



ERUDITIO

子衿雜誌
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Fail when you stop trying
Arthur Chow

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總編輯的話

在思考這期主題時，我腦海裡閃現一段古詩：行路難，行路難，多歧路，今安在？長風破浪會有時，直掛雲帆濟滄海。

—— 李白《行路難》

聖記到處綠樹成蔭，芳草鮮美。當你站在校園裡，細細聆聽，悠悠欣賞，你會發現你正處於一個美麗的大自然中，身邊是一片大好風光！然而這美好的一切早前被瘋狂的颱風撕扯，猶如「風聲撼山翻怒濤，雨點飛空射強弩」之象。風雨之下，參天大樹也站不穩，有的被吹折，有的甚至被連根拔起，校園一片頹垣敗瓦。

颱風後，學校的情況十分惡劣，宣布暫時停課。當大部分的人都在享受這額外的假期時，有一部分老師、同學、校友自發的到學校幫忙清理散落在主要道路上的樹幹、枝葉。他們如此困難、如此勞累，到底為了什麼？是愛？還是責任？我的答案是：以上皆是。一開始我們喜歡這所學校無非是因為這裡環境優美，設備齊全。但久而久之，在這裡上課、生活，所接觸到的人、事、物都讓我們漸漸打從心底愛上它。因為愛，所以想要保護它，不自覺地生出一份責任感，甚至把它視為我們另一個「家」。現在的校園經過師生、校工們的努力之後，終於恢復本來的整潔。這大自然的黑色幽默，剝奪校園的外在美，卻同時讓我們引以為傲的聖記精神在心中迴蕩……

這看似一件小事，表面上看來只是颱風破壞校園，需要時間修復。但是當我們把表象一層一層剝開，我們會看到內在的真象，那觸動人心的精神、情感、美善。同樣的，世界上任何事都有它更深的意義，等待著我們去發掘、探索。本期學生報以「探索」為題，願帶領同學一同探索我們的校園、社會、世界，從表到裡，走出框框，走進生命，看得更多，想得更深。

願大家都有「路漫漫其修遠兮，吾將上下而求索」的心，走出豐盛的人生路！

子衿

「子衿」一詞，最早見諸《詩經•鄭風》。詩序曰：「子衿，刺學校廢也。亂世則學校不修也。」將青衿解為學子之服，因學校廢弛，老師盼學子之歸而作。曹操作《短歌行》，引用「青青子衿，悠悠我心」表達了曹操求賢若渴的心情。

漢太學生因衣青衿而有自我的期許，不落俗套，自成清流，勇於承擔，奮起言事。這些以天下為己任的賢才，就是昔日曹操心中的關顧與牽掛。正如聖士提反學生學步前人，誠可敬也，亦可期也。

子衿編輯部

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仁者不憂 智者不惑 勇者無懼

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莫樹錦醫生專訪



「死亡」是世界一切生靈的歸宿，但它並不一定按章出牌，它來無蹤去無影，一般人覺得它距離自己很遙遠，尤其是年青人，卻沒想到死神並不一定眷顧年輕的生靈。面對死亡，很多人都措手不及，很是「恐懼」，但既然我們終將離去，我們應該如何面對「死亡」？人們都得向死而生，那麼我們又應以什麼態度活著？應如何建構在生的價值？此次有幸訪問行醫數十載的莫樹錦醫生，期間談及面到死亡、人生的意義等議題，頗有值得後輩借鑑參考之處。

「盡」情投入——寄宿有感

莫醫生是聖記的舊生，曾過寄宿生活，他認為寄宿是另類學習，只要投入其中，用心感受，得著是豐富的。當年入讀聖記的他，因要寄宿第一次離開了家，初時很不習慣，但年青人要適應新事物也不是難事，很快地他便與同學融入寄宿生活。那時，大夥兒一起生活，甚或搗蛋，彼此日漸建立情感，並在這段時間學習解決生活中不同的難題，處理人際之間的磨擦。他說這段經歷開啟了他人生的另一面，也讓他明白凡事盡情投得，收穫許是意想不到的豐盛，著同學要把握寄宿的機會。

勇於挑戰——從「學習」到「寫作」

莫醫生從成長到成功，離不開「挑戰」二字，面對挑戰，他會選擇迎難而上，這種心態讓他的人生多彩。說到勇於挑戰這性格，莫醫生憶起中三時跟同學比拼記「 π 」，因不服輸的心，而努力面對挑戰。

莫醫生在中學時憧憬學習海洋生物學(Marine Biology)，不料升學到加拿大後，未能讓他如願，只好選擇讀醫，因醫學和生物有關。可是外來學生能入讀醫學院的機會是微乎其微的，但莫醫生不懼挑戰，盡力而為，結果他成功就讀醫學。從此，莫醫生走上了漫長的從醫之路，更選擇了挑戰癌症——人類健康最大的敵人，在面臨了無數生死攸關的挑戰之中，他一直選擇迎難而上，他不僅延長了不少病人的生命，更為世界的醫學作出了巨大的貢獻。

莫醫生是少有「文理雙全」的醫者，說到「創作」，他

有一番領悟。原來莫醫生讀書時最討厭的就是中文，認為寫作是煩人的事，及後到加拿大留學，再到從醫，一直都不太需要學習、應用中文。直到一次，明報記者訪問莫醫生，及後邀請莫醫生為副刊撰寫專欄，莫醫生初時有點猶豫，畢竟跟中文「絕緣」了好長的時間，但又想挑戰自己，看自己可寫出什麼來，最後，他還是答應了。慶幸，在外國讀書時，他許是思鄉情切，許是被故事情節吸引，大量閱讀金庸等著寫的武俠小說，這也成了他寫作的養份。莫醫生懷著勇於挑戰的心，開展寫作之路，發布了他第一篇文章《醫生會哭》。從那時候開始，寫作便融入了他的生活，莫醫生亦從06年開始寫作至今。正如莫醫生所言「有時我們不知道我們隱藏的天賦是什麼」，但我們要嘗試挖掘，讓我們的人生不是平面的。當然，懷抱一顆勇於挑戰的心，是成就立體人生不可或缺的要素。

現在，莫醫生仍勇於面對挑戰，但更重視的是跟自己比較，因人生最終還是向自己交代的。

妙手仁心——為醫之道

醫者承擔病人的性命，說來是壓力很大的職業，然而莫醫生心態良好，讓他能在這條醫道上走得更長遠。他認為做醫生的責任並不是預防死亡，而是延長病人的生命，讓死亡來得晚一點。

死亡是一定會發生的，人不能逆天而行，是故，病人去世不可以說是醫者失敗(“death is not a failure”)。反過來說，應著眼於延長病者的生命，假如病者已病入膏肓，則讓他在步向死亡的路程上走得舒服一點。有人說產科醫生是最開心的，迎接新生命、希望的到來，比腫瘤科醫生好多了，因腫瘤科多在作「送客」的角色。莫醫生認為人生如一場盛宴，有人負責迎賓，有人負責送客，然迎者送者做得好的話都是一樣的。最重要是善用自己的知識、技能讓病者在最艱辛、最後的階段得到最好、最大的幫助，那就無悔了。

一般人認為醫生的工作就是醫好病人的病，而莫醫生更醫治病人的心。莫醫生在診治時會與病人聊天，並留意病人的細節，讓他們釋下心理、思想上的負擔，可謂醫者父母心。莫醫生分享到他其中一篇文章，名為《識溝女》，內容記述一位四十多歲患有肺癌的女士，她跟十七歲的兒子相依為命，但整天憂心，擔心自己死後兒子不知如何是好。莫醫生跟她交談時得知她的兒子已有女朋友，就安慰那女士兒子已是成人，會談戀愛了，為母的就不要太憂慮了，反而應多為自己的病想想。莫醫生認為醫生與病人的關係不是自上而下的，而是對等的(eye to eye)，行醫時得留意病者的心態，適當時予以關心、輔導，畢竟醫者也是希望病人能健康的，不只是身，也包括心。我們問到有否一位病人讓莫醫生最為深刻，他卻說沒有，因每個病人都是獨特的，他們言行舉止上的細節都反映出他們不同的經歷。不論病人有何故事，莫醫生都尊重，並關心他們，實在令人欣賞。

向死而生——面對恐懼

莫醫生編寫的書《sound of death》提到“the sound is actually all around you, but you just can't hear it.”生命是脆弱的，死亡並不離我們很遠，而且不時影響著我們，只是我們很多時候因為害怕、無知而忽視了它的存在。然而當人了解並接受了死亡的存在，死亡就會成為我們生命的動力。沒有人可以知道自己的生命在何時畫上句號，或許是明天，或許是下一刻。有限的時間裏，你想要做什麼？面對有限，活出無限，這心態推動莫醫生一直努力求變，面對挑戰，成就貢獻的動力。

人生是充滿挑戰的，不少挑戰都讓人恐懼，而人類最大的恐懼便是死亡，面對死亡很多人會因而消極失意，然莫醫生認為死既然避免不了，就應勇敢

面對。不只是死亡，面對不同恐懼，與其逃避，或視而不見，不如勇敢一點，正視它。只有正視它，才能克服它；只有克服它，才能放下它。

理想人生——熱愛生命

莫醫生在醫務、創作、研究上都表現出色，實在令人敬佩，問及其平衡之道時，他卻說自己用不上平衡二字。他認為「平衡」此詞隱藏之意是處事上偏廢，傾側了，所以才要平衡，但如果事事都盡力為之，就不用刻意去平衡了。莫醫生強調工作時應投入其中，面對挑戰，並享受工作；平日玩樂時也應盡情投入，活在當下。無可否認時間是有限的，但只要分配好時間，生活仍是有空間，有色彩的。莫醫生舉例說他會善用乘搭飛機的時間寫作，現在已能於40分鐘完成600字創作。

莫醫生在2018年獲歐洲腫瘤學會頒發終身成就獎，以表揚他於肺癌研究上為全球作出的貢獻。問及得獎感受時，莫醫生表示當初做研究的目的是想為病人帶來新的希望，讓他過健康正常的生活，尤其肺癌的致命率高，他著實希望幫助這群體，沒有想過要取得獎項，獎項並非主題，只是「副作用」。莫醫生沒有誇耀自己的成就，一直懷抱初心，強調行醫就是要發自內心助人，想為世界帶來一點改變，幫助有需要的人。其實做事謙卑而盡力，並投入其中，這也許就能成就理想人生了。

我們都明瞭任何人最終的結局都不過是一抔黃土，既然結局已定，這數十年的意義就不在於結束時是否體面，而在於其中的過程是否酣暢淋漓，不負一生。採訪接近尾聲時，莫醫生道：「人必然在有限的時間裏為世界做一點貢獻。」正因懷著這樣的信念，莫醫生敢於面對人生的挑戰，他隻身前往澳洲讀書、不擅寫作卻為明報撰寫專欄、面對研究中的難點……雖然死亡是可怕的，但我們更當在有限時間內發揮自己，不留餘力地探索屬於我們的人生。每人都可以為世界帶來改變，即使微小，也是有意義的。莫醫生希望同學不要少看自己，即使小小的改變許是一個起點，許會讓他人有所領悟、變化，這都是很有價值的。



後記

在不足半小時的訪問中，莫醫生風趣幽默的回答一次次逗笑了在座的老師和同學。從莫醫生身上，我們看到了身為醫者應有的醫德，應有的處世態度。如何看待生死，或許不是每個人都敢於思考的，但確實如莫醫生所說，生死卻無時無刻都纏繞著每一個人。莫醫生談起生死，語氣就像詢問一句「吃飯了沒？」似的輕鬆，但之中蘊含的人生哲學卻是深刻的，讓不願談起死亡的我們認真思考起來。短短的三十分鐘，比起一次訪談，更像是為學報同學上了一節影響一生的哲理課，聽著莫醫生的行醫經驗、處世態度，同學們也絲毫不覺時間的流逝，漸漸沉溺在思考之中了。

永不熄滅的田徑之火

田徑隊余力教練專訪

綠蔭場上，不時能見到一位鶴髮男子聲如洪鐘、游刃有餘地指揮著校內各路田徑猛將，進行各式訓練。他，曾是香港港隊著名的田徑運動員及教練，也是我校的田徑隊教練——余力教練。今天小編有幸能採訪余力教練，在佩服他為田徑事業拼搏一生之餘，從中也有不少啟發後輩之處。

田徑之火

余力教練兒時在福建生活，父親也是田徑運動員，因此余力教練小時候大部分時間在田徑場上度過，從而燃起他對田徑的熱愛。他曾嘗試排球、籃球等運動，但仍對田徑情有獨鍾。他又指田徑的成功之道在於要全心熱愛田徑，甚至愛到「走火入魔」。在福建，他於體育學校就讀，採用半日上課半日訓練模式，經常訓練到深夜才回家，日復一日，年復一年，從未覺得枯燥。余力教練稱現在回過頭看確實辛苦，但當時卻極少有體力不支、堅持不下去的時候，他堅信自己終有一天會有所作為。彼時，田徑夢已深深紮根在少年余力教練的心裏，一次又一次陪他度過了艱難的歲月，成為田徑熱情的助燃劑。

經過漫長而艱苦的訓練，余力教練終於躋身中國國家隊，更於1979年勇奪世界青年田徑錦標賽110米跨欄項目的亞軍！他在內地本來有極佳的发展機會，但中途為何輾轉來到香港呢？原來當時余力教練母親需要從內地回去印尼的老家一趟，而到印尼必須以香港為中轉站。豈料抵達香港後印尼當局卻不批准余力教練一家入境，余力教練笑指從此被迫「滯留」香港，所以無奈放棄內地事業。來港後，余力教練為維持家計，四處打工，做過各種辛苦的工作如噴漆等，暫時中止田徑訓練。幸運的是，不久他遇到來自福建的教練才有機會重回田徑場。恩師協助余力

前香港田徑隊總教練

前香港田徑奧運代表隊教練

曾於2000年榮獲香港業餘田徑總會之最佳教練獎

連續十年榮獲香港業餘田徑總會最高殊榮之「傑出教練金獎」

國際田聯IAAF Level 5田徑總教練

香港田聯3級教練

陳景熙 沈欣儀 余靖茵

練一邊工作一邊訓練：他早上九點半上班，下午五點多才下班，緊接著馬不停蹄奔赴灣仔訓練至九點、十點，每日休息時間極為短暫。可想而知，這對體能有多大消耗！對現今養尊處優的學生們而言，這是何其艱苦卓絕的生活！讓他堅持下去的，仍是對田徑不滅的熱情！

教練之路

可是余力教練的運動員生涯一波三折，他雖在國內各項比賽中頻頻斬獲佳績，尤其是110米跨欄成績已達到當時全球第二的水平，卻因中港政策原因無緣代表港隊參加多個重要的國際比賽，錯過了作為運動員的黃金時期，實在可惜。

運動員退役後轉型做教練是金科玉律，但這看似自然不過的決定蘊藏著余力教練對田徑永無止境的熱愛。教練作為運動員的生涯波折重重，未能在屬於自己的舞臺上大放異彩，更上層樓，因此他寄望學生能實現自己的夢想，代表香港登上國際舞臺延續當年未遂的夢想，自此踏上了教練之路。

聖記點滴

余力教練1986年來到我校擔任田徑隊教練，被問到對我校及學生的印象，余力教練說我校配套得天獨厚，有很好的田徑場；當時學生更因為終於有教練指導而加緊練習，一下課就趕到運動場，十分珍惜每一次訓練，田徑隊的學生們都很勤奮。

當時，余力教練除了是學校的田徑教練，也是維修部和園藝部的主管。在學生上課時，他就會一遍遍地巡視整個校園，檢查各處的設施，同學經常都能看到他汗流浹背的身影。有一年的生日，余力教練收到一眾學生送的禮



香港田徑4x100米男子接力奧運代表隊及代表隊教練余力

物——一輛單車，作為奔走校園的代步工具。他坦言這輛單車雖於他作用不大，但學生的感恩之心讓他多年來從未忘懷，這份禮物更讓他對田徑教育懷揣更大的熱情。

師生關係

當被問及師生關係時，余力教練稱他不斷在教練和朋友兩者之間切換。他笑言自己乃學生口中的「魔鬼老師」。擔任香港田徑隊教練時，他對每一位學員都極為嚴格。訓練時為了達到最佳效果，余力教練態度強硬，要求學生在各個項目皆拼盡全力，不能有絲毫鬆懈。因此學員就算面對龐大的訓練量只能乖乖服從，沒有商量的餘地。但正是這種魔鬼訓練，才造就了2012年倫敦奧運的佳績。

余力教練訓時一絲不苟，十分嚴厲，但私下裏卻很體恤學生。他了解學員們不僅要訓練，還要應付繁重的學業，處理人際關係，所以余力教練不僅教授田徑技能，幫助他們在賽場上勇奪佳績，更會像朋友一樣與他們聊天，分享待人接物的經驗以及面對困境的態度，漸漸成為了學生眼中的良師益友。

出戰倫奧

在擔任香港田徑總會教練期間，余力教練希望通過接力訓練提升香港的短跑實力，他集中本港短跑人才，運用自己獨創的訓練方法在四乘一百米比賽時進行高速交接棒，尋求突破。雖在訓練時困難頻生，余力教練最終還是在2012年倫敦奧運會帶領香港隊勇奪世界排名第九的成績，為香港體育史添上了濃墨重彩的一筆。

為了確保運動員能以最好的狀態去比賽，在比前夕，他斬釘截鐵地要選手嚴禁玩遊戲。可惜由於選手們尚是年輕，缺乏經驗，又大多都是初次見這種大場面，面對其他勁敵帶來的沉重壓力，一眾選手及教練的心情都極為緊張，因而直接影響了比賽的狀態和最後的成績。教練坦言這次比賽中每位選手都已經盡力完成，但比賽結果仍未達到最理想的狀態，選手們還有很大的改善空間。

此後，余力教練獨創的訓練模式為中國隊、臺灣隊等相繼採納，短跑接力成績顯著提升，中國隊更因此斬獲世界排名第二的佳績。

路在何方

余力教練坦言香港體育界未來發展空間較內地小，並指出政府應從多方面著手，保證訓練環境和運動員未來的出路。例如保留灣仔體育場，落實多項場地興建政策，投放足夠的資金購置器材並允許青年運動員進行全職訓練等。希望藉此可以幫助年輕一代體育人在奧運會上再創佳績，離奧運夢更近一步。

田徑之路不易走，現時也有不少家長擔心運動員職業壽命短，收入不穩定，因此反對子女追尋夢想。對此余力教練回應，從前田徑的確只能作為興趣，但隨著時代變遷，現在不少高校都設有相應政策保證體育特長生在追夢的同時亦有機會接受高等教育。例如著名單車運動員李慧詩就入讀了香港教育學院和體育學院合辦的健康教育榮譽學士兼讀課程。奧委會及香港體育學院皆提供教練課程及就業機會，所以運動員亦不用擔心吃盡青春飯，退役後無路可走。

退而不休

從初出茅廬到獨當一面，余力教練對田徑的熱血四十年來仍是燎原之勢。問及為體育事業奉獻了幾十年是否有意願退休，他笑稱，自己是「退而不休」。田徑教予他最難能可貴的人生態度——在最艱辛的時刻依舊努力堅持。當他手握鮮花獎牌，望著國旗流淚時，他是那樣感謝當初拼命的自己。他希望把自己這份對田徑的熱愛傳承下去，以教練的身份，見證更多學子在田徑事業上有所建樹。

聖士提反書院與余力教練有著十余年的故事，他坦言，今日的成就，有賴從聖記學生身上得到的經驗。現今，不少學生成了溫室裏的花朵，面對誘惑難以抵抗，輕言放棄，余力教練用親身經歷告訴我們，人生路不易，處處皆是歷練，貴在堅持。



後記

余力教練的故事與夢想有關，與熱血有關，與每一個努力尋夢的人有關。他的田徑生涯波折重重，幾經考驗，但他始終沒有放棄。因為熱愛，所以追求；因為熱愛，所以堅持；因為熱愛，所以成功！這是部分青年人所不敢為之路。我們大多都想安逸地過一生，卻不想安逸往往讓人辜負了青蔥時光，心底美夢。讓我們抓住心間的「點點星光」，燃起漫漫的夢想之「火」，推動我們走過滿佈荊棘的追夢之旅吧！

遊走校園與文字之間

游欣妮老師專訪

賴宣延 林錦怡 米允君 王YY



提到「游欣妮」這個名字，也許不少人會會心一笑，覺得似曾相識……她就是陪伴不少同學成長的青春「滅時」系列（《我滅時很煩》、《我滅時心太軟》等）作者。她不僅是個作家，也是名中文老師。身兼二職的游小姐，從一開始教學路上的兢兢業業，到如今的游刃有餘；從最初嘗試專欄寫作，至現在成為「香港閱讀城十大好讀」頒獎禮上的常客……這兩條路對游小姐而言，究竟是兩條平行線，抑或是早已相交的一條大道？她的教學觀、處事觀又如何？

