiting the Great Wall of China on our first day in Beijing. We will do some hiking there. For lunch, we're trying some local food such as skewers, Chinese crepes and Beijing yogurt. After that, we're going to Wangfujing Street to go shopping. It has a wide variety of shops and boutiques and the clothes are modern and fashionable.

The next day, we're going on a guided tour of The Forbidden City. It's huge and has more than 980 buildings and 8,728 rooms! We will visit the Palace Museum, one of the best museums in the world. You can see interesting paintings, statues and furniture there. It's going to take us all day to walk around it. I'm sure it will be tiring but I plan to post some photos on my social media.

I can't wait to have a weekend trip to Beijing with your family. It's going to be so interesting!

Love,
Miki

Fung Tsz Yin Miki (2B)

Protecting Wildlife

Good morning teachers and students,

As Wildlife Week is coming next week, I'd like to speak about endangered wildlife today.

Do you know what the common threats to endangered animals are? The most serious one is poaching of course! Poaches sell endangered animals' body parts, which is cruel and unjustifiable. Another major threat is deforestation, where people cut down a massive numbers of trees in forests. This destroys animals' habitats and as elephants mostly consume leaves it can lead them to starve.

To stop endangered animals disappearing from our planet, there are several things we can do to help save them. For instance, we can donate money to charities that regrow trees and forests. Helping to save endangered species benefits all of us now and future generations. If every one of us plays our part, endangered animals can be saved and the world be a better place for it.

Do your part! Help save endangered animals!

Ng Ho Lung Phelps (2B)



A Letter to a Mall Manager

Dear Manager,

I am writing to give suggestions to your shopping mall so that it can be more popular and provide a greater variety of shops to attract young people.

Recently, I have done a survey on the types of shops, services and facilities provided in your mall and V City and found that that V City has more kinds of shops than Waldorf Avenue. For example, V City has more boutiques than Waldorf Avenue. Also, V City has more electronics shop than Waldorf Avenue. Moreover, Waldorf Avenue has fewer sports shops than V City. Therefore, I think you should add more clothing brands, such as Nike, Puma and Adidas.

With regard to the services provided in the two shopping centres, I found that Waldorf Avenue services and facilities are not as good as those in V City. For example, there is no information desk, free Wi-Fi or free parking. But, I found that V City has enough services and facilities such as mobile phone charging. So, I think you need to provide more services and facilities, for instance, lockers, E- directories and a traffic inquiry desk.

I look forward to seeing a new face of Waldorf Avenue. And I hope my advice will be useful.

Best Regards,
Chris Wong

Chan Suet Kuen (2C)

Health and Fitness

I notice that many of us are unhealthy because we eat unhealthy food much too often. For example, pizza, fries and hamburgers which should only be enjoyed in moderation. Another reason we are not as healthy as we should be is our fondness of playing online games, instead of engaging in physical activities like sport.

Let me suggest some ways that we can become healthier and stronger. Firstly, I suggest we can do more exercise. For example, running, jumping rope or using a hula hoop are great ways to exercise. We should do exercise one hour or more per day.

We should also have a balanced diet. For example, we should eat meat, grains, vegetables and fruits to get good nutrition. Rest is also important, so make sure you sleep before 10.00 p.m. each night so that you are not tired at school the next day.

In short, we all should do more exercise, eat less unhealthy food and sleep more to improve our general health.

Ip Yau Cheung (2C)



The Worst Day Ever

Last Friday was a misery as I had several unlucky things happen to me on that day. That morning, I got up at 8:10 a.m. but forgot to bring my homework to school and when teachers asked, I could only tell the truth and all of them were so angry, that they gave me a week-long detention after school starting on Monday!

Then, I had a fight with my classmate, Michael Jackson, in the in-door playground at lunch time. I was really mad as he set my wood creation on fire the day before. And all of a sudden the principal and vice principal, and all the discipline teachers stopped by, and gave me a major demerit right on the spot.

Bad luck just kept following me! I dropped my wallet at the school main gate! And I just happened to be eating at a restaurant alone! I had no choice but to embarrassedly walk up to the cashier and tell her that I had forgotten my wallet, and thankfully she didn't mind. Then, just when I was thinking that my luck had changed for the better, I slipped and while getting up, my leg felt painful. When I got home, my dad took me to a doctor who confirmed that I had broken my leg.

Tong Kin Ho (2C)



Letter of Advice

Dear Daisy

Thank you for your letter. I am sorry to hear about your problems and I hope you can get through it. I can help you by giving some advice which hopefully will work well for you and solve your problems.

With regard to your lack of space at home, I think you should first try going to the library to finish your homework. This would avoid you having to take over other family members' space at home!

I think the best way to deal with your limited pocket money, is to spend what you do have more wisely. There are so many things you can enjoy that cost nothing at all!

Finally, try to do more activities with your family, as this is bound to help you improve your communication with them.

Hopefully things will get better soon. Keep in touch.

Best regards,

Pat

Tong Kin Ho (2C)

Country Park Clean-Up Day

Last Saturday, our school's moral and civic education committee held a country park clean-up day in Tai Lam Country Park. It was an event that aimed to help keep the country park clean and help raise money for a charity called Green Power.

On that day, 69 people were involved. When we arrived at the country park, we saw a lot of rubbish and I felt very angry.

Then, we prepared ourselves by wearing cotton gloves and we started to clean the country park. I picked up some plastic bottles, used tissues plastic boxes, barbecue forks and cutlery. After we cleaned up the country park, I felt happy but tired.

It was really an awesome event because we could make the country park very clean. I was happy to see that the country park was clean. Over 70 bags of rubbish were collected. The best thing is that we not only cleaned the country park but also raised money. In fact, over 10,000 dollars was raised and donated to Green Power.

I am so happy that I participated in this event. I'd love to join the event again next time because I can make a lot of friends and protect the environment.

I hope everyone will get involved in other voluntary work.

