

Outstanding Old Girl

Our old girl Kong Wai Yan (2008-2009 7A) – now a student of the Master of Philosophy programme of the History Department at the University of Hong Kong – received high recognition from local and international institutions in the academic year of 2013-2014.

Kong Wai Yan won two local award and scholarships – Reaching Out Award and Li Po Chun Postgraduate Scholarships. Her academic accomplishments also received the recognition of the National Archives of Australia/Australian Historical Association Postgraduate Scholarships, which are awarded to only two candidates across the globe every six months.



Kong Wai Yan returned to our school and shared the strategies of learning Chinese History with our students.



Kong Wai Yan (third from the right), Miss Lai, the Chinese History teacher, Professor Lap-chee Tsui, Vice-Chancellor of the University of Hong Kong, Mr. Mak, the Principal and her parents (first from the left and the right) gathered in the Prize Presentation Ceremony of the Arts Faculty, University of Hong Kong.

Media Release



Boost for Australian archival research

The National Archives of Australia and the Australian Historical Association (AHA) are continuing their joint commitment to encourage postgraduate archival research into Australia's history.

The organisations have announced the latest winners of their twice-yearly joint scholarships: PhD candidate Christophe Ellisel from the University of Munich and Master of Philosophy candidate Wai Yan (Verian) Kong from the University of Hong Kong.

The scholarships, at \$650 each, help talented postgraduate scholars with the cost of copying or digitising records held in the National Archives' various locations, when the cost of travel may be prohibitive. For example, scholars may be based in one city or another country and want to investigate archival records located elsewhere that are essential to their research.

Christoph Ellisel's research project is the impact of the Colombo Plan, which was seen in part as a tool to open up South-East Asia to Western influence during the Cold War period. Students who attended Australian universities under the Plan had a major impact on South-East Asia's political development. Mr Ellisel's research deals with the Australian position in the negotiation of the Colombo Plan and its connections to ANZUS and SEATO.

Wai Yan Kong is researching the forced evacuation of British women and children from Hong Kong to Australia in 1949. Her research will examine the impact of the largest mass evacuation policy in Hong Kong history on the lives of these affected. Sources in the National Archives of Australia will help provide a picture of evacuees' experiences after they left Hong Kong – especially how they tackled the difficulties of living in a foreign land without their husbands and fathers.

Both projects will add significantly to our knowledge of Australian history and will also benefit other archival researchers," said Louise Doyle, Assistant Director-General, Access and Communication at the National Archives. It is exciting to see aspects of Australian history being studied by students located beyond our shores."

Media Release



Joint partner, the Australian Historical Association is also pleased to encourage international postgraduate research into Australian history:

It is very pleasing that this collaborative scheme is providing direct, tangible assistance to meritorious postgraduate students overseas," said President of the Australian Historical Association, Professor Angela Woolacott. "At the same time, these awards expand the online availability of National Archives records."

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My University Life

Lam Ho Tong

2013 F.6 Graduate

Now studying in the Li Ka Shing Faculty of Medicine, University of Hong Kong

Another year has past. Through this unforgettable year in university I have grown from an ignorant freshman to a more mature medical student. Let me share with you what I have gone through.

The major part of my university life is, as expected, studying. The mode of teaching here is very different from that in secondary school. Our class size is so larger that the professors could never take care each of us individually. We have no homework nor tests but we have to search for references on our own. Unlike the spoon-feeding mode of teaching in secondary school, it requires our self-initiatives and self-discipline to study well in university.

It is generally thought that medical students have to spend all our time studying. Our studies are indeed demanding; however, the truth is that we can still have some private time for gatherings and other activities as long as we can manage our time well. For example, I often do voluntary work like hospital visits and providing health check services.



White coat ceremony



Healthcare service



Medical conference

In June, I participated in an international conference of emergency medicine as a student helper. There were lots of emergency medicine specialists from all over the world presenting their papers and exchanging their ideas. This broadened my horizons and I had a glance on what I will encounter in the future. Then in July, I went to Beijing for an exchange programme with medical students in the Peking University for two weeks. We had lectures, forums, hospitals visits, and the most importantly, visits to the attractions there. This allowed me to understand the current situation of medical system in China and investigate into some health-related issues. I have gained so much from it despite of the short duration of the programme.

