



妙法寺劉金龍中學

Madam Lau Kam Lung Secondary School of MFBM

CHINESE LANGUAGE  
ENGLISH LANGUAGE  
LIBERAL STUDIES  
VISUAL ARTS

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*The LKL Collection*  
2021-2022

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# Preface

Preserving the tradition and witnessing the newly development of the present.

The school celebrates its Golden Jubilee this year.

Touching the present and chasing the past, embracing the tradition and expressing thanks – just like the slogan of the 50th Anniversary Celebration – Be grateful Be global. We thank the school sponsoring body Miu Fat Buddhist Monastery and people from all walks of life for their continuous support to the school, as well as generations of principals, teachers, and parents for their contributions and efforts to the school.

To celebrate the 50th School anniversary, our school will hold a series of activities. We kick the celebration off with "LKL Collection". "LKL Collection" integrates the excellent homework of students into a book, allowing students to observe and learn from each other's strengths, break through their own limits, and broaden their horizons.

This is exactly what the school has always been doing. The school has been rooted in Tuen Mun for 50 years, facing the world, taking the whole-person education as its responsibility, providing different opportunities for students to develop their strengths, and cultivating students to become leaders with an international perspective in line with the needs of the times and society.

Each piece of work in this portfolio is the result of the hard work of students and teachers. No matter it is writing, commenting, or painting, it reflects the creativity and ingenuity of students. It is hoped that readers can give students encouragement and appreciation after reading.

# 序

憶往昔耕耘辦學，看今朝崢嶸開拓。

本校今年迎來金禧紀念。

撫今追昔，飲水思源。正如五十週年校慶標語—「明心知恩、歷久知新」，我們感謝辦學團體妙法寺和各界人士對本校一直以來的支持，也感謝幾代校長、老師、家長為學校作出的貢獻和努力。

為慶祝五十週年，本校將會舉辦一連串活動，《龍情畫意》正是第一炮。《龍情畫意》把學生平日優秀的功課結集成書，讓學生互相觀摩切磋，學習彼此的長處，打破自身局限，拓闊視野。

這也正是本校一直以來的辦學理念。本校五十年來植根屯門，面向國際，以全人教育為任，提供不同機會讓學生發展所長，配合時代和社會的需要，培養學生成為具備國際視野的領導人才。

這本作品集每篇作品都是學生和老師辛勤的成果，不論是作文、評論，還是畫作，都反映學生的創意和巧思，希望各位讀者閱讀後，能給學生們鼓勵和讚賞。



# English Language

My Life, My Sharing



## 1A Dhaliwak Mehak Preet

### A letter to a friend about my trip to Melbourne, Australia

24 May, 2022

Dear Jimin,

How are you? I'm enjoying my time here in Melbourne, Australia. This place is so wonderful that I get to discover lots of new things every day. I'm going to tell you about the series of events that happened in the past few days during my trip.

On day one, my family and I went to Queen Victoria Market. The market atmosphere was so lively, the things were sold at a reasonable price. My younger brother bought a koala backpack (it was only \$5). I bought some souvenirs, I bought Opals for me and one Albra hat for you. My dad doesn't like shopping so he went and bought some fresh doughnuts. I tried them and they were so hot and squishy. When we left Queen Victoria Market, we couldn't find our way back to the hotel. Then a guy named Felix helped us and turned out he lives across the street. Felix's parents invited us for dinner and we happily went there. After dinner, we played some board games together and Felix told us that he is coming to Hong Kong soon! I think you and Felix will get along well.

Yesterday, we went to Flinder's Street Station. It is a recognizable landmark of Australia and it was built to celebrate the birth of Australis (I heard our English teacher talking about it) so I was very excited to go there. It was very interesting and I dared not to touch any walls because I was afraid that the walls may break since the station was built hundreds of years ago.

After exploring Flinder's Street Station, we walked our way to the Eureka Tower. I waited for a long time to go there. You know how much I love the view from high places and Eureka Tower is the tallest tower in Melbourne so I was looking forward to this very much. And I took tons of pictures, I will show them to you when I come back.

Right now, I'm writing this letter while sitting at the train station. The train is taking so long to arrive so I thought that I should update you about my experience here. We are on our way to Luna Park. Luna Park is the oldest park in Melbourne and I'm going to experience what theme parks were like in the 1970s. My dad said that if we have enough time, we will also go and take the Skyline Attraction Ferris Wheel. And today we are going to eat in a local restaurant because my sister wants to try the local cuisine.

Tomorrow is our last day here and we are going to try graffiti art on Hoister Street. Since it is illegal to do graffiti art in Hong Kong, I'm going to enjoy doing graffiti art in Australia to the fullest. Then, after doing graffiti art, we are going to visit the SEA LIFE Melbourne Aquarium. I saw some photos of it online and the sea animals look so breathtaking. We hope to be back at the hotel early to pack our bags. I will miss this place a lot.

My train is arriving in a few minutes so I have to end the letter here. I will tell you more when I arrive back in Hong Kong. Stay healthy!

Best wishes,  
*Mehak*

**1A Tong Ka Man**

## **A letter to a friend about my trip to Chong Qing**

24th May, 2022

Dear Kenix,



Hello! How are you recently? I'm having a four-day trip in Chong Qing with my family. Today is the third day of our trip. I am going to tell you about what I have seen and what has happened in Chong Qing during our trip!

On the first day of the trip, we went to the Yangtze River Cableway. The Yangtze River Cableway is a very famous tourist attraction in Chong Qing. The ropeway is tied above the Yangtze River and the cable car can run on it. It allows you to see the appearance of the Yangtze River more comprehensively from the cable car on the ropeway. I felt very excited when I was in the cable car. I took a lot of photos with the Yangtze River from the cable car, I think the view was so spectacular! But my sister was too frightened about it because it was too high. She just closed her eyes until the end.

On the second day, we went to Ciqi Laokou Street. There was lots of local food there like Chan Mahua, old yogurt, Chongqing noodles, Chaoshou and Jiangjin rice candy. We also ate Chongqing hot and sour powder too! We ordered the spiciest one. My dad cried that the noodles were too spicy! I like the Jiangjin rice candy most because it is so sweet! I love sweets so much. I bought a bag of Jiangjin rice candy. When I am back, I will share with you.

Today, we went to the Chang Jiang International. This is the building I like most in Chong Qing. We went there at about 6:15 a.m. There were just a few people under the building. I took numerous photos of the building. I will send the photos to you later. At about 7:00 a.m., some more coaches arrived and more people flocked into the building. So, we left the building.

I still remember that after we left the building, we went to a park and sat on a chair near the trees. Suddenly, my sister wanted to buy some tea to drink when she was going to pay the money for tea, she found that her backpack had been lost and her wallet and mobile phone were in the backpack! She ran back to the park and her backpack was on the chair! Oh! My careless sister!



At night, we went to Nanbin Road. We enjoyed the splendid night scenery on both sides of the Yangtze River and blew the evening wind on the riverside. I saw that there were about twelve boys singing on the street. There were lots of people taking photos for them. I remember all of the boys were very tall, I think they are about 175cm tall. But they were also a bit young, maybe about 15 years old or 14 years old? I will send you the photos of them.

On the fourth day of our trip, I think we will go to Black Valley Scenic Area. I have seen some photos of it before. I know that there will be a lot of waterfalls. I am looking forward to going to Black Valley Scenic Area.

It is too late, I need to go to bed now. See you soon!

Love,

*Ka Man*

**1B Chan Lok Hei, Phoebe**

### **A letter to my primary school teacher**



Dear Miss Cheung,

How have you been recently? Are you still teaching Primary Six? I look forward to seeing you again. I would like to tell you about my secondary school life.

My experience in this new school has been filled with fun and happy moments. I have met many teachers in the secondary school. They are kind and patient like you. At first, I felt nervous because I was worried that I couldn't make friends in school. However, everything has gone well fortunately. I gradually started to adapt to the secondary school life. I have joined some clubs, such as English Club and Chinese Orchestra. For academics, my favourite subject is Science because Science is a tool that I can use to understand the world around me. A major challenge I face in secondary school is the method of full English teaching because many subjects were taught in Chinese in primary school.

In the secondary school, I have had an unforgettable experience – the school picnic. It is the first time I had school picnic with my new classmates. This reminds me of the unfinished graduation camp at Primary Six. It was a pity not having such an intriguing experience with you.





Although my secondary school is wonderful and warm, I still miss my primary school because it was large and the schoolmates always chatted with each other. I also miss you very much because you have changed me a lot. At first, I was only an ordinary student in class and my English exam result was mediocre but you tried your best to teach us using different methods. Thank you for not giving up on me. I look forward to seeing you again.

Love,  
Chan Lok Hei, Phoebe

## **1B Chan Pui Ka, Suei**

### **An athlete who inspires me**

Hong Kong has many different athletes. They are excellent and have made great efforts. They spend so much time to practice to achieve their current success.

My favourite athlete is Lau Mo Sheung, Grace. Her expertise is karate. She ranked third in the women's world personal figure competition in January 2019, and is the bronze medalist at the 2018 World Championship. She was also the Karate Women's Individual bronze medalist at the 2020 Summer Olympics.

There are still many athletes who have not successfully won an award, and when they see some other athletes finally succeed, they get the message – “Never give up!”. Also, they will bring other athletes positive energy and power.

The reason I admire Grace is that I think she must have been training for a long time behind the scene and it took her a lot of time to get today's results. Besides, a very important thing that I learn from her is “Never give up”. When we do everything, just remember not to give up. If you don't stick to it, you won't succeed. Also, we must have perseverance.

When I was young, I hated doing sports very much. I thought it was tiring and hard. Although I know doing more sports can make us healthy and fit, I still hated it very much. However, I change my view of doing sports. Now, I love doing sports very much. Recently, I have started running for keeping fit. In this process, I felt it was hard. But for my good, I am willing to stick to it. And I have experienced that doing sports is really not as simple as people imagine. You need to take great determination to do sports. Doing sports is like our studying. It is just like when we are doing maths. We cannot give up just because we cannot figure out the answer.

Finally, I hope every athlete can be successful.



## A letter to a friend about my trip to Tokyo, Japan

Dear Wendy,

How are you? How's your summer holiday? I'm in Tokyo, Japan, now. So, today I will tell you what I do in Tokyo.

On the first day, my family and I went to the Mount Fuji because my mum loves climbing mountains. Also, on the mountainside, we can enjoy the great views and take photos. There were some natural sceneries, like waterfalls, caves, and lakes too. Later, we went to the Snoopy Town where we could watch Snoopy shows and buy some toys. In the Snoopy café, there were some cookies given to customers.

Yesterday, we went to Palette Town which had lots of exciting attractions, like rides, arcade games, bowling alley, and so on. Also, you can enjoy spectacular views of Tokyo Bay at one of the biggest Ferris Wheels in the world. After going to Palette Town, we watched a sumo wrestling match. In there, we could see the displays of sumo history and traditions.

Today, we didn't do anything special. In the afternoon, we went to a famous local restaurant. After that, we went to the Toy Park to watch a film, and play some exciting games. Then, we went to the Ueno Park. We viewed the beautiful pink cherry blossoms and took photos. Also, we wore kimono and visited museums. We have learnt many new things.

On our last day, we will go to Ginza for shopping. In Ginza, there are different kinds of shops like fashion boutiques, salons, and souvenir shops. In a souvenir shop, we plan to buy some gifts for my relatives and friends. We are going to have a nice dinner there to wrap up our trip to Japan.

All in all, we are having a happy time in Japan. I am looking forward to seeing you again in Hong Kong.

Cheers,

*Kelly*

## An email to the Principal

To:Principal@gmail.com

From: Kathy1111@gmail.com

Subject: My ideal food for the school canteen

Dear Principal,

On behalf of our class, I would like to talk about what we don't like about the food in the tuck shop and suggest some dishes.

First, we would like to tell you the reason why we don't like the food. It is because all food in the tuck shop is packaged in plastic bags, which is not environmentally friendly.

The second reason is that the food in the tuck shop is too expensive and the tuck shop staff work without gloves and masks, which is very unhygienic.

Also, I would like to suggest my three ideal dishes.

The first dish is waffle. The reason is that it is very sweet. It's soft and creamy which is like a cake and is perfect for kids and seniors. Waffles are mainly baked with flour, eggs and milk, so they are rich in protein, vitamins, fat, carbohydrates, and other minerals. Although they are sweet, they are also rich in nutritional values. So, they can be an ideal food for the school canteen.

The second dish is sweet dumpling. Sweet dumpling has the meaning of reunion, so eating sweet dumplings is very meaningful. They are sweet and spongy in texture. They can be very popular among schoolmates. They are not expensive too.

The third dish is salad. Salad is very healthy and it is very easy to make it. You can choose your favourite greens and pour some sauces over them. It is with good taste too. Schoolmates need greens to keep a healthy life.

I hope my suggestions will help you and look forward to receiving your reply.

Regards,

*Kathy*

**A letter to a friend about my trip to Tokyo, Japan**

Dear Mary,

How are you? Do you have a nice holiday? I am having a four-day trip in Tokyo with my family. Let me tell you what is happening in these days.

On the first day of the trip, we visited a fun park called Palette Town. There are a lot of exciting attractions, for example, rides, computer games, a bowling alley and amazing shops. The park also has one of the biggest Ferris wheels. I was so excited at that time.

On the second day, we visited Toy Park. Toy Park is the biggest toy shop in Japan. When we were at Toy Park, my sister and I tried new toys in the games area, it was fun.

Today, we went to climb Mount Fuji. We rode the train up the mountainside to enjoy the great views of the countryside. When we were riding the train, we saw the waterfalls, caves and five lakes. The views were so amazing. Tonight, we are going to go to Ginza, which is a shopping area. There are many different kinds of shops, for example, bookshops, comic shops, souvenir shops and fashion boutiques. We will have dinner in a sushi shop in Ginza. I am now so excited about the sushi we will eat at dinner. My mom is excited too because she can buy some new clothes when we arrive there.

Tomorrow we are going to Ueno Park. Ueno Park has many pink blossoms and the views are beautiful too so we will take some photos there. The park has a science museum and a zoo so we first go to the museum to look at the science exhibits about everything from space to earthquakes. Then, we are going to visit the pandas.

We have so much fun in Tokyo. I wish you were here with us then we could play together happily. I hope to hear from you very soon.

Love,

May



**2A Sajjad Yusra**

### **Global warming**

Our world is having a fever.  
Ice-bergs melt to form rivers.  
Mother nature is dying.  
Global leaders say that climate advocates are lying.  
But it's high time that we realized  
it is time we saved the Earth before we die!

**2B Gurung Sumi**

### **A vampire in disguise**

It was a nice day with good weather, so Dean, Elle and I decided to go to Cheung Chau. We took the ferry to get there and after arriving, we took a thirty-minute hike to get to the beach. After getting to the beach, we laid a mat and had a picnic. While we were eating, Elle cracked a joke.

‘What did the beach say to the tide when it came in?’ Elle asked.


‘What?’ Dean asked.

Elle replied, ‘Long time, no sea.’ I started laughing hysterically but Dean was unamused. After a while, we went to a seafood restaurant for dinner. After we had dinner, we went to the ferry pier at around 10 p.m. to wait for the ferry.

After a long time, Elle said, ‘Guys, I don’t think the ferry is coming.’

‘Me too,’ I replied. Suddenly, a staff approached us and told us that the last ferry had left thirty minutes before and we could only catch the next ferry the next day at 6 a.m., we were exhausted. It was a full moon and the night felt very unsettling for us.

‘Let’s stay overnight at the nearest hotel,’ Dean suggested.



‘That’s a good idea,’ Elle said.

We walked to the nearest hotel and when we got there, the hotel was surprisingly cozy and luxurious. After checking in, we got to our room and threw ourselves onto the bed except Dean.

‘I’m exhausted,’ said Elle tiredly.

‘Same here,’ I replied.

‘I’m gonna use the bathroom for a while,’ Dean said anxiously.

‘Okay, go ahead,’ I replied.

Elle and I were getting ready for bed but I wondered what Dean was doing because he had been in the bathroom for a long time.

‘I’m going to check on Dean,’ I said. I knocked on the door and asked, ‘Are you okay in there?’ There was no response, so I opened the door and I saw Dean curl up on the floor turning into a vampire!

I screamed and Elle shouted, ‘What’s going on?’



‘Oh my god!’ Dean’s dark brown eyes had turned bright red. He looked at me with his bloodshot eyes and they sent shivers down my spine.

‘I NEED BLOOD!’ Dean growled. He dashed out of the hotel room and we stood there in shock and disbelief. A few minutes passed and we heard a scream in the hallway. We ran out of the hotel room and we saw Dean biting another person’s arm. He noticed us looking at him and whispered, ‘I’m sorry.’ He dashed out of the hotel and disappeared. We checked on the injured man.

‘What was that?’ the man shouted.

‘We don’t know either,’ I replied. We called the ambulance and the police. We explained everything to the police but they didn’t believe us.

‘You were probably just hallucinating,’ said the policeman.



‘But what about my injuries?’ the man asked. We all went to the security room to check the security cameras. When we checked the cameras, it looked like nothing had happened. I saw Dean, Elle and I walking in the hallway chatting and laughing. Elle and I were shocked. It was like nothing had ever happened.

‘But how could that be?’ Elle exclaimed.

‘That’s not possible,’ the man said. The police left and we returned to our hotel room. Elle and I couldn’t sleep the whole night. ‘Was that vampire really Dean?’ I thought to myself. This question ran through my head the entire night.

The next morning, there was still no sign of Dean. Elle and I got on the ferry and went home. After a few days, someone showed up at my door. To my surprise, it was Dean.

‘Every time there’s a full moon, I turn into a vampire. Most of the time I can control my behaviour but that night, I just couldn’t control myself anymore. I have a special antidote that can turn me back into a human. On that night, I went straight home and drank the antidote,’ Dean explained.

‘When did you find out that you were a vampire?’ I asked.



‘I found out my real identity when I was little and my family made an antidote for me,’ Dean replied.

I invited Elle to come over and we explained everything to her. Now, we are closer as friends and Dean opens up to us more often.

**2B Gurung Sumi**

### **A film review on Us**

My favourite film is *Us*. *Us* is about a world where everybody has a doppelganger but your doppelganger lives an opposite life. The film’s director is Jordan Peele and the film is produced by Jason Blum, Ian Cooper, Jordan Peele and Seam McKittrick. The cast includes Lupita Nyong’o as Adelaide Wilson and Red, Winston Duke as Gabriel Wilson and Abraham, Shahadi Wright as Zora Wilson and Umbrae, Evan Alex as Jason Wilson and Pluto.



The movie starts with a normal family of four, The Wilsons. They go on vacation but encounter their doppelgangers in the driveway of their vacation house. The doppelgangers start to break into the house and succeed. The mother of the doppelganger family, Red, explains that they share a soul with their lookalike counterparts and tells a story about a girl that lives a nice life while her 'shadow' lives an opposite and painful life. The mother says that she hates the girl for it. The Wilsons are separated and attacked by their doppelgangers. Gabriel, the father of the family, manages to kill his doppelganger and the rest of the family also manage to escape from their doppelgangers and get on a boat that Gabriel bought. After getting rid of all of their doppelgangers, the family goes to Mexico so that they can escape but there is an unexpected twist at the end.

I really like the plot of the film. It is really unique and thought-provoking and the film is very well-made. The actors have also done a good job playing the psychotic and insane roles. They act both as their character and the character's doppelganger. The unexpected twist at the end is so surprising that it changes the whole story. The creepy music is also well-made and it creeps me out whenever I hear it.

The film is well worth seeing and it is one of my favourite films.

**2B Shahid Kashif**

### **An extraordinary night**

One day, my friends Dean, Harry, Anthony and I were waiting for the ferry from Cheung Chau back to Central. I was suddenly told by a staff that the last ferry had left and we could only catch the next ferry the next day at 6 a.m. My friends and I decided to stay overnight at the nearest hotel in Cheung Chau.


'Wow!' Harry exclaimed, 'The hotel is beautiful, right, Chris?'

'Yes,' I answered. 'It's so beautiful and luxurious. I think we're going to have a great night.'

And there the story began. We met the manager and we got our room key from the reception. My best friend Dean was with me in room 456. The bell boy took our luggage and showed us the way, but he was staring at us creepily. I thought something was wrong, so I asked him, 'Excuse me, Mr. Henry,' I asked him while looking at his name badge, 'Is there anything wrong? I mean you can tell us, what's the matter?'

'You both are staying here in room 456, right?' He asked.





‘Yes, we are,’ I replied.

‘You may not know, but last year on this day, a couple was here for their wedding anniversary. Somehow the husband was caught cheating on his wife. She couldn’t handle all this and ended up committing suicide. After this incident, people claimed that they saw the spirit of the wife wandering in the surrounding rooms.’ He told us the whole story briefly. But Dean didn’t care about it. In fact, he loves spooky things. I just didn’t care as well.

At night, Harry called me and Dean to gather at the buffet area to have dinner.

‘Hey Chris, I’ll be there in a while, okay?’ Dean proclaimed.

After a while, Dean left the room and jokingly tried to enter room 455. He pulled the handle and it was surprisingly unlocked. He suddenly received a phone call from Anthony.

‘Hey buddy, where are you? We’re waiting for you,’ asked Anthony impatiently.

‘I’m on my way,’ Dean replied.

As Dean entered the buffet area, he started acting weird and didn’t eat anything the whole time. We went out for a walk after dinner. When we got back, Dean wasn’t with us. We went to look for him but he was nowhere to be found. We went to the reception and asked the receptionist, ‘Excuse me, we’ve got a problem. We can’t find our friend. We were with him at the park area the last time. He was wearing a black T-shirt and red shoes,’ said Anthony anxiously.


‘Oh no, there’s a man lying unconscious!’ said the receptionist worriedly.

We went to see the unconscious man. To our dismay, it was Dean! As we were about to call the doctor, Dean’s closed-eyes suddenly opened and he mumbled, ‘I don’t know how I got here. I have no idea!’

We were all confused. We took Dean back to the hotel room to take a rest, but at about 11p.m., we heard a voice. Someone was yelling down the lobby. We all went down and saw Dean holding the security guard’s neck and suffocating him.

‘Dean, stop! What’s wrong with you?’ yelled Harry.

Dean pushed Harry over and he was injured. Dean was out of control! He was ruining everything in the hotel. The manager called the police. When the police arrived, Dean ran to the rooftop of the hotel. We all followed him.



‘Stop or else I’m gonna jump off the building,’ Dean said in a loud, clear voice.

‘Don’t!’ The police officer yelled.

‘Don’t do this, Dean. What’s wrong? We can help you, but please don’t!’ I asked in a shaky voice.

‘Don’t even move a step forward,’ Dean proclaimed.

‘Okay, okay! We won’t but please come down,’ the police officer demanded.

Dean was coming down but suddenly his foot slipped and he fell down and died.

‘No!’ I growled.

After this incident, the police investigated the matter, but no one knew what actually had happened. It remains a mystery.

**2B Yau Yan Yan, Vanessa**



### **A letter to the editor about light pollution in Hong Kong**

Dear Editor,

I am writing this letter to express my concern about light pollution in Hong Kong. This problem is so serious that Hong Kong is believed to be the world's worst city for light pollution. Every place here is at least 10 times brighter than a normal dark sky, and in Tsim Sha Tsui, the levels are even 1,200 times brighter.

I believe the reason for light pollution in Hong Kong is our daily life. Most shops have one to two LED billboards for them to get the notice of the people walking around, especially in places with tons of shops, such as Central, Sham Shui Po and Tsim Sha Tsui. There is a show called 'A Symphony of Lights', which shoots laser lights directly to the sky. Due to the dense population in Hong Kong, there are lots of lights coming from the residential buildings every night.

Light pollution doesn't just affect the sky and makes us not able to view the stars, it also affects both humans and animals.



Light pollution will affect humans by disrupting sleep, which will lead to cancer, depression, sleep disorders, diabetes, etc. Not having enough sleep will cause hallucinations. You might hear someone calling you but no one is around and you might see someone that never exists.

Animals that depend on moonlight to navigate will lose their way because the moonlight is not as bright as the man-made lighting. For example, baby sea turtles crawl back into the sea by using the moonlight reflecting on the sea as a guide, but artificial lights might affect the brightness of the moon, which causes them to lose their way.

Although the problem of light pollution is significant, there are lots of ways to solve it. If you are a citizen, you can help by turning the light off when you leave the room or when you won't be using it, and you can change the colour of the light bulbs from white to yellow or orange. Also, in order to solve the problem, the government should make laws to control external lighting. For example, if you want to make an LED billboard for your shop, you need to pay a fee to the government. Green groups should also raise the awareness of the public about how serious light pollution is by holding a talk in schools or organizing some events.

I hope this letter will make people in Hong Kong know about the seriousness of light pollution in Hong Kong.

Yours faithfully,  
*Chris Wong*

**2D Cai Uen Tung**



### **A letter to the editor about light pollution in Hong Kong**



Dear Editor,

I am writing to express my concern about light pollution in Hong Kong. Light pollution in Hong Kong is so serious that the levels in Tsim Sha Tsui are 1,200 times brighter than a normal dark sky.

This problem is mainly caused by the lights from the closely packed residential buildings, advertising signboards or LED billboards, and spotlights pointing to the sky like 'A Symphony of Lights'.

However, not only do these lights make the sky bright at night, but they also have





negative effects on humans and animals. Light pollution damages our health such as disrupting biological clock and affecting brain and hormone function. More seriously, it increases the probability of obesity, depression, diabetes and even cancer. In addition, birds will lose direction as they can't rely on the stars to navigate at night. Baby sea turtles can't go back to the ocean because the moonlight is not reflected on the ocean. City lights will confuse them and fear them off course.

Light pollution is not a problem that cannot be alleviated. To alleviate this problem, the government must make laws to control external lighting. For example, the government can control the LED billboards, advertising signboards and lights at festivals. They should limit the number and size of them. Also, they can make it illegal to have the lights on after 9:00a.m. For citizens, we can make changes in our daily lives. We should turn off the lights when we do not use them. Furthermore, we must not use too much light to decorate the room. Besides, I suggest that green groups can make some advertisements to make the public know about the harm of light pollution and how they can help to tackle light pollution in their daily lives.

We can do things to control light pollution. Everyone has the responsibility to do that because it is closely related to everyone. I hope this letter can tell you how serious light pollution is and encourage you to take action to save our environment.

Yours faithfully,

*Chris Wong*

**2D Liang Ziyu**



### **An extraordinary happening**

Last week, my friends and I went to Cheung Chau. While we were waiting for the ferry from Cheung Chau to Central, a staff told me that the last ferry had left and we could only catch the ferry the next day. So, we decided to stay overnight at the nearest hotel.

The weather wasn't very good. The wind howled and the rain was so heavy. We opened our umbrellas. All things went well until we arrived at the hotel.

The hotel was luxurious and exquisite but it was unusually quiet. 'Wow, how beautiful this hotel is!' exclaimed my friend Sally.

'I think so too,' I agreed, 'let's stay here overnight.'



‘I have a nasty feeling about it. Please find another hotel!’ begged Dean in terror.

‘Oh, come on! We just stay here for one night. What would happen?’ teased Sally. Then we went into the hotel.

In the hotel, I didn’t see anyone except us. There was only a note. It said, ‘Enjoy your stay in this hotel, but remember, no matter what happens, don’t get out of your room.’ I thought it was ridiculous and threw it into the rubbish bin. Then, something strange happened.

While I was sleeping in our room, Sally woke me up. ‘Do you know where Dean is?’ asked Sally with a frowning face. I shook my head. ‘I looked all over the room,’ said Sally, ‘but I can’t find him.’

‘I guess he’s outside. Let’s go find him.’ I suggested, ignoring the warning from the note.

We walked out of our room. We saw Dean at the end of the corridor. ‘Dean, come back!’ Sally shouted. He turned his bloody head and stared at us.

‘I will kill you! I will kill all of you!’ Dean mumbled dauntingly. Suddenly the light went out and I could see that he ran towards us with an axe. Sally and I ran back to our room quickly and closed the door. Dean saw that the door was closed and used the axe to open the door. ‘Dean, stop it! We’re your friends!’ I cried loudly.

‘He won’t listen to you. He is completely crazy!’ Sally shouted.

An idea suddenly popped into my head. I opened the door and flashed my phone in his eyes. When Dean saw the light, he was afraid and stepped back. I could see that Dean had become a werewolf! Dean ran away from this hotel into the woods and never came back. Sally and I breathed a sigh of relief but we were still worried about Dean. I was so guilty that I didn’t pay attention to the note.

The next morning, Sally and I got out from the hotel and caught the ferry back to Central. We told the police what we had experienced. The police inspector was doubtful, so he decided to go with us back to the hotel to investigate the matter. When we got to the place we slept last night, the hotel was gone! The police thought we were joking and went away. Only me and Sally knew that the things we said were true. We will never forget such an extraordinary happening.

### An extraordinary happening

On a dark and windy night, when my friend and I were going to take the ferry from Cheung Chau to Central, a staff suddenly told me that the last ferry had left and we could only catch the next ferry at 6:00a.m. the next day. Feeling helpless, we could only decide to spend the night in the nearest hotel on Cheung Chau.

It was already one o'clock in the morning. The whole Cheung Chau was quiet and there was no sound at all. Because the nearby hotels were full, we went to a faraway hotel for the night. We walked into a passage to the hotel. It was very dark. Through the dark light, I only saw that the ground was covered with jagged white bones, which was very terrible. I was scared out of my mind by the sight in front of me. I didn't know it was an illusion caused by being too tired. I stood there blankly. My heart was uneasy, my face was earthy, my feet were soft and I was so nervous that I opened my mouth. 'Chris?' Then a voice stopped me. It was Dean. 'What's the matter? You still stay where you are.'



'I'm scared. I thought I saw something I shouldn't have seen.'



'You are exhausted today. There's a hotel ahead. When you get to the hotel, you can have a rest.'

As soon as I arrived at the hotel, I heard the sound of running water, which was particularly clear in the quiet hotel. 'Strange, how can there be running water in the hotel?' As soon as I entered the hotel, I found that the hotel was particularly strange. The hotel looked as if it had not been cleaned for a long time. It was dark around and there was only one employee at the front desk. At that time, I was so tired and didn't think much, so I went to bed early.