Leung Chun Hei (3A)



Application for the Post of Junior Reporter

Flat A, 40/F
Green Park
Garden, Sun Street
Tuen Mun

28th May, 2023

BBTV

1 Castle Road,
Tsim Sha Tsui,
Kowloon

Dear Sir/Madam,

Application for the Post of Junior Reporter

I am Chris Wong, a Form Three student from Ho Ngai College (Sponsored by Sik Sik Yuen) and I am writing to apply for the post of Junior Reporter at BBTV as advertised on the careers week board on 28th May, 2022.

I am a hard-working student and I always get top grades at school. I have also interviewed many interesting people including celebrities. Therefore, I think I have the strong communication skills that are needed for this post.

Finally, I am a very diligent and independent student who would work hard for your company.

I would be happy to attend an interview at your earliest convenience.

Thank you for considering my application.

Yours faithfully,
Chris Wong

Leung Tsz Yin Oscar (3A)

Opinion Essay

Smartphones make our lives better or worse?

It is very common to see everyone has a smartphone, even for a little boy aged nine or ten. In my opinion, smartphones make our lives better.

Firstly, smartphones contain various functions for users to use. For instance, we can share photos with others easily. Also, we can watch free online videos, so that we do not need to buy a computer or go to the cinema. Then we can use smartphones to take photos, so we do not need to buy a camera. Smartphones can help us do a lot of things.

Secondly, smartphones enable us to keep in touch easily. Nowadays, we have many social media Apps that allow us to contact friends and family at any time. For example, WhatsApp and Instagram are popular communication tools. In addition, we can use smartphones to make calls to friends in other countries. We do not need to write letters. Now we have smartphones, we can make face-to-face calls and chat with them.

Finally, smartphones can provide entertainment. For example, we can use phones to play games. We can listen to music on the way home. We can use smartphones to read books, so we do not need to go to the library to borrow books.

In short, smartphones are good for us. They improve our lives and communication and have many useful functions.

Siu Tsz Yi (3A)

Students' Favourite School Performances

Introduction

In order to find out students' favourite school performances the Drama Club conducted a survey of 100 students.

Findings of the survey

It was found that most students like watching concerts and think that watching concerts is entertaining and relaxing.

However, 20% of the students said that they like watching dramas because they are fun.

Only 10% of the respondents said that they enjoy magic shows.

Conclusions

It is clear that although most students love concerts a large proportion also like watching dramas and a significant number magic shows. Therefore, our school should continue holding concerts, dramas and magic shows but consider making the last two types of performance optional.

Chow Hoi Lam (3B)

Music and Talent Show

Recently I watched a Music Talent Show held by our school and I would like to express my feelings and comments about the show.

The show was held on February 11 in our school hall. The show lasted for two hours. There were 15 performers and 10 songs. One of the performers sang sweetly. I think the performers sang well.

I think the show was a little too long and suggest it should last for just one hour, so the audience could be attentive and happier. However, the songs chosen were popular, so I listened to them attentively. The stage was too small because it was too crowded. I suggest making the stage bigger. The judge was professional and gave good advice.

Since the show was entertaining and amazing, we had a good memory. I hope I enjoy the next music festival as much as this one.

Sun Wai Yi (3B)



The Addams Family (2019)

Mysterious, quirky and funny family story

Rating: ★★★★★

Suitable for: all ages

Reviewed by: Chris Wong

The Addams Family is a film directed by Conrad Vernon, and Greg Tiernan. It stars Christina Lacey, and Christopher Wright. The main characters are Gomez, Demon Emperor, Wednesday, Pugsley Addams, Thing, and Uncle Fester.

The story takes place in a small town. One day, at their old house on a hill a mob of angry villagers rejects anything creepy in nature, and drives the Addams Family away. The family flee to the hills to abandon the old haunted house. But they like the style and eccentricity of the old house.

I like the mystery of the old house, and I think the plot is exciting. My favorite part is when the villagers come up to the hill to drive them away. At the end the whole family unites against the villagers and their young son bravely steps up to protect his family.

I recommend this film for its family warmth. Everyone is always with each other and their acts are weird and funny.

Wong Hiu Kwan (3B)

Proposal for Beach Clean-Up Day

Dear Principal Cheung,

The Charity Club would like to propose holding a beach clean-up day event at Repulse Bay to raise money for the SPCA (Society for the Prevention of Cruelty to Animals). This is an excellent charity that adopts homeless pets. It also promotes kindness and prevents cruelty to animals.

We suggest having the event from 8.00 a.m. to 11.00 a.m. on 28th December because that day is in the Christmas holidays when more people would be free to participate. Holding the event in the morning would be better than in the afternoon because it is not hot. First, our club members can pick up the rubbish like plastic bottles, used masks, cans and sticks. Then, sort the rubbish and finally, take photos of the areas that have cleared of rubbish.

By participating in the event, students can become more aware of the importance of protecting the environment, and increase their interest in charity work. We sincerely hope that you will approve this proposal.

Yours sincerely,
Bonnie Leung

Fung Chung Yan (3C)

A Letter to the Editor

Dear Editor,

I am writing in response to your article entitled “Ethnic minority students need more support” published on 2nd February in the *Kowloon Times*. In my opinion, the scale of the problem is too big to ignore.

Firstly, the Education Bureau should make a new curriculum for ethnic minority students to learn Chinese, as although the government has provided some support from them, it is insufficient. Not only should the starting level of their Chinese language courses be lower, but ethnic minority students should also be taught more authentic Chinese. I suggest they focus on speaking and listening skills first to make it easier for them to perform daily tasks such as haggling at wet markets.

Secondly, extra classes after school could also greatly improve their Chinese skills. If these were small classes, they would be more focused on their classes and teachers would pay more attention to students. Besides, it would lessen their stress and strengthen their confidence since they would not need to compete with native Chinese students in these lessons. They could be grouped with students with similar Chinese proficiency levels.

