


HON WAH IN

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Message from the Principal

It is my distinct honour to present *Hon Wah in Blossom* (Issue 17). This publication has blossomed into a truly inspiring narrative of student growth—one that joyfully reveals how our young learners confidently embrace challenges, creatively reframe their limitations, and emerge stronger, wiser, and more determined than ever before.

There is much to celebrate within these pages. Time and again, our students demonstrate a remarkable and uplifting truth: they welcome challenges as opportunities to grow. Whether transitioning from secondary school to university, excelling in the fiercely competitive Hong Kong Schools Speech Festival, or mastering exciting new fields such as robotics, artificial intelligence, and biomedical engineering, they consistently show the courage to face the unknown and the resilience to conquer every obstacle in their path.

Authentic English Language Education actively cultivates a growth mindset, encourages joyful intellectual exploration, and enables our students to reshape their perspectives on learning and life. Through the imaginative integration of Drama in English Language Education (DELE) and Language Arts into our Secondary One English curriculum, our students breathe life into characters and experiment with expression. This approach nurtures linguistic competence, confidence, and emotional agility.

Enriching students' English language learning experience remains the foremost priority of the English Department. We are immensely proud of our students' outstanding achievements at the 77th Hong Kong Schools Speech Festival this year: nearly 25% of our participants secured top-three placements, and approximately 90% attained Merit or higher—a truly remarkable outcome. Yet these accolades represent only the visible outcome of a deeper and more beautiful transformation: the gradual, hopeful reshaping of one's relationship with challenge.

To our dedicated teachers, whose guidance extends far beyond any curriculum, I offer my heartfelt gratitude. To our parents and families, whose unwavering support underpins every success, I extend my warmest thanks. And to our students—past, present, and future—I offer this joyful encouragement: embrace every opportunity to grow, trust in your ability to rise and shine, and know with confidence that the most rewarding learning unfolds when you have the courage to create your own extraordinary path forward.

May *Hon Wah in Blossom* continue to fill us with pride and hope, and may our entire community remain steadfast in its joyful mission to develop not merely proficient speakers of English, but resilient, optimistic, and truly remarkable human beings.

Kwan Wing Bun



Messages From Alumni

The Start of a New Journey

Luo Chongyun Jason



香港大學

THE UNIVERSITY OF HONG KONG

over the years.

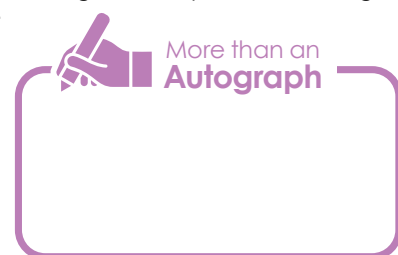
Life after matriculation feels a bit odd, both familiar and alien. I'm still facing many of the same challenges, like academic competition and the need to stay diligent. However, in some respects, it feels like I'm entering a whole new chapter: no strict attendance requirements, plenty of freedom, a lack of explicit instructions, and, of course, the entirety of responsibility.

The most distinct change during this period of my life is that it has made me more humble. This is a place where the world's most talented and hardworking individuals converge. Standing on this global stage, I perceive the intensity of competition more acutely and recognize how hard others work to achieve what I once would have deemed moderate or even insignificant. These realizations have taught me that my past achievements are trivial. I am at the starting line of life's grand journey and at the threshold of society's arena.

For me, the best part of university life is the abundance of opportunities. University provides a platform for students to realize their ideas. It offers vitality, resources, knowledge, guidance, connections, and the most important assets: time and autonomy. The curricula are even designed with the principle that students do not need to attend unless necessary. This is perfect for someone with clear and tangible goals, along with the determination to achieve them.

Now, let me share some details about my majors. I am pursuing two professional areas: Business and Engineering. Most of my university life will likely be spent following a traditional engineering path, which I find both intriguing and challenging. Having skills and insights from both disciplines opens up numerous opportunities, but the lack of a defined career path requires me to forge my own. My current plan is to observe and learn, broadening my horizons to find a niche that I truly love and where I can utilize my strengths.

Finally, I want to thank my parents for their unwavering support of my education. I was not always an easy student, and my journey could be described as arduous. Their unfaltering encouragement I received along the way is something I am deeply grateful for. I also wish to thank the teachers at Hon Wah College, whose immense patience with a student who began slowly greatly aided my development. They provided guidance and gently applied pressure to keep me moving forward. I also made valuable friends here, whom I will definitely cherish for a lifetime. I truly enjoyed my time at Hon Wah, and I don't think there could have been a better journey than this. The fascinating thing about education is that there is no perfect path for everyone. I'm glad I found the right one for myself.



Sharing My University Adventure: Growth and Gratitude

Cheng Hok Kan Derek



香港大學

THE UNIVERSITY OF HONG KONG

I am a student majoring in Biomedical Engineering at the University of Hong Kong. Today, I want to share my exciting university life, the growth I have experienced, and the people who have supported me along the way.

My Major and Passion

I chose to study Biomedical Engineering because I have always been passionate about medical equipment. This field allows me to explore the theory behind medical devices, and I am eager to develop my expertise to make a positive impact in the future. My major not only challenges me academically but also inspires me to think critically and creatively.

Exciting University Life

My university life has been filled with memorable moments. I would like to share some exciting experiences, such as working on a final video project, engaging in EMG studies and conducting chemistry experiments, all of which taught me the importance of perseverance and collaboration. Although I had tough moments, such as learning a completely new topic in just three months, I have learned to stay organized and keep myself motivated.

Personal and Professional Growth

Throughout my university journey, I have grown both personally and professionally. I gained confidence in public speaking, improved my problem-solving abilities, and developed a strong sense of independence. These accomplishments have prepared me for future challenges and opportunities. I am proud of the progress I've made and look forward to continuous learning.

Gratitude

I am deeply grateful to my parents for their unwavering support and encouragement. I also want to thank my teachers at Hon Wah College, who inspired me with their dedication and wisdom. My friends have been a source of motivation and joy, making my university experience even more special.



Final Thoughts

My university journey has been a transformative experience, teaching me the value of hard work, resilience, and gratitude. I hope to continue growing and contributing to our society in the future. To my fellow students, I encourage you to embrace every opportunity, stay curious, and never give up on your dreams. When you feel tired, don't hesitate to pause and appreciate the scenery around you. Such moments of rest can help you recharge and continue pursuing your goals. Taking a break to enjoy the little things in life allows you to gain new perspectives and renew your motivation to move forward.

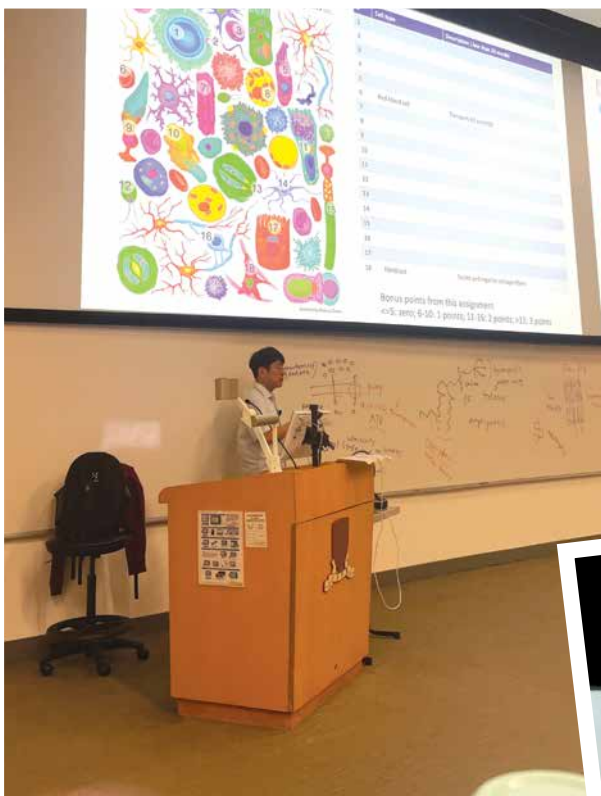


University: The Beginning of Self-Discovery

Nie Jenny



You know that moment when the training wheels finally come off? That's what starting university felt like for me. Overnight, the structures that had guided me for years—the nudges from my homeroom teacher and the rigid bell schedule—just disappeared. Suddenly, I was in charge. It was equal parts thrilling and terrifying. I remember the chaos of my first course registration, hunched over my laptop, trying to create a timetable that wouldn't have me sprinting across campus. The moment I clicked "enroll" felt like a tiny victory—my first real adult decision.



The biggest lesson, though, wasn't just about managing my time; it was about learning how to make the most of it. Some days, my schedule is wide open, and that's where the real growth happens. For me, that means finally learning tennis (my backhand is still improving) and finding peace in yoga classes. I'm incredibly lucky to be at Wu Yee Sun College here at CUHK. Securing a dorm room here is like winning the lottery—waking up to a sea view and having a well-equipped gym downstairs is amazing. The college's yoga sessions have become my weekly reset.

But it's not all easy. I also maintain a part-time job with friends, which has been both humbling and eye-opening. Then there's my actual major: Science. This is where the real shift has happened. School was often about learning what is true. Now, in my lectures and labs, we're digging into the "why." It's less



about memorizing equations and more about thinking like a scientist—questioning, testing, and sometimes, happily, getting things wrong before getting them right.

Looking back, I get it now. All those late-night study sessions in secondary school weren't just about grades. They laid the foundation—built by my amazing teachers at Hon Wah College and made bearable by my friends—that lifted me onto this new platform. This isn't the finish line they prepared me for. It's the starting block. And for the first time, I'm the one designing the race.



New Challenges Begin: The Freshman Year

Ho Chun Lok Javan



THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學

Entering my favorite university has always been my motivation

to study hard during my time at Hon Wah. Currently, I am a Year 1 student in the Global Business and Logistics, Aviation, Maritime, and Supply Chain Management scheme at the Hong Kong Polytechnic University. I am grateful that my wish has finally come true—having the chance to explore my interest in aircraft and related subjects.



Apart from the academic side, the most exciting part is definitely the “U-Life”. Before entering university, I was worried about what my university life would be like and afraid of meeting new friends. However, I joined several orientation camps at the beginning of the semester. This first activity in U-Life was not only memorable but also helpful in meeting others with similar goals. Additionally, I joined the school fencing team and reunited with some of my old teammates from the Hong Kong team. Recently, we represented PolyU in the University Sports Fencing Competition, and luck was on our side as we secured an

overall second runner-up position among all the universities.

Time management and self-discipline are perhaps the most valuable lessons I have learned. Even though university life is fulfilling, the academic workload is much heavier than I anticipated. Unlike secondary school, university provides more freedom in attending classes, making it a challenge for me to find a balance between my social activities and schoolwork.

I would like to express my deepest gratitude to all the teaching staff at Hon Wah, especially Principal Kwan and all the teachers who have guided me throughout my six years of study. They provided not only valuable academic knowledge but also unwavering support in pursuing my dreams.

Time flies, and my secondary school life is now a thing of the past. I often miss my days at Hon Wah since graduating. Therefore, I hope all Hon Wah students can cherish their time and study hard while they are here. To the Form 6 students, I wish you all the best in the upcoming DSE exam and hope you successfully enter your desired university.



More than an
Autograph





The Promised Land

Lee Lin San Kenan



香港中文大學

After 12 fruitful years at Hon Wah College, from Primary 1 all the way to Secondary 6, it's a privilege to say that I've made it to the Promised Land—the one my English teacher always mentioned. Here, I want to share my university life—the challenges, the friendships, and the self-discovery—in the hope of providing you with extra motivation and a boost to complete the DSE with flying colors.

Academic Life: Stepping into Independence

From an academic standpoint, once you step out of the protective environment of secondary school, you will quickly realize that the hand-holding is over. The most significant change is the relationship with teachers. In secondary school, our teachers acted as caregivers who meticulously tracked our progress, reminded us of deadlines, and provided repeated guidance.

At university, you must take personal responsibility for establishing your class schedule, meeting assignment deadlines, and learning on your own. Your professors, who are generally experts in their fields, assist you in this independent study. They open up opportunities for you to learn a great deal, but it is up to you to take advantage of that wealth of knowledge. You must be proactive in your studies by asking professors for help, forming study groups with fellow students, and engaging thoroughly with your assigned reading material. The assumption is that you are an independent, self-directed learner. Gaining independence from parents, teachers, and others who have always provided guidance can be both exhilarating and overwhelming.

Social Life: Stepping Out of My Shell

Coming from a slightly introverted upbringing, I never imagined myself in a leadership position. However, attending university has given me the opportunity to grow and develop beyond my comfort zone. I applied for the position of President of the Student Residence Association. The process of running for office and being elected forced me out of my comfort zone, making me more outgoing, friendly, and open in my interactions with the community. I now actively engage with many residents, plan and execute events, and respond to residents' concerns. This has been a very positive process. I have discovered a much more confident, outgoing, and capable person than I was before attending university.

The core of my social life has been my hostel floor. Living in a dorm means you're surrounded by people from all walks of life, and these strangers quickly become family. We share endless conversations and create unforgettable memories. Some of my fondest moments involve spontaneous gatherings in the dormitory with my hostel mates. These friends have transformed a building into a home.





Living at CUHK has also opened up a world of adventure right on our doorstep. Coming from the urban landscape of Siu Sai Wan, the expansive greenery of the New Territories was a revelation. Countless evenings and weekends were spent cycling with my hall mates. These rides were more than just exercise. They were mobile conversations, a way to breathe fresh air and clear our minds, and a shared exploration of a completely new environment.

Personal Life: A Home Away from Home

Reflecting on my experience, I can see how it has influenced my life so far and, in many ways, will greatly impact my future success. Having lived in Chai Wan, moving away from my family for my education at CUHK was a significant change, and a long commute would not have been feasible. Moving into a dorm was more than just a logistical decision. It represented a rite of passage for me. Living on campus has provided me with life skills such as budget management, laundry, and how to balance household chores with my academic workload. Although I occasionally experienced homesickness, I primarily felt a sense of independence and personal growth during my time at CUHK. Living on campus and learning to take care of myself in a new environment, while knowing I was just a phone call away from my family, has fostered resilience and independence that I never knew existed within me.

When I reflect on my journey from the confines of Hon Wah College to becoming confident and independent at university, I realize that this transition has been the best education I've received outside of a textbook. It has inspired me to learn, forge connections with others who share my values, and always be able to support myself. Therefore, while preparing for your DSE, remember that what you're doing is more than studying for an exam. You are laying the foundation for the next amazing journey in your life. You will have to put in a lot of effort, but I can guarantee that it will be worth it!





Cleared for Takeoff: Reaching New Heights at PolyU

Leung Pak Ho Marco



Hi everyone! I am currently studying the Aviation Engineering Scheme at the Hong Kong Polytechnic University. This scheme encompasses Aviation Engineering, which focuses on the technical aspects of aircraft maintenance, and Air Transport Engineering, which centers on the management side of aviation. The program aims to equip students with the knowledge and skills required for a successful career in the aviation industry.



Stepping through the doors of PolyU was an entirely new experience. The university supports us 24/7, providing countless resources, such as exchange programs and various activities. The possibilities are endless and extend far beyond academics. Students can develop a range of skills and shape themselves into better individuals. My life at PolyU is also spectacular, and I have a supportive group of friends in my major who are always there for each other. Outside of my major, I have joined the Cartoon Arts Society and have been meeting other undergraduates with similar interests to enrich my university experience. Furthermore, I plan to take a minor in Japanese during my second year to broaden my horizons.

As a university student, it is crucial for us to be independent and responsible for our choices. However, one of the biggest challenges I encountered was the limited information provided at the start of the academic year to guide us as freshmen. There was no one to tell us what to do next, which meant I could have missed important deadlines without realizing it. The only guidance came from a few emails and the 134-page Student Handbook. Therefore, I must thank my second-year senior fellow apprentice for answering my questions about PolyU and providing valuable guidance. I can't imagine how my first few months at PolyU would have been without his help.

Before my journey at PolyU, aviation was merely a topic I browsed on the Internet in my free time. Now, it seems highly probable that it will become my future career. From the bottom of my heart, I am grateful for the opportunity to study this program, as it is a dream come true. I also must thank my parents for their continuous support along the way and my English teacher at Hon Wah College, Ms. Choy, for providing me with numerous opportunities to sharpen my English skills for the HKDSE.

To all students at Hon Wah College, university life is something to look forward to. The difference between it and secondary school makes it much more special, memorable, and fun. Finally, to the S6 students preparing for the 2026 DSE, I wish you all the best of luck, and I look forward to seeing you at PolyU!



From Hon Wah to HKUST: Building Robots and Developing Discipline as a Freshman

Li Ho Yan Norman



香港科技大學
THE HONG KONG
UNIVERSITY OF SCIENCE
AND TECHNOLOGY

Starting my freshman year at the Hong Kong University of Science and Technology (HKUST) as an Electronic and Computer Engineering major initially felt overwhelming. After graduating from Hon Wah College, stepping into such a prestigious university made me nervous, and I

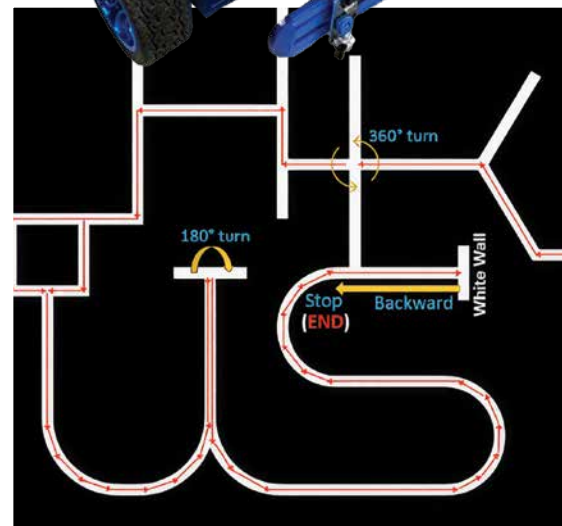
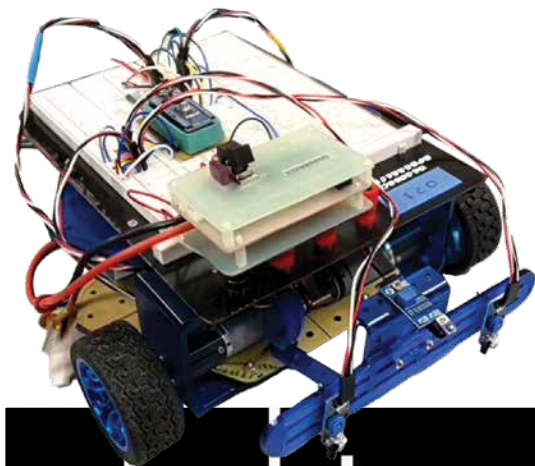
wasn't sure if I could keep up with the fast pace and high expectations. Yet, this new chapter also marked the beginning of an exciting journey into the world of circuits, programming, and innovation that I had chosen to pursue.