教學之道

游老師說自己並非一開始便想投身教育的，直到有一次去當代課老師，才發現自己原來很喜歡跟同學們相處，那段時間燒起了她對教學工作的熱誠。直到現在她也十分享受這份工作，同時也發現自己十分重視人與人之間的關係。



游老師十分喜愛教書育人，這佔了她生活中很大一部分的時間。

除了在教學上，她也十分樂於花很多課後的時間與學生相處，進行班會活動、和同學聊天，希望可以更深入的認識他們。她認為作為老師，除了在學術上可以教導他們，使其知識有所增益外，也希望和同學們相處的過程中，能讓他們在自己的身上學到待人接物的態度，畢竟身教比言傳更為深刻，有意義。

游老師待學生的態度和教導方式或多或少是受胡燕青老師影響。胡老師讓她明白從事教育應該保持耐心，想讓學生進步就必須客觀地告訴他們自己的水平在哪，並根據每一個人不同的情況幫助他們。此外，也得用心關愛他們，珍惜他們。

回顧這段教學之路，讓她覺得困難的是時間不夠用。「一班大概有30位同學，要逐一去了解他們需要很多時間。」游老師選擇減少自己的私人、作息時間，多為學生付出，真是讓人敬佩。

難忘之事

老師每一年都會接觸到不同的同學，當中或多或少會有十分獨特難忘的片段。游老師在芸芸回憶中憶述她做中六班主任的時候，當時也是她碩士畢業的那一年，她帶了一些畢業玩偶和同學們一起拍照。當時大部分同

學都無意考上大學，有一位學生拿著玩偶十分感嘆地說：「看來這些東西我這輩子都不需要不到了。」他似乎是因為對自己的學業感到迷茫故有感而發。游老師於是在他們中六畢業那天給每位同學都買了一隻畢業玩偶一起拍照，為他們留下美好的回憶。事隔數年，當初那位感到失落的同學給游老師發了一張他手拿著當年的畢業玩偶，在英國拍的大學畢業照。原來他去英國留學的時候，把玩偶也帶去了。那隻小小的玩偶對於同學來說

就是一個大大的鼓勵，支持著他在學習的道路上奮發圖強。游老師笑言：「沒想到這麼一件小事，他們也會記得。」其實老師一句鼓勵的說話、一份簡單的禮物，於同學而言，也是很窩心的關懷、祝福。

平衡之道

都說「魚與熊掌不可兼得」，人在很多時候都需要在兩個喜愛的事物之間作一個選擇，但是游欣妮老師卻做到了，她同時擁有著老師和作家兩個身分。她是怎麼做到的呢？在採訪的過程中，游老師分享了她的「平衡之道」：她並不會因為要教學及寫作而忽略了家人，把家人在心中的位置放在最後。「他們對我當作家給予了莫大的支持，他們對我十分重要，」她這樣說道，「所以我唯有放棄自己的休息時間。」游老師說自己甚少休息，亦不太有娛樂的時間。在生活中，似乎在教學、寫作、陪伴家人以外的事情，她都會爭分奪秒地完成。曾經，在她還精力充沛的時候，她會在巴士上創作，或者批改作業；現在精力沒有那麼旺盛了，她則會在巴士上小憩片刻，而騰出其他時間寫作。談及娛樂，她笑著對我們說道：「我不看電視的」。

游老師的「平衡之道」不只用在時間安排方面，亦都用在職場上。游老師認為「老師這個角色其實很複雜，身



分位置經常需要靈活轉換。」一個老師不能所有時間都對學生嬉皮笑臉，亦不能只板起臉，一副權威嚴肅的樣子。理想的師生關係就是在不同的情況下作出相對應的角色轉換，要富彈性。游老師以她當初中班主任時催促學生吃菜的事為例：「我把角色自動轉換成了他們的媽媽，勸導他們多吃蔬菜。」有時亦會以朋友的角度，給予學生支持、勸慰。「不過如果學生是為了不交功課而想和老師稱兄道弟就不行啦！」游老師調侃道。

「任何事情都是有捨才有得的」、「為人處事要靈活變通」這兩句話在游老師身上可謂是表現得淋漓盡致。她放棄了自己休息的時間，卻在寫作與教學中得到了慰藉，獲得了來自各方的肯定及成功；她靈活拿捏自己與學生的關係，讓自己與學生保持良好的關係與適當的距離，贏得了學生的喜愛。游欣妮老師的「平衡之道」使她受益匪淺。

「創意」與「應試」之間

現今香港DSE的「應試」制度讓人詬病，認為制度壓縮了孩子的創意，使學習變得功利而平面。有人認為老師教授寫作時應該實際一點，多教應試技巧，亦有人認為應訓練學生的創意，讓他們寫心中所想，而非標準答案。游老師明白事情的「兩難」，她告訴我們她遇到學生下筆千言，卻離題萬丈；她憶述道：作文的題目是小農田，那同學卻集中描述小農田當中的一棵樹，並把樹擬人化，賦予樹想法和個性。儘管文章立意新奇，感情真摯，文筆流暢，可是偏偏不扣題目，令人惋惜。她希望學生能在考試時扣題寫作，閒暇之時再寫自己愛寫的，便兩全其美了。她也提到有一類學生，總是對她抱怨說現今的教育制度這個不

好，那個不好，簡直百害而無一利。然而當她問那學生：「如果你不喜歡模式千篇一律的應試式文章，那平時私底下有沒有寫自己喜歡寫的文章呢？」那名學生竟然回答說，太忙啦、不夠空閒啊、都是教育制度的錯……對此，游老師報以無奈的一笑。她認為要是真心喜歡寫作，在課餘時間也應該動手寫才是，否則連寫都不肯寫，又談何「不得不放棄」或「教育制度打壓創意」？

閱讀有法

現今的青少年不太喜歡閱讀，即使願意閱讀，也較喜愛網絡文學，而網絡文學卻常常會混合口語、粗口、帶色情、暴力元素，久而久之，對於傳統文學，他們會覺得很老土。游老師認為電子書或者網絡文學雖有問題，卻不是完全沒有好處，重要的是學生們不應該「偏食」，不要只閱讀某一類型的作品，不然對自己是沒有好處的。學生們應該常常反問自己：為何抗拒傳統文學？為何不嘗試不同種類的書籍？嘗試閱讀，可能會予人另一種的感受。

游老師建議大家主要按照自己個人的興趣愛好來閱讀，同時也不忘開闊自己的閱讀層面。游老師分享有的同學當真「聽老師的話」選擇感興趣的書做閱讀報告，他第一次竟挑了《老夫子》，第二次則是《喜羊羊與灰太狼》，第三次是《如何防止心臟病》！游老師哭笑不得地向我們「投訴」時，所有人都開懷大笑，訪問室裡充滿了快活的氣息，也讓我們體會游老師的幽默，和跟同學的關係。

當然，現在仍然有許多學生抗拒中文，不肯閱讀，這造成了許多同學語文表達能力弱。游老師建議大家可以按自己的興趣，選擇一本書，每天堅持讀一些，積累一些，循序漸進，以提高對中文寫作及閱讀的興趣，書不必太厚，只要能引起興趣就行。

游老師是位用心教學，關愛學生，又努力推動閱讀的老師。她校的閱讀氣氛良好，她認為是雙向的。游老師作為圖書館負責老師會設計出了各種別出心裁的小遊戲，希望能鼓勵同學閱讀；而同學向她提出的意見，也促使了她去讀更多平時不會讀的書，再向同學推廣。

這樣說吧：教學，游老師所欲也；寫作，亦游老師所欲也。兩者理應不可得兼，游老師卻偏偏做到了。可見，她是發自內心地熱愛著這二者，才讓一切變得可能。

後記

在整個訪問游欣妮老師的過程中，歡聲笑語不斷。僅僅四十分鐘的採訪裡，我們已經從游老師的身上學到、認識到了很多新事物。游老師十分熱情，對我們的問題都一一十分詳細地解答，而且總是笑著對我們說話，十分友善。可以看得出，游老師在教書的時候也是這樣笑盈盈地面對學生。聽著她在學校裡的教學生活點滴，可以看得出她一定特別忙，可是她依舊努力寫書，寧願放棄自己的休息時間。而且通過採訪，我們還可以看出她對學生非常好，她會盡力幫學生去解答中文方面的問題，就算那不是自己的學生……快樂的時光總是短暫的，所以四十分鐘很快就過去了，我們的問題得到了游老師詳盡的解答，希望下次還會有機會可以去採訪游老師。



永遠在路上

馮珍今老師專訪

吳秋靈 謝妍妍 黃裕婷 吳梓楓



常言道：「讀萬卷書，行萬里路。」旅行之於文學的意義不可謂不大。我們在旅行中放眼周身事物，使之成為我們自己的一部分，也構建出我們對世界的理解。西方有基督教旅行家馬可·波羅，希臘有荷馬，中國亦有徐霞客，他們走南闖北，留下不朽的旅遊巨著。旅行將世界和未知串連起來，最終形成了我們對於現在世界的認知。我們的先輩在高山流水與靜謐書齋裡寫下沉思與得著，寫出蒼茫大地的風土人情。本期的校外訪問，我們有幸邀請到了馮珍今老師，一位足跡遍佈幾十個國家的生活旅人，一位將感受用文字記錄的文化旅者，來為我們講述、分享她的「永恆之旅」。

旅遊與創作

講起馮老師的「旅行履歷表」，可謂十分豐厚——作為一個遊歷了幾十個不同國家、地區的「資深旅人」，馮老師表示她對旅行抱有獨特的心態：不同於常人的走馬觀花，馮老師在挑選地點時會特地選擇那些可以增長大量見聞、感受文化衝擊的地方。例如她的中亞三國之旅、伊朗之行；這些地方為她帶來的多角度思想衝擊，構成了複雜而微妙的旅行體驗。她表示，在地點的選擇上會傾向於別具意義的地方，或是可以追尋歷史的腳步，或是沿著某一位先人的足跡。她曾追隨詩仙李白的腳步探索西境，亦對玄奘西天之旅表示神往。談及她旅行的「必備伴侶」——遊記，馮老師表示寫遊記是她減壓的方式。她尤其喜歡記錄面對歷史衝擊的感受，或是旅行時特別的體驗……這些都是她寫下一篇篇遊記的靈感來源。而在這幾十次大小遠近不盡相同的旅行中，馮老師認為印象最深刻的是伊朗之行。在此日之前她認為伊朗民風趨於保守，女性需戴著頭巾出門，宗教文化在伊朗人身上的烙印應是十分深刻的。而此次旅行卻令她大大改觀——當地人的熱情、善良使她在異國他鄉感到溫暖；那些她本以為不會和陌生人有多接觸的伊朗女性也對她報以微笑與幫助。他們文化的豐富、多元令馮老師歎為觀止，伊朗人對自己文化的自信與驕傲也使他驚訝折服。「我們應該跳出界限看世界，打破固有印象。」馮老師笑談到。

馮老師曾遊歷多個國家，足跡可謂遍佈全球。被問到最值得一去的地方，居住在巴黎一年的馮老師就挑選了法國——集合歐洲文化精髓之地，以及受中國唐文化影響甚深的日本京都。選擇法國，是因為馮老師曾到巴黎遊學一年，對當地文化了解特別深刻。選擇日本，是因為日本保留了很多富有中國特色的建築物。中國建築文化博大精深，其中「樺卯」這種建築結構特色最廣為人知。因為用這種結構所建的房屋雖然一口釘子也不用，卻堅固得很。遇到地震，建築物能把衝擊力平均分散，所以房屋不會垮，只會搖晃。而京都就有很多寺廟仍用「樺卯」結構建成。馮老師更介紹了她見過的一棟木造大教堂，高高的教堂經歷多次地震卻絲毫無損，可見中國建築的厲害之處。此外，在中國本土不復存在的、富唐代建築特色的建築物也能在京都找得到。除了建築，京都也保留了各式各樣的唐朝文化，例如傳統藝道之一的茶道。馮老師坦言希望國人能夠放下民族仇恨和矛盾，以平常心仔細欣賞當地文化。

文學興趣與創作

馮老師對文學萌發興趣的時間並不早，是在中學階段。中學時期的馮老師雖然是個邏輯性強的理科高材生，卻同時對文科有濃厚興趣。她表示，中學是人思維、興趣發展的重要階段，對她來說每本書都是啟發她文學興趣的老師。學習慾旺盛的馮老師最愛在空閒時間到圖書館借書，沈浸於漫無邊際的書海裡。提到圖書館，馮老師最常去「尋寶」的就是市政圖書館，因為那裡不僅地方大，收藏的書籍更是種類繁多，能滿足馮老師這個「無書不愛」的讀者。她閱讀余光中先生的詩，朱自清先生的散文，巴金先生的小說等優秀作家的文學作品。閱讀文學作品更刺激了馮老師外出遊歷，例如高中時期她更在機緣巧合下讀到知名作家張曉風的《哭牆》，便下定決心要去耶路撒冷見識一下「哭牆」。閱讀文學作品之餘，馮老師也小試牛刀，從中學開始寫作，在巴黎遊歷的那一年，她更確定了自己對文學創作的熱誠，有感而發地創作了許多散文。之後，她在繁忙的工作中也堅持寫作，實屬不易。

相信每一位作家的寫作路途並非一帆風順，在香港這片「文化沙漠」發展更是難關重重。面對眾多困難，馮老師卻孜孜不倦地堅持文學創作多年，堅毅不拔的精神實在令人敬佩。可究竟文學有甚麼魔力，驅使老師一直揮動筆桿、繼續她的創作之旅呢？原來當中的原因很簡單純粹，就是出於對文學的一股熱忱。少年時期最令人迷惘，馮老師卻在這階段受到她化學老師的鼓勵，驅使她對文學的熱愛又更進一步。馮老師回憶道：「那時的化學老師，總操著她那不標準的粵語勉勵我們『書本是你們最好的朋友，它帶給你們很多東西，就算朋友離棄你，它也不會。』」雖說熱誠是一股很強勁的動力，但是馮老師也坦然她曾面臨過挑戰，其中就有寫作時間緊張的問題。她曾擔任中學老

師，剛入職場時經常留在辦公室工作到夜深，改作業、備課，忙得喘不過氣來，何來時間寫作呢？後來，為了專注於寫作，馮老師就辭去教書一職，把心思投放於文學。

常聽說，作家們會遇到「瓶頸位」，意思是因為缺乏靈感而被迫拖延寫作進展。馮老師就分享到：「只要用心感受，就可以把想像融入文學當中。」我們周遭的一切萬物都可以是寫作靈感，比如公園裡潔白的白鷺或妖紫嫣紅的杜鵑花。馮老師鼓勵我們仔細觀察身邊的事物，就可以發現世界的奇妙之處，那又怎會缺乏寫作靈感呢？

文學教學與創作

現今學生往往沉迷於虛擬世界之中，香港學生對文學的興趣、在文學方面的素養似乎每況愈下，馮老師對此十分認同，也深感無奈。畢竟虛擬的網絡世界、遊戲世界實在太吸引、太刺激同學的感官了，所以不少同學都不願意捧起厚重的書籍細看。另外現今的考評制度要求同學們需要在短時間內閱讀大量書籍並完成閱讀報告，這迫使同學們認為閱讀是一種負擔、一項為做而做的功課，讓同學們叫苦連天。但在馮老師的學生時代，閱讀卻是真的出於興趣呀，並不是為了求分數或是什麼報酬。對此，馮老師在創作時會參考自己過往的閱讀經驗——在等車等人時善用時間的夾縫，拿起書本看一兩篇文章，於是寫出較為短小精悍的文章，盡量讓同學閱讀起來不會覺得有負擔，在等車時看一篇就可以放下，輕鬆進入文字的世界，提升閱讀興趣，增進文化、歷史的知識積累。

除了虛擬世界衝擊閱讀風氣，現今的學生還疲於應付學業、課外活動，能靜心閱讀的時間少之又少，文學教學可謂是「夾縫中的一根草」。身處這樣的窘境，文學教育路在何方？曾在教育局課程發展署工作的



馮老師推介作家及作品：

劉以鬯（主要作品《劉以鬯小說自選集》、

《打錯了》、《對倒》、《酒徒》）

黃仁達（主要作品：《放風》）

董啟章（主要作品：《練習簿》）

鍾玲（主要作品：《鍾玲極短篇》）

西西（主要作品：《像我這樣一個女子》）

胡燕青（主要作品：《好心人》、《野地果》）

余光中（主要作品：《余光中選集》）

馮老師分享到，部分學校的老師會善用影視資源作媒介幫助教學，如使用刪減版《色戒》來引起學生對比文本及電影。其實當今也不乏由文學作品改編的電影、電視劇，如蒲松齡的《聊齋誌異》、聖艾舒比尼的《小王子》都是其中可作為文學教學切入點的例子。由影像切入吸引學生注意力，慢慢引導進入文學世界，而最終目的依然是閱讀書籍、文章，這樣也不失為一種提高同學文學興趣的良方呢。

生花妙筆從何來

閱讀馮老師的作品，字裡行間中洋溢著對生活感受的深刻、描寫的細膩，對於文化的感悟不言而喻。但寫出如馮老師般細緻的文筆，或使情感表達更加具象化，這對大部分香港學生來說可算是一項艱巨的挑戰。那麼同學們可用什麼方法提升自己的寫作能力？「最重要的還是好好生活吧。」馮老師這樣回答。好好地生活，不只是如以往般的吃飯、睡覺、上學，而是透過眼睛，張開五感，認真從心底感受生活、感受世界。上學途中看到了什麼？相信大部分人都會無意了然吧。甚至是旅行，也難免走馬觀花。馮老師強調，最重要的是從心靈觀察世界，感受世界。馮老師舉例：「記得有一次晚上十一點左右，我漫步在中環遍佈奢侈品商店的街道，看到一位老婆婆。她佝僂著腰背，拉著紙皮箱蹣跚地走著。我又驚訝又難受，就算今時今日，在中環也還存在著這樣的生活苦況。我們從中可知，香港時至今日貧富懸殊的問題到底是有多嚴重。但婆婆寧可撿紙皮變賣，也不願領取綜援，原來香港還有這一面。」只要用心感受、思考，寫作素材俯拾皆是。

此外，馮老師又建議同學們可學習唐代詩人李賀，在生活中積累寫作靈感。原來李賀騎著驢子浪跡天涯時，在驢背上放著的背囊裡裝滿了平日旅途中的所見所聞，哪怕只是一件雞毛蒜皮的小事，他都會記錄下來，這些便成了他寫作的題材。馮老師提議同學們可學習李賀，像畫家寫生般，養成生活中記下特別的事的習慣。但提及最實際有效的提升寫作能力的方法，馮老師表示還是要多讀書。我們浸淫在書中久了，潛移默化，書中各種寫作手法、技巧就都能跑進腦子裡了，寫作時也會自然流露出來。同學在生活中要學會把握時間，是打遊戲、玩電腦還是看書，終歸取決於自己罷了。訪談的最後，馮老師推薦一系列的作家以及書單，望同學們能在一眾「文學旅人」上找到對自己有幫助的地方。

後記

對馮老師的訪談中，我禁不住思考：旅行到底意味著什麼？它不僅可以讓你接觸自然、感受天地浩渺人情冷暖，還可以讓作者找到更真實的自己與更貼近生活的素材。旅行之於文學而言，不僅僅是肉身旅遊而尋找到的靈感繆斯，還是一個個詞語的文化漫遊與自身對世界一場終身旅行。通過寫作的傳達，我們能感受到不同文化之間的記憶、情感、溫度；也能在文字中將美好傳承下去。這是一條不會停止的路，這是一場遊歷終身的文化旅行。

請同學們永遠在路上，無論肉體是否出走，靈魂對於廣袤世界中美好的嚮往將永不停止。

與IB狀元一席話

唐進學長、梁以鏗學長專訪

宋婷婷 王晞瑜 易林 余靜茵

是次訪問我校品學兼優的IB畢業生梁以鏗（Hugo）及唐進（Kelvin）兩位學長，他們在去年的IB考試中取得滿分的驕人成績，予人高不可攀之感，然而在訪問過程中，他們談笑風生，平易近人。訪問時間雖很短，但內容十分豐富，不論學校特色、學習生活、夢想追尋均有涉及。

學校特色

訪問之初，在港大讀醫的唐進學長表示曾有一位教授對他說：「聖士提反的同學心態普遍都調整得非常好。」這句看似不經意的話讓他深思，而在後來才逐漸明白箇中的真諦：聖士提反最大的特色就是同學往往能夠做到玩和學習兩不誤，學生不會玩物喪志，也不會死讀書。他認為這亦是我校的傳統特色，同學們勇於嘗試新事物和全面發展，例如參加跨國的交換生，文體活動等，到了應該讀書溫習的時候，就會自覺地去讀書溫習。他還表示聖士提反的另一特色就是自由度高，校方給予足夠的空間讓同學發揮所長，不會限制個人的興趣，因此能激勵同學們進取心，及締造了輕鬆愉快的學習氣氛。

