中華基督教會協和書院校報

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協韻　二零二四年五月

台上一分鐘　台下十年功
「隆重燈場！」華麗登場

3C 陳芷盈，3C 顏麗盈，4A 顧凱澄，4D 林詩涵

本校原創音樂劇「隆重燈場！」於2023年7月14至15日完成公演，兩小時的演出帶給觀眾一場聽覺與視覺上的盛宴。本劇如此成功，是台前幕後無數人努力的成果。我們訪問了負責本劇的鄧天華老師、巫凱婷老師、戴子廸老師、台前演出及幕後製作的同學，讓我們對「隆重燈場！」有更深刻的了解。

難關重重

2019年，老師們積極策劃五十周年金禧校慶音樂劇。可惜疫情來臨太過突然，所有事情都要往後推遲。即使其中有些日子一度恢復面授課堂，但很快又再次停課，選角、排練始終無法順利進行。在延誤的這些日子中，訓練難以進行，演員的舞台技巧未達精煉。不少負責製作、參演的同學學業逐漸繁重，有些人甚至已經畢業，不能繼續參與。凡此種種，均為音樂劇帶來不少難題。

直至2022年年底，生活逐漸復常，音樂劇終於可以再次籌備。然而，如此大型的表演距離演出時間只剩七個月，實在太過急迫。疫情雖然逐漸放緩，但2022年底至2023年中，同學仍需時刻佩戴口罩，對於演員如何表達感情，如何掌握歌唱技巧，如何做到咬字清晰，還有面對觀眾時表現自信，形成一定程度的障礙。

人手方面，巫凱婷老師坦言只有三位老師負責，人手本已不足，老師又實在太忙，難以抽出時間排練。戴子廸老師提到不少學生有許多課外活動要參加，無法出席排練，老師、同學俱忙，安排時間排練又是一大難關。

為了解決排練的問題，舞台監督每隔兩個星期就會確定同學能夠出席排練的日子，編排好時間表。他們善用每一分每一秒，無論放學後，抑或假期，演員和工作人員都要把全副身心投入。很多次，到了傍晚七、八時，當其他人在家休息或溫習的時候，他們才完成排練。

面對重重難關，音樂劇團隊不得不付出更多努力。幸好，老師、同學、甚至校友都願意付出，把這些難關一一衝破。

創新

這次的音樂劇與以往大有不同，是本校首齣取材自真實的校園事件的廣東話原創劇本。第一件事是數年前，幾名同學奪得「創意思維大賽香港區入圍賽」冠軍，並代表香港到美國參加決賽。第二件事是校園在經歷暴風山竹吹襲後的故事。這些校園事件帶給觀眾熟悉感，讓他們更容易代入角色的立場，又能帶出「協和人」之間濃厚的人情味，讓觀眾能感受協和這個大家庭的氛圍。因為內容豐富，音樂劇的時間從以往慣常的一個多小時，增至兩個半小時。

另一個創新之處，鄧天華老師和戴子廸老師都強調劇中所有歌曲都是原創作品，從零開始作曲、編曲及填詞，蘊藏滿滿的誠意。不止如此，作曲人是本校一群校友，區巧怡老師、蘇偉麟老師亦有參與填詞，體現這個大家庭「眾志成城」的力量。

不光是劇本和音樂，禮堂的設備方面亦有轉變。學校不但將舞台擴大，使用新的音響及燈光設備，更委託專業人士幫忙設計燈光，務求盡善盡美。

校長朱啟榮博士致謝

台前幕後

戴子廸老師是本劇的導演。他認為一個好導演應該要平衡自己的藝術考量與演員的意見，又要根據故事發展及演員的個人特性，調整角色的性格特點，令劇本更貼合演員的特性。排練時，要靈活調整排練進度，安排合理的排練時間。好的導演應該要關心演員，例如他們遇到困難，對自己唱歌跳舞的能力不夠自信，就要幫助他們，例如針對他們不擅長之處進行更多練習，使他們增強自信心，盡力演好每一場。

導演戴子廸老師指導演員。

身為主要演員，張皚昊同學直言要付出很多努力揣摩角色。這個角色難度頗高，他藏著滿腹心事，面對很多困難，演員要用肢體動作來表現角色的性格，例如走路懶散、雙手插袋。這些都與演員本人的性格有很大差異，因此，張同學很努力琢磨角色。身為劇組內較有經驗的演員，張同學也會幫忙設計走位，時常觀看彩排時拍攝的視頻，為其他演員提出改善建議。

另一名演員周欣樂同學提到，除了融入角色之外，還要突破自己，挑戰自己。周同學演話劇較多，但較少接觸音樂劇，兩者其實有許多差別，例如戲劇的表情動作較為豐富，音樂劇主要是以唱歌演繹。周同學其實有些許害怕唱歌，但為了演出，她與舞台監督每天練習，最初不敢在眾人面前唱歌，最後有勇氣在數百人觀看的舞台上演出，這巨大的進步足見她付出的努力。當然，所有演員在不同崗位上都付出巨大的努力，才能使《隆重燈場！》順利演出。

幕後團隊。最右為舞台總監巫凱婷老師。

後台，是音樂劇的地基，有了它，才能支撐起整個演出。

後台有一名舞台總監及三名舞台監督。巫凱婷老師是本劇舞台總監，領導整個後台，跟不同組別的人士溝通協作。其他舞台監督一人協助導演，編排排練時間；一人負責指揮音響及燈光；最後一人負責管理及指示搬運道具、佈置場景、提示演員出場等。

後台工作人員致謝

施嘉鈺同學是其中一名舞台監督。她的工作是依照導演指示，做各方面的後台工作。要與演員商定時間排戲、練舞、練歌。每次排戲後要記錄進度、所需道具和場景設計等等，幫助音樂劇逐漸成形。後台方面，要與其他工作小組溝通和安排工作，例如預備道具、買服裝、試妝等等。舞台監督亦是演員與後台的橋樑，不時替他們反映對道具、服裝的意見，作出適當調整，幫助演員進入角色。

後台尚有許多工作小組，例如「造型及服裝設計組」，工作是設計造型、購買服裝、協助演員更換衣服及演出後要整理衣服。「佈景及道具設計組」要根據老師提供的清單，購買製作道具的材料，以及組裝道具。「燈光組」負責控制追光燈，為主角打燈，也會通過控制台做出華麗的燈光效果。「音效設計組」協助設計間場，製作背景音樂。

後台並非一開始就能順利運作。舞台監督提到最初安排十分混亂，但經過長時間的鍛鍊，積累更多的經驗後，後台工作才逐漸變得有條理。擔任後台工作的同學覺得最難忘的是不論台前還是幕後，大家都一同努力為音樂劇付出，朝着同一個目標進發。同學都覺得提升了彼此之間的溝通能力及分配工作能力，令戲組上下更有默契。

台前幕後大合照

總括而言，製作音樂劇充斥無數挑戰，並非一件容易的事。成功演出的背後都有一支有毅力的團隊，他們共同努力，克服困難，演繹成令人難以忘懷的作品。難怪鄧天華老師說：「學校就是燈塔，我們每個人就是一顆燈泡，發揮自己所長，在學校締造不同的光，燃燒自己，照亮別人。」

對於本校未來戲劇的發展，巫凱婷老師有許多期望。她希望可以有更多時間創作劇本和排練，希望有更多同學願意加入團隊學習，在不同範疇上訓練同學不同的能力；演出成功之餘，對同學的個人成長能有更大裨益。

勞逸均衡

3C 陳臻，3C 陳芷慧，3C 黃芷晴，4D 王永

本學年是社會復常後的第一個學年，大家需要重新適應疫情過後的生活。在工作、學習、生活之間取得平衡變得越來越具挑戰性。學生應及早理解並維持「勞逸均衡」，努力學習之餘，也要正視休息的重要。郭世明老師及關智豪老師與我們分享對「平衡」的看法以及建議，希望大家能夠從中得到啟發。

郭世明老師與父母參觀聖經展覽

老師工作繁忙自不待言，壓力亦不少。唱歌、打排球和打乒乓波是郭世明老師舒緩壓力的途徑和開心的源泉。唱歌時分泌安多芬，打球後分泌多巴胺，會讓人感到喜悅，有助於緩解緊張情緒，減少壓力。郭老師每逢假日必定抽空與父母飲茶或帶他們到不同的地方參觀，享受與父母相處的時間。每個星期日郭老師會到教會，在忙碌的一周中找到放鬆的機會。

郭老師與父母參觀香港藝術館

郭老師認為協和學生都很注重學業，但不應為了分數而放棄身心靈的健康。在學業以外應安排時間讓自己休息，和朋友家人多相處，多做喜歡的事，平衡並做好自己每個角色，享受每個範疇帶來的快樂。朝着「勞逸均衡」的方向進發，擁抱精彩健康的人生。

關智豪老師提到隨着年紀和經歷的增長，他學會把每件事情分成四個界別：好事、破爛事、可變及不可變。在面對不可變的事情，關老師會改變自己的情緒及心態來面對。做事只需向自己交代，並學會減輕自己的負擔。

