

## **Writing---a process of how to think, plan, and organize**

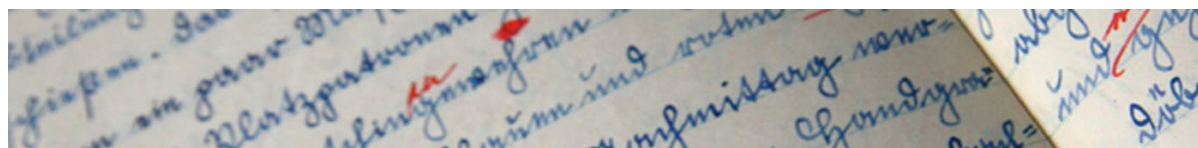
When I was asked to write a few lines to serve as Foreward for this issue of Best Writing Collection, the message of William Zinsser came to my mind. In his book *On Writing Well*, he said that many writers suffered from “the tyranny of the final product.” They were so concerned with selling their article or book, they neglected learning the process of how to think, plan, and organize. A jumbled manuscript, Zinsser believed, was produced when “the writer, his eye on the finish line, never gave enough thought to how to run the race.”

The articles in this collection are the products of our students’ hard work. I do believe they enjoy the process of writing rather than the products themselves. Although the process may consist of bitterness, they can learn how to think, plan and organize. All these learnings will become part of their memory.

I hope that you appreciate our students’ efforts. Your reading of the articles in this collection would be encouraging to them and will motivate them to write more in the future.

LAW Kam-shing  
Principal  
August 2022

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Principal's Foreword

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## A Description

## 1A Ahad Abdul

### My life in Pentecostal school

My name is Ahad. I am currently in class 1A in Pentecostal School. I have been studying here for 4 months and I am very happy studying in this fantastic school.

Firstly, since coming to secondary school, I have made loyal and valuable friendships. Two of my best friends are Tyler and Terry. Both are humorous and good at English. Also, we often play mobile games like Roblox or Call of Duty together. They are also very loyal and always offer support. We are not just friends; we are brothers.

Secondly, the teachers are very helpful and supportive. They always care for every student and always have effective ways to teach us when we have doubts. I really appreciate their efforts. My favourite teacher is Mr. Sit. He is my favourite teacher because he always arranges different activities for my classmates and me to learn English. He is also very generous and rewarding. He is also very humble and teaches us to be respectful. Every student in our class respects and thinks he is an absolutely fantastic teacher!

Lastly, we have a lot of facilities in our school for us to use. I think that we should be grateful for the chance to get education here because in many places on planet Earth, other people do not even have access to basic education. I will work hard to repay my parents and teachers by getting a good result in the upcoming examination.



**An Informal Email****1A Chan Ka Bo**

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Dear Richard,

How's it going? I've been having a fun time during my holiday. Let me tell you more about it!

First, we went on a holiday to Hokkaido, Japan for Christmas. When we arrived, I met some friends at the gate and we all went to a nice hotel in the city. It took forever just to get to the hotel. When we finally got there, I immediately fell onto my bed and slept.

The next day, we planned to go to the nearby mountain to go snowboarding. When we arrived, there were Christmas decorations everywhere. There was a jolly and happy sensation in the air. After we had gone up the mountain, my friends and I went to the park and did some cool tricks!

Finally, after a day of snowboarding, we went to the restaurant in the resort. I ordered a bowl of ramen and a sushi platter while my other friends ordered some tempura. After dinner, we were planning to go back home and have a nice rest. However, when I went outside, I was shocked to see a crowd of people while fireworks were being shot off. The fireworks were very beautiful on the starry night. In the end, we had to go back to the hotel because it was getting late, but I enjoyed that moment every single bit. How was your Christmas festival?

Hope it was as great as mine!

Best wishes,  
Chris



## A Description

## 1B Wong Chung Sun

### My life in secondary school

My name is Judy. I'm thirteen years old. I study in Pentecostal School. My class is 1B and the classroom is located on the first floor. There are thirty-two students in my class -nineteen girls and thirteen boys.

Chinese is my favourite subject at school, and I like reading Chinese books. It is always fun to read a story. In my free time, I usually read books and have a rest. My favourite teacher is Miss Wong. She teaches us English. Miss Wong is very responsible and gentle. During her pregnancy, she also tried her best to teach us.

At school, I met a new friend called Sally. Sally goes to the same class with me. She loves dancing very much. She practises dancing on Mondays and Saturdays, so she is a skillful dancer. Sally has joined the Mathematics Club at school because she wants to improve her math skills. I consider Sally my best friend because she is patient, and she always helps me patiently when I have any problems.

I enjoy my secondary school life. With all the new and friendly classmates and teachers I have met so far, I feel grateful to them and hope that I can make many more friends in this school.



An Article

1B Huang Nuohan

### My Role Model

Of all the role models I have in mind, there is one I would like to share with you about - my sister, Alison. She is twenty-four years old, and her job is a Chinese teacher as well as Head Teacher.

She is very knowledgeable and caring. The reason is that she often helps me with my study, and she is willing to offer help when I encounter any difficulties with my study. In her free time, she likes to participate in voluntary work. She takes me to visit an elderly home every Sunday, and we prepare some activities for the elderly. It is a wonderful experience because I can help people.

Besides that, Alison and I cook together at home, and we bring the food to the homeless people. These people are grateful for what we do. Alison works very hard at work. She is very dedicated to her job, and she works hard to make sure her lessons and teaching materials are prepared well. She hopes that her students can learn better, and nothing can make her happier to see that her students improve in their study.

Alison is a perfect role model to me. In order to be more like her, I will study as hard as I can, and get my act together to become a teacher like her.





**A Diary****1C Chong Chor Yan**3<sup>rd</sup> May, Monday

Sunny

At noon, I took the subway to a Chinese restaurant. My friend recommended this restaurant in Tsim Sha Tsui.

When I entered the restaurant, there is a clean floor, a quiet environment and fresh air. I feel very comfortable. I was excited to know what I could order.

Then, we ordered some food. I was very surprised when the waiter brought us fried rice because it was so beautifully laid out. After a bite, I found it was delicious and the seasoning was just right. The portion was big so I couldn't finish it. Sorry for the waste. ^-^

When I went to check out after tasting the dishes, the waiter was polite and quick. He was able to serve me well and asked me what I would like to order. I felt wonderful.

I am very satisfied with this dining experience because of its good environment, hygiene, high quality cuisines and the staff's service attitude.



## An article

## 1D Li Yu Nancy

Who is my role model? Most of my friends' role models are their teachers or family members. However, my role model is Sarah Lee Wai Sze. She is one of the professional cyclists in Hong Kong.

Sarah Lee Wai Sze was born in Hong Kong in 1987. She has long straight hair. She is nice and always wears a warm smile on her face. She has a deep love of sports, especially cycling. She became a full-time athlete in 2004.

She is hardworking because she always practises cycling. She suffered from anaemia since childhood. Because of her illness, she took longer time than others to recover after intensive training and competitions. It was also easy for her to feel tired, but she worked hard to overcome her problem.

I admire her because she is perseverant. In 2006, she was hurt in her practice. However, she did not give up and kept practising. She broke the Asian record at the 2010 Asian Games and won her first gold medal at the 500-metre time trial track cycling event. In 2012, she won the Summer Olympics Game and got the bronze medal in the history of the Hong Kong team.

Lee Wai Sze has taught me many things about cycling. I have learnt not to give up when facing challenges. I hope I will be a great cyclist like her in future.

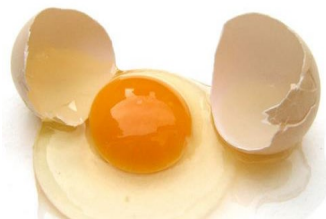




**My favorite  
food is  
chocolate cake.**

Written by  
F.1D Kim He Guijie

## Ingredients



1. flour
2. milk
3. eggs
4. butter
5. chocolate
6. white sugar



## Steps to Make Chocolate Cake

1. Melt butter and chocolate.
2. Whip cream.
3. Mix flour with water.
4. Place the batter in the oven and bake at 180 degrees for 20 minutes.
5. Take the cake out to cool and spread with whipped cream and chocolate.



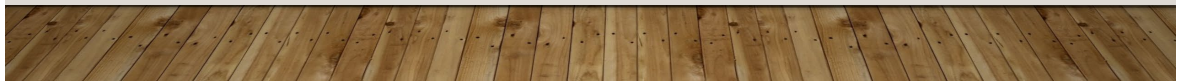
My favourite dessert is chocolate cake because it tastes bitter and sweet. The cake is soft and spongy. I will become happier after eating it. It is super delicious, so don't miss the super delicious and mood-boosting chocolate dessert!



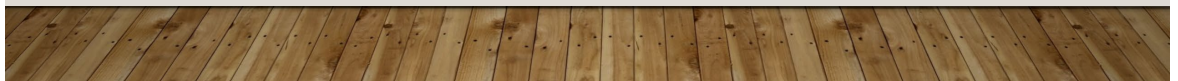
# MY FAVORITE RESTAURANT



Written by  
F.ID Mia Cheung Man Kwan



My favorite restaurant is Hello Kitty Restaurant. I saw Hello Kitty on the Chinese-style windows, lanterns and tables. They are so beautiful!





There are different kinds of food you can order. My favourite food is shrimp dumplings and custard buns, because they taste good.



I recommend this special restaurant to all Hello Kitty fans. You should not miss it!



# MY FAVOURITE FOOD

F.1D Milly Yuen Hiu Lee



FRIED EGGS WITH  
TOMATOES

# Fried eggs with tomatoes

## Ingredients

- ① 1-2 tomatoes
- ② 1-3 eggs
- ③ 1 spoonful of salt
- ④ edible oil

## Directions

- ① Fry the eggs.
- ② Add some salt.
- ③ Scald the tomatoes with boiling water and peel them.
- ④ Cut the tomatoes into pieces and stir fry the eggs together.
- ⑤ Add water and stir fry again.





## Fried eggs and tomatoes

- You may wonder why I love this dish? When I was young, my father cooked a dish for me, that was fried eggs with tomatoes.
- I remember that the dish looked very good. The tomatoes were stir-fried. They tasted sweet and sour. The tomatoes with salty scrambled eggs tasted great. Tomatoes and eggs were soft and delicious after cooking. I ate the fried tomatoes with rice. It's really delicious.



