Hon Wah in 7550m POSITIVE JFE-LONG CR EATIVE THINKING COLLABORATIVE ASSESSMENT LEAP NING __ For_ LEAR NING SELF-DIR-ECTED LEAR_NING







Message from the Principal	P. 1
Messages from Alumni	P. 2 - 10
Young Achievers	P.11 - 35
Hon Wah College Writing Competition	P.36 - 54
Language Arts	P.55 - 58
Have your say	P.59 - 64

Message from the Principal

The English Department of Hon Wah College is dedicated to providing our students with a comprehensive and enriching English Language Education (ELE) that extends beyond linguistic development. By seamlessly integrating pedagogical practices, methodologies, and educational theories, we strive to equip our students with a dynamic repertoire of effective language skills, visionary leadership abilities, and the essential 21st century competencies required to thrive in the local, national, and global arenas.

Our renowned Drama in English Language Education (DELE) curriculum continues to excel in nurturing and shaping the multifaceted talents of our students. We firmly believe that DELE serves as an ideal medium for cultivating profound personality development and strong character formation. Through the transformative power of drama and performing arts, our students acquire a wealth of invaluable life skills while fostering unwavering self-confidence.

To foster a culture of innovative thinking, our Language Arts (LA) curriculum integrates the design-thinking model and project-based learning. Within this curriculum, students engage in designing products and developing strategies to promote them effectively in potential markets. Additionally, the second project provides them with a comprehensive understanding of nutritional concepts, empowering them to create personalized nutrition plans that enhance overall quality of life.

We take immense pride in witnessing the remarkable achievements of our students in the 75th Hong Kong Schools Speech Festival, drama events, and other competitions. Notably, many of our students have represented both our school and Team Hong Kong, bringing great honor and success to our community.

Maintaining a strong connection with our alumni is of utmost importance. Hon Wah in Blossom serves as a vital platform for nurturing this bond. It is heartening to witness the professional and personal growth of our alumni after graduation. I am pleased to see some of them pursuing careers in the education sector.

I would like to express my sincere gratitude to all the teachers in the English Department for their unwavering dedication and contributions to education. Their commitment plays a pivotal role in shaping the educational philosophy of our school and enriching the lives of our students.

Kwan Wing Bun









Continuation of the Grand Voyage of Life

Chan Ka Tsuna Isaac

The University of Hong Kong (HKU)

Bachelor of Arts and Bachelor of Education in Language Education - English (Double Degree)





Half a year ago, I was a student at Hon Wah College. Now, having completed my six-year journey at Hon Wah, I have embarked upon the next chapter of my life by pursuing higher education at the esteemed University of Hong Kong. The exceptional educators I encountered during my primary schooling and at Hon Wah have inspired me to pursue a degree in education, specifically a Bachelor of Arts and Bachelor of Education in Language Education, with a specialization in English Language. Additionally, I intend to minor in Geography, as it is one of my favorite subjects and I aspire to teach it one day.

Undoubtedly, we have all heard about the immense freedom that universities offer, both from our teachers and friends. Having experienced university life firsthand, I can attest that it is indeed a liberating experience. The ability to choose courses aligned with one's interests and schedule, as well as creating personal breaks, provides a sense of autonomy. Engaging in various student-led societies and clubs facilitates the opportunity to meet new individuals and expand one's social circle. While this may initially seem overwhelming, it is also a valuable opportunity to develop essential time management skills. The multitude of activities and opportunities available, such as part-time research assistant positions or participation in informational events, enable the practical application of knowledge and the integration of personal interests with hands-on experience. The opportunities I have pursued thus far are merely a glimpse of the vast array awaiting exploration.

These opportunities have allowed me to apply the skills acquired during my academic pursuits to real-life scenarios. Extracurricular activities are paramount to our personal growth. During my time in senior secondary school, my focus was solely on rigorous study and while I am grateful for the achievements resulting from my diligence, this approach also confined me within a narrow scope, hindering my willingness to step outside my comfort zone. Venturing into uncharted territories, where the possibility of failure looms, can be intimidating. Nevertheless, it is precisely these challenges that propel us forward on this grand voyage of life, guiding us beyond the boundaries of secondary school and into unexplored horizons. Continuously pushing ourselves to navigate unfamiliar territories and embracing the highs and lows of this journey is vital.

Failure serves as the catalyst for success. Through trial and error, we uncover aspects of ourselves that require improvement and growth. Equally important is acknowledging and expressing gratitude to those who have supported us throughout this voyage of self-discovery. Therefore, I would like to extend my sincerest appreciation to the teachers at Hon Wah, my family, friends, and classmates for their unwavering support during my tenure at Hon Wah College. Thank you all very much.





A Journey of Knowledge, Friendship, and Gratitude

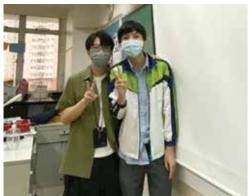
Lau Man Ue Neo
The University of Hong Kong (HKU)
Bachelor of Science





Hello everyone! This is Neo, a current student enrolled at the prestigious University of Hong Kong (HKU), I am immersed in a vast array of captivating subjects to pursue. From Computer Science to Risk Management, from Financial Technology to Business, HKU offers a dazzling array of majors to choose from. Personally, I have set my sights on majoring in chemistry and risk management in the upcoming year.







When envisioning university life, the first thought that springs to mind is freedom. The autonomy to shape one's university experience is truly liberating. I have taken the initiative to join various clubs, such as the bridge club and investment club, which have not only expanded my horizons but also allowed me to forge meaningful friendships. Active participation in diverse activities has rendered my university journey more enjoyable and fruitful.

Conversely, I firmly believe that self-discipline is of paramount importance in the university setting. Unlike primary and secondary school life, there are no external forces urging us to study diligently. Moreover, with the abundance of distractions, it is easy to lose focus and not devote the same level of effort as we did during the DSE exams. Failure to manage our time and priorities effectively may lead to subpar academic performance. Since commencing my university education, I have become more proactive in seeking academic excellence. The courses I have undertaken are significantly more challenging than those at the DSE level. To enhance my understanding, I actively engage with professors and classmates, seeking their guidance and forming study groups to delve deeper into the subjects at hand.

Upon embarking on this new chapter of university life, I would like to express my heartfelt gratitude to my parents. During my transition, they have been a constant source of support, offering invaluable assistance. From teaching me the nuances of university essay styles to imparting their wisdom, their guidance has played a pivotal role in my adaptation. Additionally, I would like to extend my appreciation to my Chinese teacher, Mr Hui Man Ho. He has consistently gone above and beyond to lend his support, providing opportunities for me to teach his students and offering solace during moments of disappointment.

As the doors of university swing wide open, it signifies the commencement of a transformative journey in one's life. It is an opportunity to acquire a vast spectrum of knowledge and connect with like-minded individuals. I extend my sincerest wishes to all of you, hoping that each and every one of you gains admission to the university of your dreams and embarks on your own remarkable journey of growth and discovery.





A Special University Experience

YEUNG Tseng Lan Lan Lan

The Chinese University of Hong Kong Bachelor of Science





The past year has marked a significant turning point in my life as I transitioned from Hon Wah College to the Chinese University of Hong Kong. With a deeprooted interest in Chemistry, I have chosen to pursue it as my

major. While university life can be perceived as stressful by some, I must admit that I have faced my fair share of challenges. Initially, I struggled with assignments and felt perplexed during lessons. The contrast between university and secondary school was stark, and it took me some time to acclimate to the new environment. The idea of hundreds of students participating in the same course and attending lectures together seemed unimaginable, leaving me anxious about what lay ahead in my university journey.



Fortunately, I found solace in joining the Chemistry Society. Within this community, I encountered like-minded individuals with whom I formed cherished friendships. Together, shared countless moments of joy. Organizing society events required extensive planning, often resulting in late-night discussions delving into the minutiae of each occasion. Despite the fatigue, I hold these shared experiences close to my heart. Just last week, we gathered for a delightful barbecue. During the journey, we exchanged jokes, laughed uproariously, and created an abundance of happiness. Their companionship dissolved any feelings of loneliness, allowing me to truly relish my university life.

Simultaneously, I underwent a personal transformation, becoming more outgoing and embracing new experiences. This newfound openness led me to explore activities I would never have considered before.

Undoubtedly, university life presents challenges, but it also brings forth numerous opportunities and surprises. My time at Hon Wah College equipped me with invaluable lessons, not only in terms of knowledge acquisition but also in personal growth. Engaging in various school activities honed my leadership and communication skills, enabling me to collaborate effectively with others. These experiences have prepared me well for my ongoing university studies. With the support of my mentors and the knowledge I have gained, I am confident that the upcoming year will be nothing short of exceptional.











Navigating the University of Stress and Tension: Thriving in the World of Academics and Beyond

Wong Yu Yan Cindy

The Hong Kong University of Science and Technology Bachelor of Science (Group B)



Science, from the study of atoms and molecules to the complexities of organisms and their interactions within the natural universe, encompasses a realm of intellectual and practical activity. It is this fundamental understanding of the world and the prospect of venturing into the unknown that compelled me to pursue a science major.

Transitioning from secondary school to the university brings significant changes not only in academics but also in personal development, vision, and mindset.

Adapting to the environment of "the University of Stress and Tension" has proven challenging for me. Stepping into a completely new academic setting, with expectations of an exciting university life, I encountered fast-paced teaching, intense classes, and an endless stream of tasks. It seemed as though everyone around me was immersed in the academic world, spending countless hours in the library. Consequently, feelings of stress, anxiety, discomfort, and self-doubt accompanied me as I embarked on this new chapter.

However, as I gained more freedom and independence in university, I discovered the importance of effective time management and prioritization. I endeavored to allocate my time thoughtfully, aiming to achieve a balance between academic pursuits and personal well-being. Additionally, I took the initiative to forge meaningful connections with my peers, forming a supportive network upon which we could rely. Embracing this newfound freedom and autonomy, I even explored part-time job opportunities to enrich my experiences beyond the confines of the classroom.

The fruits of my efforts have been twofold. Professionally, I have acquired new scientific knowledge, delving into subjects such as advanced genetics, while also honing my language skills. Moreover, I have witnessed significant personal growth. With greater control over my schedule, I have been able to engage in enriching activities that extend beyond the realm of academia. Exploring diverse employment opportunities, I have acquired practical skills and enhanced my communication abilities. Additionally, I have nurtured and cherished friendships, creating memorable moments and fostering a sense of belonging.

The foundation for a fulfilling university experience was laid through the unwavering support of my friends and family. Transitioning to an entirely different environment can be daunting, characterized by unfamiliarity and a sense of non-adaptability. However, I am grateful for the presence of my loved ones, who have provided a safe space for me to express my struggles. Their comforting words and unwavering support have instilled in me the faith and determination necessary to overcome challenges and embrace new possibilities. Furthermore, I extend my gratitude to the teachers who have taught me and believed in my potential, providing me with invaluable opportunities for growth.

I sincerely thank you all for the support and trust bestowed upon me. As I embark on this new journey, I recognize that while school life holds its significance, there are numerous other invaluable aspects to our lives. It is essential to not burden ourselves excessively with stress, but rather allocate sufficient time for self-care and personal development. Let us cherish the moments of joy and fulfillment that life offers, appreciating the richness and diversity of experiences beyond the academic realm.









Mindset is everything

Pu Junming Jimmy Fudan University Clinical Medicine





Upon entering college, I embarked on a completely different chapter of my life. The knowledge I acquired became more complex, the environment underwent a transformation, and the learning atmosphere evolved. One of the

greatest challenges I faced in college was tackling

Advanced Mathematics and Physics subjects that were entirely new to me. It felt as if I were starting from scratch, as the learning atmosphere and methods were vastly different.

Despite these formidable experiences, there were also moments of joy. I continued to pursue my passion for archery, honing my skills and becoming a key member of the university's archery team. Interacting with highly educated classmates and friends proved to be an enriching experience. With the help of exceptional coaching staff, my archery skills underwent a quantitative improvement, elevating my scores from mediocre to higher levels.

In November 2023, I had the opportunity to participate in the Shanghai College Student Archery Championship. After undergoing three months of intensive training, I achieved the remarkable result of securing the men's runner-up position.

In summary, my college journey encompassed both challenges and moments of happiness. In my perspective, the key to finding fulfilment lies in one's attitude towards life. Maintaining an optimistic outlook and confronting difficulties head-on can bring about transformative changes to both one's life and overall mood. Lastly, I extend my heartfelt wishes for all students to excel in their final exams. May Form 6 students achieve outstanding results in the upcoming DSE examinations and gain admission to their desired universities.





Navigating the Exciting Realm of University: My Journey in Journalism and Digital Media

Hui Zak Yan Nicole

Hong Kong Baptist University
Bachelor of Communication (Hons) (Journalism and Digital Media / Public Relations and Advertising)





barbecues.

My name is Nicole, and I recently graduated from Hon Wah College. Presently, I am a student at Hong Kong Baptist University, pursuing a degree in Communication. Specifically, I am enrolled in the Bachelor of Communication program, which offers a broadbased curriculum. I have recently declared my major in Journalism

and Digital Media, and I am looking forward to exploring potential concentrations and streams in the upcoming years.

Embarking on this university journey has been both exhilarating and challenging. As I stepped onto the university campus for the first time, I experienced a sense of joy in finally transitioning from six years of hard work in secondary school to becoming a university student. However, alongside this excitement, I also harbored apprehensions about what my university life would entail. Fortunately, I have had the opportunity to meet diverse individuals through various courses, which has alleviated some of my worries.

One of the most captivating aspects of university life, in my opinion, is the chance to interact with people from different backgrounds. It provides us with a platform to expand our social circles and forge new connections. Prior to commencing the first semester, I participated in the Orientation Camp, where I encountered fellow students who were both new to university life and those who had already spent a few years on campus. Their guidance and support proved invaluable during the initial months. In the current academic year, I am residing in the dormitory, which allows me to interact with individuals from various countries. I have also engaged in shared activities with my roommate and fellow dormitory residents, including gatherings and rooftop

Studying Journalism opens up numerous practical opportunities that extend beyond the confines of the classroom, and this prospect excites me greatly. For instance, we recently embarked on a field trip to Temple Street night market, where we had the chance to write news reports based on our observations. It required courage to approach and interview strangers, but these experiences have further developed my skills and confidence.





Autograph

While university life presents abundant opportunities to meet new friends and expand one's social circles, it is crucial to remain committed to academic pursuits. As a student, it is essential to prioritize diligent study. I am proud to share that I was placed on the Dean's List at the end of the first semester, which has motivated me to continue striving for academic excellence in the semesters to come.

More than an

Lastly, I would like to express my heartfelt gratitude to my secondary school teachers, who have played an instrumental role in my education over the course of six years. I extend my thanks to Ms. Tam for inviting me to share my university experiences at Honwah in Blossom. I am also grateful to my friends from the past six years, who have consistently offered their unwavering support whenever I needed it.



Embrace Fearlessness: Embrace All Opportunities without Hesitation

CHIU Man Ching Nicole

The Education University of Hong Kong BA (Honours) in Creative Arts and Culture and BEd (Honours) (Music)





My name is Nicole, and I am pleased to introduce myself as one of the alumni of Hon Wah College. It is with

great delight that I find myself among this year's writers for Blossom. Today, I would like to share my personal journey, encompassing my experiences during the arduous preparation for the 2023 HKDSE and my current academic life at EdUHK.

The process of preparing for the 2023 DSE examinations held a unique significance for me, as a substantial portion of my high school life was spent on ZOOM. At that time, I was overwhelmed by a sense of panic, coupled with apprehensions regarding my social life and academic performance. However, I was extraordinarily fortunate to have the unwavering support of my teachers, classmates, and parents throughout this challenging period.

I am sincerely grateful to my teachers, who dedicated an immense amount of time and effort to prepare us for the examinations and diligently assess our papers.

Additionally, I express my heartfelt appreciation to my hardworking classmates, whose unwavering commitment and determination fostered an environment conducive to academic growth.

Furthermore, I consider myself incredibly lucky to have had the constant support and care of my parents.

One paramount message I wish to convey is the importance of embracing opportunities that may initially elicit hesitation or doubt. If you find yourself hesitating, it often signifies the need to take a leap of faith and explore uncharted territories.

In my case, I stepped onto the grand stage of the auditorium and showcased my piano, singing, and dancing skills on multiple occasions. These performing opportunities were invaluable to me, for I experienced personal growth and transformation after each endeavor. Admittedly, my recitals and singing performances were far from flawless, but my outlook was always one of gratitude for the chance to progress further. Whether you identify as an introvert or an extrovert, I urge you to fearlessly demonstrate your meaningful ideas on stage or through collaborative projects. As Malcolm Gladwell



aptly stated, "Practice isn't the thing you do once you're good. It's the thing you do that makes you good." By seizing these opportunities, you may uncover a "new you" and develop a clearer sense of your future aspirations.

