

ERUDITIO

子衿雜誌

FIRST ISSUE 2016



陳卓熙 劉柏希

放棄從不是一個選擇

中大校長 沈祖堯

回首向來蕭瑟處
也無風雨也無晴

Rubik's Cube *Free*

Dear TREE

from Maoshan Connie

Messages from Former Principals
Rev Handforth & Mr Luke Yip

ERUDITIO

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》以集賢廣思為目標，將集過去中文學會的《思蕪》，英文學會的《Times》以及學生會的《采蓮》於一，務求將三份刊物的精髓透過《子衿》展現出來。



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封面圖片：聖士提反書院學生原型

此塑像人物選自1907年的一幅書院學生合照，當時正值時代交替之際，西風東漸，中國傳統文化亦備受激盪。年青的華人菁英子弟，入讀以英國公學為藍本的高等學校，在中西文化的氛圍中，培育出莊敬自強，放眼未來的自信和胸懷。

塑像人物身穿唐裝，前額仍是剃光，腦後辮子卻已經剪掉，仿似放棄過去的守舊和愚昧，而一臉堅毅地面向未來。

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盡力而為 適時放下

楊清校長專訪

時光荏苒，楊校長已第五年在聖士提反擔任校長一職了。校長此職相信不易擔當，她平時要處理校內各紛繁的事務，還不時要外出開會，好不忙碌。對她大家又了解多少呢？今日就讓我們揭開校長的神秘面紗吧。

一切的開端

楊校長兒時並沒有甚麼偉大的夢想，但她很喜愛和別人交流、接觸。她在選讀大學學科時，也考慮到未來的出路，她希望從事多與人接觸的行業。楊校長憶述當時父親突然離世，她毅然決定放棄到美國留學的機會，留在香港陪伴母親。最後，楊校長在香港中文大學選讀經濟學，並在畢業後完成教育文憑。縱使在同學圈中只有她一人選擇成為薪金較微薄的教師，而他人多選擇從商，但她並不後悔，因為她認為教師能讓她有不少機會與不同人接觸，而且能培育青年，很有意義。她先後在協恩中學任教及在聖公會呂明才中學當校長，於2011年就轉到聖士提反書院出任校長一職。



楊校長(左二)參與香港中文大學校際運動會

平衡生活

楊校長為一校之首，工作當然非常繁忙，但她依然盡力在家庭生活和工作之間取得平衡。校長認為工作有時，作息有時，如果把工作帶回家，無限延伸，是不健康的，長期如此，有可能會磨蝕工作熱誠，適得其反。此外，楊校長認為家庭比工作重要，我們要珍惜跟家人相處的時間，若只顧工作，最後失去家人，那是很不值得的，家人是我們人生的支柱。楊校長認為我們可妥善安排工作的先後，那麼便不用把工作帶回家，有更多時間享受家庭樂。即使是對待老師，她也不會為了學校利益而鼓吹他們工作至深夜。

除了盡量給予自己時間維繫家庭生活外，楊校長亦會培養自己的喜好和興趣。她熱衷參與每年二月至三月舉行的藝術節活動。此外，楊校長亦很喜歡看電影，特別是那些能帶出人生道理，輕鬆卻不胡鬧的。她有時候會在繁忙的日子裡抽兩三個小時與丈夫到電影院去欣賞，她覺得這既可調適壓力，也是對導演的尊重。她認為人們在做不到自己喜歡的事情時也會產生壓力，心情亦會較為浮躁。所以，她即使看到學生在考試期間打籃球，也不會阻止，適當的運動反而可以減壓，讓學生更集中精神溫習。「讓自己做想做的事絕非放縱，當然大前提是我們應好好管理好自己的時間。」

終身學習

人，不論是學生，還是老師，也應有學習之心，並應以終身學習為目標。其實學習是發現新事物的過程，只要有好奇心，在當中獲得的樂趣會很大。楊校長認為學生如有求知慾，主動投入學習，不但能擴闊知識，且會因有動力學習，分數會逐步提升，問題在於同學是否願意學習。一位中大教授的兒子有八級小提琴水平，一次教授聆聽兒子奏樂時，指出兒子拉錯了一個音調，兒子卻說父親不懂得音樂不應該批評他。教授不諳音樂，也自覺應該要學習，於是瀏覽網上片段，以自學色士風及鋼琴，一年後考獲八級色士風，五級鋼琴。



楊校長在協恩中學首執教鞭

在現今的教育制度下，硬知識太多，學習上有不少框框限制，同學沒辦法輕鬆學習，未必能明白學習的樂趣。楊校長認為要令到學生有學習的樂趣，老師應擔任「導師」的角色，而不是「教師」，老師要在適當的時候放手，讓學生摸索、思考。同學亦要自主學習，不可以依賴老師的餵養，搜集資料解決問題，這樣同學才會享受到學習的樂趣。

學校發展

為了讓同學接受更優質的教育，校方不論在硬件和軟件上都有所提升。硬件方面，今年學校提升無線網路系統，並在百週年大樓增設了i-Room。軟件方面，老師亦已陸續接受電子教學訓練，學習使用i-Room的設施。楊校長表示，硬件方面學校的確有不少可以改善的地方，校方也因應資金，逐步提升。

失敗與失去

對於「失敗」與「失去」，校長的看法很正面、樂觀。她認為「失敗」是人生的必需品，因為只要學懂面對失敗，我們才能改善自身的缺點。畢竟，失敗乃成功之母。人誰無過呢？只有放鬆心情，努力嘗試與改善，下次我們必能表現得更好。她亦承認「失去」至親是痛苦的，就如在她的愛犬Thunder離世當日，她因校外評核而未能親自送別愛犬，雖然心如刀割卻要強忍淚水，繼續工作。她會回憶起她們曾經擁有的快樂時光，會有不捨，但她也明白年老的牠終於從痛苦中解脫，這也是件好事。



展望

聖記是一間歷史悠久的學校，楊校長希望同學以身為「聖士提反學生」為榮。她勸勉同學要嚴以律己，小事做好，方可成就大事，所謂「一室之不治，何以天下國家為」。校長雖然甚少曝光，實際上卻在默默為我們付出，為我們提供最好的教育環境、設備。我們下次碰到校長時，跟校長打打招呼，給她一個真摯的微笑吧。