# MY FAVOURITE RESTAURANT

CAFE DE KITTEN

F.ID Ng Yan

## CAFE DE KITTEN

This is a cat café.

- Cleanliness ☆☆☆
- Environment ☆☆☆☆
- Service ☆☆☆☆☆
- Decorations ☆☆☆☆
- Price : \$50-\$100



## TASTE AND ENVIRONMENT

- The restaurant has great décor and ambiance.
- This place has a relaxing, casual vibe.
- The atmosphere of the restaurant is unbeatable.



## SERVICE

- The service there is very attentive.
- The restaurant is impeccable.



## TASTE

- Food tastes average as the main feature of this restaurant is cats. Guests can play with the cats there while eating.
- It serves mainly coffee and desserts.



**I RECOMMEND  
THIS  
RESTAURANT TO  
ALL CAT LOVERS  
AND IT  
SHOULDN'T BE  
MISSED.**



**A Letter of Complaint****F.2A Ng Ka Ying, Rose**

The Manager  
T-Mall Company

Dear Sir/Madam,

Complaint about an expensive shirt

I am writing to complain about an expensive shirt which your company sent me on 1st April.

Regarding the material and colour of the shirt, I ordered a black silk shirt from your online shop on 10th March. I finally received a black cotton shirt yesterday morning. I am dissatisfied as it was not the material I ordered. I am also disappointed with your delivery speed.

Another complaint is about the attitude of the staff from the hotline service. When I called the hotline to ask for a refund, the staff told me that I was not qualified for it. I requested him to explain the details politely, but the staff refused and even shouted at me impatiently. Worse still, he ended the call suddenly on me. I am outraged with the customer service of your staff.

I am returning the shirt with this letter and expecting a full refund. If you do not take any action, I will forward the whole complaint to the Customer Council for further actions.



Yours faithfully  
Chris Wong

**A Letter of Advice****F.2A Austin Wu**

Dear Mike,

I received your mail. I'm very sorry to hear that you are addicted to online gaming, having a poor relationship with your parents and failing in all subjects in your First Term Exam. I understand how frustrated you are. Let me give you some advice.

First, you have lost interest in everything except online games. Online addiction is a very serious problem. I suggest you set a timetable for your studies and leisure activities. After planning, you should have a clearer picture on how your time is spent every day. If you still feel puzzled, you can seek help from the school social worker. I'm sure he will help you manage your time wisely.

Regarding the poor relationship between you and your family, I think you have to stop arguing with your mum. Do your best to communicate with her and build trust and gain understanding in your family. You can chat with them regularly during mealtime. By doing so, you can share what you think and let them understand your needs and difficulties. Also, mutual understanding is important in a family. You can join some activities such as going hiking together on weekends with your relatives and friends. Through activities, you all can have chances to know each other more.

I'm sorry to hear that you failed in your First Term Exam. It's a

good idea that you do more revision. To prepare for the coming exam, I'd encourage you to do more preparation. First, you can set a revision timetable. This can strengthen your memory and prepare for your exam. Second, you can form some study groups in class with your close friends or classmates. In the group, you can discuss with each other when you have difficulties with schoolwork. You can also support each other to study well.

To be honest, I had gaming addiction before. Now, I have recovered. I followed the suggestions I gave you here and beat the addiction. I hope my suggestions can help you beat your addiction too. Write back soon if you have any problems. Don't worry. I'll always be with you and support you.

Good luck

Jacky





**An Email****2C Leung Hei Yau, Charlotte**

Hi Edmond,

Thank you so much for your letter. I'm doing great! I'm happy to hear about your trip to the UK. I wish I could go with you. Last month, I also had a good time with my family in Taiwan.

We went to Taiwan because we wanted to visit my grandma who has lived in Taiwan for decades. I was so excited because I hadn't seen my grandma for a long time.

The moment we landed, we went straight to my grandma's house. Her hair was greyer, but her bright smile hadn't changed. We were so pleased to see that she was doing well. After visiting my grandma, we went to Zintun, a spectacular lake locating in Nantau. It was a drizzly day and the entire Zintun was misty, like a fairyland in a fairytale. Zintun is such a romantic and charming place. I asked my sister to take a lot of pictures for me. Then, we went to Taipei 101. Taipei 101 is the tallest building in Taiwan and it gave me a totally modern vibe. Looking out of the window from the highest floor, I found the view of the city superb.

Besides, I tried lots of local Taiwanese food such as beef noodles, braised pork rice and oyster vermicelli noodles. I liked the oyster vermicelli the most as it was very flavorful and gooey. The noodles were garnished with cilantro. I added a spoonful of vinegar to the noodles which made the noodles even more extraordinary.

I'd never forget about this trip. By the way, how's your school life? I've heard you joined the football team. Tell me more about that!

Write back soon.



Best wishes,

Peggy



**A Personal Email about a Traveling Experience****2C Hui Siu Tin Sky**

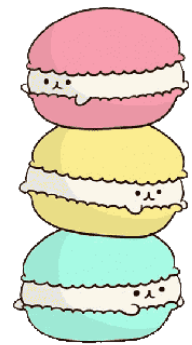
Dear Edmond,

How are you? Do you have an unforgettable experience on your trip to London?

I'm very glad to hear that your father had time to travel with you. I know it is not easy to accomplish. I also travelled to another country like you. Can you guess where I went in this summer holiday? I always told you I wanted to go there at school. Yeah! It was Paris which is a city in France. I went there with my family.

Before going there, we searched a lot about Paris such as the famous tourist attractions and the yummy food. First of all, we visited the Louvre Museum. It was worth visiting because there were many famous paintings, such as the Mona Lisa. There were different artworks and sculptures. Second, we went to the Eiffel Tower. It is 324-meter high and is the tallest building in Paris. We took a lot of beautiful photos in front of the Eiffel Tower.

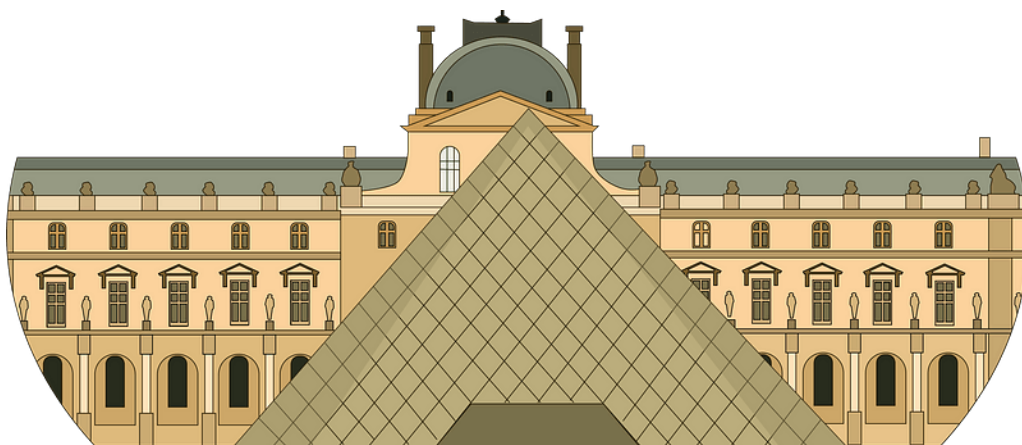
Out of the desserts that I tasted in Paris, I liked the macarons and croissants most. They were mouthwatering. After eating, we sat on the grass and enjoyed the moonlight. We were delighted.



Please drop me a few lines!

Yours,  
Peggy

P.S. I have bought a souvenir for you! Hope you like it.



**A Letter of Complaint****2C Jinny Ng**

Dear Sir / Madam,

Complaint about a shirt bought from your shop

I am writing to complain about the shirt that I ordered from your company two months ago. It costs \$5000 and it was sent to me last week.

About the size of the shirt, I ordered size S but I received a size L. For the colour, I bought a white shirt but I received a pink one. I am very disappointed at your delivery service. I waited for the shirt for over one month. I finally received it this morning.

Regarding the staff from the hotline service, he ended the phone call suddenly. I feel really angry.

I am sending this back with this letter and ask for a refund. I hope you could check your products carefully before sending them to your customers.

Yours faithfully,  
Chris Wong



**A Letter of Advice****F.2C Vera Au Hiu Yan**

Dear Mike,

Thank you for your mail. I'm sorry to hear that you have lost interest in everything except online games, had a poor relationship with your parents and failed in all subjects in your First Term Exam. I understand how bad you feel. Let me give you some advice.

First, one big problem of losing interest in everything except online games is that obsessive gaming lifestyle which affects the healthy interactions with the real world. First, I think you should change your social group. You should try to make friends with those who have different interests. It may help you to stop the addiction. Also, you must try to seek help from your teachers or social worker. They can give you some advice on how to deal with the problem.

About having a poor relationship with your parents, I think you should take actions to stop arguing with your mum. I advise you to communicate more with your parents to understand the needs of each other. You can let them know your problems and help you. I think they're very glad to help.

I know you're very sad about your First Term exam results. I advise you develop a new study timetable and form a study group with your friends in class. In the study group, you can revise your work every day. You can help each other to do revision. When you have problems, you can help each other.

I hope this advice is useful. If you want someone to listen to you, I'm always here for you. You can talk to me on weekends too. Please write back to me if you need more help.



Love,  
Jacky

7th December 2021

### **My First Staycation**

Last month, I went to the BBC Hotel for my first staycation with my parents and brothers. We had a wonderful experience there. The night before, we packed our luggage and we left home in the early morning on that day.

When we arrived there, an astonishing mountain view appeared in front of us. Looking around the hotel, I found that there was a huge swimming pool. We quickly checked in and got changed. Meanwhile, I was really eager to jump into the pool, and we swam relaxingly together. Although we were not swimming very well, we had a great time.

After a swim, the most unforgettable thing was waiting for us. We all love exercising and sweating as we are a sporty family. We found that there was a hotel gym room with many kinds of gym machines. We were almost addicted to that. We did exercises in the gym room for a few hours and finally we got tired, so we went back to the hotel room.

In the evening, we went to the hotel restaurant for a delicious buffet. We all enjoyed it so much. After spending a nice and wonderful night in the hotel, we checked out the day. Before the staycation, I had always dreamt of staying in a big hotel for the whole day. Now, my dream has come true. I'm so surprised that hotels in Hong Kong are so huge and have lots of facilities for the hotel guests.

A small tip for the staycation is that you should remember to bring your swimming costumes no matter you know how to swim or not. Otherwise, you'll miss one of the fantastic activities there. I'm now looking forward to having my second staycation. I can't wait for it!

