



齋色園主辦可藝中學

文集

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Ho Ngai College (Sponsored by Sik Sik Yuen)



*English
Compositions*

2014-2015

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Students' English Compositions 2014 - 2015

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锦鳞逐花动碧波
圖

情 留 處 處

旅行日的經過和感受(友誼的珍貴)

1B 潘偉森

「我敢說這是最愉快的一天了！」我說。那是學校的旅行日，我將去迪士尼樂園，同學們個個情緒高漲。

我們拍完照後我和三個同學一共四個人一起去玩第一個遊戲。在飛躍太空山門前我們都不敢進去，只有陳宇駿敢玩，他叫我們不用等他了。但作為朋友又怎麼能丟下他一個人呢？時間一分一秒地過去像漏斗裏的沙子慢慢地流走，將近半個小時陳宇駿走了出來，他看到我們感到很驚訝：「咦！原來你們還在等我！」此時我們大家心裏頓時升起了一股暖洋洋的感覺，這種感覺是什麼？為什麼會有這種感覺？這是因為朋友之間的友誼啊！

然後我們來到迷離大宅，讓人有種陰森、恐怖和迷茫的感覺。我們迫不及待地走進了這座大宅，坐上帶我們進去的五人椅上向着未知前進。裏面有很多奇奇怪怪的東西，最難忘的是當我們來到一尊大炮前，大炮突然間向我們開了一炮嚇得我們心都快跳出來似的。無獨有偶，在一幅畫着一個女人畫像前她突然變成美杜沙也嚇了我們一跳，這整個過程真是驚心動魄，出來後大家互相安慰，這不是朋友應該做的嗎？

來到灰熊山谷，我們還是不敢去玩極速礦車，這時依然是陳宇駿出來鼓勵我們鼓起勇氣去試一試，有了朋友的鼓勵我們鼓起勇氣走了進去。裏面真是驚險刺激，我們感到太刺激了！

這次旅行日讓我明白朋友會在你需要幫助時扶持你、安慰你，會在你成功之後為你感到高興，這就是友誼的珍貴之處。

我的包子老師(「包老師」的笑容溫暖我們的心)

2A 容穎希

在我心裏一直給我印象最深的就是我的初中班主任—「包子老師」。為什麼叫「包子老師」？這個名字也是有來源的。

我的「包子老師」，他外表肥胖，身形矮小，他經常穿一件白襯衫，下身黑西褲，白襯衫總會凸出他那個「西瓜肚」。「包子老師」很喜歡笑，那圓潤的臉笑起來會出現兩個小酒窩。因為他也姓包，班上的同學都會叫他「包子老師」。

雖然「包子老師」為人樂觀、慈祥，但是如果同學犯了錯誤，他會以溫柔的方式對待同學。記得在夏天的時候，班上有兩個男生因為一些小事就打起來。「包子老師」從辦公室飛奔過來阻止了兩位男生，那本臉帶笑容的老師，臉上一黑，眉頭緊皺，拉着那兩位男生到了辦公室。我心想：有好戲看啦！我和一些同學悄悄躲在辦公室門口，準備聽「包子老師」發火批評那兩位男生。開始聽到老師大聲批評那兩個男生，不料後面就沒有聽到聲音了。我見沒什麼事就回去了課室。後來，那兩位男生一蹦一跳地回到教室，臉帶笑容地吃着冰棍。我好奇便問他們，他們說：「是『包子老師』送我們的。」聽了之後，我更是感到疑惑，我似箭一般的速度跑到辦公室，問老師為什麼請那兩位男生吃冰棍。老師用他的笑容回答我說：「哈哈！天氣炎熱，就容易發生小衝突，吃個冰棍降降溫吧。」這就是我的「包子老師」，總會以慈祥、溫柔的態度面對學生。

隨後好幾天，「包子老師」沒有回學校，他的那幾堂都是自習課，我們都在課上聊天說笑，我們因老師沒有回校而感到十分興奮。之後的一次自習課，「包子老師」走進教室，我們

很多同學都驚呆了。「包子老師」原本肥胖圓潤的臉已經消失了，細看還能見老師的黑眼圈，「包子老師」變得瘦削了許多，從「包子」變成「餃子」。老師笑着對我們說：「很久沒有見面了，有沒有想我啊？」我心中感到一陣陣刺痛，老師生病得這麼辛苦，我們還幸災樂禍，感到十分慚愧。

離開了家鄉後，「包子老師」的一舉一動仍然像烙印在我心裏無法忘記，難以忘記他那最真摯而又最溫暖人心的笑容。他就是我的初中班主任包正釗。



我的友善老師

2B 冼志強

我的學校有一個叫楊少娟的老師，簡稱楊老師，她對誰也很友善，包括校工、學生、其他老師。

她有一頭烏黑的頭髮，一雙令人妒忌的大眼睛，每次上課都很友善地望着我們，她不高不矮，也不是太胖，整個外貌看上去感覺很友善，可親可人。

她在學校認識很多老師，雖然她比鄧老師和陳老師矮，但她還是在世界上對我們最好的人。

她教授體育、中史和綜合人文學科，在我們心目中她是一位友善的老師，她不惜用盡一切心血來教導我們，她熱心地舉辦活動和講座供我們參加，讓我們日後能有一技之長。但是有時她會犯上一些小錯誤，當其他老師在罵我們，她就會安撫我們，讓我們明白老師也有難處，令我們繼續努力，她給予我們很大的信心。

有時我們會放棄讀書，她就會鼓勵我們，我們都很感謝她。

我們很感謝她對我們的付出。

我們敢大膽地說：「直到畢業後都會一直記掛着楊老師的友善可親，因為她是這個世界上對我們最好的人。」



我的老師

2C 郭穎恒

你知不知道我的數學老師是誰？我的數學老師就是看起來很聰明的蕭國亮老師。

蕭老師的眼睛大大的，個子高高的。上課時，如果遇到同學有解決不到的問題，他就立刻幫助他，如果遇到複雜的數學題，其他同學都解決不到時，他也會耐心教導。還有，他會解釋讓我們明白。他還會運用一些不同的方法來進行教學，例如用一些圖來增加我們的記憶力，我認為這是有用的，因為看圖能認得一條公式。

蕭國亮老師會利用額外的時間去教導學生，當同學遇到複雜和艱深的數學題，他會用多一點的時間來教我們，又會用紙來解釋一些步驟讓人明白，他就是用這個方法來教導自己的學生。

蕭老師對學生亦關懷備至，他會問候自己教過的學生。例如他問我：「你的哥哥生活如何？」我回答：「我的哥哥生活得很好。」由此可見，蕭老師是很關心自己的學生。

蕭老師是我的偶像，他會用搞笑的方法教導學生，這對我們很有幫助啊！

我的數學老師—蕭國亮老師，蕭老師很關心學生，讓我有一種親切的感覺。我認為師生間的關係理應如此。



血液循環系統

4A 林嘉駿

人體內的血液循環就像與朋友、親人、身邊的人們等等的回憶。當我們的動脈帶養分給我們，就像我們在人生裡遇上了不同的人事物，他們帶給我們不同的得著和經歷，滋養我們的生命。靜脈排出廢物則好比這些人生「過客」要離開了，雖然他們要離開，但這些「養分」並不會消失得無形，甚至有一些會保持很久，刻骨銘心，陪着我們成長，直至我們身體不能運作……

離別

4A 林嘉駿

在我即將小學畢業前，我才知道我最好的朋友要搬到很遠很遠的地方，很難和他再見面。可能我還不敢面對離別的滋味吧！在畢業的那一天，我只是跟他說了一聲「再見」就走了。

在茫茫人海中認識彼此很容易，但離別之後要把這一個人忘記卻很難，會捨不得他，難以忘懷開心，甚至不開心的回憶。雖然我們到了最後也沒真正的道別就各自走了，但留下了一段珍貴又刻骨銘心的回憶，這讓我學會珍惜，珍惜眼前的一切。

離別

4A 梁思行

短短十六年人生中，經已經歷過不少離別，但我從那些離別中獲得了一些領悟，原來最傷

痛，最教人情何以堪的離別未必是距離疏遠的離別，而是心的距離疏遠，情感上的離別才是最痛苦。距離上的離別在重聚時仍能歡欣暢談，亦如往常一樣親密，並不至於太悲痛，但心的距離一旦說疏遠了，對對方已經不再着緊，有了隔膜，這種心靈中的離別才是不可挽留的，縱使對方還在身邊，但心的距離不再貼近，比每一種的離別都要無奈、難受……

離別

4A 陳曉彤

在我中二的那年，認識了一位女生，她胖胖的，留着一把長髮，有的人叫她焜姐，有的人叫她通菜焜。在人群中很容易就能發現她，她有一種異常的氣場，令人對她有一種姐姐的感覺。

那一年，我與她熟絡，經常在一起，小息一起吃小食，午飯一起吃，放學一起打排球，我們無所不談。那一年，她成為我最好的朋友。

那一年，她告知我要到外國留學，我腦中一片空白，而那段時間，我只想着去珍惜我們相處的時間。

那一年，她走了。帶走了她的人，帶走了她的事，帶走了我送給她的禮物……那一年，沒有人再陪我小息，沒有人跟我吃午飯，沒有人跟我一起打排球，沒有人沒有人沒有人……

那一年，她回來了，在我不知道的時候。當我在課室的窗外看到她時，心中有一絲的悸動。當課室的鐘聲響了，我看到班裡的人跟她聊天然後一起離開的時候，心中的感覺十分不好。難道她已忘了我嗎？但當我與她碰面，互相微笑，然後離去的時候。我知道，以前的她，已不在了。

有些人會在你不知不覺中遠離，疏遠。但在你發現的時候，已失去了。真正的離別並不是離開，而是從親密朋友變成熟悉的陌生人才是真正的離別。

昨夜下雨了

4A 謝景喬

一滴、二滴、三滴……。殘留的雨水像奄奄一息的魚正在掙扎着。晨光照着留在屋子上的雨水，並帶出高解像的光影效果，這樣的環境，這樣的景觀，正知道昨天下了一場雨。

懶閑的晨光，局促的水氣使人感到不耐煩，很想把周圍的環境通通帶走，只想留下新鮮又自由的天氣。

昨夜下雨了

4A 黎嘉欣

昨夜下雨了……。天在哭代表着世人都有不愉快的事。昨夜發生太多事，爭吵是一件很正常的事，但這次是對我來說最大的一次，天在打雷是我們的爭吵過程，下雨代表我們爭吵後的後果嗎？讓雙方的人都不好受，不是一句簡單「對不起」就可以把所有的爭吵當沒事發生，但此刻我真的很想說一句「對不起」。

感恩

4A 林雪誼

不是所有人也能成為自己的朋友。我每天也很感恩找到真心朋友，感恩遇到對自己好的人。甚麼是真正的好朋友？真正的好朋友能給我精神上的鼓勵，真正的朋友不是只為了吃喝玩樂，而是默默扶持着我、伴我成長，互相關懷，互相體諒。我曾聽人說過：「朋友不在乎遠近，只要在心；遇見沒有分早晚，只要有心。好朋友永遠陪伴左右；真情誼，永遠風雨同行。」感恩遇到四位真心待我好的朋友。

感恩

4A 盧思宇

如果可以時光倒流讓人返回從前，相信很多

人都想回到過去抹走遺憾，我卻不會，反而我很感恩我能經歷從前的一切，很感恩能遇上一些令我跌倒、崩潰的人。如果我沒有經歷這種種的一切，就不會有今天的我，我也很感恩自己能及早醒覺所做的，否則，現在的我一定還是懵懵懂懂，且做了很多壞事。感恩從前的一切令我成長，令我更珍惜身邊真正重要的人，令我不再去介懷那些無聊人、無聊事。現在的我懂得感恩，因為一切得來不易。

母親的一句話

4C 黃洛嘉

半生存了好多話，一生把愛交給他，只為那一聲爸媽，生兒育女一輩子，滿腦子都是孩子哭了、笑了。

時值五月，母親節日，思念滿溢，心緒難平。孔子曰：「父母在，不遠遊。」可是我在這裏，父母卻在千里之外。但不管身在何處，我總覺得有母親在的地方才是歸宿。

我的母親，非常平凡，她讀書不多，對於我更多是言傳身教。記憶中，她總是把囑咐過的話說了一遍又一遍，但我最深刻的是她第一次在我面前落淚時說：「我不能承諾的東西很多，比如給你一個完整的家，讓你受最好的教育，但我唯一能保證的是我將永遠愛你。」

我和母親相處的時間並不多，可能她怕時間太少，所以說的話總是特別多。我不需刻意去記着她所說的一字一句，因為我知道千言萬語都會匯成一句話：「我將永遠愛你。」

五月，總有一份濃濃的牽掛，兒女永遠是母親最大的牽掛，就像現在我在想念母親，她必定在想念我。

父親的一句話

4C 楊寶如

父親的一句話？可能在別人的眼裏，回想起父親的一句話是多麼的溫暖。可是對於我而言卻完全是另一回事了---是傷感加淚水。

那是怎麼樣的一句話？

「我對你很失望！」憂傷的眼神、眉毛緊緊縮成一團，有一種被愛的複雜。那也是我最害怕的場景。雖然父親不打我，也不罵我，但就這一句話對我來說是巨大的傷害，有一種被利刀捅的感覺，久久未停。

在我心裏，失望的父親對我來說也是一種自責，我常常在這時說不出話，也只能用淚水來表達我內心的極度自責。

總是默默地想着一以後再也不想聽見這句話了，父親！

那憂傷的眼神，眉毛緊緊縮成一團，有一種被愛的複雜。讓我閉眼讓它離去……

母親的一句話

4C 張曉芳

「欸啦……」一聲清脆的聲音回響在客廳裏久久不能散去。那是玻璃杯被扔在地上所發出的聲響，旁邊站着一臉憤怒的媽媽，她的嘴裏吐出一大堆平時我都能倒背如流的說話了，例如：「你怎麼可以那麼不聽話，你要認真學習啊！你能不能聽話讓我省省心……」

母親看我一言不發只能無力吐出一句：「因為你是我女兒。」聽到這句話讓我心痛不已，讓我愧疚不已。

是啊！因為我是媽媽的女兒，所以她才要用心栽培我、呵護我、保護我、教育我、寵愛我、疼愛我，這些都是值得我愧疚不已，並悔恨自己怎可以如此不懂事，讓母親傷心難過，讓她因我日夜失眠、難以咽食……這一切都讓我後悔不

已，並悔恨自己和怨恨自己……

母親的一句話

4C 麥翠媚

想起了小學的時候，我非常的懶惰，母親常常都說我懶惰如蛇，我也不否認，但自從母親說過一句話令我改變了。

小學時，我因為懶惰，成績永遠都是名落孫山，在這一件事情裏母親永遠都不給我一張笑臉，那次因考試考砸了，母親並沒有給予我一張不把我殺了的臉，面無表情，那時，母親只跟我說了一句：「天下無難事，只怕有心人」這一句話讓我記憶猶新，這一句話讓我懂得了其實做一件事情，只要你肯努力就能把它完成，但若你還是如此懶惰，那只怕你這一輩子都只能一事無成。

母親的這一句話，瞬間地把我罵醒；母親的這一句話，也讓我懂得了道理；母親的這一句話，更讓我深深地印在我腦海裏，不可忘卻。

母親的一句話

4C 陳子濤

在剛剛過去的母親節，不知大家是如何和母親渡過的？

那天，我和母親外出吃午飯，雖然只是普普通通的餐廳，但卻有十分多人在等待。花了不少時間等位置後終於能夠入座叫套餐。食物到達餐桌上，我們開始進食，在進食時，母親說了一句話令我印象深刻的話，她說：「夠不夠吃？」母親隨即把自己碟中的肉夾到我的碟中。在平日我會默默的接受，但今天是母親節，我微笑地接受食物，向母親說了一句：「母親節快樂！」因為我真的想感謝母親多年來的照顧，所以我十分誠心地說這句話。