玩樂

有時

有時工作

蕭沛華老師

轉眼間，蕭沛華老師已加入我們聖士提反這個大家庭多個月了。蕭老師目前任教中三和高中化學科。被問及成為老師的原因，蕭老師說：「我認為成為老師，是非常神聖的工作。青少年是社會未來的棟樑，放眼望去，優秀的人才卻供不應求。目前香港正處於一種人才青黃不接的時期，這令培育優秀的下一代這個使命顯得更為重要。老師不只是一份工作，還承擔著與眾不同的責任。」

蕭老師小時候已是「小老師」。當時他的成績頗優秀，同學有不懂的，他都非常樂意解答。有時候更會和同學分享自己的心得。蕭老師並沒有覺得回答問題很困擾，反而樂在其中，過程也獲得不少樂趣，教別人也使他非常有成就感。

問起蕭老師為什麼想到要來聖士提反教書時，他表示在港大剛畢業，踏入社會找工作時，聖士提反就剛好向他拋出了橄欖枝。蕭老師第一次來面試的時候，就認為校園的環境非常吸引。與校長幾次交談、面試之後，蕭老師十分認同學校的理念。此外，聖士提反的師生也謙和有禮，所以他就爽快地下定了決定。蕭老師說這裏的學生的確有禮，見到他的時候都會跟他問好，互相交談。這些問候雖然簡單，可是蕭老師卻很滿足。

過了那麼多年，蕭老師對此仍覺得很感動

蕭老師說起了自己中學時一件至今仍記憶猶新的事。中學時的蕭老師幾乎每年都當班長。中三時，他曾經交上一個好朋友，朋友的成績不算好，也不算是一個好學生。和他熟悉後，那位同學竟然一改以往的陋習，準時交功課。後來，蕭老師才知道背後的原因——原來那位同學不希望身為班長的蕭老師收不到功課，被老師責罰，所以才準時交功課。過了那麼多年，蕭老師對此仍覺得很感動。

英式桌球遠不只是拿一根棍子戳來戳去那般簡單

說起平時的興趣愛好，蕭老師表示自己最喜歡的就是英式桌球。蕭老師認為英式桌球不只是拿一根棍子戳來戳去那般簡單。這項運動其實需要極高的專注力，而認真練習可以提升自己的專注力及思考能力。這項運動也適合青少年，令人可以靜下來認真想一想應對策略。

令學生認真對待學業是一大挑戰

他認為怎樣令學生認真對待學業是一大挑戰。現今大千世界中有太多分散注意力的資訊和娛樂方式。互聯網愈趨發達，使接觸資訊的管道也愈來愈多。現在，上課已經不再是獲取資訊的唯一途徑了。也正因為有如此繁雜的資訊，沒有老師的幫助，同學們未必能夠分辨資訊的好與壞，也很難篩選出對他們有用的資訊，學不到太多有用的知識。

他希望所有同學能抱持不少香港人的座右銘處事——play hard work hard，遊戲的時候盡興遊戲，工作的時候就專心工作，於兩方面找到一個平衡點，如此一來就可以走向成功。



Mr Mark English

A passionate chemist who is willing to take on new challenges

Teaching Chemistry and Integrated Science, Mr English is yet another new foreign teacher welcomed to the St Stephen's family. Mr English's enthusiasm for teaching blossomed when he coached his children's football team in 1995. Despite him working in the pharmaceutical industry for many years, he decided to gain his teacher's certificate in 2001. Mr English stated in the interview, "I enjoy the satisfaction of watching young people gain skills and become more confident when goals are met."

Surprisingly, Mr English had never been to Asia before his wife was offered a position in Hong Kong just last year. "We only visited Hong Kong in 2014. I found the energy and unique characters that the city possesses to be so interesting that we decided my wife should take the position." Mr English added, "I started looking for a job from September 2014 onwards. I then went to a teacher job fair and there I met Ms Yang and Mr Barham." Impressed with the beauty of the campus and the amiable people he met, Mr English decided to teach in St Stephen's.



Young people are very similar, no matter where they come from

Talking about the dissimilarities between St Stephen's students and the ones he taught in America, Mr English told us that they are indeed not different. He further gave a compliment to his students in both countries. "Young people are very similar, no matter where they come from. They are all very curious, very inquisitive and certainly fun to work with." Mr English, however, also mentioned that students can sometimes be much disorganized and their homework often disappears into the black holes they call their rucksacks. "Just by keeping their individual subject work in separate folders, they will find that they can find things so much easier." Mr English suggested the students.

Although we now all view Mr English as a respectable Science teacher, he admitted that he was in fact a naughty student in class and constantly drove his teachers insane. Even so, Mr English liked almost everything and was at least willing to rally round at the end of the year to do his best in any exams. He moreover told us that his least favorite subjects were Woodwork and Metalwork. Mr English recalled, "I was never very good at those two subjects. I remember taking an aluminum fish that I had created in metalwork and seeing how many Bunsen burners all aimed at it was required to turn it into a molten blob."

At the end of the interview, Mr English advised students to try new activities and get involved as much as they can. He said, "You will find that the years will fly by and you will regret not getting involved in as many activities as possible. Find the things, the subjects that you really enjoy and pursue them."



Interview with Ms Isabel Cuadrado

Another Joining the big St Stephen's family this year is our English and Spanish teacher, Ms Cuadrado, who used to be a translator and an editor in the publishing field. Even though both her former professions involve the use of different languages, they have a rather unstable prospect. According to Ms Cuadrado, translating and editing are both very unstable professions. She therefore decided to become a teacher as it is a more stable which also involves the use of languages, her areas of expertise. Looking for a position to teach Spanish, Ms Cuadrado was very happy to join our College.

Living on the school campus, Ms Cuadrado finds our College a lovely place with a very nice environment, unlike heavily-polluted Shanghai where she lived for some time. In addition, she finds the people in St Stephen's really amiable and friendly. She joyfully stated during the interview, "The teachers are like a family. I used to work in an international school before and believe me, it is not at all the same." Ms Cuadrado also mentioned that the English standard of students in our College is much better than she expected. Nevertheless, she pointed out that those she teaches are indeed very shy in class and that keeping them attentive in class poses a great challenge. "I am currently trying to change my teaching strategies and work on how to build the relationship with them so they can feel more comfortable, confident in class." Ms Cuadrado added.

Building a strong bond between teachers and students is the most important thing

Despite her being a language teacher, Ms Cuadrado enjoys a wide range of diverse activities outside school. She mentioned that she loves sports like hiking, swimming and running, and also favors art-related activities or anything that allows her to decorate stuff. Ms Cuadrado further told us that she was born of artistic parents and has been immersed in an art-filled environment since she was little. Even as a student, Ms Cuadrado admitted she was definitely much more art-oriented than science-oriented. She also confessed of only being good in subjects that she favors.