One of the highlights of my first semester was the course ELEC1100: Introduction to Electro-Robot Design. Working in teams, we built a vehicle that could follow a white line on a black map, perform various actions, and reach the destination successfully. The entire process was both challenging and enjoyable. It introduced me to the basics of electronic engineering and C++ programming in a hands-on way that made learning feel natural rather than forced.

Another memorable experience came from a mandatory course requiring participation in community meetings, sports skill classes, and Personal Enrichment & Community Service activities to pass. I appreciated how this course encouraged us to maintain our personal health and contribute to society. Having the freedom to choose events that matched my interests opened up opportunities to meet new people. Among the activities I joined were an indoor war game and a one-day trip to Macau—both were fun ways to connect with classmates beyond the classroom.

These experiences have significantly contributed to my personal and professional growth. I've become more disciplined in managing my time and responsibilities. Most importantly, I've learned that every choice comes with a cost—whether it's the short-term temptation of skipping classes, which can feel appealing, or the effort required to revise and complete assignments, which is essential for real progress. Balancing these demands as a freshman has helped me become mature and appreciate the long-term value of consistent effort in both my studies and personal development.

None of this would have been possible without the strong foundation built by my teachers at Hon Wah College. Almost everything I've learned—from study habits to critical thinking—has come from their guidance and dedication, and their support continues to aid me every day at HKUST. I am deeply grateful to each of them. As I continue my journey in Electronic and Computer Engineering, I look forward to applying these lessons and growing even more in the years ahead.



Shards of the Past, Vistas of Growth: My Archaeological Journey at University

Ting Sum Yi Melody



北京大學
PEKING UNIVERSITY

Archaeology, a discipline that unearths civilizations' forgotten whispers through tangible relics, has been my intellectual compass since I embarked on my university journey. This pursuit extends beyond excavation, delving

into the narratives of ancient civilizations—unraveling the stories of those who lived on Earth thousands of years ago by piecing together fragments of pottery, tools and ruins. It has profoundly shaped my academic and personal evolution.

My university experience is cultivated by wonder and discovery. A highlight was a study tour to a provincial archaeological site, where I knelt in the dust and brushed away soil to reveal a weathered potsherd—its curved edge and faint decorative motifs serving a silent testament to an ancient culture. The camaraderie and erudition of my professors and peers left an indelible impression: their encyclopedic knowledge of stratigraphy, artifact dating, and cultural contexts transformed every discussion into a masterclass of curiosity. The university library, a colossal repository of scholarly tomes and archaeological reports, became my sanctuary, while the tranquil Weiming Lake and iconic Boya Tower provided solace amidst rigorous study—their serene vistas a soothing balm for the mental strain of analyzing artifacts and piecing together historical narratives.

This journey has fostered remarkable growth. I have transformed from a dependent adolescent into an autonomous individual. For a semester project on “One Country, Two Systems,” I designed my own research framework, sourced academic papers from the library’s archives, cross-referenced my potsherd findings with regional databases, and presented an original interpretation of what this policy entails—all with minimal guidance. Moreover, the rigorous demands of archaeology for meticulous analysis refined my critical thinking skills, which are crucial for assessing historical evidence and questioning established interpretations.

Gratitude anchors my reflections. My teachers at Hon Wah have provided unwavering support. They addressed every query, whether it pertained to academic nuances or career aspirations, with patience and profound insight. My parents, visionary and encouraging, urged me to pursue overseas study and follow my passion wholeheartedly. My friends from Hon Wah have maintained our strong bond despite the distance, providing me with a constant source of strength.

Challenges are inevitable along any journey, yet archaeology has taught me that setbacks are merely layers awaiting excavation. Confronting them with resilience reveals unforeseen growth, with treasures waiting beneath adversity. As I continue to delve into the past, I carry with me lessons of independence, curiosity and gratitude, eager to unearth more stories and carve my own place in this timeless discipline.



A Unique University Experience

Yeung Tseng Yiu



The past year has marked a significant turning point in my life as I transitioned from Hon Wah College to Fudan University in Shanghai. With a deep-rooted interest in clinical medicine, I have chosen it as my major. As a first-year clinical medicine student, each day here is a new exploration for me.

University life at Fudan is dynamic and exhilarating, characterized by a vibrant campus atmosphere full of opportunities. Beyond intense study, there are countless clubs, academic seminars, and volunteer programs to participate in. These activities have enriched my first year at university. I have joined a medical discussion forum, where I have the invaluable opportunity to communicate and learn from senior students and experienced peers. Through in-depth exchanges within the forum, I have gained a clearer understanding of medical study and clinical practice in the years to come. I have gradually realized that being a doctor requires not just professional knowledge but also continuous learning, thoughtful reflection, and empathy. Inspired by every meaningful discussion and guided by the rigorous academic atmosphere, I am more determined to pursue this medical path and turn my aspirations into reality.



Reflecting on the few months since I entered university, the growth I have experienced has been remarkable, resulting in a profound transformation. Personally, I have developed resilience. The vast amount of professional knowledge has taught me to plan my studies wisely, remain focused, and keep a calm mind even under pressure. I have also become more independent and confident. I have learned to build harmonious relationships with my roommates and classmates, take care of myself, and take responsibility for my actions. Academically, I have transitioned from being unfamiliar with medical concepts to independently organizing my learning system and conducting basic experimental tasks. I have mastered how to manage my study time efficiently, analyze problems rationally, and persist in overcoming difficulties. Every bit of progress, every challenge I encounter, and

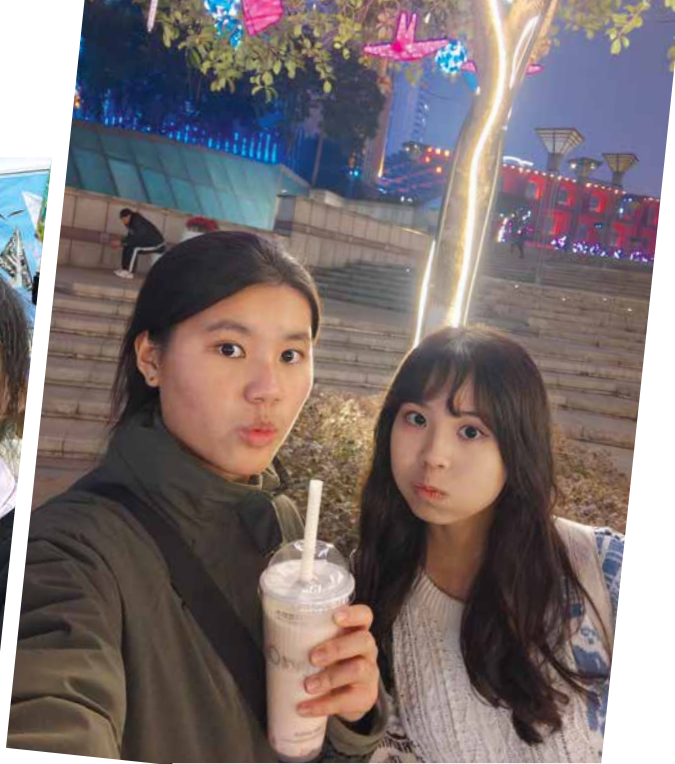
every experience on campus has become a cherished memory of my first year at university. This growth has laid a solid foundation for my medical journey, shaping me into a more focused, responsible, and mature individual.

I want to express my deepest gratitude to the important people who have supported me along the way. First and foremost, I am extremely grateful to my parents, who have provided me with selfless care and encouragement to pursue my medical dream without fear. Whenever I feel tired or doubtful, their trust and encouragement become my strongest pillar, allowing me to advance firmly on this challenging path.

I also owe a heartfelt thank you to every teacher at Hon Wah College. With endless patience and dedication, you guided me not only in knowledge but also in how to think, learn, and grow into a better person. Thank you for giving me countless opportunities to challenge myself, even in areas where I struggled, and for believing in me when I doubted myself. You never pushed too hard. Instead, you gently encouraged me to step out of my comfort zone. I appreciate your deep concern for my feelings and emotions, your ability to notice when I was anxious, tired, or stressed, and your unwavering support. Thank you for helping me become a more confident and brave individual. Lastly, I am truly thankful to Hon Wah College for providing me with the opportunity to study clinical medicine at Fudan University. This remarkable chance has laid a solid foundation for my future and my dreams.

As a first-year clinical medicine student at Fudan University, I recognize that this is just the beginning of my medical journey. The road ahead is long, with years of study, sleepless nights, and immense responsibility awaiting me. Many more challenges and responsibilities will come in the future. However, I will always keep my original aspiration to study hard, continuously improve myself, and strive to become an excellent doctor.





An Amazing Journey of Studying at Fudan University

Cheng Nga Huen Monica



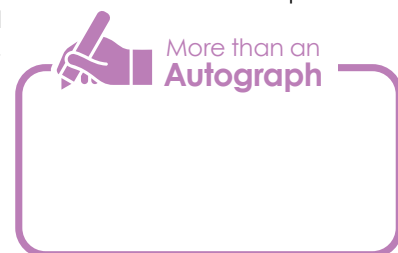
Shanghai is a tourist-friendly city with many famous landmarks, such as the Oriental Pearl Tower and Shanghai Disneyland. Fudan University is located in this fantastic city, which offers a variety of cuisines and many historic buildings for students to visit and enjoy during university life. These factors are part of the reason I chose to study here.

I am majoring in History at university, an experience that differs significantly from studying history in secondary school. The syllabus for HKDSE History includes general topics, often skipping fascinating subjects like the Three Kingdoms Period and the Xia and Shang Dynasties. Moreover, many students study history primarily to achieve excellent grades in exams, lacking genuine interest in the subject. At university, however, all the students share a passion for History. They read extensively—books and articles—to broaden their horizons and deepen their understanding from different perspectives. Additionally, professors often remind us to maintain skepticism and never to blindly accept what others say. I believe this experience encourages me to think from multiple viewpoints.

There are various activities for freshmen to connect with the university community. The most memorable event was the “Fudan University Club Fair.” Organized by different school clubs, such as the band club, guitar club, and Fudan Cat Association, the fair invited freshmen to join. On that day, we enjoyed dance performances, a band concert, and a magic show. Some clubs collaborate with other universities in Shanghai, facilitating frequent gatherings. These events provide opportunities to meet new friends from different schools and share our daily lives together.

Studying away from home independently has taught me how to take care of myself. I must check the weather daily, especially in winter. Although Shanghai rarely sees snow, it can still be quite cold, with annual winter temperatures averaging around 2-10 degrees Celsius. I also have to tidy up my belongings and sweep the floor every week. Additionally, I must buy daily necessities like toothpaste, water, and tissues every month.

Studying at Fudan University is a valuable experience for me to explore the world and deepen my understanding of History. I believe I will participate in various activities and learn even more about History in the future.



From College to University: Growing Through Nursing

Ng Pak To Isaac



In 2025, I graduated from Hon Wah College and have recently embarked on my new journey as a nursing student at MU. Majoring in nursing means I have more lessons than my peers. Nursing, as everyone knows, is about being a caregiver to patients. I am learning various skills, such as wound care, muscle injections, and nasogastric tube insertion, but the more important techniques I have mastered are nursing assessments and clinical decision-making.

As a university student, my life has significantly changed. In university, classes and lectures are not held on a regular schedule. What I have learned in these past few months is the importance of planning my time effectively. From registering for subjects to allocating time for self-directed nursing practice, and from gaps between classes to after-school studies, these situations have enhanced my time management skills and helped me become more self-disciplined. Additionally, the main difference between secondary school and university is the study mode. I was initially perplexed by the self-directed learning approach in university, where everything has to be actively learned. Fortunately, after a semester, I have gradually mastered different research methods to complete my assignments.

Regarding my university life, the part I enjoy most is, of course, the semester breaks. I have made good use of my time by hiking and connecting with nature, something I seldom



did in the past. Stepping away from the city and electronic devices allows me to feel more focused and energized. Although these trips can be tiring, they are still worthwhile experiences. The most exciting aspect of my future life is clinical placement. This will provide invaluable experience in a real hospital environment where I can learn practical clinical skills.

Finally, I would like to thank my parents for their love and support, and my teachers at Hon Wah College for their guidance and patience. All of you have encouraged me to move forward, sharing personal experiences and helping me achieve success. In the future, I hope to continue improving myself and become a nurse who truly cares for patients with compassion, responsibility, and professionalism.

Embarking on a Novel Odyssey

Tsang Yu On Ivan



"Time is of the essence". Most of you might have heard this phrase before. Throughout my years studying at Hon Wah College, it has always been difficult to pause my journey and embark on another. Even though I didn't choose other matriculation institutes (excluding the University of

Hong Kong), I have been continuously developing myself through the Associate of Business Administration degree at the Hong Kong University School of Professional and Continuing Education (HKUSPACE).

Frankly speaking, I have never studied in the field of Business, which is why I must study effectively to understand complex concepts and achieve remarkable outcomes. This program covers four primary areas: marketing, management, financial management and financial accounting. To strive for the pinnacle of success, I not only need to revise and memorize key business concepts but also apply theoretical knowledge in practical situations. Fortunately, as the courses are taught entirely in English, I have been able to grasp the concepts relatively easily.

During my high school years, I was always reluctant when it came to individual presentations or public speaking, which often filled me with chills and anxiety. However, in my current learning environment, with a plethora of opportunities to present, my introverted self has grown into a slightly more extroverted and outgoing personality. Moreover, I am now able to articulate my thoughts in a professional manner, thanks to the skills I've developed in this course.

Currently, I'm planning to take the IELTS test to further improve my English. As someone who scored relatively well in DSE English, I believe I can handle the first three papers with ease. That said, speaking—my greatest nemesis—requires



considerable practice, especially with the need to speak for more than 10 minutes individually. Nevertheless, I recognize that honing my oral skills and expanding my vocabulary are crucial for success. Best of luck to me!

Finally, I would like to express my appreciation for the teachers from whom I have learned, whose dedication and commitment have been immensely significant. My friends have always supported me through thick and thin, serving as the anchor of my ship amidst stormy seas. Most importantly, I want to convey my deepest gratitude to my family. I will never forget their care and support over the years, which comforted me during the toughest moments. I could hardly have accomplished anything without their assistance.

The first semester has concluded, and the next one is already here. Having achieved a GPA (Grade Point Average) of 3.54, I know I should start revising in advance and aim for an even better grade. I genuinely hope all of you can thrive as well! To the juniors, keep honing your skills and acquiring knowledge! Explore which subjects suit you best and cherish these joyful moments with your friends! To the higher forms, remember to take breaks from your rigorous DSE journey! A positive mindset is also vital if you wish to accomplish greater feats!

Young Achievers

The English Department is proud to recognize the achievements of our exceptional students at the 77th Hong Kong Schools Speech Festival. Approximately 25% of our participants secured top-three placements in their respective categories, while nearly 90% achieved Merit or higher. At the 76th English Speech Festival, one of our Dramatic Duologue teams distinguished themselves by winning with honors, earning one of the highest scores in Hong Kong. This remarkable accomplishment led to their invitation to perform at the prestigious 76th English Speech Festival Prize Winners' Recitals, and their outstanding performance was broadcast on RTHK for public viewing.



77TH HONG KONG SCHOOLS SPEECH FESTIVAL (2025) (ENGLISH SPEECH)
HON WAH COLLEGE - ENGLISH DEPARTMENT



CHAMPION - S4 PUBLIC SPEAKING SOLO
S4C CARSON TAM



CHAMPION - S4 BOYS
SOLO VERSE SPEAKING
S4C NICHOLAS CHU



2ND PLACE - S2 GIRLS
SOLO VERSE SPEAKING
S2B CINDY RAO



2ND PLACE - S3B-4
DRAMATIC DUOLOGUE
S3A CAVDEN CHAN & S4A ANDY LAU



2ND PLACE - S3 GIRLS
SOLO VERSE SPEAKING
S3A JUNO ZHOU



3RD PLACE - S2 BOYS
SOLO VERSE SPEAKING
S2A RYAN LYIEW



3RD PLACE - S3B-4
DRAMATIC DUOLOGUE
S3A HARIWO HONG & S3C NICHOLAS CHU



3RD PLACE - S4 GIRLS
SOLO VERSE SPEAKING
S4C CHRISTINA YUEN



2ND PLACE - S4 PUBLIC SPEAKING SOLO
S4C NICHOLAS CHU



2ND PLACE - S3 GIRLS
SOLO VERSE SPEAKING
S3C FLEAD OTTE KWONG



3RD PLACE - S1 BOYS
SOLO VERSE SPEAKING
S1B JERRY GAO

First Time, First Place

S4C Chu Nicholas

Teacher: Ms. Tam Wing Yan



Honestly, for a first-time contender, I believe I did pretty well. I mean, what are the odds of getting first place on your debut? Definitely not often, that's for sure. Nevertheless, I am here to share with you my experience, so let's get started.

