

Effective Writing

This is the fifth time I have been asked to write a few lines to serve as a Foreword for our school's Best Writing Collection. Many students practise the writing process through using this platform and share the articles with their schoolmates. The collection can act as a bridge to join our minds together.

I do believe practice makes perfect but you should practise in an effective way. The followings are some rules from Ernest Hemingway on what it takes to write well:

1. Use short sentences and short paragraphs
2. Use vigorous English – with passion, focus and intention
3. Be positive, not negative
4. Spend time to edit and rewrite (*"I write one page of masterpiece to ninety-one pages of 'rubbish',"* Hemingway confided to F. Scott Fitzgerald in 1934. *"I try to put the 'rubbish' in the wastebasket."*)¹

The process of writing may be full of difficulties. However, after you master a range of effective writing skills, it will become more enjoyable. Hope to see your articles again in the next issue of Best Writing Collection.

Best wishes

LAW Kam-shing

Principal

June 2016

¹ BY GEORGE JOURNAL (<http://www.bygeorgejournal.ca/?p=1047>)

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Principal's Foreword

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Writing a Diary

F.1A Lam Ka Yan Annie

7th June Sunday

Sunny

Today I had a great time with my family. We joined a local tour to visit some of the popular places in Hong Kong that we have never been before.

In the morning, we gathered together with other members of the tour outside the Kowloon Tong MTR Station. First, we went to Victoria Harbour. The sea view was spectacular as the water sparkled under the day light! I took a lot of photos there with my parents. Mum and I kept on taking selfies and dad was busy taking photos of the scenery. Then, we went to a Chinese restaurant for lunch. I ordered cha siu with rice but it tasted horrible. The meat had no taste at all.

At 1 p.m., we went to Hong Kong Island by ferry. We visited Wan Chai first and we learnt a lot about the history of the old buildings around the area. Then, we visited Hollywood Road. The road was very steep and long and there were some tea houses along the way. I took many photos of them because I wanted to use them as my wallpaper for my computer.

At 4 p.m., we went to Sai Kung in the New Territories. We had dinner there and the food was delicious! After dinner, my family and I went shopping. We bought some beautiful postcards and cute key rings. I got a souvenir for my best friend, Marcella.

At 6:30 p.m., we finished the tour at the Kowloon Tong MTR station. Before leaving, we took some photos with other members of the tour. We were very happy that we joined this trip. We visited a lot of places and made new friends.

I had a great and an unforgettable day! I hope I can join other local tours in my summer holiday.



1st July

Dear Lily,

How are you? I hope you're well. I'm in Macau with Mum and Dad! We went there by ferry. I enjoyed my time there.

In the morning, we went to the Ruins of St. Paul. There were many stairs. We felt very tired but it was worth climbing up to see the tombs. We took many photos. Then, we tried many traditional foods like egg rolls, wife cakes, peanut sweets, Portuguese egg tarts and pork chop bun. They were delicious and they smelt super good. I bought you a box of almond cookies by the way. I knew you would like them. Don't forget to thank me afterwards though.

In the afternoon, we went to Macau Tower. It is a very tall building. I was so excited to go bungee jumping! I was not scared but Mum and Dad were shocked. After that, I also tried sky-walking, too. You should really try that too when you come here for a visit.

At 4:30 p.m., we went to Senado Square. We saw a big fountain in the middle and we took many selfies right next to it. The administrative building was nearby but I was not interested in it. I tried milk pudding. It is my all-time favourite! It tasted soft and sweet. Besides that, there were many stores around the area so we went shopping for souvenirs. Mum bought some beautiful clothes but I think they were way too expensive! We left Macau by ferry at 6:30 p.m.

Anyway, it's time for me to go to bed. I'll tell you more about it later. Please write back to me!

Love,

Chris



P.S. I'll upload the photos that I took during the trip on Facebook when I have the chance! I'll let you know when I have done it.

Cycling for Fun

Join the Cycling Club for a great time on Saturday 8th July. We're going to learn how to cycle and get close to nature to release our examination stress in this interesting cycling trip to Tai Wai. It's not difficult and beginners are welcome.

We're going to meet at nine in the morning at Tai Wai Station. We'll check our things first before starting off. After that, we'll head straight for the shop opposite to the station to hire bicycles. The trip will begin with a pleasant ride along Shing Mun River. There are beautiful views of the straight river channel for the development of Sha Tin. We can take beautiful pictures there. Then we'll cycle to the Hong Kong Science Park, which is the biggest Science Park in Hong Kong. We'll stroll around the park in a leisurely manner. At about one o'clock, we'll eat lunch there.

After lunch, we'll cycle to the Tolo Harbour Cycling Track. It is famous for its cycling trail and we can see the brilliant views of Tolo Harbour. Finally, we'll cycle to Tai Mei Tuk to admire the satisfying sea views. It is also our destination and we'll have a barbecue there to celebrate the end of our school term. After eating, we'll get back at seven.

Remember to bring a bottle of water, some snacks and a camera. To join this cycling trip, you can sign up at lunchtime at the school counter next Thursday.



Draw a picture from the play "Outsmarting the Imp".



Drama Reflection

F.1B Carrie Liu Jia Yi

Drama Reflection

F.1B Melody Ip Man Kiu



Which types of stories are your favourite?

I like funny comedies because they make me happy especially when I am angry or unhappy. I also like horror stories as I am not afraid of ghosts. The description of the setting in horror stories often makes me excited. My favourite story books are "Mr Bean's Holiday" and "Bloody Mary".

Which of the characters in the play "Outsmarting the Imp" is your favourite and why?