梁以鏗則表示我校最大的特色便是同學之間普遍存在競爭意識，而這種意識屬良性的。在聖士提反書院，同學不會爭個頭破血流，鬥個你死我活，反而會同心協力，互幫互助，形成一種共同進步的良好風氣。他談到自己在溫習IB考試期間，其他同學都能感同身受，理解他們的處境，即使路過的師弟师妹們看見他們埋頭苦讀時也會說聲「加油」。他感覺到自己並非孤軍作戰，而是學校上上下下都與他們同一

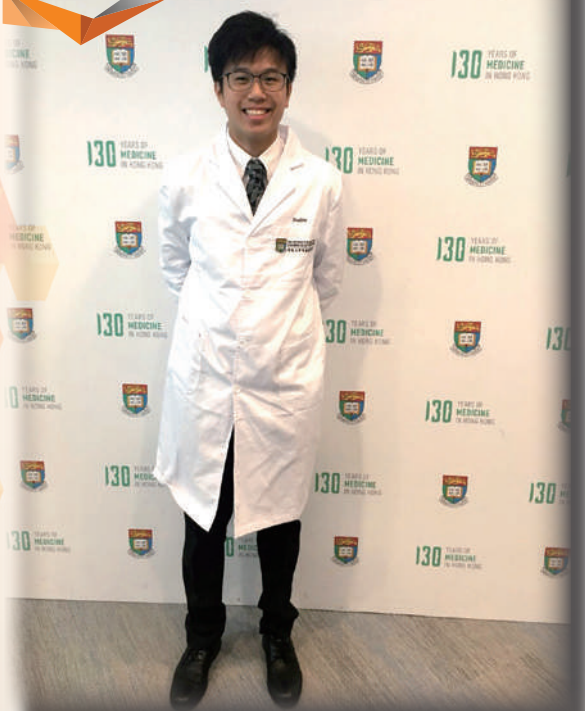
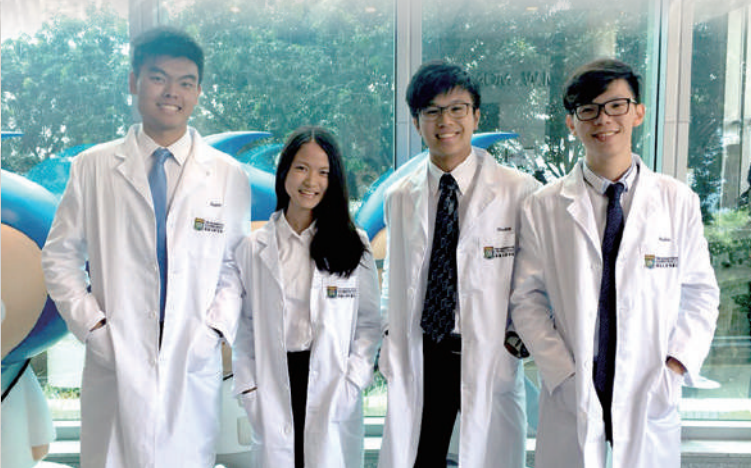
梁以鏗學長



唐進學長

條船，同舟共濟，這種人情味，最令人感動。

唐進談到自己銘記至今的是讀中五時的「強制寄宿」的時光，因為那時候要準備IB預估分，所以大家放學後都會到圖書館溫習，即使平時不讀書的人也會到來溫習。他覺得大家正為一個共同理想「一起去追」，這段日子最是難忘。此外，中六時和同學們為趕及最後限期，急忙做功課；在社交平台上討論問題；做到凌晨四、五點，所有這些與同學同甘共苦的日子，最令他刻骨銘心。



IB特色

梁以鏗認為IB鼓勵學生創新，鍛鍊學生的創造力及寫作能力，與大學的授課模式十分相似，令他有學習的動力。唐進認為IB對學生想法的深度很重視，論文寫作的方式貼近大學，令未來的大學生活不再難以適應。

問到學習方法以及如何面對壓力上，兩人各自都有自己的「獨家秘笈」。梁以鏗認為，自己能夠取得IB滿分佳績，主要是因為他對所選的每一科都有興趣，令他有動力去鑽研每一科。其次，他認為備考狀態也是至關重要的。臨考前，每晚依然保持九至十小時的睡眠，這有助他以最佳的狀態應試。梁以鏗認為，做舊試題是必不可少的工夫，通過做這些試題能夠讓他累積經驗，加深記憶及答題技巧，從而令他減少緊張情緒、調整心理狀態。

唐進認為，互相學習對提高成績很有幫助。備考期間，他會主動請教同學，互相分享學習資源，使溫習更有效率。唐進建議同學們要計劃好一次做的題目數量，要日積月累而非一次做太多，時間管理很重要。

夢想萌芽

梁以鏗表示自己一直對科學有濃厚興趣，中三接觸了生物科後，就決定高中選讀這一科。此外，升高中後，他不斷探索自己的理想與興趣，到瑪麗醫院的兒科，見識醫生的工作，隨著與醫院裏的小朋友相處，梁以鏗漸漸發現自己喜歡與病童共處，並且樂此不疲，因此毅然踏上醫療工作之路。

唐進也有到瑪麗醫院參觀，但到了心胸外科學習，期間接觸了幾位心胸外科醫生後，感受到他們的風範；無論是手術的表現還是醫生們的生活模式，都吸引著對他，令他開始嚮往醫生的生活。

兩人皆認為任教IB的老師們對他們的影響非常深刻，其中一位就是陳鐘亮副校長。陳副校時常提供機會讓兩人接觸醫療工作，培養了兩人對生物以至醫療的興趣。唐進認為一眾老師的教學方式都幫助到他尋找讀書的樂趣。梁以鏗提起中四時的班主任：已離校的Mr Victor。他憶起中四時的迷惘和擔心以及後來學業上的挫折，Mr Victor鼓勵自己堅持想法和原則。聽了班主任的教訓後，梁以鏗重拾信心，堅持了下去。

珍惜校園

兩位學長都感慨要好好珍惜聖士提反的生活，以及身邊的同學，因為一旦畢業了，中學生活便一去不返，永遠也尋不到那種感覺。唐學長表示在畢業時，以為自己不會掛念中學生活，但在大學開學那一天，他驚覺自己對母校的思念：「哇！我那時才realise到中學生活有多好。」梁學長提醒畢業同學，要好好珍惜中六最後幾個月，也不要因為溫書而忽略了朋友。他在考試前夕，曾走遍了整個校園，到自己喜歡的地方逗留，回想自己這六年做過的事：「有失意傷心的事，但亦富意義的，不論朋友或人生經歷都有所獲益的，並非只為讀書考試。」



開展「非」凡人生 — 何一非同學專訪

林錦怡 吳秋靈



相信聖記同學對何一非這個名字並不陌生，何學長身為在2017學年Cross Country投入使用的新程序的设计人，在計算機編程及科研方面獲獎無數，當中更包括全港只有一人獲得殊榮的國際賽事。DSE放榜之際，何學長已被世界名府美國斯坦福大學錄取，未來極大機會在硅谷發展。本次訪問中，何學長盡談自己在學業和科研的心得，讓我們了解到他對科研路的尋根溯源。

SSC的吸引之處

雖然何學長在中一報考SSC時未能成功，但依然在中四選擇轉學進入SSC，聖記對於他來說到底有什麼特別的吸引之處呢？何學長認為，SSC在教學方面較全方面，讓同學學習到更多的知識，學習更有挑戰性和吸引力。

愛上科研

何學長對科研產生濃厚興趣的出發點在於——科研可以通過自己做的一些事情，來讓別人的生活更好。他舉了現在正在進行的項目為例子，比如一些產品的發明能讓大家的身體更加健康。「因為想通過自己發明的東西來幫助別人，是一個很大的動力。」何學長在中一才接觸

電腦方面的資訊，為了研究，不少知識都是他自學而來的，如他自學網頁設計、寫程序等等，著實令人佩服。

走過困難

被問到在SSC做科學項目研究的三年中所遇到的困難時，何學長指出他在做產品時會牽涉到很多不同方面的知識和問題，比如說生物、數學、電腦等，疑問一個接一個。難處實際上就是在於何學長和團隊里的其他兩位同學之間需要互相理解、互相溝通，從而令研究過程更加順利、事半功倍。

關於學習

來自上海的何學長覺得內地普遍的高中都是比較注重成績，平時大家都忙於準備高考而失去了很多參與課外活動的機會。相比之下香港的學習壓力稍微沒有那麼大，同學們有多一點的時間去追尋自己的愛好和嘗試很多不同的新事物。對於本為內地生的何學長來說，他最主要要花時間去適應的是香港與內地的學習方式之差別。相對而言，香港的學習方式則更偏向自主學習。很多時候老師都會鼓勵同學自己提出問題，然後在老師的幫助下尋找答案或解決方法。

裝備自己

何學長未來有很大機會在美國矽谷工作，自然而然英語會是他主要的溝通語言。被問到會不會擔心語言是一個影響他發展的因素時，他自認自己的英語會話實在有很大的進步空間，但因為自己將在美國史丹福大學就讀，相信到時候置身於英語環境，加上「在這幾年的時間把英文這一塊補一補」，相信問題應該不大。

「在現在這個時代，光會一個技術並不足夠，我們必須要同時發展自己多方面的能力。」何學長提到自己雖然在大學是主修電腦相關的課題，但是他也會把握機會，接觸更多其他的知識。唯有把自己所學到的各種知識融會貫通，才可以真正的把自己武裝起來，面對社會上的種種挑戰。同時也要避免在這個知識、科技日新月異，不斷更新的時代被淘汰。

對於未來，何學長想要找到市場的需求，創立自己的企業，通過自己的產品去幫助社會。



結語

年紀輕輕的何學長能在科研方面取得這般成績，或許始於他對科研、對社會將心比心的一番熱忱。何學長認為「通過自己的每一分努力，讓這個世界比我們來的時候更好。」每人的一分努力，其實足以改變世界。「鴻鵠高飛，一舉千里。」祝願何學長在未來能不忘初心，在科研路上前程似錦、高飛遠翔！

Fail when you stop trying an Interview with Arthur Chow

Latisha Lau, Angela Wang & Cyrus Yiu

Mr Chow Bong Leong Arthur

Years in St Stephen's: 1982-88

Head Boy & All-round Senior Boy in 1986-87

CEO & co-founder of 6waves

Entrepreneur Of The Year

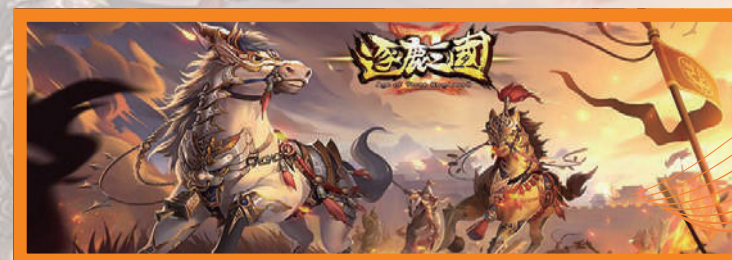
China 2012 winner

We had the honour to interview Mr Arthur Chow, the Chief Executive Officer of 6waves, the leading gaming company in Asia. He warmly greeted us with an energetic smile as we arrived in his office located in Wan Chai. This office is unlike any other; it is more welcoming and homely than anything that we have ever seen or imagined, with ping pong tables, massage chairs, game consoles and interactive boards everywhere.

'The design of our office reflects our culture,' Mr Chow said proudly. 'As a gaming company, our staff have to enjoy coming to work since our goal is to share happiness with others.' 6waves takes the phrase 'work hard and play hard' very seriously. The offices in Hong Kong and Japan have 'artboards' where employees can play games with each other on their iPads. Such an office environment facilitates communication among employees and is conducive to creativity.

6waves began with Mr Chow's vision to create something enjoyable for the audience, hence the slogan 'sharing fun moments'. Before he set up his own business, he worked in a bank, Yahoo and Turner Broadcasting, but he did not enjoy it. 'Looking back, I think I

had always wanted to do something on my own. The question was when I was going to do it. I just seized the opportunity when it came to me,' he said. It was when Facebook started to become popular that he and a few former colleagues at Yahoo decided to start something new. Facebook is the platform on which they entered the gaming world. 'We owe much to Facebook,' he admitted. 'However, we have since moved away from it because it is not as popular as it used to be.' Gaming companies like 6waves, he feels, must keep themselves abreast of new trends. At present, the company is working on mobile gaming. Earlier in 2017, they tried expanding into virtual reality, but the response was not very positive and the project was shelved. Mr Chow said the company will be eager to explore the idea again, together with



Have you played this game before?



other new developments such as augmented reality and mixed reality.

6waves has expanded to many places around the world. Japan is one of their biggest markets right now in terms of revenue and user contribution. The reason why it is so successful in Japan is that they have a team of local staff who are given a lot of freedom. Being Japanese themselves, they understand the wants and needs of the customers and are able to localize or 'culturize' the games, rather than merely translate games from other languages. They also make adjustments to the way the games are marketed. For example, they lay a much greater emphasis on Twitter in their promotional campaigns as the Japanese prefer Twitter, unlike people in Taiwan, Hong Kong and the US, who are much more active on Facebook.

For those who are interested in joining the gaming industry, Mr Chow has some advice to offer. He stressed that we should only do things that we are passionate about. 'If it is simply the fun that motivates you into doing something, you will regret the decision,' he warned us with a hint of humour in his eyes. Running a business, for example, is not an easy task in this digital era. It might be extremely 'fun' when fame comes overnight, but what is important is to ensure that the products are of a consistently high standard. Only when you are interested in the field could you push yourself continuously and strive for excellence. Apart from having the enthusiasm, we should also be brave to take action. 'As the saying goes, "You miss 100% of the shots you never take." If you just think big without giving things a try, you will never achieve anything.'



Latisha Lau & Angela Wang

Is life really a box of chocolates? An Interview with Mr Matthew Chow

Mr Chow Wing Shiu Matthew

Years in St Stephen's: 1988-90

Managing Director of Simage Animation & Media Ltd

Film production of McDull Rise of the Rice Cooker,
Biohazard Damnation, McDull Me & My Mum, etc.

Short film production of Temple Rider ,
My Old Neighbourhood, Life Goes On, etc.



As the son of the owner of an accounting firm, Mr Chow was groomed from a very young age to follow in his father's footsteps. However, even though he did obtain a degree in accounting, he realized that he just did not want to start a career as an accountant. On the other hand, from his teenage years, he had developed a passion for animation. He was first introduced to the industry when he interned at his uncle's technology company. Thus, in 2005, he founded Simage along with a friend to pursue his dream.

Simage has been producing all kinds of high-end commercial animations,



including games, films, advertisements and short clips. Notable projects include the game 'Resident Evil' and the film 'McDull: Rise of the Rice Cooker'. At present, Simage is turning the popular Hong Kong version of Sherlock Holmes into an animation. The company's mission is to tell great stories with fun animations that are both original and creative. While Simage has been extremely successful, Mr Chow is determined to take it even further. It is one of the earliest animation studios in Hong Kong to provide Virtual Reality and 3-dimensional products. He has also sought to globalise his operations. Almost all of his clients are from overseas.

Mr Chow's father had always wanted him to become a businessman and was quite concerned when he expressed an interest in entering a relatively new industry that is animation. At that time, very few people wanted to be animators. To try to establish one's own company during an economic downturn was also considered rather risky. As a result, his parents were unsure of his choice and wanted him to inherit his family's accounting business instead. Still, he actively sought opportunities and founded his own company. Even though a lot of uncertainty was involved when he took the courageous step to defy his parents' wishes, he was never uncertain about one thing: he enjoyed every part of his job.



Temple Rider 奇廟單車遊

12th TBS DigiCon6 Animation & Movie
Awards: First Prize (HK Region)

Reflecting on his career choice, Mr Chow had this piece of advice for SSC students: 'Do what makes you happy, not what others want you to do; otherwise, you won't do well.' What if we have not made career plans yet? No worries, said Mr Chow. 'When I was your age, founding and running a company certainly did not cross my mind.'

Life at Cambridge

Jefferson Chua

The gentle melody of my alarm rouses me from a restful sleep. I throw the curtains wide open, blinking away the last drops of drowsiness as I soak in the morning sunlight. A bowl of cereal and fresh milk later, I'm ready to go—a twenty-minute cycle down Madingley and through town to arrive at Chemistry, and then it's the usual



9am lecture to kick off my day

Lectures, practicals, supervisions, study sessions... I spend my days whisked from one to the other, somehow squeezing my groceries, appointments and other miscellanea in between all the obligations. It's often past dusk when I retire to Churchill, and even then half of my nights are spent chipping away at problem sheets or navigating the quiet aisles of the College libraries, seeking answers among the dusty volumes and dim shelves.

What I often hear in conversations, aside from complaints about the work, is commiseration on our social life—or rather, the lack thereof. While there is a grain of truth to that, it's not really that bad; I'm not one for drinking, which is apparently the most popular pastime of British youth, but I do find time each week for the odd film night, archery, or just a dinner get-together with new



and old friends. Cambridge's formal dinners are a time-honored tradition for society or group gatherings, and though I don't intend to attempt the traditional challenge of dining at all 31 colleges, it's pleasantly surprising how much formals can just happen. In the end, Cambridge life is what you make it. Some people just devote themselves to study and work, others manage to scrounge up the time and money to go clubbing three times a week. As for me, I mostly just prefer the solitude of my room and an Internet connection.

In a similar way, your education is also what you make it. In Cambridge, the learning process is highly self-directed, and not just in the sense of work discipline.

Each new undergraduate comes from a different educational background, and the university does its best to accommodate this. Each subject builds from the basics, so the first term start off slow, but as we venture into the unknown each individual inevitably finds that some concepts just click while others... don't. That's what Cambridge's famed supervisions are for: weekly study sessions with one supervisor tutoring 1-3 students, a different one for each subject. Supervisors assign and

grade the work that we go over in sessions, so our work is paced at their discretion, adapted to the needs of the students.

Despite the guidance of supervisors, it's not a guarantee that you'll keep up with the lectures. Same for disaster response, preparation is often superior to reaction. The key is to never rest on your laurels: when it's smooth sailing, take advantage to do something productive so you have room to maneuver once the tables turn. Early into the term, I spent countless nights digging through the library trying to wrap my head around birefringence and liquid crystals. I only got through that week with an intact sleep cycle thanks to my advance backlog of dynamics and vectors assignments. Time management isn't just making schedules and clocking productivity by the hour—foresight and preparation goes a long way to smoothing out the bumps in the road.

At the same time, I've also found myself having to manage the expectations of others a lot more. We negotiate supervision hours and assignments individually with each supervisor, so I have to constantly keep track of lecture progress and various commitments to ensure I can deliver what I promise. If my deadlines clash and I bite off more than I can chew, that's my problem. The advantage of having small-group supervisions is that we can easily reschedule and ask for help if we need to, but that also means there's no excuse for not submitting satisfactory work.

These things aren't unique to university life, just accentuated by the learning style. When I studied the IB, the teachers coordinated our major deadlines, but for smaller things? I'll never forget how we complained and begged for essay extensions the same day they were issued, citing lab reports, IA drafts and other excuses to scrape that extra day. Cambridge just gives us an additional degree of freedom, and hence a further measure of responsibility. Similarly, I've seen people here and in St Stephen's alike overcommitting to extracurriculars on top of already substantial workloads and ending up struggling when they don't need to.

At this point I suppose I'm expected to drop a nugget of wisdom about "the path to success in the IB" or "how to get into Cambridge"... something like that. I unfortunately have no silver bullet to offer beyond doing all the past papers and memorizing mark schemes, but if I had to give a piece of advice, this is what I would say—

Knowledge is something unique to each of us. The information conveyed by textbooks and teachers, while rarely wrong, is framed in context of the source's preconceptions and cognitive processes, and as such not necessarily optimized for your memory and recall. After graduating from St Stephen's, I've come to appreciate this even more since at this level accessible public domain resources dwindle, replaced by decade-old reference books with conflicting terminology and opaque explanations.

Hence, mastering a subject isn't as much memorization as internalization: processing information and conforming it to the way you think instead of the other way round, synthesizing a personal understanding and not just aggregating raw information. That, in my opinion, is why making review notes and teaching others is so useful in consolidating knowledge: by forcing yourself to conceptualize the knowledge in your own words, we iron out the flaws and inconsistencies that inevitably creep in.

So I suppose that's what I'd pick as the capstone of success. Memorizing and regurgitating the mark scheme makes 90% of a perfect grade, but that glimmer of true comprehension is what bridges the final gap. Find a way to do that, and you're well on your way to victory.



The Iron Lady

An interview with Miss Wong

Chelsy Lee

St Stephen's College has always been a cradle for elite sportsmen, fostering athletic talents and developing students' potential. However, did you know that students are not the only athletes in SSC? Not only is she a loving teacher, but she is also a skilful runner. In just five years' time, she was able to transform herself from a leisure jogger only aiming to lose weight, to a second runner up in the 2017 Standard Chartered Half Marathon Challenge, then to a keen runner setting her eyes on the Boston Marathon in 2020. She is Miss Carol Wong Hau Yu, our Liberal Studies teacher. Let us hear more about her inspirational story.