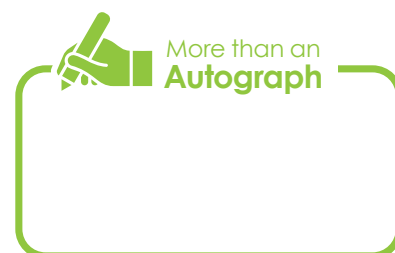
Immediately after I won 2nd place in the public speaking solo competition, I was already roped in for training for the solo verse speaking competition, and this time the poem I had chosen was Harriet Tubman by Eloise Greenfield. Fortunately, the context of the poem was very easy to be understood and the poem is very easy for memorization. It also gave me clarity on when to change the inflection of my voice.

Harriet Tubman, in short, was about an enslaved Black woman who escaped from captivity and went to the North seeking shelter; later on, she would go back down South to save over 300 other enslaved people. All in all, I was very hopeful to win, as I am very skilled at wielding words, and one of the most useful tips I've had was not to move your hands and legs, as it takes away from the main focus - the words and the poem.

The competition day had arrived. I was not that nervous, as the previous two competitions had already knocked almost all the nervousness out of me, though I still had the lingering feeling of dread that I would not be getting on the podium.

I never had to fear anything at all as I felt that I was well prepared. Other competitors were very expressive that I truly did feel some emotion from some of them. But after all that had been said and done, I had bested my peers in a very not so close finish.

All in all, my main takeaway is to be familiar with your own limits and capabilities. Reflecting on my journey thus far, you may have noticed my consistent involvement in numerous speech festival competitions this year. However, the challenges of maintaining a balance between my well-being and academic pursuits have often remained the interesting part of the journey. Despite that, I still would participate again and would wholeheartedly recommend it to anyone with an interest in such pursuits.



It's Now or Never: My Journey to Victory at the Hong Kong Speech Festival

S4C Tam Chun Yuet

Teacher: Ms. Tam Wing Yan



With a new year comes a new leaf.

This time, I'm sure that I'll leave with a belt of victory to heave.

Then my head jerks my mind around.

It's my third year of participation in the Hong Kong Speech Festival.

Reaching my hand for a fresh new round,

'It's now or never,' I joined without another interval.

Being familiar with the dramatic Solo Verse performances, charging into the uncharted territories of public speaking could be a fatal dice.

Still, a chance to play twice never turns out bad,

And I'm not letting go of the feast of the penance. 'Recycling and its importance'—

Such a vague thesis to have my stance.

Naive as I was,

I tried carving the elephant's tusk.

Normally, I can never catch up with time.

A blazing sonata of sludge and grime,

A reverie that I never want to look back on.

Maybe it was guidance,

Maybe it was the lack of acceptance.

I took the feathers of the Angel's wings,

And let it be my feather and quill of imagining.

I was enlightened,

And I stand corrected.

'I have a new frame of mind,'

I declared sententiously.

I remember, that little peace of mind

Sent my fingers soaring so expeditiously.

'It's now or never,' the words swiftly gave formation,

My flame to triumph,

My light for my revolution.

It's all black for the brighter white.

'It's now or never,' I held my growing worry.



There will be no point wailing sorry.
A hundred steps I strode back and forth,

Looping the hallway north and south.

Every time my hand grasps a sheaf of white,

Every error calls for a pen to write.

To me, it doesn't stagger me,

Or it's just that I pretend to ignore it.

I ground my legs to and fro every day without fail,

Whether it's hallow or hail,

I stood ready to release my arms free,

Open my mouth for a smile of glee.

I know, once on and off the stage,

My smile will widen further than the page.

On that fateful day, I stepped outside the classroom,

In the blink of an eye, the two spaces collided,

I stepped into the theatre room.

I can feel my little heart

Throbbing and pounding in quaking tremors.

It's time to take the part,

No time to feel the chilly rigor.

'Today's the 18th,'

'My candidate number is 18.'

Maybe it's the calling of things to come,

Continued on
next page





Or just my nervousness playing an imaginative crumb.

'It's now or never,' I looked at my script for the finale.
The steps echo louder than ever.

'It's now or never,' I swallowed my nervousness,

Swallowed my pride from the scatter.

Speaking my speech was the most glamorous,

Feeling my lines and tone in utter control,

Watching the clock tick down,

Sweat so grievous,

My mouth closed its lips to roll.

Barely hiding a dissatisfied frown.

By the time the stairs felt so steep,

I let a breath of shaky sweat escape my body.

'That's that,' my body responded in soreness,

The audience felt the collapse of my body.

I retreated back to the comfort of my bag and body.

I could barely see the hands move,

Maybe it's mirroring my frozen mind.

My eyes were glued on the sainte-beuve,

Whispering the shattering hubris as my teeth grind.

Then, as slow as it was fast,

The results were finalized,

As the adjudicator's legs rose steadfast,

Waiting for her words to summarize.

Compared to the others and their tricks,

Mine felt boring and cliched.

Second Runner Up: Candidate 6.

I applauded her as a sign of respect for an acclaimed achievement,

My heart sank down River Styx.

It's now or never if next's not my treatment.

Runner up: Candidate 7.

I applauded again, my fate was sealed shut in chains.

I'm the silver collector, if I don't get this shiny gain,

I know I'll be more than mystery dead meat,

I can only sigh the breath of defeat.

Champion: ___

They had drumrolls,

Everyone had their eyes out,

Only I sat an unamused blesmol,

Knowing that I will only hold a merit trout.

Champion: Candidate 18.

18? Surely my ears malfunctioned from grief.

But as my head fought in skirmishes,

The adjudicator called my number once more,

My legs sprung up as lively as ever.

Unbelievable;

Implausible;

Unthinkable.

I grabbed the familiar roughness of the mark sheet;

Also grabbing the unfamiliar award of the Grandiose.

'Congratulations' couldn't have had a more heart-throbbing effect on me.

'It's now,' I stepped up the stage again,

Not the shy me standing in downcast rain.

Immortalized in the picture,

That smile filled my story's aperture.

Thank you to everyone willing to lend a hand and give me that push to beat the congregation of turtles. I can't show more gratitude than this article dedicated to each and every one of you.



A Grateful and Remarkable Journey: One Step Towards Success

S4A Lau Hin Long

Teacher: Mr. George Cheung



Hello everyone, I'm Andy Lau Hin Long from S4A. I'm very grateful to have had the opportunity to compete in the Hong Kong Schools Speech Festival and to achieve first runner-up in the Dramatic Duologue competition.

This was my first time participating in Dramatic Duologue and placing in the top three at the Speech Festival. I was encouraged by my partner, Kayden, to embark on this journey. We dedicated a great deal of time and effort to the competition, and as a result, we achieved great success in our competition.

At the beginning of the competition, my partner Kayden was very anxious and stressed out. I noticed his unease, so I suggested that we recite the whole piece together five more times to help calm ourselves. I realized that regardless of the outcome, the most important thing was to do our best and enjoy the moment on stage. Surprisingly, I didn't feel nervous at all during this process. Perhaps it was thanks to my past experience on stage, and having a friend beside me made the situation much less daunting. It has truly been a remarkable and extraordinary journey.

I would like to take this opportunity to express my gratitude to Mr. George, who always had our backs. He guided us and provided unwavering support throughout those months, teaching us how to perform better and act with confidence.

Furthermore, I want to extend my appreciation to all my friends and family who have always been there for me. Thank you once again—I couldn't have done it without you all.

I am delighted to have this achievement in my repertoire, and I eagerly anticipate further improvement

in my journey with Dramatic Duologue and English language. This experience has not only enhanced my English language skills but also boosted my confidence and focus when speaking in English, taking me to another level of proficiency.

This journey was a delightful surprise and left both of us in awe. The feeling when the adjudicator announced our victory was truly indescribable.

I hope that we can strive for even greater achievements next year.

Thank you all!



Echoes of Courage: Two Voices, One Stage

S3A Chan Long Yiu, Kayden
Teacher: Mr George Cheung



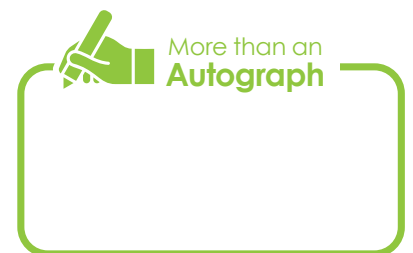
Hey everyone, I'm Kayden Chan from 3A. I'm really thrilled to have been a part of the Hong Kong Schools Speech Festival with my partner, Andy Lau Hin Long. We did an awesome job and ended up as First Runner-up in the Dramatic Duologue. It wasn't just about winning; it was about learning and growing together.

When I first started doing Dramatic Duologue, I was super nervous. I thought it would be tough to show emotions, remember the timing, and perform well on stage. Andy helped me stay calm and focused. We put in a lot of practice after school, going over our lines multiple times and fine-tuning how we delivered them, the speed at which we spoke, and how we moved on stage. As we did this, I started feeling more confident. I realized the importance of teamwork. Having a friend up there with me made it both scary and more fun.

Big shoutout to Mr. George, who has been a huge help in many ways. He gave us great advice on speaking, expressing emotions, and understanding our characters down to each and every line. It really elevated our performance. I also want to thank my friends for being there during practice sessions, supporting me when I felt like giving up, and helping me through stressful times, which kept me going.

I learned that improvement and hard work are more crucial for success than winning awards. As my English got better, so did my confidence. I realized that progress is possible with effort and focus. I'll never forget the moment they called out our names. After months of hard work, I felt a mix of relief, joy, and pride.

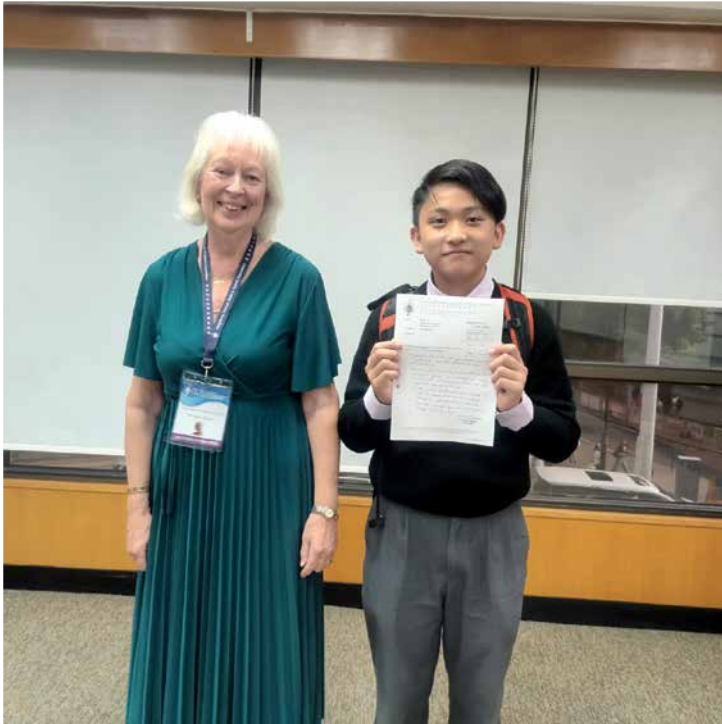
The Speech Festival was a game-changer for me. It motivated me to keep honing my English and dramatic duologue skills and to take on new challenges that push my limits. On that incredible stage, I'm hoping we can deliver an even better performance next year and keep our courage and passion alive in everything we do.



Silver Tongue, Silver Medal

S4C Chu Nicholas

Teacher: Ms. Tam Wing Yan



Another year, another medal to add to my belt, and this time, I was fortunate to earn second place once again.

After last year, I had been exposed to the wonders of an inter-school speech festival, and it drove me to greater heights, so I had signed up for three classes, but my interest was caught most in public speaking. I already had the credentials from last year—having made it to the top 10 in a Hong Kong-wide public speaking competition. This year I was hoping to do much better than this.

Unfortunately, my dramatic duologue had to be prioritized as it was competing much earlier than public speaking. But after all that had been said and done, I started to workshop an idea.

The topic was the importance of recycling. I thought that should be easy since I have studied Geography. But I came up with a blank slate; I had no idea.

Soon enough, it was a week before the competition. I barely had an idea: maybe I can talk about a short story about the Great Pacific Garbage Patch? No, that won't do. I was spiraling;

luckily I had some help from my fellow competitor who had already competed and won gold. He told me what I should be adding, what I should take out, and with the help of my teacher, I was able to make a very coherent and convincing script.

All I had to do was to memorize it and use my ever-reliable silver tongue.

The day approached. I bid my friends adieu as I left towards the competition venue. I asked my mother to accompany me for the competition, offering mental support when I needed it most. I dozed off for the first half, but I did get a glimpse of another competitor who was really loud and had a strong script; it was going to be a difficult game.

Soon it was my turn; I got up, looked at my script one more time, and started to deliver my speech. I didn't move my hands or body much—possibly due to my nervousness—but that's probably what the adjudicator liked. After I finished, I felt a wave of relief wash over me. I believe I did well, and the placement suggested the same.

In the end, I didn't get first place, but second was still worth celebrating. I soon approached the adjudicator for some feedback to support my personal growth. I felt proud of being on the podium for not just one, but three competitions this time. Thank you for reading! See you again!



Years of effort have brought me here today

Charlotte Kwong

Teacher: Ms. Tam Wing Yan



When the 77th Speech Festival dawned upon me, as always, I'd willingly signed up for the renowned competition that takes place in this city every year. I was offered a spectrum of poems to perform, and after skimming through countless choices,

I ultimately chose 'The Word Party'. As a structure, the poem demanded one's expressiveness with words and one's ability to memorise words that seemingly blend together when reciting aloud.

Words rhyme along the poem, and your memory gets foggy the longer you try to remember it as if it were at the back of your hand.

With so many factors to account for, and through my hard work, I achieved second place. But behind that glory came daunting tasks.

For starters, you'd need to get yourself in the right headspace to even begin this poem's speech. The words are lined with nouns that require the speaker to mimic different tones while transitioning between emotions seamlessly.

I was told by my parents to watch dramatic movies and musicals, which exaggerate the tone to a degree that is entertaining not only for the audience, but for the adjudicator too. With that, I was able to capture parts of dramatic expressions with my tone after observing how others performed.

However, that was not all. I also had to use my facial expressions too to align with my tone. This was a hard task for me, as I usually had a stiff expression. After seeking advice from my English teacher Ms Tam, she corrected my tone delivery and also adjusted the way I performed the poem to suit my natural deep voice. We practised this more than three times over the weeks to refine my skills before I went to the stage.

It was not in vain, for I ultimately earned second place in Secondary 4 Girls Solo Verse Speaking.

Because of this hard-earned achievement, I would like to give credit to my parents, who patiently taught me and guided me through the competition despite my worries, and Ms Tam, who used her extensive knowledge to help me perform at my best. I owe them my sincere gratitude, for without them, I would not have been able to achieve this result.



Reflections on Success: My Speech Festival Journey and Practice Insights

S2B Rao Xinyi, Cindy

Teacher: Ms. Tam Lai Mei



I would like to extend my gratitude to the English Department for inviting me for Hon Wah in Blossom Issue 17. It is indeed an honor to share my award-winning experience at the Speech Festival along with some of my practice methods.

This year I was lucky enough to win the 2nd place in the Solo Verse Speaking at the 77th Hong Kong Schools Speech Festival. I must say this achievement was the result of extensive practice and preparation.

A few months prior to the competition, I received the poem I chose to recite: "Homework! Oh, Homework!" by Jack Prelutsky. This poem captures the author's and many students' sentiments towards homework. During practice, I infused genuine emotion into my recitation. For example, the line "Homework! Oh, homework! I hate you, you're stink!" required a strong expression of disdain, which I conveyed with a powerful voice. In contrast, the final line, "If you just disappeared," demanded a different emotional tone. I envisioned the homework turning into confetti and vanishing, which filled me with joy. Thus, I pronounced "disappeared" with a drawn-out, softer tone, creating a sense of it fading away. When reciting poetry, feeling and understanding are crucial.



I would like to express my gratitude to my English teacher, Ms. Tam, who provided dedicated instruction and support. She patiently guided me through pronunciation challenges and helped me connect with the poem's emotions, for which I am very thankful.

By the way, one more thing, I often practiced in the bathroom before the competition, reciting poetry while taking a shower because I felt very relaxed and free when I took a shower. It's a good way to practice when you feel relaxed.

This is what I want to share and my experience. Thank you again to the English Department and Hon Wah in Blossom for this opportunity.



Make it remarkable!

S3A Zhou Zhunuo Juno

Teacher: Ms. Tong Sue Fern



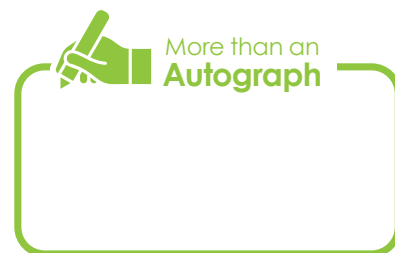
I still remember the surprise when I heard my name during the competition; it was the first time in my life that I had become a 2nd place winner at the Speech Festival. It started casually when Ms. Tong mentioned the speech festival in the lesson. I just wanted to do something to occupy my time so I wouldn't be bored. In that case, I decided to participate in the festival.

After that, all I did was memorize the lines and practice the tone, which I would say was totally normal. I didn't even think about achieving a remarkable result in the competition. I just did what I could.

Then time passed, and finally, the day of the competition arrived. My preparation for the competition was completely a disaster. When I arrived at the venue, I realized I hadn't brought anything. So I went back home to get the competition notification. I was almost late, but I still had a chance to perform my speech. Well, all I did was walk to the stage and speak, which felt basic. But what happened next was totally unexpected—I won second place among all the participants! I still couldn't believe it was true!

After the speech festival, I tried to understand how I managed to win silver. I think it's because I was very true to myself. From the beginning, all I wanted was to have fun. I didn't put any pressure on myself; I just did what I could do, as I said. Sometimes, when we don't have a lot of expectations, things work out even better. I think it's because excessive desire for fame, money, and honor can cloud our original intentions. Having a pure heart and soul makes things better and easier for everyone. I think that's why, as an anxious person, I didn't get nervous on stage. I was having fun!

