

## 協辦機構



基督教香港信義會信義中學



香港高齡教育工作者聯誼會



HAW PAR MUSIC  
虎豹樂園

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新界校長會



九龍地域校長聯會



香港津貼中學議會



香港直接資助學校議會



香港私立學校聯會



香港中文中學聯會



香港英文中學聯會



香港女教師協會



香港普通話研習社  
Xianggang Putonghua Yanxishe  
創辦於 1976 年  
香港特區政府認可之公共性質普通話研習及辦學團體



教育傳媒  
EDUCATION MEDIA



香港資優教育教師協會  
Hong Kong Gifted Education  
Teachers' Association



香港中文大學校友校長會

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半山區扶輪社

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## 主辦機構



香港西區扶輪社  
Rotary Club of Hong Kong Island West



香港教育工作者聯會  
Hong Kong Federation of Education Workers



# 全港中學「兩文三語」(第十七屆)

# The 17th Bilingual & 菁英大比拼

## Trilingualism Composition and Speech Competition

第十七屆全港中學「兩文三語」菁英大比拼

# 優秀作品文集

優秀作品文集



影片花絮



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## 全港中學「兩文三語」菁英大比拼(第十七屆) 籌委會主席余大偉先生



由香港教育工作者聯會與香港西區扶輪社攜手合辦之《全港中學「兩文三語」菁英大比拼》今年已是第十七屆了。一如以往，比賽極受香港學界歡迎，雖然今年受新冠肺炎疫情影響，但學生停課不停學，仍有91間中學523位同學參加。由於疫情一直未有舒緩，為參賽者安全著想，今年的初賽和決賽都以網上形式進行。大會為了比賽能公平、公正和順利舉行，事前為參賽者進行多番測試和講解，台前幕後都一絲不苟，才獲得今年的佳績。

「兩文三語」菁英大比拼的比賽模式包括中英文寫作、廣東話自我介紹及即場演繹、普通話朗讀和英語小組討論。從初賽及複賽脫穎而出的初級組(初中一至三學生)及高級組(高中一至三學生)各十名菁英進入決賽，在多位評判面前，再一次演示他們兩文三語的短講及演講能力。

香港是一個多元化社會，中西文化交匯，中英兼善是我們的優勢。提高學生「兩文三語」能力，一直以來，都是香港特別行政區政府訂下中小學教育的目標之一，目的是培養香港的新一代成為「扎根香港、背靠祖國、面向國際」的菁英，為香港、為國家、為世界培育人才，而「兩文三語」便是他們達成理想的必要語文基礎。

俗語說：「有競爭才有進步。」我們設立這一個語文比拼的擂台，讓全港同學可以切磋和觀摩，在課堂外有一次相互學習的機會，為推動「兩文三語」提供助力，創造語境，因此備受學界歡迎和重視。由於參賽水平高，所以每屆都菁英薈萃，競爭異常激烈，優勝者都是實至名歸，可稱菁英中的菁英。

每屆比賽完成後，大會均會出版《優秀作品文集》，一方面固然是對優異學生的鼓勵，另一方面也可讓未能獲獎和未有參加比賽的學生有機會閱讀好文章。學生通過閱讀別人的優秀作品，得以提升語文水平，擴闊一己的視野和胸襟，增強分析思考能力，進而提高表達能力，可謂一舉多得。

是屆「兩文三語」菁英大比拼最終能圓滿結束，有賴各方鼎力支持，本人謹代表香港教育工作者聯會向合作伙伴香港西區扶輪社、借出比賽場地的基督教香港信義會信義中學和虎豹樂園、協辦的香港高齡教育工作者聯誼會、各支持機構及贊助機構、培訓導師、學校校長和指導老師衷心致謝，更期望日後再有合作機會，為提升香港學生「兩文三語」的水平而共同努力。

## 香港西區扶輪社胡一威社長



大家好！時光飛逝，轉眼間由香港西區扶輪社及香港教育工作者聯會合辦的香港中學學界盛事 - 「全港中學兩文三語菁英大比拼」 - 已經來到第17屆。本人很榮幸能夠在這裡代表香港西區扶輪社，跟大家分享今年比賽的一些感言。

2020年對教育工作者、莘莘學子及家長們都是充滿挑戰的一年，我作為一位中六學生的父親，是非常理解大家的心路歷程。

突如其來的新冠肺炎為第17屆兩文三語菁英大比拼帶來了不少前所未有的挑戰，但憑着主辦單位人員的毅力和靈活創新，盡心盡力地拆解一個比一個艱辛的障礙，賽事最終都得以順利進行，雖然受到疫情影響，但今年仍然有接近100間中學、超過500名同學參與這項充滿意義的活動，過程中看到各參與單位、師生、家長及一直對我們不離不棄的贊助機構的無比忍耐及全程投入，令本人感到十分欣慰。

雖然受到疫情影響，但今年比賽的內容、流程和人員的投入並沒有縮減，本屆活動共有4位專家講者出席賽前的講座；共38位專家評審參與初賽、複賽及決賽的評審工作；19位工作人員、包括香港中文大學聯合書院扶輪青年服務團的同學協助線上講座、初賽及決賽，以及線上和線下二合一混合形式的複賽，讓幾輪比賽得以順利進行。

香港是一個非常獨特的城市，是一個匯聚了東、西方文化的大都會，背靠祖國、面向世界，一直以來，這個國際都會都需要大量能夠善用兩文三語的人材，本社就一直持着這個信念，鍥而不捨地投入資源，鼓勵及培育莘莘學子們對兩文三語的重視和掌握，透過是項比賽，提供一個讓同學與同輩們互相切磋及學習的平台，增強大家在聆聽、書寫和演說多方面的語言能力，打好基礎，將來為國家和社會作出貢獻。

今年是不一樣的一年，所謂做到老學到老，相信所有參與是項活動的人員及學生們，包括本人，都在今年的比賽過程中上了人生寶貴的一課。

是次活動得以順利完成，並能進行得有聲有色，承蒙各位教育工作者、協辦團體、贊助機構和同學們的耐心忍耐和鼎力支持，本人希望藉此感謝以

## 扶輪宗旨

下合作方和贊助機構(排名不分先後)：香港西北區扶輪社、港城西北扶輪社、太平山扶輪社、香港金紫荊扶輪社、半山區扶輪社、楊敏健律師行、德隆鋼鐵、齡記出版社有限公司、am730、caffè HABITŪ、虎豹樂園、香港中文大學亞太研究所、香港中文大學聯合書院扶輪青年服務團、香港普通話研習社、香港教育大學文學及文化學系、語文教育及研究常務委員會、香港高齡教育工作者聯誼會、香港教育行政學會、香港佛教聯合會、仁濟醫院董事局、東華三院、香港島校長聯會、九龍地域校長聯會、新界校長會、香港中文中學聯會、香港英文中學聯會、香港直接資助學校議會、香港津貼中學議會、香港私立學校聯會、香港中文大學校友校長會、中港文化交流促進會、香港女教師協會、教育傳媒、香港資優教育教師協會、教育評議會教育基金、及香港基督教信義會信義中學。

最後，本人謹代表香港西區扶輪社感謝各界的支持，讓我們繼續發揮扶輪精神，為培育香港青年的語文修養作出貢獻。

扶輪之宗旨在於鼓勵並培養以服務之理想為可貴事業之基礎，尤其著重於鼓勵與培養：

1. 藉增廣相識為擴展服務之機會；
2. 在各種事業及專業中提高道德之標準；認識一切有益於社會的職業之價值；及每一扶輪社員應尊重其本身之職業，藉以服務社會；
3. 每一社員能以服務之理想應用於其個人、事業及社會之生活；
4. 透過結合具有服務理想之各種事業及專業人士，以世界性之聯誼，增進國際間之瞭解、親善與和平。

## OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

1. The development of acquaintance as an opportunity for service;
2. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;
3. The application of the ideal of service in each Rotarian's personal, business, and community life;
4. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

## THE 4-WAY TEST:

Of the things we think, say or do:

1. Is it the TRUTH ?
2. Is it FAIR to all concerned ?
3. Will it build GOODWILL and BETTER FRIENDSHIPS ?
4. Will it be BENEFICIAL to all concerned ?

## 四大考驗

遇事反省，然後言或行  
是否一切屬於真實？  
是否各方得到公平？  
能否促進信譽友誼？  
能否兼顧彼此利益？

## 香港西區扶輪社簡介

回溯1953年，本港只有香港扶輪社及九龍扶輪社。是年國際扶輪社社長西比利於十一月訪港，特建議香港扶輪社另設新社，務使有更多人共享扶輪，為社會服務。終於1954年3月26日成立香港西區扶輪社，而東區扶輪社亦於此時成立。香港西區扶輪社為首個以粵語為法定語言之扶輪社，創社社長為已故馮漢柱，創社社友共三十人。

香港西區扶輪社自成立以來，全港首次獲得阿克·柯藍夫獎，曾多次獲得本扶輪地區優良服務及區總監之獎勵。亦為世界上首個保羅哈理斯之友超越社員人數之扶輪社。每年均有多項服務計劃及活動，現今社員共有五十多人。

香港西區扶輪社，創立至今已六十七年，歷屆推廣公益，服務社群不遺餘力，例舉其中表表者：

- 1978/79: 前社長李漢忠乃創社社員，每次開會，帶領社友為出席的生日社友唱生日歌賀壽，故有「歌王」美譽。
- 1980/81: 前社長羅天携創辦香港西區扶輪社匡智晨輝學校，該校為第一間由扶輪社創辦的學府。
- 1990/91: 馬照祥前社長以信心和熱誠弘揚扶輪，與馬尼拉市中心扶輪社結盟為姊妹社。
- 1994/95: 前社長周湛樵為本社創舉國際配對計劃，與菲律賓姊妹社協辦二萬四千美元貧童食物計劃；又與中國紅十字會協辦賑災，捐出七十五公噸米予國內水災難民等等，更獲當年最佳國際服務計劃獎。
- 1995/96: 前社長劉漢華設立連續性由民政署協辦之全港青年故事創作比賽至今。
- 1996/97: 前社長程國灝亦與中國紅十字會協辦希望工程計劃，成功建造學校及醫療所。是年，馮漢柱夫人慷慨捐贈五十萬予世界自然基金會，在米埔建設兩座觀鳥亭以紀念已故創社社長馮漢柱。
- 1997/98: 前社長高叔平：“1997年是香港回歸祖國，香港西區扶輪社各社友，群策群力為各項社會服務，貢獻良多。適逢當年擔任五社聯席餐舞會主席，幸得各社社長鼎力支持，除為當年籌得可觀善款外，令我

欣喜是獲得至誠的友誼。”

- 1998/99: 陳晴佑：“令我難忘的事情是香港西區扶輪社45周年社慶，剛巧是本人擔任社慶主席，邀請各姊妹社蒞臨參加慶典。在籌備過程中，學懂『追求你的扶輪夢想』理念，正如當年扶輪口號一樣，以及各社友鼓勵，才得以順利舉行。”
- 1999/00: 前社長梁家鏘秉承國際扶輪當年之主題，“持恆、持守、持續的行動”。積極參與區活動。並提升國際聯誼，拜訪了台北、馬尼拉和吉隆坡姊妹社參與當地社會服務活動。
- 2000/01: 前社長黃汝靈舉辦全港中學網頁創作比賽，並獲地區年獎；又屢次捐助蒙古雪災及中國地震災民。
- 2001/02: 前社長招天聰在任中，為本社爭取兩項區年獎；其一為最佳職業服務計劃獎，其二為最佳社會服務計劃獎。
- 2002/03: 前社長林東仁在任期間，香港爆發「沙士病疫」，社會活動幾乎全部停頓；但西區扶輪每星期例會照樣舉行，只是社友全部佩戴口罩出席。是年區年會在澳門舉行，由周湛樵前社長出任區年會主席。
- 2003/04: 前社長呂元信秉承西輪優良服務精神，實行多項服務計劃，茲錄數如下：
  1. 參與3450區第五地域國際扶輪百週年紀念計劃，旨在重修米埔自然保護區斯科特野外研習中心。中心重修後，將命名「國際扶輪百週年紀念濕地學院」為自然基金濕地研究工作及教育用途。
  2. 成立香港西區扶輪青年服務團。
- 2004/05: 前社長陳建宇在2004-2005年國際扶輪百週年紀念年度，致力推動教育項目，與香港教育工作者聯會聯合主辦《全港中學「兩文三語」菁英大比拼》。透過寫作、討論和演講，提升參賽中學生運用「兩文三語」的能力。這項目在學界和扶輪，獲非常高的評價和表彰，在2006-07扶輪年度，獲國際扶輪頒發國際扶輪重大事功獎殊榮 (Rotary International 2006-07 Significant Achievement

Award)，及兩次獲得扶輪 3450 區最佳教育計劃項目獎 (Best Literacy and Education Award in District 3450)。

2005/06: 前社長胡督祿為配合教統局推動提昇語文能力，繼續舉辦「兩文三語」項目，突顯本社對教育工作之關注與熱誠。另於同年製錄「聽賞雀鳥指南」光碟，免費贈予視障人士，使他們有機會欣賞香港二十種最常見的雀鳥及對大自然有進一步認識。

2006/07: 前社長區緯國秉承扶輪「超我服務」宗旨及西輪優良服務精神，實行多項服務計劃錄數項如下：

1. 與香港教育工作者聯會再次合辦《全港中學「兩文三語」菁英大比拼》這個項目對推動香港語文教育的成效，得到國際扶輪的認同及肯定，並獲頒發「國際扶輪重大事功獎」殊榮。
2. 與匡智會及世界自然基金會合辦香港首個「智障學童大自然學習計劃」。這是智障學童首次有機會親臨米埔自然保護區，欣賞美妙大自然，及學習大自然生態、野生動植物和濕地保育。藉着這個計劃，更多社會人士有機會增進認識及接納智障兒童。
3. 成立聖類斯中學扶輪少年服務團。

2007/08: 前社長余國樑為響應環保，與環境保護署合辦「清新空氣、停車熄匙」，喚起市民環保的意識，其中扶少團獲安排參觀機電工程署環保大樓，香港代表隊運動員、學校團體、多間商業機構一起響應「停車熄匙」。另外，一如以往繼續舉行「兩文三語」比賽，活動更成功取得多個贊助。余社長更響應國際扶輪捐助「世界水監測日」，宣揚珍惜食水。余社長更為本社取得國際扶輪公共關係獎、地區最佳網頁(英文版)、最佳生態項目、傑出公共關係項目等獎項。

2008/09: 前社長吳梓坤秉承西區扶輪社之服務社會及友誼精神，推動的社會服務有「扶輪聲韻創晴天」推動社會關注自幼因聽覺問題而失去學習語言能力的兒童，提升這些兒童口語技能，免至他們失去永久說話的權利。此外社長亦抽暇參加各姊妹社之週年慶典，秉承友誼至上的扶輪精神。

2009/10: 前社長周宇明推動「兩文三語」不遺餘力，與香港教育工作者聯會在推動普通話普及化作出努力的成果是有目共睹。兩文三語精英比拼現在已成為各學校重視的項目之一，每年到差不多的時候便會主動致電到香港教育工作者聯會來詢問有關比賽的詳情，參加的人數也不斷的增加，水準一年比一年好，能和香港教育工作者聯會合辦兩文三語這項目是我們的光榮。我代表香港西區扶輪社在向香港教育工作者聯會致謝。

2010/11: 前社長李富強致力推動病人資訊，於在任年度，得到地區簡易資助計劃及本社的支持，在港島華富邨內的香港洗腎中心籌建了一所病人資源中心，當中設施包括電腦、投映銀幕、書籍及單張，中心並可舉辦多至二十多人的講座，為南區的市民及病友，提供了寶貴的健康資訊。另外本社亦繼續支持宣美語言中心的工作，不但協助該中心的學童購買耳聾機，並邀請該中心的師生及家長到尖東觀看新年燈飾，以及享用豐富晚膳。本年度我們除了到訪馬來西亞的姊妹社慶祝她們的五十五週年社慶外，她們為癌症病童的社會服務，依然是我社重點之一。

2011/12: 前社長楊敏健律師有幸榮得各社友鼎力支持推廣在港內外扶貧教育及醫療工作。香港西區扶輪社榮獲國際扶輪社頒發亞太區 2011-2012 年度 Changemaker Award 大獎以表揚對本社在社群公益有卓悅貢獻。本社與國內上海扶輪社合辦為患有心痛症幼兒作心臟手術使國內無數患病兒童獲得適當治療與照顧。本社亦會同香港造口人協會合辦對大腸癌預防推廣包括製作光碟派發給各香港社會團體及醫療中心。本着服務社會的精神，本社積極向本港社會團體支持，包括為老人服務之安貧小姊妹會聖瑪利安老院；為患有語言障礙幼童之宣美語言及聽覺中心提供協助；支持對弱智兒童之香港西區扶輪社匡智晨輝學校。最後，最值得一提就是踏入第九屆的全港中學「兩文三語」菁英大比拼，致力為香港年青人提供一個適當平台積極而又認真地交流與競爭。過往無數贊助機構的支持實令本社深感無限光榮。

2012/13: 前社長郭立華帶領香港西區扶輪社本着服務社會的宗旨，透過與香港教育工作者聯會合辦「兩文三語」菁英大比拼，希望鼓勵全港中學同學，提升自己的語文水平，加強中英文聽、寫、講的能力。全

港中學「兩文三語」菁英大比拼2012年已進入第九屆。是屆有九十二間中學，五百二十二位同學參與。過程中同學積極參與，表現出色，印證了他們對兩文三語的重視。這次活動反應熱烈，得到各學校的校長、老師和同學的鼎力支持。另外，亦要感謝多位慷慨的贊助機構的鼎力支持，包括新鴻基地產、齡記出版有限公司、瑞士英納格錶、雅仕維、Teelocker、楊敏健律師行、星島日報、倫敦大酒樓，以及香港西北區扶輪社、太平山扶輪社、港城西北扶輪社、半山區扶輪社、獅子山扶輪社；對於各協辦和支持機構：香港四邑商工總會黃棣珊紀念中學、東華三院張明添中學及語文教育及研究常務委員會，香港西區扶輪社致以萬二分的感激。

2013/14: 前社長李道邦除過往舉辦的全港中文故事創作比賽，瑪利安老人院探訪，與上海扶輪社為經濟有困難的患病兒童支付手術費用和安排預備和事後服務外。這年更是全港中學「兩文三語」菁英大比拼舉辦的第十屆。得到多方的大力支持在九龍紅磡海逸坊內圓滿地舉行了頒獎典禮及分享會。得到理事會的支持為貴名香港西區扶輪社匡智晨輝學校建設了一個特別配備的房間為有需要的同學服務。又藉着是香港西區扶輪社創社60周年，在社慶籌備委員會領導下，更得到眾社友和各扶青團的支持和參與。在太平山頂舉辦了慈善步行，並在香港鄉村俱樂部舉行了60周年晚宴等籌款活動，為日後社會服務籌得活動經費。

2014/15: 前社長張文翰本著服務社會的一貫宗旨，繼續舉辦「全港中學兩文三語菁英大比拼」，獲得多間學校的支持，共派出500多名學生參與，成績斐然。除此以外，我們亦繼續服務患有語言障礙幼童的「宣美語言及聽覺中心」，及服務弱智兒童的「香港西區扶輪社匡智晨輝學校」提供協助。本年度我們多位社友亦到訪姊妹社台北西區扶輪社參與其六十週年慶典活動。而在繼續與上海扶輪社合作服務國內患有心臟病的幼兒的同時，我們亦在本年度與上海扶輪社締結了姊妹社的關係。至今我們已有5個姐妹社，共同在不同地域和範疇服務社會。

2015/16: 前社長莊錦祥響應今屆扶輪主題「成為獻給世界的禮物」，實行多項服務計劃：全港中學「兩文三語」菁英大比拼，第十二屆參加人數歷來之冠，有106間中學，657位學生參加，可見這比賽深受各

校長、老師、同學及家長的支持和重視。扶輪國際配對計劃：與上海扶輪社繼續為患有心漏症的幼兒進行心臟手術。與美國矽谷庫比蒂諾扶輪社，欣欣教育基金合辦農村老師培訓，更安排及贊助香港中文大學聯合書院扶輪青年服務團到福建仙遊縣欣欣小學，進行義教工作。莊社長為加強扶輪社國際友誼，於在任年度帶領社友前往夏威夷及馬來西亞參加扶輪姊妹社社慶大典。本社亦對本港社會團體作出支持，包括支持對智障兒童服務之香港西區扶輪社匡智晨輝學校，對柴灣長者鄰舍中心服務的銀杏基金，樂餉社麵包收集行動，香港西區扶輪社扶輪青年服務團及聖類斯中學扶輪少年服務團等。

2016/17: 「兩文三語項目」是香港西區扶輪社主要的社會服務項目，該項目的確帶動學校對兩文三語的關注，從而增加同學們的認知以及其重要性。除此之外，前社長何志謙與樂餉社也合作多年，為有需要人士派送麵包。在老人服務方面，於農曆年期間與社友們前往探訪長者表關懷之餘，亦參加香港西區扶輪社匡智晨輝學校聖誕聯歡會，與同學們一起歡度佳節。至於參與海外姊妹社服務項目，與上海扶輪社合作為患有心漏症兒童做手術；及參與馬來西亞姊妹社為危疾病童安排歡樂週末。本社每年都會贊助香港中文大學扶青團、香港西區扶輪社扶青團及聖類斯中學扶少團社會服務項目。今個扶輪年度最感覺到榮幸是參與地區宣傳扶輪基金百周年紀念項目。

2017/18: 本年度香港西區扶輪社秉承傳統，致力籌辦多項社區服務。其中與香港教育工作者聯會(教聯會)攜手舉辦的「兩文三語菁英大比拼」是每年重點活動之一。透過運用兩文三語即時寫作、討論和演講等三部分進行比賽，提升學生的語文及表達能力，更鼓勵學生關心社會時事，以迎接未來挑戰。本年度共有二十一校校長、博士及教授等教育界精英擔任籌委顧問，百餘間中學及超過六百位同學參與其中，可見此活動深受學界、老師、家長和同學歡迎。

此外，香港西區扶輪社作為母社，一直身體力行支持中大聯合書院扶青團及香港西區扶青團，積極推動扶青團參與多項由其舉辦的社區服務，例如到香港盲人輔導協會與視障人士交流等，與扶青團團員共同成長。前社長王傑生同時重視與其他社互相學習。本年度參與了「香港水足印定向」及「Golden Child Project」等聯同不同

## 香港教育工作者聯會簡介

扶輪社合辦的本地及國際服務，能服務社會之餘亦能與不同社友建立友誼。

2018/19: 本社自1954年創社至本年度適逢六十五週年社慶之期，惟本社於遴選社長事宜，極為躊躇，蓋當年度竟臨青黃不接階段。樂得資深鄭從毅社友，雖介八十三高齡，亦奮然而出，及後幸獲各位理事暨全體社員悉心支持，合力扶攜本社各項傳統服務圓滿延續，實踐是年度扶輪主題“BE THE INSPIRATION”成為勵志成城之目標。