在這天，令我明白了很多的事，父母由你出

世後便默默地為你付出，時刻都為你着想，盡管我們平日沒有很多時間陪伴父母，也應找個時間和父母吃頓飯，這才是孝順的子女。

母親的一句話

4C 張佳就

我的母親經常掛在口中的一句有深度的話是：「兒子，你要讀好書及努力考上大學，做個有用的人！」我也經常隨便的回應，但是升上了中四級後，我發現自己真的要讀書了。

讀好書是否一定能做有用的人呢？不一定是。在社會上有高學歷的壞人多的，但是不讀書就一定做不了讀好書的人，所以我一定要讀書。

努力和讀大學是否掛鉤，但是不努力就一定讀不上大學，大學的課程艱深，要在中學時期打好基礎才可以上大學，因此不努力讀好書，天天游手好閒就一定讀不上大學，每天要努力地複習加溫習才可以有好的成績。但是努力讀書也不是一定上到大學，但是只要有機會的事就一定要盡最大的能力去嘗試。

做有用的人和讀書又有何關係呢？在現今社會，如要在世界上佔有一席位就要有充實的知識。所以做有用的人，就必須努力讀書。

在母親心中，我是一位孝順的兒子，但是我更希望是母親心中值得驕傲的兒子。



父親的一句話

4C 梁海峰

父親的一句話曾深深打動了我：「做人，盡力就好！」

小時候，我是個貪玩的學生，既不會上進，也不會努力。在四年級時，不知天高地厚，班主任也管不了我，我玩着電腦過日子，度年如日，度日如時，時間靜悄悄的離開了我。

無論母親、老師們怎麼勸說也沒有用，就怕父親生氣的時候，一件事使我靜悄悄的改變。每天玩電腦時父親都會跑來嘮叨，雖然都沒聽進去，一直都說着我的以後，擔心着我的未來。但是，在父親失業時，似乎我看見了以後，擔心未來，聽着每一句話，也就盡力就好，最深刻。

一件事情帶上一句話，父親啊！現在您越來越蒼老，我該如何報答您呢？

父母親的一句話

4C 駱理程

「讀書，努力做好自己！」這句話，是我由小至大經常聽到的一句話。

從小學至中學溫習和考試，全都是為了一次考試——中學文憑試。好像整個人生，全靠考試，如失敗的話，您的人生就完蛋了。小時候天真無邪，沒想到世界不公平或世界上要有責任，有失敗和挫折。其實世界上有些人也沒有完成大學或中學。

將來的事情很難預知，我會盡量令他們開心，我也會努力追求學業，等我將來找一份良好的工作，讓我每天滿臉春風地活下去，過一個開心的人生。

「讀書，努力做好自己！」我會銘記於心。

母親的一句話

4C 黃詩樺

每個人的母親總是會有一句愛說的話，而我的母親最常說的話就是一「努力讀書！」

這句話從小便在我身邊不停圍繞，讓我覺得快要被洗腦了。我總是認為這句說話產生負面情緒，對這四個字我是如此的厭倦、厭惡、厭煩……

在反叛期時，我更是有意的作反，把書讀得有這麼差得這麼差。心裏想着：「妳一定是希望靠我來搬大屋，將來給多點家用給妳的！」

但是，漸漸發現妳是為我好的，妳知道日後可能會離開我，如天使般到天空飛翔。我不努力讀書的話，就會生活困苦，那時再不會有依靠，靠的只有自己。

接下來的日子，我並不會辜負妳對我的期望，無時無刻也會記着這暖聲的一句「努力讀書！」



小故事，大啟發

5B 魏鳴君

曾在一個網站上看到過這樣一個故事：「兩個人一同乘坐小艇出海遊玩，登上了一個人迹罕至的小島。他們在島上逗留到傍晚，欲乘小艇回程時，卻發現小艇因退潮而擱淺了，無法起航。其中一人非常着急，用盡方法也未能移動小艇。另一人卻若無其事地躺在沙灘上，神色自若。着急的人質問說：『你還不過來幫忙？』躺着的人

回答：『着急有甚麼用？等到明天漲潮，水位上升，小艇就能再次起航了！』」

這個故事呈現了兩個人的態度：一個人遇到難題就驚慌失措，另一個人則選擇了隨遇而安。我比較認同後者。

人生是一條河，人是一隻船。人永遠無法完全預知何時會遇上暗礁。當我們遇上暗礁時，最好的處理方法就是隨遇而安，以不變應萬變。

張騫出使西域的時候，不幸被敵方抓住。但張騫並沒有因此而不知所措，而是欣然接受敵方的制裁。張騫在敵方當了十一年的俘虜後，成功的逃回中原，並且在第二次出使西域時，與西域鄰國合作成功打敗了敵方。如果張騫不是選擇了隨遇而安，以不變應萬變的態度去面對困難，或許張騫早已客死他鄉，更別說發現「絲綢之路」。正是因為他在西域十一年隨遇而安，才讓他對西域的環境更熟悉，才能制服敵軍。

如果在我們人生當中也能在面對困難時，隨遇而安，以不變應萬變，或許，我們也會有意想不到的結果。

再舉一個例子：文天祥被元兵俘虜，元兵用極其優厚的條件引誘文天祥歸順元朝，但文天祥始終都沒有改變過自己的心志，雖然最後文天祥被元兵殺害了，但他那句「人生自古誰無死，留取丹心照汗青」的愛國情懷卻能流芳百世。

隨遇而安，以不變應萬變。雖然文天祥最終還是死在元兵手下，但是我們所欽佩的是文天祥的愛國情懷，即使大難臨頭，也不改變自己的正義之心。

我們在人生中不正是應學習文天祥的正義之心，以不變應萬變嗎？

在現實生活中，當我們在考試時遇上困難時，常常急得滿頭大汗。此刻，我們就應該以隨遇而安，以不變應萬變的態度去應付考試，這樣才是最有利於自己，才能在考試中取得佳績。

在現實生活中，人與人的溝通是最難拿捏的，但我們同樣應該隨遇而安，以不變應萬變，去待人處事。不改變自己正直的心，不去阿諛奉承別人，讓自己做到「不變」是最好的。

生活中的困難是暗礁，人際關係是暗礁，還有許許多多的東西是暗礁。只要我們永遠都秉持

着隨遇而安，以不變應萬變的心態去對待世事，那定能有特別的收穫。

看完這個故事，讓我有了很大的啟發！



乙. 心靈故事

眼睛的重要

3B 謝嘉儀

眾所周知，眼睛是靈魂之窗。眼睛可以傳達自己的感情，亦可以影響自己的容貌，你說是否很重要呢？

一個眼神，可以傳達不同的感受。一雙眼睛，可以呈現最真實最正確的畫面給人觀看。試想如果我們沒有了眼睛，只剩下鼻子、耳朵和嘴巴，會怎樣呢？我相信我們沒有可能知道世界的美麗，沒有機會看到自己愛的人以及好朋友、親人的樣貌。看到這裏，你害怕了嗎？

有一些人不會緊張自己的眼睛。例如經常在光線不充足的環境下看書、做功課、看電視的時候與電視機距離太近。這樣會慢慢導致我們的眼睛受傷害。實不相瞞，曾經我亦因為不懂戴隱形眼鏡而導致視網膜裂開。不是開玩笑，真的十分痛苦。因為左眼不能見光，十分辛苦，就連右眼也不能睜得太開。那個時候我終於意識到害怕了。雖然還有一隻眼睛但是已經不完美了。而且只剩下一隻眼看東西會比起擁有雙眼來得困難。幸好我看了醫生之後眼睛康復了，以後我戴隱形眼鏡時都會份外小心，生怕會再弄傷眼睛。

再說，一些擁有美麗而健康眼睛的人卻不珍惜。但你們又知道那些天生有缺憾或者意外失去了雙眼的人，他們多渴望擁有眼睛。他們想知道世界是怎樣的，他們想看見親人、朋友和自己另一半的模樣。他們或許連草到底是怎樣的也不知道。我不是要去感動其他人，我只是希望擁有眼睛的人可以好好愛護自己的眼睛。

眼睛，是人最美的器官。眼睛，是我們最好的朋友。眼睛它的重要是沒有其他東西可以取替。



你能看到藍藍的天空嗎？

你對我來說很重要，如果沒有你，我連自己的樣子都不知道是怎樣的。你開心的時候，笑起來變得彎彎的，傷心的時候會變得沒有精神，甚至會流出一絲絲的淚水。

你帶給我的是一個色彩繽紛的世界，讓我看見藍藍的天空，讓我知道我的家人、同學是長什麼樣子的，還有很多很多……

你是我在生活中最重要的朋友，從第一次張開你的時候，我就發現一切都是很奇妙的。如果沒有你的存在，我到底會怎樣？想起《假如給我三天光明》的作者海倫·海勒，她雙目失明，卻也不斷地用手去感受這個世界的所有東西。她在《假如給我三天光明》這本書裏，道出只希望在三天裏看看自己家人的樣子、看看天空，她希望在三天裏能把一切都看一遍。

沒有經歷過失去就不懂得去珍惜，每當我想起一些不幸失去視力的人，就會覺得自己非常幸運。我也要保護好我的眼睛，不讓它受到傷害，要好好珍惜自己所擁有的東西。

以前，我沒有對你盡責，沒有好好保護你，不斷地讓你受傷害，但你從來不會拋棄我，還一直幫助我，讓我看到這個世界上所有的東西。

你就像我的親人，無論我對你有多麼過份，你也不斷原諒我，不斷給予我光芒。

我很感謝你——我的眼睛。



丙. 創造人生

獲取知識是通往成功的唯一途徑，你同意嗎？

4A 梁思行

有人說獲取知識是通往成功的唯一途徑，可是「成功」的定義是什麼呢？對學生而言，成功是被大學取錄；對商人而言，成功是能夠賺得一筆大錢；對運動員而言，成功是在運動會上奪金……每個人心中「成功」的定義都不一樣，正因如此，通往成功的方法就並非只有獲取知識了。

就以籃球員姚明為例，在他的眼中，「成功」就是在籃球比賽中獲勝，所以他要通往成功就得努力練習，還得在比賽中發揮出純熟的籃球技巧，這樣才能獲得冠軍。努力練習，就是通往成功的方法之一。

此外，更重要的是要有良好的品德和性情，漢高祖劉邦出身鄙野，不學無術，但他對百姓十分仁愛，又善待部下，最終建立了漢朝。反之，項羽善於征戰，又有謀略，但為人殘暴不仁，經常惡意處罰部下及傷害百姓，最終眾叛親離，自刎而死。由此可見，一個人成功與否的主因未必是取決於他學識的多與少，性情品德也是極其重要的。若然一個人只有學識，卻性情凶狠，不懂顧及他人感受，最終後果亦會不堪設想。

除此以外，要通往成功也有其他因素。例如有豐富的資源就是當中重要的一環，舉個例子，一個游泳選手在訓練時若然有較高質素的器材或裝備，正所謂「工欲善其事，必先利其器」，有豐富及良好的資源定必能令該游泳選手在訓練時更得心應手，在比賽中有好表現。而且，懂得把握機會也是相當重要，要是一輩子也不懂得審時度勢及把握任何機會，永遠也不會步向成功，只能繼續苦幹下去。

其實要步向成功，獲得知識是必須的，但也要具備其他條件，達到成功時，又不會缺乏任何一項因素而輕易倒下。

這才是真正的「成功」。



一次探病的經歷(面對死亡)

5A 梁宇君

當我們從母親肚子裏呱呱落地出世的那一刻開始，任我們如何聲淚俱下，都無法改變這個事實。在那一刻開始我們每一個人的命運就開始注定了，要面對這個社會，面對這個世界，面對這個人生，要如何去完成這一生，就要看我們自己的造化。我認為我們出生的意義就是這樣簡單，一生被命運束縛着，那麼死亡又是如何呢？這些都是我在前往探病的路途上所想的。

我的表姐在這一個年頭被確診得了肺癌，而且還是末期。她的家人當時得知這個消息時，每一個都萬般哀愁，眼神空洞，有如行屍走肉。她們是非常疼愛她的，視她為寶，如手掌上的明珠，如今她正被癌病纏身，每一天都受着那附纏在身上的惡魔蠶食般的痛苦，她的家人都感到錐心之痛。曾經有那麼一刻，她問了我一個問題：「死亡可怕嗎？它會令人痛苦嗎？」在那一刻我沒有作出任何回應，我只感受到鼻子突然有一下無法呼吸，隨之有一股溫熱的液體從眼角流下。

想到這，有幾股陣陣的消毒藥水氣味包圍在我身邊，抬頭一看，原來我已經到達了醫院。這是我第八次到醫院探望她了，這個地方已不再陌生，現在醫院這兩個字在我腦海中全都是充斥着表姐躺在一張雪白的病床的影像，我深深地吸了一口氣，然後揚起嘴邊的兩角，彎到一定的弧度後，就走上那一間我表姐躺着的病房。



拉起門上的手杆，走進病房後，只見她很安靜，很安靜地躺在那張病床上。她很瘦，瘦得可以見到體內骨骼的形狀，她的皮膚非常蒼白，開始帶點暗啞，她的頭上沒有一絲的頭髮，驟眼看她好像變了另一個人似的。走近她的身旁時，她彷彿有心靈感應般，她悄悄地張開了雙眼，然後定定地望着我。她為我到來探望而感到喜悅，相反我的內心是完全高興不起來，只能看着她那瘦如柴枝的身體，而且她現時已經無力動彈，說話亦甚感吃力，這時我心中突然有千言萬語想一一向她細訴，訴說我心中的無奈與鬱悶，但我的意志不容許我這樣做，把所有都壓抑於心底深處。

我和她交談了幾句後，看着她吃力地把要說的話一個字、一個字地說出，心中真是百感交集，滋味真是萬分難嘗。她的每一個舉動都會更加激起我心中的愁緒，這一刻我真的很害怕，不知道為何站在她身旁，我第一次感到死亡竟在自己身旁那樣地近，這一種恐懼是不論在精神上或是肉體上都承受不起。我在這一刻逃離了她、逃離了醫院。

探病後的我，把自己鎖在家中一整天，腦海不停一次又一次重播這一天的探病經歷，我發現原來我的心靈竟然是這麼脆弱，知道死亡並不是這樣簡單，它是魔鬼，它會逐樣地把你身邊想要的東西都拿走，包括夢想、將來和家庭，最後就會是你自身。但我不甘心如此，我要痛痛快地唱出屬於自己的好戲，莫問前程吉凶，但求落幕無悔，我要裝備好自己，做一個勇往直前，毫不畏懼死亡的人。

休學年

5B 魏鳴君

咦？大學又寄了封信給我。是什麼？哦！原來大學來信告訴我—我將有一年的休學年，大學希望我利用這一年去追求夢想或體驗生活，為大學生活作好準備。

我將在大學修讀文學系，那麼在這一年的休學年中，我要好好構思一個計劃來為即將到來的大學生活作準備。正所謂「讀萬卷書不如行萬里路」。那麼在這一年中，我將會去旅行。在旅行中學習來為大學學科、生活做好準備。

旅行的第一站—英國劍橋大學。來到一個人生地不熟的地方，任何事都要親力親為，這也讓我學會了獨立，同樣也能讓我的英語得到提升。來到劍橋大學一定要去了解徐志摩和林徽因的事跡，更要去看看「康橋」。站在樹蔭下，去尋找那彩虹似的夢。此時此刻，我與徐志摩一樣悄悄的來，輕輕的走。