In the capacity of a former learner, Ms Cuadrado advised her current students to take advantage of having a foreign tutor, try not to be shy in class and forge a close relationship with teachers. "Building a strong bond between teachers and students is the most important thing. Students should also try to be open and look at the world in different ways. I certainly look forward to seeing students improve in these aspects."



Devoted to Teaching – Ms Judy Leung



Miss Judy Leung is another new member welcomed to the St Stephen's family just this year. Gladly, our new English teacher has been enjoying her stay so far. "All the students are very nice. For now, I still think that most of them are very eager to learn and I am impressed by how seriously they treat their studies in here. It is quite different from my previous school." Leung stated gleefully during the interview and described our students as friendly and diligent.

Miss Leung's passion of teaching was budded since her secondary school days. "During my years in secondary school, I was having some family issues. I then met a very nice teacher who helped me face those problems and overcome a lot of difficulties." Having had such a life-changing role model, she was inspired to pursue teaching as her future career. Her positive view of education as a wonderful and meaningful tool for adolescents contributed to her great devotion in teaching.

When asked to give her opinion on the toughest aspect of teaching young, spirited students, Leung confessed that it can be difficult to find out what her students really want with their studies and their lives when they are not at all motivated. "It can be hard to motivate them to pursue dreams or figure out what they truly want in their lives. If they themselves do not have a single clue, sometimes I struggle when I am assisting them." Moreover, Miss Leung advised students to seize the opportunities for learning different things to discover what we truly want to be. "I think knowing your targets and who you want to become in the future is really important. This school provides you with a lot of opportunities to learn different things. You can develop various interests and even find out who you really are and what you want to do in the future during the process. Therefore, do seize and make use of these opportunities."

Miss Leung herself did in fact seize her opportunities during her years in university by participating in various school activities. She was an active member of the drama club, choir and volleyball team, of which she regarded these experiences as 'fulfilling'. "For me, it was a very happy and rewarding experience to work with different people. Taking part in these activities, you get to meet a lot of people with different character traits and personalities. You also get to learn how to cooperate with others." She believes that the group solidarity built in the process of collaboration and compromise is something Hong Kong students cannot obtain from their studies, but only through these first-hand experiences.

Becoming Baldies for Charity



Aiming at raising funds for childhood cancer research and showing support to children who lose their hair during cancer treatments, St Baldrick's Foundation is a volunteer-driven charity that has organized nearly 4200 head-shaving events since 2000. Even more impressively, over 190,500 individuals throughout the world have shaved their heads to support the foundation's mission.

This year in Hong Kong, a St Baldrick's head-shaving event was held on 17th October in the Aberdeen Boat Club. Seeing that this event has such a great purpose and powerful message behind, 21 brave souls stood up proudly and volunteered to shave their heads. Among the 21 shavees were Mr Victor and Ms Madalena, two foreign English teachers of our school.

During the head-shaving event, Mr Victor and Ms Madalena agreed to shave their heads when others were willing to donate the specified amount of money they pledged to raise. There was also an online page on the St Baldrick's website where friends of the shavees donated if they could not make it to the event. Together, Mr Victor and Ms Madalena were able to raise about HK\$9,000 on the spot and almost HK\$30,000 online for the Foundation.



Before



Halfway



After





For us, shaving our heads bald may seem like an extremely terrifying and audacious thing to do. However, both Mr Victor and Ms Madalena said that they were not at all agitated and were even thrilled to participate in the event as it was very meaningful. They viewed it as a wonderful way to contribute to children's cancer research by raising money and awareness, as well as showing compassion and solidarity for the poor children who lose their hair during chemotherapy treatments.

More than 175,000 children are diagnosed with cancer each year

Having shaved their heads for such an amazing cause, Mr Victor and Ms Madalena would also like to encourage every one of us to help support St Baldrick's Foundation and these events. Globally, more than 175,000 children are diagnosed with cancer each year. Although St Baldrick's Foundation has successfully raised more than US\$118 million over the years, the need for children's cancer research funding is, however, still very dire. In other words, more and more children

will be suffering from these dreadful diseases until we find a way to prevent it.

In order to fund promising research initiatives to find a cure and fight childhood cancer, we students can all support charities like St Baldrick's Foundation simply by donating money. Even as youngsters who cannot contribute much, small donations from each of us can collectively have a huge impact. Every bit of effort counts, no matter how small and insignificant it may seem. Therefore, if you are willing to make a difference in this world, just donate a small part of your pocket money. This small action of yours may actually change a child's life forever.

St Baldrick's Foundation event donation page:

<https://www.stbaldricks.org/events/ta2015>

菁英學長 —— 胡俊朗同學

在大家心中，首席學生—胡俊朗必定是品學兼優的模範生。在校園裡，大家常見到他「執法」的「英姿」。他和我們是這麼接近，但又仿佛遙不可及。到底首席學長在生活中是怎樣的呢？請跟隨小編的步伐，深入瞭解我們的首席學長吧。

他，為何如此有名？

胡俊朗同學除了擔任本年的首席學長，還曾身兼數職，如他曾擔任中文學會的副主席，科學學會的主席。擔任首席學長後，他便退居二線，成為科學學會的顧問。雖然他不認為自己很有名，但他在學校的知名度是毋庸置疑的。他說：「出名就不敢當，可能是因為我參加了不同學會，並身兼不同的職責，才有機會讓更多同學認識我」。其次，他成績優異，是學校頒獎典禮的常客，同學想不認識他也難了。再者，他平易近人，說話幽默得體，也使他為人熟知。

他，對學校的看法

他認為本校的校風很好。個別名校的學生不時會勾心鬥角，而我校學生則較單純善良，活潑開朗。再加上校園廣闊清幽，在我校讀書頗輕鬆愉快。此外，學校師生關係十分親密，老師很樂意去幫助同學，甚至有同學向老師傾吐心事煩惱。

作為首席學長，他希望風紀隊的同學彼此能更加熟絡，和睦共處，且大家朝着共同目標，真心、盡力履行職責，並作為同學的榜樣，令同學更自律，改善本校校風。

雖然我校校風尚可，但「私用電話」在同學間已是心照不宣的公開秘密。作為首席學長，對此，他表示全面改善是有難度的。關鍵是讓同學自己理解為什麼學校要對私用電話作出懲罰。其實收電話的目的是希望電話不要影響同學們的學習。所以他認為違規使用電話是要作出懲處，但最重要的是要告訴同學們為什麼要收電話。