Posted at 8:30 p.m.



## **Technology Fair**

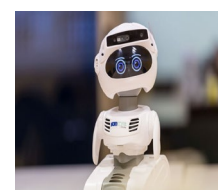
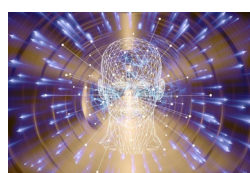
Last weekend, I visited a technology exhibition in MegaBox. Now I am going to tell you about the experience at the exhibition.

This event was held by a technology company in America. They brought plenty of modern gadgets and some new inventions to Hong Kong. I saw lots of new and funny inventions in that exhibition such as the foldable phone, the Robot Dog and a gadget that I recommend to you.

First of all, let me introduce the gadget that I like most – a foldable phone. It was a totally new design of a smartphone. The thing that attracted me most was the portable design. It was different from the typical smartphone. Also, they invented a new system of the software and the loading speed will be 10 times faster than iPhone 13! I would like to own that phone if possible. However, it was still being tested. It is going to be released next January.

I know you love to dance so I am going to introduce the next gadget – Muse Footwear. It was a pair of general dancing shoes originally. However, the designer of the company changed it to an unbelievable pair of shoes. You may put a CD inside the shoes. It seemed insane! The most exciting thing is you can customize the colour of the shoes. You can dance anywhere with this pair of magnificent shoes!

I felt excited and surprised after participated in that exhibition due to the special and creative inventions. Besides, I hope you would wear this pair of amazing shoes when you dance. I wish I could hear your opinions about these amazing gadgets.



My first staycation

Because of Covid-19, Hong Kong people have preferred to stay in Hong Kong for holidays and relaxation to going to other countries. My family and I also had a staycation last month. It was a great experience!

This was my first time going on a staycation. At first, I was a bit scared because I had never tried this before. The hotel that we stayed at is in Central. It is one of the top three hotels in Hong Kong. When I walked into the lobby of the hotel, I was amazed by the design of the hotel. There was a large chandelier on the ceiling. Also, the staff was very nice. The rooms looked amazing! The harbour view was the most spectacular one that I had ever seen.

The most unforgettable thing was that it was Thanksgiving Day during our staycation, so the hotel had prepared turkey for each customer to celebrate the festival. Besides, the chefs cooked a lot of traditional American food for the customers too. The food was so delicious!

There is a tip for you to plan a staycation. You should choose a hotel with a high customer satisfaction rating. Hope you can have a nice staycation experience! Last but not least, remember to check out my next post about going to Hong Kong Disneyland. See you there!



An Informal letter

3B Cheung Pak To

Dear Mary,

How are you? Hope you're doing good.



As you know, I'm a big tech guy. When I heard there was a modern gadget exhibition last week, I couldn't wait to visit the exhibition. The exhibition was held by the famous Elon Musk. It was held a few days ago and I can't wait to tell you what I saw there and what the most memorable gadgets to me were.

When I walked into the exhibition hall, the first thing I saw was Elon's latest foldable phone. It has all the features that you can find in a smartphone, but you can fold it. I'm not talking about folding it in half. I'm talking about folding it like folding a piece of paper. You can fold it into different shapes. I tried it and was amazed at the advancement in technology.

The second gadget that I felt special was the DUO franchise product. DUO is famous for its wise engineering and futuristic design. That is the reason why they can make such a complicated device like a USB combined with a charger. It looks very cool, but the charging time is a bit long. I tried it and I think I will stick with the traditional charger.

The last gadget, which is also my favourite, was the Muse Footwear. It is a pair of shoes, but music can be played using Bluetooth. The shoes are black and orange. They support CD-ROM, too. If you don't want to blast music while wearing them in public, you can turn on the beat function. The beat function can enable the shoes to vibrate with the beat following what music you are listening to.

On the whole, I think the exhibition was great. I saw many gadgets that I'd never seen before and I would recommend you to buy the Muse Footwear since it is my favourite and you have the habit of listening to music.

Bye for now.

Best wishes,  
Chris



**A Newsletter Article****3C Yue Jun Jing**School Funfair

Last Saturday, a charity held a funfair at our school. The funfair was an event to help raise money for the poor, so I participated in the event.

On the day of the event, I first joined the watermelon eating contest. The competition was such great fun that many schoolmates had looked forward to it for a long time. The participant who could first finish eating five pieces of watermelon could get a gift. One of the participants ate very quickly so I pushed myself to the limit. Although I ate at my full strength, I lost the competition. However, I felt extremely excited.

The next game was the bean bag toss. A bucket was prepared. Every participant was given 10 bean bags. Anyone who could throw the most bean bags into the bucket within one minute would be the winner. I was extremely nervous because one minute was very short. Although I could not finish the game, I felt happy as the game was very exciting.

Most participants felt tired and hungry after the games. They could take a break and have some snacks such as hot dogs, cakes and potato chips because some volunteers had prepared the snacks for them.

I think I was not successful because the games were too hard for me to play. I lost in every game. However, I was really happy to know that over HK\$50,000 were collected in this fundraising event to help the poor. I hope the donation can be used effectively to help the needy. To me, the event was meaningful because it could help so many poor people. It is important to participate in charity events. Therefore, I encourage all of you to join such events in the future.





## A Survey Report

3C Leung Ho Kwan

### Report on students' comments on the tuck shop

#### Introduction

A survey has been conducted to find out students' comments on the tuck shop. 100 students from Form 1 to Form 3 have been interviewed. This report presents the findings, conclusion and recommendations resulting from the survey.

#### Findings

The survey asked how often students visited the school tuck shop. A few of the respondents answered that they always visited it. Also, only ten percent of them replied they often visited it.

The survey asked what students usually bought in the tuck shop. A few of the respondents said that they usually bought breakfast in the tuck shop. About one-fourth of them reported that they bought lunch there. Half of the respondents said that they bought drinks there.

The survey also asked what the main problem of the tuck shop was. Majority of the respondents said that there were limited choices of food. One-tenth of them complained that the food was too expensive.

#### Conclusion and recommendations

According to the findings, only a few students always visited the tuck shop. Not many students bought food there as there were limited choices of food and the food was expensive. Therefore, it is recommended that the school tuck shop should provide more varieties of food and reduce the prices of food to provide better services.



Does technology bring people closer together?

Some people think technology cannot bring people closer together, but I do not think so. In my opinion, technology provides the platform upon which people can connect with each other.

First of all, it is easy to make friends and improve friendships through social networking sites. Just like on YouTube, Youtubers can upload videos and ask their subscribers to make comments. In this way, Youtubers can talk with their subscribers and make new friends. In other social networking sites like Facebook, people can upload not only videos but photos. People can share photos of themselves with their friends, talk with them and give opinions. Clearly, people can easily keep in contact with friends through different social networking sites.

Secondly, people can communicate with each other from all over the world through the Internet. Technology easily puts people in touch with those from different parts of the world. Without technology, people who live thousands of miles apart would not be able to communicate and chat easily. In the old days, the only way to stay in touch with one another was by sending letters. It could take months before a letter reached its recipient. Technology has changed all of it. Now people who live on opposite sides of the globe can chat face-to face online. With modern technology, distance is no longer a barrier to communication.

Finally, people can interact with others through playing online games. In an online game, people can meet friends no matter where they live. People from all over all the world can play the same game in real time. They can switch on their microphones and talk to one another while they are playing. It is like going to each other's places to play games in the same room. Playing online games helps bring people together.

In conclusion, I do not agree that people say technology cannot bring people closer together. People can use social networking sites to meet friends. They can communicate with each other no matter which country they live. Besides, teen gamers can connect with one another while playing online games.

**A Letter of Request****4A Alison Yeung**

Dear Sir/Madam,

I am writing on behalf of Pentecostal School Sports Club. Recently, our club has heard about the renovation of your fitness centre. I believe that you are likely to have some outdated equipment that could be given away. Since the equipment in our school is old and out of order, we hope that your centre could donate some equipment to us. I will explain the benefits of donating equipment to us below.

First, it helps to foster a healthy environment in our school. Although the school pays great attention to the achievement of the students, we also pay attention to the health of the students. Our sports club has recently conducted a survey to understand the daily physical activities of students. 70% of the students said they were under immense pressure and having some physical activity would be helpful in relieving their pressure. Considering this, the school wants to provide some fitness equipment for the students so we can be physically and mentally healthier at the same time.

Your company will definitely establish a good image with the donation too. Your company will be featured in all of our school magazines to show our appreciation. There is no fitness centre that can donate the equipment so selflessly. If the general public sees your company's enthusiasm to help the community, this will undoubtedly raise your company's profile and more customers will come to your fitness centre branches.

In conclusion, I believe you may not want to waste the old equipment and just send it to the landfill. If you could donate to us, you can not only support the environment more but benefit the students' development too. I hope our suggestion can be taken into consideration and we look forward to your favourable reply.



Yours faithfully,  
Mary Lam

**An informal letter****4C Yumi Chan Hoi Yi**

Dear Siobhan,

How're you? Congratulations on winning a silver medal in the 2020 Tokyo Olympics.

After finishing the first term in Form 4, I felt very tense and stressed because of the heavy school workload when compared with my studies in Form 3. Also, I found that the results of my first term examination were very disappointing as I failed in a few subjects. I am very worried and have lost confidence in my studies. However, after reading your story in our English Reading lesson, I was inspired by what you achieved in the 2020 Tokyo Olympics and your excellent results in the HKDSE. I would like to share what I have learnt from you.

First of all, I know that in order to be successful, perseverance is the first step. Chasing our dream is hard and sometimes it seems impossible, but if we do not give up, it will be fulfilled one day.

From your experience, I have learnt to be diligent. The process of being successful may be long and boring, but being industrious and having a self-disciplined spirit will certainly make the journey worthwhile.

Last of all, having an absolute belief that we can accomplish our goal is the cornerstone of success. Therefore, we should have confidence to accept our weaknesses and listen to others' opinions. Confidence makes us believe in ourselves and have the strength to encounter setbacks in our life journey.

Thank you for your amazing story and I look forward to hearing from you soon.

Best wishes,  
Chris



**An Informal letter****4D Amy Fu Shan Yu**

Hi Siobhan,

Congratulations on winning double silver medals at the 2020 Tokyo Olympics! What an exciting and emotional moment when you touched the wall of the pool! These medals rekindle our pride as Hong Kongers. You are an inspiration to us all!

