Message from the principal

Young Achievers
S5B Wong Ka Lok, the archer
S2C Lai Hoi Ting
S4C Wong Man Chi, Gina
S3A Tsui Chun Yin, Matthew, the top reader
S1A Lam Wai Lok, Ryan
S4C Lai Ho Hang, Henry, a Parkour enthusiast
S1B Chan Ka Him, Alvin
Choral speaking champion
S2A Tse Sum Wing, Yumi, S2A Yim Wing Sze, Stacy

Footsteps
Martial training experiences
S1A Choi Lam Ching, Ella, S1A Lo Yuk Yi, Jessica, S1B Kong Pak Ki, Katie
Stanley Trip
S2A Li Man Kiu, Fiona, S2C To Ka Lap, Max, S2B Poon Benjamin Mak
2015 Summer Exchange to Hamilton, Canada – S4A Lam Wing Yee, Regina
Our unforgettable moments in Brisbane
S3B Wong Chi Wah, Gillian, S3B Chu Kwun Hang, Austin
Guizhou Study Trip – S5B Chan Cho Lam, Elva
Trip to Shenyang – S3B Choi Shing Him, Angus
Wonderful trip to Qing Yuan
S4A Chan Chue Hang, Andy, S4A Chan Long Ching, Michelle
S4A Ng Wing Ka, Ginny, S4A Wu Lijia, Lawrence, S4A Lam Wing Yee, Regina
S4B Chow Chun Wai, Jason, S4C Lam Erika Nicole Tiu
Valuable Experiences
S5B Wu Yue Ling, S5B Chan Cheuk Hei, Louis, S5B Chow Chung Pong, Alex, S5B Tong Pui Kwan

Forum
Respect is vital – S4A Chan Chue Hang, Andy
Facebook helps ... – S5B Lee Nicole
Sportsmanship shines like gold – S6A Tsang Sze Pui, Sallie
To clone or not
S5A Chu Chun Pui, Karl, S5A Wong Wing Ki, Kiana, S6A Wong Yu Hang, Lucas
Roles of a role model – S5B Zhang Ting, Anda
The Lead Water Scare – S6C Tsol Yiu Fai, Dante
Ways to solve a problem – S5A Yiu Chung Yin, Andrew
Dealing with dementia – S5A Ma Man Kin, Kelvin
To err is human, What next? – S5B Chan Cho Lam, Elva
Away from stress – S5A Wong Wing Ki, Kiana
Robots, friends or foes?
S4A Leung Yu Kai, Leo, S4A Wu Lijia, Lawrence, S4C Lam Erika Nicole Tiu
Ding ding, I want you! – S4A Cheung Hoi Lam, Kelly
Women — in offices, at home or in an army?
S5B Hung Ka Yan, Candy, S5C Tse Ho Wing, Alex,
S6C Wu Tianjiao, Joy, S5A Chan Hei Chun, Hamish

School Life
Freya – a great musical
S3B Kuang Jia Fu, Alex, S2A Tsang Yi Lik, Clayton, S2A Wong Long Ching Jessie

That's what I want
How to make children happier? – S2A Chan Kwan Ting, Silence
Bosses, staff don’t see eye to eye over work – S4B Kei Ching Yee, Julie
Selfie Phenomenon – S4C Cheung Lok Tin, Elvis
Take action to help the mentally ill – S4C Chan Kin Ting
Good News for Gourmets – S2A Cheung Sin Tung, Jessie

Young Minds at Work
Heart-to-heart dialogues
S1A Chan Chun Pang, Tappy, S1A Lo Yuk Yi, Jessica, S2A Wong Long Ching, Jessie
As I was walking home – S6A Chan Wing Chun, Issac
My Dinner Guest
S1B Chow Yat Yin, Kasper, S2B Poon Wai Cheuk, Enoch, S2A Yeung Justin
My indispensable devices
S3A Cheu Cheuk Yiu, Kasy, S4A Li Wan, Elaine, S4C Cheng Hong Ting, Aaron
A fun day – S1A Wong Sau Ching, Angelina
Fake coins
S4A Chan Chue Hang, Andy, S4A Ng Wing Ka, Ginny, S4A Wu Lijia, Lawrence
A 3-minute drama script
S2B Chong Sai Hong, Win, S2B Leung Chun Him, S2B Wong Ka Ching
St. Gallen, Switzerland – S1A Wong Ching Kam, Jenkin
California, the USA – S1A Wong Sau Ching, Angelina
What do you think? – S5B Lui Chun Shing, Stanley
Acrostic Poems
S1A Leung Ka Wai, S1A Lam Ming Chun, Jacky, S1A Shek Oi Ki, Elva

Messages from alumni
Chiu Sung Yau, Benjamin
Lou Hin Tung, Crystal
Wong Sze Wai, Gladys
Fung Cheuk Hei, Nick
Poon Man Cheuk, Andrew
Message from the principal

Hon Wah In Blossom published by the English Department provides a good platform for our students to sharpen their writing skills and cultivate their generic skills including critical thinking, creativity and so on.

The 8th issue showcases students’ colourful school life from all aspects. Apart from enhancing their academic achievements, English teachers also guide students to think about their contribution to the community, develop a positive attitude towards life and learn how to face challenges ahead. As reflected in their writing which covers a variety of topics, our students are led to a better personal growth. This is the true meaning of education and, in fact, it is our traditional Hon Wah spirit as well.

This year is the school’s 70th anniversary. I would like to take this opportunity to extend my heartfelt gratitude to all the English teachers for their effort and time on helping our students become all-rounders and making this annual publication a success.

[Signature]

Kwan Weng Bun
Q: How long have you been training?
A: Ever since I was Secondary 1, I took up archery because it was both challenging and interesting to me. After a year of hard work, I enrolled in the very first archery competition in my life. Then I was very lucky to come across a knowledgeable coach who inspired and nurtured me to become a member of the youth team of Hong Kong.

Q: Do your parents support you?
A: Definitely! They support me right from the start. They have given me their time, money, and, most importantly, unconditional love. I’m very thankful for their continuous support to me for managing ups and downs in my life.

Q: Have you had any serious injuries?
A: Not really. I always warm up prior to exercises and cool down after the workout. Of course, warming up and cooling down do not necessarily prevent you from getting injured as professional archers normally have to carry bows weighing more than 20 kg. Therefore, you must keep strengthening your muscle in your workout in order to stabilize the bow. This rule is applicable to our lives too. In order to complete a big task, you have to be patient and to work towards it step by step.

Q. What is the biggest benefit from archery?
A: I have become mindful and patient after being an archer. Every novice archer must face the difficulty of controlling the bows of different weights. From my experience, this ‘dark’ period lasts for a long time. Only when you are determined you will be able to get through the difficulties.

Moreover, my peers have been very supportive. They are excited and happy for my achievements. In the meantime, I have learnt to stay humble and help my friends succeed.

Q. What’s your plan for the future?
A: I am still contemplating my future career. The first priority for me, however, is to be a good and outstanding sportsman. I joined the Hong Kong Sports Institute this year. There are numerous requirements I have to meet. For example, I have to go through a 15-hour training weekly and submit the learning report regularly. So, my short-term goal is to finish off these tasks beautifully.

My long-term goal is to participate in Asian Olympics and the Olympics. I hope to take part in the Youth World Cup, which will take place in Argentina in 2017, and even in Tokyo Olympics 2020. To realise my ambition, I will have to enroll in many international competitions like World Cups in five different countries. The major concerns are not only my ability, but also money.

Q: How about being a coach?
A: I may consider being a coach but I think my personality doesn’t allow me to be a good coach. No one knows what the future will be, though.
It is my honour to be given this opportunity to share with you my experience and happiness about dancing.

I have participated in dance training for 5 years. As we all know, it is very difficult to persist in the intense practice as a dancer. I am even confused because I have no idea how to improve my skills.

Some classmates keep asking me if I have ever thought of giving up the training. There is no doubt that it is difficult to answer. In fact, I am in a dilemma. At first, I thought of giving up because I could not catch up with my classmates in academic performance. Although I have tried my best, my effort may well be destined to be in vain. With the great support of my parents, my coach and my best friends, I subsequently changed my mind.

At last, I realize that dancing has brought a lot to me, such as confidence and positive attitude to learn as a student. No one is perfect. We need to be humble to do everything and do not look down on others. I will not give up dancing even though I have to suffer from the high pressure of training and having to participate in a large amount of competitions. As a student, we should do something we like and make every effort to do it in our valuable school life.

S2C Lai Hoi Ting

Hello, I am Lai Hoi Ting from S2C. I would like to share my happiness and experience with you.

My father and mother are teachers of Latin dance. When I was three years old, it was the first time I came to know about Latin dance. I enjoy Latin dance performances very much, especially those of my father and mother. Their performances are the vital motivation to encourage me to be a Latin dancer when I grow up.

Now, I am glad to participate in different kinds of dancing competitions. Before each competition, I must have a harsh preparation and training with my partner. Actually, there are some inevitable conflicts frequently during the practice, but we have a consensus at the end. From my point of view, these experiences are valuable. I can learn how to get along well with others, and gain more friends.

Being a member of the Hong Kong Latin Dance Team is my dream. I would try my best to give a good performance and obtain a good ranking in every competition. To be a professional Latin dancer is my ultimate goal.

S4C Wong Man Chi, Gina

It is my honour to be given this opportunity to share with you my experience and happiness about dancing.

I have participated in dance training for 5 years. As we all know, it is very difficult to persist in the intense practice as a dancer. I am even confused because I have no idea how to improve my skills.

At last, I realize that dancing has brought a lot to me, such as confidence and positive attitude to learn as a student. No one is perfect. We need to be humble to do everything and do not look down on others. I will not give up dancing even though I have to suffer from the high pressure of training and having to participate in a large amount of competitions. As a student, we should do something we like and make every effort to do it in our valuable school life.
When I was in Secondary 1, my English teacher told our group to do some online exercises every month to improve our English. I thought it was a horrible and silly thing because I hate doing a lot of homework and I think it is boring too.

One day, I clicked on the exercise to have a try. It was an unusual experience for me because there were different kinds of exercises like comprehension, listening and vocabulary. I could know more about sentence patterns and grammar items, learn new vocabulary and other interesting things. Also there were some colourful photos and pronunciation of some vocabulary. This was high tech learning which gave me the impetus to read on.

The online reading programme has helped me to check my English level and correct my mistakes. I can learn in addition to what teachers teach us during lessons. Some sentences and vocabulary are also useful for my writing. I can use them in some of my passages as they enrich my ideas and support my standpoints. I can see some more examples and try different types of questions, so that I can know the answering techniques to prepare for quizzes, tests and exams. It is not as boring as paper work because computers are a convenient tool for us. My English standard has improved a lot after I kept doing these exercises. At last, I get a prize, Silver Award, from the I Learner Company. It is an encouragement for me. I feel very proud of what I did and I will work harder than before.

Doing reading exercises online is a good way to improve your English. Why not start doing the I Learner from today? You can learn more just as I have found out.

My name is Lam Wai Lok, Ryan. I study in S1A. I love sports, and I do many of them such as running, high jump, Latin dance, and rock climbing. Of all of them, my favorite is rock climbing because it trains my persistence and problem-solving skills. I learned about rock climbing when I was in Primary 3. My P.E. teacher, Mr. Au, gave us an introductory class during a P.E. lesson. He let us climb the rock-climbing wall in our school and I loved it immediately.

After that, I asked for extra training after school. Another P.E. teacher Mr. Wong invited me to enter the inter-school competition in which I won the champion. From that time on, rock climbing has become my favorite sport and I wish to become an instructor when I grow up.

My second favorite sport is Latin dance. At first, I didn’t really like it because it is too girlish. But as I attended more classes, I realized that it was about making quick movement, which I still find very challenging. Dancers have to move within 0.02 seconds and synchronize with their partners and the background music. I am targeting to do better in competitions so that I can represent Hong Kong to compete with others.

In conclusion, I think it is worth spending time on sports because it brings you good health, which is fundamental for managing daily work in school and personal life. I believe I can do well both in my studies and sports because of my strong faith.
Q: When and why did you develop an interest in Parkour?
A: I basically grew up aimlessly in my early childhood. I didn’t have any life goals or purposes to live. The turning point came in Primary 6. I watched a video about Parkour on Youtube and became determined to give it a go. However, I started my formal training in a Parkour gym when I was in Secondary 1. I met many like-minded friends in the gym and began to develop a network in the association. I also developed many skills for overcoming obstacles and landing on uneven surfaces. That sense of achievement and bonding drew me close to Parkour.

Despite my passion for Parkour, I must admit that Parkour is still challenging for me. Lamentably, such fear of falling and getting hurt was insurmountable to me when I was small. After many times of failing and reflecting, I have become braver to challenge myself. Once you have overcome the fear, you will feel really happy.