On the other hand, I went on a trip to Taiwan with my friends made in university. Before entering the university, I thought I could not make any true friends here, but I did make some. It is not as hard as what have heard of before. It just depends on your attitude and communication skills, and same chances perhaps. In August, I joined a military camp held in San Wai barracks for another two weeks. Not only did I improve my fitness and discipline, I also made friends with people from different universities and organizations, as well as the monitors from the PLA. This was a valuable experience for me.

All in all, my first year in medical school was fruitful and meaningful, and I am now looking forward to my second year of study which will be much tougher. I hope that this passage could add an incentive for you all to study harder so as to get into universities!



Trip to Taiwan



Beijing exchange



Military camp

This Station is ... University

Lau Wei Tung

2013 F.6 Graduate

Now studying in the Hong Kong Baptist University (Bachelor of Arts)

A year has gone by since my graduation from LKL. I am glad I can still write for the school magazine and would like to take this chance to share a quote "Every journey begins with the first step" with you all.

As a freshman in university, I seemed to step into another world. Learning in an unfamiliar environment, adopting to completely different learning style, meeting new friends and living in hall, I was flooded with loads of changes. At first, I was afraid I could not adapt to the new environment without the company of my dearest friends and teachers. However, panicking was useless and moving on to another milestone was inevitable. So I decided to step out of my comfort zone and try to blend in with the environment. Then, there came a point where I started my new journey.



My Last School Day in LKL



LuXun Festival organized by my hall council

In contrast with secondary school, I am given much freedom and there are only some guidelines for me to follow in university. But it does not mean that I can disregard my studies and play heartily. From my experience, self-discipline which I have cultivated in secondary school plays a vital part in urging me to finish all my work. Besides, the way I learn has changed. To acquire in-depth knowledge and

broaden my horizons, I spend time searching for information and reading materials. In university, it is your attitude towards learning that matters.

On top of studying, there are lots of things which blow your mind for sure. I was amazed by my university life even just in this short year. Coming across many new faces, I met schoolmates who learned and worked hard on projects with me, hallmates who accompanied me every day and night and professors who inspired me. They brought me fun and joy in my university life such as the orientation camps, parties, singing contests, gathering, etc.

I was grateful that my effort and determination paid off. With what I got in LKL, I finally arrived at this station. Girls, go all out for your goals!

Fruitful University Life in HKUST

Tam Hiu Yan

2013 F.6 Graduate

Now studying in the School of Business and Management,
The Hong Kong University of Science and Technology

Do you know what you will experience in your university life? Are you curious about the environment that is completely different from secondary school? If the answers to these questions appear to be “yes”, this is an article you can never pass over!

As a Year 1 student of the School of Business and Management of The Hong Kong University of Science and Technology (HKUST), I am delighted to share my university experience with you all. Before the start of the semester, I joined three orientation camps organized by different student societies. Orientation camp is the best and easiest means to make new friends, to understand the university’s culture and to be familiar with the environment of the campus. During orientation camps, different challenging tasks, taking place both inside and outside campus, were given to us and we were required to finish them all. During the task-solving process, group leaders and group members would be more familiar with each other and friendship would be slowly built up. I could make new friends and be familiar with the learning environment in HKUST because of these three orientation camps.



Group photo of The Band Society Orientation

Another essence of university life is residence in student halls. It allows me to have the experience of managing my own living, which is completely different from living at home! Living with roommates with different backgrounds is not a simple task so it is essential to adopt different skills to get along well with roommates. As my roommate did not stay in hall very often, I mostly spend my time in the room myself. Besides, by saving time and money on transportation between my home and the campus, I can have more time to engage in exciting and interesting hall activities like a series of Halloween celebrations events in October. In this way, I can truly experience what university hall life is by taking care of myself, getting along with my roommate and having fun with other hall-mates.