Why running?

Miss Wong's start of her running habit could be traced back to the time when she was preparing herself for the public examination A-levels. She recalled her final year in secondary school, where she would go for a short run in the Happy Valley Racecourse before revising. After a mild exercise and a soothing shower, she would go to the public study room feeling refreshed.

Five years ago, Miss Wong picked up the interest of running once again. Like most other girls, she was desperate for a healthier lifestyle, aiming to lose weight. She enjoyed running as it is a convenient sport with high flexibility.

"It's really convenient. The street is always there for you to run and you don't have to book a court," she stated, "and you don't have to be accompanied. You can run alone, skipping the irritating process of asking a bunch of people out."

The First Accomplishment

Miss Wong never thought she would participate in any competitions prior to an unexpected reunion in 2012. One day during her routine running at the racecourse, she bumped into her former classmate, who encouraged her to join the Standard Chartered 10-kilometre run. Both trained together for the competition on a weekly basis.

During the long-awaited competition, the pair complemented each other throughout the race. To her own surprise, Miss Wong felt relaxed and calm during her first race. All she had in mind was to complete it and nothing more. She recalled the euphoric sense of accomplishment which made an indelible mark in her memory after she crossed the finishing line.

"Looking back now, the finishing time was definitely not a good one," she explained. "But the exhilarated feeling wasn't from that. It was from the achievement of me completing my first 10-kilometre race."

Exploring more: Trail Running

Discovering her gifted talent in running, she was introduced to the Totem Run, a 16-kilometre trail running competition. Unlike road running, trail running involves hilly routes and unpaved paths. Runners have to build up their muscles and strengthen their cardiovascular functions. To prepare her body well for such, she engaged herself in vigorous training courses: road running during weekdays and hiking during weekends.

Adapting to changes is never easy. Differing from running on well-paved roads, Miss Wong had to heed the rough and bumpy surfaces. The mountainous trails greatly decelerated her speed while running. These factors contributed to her longer running durations and greater energy dissipation as she ran. Hesitations started to build up, as she feared she might not be able to break through those barriers.

However, doubts could not quench her flame of passion for running. She managed to peak the competition, finishing in the fourth place. As her huge running potential uncovered, she felt that she was ready to test her limits and break through. Miss Wong engaged in more long-distance running events, participated in longer trail running races and teamed up with friends to join group events.

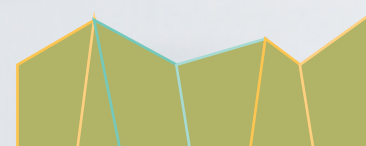
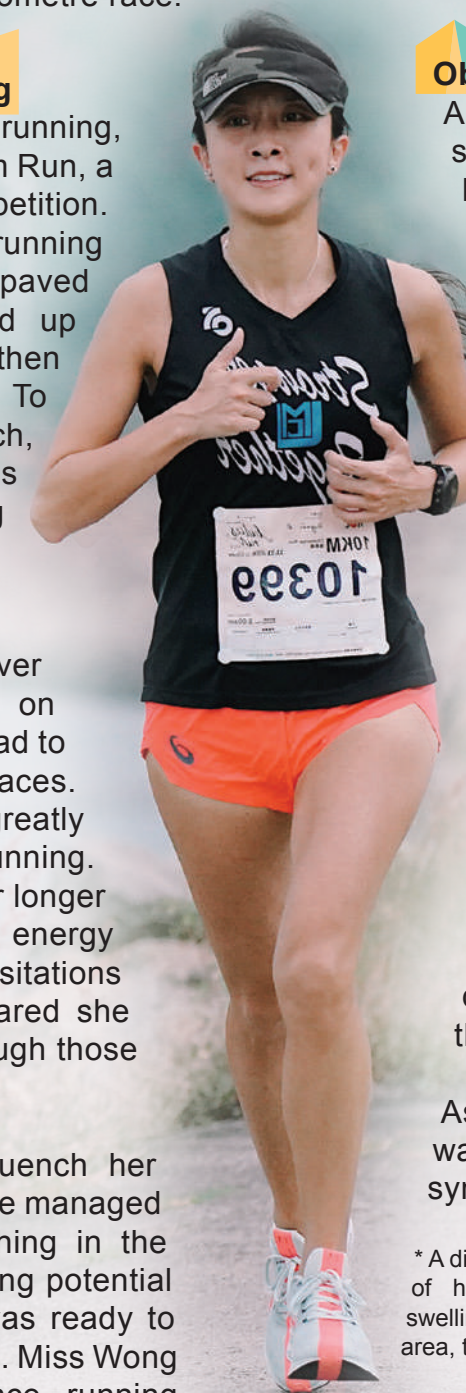
Obstacles

A smooth sea never made a skilled sailor. Miss Wong's first 10 km race, to the 100 km team trail running all happened within a blink of an eye. In addition, the constant descent course during her rapid trail running training posed immense pressure to her knee joints, causing them to deteriorate. Gradually, her body could not withstand the intensive exercises and warning signals started to emerge.

With about 40 km left in her 100 km team trail running competition, she felt tremendous pain in her knees. She struggled to walk downhill and stumbled across the path even with the help of crutches. Not wanting to let her teammates down, she insisted on completing the race.

As if that was bad enough, she was diagnosed with Iliotibial band syndrome*.

* A disease concomitant with underlying weakness of hip abductor muscles. Symptoms include swelling of the range from swelling of the knee area, to stinging sensations above the knee joint.



"I was frustrated and devastated. On the day before the incident, I thought that I had finally found a suitable sport. Turned out that it wasn't..." she sighed.

Left with no choice, she had to suspend her sports activities for better recovery.

Opening Horizons Worldwide

Rising from the trauma only made Miss Wong stronger. Recently, she completed her first full marathon in Osaka. "It was amazing!" she exclaimed. We could feel her excitement as she described the lively atmosphere on the marathon premises, "Marathon routes in Hong Kong are only on highways and tunnels. You barely see any spectators, let alone cheerers. Unlike Hong Kong, the Osaka Marathon route is located in the city, along alleys and streets. There are people cheering for you throughout the 42 km path. You see choirs performing, kindergarteners dancing and even the elderly in wheelchairs shouting in Japanese. It's just wonderful."

Perhaps the vibrant environment did bolster and influence her, she finished the marathon with an unexpectedly excellent result. The outstanding result even qualified her for the Boston Marathon.

"I wasn't familiar with marathons worldwide. I didn't know that it was such an honour until my friends told me so," she said.

In fact, the Boston Marathon is one of the six Abbot World Marathon Majors. It is one of the most prestigious and reputable marathons that all runners strive to take part in. Miss Wong will be participating in the Boston Marathon in 2020.

Key To Success

Achieving the first runner up in both the North Face 100 Taoyuan 20km challenge and 2018 16km Totem Run, these are just a few of Miss Wong's numerous prizes. Her running career is no doubt an incredibly successful one.

When asked for the key to all the awards, she remains humble and told us that the prizes were just bonus to her hard work. She feels satisfied as long as she tried her best in the competition.

"If I ask myself why I achieved the awards, I could say that I was lucky enough to have no professional runners enroll in the same race. They are probably in other age groups or participating in a different category," she says.



Epilogue

In the near future, Miss Wong will be participating in marathons and trail running competitions of longer distance, including the 2019 Standard Chartered Half Marathon and the famous Boston Marathon in 2020. Her spirit of constantly challenging herself and perseverance brings us to two conclusions: if you do not challenge yourself, you will never realize what you may become; and winners never quit.

From the depth of our hearts, we wish her all the best in the coming marathons as well as her teaching career.

However, her running experiences did lead her to the keys to success in life: grit and perseverance. Marathons are often used as metaphors for life: they can be long and exhausting journeys. Runners often complain about the long duration of the physically demanding sport, wishing that they had signed up for a shorter running distance. Nonetheless, only the toughest who aren't willing to give up will cross the finishing line. Miss Wong encourages fellow students to chase their dreams fearlessly even when they encounter obstacles.

"When you cannot catch your breath and feel like quitting, just remind yourself to keep going, and that your destination is always in front of you," she says.

ACHIEVEMENTS

- Standard Chartered Hong Kong Marathon 2017 Half Marathon Challenge (Third in Women Master 1)
- Ramp Challenge 2017 (First in Mixed Team)
- The North Face 100 Hong Kong 2017 50km (Female Third)
- Standard Chartered Hong Kong Marathon 2018 Half Marathon Challenge (Fourth in Women Master 1)
- Merrell Challenge 2018 10km (First Women Open)
- The North Face 100 Taoyuan 2018 20km (Female Second)
- The Great Relay 2018 (Second in Women Relay of 4)
- Totem 2018 16km (Second in Women Individual)
- Agnes b Hong Kong Ladies Run 2018 (First in 10km Lavender Group)
- Standard Chartered Taipei Charity Marathon 2019 Half Marathon (5th in division)

Teaching with Heart and Numbers

An interview with Mr Cheung



Andrea Wong

Mr Vincent Cheung graduated from the Chinese University of Hong Kong with a degree in Mathematics Education. He is new to our school and teaches junior form Math and Computer Literacy.

"I decided to be a teacher because I find teaching meaningful. Spending time with students and seeing them improve make me really proud," Mr Cheung said. He especially wants to motivate students and help them develop an interest in Mathematics. "I schedule after-school tutorials for students who are interested in Math or simply want to improve. I set and prioritize goals in my lessons to meet the needs of different students. That way, faster learners can achieve more and the needs of those students who may be struggling in Math will not be overlooked."

Since teaching time is extremely tight, it is incredibly challenging for teachers to strike a balance between conducting an interactive lesson while being able to teach very effectively. Mr Cheung tries to include as much as he can in his lessons, hoping to make good and full use of each minute of the lesson time.

Given the intense pressure faced by Hong Kong students, Mr Cheung thinks it is important for students to focus not only on their academic results, but also



their development in other aspects. He finds St. Stephen's College a happy school and that SSC students are eager to learn and excel in academics, music and sports. He also finds the passionate, active and friendly nature of SSC students second to none. Like most teachers, Mr Cheung is more concerned about his students' character than their academic results. "Ultimately, it is a person's character, not achievements, that gets judged," said Mr Cheung, who expects his students to have a positive and proactive learning attitude. "St Stephen's students are quite all-rounded. Although I am not a Christian, I spent my formative years in Christian schools. I quite like the type of education where students learn morality through religious studies."

As a student, Mr Cheung was not all that different from us. He struggled academically and was not an elite student in junior grades. With some much-needed help from his teachers, Mr Cheung was able to reverse his fortune and became an efficient learner. So how did he do it? "To study effectively,

you ought to think beyond the content taught in the classroom, which is especially true for Mathematics. Is there another way to solve a problem? Can there be fewer steps to arrive at an answer? Take notes in class and go through them in your spare time. Then after tests or exams, jot down your mistakes and think of possible ways to improve," Mr Cheung suggested. "Do not be afraid to ask questions. During lesson time, teachers can only deliver the required content, so it is important to raise your hand whenever you have a question. There is no point being shy as SSC teachers are all friendly and happy to answer students' inquiries."

Many people in Hong Kong blame the exam-oriented education system for putting too much pressure on students, and that the curriculum is painfully mechanical and marks driven. However, Mr Cheung disagrees. "I don't think there is anything wrong with the 'Hong Kong way' of learning as it is crucial for students to grasp key concepts in their studies," Mr Cheung explained. He also described good exam results as entrance tickets to getting in academically-sound universities, which is most students' ultimate goal. "Of course it would be better if there were less pressure on students but pressure is, for better or worse, a part of life. That being said, the problem of students having too much stress is indeed hard to solve."

When not enlightening kids with Math and computer equations, Mr Cheung enjoys spending his leisure time listening to music and watching television, which helps him de-stress and finds a balance in his hectic SSC teaching life.

An interview with *Rachel Lee*, the Head Girl

Trenyce Hung & Shannon Xia

Rachel Lee was elected as the Head Girl of our school several months ago and we had the opportunity to interview her about her feelings of becoming a head girl.

What does 'Head Girl' mean to you?

"To be a Head Girl means to be a role model," Rachel said. Rachel believes that she must strive with all her effort to improve herself for her fellow students to learn from her, despite knowing that academics are not her strength. She states that apart from her duties of maintaining the general conduct of the school, another equally important task for her to fulfil is to sustain a healthy and constructive relationship with the student body.

However, such a significant position naturally comes with burden and responsibility. Rachel revealed that her biggest worry is her academic results, as her grades aren't the best in the class. She used to doubt her skills and abilities to overcome certain challenges. But with the assistance of her teachers and encouragement from the previous head prefects, she is gaining more confidence day by day. She also said the pressure she feels doesn't beat her down at all, but instead serves as a source of strength to develop herself instead.

What are your goals as a Head Girl?

When asked for specific goals she'd like to achieve during her time as the Head Girl, she mentioned that she would like to improve the overall character and behaviour of the prefect team. Instead of relying solely on rebukes and reprimands, she hopes that prefects would learn to rectify misconduct in a friendlier manner in order to reach the aforementioned goal of sustaining a genial relationship between her team and the rest of the students. In the long term, she hopes that prefects can become a bridge of communication between teachers and their pupils.

What qualities do you possess as a Head Girl?

Rachel has faith that she possesses the qualities to satisfy the position of a Head Prefect, such as leadership. She also explained that leadership goes beyond group projects, since leaders are not only those who manage delegation of work, but are the role models who inspire others to follow in their footsteps with equal devotion. As someone who has been the class monitor numerous times, she is experienced in playing the role of a leader and is comfortable speaking in the public.

What is it like to be a senior student?

When asked about the workload in senior forms, Rachel said regardless of the difficulty and workload of the subject, students will naturally put themselves under pressure when exams are near as they busy themselves with revision in hopes of good results. She also places the fault on poor time management and not on the system itself.

Any advice for the junior students?

Rachel advised the juniors to spend their free time expanding and developing their potentials and to use their time as wisely as they can.

With her goals and ideals, it is evident that our new Head Girl is ambitious and enthusiastic about her work, and we look forward to seeing what she will accomplish in the coming year.

An Interview with **Jeffrey Chan** the Head Boy

Brentan Lam & Jazz Ooi

Recently, Eruditio had the opportunity to interview the new Head Boy, Jeffrey Chan Kwan Mo. He was kind enough to share with us his views on this coveted job and the school in general.

Jeffrey takes his duties very seriously. He feels that the position has strengthened his sense of belonging to the school since it is his responsibility to maintain a positive learning environment here. To him, the job has many challenging aspects: listening to diverse opinions, making decisions, ensuring that events go smoothly and mediating between his peers, among others. Once, he saw a good friend of his misusing his mobile phone on school grounds. He was faced with the difficult choice between confiscating the phone and acquiescing, friendship and responsibility. At last, he decided to put his responsibility first. Fortunately, that friend willingly accepted the punishment and there were no hard feelings.

What he regrets the most so far is his handling of the Speech Day in November 2018. He did not have a contingency plan in place, and some disruption was caused because of the inclement weather. Some parents and guests were unhappy because quite a few roads on campus were blocked by vehicles and it was troublesome to travel from the tea reception in the library to the Tang Shiu Kin Hall. For future events, he promises to plan further ahead, and have numerous "backup plans" for any problems that may occur.

Jeffrey also reflected on school life at SSC in general. He feels that the picturesque campus can calm him down during times of worry. He quite enjoys the learning style that focuses less on drilling and memorizing. He also likes the large variety of extra-curricular activities and advises junior form students to take an active part if they have the time. For example, being a member of the docent team, he is responsible for introducing our school's historic buildings to visitors, and these experiences have helped him improve his communication and public speaking skills. He also honed his time management and collaboration skills by joining the Chinese ensemble.

Jeffrey is thankful to his classmates, who have always been supporting him in his role as head prefect. Throughout the interview, he stressed multiple times that prefects represent the school, and should therefore carry out their duties responsibly. Our new Head Boy is a great role model and we all have something to learn from him.



奧比斯學生大使有感 以心眼看世界 以雙手作貢獻

陳穎 秦月琳



試想像你生活在世界上最貧困的地方，而你失去了視力，你會如何自處呢？在缺乏醫療設備，生活物資亦見不足的地方，你獲得適切治療的機會很渺茫。在此時此地，當你的視力轉差，甚至失明，不難想像你將失去的還有接受教育、賺取穩定收入的機會。這樣，你還有活下去的勇氣嗎？

奧比斯提供的資料顯示上述問題是世界上數以百萬計的人現正面對的。全球75%的盲疾是可以預防或治理的，也就是說，在全球2.53億的失明及眼疾患者當中，有2.02億人可以透過手術或配戴眼鏡重拾視力。但關鍵是資源何來？

為此，奧比斯推動一系列多元的行動，盡力為這弱勢社群提供援助。其中，奧比斯學生大使運動竭力於學界宣揚救盲及護眼訊息，鼓勵全港高中生在校內舉辦至少一個籌募活動，為奧比斯籌集救盲經費。活動旨在為全球失明人士創造光明未來，以全球失明問題為切入點，同學可運用創意，自設相關的校內活動，令其他同學了解由聯合國訂立的「可持續發展目標」(Sustainable Development Goals) 之議題，從中培養他們世界公民的素質，日後為社會作出貢獻。

去年，本校共12位中五同學就參加了此活動，熱心舉辦了4個活動，宣揚可預防眼疾的全球活動，並為拯救失明人士的任務籌款。

參與活動的同學感謝校長、老師、同學的支持，亦為組員齊心而精心設計欣喜。最後，同學們成功籌得\$40,000，並贏得最高籌款第三名。組中兩位成員更能夠離開香港，到接近中國邊境的外蒙古一趟，體驗成果，及觀察奧比斯當地慈善工作，包括到各眼科醫院和奧比斯的飛機醫院參觀。



右邊是探訪對象16歲男孩Timijin



參觀奧比斯飛機醫院



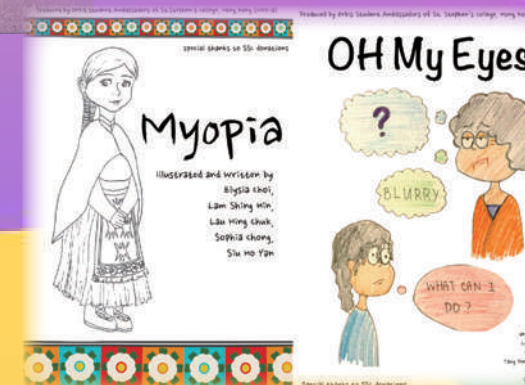
以遊戲CLUEDO作題材的盲探遊戲



邀請各老師和校長參與製作的「狗狗慈善月曆」



奧比斯的不同志願工作者，包括飛機維修師、文職人員、醫生、護士、攝影師和國際董事



為推行F3 Pre-IB同學服務社群的畫本圖書製作活動以上是被挑選的最佳圖書，送給了蒙古貧窮小孩作教育用途



Alisha 到了蒙古 Mother and Child Hospital，探訪於眼科手術康復中的兒童，並與他們為自製的繪本填色。右邊的小女孩是一位早產兒視網膜病變康復者

以下是兩位同學參加活動後的感受：

秦月琳

我參加這個活動的始因是它其非一般捐款形式的慈善活動，而是可以讓我們協作製作畫冊，借以推廣救助有需要人士的訊息。在這項活動中，我們邀請低年級學生以蒙古貧窮地區的家庭為題，製作一本填色故事書，之後贈送予一些對於眼疾缺乏認知的對象，借以達推廣的作用。我十分期待能與世界的另一角落的人分享我們的用心。

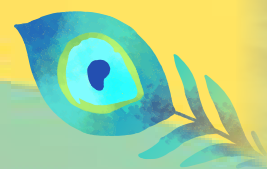
有言：「讀萬卷書，不如行萬里路。」自從我去年跟著學校到訪柬埔寨，這個發展中國家，我就對社會公益事宜產生興趣，希望能藉這活動，再次踏上未知的國度，體現世界另一角落的生活，擴闊自己的視野，成為一個更稱職的社會公民。

這個旅程最令我難忘的是與一位跟我年紀相若的男生（16歲）的一段對話。他是患有白內障的年輕人，但卻堅強得很。我們與他的對話談及他的夢想，他說他的夢想是能成為一個焊接工人，這樣的答案也許很多香港人會嗤之以鼻。於我們而言是如此簡單的事，但他卻辦不到，因白內障的緣故。在他的眼神中讓人似乎看到悲傷與失望，但是他活著的意念卻如火生生不息。他沒有埋怨命運，並重新振作，又開展他另一興趣——理髮。

我從前不是什麼努力的學生，錯過了很多機會。他的命運限制了他的夢想，但是他仍那麼堅強不屈，不斷奮鬥，我又有什麼資格不爭取機會向前邁進？他的經歷讓我明白路是自己選擇的，不要因困難而妥協，要珍惜現有的，並勇敢站起來做些改變！