前社長鄭從毅於社區服務項中，特重推動與教聯會合辦之全港中學「兩文三語」菁英大比拼（本社每年之重點活動），蔭於前社長陳建宇協領下，再獲學界肯定與歡迎。此項活動乃透過運用兩文及三種語言，即時寫作、研討、演說共三部分比拼，以致提升語言之表達正確目的，無使“LAUNCH PINIC”說成“LOUNGE PINIC”、“我”說着“啊”之現代青年陋習。此中言語，實對語言不尊，甚至侮辱。世風日下，此非吾輩所願矣。

2019/20: 2019-2020年對前社長張仁宇和西區扶輪社帶來兩次考驗，但西區扶輪社憑社友豐富的經驗和友社長期的協同關係，成功地達到社會服務的目標。受益的計劃包括和上海扶輪社合作的“Gift of Life”，和馬來西亞Petaling Jaya 扶輪社合作的“Golden Child”，在香港的香港西區扶輪社康智晨輝學校和『兩文三語菁英比賽』。

重大的事故也讓我們深深體會到未雨綢繆的重要性。去年是我們創社65週年，我們在資深社友和前社長推動下設立了『六十五週年基金』，在我任內成功籌了數百萬港幣，為日後的社務和社會服務計劃奠定了鞏固的經濟基礎。『兩文三語菁英比賽』今年也應時勢要求，順利轉為網上比賽形式，無懼疫情帶來的種種挑戰而吸引了多位精通多種語言的同學踴躍參與，實在是令人鼓舞。我謹此恭賀『兩文三語菁英比賽』主辦和支持單位再次成功舉辦2020年度的比賽，也感謝胡一威社長及其團隊今年領導有方，令西區扶輪社能繼續支持這個有重大意義的比賽順利進行。

香港教育工作者聯會(簡稱「教聯會」或「本會」)成立於1975年4月，一直堅持「愛國愛港」的立場，本著「凝聚專業，服務同工」的精神，以理性務實的態度，促進教育事業發展。

教聯會第十九屆理事會會長為黃均瑜校長，主席為黃錦良校長。理事會由六十多位資深校長及老師組成，下設五個專責部門，分別為專業發展部、教育政策部、社會事務部、會員福利部和傳訊及出版部，另設若干工作小組。2001年本會興辦了兩所學校，分別為香港教育工作者聯會黃楚標學校及香港教育工作者聯會黃楚標中學；多年來兩所學校都能辦出特色，體現教聯會的教育理念。

多年來，教聯會創建了一些品牌活動，包括「教師體育節」、「優秀教師選舉」等。其中「教師體育節」為教育界大型的年度體育盛事，為教師提供舒展身心的機會；「優秀教師選舉」旨在表揚教師的貢獻，彰顯教學成果。此外，本會關注香港的教育發展，就教育議題進行調查研究，並公開發表意見，促使政府回應業界訴求。

除關注本地的教育發展，與本港政府教育局及各教育團體建立緊密的聯繫和合作外，教聯會亦將會務向外擴展，多年來與國家教育部及內地各省、市的教育部門、工會等建立了互信的良好關係，合辦活動無數，促進兩地教師互相學習和啟發，從而達到共識和共用，實現「教學相長，共同進步」。



## 比賽簡介

香港作為一個國際都市，要在世界經濟上爭取佳績，市民必須擁有良好的英語能力；而中國在國際經濟、貿易扮演的角色日益重要，要掌握普通話、了解祖國國情，才可以把握自身的優勢，有效地與內地和國外溝通、合作及發展。

有見及此，香港教育工作者聯會(教聯會)及香港西區扶輪社一年一度舉辦【全港中學「兩文三語」菁英大比拼】，讓香港青少年透過寫作、討論及演講，鼓勵同學培養良好的中英文表達能力、溝通技巧及關心社會時事，並提高其運用兩文三語的能力，以迎接未來的挑戰。

**參賽資格：**初級組——中一至中三學生；高級組 中四至中六學生

所有參賽者均需由校方提名，每間中學可提名各組別最多五位中、英文俱佳的學生參賽

**比賽日期：**二零二零年十月至十二月

**比賽項目：**初賽——即時作文比賽

參賽同學須於120分鐘內完成中、英各一篇文章。

字數限制(不少於)：

	中文	英文
初級組	300字	300字
高級組	500字	500字

出線名額：初級組及高級組各50名

**複賽——小組分享會話**

入圍同學須以廣州話、普通話及英語分別作自我介紹、文章朗讀及小組討論。

出線名額：初級及高級組各10人

**決賽——演講**

入圍同學以廣州話作即場演講、分別以普通話及英語演講初賽之中英文章。

初級組	高級組	比賽項目	比賽語言
每位同學2分鐘	每位同學3分鐘	即場演講	廣州話
每位同學2分鐘	每位同學3分鐘	文章演講——初賽參賽文章	普通話
每位同學2分鐘	每位同學3分鐘	文章演講——初賽參賽文章	英語

## 複賽入圍名單

### 初級組

就讀學校	學生姓名	就讀學校	學生姓名
何明華會督銀禧中學	徐啟天	聖保羅書院	麥知行
荃灣官立中學	廖喜悅	拔萃女書院	劉韋杉
李求恩紀念中學	趙碧琪	順德聯誼總會李兆基中學	施梅妍
培僑書院	施閱之	九龍真光中學	張皓月
協恩中學	陳曉悠	沙田蘇浙公學	廖康瑤
德望學校	馮斯祺	新界鄉議局元朗區中學	程韻僑
港大同學會書院	盧卓羚	香港培正中學	盧俊曦
聖保羅男女中學	張惠然	德雅中學	楊璐詩
保良局第一張永慶中學	李若谷	香港培道中學	藍梓鉸
風采中學(教育評議會主辦)	沈樂童	培僑書院	何柏翹
培僑書院	黃漪琳	民生書院	黃凱琳
庇理羅士女子中學	黃沛榛	聖公會林護紀念中學	馮思恒
聖公會曾肇添中學	黃睿盈	聖公會陳融中學	曾子語
瑪利曼中學	梁正恩	協恩中學	梁以喬
宣道會陳瑞芝紀念中學	鄭心翹	東華三院甲寅年總理中學	徐藝瑞
德望學校	陳佳穎	番色園主辦可風中學	黎子聰
港大同學會書院	吳政言	嘉諾撒書院	施瀨媛
聖公會曾肇添中學	王苑琪	聖若瑟書院	廖俊翔
瑪利曼中學	郭衍彤	浸信會呂明才中學	李蔚心
拔萃女書院	吳錕廷	港大同學會書院	謝卓欣
新界鄉議局元朗區中學	黃映臻	拔萃女書院	張凱晴
聖保羅書院	詹晉傑	將軍澳官立中學	孔繁荃
宣道會陳瑞芝紀念中學	黃愷瑤	聖馬可中學	羅恩霖
聖保羅男女中學	黃靖琳	培僑書院	門睿涵
港大同學會書院	莊馥菱	王肇枝中學	梁曉澄

## 複賽入圍名單

### 高級組

就讀學校	學生姓名	就讀學校	學生姓名
聖羅撒書院	李鈺伊	香港管理專業協會李國寶中學	林由卿
香港華仁書院	林銳	拔萃女書院	沈怡君
何明華會督銀禧中學	陳依敏	培僑書院	王朗玥
庇理羅士女子中學	王喬	將軍澳官立中學	譚悅琪
拔萃女書院	林慧心	嗇色園主辦可譽中學暨可譽小學	廖愷琳
長沙灣天主教英文中學	張桁睿	新界鄉議局元朗區中學	黃柏澄
保良局羅氏基金中學	陶文琦	新會商會中學	周樂怡
宣道會陳瑞芝紀念中學	蔡曦弘	聖公會林裘謀中學	徐可人
新界鄉議局元朗區中學	熊鎡旗	拔萃女書院	岑熙婷
聖公會曾肇添中學	陳祉羲	聖保羅男女中學	黃焯康
基督教宣道會宣基中學	姚晉仁	嘉諾撒書院	梁天憫
荃灣官立中學	黃明欣	瑪利曼中學	林靄鈞
浸信會呂明才中學	李嘉慧	福建中學（小西灣）	陳麗丹
德望學校	郭晴欣	培僑書院	陳虹池
新界鄉議局元朗區中學	劉詩韻	荃灣官立中學	練瞬恒
嗇色園主辦可風中學	李汶琪	香港華人基督教聯會真道書院	李曉華
港大同學會書院	黎穎欣	宣道會陳瑞芝紀念中學	李敏恩
港九街坊婦女會孫方中書院	翁敏婷	保良局羅氏基金中學	溫樂然
天水圍官立中學	曾憲子	協恩中學	馬梓愨
拔萃女書院	李昕葭	聖保羅男女中學	許晴沂
沙田培英中學	姚慧琳	嗇色園主辦可譽中學暨可譽小學	余詠琪
協恩中學	陳穎瞳	風采中學（教育評議會主辦）	胡曉慧
荃灣官立中學	方子璘	香港教育工作者聯會黃楚標中學	李沛熹
福建中學（小西灣）	林曉妍	香港四邑商工總會黃棣珊紀念中學	張曉文
新界鄉議局元朗區中學	王子琪	博愛醫院歷屆總理聯誼會梁省德中學	陳倩彤

## 決賽入圍名單

### 初級組

就讀學校	學生姓名
聖保羅書院	詹晉傑
聖保羅男女中學	張惠然
德望學校	陳佳穎
拔萃女書院	劉韋杉
協恩中學	梁以喬
新界鄉議局元朗區中學	黃映臻
聖保羅書院	麥知行
瑪利曼中學	梁正恩
聖保羅男女中學	黃靖琳
協恩中學	陳曉悠

### 高級組

就讀學校	學生姓名
拔萃女書院	李昕葭
嗇色園主辦可譽中學暨可譽小學	余詠琪
協恩中學	陳穎瞳
聖保羅男女中學	黃焯康
德望學校	郭晴欣
拔萃女書院	沈怡君
荃灣官立中學	方子璘
聖保羅男女中學	許晴沂
培僑書院	陳虹池
庇理羅士女子中學	王喬

## 優勝者名單

### 初級組

冠軍	聖保羅男女中學	張惠然
亞軍	聖保羅男女中學	黃靖琳
季軍	德望學校	陳佳穎
優異獎	聖保羅書院	麥知行
	新界鄉議局元朗區中學	黃映臻
	拔萃女書院	劉韋杉
	聖保羅書院	詹晉傑
	協恩中學	梁以喬
	協恩中學	陳曉悠
	瑪利曼中學	梁正恩
最佳文章——中文	培僑書院	施閔之
	浸信會呂明才中學	李蔚心
	順德聯誼總會李兆基中學	施梅妍
最佳文章——英文	聖保羅書院	麥知行
	拔萃女書院	吳鏗廷
	拔萃女書院	白凱文

## 優勝者名單

### 高級組

冠軍	聖保羅男女中學	許晴沂
亞軍	培僑書院	陳虹池
季軍	聖保羅男女中學	黃焯康
優異獎	庇理羅士女子中學	王 喬
	拔萃女書院	李昕葭
	拔萃女書院	沈怡君
	協恩中學	陳穎瞳
	嗇色園主辦可譽中學暨可譽小學	余詠琪
	德望學校	郭晴欣
	荃灣官立中學	方子璘
最佳文章——中文	培僑書院	陳虹池
	宣道會陳瑞芝紀念中學	李敏恩
	嗇色園主辦可譽中學暨可譽小學	余詠琪
最佳文章——英文	瑪利曼中學	林靄鈞
	德望學校	伍樂頤
	香港培正中學	葉穎瑜

優異文章名單

優秀文章名單

初級組

高級組

文章類別	就讀學校	學生姓名
中文優異文章	培僑書院	施閱之
	浸信會呂明才中學	李蔚心
	順德聯誼總會李兆基中學	施梅妍
	何明華會督銀禧中學	徐啟天
	港大同學會書院	謝卓欣
	聖保羅男女中學	張惠然
	瑪利曼中學	梁正恩
	聖保羅書院	詹晉傑
	聖保羅書院	梁閱晰
	新界鄉議局元朗區中學	黃映臻
英文優異文章	聖保羅書院	麥知行
	拔萃女書院	吳錕廷
	拔萃女書院	白凱文
	聖保羅男女中學	張惠然
	宣道會陳瑞芝紀念中學	黃愷瑤
	聖保羅書院	詹晉傑
	拔萃女書院	劉韋杉
	觀塘官立中學	陳昭文
	聖保羅男女中學	韋美樺
	屯門官立中學	陳靖琳

文章類別	就讀學校	學生姓名
中文優異文章	培僑書院	陳虹池
	宣道會陳瑞芝紀念中學	李敏恩
	喬色園主辦可譽中學暨可譽小學	余詠琪
	仁濟醫院林百欣中學	許藝莹
	保良局姚連生中學	劉陰靈
	德望學校	郭晴欣
	聖保羅男女中學	黃焯康
	拔萃女書院	林慧心
	喬色園主辦可譽中學暨可譽小學	廖愷琳
	香港四邑商工總會黃棣珊紀念中學	張曉文
	英文優異文章	瑪利曼中學
德望學校		伍樂頤
香港培正中學		葉穎瑜
拔萃女書院		李昕葭
基督教宣道會宣基中學		呂汶宣
培僑書院		陳嘉依
協恩中學		馬婕妤
聖若瑟書院		譚景天
聖保羅男女中學		張皓甯
香港培正中學		焦采溢

## 不少人把「有機會」看成「運氣好」， 你同意嗎？談談你的看法。

聖保羅男女中學 張惠然

巴爾扎克曾經說過：「人們若是一心一意地做某件事，總是會獲得機會。」我認為「有機會」絕對不是「運氣好」，把「有機會」看作「運氣好」，恐怕是扼殺了所有願意努力的人的付出。

首先，機會是由不斷努力所創的。俗語有云：「天下無難事，只怕有心人。」古時蘇秦家境貧窮，但他懸梁刺股，飽讀各類書籍，最終成功當上了官。他一直努力為自己創造機會，不斷努力學習，最終使六國合縱，成為六國的丞相。以他的家境，本來難以獲得成為大丞相的機會，可是他堅持不懈，證明了「有志者，事竟成」的道理，終為自己創造了機會。除此以外，海倫凱勒失明與失聰，但她不屈不撓，勤奮地學習，不但學會手語，還學會了讀書和說話，最後更於高等學院，成為了舉世聞名的作家。她的人生證明雖運氣不好，生下來就已有缺陷，可是憑著她的決心與堅持，終能將不可能化為可能，為自己創開了一片天。由此可見，即使運氣不好，只要願意努力突破自身限制，定能為自己創造機會。

其次，機會也是由意志所創造的。戰國時的毛遂身分只是一個小小的門客，卻意志堅定，敢於自薦。儘管平原君質疑他，他也毫無畏懼地表達自己的見解，希望能被重用。他出身貧窮，早期當門客時亦沒有什麼機會可以發揮，但憑著他不屈的意志，勇於追求理想的精神創造了機會。古有毛遂，今亦有美國前總統奧巴馬。他是美國的首個黑人總統，在美國這個依然存在著種族歧視的國家，他有著與生俱來的劣勢，但他有著要改善社會上的不公，改變世界的意志與決心，成功進了哈佛大學，畢業後一次又一次地為自己創造機會，包括成為律師和美國國會參議院，最終成為了美國總統。從此可見，儘管運氣不及他人好，但憑著不死的意志與堅毅，也能為自己創造新的機會。

最後，若不好好努力，儘管運氣多好，機會也會與你擦身而過。古時方仲永才華洋溢，區區五歲就己能提詩。可是他父親整日帶他拜訪不同的人，使他變得越來越驕傲，忽視了努力的重要性。過了十年後，他的能力已與普通人毫無差別。他雖然擁有了生來的優勢，才智過人，卻沒有好好努力，不求上進，也沒能得到好的機會。除此以外，吳王夫差雖然擊敗了越國，卻驕傲自大，不勵精圖治，貪圖享樂，最終被臥薪嘗膽，堅毅不屈的越王所滅。他雖然一開始憑著運氣贏得戰爭，卻因為不願努力而終失敗，可見即使運氣好，若不努力，也無法獲得機會。

總括而言，機會並不是運氣好，只要願意努力，憑著堅毅與意志，最終定能創造機會，邁向成功。

**Suppose that you have decided to volunteer several hours each month to serve your community. What is the one thing you will undertake in order to improve your community, and why? Please support your response with examples and reasons.**

Wai Yin Cheung  
St. Paul's Co-Educational College

Children are the future, the pillars of the society. To improve our society and community as a whole, it goes without doubt that we should start with the young. The one thing that I would undertake in order to improve our community would definitely be to help impoverished children. There are many children in our society right now who are less fortunate than we are especially during the times of COVID-19.

Firstly, many underprivileged children have been struggling to take online lessons properly. According to a survey conducted by SoCO, the Society for Community Organization, in 733 students from low-income families, 40 per cent did not have computers at home to take online classes. This has greatly affected the learning progress of these students – they are unable to learn effectively because of the dearth of resources. Although the government has started to provide subsidies for these families, the internet fee subsidy, which only covers up costs up to \$125, is far by enough for them to buy computers or install steady Wi-Fi at home. I believe that everyone should be given fair and equal learning opportunities, and to not be able to learn productively because they ‘do not have a computer’ is genuinely unjust. Therefore, I would love to commit myself to tutoring underprivileged children, to help them keep up with the learning pace that they were unable to in the past several months. As face-to-face class has resumed, the situation is gradually improving, but I do think that it is still of utmost importance for children to catch up with their other classmates, to understand the content that they have failed to learn.

Secondly, children in Hong Kong are extremely stressed. Children and teens may find it hard to tell their parents or teachers when they feel pressured. This often results in insomnia, difficulty in falling asleep, having poorer appetite and also having to suffer from headaches or stomachaches. Dr Lim Boon Leng, a psychiatrist at Dr BL Lim Centre for Psychological Wellness in Singapore, mentions that ‘kids who do not have a stable family structure, or family income’ are more susceptible to stress. Many parents in our society tend to tell children to accept stress, instead of telling them how to handle it. During the pandemic, children may face even greater stress because of academics when they cannot keep up. Apart from that, children may face problems like bullying at school, but with no place to vent, they silently endure the bullying until they cannot stand it anymore. As underprivileged children may not have the chance to consult psychologists, it strips them of the chance to talk to a professional about their problems. We have to understand that

## 如何在疫情中為自己、為別人創建機會？

聖保羅男女中學 許晴沂

children are not being insubordinate when they complain, instead, we should realize what their complaints connote. I would want to volunteer to help them understand that it is not 'okay' or 'normal' to feel overly stressed, that it is absolutely acceptable to talk to someone about the stress they face. I hope that through telling them more about stress and mental health problems, they would put more emphasis on their own mental wellbeing, and that I would, not only be able to act as a listening ear, but also ask them to take counselling sessions when needed.

Last but not least, I believe that it is crucial to help impoverished children understand that they have a future. Children who grow up in low-income households tend to have less access in opportunities and thus are trapped in the pernicious cycle of poverty. I have once talked to a child, aged 8, about his dreams. He told me that he wanted to be a doctor, but he told me that those were 'jobs of the rich' and that it was impossible for him to achieve those dreams. I was immensely outraged when I heard that – why are we letting children think that they cannot achieve their dreams and goals because they are not as privileged as others? It goes without saying that we are too ignorant to the issue of poverty. Nearly one in every five children in Hong Kong are living in poverty. This may seem shocking, but it is ostensibly the truth. These children get less chances than compared to those that are more affluent. I hope that through teaching them that self-worth is not based on money, by listening to them talk about their worries, I can gradually help them gain a better sense of self-esteem. I would want to invite those who have successfully paved their way towards their dreams despite being underprivileged to share their experiences to influence the young. By simply being there and talking to children, let them know that they are properly valued in our society and that society sees them. Let them know that they have a chance in change. That they can create their own futures.

To conclude, I firmly believe that it is unjust for underprivileged children to receive less chances and I hope that every effort can be put towards helping these children. Though I, myself, may not be able to do a lot for these children, I believe that if everyone is willing to put their best foot forward to do a little something, hand in hand, we will be able to help these children achieve a better future.

著名英國軍事理論家托·富勒曾經說過：「一個明智的人總是抓住機遇，把它變成美好的未來」。新冠肺炎疫情於年首突然迅速散播於各國之間，使全球經濟及工業一度停頓，同時亦對民生活動造成巨大的影響。從一方面看，疫情似乎從我們身上剝奪了不少寶貴的機會及經驗；但正如托·富勒所說，一個明智的人總能在逆境中為自己及他人創建機會，把遺憾轉化為未來的力量。

首先，大眾都因為疫情一直高企而多了時間留在家中。與其浪費光陰在娛樂及休息之上，很多人均選擇靈活地運用這些多餘的時間來增值自己。作為學生，於上半年停課期間，由於不用每天穿梭與學校及補習社中間，我會用省下的交通時間來培養新的興趣，如烹飪及瑜伽等。疫情的到來驅使所有面授課程被迫暫停，但我卻因此得以發掘及利用網絡上多不勝數的資源。以往我只會使用串流平台觀賞綜藝節目等作娛樂用途，但在疫情下我卻能透過觀看上面一些教學影片來學習新的技能。我不但能每天練習瑜伽以保持身心健康，更學懂了烹煮一頓「三燴一湯」的晚餐給我的父母吃。這些珍貴的技能都是由於我能夠在逆境把握機遇增值自己，對未來實在有莫大的用途及裨益。除了學童以外，已經踏入社會工作的人亦能夠在疫情下找到屬於自己的曙光，抓緊每一個發展機會。一個在職女性受新冠肺炎疫情影響調查中顯示，所有訪問地區中，四分之三受訪女性於疫情中受到創業的啟發，並從中獲得推動力。疫情雖然令經濟低迷，許多人面臨失業的威脅，但只要保持積極精明，危機亦可轉化為嶄新的商機，以助自己面對疫情持續的挑戰。

另一邊廂，除了為自己創造機會以外，疫情亦暴露了弱勢社群生活的苦況，驅使大眾紛紛伸出援手，為別人製造機會。在過去一年中，幾乎所有義工活動都轉以網上形式舉辦，如線上替新移民學童補習、以視訊方式關心安老院的老人等。雖然有人指出網上服務的形式對比面對面缺乏互動性，實際效用存疑；但我們也不可否認網上義工活動的方便性吸引了不少人利用疫情多出的時間來參與這些活動，令更多受眾能夠得到協助，造福社會。除此以外，疫情雖然截斷了一切旅遊活動，但同時令各國的民眾更踴躍於不同社交媒體積極保持聯繫，使自己不與世界脫節。這現象出乎意料地有著莫大的好處，隨著因疫情而倍增的社交媒體用戶，加上大家每天會花更多時間使用社交媒體，一些以往容易被忽略的世界大事便迅速於網絡上傳播開去。位於澳洲的新南威爾士於2019年末因史無前例巨大的山火宣布進入緊急狀態，有些地區更已經持續三年有多，留下的是1100萬公頃焦土，2000多所房屋被毀。

野生動物總計高達10億喪生火海。由於國際新聞報導不足，世界其餘地方對此悲劇可謂不聞不問。直至疫情開始，當地居民紛紛於社交媒體上轉發烈焰中的袋鼠、樹熊圖片。這些圖片於短短一週內傳遍世界，各地網民都熱烈地轉發當地情況，號召更多人關注，又積極籌辦網上捐款等，救濟受影響的農民及資助一些環保義工組織增聘人手到火場幫忙等。3月31日，新南威爾士消防部門宣佈有史以來最具破壞性的這個野火季正式結束，有賴這場具有非凡號召力的網上義工行動，並為當地社區提供了重生的機會。

總括而言，面對逆境的時候，只要保持正面開放的態度，我們周圍其實蘊含了多不勝數的機會，等待我們好好把握，用以增值自己，甚至把這個世界改變為更有愛、更美好的地方。

**Some maintain that gaining knowledge of the past has little relevance for those living in the present. Do you agree with this perspective or not? Please support your response with examples and reasons.**

Ching Yi Hui  
St. Paul's Co-Educational College

In the middle of the mundane and tedious history lessons we've all had to at some point, have you ever wondered what is the purpose of studying history? What good can learning about the past possibly do to us? Aren't we taught to forget the past, focus on the present, and work for the future from a young age? These were the exact questions that have spiraled in my head when I was initially exposed to the subject at school, but little did I know of the immense impact it would have on my life once I started to learn about its impactful relevance to our lives at this very moment.