My advice to anyone who wants to excel is not to push yourself



Top Three Busy Bee

S4C Chu Nicholas

Teacher: Ms. Tam Wing Yan



Hello everybody, this marks my second year doing drama specifically, and this year, with the title "To Bee or Not to Bee," one would normally assume it to be a Shakespearean story, but no. It is a tale of Noah's Ark, in which a bee, whom I'll play, tries to sneak onto the boat and haggle with the lady of the ship, Ms. Noah, and is afterwards kicked out forcefully. But I'm sure you have already seen me on stage, so you get the gist.

Being one of the first few teams to perform placed us in a vulnerable position—like being first on the chopping block—so I made this piece my top priority in my training. I had already purchased a bee costume before I began planning the stage play. We spent days and nights observing other teams in the English Drama Alliance and giving feedback to one another. We also tried to incorporate our observations and understanding of the script into our blocking. We spent many days and late nights training and it led to spite of that, we kept on trudging along. Before long, the day of our competition was here.

My team was scheduled to be second, but since the first group didn't show up, we had to go first—a challenging position, as it meant we served as a benchmark against which everyone else would be measured. I was nervous but hopeful since I actually liked the script and enjoyed working alongside my drama partner.



... began to train and memorize the lines. We people gossiping about our intense training schedule. In

We pushed through, and in the end we got third place. "Not that bad," I said to myself. Similar to the double-marking system in HKDSE, I wish there could be one more adjudicator to exchange judgements so that we could learn more from other professionals.

With that said, I really enjoyed my time there. Achieving third place is an accomplishment I genuinely appreciate. Well, thank you for reading and have the rest of your wonderful day.



The Art of Competition: Finding Joy and Learning

Hung Yik Sum, Maruko

Teacher: Ms. Tam Wing Yan



As a third-place winner, I believe we should always stay humble and low-key. Honestly speaking, I think I have done better in other competitions I've joined, but this time I was with my new partner. This year's competition could have been one of the most enjoyable experiences I have ever had - if not the most enjoyable. The training sessions were really enjoyable, and trying a lot of fun things with Ms. Tam our trainer, too.

The arrangements of the competition seemed a bit different this year. First of all, a 10-minute intermission was introduced in the competition, allowing competitors a short breather during the competition. For a team like ours who was put to perform first, we could mainly use the time to reminisce about our performance and offer mutual support.

Eventually, we secured a solid third place. I was somewhat surprised about it, to be honest. Indeed, third place is better than not reaching the podium at all. I thought our production was interesting and captivating enough for the audience. However, the adjudicator might have had a different perception. So, I believe it's more important to understand the diversity of perceptions. Despite the differences, I am proud that we managed to push ourselves up there and the long battle we faced against the swarm of talented actors from other schools, I'd say it was worth it.

This year has not been an easy year for me either. All the practice sessions for dramatic duologue and solo verse speaking overlapped, making it particularly hard for me to stay exceptionally focused on the training. However, it didn't stop me from clinching medals in the events, as I kept repeating the lines to myself again and again. In fact, it took a painfully long while to etch them in my head.

Last but not least, I would like to extend a special thanks to Ms. Tam for training us for the competition; to my partner, Nicholas (the Bee), for his collaboration; to my wonderful friends for supporting me along the way and listening to me recite my lines; and to myself, for persevering through the experience. See you all again!



A Decade of Growth: My Journey in Solo Speech and Dramatic Duologue Competitions

S4C Yuen Christina

Teacher: Ms. Tam Wing Yan



Once again, I participated in the Speech Festival solo competition and the dramatic duologue competition—this being my 10th year in solo and my 3rd year in duologue. To my surprise, this year I placed 3rd on the podium in the solo speech competition, rather than in my dramatic duologue competition.

This year, I was lucky to have a solo script that was more up my alley, with demands such as greater vocal expression and control, requiring me to convey the meaning and emotions of the lines using only my voice and facial expressions. Although I didn't have high hopes for my solo, I trained with my all-out effort to understand the meaning behind the lines so as to further deepen my emotional delivery using my voice. Despite Ms Tam's busy schedule, she made a lot of time to train all of her teams. I trained myself in memorization and tried to experiment with different tones and facial expressions.



During the competition, I felt nervous. As the 5th contestant to perform, I kept reciting the lines in my head before I started. As I walked to the center mark on the stage, it was a scary feeling and much different from that of drama—all eyes were on you to talk and deliver a speech. As I started to speak, my mind went blank, and I relied on muscle memory to kick in and perform just as I had practiced dozens of times. As I spoke, I tried to keep my body from shaking and my legs from going numb. When I finished my speech, I felt the weight lift off my shoulders, and the sound of loud applause filled the room. It was a thrilling moment, and a bright smile could be seen on my face.

People say that solo verse speaking is as simple as reading from a sheet of paper, but in reality it's a completely different thing. It's a mental battle. Having to muster the courage to speak a poem and bring its meaning to everyone is a pressure that is hard to endure for the first few times, but as you get used to it, it becomes more of a habit, which turns into a skill that can be of immense value in the future—to our careers or daily life. Through this experience, I have developed a new perspective on the solo verse competition itself and its competitors. It helps you learn a wide range of life skills that normal education may not be able to provide. To track my personal growth through this territory-wide English speech competition, I highly encourage you to read my entries in Hon Wah in Blossom Issues 15 and 16.

Lastly, I would like to express my gratitude to Ms Tam for her unwavering support throughout this journey, and all my friends who encouraged me in both competitions, providing me with verbal reassurance and giving me time and space to improve myself. Thank you so much for all the support, and I will continue to learn and progress and will definitely aim for higher goals!



My Journey to Success

S2A Lyew Sunlok Ryan

Teacher: Ms. Fok Kit Man



After narrowly missing out on third place in this year's Speech Festival, I was resolutely determined to redeem myself and prove my growth. When Ms. Fok kindly asked if I wished to participate, I responded without hesitation, eagerly affirming my commitment. This time my chosen poem was titled "New School," which depicted the experiences of adapting to a completely new educational environment.

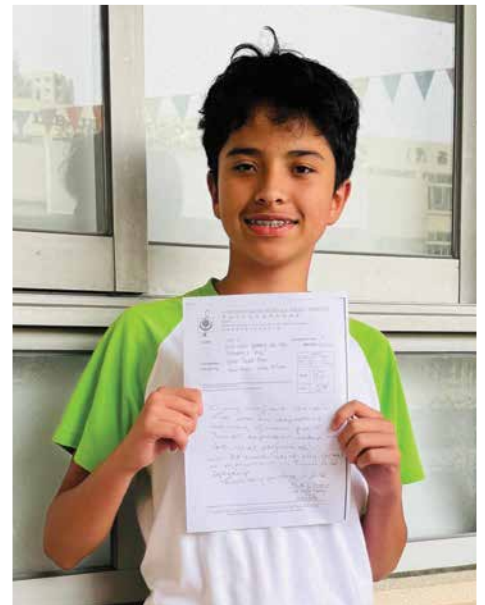
I dedicated two intense weeks to rigorous practice, receiving invaluable guidance from Ms. Fok and my supportive classmates. Their encouragement proved instrumental, helping me navigate every challenge and refine my delivery. After memorizing the poem, I incorporated hand gestures to enhance my expressive skills and strengthen my presentation.



Finally, after weeks of anticipation, the much-anticipated day arrived. Upon reaching the venue, a surge of anxiety overwhelmed me, and I couldn't help but feel nervous. When my turn was called, I stepped forward among the first speakers. Observing my competitors' confidence as they took the stage bolstered my own self-assurance. When I finally delivered my speech, I successfully recited the first two paragraphs as planned. However, during the third, I momentarily lost my train of thought, mistakenly believing my speech had concluded.

Once everyone had spoken, the session drew to a close. Then, when the judge announced the top three, I was overjoyed to hear my name called. That moment felt like a true milestone—an affirmation of all my hard work, dedication, and perseverance. Experiencing a whirlwind of emotions, I realized that this achievement was a significant step forward in my personal development. I am proud of my progress and fully intend to participate in future speech festivals, continuously striving for improvement.

I want to express my heartfelt gratitude to Ms. Fok, whose unwavering support and wisdom greatly contributed to my success. She shared her invaluable experiences from previous students and offered countless tips and tricks that made a difference. I also deeply appreciate my friends, who generously used their free time to support and encourage me throughout this journey. Their kindness and teamwork played a crucial role in my accomplishments. This experience has truly inspired me to pursue excellence and embrace future challenges with confidence.



Mastering the Art of Solo Verse Speaking: Authenticity and Technique

S1B Gao Jerry

Teacher: Ms Xu Zixin



Reading aloud is a straightforward task that many can do. However, being able to do it is one thing; doing it well is another. While it may seem simple, solo verse speaking involves pronouncing each word clearly, adding emotion, standing properly on stage, and engaging with the audience—they should feel you are communicating with them. Yet, there are small details to consider.

I believe it is always your true self that captures the adjudicators' attention. When on stage, be authentic and let your body move naturally with the poem. For instance, align your movements purposefully, or employ techniques you find effective when performing. Additionally, understanding the background of the poem and the poet can help you choose the appropriate accent. For example, if the poem is of British origin, you might choose to use British English. Ultimately, these are the practical tips for you all. The rest relies on your mindset and personal performance.



Getting Each Others' Backs

S4B Wang Sze Ki



The inter-school high school table tennis competition, to me, has long been more than just a sporting event. In the competition, what I have done was not only competing in skills, but also learning how to become a better version of myself. The competition itself is like a silent mentor, teaching me a number of lessons beyond what textbooks are capable of, and that will be of great service for the rest of my life.



Firstly, although pursuing perfect technique is the goal of my daily training, competitions have taught me that "mistakes are inevitable." The key to success is not never making mistakes, but how quickly I can regain my focus immediately after an error and concentrate on obtaining the next point. This has taught me that when facing academic pressure or uncertainty about the future, I should not dwell on my past setbacks but immediately consider what I can do at that time to change the situation.

Secondly, in team events, my performance affects the entire team. A win earns points, but a loss may require my teammates to compensate. I have come to deeply understand that true excellence means improving yourself while keeping the bigger picture in mind. In the 2025 inter-school high school table tennis competition, my mistakes caused a shift in my mindset, allowing the opponent to seize a crucial point. As a result, in the subsequent games my teammates had to give their all and play perfectly to make up for my error. Although this experience has left me feeling guilty, it has also taught me the importance of teamwork: no matter what team you are in, your actions are connected to the team's overall success or failure.

Finally, I sincerely thank my coach and teammates. What the coach taught me was not just technique, but an attitude; among teammates, there is not just cooperation, but the co-creation of a shared endeavor and memory. I realized that gratitude is not only about remembering the past but also committing to transforming team bonding into motivation for future endeavors.



From Lead to Bronze

S4A Wang Wun Ming



Hello everyone, I am Wang Wun Ming from class 4A, and I have recently achieved bronze IN the shot put event at the 2025-26 inter-school track and field competition. To be fair, compared with my counterparts for track events, this result might not be that glamorous, but still, this is a result that I can say I am truly proud of.

To begin, the training part isn't that difficult. For one, I have always participated in short put events and represented our school for a number of times, both internally and externally. For two, unlike other events, shot put doesn't require rigorous training. True that we still have some form of training, such as a week of fine-tuning right before match day to ensure top performance. Still, compared to other sports, we don't need to undergo very intense training, and that is one thing I really like about shot put that it gives me a sense of achievement while I can remain outside real limelight.

On the competition day, everything went according to schedule. It was my turn, and I did my throws like how I always do. The results were out pretty quickly. Out of all the throws, my best throw was 10.99 m, earning me third place in the B-grade shot put event! Of course, on one hand, I believe that I could have done better as I was just a mere 28cm away from clinching gold, but on the other hand, securing third out from a pool of about 30 competitors is still an accomplishment.



Before I end, there are a few people I would like to thank. The first is of course my beloved school Hon Wah College. Without Hon Wah's care and nurture, I believe I wouldn't even have this opportunity to participate in any form of sports. The second is Ms Leung, our very respected Physical Education teacher. She has been a constant source of encouragement and a major catalyst in our school's sporting success.



Four Bronze Medals

S3A Ho Ngo Tsing



On 31 October 2025, my teammates and I ran the 4x100 relay. We all put in our greatest efforts to run our best. Later, the results were shown and we got into the finals. We cheered, we felt happy, and it was our best moment ever.

Our story began two years ago, during the month of February in 2024. It was the first 4x100 relay the four of us had participated in. That time, we lost the chance to get into the finals, by a very fine margin of 0.1 seconds. We were extremely disappointed about that, so we decided to train hard to get into the finals two years later based on our common desire of getting a medal.

During this period, we trained a lot. Our coaches, Ms Hung and Ms Leung, encouraged us a lot. Ms Leung is our PE teacher, so she has always been the one who took care of our training stuff and programs. Ms Hung is the one who trains us and gives us advice to make us faster. With them, we even trained harder than ever before because we didn't want to let them down, so we never tried to give up even through hard times. Here, I would like to take this opportunity to thank Ms Leung, who gave us an opportunity to participate in the interschool competition relay, and Ms Hung for training us.

For the training sessions, we trained four times a week. We asked Ms Leung to lend us a baton to let us train better. During those times, we experienced injuries, cramps and tiredness, but it also reminded us to never give up. On the day before the finals, Ms Hung told us to do our best regardless of the results, and that we should just enjoy the race. "Good luck" were her last words.

The day came on the 10 November 2025, and everyone was in their positions. "On your marks, set, Go!" The race started, and I was at the second leg. The first leg runner gave me a good start, then I dashed as hard as I could to pass the baton to the third leg runner, he did great, and the fourth leg runner received the baton. He even dived towards the finishing line. We got 5th. However, as two other teams were disqualified, we got third and got bronze. We felt extremely happy. It was something we never expected. Our efforts had paid off. Thanks to the support we received, the track and field team will keep on creating new history.



A Senior Journey of Track

S3A Lam Lok Chun



On October 31, my 4×100 teammates and I finally saw the results of all our pre-competition training and were able to make it to the final with no regrets. Our whole team was overjoyed — it felt like a dream. Looking back at my first year running in Form One, we missed the chance of entering the interschool 4×100 relay final by 0.1 seconds. That fact left us deeply remorseful, sad, and guilty, so we had no choice but to train even harder, hoping to achieve results in future school competitions and bring honor to our school.

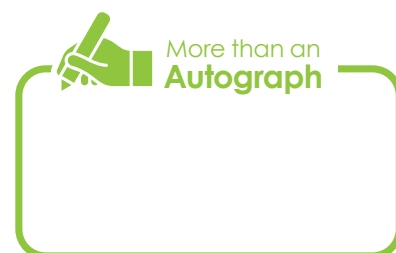
During that time, we trained frequently. Our coaches, Ms. Hung and Ms. Leung, were always encouraging us. Ms. Leung is our P.E. teacher and she really cares about our team. I'm also grateful she found many interschool relay events for us to enter, which raised our competitive level and let us perform well at school championships. I'm also thankful to our



the gap before quickly handing off to the third-leg runner, Ben. Ben maintained the speed and, as hoped, successfully passed the baton to me, Barry. I took the baton and sprinted to the finish line, diving across the line in a top-notch photo finish. It turned out two teams beside us were ahead of us, but we finished the race with regrets — our efforts paid off and we won bronze.

coach, Ms. Hung, for training us so diligently.

After learning we had made it to the final, my teammates and I kept practicing our baton exchange skills so that there would be no mistake in the race. The coaches told us to give our best and not to worry about results — we should just enjoy the race. Soon, it was the competition day for our 4×100 final, which was on November 10. Everyone was ready. On your mark, set — the gun went off and the first-leg runners all took off. For our first leg, Andy ran his heart out and passed the baton to the fastest of the four of us, Nathan Ho, who closed



The Distinction Formula

S2A Chu Pak Kiu



Greetings everyone! I am Paco Chu from class 2A, and recently I have achieved High Distinction in the Junior Division I of the International Chemistry Quiz (ICQ) organized by Royal Australian Chemical Institute, or RACI for short. As for the quick details, I took the quiz sometime in July, 2025, and it was something that I had been looking forward to since I was in Form 1.

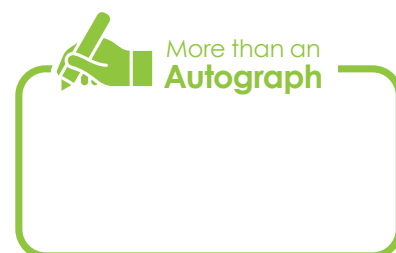
To begin, I believe I have always been good at science, and for junior form students like myself, that includes Chemistry. Of course, mathematics has been my other forte but we shall leave it for another time. Anyhow, one thing to prove to myself that I am definitely good at Chemistry is to be a part of external competitions, and that's when the opportunity came. My Form 1 science teacher saw that I had a high capability in Chemistry, and invited me to take part in the ICQ mentioned above. Well, to me, it really was no different from regular quizzes and tests, so why not?



On the day of the test, I came back to school and was given some time to revise some materials provided. After that, the test paper was distributed and the test began. It was a bit different, but not difficult. It was fine, as it pretty much was one of the many tests in life which I have taken and will be taking. The results came and it wasn't really out of my expectation to receive high distinction. I would have been disappointed if I didn't, but since I did, that's another honor well received.

Before I end, there are definitely people whom I need to thank. I need to thank Ms Wong, my Form 1 science teacher, for the recommendation and spotting my talent; I need to thank my beloved school, Hon Wah College, for all the resources that have given to me so that I can grow and be nurtured; and last but not least, my family for their support and guidance.

Anyway, I believe, in one way or another, we can all achieve great heights if we work hard on the correct path. So long for now and let's see what awards we all will get in the times to come!



An Opportunity Like None Other

S3A Shek Siu Chun, Oscar



Hello everyone! My name is Oscar from Class 3A, and I am here to share with you an event that I've recently joined. Some time ago, I took part in a robotics competition with a few of my classmates, and to date, it has been one of the most overwhelming events I have taken part in.