To conclude, if the government implements my suggestions, ethnic minority students will be able to better integrate into the local community and suffer from less discrimination.

Best Regards,
Bonnie Leung

Leung Wing Tung (3C)

Smartphones: for better or for worse?

It is very common to see everyone has a smartphone, even for a little boy aged nine or ten. In my opinion, smartphones make our life worse.

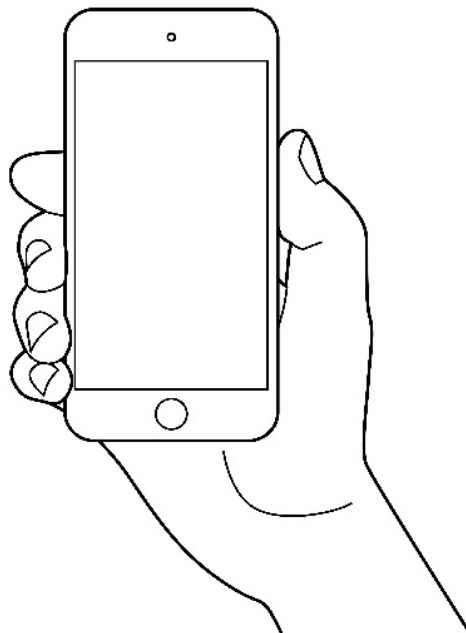
Firstly, smartphones let people get addicted. People use smartphones for the whole day playing online games. Some love shopping, and will waste money on online shopping. Also, teenagers like making new friends, and smartphones will let them indulge in online dating. Then they will never go out or they just want to stay at home every day.

Secondly, smartphones may worsen family relationships. People always use their smartphones when they are having dinner with their family which results in them communicating less. Then they will never chat with each other.

Thirdly, smartphones worsen our health. People will have vision loss if they use smartphones for a long time. In addition, because they want to use smartphones longer at night, they will sleep late, so that they will be exhausted on the next day. Moreover, smartphones have radiation which can affect human health. If people use them for a long time, unfortunately they will get cancer.

In conclusion, smartphones worsen our lives and have many drawbacks to humans. They waste our time and have a negative impact on our health.

Yeung Tsz Wing (3C)



Music Review

I would like to introduce a song I have recently listened to, it is called “ME”.

This song is an example of a pop song that will make you want to listen. The song is performed by Taylor Swift. This song is about embracing your uniqueness and really being happy about it and embracing yourself. It presents the message that only loving yourself makes you deserve the love of others.

I like this song for several reasons. Firstly because I really like her melody. This song is like what her lyrics say “I’m the only one of me, baby. That’s the fun of me,” which makes me feel that I am unique.

This song is energetic, and I think the lyrics and melody of this song fit together well because her lyrics are personal and her melody is pleasing to my ears.

The overall feeling of the song is very relaxing and happy, and the dance on her music video can show what messages the song conveys. Her performance is also really colourful.

I feel excited when I listen to the song and the song is very encouraging. I think this song can be listened to when you feel lost, as it can give you the confidence to find yourself.

Ma Ka Ki (4A)

Music Review

I would like to introduce a song I have recently listened to, called “Beautiful”.

This positive song is an example of a catchy rhythm and blues ballad. The song is performed by Christina Aguilera. The song was released in 2002. This song has an incredible and inclusive melody. The lyrics describe inner-beauty, as well as self-esteem and insecurity. “Beautiful” has a wonderful message. It tells us that everyone is all beautiful inside and outside. No one can tell you, how you are supposed to feel about yourself except you.

It’s such an amazing song. It’s like a true friend giving us a beautiful piece of advice, giving us comfort when we need it. I love the singer’s powerful voice. Its R & B melody makes it very easy to listen to her strong voice and the melody impresses me. This song’s message attracts me because of the singer’s powerful voice and positive message. It has made a huge impact on me since I heard it for the first time.

This song is worth listening to and I will recommend this song to all, especially girls. No girl should be judged for her “beauty” or lack of perceived “beauty”, no matter her appearance or body shape. Although the concept of beautiful will always shift and change according to standards set by society, you can all listen to this song and learn that, no matter what the current standard is, no one can decide for you.

This song makes me want to listen again and again. You must put this song to your playlist!

Tang Sin Ching (4A)

My Day Trip – Tai O

Good morning principal, vice-principal, teachers and schoolmates, I'm from 4A. Today, I am here to share my day trip to Tai O with you.

As you know Tai O is very beautiful. Hundreds years ago, during the Qing Dynasty, people came to Tai O on their boats and built stilt houses to reside there. It is located in the western part of Lantau Island and is the most famous fishing village in Hong Kong with an area of 28,000 square metres. It is also known as the “Venice of Hong Kong” because of its unique stilted houses built over the water.

Let me tell you about two attractions in the village. There is a cat shelter named Tai O Fei Maoli opened by a local artist. And if you like drinking coffee, you can go to Solo Café, the first coffee shop in Tai O for foreign visitors.

In addition, Tai O has beautiful beaches. And, if you are lucky enough, you can watch the Chinese white dolphins on the boat and when it is low tide you can catch crabs and clams on the beach. If you have time you should look at its fascinating wall paintings and go hiking.

Of course trying delicious food is what you should do in Tai O. There are several local foods and beverages you can try. For example, iced pineapples and mountain begonia tea which is sweet and sour. Don't forget fried rice with shrimp paste, and *cha guo* is not to be missed.

In fact, it is not far to get to Tai O from Tuen Mun. It is so convenient if you take the ferry from Tuen Mun Ferry Pier. In conclusion, Tai O is a wonderful place and I recommend you explore it.

Xu Young (4A)

Proposal for Form Four Study Tour of Cheung Chau

17th November 2022

Dear Principal Cheung,

Proposal for Form Four Study Tour of Cheung Chau

On behalf of class 4A, I would like to propose a study trip to Cheung Chau for all Form Four students. Going on the trip would be beneficial because it would give students an opportunity to know more about Cheung Chau Island.