他，修讀什麼科目？

很多同學會好奇首席學長修讀什麼科目，今天就為大家揭秘。中三選科時，他選擇了物理、生物、化學和代數與微積分，這四科他都較有興趣。他表示自己不是天才，他的成績是靠努力換來的。沒有人會有無法超越的天賦，只要肯努力，人人都是天才。

相較文科，他表示自己更擅長理科。喜歡尋根究底，追尋答案，這正是科學科需要的精神，這也是他喜歡理科的原因。



他，怎樣安排時間？

很多同學升讀中五後發現學業繁重，且身兼多個學會職務，常常覺得時間不夠用。到底胡俊朗同學是怎樣安排時間，讓自己學習、活動兩不誤呢？

不管學業多麼繁重，胡俊朗同學堅持早睡早起的生活習慣。他習慣每天早上六點半起床，晚上九點半睡覺，保證每天有九小時的睡眠時間。他告訴小編，研究顯示，年輕人在第二天想要有充足的精神和體力，每天至少要有十小時的睡眠時間。升上中五，學業繁忙，很難有充足的睡眠，他也是儘量延長自己的睡眠時間。雖然有時也會十一點才睡，但他說晚上九點半睡覺，一直都是自己的目標。每晚九點半之前，不管怎樣他都會集中注意力，抓緊時間完成手頭上的工作。他建議同學，每天早睡十分鐘，循序漸進，一星期後，就能比以前早一小時睡覺了。

此外，無論多忙，他每天都預留一小時讓自己娛樂和放鬆。其實他並沒有標準的時間表安排生活，很多時候因情況而定，但他總會提醒自己要保證睡眠充足。

他，對於成績的看法

想必大家都知道，首席學長的學習成績優異。但他讀書的動力是什麼呢？原來這是他父母的教育使然。「父母並不會要求我事事爭勝，但希望我做任何事都能問心無愧。」而要做到問心無愧的話，就應該全力以赴。

雖然自小他的成績名列前茅，但他並不是很在意排名，他相信「天外有天，人外有人」，很多人比他厲害。在學校是第一也好，第十也罷，只要盡力就好。

他，並非一帆風順

可能很多人覺得胡俊朗同學的人生是一帆風順的，但其實並不然。在面對人生的不如意時，他不會看得太重，反而坦然待之，所以對不順心的事，他也不怎麼記得了。

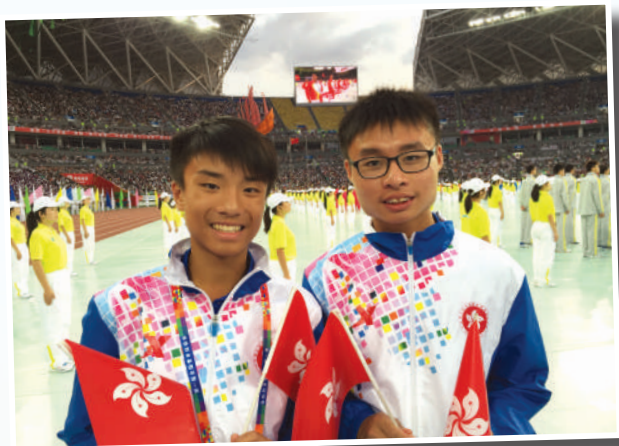
他認為，遇到不如意的事，首先應該從源頭尋找解決方法，不要怨天尤人。在很多時候你會發覺原因大多是在自己身上，所以最重要的是學會自我反省。

後記

在深入訪問了胡俊朗同學後，我認為可以用四個字來形容他——謙謙君子。也許，謙遜、有禮、自律，便是他成功的秘訣吧。

沙上的足跡

—陳卓熙及劉柏希 同學專訪



在2014年的8月，兩名男孩戰戰兢兢地踏進了黃金海岸的青少盃沙排比賽場；

在2015年的10月，他們再次邁開步伐，走進了全國青年運動會的沙排比賽場。他們的汗水灑滿在沙排練習場上，沙上的每一個腳印，都是他們奮鬥的印證。一年的時間，他們的足跡遍佈了香港、雲南、甘肅、內蒙古、山東和福建。他們，就是聖士提反書院的陳卓熙和劉柏希同學。

室排到沙排

最初接觸沙排是去年八月，他們組隊參加青少盃沙排比賽。當時仍是初學者的他們，不諳沙排技巧與戰術，但幾經苦戰之下，終獲冠軍。他們表示：「初次比賽就拿下了冠軍，令我們更有信心繼續走這條路。」他們後來更在葵青區青少年沙灘排球比賽中，獲得亞軍。在今年二月，他們入選了香港青年隊，參與常規訓練。

說到沙排和室內排球的分別，他們說：「教練林sir曾告訴我們『籃球比賽可憑單人表現勝出，隊員只需製造空間；排球比賽中可以換走狀態不佳的球員；但沙排場上只有兩名隊員，而且不可換人，是三項運動當中，最講求合作、默契和溝通的』。」當隊友出現失誤，有時候他們也會互相埋怨幾句，但在重溫比賽片段後，他們會明白隊友所面對的困難，令他們學會互相體諒，以及如何遷就，去補足另一人的短處。

而在技巧方面，沙排和室內排球可謂截然不同。沙排的技術，比室內排球要更精細。在八米乘八米的球場上，每邊只有兩人，因此沙排對控球技術更為講究。

他們提及：「沙排亦比室內排球受更多的因素影響，例如風和太陽等，令我們很難適應。」除了天氣的影響外，他們每一個人還有更大的防守範圍（室內場九米乘九米，六人一隊），而因沙地比硬地鬆軟的緣故，他們每次的移動都要使用更多的腿部力量，體能要求亦較高。

「放棄從不是一個選擇！機會，是留給奮鬥過的人。」陳卓熙更提到自己入隊後用了數個月的努力，才能在香港隊裏脫穎而出，被選中出賽。他明白自己的身材條件不夠其他隊友好，但在此過程中，他比任何人都要努力，更投入練習，從未經言放棄。

代表香港

「當教練宣布我們可以出賽時，我們都相當興奮，但壓力也隨之而來。」首次穿上香港隊的球衣的他們受寵若驚，不確定自己能否擔此大任。但為了取得更大的進步，他們每天在早上七點，還未上課的時候，到排球場練習，以求在比賽中取得最好的成績。