Imp is my favourite character because it is the leading role in the play. I think it looked funny and interesting. Although it was smelly and nasty, it brought no malign influence on humans. I love this character as it was kind to the husband's family.



Which type of stories are your favourite?

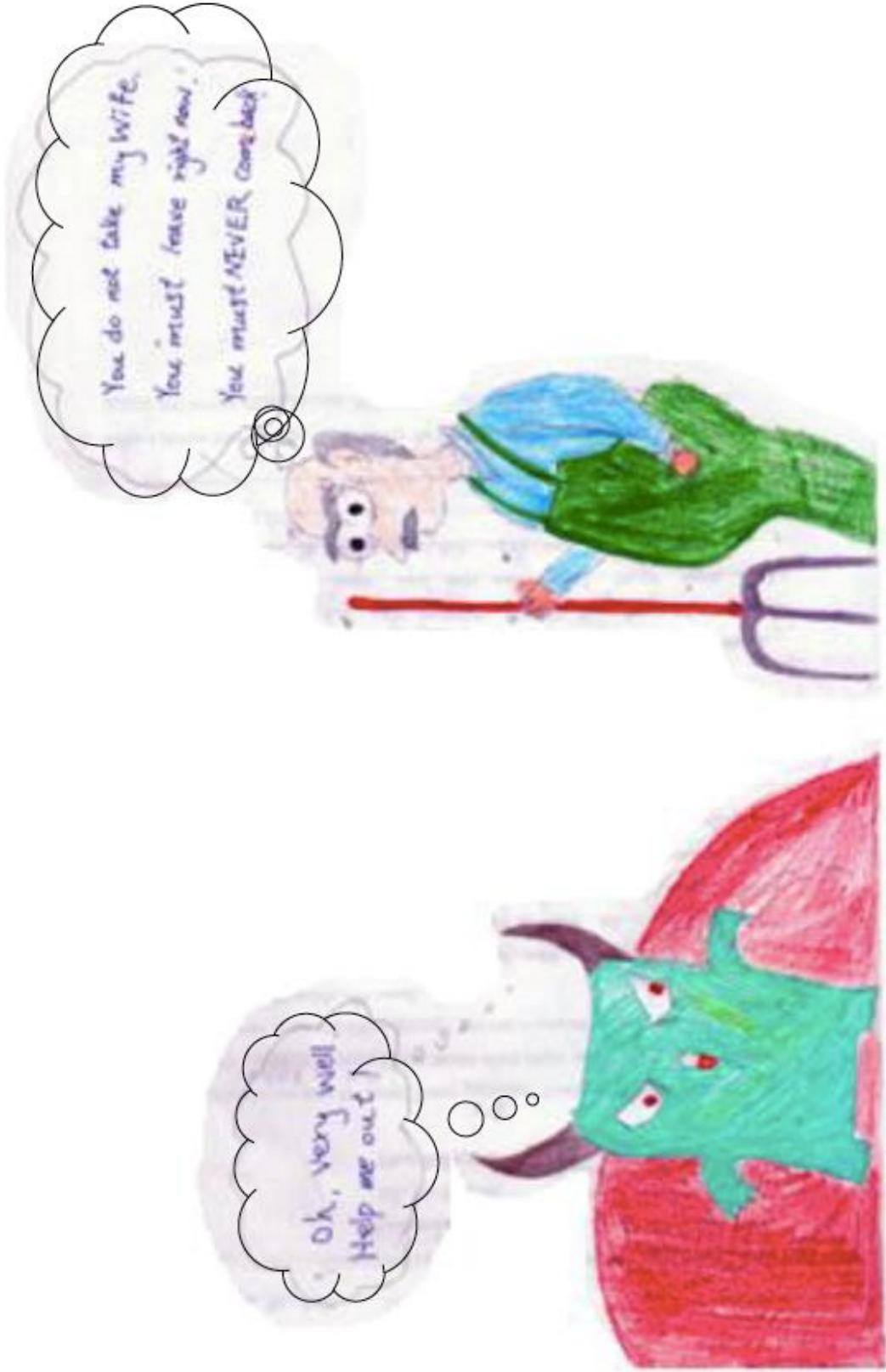
I love reading funny comedies because they make me laugh. When I am unhappy, the stories give me strength. My favourite story books are about Mr Bean. The series of books are popular amongst children around the world. His eccentric and hilarious character cheers many people up.



Which of the characters in the play "Outsmarting the Imp" is your favourite and why?

My favourite character is the husband in the play. He was very caring and he knew how to take care of his wife. He told the nasty imp not to hurt his wife. He also warned it to leave their village and not to come back again. I admire the husband's bravery so he is my favourite character.

Draw a picture from the play "Outsmarting the Imp".





Which type of stories are your favourite?

The kind of books that I love most are action stories. I like the exciting scenes of the books. When I am reading them, I feel nervous. My favourite story book is "Captain America". As well as its story book, I also love watching the movie.

Which of the characters in the play "Outsmarting the Imp" is your favourite and why?

My favourite character in the play is the son because he was very smart. For example, he could think of a wonderful plan to help his mum leave the deep hole. Because of his plan, the imp also got into the hole. Besides, he was also very brave. When he was angry, he even shouted at the imp to tell it to stay away from him.



Full-day Tour Stops

1. Ngong Ping Market



2. Ngong Ping 360



3. Big Buddha



4. Wisdom Path



5. Po Lin Monastery



Fee: Adult: \$800
Child: \$450

Duration: 9 a.m. - 6:30 p.m.

Departure Time: 9 a.m.