回顧整個旅程，感謝奧比斯給予我跟不同職業人士交流的機會，了解到團隊合作的重要性。由飛機人員、工程師，到醫護人員，在整個救盲任務都是不可缺少的，少了任何一環都難以成事。其實沒有哪一個職業比哪一個偉大，用「心」付出便偉大。

當我在蒙古見證到我和同學這一年在校內籌款的成果，我覺得每人也不宜少看自己的能力，我們也是可以為他人建築一個美好、充滿希望的未來，We can make a change。大家只要努力各盡其位，如低年級學生為小蒙孩製作圖書，竭盡自己所長，最終，我們的用心必不會白費！也真的不要小看自己的能力，這世界很多角落很需要你的支持、拯救，你願意與我們同行嗎？



陳穎

與秦月琳在偶然的情況下看見奧比斯學生大使活動的資料，那時我們只想幫助發展中國家的人，便毅然下載了申請表，手舞足蹈地構思著種種活動如何吸引同學參加。但很快地我們就發現，若然要成功推動同學關注眼疾，兩個人是不能成就甚麼的，因此我倆邀請了同級的朋友共同努力，把幻想的活動付諸行動。由於我校同學沒有參加過此類活動，所以對我們來說，把整個計劃從「無」變「有」的確遇到許多挫折、阻礙。從尋找合適的顧問老師，到跟組員們討論活動細節和預算，再到及後的宣傳工作等，對於毫無經驗的我們無疑是一個又一個難題。籌備學生生日活動、設計月曆、申請於導賞員開放日開設籌款攤位等，林林總總的預備工作考驗了我們團隊合作和溝通能力，然最讓人欣悅的是得到老師和同學的支持。我們十分感謝蘇老師一直以來的鼓勵和支持，他擔起負責老師的職任，不論在小息還是放學後都盡力協助我們解決疑難，因為他，才能令活動運作順暢，得到今天的成果。我亦非常感激過程中加入幫忙的IB同學，把每一個活動計劃書都寫得清楚詳細，更把製作故事書活動辦得有聲有色，以致那些中四同學的成品得以送到外蒙古的小朋友手上。及至活動尾聲，有賴師生、家人、校友幫忙分享帖文和支持，我們成功獲得超過1200個讚好，最後更成為其中一隊勝出的隊伍。

另一個教我難忘的就是到一位患有白內障的三歲小男孩Subak家探訪。他住在距離市區4小時車程的一個小社區，由於該區沒有提供眼科醫療服務，所以他和他的母親要到首都的眼科醫院接受治療。而當我們探訪他時，他早一天剛從醫院完成手術回來。當我們踏進蒙古包，送了他一個氣球，這個小男孩便手舞足蹈地把玩它十分鐘，一點也不像昨天剛做完手術的人。沒想到單單一個氣球，就已經打破尷尬的氣氛，讓我們順利地訪問他和母親手術後的感受。我們也趁此機會送了我們預備好的貼紙和香港小食，他的家人也露出欣悅的笑容。走到屋子外，我們與Subak和他的堂兄妹玩吹泡泡，玩得忘形，他的家人感謝我們與Subak玩得那麼開心，而我們也十分享受與他共處的時刻。臨走前他不斷笑著跟我們揮手，我們都捨不得這個可愛的小孩子。這個家訪讓我體會到什麼是真正的快樂。即使道具簡簡單單，但已經能製造一個下午的快樂。若要比較香港和外蒙古，外蒙古人活得更樸素，更簡單，而反觀香港現今社會，我們都被物質牽着鼻子走，都沒有留意身邊的人、身邊的事，輕易丟失快樂，太可惜了。

· 聖記 · 少年科學家

團隊專訪

林錦怡



在去年的悠長暑假，相信不少同學都在享受悠長假期。但我們學校一群對科學有極濃厚興趣的「少年科學家」，幾乎把所有時間都投放在準備一個國際性基因工程科技賽事。為了確立理論基礎，同學們先前用了近半年時間翻閱相關文獻，然後花近3個月在實驗室中反覆嘗試基因合成。終於他們在2018年10月到美國麻省理工學院參與「國際基因工程生物機械競賽」，最終奪得銅獎。

有志者事竟成

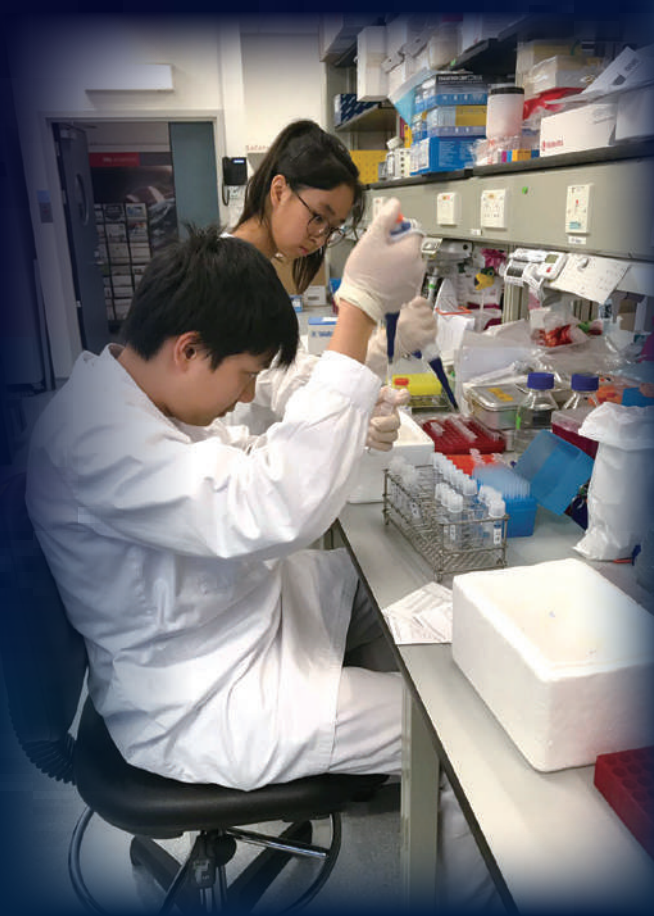
欲研究成功所需要做的實驗十分複雜，他們花了不少時間尋求各個大學實驗室的幫助，過程遇到不少的挫折。本身為校友的港大公共衛生學院副教授陳志偉，對師弟妹對科研滿腔熱誠的態度十分欣賞，在研究過程中提供了不少建議及借出實驗室，這讓同學終於可以把他們的所假設的計畫實踐出來。

實驗中的其中一個環節是需要合成一段長達一萬鹼基對(基因單位)的基因片段，相當複雜。做實驗有很多未知之數這是人所共知的事，每一個小小的因素，包括溫度、容量等都會影響到最後的結果。而每次的基因合成實驗長達3日，經過一次又一次的失敗和調整，同學們一共製作約150個樣本後，終於成功做出所需基因片段。

自主學習不是夢

在現行的教育制度下，每當我們說到學生的學習動機是什麼的時候，難免會得到「沒辦法啊」、「被迫」等答案。但這不是絕對的。這次同學從決定參賽到比賽落幕，這其中的一切事很大部分都是自發性地安排、組織。為了確立實驗的基礎理論，他們必須做大量的資料翻閱和研究的工作。在日以繼夜做資料搜集和實驗當中，大家每星期分工閱讀大學論文，從數十頁至數百頁。遇到不認識的專業用語時聚會找資料去了解，這為他們的成功奠定牢固的基礎。

從2018年六月份開始，他們差不多每天都到大學實驗室工作直到比賽，這一切都沒有任何人迫使他們去做。甚至一開始老師們也十分擔心，如此困難、複雜的比賽，在沒有任何基礎知識的情況下，能否完成也是一大疑問。而很多時候我們都會埋怨這個太難、那個太深所以放棄，但這些其實都是藉口。沒有人天生就會的知識，沒有做不到的事情。



基因排列、抽取樣本，靠的都是慢慢地用心學習。這支團隊的每一個人在遇到困難的時候都沒有輕易放棄，反而一起尋根究底。他們用行動證明沒有這世上學不會的知識，沒有做不到的事情。

樹高萬丈不忘根

凱旋歸來，同學們多次提到校方投放不少資源讓他們去參加這次的國際性基因工程科技賽事。負責老師、副校長都十分關心他們，為他們尋找實驗室、陪同他們遠赴美國參賽等，各位「少年科學家」對此心懷感激。STEM (Science, Technology, Engineering, Mathematics)的發展得到學校的重視，剛完成的STEM Center 就是為了讓同學由更好的環境去發展自己在這些方面的能力，在日後再創佳績。

後記

相信各位同學去旅遊、交流，行程都是由家人或是老師安排。但是這次的美國行程是由同學自己安排。簽證、機票、住宿主要都是學生自己處理，當然也有家人的協助。過程雖複雜，但在他們的分工合作下，終於能夠順利處理、完成。小編從旁看著這個團隊由小貓三五隻，發展到十多人的階段。或許它稱不上陣容鼎盛，但絕對是菁英、人才。儘管面對著學業的壓力，但每一個人都在比賽中各司其職，向著同一個目標前進。希望他們能夠乘著滿腔熱情，勇闖科研路，更上一層樓！

劉卓楠

探索

今天是我到達冰島的第五天，也是我在整個旅途中最期待的一天。

今天我們整個旅行團都要穿上專業的裝備，前往冰洞探險。在前往目的地途中，我心裡不禁拋出一個疑問，就是這個冰洞究竟有多特別，能成為一個眾所周知，旅客必定要去的旅遊勝地呢？到底這個冰洞藏著什麼奧秘，值得別人千里迢迢來探索呢？

站在洞口前的我懷著既興奮，又緊張的心情，小心翼翼跟著當地的導遊進入洞穴。進入到洞穴後，我終於明白為什麼人們會來這裡了。整個冰洞都是冰，凹凸有致，紋路清晰。一塊小小的冰塊並不特別，但無數的小冰塊形成的冰洞，就是宏偉壯觀，吸引著你的視線。

當導遊叫我們把頭燈關掉時，冰立刻變成淡藍，更叫人嘆為觀止。導遊解釋因為經過漫長的時間，冰變得堅硬，冰裡面的氧氣被擠壓出導致氣泡減少；加上太陽光的散射作用使波長較長的紅燈光直接穿透，而藍光波長較短，則被充分散射，所以冰洞裡的冰才會展現出美麗的藍光。離開洞口，站在冰洞上，靜靜地欣賞日出。旭日初升，染紅天際，當前美景，非筆墨能所形容。

其實不單只是冰島，世界裡還有很多大自然奇景值得你去探索。我們應懷著探險精神，探索新事物，經歷自己的人生，才不枉此生。

麥匯南

小丑

我們都只是逢場作戲的小丑，做著顧此失彼的夢。夢醒，戲斷，落幕，終場……

——題記

不能哭，只能笑，這是小丑的宿命；當你想要哭的時候，要把眼淚從喉管咽下去，然後笑出來，這是小丑的職責。我曾在書中看到過一個故事，主角是一個小丑，不停地扮演著週遭人心中的形象。她甚至不知道自己是什麼樣子的，只知道笑是她的職責，每天「戴」著笑工作。

慢慢地，面具戴久了，就連她自己都快忘了那是面具，直至遇見了他。「為什麼你總是笑，難道你從來不哭嗎？」他這樣問小丑。小丑呆住了，從來沒有人這麼問她。他，看到了小丑面具下的悲傷與眼淚。這時候，小丑的面具出現了裂痕。她不再為他人而活，而是任性地作出了自己的決定。她決定用盡所有的勇氣和力氣奮力在他身後追趕，追趕著這或許是她的知己的人。亦或者，她想要的，僅僅只是一個朋友。

終於有一天，小丑追上了他的步伐，站在了他的身邊。只是，在她臆想裡的他眼中的溫柔早已不再。小丑摸了摸臉上，原來，面具還在啊！她本以為，他對她的溫柔足以將面具融化。可是她不明白，並不是只有他才能看透面具，只不過是從來沒有人仔細認真地看過小丑的臉。他曾讓目光停留過一會兒，那目光的溫度便讓面具出現了裂痕。小丑當時天真地以為那便是愛，不顧一切地想要撕下面具，哪怕鮮血淋漓也在所不惜。但，他並不愛小丑，也不會接受小丑的愛。「嗒」小丑聽到了一聲清脆的響聲，似是有什麼東西落在了地上，一滴，接著一滴。唇邊澀澀的，咸咸的。

小丑又重新戴上了面具，只是沒有人注意到，那面具上，有著一絲裂痕……人們只看到，小丑的笑容更滑稽更誇張了，只是不知為何，那張白色的滑稽笑臉上，多了幾滴淡藍色的眼淚。不過，這並沒有什麼關係，有誰會在乎呢？反正，人們要看的，只是小丑的笑臉，不是嗎？

或許，這便是小丑吧！他們費盡心思讓別人大笑，卻忘了讓自己微笑；他們替別人抹去憂傷，卻忘了替自己拭去眼淚；他們為了別人化上彩妝，卻忘了給自己卸下偽裝。

我們，又何嘗不是如此呢？我們每個人都是這人世間的小丑，穿著華麗的衣著，塗著濃厚的偽裝。永遠將笑容展現在他人面前，為的就是掩蓋自己的那份卑微與怯懦。我們竭盡自己所能，用那誇張至極的表情來掩蓋自己的不安，用那惹人發笑的動作來粉飾自己的弱點。在這紛繁而精彩的人世間強顏歡笑，將所有的痛苦都隱埋再自己的內心之中，這不正是我們的表現嗎？

努力用自己的表現來取悅我們身邊的每一位人，哪怕換來的只是對方微不足道的一個微笑。即便如此，我們也常常不得其果。自己想盡了辦法去取悅，換來的卻只是嘲諷。於是，那滿是顏料的面具上便多了幾滴淚——那是只有自己才明白的淚；那是歡笑的面具背後的傷痛淚水。雖然只有寥寥幾滴，象徵著的，卻是生活的艱辛與渴望被肯定、被愛的苦澀。只是在那些觀眾的眼中，這也是那滑稽戲的一部分。這淚水在他們眼中看似理所當然，可他們根本不懂，哪怕自身的一切都只是一層彩妝，這幾滴淚水也真正地道出了他們的心聲。懂得小丑的，永遠只有小丑自己。

隨著時間的流逝，我們逐漸成長，也開始建立起了自己的世界觀，對很多問題有了自己獨特的看法。或許正因如此，能夠理解我們的人也越來越少，而我們帶著面具與人相處的時間也越來越多。只是，面具下的我們，是否已被淚水淹沒；那華美的妝容，是否已被刮花；那曾經最真實的我們，是否早已迷失。

畢竟，即使是面具，戴久了，也會血肉相連啊！

——領悟自U.D.O.的歌曲“Tears of a Clown”

瑪雅文明

消失的文明？！

關 禕 桐

地球自形成至今約有46億年，期間物種演變、進化，造就了今日的我們；無數文明的興衰推動了現今社會的形成。在這漫漫的歷史長河中，真正有留下記載文獻的朝代實為不多。殘缺不全的文獻記載為傳說曾經存在或是在一夜之間消失殆盡的古文明染上神秘色彩。古文明之謎宛如漫天繁星，雖是遙不可及，卻仍叫人想一探究竟。今日，就讓我們來一窺這曾經輝煌、現淪為滄海遺珠的古文明之冰山一角——瑪雅文明，揭開歷史中被世人遺忘的一頁。

瑪雅文明

瑪雅文明的起源可追溯至公元前1500年，有著數以百計的城邦，分布於墨西哥、瓜地馬拉、宏都拉斯、薩爾瓦多和貝里斯等地。瑪雅人在建築以及數學等範疇上所展現的智慧令人嘆為觀止，其中最為家傳戶曉的莫過於2012年世界末日的預言，雖預言並未成真，卻給世人留下了不解之惑——是甚麼契機令瑪雅人得以斷言千百年後會發生災難？而這徒留了萬千迷思的古叢林文明卻於十世紀貿然消失，無數座廟宇神殿被遺留在叢林深處，從此不見天日。曾經盛極一時的古文明就此在一朝泯滅淪落，又是何等因素迫使瑪雅人將千年基業棄之不顧毅然離去？

曆法——2012年末日預言

瑪雅一族的曆法體系由數種曆法構成，分別是卓爾金曆、哈布曆、金星曆以及長紀年曆，其中以哈布曆與現今普遍的陽曆最為相近。

哈布曆由18個月以及被稱為Wayeb的額外5天組成，每月有20天，一年共365天。哈布曆中以季節及農作事件為月份命名，根據科學家估計，哈布曆比起現今適用的儒略曆約早500年開始使用，即公元前500年左右。更匪而所思的是，瑪雅人在當時早已計算出地球約需365.242129天來環繞地球一周，與今日科學測定的數值相差不到萬分之一。

而瑪雅人在天文學上的大就在金星曆中更是被充分體現。金星曆代表著金星的會合周期，一年584天意指每過584天，金星將完成環繞太陽一周，與現今所得的數字相差不到0.014%。明明不過是一個在叢林中以耕種農業為生的族群，既無先進的科技，甚至連輪子和交通工具都還沒有被發明，究竟是如何通過肉眼和智慧推測出和數百年、數千年後人們實際計算如此相近的數值？



2012年12月21日，傳聞中的世界末日，那曾使人肉跳心驚、浮想連篇的日子，源於瑪雅中的長紀年曆。長紀年曆多以20為基數，1日稱為一金，20金為一烏納，18烏納為一盾，20盾為一卡盾，20卡盾為一伯克盾。瑪雅人將一紀元定為13伯克盾，而他們堅信著每個紀元的開始都是人類朝代變更邁向新時代的時刻，此言亦並非信口胡謔。瑪雅上一紀元始於公元前3113年，此乃他們於中美正式定居之年，並在叢林中落地生根，擁有著無法以常理解釋的高超智慧和建築設備；再上一紀元約在公元前11000年，當年正是末次

冰期——人類歷史中最後一次冰河時期的終結之年，萬物復甦、四季回春。2012年12月21日正是長紀曆中一個紀元的結束、另一個紀元的開始。基於理解上的分歧，部分人將此日誤以為是世界的終結，但於瑪雅人而言，此日意指全人類將邁入全新文明的可能性更為大，並非世界毀滅之際。細細想來，人類文明自2012年開始的確正在邁入新階段。近年AI人工智能開始盛行，機器被漸漸賦予自主學習和思考的能力，2016年發行的AlphaGo軟件在經過近百場與圍棋選手的競賽後成功擊敗世界五大圍棋冠軍聯手之隊一事便是AI自我學習能力的最佳見證之一。著名科學家霍金曾多次指AI在不久的將來將徹底取代人類，使其邁向滅亡。若此話當真，2012年作為新時代開始的同時，又何嘗不是人類衰落之始？

建築——超越常理的高度文明

蒂卡爾、科潘和帕倫克是眾多瑪雅遺址中最為著名和具代表性的三處。從該三處可看出瑪雅建築群多以階級金字塔祭壇



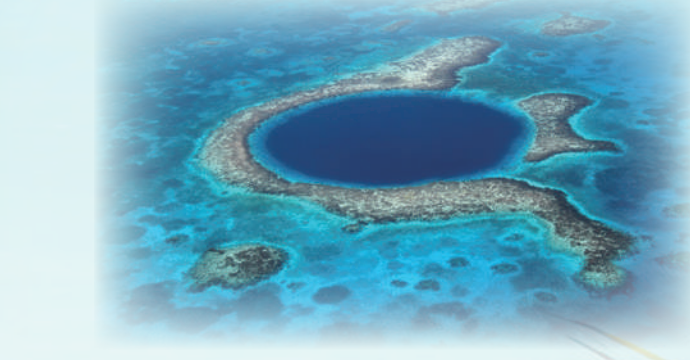
為主，石灰岩是其主要構成物，該類建築的用處不單是充當神廟、陵墓等，更有著測量和觀測天象之用。以已被發掘的建築群為標準，此等階級金字塔祭壇的高度由30米至70米不等，斜度更可高達70度。

在2018年2月，某考古團隊利用嶄新的「光達」技術（Airborn Light Detection and Ranging，簡稱LiDAR），在瓜地馬拉的瑪雅生態保留區中發現了6萬棟建築。建築中包括了房屋、宮殿等等，但令人最匪夷所思的是都市中心和採石場、以及城市與城市之間都有高架道路連接，而防禦牆、防禦堡壘、高台和堡壘等軍事設施更是無處不在。高架道路是在近幾個世紀才開始被沿用的，雖說在此等叢林氣候中維持商業貿易一事或許是推動他們研發及建築高架道路的契機，但在二千多三年前前要築起此等建築談何容易，更何況當時只有石器、瓷器等工具供他們使用，連輪子都尚未被應用，究竟是何等的智慧使他們得以將幻想化為現實？