As the 26th president of the United States, Teddy Roosevelt, once said, "The more you know about the past, the better prepared you are for the future." Studying the successes and failures of the past enables us to learn from mankind's mistakes and avoid repeating them in the future. While it may seem cliché, history does repeat itself. In the chilling November of 1918, World War I came to an end with the signing of the Treaty of Versailles. It was responsible for around 40 million casualties, including 20 million deaths and 21 million wounded, in which half were civilians. The War has cost countries more than just money and armaments, it also took innocent lives and torn millions of families apart. Apparently, the world has not learned its lesson with the abrupt outbreak of the Second World War in 1939. By the time it was concluded after 5 dreadfully long years, an estimated total of 85 million people perished, which was around 3% of the world population at the time, making it the deadliest military conflict in human history. If the powers had learned from the history of the previous War to not act recklessly based on sole national interest, instead consider the humongous and tragic impacts war could impose on all of humankind, the Second World War would not have occurred, and millions could be saved from pain. After the War, it was obvious that countries have finally learned their lessons in a hard way as the United Nations (UN) was ultimately established as an international peacekeeping organization and a forum for resolving conflicts between nations. To this day, the UN is still effective in maintaining world peace – diseases have replaced war as the leading cause of death around the world, which testifies to the importance and benefits of learning history.

Secondly, history also provides us with insight into our cultures of origin as well as cultures with which we might be less familiar, thereby increasing cross-cultural awareness and understanding. In the 1880s, approximately 10.7 million of Africans, who were forced into slavery after being captured in African colonial wars, have been brought to America by

white Europeans. White masters had complete control over the lives of their slaves and treated them as their properties. As the slaves had practically no rights, they were often overworked but underpaid – most of them were even completely unpaid. Those who disobeyed or resisted in small ways were violently punished and tortured. Growing up in Asia, understanding the sufferings and history of a distant culture can help us recognize our privilege of not having to be discriminated against, or even enslaved due to our skin color. It also helps us understand why our world is formed as it is today, enabling us to appreciate the diversity of cultures and being respectful towards the painful history of another race. As an example, Black History Month is held in October annually in western countries to celebrate the contributions that African Americans have made to American history in their struggles for freedom and equality. This demonstrates how learning history allows us to raise awareness of the existence of various cultures in our world, and to appreciate their significant contribution in shaping the colorful world we live in today.

History doesn't possess the power to change the past, but it holds enormous influence in changing our future. By studying history, we can learn from our previous experiences in the past six million years and acknowledge the cultural forces that embody our world today. If I had a chance to go back in time, I would like to tell my past naive self that history is so much more than just a burden on memory it is an illumination of your soul.

## 不少人把「有機會」看成「運氣好」， 你同意嗎？談談你的看法。

浸信會呂明才中學 李蔚心

人們常說：「機不可失，時不再來」，可見機會的重要性，許多人的成功都是因為一個機遇產生的。雖然話是這樣說的，但是有人認為有機會是因為運氣好，沒有成功的人是因為運氣不好，沒有機會展現自己的才能，才不能成功。但是我不認同這種說法，因為機會是掌握在自己手裏的。

首先，想有機會，就要靠自己的才能和本事。如果你本身就出類拔萃，大多數時候機會就會自動找上門來。就像三國時期諸葛亮，人稱「臥龍」，足智多謀，他連門都不用出，劉備就找上門來，請他出山幫他謀劃稱霸天下。因此只要你有足夠的實力，自然就會有機會，甚至多於一個機會，就有可能成功。我們可能沒有諸葛亮一樣聰明，但是我們可以裝備和提升自己，令機會來時，可以一展所長，出人頭地。相反，如果你運氣很好，一開始就是很多機會，但是你沒有什麼本事，也只能和機會失之交臂，後悔莫及，有機會也是枉然。所以我們在等待機會時，應該好好磨練自己，才能在機會出現時，把握機會，展現自己。

但是，當提升磨練自己後，還是在一群有本事的人裏不能鶴立雞群，就應該主動出擊。就像成語「毛遂自薦」，毛遂是個有本領有抱負的人，但是沒有遇上機會，沒有被人發現，於是他自我推薦，主動尋找機會。因此當我們自身有一定實力後，就應該主動，主動告訴別人你的優點長處，自己創造機會。如果你坐以待斃，只靠運氣，也是不能抓住機會的。

最後，如果你還是沒有遇見機會，不能就此放棄，要堅持到底。正所謂「是金子總會發光的」，只要你有這個本事或才能，機會總是會到來。機會可能會遲來，但一定會到，所以我們不能因為小小的挫折就輕言放棄，只有不懈的努力，繼續進步，不斷主動嘗試，就會遇見機會。

總括而言，機會是掌握在自己的手裏，與運氣好壞沒有關係，只要你有本事，主動嘗試，永不放棄，最終都會遇見機會，走向成功。



## 機會，可以創造嗎？

培僑書院 施閱之

夜幕給了旭日再次升起的機會，風給了葉子探索世界的機會，那麼，又有誰給予我們機會呢？沒有人會給予我們機會，它不會從天而降，更不會憑空出現。不過，既然沒有人能給予我們機會，我們為何不去自己創造，不去自己把握呢？機會，是可以被創造的。

機會可以由主動創造。從前，有一個成語叫「毛遂自薦」，典故中的毛遂雖然只是一個平平無奇的平民，上天沒有給他創功立業的機會。但他勇於推薦自己出任要職，最終立下大功，一舉成名。毛遂為自己創造了一個機會，他的主動成為了他打開名為「希望」的門的鑰匙。與其在等待不知何時會出現的機會，他緊緊地抓住了原本不屬於自己的機會，最後把這個得來不易的機會轉化成自己的功業。由此可見，只要我們能勇於踏出第一步，主動爭取，我們便能創造專屬於自己的機會。

機會，還能靠努力去創造。還記得在小學三年級時，我被選為學校田徑隊的成員之一。但是，我當時的跑步速度雖然是快，但絕對稱不上是突出，因此，我一直沒有機會為學校參加校外比賽。那個時候，我心中的第一個想法是「等那些高年級退出田徑隊，機會便會自己找上門」。不過，我很快便意識到自己的錯誤，田徑隊總會有新的成員加入，一直保持着這種心態，我只是自甘墮落而已。此後，每當別人做五下掌上壓時，我便做十下；每當別人來回跑十次，我便做十五次。每一件事也比別人多做一點，做每件事也比別人多付出一點，日積月累，積小成多。終於，在四年級的時候，老師推薦了我參加校際比賽。我和毛遂不同，我確實沒有勇氣去自我推薦，但我用汗水澆灌了一顆名為「機會」的種子，那顆種子亦終於破土而出，開始發芽成長。既然「機會」的果實在我伸手不可及的地方，與其等待它掉落，倒不如我用努力去自己種一棵充滿機遇的樹。可見，機會是可以靠努力去創造的。

當然，以上也只不過是古今以來人們創造機會的一些例子，但這亦證實了，無論是古代還是現在，我們都可以靠雙手編織機會。我以前聽過一句話，說「弱者等待機會，強者創造機會」。機會不是光靠等待便能出現的，你不會知道它何時會到來，也許在你發現它的時候，它便已經從你的身邊悄然離去。與其和機會玩捉迷藏，為什麼不當一個強者，去創造機會呢？

在漆黑的夜裏，我們不是要等待光源的出現，而是要自己製造光源。當你還在祈求太陽的升起時，別人已經找到手電筒、打火機了。機會不會跟隨

着我們，不會隨時待命，但我們不能被機會的稀少性局限，我們需要靠着意志和努力，自己去創造機會。有人說「機會是留給有準備的人」，這句話當然是正確的，但當你有萬全的準備，機會也不會來到你的家叩門。我們不能在家中坐以待斃，我們應自己出門去創造它，決不能與它擦肩而過。最後，每個人也能靠主動及努力創造機會，能把握機會的人不是幸運，而是靠自己的力量去創造的。創造機會的過程可能很艱苦，但「不經一番寒徹骨，怎得梅花撲鼻香」，創造機會也像是砌拼圖，我們需把努力、主動等碎片拼砌在一起，最後才能獲得一幅美麗的圖畫。沒有人能給予我們機會，既然如此，我們就自己去創造機會！

## 「授人以魚不如授人以漁」在今天的意義。

順德聯誼總會李兆基中學 施梅妍

一條魚可以滿足一個人的一餐溫飽，但也只是一餐，那往後的日子有什麼可以充飢呢？

在大街上，有一個衣衫破爛的人，你于心不忍，前去給了他一百塊，讓他去買些吃食，那一日他解決了三餐溫飽，第二天他仍坐在那，你在同一時間經過，又給了他一百元，日復一日，你習慣了幫助他，他也漸漸認為你會一直幫助他，但有一天你沒有到那條街上，那人卻是坐在那一動不動，在等待好心人的幫助，一天滴水不進，粒米不入，漸漸的因為營養不良而昏闕，癱倒在街上，卻沒有遇到好心人的相助，慢慢在昏睡中結束一生。

在平行時空中也存在著一個你和他，同樣是在大街上，第一天你見到他，買了一套衣服和吃食給他，第二天他穿著你買的衣服，坐在同一個位置，這個你卻是走了過去，問了一句你有什麼技能，那人道了一句話，他說他只是一個廢人，你走了，卻留下了一張名片，上面這樣寫著：一心設計 創意總監 陳一心。

第四天，你沒有在街上見到他，卻在公司大門外，看見一個熟悉的人，你給他安排了一個見習設計助理的職位，然後一言不發，回到了辦公室，當天六點你準時下班，卻見他獨自在茶水間裡，低頭在寫寫畫畫，你走向前，卻發現他默默地在設計一個特殊的圖騰，你見他如此努力，便給了他一些評價，也略略教了他些許設計技巧。

一年後，那人當上了一名正式設計師，在業內也小有名氣，就這樣過上了忙碌的生活。

當然，不是每個人也這麼幸運，會遇上你，也不會有人幫他安排。

明明是同一個人，為何會過上不一樣的生活，那人沒有任何改變，不同的是你的態度。

一百元確實是他當前所需要的，可滿足不了他的一生；而一些技巧，只要學會了，便不會有人奪得走，而可以擁有一世。

如同一條魚的確可以滿足一餐溫飽，但學會釣魚卻可以自給自足，這便是魚和漁的差別。

至於在現今社會，以幫助第三世界的住民為例，需要解決的不單是溫飽的問題，而是貧窮，這才是「授人以漁」的方法。

**Suppose that you have decided to volunteer several hours each month to serve your community. What is the one thing you will undertake in order to improve your community, and why? Please support your response with examples and reasons.**

Chi Hang Mark  
St. Paul's College

The homes of the elderly are compact and isolated, especially in Hong Kong. The little space that the flat has, barred by the doors and the windows of steel, resemble a cage - and the prisoner is none other than a frail elder. How miserable! We, the children of our motherland, have a moral obligation to tend to such homes, such that they may spend their short lives - and afterlife - in peace. I will thoroughly explain my stance with the following points below.

First and foremost, I view in an elderly's home as paying a proper homage to them, as expressing our gratitude and respect to those who had once served the community is certainly meaningful. In our era, the elderly is truly the backbone of our society. Before the golden age, the majority of Hong Kong citizens had been poor, illiterate grassroots, who had no chance of receiving the policies as we do now. Throughout the post-war periods, they strived and labored onerously for the expense of their kin, who gave birth to us. The fact that our generation is alive and well today is no miracle. However, as I sit comfortably before the computer, the elders sit alone in their rusting cages, waiting pointlessly for their inevitable deaths. I am no politician to provide these individuals better residence, nor am I their insurance manager to profit from them. The only thing I can do several hours a month - is to engage in casual conversation with them, to learn from their tiring lives, and most of all, to say a sincere "Thank you". It may seem insignificant to do such things, yet it brings the utmost comfort to elderly people, as they feel that they are cared for and remembered.

The government may implement relevant policies to benefit the elders, but they do not spend a five-minute chat with each and every of them. The effect of a child on the elderly, therefore, amounts more than that of the average politician. To summarize, thanking and recognizing elders for their dedication to their community is crucial.

Secondly, elderly people who are living alone need help for many daily needs. Disabled elders, for one, require helpers to assist them in their household chores. Elders with Alzheimer's, for another, require helpers to find their way around in the ever-changing city. For several hours each month, I get to aid these unfortunate elders with their own respective needs. I get to be their sons or grandsons for the afternoon, as their children might have forgotten their parents, and others simply neglect. By experiencing how fragile and tough life is for them, I can learn how to treasure my own. Even though it may seem that they

already have sources of assistance in their lives, elderly people do occasionally feel lonely too. Hence, mental assistance is necessary as well. For instance, when elderly people live in solitary for too long, suicidal and depressing thoughts may flood their minds. They might go weeks without food or water, or even set off into the night and never return. Thus, it is important that multiple sources of assistance are present whenever elderly people require immediate help. As aforementioned, a simple few words and constant care go a long way. A grandmother is most emotional when she sees a baby. To sum up, a strong-willed mind and a loving heart is all it takes for teens to reach out to elders.

In conclusion, I aspire to volunteer in the homes of elderly people because it is an act of respect and gratitude to them, and it allows us to assist elderly people in their daily lives. What's more, serving elderly people allows us to better understand social and personal issues in our community. Our current goals might be to get high grades and succeed in our future careers. Yet, if we do not develop a sense of responsibility and of citizenship, if we do not care so much for the helpless as we do for our exams, then we are unqualified to call ourselves a Hong Kong citizen. On the social aspect, elderly people need direct support from governmental policies, such as medical and health care policies; while personally speaking, they require physical and mental assistance of volunteers in their daily lives. By tending to their needs and comforting their restless minds, I, as a student, might directly impact an elderly person's life. How reassuring is that!

**Do you agree that the expression “never give up” pertains to individuals who keep striving towards their goals? Please provide specifics to support your position.**

Hoi Man Pak  
Diocesan Girls' School

“The challenges in our lives are there to strengthen our convictions. They are not there to run us over. Never give up.” This is a famous quote by Nick Vujicic, a motivational speaker and the author of “Life without Limits”. Nick's story is an extraordinary example showing that “never giving up” pertains to individuals who keep striving towards their goals. But in this ever-changing environment nowadays, I believe that we also have to embrace changes and grasp every opportunity to adjust and adapt so as to achieve our goals.

Nick Vujicic was born without any arms or legs. Being the only one who travelled in a wheelchair and wore prosthetic limbs at school, Nick had to endure a lot of spiteful words, taunts and stares by his classmates. At age 10, the feeling of isolation and helplessness led him to attempt suicide by drowning himself in the bathtub. At the very moment before his life was taken away, he realised that killing himself would inflict a lot of pain to his parents. His parents' unconditional love was what brought about a huge change in him, from pessimism to believing in the good and feeling grateful for what he has.

Nick's parents' emotional support empowered him to take on new challenges, and has sustained him through the hardest times in his life. From trying to type with his two only toes, to participating in sports activities, Nick refuses to be limited by his physical disability, instead, try his best to create possibilities with what he has. Despite the many adversities and struggles he faced, he truly enjoyed the process of trying new things. He found hope, and real happiness in a world of desolation he was once in, and because of this he became determined to never give up, and to live his life with passion. He also vowed to himself that he would contribute by inspiring others.

Nick's inspiring story demonstrates what is “never give up”. It means believing in oneself, the willingness to accept failure and to embrace changes along the way. When we face difficulties, we have to remain strong and tough. We have to face the challenges and seek alternatives to resolve the problems. Just like Nick, he learnt to live his daily life independently by grasping the skills of holding utensils for eating, brushing teeth, typing on computer and so on. When getting failure, we still have to persevere and not to give up. Setbacks can help us learn how to adapt to changes, and that we should never fear the changes that are constantly happening to us.

Nowadays, there are many unpredictable things happen around us. Things can vary from minute to minute. The changes may serve as hurdles for us to achieve our goals. Shall we give up our goals so easily because of the hurdles, or shall we adjust ourselves and our strategies to face up changes so as to keep striving our goals? Nick has chosen the latter and his adaptability and flexible to changes is highly commendable. One of Nick's goals is to connect people from all walks of life and empower them to persist and pursue their dreams. To achieve this, he started to spread positive messages of life to his schoolmates through active participation in extracurricular activities. He understood that his peers are more receptive to ideas delivered in this way so he worked along this way to achieve his goal. Later, he has tried to share his story with millions all around the world through speeches, documentaries and books, and he is currently a world-renowned motivational speaker and a best-selling author. "Life without Limits", the book he published, inspired so many people to create opportunities for themselves even if in the worst of times.

The awe-inspiring Nick has shown through his own experience, that nothing is impossible as long as you never give up. His story gives us the power to see that all adversities can be overcome as long as we look at life with passion. What people think about we do not define who we are -- we are in control of our own life and it is our decision of how we will spend it. Although there is no guarantee if the future will go as planned, at least our efforts of trying will not be futile in the end. Will you choose to give in to these barriers or stand back up again no matter how many times you have been knocked down? Perseverance and embracing changes are the keys to achieving our goal, and just like Nick, we have the ability to get back up amidst all pain, and continue to give our best into the situation. Therefore, I agree that "never give up" pertains to individuals who keep striving towards their goals, and embracing changes can open up more opportunities for us.

**Suppose that you have decided to volunteer several hours each month to serve your community. What is the one thing you will undertake in order to improve your community, and why? Please support your response with examples and reasons.**

Si Ting Ng  
Diocesan Girls' School

I have recently decided to volunteer at local primary schools and kindergartens several hours each month in order to improve my community. There are three reasons why I choose to do this.

First of all, teachers are overworked and stressed nowadays. Their salary is low. They barely have time to teach all the chapters included in the exam, let alone care about the students falling behind and the students who are gifted and seek for more knowledge. I will volunteer in schools and tutor students in small groups after school. This way the students will be less discouraged and stressed out because of their "not good enough" grades and have more time to catch up on their schoolwork. I will talk about the concepts more slowly and patiently. Moreover, I will give out examples related to their daily life so they can understand better and have a good impression on the subject. The gifted students will also be led to more difficult concepts in subjects that they enjoy and I can discuss with them, thus their willingness to learn will not be drowned in the sea of unanswered questions. This way all students can learn effectively and happily; teachers will feel more relaxed and pick up the enthusiasm towards teaching; parents will also worry less about their kids' studies and feel proud of their children.

Speaking of parents, a lot of families nowadays have both working mums and dads and the kid is often left with his or her grandparents or domestic helpers. Some are even left alone at home. God knows what will happen if the kid has an accident! Growing up in such an isolated home, the kid is lonely and he or she often cannot feel the love from his or her parents. Therefore, I will bring students to sport grounds nearby and play sports with them (given that there is permission from their parents). This way, they can have more opportunities to go out into nature and at the same time, feel the warmth from their peers and will grow to be optimistic and brave. I will also take them to see how different people in the society work. They might have a better understanding of the reason why their parents seldom take care of them and that they are loved by their parents just in a soundless way. I hope they will grow to know their parents better and form a strong bond between them and their loving parents.

Last but not least, we are in an age which technology is more than necessary, no matter for students or working adults. For instance, when Covid-19 broke out, many students didn't know how to or couldn't connect with their teachers and schoolwork and were struggling at home. Adults had to "work from home" and had to learn to use electronic devices to work efficiently. Although we will get back to normal life one day eventually, we have to gain knowledge of technology to prepare ourselves for our future jobs in society. Hence, I will teach students about technology. For example, when the teacher is planning to use apps like Google Classroom to inspect the learning progress, Nearpod to run an online interactive lesson, Zoom to hold meetings..... I can teach students the way to use them before the lesson so the teacher can teach more efficiently. I can also develop their interests by teaching them how to create their favourite apps and write computer programs using apps like Thunkable, Scratch, etc. However, I will also tell them that they shouldn't become addicted to their electronic devices and social media, which they might be using in the foreseeable future.

These are the reasons why I have decided to volunteer at local primary schools and kindergartens. I believe my community will become a peaceful, relaxing, joyous, loving one, full of loving parents, enthusiastic teachers, and studious, smart, cheerful, caring children who can distinguish right and wrong, have their own interests and most importantly, have their own dreams!