Pick-up Point: Ngong Ping Market (outside Watsons)

Enquiries & Booking : 2869 2204

<http://ClassicalTour.com>



QR Code:

STAR WARS AGENCY



STAR WARS AGENCY



General Introduction of the Place

Lantau Island is located on the southwest side of Hong Kong island. It is the biggest island in Hong Kong. Lantau Island is about 105,000 square km in area. The island became famous after the government built its new airport on Lantau. The government is now planning to develop special sites of natural beauty and to develop new sports facilities on the island.

Classical Tour



Contact telephone: 2869 2204
Email: swagency@gmail.com

A Brief Description of the Tour

The tour is suitable for families, young and old. It provides tourists with the opportunity to visit the many attractions on this island. As the largest outlying island in Hong Kong, Lantau is rich in heritage, culture and history.

Ngong Ping Market

Our tour starts from Ngong Ping Market. We will have our lunch right there and have some free time to shop for local souvenirs. In Ngong Ping Market, we can see the majestic Tian Tan Buddha statue from a distance.



Ngong Ping 360

Ngong Ping 360 is the best way to admire the scenery of Lantau Island. The journey takes around 25 minutes commencing from Tung Chung. The glass bottom view inside the cabins show visitors a spectacular view of the sea and mountainside beneath their feet.



Tian Tan Buddha Statue

The Tian Tan Buddha statue was built in 1993. It's 34 metres high and it is the biggest sitting Buddha in the world.



Wisdom Path

The Wisdom Path is the most popular trail with a series of 38 wooden stelas. These monuments contain verses from centuries-old prayers from monks, Buddhists and Taoists.



Po Lin Monastery

The Po Lin Monastery is one of Hong Kong's most important Buddhist sanctums. It has been named 'the Buddhist World in the South'. The monastery is surrounded by beautiful gardens, birdsongs and flowery scents.



Map & Route



Star Wars Agency



Contact details

Telephone: 2869 2204
Email: swagency@gmail.com

Tourists' Responsibility

1. Don't litter.
2. Don't pick any plants or catch any animals.
3. Keep quiet in the countryside.

All-time super---Andy Lau

I admire Andy Lau very much because he is good at singing and acting. He has received a lot of awards so he is extremely famous in Hong Kong and even in Japan! However, he still thinks he has many things that he needs to improve on.

First of all, Andy Lau is very generous in helping the needy people, especially the disabled. In 2010, he published an album called "Everyone is No. 1" because he wanted to inspire the underprivileged and the disabled to be positive in fighting for their lives. Besides that, he created "Andy Lau Foundation Limited", which aims to offer help to the disabled. For example, he financially supported a disabled athlete, Mr. So Wa Wai, who got numerous gold medals in the Paralympic Games.

Besides that, Andy is very serious about acting. For example, he purposely ate a lot of junk food to gain weight. He did such a thing just for the sake of his role in a movie called "Love on a diet". An example was that he tried to get inside the mind of a retired blind detective so he could be in role as a blind person in the movie. He also went to the Hong Kong Society for the Blind to get along with the blinds for two months.

Furthermore, he is friendly to his fans. In a mini music concert, a security guard punched a fan in the face. Andy jumped down from a 2 metre-tall stage and got the fan out of danger. What's more, although he is very busy with acting with only a few hours to sleep every day, he would find some time to have a birthday party with the fans.

All in all, he could become a super star because he is very serious on his

job and friendly to everyone. If one day we can become as famous as Andy Lau, can we do the same things as him?



★ TAI O TOUR ★

A leaflet **F.2A Hung Sheung Yau, Law Ka Ki Betty & Yu Yee Ki**



A map



Tour stops

1. Stilt Houses
2. Yeung Hau Temple
3. Local Specialty Market
4. Tai O Cultural Workshop

Rules to observe:

1. Do not litter
 2. No graffiti
 3. Do not pick flowers
- Departure time:** 9:00 a.m.
Duration: about 6 hours
Pick-up point: Central ferry pier

ENQUIRIES AND BOOKINGS:
 Please call Pentecostal tour

Price (includes lunch):

Adult HK\$100
Child/ Senior HK\$75

Enquiries & Bookings:

Please call Pentecostal Tour
 Reservation Hotline at 2134 5678
 (7am – 7pm daily) or fax 6765 4321

Departure:

Every Saturday and Monday

TAI O

Tai O is home to the Tanka people. It is located at the southwest part of Lantau Island. The fishing town is famous for the stilt houses and they are located on both sides of the river.

Tai O tour is a tour suitable for families and couples. It takes you to see the natural, beautiful scenery. You can also learn about the history of the fishing village.



Stilt Houses



Local Speciality Market

Yeung Hau Temple



Tai O Cultural Workshop



The tour first takes you to see the stilt houses. You can learn about the life style and fishing heritage of Tanka people living in the countryside. It is a famous attraction in Hong Kong.

Then, we will go to the Yeung Hau Temple as it is the oldest temple in Tai O. It was built in 1699. You can learn about Yeung Hau's story by looking at the Chinese paintings and the statues placed around the building.

After that, the tour takes you to the local Specialty Market. You can find shops selling homemade shrimp sauce, shrimp-paste, salted-fish and dried seafood.

Finally, it continues to Tai O Cultural Workshop. It is a privately owned museum. You can see the old finishing tools and dismantled structures from the past. All the items were collected from the local residents.

An Informal Email

F.2B Leung Wing Lam Cathy



Dear Tommy,

How are you? Well, I had a great time in my Lunar New Year holiday. Do you know how much I was amazed and excited in the holiday?