Do you think university life is all about orientation camps and student residence? The answer is definitely a “no”. Before entering university, I did not know much about university life. I hope this article will give you a better understanding of it and of course, thousands of other interesting activities are left for you to find out by yourself. Remember to work hard on your studies and get into a university. I know it is difficult, but still it is possible!

My Dream Comes True

Dr. Lo Chi Wai Ada

2008 F.7 Graduate

Now a registered dentist working at a dental hospital and private clinic

Hi, everyone! How is LKL now? It has been about six years since my graduation from LKL. It is my greatest pleasure to write in our school magazine. I am Ada from 2008 Class 7S.

The old days...

During my old days, I was active in different ECAs and committees while studying hard yet having fun. I miss the days that we stayed till sunset to prepare for activities for Green Challenge and Chemistry Society and practice for the music contest. Besides, staying at school after classes and during weekends for supplementary lessons were fun for me indeed. There was lots of fun and laughter during those times.

I reckon the most important period in my life so far are the days in LKL. The teachers taught wholeheartedly. There were wide choices of ECAs. Friendship here was true and pure. Without all these, I would not be shaped into who I am today.

After graduation...



Graduation photo with my friends from LKL

Work Hard, Play Hard

Apart from work and study, I never forget "work life balance". I am blessed to have several best friends from LKL. We go travelling together every year. Oops, our friendship has lasted for 13 years already!! What I have learnt is you have to cherish and make effort to preserve your old school friends as they are always the ones who stand by you, share and support you during your ups and downs.

Message:

Set your targets (short, medium and long term),
grab every chance to achieve them,
be in faith,
be grateful,
stay cheerful
=P



Gathering with LKL teachers (Dr. Lo: middle, 1st row)

I have had the dream to be a dentist since F.3. With endless efforts and support from our teachers, my dream came true. I became a dental student at HKU in 2008.

During the 5 years of university life, I actively participated in various committees. I was the chairperson of the Executive Committee, Dental Society, HKUSU 2008-2009 and is currently one of the councilors of the HKU Dental Alumni Association.

I am now a registered dentist working at both the dental hospital and the private clinic. I will start my postgraduate and specialist training in Endodontics next academic year.



I went to KL, Malaysia in May 2014 with my classmates from LKL. This was taken at a sky bar near the Petronas Towers.

Key To Success

5E Hui Sui Ting

2014-2015 Head Prefect
2013-2014 Tuen Mun Outstanding Student
Outstanding Performance Awardee in the 2013-2014 Hong Kong
Youth Ambassador Scheme Winner of the 2013-2014 Upward Mobility Scholarship
第六十五屆校際中文朗誦比賽中學三、四年級詩文集誦冠軍

Hard work-that's the key to success. I'm Fion, a current F5 student and I've been trying to live up to the standards of being a hard worker since I've learnt what these words- "success" and "hard work" actually mean.

Have you ever heard of the quote- "Hard work beats talent when the talent doesn't work hard"? I don't think I'm gifted but I know that if I work hard, I'd be able to reach my goal, and I might even surpass those that are naturally gifted if they don't work hard themselves.

So never underestimate the power of working hard, no matter in academics or other aspects. If you work hard, I assure you, you'll be destined to succeed one day.



I participated in an education excursion to Cambridge, United Kingdom in 2014 and completed a Summer School Language Programme in the Cambridge International Centre.



Prize Presentation Ceremony of the Tuen Mun Outstanding Student Selection

Cultural Exchange to Australia

4E IQRA

**Winner of the "Strive for Success" Programme
organized by the Tuen Mun Youth Programme Coordinating Committee**

Last year I was chosen from school to participate in a program called Strive for Success. Over the past year, I have done so many things which I think I'd never have done if I hadn't been the participant of Strive for Success.