## 不少人把「有機會」看成「運氣好」， 你同意嗎？談談你的看法。

瑪利曼中學 梁正恩

「有機會」和「運氣好」看似相通，但在我看來，機會的來臨並不全是運氣好。

首先，機會到底是怎麼樣得來的呢？當你是一個平庸無術的人，卻得到了一個很好的機會，我會說你的確是撿到寶了。但是當你是一個博學多才的人，我可以肯定的說，你的機會是靠自己的實力得來的。誰會在有更好的選擇的時候，選擇一個比較差的人呢？願者上鉤，機會是靠自己得來的。我們需要做的，是好好的提升自己，自然當有機會的時候，人們會想到的是你能夠擔任此工作，從而把機會贈予給你，而不是機會就剛好就降臨到你頭上。

其次，機會能夠靠自己製造出來。很多人認為：「他能夠這麼成功，肯定是因為他運氣好吧。」但其實，成功的人不過是為自己創造機遇，從而踏上成功之道。孔子曾經說過：「遇不遇者，時也。」我卻不是很認同。我們應該要勇於嘗試。坐以待斃，只為了等待時機，絕對不是上乘之策。為何不自己創造機會呢？就好像跟人結識或搭訕的過程，你要主動的「出擊」，製造跟他們談話的機會，才能夠從而跟他們成為朋友或者是戀人。你只是這樣坐在這裡，什麼東西都不做，等待別人來跟你說話，機會就已經降低了一半。有人說過，當你主動去做一件事的時候，那件事就有一半機會成功。製造機會，跟運氣好是完全相反的。創造機會是主動，而運氣好則是被動，因此「有機會」並不等於「運氣好」。

再來，運氣本來就是一件非常主觀的東西。在別人眼裡，你可能是因為運氣好才得到機會，但在你的眼裡來說，可能是你很辛苦得來的成果。何況，有機就有危，人生很多時候是有兩面的。機會常常伴隨著風險，運氣到底是好是壞，全都是未知的。

總括而言，機會是靠自己而得來的，與運氣的關聯並不大，因此我認為「有機會」並不等於「運氣好」。

## 機會，可以創造嗎？

聖保羅書院 詹晉傑

天時、地利、人和被廣泛認為是取得成功的關鍵因素。不少人對此深信不疑，認為要等待機會來到才能成就大事。這就是不少人走向頹廢、失敗、一事無成的原因。那麼，機會是怎麼來的呢？難道機會是別人給予的？就不能靠自己的雙手創造出來的嗎？

作為全球最成功的富豪，比爾蓋茨（Bill Gates）憑藉自己的電腦知識和以電腦改變世界的信念，經過無數日與夜，終於研發出世界上最好的電腦作業系統——視窗作業系統（Windows），為人類邁向科技時代做出不可替代的貢獻。儘管有一些顛倒是非黑白的人可能會貶低他的努力而說他是因為他的母親，一位身兼數職且德高望重的女商人為他安排人脈網絡，從而令他得到機會與國際商業機器公司（IBM）合作。可如果他跟普通人一樣，守株待兔，沒有研發出視窗作業系統，他能取得如此輝煌的成就嗎？可以說，比爾蓋茨取得的機會，都是建基於他的努力的基礎上。機會完全是他自己創造出來的，他的事蹟完美地詮釋了「機會是人創造的」這句金石良言。

時維1933年，國民黨向中共發動了第五次剿共戰爭。由於軍事指揮失誤，紅軍由八萬人銳減至三萬人，並被迫開始「兩萬五千里長征」。那時候形勢可說是完全對國軍有利。如果紅軍戰士因而消極迎戰，坐以待斃，中共又怎麼能取得中國革命的成功呢？如果紅軍領導層和中國主要創始人之一的毛澤東畏敵畏戰，等待機會，紅軍就會遭到敵人徹底的消滅。但毛澤東却是一個勇於創造機會的人。他通過一系列精心策劃的軍事指揮，創造了集中優勢消滅對手的機會，四渡赤水，化被動為主動，成就了人類戰爭史上的以少勝多的奇蹟。所以說，人定勝天，不管客觀條件的差距如何，只要有堅定不移的意志和信念，我們總是能創造機會走向成功的。

愛迪生的名言：「天才是一百分之一的靈感，加上百分九十九的汗水」。愛迪生又曾說，大多數人錯失機會，因為機會穿著工作褲，需要費很大功夫的工作。作為大發明家，他對「機會是人創造的」這一觀點最有發言權，他的挫折，掙扎，堅持和成功的故事也是「機會是人創造的」最有力的證明。

事實上，我們可以說，「命」是天生的，例如有人是含着金鑰匙出生，這是無法改變的事實。但「運」是後天的，可以藉由努力改變。古往今來，許多成功人士不一定是比別人幸運，他們只不過是比別人懂得分析時局，懂得製造更多機會，然後把握機會，進而創造出屬於自己的機會罷了。

有句話說：「機會是留給準備好的人」，很多人準備好了才會開始行動，但成功人士卻勇於嘗試，不會等準備好了才開始行動。所以，機會是留給勇於嘗試，大膽行動的人。凡事去做了才有機會，當機會多了，成功的可能性才會增加。前途是光明的，道路是曲折的。儘管我們每個人要面對很多困難，但只要我們以自己勤勞的雙手創造出屬於自己的機會，就一定能夠排除萬難，把握機會，實現理想。

## 機會，可以創造嗎？

聖保羅書院 梁閱晰

我們總是會聽到人們抱怨：‘為什麼別人這麼幸運，能得到一個這麼好的機會呢？’‘別人怎麼就不肯給我一個機會呢？’但是，你們知道機會是可以創造的嗎？

先來說一說我參加一個科學探究活動的故事吧。在我小學的時候，我的學校的科學探究隊招收新的成員，我也去報名參加了面試。當時考官在面試前告訴我們要先草擬一些科學探究的題目和創新想法，並在面試的時候彙報，他們會根據我們的表現選出一些學生參加第二輪面試，進行最後的篩選。我回家後便草草地想了幾個我自認為很有創意的探究方案，並沒有在網上做太多相關的資料搜集，便信心滿滿地去參加面試了。面試開始了，我本來以為自己能脫穎而出，但沒想到別人的彙報比我的詳盡多了——他們先講述了自己的探究方案，然後列出了各種和方案相關的資料和相關研究的成果。大家的表現令我大吃一驚，我想到自己的彙報根本就不包含任何相關資料，內心開始慌亂起來，最後不僅彙報內容不足，演講還磕磕巴巴的，底下的人都議論說我怎麼準備得這麼不充足，我當時臉紅的像個蘋果，恨不得找個地縫鑽進去。

最後，我自然沒能獲得進入第二輪面試的機會。那次的經歷也告訴了我，如果你想獲得機會的話，便要做好充分的準備。

第二年，我又去參加科學探究隊的面試，這次，我做了充足的準備，在草擬好方案後搜集了許多相關資料和資料，也把演講練習了很多次。最後當我做完彙報的時候，我看見考官們滿意地點了點頭。我順利地進入了第二輪面試，然後沒過兩天，我便收到了錄取通知。

機會不是靠運氣得來的，那些獲得機會的人並不是受到了上天的眷顧，他們都做了充足的準備，為自己創造了機會。在我們看著別人獲得了機會而自己卻與機會擦肩而過的時候，先別怨天尤人，想想自己是不是不夠努力，沒有做好準備。

俗話說得好：‘機會是留給有準備的人的’

所以，我們不要做那個等著機會來找自己的人，而是透過努力和準備，創造出機會。

## 「授人以魚不如授人以漁」在今天的意義。

何明華會督銀禧中學 徐啟天

中國有句典故：「授人以魚不如授人以漁」。意思是說給人家魚吃，還不如教會人家捕魚的方法。後人經常引伸為傳授給人既有知識，不如教人學會得到知識的方法、技巧。

在現今社會，需要幫助的人比比皆是，想幫助的人也很多，但是又有多少人知道施予金錢，不一定等於幫助，有時也會因此害了人。對一些基層人士來說，你就算施捨了他們金錢，他們就能好好地生活嗎，一日兩日，他們拿著你的金錢，又能撐過第三日嗎？如果你是專業人士，給了他們比較大額的施捨，他們能夠撐過下半生嗎？就像一個很大的傷口，你做了急救，就代表不用去醫院嗎？沒錯，當然不能，因為這些都是標不治本、魚是目的，捕魚是手段，一條魚能解一時之飢，卻不能解長久之飢，如果想永遠有魚吃，那就要學會釣魚的方法。既然我們有自己的知識、自己的專業，為什麼不走多一步，牽著他們的手，教他們重新站起來，再和你走在一起，由他們自己找出自己的未來。

可能有人說，那我先施捨，然後再給那些政府或什麼機構來教導這些基層人士不就行嗎？打個比方，任何人都知不能放飼養過的動物回到野生的環境，是因為他們早已習慣了被人養的話，就會喪失了捕食的本能，貿貿然放他們回到野生的環境，只會令他們之後的路更困難，反而弄巧成拙。我們要教導他們如何覓食，才放他們回去，這才是正確的做法。

但是能夠說捐錢就是完全沒用嗎？其實也不是。這種說法是以偏概全。當然，有時授人以漁解決不了燃眉之急。當別人很餓很餓的時候，最好還是先扔一條魚給他；接下來再根據這個人的情況考慮是否把漁交給他。對於貧困者，有時咱們捐錢還不如給他們一個接受教育的機會。與其直接贈送他人財物，不如傳授他人創造財富的方法和本領，扶貧先扶智，扶貧先扶知。但如果他們連基本的生活需求也沒有，還說什麼知識，所以我們還是要多多隨緣樂助，多捐錢到扶輪社、贖明會、宣明會這些以民為本、助人為樂的機構，令到窮人也有機會好好生活。

## 不少人把「有機會」看成「運氣好」， 你同意嗎？談談你的看法。

新界鄉議局元朗區中學 黃映臻

不少人把有機會看成運氣好，這種看法對我來說，是完全錯誤的，因此，我並不同意這句話。

首先，我認為機會是留給有準備的人的，要是準備充足，機會就有可能會出現。例如在某機構的一次面試中，我因為準備不足，面試時腦中空空如也，變成了啞巴，最後無緣獲獎，失去了一次機會，但在升中面試中，我汲取了上次的經驗，充分準備，結果進入了心儀的中學。因此，我便相信了，機會，果然是留給有準備的人。

其次，發現了物理定律的牛頓，有此偉大的發現，當然不是因為他的運氣好，剛好有個蘋果，從樹上掉了下來，而是他努力不懈地研究，以及在大學時，某位高級教授的照顧，那位教授後來更把自己的高級職位傳了給牛頓，讓他能因此而得到一個機會，以施展自己的才華。機會不是自己跳到牛頓的手中，而是他的努力得到了回報，因此，機會也是留給努力爭取的人。我曾經看過一個故事，叫孔雀為什麼美麗，是說有一位神仙來到了大地，說要令一種動物變得漂亮。動物們都不願說自己不漂亮，因此也不願讓神仙改變自己，直至當時全身灰白的孔雀站了出來，神仙讓她變得色彩繽紛，美麗動人，其他動物才後悔了。這雖是一則寓言故事，但從中，我也知道了機會，是要努力爭取，而不是單靠運氣的。

再者，機會是要看個人的能力而來的。例如現在新型冠狀病毒散播全球，各國的科學家都在研發疫苗。這個是個發明人以及疫苗公司千載難逢的機會，因此各國競爭激烈，都要做第一個研發的國家或公司。這大好良機最後落在誰的手中，就不是運氣的問題，而是各人能力的高下。在我的生活中，老師會在我們的學校作文中，抽出佳作送去比賽機構，參加不同的比賽。這種機會，不是運氣的問題，而是我們的能力是否能比同學稍高一籌，因此，我認為機會是要看個人的能力而出現的。

最後，機會是要給合上述的因素才能得到。因為，沒有準備，我們不能應付特別的情況；沒有爭取，我們不能讓給予這機會的人注意到；沒有個人的能力，機會就不會來到我們的手中。當然，運氣也是當中重要的一環，它

令我們能配合時地人事，爭取機會，但是，沒有了其他的因素，只有運氣的話，也不能成功得到機會。

沒錯，機會的確需要運氣，但把他人得到機會和他的運氣好連起來，卻錯了，因為「臺上一分鐘，台下十年功。」，一個人得到機會的背後含著不知多少汗水，多少努力。因此我們應該珍惜每一個機會，因為要得到一個，真不容易。



## 「授人以魚不如授人以漁」在今天的意義。

港大同學會書院 謝卓欣

所謂「授人以魚不如授人以漁」，魚是做事的目的，而捕魚則是做事的手段、方法、技巧，其實意思就是一條魚能解的只是一時只飢，卻不能解長久之飢。所以如果想永遠有魚吃，那就要真正學會捕魚的方法。

現代有很多人以為自己知道了答案，就不害怕會不懂或失敗，卻沒想過自己根本就不懂得做事的方法，有什麼問題自己也解決不了。所以現在「授人以魚不如授人以漁」是希望讓人能夠知道，別人傳授知識給自己，並不代表自己能夠無懼於一切事情，只有真正知道學習知識的方法或技巧，才是真正的無懼。

2006年諾貝爾和平獎頒發給了孟加拉銀行家穆罕默德·尤努斯及其創辦的孟加拉鄉村銀行：「持久的和平只有在大量的人口找到擺脫貧困的方法才會成為可能。小額貸款就是這樣的一種方法，而從社會的低層發展，也有利於提高民主和民權。這正是穆罕默德·尤努斯和其孟加拉鄉村銀行更勝一籌的地方」。穆罕默德·尤努斯通過他們的小額貸款，幫助窮人走向自食其力的道路，或學點技術，或經營小本買賣，用自己的勞動贏得自己生存的空間和做人的尊嚴。諾貝爾委員會高度評價這樣的方式：大量的人口找到擺脫貧困的方法不僅能讓和平更為持久，而且有利於提高民主和民權。穆罕默德·尤努斯成功做到「授人以漁」，他幫助大量的貧窮人士找到擺脫貧苦的方法，而不是直接給予他們金錢，解救了他們的一生只需，令他們無懼再發生貧困的情況。

有個老人在河邊釣魚，一個小孩走過去看他釣魚，老人技巧純熟，所以沒多久就釣上了滿籃的魚，老人見小孩很可愛，要把整籃的魚送給他，小孩搖搖頭，老人驚異的問道：「你為何不要？」小孩回答：「我想要你手中的釣竿。」老人問：「你要釣竿做什麼？」小孩說：「這籃魚沒多久就吃完了，要是我有釣竿，我就可以自己釣，一輩子也吃不完。」不過這個孩子想錯了，因為如果他只要釣竿，那麼他連一條魚都吃不了。因為他不懂的釣魚的技巧，釣魚重要的在於「釣技」而不是「釣竿」。

總括而言，站在一個企業公司的角度來說，「授人以魚不如授人以漁」，「魚」只能滿足一時只需，而「漁」卻讓企業有謀生的本錢。同樣，「魚」好比企業的產品，而「漁」則是企業文化，如果別人只是給你企業的產品，那你只能永遠的依賴著別人，別人也可能只會滿足你一時只需。相反，如果別人授予你讓企業公司變得成功的方法或技巧，那你就能夠靠自己打出一片天地，解決了長遠的問題。所以，「授人以魚不如授人以漁」在今天的意義是想說明這世界上有太多人以為自己擁有了人生路上的釣竿，再也無懼於路上的風風雨雨，如此，難免會跌倒在泥濘地上。只有真正學會了做事的方法或技巧，才能夠無所懼怕。

**Do you agree that the expression “never give up” pertains to individuals who keep striving towards their goals? Please provide specifics to support your position.**

Chiu Man Chen  
Kwun Tong Government Secondary School

Everyone faces challenges in life. However, troubles are inevitable so we must confront them. How can we beat these difficulties? Perseverance is the only way to beat them. Thomas Edison once said: “Genius is one percent inspiration and ninety-nine percent perspiration.” That is why persistence is really necessary to be a successful person.

Two years ago, I joined a musical outside school. My purpose was to benefit myself and to be bolder. However, when I walked into the dancing room, I felt like I got pins and needles. All the members had already arrived, and I did not even know one of them! That made me feel extremely nervous and I hardly dared to talk with others. I told myself that I had to be brave otherwise I could never succeed. I got up my courage and tried to talk with other members of the musical. After that, I reminded myself not to fear communicating with others all the time.

I kept practicing before the musical until I felt weary every day. That was really exhausting, wasn't it? Finally, it was the day of performance. When I went up to the stage, I saw numerous people in the audience. When I thought of performing in front of so many people, I could not stop shaking. But, if I had given up the performance, all my efforts would have been in vain. I tried my best not to ruin the performance and when our team got applause, all the hard works were meaningful.

Nothing is impossible for a willing heart! To be successful, you must face all challenges that come your way. Helen Keller, who was totally deaf and blind from the age of 19 months, was one of the greatest educators in the world. She beat all the failures in her life with persistence. She met countless inconveniences, but she tried hard every time. She did not even think of giving up because she believed that there is always light at the end of the tunnel. Besides, I think nobody does not know what Disney is. Walt Disney, who was the founder of Disney Company, once was fired from his newspaper job. He was extremely exhausted when his first company went bankrupt. He restarted everything again and again until he became successful. What an encouraging story.

When you meet troubles, please face them instead of burying your head in the sand. No one can be successful without great effort. If you never give up, you will never be defeated.

**Though leaders set great examples and work hard to inspire others, they do rely on their teams to succeed. Write about a time when you worked together on a team to achieve something great.**

Ching Lam Chan  
Tuen Mun Government Secondary School

A team is the vehicle to help you reach your goal. Have you ever wondered a bicycle accelerating without its wheels, pedals and chain rings? Of course, the rider himself is indeed essential here. But without all the components in a bicycle, it is merely impracticable to get it moving.

I always thought that a leader doesn't need a fellow. A leader could work on his own without anyone's help and that, could lead me to success. However, after years of experience, I slowly realized that a team cannot function without a leader and relatively, a leader cannot function without a team as well.

“Alone we can do so little; together we can do so much.” Years ago, I joined the JA Company Programme. Our job there was to design a product and sell it on the market. We were divided into different departments and I was the BOD of the Sales and Marketing team. When I first saw the flow of work, I was genuinely astounded. Here is the list:

First of all, product developing and marketing planning. Second of all, contact with manufacturers and buyers. Thirdly, the process of product making and finally, we sell it on the market! Sounds very simple right?

AS IF. It was so much more complicated and complex behind. For example, the first step, product developing. This step includes designing the look and purpose of the product. You also have to build a prototype and test the market. For instance, hand the product to family, friends and acquaintances and get their reactions. Explain the use of the product and ask for their honest opinions on that. And this is only step number one.

So now, how could one person ever be able to complete the whole list of work alone? It's also nearly improbable. In that programme, I had to cooperate with my teammates and the other departments to get things done. As we were the Sales and Marketing Department, we not only had to focus on the product developing and marketing planning, but also, we had to think about the inputs of the product like raw materials and technology. Therefore, we had to operate with the Information Department as well. With people working hand in hand and me leading the team, things were accomplished more effectively and efficiently. And eventually, our product was successfully sold on the market.

So yes, leaders set great examples and inspire others. Yet, it is also a team, supporting leaders to succeed. Leadership and fellowship are interwoven together and I believe, teamwork makes dream works.

**Suppose that you have decided to volunteer several hours each month to serve your community. What is the one thing you will undertake in order to improve your community, and why? Please support your response with examples and reasons.**

Chad Aristo Chim  
St. Paul's College

As a responsible citizen who would like to serve the community, I decided to schedule several hours each month in my hectic life to become a volunteer. Being a volunteer is an exciting and rewarding experience. This can help create a harmonious society with a positive atmosphere.

In my mind, I would like to go to elderly homes to take care of the elderly. It is because taking care of elderly can improve myself. In my opinion, elderly are an asset to society. They possess many work and life experiences after decades of working. As a secondary student, I would say that it is my pleasure to take care of them and be their companion. When I visit them, I always try to be of help. Such as bringing food, cleaning house, washing clothes, filling forms to apply for government funding, combing hair, washing feet, playing chess, reading newspapers and chatting, etc. Trying to perform humbler gestures of kindness to the elderly who have been suffering from loneliness, helplessness and sickness and eager for care, concern and assistance.

First of all, respecting the elderly is our traditional value. Experiences and lessons that they can teach us are invaluable. I believe that I can gain much by listening to their life principles. These can help me to adapt much more quicker to the cut-throat competitive environment in Hong Kong. By listening to their good old days stories and advice, I can be inspired and learn practical social and interpersonal skills. These skills are essential when I grow up and play a more important role in society.

In addition, looking after the elderly can contribute my effort to improve the community. Being a volunteer can create a community filled with positive energy. This enables the elderly to spend the rest of their life meaningfully without anxiety. Furthermore, I will encourage them to work in society. Of course, I will provide suitable assistance to them. This can make best uses of their values. Some people have incorrect views about elderly and think that elderly are a burden to the community. Actually, elderly cannot be regarded as a burden. On the contrary, some elderly who are relatively younger, healthier and wealthier can still make tremendous contributions to the community in various aspects. According to one of my friends who has helped in an elderly home, he witnesses that the elderly in the Home weave new clothes every weekend. The clothes that they weave will be

either given to disadvantaged groups or sold in non-profit organisations. This case in point indicates that the elderly can even make direct economic contributions to the community. Their charitable deeds reveal the glory of humanity and play a significant role to maintain social stability.

The aging of society is deepening, so we have to promote joint efforts to spread the volunteering spirit, to spread care and love the elderly in order to build a more harmonious society. Through the volunteer service, we try to fill the void of their hearts and eliminate their loneliness. In the meantime, we are bound to share sorrows and joys with them and bring new values of life to them as well.

Just like an old saying: "Housing an elder, hoarding a treasure." the wisdom of life that we have learnt from them absolutely will accelerate our life.

**Though leaders set great examples and work hard to inspire others, they do rely on their teams to succeed. Write about a time when you worked together on a team to achieve something great.**

Mei Wa Wei  
St. Paul's Co-Educational College

Helen Keller once said, ‘Alone we can do so little, together we can do so much.’ Although I have participated in numerous group projects and groupworks, I have never fully understood her saying until the last group project I just finished two months ago.

As a girl guide, we have a huge annual service project and our project this year is to visit an orphanage which I am responsible for organizing. However, due to the COVID-19 pandemic, we could not go to the orphanage, meaning that this visit would either be cancelled or changed to an online version. As our team had put a lot of effort into preparation, we didn't want to waste our plans so we accepted this brand-new challenge – an online visit.

As a leader, I had to admit it did pose a lot of new challenges for my team and I. For example, we had to modify all our planned events in order to adapt to the online version. We originally planned to have a singing and dancing performance in front of the children but it seemed impossible to do so during virtual meetings. Although I had put forward several ideas, like holding a karaoke show or showing them YouTube videos, we all thought that these suggestions were not feasible at all. I was having butterflies in my stomach as we had been on this topic for hours but there were still no solutions at all. But then a groupmate pointed out that we could film a music video ourselves in advance and shared it during the online meeting which seemed like a perfect solution and many people also agreed. However, the problem was that we had absolutely no idea how on earth we were going to record a video online as none of us knew how to edit a video. Coincidence as it might seem, another groupmate came forth and told me that she had a friend who was professional in filming and editing music videos and that she could ask her friend for help. I let out a huge breath after hearing that and we immediately moved on to modifying our performance to make them more interactive for the children to watch. Everybody seemed to be so motivated and dedicated that all of us practiced our parts in the performance and with the friend's help, we successfully filmed a music video in half an hour which turned out to be very nice and appealing.