關老師感受到有壓力時，會使用以下五種方法減輕壓力，分別是散步、烹飪、洗車、洗廁所和寫作。

關老師家住天水圍，每當工作到身心疲倦時，就會到濕地公園散步，舒緩疲勞。疫情期間，關老師「技能解鎖」，學會炒一手好菜，家人吃得開心，關老師也非常高興。在洗車和洗廁所的過程中，由於高度專注做重複動作，沉浸其中，可以暫時忘卻其他事情。有時候關老師想逃離現實，便會將朋友們交託的故事寫成小說，讓現實中不如意的事情在自己的筆下有個快樂的結局。

關老師向同學們推介一首治癒神曲，是英國樂隊 Coldplay 所唱的Fix You。這首歌是Coldplay的主音Chris Martin在他岳父去世時寫的，他希望透過這首歌，幫助妻子走出喪親之痛，即使到最後依然無法改變什麼，但至少，生者可以支撐過來，或許再走幾步，傷痛就會慢慢好起來。

關智豪老師精心製作的美食

當我們問及「勞逸均衡」的重要性時，關老師舉出一個實驗例子，科學家強迫老鼠保持清醒，不讓其睡覺，結果導致老鼠死亡。同理，人類需要睡眠和休息，讓大腦放鬆，生活才得以平衡，工作能力才能長久保持。十四年前，關老師的喉嚨生了一個腫瘤，導致他不能說話，影響了教學。康復後，令關老師反思健康的重要性。他希望同學在注重學業之餘，亦要有健康的生活作息。

關老師多次提及，自我反思遠比尋找解決方法重要。努力的時候，明白自己在做什麼，為什麼要這麼努力；不努力的時候，明白會有什麼後果，那麼便能敞開心懷，盡情地玩，盡情地學習，達成勞逸均衡的結果。

中學生的壓力來源多來自家庭、學校、社會和朋輩，面對身心疲憊，可能出現情緒問題，例如自我懷疑、抑鬱、焦慮等。當情緒出現問題時，應懂得正面宣洩，將情緒疏導。有些人會找信任的人傾吐、哭一場、笑一場；有些人會做自己喜歡的事情，如做運動和聽音樂。當工作過於勞累，就看看遠方，讓眼睛休息。工作和放鬆相結合不僅可以事半功倍，還可以避免過度勞累，保留精力，讓接下來的表現更出色。反之，忽視休息可能會導致倦怠、壓力過大，最終對生理和心理產生負面影響。

希望同學都能有意識地平衡學習和休息，合理分配時間，尋找適合的方法放鬆心情。將「勞逸均衡」融入生活中。此為長期幸福的投資，也是我們一生值得為之奮鬥的目標。

MBTI
人格類型測試

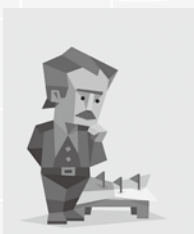
4A 鄒元孝，4C 陳彥嘉，4C 關雋謙

近年各種社交媒體賬號的自我介紹中，總會有「INTJ」，「ESTP」這樣的英文字母， 有些人自稱「i人」和「e人」。這些看起來意思不明的英文字母近年在年輕人之間十分流行，到底它們代表什麼意思？

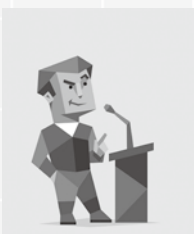
邁爾斯——布裏格斯類型指標，即MBTI（Myers–Briggs Type Indicator）是一種將人分為十六種人格類型的指標。「INTJ」，「ESTP」這些英文字母代表不同的人格類型，這八個英文字母可分為四組，如下：

I（Introversion）內向	對應	E（Extraversion）外向
N（Intuition）直覺		S（Sensing）實感
T（Thinking）思考		F（Feeling）情感
J（Judging）判斷		P（Perceiving）感知

這八個英文字母可組成下列的十六種人格類型，每種人格類型都有著不同的思考方式，如：做出決定的方式、與人的交流方式等。


建築師型人格（INTJ）

邏輯學家型人格（INTP）


辯論家型人格（ENTP）

指揮官型人格（ENTJ）

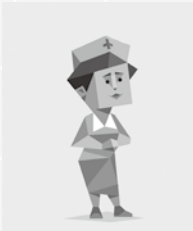
提倡者型人格（INFJ）

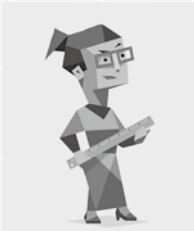
調停者型人格（INFP）

主人公型人格（ENFJ）

競選者型人格（ENFP）

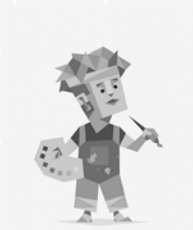
流師型人格（ISTJ）


守衛者型人格（ISFJ）


總經理型人格（ESTJ）

執政官型人格（ESFJ）

鑒賞家型人格（ISTP）


探險家型人格（ISFP）

企業家型人格（ESTP）

表演者型人格（ESFP）

你或者會問，明白這些人格類型有什麼用處呢？

MBTI告訴我們，每個人格類型的性格和交流方式，不是對人的性格進行限制，亦不只是為人附加一個個性標簽。當你通過MBTI了解自己的思考方式和心理傾向，就能找到適合自己的發展方向，例如做什麼工作，讓個人有更好的發展。MBTI更是幫助我們了解他人的工具，讓我們在交流中明白對方的性格、為人處事方式等，便能避免很多衝突。

MBTI雖然能幫我們了解自己和他人，但人格測試總會有差異，同學們不必太過拘泥測試的結果。就像上文提到的一樣，MBTI絕不是為了限制人的性格而創造出來；在和自己人格類型相反的人相處時，亦不需感到懼怕或排斥。只有真心地和人相處，才能塑造良好的人際關係。

如果你想了解每個人格的特性和更多關於MBTI的資料的話，又或者想了解自己的人格類型，可以前往以下網站：

人格類型測試：https://www.16personalities.com/ch/ 人格測試

人格類型資料：https://www.16personalities.com/ch/ 類型描述

資料參考：

https://www.16personalities.com/ch/

https://baike.baidu.com/item/ 邁爾斯布里格斯類型指標/854525

A Lesser-known Sport — Rock Climbing

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How many sports can you name on the spot? Nowadays, our attention is dominated by mainstream sports such as football and basketball. However, there are in fact hundreds of sports, all of which can be equally fun and beneficial to our health depending on the individual. One of these sports is rock climbing. Climbing being a necessary survival skill for early humans, rock climbing has been around since the dawn of time. Nonetheless, it was only recognized as a sport in the 1980s, with competition and professional climbing coming into existence soon afterwards.

To begin with, rock climbing involves climbing natural rock formations or indoor climbing walls. It has various styles and sub-disciplines which differ in their element of danger and the kind of rock being climbed. For instance, free solo climbing, definitively the most dangerous form, requires climbers to ascend above safe heights without protective equipment. In other words, a fall could essentially be fatal. At the same time, forms such as aid climbing, in which weighting gear is repeatedly placed, and free climbing, in which belay stations are set up for protection, are significantly less risky.

Besides, not only is rock climbing a sport with diverse forms, but it is also a technically advanced sport. Different climbing techniques prepare climbers for different types of rocks. For example, as its name indicates, crack climbing involves the climber using techniques like jamming, stemming, and laying back to ascend a crack in the rock. Different types of holds can also have a substantial impact on the difficulty of climbing routes. One of the holds generally regarded as unusually challenging is the crimp, which requires climbers to grab edges with their fingertips. Overdoing it may even result in the rupturing of ligaments in the fingers.

Furthermore, with its vast array of different forms and techniques, rock climbing is bound to have its own unique equipment. Equipment required for rock climbing may vary depending on the style or sub-discipline to which one adheres except specialized rubber climbing shoes and climbing chalk, which are generally used in all forms of climbing. Climbing shoes and chalk respectively improve sensitivity towards foot placement and minimize sweating of the hands. Most other equipment, which varies in complexity, is of a protective nature, ranging from a simple climbing rope and helmet to specialized harnesses, carabiners, and belay devices.

Moreover, being an intensive sport, rock climbing comes with numerous benefits. Not only does it strengthen and train our muscles, especially our forearms, legs, back, and core muscles, through frequent use, but it also improves our balance as our center of gravity is shifted frequently when climbing. In addition to these physical benefits, rock climbing also enhances our problem-solving skills and perseverance as coming up with the correct route up a climbing wall and thinking of the applicable techniques in the route can oftentimes be challenging and time-consuming.

In brief, apart from the mainstream sports, rock climbing is one of the many other sports that you can choose to participate in. It is a discipline with many variations and brings many benefits. You would be missing out on a wonderful sport if you don't try it out. Rock climbing may pose seemingly insurmountable challenges from time to time. However, you need not give up as this is perfectly normal. Even Adam Ondra, known for being the first to make a free ascent of the Silence in 2017, a feat that has not been repeated ever since, noted, "It's really difficult to climb effortlessly."