Before the Lunar New Year, we have lots of stuff to do. First, I cleaned my flat with my family. I cleaned my bedroom by myself. I bought a piece of red and white clothes. It was pretty. We stuck the red couplets at home and helped my parents to put money into red packets too. Among all the preparations I have to do, I like cleaning our flat with my family members because I did not have many to do with them! However, I hate preparing red packets with them as I have to change money from the bank. The queues were so long that I waited for a long time. After finishing all these preparations, I was exhausted! Do you know why we Chinese have to do all these before the New Year? In fact, Chinese people believe that we can have a great new year ahead with a new look. Sticking red couplets means bring luck to all members in the coming year.

We also did lots of things to celebrate this festival. On the first day of my holiday, we visited relatives. We went to Sheung Shui to visit my grandma by MTR. We gave blessings to others like "Haooy New Year!" and exchanged pocket money with them. I had a festive dinner with all the relatives at night. It means unity and happiness. On the second day, I visited the flower market at New Year Eve and bought some interesting traditional food or decorations there. On the next day, the first day of the Lunar New Year, I watched fireworks and parade at home. The firework was beautiful when they bloomed in the night sky. The parade was wonderful too and we watched lion dances on TV too. I hope that we can watch the fireworks outside. I am sure it would be much beautiful and amazing if I can have a chance to see the whole sense.

I dislike visiting relatives because they are selfish. I was angry with the relatives sometimes as they always mock my mum!

Finally, we ate many varieties of traditional food in the Lunar New Year. My favourite food was New Year cake, turnip pudding and lotus root. They were really delicious. My mum made the turnip pudding by herself at home. She taught me how to make it too. I think I am confident to make one for you when you come here. I think the turnip pudding was the highlight of New Year food. Do you know why we need to eat turnip pudding? New Year cake is a symbol of fortune and luck to all Chinese. Another type of my favourite food is the lotus root. It means good fortune. You should try them. The ingredients of making New Year cake and turnip pudding can be bought at the bakery. I'll bring you there when you come to Hong Kong next time.

Chinese New Year is an unforgettable festive to me. I have lots of good memories with relatives and friends. I also learned a lot after I understand the meaning of the traditional food, customs and the importance of filial piety in the Chinese New Year. I will pass you some photos and hope that you like them. Hope that you can come to Hong Kong to visit me next year so that we can experience the joyfulness together. I think it's time for me to sleep. Talk to you soon.

Love,
Chris



The Person that I Admire

The person that I admire is generous, brave, beautiful, clever, smart and kind. She is very good in all aspects. She does not have a job but she works very hard. She is very nice and sincere, especially to me. Yes! She is my mother.

First of all, my mother is very caring because she takes care of me every day. When I am sick, she stays with me all day long. She takes me to see the doctor when I get sick. She looks after me carefully until I get well. I can feel her love every day through her care.

Besides that, she is very hard working and helpful because she does all the cleaning and cooking works. Every day, she cleans the floor by herself. She then cleans and tidies up my bed. Sometimes, she also cleans and tidies up my messy desk! Of course, she also prepares our lunch and dinner every day. They are very yummy!

Last but not least, I think my mother is so clever. She likes reading a range of books. She knows lots of things, like history and world news, although she did not go to university. I remember sometimes she told me some interesting stories about the history of China when I was young. She has also told me lots of stories to let me know more about the world.

All in all, my mother is clever, helpful and caring. I will learn all these good things from my mother and learn how to take care of others and cook yummy food. I will try to take care of my friends and schoolmates. I hope one day I can be a good mother too.



Suggestion Form

I would like to make the following suggestions for the patient Sophie So who has diabetes.

A Brief Explanation of the Health Problem

Diabetes is a serious health problem. When the pancreas does not function properly, it does not produce enough insulin for the body. As a result, the sugar consumed cannot be changed into energy. Instead, the excessive sugar remains in the blood stream and this causes diabetes. This may lead to a number of other health problems. For example, the patient may suffer from kidney failure, stroke, heart attack or even blindness.

Advice on Diet (Food)

In order for Sophie to be healthy, it is important for her to maintain a balanced diet and follow a '3 Lows 1 High' approach. This means the food intake should be low in salt, sugar and fat; and high in fibre. The patient should not take in excessive amounts of sugar. The suggested daily sugar intake should be less than or equal to 50g each day.

Advice on Reading Nutrition Labels

As a diabetic patient, Sophie should pay attention to the nutrition labels when she buys food. She should always bear in mind that nutrition labels only provide the consumer with some rough ideas as to the nutritional content of the purchased items. She should pay attention to her level of sugar consumption each day and must try to ensure that she limits her daily intake to under 50g. In addition, she should also take in less than or equivalent to 30g carbohydrates as carbohydrates will convert into sugar in the body.

Advice on Lifestyle

A healthy lifestyle is essential for Sophie in order to manage her diabetes. First of all, regular exercise is highly beneficial for her condition. She should exercise at least half an hour each day. Besides, she should have sufficient sleep every night. It is recommended that she should try to have a minimum of 8 hours sleep per day. Since too much alcohol and smoking are harmful to her health, she should make an effort to reduce the amount of her alcohol intake and if possible, stop smoking.



By following the suggestions above, Sophie should see an improvement in her diabetes.

A Reply Letter to Sally

Dear Sally,

Thank you for writing to me. I'm sorry to hear about your problems. I hope I can give you some useful advice to help you overcome these problems.