接着，我會去參觀莎士比亞故居。讀一讀他的每部著作，聽一聽每個主角的心聲，看一看每本書的主題。

英國之行，讓我身臨其境，感受到離別時，對康橋的不捨，了解莎士比亞的作品這讓我在大學可以對文學有更深的了解，也讓我在大學生活中學會獨立。

接着，我會去到江南，去感受那充滿詩情畫意的地方。

到了江南，一定要登上岳陽樓，去體會范仲淹所寫的「不以物喜，不以物悲」、「先天下之憂而憂，後天下之樂而樂」的愛國愛民的壯志情懷。亦讓我明白到不要因事物的好壞和自己的得失而喜或悲。人就應用這種態度去處事，去生活。不登岳陽樓，不讀《岳陽樓記》或許我也不會深入了解范仲淹的性格。

再乘船遊西湖，欣賞西湖美景，遠處亭亭玉立的君子，此刻不正應站在船頭娓娓道來那兩句「欲把西湖比西子，淡妝濃抹總相宜」、「接天蓮葉無窮碧，映日荷花別樣紅」嗎？

走上斷橋，閉上雙眼，想像着許仙與白素素在這裏相遇、相知、相戀。着實應了那句「在天願做比翼鳥，在地願為連理枝。」不知有多少人都憧憬這種愛情啊。

不遊歷江南，你不會懂得古代為何有這麼多文人雅士來到江南。當我在休學年中真正的遊歷了江南，我才會明白到白居易所說的「能不憶江南」吧！也才能明白到每首詩中的情深意長，這也讓我以

後在文學系中更能理解詩句的含意。

遊歷完江南，我將會去過幾個月的田園生活，和農民學習耕種。在城市生活了這麼久，我覺得太多的物質享受已讓我們忘記了知足。我希望在田園生活中學會「誰知盤中餐，粒粒皆辛苦。」而在做農活的過程中，讓我學會珍惜，知足常樂。我也希望自己在田園生活中，學會吃苦耐勞，堅持過着無拘無束的生活，做回純真的自己。這樣可以讓我用一顆無雜念的心去理解文學作品，這樣才能真正理解到文章含意。在大學生活中，一定是半工半讀，在田園生活中學會的吃苦耐勞亦讓我在以後工作中能更加勤奮，不怕吃苦。

回首這一年的休學年，看似我在四處遊玩，但其實我是在旅行中學習。學習范仲淹的處事態度；學習用什麼樣的心境去看每一首詩，每一篇文章，每一本書；學習人應有的生活態度—吃苦耐勞、勤奮、堅持。

當休學年接近尾聲時，我會整頓好心情去迎接大學的學科和生活。

遲到

5B 叶漢君

「今天我只遲到了一分鐘，但所有事情卻因而發生了翻天覆地的變化，我因而體會到世事難料的道理。」

記得那天是初夏的頭一天，我睡在床上，對於時間悄悄離去渾然不知。空調聲嗡嗡着，街外的做工程的聲音吵鬧着，時間正慢慢流走着，這時我的媽媽走進我的房間，接着我的耳邊響起了猶如鬧鐘的聲音，但相比鬧鐘顯然這把聲音更讓我難以接受。我弓身彈起，向着那討厭的聲音揮去，我猶如周星馳《功夫》中的那從天而降的「如來神掌」一樣，我身猶如有神力加持，我當時就已抱有一種捨己為人的精神，彷彿董存瑞捨身炸向日本鬼子一樣，飛向了那可惡的聲音。

但是我被一巴掌的打了回來，當時媽媽揪起我的耳朵，我立刻喊痛，痛得「哇哇」大叫：「媽媽、媽媽，痛呀！」媽媽聽見我這樣說，就鬆開了我的耳朵。我摸了摸臉上的大嘴巴子，然後又摸了摸紅紅的耳朵，心中有着說不出的無奈。一大清早就給我這種刺激，真命苦啊！

媽媽神情不耐煩地說：「快下來吃飯，都幾點了，你今天不是有活動嗎？」我想了想就害怕了起來，我記得今天答應了李老師排練話劇，我在劇中是配角，但也有很重要的戲份，所以我必須去排練。我立刻換上衣服，早餐也沒來得及吃便飛快地跑向車站，但車早已在一分鐘前開走了，下一班車還要等十五分鐘，沒辦法了，只好等待另一班車。心想：「這該怎樣跟老師和同學道歉呢？」我摸了摸口

袋裏的輔幣在叮叮響，只能用寒酸來形容了。哎！心裏非常忐忑不安，懷着這種苦逼的無奈回校，回到學校，我想只有下跪才能得到老師和同學的原諒。

我走進學校，看見李老師差點給我嚇倒了。李老師見到我很高興，我心想，難道是因為我的帥氣救了我？但我卻從李老師的話聽出了可怕的事實，李老師說：「你沒事就好！你沒事就好！」我奇怪的望着李老師，心想：「難道要出事才好？」李老師說：「我正在等一心和有容的家長，一心和有容出車禍了，我要陪伴他們的父母往醫院，你能去嗎？」我想也沒想便回答：「我要去。」雖然我和一心、有容不是鐵哥們，但也是好同學，我當然要去看他們，接着我和老師看到了幾位臉色鐵青的父母趕往醫院。

到了醫院，我才慢慢地了解前因後果，一心和有容是話劇的主角，兩人前晚排練到很晚，到了早上兩人準備一起搭車回校，但是途中遇上車禍，兩人都受傷了，然而他們兩人坐的車正是我遲來了一分鐘的車，我不知道該是慶幸還是難過，但有時世事就是這樣，有時輪到你的就是你的，天命不能反。

今天我慶幸避過了車禍，所以說命運由天定，世事難料啊！

後來，話劇因兩位主角受傷而取消，換了另一套，而我這個男配角也重新做回了我的市井游民，所有事情發生了翻天覆地的變化，但沒變的只有自己的生活。



曾經有人說過：「不是因為看到希望而努力，而是因為努力才会有希望。」

相信每個人都曾經做錯事、做錯決定。面對因做錯決定而帶來的困局，有人會積極面對，甚至亡羊補牢；有人則認為時不與我，消極的逃避。以上兩種處世之道，我認為積極面對，衝破困局的態度較為可趣。

早一陣子，加拿大一名市長被爆出吸毒的醜聞，他沒有選擇消極逃避，而是公開向社會大眾致歉，並宣佈如期參選下一屆的市長選舉。事件引起世界各地的人關注，認為該名市長沒有資格參選下一屆的市長選舉。然而，我要說的並不是他應否參選，而是他的態度。當你被揭發做錯事的時候，不是每個人都能夠像這名市長般，勇敢走出來向大眾承認自己的錯事，並樂觀表示會如期參選下一屆市長選舉；更多的人只會選擇逃避社會大眾的批判，隱姓埋名地繼續生存下去。

積極面對並不一定能夠彌補你做錯的決定，但假如你肯勇敢站出來，樂觀面對，那至少還有機會衝破困局，令人對你另眼相看；相反，假如你消極面對，選擇逃避，最終只會一無所有。

世界知名的高爾夫球好手活士，他的球技和知名度早已首屈一指。可惜，數年前他被指有婚外情，引起軒然大波。然而，他同樣沒有選擇逃避、不回應問題，而是站出來，在鏡頭面前向大眾承認自己做錯了，並積極地繼續參與各項高爾夫球比賽，前幾天，我也在新聞上看見他比賽時的英姿呢！活士勇於就着自己的私生活向公眾認錯，積極地繼續參與各項比賽，發揮實力，而沒有選擇逃避問題，這不是很好的處世之道嗎？相反，他作為一個名人，假如當初不肯為自己的過錯負責，沒有面對問題，你認為他今天仍然能夠在球壇上立足嗎？相信會名譽掃地吧！

每個人選擇面對困局的方法都不一樣，我也曾經因錯誤決定而為自己帶來困局，最後我選擇積極面對。

回想剛升上中四的時候，我因為被老師沒收了電話，又和好朋友吵架，我突然感到很絕望，於是開始不肯上學，整個人都充滿負面情緒。有一天，媽媽跟我說了一句話：「當一百個人說你做的決定是錯的，那你就真是錯了。」媽媽的這句說話一言驚醒夢中人，我驚覺曠課是一個很錯的決定，我決定要重新回到校園學習，積極面對問題。在我回到校園後，為了追趕失去的學習時間，我將勤補拙，認真學習，幸好最後成績有進步，當時的班主任也說對我另眼相看，沒有想過我能積極面對困局，實在令人鼓舞。

黑暗過後會是黎明。只要你肯積極面對困局，跨過擋在你前面的障礙物，你一定能夠看到「希望」。

錯，不重要，最重要的是知錯能改，想想解決方法，積極面對。



成長

5C 徐家樂

「孩子不是等待被填滿的瓶子，而是盼望化作燃燒的火焰。」這句話給人的感覺像是孩子由出世那天就像一個容器，自己不會去填滿自己，只會等待被填滿，這是在諷刺孩子？還是批評家長？這一句說話正正就是反映現今社會父母教育子女的問題。

社會中有不少家長被稱之為「直升機家長」，他們之所以有這個稱號，全因他們在教育子女上，方法用得和其他人不同，他們往往會溺愛着自己的子女，日常生活，不論學習還是課外活動的安排，都是他們一手包辦的，孩子平時的交際活動，也會被這類父母限制，這些孩子不但是等待父母填滿的瓶子，更是一隻忘了怎樣飛的烏鴉，在其他人的眼中是多麼的可憐。

我認為要有「成長」，就一定要有「自由」，人們常常說，要經歷過挫折才會有成長，歌詞也有表達這個意思：「不經歷風雨，怎麼見彩虹，沒有人能隨隨便便成功……」從古至今，人人都知道人生之中必定會遇上挫折，也體會到失敗的滋味。說是「直升機家長」時時刻刻管着子女的自由，就怕外界會為他們帶來傷害，而這些傷害卻是人們常說的挫折，也有父母是不容子女有失，凡事都要是第一，孩子從小便被這些意識填滿，完全連自己曾想化作燃燒的火焰也忘記了，完完全全沒經過挫折，沒有失敗的經驗，並不能稱為「成長」。

孩子在成長的過程中，不應受家長去控制，孩子可以自給自足，給自己選擇喜歡的科目，活動以及自由地去交友，自己將自己填滿，在生活之中去挑戰自我，跌倒了、失敗了，爬起來又能領悟到新的事物，又發現自己成長了，即使自己真的是一個空瓶子，在經歷過風雨後，一定會被自己的雨水填滿，而不是靜靜地去等待着別人去填滿自己。

生活不少的經驗就像是火酒，孩子像是瓶子，經歷了不少大小事，在瓶子中填了不少火酒，日後

處事或工作時，便能運用這些火酒，「盼望化作燃燒的火焰」便能實現了。

孩子就像烏鴉，烏鴉在人們眼中是不祥的象徵，但烏鴉卻是自由及成長的代表，烏鴉自懂飛以來，便會離開父母的照顧，自己去獨力生存，總比那些被關在籠子裏，連怎樣飛也忘記了的鳥兒好上幾千倍，比那些被活生生折斷翅膀的小鳥要好得多，那些盼望發熱發亮，渴望成長的孩子，一定會選擇成為烏鴉而多於成為一隻籠中鳥。

真正想去成長的孩子，或許是一個瓶子，但卻是一個自己為自己填滿火酒等待時機去燃燒化作火焰的瓶子，若我是孩子，我覺得能化作烏鴉便足矣……



丁. 中文科藝萃坊中文大學文學景點考察

「文學景點考察」由香港中文大學香港文學研究中心及大學圖書館系統與教育局課程發展處中國語文教育組合辦，旨在通過親歷其境的經驗，引發學生的創作興趣。加深他們對作品的體會，提升欣賞和創作文學的能力。

學生在出發前閱讀了各名家有關中大的作品，對中大有了初步的印象。參觀當日，學生透過中大教授及導師的引導下，親臨天人合一亭、百萬大道、四條柱、聯合草地、未圓湖等景點，想像的影與真切的情交織後，成為一篇又一篇屬於自己的中大作品。

《回憶中大》

4C 陳 嬌

印象中，中大一直給我的感覺都是嚴嚴肅肅的。直到今天，我才發現，其實事實並非如此。

踏入中大的第一步，我已被那兒得天獨厚的自然，優美的環境所吸引。眼前的花兒、草兒散發着誘人的香氣，流露着它們認為最燦爛、最漂亮的笑容，任人觀賞，好不友善。

走着走着，我們走到了第一個景點——天人合一亭。光聽名字，便能想像到那兒肯定個美麗的地方。果然，不出所料，那池水清澈得像一面鏡子似的，還被太陽照耀得水光粼粼，再加上有着柳樹的襯托，整個風景如畫般美麗、寫意。看着令人賞心悅目，流連忘返。旅客們都不忘拿出相機來，把這美麗的地方記存下來。

離開天人合一亭後，我到了不同地方，有聯合草地、聯合梯及山崖、百萬大道、四條柱和學生宿舍等。而當中最令我印象深刻的是聯合梯及山崖，起初我以為它只是個普通的操場，供人休息的地方。但經過老師們的一番介紹，我才知道原來牆壁上密密麻麻刻着的都是各科的優秀生，令我驚歎不已。

快樂的時間總是過得特別快，不知不覺，我們來到了最後一個景點——未圓湖。湖泊的旁邊有一條小徑，穿過小徑再走過一道橋便是運動場。有人在那裏打籃球，有人在那裏跑步，有人在那裏聊天，各有各忙，各有各玩，好不和諧。

《你的倩影》、《自由》

5B 魏鳴君

《你的倩影》

走進中大
迫不及待地想見到你！
你靜靜地躺在那，
沒有一點波動。
正如王老師所說：
你就像婀娜多姿的少女。
想靠近你一點，
卻看到你裙子上的污迹。
只好走遠。
啊！只是退後幾步，
已看見你煥然一新的裙子！
這是為什麼呢？
哦！
不同角度的你，
有着不同的樣子。
噢，人生亦如此，
不同的角度，
不同的風景，
不同的人生。

《自由》

你們威風凜凜的，
倚立在中大門前。
活像四大天王！
他們都叫你「四條柱」，
但你原來叫「華表」。
你象徵着自由。
我與你一樣，
推崇自由。
不受壓迫，堅持理想；
不受別人影響，
做該做的事；
不讓別人操控，
扭曲自己；
我願與你一樣，
擁有自由。

《天人合一亭》

5C 夏鳴軒

混沌未分天地亂，茫茫渺渺無人見。感盤古開辟，三皇治世，五帝定倫；世界之間，遂分為四大部洲：曰東新亞洲、曰西和聲洲、曰南崇基洲、曰北聯合洲。四洲之外有一國土，名曰大埔。道中有四條參天聳立的石柱。一日，一隻紫金鳳凰飛過，在四條柱上留下了四顆仙卵。時過百千年，仙卵成形，化作二男二女並生活於四周之內。

較小的那個男孩子，行言有禮、天真活潑故名知行，較小的那個女孩子，認真好學，文靜大方，故名學思。而較大的男孩子剛正不阿，故名君子，女孩子窈窕淑女，故名細葉。他們四人互相幫助，共同住在崇基洲旁的未圓湖。

未圓湖水乃山上溪水也，因知行頑皮，常置廢物於水中，使溪水惡化。還好有學思開導，兩個齊種荷花於池內。不久溪水回復青春，則池便名為荷花池。池旁有一亭，四周圍繞着桃花、樟樹、紫薇、