After the two-week long preparations, the big day finally came. At first everything was going smoothly and we were very glad to see all the children laughing heartily and their eyes gleaming at the sight of us. They were all very cheerful and talkative and we were

totally relieved to see that there were no awkward silences which made the atmosphere very lively and enjoyable. However, here came a severe problem which shocked me so much that I was in a total panic. I found out that the music video that we had been working on for the past couple of days had disappeared. I could not find it anywhere, neither in my phone, nor in my recycling bin. I had been expecting some hiccups during this activity but I did not foresee this problem at all! I literally had my heart in my mouth that I was at a complete loss and I did not know what I should do. I was very ashamed of myself as it was supposed to be my responsibility to ensure that everything was well-prepared. I notified my groupmates and we felt that we had no choice but to change our schedule a bit so the music video presentation would be the last to show. I was touched that my groupmates did not blame me at all but they responded as quick as possible and continued to do their part as best as they could, as if nothing had happened. They also led the whole activity though they had not practiced my script beforehand while allowing time for me to try and retrieve the music video. I knew they must have been panicking in their hearts but I absolutely appreciated the fact that they were able to face the uncertainty calmly.

However, this still was not the thing that I admired them the most. Although I had tried every method possible, the music video was still irrecoverable which was the worst news possible. But, my groupmates told me that we could direct a stand-up comedy together which could last as long as the music video. I was unsure about that but it was our only choice. I was so surprised when almost everyone was able to tell an intriguing joke and even the usually-quiet girl in our group managed to crack up a joke which was hilarious. I had to say that this stand-up comedy had a much better effect than my expectation and it also brought a lot of joy to the children in front of the computer screens.

This experience indeed gave me a lot of fright and anxiety but I was extremely pleased that my groupmates gave me a lot of helping hand. Although I was not a good leader, my groupmates didn't put the blame on me at all. Instead, we worked together hand in hand and successfully achieved our goal – bring joy and happiness to the children in the orphanage. This was my first time to realise the importance of teamwork and how a leader does not only rely on his or her own capability but also the effort of the team. The virtual visit to the orphanage gave me such a memorable lesson that I would never be able to forget.

**Suppose that you have decided to volunteer several hours each month to serve your community. What is the one thing you will undertake in order to improve your community, and why? Please support your response with examples and reasons.**

Sophia Liu  
Diocesan Girls' School

Nowadays, there are many opportunities for volunteers to serve the community. Some choose to serve the elderly while others choose to raise funds for charities. For me, I will undertake a responsibility to teach the low-income children schoolwork and help them with studying. While it seems that this can't improve my community much, this action actually allows me to greatly transform the society into a better place to live in the future.

First off, this volunteer work ensures a society driven by everyone. Nowadays, the rich have the financial ability to give extra academic help to their children by sending them to tutorials classes. On the other hand, the poor can't afford the high expense that these classes cost, causing their children to receive a lower-quality education. If this continues on, the difference in academic level between the groups would increase, which would lead to a society dominated by those who are rich. By teaching the low-income children academic work, they will be able to improve in school and have a similar ability to those who are richer. In this way, it can be ensured that the future society would be operated by everyone and the situation of the rich dominating the community can be avoided.

Secondly, my undertaking action can help to reduce people who will join criminal syndicates. According to the study from University of Manchester, children who grow up in poverty and receive poorer education are seven times more likely to be involved in violent crimes. The reason being is that they are unable to use their academic abilities to make a living, leading them to join syndicates and commit crimes to improve their economic situations. By helping the children who are living in poverty, I can help to increase their scholastic ability, which would increase their chance of being employed in a legal job. This would in turn decrease the number of people joining criminal gangs, and make my community a safer place to live.

Last but not least, teaching the low-income children scholastic work would provide them with more opportunities. As mentioned above, my service would lift the academic level of these children. Having a high academic level would allow these children to receive more opportunities, whether to be better in academics or to further develop their own interests. For example, my classmate Sue lives in a well-off family. Every year, she will travel around the world to visit archaeological sites to enhance her historical knowledge.

However, the family of my friend Claris, is unable to afford a trip to other countries. Due to her academic help from volunteer teachers, she was able to achieve the champion award in a history competition, which awarded her a trip to Egypt to learn more about history. As seen from the example, my volunteering work is going to provide more opportunities for children in the low-income group.

All in all, I will take up the role as a volunteer teacher to students who are living in a family with less financial ability. Not only does it help create a safer and fairer society, it also offers more opportunities for children in low-income families.

**Do you agree that the expression “never give up” pertains to individuals who keep striving towards their goals? Please provide specifics to support your position.**

Hoi Yiu Wong  
Christian Alliance S C Chan Memorial College

Nowadays we always mentioned “never give up” whenever we face some difficulties. It seems on everyone's lip as we always use this phrase to describe all problems. When we talk about it all the time, it seems to become a truth that can be seen everywhere and is very easy to achieve. However, I think it is just pertaining to individuals who keep striving towards to their goal.

First of all, we need to investigate in the definition of “never give up”. From my own view, when we tend to do something or there is a goal we are highly appreciate and try to achieve, it is common that we will face some obstacles which hamper our hope. On the spot, if we believe in ourselves and try to get rid of the problems and accept our imperfections and do not stop our journey to the goal, this is the definition and spirit of “never give up”. Use a more easy way to understand, I guess is “never surrender”. The obstacles in the road of achieving our goal will act as a strong enemy to ourselves, but if we have the motion to antagonise them, we will completely fulfil the spirit of “never give up”.

Honestly goals are belonged to everyone. But people who can keep striving are rare. Their actions which never stop striving are precious. So why it pertains to individuals who keep striving towards their goals? I think they will definitely encounter difficulties and setbacks in chasing their own dreams, but through their love and persistence for their dreams, these setbacks will only act as a motivation to encourage them working harder to treat their dreams more seriously. In addition, these difficulties are often more than one, but those who really keep chasing their dreams will not stop or reduce their love for chasing dreams because of these. They will see obstacles as an aid to their firm dreams, just like an airplane. Flying in a headwind is better than a journey downwind.

Last but not least, I think the relationship between “never give up” and keep striving for goals is complement of each other. They exist side by side. If an individual really likes his/her goal, he/she won't give up easily on the ground that the love is big and hortative. In contrast, if he/she gains the spirit of “never give up”, the motive of encouraging he/she to pass through all difficulties will be as big as an elephant.

To conclude, I think the expression “never give up” pertains to individuals who keep striving towards their goals. What's more, when we have both spirit and action to chase our dream, we will easily achieve our goal with love and power from it!

## 機會、歷練、成果

培僑書院 陳虹池

提起成功，你會想到什麼？是運氣？還是背後的努力？機會、歷練、成果，這幾個看似毫無關聯的詞語，其實是一脈相連的。每個人都會遇到大大小小的機會，在巧妙地抓住機會後必須經過反覆的歷練，最後才會獲得意想不到的成果。

機會，簡單地來說就是關鍵的時期。每個人都會在不同的年齡段遇到不同的機會。它可能是你的知遇之恩，可能是一次面試的機會，也可能是一個靈感的來臨，但就像路易·巴斯德曾經說過的一樣，「機會是留給有準備的人。」無論它是什麼，若想成功，就必須時刻迎接好機會的來臨，然後牢牢地抓住它。托·富勒說：「一個明智的人總是抓住機會，把它變成美好的未來」，可見成功的開始，就是抓住機會。可是，當你覺得遇到瓶頸的時候，就應該去為自己製造機會。企業經營管理中一個很重要的理念就是人無我有，人有我優，人優我轉。舉個例子，九十年代的時候所有美國人都不敢去蘇聯做生意，只有商業領袖哈默獨自去到蘇聯，發現當地糧荒，於是把美國的糧食賣到蘇聯，賺了一大筆錢。因此，弱者錯失良機，強者製造良機，抓住機會、製造機會，是成功的第一步。

機會的到來是為了給歷練鋪路。歷練指的是經歷和鍛煉。每個成功的人士都必須經過刻苦的努力，不斷的失敗，才能取得自己想要的成果。在我們還沒有成功時，功成名遂是幻想，眼前面對的失敗是現實。幻想是美好的，現實是痛苦的。但是，我們只有兩條路被痛苦擊倒，把痛苦擊倒。顯而易見地，成功的人士從來都不會被現實打敗。愛迪生曾經說過：「失敗是我需要的，它與成功對我一樣有價值。」他們反而會感謝這些痛苦，豐富了他們的經驗，磨練了他們的意志，堅定了他們的方向，並把這些化為自己寶貴的財富。提到磨練意志，我們只有經歷了磨練之後，才能夠擁有面對一切的勇氣和信心。正所謂：「不經一番寒徹骨，怎得梅花撲鼻香」，明朝著名醫學家李時珍三次考舉人，三次都失敗了，可他沒有放棄，仍然立志學醫，最終寫了千古流傳的《本草綱目》。由此可見，一次兩次失敗根本不算什麼，重要的是，當心中的理想大廈轟然倒塌，要在塵埃中站起來。

經歷過機會和歷練之後，想必最期待的應該是成果。成果，泛指收穫，但其實每個人對成果的定義都不同，有的人想發大財、有的人想完成某件事、有的人想獲得大眾的認可。當我們取得一定的成果之後，要用怎樣的態度來面對它呢？魏徵曾經說過：「傲不可長，欲不可縱，志不可滿，樂不可

## 機會、歷練、成果

宣道會陳瑞芝紀念中學 李敏恩

及」，可見我們一定要謙虛，不能驕傲自滿。孔子的徒弟顏回是最得孔子賞識的弟子，可他從不會彰顯自己的品德和功勞，非常謙虛，才得以越來越好。俗話說：「沒有最好，只有更好。」你以為你獲得了一定的成果，其實這代表了你有能力做得更好。這時候我們應該為自己訂立一個更大的目標。如果你站在半山腰，就往山頂衝刺；如果你站在山頂，就往雲端衝刺。相反，如果你覺得你自己已經很努力了，仍然沒有達到應有的成果，就要反思一下是不是沒有抓住機會，經驗不夠充足，努力的方式錯誤。

馬雲本來是一個外語英文老師。1995年，他投入了700元，創建了自己的中國黃頁。這是他為自己製造的機會。之後，他經過了一次次的被外人質疑、一次次的創業、一次次的投資，這是他的歷練。現在，他淨資產400億美元，這是他的成果。所以，我們必須要抓住和創造機會，經過不斷的磨練，才能取得成果。

每個人都在追求成功，學業上、技能上、人際上都想取得成就，但怎樣才能獲得成果？

一顆種子被埋在土裏，不一定能發芽，需要有合適的生長環境、泥土裏足夠的養分和充足的光線。把自己準備好，靜待時機，破土而出。我們都在等一個機會，等來別人的青睞，然而在此之前我們不能乾等，要不斷增值自己，例如培養一項特長或加強一項能力，才不至於機會來敲門時，也無法打開門迎接，天行健，君子以自強不息。然而有些種子不一定適合種在土裏，他們苦等一輩子也未能發揮所長，就被宣判是不能活，因此我們應找到自己擅長做的事情，才能抓住機會一鳴驚人。

發芽了就能茁壯成長了嗎？這可不一定。風雨飄搖的颱風天就能輕易以令嫩芽連根拔起，從這個世界裏淘汰，看似殘酷，其實是仁慈，令他們早日明白自己並不適合，總比付出了大半人生後才驀然驚醒自己才虛渡光陰好。「那些殺不死你的，終將使你變得強大」，只有我們撐過了難關，才能明白如何面對挑戰，打倒挫折，繼續完好無缺地生存下去。我曾經在一次說話比賽中落選，失落感鋪天蓋地朝我捲來，最終把我捲進萬劫不復的漩渦，幸得良師及時伸手把我緊緊抓住，令我重新振作，我也從此懂得如何面對失敗，甚至利用失敗，汲取教訓，令自己更上一層樓，在歷練過後，我們都把缺口一一填補，成為了更完整的人。不經一番寒徹骨，焉得梅花撲鼻香？

開花結果，終於能品嚐經過拚命努力後的甘甜，就好比大熱天時一瓶冰的飲料，沁人心脾，心裏都是滿足感和成就感，可謂苦盡甘來。有時候我們卻不能獨享成果，皆因齊心合力才能達成目標，一起種的蘋果樹在一夜間被採擷乾淨，換誰也不能接受，所以我們要大方地分享，才不至於落人口實，甚至在無意間讓機會溜走而懵然不知。不是只有香甜的果肉才值得被重視，那些被世人唾棄、遺忘的種子，才是瑰寶。種子裏蘊含着果實的基因，而那些基因又經過了銳變，令後代更適合存活，在我們得到成功的地位後不妨向下一輩作經驗之談，不但具說服力，也能令下一代少走一些迂迴路，甚至能令他們得到啟發從此過着不一樣的人生。前香港單車隊隊員黃金寶曾在本校的週會分享他過往的一些經歷及辛酸，令我詫異的是他並沒有在名成利就後消失於眾人眼前，反而成為「奧夢成真計畫」的幹事，發掘學生們的潛能，協助他們找到適合的運動，盡展所長，獲取佳績。薪火相傳，綿延不盡。

我們每分每秒都在經歷機會、歷練、成果，有些人能洞悉察覺，但有些人卻悄然不知，前者多半是能獲得成就的人，而後者多半是自怨自艾的人。成功與否的關鍵其實就在於心態，選擇苟且過活還是精益求精其實都在一念之間，成功也只在彈指之間，只有不斷增強自己的能力，才能主動迎接機會，而不是被動地耗盡畢生來等待。在跌倒時我們可以哭，但哭過後要懂得如何重新振作，勇敢地走下去，否則所受到的痛楚也只是徒勞而已。社會上有不少成功人士毫不吝嗇地分享着他們自身的經驗，作為後輩應該抱持開明的心，耐心聆聽並尋找可取之處，把所有東西拒諸門外，就好比獨自走在昏暗的道路上，既提心吊膽又容易受傷。潛龍勿用，飛龍在天，亢龍有悔，我們應時刻抱持謙卑的心，無論是等待機會、經歷歷練還是獲得成果。

有人說：「在公平社會裏，每一個人的成功機會必須均等。」你同意嗎？  
試談談你的看法。

書色園主辦可譽中學暨可譽小學 余詠琪

有人說：「在公平的社會裏，每一個人的成功機會必須均等。」對於這種看法，我深以為然，世上雖然沒有絕對的平等，但自己的前途是要靠自己闖出來的，所以每一個人成功的機會也一定是平等的。

「人人生而平等」這句話我們常掛嘴邊，可是何謂平等呢？有人認為平等就是每個人生來有同樣的家境；有人認為平等就是每個人生來有同樣的智力；有人認為平等就是每個人生來有健康的身體。然而我認為平等是社會上每一個人都有成功的機會。

有人認為家境和成功是息息相關，而我更認為成功與努力是密不可分的，如果想獲得成功就必須通過不斷的付出以及踏實努力的去做。在巴西，足球十分神聖，多少人做著球星夢，而成功者卻寥寥無幾。足球巨星朗拿度，生長在巴西一個窮人區，母親失業，吃穿無著。他時刻牢記：只有踢好球，才能養活母親。他十四歲就成功成為了一個足球俱樂部的明星，二十歲登上足球巔峰，受人注目。如果說家境和成功是密不可分的，那朗拿度應該就不會成為足球巨星了吧。朗拿度的成功反映出一個努力把握機會的人，不管他是否富有或貧窮，最後也可以成功。世界上所謂的貧窮並不都是災難，逆境常常也是奮鬥的一種動力。在公平的社會裏，只要你努力爭取，不論貧富，都以成功。

有人認為身體上的殘疾就已經是一個人成功路上的絆腳石。但美國盲聾女作家-海倫凱勒向我們證明即使是殘疾人士，成功的機會也沒有因此而消失。她在一歲半時因病喪失了視覺和聽力，這對於一般人來說是不可想像、不可忍受的痛苦。然而她並沒有向命運屈服，在老師的教育和幫助下，她憑借堅強的毅力戰勝了病殘，學會了講話，更掌握了5種文字。二十四歲時，她以優異的成績畢業於著名的哈佛大學的學院後，就把畢生的精力投入到為世界盲人、聾人謀利益的事業中，曾受到許多國家人民的贊譽和政府的嘉獎。她寫的自傳作品《我生活的故事》，已經成為英語文學的經典作品，被翻譯成多種文字廣泛發行。如果說沒有健康的身體就不能成功的話，那這世所有的殘疾人士活著也就沒有意義了。然而，除了海倫凱勒外，現今社會更是已經有殘疾運動會這些大型活動，在這裏我們可以看到不同的殘疾人士在



運動的路上堅持，最後成功了，他們都在向我們證明著成功的機會是平等的，上天並沒有因他們身體上的不完美而剝奪他們成功的機會。在公平的社會裏，只要你堅持，不論身體健康如何，都可以成功。

我想人們都以為機會像一個客人，會自動走到他們家敲門，然後只需要開門把它迎接進來就好了。然而，恰恰相反，機會是一件不可捉摸的活寶，無影無形，無聲無息，假如你不用苦幹的精神，努力去尋求它，就算成功的機會人人都是可以擁有，也許你就是永遠也遇不著它。每個人的生命都是上天註定的，都無法改變，雖然不可否認的是社會的確沒有絕對的平等，但在現實生活中上帝給人們成功的機會一定都是一樣的。

「人人生而平等」古今中外的名人無不印證這個道理，他們告訴我們真正的平等下，雖然每一個人的成功機會都是均等，但也要靠自己拼搏向上來換取。很多人因一些事情而自怨自艾、顧影自憐，在痛苦的深淵中不斷墮落，但既然沒有與生俱來的運氣、家境，那為何我們不發奮向上、堅持不懈，闖出屬於自己的一片天地，找到自己的那一份成功和平等呢？

「不經一番寒徹骨，焉得梅花撲鼻香！」世上雖然沒有絕對的平等，我們無法選擇自己的出身和命運，但是我們可以通過自己勢不向挫折低頭的精神來活出精彩成功的人生！

**Groups or organizations can have a significant impact on the lives of some people. Why are these groups or organizations so integral to people? Please support your response with examples and reasons.**

Jessie Lam  
Marymount Secondary School

Throughout our life, we have come across with an array of groups or organisations. We may be a member of these clubs, or we may just be an observer, but have you ever wondered the significant impacts these groups and organisations have on people in general and why are they so important?

The first reason that contributes to its vital presence is that it speaks out for many people. Take schools as an example, there will always be a student union elected among students. The Student Union at school has, in a way or the other, represents the opinions and views of students on school-related affairs. Students will give their compliments or critics in certain school matters through the Student Union which will later be reflected by the Group towards the school. Not only does the Student Union provide a platform for students to voice out their concerns, but it also acts as a bridge of communication between students and the school administration. Should there be no such groups, the opinions of students are likely to be left unheard. Students may as well feel that they are not respected and valued and this hinders their sense of belongingness to the school. In the society, it is also not uncommon that we see groups and organisations that speak on behalf of people. Political parties such as pro-democracy and pro-establishment camps are two groups that hold account for different political stances. They represent different political beliefs that people believe in and give pieces of advice in policy-making from various points of views. Thus, groups and organisations are integral to people as they illustrate the thoughts and ideology that people hold.

The second reason why groups or organisations play an important role in people's lives is that it allows people of the same interests to gather together. At schools, there are different extra-curricular groups such as chess groups, cooking groups and football groups. The aim of these groups is to gather a group of students who share the same hobbies and likeness together. As students in these groups have had common interests, they are more prone to find connections with each other and establish strong bonds within the group. In the society, there are organisations of similar nature that are founded by people who share the same interest. For example, there are animal-caring organisations such as the Society for the Prevention of Cruelty to Animals (SPCA) which are comprised of people who are concerned about the welfare of animals. They organise walkathons on a regular basis to raise funds for animals and arrange exhibitions to educate the public more on animal issues. As they are all

committed towards promoting the rights of animals, they can find a sense of satisfaction among the group with relative ease. Thus, groups and organisations are integral to people as they pull close together people who hold the same values and enable them to form healthy relationships.

Last but not least, groups and organisations are essential to people as they help people improve their quality of life. There are local organisations such as the Food Bank which provides food to the poor and homeless people to help meet their basic needs. These groups look out for the forgotten ones in the society and care for them. On an international basis, Oxfam is dedicated to help people eradicate poverty and live better lives. Personnel and volunteers in Oxfam will visit underdeveloped countries such as Cambodia and Africa and equip the locals with practical skills such as better farming and fishing techniques as well as educating local women to allow them to be more knowledgeable. Aside from organisations that aid poverty-stricken regions, there are some which provide medical services to people across the world. Doctors Without Borders is an organisation that recruits doctors from across the globe and help out in countries that are constantly affected by wars. The Organisation helps cure soldiers and civilians who are injured and hurt but left unattended. Meanwhile, Orbis is another medical organisation that flies around less-developed countries providing free surgeries for people with eye diseases. Therefore, groups and organisations are crucial to people as they assist people who are not financially sufficient and patients at remote areas to meet their physiological needs.

All in all, groups or organisations are integral to people since they improve the well-being of people physically and spiritually.

**Groups or organizations can have a significant impact on the lives of some people. Why are these groups or organizations so integral to people? Please support your response with examples and reasons.**

Elyse Ng  
Good Hope School

The increased awareness towards the needy is attributable to charitable organizations. Remarkable assistance is provided by various organizations including Rotary Club, Red Cross, to name but a few, to the less privileged ones, their contributions to the world make them integral to citizens over the globe.

Charitable organizations take the lead to make a difference. For instance, Rotary Club consists of members from different job industries, they come together to carry out practical actions to help people in need. From building washrooms to maintain hygiene in remote areas, to initiating blood donation after World War 2, the organization takes the initiative to help and support the citizens. It is crucial to people as it makes significant influence to their future, these organizations are determined to make positive influence, and it is quite often that their executions come before government's actions. Thus they take a leading position in ensuring welfare for the people.

Different organizations excel in providing different kinds of services to the public. Take Red Cross as an example, it specifies in arranging blood donation and provides reliable blood supply to hospitals for patients in need. Though the government takes hold of most of the public resources, government itself needs to take care of all parties in the society, it is not uncommon that some groups with special needs are being overlooked. Red Cross is undoubtedly crucial to patients who are in desperate needs of a secure blood supply in face of accidents or operations. Many residents rely on charitable groups in providing a sophisticated blood donation process, charitable groups and organizations have made remarkable achievements in providing specific service to the needy.

Besides being influential and accommodating, these organizations have also made tremendous efforts in training new bloods. For instance, St. John's Ambulance cooperate with schools in training youngsters to provide first aid services to the public. It is crucial to pass on the torch so as to guarantee the spirit in serving the public can be spread to the next generations. Many organizations have over 100 years of history, Rotary Club is one of them. How their notable influence can make a positive impact to people consistently relies on training new bloods. Therefore, provision of education of service-related knowledges like blood donation and first aid services contributed to the significance of these organizations to the people around the world.