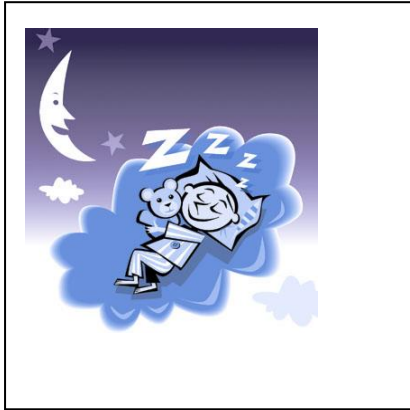
First of all, you mentioned that you always felt tired at school and you thought it was necessary for you to play games every night. I understand computer games are really exciting. However, I don't think it's a good idea to play them every night since you need more rest at night. Do you have at least eight hours' sleep? If not, I think you should try doing so as rest is so important for a student in order to think properly. If I were you, I would make a weekly schedule and limit the time spent on the games. It's acceptable if you play it every now and then. If you feel bored, you can do exercise instead of playing computer games. For example, you may jog in the park or play basketball. They are interesting and you can keep fit at the same time. I'm sure you'll quit the habit soon if you can take up these healthy sports.

Another problem is that you can't memorize many English vocabulary items. Why don't you try playing some word games to improve this? They can help you remember them. Also, I advise you to revise the vocabulary items every day. You don't need to revise many. Five words per day will do the job.

In your letter, you also mentioned that your older brother bought some new expensive gadgets which he couldn't afford. You don't know whether to tell your parents or not. In my opinion, I think you should try to talk with your brother as soon as you are able to do so. You should ask him if he has a job and whether he has money to spare. If not, you should tell your parents about that. Tell your brother he should only buy things that he can afford.

I hope the advice is helpful. Hopefully, things will get better soon. Don't worry too much about it. If you need any more help, write to me.

Best wishes,
Pat



A Suggestion Form

F.3B Pang Hin Kiu Hebe

Suggestion Form



I would like to make the following suggestions to the patient Partick Poon who suffers from constipation.

A Brief Explanation of the Health Problem

Constipation is a serious health complaint. People of all ages suffer from it. A human being may have bowel movements more than once a day or every two to three days. However, if the faeces are very hard or there are difficulties in passing them out, then it's constipation.

If blood or mucus is passing out, there may be a risk of serious diseases of the bowel such as cancer.



Advice on Diet (Food)

His choice of food can greatly improve his health. Firstly, he should eat more dietary fibre. Nuts, vegetables, fruits and beans are the main sources of dietary fibre. Moreover, I strongly suggest to him that he eats more broccoli because it contains lots of fibre. Secondly, he should avoid eating oily and salty food such as fried food, snacks and fast food. They are not good for his digestive system. Thirdly, I suggest that he drinks ginger tea to calm down his stomach and improve his digestion after having a meal.

Advice on Reading Nutrition Labels

Reading nutrition labels will give information about which nutrients are good for him. The daily intake amount of dietary fibre should be more than 25g a day. It is about 757g of broccoli. Furthermore, nutrition labels on the packaging provide a rough idea about the contents of a particular nutrient. Very often nutrition claims are made for a specific nutrient only. He should not make a choice only on the basis of a nutrition claim. In order to eat healthily, he should take note of other nutrients as well.

Advice on lifestyle

How about his lifestyle? Here are three things he needs to do. First, he should exercise regularly. He should do exercise for 30 minutes per day. I know it is difficult for him to do this. If so, he can exercise 30 minutes two or three times a week.



Second, he should have more sleep, at least 7 hours a day so it can help the digestive system work properly. Last but not least, he should be more relaxed in order to reduce stress and assist him in making his bowel movement more effective.



Report on Students' Comments on Raising Money for Charities



Introduction

A survey has been conducted to find out about students' comments on raising money for charities. One hundred students from Form one to Form three have been interviewed. This report presents the findings, conclusion and recommendations resulting from the survey.

Findings

The survey asked if students would be interested in taking part in fundraising events to raise money for charities. Nearly half of the respondents answered that they would be interested. Thirty-nine percent of them replied they were not sure.

The survey asked what event the students would be most interested in. Just over thirty percent of the respondents answered that they would be most interested in flag days. Almost a quarter of them claimed that they would be most interested in dancing competitions.

The survey also asked which target group students would like most to raise money for. Over forty percent of the respondents answered that the target group they would like most to raise money for was children. Just about a quarter of them said that it was the elderly.

Conclusion and Recommendations

According to the findings, students would like most to raise money for children. In addition, students would be most interested in flag days. Therefore, it is recommended that the school should participate in more flag days to help raise money for children.



How to Produce a Great Drama Show

Dear Simi,

How are you? I hope you are well. Last week, we completed our course of drama lessons culminating in a class performance of Charles Dickens 'A Christmas Carol'. It was a wonderful experience. I learnt a great deal about literature and stage production through this drama course. I know that you are also very interested in drama. I'm glad to share with you what happened in my drama lessons and give you some advice. Hope it can help you.

First, you should understand the story and its characters well. Without it, you will not know how to express the feelings of the main protagonists and to outline the development of the plot. In order to convey the story and the characters accurately it is necessary to have a sound understanding of the language used. In order to do this you should look up words that you do not know in the dictionary.

Second, you need to practise and learn the lines so as to act well. You have to put yourself in the role of the characters and express their feelings. In my experience, I learnt to speak loudly so that the audience could hear what I said. I also found that eye contact was very important. If you do these well, you will act well.