睡蓮、風鈴木、串錢柳、水松、竹林等等。細葉坐在亭中閱讀，而君子則在那拱橋之上，望着那花仙子。

他們以為未圓湖已是人間仙境了。不然，知行東去玩耍。見一處有一水塘，此水與遠處的海灣海島形成水天一綫的水域。傍晚日落時分，坐於上，感覺幽雅靜謐。就在四人想要觀賞此景時。天色突然變得昏暗，隨之，地動山搖，水塘斷裂，煙塵四起。眼見大自然既將吞噬這仙境時，知行與學思站了出來，化作兩座大樓定住水塘兩旁，才保住了地殼的崩裂。喜愛美景的細葉也在這長住了下來，為了使景色更自然，她則化作一顆榕樹為水印出一道倒影。而長久以後，榕樹長大了，顯得孤單寂寞起來。正當這時，君子卻在旁對她說：「妳永遠都不會寂寞，因為我永遠都會守護在妳身邊，那怕是一萬年。」於是則化作一排竹，立在大樓旁，陪伴着她。

山頂的榕竹水池與海灣水天一色，渾然天成，一面清水接連天然大海的爽朗感，鳥兒伴着歌唱，一陣陣竹的清香，心裏充滿着淡淡的甜味。儒家所謂，人道、天道相通不隔。世人給予這兒一個美麗的名字——天人合一亭。

《中文大學散步——認識·珍惜》

5C 陳子浩

我們每天都身處石屎森林中，不過我走進中大校園，發現它好像沙漠中的綠洲，一花一草，默默地依在中大身上。樹木，對於我們十分重要，可惜經常砍伐它們，忘記其價值，慢慢征服自然之道，不順着自然之道來行事。

在我面前的榕樹已經經歷風霜，一條條的氣根統統伸出。見證一段段鮮為人知的歷史，就似老人經歷很大的人情世故。反看我們一群人，只懂得濫用它們，沒有考慮它們的功勞及感受。

我看遍每顆樹木後，不期然想起樹木不但吸收二氧化碳，排出氧氣。用它轉化成紙張及起屋子的木材，供我們一班人使用，而我們太過自信，只求得更多的資源，從不見它的無償付出。可惜我們一向追求發展城市化，即使有所綠化，只是一些表面上的工作，沒有真正來重視它們。

看着一顆顆的榕樹經常左搖右擺，時常為我們遮風擋雨，我們永遠喜歡把它們過度砍伐，用來做紙張、木材，用來燃燒所有的物品。它的辛酸有多少人可知嗎？

它的生命差不多見證一個人的生命起伏，無數的畢業生於中大畢業，同時見證這大學的興起與衰落。它的眼光好像望遠鏡一樣，看透宇宙之外的星宿，我們好像老鼠一樣，眼光只看着眼前的利益，往往忽略了過度開發的後果，把樹木通通砍伐，做到你我只能剩一人的情況，其實何必做到太絕，自然與人類根本是同根生，雙方取得平衡。

想起古人對大自然如樹木十分敬畏，凡事對樹木等自然的事物，不會做出太過分的事。古人認為人不能逆天行事，否則損勞自己的精神。人與大自然有種共生的關係，一旦失去其一的話，不能互相平衡發展下去。所以做任何事都要順着自然之道，來面對一切的事物。

可能現今的人過度砍伐樹木，只把樹木當作死物，失去昔日的敬畏之心，認為人做甚麼都可以，無論招來不小的禍害，把責任推給大自然身上。如果我們平常來看待大自然，順其自然及懷着敬畏的心尊重它們，大家可以和平相處。

《憶·校園》

4C 黃洛嘉

學校，就是我們第二個家。有辛勤教育我們的老師，有朝夕相處的同學們，還有陪伴我們成長的一草一木，這些都是屬於我們的絲絲回憶。

到訪中大前，曾聽別人說千萬不要錯過八仙霧鎖，吐露朝暉，杜鵑的匆匆開落和聯合的幾樹白梅。可我對這些通通不感興趣，倒是胡忠圖書館前的一大片草地勾走了我的心。

我唯獨愛胡忠圖書館前的一大片草地，它雖然沒有婀娜多姿的身段，也沒有明艷動人的色彩，更沒有富麗堂皇的美貌，可我卻獨愛它。在草地上放眼望去，貼近鄭棟材樓的一棵細葉榕很是雍容。她渾身散發着翠綠的光芒，悄悄的呼喚着我：「快過來呀！快過來呀！……」而我也彷彿被她所迷惑，不由自主地向它走去……

幕，霎時被拉開了，月落到了西方，星星漸漸隨着黑幕失去了原有的色彩，但月兒帶着點點的微笑，是那樣的甜美。

在我眼前，只見偌大的校園中央矗立着一棵粗壯高大的老榕樹。據說已經在這裏待了二十幾年了，見證校園的種種變遷，像老人用那慈祥的目光時刻注視小朋友的進步和成長。是誰把它帶到這裏？至今也沒有人能說出個所以然來。在榕樹周圍盡是生機勃勃的小草，小草與榕樹相輝映，構成了校園中最美的畫面。

還記得那是一個黎明的早晨，我情緒低落的早早回到學校。清晨的校園是寧靜的，踏入校門，看到榕樹下的草地鬆軟而富有彈性，在陽光的照耀下，像一條綠色的地毯，我走上前挨在榕樹旁睡着。我看地上有幾道陽光出現，轉眼便消失得無影無踪，我抬起頭來，無數葉子為我擋住了陽光，不，是為我除去了心中的煩惱，是葉子使我心情舒暢。

後來學校興建新教學樓，榕樹周邊的草地都鋪上了厚厚的水泥。我看着獨立在水泥地中的老榕樹，第一次感覺到它是那樣的孤單。它粗壯的生長在水泥地中，如此茂盛，但身邊卻少了誰的陪伴，讓我想陪伴在它身旁。

每當我有空閑的時候，會帶上一本書，走到老榕樹下搥得我發疼的水泥地上，再也感受不到草地的柔軟，只能等風伯跑來，跟樹葉合奏出響樂。日復一日，年復一年，我都堅持來這裏。幾年後，我畢業了，遠赴他鄉求學，再也沒見過那個學校裏有一大片草地和一棵粗壯高大的老榕樹。

還記得有一次，我重返母校，看見幾個小孩在老榕樹下嬉戲，隱約聽見他們的對話……

「你知道嗎？以前這裏有一大片綠油油的草地呢！」

「是啊！只可惜後來被水泥填平了。」

其中一個小孩發現了我，驚訝的指着我說：「這不是前幾年幾乎天天都會來這兒看書的姐姐嗎？」

我嘴角泛起微笑。

忽然感覺肩膀被重重的推了一下，回過神來，眼前寬闊草地上的榕樹已不是我熟悉的的那棵，我心中不免有些失落。

與我同遊中大的同學問我：「剛剛你在傻笑什麼呢？」

「只是想起了以前的學校，你還記得校園中的景物嗎？令你印象最深的是哪一處？」她略有所思，還沒等她回答，我便開口：「小思老師說：『校園風景，人人記取不同。你在看風景，也構成了風景。莫失莫忘。』」

《遊中大後感》

4C 韋寶媛

「在那山的海的那邊有一群藍精靈，他們活潑又聰明。」來到中文大學，腦海中就響起了這兒時的歌曲。這是來到天人合一亭的第一感覺。

站在天人合一亭，望向吐露港，她就如一個活潑聰明的藍精靈，站在天人合一亭的不同角度看到不同樣子。時而，它是一個文靜的女孩。她那條海水藍的裙子隨着海風而飄逸。時而，它是一個可憐的孩子。眼睜睜看着自己的城堡被人類一步步逼進。時而它是一條美麗的項鏈。寶藍色的項鏈中鑲嵌着一顆顆孔雀石，無比唯美。

這個變化多端的小精靈給大家帶來了很多美麗的回憶。在巨大的細葉榕的陪伴下我們感受到那熱情的吐露港給我們的招待。

隨着鳥兒歌聲的帶領我們去到了一個又一個讓我們留連忘返的地點，路邊的花兒們好像知道我們要來似的，爭先恐後的將自己最美最鮮艷的樣子展現一番。

其中，讓我最記憶深刻的中大居——松鼠！這個難得露一次面，上下有幾百萬生意的大總裁松鼠老板，也知道我們遠道而來了，特地的站在松樹上等着我們來到。

終於，等到黃花茶都涼了才看到我們來到。「呀！你們怎麼這麼晚才來呀？你知不知道我等你們等了多久呀？」松鼠一邊在那嘰嘰喳喳的抱怨，一邊又迫不及待地等我們。它真是一個驕傲的小家伙。

自從松鼠大老板露出真容後就急急忙忙的跑回去了。可能是它比較害羞吧，或是生意太多了要馬上回公司處理吧。就這樣它就一溜煙地跑掉了。

我們在花兒和鳥兒的帶領下遊完了中大，而中大也在我心裏留下了一曲美妙的樂章。

《中大遊》

4C 張曉芳

陽光明媚的早晨，這個秋高氣爽的星期六，我懷着興奮不已的心情來到期待已久的香港中文大學！

香港中文大學是香港大學中排名第二的好大學，讓許多學生仰慕的大學，許多學生為了取得中文大學的一個學位爭個你死我活，絞盡腦汁、費盡心思也想要得到，真是讓人日思夜想啊！

香港中文大學給予我第一個印象是非常大……讓我迷了路，找不到方向，每走到一個地方總感覺似曾相識，讓我不知如何走下去，該往何處走？但每當清醒過來後卻能清晰地知道自己需要什麼，應往何處走。

大學裏讓我印象最深刻無非就是中大的吐露港了，這是一個由文靜的少女變成一個妖媚的女人，由長裙變成了短裙，由優雅變成了狂野，讓人琢磨不透……站在天人合一亭子裏望着那妖媚的吐露港，讓人感到一陣淒涼與悲哀。或許那愛美的風景將會在不久的未來離我們越來越遠……直到消失不見……

聳立在校園裏有兩座水塔，一座象徵男孩，一座象徵女孩，那是用來儲存水來供應給學校宿舍供學生用的。那兩座水塔給我的感覺就像是校園情侶似的，相互依偎着，成為彼此的動力。

中大是個充滿書香的大學，到處都洋溢着濃厚的書香，讓人回味無窮，讓人身心嚮往……

《遊中文大學後感》

4C 麥翠媚

走進中大，一眼看穿那宏偉的四枝柱子就如保安一樣，挺直地屹立在中大的門口前方保護着人們的安全。

再往裏面走，迎面而來的自然是婀娜多姿的花朵，這些花朵百花齊放地立在小道旁，形成一幅美麗的圖畫。很快地我們就到了那在中文大學裏「馳名已久」的天人合一亭，聽到這一個名字，我想每一個人都會想知道這一個天人合一亭是如何得名的，也讓我想起了王良和的《吐露港填海》裏有一句描寫吐露港：「我直覺吐露港像一個古典而文靜的少女，穿着淺藍的長裙，姿態溫婉。」這一句深深地讓我感受到了吐露港與天人合一亭拼在一起是多麼的美妙，從王良和先生的一句話裏頭就可以感受到那一種很舒適而又期待着去觀看的感覺，這種感覺是多麼的美好。

走着走着，來到了新亞書院，看着那巨大的圓形包圍着每個人在書院上留下的「足迹」，然而，再把頭抬高，「新亞書院」這四個大字瞬間印在我的腦海裏，看着每一個牌子上的每一個字就有一種讓我也想把名字刻在上面的衝動。

時間過得很快，轉眼間我們來到了那揚名在外的百萬大道，百萬大道這一個名字是如何得來呢？我對這一個問題存在着一句問號，但真是踏破鐵鞋無覓處，得來全不費工夫啊！原來，所謂的百萬大道是由於地上砌成有許多萬象回紋而來的。

走出中大，我多麼的嚮往中大的學術氣氛，多麼的希望待在那裏，多麼的盼望能再次進入中大，進入這個美麗的仙境。唉！它是如此讓我流連忘返！

凌晨四點，鬧鐘滴答滴答地響着，我的心一跳一跳地跳動着。為何感覺如此強烈？因為今天我終於有機會參觀千萬學生夢寐以求的香港中文大學。

來到學校集合，見到一個個熟悉的面孔，他們都是優等的學生，我很幸運可以跟前輩們遊覽中大。話不多說，我們坐上開往中大的旅遊巴。但是途中有一位冒失的同學竟然遲到，令到所有人都心急如焚！因為這是一個重要的旅程啊！

旅遊巴終於等到那位冒失的同學，然後向着中大的路途一路開去。在車上的同學們表現得非常興奮，唯獨我獨坐一角，因為我徹夜未眠啊，只好坐在一邊，以免掃了其他同學的興致。

到了中大，我似乎沒有什麼感覺。因為我的黑眼圈越來越嚴重，我只好跟着大隊緩步前進。一步兩步，一步兩步來到了天人合一亭！我被天人合一亭的風景深深地吸引住，無法自拔，直到簡老師拍了我的肩膀我才知道要專心聽導遊(葉博士)說話。

聽着聽着，葉博士的講述令我如痴如醉。我仿佛回到八十年代王良和先生所描述的吐露港，那種感覺是前所未有的！太奇妙了！

此時此刻，我的黑眼圈仿佛變成了高清攝影機，去到那裏，拍到那裏。中大的美景深深地印在我的腦海裏。我已經從一個醉夢羅漢升級為一個精神奕奕的小遊客。

隨後，我們跟隨着葉博士的步伐遊覽中大。我們走過里程碑、大榕樹、草地、朱銘雕像……

中大，大大小小，高高低低的斜坡、陸地、建築物和小樹林我們都留下足迹。我既感到興奮又感到疲倦。

來到旅程的最後，我在心中暗暗地想：「又完成了一個人生目標！」

對於今次的旅程，我只能用四個字形容——「一生難忘」。我永遠不會忘記中大一日遊！

《四季中大》

5B 盧安祈

我們在生命力強的季節下，與中大有一個邂逅.....