I would like to share my recent personal experience with you. I'm a Form 4 student studying at a local secondary school in Hong Kong. Before my first term exam, I felt very tense and stressed because of heavier schoolwork compared with Form 3. The harder I pushed myself, the more worried I got. As a result, the marks of my first term exam were very disappointing and I failed a few subjects. I'm very anxious and have lost confidence in my studies recently.

One day, after reading your biography in my school's English Reading Lesson, I'm inspired. I recalled how excited and nervous while watching your competition in the 2020 Tokyo Olympics. There were many top athletes competing in the Olympics. You won two silver medals for Hong Kong despite under such tremendous pressure. From your biography, I gathered you got up at 3am in the morning to revise before heading to swimming practice at 5am, and then going to school. You scored 35 points in your DSE exam and enrolled at the University of Michigan. It's hard to imagine how you could strike a perfect balance between your swimming practice and your studies. I admire your determination and perseverance. If I can learn to perform my best under pressure and be determined as you, I will be able to handle my studies and my exam better.

After the 2020 Tokyo Olympics, you have become my role model. You not only juggle between your studies and sports training, but also execute them perfectly well at the top level. There must be a lot of hard work and perseverance behind it. You said you were excited that you could compete with the best swimmers in the world, and you were considered one of the top swimmers in an article of Young Post published on 28 July 2021. I think you have a lot of respect for other swimmers in the world. If I were your competitor, I would be moved because you respect all your competitors. You demonstrate what sportsmanship is which is be fair and show respect to other

players. I would like to learn the sportsmanship from you. I hope I will learn to respect others.

Thank you for representing Hong Kong in the international competition and make us proud. I wish you all the best in the upcoming competitions and your future endeavor.

Looking forward to your reply!

Cheers,

Chris Wong




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## A one-sided argumentative essay

4D Nick Ng Tsz Hei

### Should plastic tableware be banned from restaurant?

Plastic tableware is widely used nowadays because of its one-used and cheap properties which make plastic cutlery being so popular in fast-paced cities. However, because of the environmental problems caused by plastic wastes, Hong Kong government has planned to ban all types of disposable plastic tableware at restaurants from 2025, including parts of plastic cutlery packaged in take-away services. It is proposed to ban the local sale of disposable expanded polystyrene utensils and discontinue their use at restaurant within 4 years. I strongly believe that banning plastic tableware will benefit humanity greatly. Here are three main reasons why I believe this.

As we all know, the plastic waste is hard to decompose after being thrown into the ocean and landfill. The plastic waste in the ocean will be eaten by animals and eventually enter human's food chain and harm human's body. For example, microplastic are found inside cooked fish! Couldn't you believe that? Plastic waste will fill the landfill up very rapidly and we will end up having no place to throw our garbage since it requires incredibly long time to decompose.

Another problem is the process of manufacturing plastic cutlery which releases a major amount of carbon. The pollutant could harm the environment, brings terrible air condition, and finally causes global warming which would cause extreme weather such as tsunami and typhoon. It would be a horrible disaster for humanity. We may not even have the chance to see another snowflake in the future.

Finally, the ocean is polluted, and marine lives are killed by plastic waste. It is not new to hear that another type of fish has been extinct. The problem of pollution to the earth has been getting serious in the last few decades. We used to see the beautiful view of different fishes swimming around when we dive underwater. However, all we can see underwater nowadays is plastic waste. Numerous marine creatures like sea turtles are dead because of eating plastic tableware like straws accidentally. Plastic waste is killing the ocean and we must fix this as soon as possible.

In short, I firmly believe that plastic utensils should be banned in restaurants. It is essential that action is taken to reduce the negative effects of plastic tableware as it is hard to decompose, harmful for the ocean creatures and causing global warming. If everyone takes a small step and bring their own cutlery for takeaway food, our world will be a much better place for all of us.



**A Letter of Request****4D Tsui Yat Yin Issac**

Dear Sir/Madam,

I am writing on behalf of the Sports Club of Pentecostal School to ask whether your fitness centre would like to donate your old gym equipment to our school. Many students at our school are interested in exercising with gym equipment yet are unfortunately unable to do so as our school lacks enough financial resources to support their desires, which is why we ask for your assistance. Your donation would greatly help the students develop their exercise skills as well as help us promote exercise to students and build a better reputation for your fitness centre.

First and foremost, the donation would be tremendously beneficial to our students as they would be able to develop their exercise skills. Due to the aforementioned reason, athletic and physically active students of our school could only participate in sports that do not involve using gym equipment. With your donation, those who wish to explore further on the path of physical education would not be restrained and limited by the lack of resources in our current circumstance as a wider variety of exercises and training would be provided. Your donation would even benefit students from low-income families more since training in gyms are practically nothing but unaffordable luxuries them so this would be the only chance for them to discover their potential and talent. Thus, your donation would help our students develop their exercise skills.

Another great benefit to our school is that we would be able to promote exercising to students. Students who are not interested in doing sports often do not truly dislike exercising but find some particular sports not enjoyable for them. As stated before, a wider variety of sports would be provided through your donation, which could be found appealing in the eyes of the students who do not exercise. For example, some students do not enjoy exercising in the outdoors, but since you train with gym equipment indoors, they might be interested in that. Thus, we would be able to encourage students to exercise more.

Last but not least, you would be able to build a better reputation for your fitness centre through donating to our school. Donating equipment to



students is such a charitable and generous act that the name of your business undoubtedly would be heard by the public. As a result of the contribution, the students would definitely appreciate your help and speak highly of your business in front of their acquaintances who would also begin to look upon your business in a positive manner. As such, they would all become potential customers of your business. Thus, the popularity of your fitness center would certainly grow in no time.

Thank you for your patience reading this letter and considering our request. If you would like to donate or need further information, please do not hesitate to contact me by calling 2345 6789. I look forward to hearing from you soon.

Best regards,  
*Chris Wong*  
 Chairperson  
 Sports Club  
 Pentecostal School




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## A Descriptive writing

## 4D Choi Yi Tak Max

### Academic Life

Six years have gone by all of a sudden. I feel like I have done nothing great in these years, and time fades quickly. I still remember the first day I walked into a luminous and crowded classroom. Rather than being noisy, my classmates were too shy to talk with each other. The classroom was silent, although it was full of people.

Time flies. Three years later, I chose Chemistry as one of my electives. At first, it was tough (really tough). My teacher was trying so hard to teach us, but half of them were bemused, as you can tell. Chemistry is like a cup of black coffee. It's definitely not a drink you will fall in love with at first. Gradually, you will be addicted to it if you keep drinking it weekly, daily, or even frequently. It's not like we will be pleasant after drinking it. In fact, we are just being resigned (just kidding).

Of course, in the process of drinking that unique cup of black coffee, we will face obstacles and challenges, just like when you try to reduce the amount of sugar you add in it to overcome that bitterness. In the end, the process, no matter how challenging, helps to train your endurance and strengthen your character.

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## A Descriptive Writing

4D Chiu Nok Yin Esmond

### Student life

Old people say, “Enjoy life while you are young so that you won't regret it later.”

Completing secondary school is like finishing a book's introduction. We will have gone through a lot of experiences that we have never had throughout our time in school. I cherish every one of you that I have come to know at this school because you guys never fail to create happy memories for us.

Since 2019, many of us have experienced the protest brought on by the social movement and COVID-19, which lasted around three years and unexpectedly aged me by three years. However, I shall always remember the precious memories you all gave me throughout this time. We went on a hike during the school day while taking online classes; accidentally switched on the cameras while behaving foolishly; and most importantly, we studied together all night long for the upcoming DSE.

I'm pretty sure I'll miss all of you after I graduate from this school. I do, however, wish all of you a wonderful life and success on your DSE!



**An Article****5A Chung Yung Yung****How to Cope with Depression**

What is depression? People who suffer from this mental illness always feel anxious, lose interest in everything and have sleep problems. According to recent research, 37% of adults and 53% of teenagers in Hong Kong face the illness. My friend Chris also suffered from it. In spite of all the hardship, he has overcome it.

Chris had always been under tremendous study pressure since he was in Form 3. He became very tired and lost his appetite. Eventually, he could not concentrate at school. As a result, his results dropped drastically. He was extremely unhappy every day and always quarrelled with his family members. He was so depressed that he hid himself in his room and wanted to commit suicide. Worse still, he didn't want to tell anyone about his poor condition.

How could he overcome it? He was aware of the seriousness of the matter and decided to find a doctor for treatment. Chris first took some medicine to deal with his sleep problems. Then the doctor encouraged him to cultivate his interest, so he started playing basketball. This was the most important step to overcome depression. Later, he invited me to play the sport with him. I found that he smiled more after doing exercise. I also introduced my friends to him. Having more friends made him happier than before. Doing regular exercise and developing good eating habits help him release daily stress. Now, he has fully recovered from depression and become much healthier.

What I have learned from Chris' case is that depression is a very common mental disease, so it is important to know how to fight it. First, exercising regularly can help as the body releases hormones called endorphins, which help relieve pain, reduce stress and ease depression. Listening to music is another way. Music can help us control our emotions. Last but not least, talking to friends is necessary to cure depression as they can offer advice and support.

Depression can become a serious condition that has an impact on both physical and mental health, if untreated. So, we can find ways to fight it.



**A Letter to the Editor****5B Chan Chun Sing Thomas**

Dear Editor,

I am writing in response to the article published in the *Hong Kong Post* about the sales of electric cars. Recently, studies have shown that less than 3% of all electric vehicles were sold in 2020 worldwide. The findings indicate that not many people would like to buy electric vehicles. As an environmentalist, it is important to promote the sales of these vehicles to protect our Earth. In this letter, I would like to discuss why the sales of electric cars are poor and give suggestions on what the government can do to attract more people to use them.

Insufficient charging stations for electric cars in Hong Kong could be the root of the problem. The batteries used in electric cars need to be regularly charged after use, so there is always a huge demand for having more accessible charging stations. As we all know, Hong Kong has very limited space. Charging stations are installed in some designated shopping malls and open areas. It is obvious that finding available charging stations brings inconvenience. In contrast, the number of gas stations is far more than electric car charging stations. This definitely discourages potential buyers from having electric cars.

Besides that, the distribution of these charging stations is not even. Some districts may have more charging stations than others. According to the figures from the Environmental Protection Department, there are more than 800 charging stations in Kwun Tong whereas only 60 in Tai Po, Tuen Mun and the Southern District. With such limited and uneven distribution of charging stations, cars owners, no doubt, are not attracted to purchase electric cars.