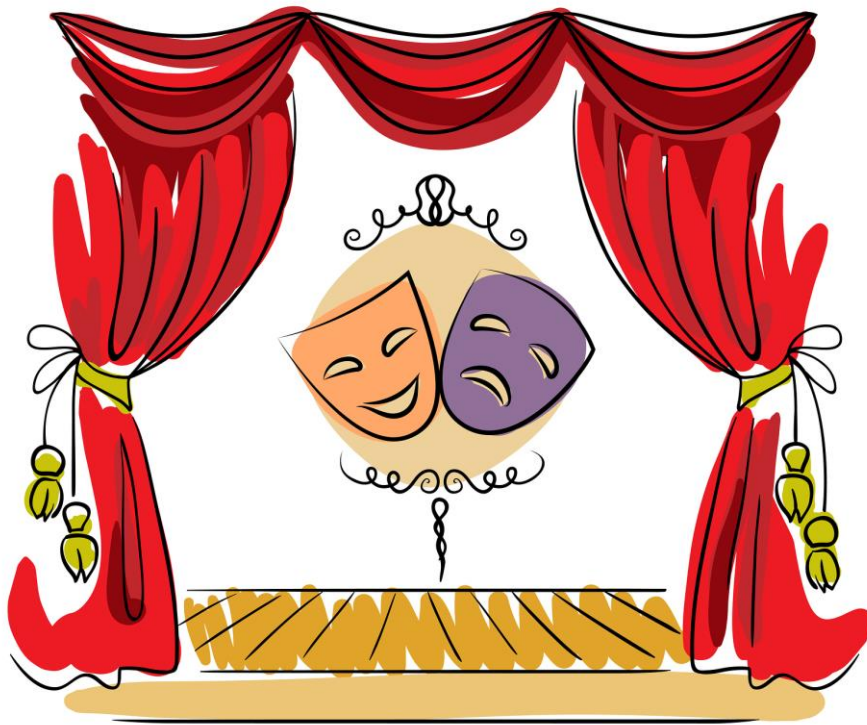
Third, if you want to be a great team member, you should give each other feedback to develop the quality of your drama. The stage managers in my cast, Sally and Liam, were very helpful and conscientious. They gave us assistance in improving our performance and this was reflected by the enthusiastic response to the production by the audience.

Finally, don't forget to prepare all props and costumes well. For example, our stage manager, Liam provided us with a lot of clothing that enhanced the quality of the presentation and the audience's understanding of the characters and their background better. However, of all the successful elements, I think teamwork is the most important of all. Without it, no plays could be performed well and success will not be achieved.

Anyway, I hope my advice will help your drama performance.

I look forward to seeing you again.

Love,
Kit



Many people think that the most important theme of 'A Christmas Carol' is that 'we should be kind and helpful' and should not to be mean to others like Scrooge. However, I think the most important theme for me is that 'Anyone can change'.

At the end of the book 'A Christmas Carol', the mean and stingy Ebenezer Scrooge had changed into a kind person. He was friendly to everyone in the street, donated a large sum of money willingly to people who needed help and saved poor little Tiny Tim. He was generous to his employee, Bob Cratchit, by raising his salary as a surprise. All these actions indicated that he was a brave old man!

Everyone needs great valor in order to change! Everyone feels scared and insecure when making changes in their lives! However, Ebenezer Scrooge doesn't as he has learnt from his experience with the three spirits.

All of us know we should be kind and helpful to others as we were taught in kindergarten. Yet, not many of us know how to be courageous and change nor are we able to admit to others that we have turned over a new leaf, just like Scrooge. Since Scrooge can change, everyone can change. I can! And you can too!

This, in my opinion, is the most important and meaningful message of this fantastic book!



Final Reflection- Drama "A Christmas Carol"



Dear Peter

How are you, my friend? I hope you're fine. Don't worry about me. I'm very well. I've just finished a drama show and I want to tell you more about my drama lessons this term. If you ever need to do a drama performance, perhaps you could use my advice for your reference.

When you receive a script for your performance, you must read your lines and try to establish the emotions of the characters. Remember, not only your lines are important, but other actors' lines, too! I advise you to read the script again and again until you completely comprehend the theme of the story and the nature of the different characters. It's good to watch other people playing the same story as it can help you understand the plot and characters well.

Our drama teacher told us about the three significant elements in drama. They're APE. Do you know what they are? 'A' represents articulation, the clearness of your pronunciation. 'P' represents projection, the loudness of your voice and 'E' means expression. In other words, it means the way you show your feelings. In my drama lessons, we practised all three elements. For example, we read some tongue twisters to train our pronunciation and we practised reading the same line using different voice levels. I found these exercises very useful for developing my drama skills.

In our drama lessons, we were always encouraged to help each other, for example, learning from each other or thinking of some ideas to enhance our performance as a team. I felt glad when other actors helped me during the play. I remember on one occasion, our stage manager forgot to set up the scene. Fortunately, other members in the cast reminded him so in the end, he could complete his work well.

In a drama show, besides the actors, props and costumes, setting design can help to improve the entire play. They make the drama production more appealing to the audience and realistic. When we put on the costumes, it is easier for the audience to identify the characters. For our production, I had the role of a woman in one of the

scenes, so I had to put on a dress and move like a woman. Apparently, I made a lasting impression there! This memory will stay in my mind for a long time. To be honest, I think it's truly embarrassing for a man to wear a dress but I did it!

I'm glad that I've shared my experience with you and my strategies of participating in a drama production. I hope you find them useful. If you need any other help, you can ask me at any time.

I look forward to your drama show and break a leg!

Best wishes

Edward



Dear Sir,

Complaint about the Tour of Wing Wing Travel

I am writing to complain about Wing Wing Travel, North Point. I joined its 8-day tour to Bangkok from 15th May 2016 to 22nd May 2016. I am dissatisfied with the inadequate transportation arrangements provided by the company and the poor attitude of the tour guide towards myself as a customer, throughout the trip.