其次，考古學家近年在不少的瑪雅神廟下發現水下洞穴（又稱溶洞）的蹤跡，其中以近日於墨西哥發現的由雙眼洞穴和白色洞穴連通的世界最長洞穴最為著名。瑪雅人素愛將陵墓和祭壇築於溶洞上方，因他們主張死者的靈魂會通過這些地下的水路前往陰間，從而得以安息。可溶洞的深淺會影響建築地基的穩固性，若溶洞處於地底30至50米的深度自然對建築穩固性無大影響，叢林中土地本就鬆軟，再加上地底溶洞的存在，瑪雅人是如何在數千年前以有限的科技來判斷土地是否適合實施任何建築工程？一切至今仍是未解之謎。

消失的原因——徒留不解之惑

自9世紀始，叢林中的城邦開始被瑪雅人陸續遺棄；11世紀末，曾經輝煌繁榮而又多不勝數的瑪雅城邦被永世棄於叢林間，自此不見天日。雖說瑪雅人在北部地區，如奇琴伊察城、烏斯馬爾城等地曾嘗試再度振興瑪雅文明，即使這些城邦皆由瑪雅人執政，但他們並未能將可貴的文明和知識傳承下來，真

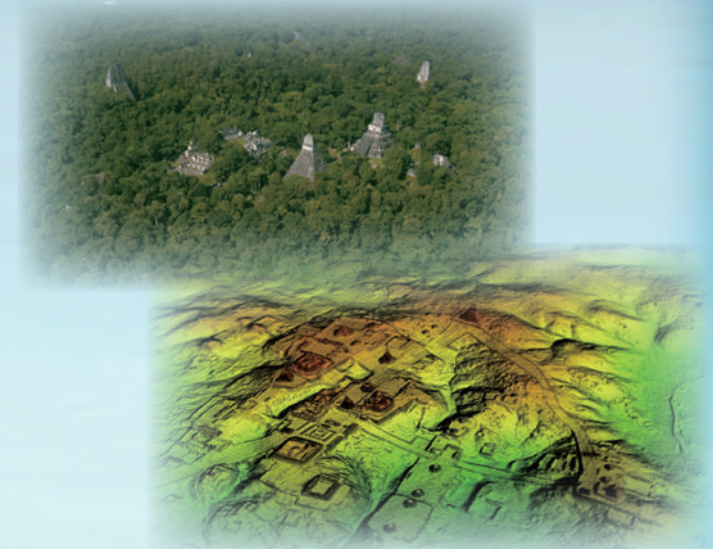


正使世人不解的瑪雅文明早已隨著叢林城邦的陷落消失殆盡，成為了歷史長河中被人遺忘的一頁，直至叢林中的遺址被發現才再次在現世考古界中牽起軒然大波。

瑪雅文明的消失至今仍是個秘密，各派的說法不盡相同。瑪雅文明所展現的超群智慧更是促使了一個荒誕之說的誕生，至今仍然有不少人堅信瑪雅人本來自外太空，降落至地球僅是為了逃避母星上橫行的災難。此說由現時看來自然是天馬行空的，

但從蛛絲馬跡之間細細思索尋味，此說似乎並非毫無根據和道理。瑪雅人常用的哈布曆和金星曆皆是以太陽系中一顆行星環繞恆星——即太陽一周的時長定為一年，但卓爾金曆中的260天卻是前所未聞的，故有260天實為瑪雅人母星的公轉周期之推測。此外，身為農民的他們需通過地球公轉週期得知四季氣候轉換，故有哈布曆一事尚為合理，但金星曆又有何用？除了用以決定出兵之時外，亦有人推測沿用金星曆意在與母星之人約定時間交流溝通。故瑪雅文明並未消失，瑪雅人只是帶著他們的文明回母星去了，再配合帕倫克石板上的雕刻，證據更為確鑿。曆法上所現的怪處令此說不再荒誕，為瑪雅更添一層神秘的面紗。

考古學家近年就瑪雅文明消失之謎亦有了新的發現。根據對大藍洞（位於加勒比海的大型水下洞穴）海域的沉積物的分析，他們發現在西元8世紀至10世紀時鈦（Titanium）、鋁（Aluminium）比率曾發生變異，證明當時的降雨量有大幅下降的跡象。以農為生的瑪雅人在多年乾旱的情況下互相剝奪資源，以求生存，最後就環境所逼不得不捨棄叢林中的高度文明往外發展，導致文明的失傳和消失。



光達技術將深藏雨林的瑪雅城市建築群，清晰地顯示出來

結段

瑪雅人無論在曆法還是建築上都有著驚為天人之就，其成就更涉獵了數學、天文學、農業、藝術及文字等等，甚至隱隱有超越後人之勢。高度文明的消失究竟由何而至？又是甚麼促使了此等高度文明的形成？由人類所傳承下來的萬千年歷史中被遺忘的絕不止有瑪雅文明，只是近代科技日新月異、許多不切實際之想都在科技的幫助下得以一一實現，鮮少有人會再次回顧千百年前的歷史。然孔子曾曰：「溫故而知新。」，唐太宗亦曾道：「以古為鏡，可以知興替。」，這些在歷史長河中被悄然埋沒的古代文明的研究和發現或會為現世的科學發展帶來創新革命，可人們置之不顧之舉卻將這可能性拋諸腦後，使科學的創新研究更是舉步艱難。對古文明的探索其實並無想像中枯燥難耐，若能達致增廣見聞、發蒙解惑之用，偶爾為之，又是何樂而不為？



籠中鳥

黃裕婷

溫暖和煦的朝陽徐徐升起，一縷刺眼的陽光穿過籠子的縫隙，傾瀉在一片五彩斑斕的羽毛上。微風吹過，使得籠子搖晃了一下，羽毛就從籠邊滑落，先是溫柔地漂拂在半空中，再慢慢掉落到地面，輕盈地，緩緩地……

憶起「羽毛的主人」初來乍到的那天，外面正下著微微細雨。一絲絲的冬雨細如花針，輕輕滴在乾枯的樹葉上。葉上的雪，觸碰了冰冷的雨水，就瞬間消融，化為一灘半透明的液體。朦朧不清的天邊，從遠處飛來了一隻鳥，牠愈飛愈靠近籠子，最後伸開鋒利的腳爪，抓住籠子邊的一條鐵柱。鐵籠裡的蛆蟲傲慢地蠕動著身子，像是在挑釁飢腸轆轆的小鳥：來吧！快用你尖細的喙子把我放進口！小鳥不甘示弱，試探性地把頭探進狹小的籠身裡，一陣香氣隨即撲鼻而來，把彩鳥迷得頭暈目眩。逼人的香氣持續從鐵籠縫湧出，小鳥回頭望向身後那片蒼翠綠林，堅決地搖搖頭，細小的雙肢卻蠢蠢欲動。溫飽？照顧？庇護？無限個幸福的想像——浮現在彩鳥的腦海裡。鳥兒的幻想曲忽然被一滴刺骨的雨水打斷，像是在催促牠做決定。彩鳥毅然踏足進入籠子裡，準備飽餐一頓。腳還沒踏穩，牠便開始一口接一口地吃。彩鳥咬穿了蛆蟲香脆可口的外層，發出「喀嚓喀嚓」的聲音，體內的液汁蛋白質豐富，更帶給受寒的鳥兒肚內一絲暖流。正當彩鳥埋頭享

受大餐時，一聲響亮的咔嚓聲響起——籠子鎖上了。無知的鳥兒那時候還未意識到，自己從此失去的除了是家園，更是自由。

這一鎖，就是五個年頭。過後的日子每天都是飯來張口，無憂無慮。彩鳥也曾快樂過：每當外面刮起狂風暴雨，穩固的鐵籠總庇護著自己弱小的身軀；每當遊客經過鐵籠時，總會對自己獨一無二的彩衣讚不絕口；每當凜凜寒風、傾盆大雨來襲，自己總能依偎在可靠的鐵柱尋求安慰。日復一日，年復一年，當初懵懂的彩鳥翅膀也硬了，規律的生活使牠心力交瘁，可牠卻無力作出改變。彩鳥嘗試麻醉自己，可是那片變幻不定的碧空卻是如此引人入勝，在太陽的照耀下，湛藍的天空會漂浮著若隱若現的浮雲，時而躲在太陽後面，時而幻化成各種奇形怪狀；到了傍晚，取而代之的是晚霞餘暉，廣闊的天上有一層層色彩，融為一體；寂靜的深夜裡，皎潔月光和靜謐漆黑的天空互相輝映，寧靜的周遭卻有著蟬鳴的伴奏，為空虛的夜晚帶來一線生機。籠中鳥只能看著，聽著，心裏卻承載著滿滿的無奈。

又是一個下雨天，不同於上次，來的不是濛濛細雨，而是前所未有的狂風暴雨。狂野的風一次又一次地擊打著破舊不堪的鐵籠，內櫥滲透著雨水，彩鳥的身軀瞬間變得濕漉漉。失修的鐵籠猛

烈地左右搖擺，時而發出刺耳的「吱吱」聲，好像隨時會瓦解般。面對來勢洶洶的風，彩鳥心裏懼怕不已，牠輕盈的身軀跟著鐵籠左右亂撞，有史以來，牠第一次體驗「恐懼」。

良久，風停了。

飽受「折磨」的鐵籠遍體鱗傷，癱軟在濕透的草地上，一動不動。鐵籠的四周滿目瘡痍，只見原本姘紫嫣紅的鮮花被蹂躪一番，丟棄在一旁而先前青翠欲滴的綠植物也被遺忘，被重重的污泥覆蓋著好看的綠色。彩鳥定了定神，在橫攤的籠子裡四處張望，卻意外地撞開了被摧毀的鐵門。鐵門打開的那一刻，小鳥金黃色的瞳孔急速擴張，一股力量從體內湧出，就像氾濫的河水，牠迫不及待地展開翅膀，伸展全身，打算向鐵籠作最後一次告別，永遠離開。

可是，在重要關頭，彩鳥卻退縮了……牠身處的這個籠子雖然狹小，卻是牠的一切。孤獨無助的鳥如果離開這豐衣足食的生活，何去何從？連小鳥自己都對這一絲留戀感到驚訝，牠痴呆地望著自己還在微微顫抖的小爪，又回憶起剛才狂風中的無助。牠突然領悟到，是時候自己啟程探索，就算日後遇到什麼，也是自己做的決定。相比軟弱地被困在一個皇宮，為何不勇敢尋找自己的國度？

終於飛出去了。小鳥使勁拍打雙膀，目光堅定地看著天空，以最快速度飛向上。灰濛濛的空中出現了一隻翱翔的鳥兒，牠自由，快活，雀躍，因為牠回到自己的世界了，回到一個可以去探索未知的世界！

其實我們不都是一隻彩鳥嗎？曾年少輕狂，曾愚昧無知，終於到了一天嘗試了被保護的感覺，從此就寧願活在一個不被觸碰的泡沫裡。可是人生必非如此簡單，漫無邊際的世界充滿著未知，有許多奇珍異獸，有許多稀奇古怪的事物等著被發掘。離開泡沫的那一刻，或者會心存依賴、不願離開自己從前美好的幻想和舒適安穩的生活。但是，探索之旅再艱辛，也是你自己掌握的命運，比做別人的傀儡快活多了！承認吧，每個人或多或少心底裡都是隻「彩鳥」，面對自由世界的誘惑又有誰抵擋得住。所以，做一隻勇敢無畏的彩鳥吧！去探索你自己的世界吧！



自律又努力的人 有多可怕

韓一諾

你還在為多看幾分鐘手機而和父母發生口角嗎？你還在為多吃一點零食而跟人爭執嗎？你還在為賴床而找理由嗎？曾經有人說過：優秀的人不一定自律，但自律的人一定優秀！你有想過改變自己，讓自己變得更優秀嗎？如果有這念頭，不要只是想了，是時候行動、努力了。

普遍的人都未能兼全自律和努力，能兼善的，而持之以恆的，終會為人所發現、欣賞。很多人看藝人，就只看臉蛋，然以下介紹的藝人就是憑自律、努力，創造事業上的顛峰。

他是誰？我描述一下讓你猜猜：他五官清秀，濃密的眉毛叛逆的向上揚起，為他增添一份朝氣；長而微卷的睫毛下深邃又清澈的大眼睛，為他增添一份俊氣；他的鼻子又挺又直，像刀刻的一般，為它增添一份英氣；有稜有角的五官帶著一抹英俊，英俊中又帶著一抹溫柔。

在他剛出道的時候，沒有人找他拍電影或者廣告。他不自暴自棄，也不怨天尤人。他反而反思：我還不夠好！他自我檢討，繼而行動，結果，他從一個身高只有160厘米，但體重卻有80公斤的小胖子，成功減去約10公斤。日復一日的健身，年復一年的節食，完成華麗蛻變。這一切都是跟他的自律有關，可以說，是自律和努力成就了彭於晏。

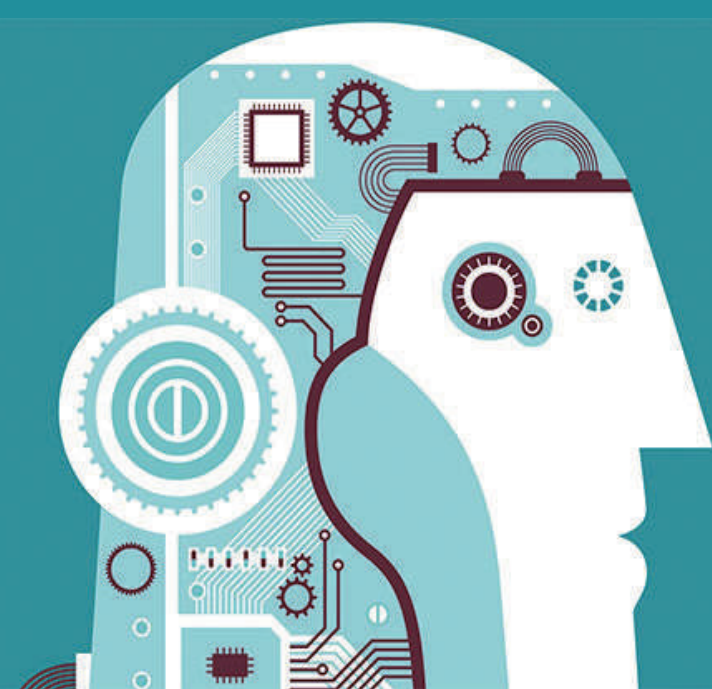
他曾說過：「我沒有才華，所以用命去拼，我不怕苦，就怕學不到東西。」他的努力體現在每一部作品裡。先拿他的成名作《翻滾吧，阿信》來說，由於本片的主角是一個體操運動員，有很多又危險又困難的戲碼。許多演員都望而卻步，只有彭於晏接下了這部電影，並挑戰了劇中所有高難度的動作，拒絕使用替身。他為了呈現最完美的一幕，苦練了整整八個月。為了令鏡頭更真實，被啤酒瓶打了幾十次。「世上無難事，只要肯攀登。」這句話一點都沒錯，他的努力打動了觀眾，賺來了人們的掌聲。

他不是「三分鐘熱血」的，他的努力、自律是延續下去的。之後，他繼續用同樣的態度對待所有的作品。而且，於他而言，他不是應付工作、生命，他視每一項工作為一項挑戰，以豐富自己的人生。拍《激戰》時，他與職業拳擊手對打3個月，學會了綜合格鬥，巴西柔道和泰拳；拍《聽說》時，他學會了手語；拍《黃飛鴻之英雄有夢》時，他學會了工字伏虎拳，虎鶴雙形拳；拍《海豚愛上貓》時，他拿到了海豚訓練師資格證，還學會了衝浪；拍《破風》時，他騎遍了香港所有的山，每天騎行8小時，電影結束的時候，還考到了場地專業賽車手證；拍《湄公河行動》時，他學會了泰語、緬甸語、射擊。俗話說得好，讀萬卷書不如行萬里路。但前提是，你要有走萬里路的決心、恆心，而他就是走完那萬里路的人。他是誰？他就是彭於晏。

他的成功，是由自律和努力成就的，也正是這股拼命的勁兒和自律改變了彭於晏的人生軌道，擺脫平庸。因為自律，彭於晏從人生低谷爬了出來，為自己本身灰暗無光的世界塗上色彩。

你的人生只剩「手機」了嗎？為零食與人爭執值得嗎？每次早起5分鐘，改掉賴床這壞習慣，當真很困難嗎？改變可從身邊的一點一滴開始，下個週末不要再「宅」在家裡打遊戲了，呼朋喚友去外面感受陽光，享受青春，探索自己的潛能，或世界的不同面貌吧！

願你也是個自律又努力的人，願你的人生也不止如此。



Mai Wan Kwan

Artificial Intelligence

Everyone is always taken aback whenever I mention anything remotely related to AI (Artificial Intelligence). To the average person who does not take an interest in IT in general, AI supposedly only concerns programmers. And when the idea of programmers is brought up, this image comes to mind: a middle-aged man with dishevelled hair and an untrimmed beard nestling in a pool of junk (cup noodles, in particular) stares blankly at the vortex of numbers and codes...

But, is that all AI's about?

AI is nothing new. In the past 63 years, from the Dartmouth Conference held in 1956 to the present day, it has always been here. What is special about the era we are in is that it is the golden age of the development of AI. Here are some major breakthroughs in the past decade:

Voice systems: AI has had remarkable achievements in speech recognition and speech synthesis. The synthesized voices developed since 2010 are very similar to the human voice. Siri, Voice, and Echo are all excellent examples.

Natural language processing techniques: Google Translate and Microsoft Translator have both facilitated understanding without the need for formal translation.

Decision systems: With these systems, competitive human-computer chess matches have become possible. Machines are outcompeting humans.

We take all these things for granted now, but did you know they were all from the past decade? Kevin Kelly, a noted expert in cyberculture, gave a thought-provoking speech on TED Talk. "The most popular AI product 20 years from now that everyone uses has not been invented yet," he said. "That means that you are not late."

AI will be our future. And as Kelly said, we are not late. We are not late to move in the same direction as the world does. Don't get me wrong — I don't mean that you must join the AI lab for a brighter future. But even if you are not interested, it wouldn't harm to learn more about AI as it permeates every aspect of our lives.

Discovery of ourselves

Jerod Lau

Have you ever been in a situation where your fear of embarrassment gets the best of you? Like going to a competition and having to perform in front of a large crowd, with sweat trickling down your forehead and into your eyes, the audience just staring, waiting for you to begin? I for one most certainly have. But have you ever thought about how this fear could be used to your advantage?

The theme of this writing is exploration, and it means the act of exploring an unknown area. It doesn't have to be a place, it could just be the act of exploring the unknown parts of ourselves. In our pursuit of discovering ourselves, finding out who we are and what we feel we are meant to be, we face the many challenges lie before us. We struggle with interacting with others, the way we perceive our appearance and such. But most of all, what limits us in achieving our understanding of our potential to its fullest, is fear. Fear of embarrassment. Fear of incompetence. Fear of failure.

Obviously, to be successful in life one must first evaluate oneself, to analyze one's capabilities and strengths such that one could focus on developing it. But to learn of what one is good at, what must they do first? They must try. Try all sorts of things to make sure they know what they excel at, and to try, we have to be willing to take the risk of getting it wrong. It is only through getting it wrong that we would know we are not fit for the certain thing that we are attempting to do.

An example would be the MUN, or the Model United Nations. It is an activity that takes place in many places, such as in Thailand and South Korea. The MUN aims to give students a chance at seeing how a United Nations meeting would be like. This is beneficial to all who attend as they can pick up plenty of debating skills and meeting other like-minded people. They can enjoy interacting with each other and learn from one another. I, for one, had attended an MUN in Hong Kong. Although I was most certainly frightened to have to speak in front of others, as it was my first MUN ever; however, on the second day, I had learnt to make friends with those around me, and had quite some fun with them. You see,

through these terrifying encounters we overcome different fears and become better. I made friends with many people, even some from France! It was definitely an adventure. I found this such a great experience because I really learnt what it meant to discover myself and in the process I also absorbed plenty of knowledge.

Another meaningful experience I recently had was when I attended the Winter Debate Camp at our school. There I got to meet people from other schools who shared with me their view of the world and I got to learn so much about seeing things in another's perspective. It was a very intensive course, and I, as a member of the debate team, was given much of the training for things I needed help with. One of the biggest hurdles I have been wrestling with for a long time is my immense stage fright, but with the help of my debate coach, who had been so patient, I managed to perform extremely well during the camp. I went from stuttering and fiddling with my hands to really standing straight, with a face of determination and a calm voice. It really comes to show that we really just need a push, the willingness to push past our current limits to achieve our goals.

"The only thing we have to fear is fear itself". This was a famous quote by Franklin D. Roosevelt. It is very inspiring and a sensible quote as clearly in our lives whatever we have come to fear or hate it is obvious that we could still overcome it. When we really analyze this quote, we understand that all we fear originates from fear itself, and that means that fear is what fills the darkness in our closet with monsters, or scares us away from a dark room. This quote has helped me understand that what fear isn't true, and so we should try to throw ourselves into the unknown more.