I went to 4 day outdoor camp in Sai Kung, in those 4 days I had to carry a bag which was actually heavier than me. Another activity was a 4 day job experience in 2 different companies; one of the companies I worked in is a very popular Beauty Salon in Hong Kong, some participants got to work in airport and some worked in toy-making factories. For every participant, these 4 days were like going on a real job, although we didn't get any pay for our work but it was totally worth it. Then there were inspirational talks where successful people were invited like CEO's of big Companies in Hong Kong and experienced Journalist. We also had to do some community service, what me and my group mates did was taking photos of people in Hong Kong belonging from different Cultural backgrounds to create a big picture to bring out the message of no racial discrimination; we also made food of 3 different countries and distributed it in a community centre. I also got around \$1000 to learn anything I want, I took drawing lessons with half of the money and with another half, I took yoga classes, some others I know took desert making classes and language learning, and the day we graduated the Strive For Success Program, we had a city hunt, we had different tasks to do around Tuen Mun, it was great fun and a chance for us to find out how well we know the area.



The 4-Day camp in Sai Kung



A family we met in Brisbane

And the last activity of Strive for Success was a 9 day trip to Australia which was for 16 participants of Strive for success and I was one of them, so during Easter break I went to Australia. Basically what we did was have a lot of fun. We went to 4 different cities of Australia which were Melbourne, Brisbane, Gold Coast and Sydney. So 16 of us were divided into 3 groups and we had to do a project when we come back to Hong Kong related to certain places we visited to have a better understanding of Australia in different aspects, so we had to gather information needed for

our project that we had already discussed before going to Australia. Also in each city, we had to talk to at least 2 people in Australia to practice our English speaking skills. So these were the requirements we had to fulfill and rest of the time we could do whatever we want.

I loved the encounters with people I had over Australia, all of them seemed to be so easy going and welcoming, actually none of them were obliged to talk to me, in Hong Kong it's like we'd rather travel alone and avoid having eye contact with anyone in case we'd have to talk, but over there it was completely different, they not only smiled cheerfully, but they also stopped and had a little chat with me, they don't hesitate and avoid talking to people and these few minutes of conversation actually makes quite a difference in your mood, I felt more fresh and cheerful after such encounters.



Baby of a family we met in hotel



Movie World in Gold Coast

One more thing I really find interesting is that when I was in Gold Coast, I saw a guy leaving the hotel bare feet, and I heard our tour guide saying that it was very common here, and I wanted to try doing that because I thought YOLO. But I was told not to because it was risky as I'm not used to it, but then we went to the beach and while coming back I was in a hurry to catch up with others so I walked half way back to the hotel without shoes, and it felt great. I took a lot of photos and recorded a lot of videos, all the cities were amazing and it was a great learning experience, and meeting and talking to new people felt wonderful.

And finally, I'd like to say that Strive for Success is a really meaningful program, even if you don't get to be part of the final activity of strive for success, it still is totally worth joining because you get to do a lot of things that you normally cannot do. Also you meet new people and make new friends. I was the only non-Chinese in the program so I was kind of hesitant at first, not confident to open up, but today, after being part of all the activities, I have really become more confident than I was before being part of Strive for Success, it's very helpful for personal growth, you learn a lot and definitely change one way or another, and most importantly you learn to be considerate.

I'll suggest you guys to apply for it next year. But if you want to get the chance to be able to go overseas, the basic requirement for that is you have to participate in all the activities. Good luck and thank you to the teachers who chose me for this.

Waste Management and Quality Living

Top Ten Finalists Award

14th Lions International Youth Exchange Scholarship Essay Competition

6E Sze Kai Tsit, now studying the Physiotherapy Programme in the Department of Rehabilitation Sciences at the Polytechnic University

The 21st century is the best of times

We, humans, with our ever-changing, groundbreaking and state-of-art technology, are enabled to extract and utilize 50% more natural resources than merely 30 years ago (GLOBAL 2000, 2009). Thriving on our mother Earth, 38% of us living in high-income regions are leading a rather luxurious material life, enjoying scrumptious holiday feasts from time to time, and maybe go on a shopping sprees once in a while.

However, it is also the worst of times.

Our seemingly secure living is actually overshadowed by the astronomical amount of Municipal Solid Waste (MSW) generated per year by world cities, which is expected to increase to 2.2 billion tons within 13 years (The World Bank, 2012), far more than our Earth can withstand. Furthermore, our rate of GDP growth, is almost in line with the growth of waste production (United Nations Environment Program, 2011). **The more we earn, the more we buy; the more we consume and the more we cast aside.**

With the overwhelming amount of waste, our world is at stake.