Moreover, electric cars require long charging time. It usually takes at least 90 minutes to fully charge electric vehicles whereas petrol cars only require less than 15 minutes to refill petrol. Therefore, busy Hong Kong people prefer to own petrol cars to save time.

In terms of longer charging time and inadequate charging stations, having

petrol cars seems far more convenient. This clearly explains why the sales of electric vehicles are so low. However, given that electric cars cause less pollution than petrol cars, the government should find ways to attract people to drive these electric vehicles.

The first suggestion is that the government should increase the incentive for potential buyers to purchase them. Reducing the car insurance tax for electric cars could be a possible strategy. For the first-time car buyers, the registration tax of electric vehicles can be lowered. It can release the potential buyers' financial burden. With the lower cost to use electric vehicles, it is hoped that more buyers would be encouraged to buy electric cars instead of the traditional ones.

Another suggestion is that more charging stations should be built to meet the increasing demand of electric car owners. More charging stations can ease the stress of electric car owners as they can charge their cars whenever and wherever they want. The government can also offer free charging services to the drivers. The more accessible the charging stations are, the more people would consider buying them.

In conclusion, the sales of electric cars should be boosted. The government can try to lure potential buyers with tax reduction and installation of more charging stations. It is hoped that the suggestions mentioned above could help to make electric cars become more popular in Hong Kong.



Yours faithfully,  
Chris Wong  
Chris Wong

An Article

5C Tiffany Tham Yee Ting

English Ambassador \_ F.1 First Sharing Session

Title: What I do when it feels like my work isn't good enough

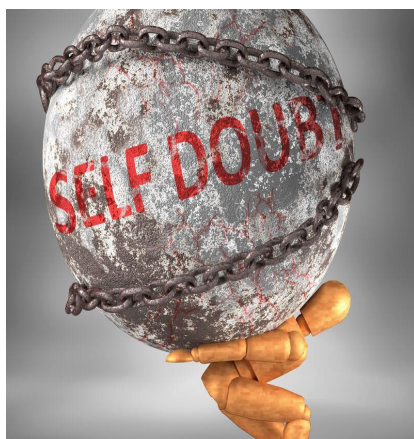


Some people fall into self-doubt when they are working hard to reach their goals. They may feel that they are not as good as others. However, self-doubt cannot help them become better. It's important to remember: Hard work is the key to success.

Sometimes people only care about the result. For example, people getting 60 marks in a test may feel like they are a failure because they did not score 80. To me, I think it is important to know that we have done our best. For example, you can only stay focused for 30 minutes a day; however, others could focus much longer so they would get higher marks. I strongly believe that we should work harder if we want to achieve more.

However, self-doubt can sometimes bring us benefits. It helps us to reflect on our progress. If you can't successfully reach your goal after trying hard for a period of time, it's time for you to take a pause and look for another way out.

Whatever goals you want to reach, continuous hard work should be important!





A Story

5C Whitney Hung Cheuk Nam

## *The Final Trip*



My friend Peter and I go hiking every weekend to explore different mountains, find some wild animals and see the beautiful view. However, the last trip we went on was something that I would never forget.

Last weekend, we discovered a new area that we had never gone to before, so we packed our bags and embarked on an adventure to 'The Golden Mountain'. At first, it was just completely normal, the good ol' greenery and animals that we could see at any other forest. But as we dived deeper and deeper, there, in the corner of my eye, was a mysterious cave with a small twinkle in the darkness.

I pulled at Peter's sleeve and pointed at the cave. His eyes were practically glowing under his thick glasses.

'Chris, let's go in there!' he exclaimed, jumping around like a child who found candies on the ground.

'Sure, who knows? Maybe there is a dead body inside the cave or something,' I said while taking out my flashlight.

The cave was dark, wet and silent. There were bats atop the ceiling and dead rats across the stone floor. I walked into the cave carefully, putting my hand on the walls. Peter was in front of me, his footsteps were loud and sharp, but I could see that he was a bit scared. As we went deeper, the cave got narrower. I was even walking sideways, until...

‘Stop! I think there is a huge drop right here!’ Peter yelled and crouched down. He slowly pulled himself into the hole and fell into a pool. A huge splash could be heard.

‘Hey! You can jump down here. There is some sort of liquid down there that could catch us.’ Peter asked me to come down. I closed my eyes and took a deep breath. Then, I jumped right in. The liquid smelled a little oily, but it wasn’t unbearable. I quickly went out of the pool of unknown liquid and attempted to dry myself off.

I looked around the small cave. There were drawings and writings on the walls. The drawings all led to a single door with a lock on it. It was telling us a story of a man and his family who were betrayed by everyone they knew. Out of anger, the man burned his village and all the people inside it. He took their valuables and hid in this cave for many years.

‘Peter, do you think this door would lead to the man’s treasure? We are going to be rich!’ I said excitedly, taking out two hairpins to try breaking in.

Peter shoved me aside and put a key into the lock. ‘Clang!’ The lock fell on the ground. Peter then proceeded to push the door open, like it was his own home.

‘Hey? Where did you find the key?’ I asked Peter while looking around the spacious room filled with beautiful portraits, diamonds of all the colours of the rainbow and money. There was a sole photo on the desk and I picked it up.

Three people were smiling in the photo, a tall man with a beard, a petite lady with kind eyes and a little boy wearing glasses. It was the man and his family. I turned the photo around to look at the back, ‘The Smith family’ was written in a neat handwriting. I felt something look daggers at me. It was the two corpses in the corner. One wore a dress, the other in a suit. Their bodies were rotten away over the years, their flesh eaten by bugs and rats.

‘My goodness, this is terrifying.’ I breathed out while holding a hand to my chest.

I walked closer to inspect the corpses— their fingertips were bloodied, like they were scratching against something before their death. Their bodies thinned, as if they were starving. Peter was now over at the table, staring blankly into the photo. His glasses blocked the view of his eyes.



‘Wait, what is your last name again?’ I asked the bespectacled man. My eyes were getting wider as the seconds passed.

‘Oh, I think you know what it is.’ He turned over the photo. The words ‘The Smith family’ started burning into my mind.

Realization hit me hard, it all made sense: why he was so excited, the sudden personality change, even how we found this place.

‘You planned this, from the very beginning, Peter Smith!’ I muttered out, dropping to the ground.

‘Yes, every little detail was carefully planned by yours truly. You followed my plan perfectly. I even made it look like you discovered the cave!’ he said, shutting the door as he made his way to me.

‘Why are you doing this?’ I screamed at him, throwing the items in my bag at him.

‘Why do you ask? It’s because they were the ones who betrayed me all those years ago. My family, my friends and everyone I knew, who humiliated me and abandoned me, so I did the same thing to them. Do you hate me, Chris? You don’t hate me, right? You are my best friend in the entire world!’ He laughed maniacally and looked at me, expecting an answer.

‘You were my best friend, but how could I be friends with a serial killer? You are crazy and need to be put into jail!’ I yelled at him.

His smile was gone. He reached into his pocket and pulled out a match box. I realized what he was going to do. The oil from earlier, it was gasoline. I started to panic.

‘Wait, you don’t have to do this Peter! I won’t tell anyone!’ I waved my arms around, trying to stop him.

‘But of course, who would want to be friends with a killer like me? It was fun while it lasted, Chris. Maybe we’ll meet each other in another life.’ He dropped the lit match and locked the door.

I was banging and scratching against the door like my life depended on it. My

fingertips were bloodied, just like the two Smiths behind me. Peter was staring through the small window on the door, his eyes softened and a sad smile appeared in his face. I shouted my last words.



‘The truth always comes out in the end.’

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## An Article

5C Lau Cheung

### Facing Depression

According to a survey in 2019, over 50% of students in Hong Kong suffered from depression. This common mental problem affects how they feel, how they think and how they act. My friend has also been tortured by it. Fortunately, the illness is treatable and she leads a healthy, happy life now.

My friend Jenny, who was in Form 6, suffered from depression six months ago. Her parents had high expectations on her academic performance and she didn't want to disappoint them. Therefore, she was under tremendous pressure. When the examinations were approaching, her parents didn't let her enjoy her hobbies as they thought they would hinder her studies. Besides that, all her friends, including me, were so busy that we didn't have time to talk with her. There were no proper channels for her to release her pressure. As a result, she lost interest in everything and wanted to commit suicide to escape from the real world. Luckily, her mother was aware of her intention and stopped her from doing that immediately.

When her parents knew about her illness, she took her to seek help from a psychiatrist. The psychiatrist prescribed some medicine and suggested Jenny received psychological counselling. Jenny felt relieved after she had taken the pills and put some effective strategies into practice. Also, she took courage to share with us about her illness. Then, as friends, we tried to give her more support. We studied in the library together and encouraged her while she was in a low mood. Jenny fought depression with a positive attitude finally and wears her smiles again.

It is lucky that Jenny can make a full recovery from depression. There are a lot of Hong Kong students who are still struggling with depression. This illness definitely affects their physical and mental health. It is alarming that there have been more suicidal cases since September. Students may hurt themselves because of overstress and the cut-throat learning environment.

There are some good ways to fight depression. First of all, when you are having a hard time, you can share how you feel with your friends. Besides, you can develop some interests and hobbies for your own enjoyment. Doing exercise can release your stress and produce endorphins which can make you happier. This can not only relieve your stress from the hectic lives, but also reduce mood swings.

Furthermore, if you feel depressed for more than two weeks, you should pay attention to your mental health. You can take the depression test from the website of the Chinese University of Hong Kong. If the result is positive, you should consult a doctor promptly. There is no need to feel embarrassed.

Joining support groups and expanding your social circles are also good ways to fight depression. Those who suffer from depression can join the activities of some religious organizations to get spiritual support. For example, the Buddha Hall or churches are great places where you can release your stress and make new friends. Studies show the more connected you are, the happier you are. If you do not want to join religious activities, you can connect with some support groups which are designed for people with depression. Being with others who also have a similar experience can reduce your feeling of isolation. You can find your “teammates” there.

It is good to encourage each other, receive some advice on how to cope with depression and fight against it together.

In conclusion, if you are aware that your friends feel depressed for a period of time, please show your support. You may save their precious lives. We should also bear in mind that there are many ways to deal with depression. Let's stand together to fight it!