Q: Have you ever got injured then?
A: When I was young, I always compared myself with others. I used to think that I should follow others’ footsteps in order to prove to the world who I was. So I always imitated others; sometimes I even pushed myself beyond my limit. I was once sent to hospital for surgery and medication because I broke my leg. It took me around three to four months to recover.

I began to reflect on the meaning of Parkour and life. At that time, I was frustrated because I might have to give up Parkour. My mother and friends also discouraged me from doing Parkour in the future. But then the meaning of Parkour lingered in my mind and I started to reflect on how Parkour had changed my life.

Soon after the full recovery, I vowed to be myself, just myself. I listened to my body and trusted my instinct to move and roll over any urban obstacles. I am thankful that I got rid of the temptation to compare.

Q: But after all, Parkour is Parkour; it is still dangerous.
A: Well, it’s hard to define ‘danger’ when everything has a risk. The only thing you can do is to turn this risk into an opportunity. Therefore, you should train hard in order to build up your confidence to reduce the risks. However, confidence does not come out of nowhere but perseverance. I am patient to do the same movement repeatedly in the hope that I can strengthen the procedural memory in my muscles.

Q: The philosophy of Parkour sounds deep. Would you mind telling us where you go for training?
A: Many places in Hong Kong indeed like Kowloon Park and Kowloon Bay. In rainy days, we normally move indoors, in particular, the indoor parkour gym of my friend’s. However, Parkour training in public areas has not been easy for all traceurs in Hong Kong. There is always a battle between security guards and us. They always send us away because they believe that we will cause unnecessary disturbance to other park users. From my perspective, this is not fair to us when we, the citizens, shall have the equal rights to enjoy the facilities in the parks.

Q: As a traceur, how do you perceive the future of Parkour in Hong Kong?
A: Parkour is gaining popularity now in our society. It is unsurprising to find there are more Parkour gyms in Hong Kong. Lately we also have had some public Parkour competitions organized by Red Bull. All these kinds of activities have drawn the social attention towards Parkour. Likewise, the status of Parkour practitioners is also formally acknowledged and recognized.

However, I don’t agree that Parkour is a tool for competition. Parkour should only be a life skill for forever improving oneself. Also, it is easy to cause more serious injuries in competition because Parkour requires full mindfulness and inner peace. Only when you have these two fundamental elements will you overcome the fear within your soul.

Q: What’s your future plan?
A: I may become a coach of Parkour. Yet I understand it’s going to be hard for me to make a living this way. I still need to work hard and study hard.

Interviewed by S1 English Writing Group

S1 English Writing Group
S1A Guan Man Ching, Chan Chun Pang Tappy, Chan Chun Hei, Shui Nga Yau, Lok Chun Po Owen, Hung Yu Hin, Wong Ching Kam, Chan Yu Sau Keon, Chow Chit Yin, Lam Ming Chun & Lee See Lok
In September, 2015, I faced a big challenge because I was selected to take part in a solo verse competition which I had never joined before.

My English teacher, Mr. Yip, encouraged our class to join the Speech Festival. Sadly, nobody wanted to join! Therefore, he decided to have a lucky draw for selection. We were so scared and nervous about it. Unfortunately, I was very ‘lucky’. At that time, I was very upset because I needed to have hard training. I wanted to give up!!

A few weeks later, the training started. Mr. Yip taught me a lot about body movement and the control of my voice to make the performance more attractive. I practised more than a month and the days seemed endless!

The date for competition finally arrived. I was confident and expected to get a high mark. When I entered the hall, I discovered that many competitors gave a good performance, but some totally forgot their lines. I started to worry about my performance. At last, I managed it and finished my mission! The result was coming. I got the THIRD prize!! This was unbelievable!

When I went back to school, Mr. Yip was very happy and extremely proud of me. I also felt satisfied with my performance. Therefore, I can tell you “Nothing is Impossible”. You can do it!
After I received a notice from Mr Siu that my class was chosen to join the English Speech Festival 2015, I felt shocked because I didn’t think that my class could win. But we still needed to practise once a week.

There was only one month left before the competition. Our class still did not do well, which made Mr Siu angry, but he encouraged us to do better. And the practice time changed from once a week to twice a week. We practised harder and harder. Mr Siu started to add some movements to our performance to make it more attractive. And our performance became more splendid.

Time flew quickly. It was our competition day. We all felt very nervous. We thought that we would lose because the opponents were well-prepared and they did a great job. After performing, Mr. Adam waited for the result and we headed back to school to have lessons.

At the lunchtime, we met Mr Siu at the staircase, and he told us that we won the FIRST price. We could not help screaming right away.

After this competition, I learn a truth: We must strive to gain a success.

I still remember when we were notified that we needed to go training once a week at lunch break for joining the Hong Kong Schools Speech Festival. We all were not so happy about it but we still went for the training at last. During the rehearsals, Mr. Siu always treated us as adults. He always listened to and accepted our suggestions and encouraged us by telling us that we could do better because he believes in us.

When that day came, we arrived at the hall feeling nervous. Then after we watched a few schools’ performance, it’s our turn. I could feel my heart beating faster and faster. At last, we won!

I think we all should be grateful to our great teachers, Mr. Siu and Mr. Adam, who spent their lunch breaks practicing with us.
Martial training experiences

From 19th to 21st November 2015, all Secondary One students went to Shenzhen for martial training. Let’s see what they felt and learnt in the camp!

S1A Choi Lam Ching, Ella

We all felt happy and excited about the camp. We took the school bus and spent about two hours on travelling. When we arrived there, we met the trainer. He looked very serious and strict. We felt a bit scared but the classmates kept talking. After that, the trainer punished us: it was terrible.

We stayed there for three days and two nights. In these three days, we struggled a lot. We always had to be trained. We were very tired. But we also had time to play. It was fun. I really like the whole experience.

On the last day, we had to go. We were thankful to our trainer. Although the training was tough, I learned a lot of skills and have a new mindset. It was worth coming to the camp.

S1A Lo Yuk Yi, Jessica

The military camp in Shenzhen was a valuable experience for me. I enjoyed my stay in the camp during the three-day camp. We learnt to march like soldiers. We rode on the tank and played war games. We also operated the canon. I felt excited because this was my first time doing all these things. I felt I had grown up.

My classmates and I spent three days together as a team: we ate together; we also learnt and played together. I treasured all these memorable experiences with my friends. I want to thank our teachers for their full support during our stay in the camp.
Last week, I went to Huangbu Military Academy with my classmates. I was very excited because I could experience the life of a soldier.

When we arrived, we went to our bedrooms to change our uniform. Then our instructors called for training. After two hours, we felt very tired.

On the next day, we needed to get up at 5:30 am. We did morning exercise before breakfast. Then we had our breakfast. Although it was not yummy, we ate a lot. After breakfast, we needed to have training again. In the afternoon, we had a chance to shoot. It was exciting.

On the last day, I was excited when I had a chance to ride on a tank. For the rest of the time, we practised for the closing ceremony. Our parents also came to see us. Luckily, I got the Best Student Award in the course and I was very happy. I took photos with my instructors. Finally we had to go back to Hong Kong.
We had a study trip in Stanley last Friday, 13th November. We gathered at the school playground at 10:30 a.m. I worked with Hayley, Jessie and Sylvia. We went to Stanley to interview some visitors there in order to collect their opinions for starting our business in Stanley.

First, we went to Stanley Market to do the interviews. Actually, I felt very worried when I knew that we had to ask foreigners questions. I feared that they would not want to answer me. But I felt less afraid when I really talked with them because my best friends supported me. In the end, our group had done seven interviews!

After this study trip, I think my English has improved. Also, I know that the foreigners are very kind. Hence, if I have the opportunity to talk to foreigners again, I will be happy to grab the chance.
On 13th November, all Secondary 2 students went on a study trip to Stanley. We went there with our class teachers and English teachers to complete a project about opening our shops there.

We had to talk with some foreigners and find out what they like. There was one interesting thing about our interviews. After we finished interviewing two British girls, we asked if they could take pictures with us. They did not answer us and walked away. I thought they did not want to. But while we were about to leave, they called us back. I guess they would like to find a better place for the picture. Whatever reason it was, I enjoyed taking a picture with those two pretty tourists.

In this trip, I had a chance to practise communicating with someone who comes from other countries. If I could do the project again, I would try to make my questions more specific so that the information collected would be more useful for my project.

My project is about starting up a business in Stanley. When I was first told to do the project, I felt surprised and nervous because I had to prepare a lot of things and make a PowerPoint for presentation. I don’t like it because it is annoying.

I felt nervous while drafting the interview questions and carrying out interviews because I didn’t feel comfortable while talking to strangers. Yet, I felt relaxed while walking around Stanley because the scenery is beautiful. Also, I think having lunch together with my classmates is the most enjoyable moment because we talked and shared our favourite topics happily.

I find my team working collaboratively because we didn’t argue with each other throughout the project. Therefore, I think the most important thing is to work with my classmates as a team. If I have to do the project by myself only, I will be very exhausted.
Last summer, I joined an exchange study tour to Canada (Hamilton) for one month through HKAFS. It was a really nice experience for me.

I chose to be on an exchange study tour instead of a common study tour because I wanted to understand how exchange students feel when they leave their own country to stay at a totally different place with different cultures. Also, I would like to learn to be independent.

The day I left Hong Kong, I was really excited since I could get rid of the hot weather. Plus, I could enjoy being alone for one month. How nice it was!

After 15 hours of flight, I arrived in Canada. I met my host family and my roommate who is from Italy. Her name is Gaia. During that month, we had to spend lots of time getting along with each other. At first, it was a little bit awkward for us to share the same room since we did not know each other very well. However, we got along well; very soon we became good friends! Until now, we are still in touch.

On the first day of school, we had an orientation day. All the AFS students from different countries were grouped together and introduced themselves. There were 17 students from 5 different countries, namely Germany, Italy, French, Canada and Japan. Some came from Hong Kong too. It was hard for us to communicate with each other at the beginning. Sometimes we used body language or even used “Google Translate” to express ourselves!

AFS Canada planned a schedule for us for that month. We visited places like Dundurn Castle, Canada Wonderland, Toronto and Niagara Falls. Although this month was full of classes and activities, we could still go out with our host family on Saturdays and Sundays.

“Work hard, Play hard” We had great fun outside school. At school, we learnt English as well as Canada’s cultures! We learnt through activities, such as “Amazing Race”. This activity helped us to learn how to ask strangers to show us the way. This improved our spoken English. There was another activity about making dream catchers. “Dreamcatcher” is a Canadian traditional decoration. They said that it can catch our nightmare and bless us. There were a lot of fun activities to help us learn.

In the language classes, the teachers taught us some Canadian slangs, such as the most common one “Eh?” (It means – right?), “You’re da bomb” (It means – You are the best!) etc. I remember one of the funniest activities was “Speed Dating”. Of course this activity was not for us to choose a date. It was for us to get to know each other and speak more.

Time flew. One month in Canada passed in the blink of an eye. In the last lesson, we designed a T-shirt. On the back of the T-shirt we got everyone’s signature and some nice messages. Also, we had a party. Every student had to bring some food typical in their countries. It was great! Surprisingly, most of the students loved Chinese food! At night, AFS invited our host families to have dinner with us. That was the last night for all the students to spend time together. All I remembered was we all had a group hug, and we cried together and sang “See you again”. We did not want to say goodbye as we did not know when we could see each other again. Maybe we meet after a few years or do not see each other anymore. One thing that is for sure is no matter how far we are apart, we will never forget each other.

What I have learnt in the exchange tour is not only English. I have also learnt different cultures and languages. The most invaluable thing that I have gained is friendship. No matter what colour you are, nothing can stop you from making friends with people from different countries. It is okay we do not share the same culture or speak the same language since that is the point of meeting new friends. Step out of our comfort zone and explore the world. Join an exchange programme!

Essere diverso! (Be different!)
Our unforgettable moments in Brisbane
S3B Wong Chi Wah, Gillian

The summer trip to Brisbane was an amazing experience for me to know more about the Australian culture and its ecosystem. It provided me with an opportunity to meet people from different cultural backgrounds.

We went on some meaningful excursions on this trip. One of the most unforgettable moments was the journey to the local zoo called Lone Pine Koala Sanctuary. In that zoo, I could touch kangaroos and koalas. They are such cute animals. I like the fact that I could take a lot of photos with them and even held them in my arms although I realise koalas can be quite smelly.

We also had lessons at Shafston College, which has a nice and beautiful campus. In this trip, we learnt more about the culture and geography of Australia. We also learnt English in interesting ways, such as singing local songs and playing games. At recess, we enjoyed relaxing ourselves on the big lawn inside Shafston. It was really comfortable to lie on the soft green grass under the sun enjoying some breeze in summer.