**Some maintain that gaining knowledge of the past has little relevance for those living in the present. Do you agree with this perspective or not? Please support your response with examples and reasons.**

Wing Yu Yip  
Pui Ching Middle School

All in all, these organizations are so dominant in providing services to the needy is due to the determination their members have made in taking the initiative to provide service to the citizens, they are specified in their distinguished service which acts as replenishment to areas the government overlooks, as well as provision of sufficient training to the youngsters in training new bloods. These organizations have worked laboriously and arduously to fight for equity by providing welfare to the public. It is impressive that many organizations cease to serve the world, and it is never infeasible that we as an individual can also do our parts and make trivial changes, with accumulation there will probably be tremendous impact to the world. There is definitely a bright future to the whole globe when everyone carries out actions in influencing one another.

Since we human first embarked on the revolutions on innovation, we could hardly turn our heads towards history. What we regard our experience is nothing but irrelevance. While pioneers regard the breakneck speed of our development as a result of looking forward consistently, historians are pointing fingers at our negligence towards past knowledge, which is leading us to preventable mistakes. Are these arguments defying each other? Should we ever avoid having a glimpse at the past as not to slam on the anchors of our evolution?

The answer is a huge no. While the past and present might not be entirely corresponding to each other, it is a foundation of the construction of ourselves, the society, and the world. Developing at booming speed, we are constantly at the watershed point in our personal development. History is our bedrock, where heroes and villains remind us of a livable present with their experiences.

History is our lesson of amelioration. It acts as a mirror reflecting ourselves, allowing us to notice the victories and defeats in human history. By summing them up, we get a summary of all the magnanimous deeds and grueling downfalls, as well as devised solutions. As a compelling result, they inspire us to amend and not to repeat certain flaws, which might be stumbling blocks towards a brilliant future. Take Sony Pictures, an American entertainment company as an example. One of its infamous creations, The Emoji Movie, did not receive a gigantic fanbase of rave reviews. Instead, people poured scorn on its lackluster storyline and visual style, undermining it with waves of criticism. Yet, the company was destined to change during the same year. The next movie, Spider-Man: Into the Spider-Verse, was more dynamic, more audacious, taking risks in visual effects like never before. The film ended with a bang with mostly decent reviews from the audience, even winning an Oscar Award for Best Animated Future. While some might regard its previous failure as a shame, Sony considered it as an opportunity to revamp and refine. The success is due to their growth mindset with their past. With a growth mindset, one can go to the greatest lengths. With a fixed mindset, one can be disdained. Virtually identical to our decision-making process, history makes us understand the past. It recalls our aptitudes that we should keep, revokes our weaknesses that we should forget, and pursuits that should inspire us. These lessons enrich us to face the endless possibilities in the foreseeable future.

## 機會、歷練、成果

保良局姚連生中學 劉晗靈

History acts as a motivation for us to appreciate and strive in the present. The skeleton of a society is based on scaffoldings of historical events. For example, by learning the origins of our nations, we can note the history and social development of our community. Legacies can be acknowledged from it. Historical events have an immense impact on our willpower to strive, a sense of belonging. We feel affectionate towards our roots from the cognitive level and emotional level, which is enhanced during the awareness of history. Even by learning our legacies, we gain the intrinsic stimulation to venture out for our communities. African-Americans have been doing this for ages. When they first learned about the arduous past of their ancestors, more were willing to stand up and speak out for themselves as a sense of identity. Activists Martin Luther King and Rosa Parks are those who showed unflinching endurance by experiencing the relentless history. Apart from these, historical events enable a method for us to appreciate human history at its greatest. By studying and learning the magnificent creations and inventions across the timeline, we have a broader cognition about the world, and a well-rounded human development is within our reach.

While acknowledging the past gives us a leg up in facing uncertainties and stepping into evolution, it might also be best not to dwell in the past. Some may put too much emphasis on the past, so they forget their drive towards their future. At a bolstering phase of development, some boomers are so obsessed with their past life that they refuse to accept the present situation. Not surprisingly, they fail to integrate into the society and become marginalized. Some of those people delve too deep into their petrifying past, while most of these complacencies are too full of their successes. Bear in mind that temporary success brings the vanity of people: they regard themselves as the best of the best that they stopped improving. No one is ever perfect. We must not rest on our laurels and keep facing the challenges of the present.

History is more than the records, pictures and quotes of our ancestors on a textbook. It is the journey of human history, as well as the cornerstone of our personal development. Nevertheless, we must not dwell in the past and move on. Reliving the past and concentrating on the future two actions are never mutually exclusive. By exploring the prospects of the past, present and future, a brighter world is just around the block.

人生就是一個圓環，少數人們終其一生或在自己的圓環中不斷循環，或僅邁出第一步就停下不知道何時才能重新啟程，或戛然而止，然後回到起點，重新開始。而多數人，在人生中或同時，或相繼經歷地經歷以上三種人生。

「程新！」有人在背後喊他的名字：「你怎麼一直站在遊樂場前，你想進去嗎？」程新回過神來，忘了自己已經站在遊樂場門口多久了，他只記得，他被這個摩天輪吸引了注意力，可能因為不是假日，摩天輪趁著此時維修，現在掛在空中一動不動，和旁邊飛速劃的過山車、前後搖蕩的海盜船和上下跳躍的跳樓機格格不入。程新回答：「沒有，不想去。」「那你在這裡幹什麼？你不是很忙嗎？你的漫畫完成了？」朋友問。程星皺起眉頭，心想：真是哪壺不開提哪壺。

三年前，程新做出一個讓人出乎意料的決定，就是要做漫畫家。他熱愛繪畫，喜歡講故事，靠自己潛心專研，累積了不少畫漫畫的經驗。一次偶然出現的機會，讓他走上了漫畫家之路。他在網上看到一個為目的為發掘年輕漫畫師的漫畫比賽，突然心血來潮，填下了報名表，參加比賽。在比賽中，他拿到第十二名的成績，與舉辦漫畫比賽的公司簽約，走上漫畫家的修行之路。

程新剛開始連載漫畫時，有不是粉絲關注，點擊量讓他十分滿意，但同時，他遇到一個大難題時間不足。他的繪畫速度不能達到每週更新，只能一次次推遲漫畫更新，這讓觀眾和公司都十分不滿，也擊垮了程新剛剛形成的熱血沸騰的信心。他坐在電腦面前，看著讀者越發難聽的留言……

「雖然理解，但下次不要讓人等了。」

「怎麼又沒畫完，作者特別忙嗎？」

「又是請假條！第幾張了！」

「作者認真的嗎？連每週更新都做不到，是合格的漫畫家嗎？乾脆別畫了！」

這些留言仿佛冰冷的水，從頭頂灌進他的四肢，讓他冷得不能動，冷得眼前發黑。他憤怒地關上電腦，離開書桌。之後，他放在桌上的電腦，只有每天天來來回回經過書桌時，影子輕輕滑過電腦，程新沒有再碰過電腦。就

這樣，他在讀者眼里，如人間蒸發一般消失不見，他的漫畫停留在第三章，不知何時才會出現下一章。

一周後，程新接到了漫畫公司的電話，他聽到電話另一頭的人憤怒、無奈、失望的語氣。他身體一頓，回想起剛開始接到漫畫公司的簽約電話，人家禮貌又熱情讓程新與他們公司簽約，心里一突然有股不忿，但他沒有表現出來，因為他確實做錯了事，沒有經過歷練的自己一遇到困難就開始退縮，仿佛自己不再接觸困難就能讓「不合格」的標籤消失。

他想了很久，發現不是沒有辦法解決漫畫畫不完的困難，他重新安排時間，把自己娛樂的時間刪除，改成兩周更新一次漫畫。此時，程新的目標不是兩周畫完一章漫畫，而是盡可能地多畫多於的更新章數的漫畫。半年後，因為自己的存稿足夠，他重新恢復一周一更的更新速度，再也沒有請假了。

困難難以戰勝，但磨煉終有成果，是困難還是磨煉，在於自己堅定的信念和強大的行動力。

但很快，程新又遇到難題。他的漫畫因為前期自己更新不穩定的行為，流失了大批觀眾，現在漫畫的點擊量，根本不足以支撐生活。

要放棄嗎？

「不。」

程新相信，只要自己認真打磨漫畫，做到畫面好、劇情好，就能吸引到更多觀眾來看自己的漫畫。就這樣，程新幾乎沒有空閒時間地每天鑽研漫畫，同時省吃儉用地度過兩年。他的頭髮從半月修剪一次到每月修剪一次，到現在蓄起長髮，體重一點點地往下掉，一般有點肥肉的臉龐現在卻微微凹陷，輪廓更變得鋒利。大拇指也在握筆時包了一層布，減少因操勞過度而出現的疼痛。

但是，網絡上太多漫畫，太多因素影響著漫畫的歡迎度：題材、宣傳和平台資源。這些因素可能比質量更能影響漫畫的點擊率。「要放棄嗎？」這個問題重新出現在程新面前，而現在，他無法如兩年前一般，堅定無需解釋地回答不放棄。

他猶豫了……

路過遊樂場時，他看見那個一動不動的摩天輪，他在許多讀者眼里，是不是就如這個停止運作的摩天輪一樣，存在但沒有吸引力。這摩天輪何時能重新運作？而程新何時能收穫關注，擺脫節衣縮食的日子。

程新仍然站在遊樂場門口，面對朋友的詢問，重重地歎氣，說：「畫完又如何，都沒人關注。」他的朋友不知在思考什麼，許久才開口：「我覺得是漫畫平台的問題，你的漫畫在這個平台屬於小眾題材，觀看的人自然少，我覺得另外一個漫畫平台適合你，他們現在在大量招攬作者，以你的實力，簽約應該不難。」他與朋友聊了許久關於漫畫的事情，聊得忘記時間，最終解定採取朋友的意。

程新之後去了另外一個漫畫平台，為了迎合這個平台的風格，他需要重新修改畫風，但好在可以在個人風格和大眾口味中做到很好的平衡，程新也因自己的出色的畫功和劇情，受到了大量的關注。兩年的磨煉，終見成果。

一天，他路過遊樂場，看見湛藍的停課下，旋轉的摩天輪，重新運行的摩天輪上坐滿了人，一批乘客接著一批乘客，熱鬧極了。

人生就是一個圓環，在機會、磨煉和成果中循環，機會，會因磨煉出的成果而出現，機會也會與磨煉，生出成果，它們是起點亦或終點。

## 如何在疫情中為自己、為別人創建機會？

仁濟醫院林百欣中學 許藝瑩

凡事都有兩面性，疫情也不例外。只可惜，人們往往只看得到疫情的弊端，而無法把握疫情創建的機會。疫情是一把雙刃劍，雖然給人類帶來了無法估量的損失，卻也在不經意間為我們帶來了新機遇！

在香港，絕大多數人幾乎都早出晚歸，呆在家裏的時間屈指可數，往往忽略了對家人的陪伴與關懷。而疫情下，為了防疫，我們大部分的時間都留在家裏，也多了時間陪伴家人。家，簡單一個字，能引起無數人的情感共鳴。但在現今社會，人們好像只是把家當成一個落腳點，似乎少了些微妙的東西。究竟少了些什麼呢？少了家人的陪伴！陪伴很溫暖，它意味着這個世界上，有人願意把最美好的東西給予你，那就是愛與時間。當然陪伴也是一個很平常的詞，日復一日，年復一年，最後成為一種習慣、一種牽掛。我認為，這次疫情恰恰為我們創建了千載難逢的機會，讓我們可以多些陪伴家人，改善之前與家人劍拔弩張的相處方式，學會傾聽、包容、關心。循序漸進、長此以往，或許，你會發現：自己不再是一個獨行俠，家人的陪伴給予你愛與力量！

莫爾說過：「為了尋找想要的東西，我們走遍世界，回到家找到了。」而中國古人則推崇：欲治其國家，先齊其家。或許有很多人認為留在家中、陪伴家人是一件困難的事，可「一屋不掃，何以掃天下？」家是個人通向世界的重要紐帶，學會與家人和睦共處，才能與外人和諧相處。這不正是疫情帶給你我的新機會嗎？一個改變自己的機會！

另外，這次疫情也是我們沉澱的最好時機。人總是會因為快節奏的生活、雜亂的資訊，而變得浮躁，奮力去爭取更好的生活環境。「水往低處流，人往高處走」，沒有人會否定在這弱肉強食的社會中，我們確定應有進取心。但久而久之，我們往往忽略了靜下心來，聽聽自己內心的聲音，看看這美不勝收的世界。疫情下，我發現：家裏的盆栽多了一抹綠色，自己榨的豆漿原來可以那麼濃郁，家裏竟然有多物品都已經過期了！一草一木，一飯一茶，這才是有煙火氣的生活。原來我向往遙不可及的幸福生活，竟也離我觸手可及，可笑的是原先的我還在為之與人爭得頭破血流！現在開始，學會用我們的心靈，去發現和感受生活的美好！此外，我們應利用疫情的時間，去完善自己。「士別三日，當刮目相看！」人生就像一場馬拉松比賽，差距往往就拉開在別人停下偷懶的時候，你仍然穩住自己的步伐。多學幾道菜、多看幾本書、多學一門外語、多掌握一門技能……或許，疫情過後，你會感謝現在的自己！

「今日新增三十一宗新冠肺炎確診個案，多兩宗死亡個案……」電視上每天不停播放着有關肺炎的新聞。這個疫情，讓我感受到：生命是多麼渺小，亦可是多麼偉大！面對疫情，許多人永遠離開了我們，但也有許多人克服了它。生命很脆弱，一場突如其來的疾病就可以輕易地奪走它；生命很頑強，有「亦餘心之所善兮，雖九死其猶未悔」那般博大。這次疫情是我們重新正視生命的機會，我們必須珍惜和愛護自己的生命，生命只有一次，錯過了將不會有重新來過的機會！生命如果有顏色，會不會看上去，就像梵高的《向日葵》；生命如果有聲音，是不是聽上去，就像貝多芬的《英雄》。疫情讓我們懂得：生命是如此貴重，生而為人，生而為眾生！

疫情之下，我們少了外出，交通工具的使用少了，減少了二氧化碳的排放，你是否感覺到空氣變清新了？天空變藍了？因為新冠肺炎全球大流行，二零二零年的二氧化碳排放量預計會減少百分之四至七。疫情為我們敲響了一個警鐘，如果我們再大肆破壞自然生態，自然災害的發生將更加頻繁。我們應該深思，其實我們少使用一些高污染、高排放的工具，已經可以為保護環境出一點綿薄之為，又何樂而不為呢？全球暖化已經越來越嚴重，長此以往，我們將永遠只有夏天。所以，為了自己、為了家人、為了地球，我們應該把握機會，提倡和實行低碳生活！

疫情其實是上天為我們創建的新機遇，給我們喘息、改變、改正錯誤的機會，請牢牢把握這些機會，不要讓它們從我們手中溜走！

## 機會、歷練、成果

德望學校 郭晴欣

「五甲班加油！五甲班努力！」一聲聲鏗鏘有力的打氣聲不斷地從觀眾席上傳來，我的腦海中浮現了賽前教練和同學們充滿期望、信心的眼神，不禁緊握著拳頭，無聲地鼓勵自己不要讓他人失望。

恍神間，「曄」一聲，回過神來，一年一度的班際籃球比賽開始了！只見大家迫不及待，如蓄勢待發的羚羊開始發動猛烈攻勢。不到五分鐘，兩隊在左閃右避下，各自都進了一次球。時間一分一秒地飛逝，大家都施展渾身解術，越戰越勇，拼盡全力、爭分奪秒地為自己的隊伍爭取更高分數。

這時，我眼角瞥見計時器，只見雙方分數仍不相伯仲，我內心深處有一股力量重複地地告訴我「我們一定要贏！」。這時，我眼疾手快地從對手手上攔下球。正當我三步拼作兩步地向對方籃筐進發時，我忽然踉蹌了一下，失去重心並向前撲倒。那一刻，時間就彷彿被凝結，我腦海裡一片空白，我隱約感覺到，我們要輸了。

「撲哧」一聲，我四面朝天地「親吻」大地。突然，我感受到手中一空，球被搶走了！焦急萬分下，我也顧不得膝蓋的疼痛，便想掙扎著起來。一抬起頭來，卻已見對方縱身一躍投出籃球，在空中劃出了一條完美無瑕的弧線，「咻」一聲，準確無誤地掉進了籃框。與其同時，「曄」裁判的口哨聲再度響起，我萬念俱灰地意識到，這場比賽結束了，我們，也輸了。

愧疚的浪潮洶湧而上，一瞬間便把我淹沒。我不斷告訴自己：「你們輸了，都是因為你，你真失敗。」我無法接受自己的失誤影響了整個隊伍，逃避似的閉上眼睛，一段段回憶卻不由自主地在循環播放……

記得我小時候便特別鍾愛籃球，每逢球季都會守候在電視前欣賞球將們的風采。雖然看了這麼多球賽，我對籃球的規則早已背得滾瓜爛熟，但我始終沒有受過正規籃球訓練。直到三個月前，體育老師告知班際籃球比賽將至，每班都需要派出7位同學出賽。奈何我們班上擅長籃球的同學寥寥可數，老師只好讓幾個平日跑步較快的同學，包括我去擔任這個要職。當時我非常高興，因為我終於有機會進一步接觸籃球，我自幼以來的夢想。但另一邊廂，我並沒有任何實際的參賽經驗，也沒有卓越的技巧，一切皆由零開始。

記得一開始接受訓練，我們就如嬰兒牙牙學語般不斷地學習不同籃球技巧，如：繞球、攔球、側跑等。幾個月間，我們一有空閒時間便留校練習。在教練幫助下，大家互相指點幫助，共同捱過了這幾個月「地獄式」訓練。我們都曾經沮喪地想要放棄。那交織的淚水、青一塊、紫一片的傷痕和豆大的汗珠全都是我們努力的見證。無論如何，我們都堅持下來了，我一直

告訴自己要把握好難得的機會全力以赴，不要辜負大家的努力、期盼……

「嘶……」膝蓋的疼痛把我從思緒中拉回了現實，低下頭看，我兩邊的膝蓋都溢出了血。正欲起身時，一道道充滿擔憂的聲音傳進了我耳中：「你沒事吧？」。仰起頭，映入眼簾的不是預期中同學和老師失望、指責的面孔，而是一張張充滿了關切的臉。那股內疚感從心頭湧了上來，我張開嘴想道歉，卻愣是沒能把話從嘴邊說出來。

在同學的攙扶下，我被扶到了牆邊，等待老師來替我包紮傷口。這時，我深呼吸，慚愧地開口道：「對不起，真的很抱歉，都是因為我的失誤，才會連累大家，輸了比賽。我……我真失敗。浪費了大家這麼多時間，到頭來還是一場空」這時，我的隊友一心卻笑了，說：「雖然這是個比賽，但也是個難得的機會。我們並沒有失敗啊，大家本來都對籃球一無所知，現在卻可以很隔班一群籃球猛將比賽得不相伯仲。我們已經突破自己了，這已經是很好的成果了。大家這次都有了或多或少的收穫，就當作一場歷練吧。」

在回家的路上，我一直重複咀嚼她的話。在這段日子裡，每一個人人都從零開始學習籃球，從整天只想著放棄到真正去接受自身不足而竭盡全力練習，擁有這股毅力堅持已經很不容易。我們雖然在比賽上輸了，但我們從中的收穫卻遠遠地超過一個冠軍頭銜的重要。機會一向難得，世上有不少人背負著夢想，卻因為經濟元素、缺乏運氣而無法宣洩滿腔對於追夢的熱血。相比起來，我們顯得幸運多了。我們雖然一開始對籃球的技巧一竅不通，但同樣喜歡籃球，我們得到了如此珍貴的機會去嘗試自己喜歡的事。我們也把握了機會去全力以赴。這份認真，這份熱血比一切都來得重要。再者，在比賽前，我們七人雖在同一班，卻是完全不熟絡。這段日子裡的「朝夕相對」下，我們對彼此更加瞭解，關係也更勝一籌了。一場比賽，收穫了新的技能，新的朋友，這場歷練給予我們的收穫比勝負重要多了。

這一刻，我的心終於釋然了。其實人生就像一場場個人競賽，歷練中前路佈滿了許多未知數，沒有人知道終點在那裡，前路有什麼機緣或障礙等著我們。機會來了，我們便應該握緊不鬆手。過程中不論順利與否，一切都是人生對我們的歷練，使我們成為更好、更優秀的人。與其對輸贏耿耿於懷，不如把這場歷練當作自己與過去的自己彼此的較量。就如前些天看書時看到，英國前首相曾經說過：「所謂的成功，就是不斷地遭遇失敗，並且始終保持熱情。」只要我們能在遇挫是保持堅毅，不放棄，並從錯誤中學習，以打敗昨天的自己為目標。同時在歷練中堅持到底，越戰越勇，一切的歷練都是成果，為我們未來做準備，塑造更好的我們。

## 如何在疫情中為自己、為別人創建機會？

聖保羅男女中學 黃焯康

新冠肺炎疫情肆虐全球，人類活在水深火熱的時刻，面對迷糊不清的前路，不免灰心泄氣。然而，「謀事在人」，人必須在苦難中尋找機會，推己及人，方能攜手戰勝疫情。那我們該如何創建機會呢？

先談自身。現代人「足不出戶，能知天下事」，既然暫未能「行萬里路」，就只能「讀萬卷書」。疫情下學生被迫停課，雖然有實時網課之策，讓課程趕上進度，但於我而言，無法跟老師同學面對面交流，不但令學習氣氛單調乏味，而且單方面吸收知識，效用欠佳。然而，人的本事正是逆境求存的能力。為了令學習質素免受影響，我們可以利用課餘時間詢問老師課堂上不明之處，為自己重回校園、考試測驗做好準備。

除了學業的機會，當人長時間困守家中，與其打坐冥想，不如留意門外發生的事情。科技發達，簡單一按，新聞時事、媒體資訊，大小事務，應有盡有。有些機構也舉行了各種網上活動供市民參與，我也參加了一個「環境生態網上課程」，透過不同的計劃、網上研討會等，即使面隔屏幕，也可以不斷增值自己，擴闊眼界。不論學生還是成人，都應在這段艱難的日子裏，積極自己創建機會，霎時間的所學可能沒有用武之地，但畢生受用，何不樂哉？

疫情深深地影響不同人士的生活，但有一樣東西是恆久不變的，那就是每人都在社會中各司其職，默默貢獻。假如各行業因疫情而停工，經濟停頓，沒人維持秩序，沒人打掃街道，沒人上班上學，何來的希望？因此，生活方式改變，而絕不放棄的態度，本是人類在疫情中努力締造機會的關鍵。