A great example would be a bit of the life of one of my favorite authors, J.K. Rowling, who is famed for her series "Harry Potter". Before Rowling became successful and published the series of novels, she was nearly penniless, severely depressed, divorced, and trying to raise a child on her own while attending school and writing a novel. Through hard work and determination (and a great book idea!), Rowling eventually went from depending on welfare to survive to being one of the richest women in the world in a span of only five years. If she, a woman suffering from all these problems in her life could still rise up and say no to desperation and misery, and become a glorious survivor, why couldn't we?

In a nutshell, it is through braving the unknown do we learn to stop fearing, and through this, we can discover where we belong.

I heard a loud and intimidating roar. I heard the whip of lightning bolts beating down mercilessly. I heard water pouring all over the land.

I sat up, fully awake, staring ahead only to meet the sight of a vapid wall. My gaze wandered around until it landed on the alarm clock. 06:09, it read. I guess I woke up a bit too early today. I looked out the window, staring intently as the storm continued its tantrum, trying to pull the trees out from the soil to no avail.

Suddenly, all the noises faded out and all I could hear was the consistent ringing in my ears. The commotion outside continued, though. It was like being separated by a piece of soundproof glass, as though everything outside was caged in a huge glass tank, and I was only a passer-by...or I wasn't.

Maybe I was the one stuck in this glass tank; maybe I was the prisoner stuck in this never-ending spiral; maybe I was the unfortunate nobody locked in this labyrinth, constantly confused by all the mind games my captor had been playing with me.

Every time I managed to swim up to the surface for just one gulp of oxygen, I found a metal sphere attached to my leg; every time I was close to breaking the chains on my limbs, they grew stronger and forced me back in place. Honestly, I was surprised that I was still fighting against this unrelenting torment, an ongoing battle that took place 24 hours a day, 7 days a week. Why? I had no idea.

Perhaps I had lost my emotions a long time ago. All I felt was...emptiness, or was it numbness? I guess it wouldn't matter that much anyway. Emotions only served to instill false hope in people and then throw them into a pit of misery.

Days seemed to pass in a blur; in a whirlwind that smudges everything together. Every day appeared the same: repeating the same actions, doing the same things, speaking on the same nonsensical topics. I was a software,

“ EXISTENCE ”

Latisha Lau

written by a programmer that exerted control over me. I was just responsible for the execution, and nothing more. The steering wheel was not in my hands. I didn't have that luxury.

My gaze shifted to the photo on my desk. I looked at the figure in the picture, a virtual image that was only an illusion. Through the thin layer of glass, I saw myself – a spectre. Who was I really? A figure whose sole purpose of existence was to appeal to everybody? A being trying to fulfill the impossible? Or a creature stuck in a desert constantly blanketed by sandstorms?

My alarm clock signaled the start of another day. I got up and cleaned up like I was programmed to. I picked up my bag and walked out the door to start another ordinary day that I had already relived countless times.



The Exploration of Life



Andrea Wong

Writing is an exploration of the beauty of language. Through writing, we understand the use of different words and discover new ones; we explore creative routes that help us fill sheets of paper and the blank canvases and give a voice to a project, an idea and so much more. Words help those around us understand how we see the world. With the infinite combinations of our vocabulary, we all have the ability to create worlds from nothing but our imagination. Edgar Lawrence Doctorow, an American novelist, once said, "Writing is an Exploration. You start from nothing and learn as you go." Life begins and evolves in the same way as writing does. We start with nothing – no knowledge, no opinion. Day by day, little by little, we begin to understand the world around us, and discover new things.

Life is nothing but an exploration. The most important discovery in life is the discovery of oneself. God made everyone for a different purpose. Who am I? What can I do to contribute to the world? What am I living for? These are the questions we should constantly ask ourselves. In fact, at different stages of our lives, our answers grow and mature with us. As children, we dream big. Perhaps unrealistically so, but we had the advantage of a starry-eyed view of the world with nothing to limit us. Growing older, we slowly become more pragmatic, sometimes to the point that we underestimate our own ability. Pessimism and cynicism seem to characterise us as we begin to experience scrapes and bruises. Later in adulthood, people often close themselves into thinking in one particular way, conforming instead of having an open heart and ear to discordant views.

As a matter of fact, age should never cause stagnation in our exploration of life. What reason is there for us to give up? Because there isn't enough time for us to focus on our studies? Or because stereotypes dictate what we are allowed or not allowed to do? Surely, sometimes we feel that we are alone in the face of challenges and find ourselves helpless, lost in the dark and fighting an uphill battle. It is down to us to find motivation to keep pushing forward. With ambition, determination, commitment and perseverance, there is nowhere we cannot go.

Youth is when we embrace the limitless skies and appreciate what comes out of every experience. As we only live once, why should we stop exploring when we still have a chance? After all, life is truly an adventure. People who do not explore the world are miserable readers who dwell on the same chapters for their entire lives.

My Fascinating Journey of Exploration - The MUN experience



Natalie Watt

To explore the unknown is a terrifying thing, after all, we fear what we don't understand. However, I believe that taking risks and trying new things is a great thing for us and nurtures our sense of self.

To quote Muhammad Ali, "He who is not courageous enough to take risks will not achieve anything in life". This quote is very meaningful to me and has inspired me to try attempt new things. Thanks to this quote, my determination to try new things has remained strong and consistent.

When we explore ourselves we can dig out all the good things about ourselves, our potential and strengths, and even though sometimes we may not find good, we can look at the bad and improve it. Say you enrol yourself in a Chinese writing competition, and end up failing miserably. It doesn't mean you should feel all beaten up and unhappy, instead you should be glad that you were brave enough to try. Because you dared to do it, you realised that even though Chinese is not your kind of strength, you can always strive to improve on your weakness.

I am part of the debate and Model United Nations team at school presently. At first I was unwilling to try MUN, as I heard from my peers and relatives that it is not an easy thing to handle. However, a good friend of mine encouraged me to go to the first MUN conference last March, which was in Thailand; and after the conference I was very proud of myself, as I learnt numerous things that I will never be able to learn in the classroom. I would consider this exploration, as this activity holds things beyond what school is able to teach me.

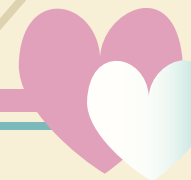
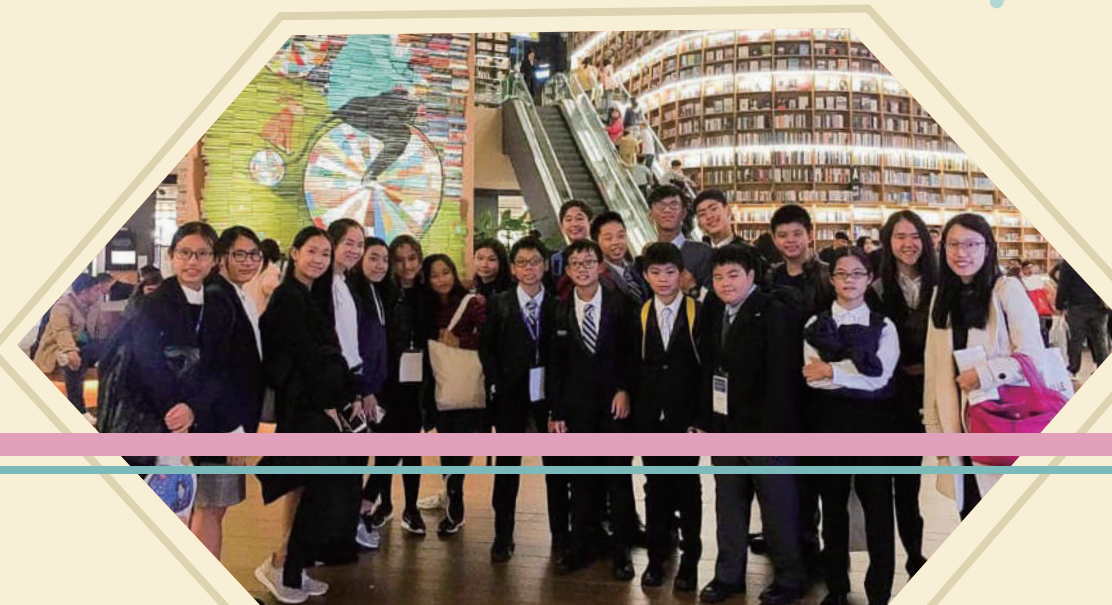
Journey

Exploration



I recently attended an MUN conference in Seoul. Aside from exploring such an exotic and interesting place and enjoying its many delicacies, I also explored something about myself. At the conference I was given the privilege to meet new people and have fun talking with them. I also had the opportunity to get to know more about the world and my country, and the major issues at hand in the world at the moment. There I met delegates from all around the world, of which the majority are from Korea, but there were also some from countries as far as Austria. I communicated with the chairs at the conference as well, and learnt how being a chair requires hard work and great perseverance as well.

The main reason I joined the Model United Nations was because I wanted to have the experience of speaking in public. However, after attending a few conferences, I realised that I wanted something more, not just the experience, but also to be a chair. This may sound really ambitious, as I have just been to three conferences before. However, I believe if I attend a few more, and if I push myself even harder to participate in the debates at the conferences, I would be able to pick up some traits from the experienced debaters or chairs, and in the end will finally be able to achieve my goal. I know being a chair means a lot of hard work, but I am more than willing to attempt the risky road, as we might find something in it that we have never known or experienced before. I believe if we are passionate about one thing, we will undertake anything in order to achieve our goals. And this is how and what I am doing to embrace this exciting journey of exploration of mine.



The Great EXPLORERS

Kong Ching Ping

My dream is to be an explorer. I hope I can find some new spaces, or do something that nobody has ever done before. I like exploring the unknown.

I know it sounds ridiculous. You might even be laughing at me, because my goal seems somewhat impossible. But I have learnt from the examples of great explorers that nothing is possible.

Christopher Columbus made four ground-breaking voyages from Europe to the other side of the world and discovered the Americas.

Neil Armstrong made human's first step on the moon which symbolises that humans are finally exploring the universe.

And then you might be laughing. "How are you going to attain the same achievements as Christopher Columbus and Neil Armstrong? Stop daydreaming! You are just an ordinary kid!"

You might think explorations have to be something great and can't be completed by ordinary people, like you or I. Only explorers are able to explore. But why can't ordinary people explore? I believe I can do the same things like them.

You might have heard of the Lawrence of Arabia. He was a junior archaeologist in Carchemish on the Euphrates River for four years, working for the British Museum. Then, he entered the British

Intelligence. He took part in the Great Arab Revolt and his forces supported British General Allenby's campaign to capture Jerusalem. He played a key role for the Arab Independence. His biography was now filmed as a movie.

He was a great explorer. He found a number of the Arabian unfounded heritage. He discovered the new possibility that the Arabs can be independent and changed the lives of billions of Arabs.

But he only went to high school. Moreover, he was only 5'5" tall. Everyone would agree that he was ordinary, an extremely ordinary man with a number of weaknesses.

However, can other people beat this extremely ordinary man and achieve more than him? No. He is an example that ordinary people can also do great things. Ordinary people can also change human's lives. Ordinary people can also lead and improve our civilisation. There is

no limitations in you. All those "great explorers" were ordinary people before. So why can't we begin great explorations? Explorations should not be defined by others, but ourselves. You never know, maybe you will just be the next greatest explorer.

What is ADVENTURE?

Josephine Ma

If I were to mention of the word adventure, I am sure you would immediately associate it with bold and risky experiences like thrilling expeditions, treasure hunting or even perilous quests. It is a word so often used, but do you truly understand what it really means?

The idea of an adventure keeps people on their toes. It's something people want to experience as it sounds fun and foreign. Life is supposed to be a series of adventures and I think it's impossible to understand the meaning of life without understanding what adventure really is. We are meant to be explorers, pioneers, and treasure hunters of our own lives. When we were small, we read about mystical tales of princes slaying dragons or how a whole new life awaits inside a closet, so we would think that those stories are adventures we will have when we grow up. Therefore, we all wanted to grow up faster to have such "adventures" of our own. However, when we grow up, we see that growing up doesn't mean defeating evil or travelling to the centre of the world, but being famous or hitting the jack-pot. Hence, people lose their passion and vigour to seek adventures, misunderstanding it to be myths or pure luck.

Another thing in life is that many people are stuck in the safest of their box, unable to leave their comfort zones because of their fear of failing, developing fears that shouldn't hinder us, but often do. That is why I believe that stepping out of your comfort zone is an adventure in itself. Even though the literal meaning of adventure is participation in exciting undertakings and being reckless, adventure doesn't need to be something fancy or a sophisticated notion, it could be something as ordinary as having the courage to stand up for what you believe in or helping the people in need.

To have an adventure, you don't need to discover new islands or fight an army. For example, you have always dreamt of starting a business but never fulfilled it in fear of it not being successful, so you just carry on working at your own job, never daring to do anything else. But if you take courage and step out of your comfort zone, make up your mind to follow your dreams, that already

is an adventure in itself. So we need not wait for a specific moment to deem something as an adventure, but create our own adventure every day. Adventures should be about seizing opportunities and taking on life with zest, enthusiasm and excitement. Adventure could mean spicing up your daily routine by walking a different route to school, drinking your coffee in a different way or even something as simple as trying out a new look from time to time. In any situation, you can find different ways to be adventurous as you try something new and exciting. Adventure is about trying out new experiences, not knowing whether you will like it or not. Therefore, every day should be treated as an adventure because how you choose to live every moment is your own choice. Life is too short to allow yourself be confined by your own fears and comfort zones. Adventure isn't always about going away to some exotic destination, but about finding excitement in both the new and the old.

In conclusion, adventure is to find meaning in life and challenge yourself every day rather than sitting in a cubicle from 9 to 5. It is to take charge of your life and be creative with the way you want to live. It is also to take the initiative to explore new possibilities as opposed to waiting for something to happen. So how are you going to live out your own adventures starting from today?

《月亮與六便士》書評

倫正衡

「我告訴你，我得畫畫。我管不住我自己。一個人掉進水裏，他如何游泳是無關要緊的，游得好壞都無所謂，他不得不掙紮出來，別淹死才是大事。」《月亮與六便士》的主人公斯特里克蘭德這樣形容自己追夢的決心。

斯特里克蘭德是一位成功的證券交易所經紀人，有賢良淑德的妻子和一對活潑可愛的兒女，在倫敦過著衣食無憂、閒適體面的生活。他們一家本可幸福地生活下去，然而平凡的人卻不甘於平凡，總要以追求理想，才是肯定自己，至死方休。

美好的生活終止於某一天。斯特里克蘭德拋妻棄女，遠離倫敦。無處安放的不止斯特里克蘭德夫人的十六年婚姻，還有兩個未成年子女的成長，和夫人哥哥的三丈怒火。「如果一個人受到侮辱損害而又沒有力量對罪人直接施行懲罰，這實在是一件痛苦不堪的事。」

作者依循夫人的請託，千里迢迢來到巴黎，尋找斯特里克蘭德的蹤影。斯特里克蘭德不是住在堂皇富麗的大酒店，而是小巷中的一家殘破旅舍；他身旁沒有貌美如花的年輕女子，只有一套殘舊的畫具和顏料。斯特里克蘭德從此癡迷於繪畫，繪畫也成為他生命中的唯一意義。他也從此過上了貧困潦倒的生活。繪畫材料不便宜，衣食住行也需要不少資金。連家庭的責任也無法困住他火熱的理想，更何況區區物質的困難？不夠錢交租金了，就去做廉價的臨時工；不夠錢買顏料了，就幫貴族畫人像。

然而，命運不止將詛咒降臨到斯特里克蘭德身上，斯特里克蘭德本身就成為了一個詛咒。在他身邊善良的人無不都遭到池魚之殃。作者的舊友，一位善良的畫家施特羅夫接濟了他，為他提供住所和畫室。斯特里克蘭德不僅絲毫不感激施特羅夫的恩情，更樂此不疲地嘲諷施特羅夫的畫作，又與其妻子發生婚外情，始亂終棄，令迷戀著他的夫人痛不欲生。他一手摧毀別人的家庭可是他卻繼續畫畫，在他眼裏只有畫紙和顏料。之後，他更前往大溪地過另一種生活，以畫家高更為原型，創作了無數偉大的畫作，直到死亡。

看到這裏，你或許會覺得斯特里克蘭德是一個徹徹底底的大反派，罔顧他人的感受，奪走別人的幸福。但是，斯特里克蘭德似乎又難與常人相比。平常人追求的是眼前的安逸生活，而他追求的是遠大的理想。平常人彎下腰撿拾著地上用以維持生計的六便士，而他卻仰慕著高空的月亮。

你說，斯特里克蘭德毀了自己的家庭，毀了恩人的家庭，是道德的渣滓。我說，斯特里克蘭德為理想放棄家庭，作者並不否認斯特里克蘭德的可恥，但同時也歌頌了他追求理想時的決心。

這本書所描述的遠遠不止對理想的追求。在斯特里克蘭德離開後，斯特里克蘭德夫人一語道破家庭與理想，孰重孰輕：「如果他為了一個女人離開你，你是可以寬恕他的；如果他為了一個理想離開你，你就不能了，對不對？你認為你是前者的對手，可是同後者較量起來，就無能為力了，是不是這樣？」這本書不僅寫了夢想，更批判了人性。

一千個人眼中就有一千個哈姆雷特，或許你能看出另一個斯特里克蘭德。

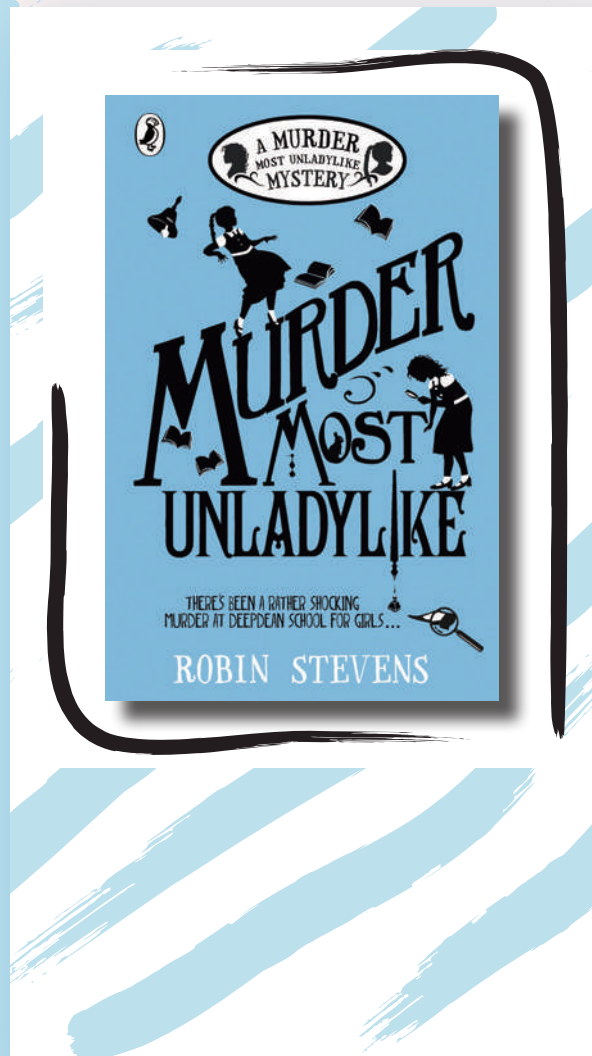


王圣荣/魏婉琪
译

Book Review:

MURDER MOST UNLADYLIKE by Robin Stevens

Clement Ma



What would you do if your teacher were murdered? In *Murder Most Unladylike*, 13-year-olds Daisy Wells and Hazel Wong face this gut-wrenching situation. They study at Deepdean's School for Girls, a prim and proper British school for young ladies. The story follows their detective work at school, when they investigate small details that stand out of place. However, more and more secrets are unraveled from their adventures, secrets that, if revealed publicly, could topple the foundation of the school altogether...

The story is rather clever and well put, having a complicated plot and an orderly chronological order of events and containing no unexplained 'holes'. For example, some of the details can actually be interpreted in two ways, with one of them providing the reader with a hint to the solution to this mystery. A supporting character's 'random' line may have a hidden meaning too. In short, the book leaves no questions unexplained and holes unfilled. This reflects the author's meticulous design and top-notch writing skills.

The book concentrates on relationships. On the girls' journey to find out who the murderer is, their friendship is questioned. The author also brings out the message that a complex romantic life is rather difficult to handle.

Having two or more relationships will result in disasters – even murder. Adolescent frustrations are another key element of the book. The protagonists' young age makes it very hard for them to find evidence and they resent that. They 'absolutely long to be 18', in order to get hold of evidence more easily. This reflects the phenomenon of modern teenagers nowadays wishing to grow up and gain more independence and legal rights.

In terms of the style, the author uses vocabulary from the 1930s, which includes a variety of words like 'chump', 'brick' and 'spiffing'. (There is a glossary explaining all the obscure words.) The historical details are also accurate. For instance, an organ is used in assemblies instead of a modern piano, and there are rumours of an opium trade in the East. It is apparent that a lot of research was put into this book in order to make it more realistic, with all this old-fashioned vocabulary and historical knowledge.