My host mum, Jackque, is another reason why I liked this trip so much. Jackque was very kind to me and Dawn, my roommate. She welcomed us with a basket full of teddy bears. She made us lots of yummy food such as chocolate mousse and salted caramel ice-cream. What’s more, she invited us to visit her and stay at her house if we were in Brisbane again! Oh, I miss her a lot!

All in all, this was a wonderful experience to broaden my horizons and let me step outside my comfort zone. I hope I can go to Australia again and visit my dearest host mum.

S3B Chu Kwun Hang, Austin

Last summer, my classmates and I went to Brisbane for 14 days, which was a memorable trip for all of us.

On this 14-day trip, we mainly stayed at Shafston International College, a local university in Brisbane, to learn English. The campus of Shafston is great. It is spacious and beautiful.

Apart from having English lessons at Shafston, we took part in lots of activities. For example, we went to Lone Pine Koala Sanctuary and Aussie Farm. We saw lots of different kinds of animals there. We watched aboriginal cultural performances, and painted our own boomerang. We visited Science and Art museums. We also went to Warner Brothers’ Theme Park. We enjoyed lots of thrill rides and the coolest part is that we did not need to queue for our turns!

On the last day of the trip, all of us attended a graduation ceremony during which we were awarded a certificate. We got the chance to take photos with the teachers at Shafston. It was the only sad moment in the trip as we knew it was now time to say goodbye.
All Secondary 5 students went to Guizhou on a study tour last week. This was a short trip. We learnt more about the Miao minority group Kaili First High School KaiRong Company and so on. It was a good experience for me to gain more knowledge about my nation. Also, my classmates became more united during the trip.

One of the most meaningful experiences was visiting Kaili First High School. It is located in Kaili city. We had the morning assembly together with students there. This is a very big school. It occupies about 10 hectares! I communicated with the students there. It’s nice of them to answer all my questions. I had a better understanding of mainland students’ lives from that discussion. They live in the school and return home once a week. School has made some rules to guarantee students’ academic progress. Also, they study harder than Hong Kong students. I had a Chinese lesson with them. I found that most of them had prepared for the lesson before class. It can save them much in-class time for handling some difficult tasks in class. It’s really a good way to acquire more knowledge.

The second thing I learned from the trip is the importance of mutual assistance among friends. Some of my classmates fell sick during the trip. My good friend, Joanna, also had a stomachache. She threw up and felt bad. We shared a room in the hotel. I boiled some water for her. Sometimes I helped her blow-dry her hair. I am not used to doing these for others. But this time, I began to know how to take care of others. I was happy to find that many classmates did the same. I believe that we have all learnt something from the experience. Most of us become more mature and independent than before. We laughed happily and enjoyed the trip. I still remember singing loudly and joyfully in the coach. There were plenty of happy memories in the trip. I’ll always keep them in my heart.
I participated in a 6-day trip co-organized by five secondary schools including Hon Wah. I visited Shenyang and Beijing. It was a very exciting trip for me as this was the second time I had travelled by an aeroplane. Also, this was the first time I left home for such a long time.

In Shenyang, we visited some historical sites such as “9.18” Historical Museum. The Museum commemorates the fight against Japanese invasion. Japanese forces attacked the barracks of Chinese troops in Shenyang on September 18, 1931. I learned that Japanese soldiers had carried out lots of killing and destruction there. It was quite meaningful to learn more about Chinese history being a Chinese.

We went to Tiananmen Square and visited the Great Wall too. It was very crowded when I visited these two places. I loved the Great Wall most. It is huge and the view is magnificent. It is said that “He who has never been to the Great Wall is not a true man.” I am glad that I am a ‘true man’ now.
In the morning, we spent a few hours visiting the school located up on the mountain. My first impression was “how zealous they are”. The students were excited to meet us. Some of them were so adorable that they caught my female classmates’ attention. They told me they wanted to squeeze their chubby little cheeks. We had a glance at their Chinese lesson, I was petrified at the scene. They concentrated deeply on their lesson. I could hear them reading aloud the vocabulary in the corridor. They cherished every second of their learning. I bet they put a lot of effort on studying. It’s really inspiring. We had a great time teaching them twisting balloons. They were willing to learn and many of them were really fast learners!

The best thing, of course, was saved for the last. We visited local residents who were mostly farmers. We saw something that we could not see in the urban city. The local residents took us to a farm and we had a lot of fun using tools to remove weeds. Then, she took us to where she lived. It wasn’t a grand house but to them, it’s a ‘home’. As requested, she taught us a few words in their local language, I could feel that their life was simple but relaxing. At that moment, I felt like I threw away every intricate thing and let my heart feel natural. I would have regretted if I hadn’t joined this tour. Those views were magnificent and the people in Qing Yuan were so nice. I saw things in an entirely different perspective today. Sometimes we have to get out of own shell and look at the world outside.

The main objective of this tour was to visit a primary school meeting, teaching and playing with the lovely young kids. Well, I am not really good at communicating with kids. However, things were going well as we wished. The kids were interested in what we taught. To get kids’ attention, it is a brilliant idea to teach them how to twist balloons into cute animals. Happiness is such an easy thing for them, Just a little thing has already made them laugh.

Actually I am not good at Mandarin but I tried my best to talk to them and teach them. We spoke different languages and we respected each other. I would never forget the cutest boy in this class. He learnt very fast. He kept asking us questions and he taught other classmates to twist balloons.

After teaching them how to twist balloons into cute animals, we taught them about science - Air. We happily played games with them in the playground.

Watching them reminded me of the time when I was a child. I was so simple and naïve, happy and carefree. I had such a great time with them. I wish I could go back to my childhood.
After lunch, we went straight to the farm to visit the family there. We helped them to do some farming. It was fun but all our shoes were covered with mud as the roads are muddy and wet. It was not easy to walk with our sneakers. Our sneakers were almost swallowed by the mud. Although I was feeling sick, I thought that farming was fun. I didn’t work for long as it was a tiring job. I learnt something interesting. At first, I thought the farmers were poor as they are living in such a place. However, it turned out that I was totally wrong. The woman who was working with us talked on her mobile phone! They have Internet in there too! I was shocked! Mr. Sze even took a picture of it!

On the last day, we were asked to build a bookcase for the school. Although our group wasn’t the fastest one who finished the work, every group member applied elbow grease and we were praised for putting in the most effort. And yes, teamwork is invaluable.

After all, I learnt that the vicissitudes of life are injected with otherwise bittersweet misfortunes. Like the old lady who tilled lands for us, she wasn’t born in a rich family, but she enjoys everything she is having right now. What she wants is just a simple lifestyle and she is satisfied with what she has.

Thanks to our school, we were given a rare chance to have such a trip, as we have been told many times: “traveling thousands of miles is better than reading thousands of books”. Once again I learnt a lesson. I hope to have another trip like this very soon!

S4A Ng Wing Ka, Ginny

The local students’ study conditions were much better than what I had imagined. They study in large buildings, and the school had a basketball court and a small football pitch. There are about thirty students in one class. Hence, they have a good learning environment. In the morning, we played lots of games with the primary students such as passing the ball, musical chairs and so on. According to the One Child Policy adopted in China, most students there do not have brothers or sisters. They treat their classmates as their own relatives.

After playing with the students, we had further communication with the teachers. According to the teachers, most students live with their grandparents because almost every young adult goes to work in the city for higher salaries. These students lack love from their parents. It showed me the evidence when I went to the local Yao village. I could hardly see any young man. Most young adults work in cities and only come back home during the Lunar New Year holiday. How can they bear missing their parents every day at such a young age? I recalled my past experience. When I was a primary student, I went to school in my mother’s car, and I returned home in my father’s. How lucky I was! I was spoilt by my parents!

S4A Wu Lijia, Lawrence

After lunch, we went straight to the farm to visit the family there. We helped them to do some farming. It was fun but all our shoes were covered with mud as the roads are muddy and wet. It was not easy to walk with our sneakers. Our sneakers were almost swallowed by the mud. Although I was feeling sick, I thought that farming was fun. I didn’t work for long as it was a tiring job.

I learnt something interesting. At first, I thought the farmers were poor as they are living in such a place. However, it turned out that I was totally wrong. The woman who was working with us talked on her mobile phone! They have Internet in there too! I was shocked! Mr. Sze even took a picture of it!

S4A Lam Wing Yee, Regina
On the second day, it was great. We went to visit some local students who live in rural areas. It was lucky that we faced some Primary 2 and 3 students. They were very passionate and fully participated in the games that we had prepared. We planned a game called ‘One, two and three traffic lights’. We demonstrated how to play the game. They looked clever and got the rules at once. So we started the game immediately. The students played enthusiastically. I learnt how to communicate with students happily. They were concerned about winning and losing. That was why we sometimes let them win. They were very happy when they won.

We saw a real paddy field. We got a task to help the rural people plow and sow the field. It was muddy and if we stepped on it, our feet sank which made it hard for us to move. We plowed and sowed the field very carefully. We felt very tired. But our teacher, Mr Wong looked very happy and he kept plowing and sowing the field. When he found worms, he would tell us happily. He found many worms like bombyx mori, beetles and even frogs. He picked up the worms and showed us. We were frightened and screamed.

It was a most memorable time for us to experience the life of villagers.

In the afternoon, we visited some local villagers. We met an old man having a white beard and wearing ethnic Yau clothes. On our way to his home, I nearly slipped and fell down on the steep and slippery road. However, I appreciated the view along the way. I saw unpolluted rivers and little ducks swimming happily. Upon our arrival, we chatted with him happily about his life. Then, we went to his farmland and helped him plough his land. It was a difficult task. It took us more than one hour to finish the task.

It was my most memorable experience because I learnt more about their lifestyle and culture. I reflected on myself. What I am currently having needs to be praised. I am blessed but I am not satisfied. I learnt that happiness has got nothing to do with the materialistic achievements. We have to treasure the things we have!
Valuable Experiences
The following reviews are written by students participating in the Business-School Partnership Programme (BSPP) organized by the Education Bureau.

S5B Wu Yue Ling

On September 30 and October 1, I worked for Sidefame. During these two days, I have done different jobs and I have learnt a lot.

On the first day, I assisted at the cashier and helped the guests tidy up what they had bought. I also had to ask whether they need a plastic bag or not. I enjoyed the job very much as it was fun.

On the second day, I was assigned to solve customers’ problems. Although I stood for the whole day, I was proud of my work and I did not feel tired as I could help the guests solve their problems.

I have learnt many things in these two days. For example, I have learnt how to work in a team and listen to others’ needs. I am really grateful that our school and Sidefame have provided me with such special experience.

S5B Chan Cheuk Hei, Louis

The experience was really unforgettable and I have learnt so much because of the working experience. My boss gave me lots of advice which can really help me with my future career.

S5B Chow Chung Pong, Alex

I had high expectations on the program since I attended the seminar weeks ago. At the beginning, I was not active enough because I was not familiar with the working environment. However, because of the encouragement from my boss, I started working actively. I hope I can join more activities in the future to broaden my horizons.

S5B Tong Pui Kwan

On 30 September and 1 October, I worked as a salesperson and did the packing work. Since this was my first job, I have got many special and unforgettable experiences. Although I felt tired after the two days’ work, I have learnt so many things that I couldn’t learn in class. For example, I learned how to listen to the customers’ needs and how to communicate with others effectively. This experience for me is really awesome and unforgettable.
I have noticed that some students took photos of their classmates without their permission, posting the photos onto the Internet.

In fact, taking photos is a way to express our feeling and catch the beautiful moments instantly, but it is not a tool to insult other people. No one wants their reputation to be tarnished. Meanwhile, privacy of each individual should be respected. Have those people ever thought about what people feel if their embarrassing photos are posted on the Internet?

Such act will have bad effect on others for sure. As revealed in the news, some teenagers are suffering from depression because their photos were found on the Internet without their permission. This led to terrible results: in some serious cases, victims are being tortured or even commit suicide. These examples sound a bit exaggerating, but they actually happened.

I wish to suggest to those victims that if they feel being insulted, report it to the police right away for different levels of penalty. This enables them to understand that there is no sympathy or tolerance they would be given.

To conclude, it is an unacceptable guilt to hurt others on the Internet. I think for some people the word ‘respect’ has disappeared from their mind, but it is a word we should never forget. Be kind and considerate!

Facebook helps …
S5B Lee Nicole

Nowadays, one billion people are using Facebook, which has enhanced our lives.

First, Facebook enables us to contact our friends and families easily, including those who are overseas. We can chat with them and know where they have been. Moreover, we can make friends through Facebook too. We just need to click the button, then we can make a new friend. It is very simple, quick and convenient.