Tips on Staying Healthy

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Regardless of whether one is new or accustomed to secondary school life, we are constantly laden with piles upon piles of assignments and studies to get through, so much so that we often end up neglecting our health. However, maintaining physical, mental, and social well-being is crucial as not only does it affect our daily lives, but it can also have significant effects on our life in the long run. To help students learn more about staying healthy, we have invited Mr. Kwan Man Fai, Ms. Tsui Ka Lai, and Mr. Wong Kwok Wai to offer our students some words of wisdom.

To begin with, eating healthy is essential to staying healthy. "Eating breakfast is of utmost importance," both Mr. Wong and Mr. Kwan noted. As our bodies burn lots of energy every night, breakfast is necessary for providing us with the required energy to face the studies and work of each day. Although energy can be released by using stored nutrients in the liver, it is not favourable for the body to do so. It is recommended to consume carbohydrates like cereals for breakfast. Apart from breakfast, our everyday diet throughout the rest of the day is also equally important. Five servings of fruits, especially those with more dietary fiber but less sugar such as apples and oranges, and vegetables are recommended each day, accompanied by meat approximately not more than twice the size of our palms. Despite the popular belief that eating meat provides energy for us to stay attentive, it is counterintuitive to consume meat excessively as not only does it cause us to absorb more harmful fats, but it may also result in excessive proteins, which may ultimately result in complications like gout.

In addition to eating healthily, we must also remain physically active. There are various ways to do so. For example, Mr. Wong habitually goes jogging weekly. Mr. Kwan plays about two hours of tennis on Saturday mornings and goes cycling if time is available. He has also contrived a kind of exercise particularly adapted to his own needs. For adolescents, he recommends a minimum of ten daily pull-ups, a minute of hanging onto a bar, or two hours of participation in competitive sports like football and basketball in a week. Simple exercises and stretches should also be done to prevent the calcification of soft connective tissues. Ms. Tsui enjoys aerial yoga weekly to stretch and relax her muscles, goes to the gym twice a week to train muscles and reduce the likelihood of osteoporosis or joint pain, and participates in aerobic exercises like running and swimming from time to time to increase cardiorespiratory endurance. Students are advised to find time in their daily life to stay physically active to achieve a healthy lifestyle.

Moreover, we must not overlook our mental and social well-being. Being secondary students, most of our pressure comes from studying in hopes of achieving results allowing us to select either the subjects or university of our own choice. "Expectations are important, but keep them realistic," noted Ms. Tsui. Otherwise, dauntingly high expectations may aggravate our study pressure. "Playing sports, especially when done with friends, can relieve stress," mentioned Mr. Wong. He reminded us to take breaks when studying or working through activities like taking a shower, going for a walk, or brewing coffee, during which our anxieties can be put aside. Time spent with friends and family should also be treasured as better social well-being lifts our spirits and a good social support network improves our mental health and reduces stress.

In brief, there are numerous ways to achieve health and well-being physically, mentally, and socially. To keep yourselves healthy, you can follow these teachers' examples and their advice. Alternatively, you can explore other methods to stay healthy. As packed as our daily lives are, staying healthy should always remain a high priority.

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俯視與仰視

5A 馮璀瑩

清晨的光照灑在大地上，連帶著路邊那片長期無人修剪、雜亂無章地生長的野草，都變得熠熠生輝。

走近看，一棵小草正倚在矮牆邊的角落裏，緊緊靠著另一棵比它更高的小草。秋風忽起，野草被吹得東歪西倒，那棵更高的小草往前傾倒了，瞬間比另一棵小草矮了一頭，仰視著那長得比它慢、比它矮，卻更加堅韌、頑強的夥伴。

看著此景，我想起了那天半夜，我收到的那條來自好友的訊息。

我與那位好友已有兩年半沒有見面，在我的腦海裏，他的面容已是模糊不清。

我們總是一見面就「開戰」，無休止的拌嘴。只因我們總被各自的家長比較，無論成績、特長。我們不是讀同一所學校，甚至不是居住在同一個城市，只有假期時才能見上幾面，但在這樣的氛圍下，我們常常互相比較，總是因此而拌嘴，開始無數場來回不止的競爭。

自幼母親便教導我，絕不可做一個被俯視的人。我不清楚甚麼叫作俯視、仰視，只知道母親每次得知那好友的表現比我更佳，便會絮絮叨叨地反復告訴我：「你再不趕上允行，便要一輩子被他俯視了。你要方方面面都超越他，讓他像你抬頭看我一般，仰視著你。」

我那時不明白，我長得比允行高，他與我爭論時，還要微微仰頭才能看到我呢！這不就是「仰視」我了嗎？為甚麼母親卻說我被他「俯視」呢？

雖則沒有聽明白母親的話，但我還是把這個疑惑種在心底。這顆疑惑的種子，在多年後的冬日，悄悄發了芽。

在這長久歲月中，我和允行互相追趕對方的腳步。偶爾，我的學業成績能趕上他，超越他，能俯視他。但他的鋼琴級數又超過了我，又在比賽中得了獎，我又再次仰視他。

我們反複仰視、俯視對方，把彼此看作對手，把夥伴當作敵人。但也因此有了動力，在成長路上共同努力，共同進步。

我一直認為，我們會保持這種亦敵亦友的關係，直至我們長大成人，直至頭髮花白，仍在糾結仰視、俯視這個問題。

可是那個深夜，他告訴我，他輟學了。

看著那緊靠著的小草，我仿佛透過了這野草、這秋風，看見了我們二人的身影。

看到訊息的那刻，我百感交集。我不知這成績一向優秀的好友為何突然輟學，擔心他的前途和他父母的看法。可是我心中又有一絲不該有的痛快，只因他的成績再也不能超越我了。

我，終於成為了那個俯視他的人。

風止，小草重新擡抬起頭來，我也繼續踏求學的路。

我認為自己是俯視允行的人，但現實似乎未如理想。

在允行輟學後的數個月內，我們幾乎每天都在社交平台上聊天。他經常和我分享他打工時學到的新技能，或是他獨自在家時學會的生活常識。

得知好友生活尚算愉快，我自然是開心的。可當我和母親分享允行的事情時，母親卻總藉此打擊我。

「你看看允行，都已經可以一個人處理好一日三餐了，你連幫忙洗菜洗碗都沒有做過。」「你怎麼連這點生活常識都沒有！允行都已經能自理生活，不用父母操心了，活該你一輩子都被人俯視。」

這些話如冷水一般從頭上傾瀉向下，澆滅了我想要分享的喜悅。這些惡魔，在深夜噩夢中纏繞著我，讓我無法安眠。

我陷入自我懷疑中，時常思考自己是否真的比不上他人，是否真的會一輩子被別人俯視，被別人踩在腳下。

終於，我在不斷的打擊下，不堪重負。我的學業成績開始下滑，空閑時間便把自己困在琴房，拖延回家的時間，不願聽見母親的嘮叨。這生活多年的家的氛圍，無端讓人感到窒息。

某個回家的傍晚，下起傾盆大雨，久久未停。小草被雨水打濕，雨滴重重地砸在草上，它們折了腰、低了頭，角落裡的兩棵小草雙雙低下頭，變得一樣高。

母親不斷催促我回家吃飯，我只好冒著大雨跑回家去。初冬的雨伴著寒風，狠狠拍打在我的臉上，淋在我的頭髮上。

回到家後，我跑回臥室，換上乾淨的衣服，卻不願走出房間。我知道母親一定會責備我，指責我不懂事，指責我鋼琴練得太久，現在才回家，指責我的成績變差，用我的任性來和允行作對比，最後又回到那無聊的、有關俯視和仰視的問題。

果不其然，在我踏出房間後，母親指責的聲音如潮水般鋪天蓋地而來，連父親也附和她。面對二人的一唱一和，我沉默地坐在飯桌前，失去了與他們分享今日趣事的慾望，一言不發地吃完飯，回到臥室去。

夜半，我躺在床上流淚，淚水沾濕了枕頭，就如傍晚那被雨水擊倒的野草，我閉著雙眼、發著抖，蜷縮在被窩中。

我與允行通了電話。他這兩日也過得不太如意。他和家人吵了架，悄悄離家出走，買了車票到外地去。吵架的原因，也無非是那些講了許多年的俯視與仰視。

這所謂的俯視、仰視，對我們來說真的重要嗎？我努力改變自己，拼命追趕允行，卻總有比不上他的地方。允行在他父母的眼中，卻又是處處都不如我，輟學後更常被他們冷嘲熱諷，找到了學業這個需「仰視」我的地方，盡情地說那「仰視俯視論」。

一夜未眠，次日無精打采地去上學。一大清早，除草工人在清除那肆意生長的野草。辛勤的工人是個狠辣的劊子手，野草被無情地拔起。

在接下來的兩個月，我像行屍走肉般來回於琴房、學校、家中。我的學習成績開始回溫，即使母親還是止不住地挑刺，常常數落我，可我也把這些話當做耳旁風。

允行的勇氣著實令我羨慕，他敢與家人反抗，敢提早踏入社會。可我也有著他沒有的抗壓能力，能夠抵抗著學業與家人施加的壓力。我已不在乎我是否俯視或仰視別人，我清楚，若我太糾結這問題，只會令自己和好友都遍體鱗傷。