Similarly, I discovered my passion for music, which ultimately led me to pursue a degree in Creative Arts and Culture and Music Education at the Education University of Hong Kong. The unexpected nature of my chosen major surprised even me, but it provided a clear direction that I now ardently pursue. Although my college life has been enriching thus far, I am still adjusting to the new learning environment. Remember, do not be afraid to venture into uncharted territory and embrace any opportunity that comes your way.

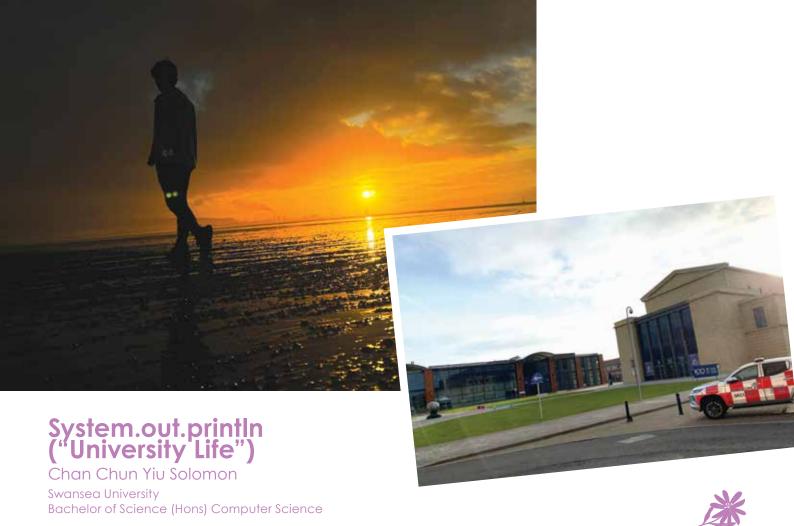
In conclusion, I encourage each and every one of you to confront your fears and embark on the path less traveled. Embrace the challenges and uncertainties that lie ahead, for they harbor the potential to shape your character and illuminate your true passions. As I continue to navigate my own journey, I am reminded of the transformative power of taking risks and following one's dreams. May we all find the courage to pursue our aspirations relentlessly

More than an

Autograph

and fearlessly.







Embarking on the path of Computer Science, my academic journey has been marked by tremendous growth, formidable challenges, and unforgettable experiences.

As a Computer Science student, my chosen major has granted me the opportunity to delve deep into the intricate world of algorithms and programming languages. Each day presents a chance to unravel new complexities and embrace the ever-evolving nature of this dynamic field. The challenges I encounter are not mere academic hurdles; rather, they are captivating adventures that engage my intellect, fostering

an environment conducive to problem-solving and innovation.

Throughout my years at the university, I have been fortunate to forge friendships and engage in late-night coding sessions. The collaborative spirit among my peers, coupled with the guidance of inspiring professors, has nurtured an environment where ideas flourish. These experiences have not only enhanced my technical skills but have also cultivated a profound sense of camaraderie and resilience within me.

From a professional standpoint, my growth has been exponential. The theories I have learned in lectures have been translated into practice through labs, projects, and collaborations. This transition from theory to application has been transformative, allowing me to witness the tangible impact of my work. Simultaneously, on a personal level, I have undergone significant growth, developing into a more adaptable and resourceful individual through the challenges I have faced.

I would like to express my heartfelt gratitude to Mr. Lee, my computer teacher at Hon Wah College, for being an unwavering beacon of inspiration. His passion for the subject and dedication to nurturing our understanding have ignited and sustained my own enthusiasm. Under his guidance, I have discovered the More than an

boundless potential within the realm of coding. Thank you, Mr. Lee.

As I reflect upon my remarkable journey at Hon Wah College, I am overwhelmed with gratitude for the experiences, the people, and the opportunities that have shaped my time in secondary school. The code of my story continues to evolve, and with each line, I become better equipped to confront challenges and embrace the excitement that the future holds.



Autograph







A Journey in Traditional Chinese Medicine: My College Experience at Shanghai University

Sze Ka Ling





Hello everyone! This is Sze Ka Ling, a student studying at Shanghai University of Traditional Chinese Medicine. In September 2023, I embarked on a successful enrollment in the Traditional Chinese Medicine major, a challenging and enriching five-year program. Throughout my college years, I had the privilege of meeting approximately a hundred new classmates, hailing from diverse regions such as Shanghai, Hong Kong, Macao, Taiwan, and various parts of the country. The convergence of different local cultures provided me with a profound understanding of the teaching system in mainland China, unveiling the exceptional intelligence and dedication of my fellow students. At this university, a collective pursuit of academic excellence unites us all.

Our university boasts a distinctive system, featuring three semesters per year. This unique structure offers students enhanced opportunities for clinical practice—a vital aspect of our education. In the first semester of my freshman year, I achieved commendable results in my professional courses, a testament to the diligent efforts I invested over the past few months.

To be candid, I must express that my college life, though marked by academic rigor, lacked the excitement I had initially envisioned. As a professional university, our social activities are relatively limited, and the opportunities for engaging competitions to enrich our experiences are scarce. To compensate for this, I often invited my friends to partake in different activities after our studies, seeking to infuse our lives with moments of exploration and camaraderie.

Furthermore, I would like to extend my heartfelt gratitude to my mother, whose unwavering encouragement and support have been instrumental in my journey. Her belief in my abilities has propelled me forward, enabling me to persevere through challenges and continue striving for greatness.

In conclusion, I sincerely hope that each and every one of you embarks on your own journey with unwavering enthusiasm, passionately pursuing your dreams. May you find fulfillment and success in your endeavours, just as I have in the realm of Traditional Chinese Medicine at Shanghai University of Traditional Chinese Medicine.









What Propels me to Where I am Now

\$5A Yeung Tseng Yiu

Awardee of the Eastern District Outstanding Students Award (Senior Section), 2023 Hong Kong Island Outstanding Students Award



My secondary school journey is filled with numerous experiences and challenges. It is a stage that plays a pivotal role in shaping my character and finding my passion and interest. My secondary school journey not only helps me prepare for my future academic endeavours, but also instills in me correct values which is very useful in my future life.

My school has provided me with numerous opportunities to engage in leadership activities. I have joined different clubs, such as the Students' Union, the Discipline Team, etc. All these leadership activities have enabled me to develop essential life skills such as teamwork, leadership and communication. Active participation in these activities has not only



enhanced my academic experience, but has also fostered a sense of belonging within the school community. Engaging in such activities has allowed me to develop empathy, compassion and a sense of social responsibility. Besides, I have also participated in some extracurricular activities, like the Symphonic Band. This has enriched my personal growth and allowed me to connect with a broader range of people. This has also allowed me to build up valuable relationships.

This year, I was honoured to receive the Award of the Eastern District Outstanding Student. All the people that support me set me on the path to receive this award. Throughout my secondary school journey, I was fortunate to have teachers who have been supporting me. They believed in my potential and offered me guidance. Their dedication and mentorship played an important role in my personal and academic development. They have also provided me with a lot of opportunities, encouraged me to embrace challenges and brought me a sense of self-belief. They trained me to become a more well-rounded individual.

There is no doubt that my classmates also played a pivotal role for me to receive this award. They are more than just fellow students to me. They gave me a helping hand when I needed help and they supported me whatever happened. We formed an interconnected web of support which helped me strive for excellence. They are also a source of motivation to me. This kind of healthy competition lets me pursue excellence.

Last but not least, I would like to express my gratitude to my parents. They are indispensable people for me to receive this award. Throughout my whole life so far, they have dedicated countless hours to help me with homework and exam preparation. In my grandemic journey, my parents have also played a crucial role.

preparation. In my academic journey, my parents have also played a crucial role in keeping me motivated and focused. They celebrate my accomplishments and achievements no matter they are big or small. Their unwavering encouragement instilled in me a strong resilience and self-confidence.

Thank you all for making my campus life wonderful, and at the same time teaching me and encouraging me constantly. All of you have allowed me to improve myself and propelled me to where I am now.







A Golden Journey

S3B Cao Tsz Kwan

Awardee of the Hong Kong Island Top10 Outstanding Students Award 2023 (Junior Section)



It is my honour to participate in Hong Kong Island Outstanding Students Election and was crowned one of the Top 10 Outstanding Students. Through this extracurricular activity, I have learnt a lot, especially when communicating with other students who are also extremely excellent. Their kindness and generosity are impressive.

The aim of the Hong Kong Island Outstanding Students Award Election is to gather young minds who possess exceptional leadership skills with an altruistic spirit in the region. The winners serve the school and society with devotion and enthusiastic engagement, and have achieved academic proficiency and moral excellence as well.

Through the interview, I have learned valuable lessons, and I also realize that everything I have done before is just a little step. My peers have demonstrated strong commitment to their schools and the community, too. I think I should make an effort to contribute to the society although I am just a student now.

During this meaningful event, the most memorable moment was an unpredictable 'accident' - I have prepared a 3-minute individual presentation. However, when the presentation almost began, I recognized that the presentation's time was just 2 minutes! Therefore, I spent quite a lot of time to delete some phrases in order to ensure that I could finish my speech on time. Luckily, this little accident did not affect my performance.

Overall speaking, this golden journey let me be more confident to figure out how to become outstanding. I greatly appreciate our school, Hon Wah College, which gave me the chance. Our school teachers have also helped me a lot. Thank you very much for your guidance and assistance.









S4C Keung Pui Yau

In mid-2023, some of my classmates and I signed up for a unique contest — to design Hong Kong's future public housing using a technology I had never heard of. Its name? HKBIM — Building Information Modelling, an advanced 3-D modeling tool that has already been used to design existing buildings.

Having to design an entire apartment complex and model it using a complex program seemed like an incredibly daunting task at first. However, teamwork made the dream work! My teammate and I worked together, brainstorming many ideas on how an innovative and comfortable apartment building would look. Apartment sizes, numbers, and construction efficiency all went into consideration when we envisioned the perfect future public housing.

Despite the difficulties and challenges we often faced when creating the model, especially with building more intricate shapes, we successfully figured out how to use the BIM tool. Our team worked diligently from the beginning of summer vacation until the last few minutes before the submission deadline in September. Rushing to compile a presentation for the contest's judges so they could better understand our design process was indeed quite a challenge!

We joined the competition in Secondary 3 and made it to the final round as senior form students. The finals were held at The Hong Kong Polytechnic University, where teams of secondary school students had to present their work in front of a group of experienced judges and other contestants. It was nerve-wracking! Social anxiety filled every bit of my mind. Luckily, I received much-needed encouragement from my friends and teachers. My teammate and I gave it our all, putting all our presentation skills to hard work. After five minutes of presenting in front of a crowd, it was the turn of others to do so. We later got to sit in the audience section and watched as other groups also tried their hardest in the final stage of the competition. I saw a lot of inspiring and optimistic ideas on Hong Kong's future public housing that day! We ended up with a satisfactory result in the contest. It was fun!







Making future homes with HKBIM

\$4C Cheung Lok Yin Kahlil



When you think of public housing, you wouldn't expect the people behind the design to be secondary school students. However, could a 15-year-old student be the reason why the city's future public housing apartments have balconies or fire-proof kitchen doors? The HKBIM competition that I joined last summer could be the answer to that question.

HKBIM is a software where one can sketch, design, model, and plan out details like ventilation and plumbing for buildings. It allows secondary school students to use this tool to visualize creative ideas on what future public housing in Hong Kong would look like.

Such an intricate program was most certainly not easy to use. In fact, the team I was in had to spend hours and hours trying to understand the workings of this unfamiliar technology, and even had to ask more experienced adults for help at one point. Thankfully, with the great help of my teammates, we were able to create a beautiful and detailed model of a single flat.

After submitting the model, we managed to get into the finals of the competition! My teammates worked tirelessly to concoct a presentation throughout the days and nights before the final submission. Doing in-depth research, compiling detailed information about the design decisions, even name-dropping specific building materials, while the clock ticked closer to the deadline, was a very anxiety-inducing experience. This was so we could showcase our work and ideas to others during the even more challenging part of the contest — publicly presenting the fruits of the team's labor.



On the day of the final event, we all headed to The PolyU to share the hard work our team had done with other competitors and the contest's judges. I will always remember the team desperately trying to describe thoroughly the thought processes behind every safety measure and design element within the short time limit we had. Apart from presenting, we also got to see other teams' ideas on future public housing, which was quite insightful! Our hard work paid off when the team managed to get first runner-up, although the process of designing this project was exhausting.





Passion Unveiled: Reflections on the Speech Festival's Dramatic Duologue Journey

S4B Tong Tsz Sun Jason

Greetings! To all who have come across this particular page of Hon Wah in Blossom.

I am Jason Tong, a student from S4B. I am delighted to share my thoughts about the Speech Festival's Dramatic Duologue competition. I have been participating in this event for three years now, starting when I was in S2, and I have partnered with my friend Alex from S4C throughout this period. Together, we have achieved several awards in all these fruitful years.

The straight and the st

Undoubtedly, every achievement comes at a cost. Our participation and victories were preceded by months of arduous training. We had to prepare props, practice our tone, memorize the script, analyze the stage, and study gestures. It was undoubtedly a challenging and sometimes frustrating process.

However, I have no regrets. In fact, there are several reasons why I continue to participate in this event. First and foremost, it is my passion. I have always been an outgoing person, eager to express myself, which is why joining the dramatic duologue competition made perfect sense to me. You may ask, "Was it worth it?" Certainly, it had its challenges, but my passion for showcasing my abilities far outweighed any hardships. It was not the awards or the recognition from my peers that brought me joy, but rather the pursuit of my passion and the progress I made towards my dreams.

It saddens me that I won't be partnering with Alex next year, as he has decided to prioritize his studies. Nonetheless, this event has brought me immense joy.

Lastly, I would like to express my gratitude to everyone who supported me throughout these events. My drama teacher, Ms. Lau, who provided me with guidance from the beginning. I am also grateful to Sonia, my drama mentor

who has graduated, for her invaluable assistance. Furthermore, I would like to acknowledge Ms. Tam, who inspired me to pursue this path, and, of course, my partner for the past three years, Alex.

Thank you for all your support.



Perfect Ending in English Speech Festival

S4C Chow Chi Sun Alex

Hello to everyone who is reading this article. I am Alex from 4C. This year, I teamed up with Jason from 4B again for the third time and participated in the Dramatic Duologue competition. There were a lot of opponents, and some of them performed extremely well. However, our performance was also well-prepared and executed amazingly. Getting first runner-up in the competition was truly an amazing and enjoyable experience. We trained for months before the competition, once a week and sometimes 2 or 3 times a week. It was really exhausting, especially practising the lines, the emotions, the position of characters, the gestures, the props and even how we greeted the judges and audiences. At some point it was really affecting my day when I could say that the performance of mine in expressing the characters' emotion was catastrophic! Yet, my teammate, Jason helped me a lot by practising the script during free time, which gave me a boost.

I felt really great in achieving this award from the Dramatic Duologue competition. Not only I gained confidence from practising and performing, I also learnt about expressing emotions through words, and gestures which made me feel more comfortable in expressing myself.

I would say that taking part in the Dramatic Duologue for the past 3 years has been a success for me. I have achieved First, Second, and Third place already, and have grown as a person. I have developed from a timid, shy, and introverted kid to a somewhat confident and extroverted person. Although I couldn't express my feelings explicitly to a person who can express himself clearly, this journey has been a golden experience for me.

I am grateful for Jason and Ms Tam for helping me in this competition. Ms Tam had practiced with Jason and I a lot of times before the competition. I really appreciated that especially when she had so much work to do but still helped us with passion. Jason, my teammate for the past 3 years and friend for 12 years, is without a doubt, the person I would like to thank the most, Aside from all those extra training he did with me, his passion and love for drama and the way he motivated me is what I would like to thank him the most. It's been truly a wonderful experience working with him, no matter how good or bad the practice went, his desire kept me going. However, I will not join next year as I would like to focus more on studies. Nevertheless, the event was a really enjoyable journey and everything was amazing. Thank you, Jason and Ms Tam.







Continuous Improvement: Embracing Growth Opportunities

S2A Yuen Christina

I am delighted to have achieved third place in the dramatic duologue competition and to have participated in the speech festival for the eighth consecutive year. Although I narrowly missed the top spot, I recognize the value of my mistakes as opportunities for growth and improvement in the coming year. This experience has instilled in me the significance of hard work and unwavering dedication. Countless hours were dedicated to practice and perfecting my performance, and it ultimately yielded fruitful results.