春天

萬物開始出生，
牡丹，小松鼠等也出來見識這個世界。
我們在天人合一亭上，
望着掛了霧花茫茫的吐露港。

夏天

萬物在努力地成長，
帥氣的樹很威武地排在百萬大道兩旁。
君子淑女面對面，享受夏天的陽光。

到秋天

花果凋零就換上滿目黃金，
未圓湖的落羽杉換上紅色的新衣，
就像歡迎新開學的同學們。

冬天

動物回家冬眠，
植物脫了舊衣，
光脫脫地等待着春天的擁抱，
就像把冬天藏起來。
四季中大、四種感受、美麗的邂逅。

《世外桃源》

5B 陳安兒

香港 充滿人煙
在這石屎森林
怎會有人和地 不吃人間煙火？
錯了
香港中文大學
像罩着保護罩一樣 真的不吃人間煙火？
它的天人合一亭
它君子 也淑女

它的百萬大道
一切 與外面的大學站相映成趣
杜鵑花 未圓湖 紅葉
每一樣 也令這大學不一樣
這大學 固然是讀書學習的好地方
但更是放鬆身心 思考人生目標的好地方
來 到這世外桃源 讓我們都不一樣

走進香港中文大學，便聞到了自然的芳香，其中夾雜著書籍的味道，使我如癡如醉。

在中大的正門口，有四支宏偉的柱子，其雖無別意，但我還是被它吸引住，它們使我感到安心，似乎就這麼被放了進來。

中大的風景一直是名聲在外的，特別是科技與自然結合的風景，更是美不勝收。很快，我們來到了天人合一亭，小池中的水已經滿到溢出，稍稍角度一傾，便看到了海與之結合，形成的奇景。不仔細一看，真的不容易分辨它們是池水還是海水。那時天氣較暗，小池邊界的分界線並沒有那麼明顯，就不難發現這一奇觀。接下來，我與老師同學們在此留影。

天人合一亭後，目標直指聯合書院。來到書院跟前，有一大片綠毯伏在腳下，旁邊不乏樹木，在大自然身邊讀書是再舒適不過了。在鳥語花香的環境下，讀書也變得別有一番滋味。多了綠地和樹木的相伴，聯合書院顯得是那樣的顯眼，特別。

大學當中，學生最看中的，就是宿舍。宿舍外觀乾淨整潔，一棟挨著一棟，很有建築特色。內部結構，我們是無幸參觀了。單從外觀來講，學生可是佔了便宜，如此舒適的環境，給他們的學習生活多添了色彩。

經過中大的許多具特色的景點後，我們來到了重頭戲——百萬大道。百萬大道的首尾兩端，分別是大學圖書館及科學館。百萬大道一名的由來一直眾說紛紜，而學校解釋為由於地上砌有許多萬象回紋，因此稱之為百萬大道。道路長約百米，面對著中文大學的校訓“博文約禮”。“博文約禮”出自《論語》：“君子博學于文，約之以禮，亦可以弗畔矣夫。”它是孔子的主要教育規訓。知識深廣謂之“博文”，遵守禮儀謂之“約禮”。因此，中大的教育方針是德智並重。

中大的校徽為一隻火鳳凰，以中國神話中的“鳳”為校徽亦能體現中大的特別之處，蓋自漢代以來，鳳就被看作是“重生”，成為高貴、美麗、忠耿及莊嚴的象徵。以紫色與金色為底色，取意紫色的熱誠與忠耿和金色的堅毅與果敢。

經此遊覽，夾雜著書籍味道的自然芳香良久猶在，中大的風景使我如癡如醉。

春姑娘一吹 春天來了

小草

大樹

長出了嫩芽

站在中大門外

遠遠望去一片翠綠

抬起頭

看見四個亭亭玉立的女子

吸引著所有人的目光

它就是中大的代表

——『華表』

走入中大

映入眼簾的是一片花海……

紅的

白的

粉的

橙的

聽著鳥兒的曲子

嘰嘰喳喳

看著花

聽著曲

讓人感到心曠神怡

眼前一條美麗的裙子

靠近一些

——短裙

退後幾步

——長裙

嗯，讓人著迷的長裙啊！

陶醉於中大

他來到這，這是哪裡？

看著四柱華表感覺就像天宮的四大天王把守著南天門一樣。再往裡走走卻發現原來周圍都有著仙子般的花草陪伴著他，美麗的杜鵑向他打招呼，他不經意的停留在那為杜鵑們拍照，杜鵑的魔力深深吸引著他。

再往上走幾步發現一扇門。但這扇門外形奇特，有些凹凸不平，它的體型比平時的門要大許多，甚至這扇門有個傳說，他對這扇門充滿好奇，但他想了又想，這扇奇特的門為何在這裡？它的存在難道只是個擺設？不，應該不是。他認為這扇門是為了守護前面的鳳凰而存在，這扇門用著龐大的身軀和無堅不摧的意志站在正中間，為身後的鳳凰把守著。

轉角後發現一條道，很寬很廣，似乎可以容納數百萬人。他一路向前走去，兩旁的宮粉羊蹄甲散發出迷人的氣息，很香、很漂亮，他們伴隨著這條道，成為它的襯衫。道的最後有一隻龐大的鳳凰，他抬頭望著它，就像天上的鳳凰一樣真，他隱隱約約能感覺到鳳凰在向他招手，好像是讓他投進它的懷抱裡成為它的一份子，這無比的感覺太美妙了。

來到這裡難道就沒了嗎？不，他還要繼續往上走，他要完全享受這美麗般的仙境才肯罷休。

不知什麼時候走到了山頂，石壁上寫著“天人合一”，他心想“所謂的天和人不就是天和人站在一起而已”他往小湖走了過去，為了欣賞這天人合一亭，看看它到底有什麼魔力。他靜靜得走到榕樹地下看著無比廣闊的海港，給人感覺很舒服。但他細心一看，原來在榕樹旁邊的小池和海港居然融為一體，原本眼前的海港僅僅只是遠處的海而已，但現在仿佛看到周圍都是海，幾乎感覺自己也身在其中，原來天人合一的魔力是如此奇妙，他沉醉於無比的海港裡，讓人無法自拔。

但美好的時光一閃而過，他在臨走前為這海港照下深刻的一面，於是他便離開了。下山的時候不停回味著這一天所感受到的風景、建築物和植物，這一切原來是那麼美好，他陶醉於這個地方，但他並不知道自己身在何處。

這裡是？啊！原來這裡是香港中文大學，他又回到華表的面前。

天人合一亭

5B 林艷亭

階梯下凝視你，
天水相接；
榕樹的相伴，
點綴了整個風景，
隱世仙境般。
踏步向前，
此刻的風景截然不同，
向上看，
只有你獨自徘徊；
向下看，
你的犧牲造福眾生。

夢，
你跑去哪？
夢，
出來吧！
夢，
我毫不猶豫的期待與妳合作。

傾刻，
腳跨四柱下，
一縷陽光蓋肩膀，
影子倍大，
步伐未穩欲探步，
夢，是你嗎？
你在探頭？

繼而邁步，
心境寬敞故因與綠仙子相伴，
一路上盡聽中樂家演奏，

夢，聽到嗎？
都為你而唱！

眼前視盡頭，
難道旅途就這麼結束？
心不甘又走前幾步窺探，
那是大海。
啊！我的臉紅了。
是一位穿裙子的少女
優美的躺在吐露港，
夢，看見嗎？
她好美！
我又再走一步，兩步，三步，接近她。
啊！我心痛了。
是一位穿裙子受傷的少女哀愁著躺下了，
等等，那是什麼聲音？
那是心跳嗎？

很快，跳得很快。

夢，難道你感受到了？
你想保護她。

瞬間綠滿地，
我和你被千萬株小草撐扶著
它們力量很大，
是周圍的營養素不斷為它們提供養分，
夢，你想強大嗎？
現在是好機會。

夢，看！
前方是氣勢磅礴的大道
那是完成夢想的目標
此刻，
我感受到強大的力量，
我的腿不聽話的
奔向百萬大道中間
越來越快，越來越快，
是我在跑，還是夢在跑？
不，是我們一起在奔跑。
能量很大，很大。
我知道了，
那是夢帶領著我跑，
那是夢
那是中大的夢，
夢，我懂了，
我們一起跑去終點吧！

大學，是不少中學生所嚮往的地方，也是不少父母所嚮往的地方。而這次偶然的機會，讓我親身體驗在大學遊覽，而新亞書院的「天人合一亭」讓我印象尤其深刻。

「天人合一亭」對出的是一座座島嶼和海洋，白雲下飄浮著一片又一片的薄霧，像是為遠處的小島披上一層白紗，神秘而又不可侵犯。不斷聽著導師為我們的講述，我呆望了吐露港一會兒，勾起了以往的回憶。

時間總會像流向大海的河水，一去不復返。我還依稀記得小時候父母常對我說的一句話：好好努力，考進大學。那麼大學是什麼？我帶著這個疑問不斷的隨時間而成長，那年的初中畢業，我們還在討論著大學的生活。這時候我所了解到的大學，是無拘無束，自由自在的。那時候對大學的印象，是自己心裡面所打造出來的。直到現在，來到中大的新亞書院，眺望著遠處的小島，欣賞著文章裏描繪的吐露港，鳥兒針鋒相對的歌唱。此時此刻，我猶如觸電似的感嘆道：這就是大學！比自己印象中的還要美，吐露港隨著時間而不斷改變，而我對大學的印象也同樣隨時間而改變，直到現在我站在「天人合一亭」面前，吸著海風飄來的空氣，才覺得自己此時此刻是存在於現實之中的。

向前邁進幾步，起初的一望無際的感覺一下子便猶如海市蜃樓似的消失在眼前，出來的是由填海而成的新教學樓。我不禁的感嘆道在歲月的洗禮後吐露港的美景早已經一去不復返。時間來去匆匆，又有誰了承受得起時間如雨水般的攻擊？就像吐露港一樣，逃離不了因時間的流逝，城市的發展，而被改變了面貌？人們常說與長輩的人有代溝，這不正因為城市的發展跟隨著時間的步伐，不斷的改變和發展，令到新的一代無法再見到長輩眼前所見的景色？

此刻，我仍然可以聽到一對對情侶迴盪的歡喜聲、我仍然可以看到無數個年輕人揚起嘴角的笑容，我似乎還可以聞到在它前空中相錯盤旋樹枝上面那幾朵不知名的花兒……

那天我們沿著小石路向上步行，還未走到盡處時，耳邊已經有紛紛的讚美聲。我加快腳步，一抹藍走進我的眼簾，清洗了我的視野。在我眼前的是是一個和吐露港的水平線融為一體的小池，驟眼瞧去竟分不清是海水還是池水。我還記得那日早上的吐露港被白色的朝霧籠罩著，水池映照著黯淡的藍天，如水墨畫般，水天一色，這樣好的美景真是難得一見。我不自覺的走近觀賞那個分不清深淺的水池邊緣竟低的看不見。遠處青山隱隱美景盡收眼底的吐露港，瞬間變身為尚未建築完成的豪宅大廈。這時再觀全景已是一番新的景象，馬路上匆忙的汽車，高聳的商業樓宇，遠不可及的峰巒，還有這安靜的小池。而天者為天然，人乃為人工，不管你承不承認它們中間的違和感，但它們共存在這個世上，它們就是天人合一。

我知道許多人都寧願選擇退一步去感受那水連天，天連水的景色。站在水池後照一張彷彿置身於水中的照片。可不管我們如何抗拒，水池後面都是川流不息得街道和那未築好的樓房。我曾見過許多人對此番現象有所排斥，表示懷念以前的吐露港。山不厭高，海不厭深。那樣秀麗的景色誰又不愛呢？可我們最終都屈服在雄偉的高樓下。

可這就是我們的生活呀！表面的光線豔麗是為了遮掩背後得心酸。天人合一亭就像一種美好的假象般吸引著我們靠近。我們懷念過去，批判現在。卻不肯真正走向前就迎接它，我們更多的是抱怨是悔恨。我們厭倦這喧囂的街道，我們不滿瓊樓玉宇。讓這個城市變成這樣的是我們，需要這些的也是我們，討厭這些的還是我們。我們對所有事物一直處於不滿狀態，但從未想過去解決它面對它。而人合一亭只是其一不滿的受害者而已。

不管它如果變化，我們都會愛它，大家在這裡記錄心情，記錄瞬間。合影，畢業，甚至結婚。人合一亭承載著太多人的歷史時刻，有人在這裏暢懷大笑也有人悲悽流淚，我們把笑聲把流水都留給了它，就像旁邊的榕樹，布滿斑駁的皺紋使它看起來滄桑，但蒼勁的枝幹經歷過風吹雨淋後卻越發遒勁。

而此時此刻，我若站在人合一亭，我會覺得自己是個幸福的人。不管退一步進一步，我都接受，那是最真實的它，我都愛。

戊. 公開比賽作品

香港世界和平統一家庭聯合會 孝道勤學基金會

真情流露獎

我和爸媽的故事

5C 夏鳴軒

連綿不斷的小雨點沾濕了窗邊的風鈴，我不禁往外遠眺，對面只餘下數戶人家仍然亮着燈，像螢火蟲一樣，各家各戶都入夢了吧？只有我，上對明月，下對課本。看着彎彎月兒，想起了我和爸媽曾經的故事。

我來到廚房，用電水壺泡了一杯咖啡。望着熱氣徐徐上升，在家裏新買的抽油煙機旁慢慢消失。油煙機的左下邊就是用不鏽鋼做水龍頭。八年前，我的爸爸頂着油煙教我怎樣做菜，我的媽媽在左邊洗菜，每洗一道菜就會關掉那鐵製的水龍頭，我還記得擰水龍頭的聲音，爸爸告訴我「鍋裏的水開了，把火關掉。」當時每吃一餐晚飯，都像這樣忙得不可開交，但十分開心。如今，我只需撥個電話，就可以吃到一份三十元的外賣。好久都沒有做過飯，因為書枱上還有兩座山的習題等着我，不知何時還有機會和爸媽做一頓飯。我剩下的只有手裏還在冒煙的咖啡。

眼望到了旁邊的浴室與梳妝間。浴室裏白色的天然氣爐與梳妝間黑白色的洗衣機形成了一道光景，就像西湖上的斷橋殘雪，許仙與白蛇相隔一橋卻不能相見的悲傷。還是八年前，我和爸爸在浴室裏面洗澡，媽在梳妝間裏洗衣服。我很快被爸丟了出來，於是媽幫我穿上衣服，爸走了出來，對媽說：「快洗澡吧，水還能洗十五分鐘。」當時家裏用的是電水爐，燒一次只夠用三十分鐘，如今我一個人就可以用三十分鐘來洗澡，洗澡後衣服直接放入洗衣機，但我從此也聽不見洗衣服的聲音了，也不知何時能幫爸爸在擦一次背了。我剩下的只有手裏還在冒煙的咖啡。

步入客廳，一張大理石的桌子，六張紅木椅，桌頂是一個水晶的吊燈。依然是八年前，我和爸媽在這裏打鬥地主，爸媽坐的是一個折疊的木椅而我坐着張小板凳，頂上一個烏絲大燈泡，有說有笑。如今，我好久沒有和爸媽坐在一起聊天，說句話了，更不用說一起玩鬥地主了。我剩下的只有手裏還在冒煙的咖啡。

回到我自己房間的書桌上，看見詩人徐志摩的名作《再別康橋》，蠻有詩意的，依依不捨的情懷，不就正正道出我的心情嗎？時間飛逝，五年中學生涯快要完結了。從前的日子在腦海浮動，慢鏡重溫。快樂的、悲傷的，沒有一件不刻骨銘心。也許成長了，也許爸媽老了，我終於知道現在我手裏不僅只剩下那杯咖啡.....