言歸學習，子曰：「古之學者為己，今之學者為人。」自學固然重要，但學習貴乎老師學生之間的交流、同學之間互相鞭策，方能創建機會讓學習生活完滿。疫情期間，我經常和朋友在考口語前一晚上，透過視像形式，一起練習小組討論，這樣既能裝備好自己，也能學習與人溝通的技巧。人類是群體動物，沒人想孤單寂寞地活著。視像對話拉近人與人的距離，常說喜形於色，看到同學、同事的面部表情和即時反應，彼此除了在疫情間惺惺相惜，更可貴的是互相交流、鞭策、學習，以免與社會脫節。學會活動、公司會議、政策諮詢，不久正正為推動他人前進的動力嗎？及至特朗普和拜登的總統競選，在評估風險後他們更實行面對面的第一場辯論，也是為了社會中的每一名國民，創建未來發展機會。

機會只會眷顧有準備的人。雖說「成事在天」，但人不謀事，何以有機會成事？總括而言，要給自己和他人創建機會，不外乎一個條件主動性。疫情反復，在人人自危之際，我們主動尋求補足自己的方法，如網上學習活動、多留意社會大事，利用空餘時間反思自身，以備一切回復正常時發揮自我。「己欲立而立人，己欲達而達人」多參與小組網上活動，把自己的想法與人分享，拓展至社會層面，更能感染他人，共同在「疫」境中創建機會，蓄勢待發，和別人攜手邁向未來。



## 機會、歷練、成果

拔萃女書院 林慧心

勇於攀登高峰的人，才能欣賞頂峰的美景。機會再加以歷練，才會讓人們獲得最終的成果。

要取得成功，當然先要有機會。人們常在生活中抱怨——為什麼他有的資源和機會我沒有？說實話，我也曾有這種想法。我們經常不滿足自己的現狀，怨天尤人，抱怨沒有上天的眷顧。但我們又曾否想過，這些所謂的機會，往往不是他人無緣無故恩賜，而是憑藉那些「幸運」的人經過不斷努力而爭取回來的？

我校定期會在校內舉辦各種頒獎典禮，以嘉許同學們參加比賽的努力與成果。我常坐在台下，看著那些在台上捧著一個又一個的獎盃，接受著此起彼落、如潮水般掌聲的同學，心裏不免感到無比羨慕，總希望自己有一天能夠代表學校參賽，為校爭光，獲得肯定。於是，我比以前更加努力學習，向著我心中小小的目標全力以赴，為的就是希望能夠證明給自己看，我也能做到。而今天我得到了學校的提名，參加這項語文比賽。在我收到老師的推薦電郵時，可真高興得喜不自勝，因為我所付出的努力終於獲得老師的肯定。於是我告訴自己必然要把握良機，正所謂「機不可失，時不再來。」它們是何等寶貴，這甚至可能是我六年的中學生涯中，唯一一次能夠代表學校參賽的機會。

上天對每一個人的待遇都是同等公平的。你付出了努力後，它便會給予你機會，問題就在於你是否能把它牢牢把握在手心。蘇軾說：「來而不可失者時也，蹈而不可失者機也」。取得成功的第一步就是對身邊稍縱即逝的機會時時保持靈敏的態度，一旦遇上，就不要輕易放手。

得到機會後，當然不等同已經獲得了成功或勝利。致勝的關鍵還是在於歷練的過程。每一個成功的人都有自己與眾不同的過人之處，但他們都有一個顯而易見的共通點，那就是在他們通往成功的道路上，總需要越過充滿荊棘的叢林。孫中山為了推翻腐敗的清朝，曾經發動多次起義，卻均告失敗。但他和同盟會的成員並沒有因此而放棄，反而越戰越勇，在他的帶領下，終於在武昌起義中推翻了滿清，建立了中華民國的臨時政府，為我國一步一步逐漸成為繁榮昌盛的強國作強而有力的根基。居里夫人與居里先生用約四年的時間共同發現了放射性元素——鐳。在此過程中，他們日以繼夜的在一個簡陋的環境下進行研究和實驗，每天都做著同樣的煉製活動，甚至因實驗中的事故和物料的放射性物質而令自己受傷。這過程在旁人看來儘管枯燥無

味，甚至讓人無法想像其艱辛和危險，但居里夫婦還是永不言棄，成功提煉了鐳，最終獲得讓人望塵莫及的諾貝爾獎。

這些歷練對於弱者來說也許是讓他們感到憎惡的絆腳石，但對真正有毅力和渴望取得成功的人而言，他們卻會感激有這些挫折的存在。沒有人能夠在漫長的人生道路上一帆風順，正是因為沿途的荊棘，才能夠助我們成為更強大的自己，豐富自己的閱歷，更因而成就了古今中外的名人與成功人士。

孟子說：「故天將降大任於斯人也，必先苦其心志，勞其筋骨，餓其體膚，空乏其身，行拂亂其所為，所以動心忍性，曾益其所不能。」沒有遇到過失敗，是因為你根本沒有嘗試，更沒有踏出舒適圈第一步的勇氣！所以，要取得成果，就必須要通過各種歷練。儘管在過程中，有些挑戰會讓你感到不明所以，有些會讓你感到無比挫敗與無助，甚至產生放棄的念頭。但正所謂「不經一番寒徹骨，怎得梅花撲鼻香」，沒有歷練，何來成功？咬牙堅持，才能在暴風雨後看到彩虹；吃完難以入口的苦藥，才能品嚐到嘉應子的甜味。因此，不要再抱著僥倖的心態了。勇於踏出第一步，憑借個人的努力，爭取機會，再經過人生中多樣的歷練，終有一天我們都能夠收獲到累累的碩果，品嚐成功的滋味！

## 機會、歷練、成果

香色園主辦可譽中學暨可譽小學 廖愷琳

「我們做到了！」尖叫聲和歡呼聲在我的耳邊此起彼落，若大的會場頓時迴盪著我們的笑聲和哭聲。隊員們激動的手舞足蹈，幾乎是看見誰就擁入懷中，然後不斷高聲歡呼著，未幾，我們都在不知不覺間淚流滿面。回想當時，別人只對我們投以輕蔑的目光，道出的只是譏諷我們的話，但是，我們已經不再在意了，我們只深刻記得在這一年的練習中，我地是如何攜手並肩，互相扶持，才達致今天的成果！

「你們已經被淘汰了，趕緊收拾東西離開吧。」我抬頭環顧四周，想要尋找聲音的來源，映入眼簾的是剛剛贏過我們的球隊，他們的隊長正以勝利者的姿態嘲笑我們。那刻，一股怒氣從心臟不斷迸發，隨著不斷加速的心跳聲，沿着血液推送到全身每一個細胞，我忍不住顫抖，只能握緊拳頭，腦袋中似乎有一把火想要把我的理智燃燒殆盡，滿腔怒火堵在我的胸腔中不斷翻滾和醞釀，彷彿快要爆炸似的。然而，我只能忍氣吞聲，誰讓我們的確不及他們那樣有實力呢？

自此之外，我們球隊被冠上「失敗者」的名號，正當我們萬念俱灰，打算放棄時，突然教練一聲興高采烈的叫喊劃破我們的思緒。「來年三月有一個全港的籃球學界賽事，我們一定要參加一雪前恥！」但是，我們失落、懼怕的表現出賣了我們內心的想法，我們不想再成為別人的笑柄；不想再被嘲笑沒有實力；不想再丟人現眼了，「要不算了吧。」我們心中默念道。「如果連嘗試都不肯，你地就真的是別人口中的失敗者了，既然還有機會，為什麼總想著要逃避，而不是勇往直前呢？」教練猶如讀懂我們心中的想法般，說出這番話，把仍然沉浸在自我懷疑的我們狠狠地拉出來，心中的懼怕倘然無存，餘下的是滿腔的熱血和不願服輸的精神。

但是，熱血和信念依然不夠，我們想要在來年比賽中一雪前恥，憑藉我們的實力可謂痴人說夢，我們距離勝利還很遠，要付出比其他人更多的努力才能彌補與對方實力上的差距。於是我們制定了更嚴格的訓練，每天早上六點練習跑步，放學後的練習除了常規訓練外還加添了高強度的體能訓練，只求在剩餘的時間內提升我們球隊的實力。確實，訓練很辛苦，即刻訓練時驕陽似火，使得我們大汗淋漓時，抑或下著傾盆大雨，讓我們分不清哪些是汗水哪些是雨水時，訓練都未嘗停止。縱使肌肉酸痛、身上都是傷口和淤青、皮膚被曬得黑漆漆，但我們心中的信念都未曾動搖，靠的是我們不肯認輸的心，我們隊員之間的互相支持和鼓勵。我們相信，相信持續不斷的訓練能夠

引領我們邁向勝利；我們堅持，堅持著自己一顆不肯認輸的心；我們想要證明，證明我們不是別人口中的「失敗者」。

時間在我們日以繼夜，廢寢忘食的訓練中慢慢流逝，一年過後，同樣的會場，同樣的隊員，同樣的對手，但不同的是，空氣中瀰漫的氣氛有一種說不出的緊張感，我不禁思索，我們訓練了這麼久，如果還是輸了怎麼辦？我們為了這次機會歷練了這麼久，如果還是沒有成果怎麼辦？手心的汗水快要匯流成一條小河。「一定沒有問題的！我們要相信自己。」驀然回首，原來是隊員允行，他拍一拍我的肩膀，給予了我信心。隨著比賽開始的哨子聲穿透會場，我們的比賽開始了。

皇天不負有心人，我們最終以勝利告終，我們的堅持和信念引領了我們邁向成功，那些訓練的日子，猶如消音的電影，一幀一幀畫面定格在眼前，無數個日夜，無數個訓練項目，一切都歷歷在目。回憶自此，是視線頓時變得一片模糊，淚水霎時噙滿了眼眶，我只能仰天用力吸氣，我想要把眼淚都收回去，可是偏偏不受控制，兩行眼淚撲簌簌地落下。原來，那些平日的努力、奮鬥、堅持，都不會被時光所辜負。

## 機會、歷練、成果

香港四邑商工總會黃棟珊紀念中學 張曉文

生而為人，我們都希望在各個階段都能達至一個最理想的狀態。小時候，父母會帶著我們去上各式各樣的學前班，盼望著能開闊我們的眼界，達到更高的境界。到了求學階段，選科目的時候我們也會試著撇清自己的優勢，從而發展自己的潛能。五花八門的想法在自己的腦海中蕩漾著、蕩漾著……想要完成一件事，機會、歷練以及成果這幾個字猶如是各種有溫度的小點，一點一點地連成一條實線，不可分割。

在我很小的時候，我的外公常常喜歡撥著大葵扇、坐在大榕樹旁與我談天。他總愛語重心長地對著我說：捉住自己擁有的機會去努力吧。說完，他就把扇子輕輕搖了一搖，金黃色的暮光篩入他嘴邊，似有畫中人看盡世事的感覺。我也只是能垂眼打量著他的說法、輕聲地應和著。

大概在我七歲的時候，我便想像著要長大後要成為一名優秀的舞蹈家，至少能代表團隊或者組織去參加比賽，為學校、家人以及自己爭光。當我得知自己被推薦代表機構時，我便聽著爺爺的話要捉住機會。記得在比賽當天，家人們特地請假到現場為我打氣，我緊張得說不出話來。比賽開始，各個小夥伴在舞台上似乎都散發著獨一無二而耀眼的光芒。我也用盡我平日所學，不留餘力地揮舞著手臂……一切都看似完美，賣力的表演背後只剩下僵硬的笑容、動作住進了各個評判的眼中。相比起其他人來，我的一切都是孤寡、黯淡無光的。我聽不到主持人呼喚我的名字，因為我沒有得到任何的獎項，站在舞台的中央，我彷彿快要被刺眼的燈光所吞噬得一乾二淨。

過了許久，我才振作起來為自己下一次目標準備。因為在書中那麼短短的句子告訴我每個生命都有去追求極致綻放的權利，遇到失敗時不應該順從。抑塞的熱血繼被澆滅後再次被點燃，賽後，我檢討了自己的不足並且加以改進，一有空閒的時間就加緊練習，每天晚上，我都能透過練舞室的鏡中看到目光灼灼、翩翩起舞的自己。播著各式各樣的種，望著能它們能悄悄發芽，驚艷他人。

在平日，我去參加了各式各樣的小比賽。當第二次大賽的機會再次降臨到我的頭上來，由於上一次大賽失敗的經驗，同學都對此多加議論，覺得我並不能夠勝任。我心裡一直記得史鐵生說：且視他人之疑目，大膽走去你的夜路。我希望出去他人的偏見，在各種經驗中，每次都能優於過去的自己。

比賽當日，我的眉間褪去了幾分青澀，流露出了一絲堅定的神情。在這一次，我感到了前所未有的自信感，我不再感到緊張，反而在各種光芒的映襯下，自己的身體依然是輕如在花叢間自由翱翔的花蝴蝶、軟得像藍天中飄浮的淡淡白雲，猶如清晨溫暖的風、古城溫暖的光，時間正好，一切都剛剛好。芭蕾彷彿為我而生。在大會的宣布中，我得到了第二名。這對我來說已是不錯的成績，我用相框把我的證書鑲了起來，放在我的床頭櫃上，每天睡前都會看個好幾眼才肯閉上眼睛，我知道我所播的種子悄悄伸出了一根樹枝，我應該要努力把它變成碩果累累。

每一次的成果都帶個了我些不一樣的想法，第一次大賽所帶個我的成果是我自己本身的不足，第二次大賽告訴我只要努力地去對待自己熱愛的事務，乾坤未定，一切皆有可能。直到現在，我參加了第八次大賽，我懂得了真金不怕火燒，自然力見分曉。在我們努力向上的途中，機會、歷練、成果都是相輔相承的，缺一不可。希望自己不被淹沒在人群當中，庸碌一生，反而是帶著自己的夢想，感到前途一片明亮。

**Some individuals like to have their free time open to possibilities, while others like to plan specific activities for this time. Compare the benefits of unscheduled free time with that which adheres to previously made plans. Which do you prefer, and why?**

Michelle Lui

Christian and Missionary Alliance Sun Kei Secondary School

“Everything has its time” Since we were still mumbling toddlers, our lives have seemed to be a perfectly scheduled timeline. We must go to kindergarten when we reach the age of three, primary school for sixes, and so forth. However, never have we ever criticised or judged if the seemingly flawless schedule of life society endows. As we look into this norm through the reading glasses, we will be intimidated by how thoroughly society indoctrinates us with planning: the school timetables, career planning, even our passions and enthusiasms for our hobbies. Eventually, we are shaped into peas in the same pod, losing the noblest individuality. Resulting in a foreseeable dull and miserable future, the war of words over making plans has been automatically declared.

The first blood of the war is dedicated to the liberation of minds. Long have we been told that investing our time in one sole purpose is the key to success, supported by ample examples of successful people. It does sound like the cure to all diseases. In fact, having everything planned indicates that we must follow our plans in order to achieve. Before jumping on the bandwagon, please bear in mind that we are not philosophers or sorcerers. Let's flip the coin and look into how over manipulative plans turn blossoms to bombs.

The story of Thomas Edison is no stranger to us. “Edison invented light and luminated human society by spending all of his prime years in life for the cause of bringing light and warmth to humankind.” That's the version we know growing up.

No doubts that Edison's “persistence” has motivated generations to bury their heads in their life goals. However, veiled in pep talk is the tech giant of the 20th century – Tesla. The sugar-coat of the legend of the father of light melts into the untold story – Edison's just a stubborn yet sly idea thief. The part that he spent years on modifying lights is true as it can be, but not his success. Tesla, the talented young inventor has come across with Edison on the way to success. In solidarity with Edison's aspiration to improve efficiency of lights, Tesla joined Edison's team which had already succeeded in some daily product invention. No sooner had Edison been fascinated by Tesla's ability to innovate and improvise than he realised that Tesla would definitely surmount him. A drowning man will clutch at a straw. He was so afraid that his years in the career of electricity would be vacillated. In the fear of being replaced, he dived into the shaded area of patent and stole Tesla's ideas. His fear was

finally resided in the wealth and fame exploiting Tesla brought him. Everything did go on as he planned with the cost of his morality.

Despite Edison's betrayal, a man whom talent is unlimited and unleashed shall never cower. Tesla opened himself to possibilities of all kinds of scientific research that could contribute to the development of human society. Tesla had devoted his life to telecommunications and anti-war technology. Time tells everything eventually. Piles of books and movies started to reveal the history of the most creative and open-minded scientist ever. The car brand “Tesla” is named after him as well.

Edison's plan for specific items for different time periods in his life limited his perspective, depreciated his personality, and chained his mind. Is he successful? Yes. But he has ended up with his values being controversial and scandalous after years. No matter what we are working on, scientific research, archaeology, literacy, history and so forth, insisting on planning everything couldn't lead us to success. Instead, paranoid ignorant are what we will be transformed to.

Some may argue that we are making a mountain out of a molehill to correlate plans with personality. It may look like a storm in a teacup. After all, “plans” in our conception is more of an everyday routine than a life changing decision. Sit back from our suffocating lives and look into the essence of life. Steve Jobs once said, “you can't connect the dots looking forward, you can only connect them looking backwards.” Everything we are taking for granted today is what composites “life”. The ways we think, we communicate, we express ourselves, are reflections of values in ourselves. Making plans in advance does lead us not into temptations and traps, but it doesn't encourage us to live out who we are. Only if we liberate our minds can we blossom and unleash our distinctive talents.

I do understand that as humanity develops, we will easily fall into the existential crisis. The sweetness of success that our ancestors gained from their march into hell for that heavenly cause leads to confusion of the experience gained from the process and the decadence of relaxing after the long way of success. The innate fear of failure has put us into the dilemma of flawed adventure and flawless stability. Plan is born to assist us to avoid mistakes. Never should we see making hays while sunshine and crossing the bridge before failure comes over as the same idea. Opening to possibilities is definitely not a guarantee of success. Yet, it opens the door to individuality and creativity. Society should never be a manufacturer of clones. We, human, should walk hand in hand to embrace the uncertainties and learn from it.

**Some individuals like to have their free time open to possibilities, while others like to plan specific activities for this time. Compare the benefits of unscheduled free time with that which adheres to previously made plans. Which do you prefer, and why?**

Ka Yee Chen  
Pui Kiu College

Many enjoy leaving their free time open to possibilities, while others like to schedule their free time. It has been long discussed which way is more beneficial and efficient. Opening free time to possibilities provides more chances for creativity, but many down sides come along. Planning means to set goals and define what needs to be accomplished to reach the goals. It is much more effective because it minimizes uncertainty, builds guidelines and directions, provides flexibility, and makes people feel more prepared and controlled.

Instead of opening my free time to possibilities, I prefer to make plans and adhere to them. Many people enjoy not scheduling their free time because that brings more creativity, initiative and experimentation to their lives. However, great uncertainty comes along with these bright sides. When not knowing the specific plans for the day, people tend to feel less motivated. There are no clear goals, therefore no expectations. For highly self-disciplined people, this may not be a serious problem. However, for people who like to procrastinate, such as me, find it extremely difficult to make a good use of time when not having clear definitions of what should be done. When not having anything scheduled, I always end up doing unmeaningful things such as playing video games and watching TV shows. Nevertheless, when I set a goal for myself, like finishing writing this essay today, I seek much more motivation. Planning helps reduce uncertainty and sets expectations of what should be accomplished, which are definitely more beneficial than having free time open to possibilities.

Making plans not only minimizes uncertainty, but also builds guidelines. These guidelines provide directions that are easy to follow, allowing people to handle tasks in a faster and more focused way. For example, in my free time, I decided to join the debate team of my school because I am intrigued by their competitions and a highly organized style of the team. Every week, there are meetings and practices that team members have to attend, which is very time-consuming. However, since this has been planned out at the beginning of the semester, members have a clear understanding of what needs to be done and when they should attend meetings. These guidelines also play important roles in creating a cohesive and responsible team. Furthermore, since I have planned this, I can manage my time well and ensure a great balance between school work and free time.

Unscheduled free time seems to provide greater flexibility, whereas it undermines people's ability to think of what they should spend time on. In this way, the flexibility becomes useless. In fact, having scheduled free time brings flexibility as well. Planning helps anticipate problems since compared to leaving everything unscheduled, it is much easier to predict issues when having a clear understanding of plans. Therefore, people become better at coping with change when their free time remains scheduled.

Furthermore, planning free time makes me feel more controlled and prepared. A large number of people may argue that having plans makes them feel stressful. However, not knowing what needs to be done creates even more stress. When knowing my plans for tomorrow, I feel more fulfilled because I know where I will spend my time. This also allows me to better prepare for upcoming events and tasks. For instance, if I plan to attend an important meeting tomorrow morning, I would go to bed earlier. If I plan to participate in a debate competition, I would make sure that my script is written properly and that my team knows which part I am in charge of. This is way more efficient than waking up in the morning and starting thinking about what I should do for the day. Developing a habit of always planning ahead, many times I end up finding out that I have more free time than I realized. As a result, it is less likely that time is wasted when there are clear plans.

In a nutshell, having plans for free time is more helpful than leaving it open to possibilities. There presents a great uncertainty associated with the possibilities, and many times people end up wasting their time on unproductive and unmeaningful tasks when not setting clear goals and plans ahead of time. To prevent this, it is crucial to schedule free time and ensure goals are set. This will enable a better use of time, greater flexibility, clearer guidelines and better preparation.

**Some maintain that gaining knowledge of the past has little relevance for those living in the present. Do you agree with this perspective or not? Please support your response with examples and reasons.**

Jeslyn Ma  
Heep Yunn School

Some maintain that gaining knowledge of the past has little relevance for those living in the present. I do not agree with this perspective; in fact, I strongly believe that understanding past events is not only relevant but also highly beneficial and enlightening to those living in the present.

Firstly, most of what happened in the past is still affecting the lives of those living in the present. Gaining knowledge of the past is relevant as it helps us gain a better understanding of the present world in which we are living. Learning about history lets us know why our world is the way it is today: for example, learning about the history of our city or country allows us to find out the origins and evolutions of unique festivals, craftsmanship or languages. The cultural and political history of places tells us why people in different countries live the way they do. On a larger scale, learning about international organisations and past relationships among countries let us understand more about present political situations. For example, learning about the past conflicts between Britain and the European Union enables us to trace back to the roots and causes when we look at Brexit. Past events always leave significant impacts on the world and pave the way for events happening in the present, and learning about them means we can understand present affairs better.