Since I was totally new to robotics, there were a lot of things I didn't know regarding this topic. Take for example the controls. At the beginning, I had absolutely no idea how they worked and what the controls could do to the robots. However, I was very fortunate as I have a very patient teammate who taught me about all the little bits and pieces about the robot, including the controls and commands which I could input. It wouldn't be an overstatement to say that we relied on this teammate for our success.

During the competition, I felt very nervous and anxious because I forgot all the commands and controls which I needed to maneuver the robot. Luckily, my teammates reminded me what I needed to do. At last, with all the teamwork and support we gave one another, we won! I was very surprised with our results because I was not expecting to win at all.

Before I end, do allow me to share with you some of my reflections. I am very honored to represent my school, Hon Wah College, for this competition. The array of resources and opportunities my school offers really allows us to improve our skills. Also, the training and resources provided by our school enabled us to hold our heads high during the competition. At last, I want to thank Mr Lee for letting me join the competition as this opportunity is really like none other!



My Journey of Growth and Gratitude

S2A Yu Ka Ka



Throughout my life during Form One, I have embarked on an incredible journey that has shaped my understanding of every entity Hon Wah has to offer. At Hon Wah College, I've gained a lot of knowledge and experiences that have improved my skills and made me more passionate about every subject.

My secondary life has been filled with amazing experiences from interesting classes to late night study sessions, every moment has contributed not only to my academic growth but also to my personal development. In addition to classes, I've joined the Flag Raising Club and Jazz Dance Club, which have allowed me to make new friends and develop leadership skills. Being a part of these clubs has allowed me to engage in fun and meaningful activities making my university life more enjoyable and unforgettable. Attending different workshops and listening to talks on Mondays has allowed me to learn from the speaker's journeys. Their stories and insights have inspired me to think about my own path and how I can make a difference in the world. Every speaker has brought new ideas that sparked my imagination and pushed me to aim higher.

Winning this Progress Award has been a huge milestone on my academic journey. It has recognised my hard work and encouraged me to push my limits and strive for improvement. This award has not only celebrated my efforts but also reignited my passion for learning, motivating me to aim even higher. It reminds me that perseverance pays off and encourages me to strive for excellence in everything I do.

I want to thank everyone who has supported me along the way. Thank you all for inspiring and standing by me during both the highs and lows of this journey. Your faith in me has been my biggest motivation. I appreciate each of you for being part of my success.

This award represents not only the hard work of my past efforts but also inspires me for the future. I plan to use what I've learned to make a positive difference in the scientific research industry. My journey isn't over and I look forward to the challenges and opportunities that lie ahead.



Effort is More Important than Talent

S4B Fok Hei Yin



I am a student athlete, and I also hold multiple positions in various student bodies, such as being a committee member of the students' council and a school prefect. These roles represent the highest honor for a student like me, and they are the greatest affirmation from teachers, and the greatest pride for parents. Achieving these statuses have been incredibly difficult, and I am sincerely grateful for the people that have supported me and the chances that I have been offered with.

It has not always been a smooth ride for me. Physically speaking, I have always been inferior to others in many ways. In sports, I have a much smaller and shorter physique when compared to others. Academically, my thought process is not as quick, and my concentration is not very strong. However, there is one thing I excel at: I work harder than others and at times I'm luckier. At one point, I was near the bottom of my class academically, but I was determined not to give up. I faced challenges, ranking low academically, but I refused to give up. My teachers have also been very willing to help me, and ultimately, my efforts paid off. I received the Youth Progress Award for the second consecutive year in 2025.

I am very grateful to Hon Wah College for giving me the array of opportunities I have received for me to develop myself. For example, in the student council, I was given the opportunity to take on different responsibilities; as a prefect, I have been granted responsibilities that I ultimately cherish; and in sports, they gave me the opportunity to help the school. As such, I am very honored that I have chosen Hon Wah College as my next academic home without any hesitation when I was selecting secondary schools. There are too many people to thank, too



many names to mention individually, but my deepest gratitude goes to my Secondary 2 class teacher, Ms Yiu. She gave me the greatest inspiration and recommended me for various posts and activities.

Looking back, this journey hasn't been easy, but my efforts helped me overcome challenges and led me to a better path. This reinforces my belief that hard work is never in vain. I hope this inspires you, dear reader, to continue striving. Thank you.



Latin Dance Prince

S2B Lau Alfred



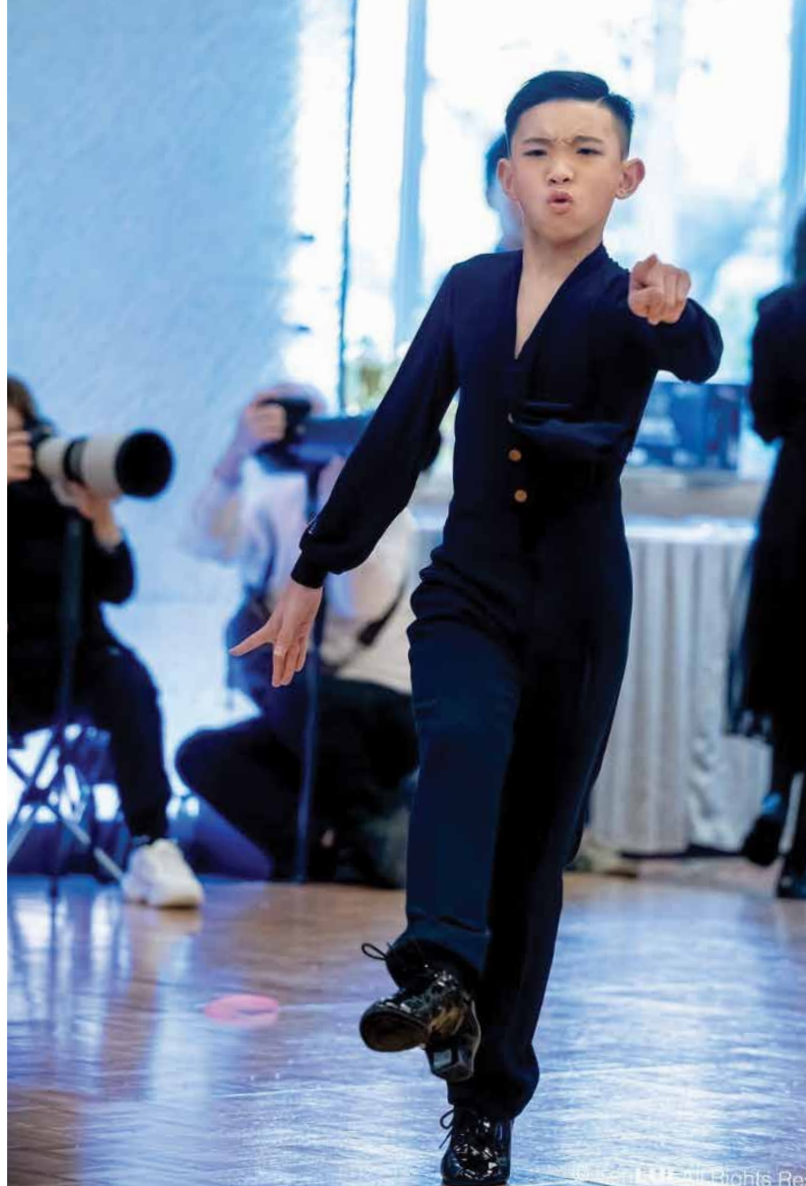
I am Lau Alfred, a dancer who is passionate about Latin dance. Over the past few years, I have actively participated in many local and international competitions, including the Hong Kong DanceSport Open and the Schools Dance Festival. On these stages, I have not only gained valuable performance experience but also received recognition through various awards. This has made me believe even more strongly that dance is not just about physical movement; it is an expression of the soul.

My dance training has not always been smooth sailing.

When I first started Latin dance, my sense of rhythm and body coordination were my biggest challenges. To overcome these difficulties, I practiced basic steps in the dance studio every day after school, trying repeatedly to understand the emotion and rhythm of the music. Besides my regular lessons, I also watched videos of world-class dancers to analyze the details of their movements and expressions. I would record my own practice sessions to correct my posture and steps one by one. There was sweat, tiredness, and even moments when I thought about giving up. However, whenever the music started, my desire for the stage always reignited my passion.

On this journey of dance, there are many people I need to thank deeply. I am grateful to my dance teacher for the patient guidance, teaching me not only technique but also how to show confidence and charm on stage. I thank my parents for always supporting my dance dream; whether it was driving me to competitions or encouraging me emotionally, they have been my strongest support. I also thank my partners and friends who practiced alongside me, sweating together and sharing the joy of victory and the growth we experienced.

In the future, I hope to continue advancing in Latin dance. I want to achieve breakthroughs in my technique and have the opportunity to participate in international competitions to win glory for Hong Kong. At the same time, I plan to combine dance with education to promote Latin dance culture, allowing more people to feel this passion and beauty. The dance never ends, and the dream never stops. I will continue to dance to my own rhythm on this path of Latin dance.



Merging Creativity and Technology: My Journey in the AI Creative Video Contest

S3B Tang Chak Li



Entering the AI Creative Video Contest opened up a world of possibilities for self-expression and innovation. When I first heard about the competition, I was immediately intrigued by the idea of using Artificial Intelligence not just as a tool, but as a partner in creativity. After some brainstorming, my team and I decided to produce a documentary-style video exploring how AI is reshaping modern art forms.

The research phase was both exciting and enlightening. We spent hours investigating the intersection of technology and imagination, looking at how artists around the globe are using algorithms to enhance their work. From AI-generated music to digital visual arts, our understanding expanded considerably. To add depth to our project, we interviewed local artists who incorporate AI into their process, which enriched our narrative with authentic, real-world insights.

Filming was a thrilling experience. We set out to capture interviews in dynamic and engaging ways, moving from art studios to outdoor settings. Each location offered its own challenges, but these became opportunities to think creatively about our visual storytelling. We treated the film like an adventure, blending various styles and techniques to keep our audience hooked.

However, the process was not without its difficulties. We faced several setbacks during the editing phase, particularly when trying to incorporate animated graphics to illustrate complex concepts. It was frustrating when the animations didn't align with the footage as I had envisioned, and my initial enthusiasm began to fade as the deadline loomed. Thankfully, my teammates were there to support me. Their encouragement and fresh ideas gave me the motivation to push through and find solutions to our technical hurdles.

As the submission date approached, balancing schoolwork and our video project became increasingly difficult. We often found ourselves meeting late at night, fueled by snacks and a shared passion for the project. Despite the exhaustion, those late-night sessions fostered a strong bond among us, reminding me of the true power of teamwork.



I am immensely grateful to my teachers for providing the guidance and resources that shaped our project. A heartfelt thank you also goes to my teammates; your creativity and persistence were vital to bringing our vision to life.

Looking ahead, I am eager to continue exploring the boundaries of AI in creative mediums. I plan to participate in more projects and workshops to further hone my skills. Ultimately, my goal is to create thought-provoking works that not only showcase the potential of AI but also inspire others to embrace the fusion of technology and art.

This contest ignited my passion for merging creativity with technology, and I am excited for the opportunities that lie ahead.



Dance and Canoeing: Two Paths of Growth

S2B Chan Long Ki



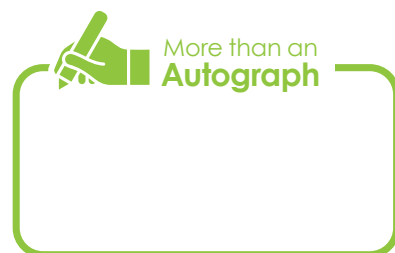
On my journey of growth, Latin dance and canoeing are like two paths that cross each other. They have not only built up my physical strength but also trained my willpower.

My connection with Latin dance began in Secondary 1. Although I had a foundation in Chinese dance, I had never tried Latin dance before. With the encouragement from friends and the school's ECA scheme, I started my practice journey. At first, I was not used to Latin dance shoes at all. Every time I changed my shoes after practice, the blisters on my feet hurt so much that I cried, and I even limped on the way home. When learning Samba, I was often scolded for having a weak sense of rhythm and missing the beat. However, I never backed down. I insisted on practicing after school every day, studying the steps over and over again. Two years of hard work finally turned into glory. My teammates and I won the Honours Award at the 62nd Hong Kong Schools Dance Festival. Standing on the podium, I deeply understood that all the sweat would eventually turn into shining glory.

If Latin dance allows me to shine on stage, then canoeing has taught me to bravely face the wind and waves. In primary school, I joined an external canoeing team. The first time I tried a K-boat (racing kayak), I capsized because of poor balance. The cold seawater and the feeling of suffocation terrified me. But the coach told me, "rowing is not about fighting the water, but learning to live with it." Since then, every Sunday, I went to the Sai Kung training base to practice my balance skills. In the 2025 Hong Kong Canoeing Championships (Girls 14-15, 1000m race), caught in sudden strong winds and rain, I gritted my teeth and persevered. I adjusted my condition, crossed the finish line, and finally won the first runner-up.

My perseverance in these two sports would never have been possible without the support of those around me. When I wanted to give up, my teachers patiently corrected my technique, and my friends encouraged me not to "waste my talent." During competitions, my teammates' cheering gave me strength. My parents, who picked me up and stayed with me regardless of the weather, have been my strongest support.

Looking to the future, I aspire to challenge myself in higher-level Latin dance competitions. At the same time, I hope to become a canoeing coach and share the joy of water sports to more children. Dance and canoeing are not just my hobbies; they are my life mentors. They have taught me - persistence will eventually lead to success, and bravery will finally help you reach your destination.





Effort is My Talent

S2B Yau Hei Tung



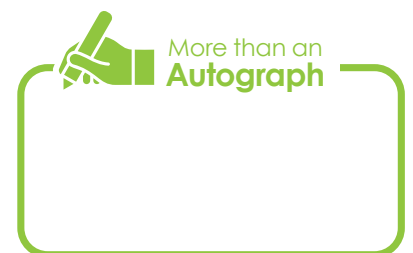
I won many awards in basketball competitions during the last school term. This is not only a recognition of my ability but also a reward for my hard work.

My basketball journey began in the second half of Primary 4. When I first started this sport, I didn't know anything about it. I often made mistakes, couldn't keep up with the progress, and only relied on the older students to win medals in competitions. I wanted to quit immediately. However, I thought again: since the teacher selected me for the school team, it meant I had the ability to persevere. So, I joined an external club. The club training was very tough, but I knew deep down that I was not a natural genius. I didn't have extraordinary physical fitness or an innate sense for the ball. Because of this, effort became my only weapon, and persistence was the path I had to take. I told myself I must keep going and make basketball not just a sport, but an inseparable part of my life. After returning to school team training, my skills improved significantly, which gave me more confidence during practice.

In the blink of an eye, I reached my final year of primary school. Thanks to my persistence, I became the captain of the school team. This meant I could no longer rely on others and had to prepare for inter-school competitions. During this time, some people questioned my ability and there were some unfavourable comments about me. However, I believed that to become strong, I never needed to care about these things; time and determination would prove everything. Hard work doesn't always guarantee a result. Although we stopped at the quarter-finals, we acknowledged our opponents' excellence and recognized our own weaknesses. After all, how could primary school memories be complete without some regrets?

However, when I first stepped into secondary school life, I couldn't adapt to the new rhythm. The subjects became difficult, and the training became even harder. It was difficult to balance basketball and my studies, so I planned to give up. At that moment, my coach asked me, "where did your passion from back then go?" Memories flooded my mind, and this sentence woke me up. Even if we didn't make it to the finals, there are still countless inter-school competitions. As long as we put our hearts into it, we will make it one day.

Looking back now, basketball has often caused me injuries and anxiety. But because of it, whether in the school team, the club, or on street courts, I have gained the most sincere and beautiful times with my coaches and teammates. More importantly, it has allowed me to meet a group of close friends who share the same ambition—we chase the same dream and have become part of each other's dreams. This passion and friendship are far more precious than any award.



Persistence and Glory on the Pitch: My Journey of Improvement in Football

S1C Chu Ming Ching

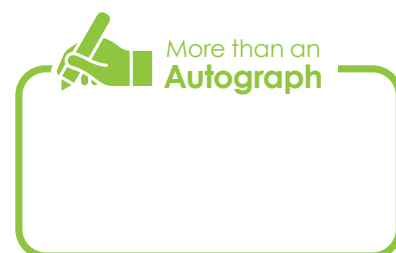


I am Chu Ming Ching, a dreamer who is passionate about football. Since entering secondary school, I have joined the school team and begun my journey on the pitch. In the recently concluded "Girls' Secondary School 5-a-side Football Competition," I fought side by side with my teammates and eventually won the Team 1st runner-up award. As a core member of the team, I relied on steady defense and accurate passing to save the team from danger in front of the goal many times, earning the approval of my coach and teammates.

Behind this honor lies the sweat and persistence of countless days and nights. Although my schoolwork is heavy, I have never missed a training session. From basic passing and shooting to complex tactical positioning, I completed every drill seriously. Every weekend, when others were resting, I was on the pitch practicing ball control and doing high-intensity shuttle runs, just to improve my footwork and physical fitness. This road was not smooth. I once thought about giving up due to physical exhaustion, fell into deep anxiety because of mistakes during matches, and even felt lost when I hit a bottleneck in my skills.

Fortunately, my coach, Mr. Chiu, always gave me strength when I was feeling down. He taught me that 5-a-side football is not just a competition of skills, but also a test of willpower and team spirit. With his encouragement, I learned to adjust my mindset and face difficulties bravely. In the final match, facing strong opponents, we did not back down. Every tackle and every time we covered a position showed our team's chemistry. In the end, we fought hard and secured the 1st Runner-up title.

In the future, I will continue to polish my skills and strive to shine in higher-level competitions. At the same time, I want to say to all my fellow students -let's actively participate in sports! It brings you not only a healthy body but also a strong heart that never gives up in the face of setbacks. Let us sweat it out in sports and live up to our youth and passion!