我和爸媽的故事

5A 歐陽倩兒

從小，學校就施行德育教育。當中，「孝」是其中一環。古時有不少關於「孝」的故事，例如臥冰求鯉。儘管故事中有些孩子行愚孝，但也算是盡了孩子孝順父母的責任。

反觀現在，不少九十後、零零後不會尊重師長，更對自己的父母呼喝。因為我們太幸福了，不會珍惜，亦覺得父母對自己無微不至的照顧是必然的。

我有一對好父母。父親經常為家計辛勤工作。過去他要國內、香港兩邊走，一個月只能見到他一兩次。儘管他總是說你們自己玩吧，我是男生，不懂你們玩的東西，又說去牽母親的手吧。可是我知道他只是害羞才會說這些。小時候，他會在假日與我和、妹妹和母親進行家庭樂，陪我們踏單車、玩吹泡泡、放風箏，有時更會給我們買玩具。到我們長大了，他總是語重心長的用教誨代替打罵，引導我們成長。父親做過幾種行業：在貨櫃船上的、扎鐵的、驗貨員和工廠工人。我從沒想像過工作有多麼辛苦，因為我只是在溫室下長大的小花。過去只是聽過父親說在車上幾小時到偏遠的地方納悶、工廠骯髒得沾滿灰塵讓伙食變成灰黑色、夏天熾熱的鐵網在肩上烙印疤痕。如今不用從他口述，看他關節發腫成乒乓球大小的手指關節、被燙到起了大小水泡的手掌。各種傷都令他生活不便，以及總是發疼，但他卻沒有因此而休息，反而繼續工作。我想，除了為實現他總是掛在嘴邊的話：「我不工作誰養活這頭家？」更是為了作為身教，要我和妹妹不要因小事而放棄，以及努力念書，將來可以有一份比較舒適安穩的工作。

母親對這個家的貢獻亦不得不提。她不但付出了青春及光陰，全心照顧我們成長，更獨自一人完成家務，以及為我們提供有營養又美味的膳食。更重要的是，她總是將家人放在首位，而自己則在最後。有什麼好的總是給我們才輪到自己。母親有時候是個騙子，明明自己工作回家後已疲憊不堪，卻還是擠出笑容，看似充滿能量的做家務。有時將最好的給我們，然後說：「我不餓，你們吃吧」、「我不冷，你穿吧」。明明自己都餓得肚皮打鼓、冷得發抖，但還是堅持以我們為先。

雖然兩老對孩子付出很多，但我們總是不會珍惜，更有時會對他們大聲呼喝，實在慚愧。願有生之年能好好服侍他們。

我和媽媽的故事

3C 劉楚滢

什麼是孝？相信沒有人不曉得，這是人類與生俱來的本能。但是現代人生活繁忙，追名逐利，以至盡孝行孝一職，逐漸淪為不着邊際。

從小到大，媽媽的一生幾都是用在我們的身上，是她負責上班，又負責照顧着我和妹妹，有時媽媽上班了，又到了我和妹妹二人「相依為命」的時間了！我們都能照顧着自己，我把妹妹照顧得好好的，讓媽媽放心工作，掙錢養家，我也只能等待她回來的好消息。

對我來說，她真的非常辛苦，一個女人在外面捱命一樣的，又怎會受得了這種痛苦呢？但我的媽媽就是不一樣，她是用鐵做的，她好像完全不怕辛苦，還跟我說很輕鬆的，只要能養活你們我就心滿意足了，那時的我，當然相信工作是容易的……

直到現在，我開始懂事了，明白當初媽媽說的話不是真的，只是哄哄我而已，也知道了工作其實並不容易，我也開始不會再讓媽媽生那麼多氣，家務等通通不用她來做，等我來幫她減輕壓力，令她不要覺得這個家好像不能再撐下去了，要給她發現，其實還有我在！

最後，我希望我長大後能給她一個溫暖的家，比現在這個好一百倍的，不會令她有壓力，煩惱些甚麼的，令她過些無憂無慮的生活，因為有我的存在，不會再令她痛苦了。

孝？這個東西我將來一定會完滿達成的，現在都在一步步走近着，也越來越近了，我也開始慢慢的明白這世間的人情世故，我想到時候我和媽媽都會過着幸福快樂的生活！

「世上只有媽媽好，有媽的孩子像塊寶……」這是在我還是個黃毛丫頭時所聽到的兒歌，但我總覺得這歌缺少着什麼，我認為應該是：「世上只有爸媽好……」，因為無論父親還是母親，他們都會當自己的孩子像寶一樣呵護。

有句話說：「父愛如山」。我非常同意這個說法，為什麼呢？這還要先從父親的外在說起，父親身形高大，肩膀寬厚，而且也非常有力量，幾乎家中的粗活都是他來擔當，正是因為他沉厚的身形，令我覺得他就如一座山一樣。

記得有一次，那時的我還是剛上一年級的「小學雞」。在放學時，粗心大意的我沒有帶雨傘，於是我就在學校門口等待家長的到來。這時，我看到爸爸來了，我的心情變得晴空萬里，沒有了陰天的存在，但可惜爸爸也沒有帶雨傘。煩人的雨總是不停的落下，像是瀑布一樣一瀉千里。於是我和爸爸就決定闖一闖，我們衝出校門，當時我心裏非常緊張，生怕被雨淋到成為「落湯雞」，可是我的身體已走出校門，但卻感覺不到雨滴落在身上，我抬頭一看，原來這時的爸爸正在用他沉厚的軀幫我擋雨，這時我真的覺得父親就像一座高山一樣，用他高大的山峰，保護我這弱小的樹苗。

當然，有父愛如山，就會有母愛如水。母親的愛雖然不如父親一樣偉大，但卻是非常的細膩。現在的我已經不是當初的黃毛丫頭，但媽媽總是還是像對待小孩一樣對我不斷的關心，例如：晚上幫我蓋被子、隨時隨地叮囑我出門要帶錢包，手提電話等等。可是我卻是很厭惡媽媽對我的關心，總是反駁她說：「我已經是個大人了，已經不像小時候那樣需要別人的關心。」記得有一次，我還因為這件事跟媽媽吵架，但事後我非常後悔，因為我知道媽媽是關心我。

俗語說父愛如山，母愛如水，我覺得父母的愛就是如此偉大和細膩，他們總是對自己孩子的關愛無微不至，總是無私的對待自己的孩子，所以世上只有父母好，有父母的孩子像塊寶！



A. Personal Recount

My New Secondary School Life

1A Lui Ka Wai

Let me introduce myself. My Chinese name is Lui Ka Wai but I like to be called Linda in English. I am twelve years old and live in Lo Wu, Shenzhen. I enjoy eating spicy foods, reading and listening to most kinds of music except pop. My favourite school subject is English.

Since I arrived at Ho Ngai College my best friend has been Wong Yuen Lai or Erica. She is 17 years old and lives in Tuen Mun. Like me, she really loves trying lots of different kinds of foods. And she is the kindest and friendliest person I know. Indeed, I'm so glad to have met her!

Ho Ngai, my school, is a perfect size. It's not so large that you get lost, but big enough to have a lot of special activity rooms such as a gym, cooking room and even rooftop observatory in addition to regular classrooms, laboratories and playgrounds. However, the best thing about my school is the fun loving students and supportive teachers. I simply love this school!

My New Friend

1B Ng Ka Yan

I have made a new friend at Ho Ngai called Yung Wing Hei or Yuki. She is fourteen years old and lives in Tuen Mun with her family.

She is a really friendly and helpful person. But what I like best about her is her sense of humour. In fact, she is always telling me jokes.

Her favourite hobbies are drawing, running and reading. Indeed, she always draws after school. Since joining this school, Yuki has been my best new friend.



Bee Disrupts Cleaning Day

1C Ho Man Kee

Our class teacher told us that it was the school's cleaning day and so we all needed to help clean our classrooms.

We were given brushes, towels and brooms so we could thoroughly clean our room. I used a towel to wipe clean the desks and blackboard. Indeed, everybody was given part of the room to clean.

As we were all busy cleaning, a bee unexpectedly flew through a window and frightened all of us.

Our class monitor called our class teacher who came and shooed the bee out of the classroom.

Although the bee scared us, it also made our cleaning day much more fun and eventful!

The Disneyland Excursion

1C Yip Hoi Ling

This morning, I took a bus to Hong Kong Disneyland with my classmates. It was my first time at this theme park.

I saw Mickey Mouse there looking as funny and cute as ever with his two large eyes and long tail. Although I took many photos with the various Disney characters I still liked him the most.

We had lunch in a food stall where I had some bread and chicken wings with a fruit juice. It was so yummy!

After lunch, we set off in groups to Space Mountain. My group had my friends Hillary Ho Man Kee and Yang Xiu Man. We played in Grizzly Gulch and were very excited and happy. I also bought a gift for my brother which I hope he will love. We liked Toy Story Land better than Mystic Point which was just too crowded.

We finally left the park at about four o'clock and I was so tired that I slept on the way back home.

Last Friday, I went on a class excursion to Ocean Park with the other Form 2 students and teachers. Although the weather was very hot there were a lot of people at the park that day. Indeed, it was too crowded.

I was in a group with Marco, Jack and some other 2A classmates. We took the cable car to the Summit together. Then we went on the Hair Raiser ride which was really exciting, after which we tried Arctic Blast. My favourite ride was the Flash which I went on it twice. However, I didn't like Raging River as it frightened me and was so scary! In the end, I did not get to see Marine World because it was far away from the part of the park where we were.

At about one o'clock we felt hungry and tired so we had lunch and bought some water.

After lunch, we visited Polar Adventure to see Arctic Fox and took many photos of friends because we wanted to have something to help us remember this wonderful time together.

As there many new rides yet to debut in the park, I would really like to return again once they are ready and try them out.



A Very Different Experience

4C Yeung Po Yu

Although I had been to Thailand before this school excursion to Bangkok was a very different experience as I was able to interact more with local Thai people this time.

On the first evening, at Asiatique Night Market, my Thai partner was a lovely girl with a beautiful clear and fair-skinned complexion. This surprised me at first as I had previously thought that all Thai people had olive or dark brown complexions. She also had a beautiful smile. Although she wasn't talkative she was really friendly and took good care of me. Indeed, she proved a wonderful guide.

After she finished her classes on another day and joined our activities she bought me a cup an icy cold drink which was so thoughtful of her and helped me cope with the hot weather that day much better.

Indeed, this trip was full of wonderful surprises such as the Ancient City theme park which featured building and monuments from each region of Thailand. This was very interesting for me as I wanted to learn about Thai culture. The park was so big but thankfully we had bicycles to get around its numerous attractions.

The Highlight of My Trip

5B Chan King Lun

The highlight of the Thailand English excursion for me was the Ancient City theme park. It was such a very big park. In fact, because it was too big to walk around, we used bicycles to get around.

My Thai partner was called An, and she was very friendly. If I had something that I didn't know, she was always happy to patiently explain it to me.

Throughout this trip, I could learn many things that I would probably never get to study in Hong Kong such as Thai the etiquette required when visiting Thai temples which included taking off our shoes before we could go inside to view the amazing golden interiors of these truly amazing structures.

My recent school excursion to Thailand was a really eye opening experience. Indeed, I learned many new things on this trip.

In my opinion, one of the most enjoyable activities was the time we spent at the Ancient City theme park. At this enormous park we needed to ride bicycles around with Thai partners to find out the answers to quiz questions that were texted to us. In order to complete this quiz we needed to race other groups around the park in search of answers. The buildings we saw throughout the park were very varied in colour and architectural style but all were incredibly beautiful in their own way. Indeed, this was an amazing place to take photos of my school mates and new Thai friends together with incredible backdrops.

The Thai boy who was my partner for this activity has become my first ever foreign friend. We chatted together about my school, and my life in Hong Kong. So I didn't feel bored, and really enjoyed my time with this Thai partner. I even enjoyed getting used to his Thai accented English. We were always laughing and helping each other. Indeed, he was very friendly and helpful.

Undoubtedly, I gained a lot of experiences and knowledge throughout this excursion. Besides seeing lots of different styles of Thai buildings, and making new Thai friends, I got to use so much English every day and learned a lot of new English words. In fact, this trip helped me breathe life into the English I had been studying for so many years from textbooks and worksheets, but have had few opportunities to really put to use like this.

I hope to visit Thailand again, and feel motivated to put more vigorous effort into my English studies after this trip.

We visited lots of amazing places in Bangkok but let me introduce you to just a few of the highlights.

The first is Siam Square which I liked the most. This is a shopping and entertainment area in Bangkok connected to other shopping areas by a skywalk and footbridges, in addition to a skytrain. It was an area very popular with young people as it is right next to the oldest university in Thailand, and at the junction of the two skytrain lines.

The second place I really must mention is the Ancient City theme park. It was such fun cycling around this enormous landscaped collection of architectural highlights from Thailand's past from each region of the kingdom. Indeed, it was like a mini-Thailand. Riding through this park was a great way to get out of the city and enjoy some fresh air.

Throughout this five day school excursion we had Thai student partners. Each of my partners were nice and friendly and took good care of me.

Instead of using coaches each day, we mostly made use of public transport. This certainly, added interest to the trip, and gave us a better taste of the local people and lifestyle as well as keeping costs down so that we could enjoy more activities. The activities with the Thai students helped me develop my team work skills and patience as well as English.

Although this wasn't my first trip to Thailand, it was quite different to my previous trips because of the activities with local Thai students, and varied places we experienced. Indeed, I have great memories of this trip to Thailand and really enjoyed my time there.



Dear Diary,

Today was full of sadness. My heart is broken and is bleeding still now. In fact, I feel like I'm falling from the sky. For today is the day I betrayed my best friend.

When the first school bell rang, Peter and I didn't go to the morning assembly as usual as we wanted to steal the test which we would do in the afternoon from the staff room. This was our best chance to sneak in, so we hid in the toilet beside the staff room.

We are both academically weak, but wanted to get good marks in this test. So, we stole the test, like quiet mice and got great marks in the test to everybody's surprise. Peter thought this was wonderful, and wanted to do this again. But I was worried we were bound to be caught eventually when one of the teachers looked over the CCTV footage.

I begged him not to cheat like this again, but he refused to listen to me. I did not want him to get into the habit of relying on stolen exam papers and answer keys to pass school tests as eventually we would need to do the Diploma of Secondary Education (DSE) examinations and stealing those papers was obviously impossible. So, reluctantly, I decided to tell the teacher about what we had done. Although both Peter and I were of course punished by our teachers and the principal, I was praised for doing the right thing.

However, as soon as we were both outside the school gates after our release from detention, Peter ran away shouting, 'You are not my friend now, or ever again, forever! You dobbed me in!'

I was shocked and disappointed. I thought I had done the right thing, but now I had lost my best friend. How will I face Peter and my class tomorrow? Far from being an academic champion, I am suddenly a "dobber" and not a hero at all. How empty the praise I received now seems both for doing so well in that test, and for letting the teachers know how we got such good marks. If only we hadn't stolen that exam paper!



B. Story

A Computer Game Nightmare

1A Tsang Chiu Kit

Ben loves playing computer games very much. Indeed, he loves them so much that last Saturday night he stayed up and played computer games until 3.00 a.m. and would have stayed up even later if his mother hadn't come in saying, 'Stop! Stop! You need to turn off the computer now! Please get to sleep immediately!'

As soon as he got into bed he was sound asleep. However, all too soon he could hear his mother screaming, 'Wake up! Get dressed and get yourself to school!' Then, as soon as morning assembly was done, he found that Ms Law, his English teacher, was handing out an English test paper! Oh, no! Ben was soon asleep on his desk, much too tired to do this test. Ben had the best English by far in his class, but nevertheless he would never get a pass in this test by sleeping through it!

Yet, his classroom slumber didn't last much longer his mobile phone alarm work him up. Had he left it on? No. He was still in bed, and it was already 8.00 a.m. and he needed to rush to school in time for the English test he had been dreaming about. He would need to catch a taxi again or he would be late for school for sure. He went to grab his school uniform and put it on but couldn't find it so called out to his mother, 'Where is my uniform?' His mother replied, 'It's in the washing machine. But, unless it rains it will be dry and ironed in time for tomorrow.'

Aargh! In his sleepy confusion he'd forgotten that it was only Sunday morning, and he still had all day to study before the English test the next day. Then, he decided he would study throughout the day, and go to bed early without playing any computer games. He wasn't going to risk falling asleep in the middle of his English test like in the nightmare.



Nowadays, Kitty Chan is a famous model. She is slim, beautiful and confident and many boys want to date her, but did you know that she was a fat girl of 150 pounds just five years ago? Can you believe it? Why did she decide to lose weight?

Kitty was very fat at school because she loved eating and drinking. She would eat up to two hamburgers, and three sandwiches with a piece of cheese cake for lunch. To make matters worse, she did not do any exercise because she was lazy. Indeed, whenever her mother asked her to do some exercise, she would say, 'I have lots of homework to do and have no time,' or 'I am so tired today, maybe tomorrow.'