新年時，在外「流浪」的允行終於回家。我們終於在假期中見上一面，他長得比我高一些，變成我需要微微抬頭仰視他。我的鋼琴級數已超越了他，他已能夠獨立生活，我還未脫離父母的照顧。我們忽然發現，原來在這世上，並沒有絕對的俯視和仰視。

這關於俯視和仰視的教育，從我的童年積累至現在，變成一座活火山。這教育是滾燙的岩漿，這座火山在冬去春來之時爆發，岩漿衝破了天空，衝走了一直以來的陰霾。

我們不再被這「仰視」、「俯視」的問題束縛，不再糾結這傷人的問題。

野火燒不盡，春風吹又生。

春日已至，路邊野草重新長了起來。那矮牆旁，依舊有兩棵小草緊靠著彼此，但它們的高度卻幾近一樣。它們會繼續生長，也許在哪天，其中一棵又會高過它的夥伴。

但我已明白，每個人都有值得別人「仰視」的閃光點，也有需「仰視」他人的地方。在這世上，並沒有人能完全「俯視」對方，我們總會在對方的身上找到勝於自己的地方。就如同那兩棵小草的周邊，也有著無數比它們更高的野草。

春風拂過，野草被吹得靠在對方的身上。這一次，我看見的不再是它們仰視、俯視對方，而是野草頑強地對抗風的吹打，不被風兒輕易地吹倒。

我和允行，在兩條截然不同的路上繼續奔跑，繼續陪伴著對方成長，不再是為了俯視對方，而是找尋自己那些可被人仰視的閃光點。

遊中大有感

4B 鄧智元

寒露初至，在稍有涼意的晨間，踏入中文大學的校門，「石屎森林」的壓抑感被周圍枝葉扶疏的古樹吸收殆盡。校樓在一片片林木中若隱若現，宛如一座靜待佳人探索的林中古城。湛藍無雲的穹蒼，旁邊的山與海，交織成一幅天衣無縫的山水畫，我化為其中一點顏料，渴望探究中文大學之美。

站在山峰處，層疊相交的校樓或是座落樹叢中，或是躲在樹影下，宛如害羞的少女不願見我這等生人。學生宿舍大樓旁的綠茵草坪，草兒不想在這轉涼之時冒寒風抬頭，草坪上兩三株嫩櫻含羞地佇立在風中，花苞緊閉，是想隱藏自己的美艷？牆邊嵌着一塊長形字碑刻有「天人合一」四字，我起初不明所以，只沿路尋到合一亭。我放眼池面，池水竟與遠方吐露港無垠之海合為一景，兩處水面拋棄了距離，池後的遊人融合在二者之中，好一個「天人合一」、「水天一色」！不愧被譽為「香港第二景」。石碑上「天人合一」四字此刻已刻在我的心扉，久久不忘。

眺望吐露港，略帶鹹味的空氣轉瞬被綠茵成道的小徑及周遭樹木過濾，嫩草清香與古木沉香融為一股大自然的香氣。聯合書院的水塔雖已老舊，但挺拔不屈的高聳之感，不禁讓觀望之人心生敬畏。沿山路而下，一座廣場座落前方，石牆拔地而起，繞著廣場而建，似在守護這神聖之地。走近細看，一排排畢業學生的名字刻在石牆上，密密麻麻的名字賦予這面牆神聖的責任——銘記曾在此付出汗水與青蔥歲月的學生，代表他們在中大度過的時光，歲月流轉，唯心不變。牆上的名字在我眼中躍動起來，訴說他們經歷的甜酸苦辣！

山下一湖，雖不如吐露港壯闊，但被繁茂樹木圍繞，實是一處放鬆的好地方。此湖名為「未圓湖」，「未圓」隱指世事難圓滿，難至盡善盡美的境界，同時也鼓勵到此之人嚮往完美之心意，凡事盡憑己力，不應半途而廢。湖中鯉魚在一眾黑色魚群中顯得別緻，魚群向東面游去時，那幾條鯉魚卻朝西邊優哉游哉地游去，別有一番屈原「吾不能變心而從俗兮」的清高情致。若把這片湖比喻社會，是如普遍魚群般盲目跟從，亦或是如鯉魚那般獨往一處，誓守己道？無論如何選擇皆有所拋棄，這也許是未圓湖的寓意所指吧！

正值中午，猛烈灼日將秋之寒意徹底融化，晨間寧靜少人的獨處時刻在正午的人流下落下帷幕。此行將終，不禁回首，我雖離開，心卻永留在這片景色之中！

這條小路

2B 張溶

身後傳來嘎吱嘎吱的聲響，一名少年騎著腳踏車與我擦肩而過，他嘴裏叼著棒棒糖，不時扭頭向我挑眉嘻嘻笑。我的目光被他的背影牽引，將我帶到一條小路。我停下腳步。隨著少年的背影不斷縮小、模糊，直到不見蹤影。

這條小路有些年歲了。兩旁立著平房，大門是築著斑駁的柴門。古舊的外牆被經年累月的風雨不斷拍打，也有些磨損了，像是被剝去了部分外衣。石板地面爬滿了青苔，地縫隙裡的小草探出了頭。頭上的枝椏見著我也彎了腰，揮舞著手臂，好像歡迎我的到來。牆上吸附著嶄新的鐵鑄招牌，錯落有致。有了這些招牌，那老牆也顯得沒那麼破舊老氣了。

眼前這些平房其實是一些小食店，食店的小窗口那兒人頭鑽動，人聲鼎沸。「包子！包子！香噴噴的包子！」「別擠啊！排隊不行嗎？」……老闆一邊大聲吆喝、提醒著人們排隊，一邊手忙腳亂地煮著美食，收錢。炊煙裊裊升起，與美食香氣夾雜，隨風飄出。擠在前排的人拿到吃的就使勁往人流縫隙裏鑽，手裡還摀著剛出鍋的包子，鑽出人群就迅速跑掉了，臉上還洋溢著燦爛的笑容。後排的人見前面有空位也立刻往前擠，見有縫就伸出手給錢要包。孩子們騎著單車經過，不斷傳來陣陣嬉笑聲。有些孩子你追我逐，在小路中央繞圈跑，手裏還搖著搖鼓，手舞足蹈的。

我放慢腳步，仰頭望著天，夕陽已掛在樹梢上了。石板路變成像在發光的鵝黃色鑽石，小巷裏的小動物們也從牆邊探出頭，交頭接耳。路上少了很多人，也安靜了許多，只能聽見一點人的交談聲、樹上的鳥叫聲和樹葉被吹動的聲音。小食店那兒呢？剛剛買吃的人都散了。老闆累了，搬了張小板凳，拿了把扇子，懶洋洋地坐著。他瞇眼看著遠方正要下山的太陽。

太陽下山了，石板路變回了原來的石灰色，和天色一樣變得暗沉了許多。彈指一瞬間，街燈亮了。天也下起了大雨，我和路人跑到屋檐下躲雨。地上多出了很多水坑，踩下去濺起水花，褲腳都濕透了。

屋檐下，我看着的遠處的夜空和山 ，一點一點被烏雲遮盖；天上降下的花雨，一點一點霑濕路人的衣裳。我，靜靜待著，等候着黎明。

茶餐廳

3D 黎祉滔

我是這間老舊茶餐廳的夥計，平日的工作就是幫客人下單、送單、上菜、洗碗，循環往復，每天也是如此度過。

這天，一群學生和上班族光顧我們。我和其他夥計奔走於他們之間，替他們下單，一分一秒也不能浪費，只因我們的顧客實在太多了。客人坐下後，我立即問他想吃什麼，話中夾雜着不少隱晦的催促，例如不期然地加快語速，看着外面大排長龍的客人，我不禁急得跺起了腳。聽過客人的要求後，我便以一些內行人才懂的極簡單又潦草的文字記下要求，甚至不會看清楚有沒有記錯或記漏，就飛速跑往廚房，把單子交給廚師。下錯了單又有什麼問題呢？畢竟着急的不僅是我們，還有這群學生和上班族啊！就算真的上錯餐，他們也只能繼續吃啊！相信我，不是只有我一個這樣想。畢竟對茶餐廳和食客來説，速度和效率就是一切。

除了下單、送單之外，我還要兼顧上菜。出餐處通常都有大量食物堆積，我不單要顧及桌號和要送的食物，還要到一旁的水吧盛飲料給客人。同時兼顧諸多事項，哪有空顧及衛生呢？最重要的是速度嘛，我因此習得只靠一隻手臂就能托起兩、三個餐盤的本領，即使食物的盤子都壓在其他食物上，又有誰會管是否衛生呢？最重要的是速度嘛，也管不了那麼多啦！飲料？能手指勾着就好啦，一隻手要拿數杯飲料，手指插進杯中又有何不可呢？在速度和效率面前，衛生都是次要！