First, we plan to take Form Four schoolmates to Cheung Chau. The proposed study tour would take place on 9th December, 2022 from 9.00 am to 4.00 pm. We plan to take the ferry to Cheung Chau from Central. Students would wear their school sports uniform. The ferry fare costs around \$30 in total per student. Students would need to pay for their own lunch.

During the trip, students could explore Cheung Po Tsai Cave to learn the history of the notorious pirate. Moreover, they could taste some outstanding street food of Cheung Chau, such as giant fishballs and mango *mocha*. They should also go to Kwan Yam Beach because it is known for water sports activities like kayaking and wind surfing. After the trip, students would write a travel diary. In addition, they would be asked to do a presentation on the tour during the morning assembly.

We hope you will approve the study tour. Please let me know if you have any questions.

Yours sincerely,

Giann Yip
Chairperson
4A Class Committee

Yip Tsz Yau (4A)

Letter of Advice

Dear Chris,

Thanks for your letter. I'm sorry that you're having problems with your best friend. I hope I can help.

You asked me if I think taking selfies is a bad idea. I don't think so, if done in moderation. I think selfies encourage you to share your life with others and help you express what you like, such as your favorite hobby, and your daily routine. It also encourages friendly feedback such as positive comments, and sharing of thoughts. However, if someone becomes addicted to taking selfies, this is another matter. In this situation taking selfies may decrease your self-confidence and self-esteem when people give negative comments. If I were you, I would tell her what happens when you get too addicted to taking selfies and tell her to go out and have fun together.

You also asked what you should do about your friend. I suggest you should tell her the adverse effects of addiction to selfies such as how it may affect your mental health. And explain to her why you do not want your face to be shown too often in her photos. She should ask permission when she wants to post photos with you in them. Why not emphasize how important your friendship is to her and how much you care about her as her best friend? I'm sure she will understand.

I hope this advice helps. Good luck!

Bye for now.

Pat

Yip Tsz Yau (4A)

Cheung Chau on Foot

Posted by Mereen, on Wednesday 19 October

My sister, May and I went to Cheung Chau on Sunday for our school holiday. We had a wonderful time. Let me tell you about our first day there!

In the morning, we arrived at Cheung Chau Island. I saw a small colourful house once we got there. As we were walking, I saw the sampan that sails from the main ferry pier. It looked fun. Thus, we decided to explore the area around Cheung Po Tsai Cave. It turned out that the sampan was a really good option. We enjoyed it a lot.

Then, we went to sample the famous street food of the Cheung Chau. We just walked around the main promenade street, and we found plenty of vendors selling their delicacies and desserts, such as mango *mochi* and giant fishballs. But be prepared to stand in line for some of the more popular shops. And we visited an amazing coffee shop in Cheung Chau which we highly recommend called Haika.

At night, we had dinner at the Chocoduck Bistro, where we tried handmade pasta for the first time. I loved the fresh seafood and there is a lot of love that goes into the food served at Chocoduck. After that we went to the Kwun Yam beach, where I got to relax on the beach and had a sweet bun.

The walking tour was an exciting way to explore Cheung Chau. Tomorrow we are going to Hong Kong Ocean Park. I really hope that we will have a great time in Ocean Park. I'll write all about it in my blog next week!

Mohammad Mereen (4A)



The Cove

Good morning everybody. Today I'm going to share a film I have recently watched. It is called 'The Cove'. It is a 2009 documentary filmed by Rico Barry and his crew. As they were blocked by fishermen, they placed hidden cameras behind the rocks at the cove to record the slaughtering process. Thousands of dolphins were killed or captured for the entertainment industry or human consumption. Rico and his team exposed the brutal slaughter with the aim of stopping the killing.

I thought the fishermen were very cruel to massacre the dolphins, and stain the sea with blood. The most shocking thing was that the dolphins were stabbed with spears, and their bodies were sold in major supermarkets. The part I disliked the most is when the sea was covered with bright red blood.

We can stop the killing of dolphins by raising awareness, supporting conservation efforts, choosing responsible tourism and reducing fish consumption, and reporting any illegal hunting activities. This movie changed my attitude towards animal protection. I think it can teach people to take the initiative to protect dolphins.

I will recommend this film to my friends because this movie can help more people know the importance of protecting animals.

Cheung Ho Yan (4B)

Music Review

I would like to introduce a song I have recently listened to, it is called “Keep on, fight on”.

This strong song is an example of a pop song that will make you want to listen. The song is performed by Jay Fung and is one of his latest songs. Keep on, Fight on is about encouraging teenagers to be strong.

What I like about this song is its message is meaningful and encouraging because it tells you not to give up no matter what. There are plenty of positive messages, because hearing it fills you with positive energy. So I like listening to this song.

I think the song is energetic and unique. It makes people feel happy and want to sing along. It is also very contagious as it has a catchy tune. The singer has an attractive and special voice. His voice is soft and sweet. People will remember his voice after listening. They would love his voice.

Jay Fung is the lead singer while there is another singer playing the piano as the background music. The singer and the pianist cooperate very well, so the song sounds smooth and comfortable. The singer also has some body movements when singing which makes it more engaging and lively.

The song is relaxing. This is a song which will make you feel relaxed. It can cheer you up when you are lost. After listening, you can renew your spirits to face those difficulties. I really like this comfortable and encouraging song. It makes me want to listen again and again.

Fung Chun Hei (4B)

An Outing to Central

Posted by Jacky, on Wednesday 19 October

My friends and I went to Central on Saturday. We had a great time there. Let me tell you about our first day here!

In the morning, we took the MTR to Central. It took us a long time to get there, then we had a nice breakfast nearby. After breakfast, we went to the Central waterfront summer party. There were many booths, games and children's mobile games, including mini golf, and inflatable trampoline, and then I went on a merry-go-round with my friends. In the evening, we went to take photos of the night view of Central and then went to the Ferris wheel to see the night scene before heading home.