Yet, Kitty didn't mind being so fat until one day when she met a very handsome boy, who was one of her classmates, and she fell in love with him. For when Kitty told the boy she liked him, the boy said, 'I don't like fat girls! Can't you see that you're very ugly?' Understandably, these words really hurt Kitty quite deeply. So, she asked herself, 'Why am I so fat?' over and over again. Then at last she decided to lose weight. Although she knew it would be very hard to do, she really wanted to change her body shape.

Despite her monumental efforts it was extremely hard for Kitty to lose weight. Yet she never gave up even though she had to do so many things. For example, she ate less meat and fewer snacks and instead ate more fresh vegetables and fruit. In addition, she drew up a 'keep-fit' schedule and took up some sports such as running, swimming and yoga. In fact, she did some kind of exercise every day. Then eventually, she gradually began to slim up.

Now, Kitty Chan is a beautiful slim and confident girl. Moreover, she is many boys' dream girl. As many people know that she used to be a very fat girl, but with a lot of effort, lost weight and became a top model, she has become a role model for many girls.



Yesterday was Mother's Day which is a day that people from all over the world celebrate with their mothers. My brother, father and I wanted to thank Mum for taking care of us for so long. So, Father suggested we cook a delicious surprise dinner on Mother's Day and we all readily agreed to this.

Early in the morning when mother was still in the bed, we sat together to plan the day. Father said we had to go to the market to buy some food to cook. So we wrote out a shopping list for everything that we would need to make a seafood soup and other dishes. We all felt excited.

In the afternoon, we said we were going for a walk as an excuse to go out to buy some food. We went to the wet market and started to buy what we needed. Then we went to the supermarket to buy some sauce. When we took the food we needed to the checkout counter Father complained how expensive it all was which made my brother and I laugh as it showed how rarely he did the shopping.

Once home, Father insisted on doing all the cooking himself, and made us wait in the living room.

Finally, at 7 o'clock, we all sat down to eat dinner. Oh no! The fish was still raw and the vegetables were tasteless. The seafood soup was too salty and the chicken was so raw that we could still see the blood. But the worst part was Father had forgotten to cook any rice! My brother felt disappointed and thought Mother would be angry. But mother just laughed and said 'This has been the best Mother's Day gift ever!' then we all felt happy and we all went to a restaurant for dinner as Father's cooking was quite inedible.



David fell in love with Amy the first day he saw her. However, it was some time before Amy noticed, and decided that she liked David in return. Eventually, realizing that Amy had feelings for him too, David mustered the courage to invite her out saying, 'Amy would you like to go to the cinema with me on Saturday?' to which Amy replied, 'I'd love to!' overcome with happiness.

So, after school, Amy went shopping for new clothes to wear, and to have her hair cut into a bob so she could look her best for the date.

Then, just before her date she put on her pretty new clothes and boots which showed off her shapely figure and hair beautifully and headed out to the cinema where she found David eagerly awaiting her arrival. She exclaimed, 'David! Oh my god, you look like a Hollywood movie star. You are so handsome!' David retorted in mock surprise, 'Really?' 'How about something romantic?' Amy asked. 'To be honest. I really like watching romantic films too,' David said in a surprised tone. 'Let's watch *Titanic* then!' They both said together.



I woke up this morning and discovered that I was eight feet tall! What a surprise. I was suddenly a tall guy. I wondered what everyone would think about this. However, what was to follow was even more surprising!

When I left my home, my neighbours saw me and screamed. I could see the shock and fear in their faces. Then, when I walked on the street, everyone ran away and a young lady even shouted 'Monster'! I was upset because everyone seemed to be afraid of me, and nobody accepted me as I now was. So, I walked alone along the waterfront and once again heard a sudden scream. Aargh! I decided to ignore this in sad resignation. But, whoever this was, just kept screaming over and over again. Reluctantly, I decided to investigate as maybe they weren't screaming at me after all.

Now, it was my turn to be in shock and afraid. I saw two masked men with knives robbing a woman. Remembering that I was now a scary giant, I decided to help her. Despite being armed the thieves surrendered to me without resistance. Was I now a kind of superhero?

With new confidence I continued on to school, thinking how my new height would be a great asset in any basketball game. And, I was right. Every team wanted me, and whichever team I joined won their game with my help. This was an exhilarating experience. Beforehand, I was quite short, and struggled to get chosen for basketball teams, let alone perform well in basketball competitions.

Later on, I went to the community centre as usual and my friends treated me as they usually did. We were doing some voluntary work helping to set up

for a carnival and my height came in very useful again, reaching up high to string up banners and the like.

Then, I saw a cat on the top of the tree, and a worried old lady standing forlornly below it. Clearly, it was her cat. So, once again my height allowed me to come to the rescue and save the cat. But, aaaarrrrrghhh! A snake! Humph! I hit the ground and passed out, cushioning the fall of the cat, which scampered off before jumping up into the old lady's lap.

Finally, I woke up in hospital with many people standing near me and there were some reporters, photographers and cameramen. I was now famous. But how did I fit in the bed? Checking my legs, nothing was amiss except I was no longer tall. I asked some friends about the school's basketball competition and was told it had been cancelled due to wet weather. Ha? Were all my superhero adventures just a dream or nightmare? But, if so, why were all the media here treating me like a hero?

It seems, I had actually saved an old lady's cat, and there was a snake. But the rest of my adventures had been my imagination playing tricks as I lay in a coma. At least, I was a hero for now, even if I wasn't super tall or scary. Everyone was praising me for being so brave and I wondered to myself if I would ever be brave enough to try out for the basketball team again after I recovered and play just like in my dream. I wasn't so keen on taking on armed robbers single handedly though.

Maybe, rather than wishing for all our dreams to come true we should be a little more selective and just work on making one or two dreams a reality.

C. Poem

A Poem on the 'TSUNAMI'

2A Lau Ka Chun

The tsunami like a big hand.
Sees a lot of people call for help.
Upset, and miserable are our feelings.
Nothing remains untouched by this hand.
Anymore there are ruins, there were also victims.
Many animals survived the disaster.
It was alas the only good news.

A Poem about me

2C Fan Hiu Tung

Kiko, why you are so short?
I don't know
Kiko, why you are so thin?
Oh! I should eat much more!



D. Recipe

‘A Special Dish For A Special Person’

1B Poon Wai Sum

Name of the dish: Shrimp in the Sea

Ingredients: shrimps, spring onions, noodles, water

Seasonings: salt, soya sauce

Directions:

1. Steam the shrimps for ten minutes.
2. Bring a large saucepan of water to the boil.
3. Cut the spring onions into thin slices and add them to the boiling water with a dash of soya sauce.
4. Bring the noodles back to the boil until al dente.
5. Drain the cooked noodles from the saucepan and put them in an oiled frying pan.
6. Stir fry the noodles until browned.
7. Plate the fried noodles and add the shrimp.

Reasons for cooking this dish:

‘Shrimp in the sea’ is very delicious and I would like to treat my mother.



E. Review

The Wizard of Oz is an interesting book. I liked the main character Dorothy the most because she is very smart and helpful. Why do I think she is smart? I think she is smart because when she can't find her way home, she asks other people for directions. However, when she seeks help she finds others need help more than her and doesn't hesitate to help them before helping herself.

My favourite part of the book is when Dorothy oiled the Tin Man because this part demonstrates how selfless and helpful she really is. And of course, when Dorothy oiled him, the Tin Man was very happy which shows how fruitful her efforts were. After Dorothy had helped everyone around her that needed it, all those she had helped assist her which in turn made Dorothy very happy and shows how if we do good, good things will come to us.

I think the story is interesting because the Cowardly Lion is very nice in the story and the Tin Man can walk and talk with Dorothy. It is amazing. The part where Dorothy finds a woman to help her is also an interesting part of this story because the woman gives Dorothy a kiss, and the Munchkins laughed at them.

I hope that even in the 21st Century we can find good people like Dorothy, and that more people will put the welfare of others ahead of their own. For, as Dorothy demonstrates, it is an ageless truth that it is in giving that we receive.



Musical Review

2B Tong Ying Ying

Yesterday, I went to see an English musical called '*I'm perfect*' at Tuen Mun Town Hall with my classmates. It was surprising and inspiring!

The musical started at 2.30 p.m. and was about two hours long. The story took place at Grandville College. The main characters were Randy and Annie who were the best students at the school. They sang, danced and told funny jokes in the musical. At last, every student at Grandville School had the same dream. They all dreamt to be perfect students.

I enjoyed the show very much because it was very funny and my favourite character was Randy as he was very smart. However, the best part was the songs as they had a strong rhythm. Nevertheless, I didn't like the stage setting so much because it was a little monotonous and could have done with a few more changes. There were about 600 students in the theatre and everyone seemed to enjoy the show despite this.

Review of "*I'm Perfect!*" Musical

2C Mohammad Osman

Last Thursday, I went to see an English musical called '*I'm Perfect*' at Tuen Mun Town Hall with my classmates, other students from Form 2 and teachers. It was a good show. The hall was quite big and so many people were there to see the show.

The musical started at 2.30 p.m. and was two hours long. It was set in Grandville College. The Headmaster, Edward, told the students to aspire towards the Academic Star Trophy and to be perfect. The main characters were Randy, Annie and the Headmaster. Randy and Annie saved all their friends. They sang, danced and told some funny jokes together. At last, they understood being 'perfect' was not so important.

I enjoyed the show because the characters acted so well and their songs were so exciting that I sang together with them. Tandy was my favourite character because he said so many funny jokes. In fact, there is nothing I would like to change about this show. It was perfect. Indeed, my friends all agreed that it was an amazing show and they enjoyed it immensely too.

My Favourite Movie

5A Au Yeung Sin Yee

Orphan is one of my favourite movies. It is an American horror movie. Before you watch this film, you cannot believe that a 'child' can be like that – killing others!

Kate and John Coleman (Vera Farmiga and Peter Sarsgaard) are experiencing strains in their marriage after their third child died and they plan to adopt a child from an orphan house. They decide to adopt a girl who seems mysterious, a 9-year-old from there. However, after they adopt the girl, many very strange things happen.

The film is successful to a large degree because the young actress, Isabelle Fuhrman, acted so well in it. She played the part of a girl named Esther. Even though she was only 13 at that time, she could play the character very convincingly.

Although, it is quite scary and unsettling at times, I also think this film demonstrates the love parents and mothers in particular have for their children whatever their faults. I would recommend this film to older teenagers and adults. However, it may not be one to bring your kid brother or sister along to see in case it results in nightmares afterwards!

Film Review of *Pacific Rim*

5C Tang Choi Fai

Pacific Rim is a great film which would undoubtedly appeal to fans of *The Transformers: The Movie* or other similar animated feature films.

The movie's plot is fast-paced and like so many science fiction storylines has humans fighting against aliens. We Earthlings do this by teaming up with giant robots called Jaegers. Only through the power of human ingenuity and dogged resilience are the aliens finally overcome.

This film is full of amazing action and spectacular special effects. So, if you like science fiction movies that really get the adrenalin flowing, this is a must-see film.

F. Letter of Advice

Advice before Visiting Hong Kong

4A Lee I Man

Hi Harry,

I am very happy to hear that you will come to Hong Kong in August. Don't worry, I will give you some advice.

First of all, let me tell you about the weather in August in Hong Kong. The temperature is around 22°C to 36°C. It is always sunny and humid, so you should bring some T-shirts and shorts with you. However, the temperature will drop at night, so don't forget to bring a jacket.

Now, let me suggest some good shopping spots for you. You can buy some inexpensive clothes at Fa Yuen Street or Tung Choi Street in Mong Kok. The clothes there are fashionable. However, if you would prefer to buy casual clothes and sportswear, you should head to New Town Plaza in Sha Tin because it is spacious and you can find a lot of sports brands there, for example, Nike, and Reebok.

Rest assured that Hong Kong is a culinary treasure trove and you will find an amazing choice of cuisines to tantalize your taste buds. For local food here in Hong Kong, you can try some food and drinks from the various cooked-food stalls. Rickshaw noodles are also a must try, and often come with a selection of toppings such as tofu, or even chicken wings!

With regard to local table manners you should remember when you pick up food from serving dishes, you ought to take the piece of food nearest to you. In addition, when you eat soup, you shouldn't slurp from the bowl, but instead use a spoon and eat without making any noise. It seems Hong Kong dining etiquette has been influenced by British table manners, even when it comes to eating Chinese food with chop sticks!

And when you meet new friends, don't try to hug or kiss them. Instead, you should simply shake hands with them or give them a nod or smile.

I am looking forward to seeing you in August.

Bye for now

Sam

Dear Confused,

Thanks for your letter. I'm sorry to hear that your best friend has been asking you to take drugs, and I hope that I can help.

I think taking drugs would have many negative effects on you. It would damage your nervous system, slow down your reaction time and reduce your IQ. Indeed, if you were to take drugs, even if you later decide to quit, it would take a long time for your nervous system to recover, and it might never totally recover. Also, taking drugs would break your parents' hearts, and make them feel disappointed with you. Moreover, if you did succumb to taking drugs you may lose many friendships, as you would find many of your friends keeping their distance from you.

If I were you, I would seek help from social workers, parents, teachers and doctors. They could help you and give you some advice. Also, you could give advice for your best friend first. But if he does not listen to you, you should take action to protect yourself. You should keep a distance from him and indeed cease all contact with him. In this case, it would also be best to tell his teachers or parents. You could even call the police in an urgent case.

I hope that my advice is of some help to you. Good luck!

Best wishes,
Arnold Chan



Dear Thomas,

I have received a letter from you in which you told me your teacher invited you to participate in voluntary work. I think you should try it.

You also asked me to share my experience of volunteering. So, let me start with a little on my own experience of volunteering. Recently, I visited an old people's home. There were many elderly people there and I did various activities with the elderly people there and listened to their stories. They seemed to be very happy. But I know, when we left, they must have been lonely again. This experience taught me to care for the elderly as they are frail and need our love. However, I also gained immeasurably from my time with these old timers both in terms of knowledge, and self-confidence.

You asked me whether you should turn down your teacher's offer to arrange a volunteer placement for you. Well, if I were you, I would not let this opportunity pass you by. Let some time as a volunteer broaden your horizons. It would be good for you. It certainly was good for me.

I hope my advice is of some help to you.

Regards,
Steven



Dear Sammy,

I am saddened to read such bad news in your email. Let me try to guide you out of your confusion with a little advice.

Firstly, although your friend is poor this is no excuse for stealing and attempting to sell a classmate's textbook. This is a serious crime which needs to be dealt with as soon as possible.

In society, there are lots of poor people and very few of them are thieves. You should suggest to your friend that it would be much better to get a part-time job in the holidays and after school than resorting to stealing. Not only would this be more honourable but it would also earn a lot more money than selling the odd stolen second hand textbook ever could. And lots of your classmates friends work part-time jobs so could give advice on how to get these jobs and which ones are the most suitable for students. If your friend feels reluctant to take up a job maybe you could even find a job to work with him.

Remind your friend that he won't be lucky every time. Eventually, he will be caught and end up in prison if he continues thieving and could end up with a criminal record making employment even more difficult to find, resulting in even greater financial stress in the future and great personal embarrassment as well as family disappointment. Therefore, you should tell your friend not to steal anymore. And if he refuses to listen to you and follow your advice you should tell your teachers and let them deal with your wayward friend.

Ideally, he should be responsible for what he did, and apologise to the classmates from whom he stole the textbooks, and replace them. If he agrees to do this, you could help by encouraging your classmates to forgive your friend.

I hope my advice can help you to solve the problem with your friend.