The ability to confidently stand before a camera and deliver speeches or engage in dramatic performances is a skill that will undoubtedly benefit me throughout my lifetime. This competition has provided me with a fresh perspective on speech delivery and has served as a catalyst for my continued pursuit of enhancing my skills.

Personally, my passion for acting fuels my aspirations to become a professional actress in the future. This entire experience has been nothing short of remarkable, as it has exposed me to numerous novel facets of dramatic dialogue. While it may appear daunting to many, immersing oneself in the practice and embracing the stage are essential elements for success. When stepping onto that platform, the stage becomes an extension of oneself, with all eyes fixated upon you. The gratification and sense of fulfillment derived from such an experience are truly indescribable. I relish the opportunity to perform in front of an audience, witness their reactions, and bask in the spotlight.

I would like to express my gratitude to my partner for accepting my invitation to participate and for standing by my side throughout this journey. Our shared experience has not only strengthened our friendship but has also provided us with lasting memories. Lastly, I am confident that I will partake in this competition again next year, and I sincerely hope that my partner will join me once more on this remarkable endeavor.









A Remarkable Expereince from the Remarkable Rocket

S2A Wu Kai Lok

First and foremost, I would like to express my gratitude for the opportunity to write about my experience with the Hon Wah Blossom. This year I had the opportunity to enroll in the 75th Englsih Speech Festival - Dramatic Duologue. Initially, I was unsure of what to anticipate from this experience. The sole reason I decided to participate in this competition was at the behest of Christina, who encouraged me through a message on Whatsapp. In retrospect, I am alad that I took up the challenge, as it proved to be a unique and surreal

glad that I took up the challenge, as it proved to be a unique and surreal experience.

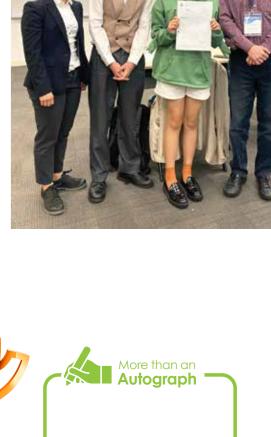
The process of memorizing and delivering the lines fluently was an arduous one, particularly considering the length of the sentences involved. However, the actual performance proved to be even more challenging. I had to acquaint myself with numerous subtleties in order to execute the renditions successfully. Unfortunately, most of our rigorous practice sessions occurred only three months prior to the target date. Nevertheless, it is worth noting that stress can sometimes enhance an individual's proficiency in a particular area.

Personally, I have always grappled with stage fright when performing or stepping onto a stage. Thus, as Christina and I awaited our turn, I experienced a considerable amount of nervousness. I even stumbled over one of my lines, yet I persevered and gave it my best effort. While I cannot claim to have surpassed all other competitors, I believe I performed adequately, as evidenced by our joint third-place finish in the competition.

Furthermore, I believe that Christina and I have grown closer as a result of this experience. While I am uncertain if she shares the same sentiment, I hope that she does. As for myself, I am hesitant to participate again next year, but as they say, "Never say never." Perhaps Christina will persuade me to join once more. Moreover, I feel that my confidence in social settings has improved to some extent. By nature, I am a reserved individual, not inclined to engage in extensive conversations. However, I am optimistic about developing greater self-assurance in the future.

Lastly, I would like to extend my heartfelt appreciation to Ms Tam and my partner, Yuen Christina, for imparting their knowledge and guidance in teaching me how to perform The Remarkable Rocket, despite my lack of experience and immaturity. It was truly a delight to learn

the intricacies of drama. I would also like to express my gratitude to Jason Tong in 4B, who provided invaluable support in alleviating my nervousness and enhancing my dramatic interpretation. Finally, I must acknowledge the unwavering support of my father throughout the competition. His encouragement played an instrumental role in my journey.





The Greatest Reward Comes with Equal Efforts

S2A Kwong Tsz Ching Charlotte



I am delighted to announce that I have successfully secured third place in the 75th Hong Kong Speech Festival. Furthermore, I have had the privilege of representing Hon Wah College, showcasing the indomitable spirit of our school.

This remarkable accomplishment has been the result of relentless training and unwavering support from my teacher, Ms Tam, and parents. However, my journey was not without its challenges. Initially, I struggled with self-confidence, which was reflected in my performances during the early years of the Speech Festivals. I often spoke too fast and failed to convey the required emotions. At times, the imperfections in my storytelling seemed insurmountable, causing my motivation to wane. The weight of stage fright almost led me to abandon my passion for performing arts.

Nevertheless, I resolved to improve and excel. I embraced my mistakes as valuable learning opportunities and persevered through countless



trials and errors. Guided by the wisdom of my teachers and the unwavering support of my parents, I embarked on a lengthy process of self-improvement. Gradually, I honed my skills and began to receive recognition for our collective efforts, which were concealed behind the curtains and on the stages where I stood during the competition. Despite the overwhelming fear that gripped me, I remained resolute and delivered my speeches with confidence, filling the room with my own voice. Consequently, my dedication and hard work were rewarded.

However, I must acknowledge that I could not have achieved this feat without the unwavering support of those closest to me. I am immensely grateful to Ms Tam for her invaluable tips and encouragement throughout the training process. I extend my deepest appreciation to my father, who dedicated his time to practice with me and offer valuable suggestions for improvement. I am indebted to my mother, whose unceasing support has been a constant source of motivation. Lastly, I express my heartfelt gratitude to Hon Wah College for affording me the opportunity to represent the collective determination of our community.

To those who are striving to improve themselves, I urge you to seek assistance from your friends, family, or even teachers during challenging times. Recognize your potential for growth, but understand that true progress often requires the guidance of a helping hand. Even when you believe you can handle everything on your own, a gentle push from someone can propel you towards becoming the best version of yourself.



Thrilling and Pleasant Experiences of Windsurfing

S6A Choy Wing Tung Ringtone

As a part-time windsurfing athlete, I am honoured to have the opportunity to share the experiences of my sports career. It has brought me a lot of fun and precious experiences.

When I was small, my mum encouraged me to try different kinds of activities. At the beginning, I learnt drawing and different kinds of musical instruments, such as piano and trumpet, but I was not very interested in these. Maybe I had a lively personality, so I was not interested in some static activities. Later, I began to participate in interest classes in different sports, and the coaches all thought that I was relatively talented in sports. After receiving the recognition, my self-confidence was greatly improved. I decided to take on a difficult challenge. I signed up for various water sports interest classes, and my father, who always loved me, also signed up. After my father's company and experience, I found that I was more interested in windsurfing. Then I started to invest in this sport.

When I was nine years old, I was fortunate enough to be invited to join the youth training team. From then on, my life was inseparable from the sea. After a period of time, I found that my level and ability were not much different from those of my teammates. In some projects, I was even weaker and I lagged behind others. This undoubtedly had a huge impact on my own self-confidence. In the first three years, I was always at a low point. I was very doubtful about my abilities. Although I had worked hard, I still always lagged behind others. I thought about giving up many times. With the encouragement of my parents, I persisted.

Until one time, I got separated from my teammates at sea and lost my way. I felt very helpless. Fortunately, the coach finally found me and sent me back to the shore. After that, I was stuck in the helpless fear for a while. This made me feel very resistant to training. Until a coach talked to me, I once again mustered up the courage to overcome my fear and face training.

My hard work finally paid off. When I was 13 years old, I was lucky enough to win the selection competition and have the opportunity to represent Hong Kong for the first time. This competition allowed me to see the gap between my abilities and those of foreign opponents, and it also allowed me to get to know the Hong Kong team's ability. After that, I became more and more courageous as I battled. At the age of fourteen, I successfully won the trial and joined the Hong Kong windsurfing team. With nearly half of the training every week, my physical fitness and skills have been greatly improved. Until now, I have been fortunate to represent Hong Kong in many overseas competitions. I am very happy to meet many overseas players, and compete and train with them. This has greatly improved my skills. Of course, I have also encountered many difficulties. In some countries, During the competition, many locals only spoke their



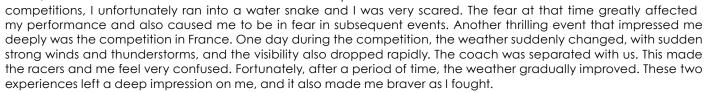




own language, which made communication difficult among us. In addition, the diets of some countries are very different. This posed challenges for me to supplement after training.

Among the many competitions I have participated in, the most thrilling experience was the competition in Japan. The local scenery is very beautiful and the water quality is also excellent. You can see corals,

turtles, and water snakes in the waters where we compete. In one of the



In addition to thrilling experiences, there were also many pleasant experiences that I will never forget. During a race in Switzerland, the scenery there was as vivid as a fairy tale. During the day of the race, the wind dropped rapidly and it started to rain heavily. There was heavy fog, and since the competition venue was a lake, the local area did not allow coaching boats to protect the environment. In such an unexpected situation, and there was only one other teammate with me at the time, we helped each other by de-rigging our equipment and paddling back to shore. This experience was extremely profound for me, and it also made me feel that my teammates know how to help each other.

I was grateful that I insisted on practising windsurfing which has brought me a lot of fun. Since I have to spend a lot of time practising the sport, I need to sacrifice my free time. However, I have gained friendship with my teammates who support and encourage each other during training and competitions, and we have improved our skills together. As the saying goes, "friendship first, competition second". The competition is fierce, but that does not affect our friendship much. I am glad to be involved in this sport. It has brought me a lot of enjoyment.













Consistency in 3 minutes

S4A Wong Sam Yi



More than an **Autograph**

What do you know about archery? A cool sport? A sport that is just standing there with a bow? Hunting? Actually, what I am doing is recurve archery which is completely different from hunting where we focus more on a fixed target. A recure bow includes the following equipment, the handle, limbs, sight, clicker, stabilizer, button, arrow rest and string. We also need to wear finger tabs, arm guard, chest guard and finger sling that tied the bow to the archer. Tournaments in Hong Kong are classified into 4 groups, including Advanced, Intermediate, Elementary and Beginner with distances of 70m, 60m, 30m, and 18m respectively.

Recurve archery, unlike the stereotype, requires great muscle coordination and skills. When we are drawing the bow, we have to ensure that we have a triangle shoulder alignment. During this action, we must use our back muscles which we barely use them in daily life. The technique is to stabilize our body and minimize the effect to the bow and arrow by external factors, for instance, wind and coldness. As a result, our core muscles need to work. To achieve a higher score, our team has worked on strengthening exercises as well as tones of practice in the school. We believe practice makes perfect!



'Focus' is a big topic for us. We need to concentrate once we step on the shooting line when only 3 minutes is counting down to shoot 6 arrows. We have to do the same actions again and again since the sight cannot regulate with our posture that we can only maintain our body to make sure that it is like the previous movement so that we can adjust the height and width of our sight to aim the 'X' in the middle of the target. At this moment, a lot of factors can distract us, such as the noise, our stress, the weather... Therefore, our skill to focus is highly required. Everything doesn't end until the follow-through after releasing the arrows and we let the bow swing to reduce the external forces added to the arrow. However, the whole tournament has 72 arrows that we have to repeat the same thing 72 times and be concentrated for more than 3 hours with breaks of 10 minutes in between.

Doing recurve archery lets me grow not only physically, but also mentally that I have become calmer and steadier than I was. I want to express my gratitude to Mr. Ho, our main coach, who helped correct our posture over and over, senior alumni, especially Bill, who shared his past experience to us, and Mr. Siu who sacrificed his personally time and equipment for us to practise archery. Without them, we wouldn't have achieved our goals.

Samyi Wong

Champion, The 13th Eastern District Archery Competition (Women's Premiere Division)

1st Runner-up, CUHK Archery Open (Women's Premiere Division) Champion (Women's Recurve Bow), Island Scout 2023-2024 President Cup Archery Competition, Scout Association of Hong Kong



Beach volleyball – More than a Physical Endeavour

S4C Ho Wai Tik Verdi



As a student athlete preparing for a volleyball competition, the journey towards readiness is not just a physical endeavour but also a mental and emotional one. The time invested in getting ready for such an event is a testament to the dedication and commitment required to excel in sports.

For me, the preparation for the volleyball competition started weeks in advance. It involved a comprehensive training plan that encompassed various aspects of the game. Physical preparation was a cornerstone of my routine, including regular practice sessions focusing on fundamental skills like serving, passing, setting, spiking, and blocking. Conditioning exercise and strength training were also crucial elements to enhance my physical performance on the court.



In addition to physical training, mental preparation played a significant role in getting ready for the competition. Visualization techniques, goal setting, and positive affirmations were part of my daily routine to build confidence, focus, and mental toughness. Overcoming self-doubt and anxiety through mental conditioning was an essential aspect of my preparation process.

As the competition drew nearer, the intensity of training sessions increased. Fine-tuning specific skills, refining strategies, and simulating game scenarios became the focus of my preparation routine. Technical aspects such as footwork, timing, and court positioning were meticulously honed to enhance my overall performance on game day.

On the eve of the competition, the final preparations took place. A thorough warm-up routine was essential to prime my body for the physical demands of the game. Dynamic stretching, agility drills, and team bonding exercise helped create a cohesive and focused mindset among my fellow teammates.

Reflecting on the time it took to prepare for the volleyball competition, the journey was a culmination of dedication, perseverance, and teamwork. From the initial stages of training to the final moments before stepping onto the court, each phase of preparation was essential in shaping me into a well-rounded athlete ready to compete.

In conclusion, the preparation for a volleyball competition is a time-consuming yet rewarding process that requires a holistic approach encompassing physical, mental, and emotional aspects. The dedication and commitment put into preparing for such an event not only improve athletic performance but also foster valuable life skills such as discipline, resilience, and teamwork.

Verdi Ho

Second Runner-up, the Inter-school BOCHK Beach Volleyball Cup (Boys, Senior Grade), the Hong Kong Schools Sports Federation



How can we achieve success in our hobbies?

S5B Cheng Nga Huen Monica



How can you manage between archery and your studies? How can you fight against adversity? These questions appear around my ears every day. Now, read on and you will find the answer.

Without a shadow of doubt, archery is something difficult to succeed. Through the process, we need to be extremely concentrated in it. When holding a recurve bow, we need to mind our breathing. When everything is done perfectly, you can get a good result, getting "X" point on the target.



There are still many things we cannot succeed easily. The most difficult is our mentality.

What's more, the most memorable scene which etched my mind was the archery competition I attended recently. On that day, I did a bad performance in the first round. When I saw that other contestants did very well in the first round, I felt extremely sad. I started to be scared about

More than an

Autograph

my results at the end. If I got a bad result, my level could not be upgraded and I wouldn't be able to get a prize. At that moment, I trembled and felt sad. My friend understood my thoughts and came in front of me. She asked me softly," Are you alright? Do you need help?" "I am scared of getting a bad result," I answered. "Do not be scared of it. You should stay optimistic. You should spend some time to review to



the first round of the competition and find out the mistakes. You must memorize them and do not repeat again in the next round!" She replied. She was a flashlight who brightened my road and taught me how to be successful in the adversity.

Finally, I did not get a good result. However, I have learnt how to fight against adversity. Now I have a new goal, trying my best to get a prize and have my level upgraded.

We receive training for 4-5 days a week at school. We usually have training after school. Indeed, I lost a lot of time in doing my revision. However, I can still manage myself. When there is spare time, such as recess, lunchtime and the reading period, I would do revision of different subjects and finish some homework. It helps me to save time.

Managing time and fighting against adversity are not easy. Nevertheless, if we use the right method, we will be able to achieve success.

Monica Cheng 2023-2024 President Cup Archery Competition (Recurve - Youth Female Division), Scout Association of Hong Kong - 2nd Runner-up





Bullseye or Burst

S5B Yau Wing On Athena



What do you know about archery? Is it easy to not have a 'hard' skill to learn? Is it just all about how lucky you are? At first, these were what I thought about archery. But when I got into a deep dive into archery, I realized that archery is not as easy as what I thought. The more you practise, the more you gain.

First, it teaches me how to be focused and remain calm in high-pressure situations. In this game, you will use lots of strengths when you are aiming at the target. When you are aiming at the target, you need to keep your attention on the goal, despite external and even destruction events. Once you are affected by your pressure, or maybe some wind, you may lose the game. The key to becoming a better archer is not to focus on your successes, but to learn from your mistakes. Therefore, the mental game of archery can teach you how to achieve goals amidst distractions.

Second, archery improves my confidence. It provides a boost of self-esteem when I see my mental and physical skills improving during practice and tournaments. It provides a huge satisfaction when every time I see my progress in every single shot. It's an untenable fact that archery is our surefire way to build our confidence.