他們第一次的比賽是在雲南曲靖站。「當時我們以為僅僅是和不同省市的青年隊比賽，怎料我們參加的卻是全國沙灘排球巡迴賽，而對手往往是二三十歲的沙排運動員，身高平均兩米。」知道了這個消息後，他們一開始感到有點沮喪。畢竟對手也至少接觸沙排十幾年，而他們只不過才學了幾個月。但他們憑著「球未著地，永不放棄」的精神，到最後也獲得了不錯的成績。



在過去九個月，他們共參加了六次國內比賽，當中最大規模者為今年十月的福建青運會，規格媲美奧運。令他們印象最深刻的，是他們在福建的住處。參賽的運動員，一起住在「選手村」之內。「選手村」面積龐大，大得需要乘坐高爾夫球車到用膳和練習的地方。最特別的是，他們亦能時常看見參與不同運動比賽的運動員在村內不同地方熱身，例如有運動員會在公園裡練武術，或者環繞「選手村」競步、慢跑。此外，青運會開幕典禮之盛大，亦令他們畢生難忘。「當時體育館內座無虛席，後來閱讀相關報導，才知道當天有三萬名觀眾出席。當時站在場館中央的操場昂首上望，我們深切體會到作為運動員的自豪。」

和過往比賽不同的是，青運會的比賽氣氛更好，能讓運動員更投入比賽，而青運會的設備亦更為正式和專業。每一次比賽開始前，主持都會隆重其事地介紹每一位參賽球員以及裁判。另外，由於他們在主場館比賽，所以設有比賽旁述——兩邊隊員的每一個動作、所打的每一球，旁述員都會報導出來。在比賽暫停的時候，還會有啦啦隊員在場上載歌載舞。甚至每次發球後，也會有電子儀器量度排球的球速，並在大屏幕上顯示出來。這一切，都是他們在以前的比賽沒有經歷的。

第一場青運會的比賽，也是他們最難忘的，就是對南通隊的比賽。當時在所有比賽隊伍之中，除了海口隊，其他球員的身高都達到一米九甚至兩米，所以他們很明顯地在身高上處於劣勢。但他們沿用教練的戰術，借助靈活的走位和吊球，最終以局數二比零勝出比賽。「最令我們感到驕傲的，並不是勝出一場比賽這麼簡單，而是這場比賽，贏得了外界對香港隊的肯定。」比賽結束後，他們接受了記者的採訪，而這次的勝利，內地傳媒也作出了廣泛的報導。「那一刻，我由衷地覺得，這次為香港所爭取的勝利，是多麼光榮和值得自豪。」


外面的世界

「出去比賽有趣的事情，莫過於我們見識到真正高個子的球員。」在香港，他們很少有機會見到一米九以上的球員，但到了內地，他們甚至看見一米九、兩米高的女球員，把他們襯托得非常矮小。陳卓熙更笑言有次在搭升降機時，裡面擠滿了女球員。她們全都在他和劉柏希頭頂上聊天，令他們哭笑不得。而在敦煌的一場比賽，他們對著對方一高一矮的球員，便針對那矮個子球員發動攻勢。但到比賽結束時，我們才發現那矮個子球員還比我們要高一個頭，而那高個子球員則大概有兩米一的身高，令他們大開眼界。

出去比賽的最大得益，就是能夠看見許多在香港不能得見的景象，大大拓闊他們的見識。他們指出，在國內沙排比賽中，尊卑的觀念分得非常清楚——最受尊敬的是裁判，然後是教練，再到資歷較高的球員，最後是資歷沒那麼高的新球員。教練說話時，內地的球員絕不敢插嘴或者反駁，有別於香港人對內地人的固有印象。某程度上，這也是一種「尊師重道」的體現，也值得香港的學生或者運動員參考。

他們更提到在內蒙古對戰勁旅的一役。當時敵隊是曾拿下世界中學生沙灘排球比賽冠軍的種子隊伍，但他們遇強則強，並肩作戰，使盡渾身解數，跟他們苦戰至加時。最後，他們更拿下了這場比賽的勝利。他們笑言那種勝利興奮的感覺，如今仍歷歷在目。





展望未來

說到「未來」，他們兩人都充滿了期盼。對陳卓熙而言，參加世界大學生沙灘排球比賽，是他短期的目標。及後，他也希望能為香港出戰亞運等大型比賽。

另一球員劉柏希在青運會告一段落後，便需要繼續讀書，準備應考文憑考試。在那之後，他不知道他會否繼續和陳卓熙做隊員，但他依然希望未來能夠繼續代表香港參與比賽，尤其是世界大學生運動會，以及更多國際級別的比賽。而在本地比賽方面，他也希望沙排能夠打進甲組，躋身本地實力最強的沙排隊伍之中。

由衷的感謝

今天有如此驕人的成績，他們最想感謝的是他們的教練林sir，提攜他們參與青運會，花費心血和時間指導他們，以及教曉他們許多人生道理。「林sir說過：『即使我要犧牲多少，即使我家人有多少怨言，我也不會後悔教你們打球，或帶你們出去比賽。我已經當你們是我的親兒子一樣。我不但要磨練你們球技，令你們越戰越勇，更在乎你們的做人態度。你們一定要加油，不要辜負我對你們的期望！』」劉柏希更趁機對他的伙伴作深情表白，感謝他在自己比賽有失誤或者狀態不好的時候，一直對自己包容和體諒。另外，他們也感謝學校，積極鼓勵他們出外參與不同的比賽。還有體育科的譚老師，為他們辦理外出比賽種種的繁複手續。最後，他們也衷心地感謝長期支持他們的家人和朋友，不停地為他們加油。

小編的話

汗水，淚水，揉進沙中，堆砌出未來的夢。沙上的不是腳印，是奮鬥路程中的吶喊，所留下的痕跡。陽光與沙灘依舊，場上之人的心亦堅定不移。也許你會認同宿命論，但人定勝天。不要因自卑而卻步，也不要被懶惰拖慢了你的步伐。你要相信，只要永不放棄，成功的大門永為你敞開。機會從未遠離，先行走遠的，永遠是你自己。陳卓熙和劉柏希同學在沙上奮身之際，你也在為了夢想而努力嗎？願有一天，你，我，他，能在夢想的彼岸翱翔！