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A Yearbook Entry

5C Yeung Chi Ho

### **A Yearbook Entry**

#### **1.1 ACADEMIC LIFE**

Write about one subject that you enjoyed studying or found challenging.

My favourite subject is definitely Mathematics. Mathematics is amusing and interesting. The reason that I love Maths is that it allows me to think more flexibly and smartly. To learn Maths well, it takes time and patience. I enjoy coming up with the solutions to solve questions because I have a great sense of achievement by doing it. Also, I like to understand some mathematical theories and it is never too difficult for me to memorise all the equations. Instead, I am completely interested in knowing more about them. Mathematics is all around us and it is a joy for me to learn this subject not just in the classroom, but also in my daily life.

#### **1.2 STUDENT LIFE**

Write about what you will miss most about being a student in Class 6C.

It is always hard to say goodbye and I will definitely miss my

classmates most. Many of them have been with me for six years. We have been through a lot together and it is truly memorable and hard to forget. My classmates are very kind and helpful. I have got some close friends in the class and we have a very strong bond. When it comes to school trips, class events and outings, we discussed and came up with the best plan to make sure everyone of us enjoyed themselves in the activities. One of the most unforgettable events is our last Sports Day in Form Six. We honored our class by winning many medals on that day. I'm so proud of my class and am so grateful that we have had countless wonderful memories. I sincerely hope that our friendships will never die and I'll miss them all !

An Article

5D Jack Wong Sze Chit



English Ambassador F.1 First Sharing Session



### **General Writing Tips for Young Writers**

Students may have wrong concepts that using complex words and sentences is the best way to improve their writing. Truly, using them accurately and appropriately can impress the reader. However, many students fail to use them correctly. The wrong use definitely affects the meaning of their work, and even brings misunderstanding.

Actually, using simple words and sentences correctly could also show how adept you are at expressing yourself. It is far much better than using fancy words and phrases wrongly. Always bear in mind that we should use words precisely. Let's make an effort to write a piece of high-quality work with simple and accurate expressions.

## Light Pollution

Light pollution has been an environmental quality issue arising from human's overuse of lighting systems identified by the International Dark-sky Association. The unwanted and excessive artificial light is not only adversely affecting our view of the universe, but also our environment, human's health, energy consumption and the ecology. 80% of the world's population lives under skyglow (World Atlas of Artificial Night Sky Brightness, 2016). According to a survey (HKU Department of Physics, 2003), the Hong Kong urban night sky has been 100 to 1,000 times brighter than the international dark sky standard between 8:30pm and 11:00pm.

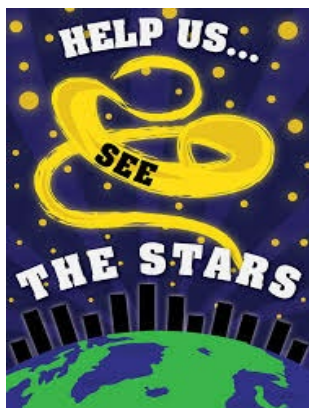
There are numerous factors contributing to light pollution which could be dated back to the 1930s when the development of industries took place. In developed countries like the US, Europe, Japan, more outdoor lighting used at night is inefficient and overly bright. In recent decades, Hong Kong has been known as "the Pearl of the Orient" for its spectacular night view, but it also brings forth serious light pollution. The unfavourable urban planning in Hong Kong demonstrated how different components of light pollution including glare, skyglow, light trespass and clutter have impacted the residents. For example, many advertising billboards with strong lights are installed right opposite to the residential units in Mong Kok and Causeway Bay, which seriously affects people's quality of life. This is obviously an irresponsible use of light which shows that the commercial users have not committed to minimising the energy waste.

One of the serious effects of light pollution is the disrupted ecosystem and wildlife. Many migratory birds fly through the stars and moon at night. Light pollution gives rise to the problem of disoriented birds. The American Bird Conservancy has estimated that more than 4,000,000 migratory birds perish each year in the US. In addition, the light distracts people from sleeping comfortably. Their physical and mental health are damaged, leading to depression, anxiety or even cataract and heart disease. These health problems further lower the quality of life. Also, light



pollution increases the difficulty of professional and amateur astronomers' stargazing activities.

Light pollution, unlike many other forms of pollution, is reversible so it is vital that everyone must take immediate action. The World Wildlife Fund organises a worldwide movement called "Earth Hour", which encourages people to turn off non-essential electric lights for an hour annually from 8:30pm to 9:30pm at the end of March. Considering the possible impact on the business' profit, they can install the lampshade to focus the light on the ground and use energy-saving high-pressure sodium lamps. It is also important for the government to teach citizens to develop good living habits through TV commercials, talks and workshops. The higher environmental awareness, the more specific actions people will take. For instance, people should turn off the light when leaving the room, use yellow light and set a time limit for the use of light. With all these actions in place in the long run, our Earth will no longer be harmed by light pollution.



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## A Yearbook Entry

5D Yeung Ho Yin

### 1.1 ACADEMIC LIFE

My secondary school life has been full of challenges. It's hard to believe that this is the last year I study in this school. Throughout these few years, I have encountered many difficulties in studies but I have been working very hard to pursue my goal as I believe that there is light at the end of the tunnel.

Back to the days when I was a Form 3 student, I loved subjects about business field, so I chose Economics and Business, Accounting and Financial Studies (BAFS) as my electives in senior forms. After I was promoted to Form 4, I put much effort in academics but my hard work didn't pay off. I couldn't pass my BAFS exams. I was totally lost at that time. As I was full of gloom and despair, I wanted to give up. However, Miss Chan, who is both my class teacher and BAFS teacher, realized my situation. She encouraged me, and spent her free time teaching me what I couldn't follow in the lessons.

With Miss Chan's help and my hard work, I have overcome all the obstacles and got a really good result in my BAFS exam this year. I have not only learnt the importance of diligence but also experienced what Vince Lombardi says, "Winners never quit and quitters never win!" I will Miss Chan's guidance after I graduate. I will never forget how she has helped me to prepare for my exams because the feeling of acquiring some new knowledge is great. She let me experience that my efforts are all worth it.

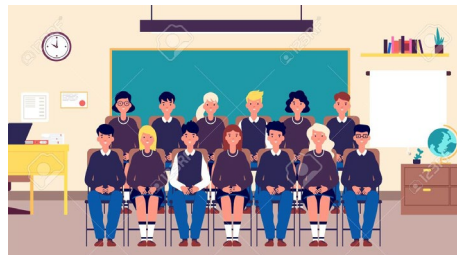
## **1.2 STUDENT LIFE**

Life in 6C is the precious time I treasure most in my school life. Every time I look back the days when we spent time learning and having fun together, I feel nostalgia for my schooldays.

I used to be a cool person when I was in Form One to Form Three. I seldom talked with classmates and I didn't like to make friends with others. In the First Term of Form Four, my classmates tried to approach me but I didn't show any interest in them. However, they didn't give up. They spent much time establishing relationships with me because they thought we would be in the same class for 3 years and we should be like a family.

After half a year, I was moved by their care and love, I changed my mind and started to develop friendship with them. Afterwards, the bonds of our friendship became stronger and stronger. This year, as Form 6 students, we have overcome many learning difficulties and faced huge challenges together. The photo attached was taken after we had finished decorating our classroom for the farewell party. I will surely keep this family photo forever because it is treasurable.

Although we will graduate soon but I will never forget the countless wonderful experiences with my beloved 6C brothers and sisters.



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An article

5D Cheung Chi Ling

### **Attention to Depression**

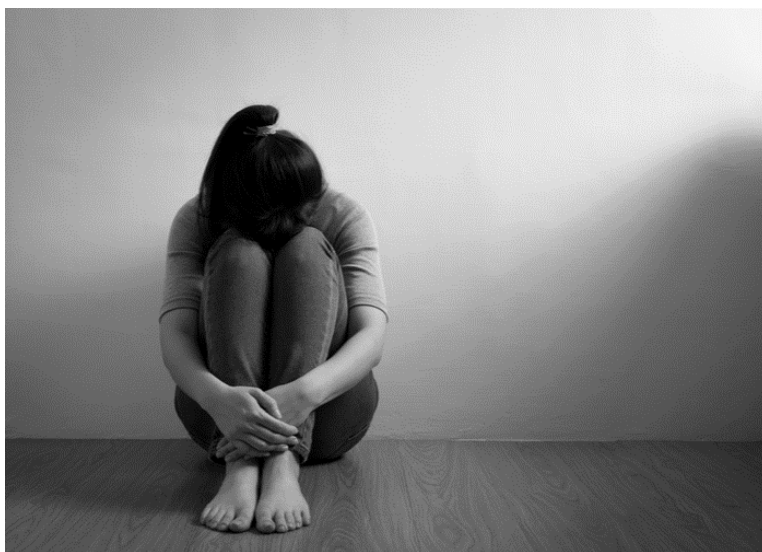
Depression is a mental illness that can seriously affect our physical health and well-being. There are many causes of depression. Most of which are traumatic and unfavourable events in life such as unemployment, bereavement and social stress. Suffering from depression can lead to greater stress and dysfunction, which affects one's social life and exacerbates the depression symptoms.

If you, sadly, suffer from depression, you may feel anxious, hopeless or even, all of a sudden, lose your interests in many usual activities that you used to engage in. Some other symptoms include a loss of appetite, sleeplessness or, on the contrary, feeling exhausted. In severe cases of depression, you may have physical problems such as back pain, headaches, which you find it hard to explain why. For some people who are in crisis, they are possibly in a state of suicidal depression.

A friend of mine once suffered from depression, which had a great impact on her at that time. She had a poor relationship with her parents and from time to time she experienced tremendous pressure due to her studies. She had a lot of expectations for herself because she had to live up to all her

parents' expectations at the same time. When her studies got more intense, she constantly suffered from sleeplessness, loss of appetite and emotional problems. Eventually, she got depression. I still remember seeing her falling apart so I suggested she ask for help from a psychologist and a counsellor. After going through the clinical treatments and attending counselling sessions, she got better and learned to adjust her expectations, knowing that she is valued whether or not she could excel in her academic study. It is important that my friend took the doctor's advice. When the exam period is just around the corner, she would cope with her stress by listening to some relaxing music for a relief. Music can not only work wonders for our mood and emotion, but also distract us from overthinking. By following the doctor's advice and adjusting the expectations in a reasonable way, my friend can manage her emotions and improve her moods.