At the time of the booking, we were assured by the staff that we would be travelling in a high quality coach equipped with good audio equipment and windows that would allow us a panoramic view of the countryside during the journey. However, we were shocked to find that the coach was inadequate and had not been properly maintained. Not only was it unhygienic, but it also had poor ventilation. The windows were so dirty that we could not see the views clearly. Furthermore, the coach was late on 10 separate occasions during the trip. Therefore, we wasted a great deal of valuable time and were repeatedly inconvenienced by this poor organisation.

My next complaint concerns the attitude of the tour guide. During the trip, the group visited some spectacular temples and the magnificent Grand Palace. As these represent the famous art and culture of Thailand, the group would have liked to know more about it. When the tour guide was asked for more information on the subject, he replied impatiently and impolitely that he was unable to do so. When we asked further questions, he just simply ignored us and continued talking with the other members of staff. I think he did not fulfill his duties properly.

I have written a letter to Wing Wing Travel to make a request for a refund, as the service I received was completely unsatisfactory. However,

my complaint has been ignored. I sincerely hope that the Consumer Council can investigate the case and help me obtain a full refund from the company.

I look forward to your comments on this matter.

Yours faithfully,

John Chan



A Change of Heart

"Oh, for God's sake! Why should I serve those poor people? They are not worth my attention!" I cried madly.

A few months ago, I was asked to hand in my school social services report card. At that time, I was satisfied with my progress. In the past few months, I had frequently visited places like elderly homes, hospitals and charities, so I thought I was finished with using the report card. However, when I handed it in to my class teacher, Mr Free, he simply remarked, "Incomplete. Do it again."

"What should I do, Mr Free? I don't have much time left," I screamed for help.

After a while, Mr Free handed me a leaflet entitled "Having services at a homeless shelter". He then stated, "Be involved in this activity and you'll get your task done."

That's why I was there last Friday evening. I remember once I arrived there, the owner of the homeless shelter, Mr Jones, assigned me to be a waiter serving meals to the poor. At that time, my body was frozen. To be frank, I had never served people before, especially homeless people. They were so smelly and grubby that I could not stand being with them. When I was thinking of serving them, I almost threw up. I immediately asked Mr Jones if I could change my duty, but he said it was the only one left. At that time, my mind turned blank, I just nodded my head and walked away.

Before the dinner was served, I tried in vain to stay calm. In movies, the homeless and poor people acted like zombies and scrambled frantically for food. After the dinner started, their behaviour totally changed my mind. When I opened the door, they had already lined up, preparing to get into the shelter. I was amazed at their orderly queues and good manners. None of them yelled and swore at others. Seeing this, I stood at the door in bewilderment.

After all the things had settled down, it was my job to send meals to them. I heard them saying "Thank you very much!" which was beyond my expectations. They were not only polite but also thankful. At that time, I questioned myself if I had ever thanked anyone who served me before. I guessed not.

At the homeless shelter, I met two people. One was Ryan, a 70-year-old man and the other one was Jack, who was about 17 years old. Ryan was a very nice man, encouraging other homeless people to be strong and to dream of getting rid of poverty. He was such a positive old man that he was known as the headmaster of the group.

Jack had a lot of stories to tell. He was not homeless, but his family had been torn apart as his parents got divorced. Now, he lived with his mum. However, his family could not afford Jack's expenses; therefore, Jack came to the shelter and became part of them. At first, he was not allowed to stay there since he had his home. But thanks to Mr Jones, Jack was warmly welcomed.

After volunteering in the shelter, I find that it is crucially important to help the poor. If we ignore them, the issue of

poverty will get worse. However, the more we help, the more harmonious our community will be.



The Best Part of My Job

Meeting a lot of popular and inspiring actors from around the world is the best part of my job. Each time I can learn more about acting while working with them. It is an honour for me to have a chance to star in a film with talented and interesting actors such as Jackie Chan and Leonardo DiCaprio. Meeting more people while enhancing my acting skills is definitely the best part of my job.

The Biggest Challenge I Have Ever Faced in My Job

I can still remember clearly that for the first time, I was invited to act in a Japanese movie. I was very pleased to team up with the Japanese as they were very kind. Despite the fact that I was not familiar with Japanese back at that time, an interpreter was hired to offer an oral translation. One day, unfortunately, the translator was off sick so I had to try to understand their weird English. Thankfully, an actor who could speak both Japanese and Chinese was willing to help interpret for me. This incident has pushed me to learn more about different languages, and hopefully I will be able to deal with similar situations in the future.

The Most Memorable Moment of My Job

For me, the most memorable moment must be starring in the first film of my career. I was 17 back then, starring in a movie with Steven Chow. I learnt a lot from him and other experienced actors, and it was them who inspired me to become an actor. Although I was not the main character in that movie, I was still given a great sense of achievement as all my hard work paid off. The movie had been shown in major cinemas and it proved a great success so I have been given the chance to act in several different movies. The pleasure was all mine.

My Dream Job

Being an actor has always been my dream. When I decided to become an actor, my parents were worried about all the uncertainties brought about by this career. To be frank, it really takes time and luck for a person to rise to fame. However, what is more important is that I have found a job I am passionate about. Therefore, if you have a dream, you should reach out for more chances and develop your potential. I believe as long as you work hard to pursue your passion, your dream job is out there waiting for you!



Should Adventure Sports be Promoted?

The popularity of adventure sports, such as rock climbing, mountain biking or paragliding has rapidly increased in Hong Kong in the past two decades. Some people argue that they should be banned as they are dangerous. However, I believe adventure sports should be promoted instead. In the following, I will explain my reasons for taking this point of view.