Not long after I just slept, I woke up to go the bathroom. It was quiet and gloomy at night. When the wind howled outside, I could hear the rustling sound of the wind blowing the leaves. At that time, it was 3 o'clock, and suddenly a dark shadow dashed past the window. 'What was that!' I gradually became afraid. Around the hotel, I seemed to feel a lot of terrible ghosts hiding in every corner. My back was cold and I felt an unprecedented fear. Suddenly, a face appeared. 'Who are you?' I cried out with my eyes staring blankly. 'This face has short hair. Wait! Short-haired girl. Isn't it Dean?' I suddenly fainted.

When I woke up, it was the next morning. The environment around me was very strange. I just found out that I fainted last night. 'This is the hospital.'





‘What about Dean?’ I asked the doctor.

‘Unfortunately, this lady died unexpectedly last night.’

After hearing the news, I was dumbfounded. ‘How did she die?’ I asked anxiously.

‘Well... I don’t know. Miss, you’d better have a good rest.’

I rested in the hospital for a period of time and was soon discharged. After this experience, I dare not go to Cheung Chau anymore.

**2D Wen Joy**

### **An extraordinary happening**

It was a holiday, and supposedly a normal holiday. But very unfortunately, my two friends Dean and Tim, and I were trapped in a hotel on Cheung Chau because the last ferry which could take us back to Central had left. We had to stay on this island for one more day and catch the next ferry tomorrow at 6:00 a.m. It was late at night so we decided to stay overnight in a hotel near the ferry pier.

After putting down our luggage, we had dinner in the hotel restaurant. ‘Look!’ Tim pointed to the sky. ‘It’s full moon today.’

‘Wow! It’s beautiful, isn’t it?’ I exclaimed. But Dean seemed not to like the full moon night. He just kept eating his dinner and did not want to see the full moon. After dinner, we went back to our rooms. I wanted to get some more towels so I left my room. I didn’t expect to see Dean in the hallway, but he seemed to be sneaking off to somewhere, so I followed him quietly.

He went into the kitchen quietly, opened the fridge, took out the raw meat and began to eat it. His eyes suddenly turned red and long tusks sprouted from his mouth. The moonlight shone on this face and made him look pale. I was so scared that I almost screamed out. I ran to Tim’s room and told him what I had seen. ‘Wh-what should we do now?’ I stammered.

‘I think we had better stay together and wait for tomorrow’s ferry to leave,’ Tim said calmly, ‘so let’s go to bed now.’

While I was sleeping, I felt that there was something touching my neck ‘Who is it?!’ I yelled.

‘Hey, don’t be afraid. It’s me, Dean!’ he said, ‘I’m just too scared and can’t sleep, so I came here and want someone to be with me.’

‘Well, I thought you just wanted to drink our blood!’ Tim said in a shaky voice and we ran away as fast as we could.

It was almost the next day. We ran out of the hotel and vampire Dean was chasing us. ‘Ahhhh!’ I was careless and fell down, and vampire Dean was about to catch me. Suddenly, the sun rose. The daylight shone on us. Then Dean stopped. His appearance turned into normal again. Tim and I were shocked by the sudden change in him. Dean explained, ‘I’m sorry I scared you guys. It’s my secret that when it’s a full moon night, I will become a vampire.’

‘Really? That’s cool!’ Tim was amazed, ‘but you still frightened me a lot, dude.’

‘I’m sorry, so how about buying you breakfast to make amends?’

‘Hahaha, I agree!’ I laughed, ‘but I don’t want to have any raw meat please!’

Although it was a very horrible experience, it had a good ending. It’s very cool that I have a vampire friend, isn’t it? But I don’t want to go through that again!

**2D Ng Ka Yiu, Elize**

## **Spider Dean in wonderland**

On the way to the hotel, Dean felt he was bitten by something, but we wanted to arrive at the hotel quickly, so we didn’t care about that.

Having arrived at the hotel, I was so tired so I fell asleep fast. But at midnight, Dean was making so much noise that he woke me up. Kaka and Daniel told me that they felt Dean was not being normal.



“What do you mean by Dean not being normal?” I asked.

Kaka said, “Like this.”

“Acting like Spider Man,” Daniel said.

Then, we heard a shout from Dean. “Help! I’m gradually becoming a real spider!”





Five minutes later, Dean turned into a spider and climbed onto my nose. I jumped up from my bed. When I thought everything was just a dream, Kaka told me we had to get out of the hotel fast. We needed to try to find a doctor to help Dean.

We arrived at a mysterious place. There was a Buddhist temple with a magic doctor. When the doctor saw Dean, he asked, “Do you guys really want to help him?”

“Of course,” we said together.

The doctor said, “Ok, one of you has to kiss him. He can then be a human again.

“I am a girl! Not good!” Kaka protested.

Daniel said, “Chris, you are Dean’s best friend. It would be better that you can save him.”

So... I kissed Dean. Of course, Dean changed back to human. This was a good ending for everyone, except me! Oh my god! My first kiss was supposed to be for my girlfriend. It should not be for my spider friend! But I could save my best friend and change him back to human from a spider which was not too bad. 😊



### 3A Saher Aisha

#### **A speech on how to avoid overspending**

Good morning Principal, teachers and fellow students,

Have you ever bought on impulse? It’s something I’m sure all of us are guilty of, especially when the discounts look too good to resist or when you fail a test you studied really hard for. Because of these bad habits, I’m afraid that overspending will become the new norm. So today I’d like to talk about overspending and offer solutions to help you become more mindful shoppers.

Getting to the root of the problem, I believe that there are three main reasons for overspending. The first reason is the temptation of good deals, especially during holiday season or a clearance sale when prices can drop to 50% off. Another reason is that you may go shopping out of boredom assuming that filling your shopping cart can also fill the void in your heart. Finding your worth in the products you buy rather than within yourself is the last reason. These habits may seem worthwhile during the moment but will only prove to be harmful in the long run as these habits can make you a shopaholic. Therefore, I’d like to give solutions to these problems.



Firstly, temptation of good deals may not seem very bad and may even be considered beneficial because you think that buying what you want at a lower price is a bang for your buck but we never really think about the longevity or the quality of the product when buying it. This results in having lots of products that don't last long and end up being thrown away. I'd suggest making a shopping list in advance and bringing a limited amount of money so you don't fall for sly marketing strategies that trick you into buying more than what you need.

Secondly, shopping out of boredom or a bad mood may make you feel like you're doing something to genuinely make you feel better or entertained, but in reality, shopping because of your feelings will only distract you from the actual problem. You should instead find other ways of cheering yourself up, for example, meditating, talking to your friends or finding a hobby.

Next, finding your worth in the products you buy rather than finding it in yourself can lead to more than just problems about overspending. It can also affect both your self-esteem and confidence. Trying to prove yourself worthy to society by buying the trendiest and flashiest items will do you nothing but harm. I'd suggest you find what you like best instead of caring about what others think. Try buying things only when necessary and don't think that the things you buy will ever define your self-worth.

Finally, we can first start by giving ourselves a reason like why we want to be smart shoppers. It could be because you want to make wiser financial decisions or you want to save the environment. After giving yourself a reason, try making goals such as only buying products with the fair trade logo or having a sustainable weekly budget.

The sooner we start making smart financial changes and stop overspending, the better it'll be for our world, our society and most importantly the people around us. Thank you for listening!



**3C Tsang Tze Yuet**

## **A letter to the editor about replacing printed textbooks with e-books**

30<sup>th</sup> April, 2022

Dear Editor,

I am writing to express my views on replacing printed textbooks with electronic textbooks discussed earlier in Hong Kong Daily. I think it is feasible to use e-books instead of printed textbooks in Hong Kong secondary schools.



To begin with, the most obvious advantage of electronic textbooks is that they can be used to learn anytime and anywhere. It is very light and easy to carry. Electronic textbooks can hold a lot of contents, which means it saves a lot of space, and thus making school bags a lot lighter, and reducing the possibility of getting poor postures, or problems with the spine.

In addition, students can save a lot of money when e-books are to replace printed books. They need not buying expensive textbooks every year and carry them home every day. Note-taking, doing homework and revision can all be done with the use of their e-books, so they need not buy notebooks and exercise books either. When we buy fewer printed books, it means we use less paper. If electronic books become widespread, far fewer trees will be cut down for making paper every year. It will definitely help preserve our forests and reduce the harmful effects of global warming.

Finally, with the latest development of technology, digital reading is more and more convenient. The technological development of e-books is now getting more and more mature. The special features or mini games of most e-books allow students to enjoy more interesting and creative learning. Besides, electronic books have another advantage ---- it is eternal because it can be kept for a long time. It will not rot or become moldy. Moreover, e-textbooks are easy to update and user-friendly when it comes to adjusting the size of the images or texts for reading. Electronic books can be produced more quickly than printed books because manufacturing printed books involves multiple procedures of printing, binding and packaging for shipping. E-books do not. We can see the changes brought about by technological advancements.

In conclusion, e-books have many benefits for students. I think students will not get addicted to the games downloadable on their devices. Secondary school students should be mature enough to exercise self-control. I hope that more and more secondary schools in Hong Kong can adopt e-books in learning.

Yours faithfully,

*Chris Wong*

Chris Wong

### **A speech: think before you shop**

Good morning Principal Wong, teachers and students,

I'm Ms Wong, the social worker of this school. I feel glad to deliver a speech today to talk about some shopping habits of teenagers and give you some ways on how to avoid overspending. Many young people nowadays always shop and spend a lot, but is it really okay to do so?

Firstly, some teenagers may overspend because of temptation of good deals. Temptation is about desiring something that's often not right or good, so how can they be 'good' deals? Many stores put up signs in their window displays and around their products to make us buy something. If you are somebody who cannot control yourself, I'll give you a suggestion. Try to understand why you're tempted and think about another thing that is more important than the temptation. Perhaps you have something else that is more important to you in the future. Then I think you may give up buying the tempting product and save up the money for future use.

Another reason is having no financial discipline. Financial discipline refers to how well you are able to conform your spending and saving to the plans that you have set to achieve your goals. My suggestion is to record what you buy and how much you spend daily. Then, analyze your monthly expense. This can change your spending habit.

One more reason is easy access to money. Many teenagers can get money from their parents easily. They don't know how hard it is to earn money, and always buy things on impulse. My suggestion is to find a part-time job. Then, you will know earning money is not easy, and you will not ask your parents for money.

So, in short, how can we be smart shoppers? If you want to be one, you can make a shopping list and think if the products listed are necessary or not. Then, you won't buy something you don't use and save up your money for the future. I hope you will be a mindful shopper.

Thank you for listening.

## **A restaurant review on Scarlett, Tsim Sha Tsui**

The enjoyment of visual and gustatory senses

I stumbled across a new restaurant recommended by a blogger on a website, so I decided to try it out with my family. This restaurant is a western restaurant located in Tsim Sha Tsui. We needed to book in advance to secure a table.

We arrived on time at 7 o'clock on the day and the restaurant was almost full, but thankfully, we didn't have to wait any longer to get in. After we were seated, the waiter gave us a menu, which had so many different kinds of meals.

We ordered two plates of spaghetti, one filet mignon and one turkey. But maybe because there were a lot of customers, we needed to wait for 20 minutes for the dishes to come.

We ate the spaghetti first. One was spaghetti carbonara with scallops and the other was seafood spaghetti. Both of the spaghetti looked pretty and made people want to take pictures of them. They had a rich taste but didn't feel greasy. It is one of the best spaghetti I have ever eaten.

After that, we tasted the filet mignon. The filet mignon looked juicy so it gave me a lot of appetite. As expected, the gravy erupted like a volcano. When I bit into the steak, the gravy tickled my taste buds.

Finally, we tasted the turkey. To be honest, this turkey disappointed me a little because it looked delicious but it was overcooked.

In addition to food, what attracted me to this restaurant was its great sea view! I could taste the food while looking at the glamorous sea view. It is really satisfying and enjoyable.

The only downside of the restaurant is that the food portion was not very large but the price was pretty expensive. But the quality of the food and the sea view make me think it's worth it. Also, although we didn't have a lot of communication with the waiters, I could feel they were polite.

Overall, I highly recommend this restaurant.



## 4B Panaligan Noelle Angelique Lelis

### A restaurant review on Tuen Mun Curry House

Just as the restaurant's name suggests, its mains are all curry. From the usual chicken, beef or lamb curry to even the out of the ordinary ox tongue curry. The restaurant is also considerate to their vegetarian friends as the menu includes vegetable curry.

The setting or plating of the dishes served differ depending on the hours at which you decide to eat. During lunchtime, the dishes are served on a stainless steel tray-like plate. The restaurant offers student discounts for these set lunches. The set lunches are focused on a local target audience. The fact that jasmine rice which is used by locals instead of the proper Indian rice or that fries are served on the side might be off-putting to some. Therefore, for those of you who are looking for more authentic Indian dishes, then I suggest you have a look at the main menu instead.

It is during late hours where dinner is served with formal plating that the hustle and bustle of the restaurant begins. The set dinner caters to different group sizes of 2 and more. It is served with the soup of the day, chicken tikka, naan or rice. The chicken tikka is especially delicious with its tender chicken, slightly spicy and earthy taste, topped with citrus lemon.

Unfortunately, the restaurant has issues with being consistent in the way they cook. There are instances where the garlic fried cabbage or the soup may be too salty.

Beverages including one-meter tea and mango lassi are a must try. The restaurant's mango lassi doesn't come off thick in texture and is just the right balance of sour and sweet. The one-meter tea is like no other tea with its spectacular showcase of art and culinary expertise by the staff before the calming, aromatic tea is served.

The service of a restaurant can make or break a great dine out. I can say with full confidence that the staff are well-mannered and accommodating.

## **Report on the decline of moviegoers**

### **Introduction**

In recent years, there has been a decline in the number of moviegoers in Hong Kong. According to a recent survey conducted, only 30% of the respondents were willing to go to the cinema. In this report, possible causes of this phenomenon will be explained and some suggestions about increasing the number of moviegoers will be given.

### **Reasons**

#### **– The lack of variety of films**

Currently, the biggest rivals of local cinemas are film streaming sites like Netflix, Disney+, Apple TV, etc. One of the many reasons why these sites are more favourable to audiences is because of their wide selection of films.

Cinemas tend to only play the latest blockbuster films, which is understandable as they may think it's more profitable. However, this is not always true. For example, most of the films available on Netflix were released 4 to 5 years ago. They even have films from the 80s and quite a number of indie films. Despite the fact that a majority of the films on Netflix are relatively old, they still have around 222 million users worldwide.

#### **– The uncomfortable environment**

Another reason for people to stay at home is the uncomfortable environment in the cinema. In cinemas, it is not rare for viewers to face all sorts of annoying situations like impolite moviegoers taking a call in the middle of the film, someone kicking the back of the seat, etc. Besides the disturbance, viewers' seats are tightly spaced in cinemas so they restrict viewers' movement and some may even be uneasy because of the invasion of their personal bubble.

If they want a cosy experience, they can buy VIP tickets but they usually cost twice more than normal tickets and these seats are not common in most cinemas in Hong Kong. Why would people want to go through that suffering when they can do the same in their comfortable homes? They can put on a film and take up as much room as they like. They are not restricted from anything.

### **Suggestions**

#### **– Widen the variety of films**

Cinemas should stop screening only the latest films from major corporations. As mentioned above, despite the fact that Netflix only has relatively old movies, they still have a huge amount of users. Cinemas should start following their rivals.

A lot of young or new fans of movie franchises like Marvel, Star Wars, Harry Potter, etc. were not able to catch the older films in cinemas, so this can attract a lot of people. A study reported that 78% of MCU(Marvel Cinematic Universe) fans selected 'Iron Man', which was released in 2008, as the best Marvel movie. A lot of fans tend to rewatch the film series. So if they play fans' favourite films like Iron Man, they will surely visit the cinema to watch. They should also screen films according to special occasions and festivals such as playing romantic movies like Titanic on Valentine's Day.

#### **– Improve the layout**

Cinemas should start to leave more space between the seats so that the audience can have better mobility and will not feel as cramped. They should also provide group seating options. Many avid moviegoers stated on online forums that they often go to the cinema in groups. This option gives them more space and allows them to have a better experience with their friends.

In conclusion, the lack of variety of films and the uncomfortable environment in cinemas are two of the many reasons why moviegoers are on the decline. Cinemas should widen the selection of films and improve their interior layout if they want to attract customers.

## **4C Rai Swastika**

### **Report on the fall of the number of moviegoers**

Chris Wong

12/2/2022

#### **Terms of reference**

For 'cinema' in Hong Kong for learning through the Popular Culture module.

Amidst the chaos caused by the pandemic, it is undeniable that countless sectors have suffered. Among them, one of the sectors suffering the most is the film industry, theatres and cinemas. The pandemic has amplified and accelerated the already changing trends. The purposes of this report are to analyse and interpret why the trend of cinema going is becoming less popular and propose the measures that can be taken.

#### **Procedure :**

- A survey has been carried out among 1000 moviegoers, quarterly.
- Sales of local theatres and cinemas were analysed.



- Subscription streaming sites of recorded
- The rising ticket sales were analysed.

### **Findings :**

A large-scale research has been carried out and various trends have been noted. As found in the survey conducted it is summarised that previously, on average each person would go to the cinema 1 to 4 times a month. However, now they only visit the cinema once or twice a year, which is a drastic change. The biggest contributing factors reported include the pandemic, price, experience and the rise of binge-watching culture. When asked why the interviewees did not go to the cinema as often, 20% said it was because of the binge watching culture, 78% said the price was too high, 98% said that it was because they had already subscribed to streaming sites and 78% said it was more convenient to stream movies at home. The average price of a movie ticket including all the tiered pricing was about 98 dollars in 2018 to 2011 and about 125 dollars in 2018 to 2020, which is an increase of about 20%. It is noted that ticket sales decreased by 42% alone in one year whereas the rise in subscriptions of streaming sites increased by 35%.

### **Interpretation:**

According to the above findings, it can be concluded that the major reason for the fall in cinema going is the prevalence of streaming sites such as Disney + and Netflix. The major reasons for the rise in subscriptions of online streaming sites are their affordable prices, diverse film genres, convenience and accessibility. As stipulated in the findings, Netflix users or avid online streamers have mentioned that it is way more flexible, convenient and affordable to stream movies on sites rather than going to cinemas. Monthly or yearly subscriptions for streaming sites such as Netflix are objectively more affordable than going to the cinema. To compare the prices, on average, a ticket to go to the cinema is worth about a month's subscription to a streaming site. The already increasing ticket prices are increasing even more. Some moviegoers attribute this to the ballooning movie budgets, skyrocketing rent, costly equipment and overpriced food and drinks served in cinemas. In contrast, people find streaming movies at home affordable as no extra cost is required for transportation and food. It is reported that going to the cinema provides a unique experience. Nowadays it is very possible to replicate it at home. The theatrical experience can be replicated at home as a lot more technology and facilities have been developed. An example is the Smart TV, which can replicate the high-definition and large screen with surrounding sounds as those of cinemas, not to mention a lot of people already own mini cinemas in virtual reality technology. Another contributing factor to the rise in online streaming services is the flexibility and convenience that viewers can enjoy. Movie streamers can lie down in a comfortable position, eat, and work as they watch movies. They can pause and play the movie according to their preference as well. They can enjoy a wider selection of movies and shows and they are no longer limited by time and space. Movies can be streamed anytime and anywhere. To compare, in cinemas, the experience may not be entirely enjoyable. Some inconsiderate cinema goers' disturbing behaviours are to

blame for the unpleasant viewing experience. The pandemic is also a crucial reason why streaming sites are becoming more popular. Due to the closure of cinemas and the implementation of social distancing measures, people have no choice but to use streaming sites to watch movies.

The number of movies has drastically decreased, however, all is not lost, measures can be implemented. To deal with the skyrocketing prices, promotions and discounts can be placed to attract more moviegoers, for example, selling exclusive promotional products, showing exclusive scenes, giving out autographed posters, accessories, souvenirs or even free drinks or popcorn. Cinemas can even utilise social media and influencers to promote cinemas. Cinemas can also add equipment to enrich the theatrical experience such as IMAX, RPX screens, headphones to reduce disturbance from the audience, virtual reality glasses, vibrating seats or even loveseats and larger seats for plus-sized people and larger audience groups. The more spacious seats and comfortable balcony can overall improve the viewing experience for the audience and further attract them to go to the cinema. Various food and drink options could also be provided aside from the generic popcorn and soda. Lastly, cinemas could adopt a theme which is unique to their cinemas, like a cosy cinema with a cafe, bookstores selling books with film adaptations or even a disc store selling movie soundtracks. The overall added characteristics and creativity to the cinema can create a better experience for cinema goers.

To conclude, in an objective view, there are a lot of factors causing the number of cinema goers to decrease. However, measures can be taken to improve the situation.

**4C Yuen Pok Yin**

## **Report on ‘Cinemas in Hong Kong’**



Date: 14/2/2022

### Introduction

Recently, through the ‘Cinemas in Hong Kong’ project, it was discovered that fewer people go to cinemas than before. Instead, more people prefer watching movies at home. Therefore, this report explains the reason why fewer people go to cinemas than before and provides suggestions to alleviate the problem and increase the number of moviegoers.

### Reasons why fewer people go to cinemas than before

The main reason is the appearance of online streaming platforms, for example, Netflix, Disney Plus, Apple TV, etc. They give people an opportunity to watch movies at home.

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- A wider variety of films
    - Online streaming platforms have an expansive library with unlimited movies, diversified content and film types.
      - There are diverse genres on streaming platforms, for instance, sci-fi, romance, fiction, etc. However, there are also genres that rarely appear in cinemas, like stand-up comedies, documentaries, musicals, etc. In cinemas, only blockbusters are available, namely Titanic, Spider-Man, Shang-Chi, etc., films shown in cinemas are mainly produced by major film studios, in particular, Disney, Marvel, Paramount, etc. Besides sharing these blockbusters, online streaming platforms also produce original movies, unlike cinemas.
  
  - Investment in original movies
    - As mentioned above, there are films that are produced by streaming platforms themselves, and not available in theatres. Not only are they unique, but their plots are also astonishingly entertaining. For instance, a Netflix original series, Tinder Swindler, is about a group of women who were victims of the dating app, Tinder. They decided to join together to hunt the swindler down and recover the millions of dollars that was stolen. There is no way viewers can watch a film with such quirky topic and plot in cinemas, since cinemas only provide films that are well-liked by the vast majority of the public and films that are produced by large studios. Not to mention, online streaming platforms allow consumers to watch such distinctive movies with a lower price, compared to cinemas.
  
  - Cheaper and more affordable price
    - Online streaming platforms require consumers to join monthly subscriptions, which are around HKD\$100-HKD\$200, or yearly subscriptions. There are even family plans which allow multiple consumers to subscribe together and split the budget. On the contrary, a ticket in the cinema costs almost HKD\$100 for only one film. All in all, online streaming platforms have a cheaper and more affordable price than that of a movie ticket in theatres.

To sum up, a wider variety of films, investment in original films and cheaper and more affordable price are all fair reasons why people nowadays prefer watching movies at home by using streaming platforms than going to theatres.



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## Suggestions

Despite the advantages of online streaming platforms, theatres can still do the following to catch up to increase the number of moviegoers and ease the problem.

- Cinemas can broaden the variety of films
  - One of the reasons why online streaming platforms are better than cinemas is because of the expansive library with diverse genres of movies. Cinemas can also add more movies with different genres, like documentaries, musicals, etc. Besides showing films of big-name studios, cinemas can also show films that are not produced by famous studios. Cinemas can also add exclusive scenes like deleted scenes and bloopers, in movies which are not available on platforms to make them unique.
  
- Promotions
  - Cinemas can also give out exclusive promotional products, for instance, posters with actors' signatures, accessories, souvenirs, etc. Cinemas can promote these products on social media. This will attract the general public to go to cinemas and watch the movies. Most importantly, the original movie must have an extraordinary plot, a plot that is extraordinary enough to attract people to get to cinemas and watch it. Not to mention, the price must be affordable.
  
- Discounts
  - Cinemas can offer discounts more often. Since the price of the tickets is very expensive compared with the subscription fee of online streaming platforms, offering discounts or even lowering the price can lure more people to go to cinemas. Cinemas can even give out free popcorn or drinks when a customer has visited a number of times. For example, when a customer has visited the cinema five times in two months, the cinema can offer free popcorn or drinks.

In conclusion, broadening the variety of films, promotions and discounts may help increase the number of moviegoers.

## Conclusion

Since more people are willing to watch movies at home using online streaming platforms, cinemas ought to take actions immediately to increase the number of moviegoers and alleviate the problem.

## Report on the declining popularity of cinema facilities

### Introduction:

The purpose of this report is to examine and provide suggestions on how to handle the latest trend concerning there being a lower number of moviegoers these days. Nowadays, people tend to enjoy the option of staying at home while watching films more often and streaming services are experiencing a never-seen-before boom.

### Reasons for this phenomenon:

Of course, the first factor that is being put the blame on is the epidemic. Cinemas had been closed down and many people even found themselves in a state of complete lockdown. Therefore, it is no surprise that subscription services like Netflix or Amazon Prime had been on a massive rise.

But this tendency has been apparent even in the years leading up to the pandemic and we have to then attribute it to other causes as well, mainly the increase of comfort and convenience that comes with watching one's favourite films at home.

Regarding the matter of comfort, it goes without saying that turning on the TV and laying on a couch require much less energy (and money) than booking tickets and travelling to a movie theatre. What is more, technology has vastly improved over the course of the past few years with people having smart TVs and speakers with surround sound to provide them with the theatrical experience. Consequently, people find even fewer reasons to visit the cinema. Also, one does not have to pay for the snacks they want to enjoy while watching the movie and they do not have to limit themselves to those being offered at the cinema snack bar.

Following on the idea of choices and their convenience, streaming websites offer a much wider range of movies than most cinemas and as a result attract a broader audience, which is not interested only in the usual blockbusters. As a bonus, those sites frequently include 'suggested films based on your preference' making the experience even more effortless.

### Suggestions on how to combat this issue:

#### STEP 1:

It is for the best to start handling the advantages home entertainment offers, for example, the advantage of choice. By providing a wider range of drinks, snacks and films like independent ones or classic throwbacks, the cinemas would get on a similar level of experience streaming services provide.



## STEP 2:

But even after those changes, watching movies at home will still grant some major upper hands (the absence of a fixed fine schedule, expensive tickets, etc.). For this reason, it is vital to provide customers with an experience that cannot be duplicated, which can be done through roughly two approaches - modernisation and the implementation of a retro feeling:

- Modernisation such as IMAX screenings, vibrating chairs or VR glasses can provide visitors with a superior immersive experience.
- While the implementation of a retro feeling such as decorating the cinema with retro posters and recreating a specific atmosphere from the past can evoke a sense of nostalgia in them.

### Conclusion:

Overall, some improvements in cinema facilities are crucial if they do not want to lose a majority of their customers.

**4D Cheung Cheuk Yiu**

## **Report on the decline of moviegoers**

### **Introduction**

The purpose of this report is to investigate the reasons causing the diminution of moviegoers. Recommendations for increasing the number of moviegoers will also be provided.

### **Summary**

According to the findings of our survey being carried out recently, the main reason why they are less likely to go to cinemas than before is the unattractive content of local productions. Apart from the content of local productions, the rising prices of movie tickets are unproportionate to the quality of the films. With the advent of video on-demand platforms, namely Netflix and Disney +, fewer people would spend double on a single movie ticket.

In conclusion, a large proportion of people nowadays are less likely to watch movies in cinemas. A significant number among them treat the overpriced movie tickets as one of the deterrents to them. Most of them were bothered by the unitary plot of local movies and found that it was more interesting to watch overseas films online. These reflect a general downward trend of people going to cinemas.





## Recommendations

To increase the number of moviegoers, it is recommended that the government could subsidize cinemas. Based on the above findings, the prices of movie tickets have skyrocketed. As a result, people thought it was not worth buying. The reason behind the costly tickets is the huge expenditures of cinemas on certain aspects, such as the increase in salaries, repair and maintenance, the purchase of films and more importantly, the rent. Selling movie tickets is the main income of the cinemas, so the tickets must be set at a high value to ensure the profit and sustainable development. If the government subsidizes cinemas, money could be spent on covering part of the above-mentioned expenditure. This can reduce their financial burden. When the cinemas have more capital, they could even offer discounts to customers. These will be able to act as an encouragement to attract more people to watch movies in cinemas.

In addition, it is suggested that the film industry could produce more local movies with innovative and attractive content so as to increase the number of moviegoers. These days, most of the movies target teenagers. However, local movies screened in cinemas might not resonate with teenagers and interest them. In order to find out what the popular preferences among Hong Kong teenagers are, the film industry could conduct a survey. Based on their responses, the production unit could decide which types of movies to produce or whether producing more content in episodic formats. Audience may feel refreshed and fascinated. As a result, more people would like to take the chance to go to the cinemas with the breakthrough of local productions.

Besides, it is also recommended that cinemas could provide extra unique activities about the movies and create an exhilarating film screening atmosphere for the audience to enjoy only when they watch movies in the cinemas. From our findings, it is commonplace that more and more people are watching movies online since many people thought watching movies online was more convenient than sitting physically in a cinema to watch movies. Cinemas could invite some special guests, actors and actresses who performed in the movie to have a short interaction with the audience in the cinema. It is workable to attract people to watch movies in cinemas, thanks to the popularity of celebrities. Also, it is a rare chance for the public to interact with their favourite characters in the movie directly. This might be a major reason for people to go to cinemas.

Lastly, cinemas could improve the quality of film screening. Usually, people only use their phones or tablets to watch movies online. The quality may not be as good as that in a cinema. So, if cinemas could use professional projection equipment together with exceptional speakers, it will create a more immersive experience for the audience. These signature features will lead to an increased number of moviegoers who want to enjoy a different screening experience which they cannot experience through their handheld devices.



All in all, in order to attract more people going back to cinemas, actions should be taken as soon as possible to avoid the public developing a habit to watch movies online.

## **5A Razzaq Kinza**

### **Should face-to-face lessons be replaced by real-time lessons on Zoom?**

Many countries around the world are carrying out online classes on Zoom due to the ongoing COVID-19 pandemic, which is not showing signs of ending any time soon. Schools have been suspended as a consequence and teaching and learning disrupted. Fortunately, classes have resumed and replaced by online learning. Some people argue that traditional schooling is more beneficial than online learning, whilst some believe that online learning is more efficient. In this essay, I will discuss both the advantages and disadvantages of real-time lessons on Zoom.