Third, archery improves my social skills. As a fun fact, it's not just an individual sport. It's also played as a team. When we compete in a tournament, we are usually grouped together with other archers for scoring. Archers can get to know each other while we walk together across the course. Also, I have met a lot of friends in the team, which makes me feel happy and reduces all of my stress while

I am in training.

Thanks to the coach and Mr Siu for training us very hard and correcting our postures again and again. I would like to thank all of my teammates for giving me support and encouragement. Moreover, our team is a big family, which is full of love. Feel free to contact us or Mr Siu if you want to join us. Follow us on Instagram (@ hw._.archery)!





The Real Pleasure of Archery

S4C Koo Tsoi Yui Ubie



I am Ubie Koo from class 4C, the captain of the Archery Team. I have been joining the Hon Wah Archery Team since I was in primary four. It has been almost six years!

Archery is a sport of skills and concentration that requires athletes to have good body control and precise eye-hand coordination. I really enjoy the archery training. Archery training can develop my concentration. It also makes me feel relaxed. Everytime during the archery training, my teammates and I can enhance our mutual relationship. We will encourage each other, discuss the problems encountered when playing archery, make progress together and give the biggest support to everyone.

The people I am most grateful to are my coaches Mr Siu and Mr Ho. They gave me a lot of support, taught me a lot of skills, and they always encouraged us .They are the best coaches I have ever met before. I'm so glad I met them on the way to archery. They made me learn a lot.



In addition, I also want to thank my parents. They have given me a lot of support, both mentally and financially, because archery is a sport that requires buying a lot of equipment. They were willing to support me financially in buying the equipment. They often come and watch my competitions to support me and encourage me.

Finally, I would like to thank my teammates. No matter what time it is, they will always support and encourage me. We will get through all the difficulties together. It has been a real pleasure training with them. I hope to achieve good results with them in the future

competitions.







Nurturing a Passion: My Journey in Basketball

S2C Liang Ka Hei Jerry



To begin with, my journey in the realm of basketball commenced during my second-grade year in elementary school. It was during my fifth-grade year when I had the privilege of joining the school's basketball team. However, it was in a certain game that I caught the attention of a coach, subsequently leading to my inclusion in this esteemed basketball family.

During my initial training session, I found myself overwhelmed by the intensity of the training regimen. Nonetheless, the unwavering support and encouragement from my teammates served as a source of motivation, propelling me forward. Amongst the various milestones in my sporting involvement, a particularly significant event was the basketball competition's third-place match. Although the outcome of the game did not favor us, the experience garnered proved invaluable. I am sincerely grateful to the school for allowing me this opportunity, and enabling me to make a meaningful contribution to our school.







An Amazing Journey with Al

S4A Chang Hoi Yuen Hertzel



Last December, my schoolmates I participated in an inter-school event called "Formula Edge Competition". We had to build our own racing car and design a programme for it to drive itself on the tracks. We were honoured that we won the JetBot Al Training Award.

During the competition, we had to train our cars and instruct them to read the tracks and make decisions accordingly. This required our creativity and concentration. We had to focus on capturing the photos of the camera inside the cars. What's more, there might be some special tricks which could enhance the speed and accuracy. Hence, we needed to figure them out with our own creativity. Furthermore, the tasks of this competition could never be done by merely one person. As I seldom participate in these kinds of teaming competitions, I was not great at working with others. In this event, we were required to build a racing car, design a programme and train the AI of the cars. We had to split the work among teammates and arrange the schedule which allowed all of us to finish various tasks together. As a result, I've learned to cooperate with my teammates in an effective way and manage my time well due to the heavy workload. To sum up, the competition enhanced my creativity, concentration, team spirit and time management.

There was a challenge we unfortunately faced. We firstly could not successfully move the car. It could only spin in circles. This had upset us for a while. However, after countless times of trials and errors with our determination, we eventually resolved the problem and won a prize.

In the preparation process, at first, I must thank our passionate teacher, Mr Li Yuen Tai. His guidance was definitely the biggest reason for us to win. He sacrificed a lot of his free time to teach us programming and prepared the equipment. Secondly, I am immensely grateful for my teammates. As I have mentioned before, the competition involved a large amount of work, and it lasted for three whole days. Therefore, we had lost the weekend and a lot of free time. Despite that, my teammates were willing to take part in the event and put much effort into the competition. I am proud to work with them.





An Unforgettable Experience of the Formula Edge Competition

S4C Sze Wing Yan Lily

A A

Formula Edge is getting more and more interesting each year. What piqued my interest is the use of artificial intelligence (AI). Artificial intelligence driven cars were used in Formula Edge, and what the participants needed to do was to train the AI.

Last year, my class teacher Mr Li first introduced the competition to me. I found it quite interesting and hence decided to join the team. He inspired me to continue to join Formula Edge to gain new experiences. On top of that, my parents also always told me that I needed to try new things, saying that I could not stay cooped up in my room all the time. Therefore, I had to take the first step and experience what I could before it was too late.

During the three days of the competition, I learned that teamwork was important and it required patience to advance towards the goal. Although we did not get any very big prizes, we did our best to train our Al the best we could. The problem with Al training was that for Formula Edge, we had to take many photos of each track and train the bot to go on each track individually. It took some time to get photos of one track with the car itself. It was harder to move and click the photo button while doing so. That's why two participants were required to take photos each time. Adding up the time, we used one whole competition day just to get all the photos.



Preparation was the least of our problems, but it still took us some time to move the parts of our old car to the new base. Removing the screws and parts and relocating them to the new base on the correct positions, it took us a while to finish as the instructions were slightly confusing. Creating a race car was a good way to test our creativity. Although I did not help much with the decorating part, I had to help with the base first. If not, would there still be a reason to participate, or we had to forfeit?



Finally, against all the odds, we were able to accomplish the tasks. In fact, what got me interested in the competition in the first place was how this technology could become so advanced and was even used in competitions. It amazed me how participants could train the Al with the teachers' guidance and how well the Al could perform in Formula Edge.

Formula Edge, in its entirety, was and will be an unforgettable event for me.





A Spectacular Glimpse of a Student in the Symphonic Band

S5C Tsang Yu On Ivan



I played the trumpet when I first stepped into primary school. I never thought to be a member of the symphonic band until I reached Form Three. Let me introduce to you the band first and then my own experience.

A symphonic band is a musical ensemble composed of various instruments, including woodwind, brass, and percussion instruments. It is similar to a symphony orchestra, but without string instruments. The band typically consists of sections such as flutes, clarinets, saxophones, trumpets, trombones, tubas, and various percussion instruments. Symphonic bands perform a wide range of music, including classical compositions, marches, film scores, jazz arrangements, and contemporary pieces. They are known for their dynamic and energetic performances, often showcasing the technical skills and versatility of the musicians. A symphonic band is typically led by a conductor who guides the ensemble's interpretation of the music and ensures coordination among the different sections.





I still recall the time when I was at the competition at the Elizabeth Stadium. Although I was flurried when I was sitting and watching other participants performing on the stage, I felt relieved that I had my friends with me. Therefore, they calmed me down. Then, it was our band to shine. We were going to play two songs which were called The Great Locomotive Chase and a rather chilly song, Let It Go from Disney. We went with Let It Go first and it was a spellbinding performance. There weren't any errors in the song so it went as smooth as a blended fruit punch juice with a hint of dazzle. However, there was a slight error on the other part. Some of the members couldn't follow the tempo of the song and more clutters were added. Fortunately, our group members didn't fall into the same hole and fixed the problem by playing our instruments slightly slower. In the end, it was a marvelous performance and we got the third place! I was shocked to see that our performance was adored by the crowd that much and made me more confident on pursuing my role as the leader to succeed with my team.

Next, what about my personal growth? Did I learn something new from it? Or was it just a waste of time? Frankly speaking, at first I thought the whole band's training time was a complete waste. I didn't really have much of a motive for training more often than usual. However, when I saw my friends were also in the band too, I started to feel ashamed of myself for not working hard while others were. As a result, I started getting to work on my skills and nurturing the sounds of my trumpet. Soon, I became the leader of the brass instruments. I also met with quite a lot of band mates and gave them advice on improving their performance.

Finally, I would like to thank my parents who persuaded me to participate in this band. I could not have done so if it were not for my parents. I also would express my gratitude to my friends. If it were not for their support and comfort, I would not have been able to play a much larger role in the concert band.

Overall speaking, joining the band was not only playing my role, but also to help other band mates and develop a closer connection among us in the band.





I, Clarinet, Entangled Pitches

S5A Tan Hao Han Robin



Sound is generated by vibration. Many would say, so as music is. But actually, no. Music is different, a picturesque presentation of sound, it is. I may even say, it is alive. When you are in a band, performing as a member of it, then you will understand why would I say so.

My story, my concerto with clarinet begins from my primary school times. Back then, I wasn't a fan of it at all until I joined the wind band of Hon Wah College. Learning that clarinet is an instrument that reveals all of its enchantments only when it is not alone. Through the years of practices and strives with the band, fruits of joy harvested and lessons that can benefit for life have been learnt. There are numerous milestones, from captivating performances

in prestigious venues to assuming leadership roles within musical ensembles. These experiences have not only honed my technical prowess but also instilled in me a profound sense of responsibility and artistry.

As I reflect on my trajectory, I am deeply indebted to a myriad of individuals who have shaped my musical odyssey. My heartfelt gratitude extends to my parents, whose unwavering support and encouragement laid the foundation for my musical pursuits. Their belief in my abilities serves as a constant wellspring of motivation, propelling me forward even in the face of challenges.

Additionally, my teachers have been beacons of inspiration, offering guidance, mentorship, and unwavering belief in my potential. Their wisdom and expertise have been instrumental in shaping both my musicianship and my character. Furthermore, the camaraderie and friendship of my peers and colleagues have

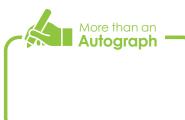




imbued my journey with warmth and solidarity, reminding me that music is not merely a solitary endeavor but a communal celebration of creativity and expression.

Above all, the intrinsic value of music remains paramount to me. It transcends barriers, resonates with the human spirit, and serves as a conduit for profound emotional connection. As I continue to navigate the everevolving landscape of music, I remain committed to advocating for its enduring significance in our lives and communities.

This is my concerto with clarinet, a symphony of growth and unyielding passion.





The Magic of Music

S5B Yung Tsz Man Carissa



I played the trumpet from primary school to secondary school. When I was at my primary school, there was no wind band for me to perform the trumpet with other schoolmates. But at the beginning of Secondary One, I joined the school wind band through the Arts and Sports Education Scheme. In the school wind band, I had the opportunity to perform in various events and competitions both within and outside of school. It was a rewarding experience as I got to learn from experienced music teachers. Being part of the band not only improved my musical skills but also taught me discipline, teamwork, and dedication. I also have many chances to play the trumpet in the solo part of the songs we need to perform. This teaches me the importance of practice and a sense of responsibility. I realized that if I messed up my part, the entire song and everyone else's efforts would be ruined.



I still remember my two times of competitions. We went to the Elizabeth Stadium and performed two songs. The first time to participate in a competition made me feel very anxious, but in the end, we got the Silver Award. Recently, we still achieved excellent results in the second competition. The competitions we participated in have pushed me to strive for excellence and given me a taste of what it feels like to perform in front of a large audience. The experience is truly unforgettable.

I had the opportunity to develop my leadership skills as well. As one of the senior members of the wind band, I was responsible for guiding and mentoring the younger students. It was a fulfilling experience to see them grow and

improve under my guidance. Being part of the school wind band also allowed me to form lasting friendships with my fellow bandmates. We shared a common passion for music and spent countless hours practising and performing together. I want to thank the bandmates who played the trumpet with me and our wind band conductor. The bond we formed through our shared experiences in the wind band is something I will always cherish.

Overall, my experience in the school wind band is not just about playing the trumpet, but also about the personal growth of mine.





The Journey of a Wind Band Competition from Rehearsal to Performance

S4B Cheung Fu Xiang



I have played oboe for 10 years by accident. My primary school has set up a music class for regular classes every Friday afternoon. All that is required of the students to select their preferred instrument and complete a form. I have decided to play percussion because it is easier to learn. However, the percussion class was already full due to my late submission of the form. I was scheduled to attend an oboe class by the teacher. The name "oboe" made me feel curious, so I agreed to join the class. Slowly, I started to get interested in playing oboe and was able to play songs fluently with oboe due to every week's practice year after year.

The teacher invited me to join the school wind band in Secondary 2. Two of my classmates, Aiden Wong and Alvin Sze, have also joined the wind band. They play the clarinet, which is an entirely different instrument. Although I received a separate music score, this didn't affect us and we still got together to practise. We prepared the songs "Let It Go" and "The Great Locomotive Chase" in our first year's competition.

"Welcome to everyone who joined the competition." That was my first visit to Queen Elizabeth Stadium in Wan Chai. Our teammates and competitors had already taken the seats in the auditorium. We were nearly the last team to play on the stage, so we had to wait for an hour. We listened calmly to the tunes that the other teams played. We were amazed by their teamwork and their well-organised play. Recalling the previous training, we had still been making some mistakes. We felt a bit worried and wished we could perform the songs correctly and successfully.

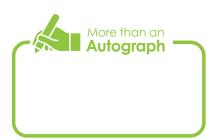
It's our team's turn to perform; we took a seat and prepared to begin the song. Yet the first row sat incorrectly, so we switched seats urgently. We tried to calm down ourselves and started to perform the song on the stage. At first, we performed neatly and correctly, but then, it started to have some mistakes. The wrong tempo and tone, which had a negative impact on our sound effects. It made us nervous and worried about our

Final Parish Par





performance. We continued and completed the entire song at last. All of us gave a shake of our heads, believing that we had performed poorly and were not even able to receive an award. Fortunately, we got the merit award. That was amazing as it was my first time having a competition outside. We are grateful for the support we have received from family, friends and my music teacher in my school.





Follow My Beat

S3A Fu Chun Ue Tristan



I think that many people have learnt about music like me. My major is percussion. Percussion is a big category. There are many different types of percussion, such as Drums set, Marimba, Timpani, Cymbal etc. And I have learnt most of the percussion instruments.

When I was little, I hated music at that time. My mum always taught me about the music theory because she is a piano teacher. And I thought that it was very annoying. One day, she took me to the hall to enjoy the music concert. At first, I did not really like it, so I just fell asleep. Suddenly, I heard a sound that was very cool. I opened my eyes and realized that sound came from a drum. I saw the drummer playing different drumbeat and I thought that was very cool. That makes me get interested in percussion. After that, I started to learn percussion.

There are many different kinds of percussion instruments. Among all, my favorite is drums. I was very interested in playing drums and I had never been late for the percussion class. I felt bored by playing with myself, so I started to join the school wind band. But unluckily, I found that there was a member who played the drums set. I could only choose to play other instruments. As I did not know any other instruments except drums, I could only sit behind in the lesson. I felt very embarrassed and even wanted to give up. However, I really enjoyed the amazing music with all sounds of different instruments combined together. So I changed my mind. I decided to learn more instruments. After a couple years, I am proud that I can handle almost every percussion instrument.

After graduating from primary school, I study in Hon Wah College. Of course, I have joined the school wind band right away. In these three years of my junior high school life. I have participated quite a number of competitions and performances for Hon Wah College that make me earn a lot of valuable experience. I'm grateful that I can join the Hon Wah wind band and treasure the opportunity offered by the teachers in school.







The Hong Kong Music Interflow 2023

S1B Fung Cheuk Hei Alston



I was very excited when Miss Chan, my music teacher, invited me to join the music orchestra team. I didn't have a chance to join the orchestra during all those years in primary school, so it was a pleasant surprise.

The schedule of the orchestra was that I had to stay in school for another hour on Thursdays to practice. When I arrived for the first practice and went to the music room, I was stunned to find that so many students were there. I said to myself, 'what a great opportunity!'. When I sat down, the director said that we are going to have a competition on the 29th November. He then gave me the score for the song "The Pirates of the Caribbean". I was so happy to play this famous song for the first time in an orchestra. By the way, if I didn't tell you earlier, I play the euphonium. When the director handed me the score, I immediately started writing the notes for this song. The director told us to start the practice session, waved his hands around, and we started playing. Although I didn't have a clue what he was doing, I tried my best. After a few weeks of hard work, we were well prepared to go to the Hong Kong Music Interflow.

The big day came, and in the early morning we rode a shuttle bus to the Elizabeth Stadium. We didn't have to wait very long before our turn to get on stage. We were all so excited and the performance went brilliantly. At the end, we received a merit. We were all extremely happy and congratulated each other. I performed the best I could on my part of the performance. I am eager for another opportunity to participate in the competition next year in the orchestra.