Vibrant Youth, Fearless of Challenges: My Inter-school Long Jump Journey

S1C Luo Ziyu



I am a long jump athlete who loves track and field. In the recently concluded 2025-2026 Hong Kong Inter-School Athletics Competition, I represented my school in the Boys C Grade Long Jump event. With a result of 4.8 meters, I eventually won 4th place in the competition. Although this medal is not gold, for me, it represents countless amounts of sweat and persistence.

Looking back at the preparation, it was a long and lonely journey. Every day after school, when my classmates went home to rest, I showed up at the training ground without fail. Sometimes I trained with the school team, and sometimes I polished my skills alone. The process was not smooth sailing. I faced bottlenecks many times: my results remained stagnant, my thigh muscles were incredibly sore, and I even strained my knee ligaments due to high-intensity jumping. Facing injury and frustration, I thought about giving up. However, my desire to break through kept me going. I took the initiative to look for rehabilitation sessions online and sought out professional trainers to adjust the technical details of my movements. Through every fall, I learned to grit my teeth and persevere.

On the day of the competition, facing many strong opponents, I was under huge pressure. At first, it was hard to improve my results. At the critical moment, I took a deep breath and encouraged myself. I remembered the rigorous training day after day. Finally, in a crucial jump, I took off perfectly, traced a 4.8-meter arc in the air, and successfully secured the 4th place.

This honor would not be possible without the people supporting me. I thank my coach for his careful guidance, my parents for their constant care and support, and my classmates for cheering from the sidelines. You are the biggest motivation for me to keep going.

In the future, I will continue to strive for excellence on the track and field. I aim to win higher honors on a bigger stage through hard training. At the same time, I want to encourage all students - let's actively participate in sports! Sports bring us not only a strong body but also a powerful heart that dares to face difficulties and never gives up.



My Journey in the AI Creative Video Contest

S3B Suen Pak Ting



Participating in the AI Creative Video Contest was an enriching experience, filled with both moments of fun and significant challenges. The brainstorming phase was particularly memorable; my friends and I explored a wide range of imaginative themes—from AI-generated virtual pets to a short film documenting the “life” of an AI. We even toyed with the idea of having AI write our dialogue, which resulted in endless laughter and a spark of creative inspiration.

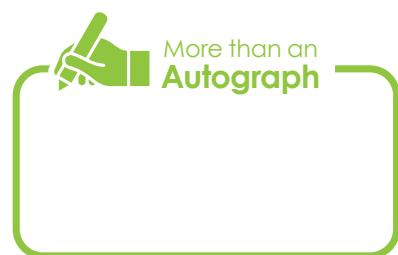
However, it wasn't all smooth sailing. I faced several technical hurdles while working with the AI tools, leading to frustration when the software didn't function as expected. Thankfully, with guidance from my mentors and peers, I learned how to troubleshoot errors and fine-tune parameters. Overcoming these glitches gave me a massive sense of achievement when I finally generated the scenes exactly as I had envisioned them.

Time management was another major hurdle. Balancing academic responsibilities with the demands of the contest was often overwhelming. To meet our deadlines, we frequently gathered after school, fueled by coffee and determination as we edited late into the night. While the pressure was intense, these sessions not only refined my technical skills but also strengthened our bond as a team.

I want to express my heartfelt gratitude to my teachers for their unwavering support. Your encouragement gave me the confidence to tackle challenges head-on. I am also deeply thankful for my teammates; without your creativity, dedication, and positive spirit, this project would not have been possible.

Looking ahead, I aspire to delve deeper into the realm of AI and its creative applications. I aim to create more films and participate in future competitions, using my work to remind people to pay closer attention to the world around them. I plan to enhance my skills through workshops and online courses while collaborating on projects that draw from diverse perspectives. Ultimately, I hope to create works that not only push creative boundaries but also inspire others to explore the incredible possibilities of AI.

This contest has ignited a passion within me for both technology and storytelling, and I am excited for what the future holds.





The Start of My AI Art Journey

S3B Ng Chak Yu



I still remember a few months ago, when I first stepped into the venue for the "Smart Creative Eastern District · AI Painting the Future" competition, my palms were slightly sweaty. Organized by the Eastern District Arts and Culture Association, this competition brought together over a hundred young people from across Hong Kong who were curious about Artificial Intelligence. We had to use generative AI tools to create an artwork on the theme "Future Community" within a time limit. In the end, my piece, titled "The Confession of Garbage," won the Champion title in the Junior Secondary Group.

Many people think AI art is just about typing keywords. However, giving an artwork a "soul" requires a lot of practice behind the scenes. My "training ground" was not an art studio, but in front of a computer screen. At the start, I spent two hours every day exploring different AI tools. I kept adjusting the structure of my prompts and learning from my failures. I asked myself: Why are the facial expressions so stiff? Why does the lighting look unnatural? Through trial and error, I learned to think like a film director. I would imagine the scene and story first, then use precise instructions to guide the AI, making it my most capable "artist."

This journey might seem lonely, but it was actually full of warmth. I want to thank my Computer teacher, Mr. Mak, the most. When I first proposed using AI for the competition, he didn't question it as a "shortcut." Instead, he encouraged me, saying, "Technology is just a tool; your ideas are the core." He taught me to use computational thinking to break down the creative process, ensuring my work was both artistic and logical. I also want to thank my parents. They always brought me hot milk late at night, silently supporting me, a "digital art fanatic."

This competition is just a starting point. Currently, I am preparing a personal project called "AI Time Machine." I hope to use generative AI to bring old photos of Hong Kong's old districts to life, allowing elderly residents to "meet" their younger selves. I believe the future of art lies not in the conflict between humans and machines, but in the blending of their imaginations. This award is not the finish line; it is the beginning of my journey to tell Hong Kong stories through technology.



Beyond the Code: A Story of Curiosity, Teamwork, and AI

S3B Tong Joy Hei Giselle



I am Giselle from Class 3B. I have always believed that creativity is not an innate talent, but a skill you build. Looking back, I realise my journey in the AI competition has been shaped by curiosity, practice, and the people who believed in me.

I cultivated this mindset by staying endlessly curious. While others memorised textbooks, I spent my time asking “what if” and “why not.” I taught myself graphic design and coding through online tutorials, practiced storytelling, and learned to connect unrelated ideas—like blending computer science with art. I believed the best innovations live in the space between disciplines. However, self-study had its limits; I needed guidance to turn my chaotic ideas into a working AI model.

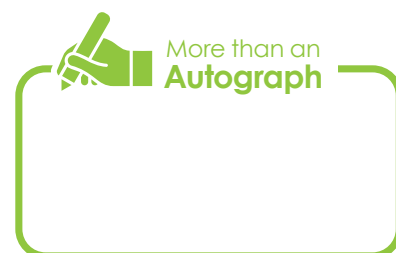


That guidance came from Mr. Mak. He was not just a teacher; he was a constant source of encouragement. In his class, there were no wrong answers—only unexplored possibilities. He once told me, “Giselle, don’t just use AI to solve the problem. Use it to redefine the problem.” That reminder changed everything. Under his mentorship, I learned to trust my instincts and refine my raw concepts into a tangible solution. He taught me that creativity is not just a spark—it is a discipline.

But great ideas do not grow in isolation. I was lucky to have teammates who challenged me, laughed with me, and stayed late to bring our vision to life. To my groupmates: thank you for your patience, your energy, and your trust. This project was not mine alone—it was ours.

I will never forget the moment we received the Best Creativity Award. Standing on that stage, I felt a rush of gratitude—not just for the recognition, but for the journey that led us there. Thank you, Mr. Mak, for seeing the potential in my chaos. Thank you, my teammates, for walking this path with me.

This award belongs to every late night of debugging and practicing, every mistake that taught us something new, and most of all, to the people who showed me that the best ideas are never created alone.



My reflection on International Chemistry Quiz

S5B Lam Ming Lok



Chemistry is an interesting and diverse subject. Although some people might believe that Chemistry is not very useful in our daily lives, it plays an important role in modern life. For instance, plastic is one of the most useful inventions of the 20th century that was developed through chemical research.

In the HKDSE syllabus, Chemistry chiefly revolves around the microscopic level. You can learn about the structure of molecules, various types of reactions and mole calculations. Furthermore, you will have the opportunity to conduct different experiments, one of which even allows you to play with hydrogen fuel cell cars(mini)!

Chemistry requires patience and precision. If you are willing to put effort into Chemistry, I believe that you will achieve a fruitful result. To elaborate, chemistry only requires a basic level of Mathematics. Most of the calculations are multiplication and division within the HKDSE syllabus. The aim of the HKDSE questions is to test your chemistry knowledge so that you can be reassured of choosing chemistry even if your Mathematics result is not outstanding.



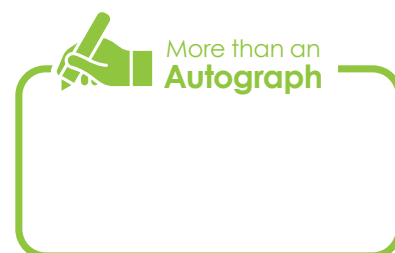
Let's move on to the topic of the International Chemistry Quiz, which aims to provide a dynamic and focused exploration of Chemistry for school students and kindle interest in Chemistry. I will also highlight that it is a great platform for you to recognize and stay alert to your respective position at the territory level. This is very crucial to know your own and others' levels.

Furthermore, it is fortunate that nearly all of the questions in the International Chemistry Quiz can be solved with HKDSE Chemistry knowledge so that you don't have to learn extra concepts for the quiz. From my perspective, I believe

that this is a great chance to demonstrate your capability. Also, you can train yourself with the past paper questions and you can be familiar with the format of the International Chemistry Quiz. In addition, the certificate and award from ICQ can be regarded as an award in 'International Competition/Academic Awards', which can be included in the "Student Learning Portfolio"(SLP). It might help you with your JUPAS application and future career.



Finally, I would like to express my gratitude to my Chemistry teacher, Miss Lam, for assisting and tutoring me for the quiz. She is very friendly and nice. Without her assistance, I would not have obtained an award from the competition. Also, I would like to express my gratitude to my friends, especially Cayden, it was a great experience to discuss problems together. Furthermore, I would like to thank my parents for supporting me. Lastly, I would like to express my gratitude to Hon Wah College and all others who helped me.



From Questions to Triumph: My ICQ Prize Reflection

S5A Wang Sheng Wei



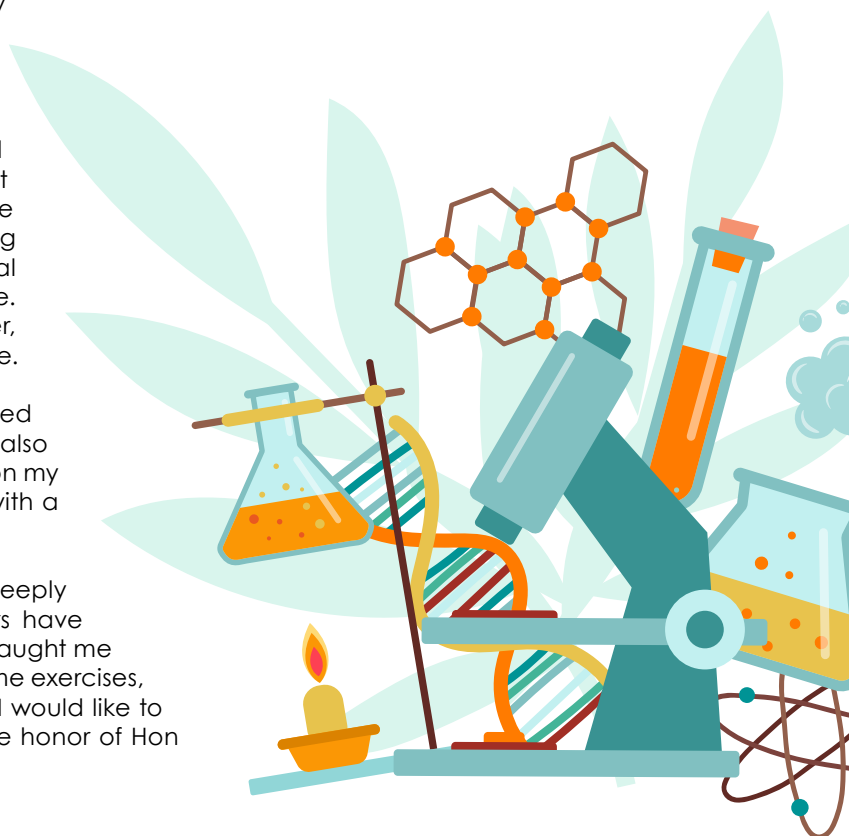
My name is Wang Sheng Wei from Class 5A. During my senior secondary school life, my professional areas are Physics and Chemistry; these majors are my future choices for university. When I was in Form 4, my chemistry teacher allowed me to take part in ICQ. Thereby, it was the first time for me to know about a chemistry competition.

In May 2025, I approached my chemistry teacher and asked him to give me some ICQ past papers as exercises. After I finished these exercises, I marked my answers by myself and asked about questions that I could not understand. When I asked my teachers questions, he answered them patiently. Although there were some difficulties, I still asked until I understood. Finally, with the help of my teacher and my own effort, I understood many questions. This built up my self-esteem and enhanced my confidence that I was able to solve these problems.

In October 2025, when I heard that I won the second prize in the ICQ, I was overwhelmed with excitement and gratitude. This competition allowed me to explore the charm of chemistry beyond textbooks. Ranging from doing every experiment to complex theoretical problems, each thing was like a stepping stone for me. Every difficult question encouraged me to think deeper, and every small breakthrough filled me with confidence.

Participating in ICQ is challenging. It not only allowed me to transcend myself to achieve new goals, but also required persistence. During the quiz, I put my fingers on my forehead and thought it over silently. Lastly, I won it with a smile in the end.

As the saying goes, 'count your blessings,' I am deeply grateful to Mr Kwok and Ms Yiu. These two teachers have inspired me to get better results in Chemistry. Miss Yiu taught me Chemistry and inspired me a lot. Mr Kwok gave me some exercises, and I asked him questions. As a reflection on my life, I would like to take part in more science competitions to fight for the honor of Hon Wah College and to advance my lifelong journey.



More than an
Autograph

My Festival Triumph

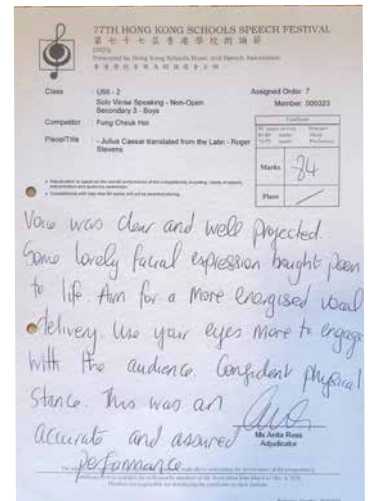
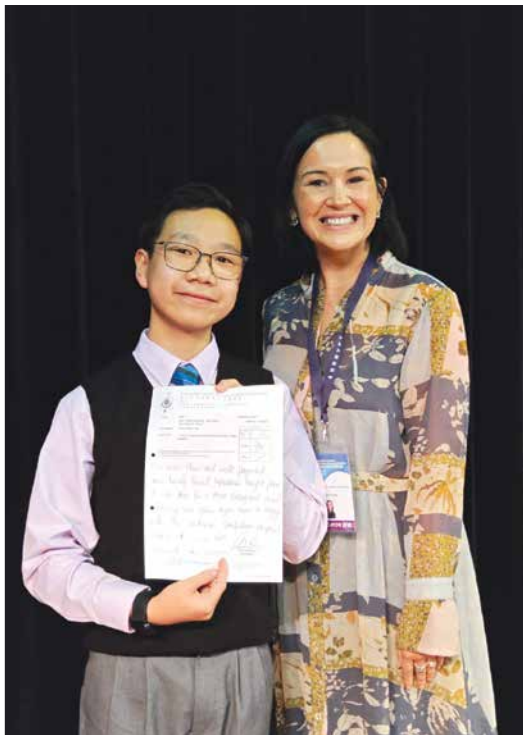
S3B Fung Cheuk Hei Alston



As a Form 3 student, this year's speech festival was no different from the previous ones. Even though I didn't get the best scores, I was still satisfied with my result, for a simple reason that I gave it my best shot.

I practiced a lot prior to the speech competition with Mr. Jon and Mr. George. They helped me a lot, teaching me the skills to improve my expressions and how to present the speech. Combined with my previous experience in the speech festival competition, I was more than ready.

Finally, the day of the competition came. After a half day of school, I went straight to the venue. Once there, I was given an order of appearance — I was fairly high up. After watching a few competitors, it was my turn. I walked onto the stage with reasonably high confidence, delivered my speech smoothly, and went back to the sitting area. Then I listened to the rest of the performers. I saw some rather unusual performances: there were contestants expressing their poems with interesting gestures, some moving around on the stage, some stomping on the floor, and even speaking with dramatic expressions.



After the amazing competition, I was given 84 marks — a merit — and I was quite satisfied. Reflecting on this personal achievement, I realized that perseverance and courage matter more than rankings. I would like to extend my gratitude once again to all the teachers who helped me with this year's speech festival — Mr. George, Mr. Jon, and Ms. Liu — for helping me practice and prepare. Looking ahead, I hope to achieve an even better score next year and continue growing as a speaker.





HON WAH COLLEGE WRITING COMPETITION

Secondary 1-2

Topic 1: You and a few classmates are in the final in a drone competition, but not everyone is willing to put in their best effort. Write a persuasive speech about how you inspire your classmates to set aside their self-interest and give their utmost for the competition.

Topic 2: You discover a book that contains magical powers in the library. This is no ordinary book. It must be opened by someone with integrity. Write a letter to the editor explaining how you intend to use the book's magical powers to solve problems in the local community.