As technology advances, online learning may as well replace traditional teaching one day. The first advantage of online learning is that it saves time and money from both teachers and students' long commutes to and from school. This can allow them to have more time to work on other tasks, take homework as an example. Additionally, they will have more time to rest, including their morning sleep, which will be extended. Students and teachers will finally be able to get more rest as they are often complaining about the stress from workload and not being able to get enough time to relax.

The other advantage of online learning is that it allows students and teachers to have their own flexible schedule at home. Some of them prefer to work and study in the comfort of their homes. They can work in their preferred flexible learning environment facilitated to their own needs and not just confined to small desks and chairs in classrooms. Not only can they set a flexible learning environment, but also a more flexible schedule at home, which means that they can work at their own pace and progress and develop self-discipline simultaneously.

Obviously, there are benefits of having real-time lessons online. However, there are also drawbacks.

One disadvantage of holding lessons on Zoom is that it will reduce the interaction of students with their peers and teachers. It is known that humans are social animals and hence social interaction is vital, especially for a young person's healthy development. Students need to interact with other students through face-to-face conversations,





laughing and playing. They need to develop confidence instead of staying in their own bubble or simply typing messages on electronic devices without any facial expressions.

Another disadvantage is that the jump in daily screen time of both teachers and students will increase the risks of mental and physical problems. With online classes nearly every day, their average screen time will roughly be about 8 to 9 hours, excluding extra tutorials and one's personal time to relax and entertain. Looking at a near object, electronic devices in this case, for a lengthy period of time will lead to eyestrains, more frequent headaches and body pains. There may be a surge in the number of students and teachers suffering shortsightedness, causing blurred vision, too. In addition, anxiety and attention problems are associated with increased screen time. The affected people's sleep might be disrupted and it will further cause insomnia. In terms of physical health, sitting in a fixed area for a prolonged time may lead to varicose veins and gain in weight due to the sedentary lifestyle. Students and teachers will end up being couch potatoes who do not move around much physically.


The final disadvantage is that online learning is not very feasible and efficient. Teachers in a traditional classroom can monitor students efficiently and cater to their strengths and weaknesses. Nevertheless, this is not entirely possible with online classes as teachers cannot reach out to students and help them as they are clueless to their progress in online lessons. Loopholes, such as hiding behind cameras and microphones during lessons on Zoom will not do any good as it will be challenging for teachers to reach out to students. Conventional school activities, such as Music Contest, Sports Day and science experiments will be missed out as they require classrooms and outdoor venues. As a result, online learning will only be limited to electronic devices, which hinder many extra-curricular activities and dampen the joy.

To conclude, I believe that the disadvantages of real-time lessons on Zoom outweigh the advantages. Therefore, real-time lessons on Zoom should not replace face-to-face lessons at school.


## **5C Fung Paak Yin**



### **The pros and cons of having real-time lessons on Zoom**

Recently, because of the pandemic situation, Hong Kong schools have started the suspension of face-to-face lessons at school. Most of the schools are likely to use the Zoom meeting app or other online meeting apps for having real-time lessons. In this essay, I am going to discuss both the pros and cons of having real-time lessons on Zoom.



One advantage of having real-time lessons on Zoom is convenience. No matter what





the weather is like, how far or near the school is, whether the traffic conditions are good or bad on the day, students can have lessons on time as long as they stay at home without worrying about being invaded by germs. For younger students, there is no doubt that online lessons are more convenient and safer.

Another advantage of having real-time lessons on Zoom is transparency. In the past, parents could only know the attitude of students in class through the teachers. Now, when students are studying at home, the parents can have a clear idea how their children perform in class to see whether they are attentive or not.

These are some advantages of having real-time lessons on Zoom, but there are also some disadvantages.

One disadvantage of having real-time lessons on Zoom is health problems. Now children spend a lot of time on mobile phones or tablets. If they look at the computer screen during lessons, the myopia will be unabated. For the children who are without adult supervision, they are most likely to adopt an unhealthy sitting posture, such as lying on a desk or sitting half-reclining in class, which affects the spine to a certain extent.

Another disadvantage of having real-time lessons on Zoom is a state of isolation. Attending lessons on campus is an opportunity for students to learn communication skills. Now all people stay at home to study, and have almost zero opportunity to play in groups. For children who are at the developing stage, this really has a bad impact.



In conclusion, there are advantages and disadvantages of having real-time lessons on Zoom. However, as a student, I prefer having lessons at school which can help promote a healthier and more interesting school life.

## **5C Chau Yung To**

### **Should face-to-face lessons be replaced by real time lessons on Zoom?**

During the Covid-19 pandemic, all schools are having real-time lessons on Zoom. In this situation, people start to ponder if face-to-face lessons should be replaced by real-time lessons on Zoom.

Some people argue that face-to-face lessons can be replaced by real-time lessons on Zoom because online learning has a number of benefits. First of all, real-time lessons on Zoom can help students develop self-discipline. As teachers cannot monitor students, students have to be more focused during lessons, and they have to come up



with their own study methods. Students have to avoid all kinds of distractions, for example, mobile phones or other electronic products. Students have to be self-disciplines. Second, students can learn more effectively on Zoom. As students can learn at their own pace, they can have a more flexible learning schedule. For example, students can have more time to do self-learning. Also, students can be more confident in answering questions. As there are no other classmates looking at them, they will be more willing to answer questions.

Even though Zoom lessons have many benefits, some people assert that they can by no means replace face-to-face lessons because of the following reasons. First, face-to-face lessons are good for the social development of students and can better enhance their communication skills. At school, students have to do group discussion during lessons, and teachers can monitor students at the same time and to ensure they to speak more at school. At school, students can have more chances to communicate with their classmates, for example, by organizing house activities and club activities. Face-to-face lessons can push students to speak more, and that can help students improve their communication skills. Second, students can gain greater understanding, as teachers can monitor students' learning and find out whether students need extra help on study. Also, students can ask teachers questions immediately during the lessons or after the lessons.

Both face-to-face lessons and Zoom lessons have their benefits. For me, I prefer real-time lessons on zoom, as I can have extra time to do self-learning. Also, I can have more time to find out my interests and develop my new hobbies. This helps me release stress from study, but I do not think there will be no schools in the future because not all students can develop a good study method.



**5C Kwok Wing Shan**

### **Should face-to-face lessons be replaced by real-time lessons on Zoom?**

Because of the Covid-19 pandemic, we need to switch to real-time lessons on Zoom. However, should face-to-face lessons be replaced by real-time lessons on Zoom?

Some people argue that face-to-face lessons can be replaced by real-time lessons on Zoom because online lessons have a number of benefits.

First of all, learning can take place anytime, anywhere and without any constraints. During the Covid-19 pandemic, we can still have lessons safely at home and we can have lessons at home even during typhoons or rainstorms. Also, we can save our time on travelling and have more time to learn. Moreover, students on the mainland can also



learn in a distance.

Second, students can learn more effectively on Zoom. Introverted students can participate more in class. For example, they will be more confident to ask questions when people cannot see them. Also, students can have a more flexible learning schedule. For example, they can arrange their time to study as the time spent on travelling is saved and they can learn at their own pace. For example, students can watch the recorded lessons repeatedly when they feel they cannot follow the lessons. Moreover, students will not be disturbed by other students during lessons.

Even though Zoom lessons have a number of benefits, some people argue that they cannot replace face-to-face lessons because of the following reasons.

First, the disadvantage of online lessons is that looking at the screen for a long time will cause health problems. Many parents are concerned about the health hazards of having their children spending many hours staring at a screen. The increased screentime is one of the biggest concerns. Sometimes students also develop bad posture and other physical problems because they stay hunched in front of a screen.

Second, students cannot focus on the screen. For many students, one of the biggest challenges of online lessons is to stay focused on the screen for long periods of time. Online learning makes a greater chance for students to be easily distracted by social media, such as checking Instagram and watching videos on YouTube.

Both face-to-face lessons and Zoom lessons have their benefits but I am a supporter of online lessons. I think students will not be disturbed by their classmates during Zoom lessons. On the other hand, in face-to-face lessons, students may be distracted by their classmates because they are talkative or disturbing the classroom order in class. The teacher may also be affected and cannot concentrate during the lessons. This will cause students' grades to decline.

Finally, I do not think that in the future there will be no schools, except in the pandemic situation when we need to learn on Zoom to protect our safety and health.



## 5C Tang Ching Tung Phoebe

### A letter requesting the donation of a fitness equipment

Dear Sir/Madam,



As the chairperson of my school's Sports Club, I would like to ask if it would be possible for your fitness centre to donate your old equipment to us.

Our school is going to have a new fitness room, but we do not have any fitness equipment. Also, it has come to our attention that your fitness centre is being renovated and some of the equipment in the centre is likely to be replaced as part of the renovation project. We would be grateful if you could donate some old equipment to us.

We believe that if you donate the old equipment to us, we both will have benefits. Your donation can help students develop a good habit to do exercise. We believe that the fitness equipment can encourage students to do more exercise. Our school has set up a fitness room with the aim to promote a healthy lifestyle and improve students' health. Also, as not many students can afford the expensive gym membership, your donation can satisfy students' desire for doing sports. Besides, it is difficult for them to do exercise outdoors because they will be exposed to the scorching sun in summer and the freezing weather in winter when they do exercise in the school playground. With your fitness equipment, our students can do exercise indoors. They will feel more comfortable and they can learn how to use the machines and have fun trying them. They will then do more exercise and become healthier.

Moreover, if school has exercise equipment, students will have better academic performance. Students can have more opportunities to do sports because students can exercise in the school's fitness room, which has both direct and long term effects on learning. After doing exercise, students' attention in class will increase. Students will feel more refreshed after doing exercise, so they will not sleep in class. Also, there are studies showing that doing sports can improve students' academic performance. In addition, doing exercise can increase students' self-esteem and confidence. When you do exercise, you need to set a target like 3km on the treadmill. When you can meet the target, you will feel more confident. So, an excellent school gym can extend its benefits to the entire academic curriculum.

Apart from the benefits to the school, donating the equipment is also beneficial to your centre. It allows you to renovate your centre to a larger extent. As your centre is under renovation, you may need to buy some new equipment. If you donate your old equipment to us, you can empty your space and buy new high-tech equipment for your



sports centre. It can definitely enhance customers' experience and raise your profits. Also, you can save money because you do not need to hire a company to haul away the old equipment and you can make use of the money saved to buy some new fitness equipment. Besides, the old equipment does not need to go to the landfill because it can be reused.

Furthermore, the donation of your fitness equipment can make your centre become more famous. Donating the old equipment can help your centre build up a good reputation. Your generous act can establish a positive image as an ethical social enterprise. This not only lets more students in our school know about your centre, but also attracts more potential customers. With the boosted image, more customers will be attracted to become your members, thereby increasing your profits.

From what I have mentioned, both the school and your centre can be benefitted from such action. I very much hope you will consider our request favorably. Please feel free to contact me on 12345678 or at [chriswong@abc.edu.hk](mailto:chriswong@abc.edu.hk).

Thank you for your consideration. I look forward to hearing from you in due course.

Yours faithfully,

Chris Wong

Chairperson of the Sports Club of ABC School



**5D Lam Theresia Sri Andriani**

## **A letter to the editor about a 9am start to school**

Dear Sir/ Madam,

I am writing to express my views in response to the argument that an 8.00 a.m. start to the school day makes students feel tired and sleepy as put forward in the recent article.

Though I concede that the writer has made a valid point regarding teenagers' shift in biological clock, there is a more prevalent problem that I think needs to be addressed. Watching dramas, playing mobile phone games, or aimlessly scrolling in Instagram, a large number of students only use their phones as an outlet to relax after a long



stressful day. This could be coupled with poor time management and a lack of self-discipline. Students are bound to spend hours on their phones, inevitably staying up late. While one's biological clock can be adjusted within a couple of days, poor habits cannot be rectified instantly.

Some suggest a 9.00 a.m. start to school with the benefit of allowing students to sleep longer, but this does not tackle the root of the problem that has caused students to stay up late. Rather than alleviating the issue, this might just worsen the problem, for it only provides more opportunities for them to indulge in losing themselves in the virtual world. It is for this reason that educating students to make sensible life choices, find better outlets for emotions, and build up resilience through workshops and talks is argued to be a better solution. After all, education is still the most powerful tool.

Although a 9.00 a.m. start may allow students to sleep longer, there is a possibility that it might do more harm than good. In addition, it does not seem to tackle the crux of the issue, which is students' poor time management and self-discipline. As this matter is very likely to affect students in the long run, we all should look into it seriously, and root out the problems effectively.

Yours faithfully,

**Chris Wong**

Chris Wong

# 中國語文

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# 寒冷的聖誕夜

一丙 樊子芊

黃昏時分，陰雲從四面八方聚攏，罩住湛藍的天空，人們知道雪要來了。入夜了，天空失去往日的黛色，變得漆黑一片，昏暗的路燈下，偶爾看見幾個行色匆匆的行人。不久，雪便飄下來了，輕輕宛如鵝毛一般，在夜空的陪襯下，顯得如此晶瑩潔白，寒冷的風開始往我的臉頰拍打着。

放眼望去，樹梢也積滿了雪，沾着點銀光。清脆的松柏與潔白的雪融合在同一個畫面中，更給這個世界增添了幾分聖潔的美。倘若你伸手拈一點雪，放在嘴裏吮一下，清涼中還摻雜着絲絲甜味。

下雪了，街道上的行人也變多了。白雪鋪滿了街道，街邊商鋪的櫥窗上掛滿色彩繽紛的裝飾。孩子們都在地上玩雪，有打雪仗，有在堆雪人，有在雪上寫字，寫完後還用雪把它們蓋好，我猜她們在寫一些小秘密吧！

「叮叮咚、叮叮咚……」一陣熟悉的音樂在我耳邊響起。抬頭望去，原來是商鋪開始播放音樂了。在廣場中央，出現了一位「聖誕老人」，他戴着紅色帽子，身穿紅色棉衣，腰上繫了一條黑色皮帶，下巴還有長長的白色鬍鬚，他對專心致志地向玩雪的孩子們大喊：「聖誕快樂！」而孩子們抬頭望去吸引着他們的聲音，他們放下手上活動，跑向那位「聖誕老人」。他的身旁還有一個高高聳立在雪地上的人，白白胖胖的，鼻子尖尖的引人注目。他們為聖誕帶來了歡樂，也代表了雪的來臨。

可是在這世上，某一個角落裏，有些人並不是這麼認為的。雪可能在告訴他們天氣變冷了，薄薄的衣服是抵抗不住的。他們要在回收站旁撿一些被人捨棄的被子保暖。

在街道暗處，正有幾雙眼睛看着那些孩子們，眼中的不是光，而是羨慕。羨慕孩子們回到家中有暖氣，能穿新衣服，吃大餐，而這些都是他們夢寐以求的，他們會幻想，並期待這一天的來臨。可是現實卻是殘酷的，他們還是繼續撿別人吃剩的飯，默默忍受別人投來的鄙視目光。食物似乎可以救活他們，也許他們一家人都靠這些存活。

普天同慶的日子，卻有人在暗處默默流淚……

# 一次獲得稱讚的經過和感受

一丙 賴泯臻

前些日子，為了尋找五年前的畫冊，在篋底的隱蔽角落裡，竟把一些遠年陳跡也翻了出來。在我的成長歲月裡，我最不能忘記的是那次獲得稱讚的滋味。

人有旦夕禍福，月有陰晴圓缺。那天早上，我媽媽生病了，所以我要擔起做家務的重任。我先擰了一個冷毛巾，放在媽媽的額上。爸爸出門前叮囑我說：「冷毛巾要十分鐘一換。」我說：「知道了。」爸爸走後，我又倒了一些水，對媽媽說：「爸爸說過，生病的人一定要多喝水，有助身體健康，還要按時吃藥。」媽媽說：「知道了，桌上的飯菜都是現成的，你熱一熱對付著吃吧！」

接著，我又來到了廚房，看著這些冰涼的飯菜，不禁想起了每天早上媽媽喚我吃飯的情景。媽媽做好了熱呼呼、香噴噴的飯菜，一樣一樣的放到桌子上叫我來吃，平時都是媽媽做飯給我吃，今天我要做飯給媽媽吃！說幹就幹，我把飯倒進了鍋子，扭開煤氣，再用鏟子把飯炒熱，不多一會，飯開始冒熱氣了，我便把飯分別盛到兩個碗裡。啊！我卻發現有些飯黏著鍋底，已經糊了。不管那麼多了，我又趕緊熱菜。過了一會兒，菜也熱好了，我把菜也盛進碗裡，又嘗了一嘗，黃瓜片的脆勁一點也沒有了。儘管這樣，看著自己的「傑作」，那冒著熱氣的飯菜，心裡還是有說不出來的喜悅。

我趕緊端著飯菜走進媽媽的房裡，媽媽看見我便問：「吃飽了嗎？」我沒有回答，只是把飯菜輕輕地放在了媽媽床邊的桌子上，然後對媽媽說：「咱們一塊吃吧！」媽媽先是很吃驚，很快地露出笑容，然後，媽媽勉強地從床上坐了起來，摸著我的頭對我說：「我的女兒真的懂事了，知道關心媽媽了。」她的眼裡閃著激動的淚花。「你先吃吧，我不餓。有你這份心，媽媽的病就好了的一大半。」說得我心裡美滋滋的。在我的再三央求下，媽媽終於嘗了一口我為她做的飯菜，雖然飯已經有些糊了，菜也不是那麼好吃，但媽媽卻連連點頭說：「真好吃！」

經過這件事後，我明白到當我們對所愛的人表達讚美、欣賞與感謝時，他會感受到愛與歸屬、被尊重，且更有動力追求自我實現。儘管每個人想要的東西不甚相同，有人重名，有人貪利；有人喜歡權勢，有人想要過自由自在的生活；有人重視家庭，有人熱愛工作。但是，每個人都希望受到重視，贏得他人的稱讚與尊重。

## 是她改變了我的看法

一丙 鄧綺婷

小時候，在街上看到髒兮兮的清潔工人時，媽媽總是指著工人們說：「你以後不讀書就會跟他們一樣掃大街！你想跟他們一樣嗎？」幼時的我聽了這話，皺著眉頭使勁搖頭。對清潔工人根深蒂固的偏見在心裡發了芽，直到我認識了最好的朋友——思雯。

我印象中的思雯會把自己收拾得乾乾淨淨，一頭烏黑的長髮乖巧地紮成高馬尾，耳邊的碎髮也用夾子夾好。她的校服洗到發白，但很整齊。思雯平時也總是微笑著與老師、同學打招呼。大家都很喜欢她。

不過，我知道思雯的一個小秘密——她的母親是一名清潔工人。說出來恐怕許多人都不會相信。那天下午，正是小息時候。鬧哄哄的教室裡，我和思雯像往常一樣聊著天，不過這次的話題有些不同——清潔工人。依稀記得，我說的話並不友善，言語裡充滿了對清潔工人的鄙夷，甚至說出了「清潔工人都是最底層的人」這種話，可是思雯仍然帶著笑意，擺擺手：「我媽媽也是清潔工人，這沒什麼大不了的。」我愣住了，看著那一刻的思雯，只見陽光肆無忌憚地照在她身上，連髮絲都在閃閃發光。思雯圓溜溜的杏眼此時依舊像月牙般彎著，一副毫不在意的模樣，我心裡頓時更加愧疚了，連聲向思雯道歉，她也只是讓我別放在心上。

在那之後，我沒在思雯面前詆毀過清潔工人。真正改變我的想法，是我與思雯碰見她的母親那次。烈日無情地炙烤著我們，走了幾步就開始流汗了。我和思雯正準備過馬路時，驀然見到一個埋首掃著落葉的矮小身影。思雯示意我等會她，轉身跑進不遠的店舖裡。我納悶著，思雯很快就拿著一瓶冰鎮過的礦泉水走來。過了馬路，我才清晰地看到那位清潔工人：常年被暴曬的面孔變得黝黑，遍佈著深深的皺紋。汗水順著臉頰滴落在地上，形成了一個小小的水窪。靠近時還有股隱隱約約的酸臭味。

思雯朝著她大喊：「媽媽！」婦人驚喜的回頭，「思雯，你放學了啊。學習上有沒有問題？需要錢就跟媽說。」思雯笑著擰開礦泉水，遞給她的媽媽，說：「當然沒有問題啦，媽，你喝水。」我在一旁看著母女倆的互動，心裡有些不是滋味。身邊路過的路人也無一不朝著這行注目禮。

跟思雯母親告別後，我忍不住問思雯：「思雯，你為什麼……」思雯彷彿看出了我的想法，為我解答：「我並不為自己的母親是清潔工人而害臊，因為他們是城市裡的無名英雄，如果沒有他們，世界該會有多麼惡臭？」我聽了這番話，不禁為自己的愚昧而臉紅。這一刻，我打心底的覺得思雯的母親一定是個偉大的人，不然怎會教出思雯那樣的孩子？也是從這時起，心裡對清潔工人的偏見逐漸消除。

不要歧視他人的工作，勞動是最光榮的——這是思雯教給我的道理。

## 寒冷的聖誕夜

一丙 黃思晴

聖誕節，呼呼作響的風吹得走在大街上的人瑟瑟發抖，不禁把身上的外衣裹得更緊些，加快速度，急著回家與家人慶祝這歡樂的聖誕夜。可是有些被忽略的人們，不知在哪個角落裡哀哭著。

走在熱鬧的大街上，金燦燦的聖誕裝飾點亮了，點亮了整條街。抬頭仰望，幾顆啟明星在這深藍色的天空中閃爍起來，為人們照明，但最引人注目還是那懸掛在高處的「明燈」。放眼望去，一棵棵高大的聖誕樹佇立在各個商店外，穿著墨綠色的外衣，頭頂上的淡黃的星星發出微弱的光芒。這時，「叮咚——叮咚」鐘樓的鐘聲響起，頓時間整條街都安靜了。鐘聲響完，隨即傳來的是一陣又一陣歡快的聖誕歌，聖誕樹上的星星逐漸變亮，發出亮黃的光芒，十分耀眼。街上的人們隨著輕快的音樂載歌載舞，小朋友們都帶著淺紅的聖誕帽，等著站在商場門口的聖誕老人，給他們派禮物，整條街都充滿了節日的熱鬧氣氛。

即使外面有多寒冷，一回到家裏，所有的寒冷都消失了，等待我們的是美味的聖誕大餐，還有就是家人的溫暖。一家人坐在一起，品嚐著豐富的聖誕大餐，期待著聖誕老人的到來，享受著這個愉快的聖誕節是一件多麼美好的事情啊！

雖然聖誕節歡樂的氣氛穿梭在大街之間，但始終消失在杳無人煙的小巷間。在又窄又黑的小巷，那裡有些被遺忘的人，雖然聽到歡樂的歌聲，看到街邊的五顏六色的燈飾，但他們也不為所動，彷彿與他們毫不相干，但又有誰去關心過他們，了解過他們呢？

聖誕節的到來，為城市帶來了不少快樂；聖誕節的來臨，帶給我們幸福溫暖的時光，可惜，它不能把這份「禮物」和喜悅傳送給所有人，希望下一年的聖誕夜，這份「禮物」能傳給所有人。

## 小被子

二丙 巫海綾

我放學回到家時，因為覺得非常疲累，把衣服換好後，便馬上回到床上休息。當我想躲進被窩時，我發現小被子的味道不一樣了，我感到惴惴不安，心神不定的，輾轉反側地睡不着。我走下床去找媽媽，我問她：「為什麼我的小被子味道不同了？這難道不是我的小被子嗎？」媽媽說：「你的被子整整十二年沒有洗了，你不知道這很骯髒嗎？傻的嗎？你的被子會有細菌的，這會很容易生病的！」但當時的我接近崩潰，根本充耳不聞，就只懂哭。

小被子在之前是深黃色的，長方形，剛剛好能包著我，上面亦印著米奇老鼠和米妮的樣子，摸下去軟綿綿的，但是現在已變成了淺黃色，近乎白色的狀態，而它亦由長方形變成正方形的，每次我都只用它蓋著下身或上身，根本不足夠蓋著我整個人。而它現在摸下去，已經不像之前那樣軟綿綿了，現在小被子已變成粗糙的小被子，儘管小被子變得粗糙，我還是每晚把它蓋在我身上。

小被子在我嬰兒時就陪在我的身邊。當時媽媽最喜歡的卡通人物是「米奇老鼠」，在我出生一個月前，媽媽在迪士尼看到這張被子，心想：不如買給妹妹，用作她的小被子？所以這張被子在我出生第一天就成為我的物品。

而在我一個月大的時候，我發燒了，燒到三十八度多，當時我只懂得哭，一直哭。媽媽馬上把我送到醫院，她驚慌失措的，樣子憂心忡忡。當

時包著我的就是這張米奇老鼠的小被子。我在醫院的時候，情況危殆，幸好，最後都捱過了。不論什麼東西，經你親手摸了十三年，用了十三年，你能不珍惜它嗎？何況這張小被子陪我渡過了難關。

記得在幼稚園的時候，我開始一個人睡覺。第一次沒有父母的陪伴，我非常害怕，總覺得有一些東西一直在暗處看著我。我忍不住哭了出來，跑過去爸爸媽媽的房間找他們，我說：「你們可以跟我睡嗎？我真的很害怕。」他們說：「不能，你要學會自己一個睡，你要學會獨立。」我只好一邊哭一邊走回房間。在床上，我緊緊地攬住小被子，在被窩一直哭，哭了一會兒便睡著了。

在小學的時候，我五年級呈分試的成績考得差得不敢直視，媽媽當然生氣。回到家，我把成績告訴她的時候，她把我狠狠地訓斥了一番，我一直怨天怨地，感到非常委屈。為什麼？為什麼要斥罵我？我盡力了，但考出來的成績未如理想我也覺得不開心呀！一邊哭一邊說著，下次努力便好了。每次我傷心的時候都有小被子陪伴著我。到了第二次呈分試，我終於合格了！

這些回憶永遠都會留在我心裡。小被子見盡了我的喜怒哀樂，在我成長的過程中，小被子一直給了我精神上的支持，若果不是小被子，可能不會成為今天的我。但是現在小被子被洗了，媽媽不僅洗走了味道，她還洗走了我的回憶、成長的見證。所以，當我發現的時候，我怎能高興呢？

## 疫情下的公園

二丙 潘芷穎

我逃跑似的來到公園，每步腳踏聲都因為空無一人的空曠感而被無限放大，空洞地在我耳邊迴響。我蔦蔦地走到長椅附近，手掌先是在表面掃了掃，一層灰沾到手上，瞬間塵土飛揚，惹得我打了一個又一個噴嚏。我坐在長椅上，在寧靜環境的對比之下，雜亂無章的心跳聲是多麼令人煩躁。

紅白危險封條凌亂地蓋在滿是灰塵的遊樂設施上，落在地上的

尾巴順著微風飄揚，彷彿在下一秒就能帶著這塊土地飛起，但我總感覺這裡少了些什麼，啊……是在這裡遊樂的孩子們，他們本應在這裡做著主導者。

孤獨，我是因為孤獨而來到公園。父母工作繁忙，而弟弟則去上學，空無一人的家總是那麼令人窒息。我以為來到公園就不會有這種情緒了，但顯然遊樂設施們同樣孤獨，我們也「志同道合」地走到一起。

偶爾，一輛又一輛的汽車從對面的馬路上駛過，留下的廢氣令空氣變得污濁，有時候我也想摘下口罩擁抱新鮮空氣。過往不用戴上口罩的自由是多麼令人懷念。

陰霾滿佈的天空就像是被家長勒令不准哭喊的小孩，憋著眼淚對我們作出無聲的抗議。我可沒有帶上雨傘，只能祈求上天不要那麼不識時務，但最終雨滴還是不受控制地落到我的頭頂上。看看這個啼天哭地的「孩子」！公園周圍沒有任何避雨處，我也只能鋌而走險，拉開紅白封條走進遊樂設施中的小屋子裏。

雨水刷洗遊樂設施，帶出它們內心的純潔，滑梯褪去陰沉的灰色露出光亮米白，小屋外壁褪去壓抑的橙色露出歡快的黃色。這裡的一切像是蝴蝶破蛹而出，童話般鮮明的色彩徹底嶄露在大雨下，我目不轉睛地觀察著這一切的變化。

不久後，雨停了，也代表我該離開了。我走出小屋從遠處觀望，看著煥然一新的公園不禁小聲驚呼著，打扮得這麼漂亮的遊樂設施要是沒有小孩子來玩的話會有多傷心？我只希望疫情過後能聽見小孩子的歡笑聲……

我踩著水窪一步一步離開。

## 我最喜愛的小棉被

二丙 胡碧欣

那一天我如常放學回家，打開門後，我卻看見了不如平常的畫面……

奶奶正在「折磨」我的小棉被！她扭頭看了看站在門口愣住了的我沒有說話，而手上的動作也沒有停下，只見她把我的小棉被的「外套」脫去，一瞬間，它便從原本的光鮮亮麗，變成了泛黃而醜陋的「老太婆」，裡面的樣子也被曝光得清清楚楚。奶奶故作嫌棄，嘴角和眉頭都皺了起來，就差把嫌棄二字寫在臉上。我本來想說些什麼，卻又被打斷了。「這都已經泛黃了，而且裡面的絲棉也已經起球了，根本不能再用了，就只剩下了個外殼，丟了吧，我再買個新的給你。」奶奶不以為然的說道。而我聽到這句話，腦海裡面只剩下三個字——「丟了吧」，像是自動屏蔽了其他字眼，頓時間我感到晴天霹靂，下意識地向前奪走了奶奶手上的被子，然後衝她大喊了句：「不行！」此時此刻，我就像是一隻被搶了食物的老虎，又像是極度憤怒的獅子，口中吐出的兩個字都破了音。看見奶奶好像還想再說些什麼，卻又欲言又止的樣子，我並沒有理她，而是直接衝回房間，並大力的鎖門。

回到房間後，突然有種不舒服的感覺從血管流到心臟，就像是喝到了太甜的糖水，甜到喉嚨裡難過得發癢，又像是咽喉裡被蚊子叮出腫包來，先是喉嚨發乾，然後全身輕微顫抖，最後眼淚不能遏止的往外洶湧……

看著那塊小棉被，突然醒覺時間的流逝，這個小棉被是我出生的時候我太婆親手用絲綿造成的，托我父親從上海運過來香港，是我人生第一張專屬我自己的棉被，意義非凡。它有一張粉紅色的外套，上面有著兔子的圖案，十三年了，這張被子早已泛黃，裡面的絲綿也在一點一點縮小，而現在這張小棉被也只能勉強蓋到膝蓋。