Problems that we met

In regards to health problems, unsound waste management system breeds innumerable physical diseases. Solid waste could block the drainage system causing flooding, and consequently spreading of water-borne diseases. The epidemic in Surat, India in 1994 was exactly a case in point, in which 56 died among the 1000 affected residents. Environmentally, flawed waste management system is the fountainhead of deteriorating environmental condition. The largest source of greenhouse gas (GHG) emission is landfill methane. Post-consumer waste-generated GHG emissions were equivalent to approximately 1300 MtCO₂-eq (million metric tons of carbon dioxide equivalents) in 2005 (Bogner et al. 2007). All these have contributed significantly to global warming.

As for social issues, poorly arranged waste management scheme plays a large part in provoking social unrest. In Naples, Italy in 2008, the breakdown of the waste collection service gave rise to piles of solid waste on streets for months, resulting in the fierce protest of the raging residents.

From the point of view of the economy, inefficient waste management system has been the culprit of squandering the wealth of nations. Water pollution due to improper waste disposal has cost Wenzhou, merely a city in southeast China, 114 billion for recover work. Also, in Tangier, Morocco, tourists were scared away by the pollution along the beaches, causing there US\$23 million per year in lost revenue.

There is absolutely no doubt that expeditious actions should and must be taken now.

What our governments can do

The government should play a leading role in adopting and adapting efficient waste management policies. When drawing up policies, the governments should be aware of the following 'waste management hierarchy'.

Source Reduction and Reuse Recycling or Composting Energy Recovery Treatment and Disposal

The government should try their utmost to achieve source reduction, which is the most preferable, and can be facilitated by propagation, like the 'Food Wise Hong Kong' campaign. Nevertheless, informal sectors (non-government organizations) might be removing or recovering up to 66% of the city's waste (Cairo, Egypt), and cost the government nothing. Therefore the governments may consider authorizing some of the informal waste collecting organizations for the sake of maximizing efficiency. Adequate waste transfer stations should be set up (there are over 120 in Kunming, China) alongside with sound transportation system so as to strike for 100% collections coverage and clear streets for citizens.



The governments should lend a helping hand to the micro-enterprises and the informal sectors to keep their businesses running and our system working. Insight of a case in the Netherlands, it can be seen that the solid waste collectors could receive a compensation of 475 Euros per ton for collection from the government so that they can continue their work and play a critical role in the waste management of the cities.

What each individual can do

The onus of waste management falls on both our governments and us. If everyone in the world is willing to make a small change, then our collective effort could change the whole world. Simply practice 5R (Recycle, Reduce, Replace, Reuse + Refuse). It can be as simple as bringing your own bag (BYOB) to supermarket, changing to a light bulb with higher energy efficiency, or recycle your waste when you see those recycling bins. A plastic bottle could be a flowerpot or a pen case before its life ends. Saying "NO" to behaviors of overconsumption within the modern consumption culture is also a way.

Today, we are living in the best of times. Tomorrow, let or posterity embrace the same chance as us. Managing municipal solid waste has been identified by numerous global organizations as a key challenge of the 21st century, a key responsibility of governments and citizens, **and most importantly, a key that unlocks the door of quality living.** We must act today. We must act promptly and adequately to make our fantasy into a reality. Seize the day, pave the way, as we can afford no more delay!

Key sentences:

1. The more we earn, the more we buy; the more we consume and the more we cast aside.
2. In regards to health problems, unsound waste management system breeds innumerable physical diseases.
3. Environmentally, flawed waste management system is the fountainhead of deteriorating environmental condition.
4. As for social issues, poorly arranged waste management scheme plays a large part in provoking social unrest.
5. From the point of view the economy, inefficient waste management system has been the culprit of squandering the wealth of nations.
6. The governments should play a leading role in adopting and adapting efficient waste management policies.
7. The governments should lend a helping hand to micro-enterprises and the informal sectors to keep their business running and our system working.
8. If everyone in the world is willing to make a small change, then our collective effort could change the whole world.