Second, we can know a lot of things through using Facebook. We can watch news; we can follow many true stories from different countries, including pictures and videos; and we can also learn some interesting facts such as the causes of earthquakes, typhoons and tsunamis.

Third, Facebook provides many business opportunities. It allows companies to target people of particular age group, location or interests. Most companies can promote their products effectively and the public can find what they want easily. Furthermore, we can buy things or sell things on Facebook. It also saves our time and resources because we do not need to buy or sell things in a real shop.

In conclusion, Facebook allows us to contact our friends and family easily, helps us gain knowledge and provides many business opportunities. So Facebook has changed our lives in a better way.
Each competition has a winner who earns appreciation, admiration and applause from the public. However, does winning a game literally mean you are the winner of life? Although it is undeniable that winning a game grants you with pleasure and honour, you can never exchange your happiness and spirit with your shining prizes. From my point of view, sportsmanship actually means the collaboration with your teammates and your determination to win in a sport competition.

Sportsmanship helps you gain solid friendship which is much more meaningful than the so-called ‘winning’. The meaning of success depends on what defines it. When participating in a competition, you have to trust your teammates and make sufficient communication. Take a football team as example. The players need to pass the ball to each other in order to get the ball into your rival’s goal. No matter how talented you are, only by collaboration among team members can the synergy be created. Not only can mutual trust foster understanding, but also build the bond among teammates. Sportsmanship brings you friendship, which is priceless.

Showing good sportsmanship is also paving for one’s success. As you participate in various sport competitions, insights and experience will be accumulated. The process in competing is much more important than the results. During the competition, one should devote himself or herself in enjoying the competition, showing his or her passion and love towards the sports, rather than thinking about winning or losing. Being afraid of losing the match will confuse your mind and your attention will be distracted. The less emphasis you lay on the results, the better you perform. Hence, just try your best to enjoy the process of competition! Sportsmanship is the precondition of success.

Lastly, the reason in holding sports competition actually aims at providing participants with a chance to broaden their horizons and facilitate the connection among people of different countries and races. However, the genuine meaning has sometimes been distorted – people just focus on the results instead of the process. This phenomenon exerts negative impact on the society as it violates the original motives of sport games.

The happiness of winning a prize is only temporary. In contrast, friendship, insights, and experience attained are long lasting. By showing good sportsmanship, it turns you to be more considerate and mature person. The practical skills, such as the importance of collaboration, are also applicable in your daily life. All these cannot be obtained by simply winning a prize. Sportsmanship is of paramount importance.
‘To be or not to be, that is the question.’ To go against the Father’s will or go against the human evolution. Recently, the cloning issue has brought into the limelight. The public are in two opinion groups and argue with each other over this problem. To some people, it may be an offense towards the nature; to others, it is just another act of evolution. Different people have different interpretations. In fact, even those who agree to cloning have split into several groups. Some of them oppose human cloning but agree on doing so on the animals. Others seem to accept both types of cloning. In order to clarify our thoughts to know which side we are on, I would like to state a few standpoints.

Before we decide if it is cool or not, we have to understand the difference between cloning a human being and cloning an organ. According to recent researches, cloning requires the patient’s skin tissue to acquire the DNA genetic information. Even if a patient suffers from severe burnt, the doctor will clone the skin tissue and the organs in just a few weeks. It solves the problem of blood incompatibility and not having sufficient organ donors. But according to the current issue, it claims that human beings are cloned in order to acquire the organs to put back to the patient’s body. It seems not reasonable when you have already found a way to clone specific organs. So the answer for cloning human beings for such usage is a ‘No’. But that is not the end of the notion. Some scientists in parts of the world are trying to clone humans or animals for different purposes, such as solving infertility issues. Some of the reasons did seem very reasonable; some of them are yet debatable. The topic ‘To Clone or not’ brings us to another level of thinking.

Cloning animals or human beings are two different stories. Cloning animals are for feeding or recreational use. It does no harm to society, and poses no danger. So it is perfectly fine until something really goes wrong. But what if we clone human beings’ mind, body, memory and way of thinking? After cloning, we will see two people looking the same, thinking the same way and even acting the same way. What about the consciousness of the cloned body? Should he be conscious of or hidden from the truth that he is cloned? We all know that truth hurts more than lies. Now we can see that human cloning may cause such an issue.

From the ocean of movies, there are a few movies about cloning. They are often seen as a prediction of future. From i, Robot, we understand that it is hard for the clones and human beings to get along with each other. From Frankenstein, we understand that clones need identification and self-recognition, whether they should be tagged as ‘cloned’ or as another normal citizens. From Star Wars, we find that people can manipulate the clone’s genetic information and alter them into a doctor with programmed knowledge put into one’s mind. And what’s more, if this technology falls into the wrong person’s hands, the terrorists may produce a cloned army and this would harm the peace and order of the world.

Now let’s decide if cloning animals is completely free from the problems mentioned above. In 1996, a scientist successfully cloned a sheep called Dolly. It lived for 12 years and died peacefully. It was the first time that people had come across this kind of animal cloning. The world was shocked and people quickly formed different opinion groups. The Bible said no one should ever interfere God’s creation, and we have no right to play the role of creator. In Buddhism, cloning human beings would violate the basis of Buddhist morality, that is, people should not kill or harm living beings. But according to the Koran from Islam, Allah will be...
rewarded if you clone organs instead of the whole body. As we can see, cloning can cause an opinion gap in vast majority.

What’s more, the cloning technology may cause catastrophic consequences. Cloning human beings in order to harvest their organs is something that is intolerable. After the scientists have successfully cloned the patients and harvested the organs, what should we do with the rest of the body parts? Should we throw them into a gigantic bin and incinerate them? It is more unthinkable that they are living beings, what should we do with the rest of the body parts? Should we throw them into a gigantic bin and incinerate them?

Apart from the primary level of respect to human beings and religions, we also have to recognize the difference between evolution of human and that of science. As science goes further into the secret of DNA, we understand more about the biological and the chemical structure of our inner body. The more we know, the less fear will hold us back. We are bound to explore the abyss of knowledge and set a flaming torch into the darkness of fear that cloaks us. As the old saying goes, ‘The faster you run the harder you fall’. We choose to stare at the bright future, but forget to inspect what will trap us. Sometimes the gleaming goal is just a mirage. Be aware of every detail and we may find a shortcut.

We human beings are evolving, in a way scheduled by the nature, remember how nature responded when we tried to change the weather. We set the higher level of industrial technology; the nature sets the rise of sea level, because of global warming. Every time we cross the nature’s line, we hurt ourselves in the end. The evolution of mankind is not something that we can control. It is the nature’s job. Disease is part of life – it makes you stronger after you are healed. What doesn’t kill you makes you stronger. We can run into the unknown area of knowledge, but never run into the rage of Mother Nature, never cross the line.

When you can clone an organ, why clone a body?
After grasping the information of DNA, the scientist started to study about cloning organisms, which means artificially creating some living things. It could be a human being or an animal. There have been several successful cases of cloning animals so far, such as sheep, cows and so on.

With the advance of science and technology, the topic of whether we should clone human beings has been under the spotlight. Actually, cloning organisms brings lots of benefits and disadvantages to us. Somebody said that we should clone human so that organs can be harvested to fight diseases. However, it is presently against the law to clone human beings. I also disagree with cloning human beings. From my point of view, there are two reasons for disagreeing with human cloning.

Firstly, I think that cloning human is immoral. It is because all organisms, including cloned organisms, also have their own lives. They have to survive, eat, and carry out reproduction. They are just like humans. Have you considered that most of the organisms have their own feeling? Since we have not cloned human before, there is less information about the technology. Therefore, there may be a lot of unsuccessful cloned humans. Perhaps, some of them have special appearances; some of them are weak in health, or even are mentally challenged. If the cloned humans were not cloned well, they would die easily. Have you heard about Dolly, the cloned sheep? It is one of the successful cases so far. However, there are numerous tests and unsuccessful cloned sheep before Dolly was made successfully. If we cloned a human being without success, we would also make them and their families feel upset. Worse still, people may abandon or discriminate against those unsuccessfully cloned human. If we clone human only for their organs, it is too cruel to them. It is immoral, isn’t it?

Secondly, harvesting organs from cloned human beings may not be successful. Who can be sure that the organs from the cloned people are perfect match for us? Before getting the answer, the scientists will have to conduct many experiments. It may take about a hundred years. That means the clones would be tested by the scientists in the laboratory for a long period of time. Is this fair to them? Furthermore, human cloning would increase the population. Most of the clones who contribute their organs are adults. It means that they would have their growth and life like human. However, are there enough space, water for human beings and their clones? We have no idea about it. Definitely, the governments all over the world have to distribute a great deal of welfare to their local citizens, including human and cloned human. If the government could not manage well, like Greece, they would face the problem of bankruptcy. Can we be with them harmoniously? If not, please do not clone human beings to make them feel miserable.

Somebody thinks that we should clone human beings so that the organs can be harvested to fight diseases. However, I think it is a selfish idea. I deeply believe that you would feel betrayed if you were one of the cloned human as you were to contribute your organs. It is the purpose of cloning human in some scientists’ eyes. There is no choice for them! How horrible is it? For me, I think it is intolerable! How can we be so selfish?

To conclude, not only would human cloning lacerate those cloned human, but also may lead to catastrophic consequences. Hence I think that people should not clone human beings and organs.
With the advanced biotechnology nowadays, people are likely to hear the term ‘cloning’. By ‘cloning’, we mean copying the DNA sequence from a living being to create another life form so as to improve our lives. Interestingly, cloning, though now has become a hot topic which opens a can of worms, is actually not a new thing. Agricultural scientists have already cloned crops for some years and some scientists even use this technology to create a new life form – Dolly the sheep. Yet, that did not raise so much furore now on human beings.

Many people, especially Christians, condemn cloning for they believe it is an insane act showing no respect for lives and a flagrant contravention of God’s will. To them, the creation of lives by printing one’s chromosomes contravenes God’s law of natural births by reproduction. Thus, some people are of the opinion that no one possesses the right to create a new life.

Yet, do the above points hold water? Is it fair to see cloning as inhumane and unethical? Are there any other more reasonable arguments? These are where the true debate lies.

Incontrovertibly, life is precious and sacred. However, it is also vulnerable and feeble, and therefore, we need new technologies to maintain and lengthen our lives. Cloning is somehow one of the ways to do so. Saying that resources are scarce and limited, people all over the world are urging scientists to invent new technologies for improving the harvest of crops. Ridiculously, after the scientists have really obtained the new skills of ‘cloning’ to ensure the unlimited supply resources to create a better future for humanity, these people oppose this skill using the term ‘inhumane’ as an arrow. Then what is the point of inventing ‘cloning’ if it is not used worldwide?

Apart from this, from my perspective, the very existence of humans is already violating God’s will. We humans have taken away from the nature – the natural habitats of other living organisms for our own good. For example, we cut down trees to make papers and restructure lands to build cities. Humans have become the murderer of the nature for centuries. From the very beginning, we are selfish and inhumane, so why do we have to pretend to be the devoted disciples of God in the run-up to the extinction of others because of lacking resources?

In fact, cloning can create some useful organs or materials instead of creating a life or a whole body. So it is too early for us to judge whether it is inhumane or not. Besides, practice makes perfect. After we keep using the techniques of cloning, we can use it in many other aspects including media and agriculture. Therefore, under no circumstances should we not use cloning to change our world to be a better one.
Role models are people who have some achievements or have done something that deserves our respect. A role model usually has qualities like being honest and sincere; he or she may have overcome some hardships through his or her perseverance.

What roles can role models play? Setting a good example for people, especially teenagers, is top of the list because teenagers’ thoughts are not mature. They need others to demonstrate how to do something and they can be more easily affected by people around them.

Besides, role models contribute to society. For example, the police are the embodiment of justice. They do their best to maintain social justice and protect the lives and property of people. They do their very best to benefit people from all walks of life, especially those who are in need. Some lawyers protect people’s interest voluntarily without getting paid. Different role models perform different jobs. But whatever they do is for the sake of society.

In my opinion, setting a good example to the public is very important because our society needs to maintain a good atmosphere. If not, people cannot distinguish what is right or what is wrong. Our society will become chaotic when people don’t follow society’s rules. Role models can create a good and positive atmosphere. They influence many lives. Their behavior and deeds are important for leading people along a good direction.

Parents are children’s role models; they influence their children the most as they teach children how to do everything. According to the survey, a person’s future has great connection with his personality. So we can see what a big role parents play in their kids’ lives!

Role models are the pillars of our society.

The Lead Water Scare  
S6C Tsoi Yiu Fai, Dante

It has happened eventually. Lead water in upscale estates and public estates. So what will happen next - water contaminated by radiation?