Secondary 3-4

Topic 1: Write a diary entry about Hon Wah Sports Day. You may talk about your preparation, the day itself, which event you chose, and how you supported others. Please explain how you helped maintain the school values of diligence, integrity and honesty, and why this is important.

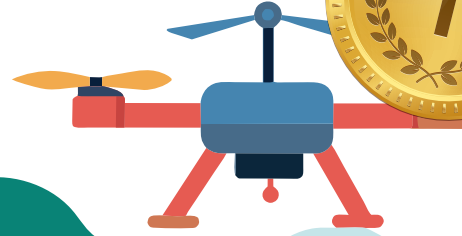
Topic 2: Write a speech about why you think the school values of diligence, integrity and honesty are an important part of Hon Wah College's 80-year history, and how these values will serve students well in the real world after they leave school.

Secondary 5-6

Topic 1: Write a speech to your year group about the impact of AI on education, how you think learning will change during Hon Wah College's next 80 years, and the importance of continuing to develop your personal skills in a technological age.

Topic 2: You are working on a group project with your classmates where everyone has different opinions. Write an essay on the importance of respecting others' ideas and how respect enhances your learning journey.

Writing Competition 2025-26



S2A Cheng On Chit



Topic 1

Dear Principal, teachers, and fellow students,

It is such a pleasure to be speaking in front of all of you today. Being in the finals of a competition is never easy. It's even harder when your teammates are not willing to put in their best effort! As I myself and a few other classmates are in the finals in a drone competition, I'd like to dedicate this speech on commitment and perseverance to them.

Of course, it can be exhausting to still have to compete in the finals, even after you've succeeded in the heats, but let's reflect on the journey you've already taken. You've spent countless hours pouring your heart into perfecting your work and faced numerous challenges and setbacks. There is no point in giving up now.

I know your self-interests of yours can be distracting. Maybe you even feel that you can get through this competition easily with your own skills, but really fulfilling your achievements takes place when every one of us gives their utmost effort. We can only elevate our success if we invest in each other.

Finally, let's think about the bigger picture. You might think that it's just a competition, but it's an opportunity to showcase your talent, hardwork, creativity, and the time you've spent meticulously preparing, working, and testing.

Let's choose to embrace integrity and teamwork. By giving our all, we honour ourselves, our classmates, our teachers, and the spirit of competing.

To my teammates, I ask you today: let's set aside our self-interests and all come together with one shared goal. Inspire each other to innovate, give your utmost for this final competition, and create drones that not only soar in the skies but also serve as a testament to our hard work and diligence.

We can achieve something remarkable together. Nothing is impossible.

Thank you for listening.



S1A Sam Yui Ching

Topic 2

Dear Editor,

I hope this letter finds you well. Something special happened and I went to the library to borrow a book so that we could finish a book report. I was browsing through the bookshelves of the library when a certain book in the English literature aisle caught my eye. The book had some sparkles around it, so, as any normal person would do, I picked it up to take a look. The title of the book was "The witch's secret". I expected this would be just another book about witches- maybe similar to any of the Harry Potter books. But it was far from ordinary.

When I opened the book, I realised it was empty. As I was about to close it, a random voice called out to me, 'Wait! Don't close the book yet!' I looked around but no one was near or looking in my direction. So, I went over to my friend sitting at one of the desks and asked if she had called me. She told me she did not. At this point I thought that I was schizophrenic and was starting to have hallucinations, but then I looked back at the originally empty book I had in my hands – it suddenly had words in it! There was something really unsettling: what was in the book was what I had heard just a moment ago. I was very fascinated by this, so I decided to borrow the book and bring it home. When I got home, the first thing I did was rush to my room and open the magical book from the library. When I opened the book again, the random voice spoke once more and told me that this book is a magical book and must be opened by someone with integrity. It carried on and said the book could make anything written in it come true, but the only catch was that whatever was written must benefit the local community.

Back to the main point: I'm here to tell you the two things I plan to write in the book. First, to find a cure for cancer - no one should have to endure the profound helplessness of watching a loved one disappear because of a diagnosis. Beyond the physical toll, cancer steals away time, dreams, and the sense of security that families deserve. Driven by a desire to turn grief into a meaningful action, I want to replace fear with certainty and palliative care with permanent recovery.

The second thing I'd write down is to implement a centralized community fridge and pantry to directly tackle local food insecurity and reduce food waste. Many families struggle with rising grocery costs while local businesses often discard perfectly edible surplus. By creating a 24/7 accessible station where neighbours can leave what they can and take what they need, we can build more generous, more resilient community for everyone.

Yours truly,
Cynthia Sam
22nd February, 2026





Topic 1

Good morning everyone,

Today, I want to share something we can all be proud of. Our drone team has made it to the final round of the competition. This is not something that happened by luck. It happened because all of us worked together, step by step, even when things were difficult.

During this journey, we faced many problems. Sometimes the drone didn't fly well. Sometimes the code didn't work. Sometimes parts were broken and we had to start again. However, we never gave up. Every time something went wrong, someone in our team would say, "It's okay, I'll help," or "Let's try again together." These moments showed me what real teamwork looks like.

A drone competition is not only about skills. It is also about teamwork, communication, trust, and courage. Every test flight, every mistake, and every renewed attempt has made our team better and more confident.

I want to invite all of you to change "I" into "we", to give the team your encouragement, to give your teammates your support and to give yourself confidence, because your energy helps the whole team.

A team's strength does not only come from the people who are competing. It also comes from everyone who stands behind them, believes in them, and supports them. A single person can finish a task, but a team can achieve a goal.

The final is not a burden but is an opportunity and is our moment to shine. I believe that if we keep supporting each other, keep communicating and keep putting the team first, we can fly higher and stronger than ever.

Let us show everyone that we are not just a group of people. We are united and not just competing. We are creating possibilities.

Good luck to all of you. Let's give our best in the final.





Topic 2

Good morning Principal, teachers and fellow students.

Today I would like to talk about the importance of the school's values: diligence, integrity, and honesty, and how these values will serve us, students, in the real world after we graduate.

The school strongly encourages us to be diligent and honest, stating that this will help us in our near future. However, is that really true? How can simple values like integrity and honesty help us as individuals in the real world? You might think they are utterly useless or unnecessary but I have a few points to share that may benefit us as adults.

As children, we often think that diligence isn't necessary because if we believe we can cram three months' worth of study materials into two days of intense focus studying and still get high marks, then what is the point of studying a little bit every day? Even now, as secondary students, many of us still leave everything to the last minute. So why do we need to study diligently? The thing with diligence is that it helps to build a solid foundation. Whether it be academically or other talents, persistence is key to success.

In any field of work, diligence can help you earn the respect of your colleagues. It creates more trust within the team and thus improves people's opinions of you.

Throughout our lives, many teachers have told us to be honest but why? If a student lies, how would they know if the student is lying or telling the truth? How would a simple lie affect me in the future?

Well, if someone lies too much, they will become prone to lying. Once you've been caught lying in the real world, the consequences will be much more severe. Schools may sugarcoat consequences for us now. However, the real world will brutally hit you hard in the future. Additionally, dishonesty creates distrust among the people around you, which can generally erode trust in society.

People in authority often teach us to live with integrity and adhere to moral and ethical principles. Integrity is often linked to higher self-esteem and confidence, as well as a stronger sense of self. These can help us to resist to peer pressure when we're engaging in risky behaviors.

It also teaches us to take responsibility and not run from the consequences of our actions, which can significantly help us make informed decisions about our lives in the near future.

In the real world, integrity can motivate social action. It's fundamental for social harmony and sustaining healthy communities. People with integrity create a space for social connection that is free from corruption.

To conclude, the school has been encouraging us to embrace values such as diligence, integrity, and honesty, which are an important part of the school's long history. These values will serve us well, and it is important that we learn to implement them in our daily lives.

Thank you all for listening to my speech.



Topic 1

9th October, 2025
Friday

Dear Diary,

Today was the day I anticipated the most, the day when you could hear the roaring cheers and thrilling shouts. Yes, today was Sports Day. I've been training for two months just for this day. Though it was exhausting, I'm glad to say that all the hard work and effort I put in didn't go to waste!

For the last two months, every day after school, I have been dragging my heavy schoolbag with me and heading to the sports ground nearby to train. I signed up for the 400 meters hurdles and high jump for this year's competition. I chose the 400 meters hurdles because I wanted to challenge my endurance. At first, I was struggling to keep up with the pace and always felt a shortness of breath. The tiredness and the thought of giving up during practice were very tempting to me; however, I always remember that diligence means continuing to work hard even when things get tough. Therefore, I decided to switch my mindset, to have a more optimistic view instead of looking down on myself. I also created a simpler, yet effective schedule so as to not overwork myself; training 4 days a week, with breaks in between each session. Meanwhile, for the high jump, I signed up for this event because I had past experience and knowledge of the sport. I used to win high jump competitions in primary school; however, I mainly wanted to participate in this event to try out different sports that require various skills

I thought that training for something I was good at would be a walk in the park, but to my surprise, it was the complete opposite. With each fall and failure, I was shocked to realize that I couldn't clear the heights that most of my friends could easily jump over. I felt disappointed at first, but then I thought 'Why should I compare myself to others?' So I got back on my feet, and kept trying. Eventually, I was able to jump over the bar which was at the height I couldn't pass earlier that day.

What helped me most was setting small, realistic goals. Instead of aiming to win, I aimed to improve my personal timing each week. Slowly, I began to notice progress. My breathing became steadier, and my confidence grew. In long jump practice, I worked on my take-off technique and landing posture. Even when I fouled a jump or landed awkwardly, I told myself that mistakes are part of the improvement process. Another thing that helped me was avoiding comparisons; comparing myself to others with different skill levels wasn't going to help me improve.

Instead it would break my confidence, so I learned how to focus solely on myself, ignoring how others would perceive my skills and not dragging myself down when I see other students performing better than I did. By the final week before Sports Day, I felt prepared—not perfect, but ready to give my best effort.

That morning, I woke up earlier than usual because I couldn't shake off the excitement I felt. When I arrived at the sports ground, the environment felt so energetic. Teachers and prefects were scrambling around trying to complete the setup of the field while younger students ran around and had fun before the event started. Each class was settled in their assigned seats, cheering and shouting with all their effort. There was a sense of energy in the air—

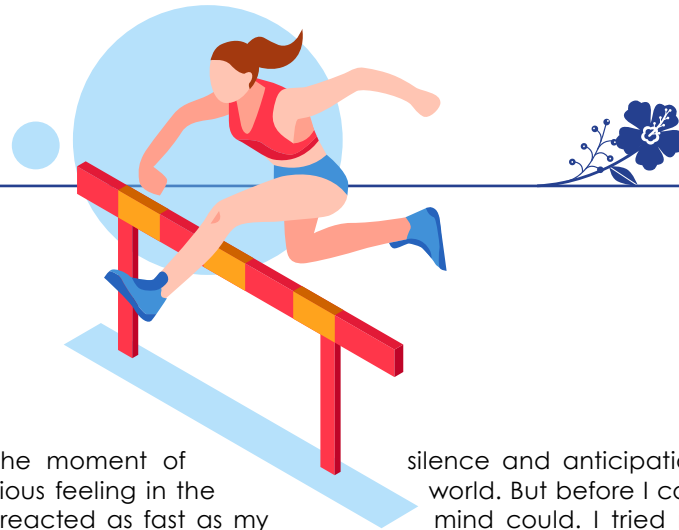
nervousness and exhilaration mixed with determination.

Not long after, Sports Day officially began. The 400 meters hurdles was one of the earlier events. With barely any time to prepare and warm up, I held an optimistic attitude in my heart. As it was time for my group to race, I stood at the starting line with the other runners, and I could feel my heart pounding against my chest. I kept reminding myself to stay



Continued on
next page





calm and focus on my breathing. The moment of the gun to fire gave me the most anxious feeling in the thought, the gun fired, and my body reacted as fast as my reminding myself to keep a steady pace just like in training. At sensation returned to my thighs, but this time I didn't panic. I pushed myself to maintain my rhythm. Throughout the race I had to keep reminding myself not to look at others in front or behind me. Instead, I had my eyes on the track in front of me, completely ignoring what other people were thinking.

silence and anticipation when waiting for world. But before I could process another mind could. I tried not to start too fast, the halfway mark, the familiar burning

The last stretch was the hardest and I could hear my classmates shouting encouragement from the sidelines. My whole legs felt numb from the energy they were giving out. In the end, I finished fourth. Though I didn't get a medal hanging over my neck, I achieved my best time ever. At that moment, I realized that true success is about self-improvement rather than ranking.

Later in the day, it was time for the high jump. I felt less nervous because I felt more confident in this event. On my first jump, I passed with ease; the first few jumps were just a warm-up for everyone. However, when it was the fourth jump, the bar was raised to the height where I struggled the most. My nervousness might have affected my performance too. As I jumped, I used both of my feet instead of one, which was a complete foul that should have been spotted. For a brief second, I was torn between whether I should inform the teachers, or say nothing and let the jump count. I hesitated, but I still decided to tell the truth to the teachers about my foul. Even though it meant losing a potentially good score, I felt relieved for being honest and felt good about myself. On my final attempt, I gave it my all and focused fully, which secured me a medal for third place. The medal felt even more meaningful, not only because of my efforts but also because I earned it fairly.

Beyond my participation, one of the most rewarding parts of the day was supporting my classmates. Before her 4x100 meter relay sprint, my friend, Danielle, looked extremely anxious; she paced around the side of the track with an anxious expression on her face. When I asked what's wrong, she said that she was afraid of letting her teammates down. I reminded her of all the hard work she had put in preparing for this moment, and simply told her to give it her best. She looked less tense after our small talk, and by then, it was time for her to line up at the starting line. I watched from the spectator chairs as I saw her team surpass one team after another. Danielle's team ultimately finished first, and I sincerely congratulated her on her performance. I believe sports day is also about unity and school spirit, not just competition.

Throughout the day, I tried my best to embody our school values. Diligence was reflected in my consistent training and determination during each race. Integrity meant respecting the rules, accepting the judges' decisions, and treating everyone fairly. I demonstrated my honesty when I admitted my foul in the long jump. These values are important because they shape our character and build trust within the school community. Without honesty and integrity, competition would lose its meaning. Without diligence, improvement would not be possible.

At the end of the day, my class celebrated with a dinner party to celebrate everyone's efforts and achievements. The cheers, the laughs, and applause created a sense of unity in the room, a feeling I would never forget. Despite not winning first place, I gained better things, like stronger friendships, confidence, and a deeper understanding of true sportsmanship.

Reflecting that night, I realize that Sports Day is not only about physical strength or winning medals; it is about challenging ourselves, supporting one another, and staying true to our values. I am satisfied with how I performed, but more importantly, I am proud that I remained honest and hardworking throughout the day. This experience has taught me that real success comes from effort, fairness, and kindness.

Today was a reminder to me that character is more important than trophies.





Topic 2

Principal, teachers, honoured guests, alumni, and fellow students.

As Hon Wah College celebrates its 80th anniversary, we are not only remembering the past but also recognising the values that have carried our school through changing times. Diligence, integrity, and honesty are not just slogans; they are the values that have continually earned respect for the school across generations.

First, diligence is the consistent effort that transforms ability into performance. For 80 years, Hon Wah College students have encountered various challenges in the form of academic pressures, setbacks, and new societal expectations. However, diligence teaches us to revise when lessons become hard, to practise until skills are honed, and to push ahead when results do not come instantly. This is why diligence enhances the school motto and values. Excellence is achieved through a continuous process, regardless of the time it requires.

Second, integrity directs us to do the right thing, even when no one is watching. For students, integrity means being responsible, and respecting rules, which includes refusing the use of shortcuts like cheating. In the real world, integrity is important as employers and universities seek individuals they can trust with their duties and who can work effectively within teams.

Finally, honesty gives us the courage to speak the truth to others as well as to ourselves. It allows us to admit to mistakes, seek help, and understand the concepts better. Thus, after graduation, honesty helps build robust interpersonal relationships and enduring credibility, as trust forms the basis for effective leadership and achievement.

If we take these values with us: diligence, integrity, and honesty beyond the school gate, we will not only achieve more, but we will become trustworthy individuals whom others can rely on. This is what Hon Wah College's 80-year old tradition truly means.

Thank you for listening.





Topic 2

Working on a group project with classmates is often a mix of excitement and challenge. Everyone brings their own perspective shaped by personal experiences, strengths, and ways of thinking. At first, these differences can feel overwhelming—one person may want to take the project in a creative way, another may insist on sticking to a structured approach, and someone else may focus on efficiency. Yet, it is precisely in these moments of divergence that respect becomes the glue holding the group together. Respecting others' ideas is not simply about politeness; it is about recognizing that each voice adds value to the collective journey of learning.

Respect begins with listening. When a classmate shares an idea - even if it seems unusual or different from our own - taking the time to listen demonstrates that their contribution matters. This act of listening does more than build trust; it opens doors to new insights. For example, a student who prefers visual learning might suggest diagrams or infographics, while another who excels in writing might propose a detailed report. By valuing both approaches, the group can combine creativity with clarity, producing a richer final product than any single person could achieve alone. In this way, respect transforms diversity of thought into strength.

Moreover, respect nurtures collaboration. In group projects, disagreements are inevitable, but respectful dialogue prevents them from escalating into conflict. Instead of dismissing an idea outright, saying, "I see where you're coming from, but what if we also consider..." keeps the conversation constructive. This kind of communication encourages compromise and balance, teaching us how to work with people who think differently. These skills extend far beyond the classroom, preparing us for future workplaces where teamwork and mutual understanding are essential.

Respect also enhances personal growth. When we open ourselves to others' ideas, we challenge our own assumptions. Perhaps, we assumed that our method was the most efficient, only to find a peer's suggestion offered a shortcut to the problem. Or maybe we thought creativity had no place in a technical project until someone's imaginative approach makes the work more engaging. Respect allows us to learn not only from textbooks but from those around us. It broadens our perspective and reminds us that knowledge is not a solitary pursuit but a shared journey.