We had a great time in Central. Tomorrow we are going to Cheung Chau. I'll write all about it in my blog next week!

Kwok Chun Wai (4B)



Temple Street on Foot

Posted by Raina, on Wednesday 19 October

Hanson, Gian and I went to Temple Street on Saturday for the Christmas holidays and had a great time. Let me tell you about our first day there!

At 10.00 a.m., we first went to buy herbal tea and to see the birds. The chirping of the birds was very loud. But it didn't affect my mood. We fed the birds food while drinking herbal tea and they were so cute. Suddenly we found that the herbal tea shop did not give us sugar to relieve the bitterness.

Second, at 1.00 p.m., we went to the Temple Street. We ate at a Sichuan gourmet restaurant and the three of us had different dishes, one extra spicy, one mildly spicy, and one non-spicy. The hot and sour noodles were really delicious, but the ingredients were a bit expensive.

In the evening, we ate dinner separately. I went to buy egg waffles and fresh milk. Then I went to a bamboo noodle shop to find Gian, but I found Hanson there. The three of us met in the bamboo noodle shop.

We had a great time in Temple Street and the food was delicious. We hope to enjoy other holidays together just like this one.

Yau Yuk Yee (4B)

Music Review

I would like to introduce the song I have recently listened to, it is called “Keep on, Fight on”. This encouraging song is an example of pop song that will make you want to listen. The song is performed by Jay Fung. This song is about inspiring and encouraging people to persevere through difficulty times. It is a song published in 2016 April. There are two versions in this song. One in Cantonese and one in English. I am going to introduce the English version.

The lyrics of “Keep on, Fight on” are powerful and motivational, encouraging people to keep pushing forward and never give up on their dreams. For example, “Just Keep on, fight on, don’t stop until the break of day”, “don’t give up on all you’re wished for it might come true in the end”.

The melody of “Keep in, fight on” is catchy and memorable with a strong beat that drives the song forward. The chorus is particularly powerful with a soaring melody that is sure to get stuck in your head. The song has a great energy to it, making it perfect for people who need some power to keep going.

The musical instruments used to back “Keep on, fight on”, include the guitar and piano and perfectly convey the energy and intensity of the song. The guitar creates a strong and steady beat and adds an uplifting melody and a sense of urgency which all comes together to create a driving force that matches the message of the lyrics.

I highly recommend you to listen to this song if you feel tired of life. It is a positive song and you will get much power after you listen to it. It is a great song you can’t miss!

Rating: 5 stars

Ho Ka Kit (4C)

My Day Trip – Tuen Mun

Good morning principal, teachers and students, I'm Alan Kan. Today, I want to introduce a day trip in Tuen Mun.

Tuen Mun was a place the ships moored in the old days and is famous for its stunning views, scrumptious food and kind-hearted residents.

Let me tell you about some of its famous tourist attractions. You can go fishing at the Tuen Mun Ferry Pier. This is the perfect place to enjoy the dusk with a friend, especially for a romantic and unforgettable date.

Another tourist attraction is Hong Kong Gold Coast. If you are interested in taking photos it features awesome views and you can take lots of impressive photos there. In addition, you can sunbathe on its beach.

During the trip, you should slow down and observe the surroundings carefully. Hong Kong's pace of living is so fast, so that we should cherish this precious opportunity to slow down.

There is several delicious foods you can try at the Gold Coast, for example, shrimps, crabs, lobster and Japanese cuisine. You can also have dinner while listening to melodious music from live musical performances.

It is convenient to get the train or MTR to Tuen Mun. Tuen Mun is worth a visit. I hope you can go to Tuen Mun Ferry Pier or Hong Kong Gold Coast for a walk.

Kan Ka On (4C)

A Wonderful Experience in Toronto, Canada

Posted by Paul, on 16th October, 2022

It was the summer vacation and I went to Toronto, Canada with my brother Ivan. We had a wonderful experience there. Let me tell you about our first day there!

First, we visited the CN Tower. It is an observation tower in downtown Toronto. We were amazed by the views from the top of the tower. We were able to see the entire surrounding area from the tower. At the tower, there is a glass floor at the top to walk upon. You can see the city under your feet. Ivan and I both successfully walked on the floor and it was terrifying.

After that, we went to The Hockey Hall of Fame. Since hockey is the national sport of Canada. This is a place where historical persons who were involved in hockey will have their name in memory of what they have contributed to hockey. We were glad we could have a chance to visit this interesting building. We even played one-on-one hockey there!

At night, we went to the Toronto waterfront. A beautiful sight in the city stretching from the Rouge River in the east to the Etobicoke Creek in the west. There's quite a bit to see and do along the waterfront. We stopped by the Waterfront Artisan Market for delicious food and specialty crafts. We had a fantastic experience in the Waterfront Artisan Market.

Tomorrow we are going to the Casa Loma which is a castle in Toronto!

Man Ka Him (4C)

Cheung Chau

Good morning principal, teachers and schoolmates, I'm Man Ka Him from 4C. Today, I am going to introduce Cheung Chau to you.

Cheung Chau was mainly a fishing village in the late 90s. Then, the island slowly evolved into a commercial hub. Cheung Chau is located 10 kilometers southwest of Hong Kong Island with an area of 2.45 square kilometers. It is famous for both local and tourists. It has many different ancient structures which are aged over 100 years. Cheung Chau is also famous for its delicious savoury food which I think you will like.

Let me tell you about two popular tourist attractions. First, Pak Tai Temple is one of the oldest temples in Hong Kong. The temple was built in 1783. Then it was demolished and completely rebuilt in 1989. In front of the temple, there are four pairs of guarding lions. Before the altar are statues of two generals, "Thousand Mile Eye" and "Favorable Wind Ear". Taking photos with them is such a good thing to do when you are visiting Cheung Chau. And if you like exploring, you can go to explore a cave called Cheung Po Tsai Cave. Cheung Po Tsai was a notorious pirate in the South China Sea during the late 18th century. Exploring great pirate hideout is a fun way to kill time.