在我就讀幼稚園時，媽媽希望我能自己一個人睡覺，要求我獨立，所以我只能一個人睡一間房間。當時我還很小，我心中是十萬個不情願，但是看到那猶如獅子般的警告眼神，我只能拖著我的小棉被，不情不願的回到房間。回到床上，天色已晚，關上燈後，格外恐怖。我用小棉被蓋著全身，實在喘不過氣了，便把頭冒出來。閉上眼睛後，總覺得會有什麼把我捉走，便一直把眼睛閉上又睜開，抓緊小棉被，像是防衛著些什麼。而我依稀記得那晚我就在這樣的情況下睡著了，也自從那晚後，我克服了獨自一人睡覺的恐懼，我成長了。



直到小學，小棉被一直陪伴著我。而我印象最深刻的是在小學的一場呈分試，呈分試可以說是學生生涯中一場十分重要的事件。當時五年級的我抱著僥倖的心態，雖然有複習，但我自己心中清楚，我並沒有盡自己最大的努力，而當時的成績也不出所料地未如理想。記得當時收到成績表，我心中的一道防線就這樣子被一張白紙劃破了。回到家後，我抱著小棉被，二話不說的便放聲大哭了出來。嗅著小棉被的味道，不知為何，心中的波瀾突然變得平靜，我拿起卷子重新查看我錯的點，然而我發現我全錯了一些不應該錯的地方，然後我便對著被子說了一句：「我一定可以的！」直到六年級的呈分試，我不負眾望的考到了理想成績，也考上了盼望了四年的中學。在那一場呈分試中，我明白到人不應心存僥倖，而努力不一定有結果，但付出了就一定有回報。我再次成長了。

而升到中學，我開始參與表演和比賽，每次比賽時，我都會緊張的睡不著。我便會開始對著小棉被說話，說著說著便會安心的睡著了，而第二天的表演也不會太差。而我也沒有再像從前那樣緊張了，我變得更自信了。我又一次成長了。

小棉被是我的定海神針，而它要被丟掉了，我又怎能不傷心呢？人生路漫漫，前進的途中，總要面對許多淚水和歡笑，零碎成泥的記憶分明在提醒我們，正在奔向一個不可預知的遠方。這張小棉被記錄了我的小時候和成長，幼稚無邪和成熟懂事，頑皮天真和謹言慎行……我在意的並不是被子本身，而是被子承載一點一滴的回憶。

正當我打算和奶奶再次求情一下時，我便聽到門外傳來嫌棄又心疼的聲音：「哎呦，別哭了，奶奶剛剛只是開玩笑啦，我知道這張被子對你很重要，不會丟的啦。」

我的心情就像坐過山車一樣，從悶海愁山到眉笑眼花。我的回憶，我的回憶回來了！我像是喜極而泣，笑著笑著眼睛中的珍珠，卻沒完沒了的往下流。

它就是時間的參照物，它就是小棉被。

所以，小棉被要被丟掉了，怎能不傷心呢？回來了，又怎能不高興呢？

# 原來快樂比想像中簡單

二丙 蕭家兒

原來快樂比想像中簡單。

快樂到底是什麼？是一種情緒嗎？是一種生活模式嗎？是一個夢想嗎？每個人對快樂都有不同的定義，以前我覺得快樂只是一個難得而又短暫的情緒。現在我覺得快樂就是……

以前的我生活很無趣。平日要上學，放學便要去補習班，到晚上十點才回到「家」，基本上我覺得自己只是個讀書的機器。每天回到所謂的「家」，可我並沒有感受到家庭溫暖。畢竟只是在寄養家庭居住，哪能奢求？快樂到底是什麼？那時的我也不知道，大概就是收到試卷後滿足的幾分鐘，放假回到真正的家後，爸媽沒有吵架和能看到媽媽笑的模樣吧！這些看似簡單平淡的要求，對那時候的我來說就是奢求，難以達到。

那時候的我覺得快樂就像風一樣來無影去無蹤，又像太陽一樣溫暖，又像流星雨一樣美麗閃耀而短暫。可當我想擁抱陽光時，太陽就已經被雲遮擋住了。

上了中學，我有了自理能力，離開了寄養家庭，逃離了那個壓得我無法喘氣的生活模式。我變成了新的我，有了新的生活模式，新的學習環境，新的朋友，新的自己。有一天，我讀了一個故事，這故事讓我覺得快樂原來可以很簡單，在日常生活中對快樂有了新的看法。

故事中說道，在炎熱的沙漠中，有兩個人得到了兩個杯子。兩個杯子裏裝著相同分量的水。其中一人拿著自己那杯水皺著眉頭說道：「唉！為什麼這麼大的沙漠卻只有這半點水，要我怎麼捱下去！」我隔著文字也能感受到他的絕望；另一個人卻眉開眼笑的拿著那杯水說道：「我真幸運！在沙漠中也能讓我找到這杯水，省著喝也能夠我撐下去了！」

兩人在相同的環境擁有著相同的東西，心境卻這樣不一樣。一個覺得自己只剩下半杯水，一個卻覺得自己還有半杯水。一個人如此憂傷擔心，一個卻如此快樂滿足。

富有的人覺得快樂就是用金錢堆積出來；而貧窮的人卻覺得快樂就是能吃上一餐安樂茶飯；在戰亂國家的人卻覺得快樂就是國家能停止戰爭。這讓我恍然大悟。原來快樂只是一個自己控制心境便能出現的情緒。以前的我總覺得自己不快樂，回想起來也只是因為自己沒有嘗試改變心境。

你的快樂對於自己來說可能很簡單，對於別人來說可能是奢求。為什麼不一樣？原因就是心境的不一樣。快樂其實非常簡單，只在於你怎樣看事情。

不快樂的時候，嘗試把思考的角度反過來，可能會有不一樣的效果呢！

## 那條藤條

二丙 蕭家兒

昨天是姨媽的生日，我和媽媽都去了她家慶祝。一入門便看到姨媽怒髮衝冠地拿著一條幼細的藤條追著兩個頑皮蛋——兩個表弟。我看見了那條藤條，腦中浮起了以前被媽媽打的片段。我和媽媽對視了幾秒，會心一笑，想必她也想起了以前的時光吧！

第二天一早，媽媽就在翻找東西，咦？那不是我以前最害怕的藤條嗎？小時候它是被一條鮮紅色的標籤膠帶綁着的，很幼細很筆直，也很讓人害怕。但現在看見的藤條卻是嚴重彎曲、充滿霉菌，膠帶也已經褪色了。每一次當我犯下大錯的時候，媽媽都會拿着藤條打我。現在回想起來，恐怖的不是藤條，而是生氣的媽媽吧！

在讀幼稚園的時候，我很挑食，看到蔬菜便挑走。媽媽初時也很耐心地哄我，可我卻開始鬧脾氣，大哭大鬧。媽媽這時便拿出藤條，打了一下我的手掌。我痛得哇哇大哭，媽媽在旁邊說了句：「愛吃不吃。愛挑吃的小孩沒有人會喜歡的。」從那以後，我每次都會把蔬菜都吃光。

小學三年級的時候，媽媽給我買了一部手提電話。我每天都會沉迷在

那部手提電話裏五花八門的網站、從未接觸過的遊戲和令人着迷動聽的音樂。自律溫習的時間越來越少，使我考試成績一落千丈。媽媽並不是一開始便打罵我，而是耐心地說明沉迷的後果，可是我卻一臉不屑地看着我母親。母親一言不發回房間，拿着我最怕的藤條走了出來，一邊抽打着我，一邊罵著我：「我就是不會做母親呢！買手機是相信你能自律，你為何總要我操心？」說完這句話後，媽媽停下手，我抬頭看見媽媽正在落淚。這次之後，整個小學生涯也只是被媽媽打過幾次，因為我深知母親打在我身上時，當中包含多少的心痛和失望。

升中後，我渴望擁有所謂的名牌，但母親並不支持我購買。我試著瞞着母親，偷偷地把補習的學費都拿去買我想要的東西。當媽媽問起我補習事情的時候，我都只是略略帶過。好景不長，一個月後媽媽還是發現了我欺騙她。她頓時呆著了，順手從旁邊拿起了那條藤條。在準備打到我身上那刻，時間彷彿停頓了。藤條並沒有落在我身上，我微微睜開眼睛，只見她用另外一隻手捉住拿着藤條的那一隻手，並說道：「我的乖女兒已經長大了，學會欺騙我了嗎？長大了，長大了，所以我不動手，希望你自己能反省你做過的事情。」媽媽並沒有打罵我，但我卻淚流成河，因為我明白了母親一直都有站在我的角度上思考，而我只是個只考慮自己的自私鬼。

如果要我描述我對藤條的感情，真的不是三言兩語能表達的。要感謝它嗎？可是它令我受了很多皮肉之苦；不感謝它嗎？可是它也令我明白了自己的過錯，知錯能改。隨着我年紀越來越大，媽媽使用藤條的次數也越來越少，因為她相信我，即使不再動手，我也不會再犯同樣的過錯。在我犯錯後，哪一次媽媽沒有解釋給我聽？哪一次沒有給予我機會？哪一次沒有在動手後後悔莫及？「世上只有媽媽好」，每一位母親都有教育子女的責任，而每一位子女也要聽從母親的教誨。藤條的痛使我不會再犯同樣的錯誤，而媽媽的愛，就是我改正錯誤的動力。

## 疫情下的公園

二丙 鄭子喬

轉眼間我們已在疫情下生活了三年，我們由一開始的不習慣，變成了現在即使聽到新增好幾萬宗確診個案，都毫無波瀾，我們或許已經停下了消滅疫情的步伐。

晚市堂食已經暫停了好幾月了，我仍未能與朋友共享晚餐，唯有相約下午五時在公園見面。我提早到了公園，今天可說是秋風正好。平時的公園一定充滿歡聲笑語的，可是在疫情之下取而代之的卻只有一條又一條的塑膠封條。那薄薄一條的封條，看似吹彈可破卻把無數小孩的快樂封殺在這一片小土地中。我和公園只隔了一條脆弱的塑膠封條，卻像被一道堅不可摧又無法翻過的高牆阻隔了。秋風正好，晚霞的餘暉灑在了大地上，偌大的公園卻只餘下我孤單的影子。一陣刺骨的寒風吹過，我順着風吹的方向閉上眼睛，在我閉上眼睛的一瞬間，錶上的走針好像停下了，一幕又一幕的回憶在腦中快速閃過，夏天那清涼的帶着薄荷味的風感覺還繞在鼻間，孩童的嬉笑聲在腦中不斷徘徊……但張開眼睛卻只能看到蕭條的公園。

此時正好黃昏，從前的我會覺得夕陽西下別有一些浪漫的氣氛，但我現在明白了美好的事物只有在心情好的時間看才是美的，我現在看只覺得這美麗的黃昏為這疫情下的公園添加了一絲淒涼。曾經充滿鳥語花香的公園，在無人照顧的情況下只餘下一片腐爛的臭味。現在公園的環境已經不再適合鳥兒居住了，在荒涼的公園中，鳥兒拍翼而飛的聲音清晰的傳入我的耳朵。

此時一朵花悄然地從花圃中飄落，我拾起來摸了一下，花瓣已經不再堅挺，摸着軟綿綿的，也許這個公園像這朵花一樣曾經盛放，但也黯然凋謝了。

事情的起因只是一顆尋常的病毒，認為自己是地球上最厲害的人類，未有把它放在心上。不料我們原來低估了病毒，人類始終是敗給了自己的自大。希望未來人類懂得謙虛，與地球和平共處，快些走過這艱難的日子。

## 小藤條

二丁 廖慧妍

拿著未如理想的成績表，我提心吊膽地把它給了媽媽簽名。這「滿江紅」的一張紙，「成功」讓媽媽怒髮衝冠。突然一條藤條出現在媽媽的手上，她一邊責罵我一邊用藤條打我。我也知道我的懶惰，我也知道媽媽工作有多麼辛苦多麼累，但……，忽然她用藤條拍打桌子的時候，藤條彎了，然後打到我身上的時候，它斷了！

媽媽通紅的眼睛忍不住就哭了，她回了房間，我也生著悶氣。我望著那條被媽媽弄斷了的藤條，看著逐漸變得殘舊，從黃色慢慢褪色成淺黃色的藤條，我慢慢想起許多跟這個小藤條的回憶。

這藤條見證著我的成長，是它讓我的家人教導我怎麼成長。

幼稚園，是我頑皮的開始。不知天高地厚的我最愛爬上爬下了。爬上爬下時還一股勁地往下跳，氣得媽媽七竅生煙，忍不住用藤條打我，警告我爬上爬下的危險性，叫我行動前要「三思而後行」，不然可能受傷。當我知道了上竄下跳的危險性，我成長了。

小學時的我，不再頑皮了，我已經沒有再上竄下跳。可是一直維持在低下水平的成績，又再次讓媽媽生氣。當然，許多人都有害怕被媽媽責罵的時候，我也不例外。我看到許多同學都在模仿自己家長的簽名，不知道冒簽是個嚴重的過錯，竟也在我成績表上冒簽了媽媽的名字。最後還是被媽媽發現了，受到了雙倍的責罵和小藤條的「物理攻擊」。自此我又成長了，知道了「冒簽」是一個非常錯誤的行為，從此就不敢再犯了。

中學時，我開始喜歡一些偶像組合，例如時代少年團、德雲社、百分九等等。我以他們為我的光，但是媽媽不願意我去購買這些偶像的周邊產品，她認為這些都是浪費金錢的東西，可是我真的格外喜歡，所以我拿了媽媽百多元去買這些應援物。過了一段時間，她發現了，雖然她沒有將我的應援物弄壞，但是她非常嚴厲地責罵了我一頓，當然被打是不可避免的。我又再一次成長了，知道了不問自取是一個非常過分的行為。

見證「我」成長的，除了我的家人，也只有「小藤條」了。經歷幼兒園、小學和中學，雖然現在它已經斷掉了，但是它還是記錄了我許多改過自新的時候。它記錄了我的恐懼、被打、知錯能改、變得成熟的經過。人生當中必有那麼幾次，只需能改過，就可以重新「做人」，就可以成長。我走到房間向媽媽道歉，媽媽原諒了我，知道我可以知錯能改，也知道我需要成長。

小藤條打下去雖然疼，但是每一下教會我去改正錯誤，也讓我成長。

## 嘆歲月

三乙 潘綺雯

明明 春花秋雨落筆成念  
明明 心花一朵山野爛漫  
卻歎年年歲歲 各自安好

明明 心裡有千言萬語  
明明 我們彼此見字如面  
卻歎心底花園 荒蕪一片

明明 窗外有一地銀寒  
明明 我們都盼望著相遇  
卻歎久別重逢 別來無恙

明明 人群車輛繁華如斯  
明明 我們彼此要終身依靠  
卻歎終是天各一方 如路人

枝是晚秋枝  
雪是暮時雪  
我們愛的到底是彼此  
還是歲月

## 夢

三乙 雷玥

曾經 在最深最深的夢裡  
一堵沒有根源的牆壁  
寫滿了 你的名字  
曾經 你不經意間輕揚的夢境  
夢裡的你持着畫筆  
低着頭 雕繪着陽光

低頭 風揚起的髮絲卻說盡了溫柔  
再美的歌謠也不及你的溫柔  
你在的時候 那片花海總充滿春意  
回憶 被一捧一捧的潑入河裡  
這陣風輕輕的吹着  
碎成了一圈一圈的漣漪  
回憶被時間一點一點抹盡  
還會記得嗎  
曾經有一陣溫馨的春意  
和幾行  
再也沒有完成的詩句

## 冬夜漫談

三丁 周恩惠

我們走到陽臺旁，從樓梯走下，腳板踩著混雜碎石的沙子，感受著迎面撲來的陣陣冷風。一輛單車從我面前晃悠悠地經過，潔白的明月在烏雲裏偷偷探出頭來。我脫掉了鞋襪朝海潮跑去，踩過的沙子留下一串腳印，從樓梯口延伸到浪花。

身後有人在叫我，我回了頭，左手攏著風吹開的衣領，嘴巴呼出的氣化作嫋嫋白煙從我眼前飄過，心緒也隨之繚繞而上。身後那人撲到我身上，我退後了幾步，腳下好像踩到了斷掉的貝殼，一陣刺痛從我的腳底襲來。我看了看那人，認出了她是我的網友，那個即將遠赴他國的網友。這估計是我們見的最後一面了。

她把我往她身邊攏了攏，我們赤著四隻腳，踩著一波波浪花。她和我一起閒聊家常，從一日三餐聊到學業再到家庭。在我數到第六十八個貝殼的時候，害羞的月亮完全躲進了烏黑的被褥，可能他和我一樣冷。原本波光粼粼的浪花失去了光亮，我抬頭看了眼還在絮絮叨叨的她，噁了噁嘴打斷了她。我知道這很沒禮貌，但是我顧不上這些了，我的一絲好心情隨著月亮消失了。



我側了側身，牽住她的手，腦子裏浮現了我們之間相處的點點滴滴。她彷彿看出了我的低落，什麼都沒說，只是捏了捏我的手，繼續陪我踏浪花。

又是六十八個貝殼的距離，我突然開口了：「人真是世界上最矛盾的生物。」她看了我一眼，眼裡沒有什麼意外，反而是平靜和了然，淺色的嘴唇一張一合就開始安慰我，從我們初次相遇到她即將離別，她全都說了一次。我突然很生氣，氣她的自以為是，氣她明明不瞭解我卻妄自揣摩我。我丟開了她的手，快步往前走了幾步，她沒有跟上來，不遠不近地走在我身後。

我兀自開口，也不在乎聲音會不會被淹沒在海水裏，一個人在前面讓著：「交朋友真的太難啦！」我頓了頓，聲音小了一點：「我真的好害怕成為別人的拖累，好害怕我不經意的一句話會傷害到別人……」

我害怕別人一個不經意的眼神和小動作，害怕和別人意見相左的時候會遭到別人的討厭，我害怕我會成為別人的煩惱。歸根結柢，我在自相矛盾，我喜歡和別人相處，我喜歡交朋友，可是我卻不希望給朋友們帶來負面的影響。我不知道該怎麼處理，該怎麼開解自己。我就如身陷冰窖，雙手冰涼，平時尚可忍受的海風像是降了幾度，打的我雙頰雙眼刺痛發紅。

身後傳來沙沙聲，她二話不說就把我的手塞進了她的口袋，眼睛映照著街邊的星星點點，溫柔凝視著我。她咧了咧嘴，露出個笑容：「可是你知道嗎？我感恩你的到來，你的到來讓我的時間和記憶熠熠生輝。」

她和我說了很多很多：人和人之間是有關聯的，所有人都在互相拖累。例如你去買奶茶的時候，排在你前面的顧客拖慢了你收到奶茶的速度，這其實也是一種拖累。所以令別人感到厭煩並不可怕，拖累別人也再正常不過。重要的是，你給別人帶來了什麼正面影響。

「你給我帶來了很多快樂的時光，很多好心情，很多新鮮的事物。這些都是我從你身上獲得的，我感激你給我帶來這一切，同時感激你來到我身邊。」

我愣住了，呆呆地看著她的臉，腦子裡突然想起了她的網名——皎。天上的月亮又從烏雲裏探出頭來，月光鍍在她臉上。那一瞬間我釋懷了，心情又晴朗了起來。

她依然牽著我的手，暖暖的，回溫了。

第二天她遠赴他鄉，行李箱裏多出了一個透明的小罐子，罐子裏有六十八個貝殼，和我對她的思念。

皎若雲間月，翩然驚我心。

## 童年雜憶

三丁 羅惠雯

「哦！天啊。這是誰家的孩子？」

「不知道啊，看來像是和爸爸媽媽走散了吧，我看她原先已經蹲在這兒哭了一會兒。」坐在長板凳上的女生說道。

「現在的家長真不負責，好好的也能把小孩弄丟，唉！要是再過一會還沒人來認領，小朋友就跟阿姨回家好嗎？」

「好啊好啊，真是個好主意。」女生竊喜，拼命收斂著不住上揚的嘴角，一副惡作劇得逞的模樣，哭聲戛然終止。小孩錯愕地望向女生，好像意識到什麼，隨即怒瞪她一眼，又再次哭了起來，並邊哭邊喊道：「姐姐為甚麼要把我賣給陌生人？」這一舉動迅速引起周圍的人的目光。「這……」熱心的阿姨尷尬得連忙擺手，「沒有沒有，只是一場誤會。」這個女生，很不幸，是我的姐姐。而我就是當時引起鄰里街坊一陣熱議的話題，我且給它起名為——不知是何原因惹怒姐姐的倒楣小孩。因為每當他們談論起來，都總是認為定是我做錯甚麼才惹得如此下場。作為當事人，我真為自己感到委屈，我只不過是發現心愛的果汁軟糖被她偷吃光了，一氣之下決定以牙還牙把她的牛津字典扔進泳池裏罷了……也許我也理虧，但我不服！是她先犯的錯，況且那可是平日對她諸事言聽計從的可愛妹妹啊，真的是，全世界再也找不到第二個像她這樣的人了。

像這種事我遇到不止一次，在我小學四年級那會姐姐交了人生中第一個男朋友，也就是我姐夫。剛開始那段時間她老愛往外跑，而且每次出門前都喜歡把衣服翻得亂糟糟的，自己卻精心打扮得井井有條。每在她出門前我必聽見一句溫柔得滲人的話：「小妹，拜託幫姐姐把衣服重新收拾一遍。」向來我都是不服她的，可又不得不順從，於是只能憤怒地瞪著東倒西歪的衣衫，鋪在床上的，掛在椅子靠背的，亂得真夠讓人頭暈目眩的，過會兒便拖著疲憊的步履，不情不願地把她衣服一件件堆到床邊，攤開，疊好，又逐一放到衣櫃去。這樣的事一連持續了一星期，直到有一天，我再忍無可忍。不同往日，在我聽到呼喚後沒有立刻做出回應，而是低低嗯了一個音節又繼續手上的工作，我在等她耐心喪失。果不其然，當我不再有求必應時，她便沒有了往日淡定的樣子，不耐煩取而代之。她走來質問我，卻得到一個不在預期之內的答覆，我堅定地搖著頭告訴她：「我不會再替你做任何事了。」這是那段期間內我一直在等待的突破口，同時也是渴望引爆的定時炸彈。如果說幫她收拾衣服是第一次，那麼從小到大我就有無數個類似的「第一次」，那時我開始逐漸長大，開始有獨立的思想，我想，可能跟她吵一架就能解決問題了，但我的判斷出了誤差——我們沒有像預期中激烈地吵架，以致最後磨合談妥的場景也沒有出現，而是打了一架。

學期尾的時候班上掀起一波「養寵熱潮」，放學時三兩個同學總會圍在一起討論各自的愛寵，走在一旁充當聽眾的我，慢慢也有了寵小動物的想法，卻不曾想遭到父母的反對，不論是否羊群心態，但既是我心意已決的事就誰也改變不了。就當我想不出法子準備跟他們大鬧時，姐姐突然問我，是不是特別想養這隻寵物，我點點頭，但其實我也拿不準她能不能幫到我，因為她跟媽媽關係一直不太好，但事實證明，她有她的方法，就此我們家中添了一名新成員。我不知道她以什麼方法說服了爸媽，但她有她的妙計，而她也願意幫我，這就很讓我驚喜了。

最後還有一件事，讓我清晰記得是前幾年，農曆年二十八那晚。這時候姐姐已經成家了，他們一家就住在離我家不遠處的一條街上，因此平日來往相當方便。那天日間姐姐把我叫去，說是大掃除忙不過來讓我去分工。「有些事情你早該料到了。」就當我對著一屋子雜物以及聽到姐姐帶著兒子出外遊玩的消息目瞪口呆時，在廚房擦拭廚具的姐夫這麼對我說。是的，都是當媽的人了卻依舊沒有半點成熟樣，不過那時的我也不想跟她爭辯，而是賣力地幹起活來。直到傍晚路邊上燈了，姐夫打電話告知姐姐他

臨時要回鄉處理急事，姐姐才回來。她留我住一晚，眼看自己也睏得不行，就答應了下來，全然忘記來時媽媽讓我早些回家的告誡。是夜，我躺在一間久無人住的小房間，不安地輾轉幾番，但還是很快睡著了。一開始睡得很沉，可估摸到了夜半三更突然做了個「鬼壓床」的噩夢，頓時就嚇醒了，冬天十來度的晚上我卻出了一身汗，夢裏揮之不去的片段充斥在我的腦海裡，最後只能發訊息叫姐姐過來陪我。來的時候她的頭髮還是整齊地紮著，看來是還沒睡，剛把孩子哄睡還要麻煩她過來陪我，心裏頭的愧疚油然而生，而她並不覺得有什麼，她撥開被汗水浸濕而黏在我額前的碎髮，這個動作令……鼻腔一陣酸澀，眼眶也濕潤了。姐姐看到，逮著機會便笑話我：「都多大了還怕黑成這樣。」這時候的我並沒有聽見她說的話，而腦海裏飛快閃過幾幀畫面。

在公園蹲著大哭那年，我賭氣不肯跟她回去，她也是像現在這樣，在我面前蹲下來摸摸我的頭，並道歉承諾以後再也不這樣做。她從來都是個犯錯會道歉的人，不然我也不會一直找不到機會跟她吵架。因為收拾衣服而大打出手那年，我記得是二零一七年，我因為被她摀到地上無力反擊而感到羞恥和不忿，晚上連飯都沒有吃就把自己鎖在房間裏氣得直掉眼淚，哭著哭著就累了，迷糊間聽到有人提著一串狂當作響的鑰匙前來開門，把一個小物放在床頭，又匆匆離開。第二天醒來我發現了它，是我想要了很久的復古錄像帶，當時正流行。我在背面摸到一張小紙條，上面寫了道歉的話。

還有後來我偶然聽爸爸提及，家裏這隻白色貴賓犬之所以能來我們家的原因。原來當時姐姐就知道爸媽為什麼不讓養寵物。在我還沒出生前家曾養過一隻兔子，姐姐雖然很喜愛卻不知道該怎麼正確地愛護，最後把才幾個月大的兔子弄死了。媽媽是佛教徒，對兔子的死感到十分痛惜，同時對姐姐感到前所未有的失望，她篤定姐姐心理有問題，從此禁止家裏再養任何寵物，所以多年後輪到我提出養小狗的要求時他們才會是這個態度。姐姐得知後過意不去，她不希望因為自己的原因而剝奪我養小寵物的權利，於是主動向爸媽保證過去的事決不再發生，並願意自掏腰包承擔小寵物日常一切開銷。而得知此事時我當然是驚訝的，包括爸爸最後對我說那句話：「你姐姐的確有輕微心理障礙，對越喜歡的事物，表現得就越反常，不僅是過去的愛寵，還有你，在她心目中都有同樣重要的地位。而她現在也正努力變好，希望你能給她多一些包容。」

以上的種種，便能概括我整個童年深刻的幾件事的記憶，重新回顧了一遍，的確沒想到兒時數不清的回憶都和她息息相關。她不是我最喜歡的人，也不是我最討厭的人，但確實是一個在我兒時除母親外出現次數最多的親人。無論想與不想，不可否認的是，小時候大多數喜怒哀樂皆與她相連，因為她就是這樣，全世界再也找不到第二個她，也許如果沒有她，我的童年將會如白紙般乏味。

## 曇花不會結果

三丁 郭卡諾

不知 是從甚麼時候起  
心中粉色的警鈴總是不自覺地被拉響  
是緊張興奮 是心律加速

可能 在不經意間  
我總是將目光落在  
籃球場上的影子 和 上學時等車的隊伍中

就像 一口含在嘴裏的熱茶  
滾燙無比卻又令人留戀  
不敢吐出又不願咽下

就像 遇到黃色交通燈  
總是不知道該衝還是該停  
衝是僥倖 停是自知

熱茶 黃燈 和你  
都是我數不清的猶豫躊躇和飄忽不定

你不知道的是  
最後  
我把熱茶咽下 做了一回膽小鬼  
畢竟  
曇花不會結果

## 卑愛微情

三丁 陳昱穎

你看，或者不看我  
我都在角落裏偷偷關注著你  
不勇，不敢

你知，或者不知道  
我每每與你無意間對視時  
不沉著，不冷靜

你能，或者不能感受  
我的愛都藏於心底  
不明目，不張膽

我不強求你勉為其難的答應  
或者  
面對慘慘烈烈的拒絕  
只願每天能多看你幾眼  
靜靜 地看  
默默 地愛

## 童年雜憶

三丁 陳昱穎

清晨的陽光升起，招呼著美麗的潮霞，給準備開放的鮮花塗上一層金黃與美麗；招呼著懶洋洋的白雲，給小河塗上雲的倒影；招呼著微風吹皺的窗簾，給我小小的房間塗上靈動的畫。溫暖的陽光喚醒了我，我坐起身來，把房間大大小小的東西都掃視了一遍，又凝視著窗外那良辰美景，不禁陷入了放空。那些往事就好比藏匿在深海裏的寶藏，某天一旦被海盜發現，那些往事就重映在腦海裏。

## 逆轉！退位的大王

我家裏除了爸媽之外，還有兩個姐姐，我和一個「討厭鬼」。我四歲那年，因為是家裏最小的，所以被爸爸媽媽百般寵愛，我都樂開花了。我是這家的大王，每次搶了姐姐的東西，爸爸都會對他們說：「妹妹還小，讓給妹妹吧！」姐姐只能瞪著我不說話，給我得意壞了。但是五歲那年，一切發生了翻天覆地的改變。「討厭鬼」——我的弟弟，出生了。我成為了姐姐，不再是家裏最小的那個，不再是爸爸媽媽的「掌上明珠」，不再是「衣來伸手，飯來張口」的人了。每次他弄壞了我的東西，我剛準備吼他，他就釋放技能——哭吼。每當他一哭我就知道我完了，因為媽媽就會跑來抱著弟弟哄，「怎麼又弄哭你弟啊，都多大人了！讓讓他不行嗎？」這句媽媽的口頭禪，我都已經爛記於心了。我弟的出生，讓我退出了「王位」，而他變成了家裡的大王。每次他惹我生氣，我就只能跑回房間自己和自己生悶氣，然後拿出一個小本本，把我弟的「罪行」一一記上。唉！「天道好輪迴，蒼天饒過誰」！