Equally important, respect builds confidence within the group. When students feel their ideas are valued, they are more likely to contribute actively. A quiet classmate who hesitates to speak up may find courage when others respond with encouragement rather than criticism. This creates an environment where everyone feels included, and inclusion leads to innovation. The project becomes a collective effort, with each member motivated to give their best because they know their voice matters.

Ultimately, respecting others' ideas is about more than completing a project successfully—it is about shaping the way we learn and grow together. Respect teaches patience, empathy, and humility. It reminds us that no single perspective holds all the answers, and that wisdom often emerges from the blending diverse viewpoints. By acknowledging our classmates' contributions, we not only strengthen our group work but also enrich our own learning journey. In the end, respect is not just a courtesy; it is a powerful tool that transforms collaboration into a meaningful experience and prepares us for the challenges of both academic and real-world life.



More than an
Autograph



S5C Cao Tsz Kwan Lina

Topic 1

Good morning, Principal, teachers, and fellow students,

I am Lina from Class 5C. Just a few months ago, we celebrated a massive milestone—Hon Wah College's 80th Anniversary. Studying at school, students not only acquire knowledge, but also gain valuable experience through different activities. Over more than half a century, our school has been through whopping challenges, and now, AI is commonly defined as one of the obstacles that our school is facing. In this day and age, we don't just treat technology as "the tool that allows us to search for basic information" anymore, because of the invasion of AI.

Apparently, AI has transformed from a quiet assistant into a central protagonist in our daily lives, capable of generating ideas and solving problems that once required hours of human thought. As we look toward the next eighty years of Hon Wah College, we must realize that the very nature of sitting in a classroom is shifting. For decades, education was primarily about the accumulation of facts and the memorization of data. However, in a future where every student carries a digital oracle in their pocket, the value of "knowing" begins to fade in comparison to the value of "understanding." The next century of learning will be defined by our ability to navigate the noise, to synthesize complex ideas, and to ask the profound questions that a machine—no matter how advanced—would never think to ask.

While some might fear that this technology will eventually make our roles as students obsolete, the reality is that the next 80 years will demand more "humanity" from us than ever before. An algorithm can calculate the trajectory of a rocket or draft a flawless summary of a history textbook, but it cannot understand the weight of a friend's silence or the electric atmosphere of a school's sports day. Our personal skills—our empathy, our resilience, and our moral compass—are the only things that cannot be automated. These are the qualities that Hon Wah has cultivated since its founding, and they are the qualities that will ensure we remain relevant in a world dominated by silicon and code.

As we march toward our centenary and beyond, let us not be intimidated by the "invasion" of intelligence that is artificial. Instead, let us lean into the intelligence that is uniquely ours. We must learn to use these tools as a co-pilot for our creativity rather than a replacement for our effort. The future of Hon Wah College isn't found in a server room; it is found in our shared determination to be more than just passive users of technology. We must become the architects of a future that remains stubbornly and beautifully human, ensuring that the next 80 years are even more impactful than the last.

Thank you.





Topic 2

Respecting others is an important aspect of our lives. It also commands attention in our society in this modern age. This essay will explore three aspects to highlight how important respecting others' ideas is, for example during a group project, and how respect enhances our learning journey. Let us take a more in-depth look at this issue.

First and foremost, respect forms the cornerstone of effective teamwork. When group members feel valued and heard, they are more likely to engage openly and contribute their thoughts without fear of ridicule. For example, when we listen to and respect our groupmates' ideas, we may discover something innovative and interesting that can benefit the entire group. This openness can lead to unexpected breakthroughs, such as a novel approach to a project that none of us would have considered on our own. Consequently, such an environment encourages a positive atmosphere where creativity thrives and all members feel empowered to share their ideas.

Subsequently, engaging with diverse perspectives not only broadens the horizon of ideas but also enhances critical thinking. When we consider other groupmates' ideas, we deepen our understanding of their opinions and this action encourages us to reflect and analyse their viewpoints. For instance, when the viewpoint of one of the groupmates is unique, and one which we may not agree with, we should nevertheless respect the opinions of the groupmate, share thoughts together and ask questions in order to explore their reasoning. Therefore, this can enrich our mindset as well as the whole group discussion and help us evaluate the strengths and weaknesses of all the opinions provided by every member of the group.

Furthermore, apart from the importance of considering others' opinions, respecting others can also enhance our learning journeys. Practicing respect in educational settings contributes to the development of emotional intelligence. When students engage with their peers respectfully, they learn to empathize with others' feelings and perspectives. For example, if a classmate is struggling with a personal issue, a respectful approach encourages empathy and support, allowing the group to come together as a compassionate community. This emotional awareness is vital for personal growth and will benefit students in their future relationships both academically and professionally.

In conclusion, the aspects discussed above highlight how important it is to respect others' ideas and illustrate how respect enhances our learning journey. By fostering an environment of inclusivity and understanding, we not only improve our teamwork and critical thinking skills but also cultivate emotional intelligence that can impact our future interactions. Therefore, respect is extremely vital to us in all situations.



Introduction to Drama in English Language Education (DELE) and Language Arts (LA)

The English Department

Since 2017, Drama in English Language Education (DELE) has been a vital component of our junior English curriculum, exposing students to contemporary theatre elements, creative writing, and performing arts. In the academic year 2024/25, we have merged Language Arts (LA) with DELE in Secondary 1, focusing on adolescent literature to broaden students' literary exposure. This integration aims to boost students' drama skills and instill a passion for reading. More importantly, self-directed learning (SDL) resources are furnished for students to engage in shadowing exercises, thereby fostering a comprehensive improvement in their English proficiency.

Traditionally, we associate learning a new language with memorization of words and applying grammatical rules in context. However, today's approach to English Language Education offers somewhat a fresh and dynamic learning experience. Through Drama in English Language Education (DELE), students are exposed to a new form of learning through novel reading and acting that develops their interests and fosters curiosity.

By integrating drama performance and reading comprehension, students gain profound insight into reading classic literature and exploring the vibrant world of drama. At the core of the curriculum is a whimsical novel, *Peter Pan* by J.M. Barrie. The story is about a boy who refuses to grow up and sets out on his adventurous journey. There, he encounters different characters in his magical world. In the second term, *Alice Through the Looking Glass* is the main theme, featuring complex storylines and precarious situations that stretch students' imaginations. Alice meanders through a mysterious expedition on a chessboard full of strange talking characters and baffling clues - which are not easy to comprehend.

Placed in a group of four or five, students enact a play based on one of the scenes in the book and transform their beloved characters to life on stage. This process transcends beyond just their reading skills and also deepens their understanding and fondness for the English language, enhances teamwork, and builds confidence in developing their overall character in a holistic manner.

The outcome is a captivating experience as students showcase their talent in both acting and reading cultivating a long-lasting passion for language and the world of art. To facilitate students' continuous learning, formative assessment tasks will be given to consolidate their studies throughout the two terms. The integration of DELE and LA has produced many engaging and noteworthy moments. One of them this year was the prop-making mushroom lesson which was brimming with excitement as students showed off their craft-making skills and turning the classroom into a sea of colourful handicrafts.

Rehearsals were often filled with energy, and of course, challenges where students worked together for the first time. Transforming the classroom into an imaginary scene and immersing themselves in the fictional characters were something to behold. The final performance was a result of their dedication, trial and error, and hard work. Every student played their part, no matter how big or small, smashing the fear factor and stage fright to create a grand finale. By connecting literature and art, this programme has demonstrated a powerful learning tool that will surely enrich the students' learning journey now and in the years to come.

A fitting proverb to describe the whole experience is: 'They that sow in tears shall reap in joy'





Peter Pan is a popular character around the world. However, I did not get to know him well before I had the Language Arts and Drama in Education lessons. Special thanks to Mr. Jon, I got to understand Peter Pan better. Now I'm going to share what I have learned.

In Peter Pan, the three children — Wendy, John and Michael — have a dream. One day Peter Pan comes to life and brings the three children to Neverland with the Lost Boys, who do not have a mother but join them. When they arrive in Neverland, there are giggles, screams, and panicked moments. Thankfully, the three children go home safely with unforgettable memories in their minds.



In my opinion, the best moment in Peter Pan is when Captain Hook and Peter Pan have their final fight. Captain Hook wants to capture the Lost Boys, but he hides from the crocodile because he can hear its ticking sound every time it moves to seek him out. But little does he know, it is just a clock that Peter is holding to trick him into believing the crocodile is coming. When Captain Hook realizes this, he gets mad and starts a fight with Peter. Peter can fly, so he has the advantage and uses it to knock down Captain Hook.

From my perspective, this book is quite intense, with many ups and downs. May you all enjoy the book!



My experience in Peter Pan during the DELE and LA lessons is very special.

Not only did we learn about standing positions on the stage, angles such as $\frac{3}{4}$, downside right, and center, but we also learned how to project our voices, act, and add emotion to the lines.

In the Peter Pan drama scene, there were characters like Michael, Peter Pan, Wendy, John, and others, and I acted as Michael and John. When we were practicing, I noted that Peter Pan's first line is to call Tinker Bell to close the windows because Mrs. Darling is coming back home. However, to understand the feeling, you need to put yourself in someone's shoes and project your voice and emotions into the character which I enjoyed.

The English Department is committed to fostering a global perspective among its students. Annually, the department arranges overseas English study tours to provide students with an opportunity to immerse themselves in an authentic English language environment. In July 2025, our teachers and students embarked on a two-week exploration of the academic and cultural facets of Auckland, New Zealand. Throughout the journey, our students enthusiastically engaged in academic programmes and cultural events at NZLC, in addition to visiting Auckland University of Technology and the renowned Hobbiton Movie Set. Furthermore, they had the enriching experience of residing with host families for the duration of their stay.



A Memorable Experience in New Zealand

S5B Tan Chun Fung



During the summer holiday in July 2025, I was thrilled to be selected for a journey to Auckland. This was my first time venturing beyond Asia, exploring the wider world. Although I initially felt some anxiety about embarking on a lengthy 16-day trip, my anticipation grew after the briefing session and extensive online research. Indeed, this trip became an unforgettable chapter in my life, bringing a multitude of benefits to my personal growth and broadening my worldview. Let me elucidate how remarkable my journey was.

I vividly recall the first day when my companions and I gathered at the airport, eagerly awaiting our flight. It was there that I met my roommate, Marcus, a slender boy in Form One. He too was excited about traveling abroad. After overcoming numerous challenges, we finally boarded the plane, filled with curiosity.

After landing that evening, I was introduced to my host family, consisting of three members: Edward, Tookata, and Anthony. They welcomed us with warmth and enthusiasm. Initially, Marcus and I were quite reserved, feeling unfamiliar with our new surroundings. In contrast, Tookata and Edward engaged us with continuous questions, eager to learn more about us. Their persistence helped us relax, and we gradually became more open. We were all delighted to witness our significant personal growth.

In the following days, we attended English lessons in the mornings and explored the breathtaking scenery of the country in the afternoons, which was both visually stunning and uplifting. I was enthusiastic about the upcoming activities and was eager to expand our horizons.

The most unforgettable experience was visiting the Sheep World. Prior to this trip, I had never encountered a real sheep, making it an entirely new experience for me! The zookeeper first provided each of us with sheep food and explained the dos and don'ts of feeding. After that, I rushed over to a sheep and gently stroked its wool, which felt as soft as clouds—pure and immaculate, evoking a profound sense of relaxation. It was also quite humorous to watch them eat, as they clumsily flicked food onto the floor. Additionally, we attended the Wool Shearing Show at the zoo, where sheep lined up for haircuts, eagerly awaiting their refreshed appearance. In conclusion, this was an unforgettable experience, and I even brought back a stuffed sheep for my friends!



Time flew by, and the 16-day trip came to an end. Each day was filled with memorable and meaningful moments. I am immensely grateful for all the people I met during this journey, especially my host family, who provided endless support and encouragement, pushing me to learn English daily. Moreover, I learned a number of comprehensive skills throughout the trip, remembering to be diligent and to show integrity while representing our school abroad.

If I have the chance to go again, I will partake without a moment's hesitation! Thank you for reading!



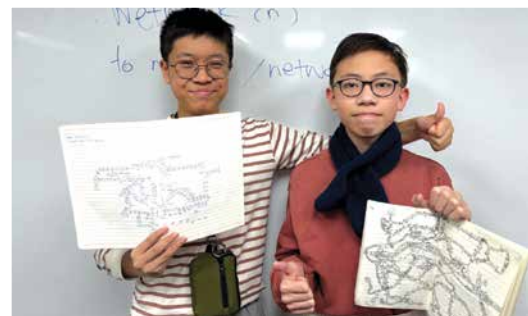
Kia Ora! ('Hello!' in the Māori language, the native language of the Māori people who were once a major tribe in New Zealand 'Aotearoa')

In my lifetime, going somewhere as far as New Zealand was an idea I never knew would become a reality; I knew how isolated and far off this country was and how different it was from Hong Kong. Even so, hearing the news that Hon Wah was promoting an organised trip to these pulchritudinous lands struck a chord within me. 'That might be the opportunity to experience the life of a different person,' I thought to myself, and immediately signed up for the raffle.

Oh boy, was I blessed by the Rehua (Māori God of the Stars) since I became a lucky winner to be a participant of the trip. My heart could not beat faster at the revelation!

Turning forward the hands on the clock, we set foot on ground at the Auckland International Airport. Being on foreign land, my legs felt like they were carrying a ship's anchor - maybe it was the discomfort of the flight as it was the first time that I flew for more than 5 hours, or maybe it was the disbelief of being in New Zealand, but who knows? Maybe it's just me.

It was a myriad of firsts for me: it was my first time being in anywhere other than Asia, it was my first time staying with a host family, and by extension living in a house in a suburban area. The host family had stellar accommodation and welcomed me and my partner with open arms. The result was that I enjoyed my time dearly with our host family. Although it was only a single-story house, the rooms inside were of spacious goodness; 'my house is a far cry from this!' I exclaimed. The host family also had a dog, and that beast in a canine's body was the clingiest thing I'd seen in my life. The number of times it constantly begged me for rubs is (not exaggerated) over the top! In conclusion, the host family was one of my personal favourite memories in the journey.



The other activities of the expedition did not disappoint either. The lessons were refreshing and amusing. There were abundant interactions and group assignments between teachers and students. The interesting mix of developing many presentation skills regarding the world-renowned podcast Ted Talk, alongside other fun, outgoing activities continuously tested our English capabilities throughout our visit. I enjoyed the learning time, I really did!

If that wasn't enough, the visit over to Aotearoa highlighted for me the different way of life to the people in our country. Being a stark contrast of bustling city life, cogs moving past intersections in a heartbeat, New Zealand showed herself to be more laid back and quaint. Not only that, I learned a few common Māori traditions and words which display the cultural significance behind the tribe.

Ātaahua ana, ka hoki mātou ki te Pokapū Pūtea o te Ao.

Thanks you Hon Wah College for an incredible journey!

My Kiwi journey to Auckland, New Zealand

S5C Lai Chi Him Cayden



Last summer, while most of my friends were relaxing and playing video games at home, I embarked on a sixteen-day journey to Auckland that would become the highlight of my year. I wasn't sure what to expect when I first signed up for the study tour since it was my very first time. But looking back now, it was by far the most eye-opening experience of my life. The sixteen days I spent in Auckland last summer were more than just a break from school. Instead, I actually got to learn how to navigate a new culture while seeing some of the most beautiful landscapes on Earth. It was the kind of trip that broadened my horizons.

The most important part of the trip was living with my host family. From the moment I touched down in New Zealand and met my host family on Day 2, I was treated like a family member of the household. Our evenings together were spent sharing stories over dinner, which helped me practice my English in a way that a textbook never could. Sitting around the dining table, I had to move beyond simple grammar exercises and actually communicate my thoughts about the day. Although my host family members aren't local 'Kiwis', they did their utmost to cook delectable New Zealander dishes for us, such as lamb fried rice and their famous Hokey Pokey ice cream. Living with a local family rewarded me with an improvement of my English communication skills. These moments turned my evenings into the most valuable time I could have asked for, turning a foreign house into a second home. Their hospitality didn't just help my English, it gave me a sense of belonging in a place thousands of miles from my hometown. They are the best hosts ever.



The absolute crown jewel of our trip was going to SheepWorld. It was fascinating to see the Sheep & Dog Show, where incredibly clever sheepdogs gathered the sheep with amazing precision. Watching a shearing show in action was a highlight as they explained the long history of wool production that is so vital to the country. We even got a chance to feed the super adorable baby lambs with bottled milk, and the grown-up lambs with vegetables. This is an experience that would never happen in Hong Kong.

The other highlight of the trip was our excursion to the Hobbiton Movie Set. Stepping onto the Hobbits' farm felt like walking into a movie screen. I was mesmerized by the attention to detail in each house, from the tiny chimneys puffing smoke to the miniature gardens filled with real vegetables. Standing under the massive Party Tree and looking up at Bag End, I realized that Hobbiton isn't just a set; it's a piece of living art. It was a surreal feeling to be in the exact spot where such famous stories were filmed, and it was a magical journey I will never forget.

Our afternoons in the city were equally captivating. The view from the Sky Tower offered a bird's-eye view of the charming and picturesque harbour. Furthermore, watching the Māori Concert in the Auckland Museum was also an unforgettable experience; their clothes are very different compared to other national costumes, which are way more exquisite. While speaking his words, one of the performers vibrated and clapped both hands, which means that they connect with their ancestors. In their culture, they deeply respect their ancestors and the land itself. Additionally, I was shocked to find that smiling in their culture means an unfriendly signal.

Time flew by, and I couldn't believe that it was the last day in this wonderful place. We had a graduation ceremony at our school NZLC, and I took a lot of pictures to keep as mementos. By the time I departed for Hong Kong, I carried more than just souvenirs in my suitcase. I returned home with a newfound independence, and a deep appreciation for the friendly and relaxed pace of Kiwi life. This trip has left an indelible mark on me in my life. I won't forget my wonderful homestay family, the people I met, and the breathtaking views of New Zealand.

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