隱匿於聖記的文人雅士——

鄭翹騫同學



在聖記這個大家庭，有著許多不為人知的優秀人才，隱沒在人海之中。這次專訪的鄭翹騫，不僅寫得一手好字，熱愛中國文化，而且在音樂方面有著出眾的表現。

鑽研中文之路

鄭翹騫自小便對中文有著濃厚的興趣。每逢閒暇之時，他便會捧著書籍閱讀。他較喜歡閱讀古書，例如《資治通鑑》、《四庫全書》等，這些書一般由朝廷官員撰寫，不但頗具文采，而且很有歷史價值。他認為這些書籍可以拓闊中學生對文化的瞭解。此外，他也時常閱讀魯迅的作品。魯迅的文字顯淺易懂，卻寓意深遠，他的文章諷刺、批評當時舊社會的陋習，是中華民族的士人階層覺醒的典型代表。在閱讀的過程中，他不斷地充實自己，豐富知識。久而久之，便累積了不少文辭、素材了。

談及中文寫作卷時，他坦言這是有挑戰性的一卷。他在每次寫作時，都花不少精力擬定文章主旨和篩選材料。他的文章不僅扣緊主題，詞藻華麗，而且多會引經據典，立意不俗，令人讚賞。他曾在僑界社團聯會的中文比賽和一些作文比賽獲得獎項。近期，他開始嘗試撰寫文言文，他更發現相較於白話文，撰寫文言文時要好好兼顧內容美、技巧美、形式美。

以下為他撰寫的《朝京行》：

皇城京畿，五朝古都，據天下之中，挾燕山之險。舳舻相連，南擁通惠河端；王師修戎，北盡國門雄關。

居庸長城，聳披翠綉；八達峰嶺，驚龍蔚婉。守天子之鳳闕，衛蒼生之世業。逐匈奴，分突厥，御蒙元。萬國冕疏朝未央，九州兆民歸天心。乾坤交泰，明昭懿德，東西六宮，辰宿拱極。白玉雕欄金水河，蟠龍御道皇極殿。帝象肅穆，宇內靖遏。頤和清漪，宣室遊園避暑；萬壽排雲，佛香倒影湖湄。石舫幽賞，甘霖遍地；昆明泛舟，湖心碧波。

天閣襟湖，山水一色，處川脈之靈秀，瞰京師之繁華。江山如畫，千年未改。噫！宛平城之抗虜，官兵同心；盧溝橋之故事，兆民毋忘。舊君裹挾，裂滿州而侵華；將士灑血，掃倭軍而破合。八年抗戰，折戟百萬；天下義士，青史留名！

嗚呼！以九州之美麗，國弱而民貧，則四夷覬覦，山河淪喪！故曰：「匹夫無罪，懷璧其罪。」王荊公之圖願，良有以也；李文忠之憤志，豈徒然哉！蓋今之天下，已非一家一姓之天下，實乎天下人之天下，苟以家國中興，刑律綱紀之已立，倉粟之靡窮，兵戈之威壯，較與群賢公車，何復幸哉！故以天下人之心為心，四境蒼生之利為利。鞠躬盡瘁，武侯之於五丈原；臨事知難，中堂之於四夷館。

夫國難之時，天下猶有救亡之士，今天下中興，文景治世，吾等士子何不以身許國，誓還漢恩，以盛中國之勍勢，播仁義於四海，屹神州於萬國哉！

吾竊有悟，故而鄙述。

鄭翹騫緣有悟於北京尋根之旅而書。

中文以外

他除了擅長寫作之外，他也喜愛音樂。他的鋼琴已為演奏級水準，他還會拉小提琴，並掌握八級水準的聲樂技術。此外，他因熱愛中國文化而接觸中樂，他學習古箏已有一段時間了。細問之下，更發現原來他是一名古典戲劇劇迷。他較鍾情於《牡丹亭》、《桃花扇》，並認為這些具文學價值的戲劇引人入勝，值得推介給普羅大眾。在心煩氣躁時聽一聽，令人舒緩神經，放鬆下來。

進步原因

他在閒暇時練習樂器和聲樂、讀書、寫詩。這些活動沒有令他感到枯燥，反而令他樂在其中。他更認為在練習文學和音樂的過程中，可以陶冶性情，提升個人修養。除培養個人興趣外，他也能兼顧學業。他平日會跟隨自己所設定的時間表行事，務求不浪費每分每秒。知識積少成多，聚沙成塔，久而久之便令個人能力得以提升。

後記

作為一名學生，他認為第一要務是學習，畢竟書中自有黃金屋，提高學問，提升學養，自然會有成就。他為人謙虛，即使多才多藝，也能謙虛向學，是值得我們學習的榜樣。以後，當你在校園碰見一個身形微胖，氣質儒雅，手執文言文或詩集劇作的同學時，不妨向他討教中文或音樂心得吧！



Flying Dreams Come True

Fu Nga Ching Angel

“As we took off into the skies, buildings beneath us started to shrink. People became ants, and towns are now the size of my palm. We climbed, until everything disappeared. And finally, we entered into a world of our own.” I remember writing about my first flight for a composition in Form 3. Although I wasn’t too keen on becoming a commercial pilot, flying had always been a dream of mine. Whether it was because of watching the TV show “Triumph in the Skies”, or that my English name is, in fact, Angel, I never quite understand the reason behind my determination. All I know is that I love being right next to the clouds and listening to the whispers of the wind.

Hence, I decided to spend two weeks on a flying course held in Brisbane during the summer break with Hong Kong Flight Training Centre (HKFTC). It was winter in Australia during my visits. We were taken to the flight training school in Redcliffe Aerodrome, where our journey began, on our second day in Brisbane. Unfortunately, due to the gusting wind, all planes were made to be grounded. We made use of the extra bit of time to strengthen our flight theories, and were shown proper pre-flight checks by the instructors.

I love being right next to the clouds and listening to the whispers of the wind

On the third day, I finally had the chance to experience my first flight on a light aircraft. To be honest, I did feel a bit different than normal flights in commercial jets. I was a bit tense when we took off. However, as soon as we reached a few hundred feet, I started to see “people becoming ants, and towns becoming the size of my palm”, just like

how I had always imagined it to be. I was thrilled, pleased even, and tremendously grateful for images that once were only figments of my imagination to actually take place right before my eyes.

People becoming ants, and towns becoming the size of my palm

For the remaining time of our stay, we had the opportunity to fly once or twice each day. We were learning all about the basics of flying, which ranged from the effects of controls to circuit flying. It didn’t take me long to realize that I couldn’t actually fly into the clouds by law, and that the noise of the propeller would actually block all the whispers of the wind. All that didn’t really matter though. Simply having the chance to take a closer look at the sky through the cockpit window was good enough. Moreover, flying requires immense concentration. Pilots have to remember all the procedures for completing tasks and check if the plane is performing well. More importantly, we are always on a constant lookout for other planes to prevent any mid-air collisions. I was so focused that I hadn’t even noticed when Richard, my instructor took a picture of me!