Firstly, adventure sports are not as risky as people think. In fact, almost everything we do in our daily lives is risky. For example, driving is dangerous. The number of people injured because of car crashes every year is more than those resulting from accidents in adventure sports. Although adventure sports are dangerous and sometimes cause injuries to the participants, it is not necessary to ban them as they enhance people's health and encourage social and community participation.

Secondly, participants suffer from injuries only because they are not well-trained. For the sake of safety, participants are always reminded by the professionals the rules or guidelines of safety whilst participating in adventure sports. For instance, mountain biking requires participants to wear helmets to protect themselves. And for paragliding, there are always experts beside participants to ensure their lives are not in danger. On most occasions, the reason why people get hurt is that they do not follow the safety precautions or are not guided by professionals.

Lastly, adventure sports should not be banned because they help to relieve stress and broaden the horizons of the participants. It is argued by many people that living within the jungle of concrete is dull and depressing. Adventure sports include outdoor activities which take people out of the crowded urban areas in order to be able to take a fresh breath of country air. It could help them to reduce their stress and give them a

break from the hectic city lifestyle of Hong Kong. Furthermore, teenagers and young adults can not only enjoy the excitement and freedom these sports bring them, but also appreciate the beauty of nature. Without doubt, adventure sports bring amazing benefits to the participants and should be promoted.

To conclude, adventure sports are not dangerous but completely safe under professional guidance and beneficial to the physical and mental health of the participants. Therefore, the government should promote adventure sports as it is better off for the public to experience energetic lifestyle and attain higher living standard.



6th January, 2016

Dear Sir/Madam,

A Letter of Invitation

On behalf of the School Union, I am writing to invite your students to participate in an inter-school drama competition which is organised by our school. As many students nowadays are not interested in using and learning English, we have, therefore, decided to organise this competition to encourage them to communicate in English and also to broaden their horizons.

To begin with, the competition takes place on 6th March in the Hall of Pentecostal School at 1 pm. The competitors have to arrive 15 minutes early to get settled in. Students have to form themselves in groups of 15 and we recommend that props and costumes can be included in their drama productions.

Medals will be awarded to all the competitors to show our appreciation and to motivate the students. HK\$100 book coupons and a gold trophy will be awarded to the champion, HK\$50 book vouchers and a silver trophy as well as HK\$30 book vouchers and a bronze trophy will be awarded to the 1st runner-up and the 2nd runner-up respectively.

Other than the prizes, we believe that the students will benefit from the personal experience of participating in the competition. Many skills are required in producing a drama show, such as script writing, adding sound effects and delivering the script to a live audience. They can also regard this competition as a kind of other learning experiences.

Nevertheless, the ability of students' reading, writing, listening and speaking skills will be improved as they have to understand the script, write the script and communicate with each other during rehearsals and performance. In brief, this competition also improves students' learning skills.

By participating in the competition, students can gain lots of benefits, both for their studies and their personal development. Obviously, this competition can strengthen students' overall confidence. The theme for the competition will be sent to the

participants after they have handed in the application form attached to this email.

I hope your students are enthusiastic and will be interested to take part in the competition. I am looking forward to watching their performance. If there are any questions or queries, please do not hesitate to contact me via this email.

Yours faithfully,

Chris Wong

Chris Wong
The Secretary of the School Union



Good afternoon Principal, teachers and fellow students,

What clubs did you join last year? Basketball Club or Football Club? This year, you have a chance to join the newly established Walking Club. Being the Chairperson of the Walking Club, I'm going to explain the aims and the activities of the club. I will also outline what will be organised in the coming year for club members and the benefits of being a Walking Club member.

The aim of the Club is to build a healthy school with healthy students. Owing to the competitive and exam-oriented nature of our education system, students spend a great deal of time on their academic subjects and face a lot of exam stress. They prefer studying to doing exercises in their spare time as the benefits of achieving good results in public examinations is likely to have a major impact on their career development and long term earning capacity. The unfortunate consequence of this is that students can become unhealthy, which in turn may have an adverse effect on their performance in examinations. By setting up the Walking Club, we hope to raise students' awareness of the importance of doing exercise and promote the benefits of hiking and walking so as to build a healthy school.



The Walking Club will organise lots of activities in the coming year. First of all, there will be a BBQ party in October to welcome all the new members. It is the time for members to get to know each other and to have fun together as a group.



Following the BBQ welcome party, a regular hiking group will meet on a weekly basis. We have invited Mr Smith, who is a famous hiker, to be the coach for the group. He will teach students how to prepare before going on a hike and what precautions you should pay attention to. Apart from the above, a walkathon will also be held next March. The Walking Club members will walk for around 10 km in order to raise money for building an annex attached to the school library so that students can study in a better environment. All these activities are fun, meaningful and free for all Walking Club members.

Last of all, I will point out to you some of the benefits of being a member of the Walking Club. Being a Club member will give the individual student the opportunity to strengthen their body and sharpen their mind, and learn a lot of useful knowledge about hiking. As I said earlier, most of the students do not have a healthy lifestyle and some of them even suffer from anxiety due to the pressure caused by taking public

examinations. However, if you become a member of the Club, you will be able to participate in hiking or walking regularly with other members which will keep you fit and reduce your stress. You can also make friends with other members when you join the activities.

To sum up, I hope you now have a better idea about what is involved in joining the Walking Club. So, what are you waiting for? Join us now. For more information, you're welcome to contact me, Chris Wong from 6B. Thank you!



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