我工作的最後一部份，就是洗碗。當大部份人都在進食的時候，下單的人少了，我便到一旁的小角落洗碗。我們內行人一貫的做法就是把用過的餐盤、餐具掃進一個盛滿水的大桶子，等待一會兒後取出，再用毛巾在盤子上隨意的抹幾圈，就隨手把那「洗淨」的盤子丟進另一個大盤子裏，也不用怕摔碎，因為那都是一些廉價的硬塑料盤子，即使缺了一角也無所謂，一樣能用。真不知道那些一摔就碎的瓷碟有何存在意義，畢竟有更便宜，更高性價比的好東西，還耐用得很呢！雖説我能同時在手臂上托好幾個陶瓷餐盤（我們茶餐廳在剛開業的時候是有在用這類餐盤的，只是後來醒覺要縮減開支，才能賺更多的錢，這樣老闆就更開心了），只是那些塑料盤子的重量相對來説真的輕太多了。這樣我不就能一次拿更多餐盤嗎？出餐速度不也提高了嗎？效率不就大大提高了嗎？我先前也多次提到，對於一間茶餐廳來説速度和效率就是一切，其他都只能是次要啊！

雖説速度和效率大於一切，但是這樣真的好嗎？對於我這樣生活在低下階層的人，當然首要是做好本分，多爭取點工資。但這樣為着速度和效率，不顧服務質素真的好嗎？試想想，我不那麼拼命，節奏放慢一點，會讓我感到舒服一些，工作可以做得更好一些？因為速度太快，令我對許多事情都變得麻目？凡事以效率為先，真的好嗎？

傷痕

6C 甄寶嬋

人或物都會受傷，受傷過後就會留下疤痕。我們對於疤痕的處理方式便只有讓時間沖淡它。看著這道傷疤，我不禁想，傷疤的作用是甚麼？傷疤治癒後就真的好了嗎？大家都害怕受傷，但受傷就一定不好嗎？

傷痕對於個人來説或許可以成為一個動力又或是一種努力過的證明。我們受傷後，血小板會第一時間趕過去，隨後白血球和血小板就會在傷口處結痂，結痂後就會留下疤痕，這是人體細胞留下的痕跡，代表它們為了避免傷口感染而努力工作過的證明。細胞在治癒你的傷口，修復你的皮膚，這樣來看，傷痕便是努力的憑證。看看花滑運動員羽生結弦，作為運動員受傷可以説是家常便飯，在堅硬的冰面上摔倒會留下瘀青，被溜冰鞋上的冰刀劃到便會鮮血淋漓，這些都在他身上留下大大小小數不清的傷痕。受傷很痛，疤痕很醜，可是羽生看見它反而更堅定，要拼盡全力贏得更多金牌才對得起這些傷疤。傷痕是一種善意的提醒，或許是提醒我們要小心，避免再次受傷。又或者是提醒我們要努力，不要讓自己白白受傷，要讓傷痕變得有意義。

不只是人，國家也會受傷。在國家層面來説，傷痕是一個慘通的教訓。國家的傷痕早已淡去，看不到一點痕跡。走在英國倫敦的街頭，你會看到高樓大廈，金碧輝煌的白金漢宮，繁華的城市景觀，你無法聯想在一百多年前，經歷兩次世界大戰以及多次遭受轟炸的英國是怎樣的一片頹垣敗瓦。如今的加沙宛如人間地獄，找不到一幢仍屹立不倒的房子，找不到一片完整的磚瓦，更找不到希望，有的只是血、眼淚和無盡的絕望。這是戰爭中受傷的國家，破敗的國家、難以修復的經濟和傷痛是戰爭後給國家留下的傷疤。可能若干年後這個國家也會好起來，一如當初的英國。如今的英國已不見半分昔日的落魄和狼狽。經濟早已恢復，人民的生活變得和樂。許是曾經在戰爭中受過傷才懂得和平的重要。如今各國都積極加入聯合國以推動國際合作，大家都不願再打一次仗，再受一次傷。清朝末年的腐敗無能讓西方列強有了可乘之機，幾乎要將整個中國瓜分掉。此後，中國意識到要強大起來才可以保護自己，開始著重教育、軍事力量的發展。國家受的傷往往都是重傷，留下的疤痕也淡化的很慢，這也是一個警示和教訓，讓他們意識到自己並不可以再次受傷。傷疤會好，可是昔日的疼痛是需要被銘記的。

在世界的層面來説，傷疤就更為嚴重，世界的傷疤關係到所有人類的命運。人類為了經濟，只顧發展工業，對於工業廢氣卻置之不理。因着空氣污染，澳大利亞上空的臭氧層破了一個洞，無法隔離紫外線，人們會更容易曬傷，增加患上皮膚癌的機會。再者，為了有更多空地種植蔬菜，農民焚燒了亞馬遜森林。亞馬遜森林是「地球的肺部」，大量的樹木可以吸取二氧化碳，同時放出氧氣，淨化空氣。如今森林被焚，樹也少了，廢氣排放卻沒有減少，全球暖化的加劇導致極端天氣出現更加頻繁。人類和世界兩敗俱傷，世界也需數萬年去淡化傷疤。人類也該反省可如何避免地球再次受傷。

總括而言，傷痕給我們帶來了疼痛，不同的人和物的傷疤帶來的後果和感悟都不一樣。傷疤會隨著時間流逝而被淡化，傷痕也會不復存在。可是，記憶和昔日的痛應該要被記住。若是「好了傷疤忘了疼」，那麼所受的傷便毫無意義。謹記每個傷疤背後的教訓，不再受一樣的傷，留下同樣的疤痕。

事與願違

6D 葉子琪

秋風來臨，眼前的楓葉一剎那已被吹至地上，樹葉沙沙作響，瞬間被吹至遠方，不消一會已消失得無影無蹤。思緒流轉，把我捲回數年前行醫的光景中。

我是心血管專科醫生，我治癒的病人多如繁星。曾經我深信只要願意付出、願意嘗試、願意努力，定能橫跨一切障礙，救活所有垂死的病人，實現懸壺濟世的大志。

「王醫生，那個名叫一心的病人麻煩你了。是血癌，有點棘手。」瘦骨嶙峋的一心緩慢地拖着維生儀向我走來。渴望努力嘗試的念頭如火種般種在心頭，我輕拍她的肩膀道：「放心，我會努力嘗試的。」

回到辦公室，我努力尋找根治血癌的辦法。我搜羅世界各國的病例，英、美、日林林總總的病例如錄影帶般在腦海中反覆播放，電腦播放起研究片段的聲音，未有間斷。時針不知不覺指向十二，我凝視着手中的病例，誓要結合各國的治療方法，殺死癌細胞，令它們停止擴散。我心中燃起熊熊烈火，那些「棘手、困難」的字詞通通拋諸腦後，我相信我的努力一定能有成果。

流光匆匆，無數個不眠夜悄悄流走，實驗室一片狼藉，幾個外賣飯盒棄在地上。我手中拿着一顆藥丸，內裏蘊含着美國刺激白血球的技術，又有英國針對癌細胞核的技術，更統合日本增加血清的方法，這顆藥丸看似微不足道，卻是我醉心努力研究的成果，看着它，我不禁微笑，想着一心康復後充滿生氣的模樣。

命運總愛跟我説笑，一心吞下藥後竟上吐下瀉，她的臉色逐漸蒼白，本來甜美的笑容逐漸僵硬，只能用骨瘦如柴的手臂支撐身體。白紙黑字的報告更無情地諷刺我：「癌細胞已變異。」數隻大字像是掌摑了我幾巴掌，徹徹底底否定我的努力嘗試，心中那熊熊烈火化成憤怒之火，為甚麼我的努力徒勞無功？為甚麼癌細胞這樣頑固，誓死不去？難道在生死面前我們真的無能為力嗎？