Our flight trainings were divided into sessions, each with distinct learning focus. My most memorable flight experiences were sessions 5, 7, and 9. Session 5 was about stall recovery, which we learned how to recover the plane while losing the least altitude possible. Stalling can be disastrous if not handled properly, but I had great fun practicing the procedures. During my first attempt, I led the plane into a secondary stall during recovery, which was bad. In my second, I led the plane into a third stall during the recovery of the secondary stall, which was even worse



than the attempt before. Richard and I couldn't stop laughing on the plane. As I persisted in practicing, I got better. Much better that I managed to recover a stall within 70 feet (The requirements for a commercial pilot is within 50 feet). Richard and I were both very proud, he even shouted "Yes!" on the plane! That totally made my day.

Sessions 6 to 10 focused on circuit flying, which means flying a plane in circles repeatedly, taking off and landing on repeat. During session 7, which was only my second circuit training, I had the chance to fly with Brendan, the chief flight instructor of the school. Brendan is an amazing instructor. Not that he had amazing flying skills, but more so the way that he allows his students to make mistakes and actually learn from their experiences. I performed 6 circuits in that particular session, in which all landings I performed were hard. Instead of giving me buckets of corrections and adjustments, he simply sat patiently and bumped hard on the runway with my every landing. I felt quite sorry and embarrassed after that flight, but Brendan reassured me with his classic warm smile and assured me that I was making very good progress as a student pilot who just had a second circuit session. I was more relieved afterwards, and I felt really grateful to have flown with such an amazing instructor.

Setting the flaps up, pushing the throttle, and soaring into the sky

After that session, I did more chair flying and practiced a few times with the flight simulator. Finally, during my 9th flight, I performed my first ever soft landing! I aimed at the numbers on the runway as usual and kept descending, reducing the power, and start flaring. Richard kept calling, "back pressure, back pressure, keeping pulling, back pressure, keep pulling..." I was in hyper focus at that instant, staring straight ahead at the end of the runway, pulling the control yoke backwards bit by bit. Gently, the wheels touched the runway. I looked at Richard and he started clapping, and said, "I didn't touch the controls. I didn't touch any of the controls at all. You just did that landing." I was thrilled at that moment, but soon recovered from the hype as I pulled my focus back onto taking off, setting the flaps up, pushing the throttle, and soaring into the sky once again.

Never had I imagined flying a light aircraft, not to mention doing so at the age of 16. I was so glad that after going through such long hesitation, I finally made up my mind to participate in this trip. A lot of times when we make decisions there are things that hold us back. The first step to making your dream come true is, therefore, be courageous enough to take one step. One baby step will take you a long way. Of course, after taking your first step you will need to put in effort and push through. Pave a path of your own that leads to wherever you want to be. You never truly realize how capable you are until you soar for the limits. Speaking from experience, I can assure you that you won't regret a single bit of the hard work you put in, as you taste the first bits of joy of bringing what seemed to be impossible to reality. Well, my dream had come true, what about yours?





It is possible!

Wong Shun Ping



I don't suppose that you've heard of the Young Astronaut Training Camp (YATC). It is held in China every summer, an event worth 200% of awesomeness, something I could only have hoped for but never quite dared to dream of.

I had never expected to have the opportunity to be selected to join the programme. 30 students are chosen out of 200 candidates from Hong Kong. Each school was only allowed to send 2 students. We had to go through 3 rounds of elimination in order to join the camp. Knowing that I am no expert in Mandarin, I was startled when I managed to pass the initiation. Despite the great amount of expertness and the sense of belonging that followed through my participation, I started off as a novice in astronomy and aerospace technology. It never hits me with such great amount of importance before I started preparing for my initiation tests. The camp followed was great fun, but nothing beats the joy that overwhelmed me when I passed stage 3 of initiation – the interview. The challenge that made me mentally prepare myself to say goodbye, turned out to be the gatekeeper to the next thrilling chapter of my adventure.

Before I go on with the astonishing programmes in the camp, I do want to talk a bit more about the screening process. The first round was an MC quiz on your knowledge of space and astro-science. I would recommend you to read more about space before you go. I had to spend hours going through history books and textbooks to prepare for the quiz. Everyone else looked professional and smart, only I looked out of place but still, I managed to pass. The second round was a 3-day camp. It required physical strength, will, teamwork and discipline. It wasn't easy as the mentors were harsh and strict. I made it to the 3rd round with not much difficulty but the 3rd round was the toughest. It was a group interview and there were more judges than contestants. Miracles happened and that was one of them - I couldn't believe it when they told me that I had been chosen. I had never thought I would succeed. I received a blue astronaut garment, which is the overalls we often see astronauts wear on TV, and now a symbol of acceptance to the program I was dying to participate in. Harsh as it may sound, but if I can make it, you can make it too!





The YATC was undoubtedly a fun, eye-opening once-in-a-lifetime experience. I made a lot of new friends and more importantly, gained a lot of knowledge from them, ranging from quantum physics, star-gazing to different cuisines. I was also given the honorable opportunity to meet the famous Chinese astronauts. We had meals with the officials and astronauts, who were surprisingly welcoming and friendly, and considerably inspiring to talk to. We also got to visit the satellite launch sites, which takes 6 hours to reach from our accommodation.

Because of previous accidents, we unfortunately did not get to do much at the launch sites throughout the program. We only tried the exercises and a few physical trainings the astronauts have to do. We ate space food and did a lot of sightseeing. Despite the limited range of activities we could practically engage in, it is still worth going as the experience had greatly broadened my horizons and enriched my bank of knowledge. It is a pity that I could not take many photos because things at the training and launch sites are “classified”. So selfies are generally out of the question.

Aside from all the fun, the trip itself was no ordinary fun and games. We had lectures and an exam mid-trip. Keeping up with the lecturers’ heavy accents strikes me hard in addition to their use of scientific jargons. Moreover, I was a hopeless case when it comes to singing and dancing, something we had to do for the farewell party. The only silver lining was having 2 astronauts signing my camp t-shirt.

I would love to recommend students in SSC to participate in the YATC program. Take a leap of faith and you will find yourself achieving goals which you thought you could never accomplish! If there is one tip that I’m qualified to give, it will be ‘go big or go home’. If you are interested in anything to the slightest extent, do not hesitate to try. Seize every momentary greatness in things before it’s gone for eternity.