## 溫柔又嚴肅的父親

在別人家裏，爸爸是個嚴肅的人，老是說著一些人生大道理，和爸爸總不是很親近。我家這個爸爸可就不一樣了，他很溫柔，和藹可親。平時我一有空，就蹦到他的床上和他聊天，玩遊戲，下棋。一般來說，他很少罵我，我和我爸爸的關係與其說是父女，反倒更像是兄弟呢！直到有一次，我們舉行陸運會，我出於好奇，覺得之前總參加一百米有點膩了，想來點新鮮的，就自告奮勇去向老師報名四百米。但是報完名後，放學去操場試跑了一下，把自己累得上氣不接下氣，瞬間想吃「後悔藥」了。回到家後，我把這件事告訴了老爸，並告訴他自己明天打算去取消報名後。「你為什麼不跑了？就因為這麼點困難就放棄？」老爸突然的氣憤讓我愣了一下，「你這麼容易就放棄，那你以後怎麼辦？」他滿臉是失望和悲憤。我一開始也被嚇倒了，平時溫柔的爸爸去哪了？但是一想還是覺得爸爸說的頗有道理，所以這次後，爸爸成了我的「私人教練」，每天都陪我到運動場練習四百米。爸爸一到練習時就非常嚴肅，「再跑快一點！」，「別偷懶！」，「別停！繼續！」。日復一日，經過了一段魔鬼訓練的日子，我脖子上掛著那金色的榮耀，露出了驕傲的微笑，而爸爸的嘴角勾出了欣慰的弧度。感謝父親那次對我的責罵改變了我！

## 她也是個孩子

小時候，覺得媽媽無所不能，要做飯，打掃，接送放學，檢查作業……每天做了這麼多，第二天依舊能早起給我們做早餐，養四個孩子，真的不累嗎？為什麼她從沒說過呢？那次外婆來我家，我得到了答案。那次外婆來我家，我很是疑惑，又不是中秋，又不是新年的，怎麼突然大老遠過來呢？我也沒理，因為當時我內心最多的就是開心了！到了晚上，月黑風高，我在床上輾轉反側，時間一分一秒地過去了，我依然沒睡著，我還是出去喝口水再睡吧！剛打開一條門縫，一束光射進了黑暗的房間。嗯？外面有人？我透過門縫往外一瞧，看見媽媽依偎在外婆的懷裏哭訴，外婆輕撫著媽媽的頭髮，一遍安慰著媽媽。那是我第一次看見媽媽哭，心裏是震驚和一陣刺痛。我就靠著門默默地聽他們聊，「好啦！別哭啦！今天可是你生日！得開開心心的才行！」聽到這裏，我的心好像漏了一拍，今天是媽媽的生日！但緊接著卻是後悔，我竟然對媽媽一無所知，平時百般呵護照顧我的母親，我卻從未關心過。平時又忙又累的母親，我卻芝麻大點事都麻煩她，總覺得自己是個孩子，就常常依賴母親，卻忘記了母親也是個孩子。我的內心好像打翻了五味瓶一般，一種難以描述的感覺湧上心頭。那次過後，我成長了。

我翻看著擠滿我弟「污點」的本子，拿著那枚金色獎牌，又回想起那夜，感慨萬分。突然「快起床啦！」媽媽拿著鍋鏟推開了門，「這孩子還沒起床呢？」爸爸也跟著過來了。我看著他們，烏黑的頭髮已摻雜了幾縷白絲，瞳孔裏是歲月的痕跡。「再不出來我就把你的那份早餐也吃掉啦！」「我也要吃！」弟弟姐姐們相繼開著玩笑。

沒錯，這就是我的童年，我幸福的家庭。一支筆，蘸著酸甜苦辣的墨水，描寫著我的童年。

## 重遊舊地

四甲 何蕊柔

坐在巴士上層的最後兩排，九月的陽光透過玻璃窗灑在我的膝上，窗外的景色如走馬燈快速地掠過，經過懸掛著一條巨大的旗魚及「海天」兩字的招牌，一片沙灘與海映入眼簾，最後幾棵柳樹從眼尾跑走，到站提示隨即響起，下車時瞟了一眼手錶，五點零八分，遲了一點，無妨。



下車後，撲臉而來熟悉的海鹽味，將我的思緒帶到從前。走過馬路，伴著參天的榕樹，旁邊爬滿青苔的牆壁，我慢慢地向前方走去。走著走著，寫著「加多利灣」的牌子赫然出現在眼前；再向前走個幾步，在海灘救生站的上一層，我看見了「屯門獨木舟總會」。

四年前，還是中一新生的我，順著地圖，懷揣著無畏的青澀，傻乎乎地來到了這個地方。雖然這裡是獨木舟總會，但我最初接觸的是龍舟。說起來，的確是一件奇事，小學長期躲在室內，運動於我而言是第二個世界，比同齡人都要矮小的我，竟然選擇了這樣辛苦的運動。真的要說起原因的話，可能真的只是一時興起的好奇吧！

在我想著的時候，總會的經理在樓上向下跟我喊道：「阿妹，你竟然回來了？」她驚奇地向我招手：「快上來坐坐，不要站在這裡了！」好吧，原本只是想遠遠地看看就好。從救生站旁邊的樓梯上去，擺滿各種各樣的艇類運動的槳、助浮衣等，旁邊整齊的小屋就是經理的辦公室。我在辦公室前的空地坐了下來，經理給我親切地拿來飲料，跟我有一搭沒一搭的聊著。我坐在高聳的榕樹下望向天空和大海，時間慢慢地流逝，夕陽與大海越發親近對方。我看著夕陽，轉頭再看向旁邊偌大的總會，彷彿還能聽見姐姐們的嬉笑聲。今天是中秋節，也是我的農曆生日，想起兩年前姐姐們還在，那一天訓練完，我們在這裡歡快地燒烤，聊著沒有意義、漫無目的的傻話，因為細小的事情，我們可以笑好久，吃完後便放聲歌唱。還記得我點燃起蠟燭，在地上轉著圈地跳舞，跳累了就繼續吃，邊吃邊聊起心事，不禁就哇哇大哭一場，每個人臉上掛滿了淚水，卻開心地笑著。到了十一點四十分，在我生日最後的二十分鐘，她們為我點起生日蠟燭，蛋糕只是超市的速食蛋糕，味道真不是那麼好，但我真的很喜歡。半夜，我們一直狂歡，把所有的卡牌遊戲玩了一遍，一直玩到累了，我們看著天上掛著圓圓的月亮，慢慢地換成了橙色的旭日。我收拾好盡歡後的狼藉，最後只有翌日的黑眼圈和回憶才能證明這場狂歡，那是姐姐們最後一個和龍舟共度的夏天。

後來姐姐們有的畢業了，有些升上了高中，以後來的次數漸少了，僅剩下我和師妹在支撐；原來的教練也出國進修了，新教練也不在這裡練習了，於是我和姐姐們的回憶也留在了這個地方。

說不想念是假的，但正因為想念，所以才想堅持把盛載我們回憶的龍舟走下去。

夕陽終於碰到了海面，我起身跟經理道別，順著沙灘旁的小路走到了旁邊的另一個沙灘——青山灣。

我今天穿的是休閒鞋，不太想進沙子，所以我坐在了台階處，抬頭看柳樹，它的枝葉好像和以前一樣，又好像不太一樣。我看向海面，卻發現這裡的海不同了。

這裡的海因為前面有一個小堤壩的緣故，比旁邊的加多利灣和咖啡灣平靜，比較安全，我們以前經常在這裡操練。操練的時候是認真的，但休息的時候，還是少不了少女之間的嬉戲，雖然操練的非常艱苦，但我還是喜歡和她們在一起。以前操練後嬉戲的時間，真的什麼瘋事都幹過。我記得有一次，我們從龍舟上跳下海，再從海中央游回岸邊，距離說遠不遠，很輕鬆就可以做到，但我還是起了壞心思，從背後像樹熊一樣抱著姐姐，要她揹我回岸。雖然我們穿了助浮衣，但再多負擔一個人的重量也不是開玩笑的，她也沒有慣著我，掙扎著要用開我，這畫面也真的精彩，惹得大家都哈哈大笑。在海面激烈打鬥後，她還是妥協了，我滿足的臥在她的背上游回了岸，可能連魚兒都看不慣我的作為，在我大腿上咬了幾口。

每一次奮鬥後，帶著喘不上氣的感覺，抬眼看向被夕陽染成一片橙色的大海，海面上閃閃發光的，和今天的一模一樣，只是如今空虛的感覺，令我不得不感到悲傷。也罷，我起身拍了拍身上的沙子，欣賞這海面。

現在的我已經長成了姐姐，這兩年的改變太多，龍舟上的人不同了，練習划龍舟的地點不同了，就連划龍舟的感覺也不同了。我也曾猶豫過，要不要放棄，但我還是留下來全力以赴，因為只要是龍舟本身就已經盛載了我們美好的回憶，那就夠了，夠我一直走下去。

無論是否一時興起，開始了就要全力以赴，堅持到最後，就算猶豫過，但最後也沒有退縮的堅定，就是龍舟教給我的。

我坐上來時的巴士，看著來時的風景像倒帶一樣呈現在我面前。我默默向這裡的回憶告別，也默默承諾自己要一直向前走下去。人生就像趟列車，有些人，有些事，終會成為回憶，但回憶之所以珍貴，就是因為回不去，但是不要緊，也正因為這些回憶，我才有動力繼續走下去。最終巴士向前駛去，直到我再也看不見為止，我也告別了我在這裡的青春。

# 月有陰晴圓缺

四甲 袁慧明

蘇軾《水調歌頭》：「人有悲歡離合，月有陰晴圓缺。」月不可能常圓，正如人生不可能事事圓滿，這是自然規律，也是人生常態。人生際遇皆有圓有缺，有相聚與離散，有得意與失意，有擁有與失去，人生的順逆如月亮的弦月、半月以及滿月一樣交替循環，即使在人生中遇上挫折，但也要抱持希望，終會等到「圓」的一天。

有相聚就必然有離散，就算關係非常好的朋友也會有疏遠的一天，大家尋找各自的生活，走上不同道路；家人亦是會面對分離，總會有生離死別的一天，不可能一直陪伴在自己身邊。正如父母會有老去的那刻，隨著父母年紀越來越大，身體衰弱，終有離去的一天，不能繼續陪伴自己走接下來的路。不管是家人還是朋友，最後都會迎來離別的一刻。天下是沒有不散的筵席，沒有相聚又何來離別呢？人生是有盡頭的，永遠都不可能長生不老，人總有離開的一天，不可能永遠都能在一起，因此更要將相聚的美好回憶刻在腦海中，因為回憶不會與時間一樣消逝，然後坦然面對相聚後的離散，畢竟人終須一別。

有順境就必然有逆境，人生中不可能一直都一帆風順，總會遇到挫折，而逆境雖然是人生道路上的障礙，但往往有許多成功人士因經歷過艱難困苦後成才。著名化學家格林尼亞教授則是曾走過一段曲折的道路。他年少時，出身於一個造船師的家庭，家境優裕，加上父母的溺愛，整天遊蕩，沒有理想和志氣，以為得到每樣東西都是理所當然；但好景不長，突然發生預料不到的變故，他的家庭破產，一貧如洗，昔日好友都離他而去，使他醒悟過來，開始奮發圖強，立志追回荒廢的學業和浪費的時間。他的刻苦精神和才能令他研製出格式試劑，獲得了諾貝爾化學獎，功成名就。順境和逆境都是生命中的歷程，成敗得失是人生中必然發生的事，順境造就幸運兒，有更好的物資條件，對任何事情都胸有成竹，但人生變幻無常，無論之前的路是如何順風順水，都會遇有逆境的時候。所謂「逆境出人才」，逆境造就偉人，從逆境中走出來並戰勝它的人能成就更好的自己。有順境就必然有逆境，有了困難和挫折，我們的人生才會更有意義。

有擁有就必然有失去，在我們的人生旅途中，總是會一路「擁有」，一路「失去」，「擁有」時要好好珍惜，「失去」時也不要灰心喪氣，而是自我反省，令這次的「失去」變成將來更有意義的「擁有」。在歷史中，生活在安史之亂時期的杜甫，從叛亂爆發，他就陸續失去了靠自身的努力所擁有的地位、金錢、名利等，但他並沒有放棄自己，他有才華和真誠的友誼，最終得到「詩聖」的美稱，使他的事跡和精神永存不朽，受後人讚頌。擁有與失去是互相轉化的，所謂「舊的不去，新的不來」，失去曾擁有過的事物，才會有機會得到嶄新的東西。只要生命還在，一切也有可能再擁有。

人生際遇正如月亮有圓有缺，再圓滿的事物也會出現缺陷，但有時有了缺陷，才讓人感覺到圓滿的美。離散是為了迎來下一次的相聚，順境是會變成逆境去磨練自己，失去是下一次擁有的事物的開始，我們都應相信，「陰」會走向「晴」，「缺」也會走向「圓」，從而成就更好的自己。

## 月有陰晴圓缺

四甲 陳非兒

「人有悲歡離合，月有陰晴圓缺」，這是一種自然規律，從古至今人們早已習以為常，從不多在意。這就像人們往往能知道事情的結局走向，比如花開後總會凋謝，雨後總會天晴，人總有一天會老去死去。就是因為知道結局，我總會想活著的意義是什麼？這看似是一題無解題。

從我記事起，我好像每天都要經歷這樣的規律。步入幼兒園、小學、初、高中然後畢業，相遇然後分別，擁有然後失去。每每想到這樣的規律，好像都沒有很好的回憶，所以我這人一直都不太會對人對事付出太多的感情。我身邊的人都認為我很無情，但我奶奶好像不這麼認為，她在用一生來改變我。

小學畢業的時候，老師同學們都在相擁哭泣，而我默默在一旁看著，奶奶問我：「怎麼不去跟朋友們告別呀？」我說：「反正以後也不會再見了，告別沒什麼意義。」這樣的話別人聽了可能會覺得我不好相處，但我

奶奶似乎了解我的性格，她耐著性子跟我說：「一心啊，要學會調節，把離別看成是相聚的開始。」我别扭地轉過頭，但這句話我聽進心裡了，內心的想法好像有一瞬的動搖。

到了初中，學業變得繁忙，跟不上教學進度成了家常便飯，老師的批評和壓力撲面而來，成績一落千丈，那時的打擊對我來說無疑是難以承受的，「我想靜靜」是我當下的想法。於是我半夜出了門，漫無目的地沿著海邊走著。也許是家裡人擔心我，不知道過了多久，奶奶找到了我。她走到我身旁，良久才開口對我說：「聽說過『月有陰晴圓缺』這句話嗎？」我沒回答，只是靜靜地看著月亮。她兀自開口道：「我們的人生就像這個月亮一樣，時而圓時而缺，人總會經歷難過的關，從來都不會有圓滿的人生。」她看向我說：「但是『禍兮福所倚』，關關難過關關過，弦月過後滿月總會出現，一心，向前看！」那一刻，不知是因為長大了還是變得懂事了，我似乎有了比上次更深的體會，像是有一股力量慢慢的推動著、指引著我尋找答案。

隨著年歲的增長，在之後的日子裡，我處事時一直不忘奶奶所說的道理，對待事物也一改之前的態度。但是正如奶奶所說，人生就像是月亮，不會永遠都是圓滿的，意外還是發生了。奶奶檢查出了癌症晚期，時日不多，當我知道這件事的時候，從前領悟的道理在那一刻像是變得不管用，我開始不安，害怕奶奶隨時離開我。但奶奶卻很坦然，她躺在病床上對我說：「還記得奶奶之前跟你說的話嗎？『月陰晴圓缺』，生死有命，這都是必然的，但只要過程是開心快樂的，又何必只在乎結局呢？奶奶這一生過得很快樂，所以我不害怕。」抬頭多看看月亮，它會指引你前進的方向。」語畢，我埋在她懷裡痛哭起來，不過這句話好像徹底點醒了我。奶奶去世那天，我意外地沒有哭，只是靜靜地看著月亮。人生的圓缺、生離死別，好像沒有那麼重要，我好像找到了人生的答案。

有些結局也許是注定的，這是人不能改變的，但我們可以選擇看待人生的角度，多看看人生的圓滿，多享受事情的經過，就像月亮在不圓滿時也照樣美麗，事情的結局真的這麼重要嗎？好像並不。「此事古難全」，那我們就去接受它，關關難過關關過，前路漫漫亦燦燦。

# 「嚴以律己，寬以待人」的美德

四乙 陳方榆

「嚴以律己，寬以待人」，對於這句話，我本是嗤之以鼻的。為什麼？在其過於理想化，常人根本難以達成這種近似聖人的境界。對於「嚴」和「寬」，最常見的莫過於二者：「嚴以律人，寬以待己」，出錯了就諉過於人；亦或「嚴以律己，嚴以律人」，對自己有要求就希望別人也做到，可謂不近人情。本以為能貫徹這八個字的人我是打着燈籠也見不着了，誰知遠在天邊近在眼前——那是我們中國舞興趣班的新同學一心。

一心的舞蹈實力很好，下腰、一字馬對她來說不在話下。身體柔軟、控制力強，遇上節奏急促的音樂她可以力度剛勁，音樂柔和時也能卡住拍子同時體現柔美的感覺。「她跳舞時就像把音樂具象成自己一樣」——這是我對她的第一印象。而直到一次課後，我才知道一心的舞蹈實力並非與生俱來。那天下課，其他人都趕緊收拾好東西離開了，他們都練習得要死要活，生怕老師把他們留下來加練，恨不得自己能變成豹子，一下課就跑得飛快。我本來也是箇中一員，可我那天舞鞋壞了，就在舞室多耽擱了一會兒，所以也聽見了一心和老師的對話。原來一心對自己上課時的表現並不滿意，所以特地來問可以如何改善，還說不介意多留一陣子加練。我一聽到就嚇倒了。不是吧？那個這麼強的一心也會不滿意自己？可我又聽到一心一句一頓地把自己認為的缺點像倒豆子一樣說出來：卡拍子不夠準、力度有時太大手收不回來……我驚異地發現一心說的是對的，只是我覺得「及格」了才沒留意一心這方面的問題。等到一心也走過來收拾物品，我羨慕地說：「如果我有你一半水準就好了。」本以為一心會認同我，可她卻皺皺眉，說：「你哪裏不好了，我和你差距不大，你力度控制就很優秀，讓我們一起努力吧！」聽完這話，我不禁訝異一心對自己那般嚴厲，對我卻不像對自己有那麼高要求，心中對一心的欣賞油然而生，也是我第一次覺得「嚴以律己，寬以待人」那麼適合一個人。

不久後，一心更是轉來我們學校，成了我的新同桌。一天午休，我趴在桌子上，看着一心坐在椅子上奮筆疾書，洋洋灑灑幾千字的報告就被她寫了小半。我知道那是她答應了會提早交給舞蹈老師的報告。正當我看得入神，「哎呀」一聲傳來。我扭頭一看，只見允行拿着個空杯子不知所

措，再轉頭一看，一心本寫得七七八八的報告已然濕透，看着就知道是不能交給老師了。一時間，我和允行都定定地看着一心，不知該怎麼處理。結果反倒是一心立刻淡定地從裙子口袋拿出紙巾，趕忙把水吸走，只餘下那張已經泡皺了的紙。我指着它，問一心：「怎麼辦啊？你答應了老師明天交，今天作業又多，你來得及嗎？」一旁允行聽見這話更不安了，神色惶惶不安地看着我們。而作為事件受害者的一心卻擺擺手，笑着說：「沒關係的允行，我知道你只是恰巧沒拿穩，趕巧了，我也嫌這份報告不夠好，正猶豫要不要重寫呢，謝謝你替我做決定啦！」做錯事沒被訓斥反被安慰，允行大抵是放下了心頭大石，但還是過意不去，於是鄭重地說：「我知道了！肯定沒下次了。」本以為事件就此告一段落，沒想到晚上接到了一心來電，詢問我報告還有無可以改進的地方，我忍不住，又說：「一心，這都十一點了，明天還有課，你還是早點睡吧，你告訴老師允行的事，她肯定不怪你呀！」可一心卻道：「出爾反爾不好，反正快寫完了，無須為了多睡十分鐘就跟老師說。」語末，她還開玩笑說：「跟告狀似的，麻煩老師之餘也讓允行抱歉，沒必要。別擔心我，早點睡，拜拜。」我深知掛了電話的一心肯定還在琢磨那份報告，我雖然幫不上什麼忙，但為此對一心的敬佩更提升一層，不愧是「嚴以律己，寬以待人」的一心。

後來一心適應了新環境，偶爾會約我們幾個朋友出去玩，我方才知悉原來一心在「遲到」上也能貫徹「嚴以律己，寬以待人」。無論是平常上課、會面，她都沒遲到過，一次都沒有。後來才了解原來一心每次都會提早起碼一小時赴約。在最近一次會面裏，果不其然，我到時一心已經到了，反倒是家寶姍姍來遲，晚了將近一小時。她來到時已經滿頭大汗，氣喘如牛，臉紅得像蘋果。我本想斥責她讓我和一心在烈日下暴曬那麼久，卻被一心攔住，她同時把手裏的小風扇塞在家寶手裏，待她喘順了氣再問清事情原委。原來家寶起晚了，早飯沒吃、手機沒拿就衝去坐車找我們。頂着家寶可憐兮兮的眼神，一心沉吟片刻，說：「好吧，走，吃飯去。」輕輕巧巧就決定了不再追究。其實，知悉了來龍去脈後我就已經消氣了，此刻正缺句破冰的話，我見一心輕描淡寫就緩解了氣氛，不由更佩服她。

那天坐車回家我就在想：「嚴以律己，寬以待人」特別難實行，是因為一旦滿足了前四個字，就很容易以己度人，以對自己的標準審視別人。但其實這樣真的好嗎？這行徑背後隱藏的內在邏輯是：你覺得別人應該做

到你覺得對方能做到的事。光嚴厲卻失了容人的雅量，不夠體貼亦有失分寸。強迫別人迎合自己的希望本就不合理，相反，我們該謹記「攻人之惡毋太嚴，要思其堪受」，自己的要求針對自己便足矣，但求他人無過便是，畢竟我們不能強求別人有和自己同等的意識和能力。一方面精益求精。一方面不傷人和氣，乃是這八個字最可貴的地方。

下車後看到垃圾桶，就想把手裏攥了一路的空罐子丟進去，恰好看到一小孩把垃圾丟垃圾桶旁邊就了事。走上前拍拍他：「下次要丟準哦，清理垃圾的人也不容易呀。」

如果是以前的我，肯定不會用這麼心平氣和的語氣跟他說，怕是只會念叨人家缺少公德心吧。但我明白了，不能強求小孩子已有別亂扔垃圾的意識。「嚴以律己，寬以待人」是高尚的品格，我感覺自己離這種高尚又走近一步。

## 鞋子

四乙 黃寶儀

「假如你避免不了，就得去忍受。不能忍受生命中注定要忍受的事情，就是懦弱和愚蠢的表現。」看著母親放在鞋櫃裏的那雙高跟鞋，讓我不禁聯想到勃朗特在書裏寫過的那段殘酷又現實的文字。

那雙鞋，是紅色的，熱情奔放，雷厲風行，引人注目。細細的高跟踩著世界，雖然不能行萬里路，卻能演繹無限的風采和浪漫，熠熠生輝來自足下。咯噔咯噔的聲音，步步清脆，不拖泥帶水。從鞋跟側面看，會有一個弧度，如起伏的山脈，線條優美，具修身效果，富有女人獨得的一種美感。

對於美的東西，大家都會格外喜歡，沒有例外。小時候母親為了生計忙於工作，不是在應酬就是在辦公，早出晚歸。對於我來說，缺失母親的陪伴，總是寂寞孤獨。在印象中，母親很愛美，雖然衣服不多，卻總能穿出花樣。而她最多的時尚單品則是高跟鞋，方頭高跟、尖頭高跟、高跟短靴、高跟長靴……儘管鞋子如此多，然則最愛的還是那雙紅色尖頭高跟鞋。黑色風衣，紅色尖頭高跟鞋，在我心裏留下了「女強人」的形象。



看著鞋櫃的高跟鞋，我時不時總偷偷拿出那雙紅色高跟鞋穿上，33碼的腳穿進37碼的鞋子，露出了大半截空位。我唯妙唯俏的學起了母親的走姿，走起來一拐一拐，三步扭一次，高根鞋摩擦地板發出唧唧的聲音，刺耳極了。不過我還是樂在其中，因為它真的很漂亮，穿起它，也能讓我在當時不那麼想念夜晚還未歸家的母親。

但我到現在才明白光鮮亮麗的背後總有著不為人知的心酸。當時的我以為母親是因為愛美才穿起那又磨腳又不方便的高跟鞋，其實哪有什麼能比平穩的鞋子舒服？一切只不過是因為生計而穿起那硌腳的鞋，每日像是在刀刃上，忍受著疼痛，一步一步習慣。大家都不敢表現出懦弱，害怕被社會淘汰，這個世界永遠都是適者生存，所以人們永遠都在裝，裝作若無其事，裝作堅強。踩著世界又如何，背地裏卻又不得不向著不公的世道屈服，就像那雙紅色高跟鞋一樣，豔美的鞋子，卻是一雙傷痕累累的腳穿下。

在這世道生存真不容易。

## 嚴以律己，寬以待人

四丁 劉周儀

我的二叔公讓我見識何謂嚴以律己，寬以待人。

我記憶中的叔公是慈眉善目，待人和善的長輩。他的頭上錯落著一些白頭髮，遠看起來像是有一頭灰髮。雖年近花甲，但他身體強壯，甚至能把我和堂弟同時舉起。小時候的我因而對他是極崇拜的。

十二歲的暑假，我寄養在二叔公家。那時二叔公已退休在家養老。

次日早晨，叔婆將我喊醒吃早飯。我疑惑於為什麼就我一個人吃，便問了。「你叔公每天都要去晨練兩小時，幾十年來都是，我倆都習慣了六點多些吃早飯，我本來想早些喊你這小懶蟲，你叔公就說你昨天大老遠過來累著了，小孩子又要長高，自然要多睡會，我這不就晚些喊你呢……」叔婆邊擇菜邊答，說完看了看叔公，叔公又在練字。

我想大概這就是二叔公能同時舉起我和堂弟的原因吧。

在叔公家住的日子很開心，我是輕鬆愉快的，但我覺得叔公並不。我不明白為什麼，叔公明明都已經步入養老生活了，為什麼每天還要這麼忙。

首先，他一大清早去晨練，晨練回來又練書法，練許久書法後研究圍棋棋譜或者和叔婆一起編竹條之類的，倒是稍輕鬆。但中午過後太陽稍弱些，就去打理田地，回來滿身大汗地練書法到日落，晚飯過後散散步，第二日又早起晨練。大約是這樣，很有規律。

我不理解，叔公這個年紀，忙活了大半生，應該好好養老。可以每日聽聽小曲兒，看會兒電視。不該年紀大了既要種田，還雷打不動地去晨練，練書法，還得練足時間。

「叔公，前兩日我們去吃六叔叔的喜酒，六叔叔把請帖上的赴宴時間下午寫成了上午，我們早早地去，等到了中午，你怎麼在大家面前說是你眼岔了，這不是把錯攬身上，便宜了六叔叔？」

叔公將手中的筆擱置一旁，認真地望著我回答道。「小小失誤，也沒害得我們損失什麼，其實沒什麼大不了的。得饒人處且饒人，別忘了，那天是你六叔的大日子。而我確是不大妥當，下次我們收到請帖，可以先打個電話祝賀，順便覆實請帖信息。」

「叔公，可這樣活著不累嘛？是別人的錯，你還在心裡憋著，為別人的錯買單。」

「累？忍著？不是的呀，寬恕別人就是善待自己，原諒別人的小錯處，是放下心中鬱結。不要過於苛責別人的錯處，該想想自己如何做得更好。再者別人受到寬恕，或許對你的善意心領神會，就不貳過了嘛？」二叔公說的這段話，大概就是君子以細行律身，不以細行取人了。

「那你為什麼退休了還不過會兒輕鬆愉快的日子？就比如那日從六叔叔那吃宴回來已是三更半夜，為什麼第二天一早還要早起晨練？而且去那之前你還必須先練夠當日的字？」

二叔公反覆斟酌一會兒：「每天早晨的晨練是我自己給自己定的規矩，堅持多少年了，總想一直堅持著，我怕某天懈怠一次，就存了躲懶、逃避的心思。人活在這世上，總要有些盼頭的。在我有生之年，練練字，修煉我的心境，這是我的愛好。我想用我餘下的日子去把它做到我能做到的極致。總好過渾渾噩噩過完一生，死前發現自己活了那麼多年卻毫無意義，沒好好瞭解世界，甚至自己對自己都沒瞭解透。」

「叔公，我能跟你一起晨練和練字嘛？」

尋常一天，二叔公在屋裡練字，我則在屋外小井旁坐著看字帖。

這時傳來一陣動靜，我走到院子外一瞧，喲，竟是兩小賊！一個拿著柄做工粗糙的木劍往荔枝樹上又扔又揮，把荔枝打落；一個在地上撿，手上提著的筐子裡荔枝已有半滿。滿地狼藉，全是樹葉，還有一些被他們踩爛的荔枝。

噫！可惡小賊。我大聲喊來二叔公，指著小賊離開的方向：「二叔公，有兩個小賊摘我們的荔枝。瞧，我剛喊你時，他們跑了，筐子都忘了。」

「是兩個比你小一點的男孩嗎？」叔公問。我點點頭。

叔公將摘荔枝的剪子拿來，在我訝異的目光下剪了好幾串荔枝把小筐子堆滿，托著筐子往倆小孩兒跑的方向去了。

跟著叔公，似乎到了小孩的家裡，兩個小孩兒手上拿著做工粗糙的木劍。

「兩位壯士，你們好。曾在鄰舍幾位好友口中聽著了兩位大名。這是你們的筐子，初次正式登門拜訪，我請你們吃些荔枝。」二叔公淺淺笑著，把筐子遞過去給二人說：「兩位壯士，這筐子是你們的，我撿到了，還給你們，因為這不是我的。」

二叔公說完又環顧四周，最後在牆角沙堆裡看到一個皮球，上面有標

誌性的油性筆塗鴉，叔公頓了一會兒又說：「陳叔家小孩近日在找他的皮球，他沒了他心愛的皮球很難過，那皮球既然是別人的，不是自己的，就算是喜歡，可是絕不該拿走，知道嗎……」