This is definitely not the first time something went wrong with water. Do you remember not long ago someone misconnected the sewer pipes with the drinking water pipes? What I cannot understand is why the same mistake happens again and again and yet nobody takes responsibility for these terrible mistakes that put the lives of Hong Kong citizens at risk.

It is high time that the government intervened to ensure our citizens are devoid of harm and terrible disasters. And now, what the government can do is to rectify the mistakes. It is never too late to do the right thing. The government should initiate a programme making every estate management company set up water filters and maintain them in good condition.

It is of paramount importance for the government to take prompt and practical actions with unwavering determination. Although this measure may cause a little inconvenience to constructors, in no way should the government give in when it comes to protecting citizens’ safety.
I recently read an article entitled ‘Cracking down on zero-fee tours’ and I agree with the writer’s suggestion that both Hong Kong and mainland China have the obligation to crack down on zero-fee tours.

The incident of a mainlander being beaten to death in Hong Kong is a serious problem we all should show our concern. Not only did someone die but, most importantly, it represents the worsening relationship between Hong Kong and mainland China. It deepens the conflict between Hong Kong and the mainland, causing Hong Kong to lose a major source of its income, leading to poor economic growth.

The mainland authorities have an obligation to ameliorate this problem. As long as zero-fee tours exist, similar incidents will occur again. Also, this is a cross-border problem. We can’t just push the problem to any side and require the government to tackle it alone.

Only by joining hands and reaching compromises will the problem be solved. And what should Hong Kong and the mainland China do? That depends on how the negotiations go. We cannot afford any wrong decisions being made any more.

Ways to solve a problem
S6A Yiu Chung Yin, Andrew

Dealing with dementia
S5A Ma Man Kin, Kelvin

Dementia is regarded as the biggest problem in Hong Kong as the city’s population ages. There are 80,000 people diagnosed with dementia, which marks the watershed. If we don’t start dealing with the problem, it will be too late. In light of this, I will put forward a number of ways to solve the problem.

The government should play a significant role in solving the problem of dementia. First of all, the government should educate the public about the disease. For example, talks could be organised for the general public and those families whose loved ones suffer from dementia. Moreover, it is essential for the government to offer better treatment to patients. For instance, the government can build nursing homes for dementia patients. In addition, the government has to cooperate with community organisations to offer more subsidized services.
Have you ever made a mistake? Definitely yes, right? My topic is experience is the name everyone gives to their mistakes.

As we know, Elvis Presley was a famous star from America. He was the leader of rock music. We always call him The Hillbilly Cat and King of Rock and Roll. But most people may not know that he encountered many difficulties. One day, when he was in Nashville, the manager told him after he performed, “You’d better go back to Memphis to drive a truck.” This was a nightmare for him. He tried his very best to stick to singing and never gave up. In the end, he was successful and became a phenomenal musicians.

No matter whether one is a celebrity or an ordinary person, he/she will make mistakes.

Lu Xun is one of the most famous writers in China. He wrote lots of articles, and used these satirical essays to inspire us. But when he was about 25 years old, he chose to become a doctor to serve his country. He thought he could save many lives. However, some years later, he found that this way was not suitable for him. Eventually, he realized his strength lay in writing and he became a successful writer. He made lots of mistakes but the search for his dream was continuous. So he realized his dream.

Everyone makes mistakes. We need to learn from our mistakes.

There is a song called “Sunshine is always in the rain” which also gives me a lot of inspiration in my life. To change mistakes into experience is not easy. But if you want to succeed in life, it is necessary for you to give your mistakes a name, that is, experience.

Students always claim that they have been under massive stress. It is probably caused by our homework and the challenging Diploma of Secondary Education. Yet, all these are inevitable. They have to learn to deal with stress effectively.

I have recently read an article entitled ‘Harvard: 20 Habits Making You Happy’ by Jing Jin, a chief harmony officer at Harvard University, in which three particularly useful solutions are offered.

Firstly, becoming a problem solver can make you happy. When you encounter difficulties, try to face the challenge and find a solution. If you ignore the problem, it will never be solved and you will feel anxious about it. However, if you bravely confront and overcome the challenge by yourself, you can build up your self-confidence and your ability to accomplish what you set in your mind, thereby raising the feeling of accomplishment and making you happy.

Secondly, focusing on what you are doing helps you forget about what causes your unhappiness. When you focus on what you are doing, you are less likely to care about what others may think of you, and less bothered by the things that are not vital. Moreover, you will find that time goes as fast as a river when you are concentrating. Therefore, you can forget your unhappiness and release stress when you put your mind, heart and soul into what you are concentrating on.

Thirdly, doing your best and then letting go can also relieve your stress. You will have no regrets after you have done your best. (Or you may fall into a depressive state if you cannot reach your ideal aim). However, you should know that everyone has limitations, and things do not always turn out to be in our way. Therefore, just let go and do better next time. You will not be under great pressure after you do your very best.

All in all, the above suggestions help you release stress. Hope these can help us and generations to come.
Lots of parents are busy and don’t have much time to take care of their children. So, they usually buy a robot to accompany their kid. As seen here, people have already experienced ‘robots’ since they were young. But, are robots our friends or foes? That depends.

Some may say that robots are surely our foes. Some scientists are concerned about the fact that robots have no feelings. Some evil people may enter orders to kill in robots’ minds and the robot will act accordingly without a second thought. They will harm humans. They will just carry out humans’ orders, right? Are robots really our foes in this case?

Let’s look at this issue from another perspective. In medical field, robots are surely our friends. In the old days, many deadly diseases couldn’t be cured resulting in a large number of deaths. Robots now help or can be assigned to conduct routine surgeries. Therefore, robots help us a lot in medical science.

Dear friends, apart from medical treatment, robots help us a lot with household chores. In some families, robots do domestic work such as cleaning and cooking. Once the owner enters instructions such as washing the dishes or sweeping the floor, the robot will follow the instructions. This reduces the workload of many housewives. Human beings can then lead a more comfortable life. Robots have already taken an important place in our lives. Don’t you agree?

Nowadays, numerous products are manufactured by robots in factories. There is bound to be a difference in the speed of production. In addition, according to scientists in the US, robots designed and invented by them are successful in taking up many challenging tasks including assisting disabled people and even undertaking computing tasks. They will bring us a lot of benefits and accompany us in our life.

However, robots will be our foes if we don’t use them properly. As we all know, robots are pure machines which are not always reliable. They are designed to give us a helping hand and convenience when we are in need. Let’s make good use of them. Then, they will be our friends.

In the 21st century, artificial intelligence is well developed and robots are much smarter than before. They are no longer a lot of complex chips and wires in stupid bodies written in confusing programs inside their “heads”. Instead, they can learn skills, talk to you and even replace workers to do simple tasks in some industries. It’s exciting that our technology has developed so fast in recent years and it will continue to develop at a much higher level in future. In spite of this, some people are worried about robots. They think they are our enemies. Still, some people are optimistic. They believe we will benefit from robots and they are our friends.

People who think positively agree that it’s impossible for robots to turn against us. That’s because we write the programs for them and they execute our commands. Besides, if robots can think independently in the future, they will continue to help us. Moreover, they can contribute to society. At home, they can be our cleaners, cooks, and even babysitters. They also play an important role in the manufacturing industry by helping us to work efficiently, especially in some industries that require high accuracy. Hence, they are our friends.

However, some have a different view. For example, Stephen Hawking, who is one of the best physicists in the world, said, “Robots aren’t just taking our jobs, they’re making society more unequal.” We find that while we benefit from robots, they can also be a threat. The low cost and high efficiency of robots makes employers prefer to hire them. If robots can do household chores and work in factories, many people will lose their jobs. This will cause serious social problems.

Besides, if technology develops at a level that robots can think independently in future, we are not sure if they can remain loyal and helpful to us. That’s because robots will have to compete with humans to get energy for survival before we find new and effective ways for renewable energy. Clearly, the relationship between robots and humans will be very tense. Robots won’t be our friends forever. It’s necessary for humans to plan for the future before robots get more and more popular.

Some may say, if robots are dangerous, why don’t we stop inventing robots? In my opinion, as time goes by, our population will increase, but the demand for productivity will force the society to let robots join us. There is no doubt that robots are the future of science.

As science develops, scientists will find ways to make good use of robots and they can be used to help us make progress. For example, more people will be willing to study in order to find a job and compete with robots. We can progress in computer programming and introduce new solutions to control robots. We should not only be alert but also optimistic.

Friends or foes, it is up to us.
If you were an introvert, you would have few friends. Imagine your best friend is a robot named Franky. The concept of having a robot buddy is an excellent idea. You neither have to communicate nor interact with anybody. Whenever you are joyful, your robot companion can share your joy. When you feel miserable, your robot comrade can share some of your sorrow.

How about a war where only robots were dispatched to defend the country? This would be a perfect idea for the soldiers’ wives due to the fact that there are tens of thousands of soldiers who are victims of war every day. The wives do not need to spend sleepless nights worrying whether their husbands who are detained in Iraq will be alive the next day.

Besides, in the medical field, robots can take the place of doctors and some hospital equipment. Take, for example, a sick child who prefers a robot as his/her caregiver due to the child’s fussy and hard-to-please attitude. Robots can be specifically assembled to cater for a spoiled child’s needs. A child who adores fluffy stuff toys may have a “bear” robot as a doctor and a child who loves cars may have a “racer” doctor assigned to him/her.

However, can the use of robots do more harm than good to humans?

Someone who does not rely on any human interaction may lack social skills that are essential to one’s being. Also, counting too much on a robot in good or bad time may not be worth it as you are pouring all your emotions into a non-living thing which does not know how to reciprocate emotion.

Moreover, robots can be faulty at times and may lead to more catastrophes if they are not checked properly. Robots need to be managed by humans although robots are so smart that they can finish a lot of jobs on their own.

Furthermore, doctors will lose their jobs due to the over-reliance on robot doctors. We need doctors to programme these robots. If no one updates the robots, it will be equivalent to the extinction of robot doctors.

All in all, in order to get the best of both worlds, humans and robots, we need to use robots effectively and efficiently. We should neither abuse nor over-rely on them. After all, whether they are your friends or foes depends on the user.
In the past couple of centuries, it did not take much effort to notice that the soldiers were men. However, have you ever thought that women can be soldiers? Unlike in the past, women have played an important role in the world in our age. They can do the same thing as men do. You may start to wonder if women are better off working in offices and at home, or in the army. If asked, I think that it is better for women to work in offices and at home. If women work in the army, many potential problems arise.

You may ask me: why do you think that women should work in offices? There are several reasons for this.

To commence with, women are good at something like writing articles, cooking and doing housework rather than being a soldier. Women are more careful than men, so it is suitable for them to work in offices and at home. For example, people prefer to hire a female servant to help them take care of their children. However, it is uncommon that someone hires a male servant at home. This interesting phenomenon reveals that women are more likely to have the potential to work at home and offices.

Moreover, women are not as strong as men; it is, therefore, not suitable for them to be soldiers. To be a soldier, women have to undergo rigorous training or fight when there are wars. If they are not strong and do not have the ability to beat their opponents, they may get hurt or killed. It is not easy for women to be trained to be as strong as men. If women become soldiers, while their opponents are men, I cannot imagine how terrible the result would be.

Lastly, the division of labour in the society would be changed. If more and more women become soldiers, where should the men go? Men may have to work in offices or at home. Although they are willing to be a soldier, they do not have the chance. Some of them may be a ‘househusband’. The roles of men and women may eventually change.

In conclusion, women should not overtake men’s jobs because of their physical and mental differences from those of men. Women should never join the military force. "Attention! Before fighting with ISIS, I have to tell you one thing only. Be careful. Good Luck! Brittany!” Captain Mary said. Well, I was taking up the weapons, wearing these heavy clothes, and getting ready to fight with ISIS. I was so nervous, and worried whether I could survive or not......

My name is Brittany. I come from India. I live in a small, dirty village. Nowadays, the awareness of protecting woman rights in India is still low. Women can’t protect themselves because we may be easily raped by men while you are walking in the streets or taking the bus. So my mum would not allow me to go out alone at night, and should stay at home most of the time. I think it is unacceptable. Why would women be sexually harassed? Why can’t we live freely? I hate this life! I want to be free!

One day, a letter was sent to my home. ‘Miss Brittany, because of the lack of soldiers, we have to appoint you to join our army.’ I was excited because I could be free! I no longer had to stay in my house, and I could let people see that women are as powerful as men! So I tidied up and packed my things immediately to go to the army. But, my heart actually pounded at the same time. I knew very well, in fact, I was going to fight with ISIS very soon. I regretted joining the army moments later - not only did I need to fight with ISIS, but I was also the only women who became the soldier. But I could not give up. I had to fight with them. I had to protect my country. I had to save the world!