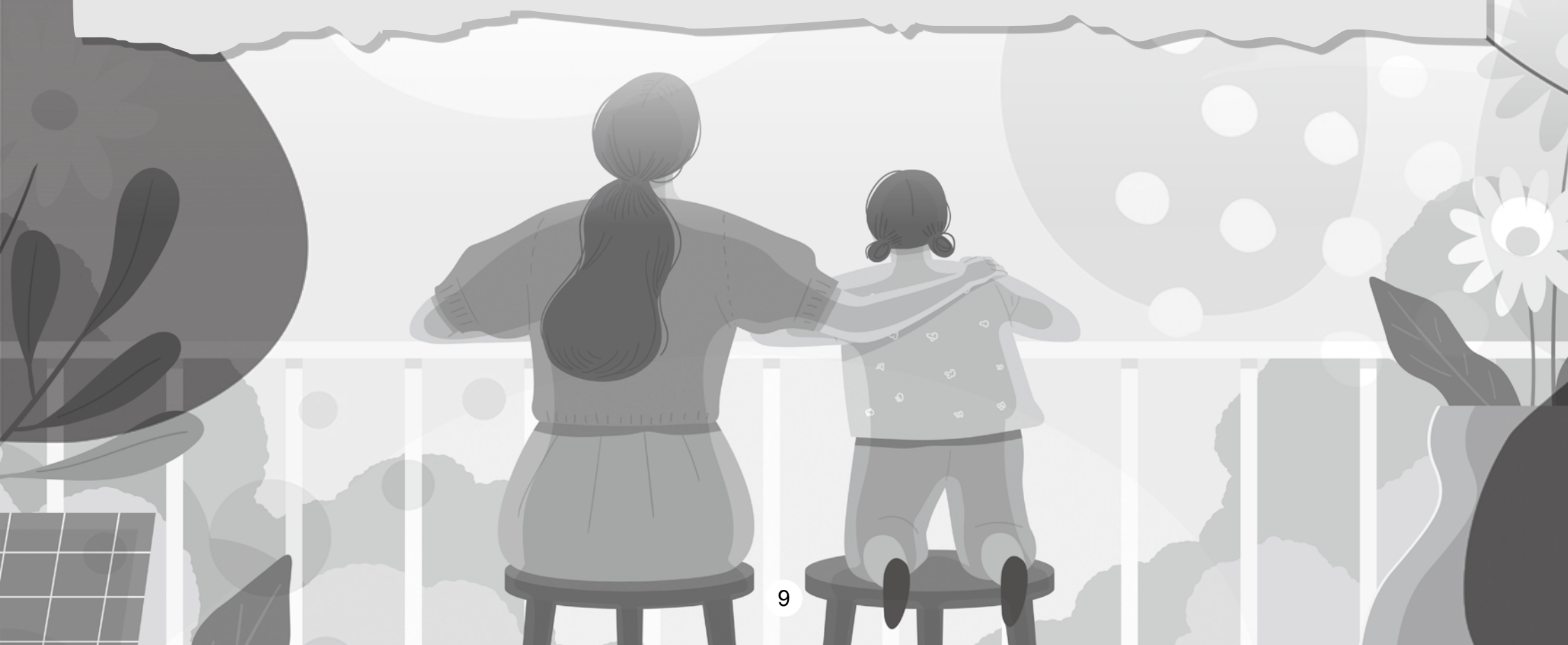
之後，一心的病情愈來愈壞，換血、化療等無一不做，可是那天卻如命定般降臨眼前。

「嗶——」一心的維生儀器發出巨響，如洪水缺堤般向我襲來，霎時間我彷彿被灰濛濛的霧霾覆蓋雙眼，愣在原地。「王醫生！」護士的呼喚把我拉回現實，我奔向病牀，雙手用力按壓着一心的心臟，心裏默念「一千零一、一千零二」，雙眼沒有離開一心半秒，汗水不自覺從背部滲出。維生儀器一直吱吱作響，護士輕聲説：「夠了。」「不！我能救活一心的！我努力嘗試便可以了！」我的不甘和悔恨化為淚水，不停在眼眶打轉，一滴眼淚不自覺滴在一心身上，伴隨着無情的機器聲，我鬆開了手……最終，我還是抵不過命運，無法挽回一心的生命，未能達成心願。

坐在窗邊，微風吹拂著臉龐，樹葉依舊沙沙作響，不禁思索數月前的點滴。看着滿佈繭子的雙手，撫心自問，我實在努力嘗試了，為何最終仍事與願違？一塊楓葉隨風飄落，似乎給了我解答。昔日我總認為努力嘗試便會有好結果，卻從未懂得人的渺小，在大自然下，我們如葉子般脆弱，微風一吹，就會掉落，是無法強行依附樹幹的。自然變幻莫測，我們嘗試掙扎求存，結果仍於事無補，就如誰也料想不到癌細胞的變異。命運終要奪走一心的生命，作為醫生即使努力嘗試也未必有好結果。生死有命，也許就是這意思吧！

也許萬物皆有定律，就如一條條公式，每條清晰地記載你和我的命運，誰也不能改變注定了的公式，你我可做的，只有在面臨定律的審判前，努力嘗試，不留遺憾。所謂「良農能稼而不能為穡，良工能巧而不能為順」，努力嘗試過後，坦然面對結果，放下執着！

再次抬頭，枯葉從楓樹上掉落，它顯然已到生命的終結，在面對命運的審判，即使那個黃毛小子嘗試把它駁回樹上，它仍是掉下來。我莞爾一笑，目光投到仍在樹上的嫩葉 ，我知道，既然努力嘗試也事與願違，倒不如放下執着，珍惜眼前，期許未來。



我們都是這樣走過來的

2023年中六級
張銘雄校友

孩子，請聽我說。

那是一個平凡的早上，你醒來，睡眼惺忪，慢慢地掙扎着下了床，帶着朦朦朧朧的眼神梳洗。直到穿上校服的剎那，你才驀然醒過來，原來不知不覺間，你竟已換上了中學校服。

蔚藍的穹蒼飄着浮雲，片片花瓣隨風飄曳，散落在略感陌生的路上。一呼一吸之間，心跳不期然地加速。快樂，不安，緊張，期許，那是一種複雜，難以言喻的情感。轉眼間你已到了校門前，一個男人面帶微笑向你揮手。聽說他是校長，但說真的，你根本不認識他。於是你禮貌地點了點頭，走進那道通往另一個時代的大門。

時代的轉變彷彿意味必然的蛻變。步入初中，你得到了更多闖蕩的自由，曾經緊鎖的溫室大門打開了，給了你面對風雨的機會，卻也是成長的契機。你會發現身旁的目光開始熱切地期待着你的長大。那份期待在不知不覺間潛移默化，慢慢地令你拒絕成為一個小孩。你生疏地扮演大人的角色，像個大人般說話，像個大人般學習，像個大人般生活。也許你並不想成為大人，你只不過是討厭被當成小孩。但原來不是人大了，長高了，校服換了，便是長大了。那些急於證明自己成長的舉動，卻處處不期然地流露稚氣。偶爾為了莫名的自尊，為了在朋友當中自吹自擂，犯着自以為帥氣的中二病，或是在全班面前犯傻。

那些回想起都會令你尷尬到臉紅的事情，等到某一天你不再介意，你才會驚覺自己長大了。

或者，要到某一個瞬間，你才赫然發現，原來已經慢慢長大了。

孩子，請聽我說。

你會慢慢地，慢慢地長高。直到某一刻，你會發現自己與父母的身高差距越來越小，但靈魂的距離卻漸行漸遠。你開始發現，父母說的話可能不盡然正確，兩個世代的價值觀亦也許背道而馳，叛逆在悄無聲息間萌生。你開始渴求獨立，渴求一種長大的證據。你開始反抗父母的話，開始拒絕成為一個聽話的小孩。偶爾的吵架，你摔門而去，「碰」的一聲，為未盡的話草草畫上句號。漸漸地，你覺得最了解自己的那位或許不再是從前的那人。在追求獨立的路上，你不免會漸漸遠離那些熟悉的身影，這是一種必然的代價。只是，在你去與留的掙扎之中，請別忘記那些愛你的人。

孩子，請聽我說。

從某天起，或許是從步入高中的那天起，成功有了一個明確的定義。彷彿那一頁成績單，是你踏上康莊大道的通行證。於是你將那本教科書翻了又翻，痛苦地期待着到底能翻出甚麼來，任由黑白的文字在一點點地，一點點地蠶蝕你的神經。

「可是，為什麼？」

總有一天，你會佇立在人生的分岔路口，也許邁不出半步。是的，你贏得了通行證，贏得了無限選擇，但卻無法選擇。畢竟從出生到現在，你一直以為應付文憑試已是你人生唯一的大道。殊不知後面仍有無數迂迴曲折的路，那再不是一條直路，再沒有人潮洶湧，亦再沒有那些為你領路的大人。面對數之不盡的路，你又會否清楚哪條才是你心之所向？儘管你寫過許多面對人生的文章，吞下過許多哲理，卻是直到當刻，那份強烈的迷惘才令你明白，人生從來不是雍容華麗的字句。

因此，請你在被迫披星戴月之前，抬頭望一眼，漫天星辰中，你會想成為哪顆碎星？

「你會回想起那年寫下的《我的志願》嗎？」「你會想成為哪位…」「你，會感到快樂嗎？」

時間彷彿充滿惡意，再動人心弦的時代終抵不過似水流年。終於在某一個瞬間，你會迫切地感覺到時間在你的指尖悄然流走，而你將無法挽留。到了必須離開的日子，你尚能從容離座嗎？還是在熱淚盈眶中，帶著閃爍而顫抖着的瞳孔，遺下那依依相擁的一幀。在情竇初開的季節，你會有談過一場單純的戀愛嗎？在四處闖蕩的日子，你有遇上頻率相同的靈魂嗎？在六年的光陰裏，你有過上你嚮往的校園生活嗎？在你必須離開的瞬間，你尚有遺憾嗎？

驀然回首，琥珀色的天空下，曾經嘈雜的校園卻已是杳無人煙，昏黃的光線穿透了玻璃窗，映照着那空曠的課室。一抹輕風悠然飄過，盛放的滿天星隨風飄揚，片片花瓣飄往那遙遠的一隅。在落地之前，它們到底會飛往哪一片天空？

孩子，請聽我說。

聽說生命是借來的時間，飄曳的輕風驟然而止，原來有些快樂早已到期。

真的，孩子，請聽我說。

我們都是這樣走過來的。

Informal Letter

Wu Yan Chi Grace, 2B

Dear Tonia,

Hey, guess what? I made a new friend at school! His name is Angus, my new best friend. He's around my age, with a pair of dark-blue-rimmed glasses. His face is round and his skin is a bit tan.