There are many different ways to deal with depression such as engaging in healthy, pleasurable activities and connecting with friends and family. If the situation is critical, it is always advisable to consult a doctor and seek professional help. Remember, whenever you feel helpless, it is never too late to ask for help. There are people who are there for you and are ready for you to reach out to help.



## **A Cantonese Actress**

Chloe Chan, who is our school's Cantonese opera actress, completed her first performance at the Chinese Arts Festival when she was 15 years old. As a school reporter, I am going to interview her. In the following, she is sharing her path to becoming a successful Cantonese opera actress, her thoughts on Cantonese opera and what she has learnt from it.

### **The path to becoming a successful Cantonese opera actress**

When Chloe was five, she started learning Cantonese opera as her grandmother is a Cantonese Opera actress. One day, her grandmother took her to watch a Cantonese opera at the Chinese Arts Festival. After that, she decided to become an actress in Cantonese opera. Starting from that day, she has started to learn acting skills from her grandmother and practised them every day.

### **Her thoughts on becoming a Cantonese opera actress**

Chloe thought Cantonese opera is not popular for teenagers or adults nowadays. She said there were only the elderly being her audience when she stood up on the stage to perform. Even though the adults came to see her performance, they just wanted to take some rest and put on their earphones while watching. In order to maintain this traditional Chinese culture, Chloe said the government could promote Cantonese opera to the young people. If young people do not show interest in it, it would fade out gradually. In her opinion, the main reason why teenagers do not like Cantonese opera is its slow pace.

As most Hong Kong people work very hard every day, they prefer spending their holidays doing something fun instead of watching or enjoying the Cantonese opera. It is the same for the teenagers. They not only have to study and join after-school activities, but they also have to attend tutorial school after lessons. Therefore, they do not have free time to learn and understand Cantonese opera.

### **What Chloe has learnt from Cantonese opera**

Chloe has learnt communication skills and confidence performing on the stage. She remembered that she was the youngest actress the first time when she acted in a group. However, there was no generation gap between herself and the other members of the crew. Those experienced actors and actresses were very kind and helpful, so she could work with them harmoniously. Furthermore, her Cantonese opera teacher taught her a lot of acting skills. Whenever she had troubles in her rehearsal, her teacher helped her patiently. This really strengthened her confidence in performing. Before being a Cantonese opera actress, she was very shy. Now, she can speak loudly, fluently and confidently in front of others. She hopes she could pass on this traditional culture to our next generation.




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### **An Article**

### **6B Wong Man Pong Carney**

#### The Negative Effects of Working Overtime

Recently, the issue of overtime has become a serious phenomenon in companies in Hong Kong. Some people enjoy working overtime to have a good living or get other perks. Others are required to stay at their workplace late without having overtime pay. Undeniably, working overtime can bring substantial benefits to both the employers and employees. However, the adverse impacts on workers' physical and mental health should not be underestimated.



Someone claims non-stop work guarantees higher productivity. Personally, the advantages of staying late at work cannot overshadow its downsides. According to some research conducted by the University of Hong Kong, working long hours may bring serious health risks. There are several cases of 'karoshi' in Japan, which means death caused by overwork. Employees who always work beyond their capacity might be physically affected by the tiredness brought by the lack of rest. Some of them are worried about being laid off in case they refuse to work overtime. It will be a long-term torture if they take no time to relax. Employees easily suffer burnout when they keep working over ten hours a day, which definitely leads to lower productivity.

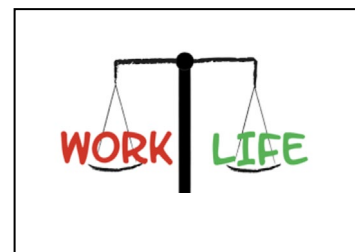
Two measures should be implemented in the hope of maintaining good working quality at the workplace. Hopefully, the benefits brought by the measures could outweigh the potential loss that business will face.

It would be ideal if standard overtime hours could be established under the agreement between the employers and the employees. Working within the standardised office hours could help to assure better work-life balance. Obviously, the policy could prevent the subordinates from being forced to work overtime.

Furthermore, employees are advised to do more sports. As we all know, most of the people who live in modern cities, like Hong Kong, spend insufficient time on sports. They enjoy the convenience of commuting by cars between home and work. However, walking is a good choice of exercise for people having a busy schedule. They can consider walking a part of their journey when commuting, which can help to release work pressure and improve their overall health.

All in all, working overtime seems inevitable nowadays. However, it is important to consider its long-term impacts on our health. It is crucial to wrestle with this sickening phenomenon and create a less stressful work environment. The importance of work-life balance should be further promoted

in the workplace to establish a healthier working culture.




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## A News Report

6C Depay Wong Tsz Hin

### Peter Magnificent Performance Save St. George's School

It was the final game of the season, but it was a fierce battle between St. George's School and Royal College. The temperature inside the stadium was high and the fans were cheering up their favourite players. This match would determine which team could get the tickets to the High School Elite Tournament next year.

In the first half of the match, Royal College continued their high-pressure defence against St. George School, which affected the opponents' passing. Royal College had successfully tackled, and pressured St. George School in their box 6 times and tackled them 9 times in their own field. Also, Royal College used their side-overload and box-overload strategies to keep splitting St. George's School defensive line which made Royal College's forwards scored one header before the first half had ended.

About the statistics for the first half, the ball possession of Royal College was 69% which means they kept dominating the match and controlling the tempo.

An incident happened in the second half of the game. Peter, who had reported his hamstring strains, went to the bench and started warming up. The coach of the St. George's School, Mr Smith, decided to gamble on the win by putting Peter on the court.

Peter completely changed St. George's School atmosphere when he substituted another player in the match. Peter had brought the team with some new tactics like Tiki-Taka. They also used their ball well in their backcourt. Peter and his teammates started a counterattack and Peter had passed a key pass to his teammates and finally scored a goal in 50 minutes. The team morale improved after the goal.

After that goal, St. George's School had got their possession back against Royal College. St. George's School's attack was totally linked up by Peter and their passing tactics had struggled the Royal College midfielders and defenders. Peter finally scored a goal toward the Royal College goalkeeper by one-on-one in a counterattack at 69 minutes.

It was a tie at 69 minutes, but the fans were cheering for St. George's School loudly and it motivated their team again.

When everyone thought the game was going to end up with a draw, Peter took the ball at the 90 minutes of the game and dribbled pass through four defenders of Royal College and scored an incredible, stunning solo goal to seal the match. The fans all went crazy in the buildings.

After the match, I had an interview with Mr Smith from St. George's School. He said that putting an injured player into a match was definitely a risk, but he also claimed that he had not had any options at that moment and he was totally impressed by Peter's performance tonight - two game-changing goals. Mr Smith also said that they would keep their team in the best shape and try their best in the High School Elite Tournament next year. Then, I interviewed a fan of Royal College outside the stadium. He said that it was a tough loss for them, but he hopes that their team can bounce back quickly after this loss. He also appreciated Peter's performance today but they said that they will not lose to the same person again in the next rival.

Chris Wong reported



**Why is Athleisure Now Dominating the Fashion Industry?**

Celebrities like Justin Bieber and Rihanna are rocking their world concerts wearing sporty clothes; international brands such as Nikes and Adidas are rolling out their brand-new tracksuit garments; office men and ladies are putting on sports leggings instead of business suits. When these are compared with the time when people wear the most suitable clothes at various occasions, the phenomenon mentioned above can be quite puzzling. Why is athleisure taking over the world?

To commence with, the countless media platforms lead to the promotions of athleisure. In these few years, no matter on traditional media such as TV and radio or on newly-developed social media platforms like Instagram, Facebook and Twitter, the information about fitness and healthy lifestyle has been ubiquitous that almost every piece of advertisement is related to fitness and sport. On YouTube, gym enthusiasts are uploading workout tutorial videos with their sport leggings on. On Instagram, internationally-renowned celebrities and idols like Jackson Wang and G-Dragon are posting stories showing them doing sports in tracksuits. With the celebrity effect, the fans of these influencers are imitating their idols to wear comfortable tracksuits whatever they do, thus leading to the boom of athleisure.

Apart from the media's influence, the pursuit of work-life balance is also dominating the workplace, contributing to the rise of athleisure. In the 21st century, the millennials are now entering the labour force. These people wear leggings at workplaces so that they can work out in a gym and have their lunches and dinners conveniently immediately after they leave the office. For the generation Y, wearing tracksuits is not only a showcase of the pursuit of convenience and healthy lifestyle, but also a symbol of unique personality that they do not want to conform to the boring and tight business wear. Moreover, in companies with comparative young workplace culture, bosses and managers are really accepting the changes from wearing business suits to wearing leggings in the office. In fact, some internet giants such as Google and Facebook do promote the trend of athleisure and encourage their employees to work with their leggings on to exercise in the company's gyms and the employees can maintain a work-life balance as a result. Patently, the desire for work-life balance pushes the trend of athleisure forward.

Finally, the popularity of athleisure rose on the corpse of high-end garments. In the

past few decades, with the rise of consumerism and materialism, people are fond of buying high-end garments to showcase their social status. However, these clothes were unwearable and bizarre which had no practical use. On the stage of the Paris Week runway, hardly can you find a garment that is wearable. As time goes by, people are now shifting from these unpractical top-class garments sold by Gucci, Chanel and LV to the practical and convenient clothes manufactured by Nikes and Adidas. These practical tracksuits provide numerous conveniences that people can wear on different occasions for an array of purposes.

To conclude, it is highly obvious why athleisure is currently dominating the fashion industry. The combination of athleticism and leisure has now reached the heart of millions of people, which facilitates the rise of athleisure. Athleisure is not only and no longer a pursuit of healthy lifestyle, but also a symbol of personality.




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## A Blog Entry

6C Tony Wai Tung Yuen

### Have You Ever Run a Marathon?

Do you know how it feels like when you spend days and weeks to train, and eventually get a satisfying result? No? Then you are super lucky to see this blog today.

It came a week after the Hong Kong Marathon had taken place, and it was my very first marathon I ran in my whole life. I learnt a lot from the marathon, good and

bad, and I would like to share them to you all!

A few months ago, my friends, Mary and Peter, invited me to participate in the Hong Kong Marathon. Given that we had no previous experience, we chose the junior level which is 40km long. Three of us felt so excited as that was the longest distance we had ever run. Therefore, we decided to equip ourselves.