Then, my team and I spent two years preparing for the war. I believed that we could defeat ISIS. And I could be free after the war.

It’s the day to fight ISIS! I am ready!

We arrive at the enemy’s stronghold. ‘Turn your weapons now!’ One of the soldiers shouts. We are all ready to fight them! But...... It is NOT easy. The ISIS has just thrown a bomb at us. Almost all of our fellow soldiers died. We have to admit we aren’t as strong as ISIS; I cannot defeat them!

‘Help! Brittany!’ Harry yells.

‘Don’t fight! Retreat!’ Karl shouts.

What should I do? Is this the freedom I want?

Suddenly, I wake up. What’s happened? Oh! That’s a dream only! How lucky I am! I actually think that women should not be a soldier! Working in an office or staying at home is good enough!
Along with the progress of the world, more and more people pursue the equality between men and woman. But there is no absolute equality in the world. I am not saying the feminists are wrong. Things they have done are reverent and respectful. What I am talking about is there is something we can’t change. I think it is better for women to work in offices and at home, instead of being in the army.

First of all, women have the inborn quality and ability which can help them to contribute much in offices and at home. With the speedy development in the world, we chase efficiency and effectiveness, but we neglect the influence or potency of women in the family or commercial world. Women play an important role in the society because of their circumspection, patience and enthusiasm. Comparing with offices and home, working in the army is much tougher and thus, not suitable for women.

The physique of women is not as strong as men’s. As we all know, soldiers, no matter men or women, have to do lots of high level training in the army. It is difficult for women to pass or undergo these challenges easily. However, working in an office or at home is not as demanding as working in the army physically for women.

But what if women become soldiers? Here are some problems that may arise. In the short term, the quality of the military forces may decrease. Some surveys show that women are more emotional, sensitive comparing with men. They can’t work properly under high pressure.

Besides, the birth rate of babies will decrease. If women become soldiers, it is not easy for them to get married and give birth to babies, because of the strict rules in the army. They have fewer chances to contact or meet other men apart from their military units. Also, the pressure of an aging society will put pressure on the government as there are fewer babies.

Above all, it is better for women to work in the office or at home rather than in the army.
I think women are better off working in offices and at home. Most of them are hard-working, patient and mindful. The ones who are being mothers are usually responsible in every action. They provide their children with maternal care to cultivate their personal development. Moreover, women’s positive attitudes in the workplace will effectively contribute a lot to their companies. Some female employees are recruited as the higher-ups and other range of occupations. Working in the army may not be suitable for women because most of their physical state are not able to afford frequent city attacks in the frontline.

In the ancient history, males were dominant in most of the countries. There was a belief that only men were responsible for handling the social, economic and political matters, while women were needed to deal with housework and look after the children. Even though they were able to work outside, they could just manage the jobs which were low-paid and not recognized by citizens. They could hardly find opportunities to enhance their knowledge to society. Owing to that phenomenon, females usually suffered from discrimination by the limitations that the public imposed on women. Their rights were not protected at that time.

During the World Wars in the 20th century, women’s rights started to raise its flag. The economy in the whole world was in a paralyzed state when the men were participating in the global event. In order to maintain the global economic growth, women were requested to work in factory for different services. Not only did they act as the supporters of the military forces, they also kept the annual income of their family to be stable. That was the beginning of females’ performance on the world stage.

With the development of laws on international human rights, the equality between male and female showed the dominant purpose. The law can guarantee freedom for women, for example, election for the leaders of different political positions, legislation, expressing opinions regarding social problems. With the help of the new rules, the living conditions of women are becoming better. Their range of working opportunities has become wider. Some of them are recruited as higher-ups such as manager, sponsor, organizer, representatives. They also join the government or non-government organisations to gain the social experiences and serve their country. Therefore, women are better off working in offices and at home.

Recently, it is seen that women have become soldiers in the countries where conflicts occur frequently. There are some potential problems women have to solve, physically and mentally. Logically, the physical condition of women is usually unaffordable to the harsh training. Over training will increase the risk of injuries during the civil or religious war, or any accidents. Moreover, being the soldiers in the army, women have to face many challenges. They cannot return to their ordinary and blissful lives and have to confront the worst consequences in their lives, such as dying in the armed conflicts, being sentenced to death, killed by inhumane terrorists. In some special situations, they are threatened by sexual harassment. The prices of taking part in military forces are the loss of their precious things, such as houses, properties, families, relatives during the war. Losing families give the women serious emotional attack. In particular, conflicts inside the nation may wipe the people’s well-being away and leave them the long-term emotional trauma. The soldiers are the victims as well. They mostly feel helpless while they are ordered to fight. Their heart may be filled with regret, torture and helplessness.

The women’s sufferings in the army are mainly because someone has violated the international humanitarian law for the purpose of surviving internal conflicts, thus losing many innocent lives. Therefore, emotional trauma and physical injuries could be the result if they became soldiers.
Singing Contest
17th November was a special day for us as we could enjoy a musical called Freya, a Viking Story, at our hall from 1:45 to 3:30pm. It was a good show. I liked it very much.

I liked the play because the actors and actresses had had good preparation before they came to our school. They remembered all the actions and lines very well. Besides, they brought the characters alive because of good performing skills. They played it with their own styles. Every actor or actress was very special and had his/her own role to play.

In the play, there was a part that Freya and Erik fought with Runa and Ragnar. That part was very exciting. They fought together for the powerful dagger. I liked watching exciting things.

Freya is a good play. I enjoyed watching it. I hope I can watch it again.

I watched a number of musicals in the past years. One of the musicals is called Freya. It was a great musical. I feel adventurous and I will recommend my friends and family to watch it.

The musical is about a girl called Freya. She allows the three Vikings to stay in her house because of the heavy snow storm. The three Vikings are Erik, Runa, and Ragnar. Runa and Ragnar discover the Kraken’s Dagger in Freya’s house and soon Erik falls in love with Freya. When the three Vikings leave the house, Ragnar steals the Kraken’s Dagger. Soon Freya finds that the Dagger is missing so she starts an adventure to get it back. At last Erik helps Freya to get back the Dagger from Ragnar and they succeed. They live together happily at the end.

I think the musical is great. The characters are professional and funny. It makes the musical very interesting. The song “On my way” has a powerful melody and matches the theme of adventure. Although the performance and the song are great, the special effect is poor. I think they should have more smoke for the snow storm. I like Freya the best because she acts very seriously, especially in the scene when she lost her Dagger.

Freya is a wonderful musical. If I have the chance, I would like to watch it again.
I watched a lot of musicals this year. Most of them are interesting. I just watched Freya this week. Now, I would like to share with you my learning and feelings.

The story is about a girl called Freya. She goes on a journey to find her dagger. I think it is exciting. The characters are memorable and they make the audience want to go on an adventure. They are also quite silly and playful because when Freya tells them that she is Fred, Eric, Ragnar and Runa cannot recognize her at all.

As for the setting, I think that the background is quite nice and looks good. It is also breathtaking because the musical starts with a snowstorm. Although it is quite artificial, it is thought-provoking.

The acting is authentic because the characters can show their personalities. The actors are also professional and energetic because they can speak clearly and memorize their lines very well. They also use body language and actions to express their emotions. About the plot, I think it is hilarious. When Ragnar and Runa are fighting, the scenes are very interesting.

I think the music is effective because the lyrics are meaningful and the melody matches with the scenes. When the characters are singing, we can feel their emotions.

I would like to recommend the musical to you.
Hat’s what I say

There are many unhappy children in the world. Some children in India do not have the opportunity to go to school. They do not have shoes or clean drinking water. However, children in Hong Kong do not lack anything at all.

Nonetheless, there are many reasons that make Hong Kong children unhappy. One of the reasons is that children have lots of homework to do. This makes them too busy and do not have enough time to rest. Some family cannot afford a computer. The kids feel annoyed having to use the computer in the library.

In order to make children happier, schools can decrease the amount of homework so children may feel less stressed. If the government can subsidize some families to buy computer, students may feel happier searching for information at home.

How to make children happier?
S2A Chan Kwan Ting, Silence

Bosses, staff don’t see eye to eye over work
S4B Kei Ching Yee, Julie

Employers and employees have different attitudes and ideas towards spending long hours at the office.

Some employers think that employees do not work hard but chat with friends or play games resulting in spending long hours at the office. But employees disagree. They said that the main reasons for their long office hours are company culture, manpower shortage and business needs.

In my opinion, employers and employees should attempt to understand each other. The employers should understand the tough job employees do and give them enough time for rest. And employees should try to take care of the company’s needs. A good working environment is the key to a company’s development.

Selfie Phenomenon
S4C Cheung Lok Tin, Elvis

Nowadays, people love taking selfies. When they are on a trip, having a meal or standing in the street, they like to take selfies and share it with their friends online. Some of them are obsessed and addicted to taking selfies.

What I am curious about is the reasons that people upload their selfies with the effects of some beauty-enhancing selfie apps. Are they doing this to look amazing and get more compliments that they cannot get in reality? To me, such people are showing off and that’s not the real him or her. I wouldn’t say that taking selfies is wrong but we must be considerate and should not annoy others.
**Good News for Gourmets**  
*S2A Cheung Sin Tung, Jessie*

Who said that good food can only be found in high-end restaurants? This year, more than 20 Hong Kong street food shops are included in a well-known restaurant guide, Michelin Guide.

It is the honour of everyone of us that our street food stalls are mentioned in the Michelin Guide. One of the pros is that there will be more and more visitors visiting the shops. It definitely boosts the tourism of Hong Kong. However, some problems arise. As more and more people visit those stalls, they may become more crowded. Also, it will take longer time for customers to get those popular dishes.

If I can suggest a street food item for the Michelin Guide, I would recommend egg tarts. The crust of egg tart is crunchy while the filling is soft. The golden egg custard is very sweet. There are fewer and fewer bakeries selling egg tarts now. Also, many young cooks do not know how to make them. Egg tarts deserve to be introduced to more food lovers before it is too late.

---

**Take actions to help the mentally ill**  
*S4C Chan Kin Ting*

It is depressing to read the news about two brutal attacks involving mental patients. There are some possible causes for these incidents. Perhaps, there are inadequate resources such as medical consultants. We also lack experienced psychiatrists in Hong Kong. Chronic manpower shortages and limited resources mean a long waiting time for consultation. This is not good for patients who need treatment.

Incidents like this influence the stability of our society. People do not feel safe anymore when they walk in the streets. This also has a big impact on Hong Kong tourism.

The government should publicize more about problems faced by the mentally ill and their emotions so that the public can know more about this and how to care for them.

In conclusion, I strongly believe that we should pay more attention to underprivileged groups such as the mentally ill in Hong Kong by showing them more care and giving them support.
Yesterday, I told my parents I came first in my school competition. My parents were happy at that time, but I did not tell them one thing, that is, my school did not organize any ceremony to award any prizes.

My father and my mother said, “We want to say thank you to your teacher. Let’s go to your school tomorrow!” However, my school is not always open to students’ parents. That made me very frightened. Luckily after some time, I thought of a good idea. I said, “There will be a ceremony tomorrow. You can thank my teacher.” Then they wrote this event on the calendar. Although I did not feel good after I said that to them, I still did not think that it was a lie. At that time, they were very happy. They told our neighbours about this event too. I knew the matter got serious. So, I said to them, “This is a lie. If you want to thank my teacher, you can write a letter first. Next, you give it to me. Finally, I give the letter to the teacher. Father and mother, I am so sorry about this.”

I thought they would scold me. Instead, they said, “No problem, no problem,” “We’ll write a letter to thank your teacher and explain to our neighbor.” At this moment, I felt very relaxed. I learnt a lesson: Do not lie to your parents and the people around you; otherwise, you will cause trouble to them and you will feel unhappy too.

Today is April Fools’ Day. I did not know what came across my mind. I told my parents a tall tale this morning. I told my parents I came first in a school drawing competition for my most beautiful work. Miss Chong is my art teacher. She is the one who teaches me to improve my drawing skills. My parents wanted to thank her. I never thought that they would believe my tale.

I think I should tell them the truth – there is no such competition actually taking place in my school. I know I will break their hearts because I am not an honest girl, but if I continue my tall tale, I will not be forgiven. I will apologise to them tonight, I hope they will not be angry at me.

I have just told my parents that I came first in a school competition, but now they want to go to school to thank the teachers. OH MY GOD! I can’t stand this! What should I do now? Should I stop them, or should I let them go and thank the teachers? I still don’t know what to do. Don’t give up!