「不是，那是我們撿的！所以是我們的！那荔枝也不算是你送的，都是我們辛苦摘的！」其中一小孩突然大喊。我聽得怪生氣的，什麼叫撿的就是自己的了！二人偷荔枝這事，還要說成是他們辛苦摘的，所以是他們的？

我氣得就要上前揍他們，二叔公攔著我，依然面帶微笑：「是嘛，可是拾金不昧是我們該做到的，別人丟了皮球，你如果能做到幫失主找到，就是個好孩子。撿到了別人的東西該歸還，其實如果想要玩球，那就可以禮貌地去詢問對方可不可以一起玩。只要足夠禮貌，別人大概都會邀請你一起玩。至於荔枝，那是我在我家種的，我可以採摘，而你們私自去採摘是危險的，是不對的，想吃荔枝，大可以跟伯伯我說，伯伯可以摘給你們吃。陳叔家小孩還等著他的皮球，好孩子，你們該趕快給他送去。」

二叔公好長一席話，不知道會不會影響這兩個小孩。回去的路上我就問：「叔公為什麼輕易原諒他們，跟他們說不通道理的，該讓他們的家長教訓他們。」

「所謂『攻人之惡毋太嚴，要思其堪受；教人以善毋過高，當使其可從』。他們還是懵懂的小孩，淘氣些也正常，過多責備，容易逆反。得慢慢告訴他們這些是非對錯，漸漸他們也就能改了。」

我想起前幾年在二叔家過中秋，和兩個小堂弟在客廳嬉鬧，將茶几給弄倒了，連地板磚都裂了縫，當時叔公沒責罵，也是像這樣給我們說了一些道理，就輕易原諒了我們，我和堂弟做錯事後很慚愧，這種慚愧因為二叔公的輕易原諒而達到頂峰。從那以後就再也沒有在不適當的地方嬉鬧折騰了。

爸跟我說：「你二叔公是個做事讓人慚愧的人。」還有其他長輩們，都經常流露出對二叔公的敬佩之情。

二叔公嚴以律己，寬以待人的處事態度，是他受人尊敬的原因之一。

而二叔公寬以待人不是放任我去做不正確的行為，而是帶著包容心，以身作則，循循善誘。他對自己要求嚴格的行為和他對所有人的寬容，讓我佩服，從而希望能向他學習，對自己做出反省，思考如何律己。在待人接物上，帶著包容心，讓他人感受到我的真誠，使我們能和睦相處。

## 一雙骯髒的手

四丁 張昊懿

七點的天剛剛濛濛亮，窗外樹梢上鳥叫聲響成一片，是時候開啟日復一日的畫畫訓練了。我為了應付藝術考試，而參加了一個畫畫集訓，本就鶴立雞群的我，總覺得在集訓當中我可以一騎絕塵，因而自信滿滿的我，不知天高地厚的踏入了集訓大門。

這是來到外地集訓的第一天，為了測試各位同學的水準，老師組織了一次測驗——發下一張小紙，紙上有幾條小直線，要我們隨意發揮，我心想：難道我要隨意把這些線連上嗎？而後，我真的這麼做了。我拿出鉛筆，將幾條線的末端連在一起，竟意外的畫出一條魚來，再點上一個眼睛，一個微笑，在我信心滿滿的拿出水彩筆在上面像兒童般填色時，我睨了一眼旁邊的同學，那是一只鳥？她竟然把那幾條線當成樹枝，讓鳥站在上面！我瞬間羞愧的低下了頭，反思著來這的目的，才發現自己真是此地無銀三百兩了，唯有硬著頭皮舉起那只白淨、沒有經歷過風雨的手，顫顫巍巍地下筆。

在第二天的到來之前，我從來沒有意識到自己是那麼的不知天高地厚。老師貼在一排的優秀作品，其中夾雜我的一張「優秀」作品，在「丟人」二字浮現在我的腦海裏前，笑聲不斷傳入我的耳朵，更氣憤的是，在我那張「優秀」的作品旁邊，正是畫鳥那位同學的佳作，我看著這特殊的安排，自嘲了一下。回到畫室後就看到那位畫「鳥」同學，她抓起我的手，看了看道：「如果你真的喜歡畫畫，我可以幫你。」當時興許是被憤怒沖昏了頭腦，我惡狠狠地甩掉那隻手，道：「你少假惺惺了，我不需要你的同情！」

說完便衝出畫室，左右望確定沒人之後，拿走牆上優秀同學的畫，研究排線，琢磨她的虛實處理，反復琢磨空間關係，又開始模仿整幅畫，不斷的試，不斷的換紙，小拇指和無名指的側面的下面都被鉛筆測底染了黑，隨後又看到中指處於起了一塊凸出來的繭，再攤開手掌，為了暈開陰影，整個手掌都或多或少的被染了色。我這才意識到，那位優秀同學為什麼要看自己的手了，真正熱愛畫畫，天天畫畫的人，即使洗乾淨了，也不會如我那般白淨。不知是畫不出來的挫敗感，抑或是對那位同學的不服，還是自己的氣急敗壞，讓我越來越想把她的畫撕掉。

終於開始正式上課了，我自知基礎弱，且私自拿走佳作，便自覺的坐到最邊上，躲避他人揶揄的眼色。這節是講水彩畫，老師在講如何控水，如何更好的暈染開，如何更好的使用紙巾等等之前，先是問了一番是否有人見到過這幅畫的去向，接下來便沒有多提，開始自己實踐。首先在紙邊貼上膠紙，接著在紙上刷完水，由於是兩個人共用一盆水，在我沾水時，才發現我旁邊竟然又是那位優秀同學，手上的筆直接掉進桶裏，這直接導致紙上沾太多水，我慌忙找紙巾，欲起身去洗手間拿時，老師已近在眼前，她看了看我的抽屜中的那張「鳥」和類似鳥的畫，搖頭道：「你既不想畫，又何必偷別人的來臨摹呢？」我想解釋一番時，老師又開口道：「偷了就是偷了，你還有什麼能說的？我沒教過你這樣的學生！」我聽到後是愕然的，隨後不甘與嫉妒湧上心頭，握緊那因撈筆而濕了的手，大步走了出去，路過「優秀作品牆」時，又看到那諷刺的安排，抱著得不到就毀掉的想法，將那一排的優秀作品從牆上拽了下來，緊緊的攥在手裏，水與鉛筆的交融，讓我的手再次染上灰色，是暗淡的灰，是迷茫的灰，而不是剛畫完素描，那滿手具有希望的黑。

興許是被嫉妒蒙蔽了眼，我抓著那些畫，騎著單車奮力前行，想把那幅畫燒掉，又想逃離這裏，那時正直下午，可為什麼沒有太陽？是太陽都不肯出來見我？隨著一滴又一滴的水落下，少頃，小雨越來越瘋狂，黑沉沉的天就像要崩塌下來，車輪一個打滑，我撞上了路邊的一個大樹上，滿天的紙撒在空中，我跪坐在土地上，路上行人寥寥，且大多撐著傘，倉促匆忙地跑著。有個小孩子在過馬路時跑了幾步，被媽媽抓著雨披拎回路邊，板直的身體教訓著。我低頭欲撿起那掉落的畫紙，可這沾滿泥土，沾滿雨水，沾滿嫉妒與罪孽的手，終究撿不起來。不知從哪流出來的血滴在手背上，一滴、兩滴，最終手背承受不住，滑了下來，我想讓這雨水沖洗

掉所有的污泥、所有的血，可無奈越揉越多，越洗越紅，直到滿手都是紅色的，我跪在地上，抱著頭，我錯了，我想我真的錯了。那日，我跪在雨裏、跪在血裏、跪在罪孽裏、跪在嫉妒中。

世界上大部分的人，並不知道自己需要什麼，他們只知道別人有什麼，而他們不可以沒有。所以，大部分人心是無解的，你能拿出的所有，必然填不滿蜘蛛網一樣橫互在人和人之間的巨大欲望。正是這種源源不斷的欲望與嫉妒，造就了這一雙骯髒的手。

## 給屈原的一封信

四丁 張昊懿

屈原先生：

先生，我是來自兩千多年後的一位學生，是一位您的眾多書迷之一，您最近可好？

先生，您已然成為我們家喻戶曉的歷史人物了，不止是我們，連在您之後不久的漢武帝，也特別熱愛您的作品。不僅如此，司馬遷為您作傳，他進一步把《離騷》與孔子刪定《春秋》相提並論。就連在您後九百多的一位唐朝最負盛名的代表人物之一——李白，他極其欣賞您的飄逸文風，他在江上吟中寫到「屈平辭賦懸日月」，李白說您的詞賦至今仍與日月爭光，永垂不朽。可就是您這樣愛國愛民、樂以天下，憂以天下的人，為何要留在這個「忠不必用兮，賢不必以」的國家呢？也許就像先生您在《橘頌》中寫的「後皇嘉樹，橘徠服兮。受命不遷，生南國兮。深固難徙，更壹志兮。」皇天后土孕育了美好的橘樹，這些橘樹生來，就適應南方的水土，稟守天命不離故土，永世紮根在楚國的土地。

先生，您知道嗎？在我這個時代，有位著名的天文學家叫南仁東，他主持建造了中國天眼，是世界上最靈敏的望遠鏡。南仁東說過，您的《天問》啟發了我們對宇宙的追問和想像。您在《天問》中所提出一百七十多個問題，雖然還沒有答案，但是敢於求索的精神，有時候，比答案更珍

貴，正是您所說的「路漫漫其修遠兮，吾將上下而求索」。

我們所生活的世界其實也是浩瀚宇宙中，其中一顆星星。二零二零年，我們首個火星探測器「天問一號」發射升空，這是用您的詩篇《天問》命名的，我們想借著您的詩篇，帶您上去看看這個世界，您把詩寫在竹間上，我們把您的詩帶到宇宙上了！您總說您不知道自己的作為究竟意義何在，其實您的詩篇帶給了我們不斷求索的動力，給我們留下了不朽的詩篇。您一生憂國憂民、行廉志潔的人品被譽為後世楷模，您氣魄宏偉、辭章瑰麗的作品堪稱世界文學殿堂的精品。

「路漫漫其修遠兮，吾將上下而求索。」屈原先生，謝謝您！

祝  
安好

學生  
張昊懿  
二零二一年十月二十四日

## 課室裏的繽紛

四丁 張昊懿

將要大學畢業的那一年，也是將要與「青春」二字脫離關係的一年，我像是站在大霧裏，無論是對未來或是對現在都感到迷茫。一次偶然的機會讓我回到了中學母校，那是充滿著青春活力的地方，是夢的開始。

我推開了教室門，走到了曾經的座位，一切都沒有變，桌子的抽屜還是塗滿各種符號，椅子還是嘎吱作響，頭頂還是那個看似搖搖欲墜的投影儀，思緒漸漸被拉回了當年。

那日陽光正茂，窗外的梧桐樹再高，也擋不住要鑽進來的陽光，同學們依舊吵鬧，課室依然熱鬧，偶爾還會一瞬間安靜下來，大家看著彼此不明所以，過後又重新大鬧起來。



此時鈴聲響起，可我就是想去裝水喝，便拉著一心走了出去，剛踏出課室門的第一步，一陣高跟鞋的聲音傳來，我的第一直覺——不妙，跑！可已為時已晚，腳步聲來到了眼前，老師冷冷的瞥了我一眼，我立馬會意，在課室門口處罰站。那時的天總是這麼藍，白雲就是好像藍天的風箏，我總覺得我能抓住這片天，我問一心：「一心，你覺得我是不是很調皮？」本來靠在牆壁上的她從牆上彈起來，瞪大了眼睛道「你總要良心發現了，不過……你不就是這樣嗎？無拘無束的。」說完了便雙手抱胸，靠回了牆上。我望向天空，是啊，神明沒收了少年的膽怯，所以青春總是轟轟烈烈。

現在回想起來，難怪有人說青春是轟轟烈烈的，轟轟烈烈這四個字一聽就是團夥作案。那是一個下雨天，雨落聲和小息時同學吵鬧聲的交集，讓我忘記了時間的流逝，很快上課鈴響起，我才想起要去儲物櫃拿書。「你說，怎麼會有這樣的規定啊，還不讓人上課去儲物櫃拿書。」我抱怨道。門口的「報導員」催促我道：「你快別說了，老師要來了！」一聲「起立」後，我快速蹲了下來，以前方同學的身軀為我做個掩護，我抱著我的膝蓋，慢慢的挪動，可到了「小巷」處就尷尬了，我怎樣走都會被老師發現，於是我等待時機，終於等到老師在寫白板時，向前一跳，「哎呀」一聲，摔了個底朝天。

隨著同學笑聲的結束，我啼笑皆非的站起來，拍了拍灰，我心想：又是一個靜如死寂的時刻。老師卻不動聲色的把白板筆筆蓋好，笑裏藏刀的問我：「即使這位同學這麼踴躍的搶答問題，那就來回答一下蘇軾是什麼派別的？」我清了清嗓子，雙手放在身後道：「其實蘇軾呢，蘇軾的派別就是呢……」旁邊的同學小聲道：「豪放派。」更有人說婉約派的，坐在前桌的一心，把書本立在課桌上，轉過頭道：「浪漫！」我咬緊後牙，儘量壓低聲線道：「有浪漫這個派嗎？」一心回道：「你看蘇軾是不是跟李白一樣瀟灑，肯定是浪漫！」我估摸著也算有道理，便背過手，胸有成竹的回了個浪漫派。老師拍了下掌，道：「好！是錯的，老規矩去吧。」我：「是——」了一聲，便來到了我心心念念的儲物櫃旁，可沒想到的是，我是以這種形式來到。少年就是有知而無畏，就是明知不可為而為之的，我想這就是少年最好的樣子。

少年時，最愛看的還是教室傍晚的黃昏，餘暉透過玻璃灑在課室，落日餘暉中藏著我們來自青春溢於言表的歡喜和永不言棄的少年意氣。

最後一聲鈴聲響起，這是提醒我們六點了，要趕緊離開的鈴聲，壁報設計也將近尾聲，我將剩下的裝飾紙疊成了紙飛機，「哈」了一口氣，扔向了白板，小跑的去撿了起來，又扔回了壁板，「你這麼閑就幫我們想想有什麼夢想能寫上去的。」一心道。我將手背了過去，道：「這還不簡單，夢想這麼多，隨便寫幾個上去就行了！警察，消防員，護士，醫生……」一心問我：「那你的夢想呢？」我愣了愣，轉了過去，霎那間，萬簇金箭似的霞光，從雲層中迸射出來，照亮了我，同學們紛紛擠在窗邊欣賞著光輝爛漫的晚霞，我撿起地上的紙飛機，這次，我扔向了晚霞。少年的夢總是張狂的，總是不切實際的，我說我想上天看太陽星星，下地看海底文物，卻被一笑而過，那何不將我的夢交給夕陽，待我完成之時，便是同日月同輝！

我的行為像是一把鎖，解開了少年們的拘謹，他們紛紛效仿，並對著夕陽許諾「我一定要拿諾貝爾獎！」「我一定要成為一個無國界醫生！」「我一定要成為大明星！」「我一定要成為一個了不起的宇航員！」一個個看似不切實際夢的背後，都是一顆顆少年熾熱的心。過了一會，當我意識到好像做錯事時，同學們已經收拾好東西，催促我道：「快去撿回來啊！」那一刻，我們奔跑於夕陽足下。

年少不懼歲月長，夢想不會囿於掌間方寸與橫隔之上。我悄悄的起身，走到了窗戶旁，手搭在窗邊，看著被染紅的天，心想：這一切都才剛剛開始。

## 重遊舊地所見有感

四丁 莊詠恩

落花流水春去也，歲月匆匆流逝。不知不覺，已經過去多年了。

登上通往母校的列車，內心複雜不已。輕鐵前進的聲音使我的腦海漸

漸浮現起校園那仍舊清晰的輪廓。很快，列車便到站了。以往上學的日子總是感覺時間漫長。也許不是列車變快了，而是我的心態變了吧。隨著時代的轉變，我已追趕不上那個「我」了。

下車後從月台望去，像是一切都變得陌生，但又如此熟悉，只留下一座座的高樓，侵蝕著我對此地的印象。向前走著，發現從前熱鬧的大街已形影相弔，站旁原本喧鬧的鴿子群如今也屈指可數。只剩下那幾片羽毛，以及空曠的草地。一陣風吹來，彷彿在提醒我繼續向前。走在這大街上，留下了些許寒冷。腦海裡浮現出從前與同學歡聲笑語的情景，甚是美好，可惜如今已無法再重現。再回首，也只是過客的重遊罷了。往馬路對面看，那亮眼的紅牆去了何處？按耐不住好奇心前去查看究竟，映入眼簾的卻只有「光榮結業，後會有期」幾字，不禁令我悵然。難怪下車後已再聞不到那「有米豬」的香氣。回頭一看，熟悉的「九記」早已被地產商吞噬得不見蹤影。回想起那時常常和同學一同在這買零食，沉浸在那愉快的氣氛中。如今，卻已化作泡影。

拋下回憶，回到現在。只好繼續向母校的方向走，畢竟多等一秒，我與過去的回憶也只會增加多一秒。路上不再有白鴿的蹤跡，唯一留下的便是那陳舊的巴士站。

到了校門口，不知為何有種複雜的情感湧上心頭。一看，學校的外表改變的不多。門口莊嚴的石像仍肅立在那。走進校中，一切已物是人非，牆壁上歲月的杏色黃斑已被油漆蓋過，禮堂修葺一新，彷彿帶去了一片往事。我前去我曾經待過的課室，如同看見曾經的自己，耳邊回蕩著大家的嬉鬧聲，無時無刻地講述著那青春情景。「噎……」學校下課鐘聲打斷了這番回味，一手將我拉回現實的一端。從前的同學，如今都已各奔東西了吧。曲終人散，只有自己又回到了原地。

無可奈何花落去，似曾相識燕歸來。當我邁向教員室時，大部分教導過我的老師也已風流雲散。此時已是黃昏，儘管陽光射進了走廊，仍然很暗。身後的影子異常清晰，告訴我是時候離開了。

時過境遷，往昔如同過往雲煙。順階而下，彷彿只是一瞬間，關於這的一切都如褪色的舊照片一般在腦中逐漸模糊，我明白自己已再也回不去

那段日子了。眼前沉澱的一切曾是那麼熱烈，那麼熟悉。一切如故，但也隔岸看花。是如此的蒼白，惆悵。回憶如夢，零散地飄去。我踏出校門，黃昏的殘陽將這當下的情感表露無疑。柔光下，令人無限沈思。而我又能將這份緬懷和思緒寄託給誰呢？剩下的時光又要如何勾勒？一片羽毛落入眼幕。此時，只是故地重遊，只是靜靜遐想。

## 嚴以律己，寬以待人

四丁 陳綽盈

某次暑假，我來好朋友秀英的家裡寫功課，碰巧在秀英的書桌上發現了她的筆記本，映入眼簾的便是封面上的句子——「嚴以律己，寬以待人」。我盯著封面思考了許久，心中不斷默念著，到底是什麼意思呢？秀英見此拿起她的筆記本解釋到：「這是我的偶像中國功夫截拳道開創者李小龍在訪問時說到的目標，自小我便想成為像他一樣的人，因此便將此句『嚴以律己，寬以待人』寫於日記本的封面激勵自己，並以此為目標，希望成為像他一樣的人。」當時，我對秀英的目標還不以為然，以為只是說說而已，可經歷了很多事情後，才明白句中的道理。

在小學的時候，學校有武術活動班，秀英便早早報名參加，而我也被她邀請一起參加。秀英每次上課都專心聽講，努力做對動作，當教練手把手教導時，更努力配合，做到最標準的動作。而我經常曠課，上課看窗戶發呆。上了幾節課後，我已經發覺秀英的武術進步神速，武術功底已經今非昔比，出拳剛勁有力，扎馬步也篤定如山。可有一次，我見她下課還沒走，對著練習室的沙包拳打腳踢，像在發洩一樣，更強忍著淚水，滿臉通紅。我急忙趕過去緊張地問她：「你怎麼了？是不是有什麼不開心？」她帶著哭腔哽咽地說：「為什麼我都打了半年了，一點進步都沒有，出拳的力氣軟綿綿，動作也不順暢，我真的不能接受那麼差勁的自己！」可當時她已經是班裡武術打得最好的女孩子了，但她卻時常責備自己不夠好，基本每天聽到她的口頭禪就是「可以再做好一點」。現在回想起來，秀英對自己的任何事都要求做到完美，無瑕疵，嚴格要求把每件事都完成得十全十美，讓我終於明白了「嚴以律己」的道理，更改變了自己平常做事情都敷衍了事的作風。

大學剛畢業，大家都急著應徵工作，秀英則在一間小學當了一位武術教練。我有空時便到她教學的地方，等她一起下班順路回家。有一次，我提早下班，來到秀英教學的地方，正好看見她在教學生武術。我知道她是一個完美主義者，但她卻沒有將她個人的要求強加在別人身上。我看到學生在做武術的動作時，明明已經做了很多次了，但都屢屢犯錯誤，我以為以秀英的行事作風會對他破口大罵，但她卻沒有，更鼓勵學生：「你做得很好了啊！比教練小時候做得還好呢！」更有學生在練習的時候懈怠，而她也並沒有因她自己的習慣而強加在別人的身上，反而對那位學生寬容以待，諄諄善誘，沒予以苛責，更是予以包容。這些令我想起在我和秀英參加武術班時，她都經常鼓勵我。我是個容易放棄的人，時常在練習時都說：「累死了，我怎麼練都練不好，還一直那麼差，只會是最差的一個。」她反倒積極鼓勵地說：「哪有啊？你練得真的很棒很棒，比我練得好多了。」原來她從小都對自己要求嚴格，卻不會讓別人也一定跟隨自己的要求，反而待別人寬厚，讓我明白其中「寬以待人」的道理。

我的好朋友秀英像是我人生中的指明燈，讓我明白「嚴以律己，寬以待人」的意義。對自己要求高的人，才會對自己形成無形的壓力，而壓力更是推動自身向前的動力，讓人人都能成為自己心中理想的樣子，成為社會的棟樑，為社會做出貢獻。中國文化博大精深，「嚴以律己，寬以待人」也是傳統美德的一種，每個人在處事時對於自身的錯誤都會視而不見或加以掩飾，而人與人相處時卻容易看出別人的過失而容不下一點小疵，因此能做到「嚴以律己，寬以待人」的態度，不但能豐富自己的內在，成為一個有內在修養的人，更能使自身進步，非常值得每個人學習。

## 交通燈

五甲 陳曉晴

不知不覺地想追隨他的腳步，踏上了一條與歸家完全相反的路途。我跟在他的身後，與他保持一定的距離。綠燈開始閃爍，他隨着燈號的加速而加快了腳步，我亦隨之而行，我們似乎在馬路上開展了一場追逐戰。

「嘟……嘟……」紅燈響起了，他剛好在紅燈前的最後一秒跑到了對

面馬路，宣告勝利。而我始終未能追上他，被迫止步於安全島的交通燈下。這一刻，身前的香水味消散了，我心一緊，我什麼也看不見，只見他慢慢消逝的背影；我什麼也聽不到，只聞紅燈惱人的響聲。

車輛在兩旁緩緩駛過，他的身影漸漸消失於茫茫人海中，而我只能眼睜睜地看着他離去。當時我在想，哪怕他回頭看我一眼，我就知足了。但他並沒有如我所願，他一心向前的背影是那麼的決絕。

心中默念着交通燈響起的次數，在第二十一下的時候，交通燈終於由紅色轉回綠色。「嘟嘟嘟……」我獲得了再次前進的機會，但他早已不知身處何方，只餘下他的身影殘留於我的腦海中揮之不去。

晚風吹走了我的一切遐想，亦吹來了殘存於空氣之中的香水味。我終究踏上了歸家的路途，把破碎的心遺留在安全島的交通燈下。

## 「嚴以律己，寬以待人」的美德

五丁 吳麗賢

經過她家門口的時候，傳出了宛如天籟的歌聲。這時候我才意識到，她真是一位既體貼，又為人著想的人啊！

「不如我們練習到這裡止住吧。」主動提出休息的人是一心。

我和一心自小學就已經認識。最近，我們報名參加了二人合唱比賽。因此，我們特地聚在她家一起練習。現在我們正在休息中。

「你還好嗎？你看起來真的很累喔。最近課業繁忙嗎？」我問道。不知道為甚麼最近一心的黑眼圈越來越深。她聽到後，恍神了一下，臉上硬擠出微笑，回答道：「才沒有。我平常就是這樣。話說回來，你練習的那段真的很流暢，只有一點走音呢。」我也同意她的說法。雖然我們的表現不是完美，但我對此已經很滿意了。

回到家後，我的腦海就不斷浮現起一心的事。我實在擔心一心的身體，於是，再次上門探訪。走到門附近時，傳來宛如天籟般歌聲。仔細一聽，發現這不就是我們的比賽歌曲嗎？那歌聲清澈響亮，咬字清晰，完美帶出歌曲的意境。走到門前，聲音更大了。仔細一看才發現門沒有完全關上。怪不得在樓梯口也能聽到歌聲了。我從門縫偷看，發現一心站在窗邊練習唱歌。一心的頭髮隨著風在空中飄著，在太陽的映照下，她努力陶醉的身影更是耀眼，讓人目不轉睛。看到這景象，我驚訝到說不出話來。她的歌聲比練習的時候更加甜美動聽。難道她每天與我練習後會獨自再繼續嗎？原來她連我的部分也一起練習了，怪不得她每次都能給予我建議。我等她唱完後，便敲門叫她。

一心驚訝了一下問：「你為什麼你會在這裡？」「我是擔心你才來的。話說回來，你每次在我們練習後都會獨自練習嗎？為什麼不叫我陪你練？這是兩人合作的比賽，我可以跟你一起練習。」我怪責道。「不會啊。我獨自練習只不過是因為我想自己做得更好而已。」她回答道。她的歌詞單有著無數個紅圈，圈出要注意的部分，還寫著很多她對自己的評語，例如咬字不清晰。「你不怕我會拖累你嗎？雖然你每次都稱讚我，但是你沒有逼我跟上你的步伐。我知道自己做得不太好，可是我沒有糾正自己。我並沒有像你一樣追求完美，我甚至覺得自己的表現不錯。與你比起來，我根本做得不夠好。」我反問。「才沒有。我是真心覺得你的進步很快。我做得比你好只不過是你的錯覺而已，我可是覺得我做得不夠好呢。偷偷地獨自練習是因為我不想你為了我想自己做得更好，而令你覺得有壓力。我很怕你會感到辛苦。我不可能把自己的準則套在其他人身上，強迫別人來跟上我的步伐。我只是希望你可以沒有壓力地和我一起練習。」她回答。怪不得我跟她相處時一點壓力也沒有，真的很舒服。原來她處處為我著想啊。

這一刻，我才知道為什麼別人會說「嚴以律己，寬以待人」是美德。這種人對自己有要求，會嚴厲的對待自己，但是她不會因為他人的標準比自己低而降低對自己的要求。相反，她們會主動遷就其他人，不會強迫對方出跟上自己。與這種人相處的時候不會有任何壓力，反而更能主動表達自己的意見。認識到這種朋友實在太好了。

# 和平：瑞雪兆豐年

六甲 關凱怡

這次歲暮，我和家人往貴州探訪遠親。白皚皚的雪花使我這個在繁囂都市長大的孩子記憶猶新，當地濃厚的風土民情有如桃花源般使人著迷。一次偶然，我有幸了解當地的民生發展。古人誠不欺我，「讀萬卷書不如行萬裡路」，這次見聞令我明白和平之可貴。

啟程之前，在人潮中，嬌小的我努力踮起腳尖，隱約窺見車廂的名字——「和平號」。我不敬地向母親問道：「貴州不是窮鄉僻壤嗎？那裡也會講究和平？」她遲疑幾秒，轉身指向窗外的雪景，回答：「你看那雪花，原來是寒氣逼人，冷得使人顫抖，天地只得一片寂寥。落在人造列車上，溫度使之化作一池春水，滋潤大地。同樣，人們的心血和努力，使貴州這片罕見人跡的內陸高原變成和平城市，春暖花開。」我懵懂地頷首以示理解，其實對那裏仍舊一知半解。腦中徒有書本知識與鳥瞰圖，破碎得拼湊不了一幅具象化的城市，又何談真正的瞭解呢？

整頓幾天後，遠方的親友古道熱腸，清晨就駕車帶領我們四處奔波，好讓我們大開眼界，瞭解每一隅風景。從車內往外望，映入眼簾之處皆是綿延的青山白雪。驀然，醒眼的標語使我回過神來，我才知道我們已經到達目的地——大峽谷。四周可見隱隱雪花，但大峽谷景物依舊，磅礴河水由上而下洶湧前進，頗有黃河之水天上來之勢。兩岸絕壁上古木參天，驚濤拍岸，浪花反射着金燦燦的陽光，在冬日表現活躍的生命力。在岸邊，感受清風徐徐、浪花四濺，傾聽大自然中和諧的交響曲，心曠神怡。我好像領略到天人合一的感覺，頗有身處和平的世外桃源之感。本以為自己只習慣快節奏的生活，不曾想隱世的峽谷能給人最直觀的感受——和諧與平靜。

中午，烈日當空、白雪銷融，我們一行人汗流浹背。親戚提議到她家作訪，我們欣然答應。車程格外漫長，到了快要打盹的時候，我才驚覺窗外竟然是一村落，阡陌交通、雞犬相聞。親戚介紹道：「以前戰爭四起，



人們紛紛各散東西，有的人到了國外，音訊渺茫。有的人或北漂，或南移，遷居異鄉。有的人像我們一樣到這裡定居，發展產業，經過數十年發展，才造就眼前的和平之景。」我點頭表示同意，心裡對貴州有了一個模糊的輪廓。

在母親的允許下，我和親友外出，踏過田間泥濘的地面，嗅着白雪覆蓋下，隱約的綠茵氣息。漫步過程中，我有幸見識到這裏的種植區——梯田。田中農夫不辭辛勞地工作，處處洋溢著和平、安居樂業的氛圍。是什麼造就現時的安穩呢？大抵是人民經歷了以前的兵荒馬亂，更能明白和平之可貴吧。過往的農民吃苦耐勞，無論是大雪紛飛的寒日，還是驕陽似火的六月天，仍舊挑着擔子，揮灑汗水，開闢土地，只為一餐溫飽，養家活口。沒有資金和農業技術，前人必歷千辛萬苦，才能打破桎梏，在極端天氣下踽踽獨行，應驗了古人的話「其實地上本沒有路，走的人多了，也便成了路」。正是前人深刻的真實經歷，才讓後人明白和平建立在豐衣足食的生活之上，想到這裡，心中對他們只有欽佩之情。