This book is nothing short of a must-read. Its plot is brilliant and its themes are intriguing. However, it is unfairly underrated – not many people know of this book's existence. I do think it deserves a proper read. Go and grab a copy!

Book Review:

Moby Dick

An Exploration of Human Vengeance

Angela Leung

Moby Dick is a novel written by American whaler Herman Melville in 1851, a period of time when the whaling industry dominated America. It was inspired by both the true accounts of numerous ship attacks by an albino sperm whale (Mocha Dick) near Mocha Island off the coast of Chile, and the tragic encounters of whaler George Pollard, the captain of the sunken Essex.

Beginning with the renowned opening line "Call me Ishmael", the novel is narrated by Ishmael, a crew mate, as he boards the whaling ship "Pequod" to experience whaling life. Through Ishmael's narrative tone, the author relates to the whale with biblical and encyclopaedic references.

The author spends a large portion of the book detailing the whaling culture and zoology of the whale, providing the readers a background to the life of whaler. From major events such as interactions between whaleboats (gams) to cooking different parts of the whale, the author describes every single event in meticulous detail. This background information attempts to facilitate the readers, who most likely have no experience of whaling life themselves, to understand the viewpoints and actions of the sailors. However, the effort is sometimes counterproductive as the excessive usage of imagery and references in a few chapters is sometimes tedious for the readers, who would probably prefer more engagement in the Pequod's adventure than the whaling culture itself.

Despite the slightly lengthy introduction, the plot of Moby Dick more than compensates for Melville's longwinded narrative. The backbone of the novel is constructed around Ahab's (the captain of the Pequod) monomaniacal pursuit of Moby Dick, a white whale that bit off his left leg. Blinded by revenge, Ahab is determined to kill Moby Dick at all costs. As the plot progresses, his desire for revenge grows to an extent that he ignores the warnings of both fate and his crew's words of wisdom and it is revenge that drives him beyond the brink of sanity. Throughout the novel, the vengeful nature of humanity is explored. History has unfortunately shown again and again that the human nature to seek revenge more than often blinds all rationality; the voice of logic is often drowned out by the compulsive pursuit of revenge, transforming victims to becoming an unsympathetic, insane perpetrator.

The inevitable existence of social hierarchy is woven into the very fabric of the novel. Throughout the story, Ahab's desire



of vengeance allows him to drive the crew to go beyond their limits, which eventually leads the Pequod to plummet through dangerous waters to meet its inevitable fate of destruction. The protests of the crew members to withdraw from the pursuit of the whale are suppressed by Ahab's blindness to revenge.

Throughout the book, the captain constantly suppresses the more rational viewpoints in order to get his way. Comparisons to the modern day North Korean regime can be drawn, where oppression, violence and military rule are used to maintain the lavish lifestyle of those high up in the political hierarchy.

Besides Ahab's desire for revenge, the book also reflects on how humans manipulate one another in their quest for power and glory. For example, Flask, the third mate, ignores the protests of crewmates and stands on Daggoo, his harpooner, in order to selfishly harpoon a prized whale himself.

Constructed by multiple intriguing themes and an allegorical storyline, Moby Dick is guaranteed to be making you think of the pitfalls of vengeance and our human desire for power and glory. Melville's contemplative usage of allegory is one of the aspects that make Moby Dick a compelling read and a classic. Melville interweaves this action packed sea adventure with a meticulously detailed description of whaling life. Despite being longwinded on the descriptions and with perhaps excessive usage of imagery, the main ideas developed alongside the plot more than compensate for this shortfall.

If you are a fan of zoology or simply enjoy a thought provoking novel, this literary masterpiece is definitely for you!

賴宣延

《水行俠》

影評



《水行俠》是由美國華納兄弟影片公司出品的動作奇幻片，由華裔導演溫子仁執導，根據DC漫畫改編。恐怖片大導演溫子仁通過這部口碑極佳的《水行俠》向大家證明他不只能拍讓人驚心動魄的恐怖片，作為一名華裔，在多人的質疑下，他依然能把這類超級英雄電影發揮得淋漓盡致。觀眾在《水行俠》會看到滿滿的大動作，大特效，大場面，讓人震撼，這都是扎扎实實經過精心鋪排、設計的。而故事植根於茫茫大海，亦增加了奇幻、神秘之感。

許多人認為《水行俠》僅僅是一部超級英雄的電影，也僅僅講述了一個超級英雄故事應有的情節，但如果你仔細觀察，你就會發現在炫目的畫面裡，隱藏了許多非常現實的問題和令人沉思的道理。

此片講述了一個燈塔看守人與海底王國皇后生下了一個男孩，這個男孩擁有半人類，半亞特蘭蒂斯人(海底王國)的血統，從小就展現了異於常人的能力：他能在水中自由呼吸、擁有和海底生物溝通的能力等。影片中，這男生最終勇於面對為王的考驗，踏上了拯救海陸兩地的征途。最終他究竟能否配得上『水行俠』之名？大家如果看過這部影片，想必就知道答案了。

電影讓我感觸最深的是當中牽涉到的現實問題——污染，事實上似乎許多人依然沒有意識到污染的嚴重性。《水行俠》有許多個鏡頭反映了海洋污染的問題，引發觀眾深思。最令我印象深刻的是海水把垃圾推到岸邊，污染物堆積如山的震撼畫面。這電影似乎在對人類發出警告，海洋污染乍然一聽感覺很遙遠，畢竟非在眼前可見，但因果循環，最終人類是會自食其果的。雖然這是一部科幻片，但我相信如果我們不正視海洋污染問題，這垃圾成堆的畫面，遲早會成真。這就是為什麼我說這不僅僅是一個超級英雄的故事，還是一個反映現狀，呼籲人類保護環境的影片。

在另一方面，《水行俠》的故事還帶有打破隔膜，世界共融的道理，就好像水行俠之父與母，一為人類，一為亞特蘭蒂斯人，來自不同的地域，卻因愛走在一起。也許，在我們現實世界中，種族與種族之間的那道牆也是需要翻越的——付出真心，關心彼此，以愛翻越。

推薦這部電影給大家，願大家細細品味，你必定能找到其的「內涵」，就算你真的不能理解，享受一次視覺的盛宴也算是「抵回票價」了。



《與神同行：罪與罰》

影評



陳正曦

《與神同行》這部電影在香港播出時引起了熱話，而我當中也被海報中的一句吸引了——「這是一個，你不曾見過的世界。」

《與神同行》是一部風格創新的韓國奇幻電影，亦是一部我甚為欣賞的電影。相信看過這部電影的人都一定會無比震驚，因這部電影天馬行空，雄奇壯麗，讓人不禁讚嘆連連！

首先撇除精彩的特效，專心在劇情方面討論，這電影一開始就有很多觸動人心的情節，不過這不是一部刻意煽情，徹頭徹尾悲傷的片子。當中不少真摯感人的情節，讓觀眾明白反省自身的重要——有否作惡，只為自己自私地活著。很多人認為電影的立意是描繪親情的羈絆、母愛的偉大和子欲養而親不在的悔恨，但我覺得電影予人更深的領悟就是「善」與「惡」的探討，也就是「何為善，何為惡。」這看似顯而易見的，卻存在很多灰色地帶，真亦假時，假亦真，何者真的為善、惡，我們單憑一己狹隘的眼光有時也未必真的能分辨。身而為人，不管他人如何判斷，最重要是要面對自己，不要因惡念而毀己一生。

電影提及人死後需要接受地府審判，也就是需要經過七層地獄，面對「殺人、怠惰、說謊、不義、背叛、暴力、天倫」不同關卡的考查，只有在49天內無罪通過所有關卡的，才能享有投胎轉世和一次報夢的機會，並成為所謂代表「善」的「貴人」。而這七層關卡審核的都是人類的原罪，基於人性缺陷，「犯罪」似乎都是無可避免的。某種程度上，如果這七重地獄之中，你一條罪都沒有犯，那你大

概不可能是「人」，而是「神」了。整整一輩子，你是否能不說一個謊言？你是否能永遠放下私利、出於大義而行事？你是否能一直壓下心中所有負面扭曲的情緒去享受生活、與別人相處？對於人類而言，不犯罪本來就是一件不可能的事。這電影不是在斥責人之可惡，乃在於叫人醒察自身。

記得閻羅王在電影裏說過一句很有道理的話：「在這世上，很少犯錯的人會真心去求取寬恕，而更少人能得到對方真心的原諒。」這句話讓我的印象非常深刻，也讓我想到主角最後得到母親與弟弟原諒時的一句話：「人之初，性本善。」主角真心想要求得母親與弟弟的原諒卻又不敢面對他們，他選擇在他平時休假時，也在外面兼職賺錢，為的就是多賺點錢寄回家，以此方式償還罪孽。可是從那以後他再沒有回過家，他終究未能面對家人。因為羞愧、內疚，他無法直視母親和弟弟的眼睛。正因為人本善，所以主角的母親和弟弟才會選擇原諒，愛惜這曾存惡念的家人。

我覺得看完整部電影之後，最值得反思的就是當一件事無法分清是善是惡時，沒有任何一個第三者能替你判定，只有牽涉在事件本身的你自己和受害者才有話語權。即使是地獄的判官，能做的充其量也只是把所有證據都羅列出來，然後看看你是否過得了自己的良心、受害者是否願意原諒你。人活於世界，想重要的是對得起自己，不受良心的責備，做個堂堂正正的人。

這部電影還包含了許許多多的人生道理，希望你慢慢從中領悟。

THE GREATEST SHOWMAN

Movie Review



Cyrus Yiu

"The Greatest Showman is a festive and cheerful movie which received three nominations at the 75th Golden Globe Awards." P.T. Barnum would probably describe his musical biopic, *The Greatest Showman*, as such. Starring Hugh Jackman as the founder of the world famous Barnum and Bailey Circus and the father of modern circus productions, the feel-good tale was released during the Christmas holiday and received critical acclaim.

The film chronicles the gripping story behind the creation of the world famous circus. After Barnum gets laid off by a trading company that has gone bankrupt, he chooses to open his own "museum", a place devoted to unexplained oddities and phenomena. Public response was discouraging yet it hatches another bright idea for Barnum - the circus.

Barnum starts off his adventure by finding "freaks" or human curiosities to headline his show, which quickly becomes a roaring success among the community. However, adversity soon hits as a number of protesters continuously harass Barnum and his performers, demanding the troupe to shut it down and leave.

Instead of giving up, Barnum decides to gamble everything on Jenny Lind, a soprano from Sweden with the voice of an angel. Actively seeking a more upper class audience and constantly craving for success and respectability, *The Greatest Showman* starts to lose his way and alienates the true driving force behind his success – his family. What will be his choice at last? That is for you to find out.

The Greatest Showman is an inspirational and heartwarming film for people of all ages and backgrounds. In addition to cheering you up from your doldrums, the movie encourages you to be your true self. Bringing together a group of human curiosities and castoffs, Barnum turns these "broken parts" into his strongest marketing ploy and faces failures and setbacks head on-an attitude sorely lacking in today's youth.

"I am brave, I am bruised; I am who I'm meant to be. This is me!" I strongly recommend *The Greatest Showman* to SSCers. The movie's positive message will undoubtedly change your outlook on school and life, and teach us that our ups and downs ultimately bring us out of our comfort zones and lead us to bigger and greater things!

Movie Review :

MURDER

on the Orient Express

Angela Wang



Kenneth Branagh's new movie, *Murder on the Orient Express*, is a thrilling Hollywood "whodunit". With the talents of a star-studded cast, he brings to life the Agatha Christie signature, the complex storyline by seamlessly weaving together different time frames. The story is one that sews the strings of fate and ultimately ties all the characters together, leaving the viewers satisfied yet astounded by the simple, yet masterful wit of it.

We follow the narrative of Branagh's character, the famous Belgian detective Hercule Poirot (with an astonishing moustache), who was taking a much-needed three-day vacation on the Orient Express, to his next case. Unfortunately, a murder most foul was committed in his carriage during the journey. Samuel Ratchett, one of his neighbours on the train and an art dealer who had been receiving death threats, was murdered during a timely snowstorm.

Now with the train derailed, Poirot must solve the mystery before the local authorities arrive and hang an innocent person. He, with the help of his faithful friend Bouc, interviews every passenger on the train, with findings and clues unfolding gradually upon the viewers. On edge, one cannot help but ponder: who could the killer be?

This movie is meticulously crafted, with each of

the characters beautifully exploited, which then works itself into the bigger picture of the movie, giving the characters the respect they deserve. This modern twist on Agatha Christie's novel is an attempt by Branagh to introduce Christie to the millennials, and we can consider this a job well done.

Unsurprisingly, the cast did not disappoint, with the high standards of the actors and actresses introduced. The writer, Michael Green, wrote the dialogues fittingly, allowing the actors and actresses to fit into their role like a second skin. There's something comforting and quaint about the good old-fashioned telling of the tale, which makes it an immersing experience for the viewers.

Murder on the Orient Express is known to be one of Agatha's most famous plot twists of all time, and Branagh did it justice. He kept the basic plotline while giving the characters a modern twist. Although there were some unnecessary additions that made the plot thicker, as in the case how the addition of some original scenes convoluted the already complicating plotline, making the story somewhat messier than it needed to be; the plot was still elegantly executed. The introduction of every character in the start of the film was quite a pleasant surprise. I really enjoy a film that keeps you on your toes, just as the Orient did.

Ultimately, Branagh delivers a thrilling ride through the mountainous snowscapes, making this first-class ticket as opulent as it is chilling. Despite a few hiccups here and there, they should by no means dissuade anyone from hopping onto the Orient for its cinematic approach to a well-known classic.



MOVIE REVIEW:

THE SHAWSHANK REDEMPTION

(1994)

Trenyce Hung



You've heard of *Red Dead Redemption*. Now get ready for *The Shawshank Redemption*. The story starts in 1947, just 33 years after the narrative in *Red Dead Redemption 1*. It tells the uplifting story of Andrew 'Andy' Dufresne (Tim Robbins) who was falsely accused of murder. The film is narrated by Ellis 'Red' Redding (Morgan Freeman), who became a close friend of Andy's after the latter was sent to prison. It explores many different themes, such as patience, perseverance, hope, change and friendship, all of which were handled subtly but effectively.

Andy, who had been a big-time banker before his sentence, is a quiet and intelligent man with a unique charm. As the story unfolds, Andy will make choices that shock even the most level-headed characters in the story. Red, on the other hand, is a convict who helps to smuggle things into the prison. He got Andy a small pickaxe shortly after their first conversation. As the narrator of the story, he helps the viewers understand Andy, a reserved man, by verbalising his close observations. Red also lends viewers an insight into the struggles of both convicts and ex-convicts. These include the risk of being institutionalized after prolonged imprisonment and a strong sense of disillusionment after their release. Though it was only briefly mentioned in the film, ex-convicts are often under extreme pressure as they are not used to the quick pace of things in the real world. This is an interesting and insightful aspect of the film. Even Red, who appears to be a relatively clear-headed man, had to be institutionalized after serving his 40-year prison sentence and was tempted to kill himself. However, a promise he had made with Andy back in the prison kept him alive.

In the film, the prison was portrayed as a torturous place for both the mind and the body, with a sinister

warden, sadistic guards and wolfish convicts. Prisoners suffer greatly from poor treatment. Andy, like other convicts, was also severely abused in his first two years. However, after using his clout and skills in banking and taxpaying to help the Captain (Clancy Brown) evade taxes through legal means, his conditions in the prison improved. As he became more famous for this special skill of his, Andy started helping other guards with taxpaying and pension planning. Eventually, even the Bible-obsessed warden (Bob Gunton) used Andy as free labour to sort out his ill-gotten gains. This brings out one of the more obvious themes in the movie, which is the changes that perseverance and bravery can trigger in a person or their surroundings.

Andy was a rare resource in the prison, but also a challenger whose tenacity and wits surprised even the cynical and dreadful warden who didn't hesitate to kill for his own benefit. Despite knowing the severe consequences, Andy still chose to rebel and do what he felt was right. If that wasn't enough to convince you of his endearing stubbornness, he wrote a letter to the government every day for six years requesting funding for the prison library.

The other themes of the film – hope and friendship – are predominantly expressed via the interactions between Red and Andy. The juxtaposition between such wholesome relationships and the merciless nature of the prison is, just like many other details of the film, enchanting.

The film itself isn't anywhere near ground-breaking or revolutionary, but it is also far from a stereotypical prison drama jam-packed with fight after fight. It tells the inner-battles convicts face and fascinating bonds that were forged in a place so brutal and harsh. This two-and-a-half-hour film may seem to have a plot that progresses slowly, but once it approaches the ending, viewers will definitely be moved by the eloquently depicted themes.



Star Wars: Review The Last Jedi Movie

Simon Wong

Star Wars is the most famous sci-fi film franchise of all time. Countless SSCers rushed to theatres right after the end of their 1st term exams to see the latest installment in the series: *Star Wars: The Last Jedi*. I myself am a big *Star Wars* fan and have nothing but praise for the latest Skywalker adventure.

For those of you who are unfamiliar with the groundbreaking series, *Star Wars* takes place in a galaxy far far away. Officials of a democratic galactic republic try to maintain peace in the universe with the help of Jedis – highly trained knights who are adept at sword fighting and moving objects telepathically with an energy projection known as the “Force.” Causing turmoil and chaos all the time are rogue Jedis who have gone to the “dark side”, a sinister faction led by a powerful supreme leader who wants total control of the galaxy. All eight movies in the series revolve around the battle between good and evil, and the importance of bringing balance to the “Force.”

In *The Last Jedi*, Luke Skywalker, the last trained Jedi in the whole universe, emerges from a self-imposed exile to help the republic fend off his nephew and former pupil, Kylo Ren who has crossed over to the dark side. Along the way, Force sensitive nomad, Rey finds and gets trained by Luke who ominously foresees Rey going over to the dark side. The movie hinges on the Luke, Kylo and Rey triumvirate and it is these three characters who drive the plot along. Luke's apprehension to training young Jedis juxtaposes with Rey's desire to be trained. Are all Jedis doomed to go over to the dark side? Or are there redeeming qualities in dark knights like Kylo? Mark Hamill and Daisy Ridley who play Luke and Rey take ownership of their roles and painstakingly show the inner struggles their characters go through. Ridley especially holds her own beliefs against the veteran Hamill as she tries to convince the Jedi Master to show her the ropes while at the same time goes out of her way to bring Kylo back to the good side.

Besides the intriguing plot, the film's special effects are state-of-the-art and please the eye. The humorous one-liners delivered by Hamill are a pleasant surprise. That being said, the ending is somewhat of a letdown as a number of issues are left unresolved. I am not going to spoil the movie so please go check it out in a theatre near you.

All in all, I highly recommend this film to SSCers since it deals with important issues like good versus evil, forgiveness, redemption and the power of love. The straightforward plot also makes the story easier to follow than the previous *Star Wars* entries. I hope you will enjoy this movie.

妙趣橫生

王惠喬 易林

爛GAG天地

甲：非洲食人族的酋長吃什麼？

乙：人

甲：那有一天，酋長病了，醫生告訴他要吃素，那他吃什麼？

乙：吃植物人

小白加小白等於什麼？

小白TWO

有個瘋子，他從飛機上把馬桶丟下去，為什麼？
因為他是瘋子。

一塊三成熟的牛排和一塊五成熟的牛排在大街上遇到了，為什麼他們沒打招呼呢？
因為他們不熟。

前有餓狼，後又猛虎，請問怎麼過去？
昏過去

小明和小美吵架，小明奪門而出，小美會有什麼反應？
小美把門奪回來。

謎底
1. 脹
2. 皆
3. 書
4. 畔
5. 碧
6. 砧板
7. 豆腐
8. 鐘擺
9. 地圖
10. 癡狀

4	6	3	7	1	9	2	5	8
8	1	2	4	3	5	6	7	9
9	7	5	8	6	2	4	1	3
2	5	9	3	7	1	8	4	6
1	8	6	2	5	4	9	3	7
7	3	4	6	9	8	5	2	1
6	2	8	1	4	7	3	9	5
3	9	1	5	2	6	7	8	4
5	4	7	9	8	3	1	6	2

謎語

謎面

- 長安一片月（打一字）
- 百裏挑一兩傾心（打一字）
- 雨潤苗心（打一字）
- 省略一半，還有一半（打一字）
- 玉石白無瑕（打一字）
- 平平穩穩坐廚房，每逢請客數他忙，酸甜苦辣都吃過，山珍海味最先嚐。（打一生活用品）
- 顏色真白，不是白菜，裝在盤中，隨叫隨賣。（打一食物）
- 左一下，右一下，只管早晚，不問春夏。（打一物品）
- 一張紙，不算大，高山大海全裝下。（打一物品）
- 有字又有畫，常在牆上挂，千金買不到，誰見誰都誇。（打一物品）

SUDOKU

5			9				6	2
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			1					
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1		6	2		4	9		7
	5		3					
					2			
		2	4	3		6	7	
4	6				9			8



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