Finally, I decided to stop them from doing so. But my Dad asked me, ‘My lovely daughter, why shouldn’t we thank your teachers? You came first in the competition. You should have a good experience! Come on!’ And I said, ‘OK! Fine! Whatever, just go. Do whatever you like.’ After this conversation, they set off.

When, my parents came back from school, I was getting more worried. And I asked, ‘Dad, what did the teachers say?’ My dad said, ‘Nothing, just a few words. They said that you did very well in the competition and they’re sure that you can do better next time.’

At night, I started to think pessimistically, ‘Oh god! Winning a prize in the competition is not really that special. Could you please not be too excited because of this?’ I’ve already had enough! What a tough day!
As I was walking home
S6A Chan Wing Chun, Issac

“A bad news for you! A lion escaped from the cage of the Happy Zoo. All citizens should pay attention to the lion. If you see it, please report to the hotline of Happy Zoo, 20001111. Lily Wong, AAA News.”

It was a sunny day. My friends, Peter and Mary, and I decided to go to the beach. We played games on the beach, such as sailing, playing volley ball and make sand castles. We didn’t leave the beach until evening.

“It’s time to go home now,” Peter said.

“Peter and I will go back home together by bus. Is it okay if you return home alone? There is an escaped lion around your district.” Mary was worried about my safety.

“It’s okay. Thank you for your kind concern, Mary. I can protect myself.”

Although I told them that I could protect myself, I was a bit worried. How could I escape from the lion if I met it?

As I was walking on my way home, I found that the pedestrians started to run as fast as they could. “What’s happening?” I thought. Then I turned my head. What I saw was a terrible scene – a black shadow tearing some meat. Oh! It was not meat, it was the flesh of human beings. The lion was tearing the people into pieces! The lion’s eyes were dull and looked around aimlessly, but it was still tearing, eating the people near it.

I started to run. I didn’t want to be its prey. Unfortunately, it saw me and started to chase me. I wanted to run as fast as I could; however, my legs were strained. So my distance with the lion became shorter and shorter. I couldn’t run any more. I had no choice but ran into a store to hide. Nevertheless, the lion hit the door. It managed to break the door and started to search for me, his prey. Its eyes were no longer aimless. They turned cruel. Although his body was fully covered with pieces of broken glass, it did not seem hurt. It kept walking towards me with its mouth wide opened.

Suddenly, it fell down without any signs of life. I was relieved and went back to the street. There was nobody in the streets. The only thing I saw was a heap of flesh in the pool of blood.

When I rushed home, it was already midnight. However, I couldn’t fall asleep. Whenever I closed my eyes, I saw the flesh in blood. Therefore, I switched on the television. The TV news said, “The lion that escaped from the zoo was found dead in a store. Its death was due to a small piece of glass. It got into the artery of the lion.”

Life is easy to lose, and it is difficult to maintain.

My Dinner Guest
S1B Chow Yat Yin, Kasper

I invited my cousin Fergal to my home for dinner. I invited him because I love to play with him and he is funny too. He is in F.4 so I love to ask him for help. He is generous and cool. He loves “STAR WARS” and “MARVEL” toys. He looks quite fat but he is taller than me, and he is handsome. Sometimes he cries for a small matter. He loves to play basketball and he is good at swimming.

My mother bought a lot of food, drinks and pizza for our dinner. Fergal was happy. He thanked my mother for the yummy supper. I begged my mother and my auntie to allow Fergal to stay with us for one night. They finally agreed and we were very happy. We played LEGO before sleep. It was the best day and we had a sweet dream!

As I was walking home …

S2B Poon Wai Cheuk, Enoch

Last week, I invited a very special guest for dinner - my primary class teacher Miss Lam. She has been my class teacher for three years and I haven’t seen her for almost one year.

During the dinner, we talked about many things. I recalled many memories at my primary life. Although my results were not very good at that time, Miss Lam had never given up. She always encouraged me and gave me strength to face all difficulties. We also watched the video of my primary life. We both laughed at the silly things that I did at that time.

I also told her about my secondary school life. There was a big difference between the primary and secondary schools, especially in the medium of teaching. Now I learn in English. Miss Lam, same as before, patiently told me the techniques for overcoming all the problems.

I had a wonderful dinner with her. I promised I will work harder in order not to let her down. I also promised her I will visit her at school in the coming future. I hope I could fulfill this promise very soon.

Miss Lam is one of the people that I respect the most, no matter in the past or in future.
I remember my past self, so innocent and carefree. But then, the war started. I knew how to fly a plane so I was recruited to the Luftwaffe. I killed so many people with just a click of a button...

I was discharged, not long ago. I went back to my hometown in Germany. Things have changed. The people of my town are either dead or missing. After all, I could take a break from all the actions. I cooked something to eat. And I sat down on the chair next to the dining table. All of a sudden, I saw my old self. It looked at me, saying, “You look different.” The kind of coldness in his voice sounded so foreign. It wasn’t ‘me’ standing before me, it’s a complete stranger. “I’m hungry. Shall we eat? Let’s have a long chat.” Funny, I invited myself to dinner. We sat down and ate.

We sat there in silence. Suddenly, he started, “I can see you’ve killed many.”
“How do you know?” I asked.
“The blood is still on your hands.”
That’s right, I had killed quite a number of people.
“Killing people and getting prizes for it? Oh, how time has changed you...”

I looked down on my chest. Indeed, there were medals clipped to my shirt. I was awarded for bravery in battles. His eyes were calm and innocent. In comparison, mine were murky. He spoke, “Your eyes belong to a maniac. Well, after all, you’ve seen what little have... ‘Death.’” His face turned into a scowl. He hated me for killing people. “You couldn’t even hurt a bug before. Now, look at you!”
Yes, I hated killing too. I didn’t want to kill. But I had to save my comrades. I guess my mind had told me to kill one to save ten, kill ten to save a hundred and so on, until I forgot my purpose in life. My mind moved on, but I guess it was telling me to remember things, to cling to my humanity.

I finished my dinner and walked outside. He came with me. This brought back memories. The main reason for me to join the Luftwaffe was that I had a dust cropper, a plane that watered plants. Fighting and killing made me feel guilty. How simple life was before!

I couldn’t forgive myself for what I had done. Regrets were rushing into my head. I joined the military for a good cause, instead, I did the unthinkable. I cloaked myself in righteousness and willed myself to go on, yet the pressure took its toll on me. That’s why I was discharged. The people I killed had their family too.

It seemed that ‘he’ disappeared. I guessed my mind had better things to do.
In my life, there are many gadgets supporting me. If my parents have allowed me to use only one electronic appliance in the next two days, I will choose the computer. Computer is the most important to me, because I need to use it for doing homework, having social activities, searching for data etc. I would like to say that I can’t live without my computer. It is more important than other electronic appliances, such as the smart phone. When I stay at home, I would only use the computer and the computer is more useful than the smart phone, such as the screen is bigger, and we can use it more conveniently.

In the next two days, I don’t have other electronic appliances to use, except the computer. I think I would get many troubles. When I go outside, I can’t use my smart phone, then I can’t contact the others. It is very inconvenient. I can only contact with the others when I go back home. Then my family and friends cannot find me or I can’t find them immediately.

Although there will be some troubles if I don’t choose smart phone, I still want to choose the computer. It is because I can’t use my smart phone to finish and hand in my homework.

---

Today, my parents said I have been allowed to use only one electronic appliance in the next two days. It is really bad news for me that I cannot decide which electronic appliance to choose. Smart phone? Laptop? Or iPad? It seems all of these are very useful and important in my life. Finally, I decide to choose using smart phone in the next two days. Why do I choose it?

First, smart phone’s size is smaller than the others, then I can bring it everywhere. In contrast, laptop and iPad are too big and heavy. For example, if I want to take photos, I can’t use a laptop to take photos. It’s too difficult and it seems very……weird?

Second, smart phone is very useful. Why it is called ‘smart phone’ not ‘mobile phone’, because it is smart. Just kidding. It is smart because with just one single gadget, you can have a lot of functions of many appliances. The functions that can be used are camera, game machine, MP3, television and so on.

Third, lots of applications cannot be used in laptop, but can be used in smart phone. And sometimes, some people rely on using the Internet to chat with their friends. However, if one day your smartphone is not stable, how to use the Internet? And if that time there is something very important and you have to find your friends very quickly, what can help you? Now, smart phone can help you. Just call your friends by using the phone.

The advantages of smart phone are countless. So if I am just allowed to choose one electronic appliance I can use in next two days, I will choose smart phone as it is an indispensable gadget in my life.
A gold coin always appeals to humans with its inherent charisma and an epitome of wealth in the meantime. Living in a world of conspiracies and lies, a fake gold coin is 'born' to deceive people who are 'blind' in order to gain money.

Some people say that ‘Seeing is believing’ and those who object can see through a fake coin. Considering the undeniable charm, highly valued and an image of luxury, everyone wants to inherit the beauty of our mother and the greatness of our father. No one wants to be an unattractive fake coin. NO ONE!

Fake coins are sprayed shiny pigment on their skin and they strive to act as a real one. When they are exposed, they will be depressed and live without pleasure. It’s painstaking and torturous for them to live normally with others. They might be repelled occasionally because they are fake. In reality, people have a different eye on the people who have not a charming face or who are disabled.

Those people who laugh at you or sneer at you are the people who are living in blindness. I was born with an ‘extraordinary’ face and a lack in height. Nevertheless, I live happily as I have friends and lead a life full of excitement. At the very beginning, I was totally thinking on the negative side: I was pessimistic; I felt hopeless for everything; and I would fail eventually. But it turned out that I was wrong. I learnt that no matter how bad your life originally is, if you have the perseverance and passion, you can still succeed in the end, and reach the beacon of hope.

A fun day
S1A Wong Sau Ching, Angelina

Today was a lot of fun! I went to the airport to pick up the student ambassador that I chose – Philip.

First we went to an arcade near my home in Taikoo Shing. We had so much fun as there was a first-person 4D horror shooting game that Philip and I loved to play. We went into a small dark room with some scary sound effects in the background. We sat there and pressed ‘play’. Then there was a frightening jumpscare asking us, ‘Do you still want to play?’ I thought of quitting the game but I didn’t because I had to conquer my fears.

The games started and we grabbed our ‘guns’. Our task is to get out of the forbidden house filled with monsters and other spiritual creatures. We started off by shooting a couple of zombies and some disgusting monsters. Finally there came a gigantic troll. The troll’s health was slowly weakening. I could see that my power was almost gone, so I told Philip to help me shoot the troll while setting off to look for some health packs around the scene. Finally, thanks to the gaming skills gained in all these years, we defeated the troll!

Later, we returned home to play a couple of video games. We first played a video game called: Halo 5. Halo 5 is a sci-fi first-person shooting game. You can get many kinds of weapons in this game. We played for half an hour and the game ended in a tie.

In the afternoon, we went to a park to play football. I am just a beginner but Philip is an expert. People often say, ‘Don’t judge a book by its cover.’ Although Philip looks a bit overweight in his photo, he is actually very fit and agile. He can run as fast as Messi and Ronaldo. It was really fun playing football with him. Later on, there came a bunch of kids. We asked them to join in our game. To my surprise, their skills are even better than Philip’s. I’m glad that Philip learned some new skills from the kids.

In the evening, we played some video games such as Minecraft, Five Nights at Freddy’s. Then we watched YouTube. Philip and I had so much fun meeting each other. It’s sad that he was just staying for one day. I wish I could go to the UK with Philip!
Feel the sunshine, hit the sand, and take a walk in the waves with nothing to do. Enjoyable? Certainly! Glittering under the sun, I was praised by a group of teenagers with big smiles on their face. Every single one of them hoped to get me, fight for me. Why?

In the state-of-the-art city, everything is measured in monetary value. I am covered by a golden jacket flickering under the sunlight.

I was discovered by a boy under the bright sunlight one day. He was as happy as winning the Mark Six, and so was I. He yelled along the street, "I've found a gold coin, Mum! I've found a gold coin!" Since then, everyone in the street has been talking about me. I spark heated controversy. My appealing heart shakes everyone.

However, things are not going as we expected. After the boy brought me home, her mum took a deep look at me and she found that I was just a fake gold coin with a thin golden painting on my body. In fact, I'm only a rusted piece of iron. Once the boy knew that, he threw me out of the window and again it triggered off another controversy. Everyone stepped on me, ignored me, and even spit at me. No one hoped to take me home. They all tried to get rid of me. Eventually, I was deserted in the landfill.

Before the humans knew the truth, they cherished me like a treasure. Yet, they tried to get rid of me since they knew I was just rubbish with no value. As we all know, happy memories vanish as time flies and now I feel desperately hopeless. We can see the result brought by the selfishness of human beings.

---

I am a fake gold coin with shining appearance but only copper inside. When my father – an old worker, used golden powder to decorate me, I was born.