Playing clarinet lifts my spirits

S2B Ho Kin Hoi



I started learning clarinet in primary one and it quickly became my favourite instrument. Unexpectedly, I have been learning to play the clarinet continuously for almost eight years now. What's even rarer is that I enrolled in Hon Wah College with the same tutor, Mr. Chau, who is also the chief conductor of the Hon Wah College Symphonic Band.

When I entered Hon Wah College in 2022, I practised one hour a week at school, and the band also practiced one hour a week after school. Joining the band allowed me to learn to cooperate with other band members and perform beautiful music under the leadership of the conductor.

I also had a hard time at the beginning, because I did not have enough spare time to practise at home. Afterwards, I learned how to plan my schedule and manage my time better, so I could practise on my clarinet. Mr. Chau was always nice to tell me about the techniques of pressing the key holes and when to release the air. My parents also supported me by buying me a good clarinet that I can keep.

The school also provides the band with many opportunities to compete and perform externally. In December last year, we went to the Queen Elizabeth Stadium Performance Hall to participate in the 2023 Hong Kong Youth Music Interflows Symphonic Band Interflow. It was my first time participating in a public competition. Moreover, our band won the Merit Award, which was an unforgettable experience in my life.

I feel that Hon Wah College taught me perseverance and gave me the opportunity to keep learning and slowly improve my skills. I hope to become an excellent clarinet instructor when I grow up, so I can play and compose my own songs one day!

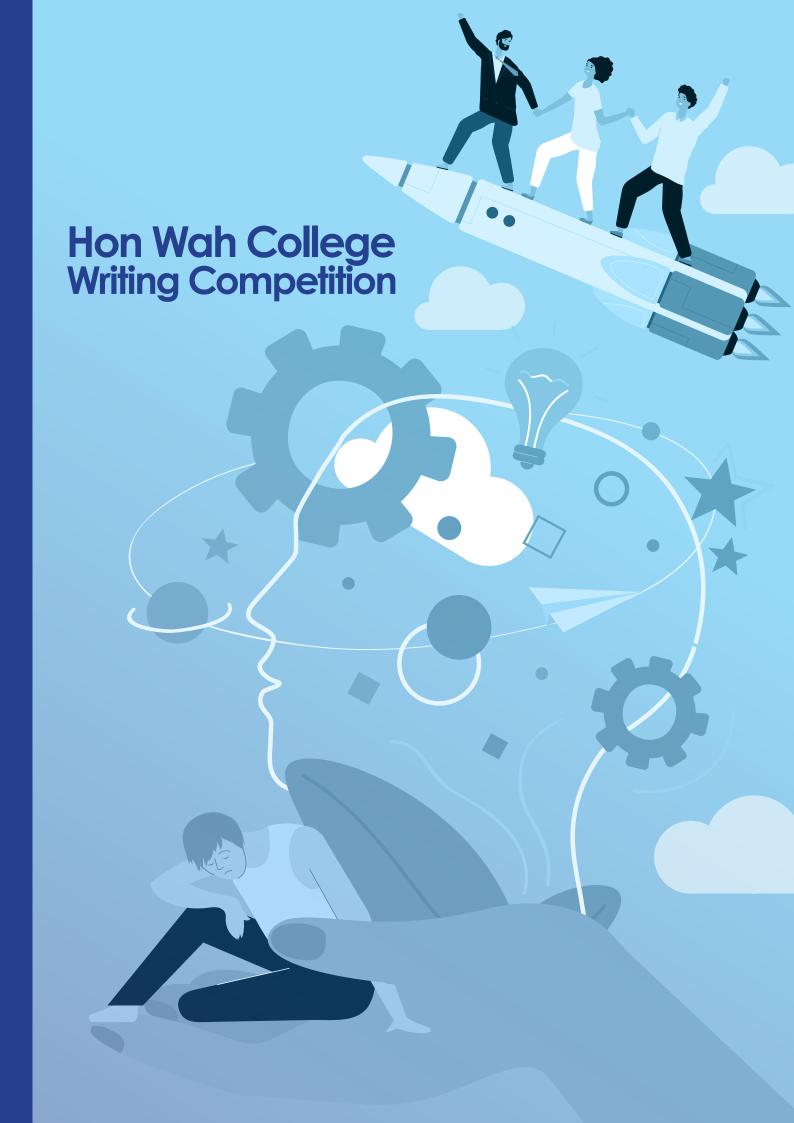
Finally, I would like to thank Hon Wah College, Mr. Chau and my parents for always supporting and encouraging me to keep playing the

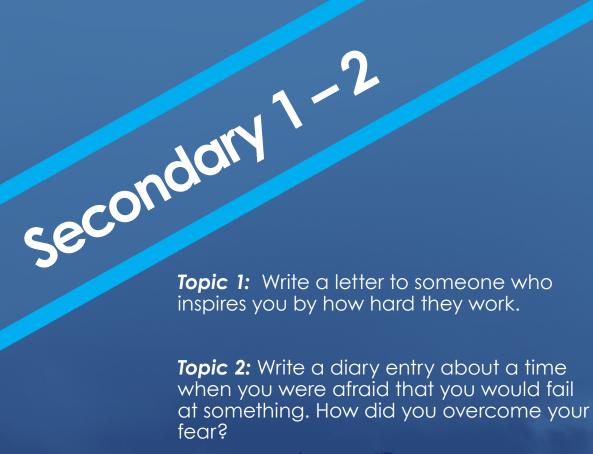
More than an

Autograph

clarinet.









Dear Tatsuki Fujimoto,

I am writing to express my admiration for your work. Your writing has a profound impact on me and has made me want to write as well.

I was first introduced to you from your work on Chainsaw Man. I was captivated by the intensity, the increasingly more and more ridiculous scenarios.

Your work on Chainsaw Man has influenced my writing style greatly. Your way of storytelling pulls and attracts me to keep on reading because of the emotional relativity it brings. The infamous breakneck humor and absolutely demented situations and events while still being an esoteric writing about absurdity and mundanity living in tandem with each other, the effects of someone having control over you and the lack of affection it may bring is truly inspiring. This writing style can be seen in many of your writings and storytelling, such as Fire Punch, Look Back and Goodbye, Eri. Thank you for affecting me to pursue storytelling.

This style is very noticeable in your one-shot called Love is Blind where a student wants to ask out one of their classmates, only for seemingly every inconvenience to prevent him from doing so. First, his teacher stops him. Then, it starts raining. Next, a person on the street tries to rob him. After that, an alien comes down from a U.F.O and tells the student that he wants to destroy the planet. Even under all those ludicrous circumstances, the student proceeds to confess his feelings to his classmate anyways. It's a very extreme and exaggerated way to express the idea that it's hard to ask somebody out.

Your art has also induced me. Your art style is very unique compared to many other mangakas. Your loose, messy and scratchy way of doing inking and line-art resonates with me. Although other mangakas also have this way of doing line-art such as Sui Ishida, Yoshihiro Togashi, yours is unlike any other. Every panel feels like its own canvas and oozes out the feeling that it's drawn by Tatsuki Fujimoto. The line strokes seem to have no confidence in them and intersect. However, it all seems to work together and create a masterful piece of art

that has your exceptional charm in them.

Continuing on, this isn't to say that your art lacks any sort of detail. On the contrary, your splash pages are filled with small and diminutive details that envelope the page. This can be seen in Fire Punch, a story that takes place in a dystopian, post-apocalyptic world where people are gifted with supernatural abilities, our main character is perpetually burning. Therefore, he leaves destruction and chaos everywhere he goes and in turn, this scratchy style is perfect for drawing debris and rubble everywhere. This also helps in the more action-heavy and bloody scenes in Chainsaw Man since almost everything is always flying throughout the pages.

Alternatively, you create much cleaner and down-toearth environments and sometimes, you'll keep it at a minimum or remove it entirely to let us, the reader, immerse ourselves into the world that you've created, even to a disturbing extent.

This leads me to talk about your wordless storytelling. With or without context, anyone can get this eerie feeling about your art. It's very unsettling. The empty space and the way the panel is framed makes me feel this perturbing emotion. It feels as though the panel is telling us that something bad is going to happen. I would even extend this wordless storytelling to your action scenes. How you draw dynamic action poses and how you play with the paneling to make the fight much more animated, even with the limitations of manga.

In conclusion, you are a great inspiration for me to work harder and grow even further. I hope I can make stories as great, or even greater than your own.

Thank you for your time and consideration.

Sincerely, Wu Kai Lok





Dear Diary,

It's been a while since I last wrote. I started my day like any other, I was bored and was watching a new anime, reading icebreaker in my bed with some chill Spotify music in the background. Relaxing keeping myself occupied with things to do. I got a text message from my friend Zuri asking out of the blue, "when were you afraid that you would fail at something? How did you overcome it?" as she needed an answer to inspire her and give her an idea for her homework essay. I replied with, "you can't ask something so deep so suddenly. But if you really want to know, give me a minute to think."

After a while had passed, I gave her my response, "Here's a few things. I'm scared I would fail my future, my life, my family. I'm so scared that I'm going to fail not only myself but them as well and I'm terrified that my fear is going to cost me more than I think because usually people don't see the big picture. They only focus on the things in front of them and they don't have to worry about their futures as they might already been chosen all laid out for them. But mine is different, I can't have that peace of mind I have to worry about my future will I be able to support and provide for my family as we aren't as privileged as others. I have a brother who has disabilities that make him unable to care for himself and it gives me so much pressure as my parents keep saying. "You have to study well, get a high paying job and take care of all of us especially your brother for the rest of your life." They jokingly say it but even so I still can sense the feeling of truth and responsibly and warning within those words which causes me to think I should really work hard so all my parents hard work won't go to waste, and so they won't be disappointed in me. No matter how hard I studied, how many all-nighters I'd pulled, how hard I focus in lessons it was never enough my grades were still low. I may look fine and careless on the outside but inside I'm really stressed and overthink a lot. I'd hate to admit it but I might have Atelophobia which is an anxiety disorder characterized by an obsessive fear of imperfection and disappointment. If I fail to meet their ambitious goals, I easily fall into a spiral of self-doubt and self-criticism. I just don't want to disappoint anyone." Zuri was comforting and said that its going to be okay you're not going to fail. You are going to survive this fight in your head." But even her words became weak and had no effect on me.

Before realization could hit me, my mother called me out for dinner but I'd already lost my appetite and I sat there blankly staring at my food. My vision blurred, my eyes stung as I took a deep breath to try and steady my emotions, but to no avail. I felt the hot, salty tears as they began rolling down my cheeks. I was embarrassed. Crying in front of others always leaves me feeling so exposed. I kept my gaze low and quietly excused myself when nobody was paying attention. The questions made me overthink and managed to penetrate through the many layers I generally enveloped myself in and struck my core. And I think to myself.

I have been through a lot. I have been through things even my best friends don't know about. I have been through things that I haven't told a soul. There have been times when I've felt like, 'Is this the point where I finally give up or there's a little bit more that I can handle?' and to be honest I didn't give up, but I didn't handle it either. I got stuck somewhere in between and what that place is even I don't know. It's like on the outside everything seems just fine, going normal but, on the inside, it seems as if I'm fighting a war and I've been hit really hard and I'm falling down. It's like I'm dying and I have to gain control and fight back but instead I feel like letting go, I'm letting myself fall down, letting myself die even when I have a small chance of living again and fighting back. This state is a crossroad where I got to choose between life and death of my soul not my real body. I want to fight back and gain access to my soul, or just let myself fall down and be another robot who will be living a monotonous life and then die without making a difference and whose absence won't be noticed by anyone. Now I might want to fight back but what exactly am I fighting back for? Because the thought of letting myself fall down seems really peaceful, like falling down to my bed and sleeping calmly after a very long and tired battle.



If I'm being honest this fear has caused me more trouble than anything. It affected my mental health and my physical health. It made me fear more than I should, made me fear the unknown, made me gain disorders or illness that I would otherwise not have, made me overthink everything. While I was breaking down crying in my room, my friend Alex who I have deeper connections with heard what Zuri had asked me and had noticed I haven't been online on any of my social media platforms for quite some time. He figured something wasn't right. He sent me a message asking if I was alright. And when I saw the light from my phone, I couldn't hide any longer and replied with, "no I'm not alright I feel like knives are stabbing me and making me cry in pain". Yet behind the screen of my phone I also feel weak, useless, and vulnerable, like I'm not strong enough to handle my own stuff - my own fears. He gave me a call and I picked up while trying to hide the sound of me sobbing. I hear his calm, sweet and gentle voice comforting me with words that come with good intentions. He said to me through the call "You are going to be okay. It's okay to feel stuff sometimes. It's okay to be imperfect. Whatever you are feeling right now you can feel it. You can take your "I'm okay" hat off. Just shatter right now, in your room just break. I'm always going to be here for you to hug you, comfort you and make sure you're safe, even if you feel like I'm not. It's okay to be yourself and feel what you feel. I want you to be happy, but I understand that you can't always have a smile on your face. Please stop with faking how strong you are. Cry. It's okay to cry. Just shatter. It's okay to do that too. I want to remind you that you are enough. More than enough. With all your flaws and imperfections. Don't let anyone tell you otherwise. Your journey through life is one of a kind and valuable, and it's shaped by your experiences and perspectives. Don't be afraid to be yourself and embrace your individuality. Embrace the things that make you unique, even if they don't conform to society's standards. Remember that you are loved and appreciated for who you are, and that your presence in this world has a purpose. Keep striving to be the best version of yourself, but never forget that you are enough just as you are."

As I hear his words I can feel the sense of worry sadness coming from his voice. And I stop overthinking the situation and think inside the box. Although overcoming my fear of failing fully is near to impossible but we can always make the problem smaller and work harder to finish the bigger picture. Even so, his words motivated me to do stuff again and I'm very grateful for him. Without him I might be crying in my room worrying about things that might not happen for many years to come or not even happen at all. I can't say I overcame it but I can say I found a way to deal and accept it.





Dear Diary,

I've come to a realization that being alive has its fears. Being good at something means you'll fail at something and the word "failure" just screams a worrying fear at me. I wonder, is there any way to prevent the fear of failure? Being scared of losing or defeat? Well, of course. And I overcame it. And I wish and I will continue to never give up and work hard.

There was a time when I was afraid of failing, as for me, I do fail a lot quite frequently. I was weak, I was scared of infirmity. But it just kept coming at me, I didn't know what to do. There were a lot of things that I was scared I would be bad at, well, we're all going to have flaws at some point or at something, nobody's perfect after all. I got scared, knowing that having so many flaws I would be a disappointment to my parents, I would be afraid of losing or afraid of failing things. I felt like I couldn't do things right, left and right wherever I went, there would always be someone better than me. I always used to think I was a failure. I never worked hard enough, or I was just never talented enough. Talents? Do I have any? I used to always ask myself, even if I were good at it, will I perfect it? No, what good will it even do for me? Will my 'talents' ever be at use in my future? Will I have a lonely life, and a future full of despair? Or even possibly, failure?

I wondered, I got scared, my body trembled with anxiety and fear. I was always scared, I never knew what I was good at, so I used to get worried about failing all the time. Seeing people around me being so good at what they do, even overpowering my talents. I felt useless, I was born into this world, being weak and being inept. What was my reason? I am afraid, I am scared and I am worried. I don't want to fail, I never wanted to fail. And that fired me, incredibly. I felt something in me, a flame. A spark. The pain, the worry, it all ignited that one flame. It burned, it engulfed me. I was drowning in a fire of my courage. I felt the need to improve, the need to grow. The chance that I won't miss. This is a chance that I must take, I'd take any chances at this point. Looking back, I was impractical, I was bootless. Probably even nugatory. I hated it, I hated that kind of 'me'.

I wanted to learn, I wanted to grow. I didn't like how I was, I wanted to improve and overcome this fear. This fear of losing, of defeat, of failure. I want to be unwavering, I want to be resolute and single-minded. I wanted to work hard, I wanted to do things reasonably. I wanted to do something so great that it leaves my name onto this world. I was determined, charged with it to the max. I wanted to overcome all my fears of my lack of success. So I did. I worked hard. Trying to improve. There were things such as, being bad at some subjects, being a bad person, losing friends, the worry of being a disappointment, not being good enough, being talentless. All these things, I was worried about. And I overcame them with this burning flame inside me, it taught me to change and mature.

I overcame my fears by thinking positively and looking towards the other side of the problem. It wasn't bad, it was nice too. It worked and it helped me. I overcame my fears by not worrying about such daunting tasks. I overcame my fears by working hard, by doing better. Being bad at some subjects meant I was good at some too, I was right. I am better at some other subjects than some others, I didn't have to prove to others that I was a jack of all trades and did well in everything, I had nobody to impress and no reason to. I overcame this fear of being worse at some things by obviously working hard. Though, I'm still not great at some subjects, but I can tell by my grades I'm starting to understand it and I have improved by a lot. I didn't have to perfect it, being slightly worse than others but yet greater than others with multiple subjects, things like these were what made me who I am.