晚霞漸濃，我們登上山峰，寒風凜冽，餘霞把握時機，為大地和生靈拂去寒雪。天上的雲聚了又散，散了又聚，無端的，我想起了人的離別。有時候，安穩的現世反而讓更多的人有一展雄圖的心，然後就像天上的雲般分崩離析，各奔東西。我詢問親戚：「人們離鄉別井的日夜，難道不會思念家鄉嗎？」她回答：「自是想念，我是漂泊無定的遊子，居所與家鄉隔着很遠的距離。即使孤身一人、離鄉別井，我也不後悔。因為正是這大時代的變遷創造了更方便、安穩的世界，才利於大家到各地追尋自己的夢想。」也許，安穩的環境不等同於所有人「安分守己」，而是創造了一個平台，讓人繼續發展下去，和平轉變了人們的思想——渴望進步的覺醒。

過往的戰爭或會如同暴風雪肆虐大地，生靈塗炭。可是，「瑞雪」總會迎來「兆豐年」，經過一番寒徹骨，最終等到豐收之年。同樣，戰爭是可怕的，令人不寒而慄，其終結代表和平時代的誕生，事情總會「緣起緣滅」。在時代更迭的洪流中，每一個人皆以一己之力架起一隻隻帆船，讓和平的旗幟隨風飄揚。其可貴之處在於人的意識已然醒覺，人與自然達成和平，絕非書面或口語上簡單概括的「和平」二字。

# 歪了

六甲 何柳豫

歪了，我的整个人生都歪了，我走的不是光明磊落的筆直大道，足底踩着的只是陰森骯髒的小巷而已。

不過是十一、二歲的年紀，尚能稱得上一句「稚童」，我的小學同學便已懂得如何用惡言將人拖入泥濘。在那些不願被記起、讓人在傷痛中湮遠迷失的日子裏，我最常聽到的是他們沒來由的一句「上樑不正下樑歪」。

我的母親是毒販，早早便生下了我，把我丟給外婆照顧，自己則常夜不歸家，到不知哪片荒廢之地交易毒品，到最後自己也吸食起來，結果被警察捉到，成了翌日的頭條主角。因為我那犯罪坐牢的母親，我成了被同學取笑、欺凌的對象。言語和肢體上的衝突更是家常便飯，偶爾幾次打贏了對方，便被其家長大肆指責，對着匆匆趕來的外婆劈頭蓋臉地罵，只需一句「上樑不正下樑歪」就讓她羞紅了臉，為了她不成器的女兒與孫子不斷地鞠躬道歉，至今回想仍記憶猶新。我吸了一口電子煙，嘗試用舌尖感受西瓜味的煙霧，卻只嚐到漫至心尖的苦。

「甚麼？快被踢出校了？那就不要上學了，每天收點保護費，生活也還過得去，我看挺好的……嗯？跟外婆也吵架了？哎呀！老東西可真夠煩人的，你乾脆跟我混吧，不要回家了。」身旁的友人搭着我的肩膀，跟我一起蹲在小巷裏吞雲吐霧。聽到他對我的訴苦有我期望的反應，我竟感到被撫慰，心底生起一絲感激。我苦笑一聲：歪了。

那是今天早上發生的事，五天內有三天曠課的我終於上學了。我記不住姓名的班主任讓我到教員室找她一趟，我難得遂她的意，乖乖地去了。反正不會有甚麼大事，總不能比現在的處境還差。我這樣想著，班主任便拿著一疊文件走了過來，說：「我已經和你外婆打過電話了，原來你一直瞞著她不上學！你看看你的出席記錄，一個學期有四十多天缺席！學校考慮到你的家庭背景才一而再、再而三地寬容你，你卻仗着這樣肆意妄為！」我低着頭不發一言，委屈爬上心頭，卻始終不願撬開牙關，我想：

算了，解釋太廢力氣了。她見我一句道歉都不說，原本尚算保養得宜的臉幾乎要氣得蹦出一道裂縫，從裡頭冒出滾燙的蒸氣：「你、你可真是上樑不正下樑歪！」我愕然地看着她：她說甚麼？她也這樣說？歪了、歪了。

我抿了抿唇，想到連名字都不熟悉的班主任已如此暴跳如雷，外婆又該是怎樣的反應？我無力地按下門鈴，放學後漫天是夕陽的紅光，家門外的水泥地像鋪了一層血，待會兒我該死在這裏了，我想。

門「吱呀——」地開了，身影佝僂的老婦向我招手，讓我進屋裏去。我鬆了一口氣，進了屋子，聞到一股飯菜的香氣，胸中積壓的緊張頃刻消散。她大概也料到了，我這般想著，卻看到桌上只有一雙碗筷：「外婆？你已經吃過晚飯了？」回答我的只有輪子「咕碌」的聲音。

「你走吧，直到你反省之前，不要回家。」外婆收拾好我的生活用品，往行李箱塞入幾張鈔票，站在兩米遠外的地方，把箱子推了過來。我沉默了一會兒，內心已掀起驚天波濤，聲音中帶著自己都沒發現的失望和顫抖：「你要趕我走？」本來平靜的外婆忽然大聲吼叫，似乎要用盡渾身力氣：「對！就是要趕你走！這都第幾次了？淨是做些不省心的事，我這老傢伙都要被你氣死了，走！你老！」她一邊吼，一邊推我出門，又回頭吃力地搬起行李箱，一併丟出門外。

我徹底呆住了，不可思議地站在冰冷的鐵捲門前，大腦彷彿成了一團漿糊，跟不上四肢的動作，在我反應過來之前，我已站在我家後門，拿出偷來的備用鑰匙打算進去了。門縫剛打開了一點，便看到外婆坐在餐桌前，渾身抖著咀嚼一條青菜，彷彿體內發生了一場翻天覆地的戰爭，將她的五臟六腑炸得支離破碎，揚起的粉塵到了喉嚨，令她嗆得劇烈咳嗽。良久，她平復下來，癱軟在破舊的沙發上，口中念着：「歪了，歪了。」

是的，歪了。但歪的不只是我，還有那些不知我叛逆的根源便以刻板印象指責我的人，我們都歪了。思想會體現在行為上，當「好的」因為對我產生偏見而嘲笑我、批判我，在我眼中便通通變成「歪的」、「壞的」。

我感激學校和外婆曾對我作出的讓步，但我更需要的，是人們自身作出改變。那麼我亦毋須活在許多思想歪了的人身邊，做行為最歪的那一個。

「喂，你在想甚麼？」友人在我渙散的瞳孔前揮着手，我收回思緒，手中的西瓜味電子煙已在鼻腔醞釀出一陣甜而有毒的煙霧。一片飄渺虛幻中，似乎出現了學校裏別人的閒言閒語、肆意欺侮，還有過去我決定以「學壞」作為保護自己的手段的零碎片段。

「好呀，跟你混！走吧！」我嘻笑着，熟絡地拉起友人的手，在陰冷濕悶的小巷上走遠。反正，算了，都歪了。

## 他們在旅途相遇

六丁 楊卓螢

我恨著這個半路殺出的小妮子。她正在用著我昨日才新買回來的淡紅原木筷子，用著我昨天親手洗的木紋膠碗，又津津有味地吃著我親手所洗的米，還疑似很淑女地咀嚼著我親手煮的菜。看著她那嬌嫩的雙手，在家肯定亦是一位十指不沾陽春水的大小姐，又怎能好好地照顧他呢。

「你們是怎樣相遇的啊？」我聽見我故作熱情的聲線，有些討人厭甚至炫耀的味道。但我有自傲的資本，我可是十月懷胎在醫院裏把他生下來的人，第一次的相見便是在醫院這般特別的地方，又怎會輸給這在異地巧遇的同鄉人呢。

她雙目含羞，似嗔地把臉轉過，卻又禁不住眼珠追向他，似示意他回答我的問題。他又故作姿態，將視線放向電視又轉向沙發，她舉起手掌作狀拍向他胸口，最終始聽見她那加了楓糖的聲線。

她說她本傷心地要出走家鄉，到異地工作正是療傷的好機會，藉此忘卻家鄉的傷心事。偏又貪戀家的味道，才會與他相遇。她走到唐人街想尋找那屬於家的香氣，卻失望而回。正值敗興之時，卻巧遇於超市煩惱人類難題的他，本已敗的興一時又起，便上前搭話。

他說他正值頹廢之時，找不到人生的意義，對未來了無期許，想過一了百了，卻又沒膽跳下懸崖，只能坐望賽納河，又或空等伯樂騎馬而來。於是天空正處於「也無風雨也無晴」，卻無來由地想到我所提到的百合紅豆沙，據說以花香襯托紅豆更能怡人脾胃，於是垂涎三尺便一頭撞向超市，卻不料竟被她搭話。

於是眾人便看見小兩口十分激動似的說著甚麼。她說客在異鄉難覓一知己，他說人生旅途難尋一伯樂。本應感人肺腑，豈料一個轉身她又說紅豆沙應加陳皮才夠正宗，他又爭紅豆沙需加百合才顯嬌貴。結果這一爭二鬭，兩人便開始了這奇緣。

我看著眼前已然清空的飯桌，又斜睨這個大獻殷勤的兒子，當真應了那句「娶了媳婦忘了娘」，我又瞪直了眼睛，嘗試以我熾熱的眼神翻熱這碗百合陳皮紅豆沙。豈料家中常供兩人使用的碗難以讓三人使用，於是她便咬著嘴唇看向他。這不爭氣的兒子竟又把喝了半口的紅豆沙遞到她嘴邊。她似是終於肯把粘在他身上視線撇開而注意到我火辣的眼神。鼓起雙頰對我抿嘴一笑，當真做作！我當年可是吃了不少你身旁那位的「口水尾」呢，有甚麼好炫耀的呢？

我又問起他們的相遇後事，待會我可要和陳師奶好好的嘲笑一番。我可是從他牙牙學語的時候便已經把他疼愛了一番，又在他那叛逆的時候在心里殺了他幾番，再在他辛勤工作的時候把他擔憂了多番，她又有甚麼可能比過我？

怎料還未等到她矯揉造作的聲音，兒子的聲音又再傳來。他撓了撓頭髮，始說她的溫柔似是與生俱來，猶如太陽般散發著無用光，卻又照亮他本荒蕪的江南。他無以回饋便只能透支著最後一滴湖水以灌溉雜草，讓她過剩的暖光有所收成。

她說他所收成的雜草上看見了玫瑰，且她本不是太陽，只是把燈膽上的火光再添上把火，看上比較光亮才似是太陽。而他的玫瑰又讓她重燃那快燃盡的鎢絲，才得以維持那光亮。

桌上的紅豆沙已然清空，縱然食譜上並沒有寫要下三十斤砂糖，但顯而易見戀愛中的少艾總是盲目的。起碼我放進口中時都想預約我的牙科醫生了。

見時針已然過十，她起身謝過這頓便飯，又說今日之見純屬巧於街市相遇，一時情難自禁才厚著臉皮上門相聚，兩手空空實在難為情，唯有下次登門拜訪才補上薄禮。我嗤之以鼻，卻挑不出錯，唯有故作不捨，又作勢要把她留下，幸好她沒有當真！

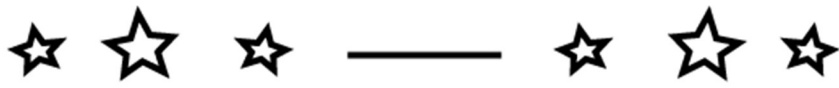
好不容易才送走了那尊「大神」。不過一個廣告的時間，身旁兒子的眼神已從電視飄去手機不下五次。他說他害怕那半小時的車程會讓她遇著甚麼壞人，剛才應要陪她一同上車的，又說她剛才喝紅豆沙時很可愛，說罷又拿起手機看訊息，半晌又再放下。然後繼續發表他的偉論，我聽得煩厭，便起身走入房間。

雖不能親耳聽到他說出聲，但在社交媒體上亦能偷偷看見，那字體都快透出粉紅色了，又怎能不能理解呢，好歹二十年前，我亦是個少女啊。但可憐天下婆婆心，看「新抱」總有幾分不順眼的。

那時他們剛相遇，他就說她是那伊人，在超市相遇時，她拍的不是肩膀，是他的心門。他又說他還記得那天她穿著淺粉色的半身長裙，搭配白色絲質襯衫，微卷的長髮隨意地散落在肩上，臉上的微笑仿如向日葵般耀眼。又說他那天聽到她所爭論的不是紅豆沙，是他們的未來。又說甚麼他真的慶幸他在旅途上遇上了人生旅途的伴侶，那用詞之油膩，當真會「黏死」人。亦罷，他喜歡就好。

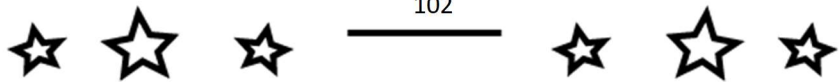
到現在，我還是相當的恨這個小妮子，但是她正在清洗著已經舊了的淡紅原木筷子，又換了我用了很久的木紋膠碗成了整套的白色凹紋玻璃碗。她又從廚房中捧出飯菜，原先白嫩的雙手已生出細紋，都是洗潔精的功勞。就連骨頭亦挑不出，她當真有好好的照顧他。

他們在旅途上相遇，更相伴於旅途。



通 識

所 知 所 為  
所 聞 所 聽





2A Amokohene Matilda

According to Source A, what are the changes to the traditional family values? State and explain TWO social impacts brought by the changes in family values.

Firstly, the impact brought by the changes in family values is people's thinking changes. As the society transforms and people's thinking changes, the definition and purpose of marriage in the modern Chinese society have profound transformation. It reflects that people enjoy equal rights between man and woman, people are no longer focusing on patriarchy. The divorce rate in HK is relatively high, it is nearly 30% nowadays. This reflects that people's thinking has also changed. Getting divorce is a common condition for married couples.

Secondly, the impact brought by the changes in family value is that having offspring is no longer the only purpose of marriage. There are also changes in the family values and structures, for example, 'DINK family' refers to 'Double Income and No Kids'. It reflects that people do not follow the Chinese family tradition that emphasizes on gender roles of a family. For example, women have to give birth and men have to work for the family. People enjoy free choices nowadays, they are no longer thinking that having any sons and grandsons is the upmost happiness, while having no son and grandson is the biggest disgrace. The birth rate in Hong Kong also decreased from 1971 to 2020. It was 1,912 babies per 1,000 married couples in 1971 but it decreased to 111 babies per 1,000 married couples in 2020. It shows that the family value changes and having offspring is no longer the only purpose of marriage.



- 網上祭祀先人對香港社會帶來哪些好處？解釋你的答案。

首先，網上祭祀先人較能保障社會市民安全及財產。在清明時節，追思祖先，在現今社會具特殊意義，但也應該關注祭祀過程中的環保與安全，儘量減少污染與山火的風險。在現實中拜山祭祀，人們會燒紙錢和紙祭品拜祭先人，如果在山上留下火種忘記熄滅，形成山火，對環境造成大規模破壞。山火亦會造成大量濃煙及溫室氣體，例如二氧化碳等，山上居民吸入大量濃煙後可能引致不適，對山上居民造成危險。山火會產生大量「PM2.5」懸浮粒子，對市民的呼吸系統造成影響以及引發心臟疾病的機率增加，嚴重甚至導致該地方不適合人類居住，威脅山上居民的性命及財產。同時間燃燒後裸露的土壤容易被侵蝕造成水土流失，淤塞水塘等，山火亦要出動大量人手以及資源救助。網上祭祀則是於網上拜祭先人，大部份祭品都將電子化給先人，例如電子蠟燭，電子焚化爐等，不會有留下火種的危險和後患，可以斷絕留下火種造成山火威脅山上居民性命及財產的機會和可能性。因此網上祭祀可以保障市民的性命安全及財產，避免發生危險和意外。

其次，網上祭祀先人切合現代人生活方式，對社會市民更加便利。就我所知，香港人工作時間長，朝九晚五以及要加班，生活節奏緊湊，甚至有部份市民需要到外地公幹等，因此難以將就時間回港或在特定清明節時拜山。又或者在特殊情況例如疫情中，難以組織家庭一起上山祭祀，故現代人會受到時間以及空間的限制而導致對於線下祭祀有一定的困難。而網上祭祀則是可以方便各人在隨時隨地拜祭，只需要擁有一個電子設備，登入紀念網站，不受時空及地域阻隔，無論身在何處都能表達自己的敬意和孝心。而且一般祭品等都會以電子化的方式呈現，市民無需額外花費時間到實體店購買祭品，只需用手指輕輕一按，紀念網站便會提供一條龍服務，這樣可以減少市民的所花費的成本。而且網上祭祀比起實體祭祀更有效率，香港的拜祭地方一般相對市區來說較為遙遠，需花費一兩個小時才能到達，例如和合石墳場等，甚至某些墳場需要走過危險的石級，對於行動不便的市民以及長者來說是十分不便利，而網上祭祀則可以在家中進行，邀請親朋好友到家中，相比直接去山上拜祭更能縮短時間成本和避免舟車勞頓之苦。因此網上祭祀為香港社會市民提供更加便利的好處。

再者，網上祭祀先人可以減少市民精神層面上的壓力，由於祭祀傳統觀念悠久，老一代會以祭祀來衡量一個人對先人的孝心，例如以祭品價錢以及行動，並且將祭祀視為一樣非常重要以及值得重視的活動。香港的物價水平一直處於高位，因此就算是紙紮祭品亦不便宜。在價錢方面有高至過萬元，現今的紙紮店，亦不會像以往般造功差強人意，十分與時並進，以鮮亮的顏色製作，更有製作不少名牌類的紙紮品，各色各類的物品應有盡有，故此紙紮品與真正的實物價錢其實相差不大，甚至昂貴過真正的實物。而市民為了表達孝心，不得不購買昂貴的紙紮祭品，不少市民都會按照習俗準備各種各樣的豪華紙紮品，例如大屋別墅、傭人、金銀山等，增加了其經濟壓力的負擔。一些處於基層的市民，難以有額外的金錢購買這些昂貴的商品，由於沒有豪華的祭品，便有可能被他人斥責不孝。而網上祭祀則有效減少市民的經濟負擔，因為網上祭祀平台會有免費的祭品提供，而祭品的種類以及項目相對於實體店中的選擇亦更加豐富，例如袁仕傑所創辦的追思平台「念恩網」，提供了天主教、基督教、佛教以及道教共四種宗教的祭祀儀式和提供電子化焚的服務，市民可以將祭品「放進」化寶桶，並有模仿焚燒冥鏹的聲音效果，和相對 10 分鐘的焚燒時間，和真正拜祭幾乎一模一樣，相比起購買昂貴的紙紮品，網上祭祀的價錢較為便宜但亦會有相等的祭祀用品及儀式，不失禮儀的同時可以減少經濟上的壓力也能夠盡一份孝心。

- 「在現代社會實踐中國傳統習俗時，環保因素應獲優先考慮。」你在多大程度上同意這看法？論證你的答案。

我們很大程度上同意。首先從可逆轉性方面，環保因素比經濟因素更應該優先考慮。儘管中國傳統習俗可以吸引外國遊客來觀光消費，以及商品化後可以促進本地人購買慾望，從而推動本港的經濟收益。例如，新年食品會有特別額外包裝，長洲的飄色巡遊，大坑舞火龍，端午節划龍舟以及中秋節玩燈籠、食月餅等。但在環境方面，由於中國傳統習俗大都是損害環境的，就如新年派紅包。其實這個問題已經出現已久，但因為人們忽視使新年後大量利是封被棄置，然而利是封是用紙做的，即反映出每年都有大量樹木被砍伐。有環保團體估計香港每年使用多達 3.2 億個利是封，相當於砍伐 16,000 顆樹。不但指利是，龍舟和拜祭的紙紮祭品其實都需要大量樹木來製造的。然而，當大量樹木被砍伐，就沒樹根抓緊泥土，導致土地沙漠化。而且，全球暖化已經十分嚴重，砍伐樹木便會使二氧化碳等溫室氣體未能被吸收，加劇暖化的問題。由於大自然是需要極長的時間重生，有些品

種甚至會絕種。到人們開始補救環境的時候，開始種樹和發掘可再生能源及淨化的儀器，然而，那些補救的行動都十分昂貴，遠超於實踐中國傳統習俗所得到的經濟發展。所以從可逆轉性方面，環境因素比經濟因素更應該優先考慮。市民應採取更環保的實踐方式，例如採用網絡紅包及網上祭祀代替利是封及紙紮祭品及避免大型的節慶活動以減少污染。

其次，從根本性而言，實踐中國傳統習俗時環保因素應優先於社會因素。在現代社會實踐中國傳統習俗文化，有助建立市民之間的凝聚感，增加自己的身份認同，促進社會和諧。例如中秋節的晚飯，邀請所有親戚到家中，所有人放下自己的事情一起坐下玩傳統遊戲，交流日常生活趣事從而促進互相的感情。又或新年時，以紅包的方式送上祝福，一家人團團圓圓，增加家族之間聯繫的次數。但相反，若果香港環境因實踐中國傳統文化受到大量破壞，例如中秋節購買大量月餅禮盒等作為禮物，每個家族禮尚往來後家中存有大量月餅，一個家庭可能無法短時間內食用過多的月餅，月餅變質後，只能連月餅盒一起扔掉，增加了固體廢物的數量，造成堆填區壓力，並且若果不妥善處理月餅垃圾等，可能丟棄時，在屋苑垃圾房等招來鼠蟻，爬到市民的家裏騷擾了他們的日常生活，影響了市民的健康等，令市民的非物質層面下降。加上，月餅等食品是有機廢物容易腐爛，在堆填區亦會釋放大量溫室氣體如甲烷及高污染滲濾污水，嚴重影響該區環境。住在堆填區附近的市民，長期吸入這些受到污染的空氣，例如經常聞到的惡臭味中則含有有害物硫化氫，會影響兒童發育以及減低免疫力，容易患上傳染病增加患癌的風險。增加了未來醫療的負擔，對公共衛生構成威脅，市民亦會搬遷，並且會對地方不滿，難以對地方有身份認同。因此考慮社會因素的前提，便是要將環保因素作優先考慮，例如避免購買過多的節慶食品，才可以令到中國傳統習俗可以持續地實踐。

另外，在可替代性而言，環保因素比文化因素較為優先。在眾多中國傳統習俗中，人們有中秋佳節食月餅、玩燈籠的傳統，市民在中秋節時會送月餅給親朋好友，但吃完的月餅盒則會丟棄，而在新年時亦會派利是，給予對象祝願和好運，但這種派利是和送月餅的傳統有可能會造成浪費，增加了固體廢物的數量，加劇堆填區的負擔。在可替代性上，現今派利是可以電子紅包發給親朋戚友，跟貼現代的時候，電子紅包亦越來越普及化，故此能夠取替一次性又不環保的利是封。而轉用電子派發的方式，亦能繼續實踐這種中國傳統習俗，又可以減少浪費紙張。另外，在環境的層面而言，市民亦可減少互送月餅，

避免購買使用螢光棒，因為螢光棒當中的物質有害，若破裂後流入海洋或被土地吸收便可能造成污染。在環保因素而言，螢光棒無法被重用或回收。就我所知，螢光棒不單止難以分解，當中的螢光劑，例如：溴化乙錠等，都會嚴重污染土壤及水源，流入海洋則會毒害海洋生物，無法重用及回收，極不環保。因此，市民可以減少購買及使用此產品，以環保為前提，可以以家庭卡牌遊戲取替玩螢光棒及燈籠，回收或重用月餅盒也有利於減少固體廢物的數量，在中秋佳節時一同聚會已象徵團團圓圓，能夠傳承和實踐給下一代這個傳統習俗，因此環保因素應先於文化因素，不應以文化層面凌架於香港環境問題之上。加上，就我所知，2018年時屯門堆填區污染問題不斷，造成旁近下白泥村的污染問題嚴重，並造成河流受污，水質及土質亦受污染導致了魚類死亡，亦嚴重破壞了生態環境。可見，在可替代性的情況下，市民可以選擇另一種更環保的方式去實踐中國傳統習俗，減緩堆填區飽和的情況，令水質及土壤減慢污染。因此，中國部份傳統習俗可替代性高，現今科技能使市民應採取更環保的實踐方式，以減少污染。減緩堆填區飽和的情況，令水質及土壤減慢污染。因此，中國部份傳統習俗可替代性高，現今科技能支持市民環保地繼續去實踐一些傳統習俗，例如，電子紅包等不用以一次性的利是封送給別人，造成浪費又增加堆填區的負擔。故此，若因固體廢物的問題而導致環境上的污染問題加劇，環保因素應更優先考慮於文化因素，以確保未來在實踐傳統文化時能持續，地球資源並不是無盡的，所以在考慮實踐中國傳統習俗時，應該要優先考慮環保因素以確保後代也能為實踐這些習俗，以可替代的方式去傳承及保育。由此可見，環保因素會比文化因素作優先處理。

雖然有人認為，就廣泛性而言，社會因素比環保因素更值得考慮。就我所知，中國是個多民族國家，包含許多不同的社會環境語言文化及習俗，而不同的習俗更已形成各民族的習慣甚至特點。有些習俗能夠滿足人們的心理需求，因此而承傳不衰，例如香港大坑舞火龍，在古代是消除災疫，有吉祥之徵的活動，每年參與人數甚多。而這些習俗活動能維繫人與人之間的感情，有精神上的寄托，才會能夠世代相傳。大多的傳統習俗活動都會有團聚見面活動和親人朋友聯繫。對於大部分市民而言，環境的考慮並沒有情感上的聯繫重要，如同清明節和重陽節市民會和家人一同登高拜祭以懷念先人，是多年的習慣以及思念先祖的方式。在傳統習俗中所製造的廢物固然難以避免，但在市民眼中這些習俗每年都會產生廢物，多與少並不重要，重要的是習俗。如將環境因素設為優先考慮，傳統習俗便會有大改動以及許多限制，和傳統的相差甚遠，沒有了特點慢慢地被後人忽略忘

掉。許多市民對現在傳統習俗的方式並沒有特別大的意見，貿然更改傳統習俗的形式容易令市民感到不滿，令市民的凝聚力減少。由此可見，社會因素更應比環境因素因優先考慮。但是，我並不認同。我認為就環境因素比起社會因素更應優先考慮。就我所知，中國傳統習俗屬於非物質文化遺產，即使習俗的形式受到改變，習俗的各種文化亦會受到保存以確保習俗能夠繼續世代相傳，習俗只是形式上的改變，對傳承以及社會凝聚力方面沒有影響。而且，就我所知，現代社會講求經濟效益和實際需要，公共假期都由政府制定及安排，不少人已經把「過節」等同於「放假」。現代人亦經常加班，平衡生活和工作已不容易，有時候過多的傳統習俗對他們並不是和家人朋友聯繫的活動，而是沉重儀式的負擔。對於生活節奏急促的現代都市人，優先考慮環保因素並沒有想像中難以接受，甚至能在改善環境的同時保留傳統習俗。九成受訪者支持已跟環保的方式慶祝中秋節，市民減少贈送月餅，避免使用螢光棒等方法便能減少製造固體廢物。購買禮品是前多思考並不買多餘的其實便是優先考慮環境，而大多數市民亦能接受，所以就廣泛性而言，環境因素比社會因素更應優先考慮。再者，很多習俗只需在形式上作少許改變便能更環保，而且能保留習俗背後的精神意義，例如：環保紙棺材的外表與實木棺材相若，能減少火時所需的能源，仍能保持葬禮的莊重。所以環境因素更應優先考慮。就我所知習俗雖代代相傳，但經過漫長的歷史過程會不斷調整，轉化為新的內涵和形式仍然流傳着。然而環境一旦受到破壞不能短時間內回復，商家把傳統習俗包裝成商品推廣和鼓吹消費，令市民購買多餘的物資，製造更多體廢物加重環境負擔。由此可見我認為環保因素比起社會因素更應優先考慮。

#### 5A 陳靜楠、陳曉晴、江梓柔、梁歡妮、梁樂妮

- 哪些是人們抗拒「無肉飲食」的原因？解釋你的答案。

##### 生活條件限制

人們抗拒「無肉飲食」的第一個原因為受生活條件限制，難以達致無肉飲食。香港為經濟繁榮的商業社會，普遍市民都維持朝九晚五的工作，而他們一般恆常的三餐亦大多為求方便而在外用膳。然而本港甚少有全素食餐廳，而普遍餐廳亦較少提供不同種類的素食菜式，或素食菜式較其他一般有肉的菜式價格更為高昂，令人們欠缺選擇，並因此而對「無肉飲食」卻步。即使市民選擇在家煮食或自備飯盒，

但所花費的成本及時間較在外用膳高，繁忙的市民未必有充足時間自行準備。而對學童而言，校內較少有提供各類型素食的選擇，大多只提供相若的菜式，故令他們為求有更多不同類型的飯菜而選擇有肉飲食。因此市民會因「無肉飲食」的方便程度低及價錢較高而選擇維持原有的飲食習慣，抗拒「無肉飲食」。

### 偏重享樂主義

其次，人們抗拒「無肉飲食」的第二個原因為偏重享樂主義。「肉類消耗增長最快的將會是中、低收入國家，其收入正穩步上升。」反映人們收入的增長會使其更注重物質享樂生活，並使其更願意花費於飲食方面。由現時流行任食放題，有炸雞、燒肉、壽司等美食，加上傳媒的宣傳如日本和牛，西冷牛扒等肉食都屬於高級美食，加上入口即化等字眼吸引人們，令人們為求滿足口腹之慾而抗拒「無肉飲食」。人們更享受在吃下各種更高級的肉類來獲得短暫的快樂，不停地追求更美味更高級的肉食，於是做就了「肉食獸」，無肉不歡的飲食習慣。而人們於在外旅遊時亦喜愛品賞各國特色美食，而大部份均包含肉類。如德國的德國香腸、豬腳，英國的炸魚柳以及美國的漢堡、熱狗以及火雞等。這些食品都經過各個社交媒體以及新聞常作宣傳當地的特色美食，令到人們到當地旅遊時便會以吃遍當地美食為享樂，亦為人們培養了享受肉食的習慣，變得難以適應及接受無肉飲食。