I was very excited to join in people's life at the beginning. I couldn't wait to live with them and became a currency, I would be used to exchange things. I would be happy to help them. I thought naively.

My father put me into a wallet full of red coins and bought a horse with them. The seller counted every coin he got to make sure how much he had earned. He took me under the candle with a smile. Suddenly, his smile disappeared. He put me on the balance, and found that I was not the same as other coins in weight. He took out a knife and scratched me. Copper was shown. He put me into another wallet carefully.

The next day, he took the wallet with him and went to the shopping mall. On the way, he saw a farmer selling carrots so he bought a lot of them with me, the fake coin. The farmer was so excited to get the gold coin. He put me into his pocket and went to the market in order to buy some meat. The butcher saw me and he shouted, “It's fake.” The farmer stood there and cried sadly, “What? I have sold all my carrots for a fake gold coin! I was in his hand. He was so angry and shouted, “I don't want to see you again!” Then, he threw me into the river. I flew like a rocket and plunged into the water.

It was good for me. I just wanted to stay down there and get rid of humans.
After working on the Stanley project ‘Start a business in Stanley’ in the school field trip day, the group decided to start their dream restaurant in Stanley. This is their first day of business.

Jacky: the father  
Sam: the son  
Win: the waiter

Scene 1: At home

Son:  What will we eat for dinner?
Father:  Err….do you want to try the new shop that sells fried chicken in Stanley Market?
Son:  Oh! Yeah! Let’s go!

Scene 2: At fried chicken shop

Waiter:  [smiling] Good evening! Welcome to SJW Chicken! I’m Win, how can I help you?
Father:  What do you recommend? What is the most delicious food in your restaurant?
Waiter:  Our fried chicken is the best in Stanley! We have chicken legs, chicken breast and chicken wings. We also serve drinks and snacks. I think a basket of assorted chicken is the best for you. Would you like to try?
Son:  (showing a hungry face to father) I want a bucket and a can of Coke!
Father:  A bucket of chicken and two cans of Coke, please!
Waiter:  Let me repeat your order…. a bucket of chicken and two cans of Coke, $40 please! (handing in the receipt to the father)
Hotel:  There is a window seat over there. Please wait for 8 minutes. (Pointing to the corner)
Father:  Thank you. (Father and son heading to the window seat)

6 minutes later, the food is done. The waiter serves the food.

Son:  The chicken is so crispy!
Father:  Yes! It’s crispy but not oily at all! It’s even more delicious than KCC Chicken!
Son:  (licking his fingers) The chicken breast is juicy and healthy!

Scene 3: At fried chicken shop

Waiter:  Good afternoon. Welcome to SJW Chicken again!
Son:  Hello Win! Your food is delicious and the service is good. So, today I’m coming with my friend. (The son brings a girl into the restaurant.)
S, J, W:  This is the end of our drama. Thank you!
If I were given the opportunity to go anywhere in the world for a holiday, I would choose California, the USA because some of my favourite YouTubers live there and there are many attractions in California. I can do a lot of things there such as visiting museums, going shopping, enjoying the theme parks and various conventions, and visiting famous landmarks.

I would like to visit Madam Tussauds. Although we already have one here in Hong Kong, there are also some wax figures that we can’t find in Hong Kong such as my favorite YouTubers, athletes and famous people.

Universal Studio Hollywood is another place that I would choose because there are many attractions and heart-pounding rides. Also, I am interested in visiting Disneyland in Anaheim, California because there are rides that we don’t have in Hong Kong. I am also very excited for the opening of the Iron Man Experience in 2016.

Next is a must-visit convention of YouTube and many YouTuber’s die-hard fans – VidCon. VidCon is an annual convention that lasts for 3 days every year. Fans get a chance to meet and take photos with their favorite YouTubers. They can also get autographs and buy the merchandise of YouTube or other social media. YouTubers with a few subscribers can also watch keynotes on how to develop their channels and many things.

Target is also a good place for people who love shopping. In Target, there are all sorts of things for shoppers to buy. California is really a good place to visit, isn’t it?

St. Gallen, Switzerland
S1A Wong Ching Kam, Jenkin

I have a dream country to visit – Switzerland. I learn about this wonderful country from my parents because they go there every two years. I am particularly fond of the place called St. Gallen because there is no pollution at all, making the view beautiful. Most importantly, the people there are very friendly and amiable.

The beauty of St. Gallen always reminds me of Heidi, a cartoon character who lives together with her grandfather and a lovely big dog along the hillside. In St. Gallen, we can see grasslands everywhere. I am sure it is very peaceful and relaxing to live there.

Aside from the enchanting view, the air is fresh too. It provides an ideal environment for people to pursue any kinds of healthy lifestyles. People can do whatever they want in many green places like country parks and lawns to stay away from the hustle and bustle.

Moreover, the people there are helpful and friendly. The social bonds among neighbors are strong. People are willing to help one another. Their healthy living habits can be easily found in their backyards as many of them like to grow their vegetables for meals. They share not only their harvests, but also the happiness gained from gardening.

If I have a chance to live in St. Gallen, I’m sure I’ll go fishing, hiking, and cycling during holidays. I hope that I can live a healthy and simple life.

What do you think?
S5B Lui Chun Shing, Stanley

I would like to recommend two highly innovative products designed and produced by my company for the HKIA Annual Exhibition.

First, let me introduce the 3D printing pen, which is named the 3Doodler. It is a hand-held pen that allows you to ‘draw’ your 3D-printed object. It is easy to use. The 3Doodler extrudes heated plastic that cools almost instantly into a solid, stable structure. It can make any kind of 3D models. Its price is $850. The 3Doodler works much like a hot glue pen. There is a button near your index finger which activates and deactivates the pen. To start, you press the tip of the pen onto a flat surface and begin drawing. We have over 50 colours of 3Dooler strands and are constantly adding new materials. In addition, we offer one year warranty for the product.

The second product I would like to introduce is our newly designed Unmanned Aerial Vehicle (UAV), commonly known as a drone and also referred to as a remote-piloted aircraft (RPA) by the International Civil Aviation Organization (ICAO). The flight is either self-controlled through a computer or remote-controlled by a person on the ground. The UAV is a very expensive flying machine; however, governments and big corporations can afford it.

I sincerely hope that the two products recommended above would be suitable for the display in the Exhibition.
Activity at night
Night comes and bats come out
Iguanas love to eat lizards
Monkeys love sleeping
Ants carry food to their home
Lions love their kingdom
Snails slowly slide along

Some teachers are inside
Classmates waiting for me
Homework is very hard!
Oh, it’s time for lesson!
Oh, I forgot to bring my books
Let’s go back home after school

S1A Lam Ming Chun, Jacky
Amphibians, birds, mammals
and reptiles too
No animals are horrible!
I can’t kill animals
Monkeys are mammals
And I want to buy a pet
Let’s not kill animals
Say no to killing animals

S1A Leung Ka Wai

S1A Shek Oi Ki, Elva
"The best time in my life", is how I would describe my university life here in Sydney. Thanks to my parents, I am lucky enough to be able to study in Sydney. It was tough when I first arrived at Sydney. That day, I looked at the sky, and realized I was 7,367.49 km away from Hong Kong. It was like "Today has never been so far from yesterday". It was sad at the beginning. But once I learnt to pick myself up, my thinking changed completely.

"Studying abroad widens your horizons" seems like an advertisement. But, trust me, it is real. Not in a way that it just blows your mind and expands your horizons, you have to keep thinking and observing cultural differences. It could be everywhere, in the food you eat or the way people greet you. Upon understanding my smallness compared to the rest of the world, I am so glad that I didn’t lock myself in the room and cried until I graduate (which I had thought about when I first arrived in Sydney.)

So don’t hesitate to go out. Keep adventuring, and embrace the knowledge that the world has for you.

Grasping a new perspective of thinking is what I would say to sum up the gainz (not a typo) of this experience.
How to manage 24 hours in a day effectively is always an acute challenge to me. Attending simultaneously in the roles of being a university student and a qualified wealth planner, I have developed a set of multi-dimensional skills that help me to assimilate well in every part of my ‘daily missions’. Of course, sometimes I may feel dispirited with the tight schedule. But whenever I hit the ‘summit’, or give into pressure, I may hit back by boosting myself with endorphin since good energy is contagious.

When I stepped into society, I urgently discovered that there are tons of workplace problems like relationship with colleagues and pressure from heavy workload. To tackle them is not as complicated as you imagine. You only need to sincerely trust your own self. Indeed, in my experiences self-denial or aversion to risks creates pitfalls which might negatively affect performance. Therefore, the eternal codes of workplace satisfaction are setting goals and confidently achieving them, which is adaptable everywhere.

Incredible things happen every day. Stay calm, and you will be the special only one.

---

Lau Hin Tung, Crystal

---

I am studying Biochemistry and Cell Biology in the Hong Kong University of Science and Technology. This is the final semester in my university life. After finishing the hectic schedule of final year project about cancer immunotherapy, I have a better understanding of the advanced approaches of cancer treatment. The profound theory induces my interest in this area, which leads me to study cancer biology and immunology in this semester. The general knowledge from these courses helps to fill in the gaps in my cognition of cells. Inspired by the mechanisms in cells, it keeps me revering the beauty of science.

In my free time, I participate in some activities related to psychology which is a new subject that is mind-blowing and practical to explain some phenomenon in our daily life.

I am preparing to start a new chapter of my life - starting my career. One of the biggest obstacles is the decision swung like a pendulum. Decision could not be made when the irresolute attitude is still dominating the action. It is believed that once you pass the threshold towards the turning point, attitudes will never be the same.

---

Wong Sze Wai, Gladys

---
Hello, I am Nick Fung. I graduated from Hon Wah College in 2012. I am currently studying marketing with public relations at Polytechnic University SPEED.

The time 2015 – 2016 was full of surprises, and delights. Everything happened so fast, like wind, that I couldn’t even catch my breath when I faced it and I had to make lots of tough decisions. I can’t describe all, but I will take one as an example - choosing to study or to work. If I chose to study, which offer should I take? Whether taking a year 1 UGC degree or a Top-up degree which equals to Year 3 in UGC degree. I chose the latter because I believe time is more valuable than anything in the world. A more recognised certificate does not make you a great person. It’s your capacity to show others what you can be in the future. Hence, I don’t regret my choice and I’m looking forward to it. Now let’s talk about some very interesting things.

Last August, I went to Melbourne and Sydney for two weeks to visit my cousin’s babies, friends and go sightseeing. Both cities are very attractive to me. Melbourne, a city full of art, has a relaxing environment and is full of happiness. On the other hand, Sydney is a city of hustle and bustle just like Hong Kong with bewitching views. I experienced living independently on this trip.

Dear friends, go out and experience life. There are things that we can’t learn from books.

At last, I would like to share my result in the Standard Chartered Marathon Men’s Senior 10km Challenge. My time was 0:50:06 and I achieved the 320th place out of 35,000 participants. Although this is not very outstanding, it is a reflection of how much effort I put in it and this is a good reward for those who supported me.

Work hard, play hard and make a balance! Life is unpredictable, so make your own taste.
The end of the school year is round the corner, which means it is time for me to rest and prepare for the marathon of sleepless nights and sleepy days. Projects, tests, papers, and meetings are about to end in the coming weeks.

Too much work always gives us a lot of stress. Stress, in fact, is a part of school life. Do you find stress pushes you to finish your assignments on time, to ace your tests, and to be involved in campus activities or to get good results? It exists everywhere, right? How should we handle it? The key, friends, is not to allow it to take over your life.

You may ask how I can overcome it. As a matter of fact, stress cannot be completely overcome, but we can employ tactics to minimize the impact it has on us. Do you know what I do when I feel I am about to be eaten up by loads of school work or all my obligations? I choose to enjoy my favorite meal or listen to some lovely music. Dear friends, find whatever helps you to destress and do that whenever it feels like stress is going to choke you. In the midst of your insane schedules, just enjoy the sunset, laugh with your friends and cherish the beautiful days we are given.

I always convince myself that I can have my cake, eat it, save some and share it with my friends. Friends always give me a hand, and help me go through all those changes and challenges. After all these challenges, I always gain more than I have imagined.

Our time is too short to be drowned by stress. So, take it easy, friends. Of course, school life is extremely important to all of us but it is not everything. Seize the day and be happy.

Believe yourself.
We would like to express our heartfelt gratitude to Professor Rowson LEE (BSc, MSc, MRICS, MHKIS, FAIB, FCIOB, FABE) for his genuine support and sponsorship of this publication.

Editorial Board
Consultant: Ms SIN Lai Wan
Teacher-in-charge: Miss LAU Bik Yee
Editors: Ms DEWAN Raka
Miss FOK Kit Man
Miss TAM Wing Yan