During the trip, you can enjoy the Cheung Chau Bun Festival if you're there at the right time of the year. The Cheung Chau Bun Festival is one of the world's oldest festivals. Each year, thousands of locals and tourists come to watch hundreds of participants claw their way up to the side of a 60-foot 'Bun Tower' and pluck off bags of plastic buns. Swing by to taste local delicacies, watch dragon dancers bustling through the streets, and to party with locals in the carnival atmosphere.

There are several savoury foods you can try on Cheung Chau, for example, shaved ice is a must eat when visiting Cheung Chau in the summer. There are many different flavours and different toppings as well. And don't forget to try the Cheung Chau traditional giant fishball which is not to be missed.

It is easy to get to Cheung Chau from Tuen Mun. You can take a bus to Central Ferry Pier No. 5. Then, change to a ferry to get to Cheung Chau. I highly recommend you to visit Cheung Chau at least once.

Man Ka Him (4C)

A Speech About Summer Job Traps

Good morning everyone. I'm Chris Wong, a past student of Ho Ngai College (Sponsored by Sik Sik Yuen). Today, I'm going to give you a speech about summer job traps.

As the summer holiday is coming many students are planning to have a summer job. According to the statistics, almost 15% of students have experienced some summer job traps. So, I would like to give you some instances of summer traps.

To begin with, unreasonable penalties are the commonest summer job trap. The boss will deduct the employees' bonus for no reason. They may claim that the employees are late for work or leave the company earlier. According to statistics, around 25% of the interviewees have experienced salary deducted from \$100 to \$500 because of being late to work. In consequence, some young people earn less than the agreed salary. They will lose trust in employers and may not get satisfaction from the job. Another trap is delaying salary payment. The young people cannot get paid on time. According to the statistics, around 30% of interviewees have experienced delayed salary payment from 7 days to 10 days because their employers said they didn't have enough money. As a result, some young people got their payment late without any interest.

And another trap is being forced to buy unwanted products. The boss forces you to buy some unwanted products such as coupons and cosmetics. According to the statistics, around 33% of interviewees had experienced buying unwanted products that cost from \$500 to \$1000. In consequence, some young people bought a lot of unwanted products without being offered a job so that they will not want to get a summer job again.

Yet another trap is paying for unnecessary training. In this kind of scam, employers convince candidates to pay for unnecessary training such as make-up courses and modelling courses. Around 31% of the interviewees experienced paying for unnecessary training. They spent about \$500 to \$1000. As a result, after the young people pay a lot for unnecessary training, they still cannot get the job or just one low-paid job. To avoid such summer job traps, young people should consult their parents to see whether they should get a job. Young people should also always bear in mind that they should not pay anything before starting a job.

It is unreasonable to pay for anything before starting a job because you are not sure whether you will be offered the job. Even if you get a job, don't pay before you get any salary so you won't be cheated by your employers.

I hope you can avoid these summer job traps.

Leung Wai Kin (5A)

Fighting Gaming Addiction

By Chris Wong

Do you have any friends who spend all their time playing online games? According to figures given by a youth centre 70% of teenagers play online games.

My friend was addicted to gaming and spent eight hours a day playing video or online games. Because of this, he hurt his eyes, and didn't complete his homework. He didn't even listen to his mother and went to the bed really late which made him tired the next day which greatly affected his daily life.

In order to stop gaming addiction, my friend set limits on his access to games and now spends no more than two hours a day playing these games which has helped him to kick the habit. He also keeps gaming devices out of his bedroom.

I think it is okay to play games in moderation, but if you become too addicted this habit may have a detrimental impact on your life.

Man Ka Wai (5A)



A Film Review

Good morning everyone. Recently, I've watched a film called *Coco*. It is an animation film directed by Lee Unkrich and Adrian Molina and produced by Pixar Animation Studios. *Coco* premiered on October 20, 2017, during the Morelia International Film Festival and was well received by the critics and the audience instantly.

The film is set in Mexico and is about that a boy who loves music despite the opposition of his family who broke his guitar. He really wants to play music, so he steals Ernesto's guitar and the guitar brings him to the Land of the Dead. After many twists and turns of plot, the story eventually has a happy ending.

The film has two main characters. Imelda is my favorite character because I think she is the most affluent character. She is a strong woman, and when her husband is gone, she still works hard to support herself. At first she was angry with her husband and hated music, because it had destroyed her family but when she found out the truth she forgave her husband and told Miguel to never forget how much his family loved him.

I especially like the part where Miguel sang the song 'Remember Me' to Coco. The song evokes feelings and supports the plot. It is certainly a tear jerking scene! However, I don't like the end of the movie because I think it ended too abruptly.

I would recommend this film to my classmates as it is a touching film. It has a powerful message to never forget and cherish your family and never give up on pursuing your dream.

Tong Man Lee (5A)

How to Fight Gaming Addiction

Do you know what gaming addiction is? Gaming addiction is defined as the problematic, compulsive use of video games that result in significant impairment to an individual's ability to function in various domains over a period of time. According to figures given by Wikipedia, over 80% of teenagers are addicted to online games in many different countries. For instance, China, the Netherlands, Canada and the UK. Do you have any friends who spend all their time playing video games?

My friend called John, was addicted to online games. It made him have poor sleeping habits. Owing to which, he was always late to school. Likewise, he could not focus on any lessons. Therefore, his performance at school was poor. He spent almost all his time playing online games. He felt very conflicted because he could not control his urge to play online games. He was afraid that if he stopped playing online games, he would lose his online gaming friends. However, his constant playing of online games was destroying both his vision and his relationship with his family.

After a while, my friend began to feel that he could not continue like this. So he tried to meet some friends in the real world. Then his friends guided him to quit the habit and do something else, such as playing basketball or other meaningful things such as volunteering. He ended up joining the school's basketball team and won the championship. Now he has successfully quit gaming and got his life back on track.