Waste Management and Quality Living

Certificate of Distinction

14th Lions International Youth Exchange Scholarship Essay Competition

6E Cheng Anja, now studying the Bachelor Programme in the Faculty of Law at the University of Hong Kong

Waste Management issues have been brought into new light due to the recent disputes concerning policies to deal with the wastes in Hong Kong. A closer examination on how waste management, the disposal or processing of wastes, and quality living are related in an international city could be carried out in the wake of the developments. In order to assess the relationship, the effects of waste management, the ideals of waste management and the possible motivations for stakeholders of waste management shall be examined in greater detail.

Health issues

Health-wise, waste management is directly associated with the disposal and the subsequent treatment of chemicals harmful to health. Toxic chemicals such as dioxin, halogens and vinyl chlorides are very often found in wastes and they are in utter need of disposal. Nonetheless, the popular waste management methods themselves are proven to be responsible for the emission of various harmful chemicals as well. Namely, landfill gas is composed of round 40% to 60% methane, and the rest mostly being carbon dioxide while incineration causes the formation of



multiple poisonous chemicals including dioxins, furans, sulphur dioxides, hydrogen chloride, etc. Therefore, it is crucial to develop an effective and harmless way to handle the wastes in an international city.

Economic Issues

Environmentally, waste management imposes considerable influence on the cityscape, as well as the natural environment. An image of a city full of garbage is no match for a modernized international city, which provides a reason for the biggest cities in the world to invest so much in waste management, such as New York City, which used US\$2 billion in 2012 for waste management. The natural environment serving as the habitats to many animals and plants is also subject to the direct influence of waste management. For example, global warming can be worsened with the methane and carbon dioxide emitted by the wastes, the soil and the water could both be poisoned by organic or heavy metal compounds from decomposing wastes, not to mention the formation of acid rain caused by the emission of carbon dioxide and sulphur dioxide which can be formed from wastes. Floods destroying habitats of land animals, chemicals polluting habitats of marine creatures and woods ruined by acid rains are indirect, but relevant results of the failures of waste management, highlighting the importance of proper waste management in international cities.

Socio-economically, waste management, an expensive and possibly profitable subject, also opens controversies and opportunities for the modern society. The US enterprise Waste Management saw revenue of US\$14 billions only a few years ago, evident of how potentially profitable the industry is, though the CEO of the company admitted that they are losing money running a recycling business. The society in general, on the other hand, found itself more educated on the matters related to waste management through years of debate, with opinions from a variety of stakeholders spanning from environmentalists, governments and the general public. Though conflicts are often induced between environmentalist groups and governmental bodies, opportunities are undeniably created as the waste management issue is now turned into a new pioneer industry. The complexity of the waste management problems has definitely written a new page in the socio-economic history of the modern international cities.

All these aspects comprise of factors determining our qualities of life. As citizens of international cities, our health is practically determined by the environment of the city. We may also gain pleasure in natural beauties, dominated by waste treatment as well. Another important concern of modern citizens is the economy, which has embraced a considerable chance of profit-making through the waste management industry, contributing to the economy, which goes to the taxes and ultimately benefits everyone in the city.

Waste management plan

Ideally, an appropriate waste management plan should be sustainable, green, safe and profitable. Only through years of experiments with different kinds of waste management methods had we assessed the yardsticks of an ideal waste management plan. Sustainability shall be taken into account when discussed. Current popular waste management means like landfills has been proven to not only be destructive the environment, but also unsustainable, as they have limited capacities. Newer methods shall be developed to ensure the sustainability of waste treatments, for example by recycling and reusing. Some methods, though quite sustainable, are in fact not nearly as green as desired. Pyrolysis, for example, is a method of treating wastes, which can even produce crucial raw materials for the polymer industry. Nonetheless, pyrolysis uses a large amount of energy in its process, undermining its "green" value. Another principle of waste management plans would surely be safety. Harmful substances such as hydrogen chloride could be produced in modern treatments, like incineration. To appeal to stakeholders handling wastes, economic incentives should be offered for support and effectiveness. Ultimately, we would still need to popularize the recycle, reuse and reduce principles of waste treatment, as well as making it profitable to regular citizens so as to boost people's motivation to carry them out.