### 受傳統健康飲食觀念影響

另外，人們抗拒「無肉飲食」是受傳統健康飲食觀念影響。市民從少便受到教育，要按照「食物金字塔」中的指標——健康午膳 321，即 3 份穀物類，2 份蔬菜類及 1 份肉、魚、蛋及代替品，從而讓身體能得到足夠的維生素、膳食纖維、脂肪和蛋白質，以維持身體運作，若缺乏蛋白質和脂肪，會令細胞發展不全面，甚至導致荷爾蒙失調，引發後遺症，有損健康。而肉類正正含大量蛋白質，是人類攝取蛋白質的主要來源，而蛋白質作為人類維生重要原素之一，若實行無肉飲食，便難以攝取足夠蛋白質和脂肪，令身體細胞發展不全面，或引致荷爾蒙失調，有損市民健康，尤其是正直發育時期的兒童和青少年，他們需要較多熱量和營養來幫助成長，若不進食肉，便需要進食

堅果、豆類製品及乳製品，以補充蛋白質礦物質及脂肪。不過，以上非肉類食品一般較肉類清淡，未必能引起兒童及青少年的食慾，因此，家長為了讓子女能全面吸收營養，並增加他們的食慾，以達致均衡飲食，幫助成長，而抗拒「無肉飲食」。

- 「推廣植物肉是達致可持續發展的可行方法。」你在多大程度上同意這看法？論證你的答案。

很大程度上同意。

可持續發展指既能滿足當代的需求，而同時又不損及後代滿足其本身需要的發展模式，其中包括經濟，社會，環境三個向度的平衡發展。

首先，推廣植物肉可達致環境和社會方面的可持續發展。在環境方面，植物肉不會排放有害氣體，對環境有益。「肉類消耗增長會產生更多溫室氣體排放，預料至 2050 年由糧食生產所引致的全球溫室氣體排放量會增加 60%，主要是因為牲畜的產量增加。」而根據國際環保組織有關報道指出，「牲畜產生的溫室氣體佔全球溫室氣體總量的 14.5% 以上，超過地球上所有交通工具的排放總和。」牲畜在飼養過程中會排放大量溫室氣體，如甲烷，二氧化碳，氧化亞氮等空氣污染物，空氣素質下降，亦會惡化全球暖化問題看見，畜牧業會對嚴重環境問題。而據我所知，植物肉的製造過程環保及節約能源，不會排放有害氣體，而且能加強環境綠化，緩解全球暖化。可見植物肉能達至環境方面的可持續發展。而在社會方面，植物肉能減少人體對脂肪等的攝入，對健康有利，達致社會方面的可持續發展。據我所知，市面上大多植物肉都以大豆、豌豆、小麥等作物提取的植物蛋白為原料製成，而根據北京工商大學食品與健康學院教授指出，植物肉幾乎不含膽固醇。可見，植物肉十分健康，能減少患肥胖、心血管疾病、糖尿病等疾病，保障市民健康，減低患癌症的風險，減低此類醫療開支，使社會得以穩定和持續地發展。由此可見，由於市民愈來愈著重三高問題，更容易接受植物肉，推廣植物肉能達致環境和社會的可持續發展。

其次，推廣植物肉能達致經濟和環境的可持續發展。推廣植物肉可達致經濟和社會方面的可持續發展。在經濟方面，推廣植物肉能夠為本港引入新的食品市場，帶來新的商機吸引外資投資於新發展的植物肉食品市場，從而刺激本港經濟增長。以往的素食在外觀及味道都令不少人難以接受，因此市民難以接受，令植物肉缺乏市場需求。然而，「植物肉是由植物製造的肉類，植物肉在外觀、味道和烹調方法都刻意模仿傳統肉類，可製成漢堡扒、肉塊和香腸。」植物肉利用了現代科技令市民更能接受並且追求因而為食品行業帶來巨大商機，令不少連鎖餐廳也加入主打植物肉的餐廳以及令很多新式素食餐廳出現。以 beyond meat 及 impossible food 公司為例以動物肉碎、炸魚柳、炸雞塊產品打入本港市場。以植物肉代替了大量符合本港市民口味的肉類食物，口感以及外形都受市民歡迎，成為新派植物肉公司的龍頭企業。且外，擴展新食品市場亦會為本港提供更多就業機會。例如各新式素食餐廳對工作人手的需求上升，服務員、廚師等。還有各植物肉公司亦會招攬更多科技人員，食品開發研究員等來以現代科技來創造更多符合市民口味的植物肉，提升它的質素令其能與真正的肉類媲美。因此推廣食物能夠促進經濟層面的可持續發展。而在環境方面，推廣植物肉可以保障生物多樣性，以免部份生物面臨絕種危機。「聯合國糧食及農業組織 推算 2021 年全球肉類消耗量將增長超過 1%。」現今不少人為求滿足食慾而大量獵殺一些野生動物，引致現在不少生物正面對瀕臨絕種。以蘇眉魚為例，以其肉質鮮嫩聞名，被稱為美容護膚之魚、引致人們大量捕獲而出現斷代現象，因而被列為瀕危保護物種。其次還有大量的生物如象拔蚌、松江鱸魚、穿山甲、日本的小鬚鯨以及鯊魚等都因人們的過度捕殺而面臨絕種。如推廣植物肉，則可以透過現代科技製造類似各動物肉類的味道及外表，來滿足人們的需求。從而避免人們過度捕殺某些物種的動物，令牠們能有足夠的時間繁殖下一代，避免絕種。如鯊魚的魚翅以素翅來代替，口感及味道沒大分別，在坊間早已廣泛使用植物所製的素翅作替代品。因此透過推廣動物肉能夠達致經濟及環境方面的可持續發展。

最後，推廣植物肉能達致代際平等。在經濟方面，推廣植物肉能夠為本港引入新的食品市場，帶來新的商機吸引外資投資於新發展的植物肉食品市場，從而刺激本港經濟增長，而製造植物肉令生產工場



需要大量人手，人們多了機會就業，能賺錢維持生活「衣食住行」各項所需，而且，植物肉主要原料是植物，因應市場對植物的需求增加，農民收割植物的工作增加，有更多收成，令收入增加。因此，各地的就業機會得到改善，甚至能減輕城鄉差異和側重知識型行業的社會問題，這關顧到同一代人的平等發展。與此同時，推廣植物肉能吸引部分消費者以植物肉取代動物肉作食物，減少動物被宰割的機會，從而維持生物多樣性，而且，市場對動物肉的需求下降，有助減少溫室氣體排放，例如牛，一頭牛每天平均排放 120 至 320 公噸的甲烷，隨着牛隻飼養數目增加，以及時間累積，地球一年有多達數有萬公噸的甲烷到大氣層中，而這溫室氣體增加，會加速溫室效應，南北極的冰川快速融化，令極地動物失去棲息地，繼而提早死亡，面臨瀕臨絕種，減少生物多樣性。所以，以植物肉替代動物肉，一方面避免破壞生物多樣性，另一方面減慢溫室效應，後代能在未受到嚴重破壞的地球享受生活。由此可見，推廣植物肉既能滿足當代人對經濟發展的需求，同時又不損害後代環境方面滿足的生活模式。

雖有人言，植物肉的價格高昂，會降低市民於經濟層面的生活素質，未能達致社會的可持續發展。「植物肉是由植物製造的「肉類」，可製成漢堡扒、肉塊和香腸。」反映植物肉是需經加工而成的「肉類」，而價格有機會因此而較不需加工的普通肉類高昂，令市民即使想選購亦難以負擔，令經濟能力較低但有意購買的市民未能購買，故即使推廣植物肉亦未能達致可持續發展，反而有機會損害市民經濟方面的生活素質。但據我所知，現時植物肉於超市的售價約為數十元，只比一般肉類稍為高，甚至價錢相若，並非如上述所言價錢之高，一般市民亦有能力負擔。不但不會損害市民經濟方面的生活素質，反而能給予市民飲食方面多一種選擇，提高他們物質方面的生活素質。「植物肉在外觀、味道和烹調方法都刻意模仿傳統肉類。」反映植物肉與肉類相若，而經推廣後令市民可以更為了解植物肉，於飲食時可以考慮以植物肉代替肉類，提供了更多樣的選擇。加上推廣時有機會增加售賣植物肉的地方或餐廳，令素食主義者亦能更方便地購買或食用素食的植物肉，提高其物質生活，能有效提高社會方面的可持續發展。由此可見，推廣植物肉能達致社會的可持續發展。

而在可行性方面而言，政府可以加強宣傳教育來有效推廣植物肉。「牲畜的產量增加會產生更多溫室氣體排放。」而據我所知，植物肉比普通肉類含更少膽固醇，脂肪等物質，相對而言比較健康。因此，政府可以透過傳媒、工作坊、講座、電視、報紙等傳播方式向市民灌輸吃植物肉的好處和普及相關植物肉的知識，以吸引和鼓勵更多市民嘗試植物肉，例如在學校小食部推出植物肉供學生午膳選擇，或按時在學校舉辦植物肉講座，增加學生對植物肉營養的認識，提升市民對植物肉的接受程度。雖然有人認為植物肉和傳統肉類口味不同，市民不一定受宣傳影響而全盤接受吃植物肉，難以短時間改變自己的飲食習慣，故推廣植物肉民意基礎低。但我不同意，植物肉在外觀，味道和烹飪方法都刻意模仿傳統肉類，可製成漢堡扒，肉塊和香腸。可見，隨著科技的不斷進步和創新，植物肉的口感，味道和傳統肉類不相上下，沒有過大的不同，而市民在長期的宣傳下會逐漸去嘗試植物肉，並在潛移默化下認同植物肉口味口感等，在不自覺中改變原有的飲食習慣，有效提高植物肉的民意基礎。由此可見，政府加強宣傳教育可作為推廣植物肉的可行方法。

## 6B 黃寶莉

- 解釋作為全球化工廠的「快速時裝」可能對環境造成的影響。

全球化工業的「快速時裝」可能造成空氣污染，土地污染，水污染的負面影響。

首先，在空氣污染方面，全球化工業的「快速時裝」屬於跨國行業，在商品市場一體化下，隨着銷售網絡不斷擴展，企業的產品和服務不再只以本國及鄰近地區的市場為銷售對象，而是以全球市場為基礎來推廣及銷售，銷售產品時需透過交通運輸將產品運送到各地，現時，由於每星期都會推出新的流行款式，促使一年共有 52 個時裝季節，當商家不斷推出新產品時，令運輸量大增，以製造服裝為例，商家由中國新疆採購大量棉花，然後運輸到印尼的工廠進行縫制工作，再運回美國進行檢測工作，最後運輸到各個國家銷售產品，其間多以速度快的飛機進行運輸，以防產品過季，飛機雖然方便、快捷，但運

輸時需注入大量燃料發動，根據英國運輸部發表的未來飛航溫室氣體排放量計劃報告，指出 2050 年飛航預計將會釋放出 6030 萬公噸的二氧化碳。另外，機場周圍及海拔地區空氣污染的一氧化氮，其釋放量亦會增加到 610 萬公噸，這促使全球暖化問題加劇日益嚴重。可見，「快速時裝」會引致空氣污染。

其次，在水污染方面，全球化工業的「快速時裝」主要以發展中國家製作，例如：泰國、印度，從而以較低的價錢購入並供消費者購買，在勞動市場一體化下，跨國企業為減低生成本及追求利潤最大化，往往將大部分勞動力密集低技術的生產工序轉移至工資水平較低的發展中國家，已發展國家則負責高技術生產工序。發展中國家的工廠為了將利潤最大化便會使用較劣質的化學染料染布，當污水流入附近河流或湖泊，便會形成水污染。中國約 70% 的湖泊和河流受到不同程度的污染，其中大部分就來自服裝業，化學染料中含有 NPEs, PFCs 等有毒物質，令海洋生物死於其中，破壞生態平衡。可見，「快速時裝」會引致水污染。

再者，在土地污染方面，「快速時裝」推廣用完即棄文化，消費者只把衣服穿數次便將其丟掉，也不會感到太大的懊悔或損失，此外，在商品市場一體化下，當一個地區將產品運輸到另一個地區時，為確保產品避免在運輸途中損壞，商家往往會以大量的外包裝去保護產品，而這些外包裝多以塑膠為主，並且用完即棄，造成大量塑膠被拋棄於堆填區內，當塑膠製品長時間的堆積下，有毒物物質會滲入土地裏，令其變成「廢地」，無法進行其他用途，例如：種樹，建房等。而在勞動市場一體化下，商家將利潤最大化，便會從發展中國家運入棉花，但當發展中國家大量種植棉花時，會因土地種植單一化，引致土壤大量流失某種土地物質而無法繼續種植，從而變成荒地，造成沙漠化。可見，「快速時裝」會造成土地污染。

最後，傳媒對全球工業的「快速時裝」的報導可能會提升市民的環保意識。亦會對環境造成正面影響，因現時「快速時裝」的問題日益嚴重，傳媒便會藉此廣泛報道，例如：2012 年，美國把 1100 萬噸的衣服送到堆填區，當中 80% 是可以再用的，中國有約 70% 的湖泊和

河流被染料污染。媒體的廣泛報導會提升市民的環保意識，令其了解到「快速時裝」對環境的影響，當他們往後購買或丟棄衣服時便會考慮環境的因素，從而減低購買的衝動，因減少購買，以保護環境。

## 6C 鄭海欣

- 就 2015/16 至 2019/20 年度醫院管理局未成年精神科病症的情況，描述一個普遍趨勢。

醫院管理局精神科的統計數據可見在醫管局接受診治的精神科人數呈現出年輕化的趨勢。精神科患者總人數佔全港 18.4%，人數從 2015/16 年的 228700 上升至 2019/20 年的 270700。而當中未成年精神科患者人數從 2015/16 年的 28800 上升至 2019/20 年的 40300，升幅達 40%。由此可見，呈現的趨勢是在醫管局接受診治的精神科患者人數有年輕化的趨勢。

然後，醫管局未成年精神科各類別新症輪候時間中位數可見，在第二優先輪候時間從 2015/16 年的 4 星期，上升至 2017/18 年的 5 星期，又下降至 2019/20 年的 3 星期，與例行類別輪候時間從 2015/16 年的 65 星期，上升至 2017/18 年的 85 星期，又下降至 2019/20 年的 80 星期一樣均呈反覆上升趨勢。由此可見，整體而言呈現的趨勢是醫管局未成年精神科各類別新症輪候時間增加。

- 提出及解釋一項它們對患者家庭的影響。

醫管局未成年精神科各類別新症輪候時間增加，衍生了部分患者只好轉投私家機構治療，每節治療費用由 1200 元至 3000 元不等，一些家長更辭退工作照顧患病子女。由此可見，這導致了不少患者家庭的經濟負擔增加，因一些患者家庭辭退工作所以收入下降，加上要支付醫療費用使開支上升，所以經濟負擔增加。

然後，在醫管局接受診治的精神科患者人數有年輕化的趨勢，衍

生了不少兒童在等候獲得公立醫院醫生接見治療期間出現焦慮情緒，部分照顧者亦患上情緒病，增加了親子和婚姻摩擦。由此可見，這趨勢導致了患者家庭中的人際關係變差，因家庭中的衝突增加了。而且，未成年精神科患者的全人發展會受影響，例如學業表現下降或患者家庭中照顧者的工作表現亦會下降，從而使患者家庭的人際關係變差。

- 「醫院管理局應改善未成年精神科服務。」所提供的資料可如何支持這看法？解釋你的答案。

首先，醫管局未成年精神科例行類別的輪候時間指在 2015/16 年是 65 星期，上升至 2017/18 年的 85 星期，又下降至 2019/20 年的 80 星期。由此可見，未成年精神科輪候時間長。由發現至獲得公立醫院醫生接見治療，歷時往往以年計，至 2019 年僅 53% 新症達成政府承諾 6 個月內完成評估的目標。反映了醫院管理局需透過改善安全網的成效，這樣便有助基層青少年能在短時間內接受治療，減少輪候時間。

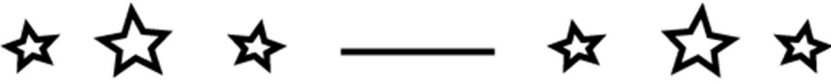
然後，公立醫院擁有兒童及青少年精神科訓練的醫生少於 25 人，病症平均只有 7 至 10 分鐘應診，由此可見，醫院管理局需增加醫護人手，以此延長診症時間，提供更佳的治療及護理，從而能提升公營醫療系統的質素。

最後，不少兒童在等候公立醫院醫生接見治療期間出現焦慮情緒，部分照顧者亦患上情緒病。反映了醫院管理局需為等候治療的未成年患者家庭提供情緒支援服務，以此減少精神科患者人數及為患者家庭提供更好的服務。

6D 李鈺熙

- 解釋香港青年人出現抑鬱症狀帶來的隱憂。

香港青少年出現抑鬱症狀將會為香港的醫療系統，家庭和諧以及勞動力，三方面帶來隱憂。



首先，在社會層面上，香港青少年出現抑鬱症狀將會加重公營醫療系統的負擔。現時香港的醫療公共系統長期處於緊張的狀態，基於人手不足，病症繁多的問題，日漸增加的青少年抑鬱問題將進一步加重公共醫療系統的壓力，而公共醫療在支援青少年精神健康方面，長年都處於較低的水平，促使個案持續增加，青少年在尋求公共醫院的專科服務時，未能得到即時性的治療，同時精神健康疾病須長時間接受治療，才能讓醫生獲取病人的信任，從而提供有效治療，長時間的治療會令無法負擔私營專科高昂價錢的普通大眾前往公立醫院，從而加重公營醫療的負擔。

第二，在個人方面，患有抑鬱症的青少年容易有大波動的情緒，從而影響家庭和諧，部份父母未必對抑鬱症有太多的認知，有些長輩更可能誤解抑鬱症只是反映子女的抗壓能力不夠強，從而出現「不开心」的情況，這是因為長輩的年代未有重視精神或心理健康，以致得悉子女出現類似抑鬱症狀的時候，未必了解他們的情況，從而不包容他們情緒低落而做出的行為。抑鬱症的患者是長期處於壓力折磨的狀態，他們十分需要身邊人的支持及鼓勵，給予他們正能量，否則容易因為情緒思想崩潰而做出不理智的行為如自殘或自殺，而長輩的誤解將會令到彼此（患者與家人）有言語上的衝突和爭執，長遠而言令患者的精神健康進一步惡化，破壞家庭和諧氣氛，容易出現家庭關係破裂的隱憂。

第三，在經濟層面而言，青少年出現抑鬱症狀將會減低社會勞動力，令經濟增長放緩。香港的居住壓力大，從學業至工作當中仍存在不同程度的壓力，尤其在生活指數高昂的城市居住，生活中的開支、工作上的壓力，甚至家人們的閒言閒語都會加重青少年的精神壓力，而抑鬱症狀會使人情緒低沉，失去工作動力，更甚者會長期斷絕與社會交流，或做出不理智的行為，作為勞動年齡人口的青少年，長期積壓低落心情將降低他們的工作效率，影響職場上的工作氣氛，青少年甚至容易因外人的閒言或批評而放棄工作，令香港的就業市場勞動力大減，影響經濟發展。

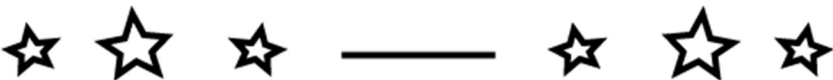
- 描述資料 A 所示的兩個主要因素。

首先，其中一個主要因素是曾吸食大麻的青年人主要受朋輩關係的影響。曾吸食大麻的 10 至 35 歲受訪青年人獲得大麻的途徑是從朋友方面獲得，高達 87.2% 是各項目中的最高。另外亦有分別 8% 和 7.2% 的青年人是從同學及同事獲得大麻，可見曾吸食大麻的青年人大多受到朋輩影響，大部分皆分別從朋友、同學或同事的關係中獲得大麻。另外，另一個主要因素是青年人受到媒體影響而接觸大麻有關資訊，10 至 35 歲受訪青年人透過視頻媒體例如 YouTube、社交媒體接觸有關「大麻好處資訊」的途徑，分別有 35.1% 及 31.9%。受媒體影響而接觸的青年人合共有 67%，反映出大部份青年人皆受到媒體影響而觸到與大麻有關資訊。

- 指出及解釋資料 B 所示的情況可能引起的兩個個人成長問題。

首先，所示情況可能會引起青少年的精神健康受損。世界各地的研究指出吸食大麻禍害深遠，例如造成專注力下降，造成情緒大起大落，又會造成不可逆轉的認知功能受損，患上精神病，產生幻覺等。可見吸食大麻會對人體造成精神上的健康受損，造成不同程度的精神損害，如暴躁症，出現幻覺等，對他們的生活日常造成影響，他們的情緒管理失去控制，無法正常管理自己的情緒，繼而變得消極灰心。情況可能會引起青少年的精神健康受損，無法表達情緒或宣洩負面情緒，不利於青年人對人際關係的發展。

其次，資料 B 所示的情況可能會對青年的前程造成負面影響，例如在青年期使用大麻，過早輟學，非法使用其他藥物等風險會有所增加。可見吸食大麻所造成的後果亦有機會影響就學中的學生的學業，使他們過早輟學，無法透過讀書去為自己帶來方向感，對前途規劃失去方向。另外，過早輟學，投身社會工作局限了青年人未來的工種類別，無法選擇較高學歷水平要求的工作如律師醫生等，為青年的前途帶來負面影響。

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- 「資訊科技的發展對香港公共衛生構成一些風險。」所提供的資料可怎樣用作支持這項聲稱？解釋你的答案

資訊科技發展對香港公共衛生產生一些風險。

首先，資訊科技發展、網絡出現大量錯誤資訊導致青少年濫用大麻，對青少的心理健康造成不良影響。根據資料 A 表 1B，合共有 67% 的 10 至 35 歲受訪青年人曾透過資訊媒體及社交媒體接觸有關「大麻好處資訊」。高達 75.9% 的青年人認為大麻不會影響個人情緒健康，亦有 68.6% 的受訪者表示大麻是天然的植物，對身體不會有大影響。反映出資訊科技發展網絡上出現許多對大麻的資訊而這些資訊大多數都只有誤導成份，許多年輕人會誤信傳媒，濫用大麻結果出現專注力下降，造成情緒大起大落，影響駕駛，造成不可逆轉的認知功能受損，患上精神病，產生幻覺，增加呼吸道、心血管疾病的風險。對青年人心理及生理上造成一定程度上的影響，加重香港的醫療負擔，越來越多人需要醫生治療精神與內科醫生的診斷。

其次，資訊科技發展有利青年人透過網上平台及反吸毒及互相交流，對社會造成潛在風險。14.4% 人表示自己曾在網上購買獲得大麻，有 67% 表示自己透過社交及資訊媒體接觸有關大麻好處的資訊。防疫措施及娛樂場所等傳統銷售毒品的渠道關閉，令毒販利用互聯網及物流業活動，而當中有青年人在社交平台上開設群組，列出大麻價錢及出售在一些支持吸食大麻的社交媒體群組專頁，分享吸食大麻的心得，甚至在組織群組一起吸食大麻。因此這些活動皆有機會對使大麻毒害不熟的人中招，被招攬吸食大麻。亦有人會誤入群組內誤信資訊走入歧途。可見資訊科技發展對社會造成潛在風險，令不少人誤信大麻無害，影響公共衛生。

- 描述資料 A 所示的中國人口狀況的模式。

首先，中國人口狀況中 65 歲及以上長者比例開始越佔越多。根據資料 A，中國人口狀況中 65 歲或以上長者比例由 2015 的 8.9% 持續上升 3.7% 至 2019 年的 12.6%。而中國人的總人口數目則有 10 年的



13.4 億人輕微上升 0.045 倍至 19 年的 14 億人。反映出中國人口正面對老齡化的危機，長者佔比數目比總人口上升幅度更高。

其次，中國人口狀況中，15 至 64 歲比例開始下降。中國人口狀況中的 15 至 64 歲比例由 2010 年的 74.5% 持續下降 3.9% 至 2019 年的 70.6%，0 至 14 歲的比例則由 2010 年的 16.6%，反覆上升至 2019 年的 16.8% 共上升 0.2%。反映出中國出生率無法提高的情況下，勞動人口持續下降，正面對人手不足，人口紅利消失的問題。

- 指出及說明資料 A 及 B 所示的人口狀況對中國發展可能構成的兩個挑戰。

中國可能面對世界工廠地位不保的挑戰。中國人口狀況中 15 至 64 歲持續下降 3.9%，由 2010 年的 74.5% 下降至 2019 年 70.6%，反映中國勞動人口下滑問題。中國東南沿海地區製造業出現「用工荒」，東莞部份包吃包住，開出每月 \$6000 人民幣的薪金也招不到人手。中國 90 後人口呈現快速下滑，人口紅利期快將要結束，影響中國世界工廠的地位。在人口紅利期中，中國以人手多，薪金低的特色，成功成為世界工廠，吸引外資投資，可惜現時中國出生率低，勞動人口減少，人口紅利期快將結束。屆時將會需要提高薪金以吸引人手，同時成本亦會上升，減低外商注資的經濟誘因，而轉移向其他發展中國家設廠，中國世界工廠地位將受威脅。

另外中國有可能會面對綜合國力下降的挑戰。嬰兒扶養比由 2015 年的 22.3%，上升 1.5% 至 2019 年的 23.8%。老年撫養比由 10 年的 5.9% 上升至 19 年的 17.8%，共 5.9%。反映出每 100 名的青年人分別要撫養嬰兒及長者的數目增加，加重經濟負擔。人口老化令國家撫養不斷上升，成了社會的財政負擔。長者及嬰兒的人口增加，令政府的福利設施更加側重放在他們身上，無法將多餘金錢投放在推動經濟，發展新業務身上。長遠令國家經濟無法進步，為中國綜合國力的經濟實力帶來負面影響。

- 「為提高中國生育率，宣傳教育比提供鼓勵生育措施更有效。」  
利用所提供的資料，說明一個支持及一個反對這項聲稱的論據。

支持：為提高中國生育率，宣傳教育比提供鼓勵生育措施更有效。中國人口狀況從零至14歲比例2010年的16.6%，反覆上升至2019年的16.8%，合共上升0.2%。其上升幅度低於總人口上升幅度，反映中國出生率低迷。英國廣播公司的報道指，不少國家或地區早已實施鼓勵生育的政策，但都未能奏效。亞洲的日本、南韓都推出了不同家庭友善政策，如提供免費津貼，但出生率仍然低下。內地大城市生活壓力大，有中國網民諷刺「樓價貴是最好的避孕藥」，加上近年西方的個人主義盛行，丁克家庭出現，斷育婦女數量持續減少，開放三孩的成效成疑，可見提高鼓勵生育措施無效提高中國生育率。相比之下，宣傳教育則有助受傳統文化影響的市民宣傳生育好處，能有效提高生育率。廣東省體制改革研究會會長指廣東、福建等地農村的教育成本較低，且受傳統家族文化影響重視生育，因此教育宣傳會更加有助市民改變生育想法，能提高出生率。

反對：為提高中國生育率，宣傳教育的提供鼓勵生育措施更無效。內地大城市生活壓力大，有中國網民諷刺，「樓價貴是最好的避孕藥」，加上近年西方的個人主義盛行，丁克家庭出現，高齡婦女數量持續減少。市民的想法難以變改，加上內地生活水平的提高令更多市民都不願結婚生子。因此宣傳教育無效。相反，政府強調會完善生育休假制度及生育保險制度，發展價格相宜和方便可靠的托兒服務，增加房屋，提供稅務優惠等，此宣傳教育有更大的誘因吸引市民生育。

- 就資料A，指出及說明中國的能源消耗趨勢可能對全球環境造成的一個影響。

中國的能源消耗有助緩和全球暖化的問題。近年中國對原煤的使用量由1990年的54.6%，反覆下跌共14.2個百分點，至2010年的60.4%，是各項能源的最高跌幅。另外中國的能源亦開始將重心轉移到較潔淨的能源上，如天然氣的使用量由1990年的1.8%，持續上升5.2個百分點至2010年的7%，核能及可再生能源，則由1990年的6.6%，上升共7.7個百分點至2010年的13.8%，反映出中國的能源消耗開始由原煤會燃燒釋放大量溫室氣體的能源轉移成較潔淨或可再

生能源如生物燃料及天然氣，核能及可再生能源再生產電力時所釋放的溫室氣體量比燃煤時所排放的溫室氣體少一半及以上，對地球產生較大的正面影響。中國原本是世界中用燃量最多，排放溫室氣體量最高的國家之一。而近年的能源消耗有助減少，排出更多溫室氣體，緩和溫室效應，全球溫化的問題，極端天氣亦相對較少出現，有助全球環境得以改善。

- 就所提供的資料，指出及解釋可能影響中國治理空氣污染的兩個因素。

首先，經濟因素可能會影響中國治理空氣污染問題，中國的能源消耗總量由 1990 年的 131176 萬噸標準煤上升至 2010 年的 449000 萬噸標準煤，共上升 2.24 倍。內地很多太陽能發電站地點偏遠，在輸電往大城市的過程中損失不少電力，實際使用的電量還不達最大發電量的六分之一。再者政府全年因財政壓力取消補貼太陽能；截 2017 年底，可再生能源補貼總額達到 1000 億元人民幣，可見中國能源消耗總量極高，成本自然高，可是有些地方的實際使用電量卻未及最大發電量的六分之一，當中的損失極高。可見再生能源的發電成本比其他能源的更高。

其次，政治因素亦可能會影響中國治理空氣污染問題，中國生態環境部在 74 個內地城市進行研究，發現 2018 年的 PM2.5 平均濃度比 2013 年下降四成，二氧化碳平均濃度下降近七成，其中北京市的空氣質素大有改善，然而北京空氣質素改善只是多數例子，一項國際調查顯示 2018 年全球首 100 位高污染城市，中國城市佔超過一半。近年中國人民開始注重其生活素質，追求更好的生活環境。中國空氣污染問題更是城中熱話，市民強烈要求政府重視問題，因此中國政府為回應市民訴求，以展現自己對市民的重視，將會熱切去解決及治理中國空氣污染問題，以提升自己的聲望及管治效能，令

人民加以信賴認為自己受重視。除了中國人民，國際間亦開放重視環境議題，中國嚴重的空氣污染問題，將會受到國際的批評，影響自己的軟實力及地位。因為中國政府為了達到國際認可水平將會努力改善其空氣污染問題。





*Visual Art*

*"Creativity takes  
courage."*

*-- Henri Matisse*