Regards,

Chris

Dear Peter,

I am so happy that you have got an interview for a job as a shop assistant at a mobile phone company. I strongly suggest you go to this interview and would like to give you some advice on what to do before the interview and during the interview.

Firstly, you should prepare well for the interview. You can do this by searching for information on the company's products, and making sure you have appropriate clean clothing ready as well as the transport planned so you can arrive both punctually and well-dressed whatever the weather on the day.

Finally, don't be nervous during the interview. If you have prepared yourself well, you have no reason to be overly nervous during the actual interview. Also, remember to make eye contact with your interviewers and show you are both outgoing and polite as these are two essential attributes of sales staff.

If you can follow this advice, I have every confidence that your interview will be a success.

Yours sincerely,
Chris



G. Letter to the Editor

Helicopter Parenting

5A Leung Yu Jun

Dear Sir/Madam,

It is common that children live with their family in Hong Kong. Most Hong Kong parents always look after their children and do their best to protect them from dangers – both real and imagined. Indeed, they try to be on call to be there for their children whenever they may be needed. This kind of overprotective parenting has been rather aptly dubbed ‘helicopter parenting’.

Helicopter parents just want their children to have a better life in the future. However, they unwittingly create conditions that make it difficult for their kids to succeed. As a result, their kids are sometimes lacking in the self-confidence and risk-taking which are prerequisites for success. For example, if parents give their children too much pocket money they will never learn how to budget, and spend their money wisely. Indeed, the economic concept of ‘opportunity cost’ is something best learned while young.

If we want our kids to grow up to be productive members of society, we have to let them make their own decisions and mistakes. Good parents should give more freedom to their children to make choices for themselves and then face the natural consequences of poorly thought out decisions. Most importantly, it is important to find any particular interests or abilities your children may have and to nurture these.

Yours faithfully,
Maggie Leung



Dear Sir or Madam,

Nowadays, many people complain that minibus drivers in Hong Kong go over the speed limit, especially after midnight. Undoubtedly, this is dangerous to other road users as well as the passengers on the minibuses.

Indeed, I have personal experience as a passenger on one of these speeding minibuses and vivid memories of feeling both uncomfortable and anxious for my safety. An accident seemed imminent for most of the journey. And the expressions on the other passengers faces made it clear I was not the only one with these feelings. Although, some of the luckier passengers did seem oblivious to the danger, too engrossed in their mobile phones or listening to music, these very passengers would be the most likely victims if the minibus had to come to a sudden stop.

Despite a screen displaying the minibuses' speed, and an alarm bell that rings each time the driver exceeds the speed limit, it would seem that drivers just ignore these 'safety' features. Unless police pay more attention to catching and fining these dangerous drivers I fear we can expect little improvement in the situation. In addition, regulations should be changed so that all minibus passengers are required to wear seat belts. Yet, these measures alone might not ensure a change in driver behaviour. In order to affect real change, technology should be used to ensure that every speeding driver is caught and punished every time he speeds, by the use of speed cameras, and remote tracking devices.

I hope my suggestions can be implemented so that minibuses at night will no longer pose a danger to passengers, drivers and members of the public. Meanwhile, I will avoid using them at night and catch a bus, train or taxi instead.

Yours faithfully,
Chris Wong

H. Magazine Article

International Save The Earth Week

3A Lau Hiu Wai

We can't live without water, but now so much of our water is polluted which is a very serious environmental problem which influences the quality of our daily life. We should find a way to solve this problem as water is an extremely important resource. In our daily life we often leave a tap on after washing our hands and some of us may even have dropped litter in the river at some point. So we have all played a part in polluting our waters.

We should act quickly in order to save our water. But what can we do? Well, I think we should start by conserving water at home. For example, we could turn the shower off while lathering up soap and shampoo to clean our bodies or hair. In addition, we could volunteer to help in planting trees, and cleaning the banks of rivers, and by using recycled water when watering gardens. And, of course, we shouldn't drop litter into the river or onto pavements or roads where it can be eventually washed into waterways.

However, while water pollution is indeed a problem in Hong Kong and throughout the world, it is undoubtedly air pollution which is the most prevalent and serious form of environmental pollution in our city.

A major source of air pollution is the smokestacks of factories. These industrial chimneys release many harmful substances, such as carbon monoxide which increase the Earth's greenhouse effect, leading to global warming. As the local temperature rises, people become more reliant on air conditioning which in turn leads to more pollution and further temperature rises. This is a deadly cycle as the resulting greenhouse effect will lead to the melting of glaciers and rising sea levels, to the extent that some islands will be eaten up by the sea. In addition, sulfur dioxide emissions can lead to acid rain which can cause serious harm to plants. Indeed, polluted air damages human health by reducing lung function and damaging our immune systems.

We must reduce air pollution before it is too late. If we wait until all plants are damaged by acid rain, we may be left with little other than the ocean to filter our air. So, in summer, you should try turning on a fan at night rather than always using the air conditioning which requires much more electricity often produced by burning coal which pollutes the air. Likewise, in order to reduce car exhaust, we should use public transport whenever possible rather than private cars.

Let's work together to improve the environment and in doing so improve our lives, and the lives of future generations.

Appreciation is a virtue that extends from appreciating nature, to appreciating others and helps us to appreciate ourselves.

We can show our appreciation for others by caring for them. Indeed, many people have shown their care for me including family, friends, teachers and classmates. If nobody in the world showed concern for the welfare of others, what kind of world would it be? In such a world, it would be so very lonely. If you show your care and concern for others they will feel very happy. But why should we care for others? For a reward? No. Doing so should come naturally to us, and will help improve not only ourselves but the environment around us.

Keeping and Caring for Pets in Hong Kong

3B Liang Zixin

Many people in Hong Kong like keeping pets at home. Most keep a dog, a cat or gold fish as their pets. Let me share with you, in this article, some of the advantages as well as disadvantages of keeping each of these popular pets.

Dogs are popular as pets because many canines look cute and funny. Some of them even have fluffy coats and big eyes. However, more importantly they can be good friends with humans since they like playing with people and are in addition obedient to their owners because they are particularly loyal. Yet, on the other hand, it can't be denied that some dogs are noisy and bark too loudly for a high-rise flat. Moreover, many pedigree dogs are quite expensive to keep as we need to buy special dog food for them and set aside money for expensive trips to the veterinary clinic.

Cats are perhaps more suited than dogs to our crowded urban environment, and don't even need to be let outside or taken for a walk. Another advantage is that they are almost always much quieter than dogs, and are therefore much less likely to annoy neighbours. Furthermore, these felines can provide much love and affection for their owners but are also demand much less attention than dogs. Nevertheless, cats have been known to damage furniture and curtains when left alone in a flat for extended times.

So, if taking dogs for a walk each day is too much for you, or the thought of a cat tearing your curtains to shreds when you are at work worries you, maybe gold fish would suit you better. It is guaranteed that your neighbours will never hear any noise whatsoever from this choice of pet. And their two big twinkling eyes and flashing gills are as cute as any alternative pet. Furthermore, they require much less

food, and never need to be taken to a vet. However, you will need to clean their tank, and aren't able to cuddle up to you like a cat or dog can.

So, every pet has its pros and cons. Consider carefully which pet is right for you and your flat before buying one.

Ways to Improve Your English

3C Yip Tsz Shuen

Are you afraid of English? Don't be afraid! There are many fun ways to improve your ability in this important international language.

Undoubtedly, you can improve your English reading skills simply by reading more. You could read English newspaper articles, fashion or cooking magazines or even novels from the library. Alternatively, you could always read comics like *Tom and Jerry* or *Snoopy*. And, of course there are also online English games or crosswords that you could try which can help you to build up your vocabulary.

Similarly, you can improve your English writing skills through practice. For example, you could try to write English emails to your class teacher or English teacher during the holidays. Or you may prefer to keep an English diary about the things you do each day. However, maybe English blogs or Facebook posts are a more interactive way to practise English on the run.

Likewise, practice is the key to improving your English speaking skills. You could do this in various ways such as by joining a study tour to an English speaking country like the United Kingdom, United States, Canada, New Zealand or Australia. Or, if that is too expensive for you, try joining some English drama workshops or singing some favourite English songs.

Finally, your English listening skills, like all the other English skills, will improve with use. Try watching English news reports on TVB Pearl or other online English news sources for a start.

Try out some of these ideas, and I am sure both your English and general knowledge will improve.

T'ai Chi

T'ai chi is a traditional Chinese morning exercise. It is popular with the elderly because it is easy to learn and features slow movements suitable for frail bodies. Indeed, you can see many old people practising t'ai chi in local parks from 6.00 a.m. to 8.00 a.m. in the morning. Hong Kong people like this sport because it can make us strong and healthy and help busy Hong Kong people keep fit.

Hong Kong Comfort Food

Hong Kong is a famous eating paradise with many tasty foods such as egg puffs, and fish balls. In fact, there is an incredible variety of street food stalls in local markets. However, despite the wide array of choices, I still like fish balls the most because my grandparents always brought me to enjoy them when I was in kindergarten.

Hong Kong Disneyland

Hong Kong Disneyland is suitable for all kinds of people, no matter whether you are a child, adult or elderly. Although it is always crowded, it remains popular. There are many Disney cartoon characters such as Mickey Mouse and Donald Duck. Staff dress as princesses to take photos with tourists too! Best of all, there are beautiful fireworks at Cinderella's Castle each evening. Undoubtedly, Disneyland is a wonderful place for tourists.



There are numerous ways of improving our English, however, one of the best ways is extensive reading. Besides novels, we can try reading English newspapers. This is a great way of not only improving our English but also of increasing our knowledge of current affairs. If we come across some difficult words that we don't know the meaning of, we can always look them up in a dictionary. Such reading practice can also improve our English grammar.

Another way that we can improve our English is by joining some school activities to practise our English speaking skills. For example, we can join the English drama club or an English speech festival. Practice makes perfect. The more we use our English, the better it will become.

Finally, having a pen friend is yet another good way of improving our English. For when you communicate with a pen friend in English, you can improve your grammar and vocabulary at the same time.

In conclusion, there are various ways we can improve our English. However, I suggest doing some reading, joining school English activities and having a pen friend. Try out these three methods and see if you can make real progress in your English.



Everyone has a dream, but are you fighting for your dream? Or have you given up on your dreams? Don't worry about what your future may hold. We must have courage. But don't ever give up on your dreams.

Have you ever heard the pop song with lyrics that go something like, *“We can't give up on our dreams because dreams glimmer, they give us a light when we are losing our way. We must fight for our dreams. They can make us more confident and hard-working. We can trust ourselves, we can't give up until we are done”*.

We build some good relationships with our friends at school, and this is important but we must never forget that we are primarily here to study. Whenever you have difficulties in your studies don't lose sight of your dreams, and seek out the help of your teachers.

Hong Kong University conducted some research in which out of 100 people just 25 people didn't have any dream, and of those 25, 15 thought they were wasting their time with no purpose in life. They had no job and stayed at home every day, and no friends or family. You may ask me, 'Is it because they have no dream?' Well, my answer is, 'Yes'. This research also found that those people who had a dream were much happier than those who didn't have one.

So, if you have any friends who have given up on their dream, you need to encourage them to start working towards achieving their dream once again. For a life without dreams is no life. A life without dreams is aimless. And, a life without goals can never experience success.

If you have a dream, never give up on it. If you don't have one, you should reflect upon what you really want in life, and start working towards it. Then, share your dreams with friends, and work towards making them a reality together.



Just imagine, greenery on your left and right as well as a blue sky over you. Little birds singing, and a gentle breeze rustling through your clothes. Paradise, right?

Well, that's what it is like during a long-distance run. Recently, I was a champion in a Tuen Mun inter-school long-distance running competition, and would like to share my experience with you.

There are loads of benefits to long-distance running. Personally, I improved my relationship with my father through running, as he trains alongside of me. I even made new friends through running, which enlarged my social circle. But most importantly, long-distance running improves your overall health, reduces body fat, and lowers your cholesterol. Moreover, this sport can teach you to never give up. There are many ups and downs in our lives but we need to learn to persevere and overcome each challenge we face.

You might be wondering how I got attached to this sport? Let me fill you in. Actually, my father is the reason why I am successful today! A few years ago, when my father went to hospital for regular a check-up, he realized that he was a little overweight. Being a single parent, he wanted to be healthy to take care of me, so he took the doctor's advice and started long-distance running. I also wanted to lose weight so joined him as well. Then, this sport became my hobby.

Success, however, did not come overnight. I put myself through rigorous daily training after school each day before entering a Tuen Mun inter-school long-distance running competition. At first, I used to run 3km each day, however, I gradually began to increase the distance I ran and even discovered that eating a banana was a great way to increase my stamina for long-distance running.

To achieve further success in my running I have set some goals for myself. In the short-term, I will try my best to win a Hong Kong long-distance running competition as a step towards achieving my long-term goals which are competing in the Asian Games or maybe even Olympic Games eventually.

I know I have set my goals high, but I will do my best to achieve them, one step at a time, and I encourage you all to do the same.

How often do you use the Internet? What things do you do on the Internet?

I often use the Internet to shop, chat with friends and share my feelings through social networks like Facebook. However, although it is convenient to do many things online there are also several dangers we should beware of.

For example, my friend Peter always plays online games and he bought online weapons for the games. However, last week when he played online games as usual he found that all his weapons had disappeared. Then, he remembered that he gave his account information to the people who gave him the weapons, but when he phoned them nobody answered his call. Peter lost both his money and his virtual weapons. Don't let yourself become a victim like this!

We always use social networks such as 'Facebook', 'Twitter', and 'Weibo', to keep in contact with our friends and express our feelings there as well as posting photos and videos, but we should remember to think twice before uploading our personal details, for example, our address, or phone number, which should never be displayed in public. For sharing this private information online could result not only in prank calls in the middle of the night, but even identity theft!

It is also a good idea to avoid chatting with strangers online. Would you chat to complete strangers over the phone, or in public? Probably not, right? So why do so over the Internet? How do you know they are they are who they claim to be, if you have no mutual friends and have never met them face-to-face?

So, be cautious and remember to play it safe while surfing the Net. Keep what should be private off the Internet, and treat whatever you post or share online as in the public domain.



I. Report

Introduction

A survey on teachers' exercise habits was recently conducted by class 3A. The aim of the survey was to find out what types of physical exercise teachers like to do and how often they do physical exercise. The survey was given to 30 teachers in Ho Ngai College. This report presents the findings, conclusion and recommendations that arise from the survey.

Findings

The survey asked the respondents about the physical activities they like. It was found that swimming and ball games were the two top favourite sports played by teachers. In addition, it was found that 37% of them liked running or jogging and another 37% liked hiking, yoga, dancing, cycling, gym or t'ai chi.

The survey also found that 100% of the male teachers do physical exercise, but only 84% of the female teachers do physical exercise which means that 16% of female teachers don't do any physical exercise at all. Furthermore, it was found that most teachers do physical activities once or twice a week. Teachers who taught subjects other than English, Maths and Visual Arts, were all found to have the habit of doing physical exercise. When asked why they did physical exercise, 43% of the teachers responded that it was because they wanted to maintain good health, while 37% of the teachers said they exercised to help release stress, for fun or to relax.

Conclusion

According to the information collected in the survey swimming and ball games were the most popular physical exercises among teachers, and the male teachers had a healthier exercise regime than female teachers. Furthermore, most teachers did some form of physical exercise to keep healthy.

Recommendations

It is recommended that the school hold a sports day for teachers and choose a 'Teacher Sport Star' every month to encourage more teachers to do sports. Moreover, it is recommended that the school set up a bonus scheme to encourage teachers to do more sports.