Things like being a bad person and losing friends, that was what worried me the most. The fear of abandonment, the fear of loss. I was worried, with the past of already having to lose some friends a few years ago, that haunts me. Until now. I learnt that, people didn't like the person I was a few years ago, I wasn't nice, I wasn't kind. I was horrible, horrible to the point even I could see it. I hated myself for that, I was scared of losing friends but blinded that I was the reason. I couldn't accept it, so I learnt to improve myself and changed. I grew up and matured as a person on the whole. I realized, I didn't need to have a thousand friends, I just needed a few that I could pour my trust into and dearly love with. Those who make me happy, are those that I wish to keep. And I can't lose them, right? So every day, I work hard to improve on every mistake I make, each mistake is a lesson to guide how to do better. I take it all as improvement, and I'll continue onward to be kind, be nice to not just my friends but every person in this world. Everybody deserves some love. I worried about not being good enough, being a failure and a disappointment. I realized, I didn't have to perfect things, I just needed to do good enough. Cross the finishing line, improve and do better. I never had to perfect things, I never needed to impress anybody. As long as I'm improving on who I am positively, both physically and mentally. I can be good enough, I can do enough, I can be better.





Things like this, the failure, the flaws, the fear. All of it, it all encouraged me, burnt this spark inside of me. I felt anew, I felt refreshed to the world. It felt as if I touched and reached the border of reality. I'm no longer a kid, things won't be the same. There won't be any magical superpowers or flying wizards on brooms to teach me or help me make my life easier. It's you, it will be and always has been you. Only you can bring yourself to a world and a future you truly love. You may have made mistakes in the past, that's too late. It's in the past now. I've learnt to move on from the past and let go, always forget and never put so much care into the past, something that has already gone. You can't change it, but you can change the future. Something that really makes you who you are. I felt the fear, the anxiety, it crumbled and destroyed me mentally. I felt weak and ruined. There will always be times where you're under ruin, but never a life of it. You can always improve and always overcome your fears, pain and fear are nothing but illusions of your own mistakes. You can always learn and it's never too late to rework on yourself and your mistakes. We can always do better.

Through everything, I used to fear. As a human, as myself, fearing is normal. And I felt fear of failure, I hated it. But I love it as well. As without it, I would've never come to the realization and never reached 'reality'. I would have never matured and learnt from my past and my mistakes. It was the fear that lit a fire and encouraged me to grow. And because I grew, I'm now fearless. I may not be the best, I may not be perfect or flawless. But I know that I don't have to be perfect, I don't need to impress anybody, I don't need to follow everybody's paths, I just have to be myself. And I just had to do better on myself. As long as I'm doing well mentally, I know that I am good enough. I wouldn't disappoint my family nor my friends as I wouldn't be burdening them with mental problems of my own, I wouldn't be a failure, if I wasn't even failing.

I've grown, I've learnt, I've overcome it all. But it all came from the same feeling of fear.







Digries of The Lone Child

Day 5

8:46A.M.

Dear diary,

Today, the war had finally passed, it seemed I've lost everything... from the riches I've once owned, to even some of the one's I hold dear to myself, but I cannot give up, no now at least. I must avenge and bring justice to those who have suffered to those who had nothing but pure evil in their souls. I may be young, but my determination shall drive me places even gods wouldn't dare step foot on.

10:24A.M.

It's barely been two hours so far, yet this quest of vengeance seemed to be taking an eternity already... no clues, no leads and no one to rely on, but perhaps not all hope is lost yet, it's only been the first few hours. I suppose I'll have to give into the saying "Good things come to those who wait". Not like there's anything else I could count on during these dark days.

1:35P.M.

I had my first bit of sustenance of the day on top of a grassy hill, the view was spectacular. I felt the wind on my face, as positivity ran through my veins as I enjoyed the moment, temporarily distracted from the potential horrors that I knew could happen, the worst being... failure. One wrong move could cost me whatever I had left, my diary, my joy, my life... I was lucky at the time to be more engrossed in the peaceful moments of the present, than to worry about the future. Sometimes, it's best to take a break from our worries, and embrace the peace that the present can offer us.

3:07P.M.

Update on my mission, things aren't going as smoothly as I've hoped for... no leads, clues or anything, I'm getting worried that my journey would be for nothing... "What if I fail?" I muttered to myself, unsure of the dangerous path ahead into the unknown. Evening would be rising soon and night would follow closely behind, I felt a sense of disappointment in myself, it's been so long already. Will I succeed in my revenge or not?

7:38P.M.

I watched as the sun slowly set, my fear of failure growing by the second, I knew that I couldn't make it through another night like this but now I have no choice, I've come so far already, it's too late to turn back, so I picked myself up, and began devising a well thought out plan, the fear was still there but if I don't act soon, more people will suffer, and so I searched, and searched until dusk fell. My mind reminding myself of my motives, to protect those who cannot protect themselves and to aid their escape from the cruel fate I had to face. Until, my hard work finally paid off, I stumbled upon a raided lone house, entering it I saw a small yet familiar symbol of an Ecrac (a small frankenstein of a creature, with the head of a tiger, the eyes of a cat and the body of an eagle). I paused for a moment, knowing that the owner of this house might no longer be alive anymore, before turning back to my quest.

8:49P.M.

As twilight struck, I looked for any potential solid leads, at the end I found a bloodstained map. it had a symbol of a sword, which marked a small village, I furrowed my brow as I scan my eyes around the map with more detail and see a different symbol, it was once again the same Ecrac. I contemplated my next move before heading to the village marked. The route was long, and the time needed was much, but at the end I made it.

11:19P.M.



I watched closely at the peaceful village, the shadows concealing my presence as I scan the area for any potential threats, the fear of failing was piling up at this moment, but again, my way to success is far not. I stood there, in the shadows, waiting for the right time to strike. Then, I saw my chance. A hooded figure was swiftly and quietly moving from rooftop to rooftop. That person was none other, Than the infamous assassin, Elinor Lyra Cross. She was the one who killed the people who once cared for me, she was the one who took many innocent lives. I couldn't let her go, no, not today. I drew my sword to her as she landed in front of a house, dagger in hand, with a light panic I said,

"What do you think you're doing?"

"Doing my job? What'd you expect?"

"You do realize you're killing off innocent lives for this, correct?"

"Yes...? And so? One shall do what they must"

"Well I can't just let more innocent lives fall prey to you!"

"And you, a child is going to stop me?"

I sighed in frustration at her response before drawing my own sword, if that is what it takes then so be it. I pulled out my courage and faced her head on. The tension in the air was heavy with danger, the fear of failure wanted to consume me, but my motives decided otherwise.

12:45A.M.

The duel was on, the sounds of my sword clashing to her daggers was obvious. My fears started to fall, slowly but surely. I knew I had no chance in a fight against her, but I might just be able to outwit her with my cunning. As our blades crash, I see a few of the villagers who got woken up by our fight and are now witnessing the duel with their own eyes. I continued to fight with my heart and soul, as the villagers woke the others who lived here. I knew in due time they'd come to my aid as I did to theirs. Not long after the whole village surrounded Elinor, and she stood no chance against our power through numbers, at the end I succeeded.

From today, I learnt that whenever afraid of failure, as long as you remain determined and never give up, success will find its way to you.



secondary 3-A

Topic 1: You were on your way to celebrate Chinese New Year with your family. You turned a corner and there was a distressed foreigner in front of you who clearly needed your help. Write a story to your teacher about what you did.

Topic 2: Write a letter to your future self about where you want to be in 10 year, the things you want to have achieved by then, and the obstacles you will need to overcome to reach that point.

S4C Chao Tsz Kiu Vienna



Topic 1

We were all dressed in red, my parents in traditional Chinese clothing and me in a bright scarlet blouse. Cheerfully, we were heading to grandmas for the annual Chinese New Year's Eve dinner. When we were just about to get there, we turned a corner and saw him.

He was on the side of a pavement of a busy road with his head buried in his arms. He had golden hair and wore a dusty brown suit. Clearly a foreigner. In the midst of the chatter of the locals and the loud beeping of car horns, he silently whispered to himself "What now? What now?" . He was pacing back and forth, violently grabbing on his own hair as if it was his only lifeline from the deep oceans of distress. Through the gap between his biceps and forearms, I saw diamond blue eyes filled with distress. The capacity of his eye cavity was barely enough to keep the liquids of anguish from leaking.

As we kept walking, we didn't have the heart to leave the man alone like the other pedestrians who probably thought he was a psychopath. However, I didn't have the guts to approach the maniacally acting foreigner. I looked at my mom, my mom looked at my dad and dad looked back at me. We had already understood each other's thoughts. We had to help.

My dad turned around, took a step forward and patted the man's shoulder. Trying to conceal his nervousness, dad asked "Are you alright?", assuming that the foreigner speaks English. "No!" the man screamed, "I lost my wallet! It had my passport, my cash, my credit card, everything!". My dad gingerly asked "When was the last time you'd seen it?". The man had a few deep breaths. After calming down for a few seconds, he replied "After buying a drink at a convenience store, I don't recall seeing it again.". "Why don't we have a trip to that convenience store? We'll definitely find it there." my dad assured the man. He seemed to find the marbles that he lost a minute ago, he answered "Yeah, that'll be perfect. Sorry about that screaming.". "It's ok" dad said, patting him on the back. We all detoured to the convenience store after that.

We arrived at seven eleven 5 minutes afterwards. An edgy teenage cashier with messy dark hair covering his left eye was behind the cash register next to the store entrance. His uniform had a few stains here and there as well.

Mom walked over and asked the teen "Would you happen to find a wallet?", "A leather wallet dyed dark blue." the man added. "No." he coldly replied, then returned to the game on his smartphone. Irritated by that response and the sound effect of gunshots from the cashier's phone, the man murmured "What an awful teen.". "Let's just search for the wallet ourselves." I suggested. And we did just that.

Maybe the man dropped his wallet.
We searched the floors and looked under shelves and fridges. Nothing.
Well, maybe he put his wallet on a shelf by accident to free his hands

so he could grab something. We searched each goods rack and shelf, top to bottom. Nothing. Hold on, is there a chance that a customer found it and took it? What if they had no plans of returning it? "We need to check the security cameras!" demanded the man. "No, you don't have permission to do that." replied the cashier. "It's important!", the man insisted on his idea only to be ignored by the cashier. "Dammit! What now? It's already been an hour, at this rate we'll never make it to grannies in time." "Is there a chance that you dropped your wallet on the way to that pavement where we found you?" I asked the man. "Right!" he answered.

We backtracked and looked at every corner of the road, every nook and cranny of the pavement. We looked here and there and everywhere as the smell of car exhaust thinned and the chatter of crowds disappeared.

The pitch black night sky was covered by clouds. The street lights slowly lit up along with the white and yellow lights shining through each window sill. No stars or moon was visible unlike the silhouettes of families spending quality time together on each curtain. After hours of searching, we were all exhausted. It felt futile. The wallet was gone, a thing of the past or perhaps nonexistent in the first place. Hope was lost as we gathered around that pavement in the beginning of all of this.

What now?

Just then, a small glimmer of light caught my eye. In the drain on the side of the road, there was something sparkling to the moon light. Upon inspection, it was a small latch that was sparking on a wallet. A dark blue wallet! "I found it! It's in the drain!" I yelled. Our faces lit up. The man raced over and put all his strength into lifting that rusty metal drain cover. And alas, we have retrieved the wallet.

The man kept bowing and thanked us before calling

a taxi to leave. That was quite a journey. We finally got to grandmas only to realize all the food on the table was gone. "Nooooooooo!"





S4A Wong Sam Yi



Topic 2Dear the 26-year-old me,

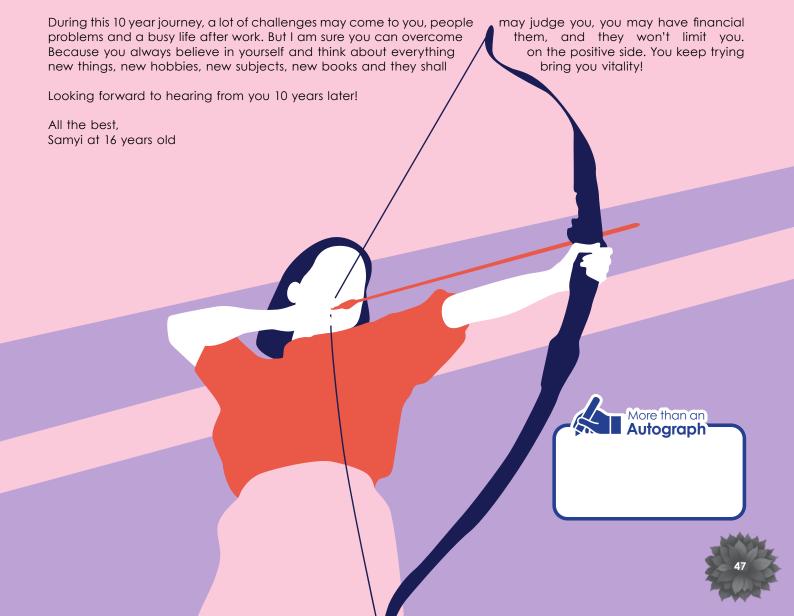
How have you been doing recently? I expect that you are living your dream you the age of 15. Did you become an archer? A nutritionist? And always surrounded by kitties?

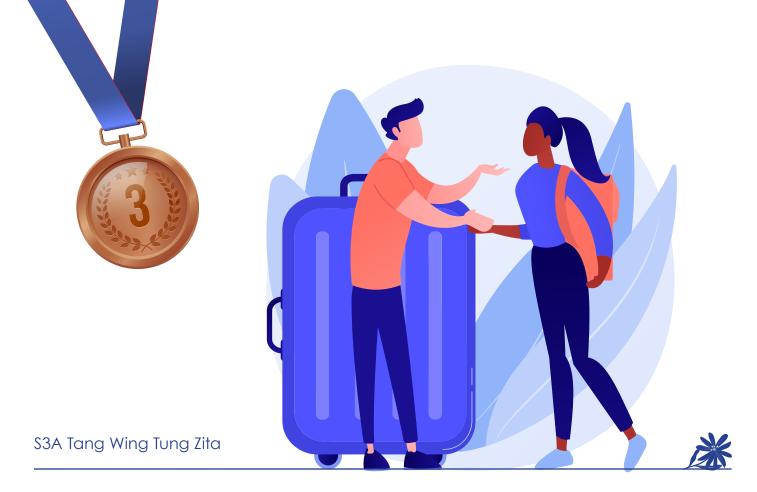


had since a bunch of

You are probably in France right now where you stayed a short time at 15. You have a French family here. You must be feeling full of love every day as they take care of you like their daughter. And you have a younger brother who takes you anywhere, to explore and share his things with you. You are blessed to stay with such a lovely family. I also think you are having your favorite French food, croissant and pain au chocolat, as breakfast every single day. And begin your day with the smell of butter and rosé wine while your brother is cooking for you. On the weekend and holidays, you may explore the Alps in the South East and the beaches in the southern parts. The refreshing views of Mont Blanc brighten your day and hope one day you will be standing at the top by the age of 35. And your diary is filled with your adventures in France to Saint-Malo, Lille, Dijon. This is what you enjoy the most in your life, exploring the world.

How does it feel to be one of the top archers in Hong Kong? This was my dream and I wish it is the reality now. You receive applause after a tournament and your house is full of achievements. Meanwhile, you're still passionate about archery, pushing yourself to your limits to create a new personal best. You like the feeling of uncertainty, the thought that you may score lower points than usual or you may turn out be successful. Archery makes you focus on your own which helps enhance your personal ability. I hope archery is a lifelong hobby for you that continuously brings freshness and happiness to you.





As it was the Chinese New Year, I was on my way to celebrate with my family, we were ready to go to Guangzhou by High Speed Rail.

In the morning, we were walking on the way to the Hong Kong West Kowloon Station, I heard a sound in a corner "Oh No! How do I check my High Speed Rail ticket gate!?" I turned to the corner, and there was a distressed foreigner in front of me, he clearly needed my assistance! I walked towards him, and asked him if he needed my help, he said that he was frustrated with the ticket gate. I then told him to lend his smartphone to me and let me take a quick look. Coincidentally, we were on the same train, then I told him this lucky news, this meant I could take him to the ticket gate! After he had found out the news, he behaved stocked, and glad to hear the news.