Chin Han Yee (5B)

Summer Job Traps

Good morning everyone.

I am an alumni of Ho Ngai College (Sponsored by Sik Sik Yuen). Today I would like to talk about summer job traps, to raise your awareness of how to avoid them.

Have you ever fallen into a summer job trap?

Penalties are a very common summer job trap. According to statistics, around 25% of summer job employees have had a salary deduction ranging from \$100 to \$500 HK dollars because of being late to work. As a consequence, some young people may lose trust in employers and may not get satisfaction from their job owing to the fact that they earn less than their agreed salary. You should consult your parents, teachers or social workers if this happens to you.

Another common trap is delayed or non-payment. For example, young people who work overtime may not get their overtime subsidy, or the promised payment is delayed for a month. Based on the statistics, approximately 30% of workers in Hong Kong have experience delayed salary payment at some point in their career. Before accepting a summer job, you should confirm the salary payment terms with your employer, such as the salary payment date to avoid this problem.

Yet another trap is being forced to buy unwanted products. For example, some teenagers working in the catering industry, may be asked to purchase unnecessary kitchen utensils, and the unwanted products may take some space at home and cause arguments among family members. Avoid falling for this trap. Never agree to buy unwanted products either before or after starting a new job. It is the responsibility of the employer to provide free all equipment needed to perform a job.

Finally, do not get tricked into paying for unnecessary training before commencing a summer job. You should take the time to understand a company's training program, when accepting a summer job. Ask about the company's training program to determine which training is required and which is optional.

To conclude, there are still many summer job traps. Thus, you have to keep your wits about you, when you need to find a summer job. I hope my advice will help you with this.

Chui Ka Chun (5B)

A Blog Entry About Volunteering

This blog is about voluntary work. If you are doing it for the first time, I'm sure you will love it and you will feel very grateful afterwards.

Doing volunteer work can be meaningful, relaxing and rewarding. Helping someone in need will make you proud.

An important benefit of volunteering is bringing happiness to others. Volunteering gives people the opportunity to help those in need. By doing so, volunteers can make a positive impact on the lives of others, which can bring a sense of fulfilment and happiness. Overall, volunteering can bring happiness to others by allowing them to feel supported, connected and empowered.

Another benefit of volunteering is that it helps build character. Volunteering often involves working with people who are in need or facing challenges. By interacting with individuals from diverse backgrounds and circumstances, volunteers can develop empathy and understanding for others. This can help build character traits such as compassion, kindness and tolerance. So, volunteering can help build character by providing opportunities for personal growth, developing important skills, fostering positive values and attitudes.

A key benefit of volunteering to society is meeting community needs. Volunteering can help meet the needs of the community by providing services and support to individuals and organisations that may not have the resources to do so on their own. This can help improve the quality of life for members of the community.

Another way that volunteering benefits society is strengthening social connections. Volunteering can help build social connections and foster a sense of community. By bringing people together to work towards a common goal, volunteering can help create a sense of belonging and connectedness. Altogether, volunteering can have a positive impact on society by meeting community needs, strengthening social connections and generating economic benefits.

In conclusion, I think doing volunteer work has many different benefits and it can help you acquire many skills. If you want to build character or help someone in need, then you should seriously consider doing some volunteer work!

Khan Muskaan (5B)

A Robot Dog for You

Do you want to pet a robot dog? Do you want to amuse yourself with one? This is the product for you! It is a robot dog but it looks like a real dog. It is a robot dog that you can feed, play with and even use to perform some super useful functions!

Its design is a white and blue with a tail and a pair of black eyes like a small cute puppy. It has grey feet as well that can smoothly walk around. When you start it for the first time, it immediately recognizes the environment, scans the area and remembers where it charges. Therefore, you need to set up the charging place before you turn it on the first time. Your face is scanned by its blue eyes as well. There are two modes that you can choose. One is manual mode and the other one is automatic mode.

When you use the controller provided, you can click the button to select what mode you want. In the manual mode, you can experience being a pet owner because in this mode it behaves like a real puppy. You can control it by the controller provided. Feeding, and playing with it is easy to handle for you. It will bark softly when it feels angry and wags its tail when it feels happy. Taking photos and videos with its two blue eyes are also functions that you can use.

If it recognizes the environment, then you can select the automatic mode. In this mode, the robot dog automatically walks around and you don't need to use the controller. It has a cleaning mode as well. It can help you to handle some of your daily routines. For example, you can use it as an alarm clock. Or it can be a cleaning dog that can pick up the rubbish and throw it into trash can with its little claws. Moreover, when it detects your face, it can sense whether you are feeling happy and down. It will then automatically come to you to comfort or amuse you. It will clean the house when you go out, so that you don't need to worry about cleaning your dirty room, and you don't need to worry about the charging because it can self-charge.

Although it is tiny, it can clean your house efficiently and you can amuse yourself with it like a real puppy. Is it stunning? Don't miss this chance to purchase it.



Cheung Cheuk Kit (5C)

Robot Goose 2.0

It may resemble an actual goose but do not be fooled! Introducing our latest model of the Robot Goose series, Robot Goose 2.0. A reasonably priced, high-tech, and adorable marvel of technology. Is this exact companion you were in search for? Well, let's find out!

The Robot Goose 2.0 while looking similar to its predecessor has several new features such as enhanced motor power, agility, and recognition ability. However for those who never saw its predecessor, allow me to give you a quick run-down on the basic information of the series. The Robot Goose's appearance is like that of a real life Goose. Its actions, behaviour, and sounds mimic that of its real life counterpart. Our technicians, engineers and programmers have spent countless hours perfecting every aspect of the Robot Goose.