Secondly, gaining knowledge about the past lets us learn from the faults of people in the past, helping us avoid making the same mistakes. Take World Wars One and Two as examples -- why are they taught in almost every school around the world? It is to teach our future generations the disastrous consequences that our ancestors faced when they placed their interests above world peace. From learning about the terrifying costs of wars, such as heavy casualties and traumatising an entire generation, we are now aware of the importance of international cooperation in maintaining peaceful relations among nations. History gives us warnings and tells us what not to do in order to avoid walking on the same roads as our ancestors and creating the same destruction again. It is one thing to make mistakes, but to make a mistake over and over again when events of the past have already proved that it is wrong is simply foolish, and gaining knowledge of the past is precisely what prevents us from making those unwise decisions.

Thirdly, becoming knowledgeable about the past assists us with progressing and improving in the future. By learning from the experiences of people in the past, we can improve on their existing inventions and go even further based on their discoveries. Scientific and technological advancements are examples of such: what kind of innovation is not created based on past knowledge? What scientist would say that they do not need to research the findings of past experts in their field? The first modern computer could be traced back to the 1930s -- they are bulky and a lot less advanced than the ones we are using now, but they allow later experts to build upon something that has already existed and speed up the progress of improving computers. Even right now, experts are still using existing technologies to create more advancements. Without using any knowledge of the past, there is no way that all the technological developments and discoveries would be existing today.

I believe that what has passed would not simply be left behind and lose its relevance, as our world evolves through changing and improving what has already existed. Without learning about the past, we would not be able to fully understand why our present world is shaped the way it is, nor would we be able to learn from mistakes that people of the past have already made and go further on the road of discoveries based on their findings. Therefore, I am certain that gaining knowledge about the past is of value and relevance to those living in the present.

**Groups or organizations can have a significant impact on the lives of some people. Why are these groups or organizations so integral to people? Please support your response with examples and reasons.**

Ho Ning Cheung  
St. Paul's Co-Educational College

In 1943, Abraham Maslow proposed the theory of Maslow's hierarchy of needs. It consists of five levels of human needs, including physiological needs, love and belonging, as well as self-actualization, which I believe are the three reasons for groups or organizations to have a remarkable impact on the lives of people.

To begin with, some organizations are able to fulfil physiological needs for those in poverty. For instance, Food Angel in Hong Kong prepares nutritious meals with excess food from restaurants and individuals to the underprivileged. People in poverty often have unbalanced meals, such as inadequate meat since meat is relatively expensive in the market. With these food banks that provide free but healthy meals, they can gain enough nutrients for their body and reduce the risk of developing chronic diseases. A similar organization is The Salvation Army, which sets up recycling bins for clothes across Hong Kong and Macau. The clothes are donated to people in need, including the elderly and the homeless. They are always integral to the disadvantaged as the disadvantaged often do not have the purchasing power to buy extra clothes for keeping warm, especially in the winter. Because of this, they may easily get a cold. Therefore, such organizations are essential to the underprivileged by satisfying their physiological needs.

Besides, there are groups that promote love and belonging within the community. At schools, there are Big Brother Big Sister programmes for newcomers, so that they can better adapt to the learning environment, make new friends and feel included in the small community. Women's Global Empowerment Fund would be another example. It provides information for women to know their human rights and gain leadership skills, minimizing marginalization of their voices. Through regular gatherings, women can develop bondings with each other and realise that they are not alone in the community. Hence, these groups are important in building up a sense of connection within people.

Most importantly, some firms and platforms allow people to be self-actualized and even make a positive impact in the society. Take Green Common as an example, it has been producing plant-based meat. This led to the bloom of vegetarianism from a relatively unknown trend into the talk of the town. McDonald's even launched a new vegetarian menu

using omnipork from Green Monday, including the omnipork luncheon deluxe breakfast. While it benefits our health and reduces carbon emissions, founders of Green Common and people who purchase their products would feel self-actualized. In addition, Round Square is an international platform that connects schools in fifty countries. By attending global conferences and international service projects, students are able to explore ideals such as democracy and leadership, which are crucial for being a leader in the future. As a result, these groups are significant to people by helping them to pursue their goals later on.

In conclusion, groups and organizations satisfy basic needs, sense of connection and self-actualization of people, which make them to be so integral to people. It is believed that the setting up and participation of these platforms are a positive step forward.

**Some maintain that gaining knowledge of the past has little relevance for those living in the present. Do you agree with this perspective or not? Please support your response with examples and reasons.**

Yan Yan Li  
Diocesan Girls' School

Undoubtedly, the world is changing and developing rapidly every day. Yesterday, we had to contact our chums through hand-written letters; today, we can keep in touch with them by sending thousands of WhatsApp messages in just a second. We all cannot deny that modernization is such a powerful magician that turns everything in the past into something brand-new nowadays in simply a blink of an eye. Nevertheless, is the lyric “The past is in the past.” from Frozen really true? Can we really just ignore the past and treat it as something irrelevant to our daily life? Of course, NO!

It is obvious that gaining knowledge of the past is fiendishly pivotal to modern people. History teaches us precious and significant lessons that we often do not realize. However, I truly believe that the past and the present are tightly connected in four important aspects.

Have you ever thought that world peace is not essential? Do you believe having wars are beneficial? I am pretty all of you will say “NO!”. Nevertheless, why do we know that peace is as important as the sun? Why do we all dislike cruel wars? It is all because of the past. Although I am just an ordinary girl living in 2020, I can still recall how heartbroken I was when I read about the First World War and the Second World War during my history lessons. The deaths and casualties caused were just countless, people lost their hometowns, families and literally, everything. Definitely, modern people all learn from the past and treasure peace that everyone deserves. Moreover, a myriad of international organizations were established after the world wars. This is because the past alarmed us and we all wish to avoid similar catastrophes and tragedies. I always believe that the past is a bridge for all of us to join hands together to build and anticipate a brighter future. Thus, the past is irreplaceable and we should all seriously learn from it.

Michael Angelo, Leonardo da Vinci, Raphael... They are all well-known artists that inspire lots of modern people. If the past is really that irrelevant, why are there art museums that preserve and promote the masterpieces of the above artists? It is crystal clear that the past can provide modern people with the golden opportunity to broaden their horizons. For example, a lot of modern artists and even architects create new pieces as they are inspired by the advanced techniques demonstrated by the artists in the past. Astonishingly, a lot of modern people even indulge themselves in the beauty of masterpieces created ages ago. For instance, the Renaissance piece created by Leonardo da Vinci named “Mona Lisa” went

viral online before. Netizens utilized their creativity and created new costumes for the lady drawn on the masterpiece. Although becoming a professional artist is never a piece of cake, but it is very motivational to note that modern people become more creative because they learn from the past. It is so crucial to them that they can jump out of their comfort zones and even escape from the hustle and bustle of work because of a Renaissance art piece.

Despite the fact that the past is actually playing an indispensable role in our lives nowadays, some may still argue that the past is irrelevant as modern and advanced technological development is achieved by modern people's hard work, instead of the past.

However, is that really the case? We have lightbulbs due to Albert Einstein, we know various scientific theories because of Isaac Newton, we can travel by airplanes thanks to the Wright Brothers. Of course, they did not create the most advanced and powerful inventions due to various restrictions and constraints of their own eras, but they did provide modern people with the directions and models to work on. Without the gifted mentioned above, we may need a much more longer time to invent lightbulbs, airplanes and the like. To conclude, the present technological achievement is a concerted effort of both the present and past geniuses, we should never look down upon any of these two parties.

In a nutshell, gaining knowledge of the past has an enormous impact on the modern world. As a modern people, we should always be thankful and appreciate everything created in the past. I always believe in the saying of Albert Einstein, “Learn from yesterday, live for today, hope for tomorrow.” The past is never just in the past but is in fact always closely related to the modern world.



**Some individuals like to have their free time open to possibilities, while others like to plan specific activities for this time. Compare the benefits of unscheduled free time with that which adheres to previously made plans. Which do you prefer, and why?**

Jerone Chiu  
Pui Ching Middle School

What would you do during your leisure time? Children will undoubtedly wish to play in a whole day. Teenagers will be willing to have gathering with their bosom buddies. Adults may perceive shopping as a wise choice. Often would we like to escape from our stressful work and breathe a huge sigh of relieve. Many of you must be nodding your heads. Yet, there are still some people who would indulge themselves in planned schedule even during the relax time. After all, which approach is better for us? Why don't we delve into the conundrum to find the optimal way to spend our free time?

It is a natural instinct to wish to fulfil our dreams in humans, and this is what unplanned free time gives us. Everybody has the right to pursue whatever one thinks is worthwhile. Especially in Hong Kong, it is barely plausible to squeeze our time to attain any breaks or recesses, not to mention the time to have the pursuit of dreams. Without planning our free time, we can have space to develop your interest, relax ourselves or appreciate the wonderful world. If we still pack our precious leisure time with activities, it must be considered as the worst choice. How ridiculous is it if you only fixate on one single subject instead of all? Would you feel baffling why your classmate stays inside the classroom to do homework while others are chatting and relaxing outside? It is equally ludicrous if one only focalizes on the darkness of boredom without noticing the bright light of freedom.

Speaking of which, we can enjoy a low pressure, which is a luxury in today's world. That we are consistently under pressure in an unarguable truth. It is a harrowing episode that what being advocated around the world are no longer creativity or optimism, but efficiency, effectiveness and excellence. Sad, yet true. All of you will undeniably agree that our lives are seeped with endless proposals, projects and pressure. As a matter of fact, an unplanned schedule gives us a hand in retrieving us away from the torture of stress. This is the cornerstone to relaxation, which is beneficial to both our physical health and mental health. Our quality of life can be significantly uplifted with virtue of freedom in leisure time.

There are strong reasons why unplanned freedom is worth the standing ovation from many. Yet opponents to unplanned free time think otherwise. Critics reproach this as totally implausible and inefficient. They assert that planned schedule should be a better alternative, due to the high efficiency and effectiveness. With unknown schedule, we, as humans, are often filled with indolence during breaks. Seldom will we have a pushing force to strive in

any situations without a detailed plan. Planning, instead, can encourage us to contribute regardless of any situations. Life is short, and in a bid to have a meaningful life, one should seize time eagerly. A plan allows us to have a good time management to finish different goals within the target time limit. Many of you have the experience when you get well-prepared for the exams with the aid of a timetable. Even in your school life, you must have spent afternoons to participate life planning lessons. Without planning, it would be the doomsday of humans when the whole population become dull and lazy to put any effort on the current jobs. This dire and detrimental consequence can be formidable, critics argue.

Nevertheless, it is not always the truth perceived by others. Would you feel glad if your whole life must be spent doing 'meaningful' and 'contributing' works in the world's general perceptions? Absolutely not. Contribution is never the conducting factor in a wonderful life, but happiness should be. You might think it is laughable for a person to become a musician as it is impossible for one to crop gold, but have you ever thought of what they are pursuing? Must our pursuits be the same as the world's? It is true that we can have a higher level of efficiency and time management by planning, but it is also true that freedom of development can lead to a higher degree of happiness, which can never be sought through any planning practices.

After all, what is the most indispensable element in our life? No one will deny that planned schedule has high efficiency, yet unplanned freedom remains a higher priority for we humans. Above all, freedom and feasibility are never mutually exclusive, only if we still heavily underline the importance of efficiency and meaningfulness while enjoying the honey of free time. We can hence shower with each other the joy of freedom and relaxation. Little difficulty is there to conceive how relaxed and cheerful our leisure time will be.

**Some maintain that gaining knowledge of the past has little relevance for those living in the present. Do you agree with this perspective or not? Please support your response with examples and reasons.**

King Tin Tam  
St. Joseph's College

The knowledge of our world covers many diverse and different topics. Some are easy to understand and intuitive for comprehension, and some are complicated to make sense of and mind-boggling to a part of the population. When we consider the knowledge of past events and history, this becomes more prevalent and clearer to detect. History contains easy information for the general populace to absorb, for example, the multitude of dates and lists pertaining historical battles and wars; meanwhile, a professional analysis of the socioeconomic status of a certain kingdom would fly over the heads of many in the world, understood only by the select few who dedicate their entire lives to researching history. It is of no surprise then, that quite a few people believe and maintain that learning about the past is a drab and boring chore; they claim that facts and data of the past is largely irrelevant to our modern lives. Is this really the case though? I vehemently disagree. I instead shall proclaim that gaining knowledge of the past is extremely important and relevant to those living in the present, as learning about where we came from can aid us in understanding the forces that shaped our world. Secondly, by investigating our ancient history and bygone events, we can better predict the future and try to alleviate us of less than pleasant outcomes in the future.

To begin with, knowing and understanding our past allows us to comprehend how our living environment has developed and how it evolved to what it is now. Historical events often form chain reactions; one event leads to another, and then causes another reaction to occur, similar to how dominoes topple against one another to collapse and fall down. It is with the same spirit that events operate and play out; past events cause consequences and results that hugely effect the modern world, and often can we attribute our surroundings and its changes to events occurring in the old times. Take Hong Kong as an example; every student has to have learnt of how the natural environment and conditions of Hong Kong, caused by millions of years of planetary evolution, no matter geographically or biologically, has enabled our city to develop into a bustling and booming trading port. The natural deep waters of Victoria Harbor and never-freezing waters allowed ships to dock all year around; it also led to the British occupying, and later, colonizing this patch of land. This, in turn, caused the shipping and trading industry to flourish in Hong Kong, as the British implemented a zero-tax policy on goods being exchanged and transacted in the then tiny town. It is clear from this example, that historical events affect other occurrences, and are

highly responsible for creating the conditions and circumstances that we recognize and are familiar with in modern times. Furthermore, studying past events allow us to view the process of evolution and change our universe went through; a historian studying Hong Kong would observe how, after the Chinese Civil War in the mainland caused tens of thousands of refugees to flee to the Pearl of the Orient, bringing with them money, manpower and technology, the manufacturing industry exploded into recognition and prosperity, giving our economy another boost and allowing every household in the world to know of dolls, plastic toys and utensils, all with the tag “Made in Hong Kong”. It is evident that learning of our past is beneficial to acknowledging how our homes, lives and culture have been formed and built throughout the passage of time, as well as appreciating the domino effect of events all causing one another to happen, like dominoes all crashing into each other.

Furthermore, acquiring a knowledge of historical affairs allow us to foretell the future, and alter the future, if necessary, to a degree. When we study history, we take a look at the causes and catalysts of past actions and occurrences, as well as what the outcomes and consequences were. Take World War 1 for example. Due to extreme nationalism, the armament race, and the rise of ethnic tension within Europe, the pressure of the continent reached a critical point, and the murder of Archduke Franz Ferdinand was the wayward spark that landed on a mound of gunpowder, instantly igniting the explosive material and exploding with a force of a thousand suns. From our viewpoint in the future, we can notice, with clarity, how the Serbian people were furious with the Austrians for their ultimatum, inadvertently influencing young Gavrilo Princip to shoot the Archduke of Austria in the head; how the extreme nationalism and the division of alliances and enemy on Europe into two camps caused the declaration of war between Austria-Hungary and Serbia to become such a gigantic all our brawl between the major powers of Europe; and lastly, how the rapid development of effective and efficient weapons, a product of the armament race, resulted in the millions of soldiers and innocent civilians being slaughtered like cows and pigs, meanwhile causing untold environment damage and devastating the population and demographic structure of Europe. A large area in Northern France is still off-limits to this day due to the numerous landmines and bombs littering the area as well as the chemical gas polluting the land; the trenches are still visible as uneven mounds of dirt sticking out of the ground, even to this day. After understanding the positive and negative effects of past events, we can further deliberate; how can we either recreate or avoid such events to either promote its benefits or avoid its drawbacks? We can identify the factors and instigators of events and actions; and institute systems to be able to spot such signs well before the situation reaches another critical point. For example, after World War 1, the League of Nations was set up to solve disputes between nations and to keep the peace between countries; this was quite

ineffective and failed miserably, as proven by the outbreak of World War 2. This time, the people further analyzed the situation and reinforced their solutions and preventive measures to stop another global war; by setting up the United Nations with its own military force, aiding countries devastated by the war, no matter on the winning or the losing side to rebuild its economy, educating the people on the perils of war, extreme nationalism and pacifism, as well as creating organizations that promote international cooperation like the European Union, they were able to avoid a full scale global conflict up to this day. By learning about our own history, we can better determine how events take place and come about, and use its recognizable traits to foresee their happenings in the future. In that case, they can better prepare for any lasting damages and consequences if the event is inevitable; like a typhoon or a vicious storm; or they can take corrective measures and plan to avert such an occurrence; like when two planes are flying on an collision course, the radar will detect their proximity within each other and they can raise or lower their altitude to get out of the deadly crash. It is crucial that devastating happenings must be avoided at all costs; we must aim to alleviate any damage and loss caused by evadable occurrences. Therefore, through understanding history, we can anticipate the future and work with all our efforts to modify the course of history for more desirable outcomes. With more time to come up with solutions, we may succeed and even prosper in that regard.

“History often repeats itself”. This is a saying that we are all acquainted with. It is of no surprise, then, that the past is highly relevant and closely linked to the present. Through understanding our past, we can improve our knowledge of our presence, and even bring about the events of the future quicker, or divert its perils is necessary. Our past actions are fundamental in determining and charting the course of the present and the future. They are all intimately interlinked, and possess the force and power to influence one another. Therefore, I find the claim that “gaining knowledge of the past has little relevance for those living in the present” highly inaccurate and, to an extent, quite idiotic. Perhaps it would be justified to say, that, “The past is the present, and the present is the future.”

## 鳴謝

### 協辦機構



### 支持機構



### 贊助機構



## 籌委顧問團

香港教育工作者聯會	黃均瑜會長	香港中文中學聯會	梁冠芬主席
香港西區扶輪社	胡一威社長	香港英文中學聯會	楊清主席
香港西區扶輪社	陳建宇前社長	香港直接資助學校議會	陳狄安主席
活動籌委會	余大偉主席	香港津貼中學議會	潘淑嫻主席
香港中文大學亞太研究所	馮應謙所長	香港私立學校聯會	譚萬鈞會長
香港教育大學文學及文化學系	馮志弘助理教授	香港中文大學校友校長會	司徒瑞萍主席
語文教育及研究常務委員會	陳倩君委員	中港文化交流促進會	賴炳華主席
香港高齡教育工作者聯誼會	羅慶琮會長	香港女教師協會	周蘿茜主席
香港教育行政學會	李少鶴榮譽會長	香港資優教育教師協會	楊定邦主席
香港佛教聯合會	何德心執行副會長	香港普通話研習社	冼錦維主席
仁濟醫院董事局	梁偉光行政總裁	拔萃女書院	劉新麗娟校長
東華三院	吳奇壘教育科主管	中文評審主席	康一橋校長
香港島校長聯會	方仲倫主席	英文評審主席	文珊副校長
九龍地域校長聯會	張漪薇主席	顧問律師	韓戎博士
新界校長會	邱少雄主席	香港教育工作者聯會教育培訓交流中心	陳陸安總監

## 活動花絮

### 初賽評審 (排名不分先後)

英文評審	文 珊主席	英文評審 (學術)	黃浩彰老師
中文評審	康一橋主席		

### 複賽評審 (排名不分先後)

初級組		高級組	
中文評審 (學術)	李錚老師	中文評審	康一橋主席
英文評審 (學術)	黃浩彰老師	英文評審	文 珊主席
香港普通話研習社	洪麗霞老師	香港普通話研習社	謝裕寧老師
香港西區扶輪社	陳衍舜副社長	香港西區扶輪社	羅肇翔候任社長
香港西區扶輪社	李衍熹理事	香港西區扶輪社	楊敏健前社長

### 決賽評審 (排名不分先後)

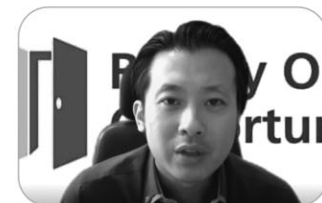
香港西區扶輪社	胡一威社長	香港教育工作者聯會	許詩禮理事
香港西北區扶輪社	李智強社長	香港教育工作者聯會	張 琳理事
港城西北扶輪社	祈理海前社長	香港中文大學亞太研究所	馮應謙所長
半山區扶輪社	關鳳英社長	香港教育大學文學及文化學系	馮志弘助理教授
香港金紫荊扶輪社	范致貞社長	語文教育及研究常務委員會	陳倩君委員
德隆鋼鐵	席與豪先生	香港高齡教育工作者聯誼會	羅慶琮會長
caffe HABITU	Miss Kong Choy Wai Prim	香港佛教聯合會	何德心執行副會長
教育評議會教育基金	蔡國光副主席	仁濟醫院董事局	梁偉光行政總裁
香港中文大學校友校長會	陳綺雯執委 (學術)	東華三院	吳奇燦教育科主管
香港私立學校聯會	黃穎東外務秘書	香港島校長聯會	方仲倫主席
顧問律師	韓 茂博士	九龍地域校長聯會	張漪薇主席
中文評審主席	康一橋主席	新界校長會	邱少雄主席
英文評審主席	文 珊顧問	香港中文中學聯會	梁冠芬主席
香港普通話研習社	謝裕寧老師	香港直接資助學校議會	陳狄安主席
香港普通話研習社	徐 冬老師	香港津貼中學議會	劉振鴻主席
中文評審 (學術)	李 錚老師	中港文化交流促進會	賴炳華主席
英文評審 (學術)	黃浩彰老師		

### 傳意技巧訓練及職業導向講座講師

香港中文大學亞太研究所所長	馮應謙教授	香港西區扶輪社理事	李衍熹先生
順德聯誼總會李兆基中學前校長	鄧卓莊先生	香港西區扶輪社理事	梁梓軒先生

### 傳意技巧訓練及職業導向講座

日期：2020年10月10日  
形式：Zoom 線上講座



日期：2020年10月20日  
形式：Zoom線上即場作文

### 初賽



## 複賽

日期：2020年11月14日  
形式：Zoom線上線下混合比賽



## 決賽

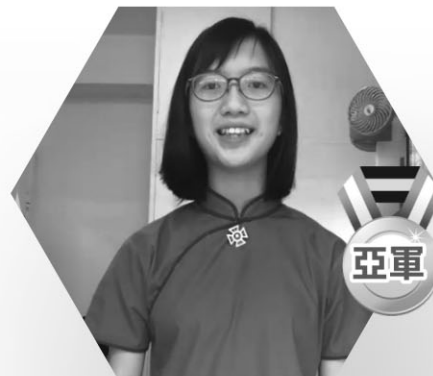
日期：2020年12月12日  
形式：Zoom線上即場演講



## 初級組



聖保羅男女中學 張惠然



聖保羅男女中學 黃靖琳



德望學校 陳佳穎



## 高級組



聖保羅男女中學 許晴沂



培僑書院 陳虹池



聖保羅男女中學 黃焯康



我們透過扶輪

# 終結小兒麻痺

扶輪相信健康的社區是強健的社區，因此，我們不辭辛勞為25億名兒童接種疫苗。推動世界更進一步接近根除致命的疾病，這是採取行動的人理所當然的作為。請看Rotary.org

Rotary  採取行動的人