After that, I told the plight of this poor foreigner to my family, and they were delighted to provide assistance. We went to the Hong Kong West Kowloon Station with him and went through a series of procedures, for example, exit and entry as well as security check. During the process, he encountered many obstacles, fortunately we were by his side, and we could help him. I couldn't imagine how panicked he would have been if he hadn't met us.

At the time we arrived at the ticket gate and went in, coincidentally again, our seat was very close! During the train journey, I introduced many Traditional customs of Chinese New Year. For example, red packets which symbolize peace and wealth, and visiting relatives and friends during this cheery festival. Also eating a reunion dinner, Poon Choi is the most popular choice. Through the communication with him, after I knew that he went to China to visit his friends, I taught him some greetings such as "Gong Xi Fa Cai!". He was grateful that we taught him so many things, and I was delighted too!

In the end after we arrived, we said goodbye to each other. "May your New Year be full of love, laughter, and success!" We had said to him. This unexpected situation will be a great memory of my life!





S4C Keung Pui Yau Bernice



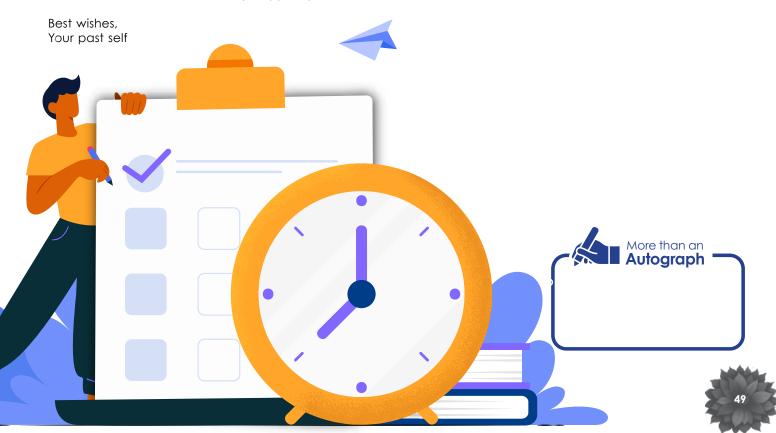
Topic 2Dear future self,

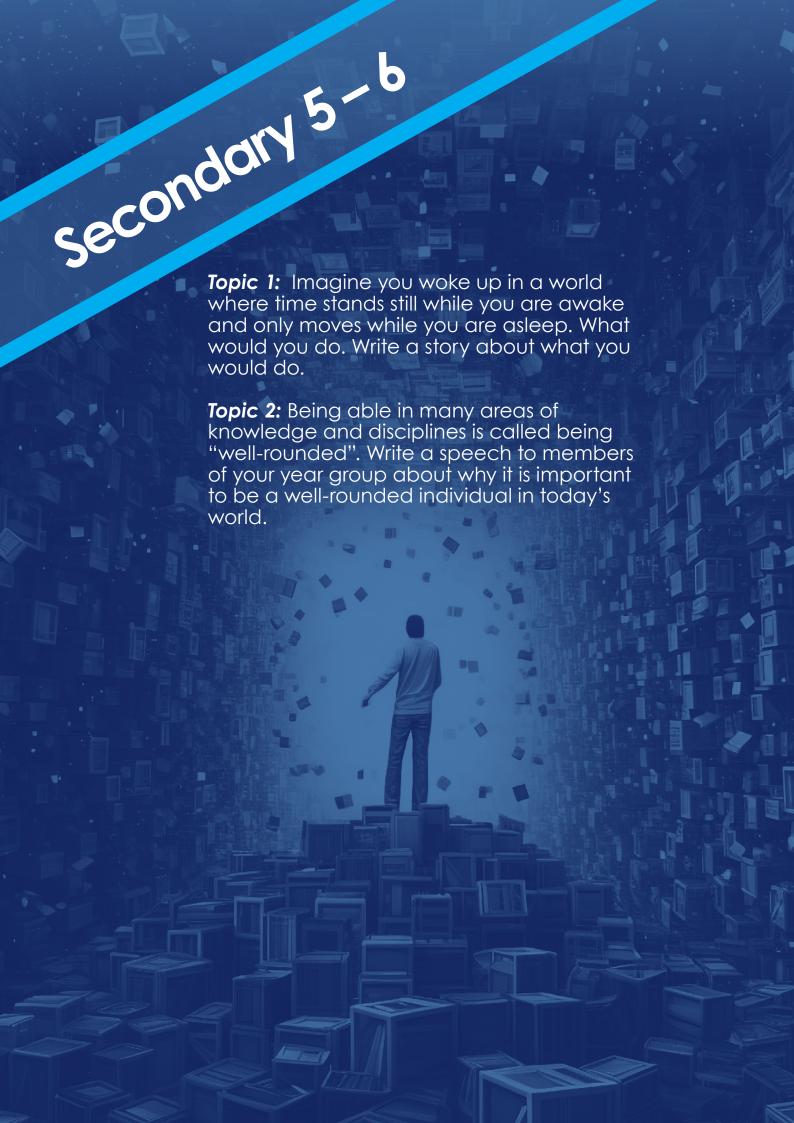
I hope this letter finds you well, 10 years from now. As I sit here and write about where I want to be in a decade, I am filled with a sense of excitement and anticipation. There are so many things I hope to have achieved by then, and I know that the journey to get there will not be without its obstacles.

To begin with, the most important aspirations I had was to become more proactive. Stop being reactive and procrastinating until the deadline approaches. Rushing and scrambling is not the solution to solve problems, it will only cause stress, potential delays, and decreased quality of work. I believe that being proactive can help me to allocate my time and resources effectively, ensuring that important tasks are completed on time. Also, being enterprising seems to help with reducing the likelihood of last minute rushes or missed deadlines, which can hundred percent solve the time management problem and stop the issue of rushing my homework (which I always face right now).

However, I understand that being proactive will not come without obstacles. You may easily feel overwhelmed by the huge amount of the multitude of tasks and responsibilities. And sometimes, you may struggle with being proactive because of lack of clarity about your goals or are unsure about the best course of action. Indeed, it is hard to overcome these challenges. Nevertheless, I still trust that you can overcome all of these challenges, since it's crucial to have enough confidence. Although I am not sure of whether you will face the above issues or not, I suggest you develop effective time management skills and prioritize tasks based on importance and urgency and break down large tasks into smaller, manageable chunks, and allocate specific time slots for each task. The above actions may help you to reduce your stress and make your path to success much easier. You should also learn to say no to non-essential commitments and look to delegate tasks whenever possible since you have done lots of things that are more trouble than it's worth.

As you embark on the next decade of your life, I hope that you can keep your curiosity to the world, pursuing your passions and most importantly, be proactive in everything you do! Just remember to follow your heart, don't be scared of failure, and I will always support you!





As I opened my eyes, I realized something was amiss. The world around me seemed frozen, as if time itself had come to a halt. My heart raced with a mix of excitement and curiosity. I quickly realized that time stood still while I was awake, only to resume its flow when I fell asleep. This extraordinary phenomenon presented me with endless possibilities.

With time frozen, I embarked on a journey of exploration. I wandered through bustling city streets, observing the frozen expressions on people's faces and marveling at the suspended droplets of water mid-fall.

As days turned into weeks, I realized that this unique ability allowed me to accomplish tasks that would have been impossible in a normal world. I decided to learn new skills, investing hours upon hours in honing my craft. I became a master pianist, playing symphonies to an audience of frozen statues. I mastered martial arts, perfecting my technique with every precise movement.

But amidst the pursuit of self-improvement, I yearned for human connection. I longed for conversations and laughter and for shared experiences. With a mischievous smile, I hatched a plan. I carefully placed letters in the hands of my friends and loved ones, knowing that when time resumed, they would find my heartfelt messages waiting for them.

As the sun set, I retreated to my sanctuary, ready to embrace the world of dreams. And as I surrendered to slumber, time began to flow once again. When I woke, the world was in motion, and the people around me resumed their daily lives, oblivious to the extraordinary adventures I had experienced.

Although I couldn't share the details of my unique existence, I treasured the memories and lessons learned during my waking hours. I carried within me a newfound appreciation for time, for the fleeting moments that make up our lives. And as I moved forward, I vowed to make the most of every passing second, cherishing the beauty and wonder of a world that never stood still.



S5B Chau Hoi Yan Helen

Topic 1

Today is Day 286.1 still remember the first day vividly. As per usual I woke up at 7 in the morning, got ready and headed to school. I plugged in my headphones and walked out the door. Maybe it was the exhaustion that I wasn't able to acknowledge how quiet the streets were. It was only half way through my walk that I realized the tranquility. Usually the barks from my neighbor's dog and the morning birds would find its way into my ears but that day was different. My music sounds louder than usual, I didn't care about it much. I reckon my ears got healthier. I made my way to the bus stop and stood behind a lady, patiently waiting for my turn to get on and be ready to be in a can of sardines. While looking at my phone, 10 or 20 minutes passed by. The line has no signs of moving. I got annoyed and nervous so I started looking around. Then, I saw the strangest thing. Everyone was frozen as if someone pressed a pause button. I rubbed my eyes, same result. Gave myself a slap in the face to wake myself up, still everything is frozen. My immediate thought was this was some kind of joke someone had been pulling so I started to panic, then a sigh of relief because everything stopped except me. Meaning that I could do whatever I want.

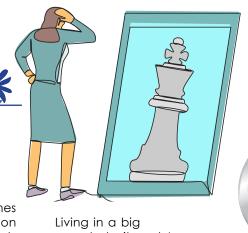
I wandered around the silent street and observed faces of random strangers. Some were happy and some were sad. I made up stories in my own head wondering what happened before all these emotions. Kids smiling in the park, couples enjoying morning cups of coffee, old people sitting aside, parents dropping kids off school. These were beautiful yet haunting. I felt like I was a museum guest looking at an eternal paused painting.

As I was the only one in the world I was finally able to do all the things I was too shy of doing. Dancing in the street, singing in front of a group of people, eating out alone. Free of being judged by others.

I woke up the next morning only to find that things had changed. The position of people was far different from what it was yesterday, as if something had moved. It freaked me out. It took me about 3 weeks to realize that I'm now living in a world where time stands still while I'm awake and only moves while I'm asleep. I felt so lonely. The world was moving without me. The fear of missing out overshadowed me. I possess so much control and so little at the same time.

Day 8, the honeymoon phase passed, I was overwhelmed by this new lifestyle. Every day I hope to wake up to my normal life or desperately to find someone out there who was going through the same thing as I was. I didn't know what to do and was completely lost.

Day 36, time has slowed down, I turn to more peaceful activities as if I'm an elderly enjoying the last days of life. That's what it felt like, I didn't have to rush or anything.



Living in a big crowded city yet I felt the tranquility of suburban

life, chaotic yet peaceful. I started to draw and paint as it was the only form of art expressing my thoughts and the only thing that's kept my sanity. Gardens also became my new love as it is a way of communicating with the real world. Since time is not moving, I get to enjoy my favorite things without interruptions, I watch movies and read my books. I found a balance between the two spectrums. In my real life is where I find my personal peace.

Day 89, I felt so lonely and depressed. I had so much emotion and thoughts in my head and I can't share it with anyone. I went over to a friend to talk and all I got was an emotionless face and no reaction like I was talking to a piece of cardboard. My surroundings felt so real yet so fake.

Day 150, the loneliness and fear of never getting the chance to speak to another person and my desire to reconnect with the lively world became desperate. I believe that I was diagnosed with "schizophrenia" or at least that's what google said. I sometimes had hallucinations that people on the street would start moving and everything would return to normal and I get to be the young free child I once was. Discovering that in my dreams I could once again return to the moving world felt like a drug to me. I started taking more and more naps. The more I take, the longer my naps get. The desperate desire of wanting to speak and interact with another human being drove me to learn how to lucid dreams in order to regain my power of control and in hopes of becoming the bride of two completely different worlds.

As of today, I have already gotten used to this life. I still often dream about returning to the good old days. One thing I have learnt is that I have to cherish every moment. You never know when is your last time to do such simple daily things like talking to another human being. Also no matter how much you'd think you like to be alone, you always need a friend to be by your side to be there for you through thick and thin. I hope one day I'll wake up and all of this will be a dream.



Good morning Principal, teachers and fellow students

It is indeed my privilege to give a speech here about why it is important to be a well-rounded individual in today's world. In this fast-paced and ever-changing society, it is important for us to develop a wide range of skills and knowledge. Also, no matter what profession we engage in or which country we live in, being a well-rounded individual can help us better adapt to and cope with the constantly changing environment.

Being academically strong is important but it is not enough. We need other skills like communication skills which are essential for building relationships with people around us. Sports help us stay physically fit while also teaching teamwork and leadership qualities. The arts allow us to express ourselves creatively while developing critical thinking abilities.

Being well-rounded helps us stand out from others when applying for jobs or colleges because employers look for individuals who can bring diverse perspectives and experiences into their organization.

In today's highly developed networked age, the explosive growth of information has made acquiring knowledge really easy. However, in this process, it is particularly important to discern between true and false information. Comprehensive development equips us with critical thinking and problem-solving skills, enabling us to make wiser choices and utilize reliable resources while avoiding being misled or deceived.

In conclusion, becoming a well-rounded individual should be one of our top priorities as students because it will benefit us greatly both personally and professionally in the long run. Thank you. Have a nice day.



S5C Tsang Yu On Ivan



Topic 1

"What will I do? What will I do?" I said to myself, panicking inside of my heart. My hands are moving by themselves. Everyone around me stopped moving like they were cursed by "Medusa", a mythical Gorgon who can curse anyone to become a lifeless statue. Then, recalling my memories...

The sun was beaming through my curtains, I woke up from my slumber. I put on my comfy slippers and walked out of my bedroom to go brush my teeth with my mobile phone beside me. As I walked through the hallway, I saw my mother sitting and eating her breakfast. I didn't really pay much attention to her so I went to brush my teeth without thinking. After that, I went out of the bathroom and straight to the dining room. My jaw fell out since my mother was still eating the biscuit and not a single word was spoken by her. In a sudden thought, I realized time has stopped like the flowing water has frozen. However, when I was asleep, I heard others' voices. What situation was I in? Out of all people, why could I only move while others were statues? I had a lot of questions about this matter. But anyways, I decided to go out and inspect...

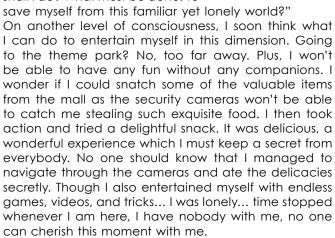
When I got myself ready for this "adventure", I went out and pressed the elevator button. Though, a thought came to my mind... if time has paused, why would the lift, water or whatever it can be still be progressing? I was perplexed by this question for quite some time (even though time was malfunctioning for me). Nevertheless, I went into the lift without a single doubt. I questioned myself whether this reality was valid or illusory. "Ding!" The elevator said, shifted me to the ground. Even though this was the same place I had seen multiple times, some parts of myself held me back, refusing to go on to this mundane yet contradictory location. I took a deep breath to comfort myself and wandered through this uncanny wilderness.

I was still disoriented but what could I possibly do to revert this path and start over again like any other online game, such as Kirby Star Allies, Cookie Run, Genshin Impact etc. Overwhelmed by all these questions, I wasn't able to connect with my consciousness... and I fainted on a bench at a park, near a stranger who was playing with her cat. I was stuck in my own head, full of darkness, despair and loneliness. While I was trying to concentrate on connecting these affairs with each other, I heard multiple voices from outside of my mind. I thought everything was going to be normal once and for all. I opened my eyes and hoped that everything was merely a dream. As soon as I opened my eyes, everyone beside me was still standing like a sculpture. To my surprise the lady next to me moved further away from the original position she was standing.

cogitated on it and discovered another clue of this place where I was in. Everything will pause in my consciousness



but progresses in my mind. "I can manipulate time! But...what shall I do? What must be done! To



Although it was a pleasure having this moment with all authorities granted to me when I was aware, I felt devastated by the fact that I couldn't even speak with my close ones... "Will this day ever end? I am getting absolutely exhausted from all the burdens of loneliness I am carrying!" I cried, almost going insane. Suddenly, I was falling from a building. I wanted this dimension to come to a halt but I didn't want my demise. I merely wanted to get back to where I was before, with my family and friends, joyful and dynamic. When I was about to hit the ground, a portal shining with bright light stunned me, made me blind for a second.