Polluters Pay Principle

The Polluters Pay Principle shall be implemented to a great extent, as it would enhance the idea that reducing waste equals to saving money, creating an economic incentive for different sectors of stakeholders to reduce, recycle and reuse their waste. As the Rio Declaration on Environment and Development of the UN has stated, the environmental costs should be internalized for the polluters themselves. This would plant the idea in the minds of the public that they are only paying for the wastes they produced, focusing their minds on what they can do to cut costs, which leads to the inevitable solution - reducing wastes. The economic incentive should be fairly effective, as proven by Taipei, whose waste volume decreased by 35.08%, and recycling has increased 2.6-fold from 1999, further proving its importance for an international city.

In conclusion, waste management plays a decisive role on the face of the international city. As modern citizens, we would have to realize the Polluters Pay Principle, as well as the 3Rs Principle to cope with the increasing need of better waste management.

「領袖生內地交流計劃」 北京之旅

本校三位中五學生獲教育局挑選及資助參加是次交流計劃，以下是她們北京之行的感想：

5F 陳樂彤

在這次五日四夜的交流團中，我學到了許多有關航天科技的寶貴知識，對中國夢——對發展航天科技、科學的追求，有了更深刻的了解。而在本次交流中令我印象最深的行程是到北京市第八十中學裏與數名初三學生和老師交流。他們對學習的熱誠是我們香港學生不能比擬的，他們可以為學習放棄一切的玩樂，每日除了三餐和睡覺外都會將時間花在讀書上。看見他們對學習的熱誠，令我不禁反思自己的讀書方式，所以我決定要向他們學習，改變自己現時的學習方式，同時亦督促自己要勤奮學習。



「鳥巢」國家體育場

在交流期間，我與一班組員相處融洽，雖然我們之前素未謀面，性格不一，背景相異，但經過十天的相處後我們都變成好朋友。這次的交流給我們一個機會去學習與人相處和合作。

最後我非常感激教育局給我們機會到北京進行交流，雖然行程十分緊湊，而且過程艱苦，但這次的交流經驗實在非常寶貴，即使行程再辛苦亦值得。



中國皇家菜博物館

5F 庄鋸琪

在這個交流團中，我認識到中國現今的科技發展比以前迅速，而經過實地走訪、參觀，我對中國的科技發展完全改觀。我一直以為中國的科技發展比其他發達國家落後，技術水平及品質都不及其他國家優秀，但是透過參觀北京航空航天大學、現代汽車廠及一些博物館後，我發現中國近代的發展非常迅速，而這些成就都有賴中國的重點人才培訓。我與北京航空航天大學及北京市第八十中學的學生交流過後，我領悟到他們讀書不是為了爭取分數而已，而是為求進步和追求更多的知識，為自己增值。他們積極的學習態度令我很佩服，我亦會好好向他們學習。

此外，在這次的交流活動中，我認識到來自不同學校的交流生。在跟他們一起合作完成一份專題研習時，我學會了接納大家的意見，從不同意見中找出合適的答案。這次難忘的交流之旅令我眼界大開，加深對中國的認識，消除一些固有的想法。

5F 祁海珊

與內地學生交流期間，我實在自愧不如！他們對學習充滿熱誠，每天除了一日三餐和睡覺之外，便只有讀書。我會督促自己，不浪費時間玩耍，專心學習。交流完畢後，我們全組組員都在埋頭苦幹，將交流中所學的全部發揮出來，完成了報告。在做報告的過程中，我學會如何與人合作。我亦要在此感謝我的組員，我在他們身上學到許多東西，實在是獲益良多。

最後，我感激教育局給予我這次寶貴的交流經驗，讓我看到祖國光輝的一面。



「和諧號」動車

第三十屆聯校學生領袖訓練計劃

5D 陳靜美

5D 陳靜美

(傑出學生領袖)、(素質學生領袖)