Robot Goose 2.0 is no ordinary goose or toy as implied by its price tag. Robot Goose 2.0 responds to verbal commands using specific words such as 'come', 'sit', and 'swim'. The advance A.I system can also process simple phrases and produce an appropriate reaction to 'very good!', and 'excellent work!' and before you ask, yes, it can swim in ponds, shallow rivers and your favorite bath tub. All these can be accomplished with verbal commands or a remote control for more detailed actions.

Though, it is not a sentient being, it certainly operates like one. When you are not in its vicinity or it is left alone in any location, it will explore the surroundings and map the place with its front and back camera. Its internal memory is as large as a computer. If you assist the Robot Goose when it is in trouble, it will show gratification by quacking. The system employed allows for clear and concise judgement at any given time. It can also tow small vessels over bodies of water at astounding speeds while maintaining stability and temperature.

Whether you are a robot enthusiast, or a parent looking for something to gift to your child, our Robot Goose makes the perfect hi-tech pet!

Lam Chun Yu (5C)

A Film Review

Recently, I've watched a film called Coco. It is a fantasy, comedy film directed by Lee Unkrich and Adrian Molina, and produced by Pixar Animation Studios. It was released on 22th November, 2017, and was well received by the critics and the audience instantly.

To begin with, I would like to share the plot of the film with you. The story takes place on the Day of the Dead. With a boy called Miguel who wants to become a musician like this great grandfather – Ernesto Dela Cruz. Music was undoubtedly a not well-received activity around. But Miguel has found a way to enter the Land of the Dead to chase after his dreams of becoming a musician instead of a shoemaker, while also making stunning discoveries that change his prospective forever.

Now, I would like to talk about the cast and characters. There are six main characters in the film. Miguel is my favorite character because of his determination, persistence and perseverance. His overall attitude is really admirable indeed. The scene when Miguel's grandmother destroyed his guitar was a huge blow to his heart as a musician, but it failed to make his heart to turn away from music. I can relate a bit to his cheery and somewhat cheery persona. He is respectful in the end so that's a plus. All in all, his determination and cheery attitude really caught my eyes and I sometimes think of him when I'm feeling down or hopeless.

I especially like the part where the film shows the colorful and bustling Land of the Dead. The visual effects were candy to my eyes and the sound effects such as the singing and choice of music were great. It was finely done with some of the best voice actors and instruments I've ever heard. I must say that the animators and voice actors have really out done themselves!

However, I don't like Ernesto de la Cruz and I think many also sympathize with me on this sentiment. I'm glad he received the proverbial ending way that villains always go down-a precipitous fall. This selfish, greedy, fame-hungry, narcissistic, character tried to kill Miguel twice while showing no remorse whatsoever. This cold-blooded murderer and con-artist was nothing but a fraud. I could not help hoping he gets the maximum sentence handed down in the Land of the Dead. Nasty people like him shouldn't be remembered.

Finally, I will recommend this film to my classmates. It is an extraordinary film. The plot is great and very dynamic. The characters aren't 2D at all, and there are great special effects made by amazing animators and most importantly people can learn something out at this, such as how family should always come first no matter what.

Lam Chun Yu (5C)

Volunteering

Recently, I took part in volunteering at Crossroads Foundation. This was my first time volunteering, and I experienced and gained a lot.

During the volunteering, I needed to prepare food for all the volunteers. And at that moment, we chatted with others in English, so it was also a fascinating chance for me to improve my English skills.

One of the benefits of volunteering is the opportunity to improve valuable life skills. For example, I improved my cooking skills and learned how to cook for large groups. Besides this, I was able to practise my English communication skills through chatting with volunteers from different countries and backgrounds in English.

Volunteering can also broaden our horizons and open our eyes to the realities of the world. We can gain a deeper understanding of the challenges faced by people in different parts of the world. This helps us develop empathy for others from different backgrounds, and become more committed to making the world a better place for everyone.

Volunteers also provide valuable social services to those in need. For instance, by visiting nursing homes and providing companionship to the elderly. You may chat with them, which will reduce their feelings of loneliness and isolation. By volunteering to help weaker groups in society, we can make a meaningful difference in their lives and bring happiness to those who need it most.

Last but not least, volunteering can make a critical difference in emergency situations. For instance, Crossroads Foundation sent thousands of clothes to a city that had been flooded, offering practical support to its residents in a time of great need.

In short, I gained lots of valuable experience through volunteering, and encourage you try volunteering too!

Xiao Jiayi (5C)

Summer Job Traps

I would like to bring your attention to common scams that students often fall victim to otherwise known as summer job traps.

First and most importantly, if your boss tries to deduct your salary for being a little late this may well be a scam. Around 25% interviewees had experiences pay deductions ranging from 100 HKD to 500 HKD due to being late. This leads to young people earning less than the agreed salary, and it is illegal. Another common scam is delayed salary payment. Some businesses delay salary payment due to cash flow problems, especially during economic downturns. According to a survey conducted by China Youth Daily in 2020, over 40% of college students have fallen victim to this practice. It can lead to missed payments of bills, rent and other expenses.

Yet another scam is employers forcing you to buy unwanted products. Scammers may offer students an opportunity to sell products but ask them to buy something like magazine subscriptions, a home security system or cleaning supplies first. Better Business Bureau (BBB) reports that this type of employment scam was the third most common in 2020. Victims reluctantly bought hundreds or thousands of products they did not need, falling into debt as a result.

In order to prevent yourself from falling victim to these kinds of summer job traps, consult your parents, teachers and social workers when you want to start a new job or suspect a job is actually a scam. Also learn about your rights as an employee. Do your research before accepting a summer job offer or training opportunity. Check the company website, read reviews from former employees or customers and check with the BBB for any complaints or warnings. And never agree to an unreasonable payment before starting a job. Employers are not allowed to make you pay for unnecessary training or products before starting a job.

Summer jobs are a great way to gain experience and pocket money, but do your research to steer clear of summer job scams!

Yeung Sze Ki (5C)



Ho Ngai College (Sponsored by Sik Sik Yuen)



*English
Compositions*

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