On the first few days, three of us went to the soccer pitch next to our school to train. We ran around the pitch to strengthen our stamina. However, I overestimated myself and quit the training with my teammates. Although I had left, two of them continued to train after school every day.

Time flies. It was finally the month before the marathon. I started training with them again. But soon, I found that I couldn't keep up. We were of different levels! I realised that I lacked training so I decided to train myself in a harsher way. I slept at 10pm and woke up at 5am in an endeavour to go for training. I was running on the streets when others were sleeping. I also jogged after dinner time with my parents. After days and nights, I finally developed a better stamina.

It was an eye-opening experience on the day of the marathon. We met different people from different countries, such as England, America, Africa, and Japan. They were all professional and experienced. They were also very friendly. After they had acknowledged that we were beginners, they shared their own experience with us and reminded us the things we must pay attention to.

It was a day with thrills and spills. I have learnt a lot from the marathon. I have learnt a lesson of not being too proud as arrogance will make us overestimate ourselves.

Nonetheless, every coin has two sides. I benefited from the marathon too. Exercising regularly helps me release stress from academic. I feel happier when I spend time to train regularly. Other than my stamina, the training also helped train my self-discipline as I set a regular daily routine for myself - sleeping at 10pm and waking up at 5am. I have learnt to manage my time well too, studying and training in a day. The two most important things I gained are the precious memory with friends and the experience from training. Not only did I benefit from the marathon, but also the needy. The marathon was held by a non-government organization to gather money for the poverty. Therefore, it's meaningful to take part in such a marathon.



I truly hope that there will be other marathons like this in the coming years. I'm sure that I will be joining it. Finally, hope to see you all there!




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## A Restaurant Review

6D Aaron Li Sung Hei

### Eat & Drink

Name: Dim Sum One

Type of Cuisine: Chinese dim sum

Best for: Children/Family

Romantic Date

Business

Special Occasions



Located in the heart of Central, the newly-built Chinese restaurant Dim Sum One has made an effort to contrast the western-oriented culture that Central is recognized for, be it ornamental or dining, to catch the eyes of everyone in the city, including me. Does the place deserve its celebrity status? Or is it just a blind flash to gain the market attention?

I had the chance of paying the restaurant a visit days before and have compiled the upsides and downsides of the eatery.

First of all, the restaurant took a bold yet unusually scenic effort on its indoor

design. Contrasting the extravagant Chinese decorations that one expects to see in a traditional dim sum place, the restaurant actually blended the subtle western black design which adapted to its nearby environment, making the place stand out from the crowd. This had yet to be seen in Hong Kong and, I have to say, it was a brilliant decision. Together with the nice aroma of chrysanthemum and lavender filling throughout the diner, the culinary experience was certainly a relaxing and calming one.

Things took a wild turn though when I sat down at a corner and looked at the menu, it seemed like the eatery provided only dinner sets and it was not possible to order individual dim sums, unlike the conventional Chinese restaurants. The prices were also 'slightly' unreasonably high, with one dinner set costing a mind-boggling HK\$3750. It would have been better if the restaurant were to provide lesser-priced options for customers.

Albeit having dinner sets only, what was included was able to match a wide range of culinary preferences, from shrimp dumplings and siu mai to traditional Chinese pork knuckle soup. They were also kind enough to offer free herbal tea, which was advertised to supposedly 'clean your alimentary canal' after the feast.

Customer service was on point. The waiters have attended to all our needs and did not cause us much trouble. It was a wholesomely pleasant dining experience.

All in all, the restaurant is but a luxurious one. It is designed for lovely couples to enjoy their moment. Boisterous and adventurous children are not advised to visit the place as it may be too boring. I wholeheartedly recommend this wonderful place for persons who have extra pennies to spend or couples seeking a peaceful and atmospheric ambience. The prices might be exorbitant. For the thrifty consumers, this might not be the perfect place.



## A Speech

## 6D Haide Chung Wing Hei

Good morning, Principal, teachers and fellow students.

On behalf of the Students' Union, I'd like to welcome all of you to our school. I'm sure we all want to achieve success and have an enjoyable school life, so this morning, I'd like to give you some advice.

Are you nervous? Or are you excited about experiencing your dream secondary school life? Let me guess, you are imagining some youthfulness and dynamic scenes just like the *Campus* anime. That's what I did when I first entered this school. Before we talk about that expectant excitement, please pay attention to what I'm going to say – school rules are one of the most important things for a student. As a miniature society, school rules are set to train your self-discipline to get you ready to step into the real society. Sooner or later, you'll get a job or maybe getting into a company. At that time, you will have developed your own character and know your place in society. You might like to dye your hair in cyan or lavender, but are you going to do that as a bank clerk? That's what the school is trying to train you for, so be prepared for the future.

No eating or drinking in classrooms and remember you are not allowed to enter the staff room... these rules are pretty unfamiliar to you. There are more rules than primary school. It might be a little bit frightening for you, but it signifies that you are growing up bit by bit. Don't worry too much! We, as your academic brothers and sisters, will be explaining and guiding you through these rules after this morning session. If you have any suggestions for the school rules, you are always welcome to share them with the teachers or members of the Students' Union. As I have mentioned earlier, following the rules is one of the most important things for discipline training, for your own good. Please try your best to do so and get ready for your next step.

After the 'sad part', we'll jump into the delightful part – friendship! Friendships are essential. Friends help each other and share the joy and tears in our lives. I am absolutely grateful that I have made a lot of friends here at PS. In these years, I've faced many ups and downs. Some with academic studies, some with personal relationships and some with my own hopes and dreams. During the downs, my friends were always there to provide a shoulder for me to cry on. We've created a lot of memories together. We all had friends in primary

school, but friends you meet in secondary usually will become your friends for the rest of your life. Teenagers think more compared to children, which makes them appreciate love and care for others. On the other hand, we're not adults, so our friendships are more innocent. So, do look out and discover some friends. It's thoroughly enjoyable!

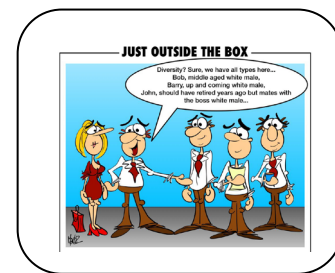
I hope you all can build valuable friendships in the coming years, enjoy a successful school life and be well-prepared before stepping into the real society. Come and say hi when you see me around.

Thank you for your attention.



## An Article

6D Mini Siu Yuk Kwan



### A Unique Work Environment in Other Asian Cities

In recent years, the unemployment problem of Hong Kong graduates has become serious in our society. Many Hong Kong graduates complain that there is a lack of employment opportunities in the city. However, it gives them a chance to look for jobs in other cities in Asia. In my opinion, it is advisable to go to other countries in Asia and I will explain my reasons below.

To start with, working in other Asian cities can help graduates broaden their horizons and gain international perspective and exposure. Hence, they can get hands-on experience of different cultures in Asia. It can increase their sense and knowledge of how to do business with different people from different ethnic and cultural backgrounds. Gaining this experience gives graduates the opportunity to develop a competitive edge and will help them to understand how different cultural attitudes shape and mould the market in different places.

In addition, different Asian cities provide a new lifestyle for Hong Kong graduates. Asian countries provide legal ways for people who are bored with the Hong Kong lifestyle to experience something exotic or unusual in their work-life experience. As we know, they can simply apply for a work visa by taking part in a working holiday scheme offered by other countries in Asia such as Taiwan and Singapore. Also, Hong Kong teenagers like a fun lifestyle. Some of the graduates said that they get to explore and enjoy other cultures and lifestyles in a working holiday. Therefore, if Hong Kong graduates want to work hard, get new experiences and enjoy themselves at the same time, working in other Asian countries is a good choice for them.

Moreover, the culture of Asian countries is similar to that of Hong Kong. As Hong Kong is a culturally diverse city, the Hong Kong graduates will find it easy to integrate into the culture and lifestyles of these Asian countries. For example, in Singapore and Malaysia, most people speak English, so Hong Kong graduates, who have a good command of English, will find communication relatively easy.

In conclusion, it is a good suggestion for Hong Kong graduates to work in Asian cities in order to tackle the lack of employment opportunities in Hong Kong. When the Hong Kong graduates develop themselves as businessmen and women, they can then return to Hong Kong later in their careers and contribute to Hong Kong as wiser and better-informed entrepreneurs.

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## **A Formal Letter**

## **6D Sam Ngai Ka Shing**

Dear President of the IOC,

As the IOC is inviting the public to suggest sports to be included in future Olympics, I am writing to propose Dragon Boat Racing. I believe Dragon Boat Racing is suitable as an Olympic event and I am going to provide three reasons.

First of all, Dragon Boat Racing will attract a lot of media coverage if it is included in future Olympics. As a matter of fact, Dragon Boat Racing is already popular in China. Many cities, such as Hong Kong, hold Dragon Boat Racing competitions annually. Dragon Boat Racing also has a deep association with Chinese traditional culture so Chinese media would be more than willing to report if it has become an event in the Olympics. As for the western media, they will also be interested in Dragon Boat Racing. With the economic growth of China, countries in the West are increasingly interested in Chinese culture. The Western public may also have many questions to raise about these mystic 'dragons' of the Orient.

In addition to media coverage, Dragon Boat Racing, by nature, is appealing to young people. Challenges and Excitement are irresistible for youngsters. In my opinion, Dragon Boat Racing is one of the, if not the most, exciting kind of sports to watch. Dozens of boats with colourful paintings compete against each other, while the drumbeat and the shouting get louder and louder as each race progresses. The intense drumbeats would increase the tension for both the participants and the spectators. It is a team sport that requires a high level of cooperation. Players must follow the rhythm accordingly. Otherwise, they will not win. The crews of Dragon Boat Races will most certainly create a deep bond with their teammates because they are literally on the same boat together. Rowers could ride on a dragon metaphorically in Dragon Boat



Racing! Young people across the world will undoubtedly love to see this event in the Olympics.

Last but not least, Dragon Boat Racing can promote gender equality. Regardless of a person's gender sexual orientation, people can enroll in a Dragon Boat Racing competition. There could be mixed-gender, all men and all women races as in many sports. This can help sending the message that men and women should have equal rights and opportunities when it comes to playing sports, hence improving gender equality.

These are the reasons why Dragon Boat Racing should be included in future Olympics. I hope the IOC will consider my suggestion and I am looking forward to seeing the dragon boats compete against each other in the Olympics someday.

Yours faithfully,  
Chris Wong





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