If you see him in real life, I bet you'll think that he looks like a genius since he always carries a book around. He always achieves outstanding scores in tests. Maybe it's because of how hard-working he is. I really admire him. He is a caring and easy-going person too. He often helps me with my questions. In class, he's brave to ask questions about things he doesn't understand.

Some of my classmates are jealous of him and always say that Angus is obsessive about his grades. But, after being friends with him, I think otherwise. He's never selfish, nor cold-hearted. I hope others will eventually realize that! Still, some classmates really enjoy his presence. They always play games with him. One day, I hope the three of us can meet up and have fun together. Doesn't that sound exciting?

I'm glad that I met him and we have become best friends. It's funny how this all happened because he cheered me up with a joke. Did I mention him being extremely amusing? Haha, if only you can hear him say it in person, I believe the joke will be so much better. He's cheerful and optimistic. He once gave me a word of advice, "Try to look forward, don't dwell in the past and the present. Everything will be fine." I hope that it can help you too.

Sorry for talking all about Angus. I hope it's not annoying to you. Write as much as you like. I'm intrigued! Have a great day!

Best wishes,

Pat

The Certificate

Ng Sze Wing, 3A

"What should I do on this boring day?" I asked, wondering alone in my room. I scanned through the toys and games in my room but nothing caught my attention. My eyes soon landed on a certificate. Whenever I look at it, I smile from ear to ear, filled with satisfaction and happiness.

I remember when I was ten years old, I joined a puppetry class and immediately fell in love with adorable puppets and reading dialogues. The next thing I knew, I was chosen to participate in a puppeteering competition. I was delighted. My teammates and I worked really hard and in a blink of an eye, the day of the competition came.

I could hear my heart pounding loudly as soon as we stepped onto the stage in Shatin Town Hall with our unique puppets. I was quite confident in the beginning as we were all doing brilliantly. We used all dramatic hand and arm movements and spoke fluently with a microphone as the character of the puppet. I thought, "Everything would be perfect and done successfully." I guessed I had set my expectations too high as everything began to turn out in an unpleasant way.

All of a sudden, a deafening scratchy sound was heard. I ignored it and started to speak the next dialogue with the microphone. Then the biggest fear approached me. The microphones stopped and I was on pins and needles. "What should I do?" Tammy, one of my teammates whispered. Although I was very anxious, I managed to reply calmly, "The show must go on. Never keep the judges waiting." I took a deep breath and managed to finish the performance. But we were unsatisfied with the performance as the equipment went wrong and we had to shout without feelings. We were devastated and disappointed.

After a while, the microphones were fixed. I sobbed silently backstage when watching other groups receive standing ovation for their successful performance. After that, it was the award presentation ceremony. We couldn't believe that we won the championship. We went on stage and received our golden certificates. The judges commented," The story is not only exciting, but also meaningful. I love your problem-solving skills and adaptability. I was truly proud of you!"

I learnt an important lesson that we have to face and solve difficulties, no matter how challenging they are. This allows you to master challenges instead of allowing them to master you.

My Ideal Holiday to Australia

Wong Sze Yin, 3C

Ever since becoming passionate about travel, visiting other countries has been my dream. I decided to enter the essay competition because I cannot waste this opportunity. I want to travel to learn the native customs of different places and experience new things. I believe I am the best person to receive a free tour because I will treasure it, appreciate the special experience forever, and use it to motivate myself when I encounter some difficulties.

My ideal holiday is a trip to Australia because it is a beautiful and unusual country with gorgeous scenery, mysterious natural wonders and unique animals that I have never seen or heard of. I have heard of the fabulous descriptions of Australia. Therefore, I will have an excellent holiday in Australia if I am chosen to take a tour.

Two iconic places I want to visit are Great Barrier Reef and Daintree Rainforest. They are situated in Australia's tropical north that is the intersection of rainforests and sea, and has two international world heritage sites. I have heard of the stunning and renowned scenery there. If I start there, I would enjoy sunbathing and the relaxing atmosphere. Among many popular activities, I want to experience snorkeling and diving and wander at a secluded white sand beach near the Great Barrier Reef. In addition, I hope I can learn about the traditional indigenous culture, see the spectacular and magnificent sights, and sample bushtrackers in Daintree Rainforest. I am sure that view will be superb. I love nature and that is why I am keen to see this incredible natural wonder.

Another famous place I want to visit is Kangaroo Island which is located in South Australia with unique animals. The island is warm with diverse ecosystems. The kangaroo species is the local animal in Australia and I have never seen it. Also, I can see the sea lions, echidnas, koalas and dolphins that seldom appear in Hong Kong. The towering trees, mountains and rocks are found there. I would not forget the landscape in front of me if I are offered a chance to visit Kangaroo Island.

I want to tour Australia during the summer holiday because it gives sufficient time for me to explore many new things and is the best time to admire the spectacular scenery. I am sure that I will have an unforgettable tour in Australia and broaden my horizons if I am selected as the winner of the competition.

Vivid Vibrant Vibes in Night Hong Kong

Mok Yan, 5B

Wondering how to spend your dull night, aren't you? Then you shouldn't miss Night Vibes Hong Kong"! After the pandemic, the Hong Kong government planned to put the pizzazz back to Hong Kong's nightlife which used to be dynamic and vibrant. A string of nocturnal events mainly located along harbor front sites and special deals covering all around Hong Kong have been designed for you to stay out after dark!

Be Fascinated by Gorgeous and Vintage Cultural Activities

Art

Want to become a more elegant person? You are going to be able to enjoy an after-dinner walk in exquisite museums. The Hong Kong Museum of Art will extend its opening hours to post-dinner hours. Additionally, M+ Museum will offer peculiar night tours. Wouldn't it be great?

Culture

Attracted by marvelous traditional Chinese culture? Don't miss the rare chance to enjoy traditional performances. Bamboo-staged traditional Cantonese opera performance will be arranged during the Mid-autumn Festival at Victoria Park. Besides, youthful and energetic acrobatic performances held by youth groups will be conducted in Sha Tin and Tuen Mun.

Festivals

Want to spend your festivals in places which are soaked in festive celebrations? Come to the harbor front! Carnival filled with luminous lanterns will be held during the Mid-autumn Festival. Take gorgeous photos with a sea of lanterns with your traditional costumes on. During Christmas, there will be a gigantic Christmas tree standing in Hong Kong WinterFest. When it comes to Lunar New Year, a dazzling array of goods and food stalls will be there, waiting for you to open your purses.

Escape from Dull Nights and Stay Entertained!

Are you fed up with free evenings with nothing to do and just staying at home? Stay entertained! Pick an attractive film to watch while enjoying appealing ticket discounts for nighttime screening at many cinemas. Looking for a breath-taking experience? Attend ghostly and thrilling Halloween events at Disneyland and Ocean Park. Fill your schedule with night activities instead of sitting at home and doing nothing.

No Worries about Your Midnight Snacks!

Feeling upset because of only having monotonous choices of midnight snacks? No worries anymore. The "Night Vibes Hong Kong" campaign will offer a large diversity of gourmet foods waiting for you to sample. If you are old enough to take a sip of luxurious wine, come to the Hong Kong Wine and Dine Festival which will offer world-wide liquor assortments and delights. Furthermore, a month-long citywide dining promotion of approximately 100 restaurants and bars at Lan Kwai Fong will be offered. When you take a mouthful of Hong Kong gourmet foods, you are bound to have a memorable experience that will never let you forget this Food Paradise.

While still pondering about what to do, why don't you just stroll around Hong Kong, especially along Victoria Harbor? There will be an array of events waiting for you to join!

Fill your dark night life with a splash of colors which only can be found in Hong Kong!

Unveiling the Dual Impact of an International Pop Music Festival: Benefits and Challenges

Yu Tsz Kin, 4E

Catching up on the riffs of rock and grooving to the enthusiastic rhythms, many immersed themselves in the international pop music festival held by the Leisure & Cultural Department last Saturday. This extravaganza spanned several consecutive days, captivating the participants with a wide variety of music, from R&B to rap and individual artists to bands. It offered a unique experience for all to immerse themselves in.

Undeniably, the festival impacted us. There is a wide range of benefits that came with the photogenic scenes. The performances of various artists and bands have brought them more collaboration opportunities, as well as a precious chance to promote their albums and singles to a larger audience. The sponsors and partners may also elevate their reputation and fame for their brands as the festival features well-known musicians from all around the world.