As soon as I awakened, I saw myself on my bed again. I quickly rushed out of my room and saw my mother, not a statue but a normal person who was enjoying her breakfast. "Good morning mom." I said. "Good morning to you, did you sleep well?" My mother asked me. "I slept well," I replied. I felt relieved that everything returned to the realm I knew. That adventure was completely a dream, though it felt like it was authentic. It may be a parallel universe to the original one. Who knows? I didn't really want to recall that horrible experience ever again. Will I ever go back to that realm again? Or someone else would be sent there? Oh well, it has already

been terminated, I guess I should focus on my life now. Not thinking about that anymore.





Language Arts

Design Thinking serves as a mindset that fosters learning, collaboration, and problem-solving. With the aim of nurturing creativity among our students, the English Department has seamlessly integrated design thinking, marketing basics, and project-based learning into the Secondary Three Language Arts curriculum. This integration is designed to enhance Life-Planning Education (LPE) and promote the creative use of English.

Throughout the academic year, our Secondary Three students actively engaged in a comprehensive design thinking process, which encompassed several key stages.

01

Stage 1: Empathize Stage

During the Empathize stage, students were guided to practice empathy and develop a deeper understanding of the needs within their potential markets. Through thorough research and the suspension of assumptions, they explored their respective marketing environments.

02

Stage 2: Define Stage

In the Define stage, students utilized insights gained from the previous stage to precisely articulate the key issues their products would address. Under the guidance of our native English teachers (NETs), students refined their focus and honed their understanding.

03

Stage 3: Ideate Stage

The Ideate stage fostered collaborative brainstorming sessions, where students worked in groups to generate innovative solutions that met the identified needs. Through presentations to teachers, students enhanced their effective communication skills and fostered critical thinking abilities.

04

Stage 4: Experimental Stage

In the Experimental stage, students were empowered to create scaled-down prototypes of their products. Additionally, they leveraged digital media for product design. Alongside the prototyping process, students applied marketing strategies and analysis models. Each product design team conducted a SWOT analysis and meticulously regulated the elements of the marketing mix.

05

Stage 5: Test Stage

The final stage of our design thinking project revolved around presenting prototypes to fellow Secondary Three students and English teachers, seeking valuable feedback. Based on this feedback, students iterated, made necessary alterations, and refined their designs.

By integrating design thinking, marketing basics, and project-based learning, our goal is to equip our students with valuable skills that foster their creativity, empathy, and problem-solving abilities. Through this holistic approach, we strive to enhance Life-Planning Education (LPE) and encourage the creative use of the English language.

3B Choi Hei Ching Hailey, Lee Tsz Huen Rachel, Chen Jun Yi Angela, Lau Ka Lam Audrey







S3B Lam Ming Lok









S3C Chen Ka Wai, Chen Shirley, Choi Yan Hei, Yu Hei Wun, Chen Shuer











In a Price of the a shared size was a shared size of the state of the shared of the shared size of the share

The end thank you



SAMSUNG

More than an **Autograph**

S3A Lai Chi Him Cayden







S3B Tam Shing Hei, Ho Lok Wang Carl



Basketball shoes such as : AIR JORDAN, AIR FORCE, DUNK



Price Air Jordan 1 High

This is the most famous sh "Air Jordan 1" first release(1985)

Red \$287340 Blue\$844440



Product



- Being worn by Jordan himself has been instrumental in promoting the brand. Additionally, brand promotions brough sopensoringly with teams like Parts Saint Germain have further enhanced as visibility. Furthermore, over the course of 20 years, Jordan has produced numerous impactful. Y commenciate that have significantly contributed to the growth of the brand's area.





Place





Strengths

- The brand was created by one of the most recovered attiletes of all time.
 It is originated in the United States, which provides a large pool of potent



Weaknesses

AIR MAG (Back To The Future)



Further Opportunities



Threats













My Outstanding Classmate – Jovy Leung

S1A Leung Sum Yau



Hello, students of Hon Wah College. I am Chris Wong, a member of the school's Environment Club. I am going to introduce an event held by the school called 'Meat free week'. This event aims to encourage students to eat less or even no meat for seven days.

Why should we reduce meat consumption? This is because the livestock breeding industry produces an enormous amount of greenhouse gases. Moreover, the meat sold in supermarkets is manufactured in factories, which generates lots of carbon dioxide during the process. This can worsen the current state of air pollution and speed up climate change.

During the meat-free week, the meat-based items in the tuck shop will be replaced by healthier options. For example, the beef burger will be replaced by a veggie burger. The French fries will be replaced by veggie sticks and the chicken tenders will be replaced by bean nuggets.

Also, there will be game stalls open during recess and lunch. If you manage to get the best score in the games, you can get a prize!

We hope to encourage students to consider the impact brought by meat consumption on the environment during the event. The meat-free week will be held for seven days, starting on 2nd September. So, remember guys, you either go green or go home.



My Outstanding Classmate – Zoie

S1A Ng Sze Wing Scarlett



In our class, there is an outstanding classmate – Zoie. Everyone wants to be friends with her. She is very famous in our class.

She has a round face, and she is very fit with her body. She has short curly hair, and everyone likes her hairstyle a lot. She has big eyes, and they look adorable.

Zoie is an outgoing person. She likes to meet new friends in our school and talk with them. In every recess or during lunchtime, many of her friends come to talk with her, even though some of them are not in the same class. Besides, she is a considerate person. She sympathizes with other people's thoughts. When they get hurt, she helps them and takes care of them. She is also adventurous. She enjoys participating in exciting activities and playing games. For example, she always plays rollercoaster when we go to Ocean Park together.

Let's talk about her hobbies. Her favorite sport is badminton. She is one of the best players on the team who always wins a prize in the inter-school competitions. Apart from playing badminton, she is a pet lover. She has two cats and dogs. She really loves her pets. I can tell because she purchases the most expensive pet food to feed them.

My outstanding classmate is really nice to everyone. I hope we can keep our friendship forever.



Working Hard or Hardly Working Will working from home continue? Or will it die out? By Chris Wong

S2A Wu Kai Lok



When the COVID-19 pandemic began, workplaces everywhere temporarily shut down. Most societies had to carry out their work from their homes. Although this was unplanned and unexpected, workplaces and organizations globally realized that working from home was no longer solely for preventing the spread of the pandemic, but instead a characteristic of the modern working world.

Tommy was working from home, and while it had positive effects on his mental and physical health, he was experiencing burnout due to a lack of ease or sense of community and teamwork in the office.

One of the main factors of working from home is having a safe working environment, as the location can greatly influence one's willingness to continue working there. Naturally, a safe environment is a fundamental right for any employee, but it has traditionally been a concern primarily for the organization's bottom line. A global survey revealed that during the transition to working from



More than an

Autograph

home, only 23.9% of workers received a home office risk assessment, and 25% of employees received no consultation whatsoever regarding their work arrangements.

Another significant factor in working from home is the ability to manage stress and workload. I spoke to my father, who has extensive experience working from home as a writer and illustrator. He mentioned that this job allows him to work freely whenever he can and reduces stress for himself.

Additionally, some lesser-known advantages include reduced travel expenses and work attire costs, leading to increased employee retention and satisfaction.

With respect to jobs, there are many professions that can be done remotely, such as graphic designers, social media managers, and tutors. These occupations offer more flexibility and can be performed from various locations. On the other hand, jobs that cannot be done from home, such as firefighters, police officers, doctors, lawyers, and construction workers, are crucial to the structure of society and cannot be carried out remotely.

Working from home has numerous advantages, but it also presents several disadvantages.

Disadvantages include a 39% increase in low morale, unmonitored performance, frequent breaks, and numerous distractions at home, such as attending to pets or dealing with household issues.

For individuals, companies, and society as a whole, the overall result would be rather negative. Although there are many advantages to working from home, most of them benefit individuals and employees, while the disadvantages are primarily related to companies. This can slow down the efficiency of both individuals and companies and disrupt the order within society.

In my opinion, this trend is likely to continue. While rural residents may face obstacles when working remotely, more job opportunities would become available for those who previously struggled due to limited locations. The traditional office space or organization base will certainly fade away, but it will take some time to completely disappear.





Smartphones bring more benefits than problems to the life of young people

S4B Piao Haiyan Maggie



I firmly believe that smartphones bring more benefits than problems to the lives of young people. Smartphones are one of the greatest inventions in history, having evolved from single-function communication devices to multifunctional digital products. While their original purpose was to make phone calls, smartphones now offer us endless benefits.

Firstly, smartphones enrich people's leisure time by providing a variety of entertainment options. There are numerous game apps designed for leisure activities. Personally, I enjoy watching short videos during my spare time. According to research, approximately 60% of users upload and watch short videos on apps like TikTok every day. This indicates that smartphones occupy a significant portion of people's leisure time.

Furthermore, smartphones serve as valuable learning tools for students. They can access necessary information and unfamiliar English words through their smartphones. Instead of spending excessive time flipping through dictionaries and books, students have access to various browsers such as Google, Baidu, and Sogou. These tools greatly facilitate the learning process.

Lastly, smartphones have significantly enhanced the convenience of daily life for young people, particularly in terms of communication. They have improved interpersonal relationships by allowing people to make phone calls or send messages anytime and anywhere. This kind of communication enables individuals to connect through social apps without physically meeting each other. For example, when my family and I live apart, we often communicate by phone or messaging, sharing our respective lives. This enables us to stay connected and communicate in a timely manner, even when we are physically apart.

In conclusion, I firmly believe that smartphones provide more benefits than problems to the lives of young people. We use smartphones for communication, payment, entertainment, and studying. Smartphones have become essential tools for everyone in today's world. From my perspective, smartphones will continue to evolve and offer us even more features in the future.





Dear Editor,

I am an avid reader of Hong Kong Daily and have been closely following the discussions surrounding fresh university graduates in the workplace. Recent articles in your newspaper have sparked intense debate, highlighting concerns about their perceived decrease in work ethic and willingness to face challenges when compared to previous generations. As an employer of several fresh university graduates, I am attentive to broader issues affecting this demographic. I also share a genuine concern for the productivity of my staff. While it is acknowledged that not all employers in the territory share my perspective on the current state of university graduates, I firmly believe that they are still hardworking. Allow me to elaborate on the reasons for my belief in the following paragraphs.

One significant reason, shared by myself and many other employers, is the continued demand for fresh university graduates despite intense competition in the global job market. In discussions with fellow CEOs, we have found that these graduates are proactive in seeking assistance and asking questions when necessary. They demonstrate the ability to maintain productivity and effectiveness even when faced with heavy workloads. Can this not be considered evidence of their diligence?

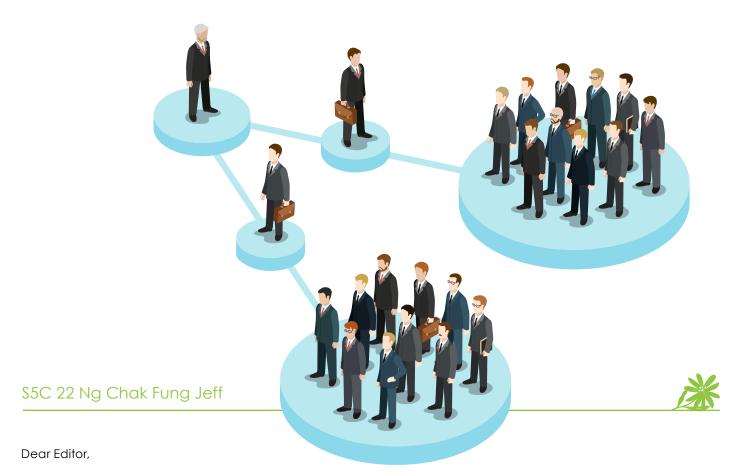
Furthermore, young talents consistently strive to stay abreast of the latest developments in the world. I have observed many newcomers enrolling in various courses, ranging from language studies to acquiring new skills. They actively seek updates on the global landscape, demonstrating their enthusiasm to remain competitive despite their already demanding schedules. Personally, I have learned a great deal from their dedication. Their presence has significantly enhanced the potential and competitiveness of my own company, for which I am immensely grateful.

It is worth noting that while some inexperienced university graduates may exhibit a tendency to excessively use electronic devices during work hours, it would be unjust to generalize this behavior to all. From my experience, many remain responsive and active, even during late hours, to ensure the seamless and effective operation of the companies they work for. Their willingness to sacrifice personal peace of mind for the sake of others has earned my utmost respect. It is essential to avoid overgeneralizing the misuse of devices and recognize the positive commitment of the majority.

Taking these arguments into consideration, I am confident that university graduates from Hong Kong continue to display a strong work ethic. While a minority may appear to be less hardworking, it is crucial to remember that they do not represent the entire demographic.

Yours faithfully, Chris Wong





I am an avid reader of Hong Kong Daily and have been closely following the discussions regarding Hong Kong's fresh university graduates. Several recent articles in your newspaper have reported that these graduates are perceived as less hardworking and less willing to face challenges compared to previous cohorts. While I understand that this topic may not be of great concern to most readers, as a manager of a tech company, I find it personally concerning and strongly disagree with this perspective. Allow me to express my views in the following paragraphs.

Firstly, one prominent reason often cited for the belief that Hong Kong's fresh university graduates are less hardworking is their perceived lower workload compared to previous generations. However, I believe the main explanation lies in the fact that contemporary work demands are more complex and multifaceted. Nowadays, graduates are required to utilize computers and various digital tools to complete their tasks. Their job responsibilities involve writing emails, creating graphics, and other digital work, which can be more intricate and time-consuming than traditional paper-based tasks. Therefore, a slower pace in completing assignments should not be equated with laziness but rather reflects the increased complexity of the work itself.

A second compelling reason that reinforces my perspective is the rising number of fresh graduates entering the job market. With increased competition, the expectations and standards imposed on these graduates have become higher. The pressure they face is significantly greater than that experienced by previous generations. In response to these elevated demands, today's graduates are working diligently to equip themselves with diverse skills, as failure to do so would result in easy replacement.

Undeniably, it may appear that fresh graduates nowadays engage in less visible work compared to their predecessors. However, it is crucial to recognize that their productivity has increased. Equipped with enhanced critical thinking skills, they are more conscious of the purpose behind their work. They prioritize tasks, set clear goals, and strive for efficiency. They understand which tasks truly require their attention and focus, enabling them to handle a substantial workload more effectively. Repetitive tasks that were once considered routine are no longer their primary focus.

Considering the aforementioned arguments, I firmly believe that today's graduates are just as hardworking, if not more so, than their counterparts in the past. Moreover, they possess the ability to work effectively and think critically, which are essential skills in today's dynamic work environment.

Yours faithfully, Chris Wong



Question

You are a famous news reporter for Hong Kong News. Your old secondary school has asked you to write a feature article about yourself for the next edition of the school magazine. Use the following three headings to the article. Add one heading of your own.

S5C Leung Pak Ho Marco

The best part of my job

The best part of my job is that I get to experience everything while others can only see it on TV. While it may be true that I sometimes have to visit dangerous spots, there are equally amazing and breathtaking ones. Such opportunities have developed my empathy as I experience the situations that the victims of disasters or the fortunate recipients of good news go through themselves. One memorable moment was getting the chance to interview rail-fans who were waiting to ride the new MTR line that would be opened to the public a few hours later. This led to me being able to take a ride on the first-ever train of the line. It was my favourite moment because I'm actually a great rail-fan myself.



The biggest challenge I have ever faced in my job

The biggest challenge I have ever faced in my job is having to go to war zones and scenes of natural disasters. You can call me a coward, but despite being a news reporter for quite some time and having been to many different places, I still have a fear of dying in such locations. At first, I almost rejected all tasks that required me to go to those dangerous spots because, in the past, I couldn't take such risks. But as time went on, I realised that I had to overcome my fears since it's a news reporter's job to visit and report from such scenes. This decision has helped me become a true news reporter, being able to fulfil my job tasks despite my fears.

My school days

Regarding my school days, to be honest, I wasn't a top student. My grades were average—not great, but not that bad either. My secondary school was a band 2 school, and at that time, I was a mediocre student. English, in fact, was my best subject, which is why I am an English reporter today! Unfortunately, my school didn't offer many different special and unique school clubs like others do. We only had the ones you would usually find in any school. Therefore, I didn't have the chance to develop my hobbies or interests in sharing and presenting to others. My only opportunities were individual presentations in English lessons. So I took the chance to study Journalism, which gave me a significant boost to become who I am today.

Words to those who want to join me

To those who want to join me, I hope that some of you aspire to become news reporters or pursue careers related to photography and journalism. If so, I'm here to guide you if you have no idea how to reach your goals. It is essential to have decent grades in language subjects like Chinese and English. For senior students, you don't need to choose liberal arts for your electives. It's alright if you want to focus on science subjects. However, I highly recommend studying Journalism at university, as it has helped me greatly in finding a job related to this field. All that is left for me to say now is good luck to all of you, and I hope to see you soon!