4C 蕭綽穎

(優秀學生領袖)

3A 韓文蕙

(優秀學生領袖)

3C 孫慧美

(飛躍進步學生領袖)

3C 陳嘉稀 3C 周樂思

3A 周瑩瑩 3C 曹文悅

5D 黎雪儀 3C 黃澤愉

(學生領袖)



老師們出席我們的結業禮。

計劃簡介：

學生領袖訓練計劃的目標是啟發學生的獨立及批判性思維，訓練學生的解難能力，提升學生的組織及策劃能力，培養學生關顧社會的意識。

本屆領袖訓練以「關社·心會」為主題，透過一連串的社區走訪及體驗，親身接觸社會上的人與事，用心體會，從而啟發學生關心社會的意識與動機；當中更配合不同的思維訓練及領袖訓練工作坊以裝備學生，最終推動學生策劃不同「關顧社會行動」，身體力行、以行動來關顧社會上的弱勢社群。

我們在學領計劃中得着甚多，例如多角度思考及批判性思維。學領計劃亦是讓我們發揮自己潛能的舞台，就像嘗試作為司儀帶領活動，加強我們的自信心。除此之外，學領計劃擴闊了我們的視野，令我們願意花更多時間去留意不同的社會議題，也期望能把學到的一切回饋社會，繼續在社會上發熱發亮！



在結業禮上與其他學校的代表一起高歌。

流行文化專題研究比賽2013冠軍

本校5F莊詠琳、梁欣然、劉念珊及曾翠瑩四位同學參加了由香港中文大學專業進修學院語文及翻譯學部主辦的《流行文化專題研究比賽2013》，主題是「香港今日的流行文化」。四位同學以「從《江南Style》的傳入反思如何與香港文化衝擊與融合」為題參加比賽，並榮獲冠軍，以下是得獎同學的訪問。



問：5F 李菀容

答：5F 莊詠琳

恭喜同學得獎！請說說你們的得獎感受。

起初，我們完全無從入手，根本不知道從何開始製作一份獨立專題報告。幸而，我們的通識科老師余陳明麗老師耐心地指導我們，帶領我們從不同方向探討題目，我們才能從

迷茫中得到方向。我們在製作過程中，完全沒有想過有機會得獎，只是志在參與，汲取經驗，令我們在中五的獨立專題報告可以做得更好。因此，我們對於得獎一事亦感到非常意外，可是也很驚喜、很感動，我們的努力沒有白費。

請問你們是如何選擇題目的？

我們本來對於《江南Style》這首歌甚有興趣，因而在選擇題目的時候，都不約而同地選擇了一個我們都感興趣的問題，令整個過程事半功倍。除此之外，我們的題目較為創新，貼近潮流，我們估計這也是突圍而出的原因。

你們認為你們的成功因素在哪？

首先，因為我們都很喜歡《江南Style》一曲，所以更有動力去尋找關於此曲的資料，對此曲有更深入的了解。因而，我們可以作出更準確的闡述，令到整個報告更為全面，更清晰易懂。此外，我們的題目十分獨特，令評委更有興趣閱讀我們的專題報告。



請問你們如何分工？

在專題報告的不同階段開展之前，我們也會與老師開會，探討我們將要研究的方向。然後，再分配每個人的工作；各人完成後，再加以組合，成為一份有不同方向的報告。當中，我們會互相參考組員的內容，希望可以精益求精，令報告寫得更好。最後，我們會詢問老師報告的格式，一起改動，再三編訂，減低出錯的機會。

在這個比賽中，你們最大的得著是什麼？

首先，我們在這份報告中學習到團結的力量。我們學會取長補短，慢慢互相磨合，令到報告更臻完美。此外，我們更認識到全球化的影響。當我們對全球化一無所知的時候，往往低估了全球化為整個社會帶來的影響。我們在報告中深深地明白到一首歌的傳播也是源於全球化，全球化原來可以改變整個社會。在這次比賽中，我們成功得取寶貴的經驗，令我們可以在下次做專題報告時有更佳的表現。

多謝你們接受訪問。