The festival also serves as a magnet, attracting fans of the artists worldwide to explore the vibrant colors of the extravaganza. This has brought countless economic benefits to several tourist spots and helped spread Hong Kong's unique cultural essence.

Nevertheless, there are several deep-rooted issues that have remained unsolved for years. Have you ever suffered from the noise caused by the hustle and bustle? The bustling crowds often cause nuisance to nearby residential areas. Underprivileged residents always suffer from the noisy late nights.

The lack of buffer zones is just the tip of the iceberg behind the scenes of the mixtapes. Insufficient crowd management is another critical blunder. This not only affects the experiences of the audience but also their safety. When an accident occurs, serious consequences may arise. A better and safer emergency route should be set up in case of emergency events, such as fire.

Environmental sustainability is also another issue. Although this may not dampen your mood when enjoying the show, the use of single-use products has caused environmental issues and has raised public awareness for a long time. Therefore, more environmentally friendly products should be adopted in the production.

While enjoying the soulful melodies of your favorite artists and reaping the benefits brought by the show, it is also crucial to be aware of the issues caused by it.

Complaint Regarding the Experience During the Visit to Your Pet-Friendly Shopping Mall

Wen Shing Yeung, 5D

Dear Sir/Madam,

I am writing to express my profound dissatisfaction with my visit to the newly opened shopping mall. I was astounded by how the reality did not live up to my expectations based on your advertisement, which claims to be pet-friendly.

Firstly, I was shocked and bewildered by the shoddy environment of the pet's toilet. The pet's toilet was simply formed by a plastic plate with some sand on it. There were feces everywhere on the sand, which had not been cleaned for the whole day. I am sorry to say this, but it was terribly filthy and disgusting. Adding to the disappointment, it is disheartening to discover that there is only one pet's toilet available throughout the entire six-floor shopping mall. It was absolutely inhumane for my dog to go to the toilet in such an unhygienic environment, and we had a terrible visiting experience.

Our problems did not stop there. Equally exasperating was the fact that my dog was not allowed to use the escalators in the shopping mall. Therefore, I had to carry several heavy bags and walk up the stairs. Can you imagine my disappointment and bewilderment? When I asked for the mall attendants' help, I was even ignored. They were discourteous and rude to me, and they refused to take my dog downstairs while I could use the escalator. To be honest, I have never experienced such appalling and disappointing service. The attendants were totally incapable and useless, and they were not friendly to pets.

Moreover, what struck me the most is that almost all the restaurants in the shopping mall did not allow entry of pets. When I wanted to have lunch with my dog in the shopping mall, it was ridiculous that I failed to enter any of the restaurants with my poor dog. I was terrified and disappointed by the reckless and poor enforcement of the pet-friendly policies in the mall. During my visit to the shopping mall, to my utter horror, I could not see any shops or facilities designed or open for pets. According to the advertisements, there should be facilities for owners and pets to unwind themselves. However, in reality, we could only sit on those benches in the shopping mall. The visiting experience this time was more like a nightmare for me and my dog than an enjoyable and pleasant experience.

Therefore, I respectfully demand a comprehensive written apology from your establishment, along with appropriate compensation for the distressing experience I encountered during my visit. I firmly believe that it is your responsibility to thoroughly evaluate and improve the overall quality of service within the shopping mall. If a proper apology is not received, I would have no choice but to take the matter further to the Consumer Council. Thank you in anticipation of your kind attention, and I look forward to your earliest reply.

Yours faithfully,

Chris Wong

Globally Renowned Music Festival – in action!

Wong Yik Lun Alan, 4E

Have you ever attended the music festival that groups piles and pools of musical talents around the world? The “Beep and Bop” music festival held last Saturday had many audience to its attendance, and you deserve to know more about it from this article!

Last Saturday, many participants with speaking talent were present. Recognizable names such as the US hip-hop star Post Malone and the Taiwanese pop singer Jay Chou appeared.

The surreal and diverse lineup brought significant benefits to the locality. The tourism rate soared steadily and reached an unprecedented new high following the festival’s announcement. People from all over the world came to support their favorite artists by attending the festival and showing their enthusiastic support. This greatly boosted tourism in Hong Kong. While numerous renowned artists performed, local artists also had the opportunity to showcase their own talents and gain recognition through the festival’s extensive social reach.

However, the numerous benefits it brought were just the tip of the iceberg. Behind its glorification, there were some criticisms regarding the event management. One clear issue was the staffing crisis, as staff members struggled to handle the overwhelming large crowd in an unstable state, compromising the safety of both performers and audiences. Attendees reported hearing ambulance sirens from time to time, indicating potential emergencies. Additionally, the venue where the festival was held faced challenges, as many attendees were left outside the entrance, leading to crowded streets and significant traffic congestion throughout the day.

In conclusion, many artists showcased their incredible talents, and the audience showed great appreciation. Although the event’s management arrangements are open to further criticism, it undeniably brought significant mobility to the music world and is regarded as an overall success.

Piano

Chau Ching Yu, 6B

Recently, a friend of mine talked about how she lost her motivation to learn piano since she didn’t get any chances to go onstage or compete. That reminded me of my own experience.

My piano teacher was not strict, but certainly one with high standards. She perfectly embodied perfectionism in her life. When the piano exam was to be carried out by recording videos, she continued revising the tiniest details every week. I guess it won’t be an exaggeration to say the process was torturing. The difficulty in improving my work while also retaining the level I had already achieved was beyond my expectations. The problem is, it is not easy for my fingers to retain muscle memory for every single piece. (At least quite hard for me) Especially when I had already had so many details I need to take care of. But it was also through this time that I learned about the differences between “finishing”, “accomplishing”, and “doing it right”.

“Finishing” is only the basic level, where I can play the whole piece without playing on the wrong notes. “Accomplishing” is fulfilling all other aspects, such as having a stable tempo, mastering skills needed to play the piece, and controlling the sound of the piano freely. “Doing it right” is where I am not just moving the notes from the piece of paper to my fingers, but also making it a lively and appealing performance. My persistence is that I can only go on stage when I have achieved the level of “doing it right”.

Many people mix up the three, thinking that “finishing” is equal to “doing it right”. The truth is, the gap between the two is too large to ignore. The difference between the two is greatly amplified when playing an instrument. Doing it right means you have to give in more effort and energy. More often than not, audience and judges can distinguish a mediocre performance from an amazing one. Of course, whether you can perform best depends on a whole bunch of other reasons: your overall condition, your ability to adapt to sudden changes, your experience in the past… but how could you improve these areas when you are not even putting extra effort into it?

Learning how to play piano is learning that you are given the choice of doing your work offhandedly or as best you can while choosing the latter.

Piano

Chen On Shek, 6B

The King of Instruments stands,
an orchestra is integrated into one machine.
Of industrial genius,it lands,
with intricaies that cannot be unseen.

From idyllic scenes in luscious green,
sentimental, melancholic melodies,
to the rage of the Undine,
what a rich timbre, rendered in those rhapsodies!

Each gentle touch on the keys,
its ivory gleams with delight.
The hammers strike the strings with ease,
sound resonates, brilliant and bright.

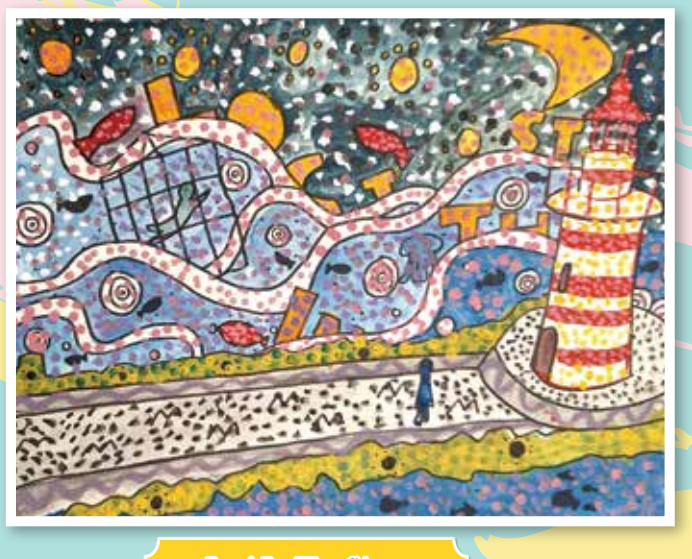
O piano,you shall make every chord thrive,
within you is music brought alive

Art work

My Dream
Zuo Lo Ue, 1A

My Dream
Ng Yan Hon, 1C

Sunrise
Ng Yan Hon, 1C



Lost In The Stars
Zhang Rong, 2D

Chinese Paper Cuts
Ou Kaiying, 3A

折腰
Chan Chun, 3C

Fruits
Mok Lam, 3B

Hong Kong Wetland Park Signage Design
Shum Chung Ling, 5A

Ice-cream Package Design
Wong Wing Kiu, 5A

School Life
Cheung Tsz Ching, 6C

校報編輯小組 (2023-2024)

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