Jiuquan Satellite Launch Center



Meeting with Major General Yang Liwei

Message from Mr Luke J.P. Yip

Principal & Warden 1974-99



A school is as great as its graduates. The alumni of a school make a school great by their standings and contributions in society. They “shine” and so does the school.

On my recent visit to Hong Kong in October, 2015, I was very much impressed to have met many of our alumni who are not just “doing well”, in fact, they are “doing great” as leaders in their fields. Their leadership roles, I am sure, are making a difference in the communities of which they are a part. There is no greater joy and pride for any schoolteacher than for him/her to see those who were once his/her students are now contributing to the well-being of society. To produce leaders for Hong Kong was a foremost objective of the founding fathers of the College. To our alumni, as they are “doing great”, I wish they will continue “doing great” or even “greater” (百尺竿頭更進一步) and, to the current and future students, I wish they will look up to this goal and bear the torch of this great tradition in the years to come.

Doing great or even greater

All are not born equal. However, all are born with talents which can and should be nurtured to thrive in their own ways (天生我才必有用) when they are given the opportunities. A great school offers opportunities that would nurture the development of the diverse talents of its students and help them grow spiritually, socially, physically and intellectually. St Stephen's College does exactly that, TRUTHFULLY adhering to the

principle of “teaching without discrimination” (有教無類). The College’s Motto of 篤信多能 also constantly reminds us of this, too. The College has invested heavily over the years towards this goal. My earnest and sincere wish is that all students should and would make good use of the opportunities they find in their books and beyond - opportunities not readily found or actively promoted in many Hong Kong schools.

Teaching without discrimination

St Stephen’s College is a school we should be proud of, too. St Stephen’s College is a “FIRST” school in many areas. Throughout its 112 years, the College has pioneered and led in many areas of its curriculum and extra-curriculum. To mention some recent examples of which the College was (and is) the first Subsidized Secondary School: (1) to use the Nuffield Science Course (science teaching based on practical and inquiry method) ; (2) to provide boarding for both boys and girls; (3) to adopt Social Studies as a subject; (4) to implement Computer Studies (using BBC computers - early leader in school computer education); (5) to start a Music Exchange visit to Beijing in the 1980’s (this has since developed into a regular programme of educational excursions to foreign countries - an activity many Hong Kong schools have also caught on today); (6) to introduce a Student Exchange programme with foreign schools; (7) to have its own 6-lane-400-metre running track and 50-metre swimming pool; (8) to have permanent Memorials built to commemorate the 1997 Handover; (9) to initiate Flag Raising Ceremony on the Central Square of the school campus to usher in the 1997 Handover to initiate Flag Raising (since then this has been extended annually to include the National Day, the Speech Day and special occasions); (10) to have a school Museum and Archives; and (11) to have a Heritage Trail (only one of its kind in Hong Kong for teaching, promoting appreciation of local history and civic service training with hands-on activities; unique facility open to both the students and the public).



The Old Boys' Swimming Relay Team: Front row: Paul Tse & Sandy Hui. Back row: Wilkie Tsang & Michael Sze together with Luke Yip and David Eng in the middle row.

Work hard and play hard

“Walk for Millions” is a popular event to raise funds for charities in Hong Kong. Another popular activity in Hong Kong is the “Cross Country Race” in sports. But how many of us are aware that these activities were first started by St Stephen’s College? The College first used a “school walk” to raise funds for the Community Chest. Taking advantage of its geographical location, the College initiated the “Cross Country Race” in Stanley. The then course of the Race ran from Chung Hom Kok to finish at the Big Field (today’s Tang Shiu Kin Sports Field).

My conclusion is a call to all students of St Stephen’s College with the following cliché: “WORK HARD AND PLAY HARD”.



Walk for St Stephen’s



Rev. R.B. Handforth

Principal & Warden 1965-73

Rev. Handforth's recent life after returning to the UK has been largely bureaucratic, working as Education Secretary and then as Interchange Programmes Adviser at the headquarters of the Church Mission Society. Both jobs have involved mainly negotiations with various churches around the world, travelling to visit their leaders, and also visiting churches in the country and public speaking. He is currently actively involved in the life of the local churches in Bromley, as well as that of the community where he now lives, and pretty busy still!

Memories at St Stephen's

According to Rev. Handforth, there were many memorable moments during his time at St Stephen's; but one he remembers clearly was to do with a guided missile. He had always encouraged the work of the Radio Club, and they had produced a guided missile specially for the Speech Day exhibition. It was about eight feet long, and greatly impressed a member of the College Council who was an Army officer. He recalled the officer asking if they had actually flown it. In fact they hadn't, as they did not have access to a range. So the officer offered to provide one.

They were very inspired as they had not considered an effective propellant till then. Now they had decided on cordite, but Rev. Handforth laid down the law that the cordite should be kept in an open container and locked away in the Chemistry Lab.

Some time later he was over at the Hostel one lunchtime when a boy came dashing up to say that

West Wing was on fire! He ran over and saw smoke pouring out of the windows. Upstairs he found it was the "propellant". This, against orders, had been brought in a bucket from the lab to one of the prefects' rooms. A group of students were amusing themselves over lunchtime with a game of bridge just beside the bucket, and one (who should not have been smoking!) threw away a cigarette end into the bucket, which he thought was just for waste paper.

Fortunately, no damage was done, apart from creating a stink of cordite which hung around West Wing - and the West-wingers - for weeks; but it was the end of all ambitions to fly the guided missile as he vetoed the whole project because everyone involved had been so irresponsible, but possibly because he had some doubts about the navigational skills of the Radio Club and the feasibility of the whole project.



A message from Rev. Handforth to SSC students

Despite this sad story, Rev. Handforth would like to tell current SSC students to dare to challenge current expertise with new projects, whether in the field of social service, or of unusual projects, like those of the Radio Club, which develop the expertise which marks the success of so many of our alumni today.

Our Hearts Are Young Our Ideals High

ST STEPHEN'S COLLEGE SONG

Lyrics by Mrs P. Carrott

Music by: Mr P.H. Fricker

Mr Paul Fricker

the Composer of the School Song

Mr Paul Fricker is the composer of the School Song of St Stephen's College. Once a Music and Religious Studies teacher and the dormitory warden of West Wing of our school, which was a boys dormitory back then, still has a great sense of belonging towards St Stephen's College now. "We obviously still had school rules, but within the boundaries, we wanted our students to work out what is right and wrong, rather than saying, 'This is how you be a student.'" He always hoped to use his own experience and care towards students to bring them positive influence.

When asked about what he was thinking when he was composing the School Song, he answered that it was the values of the school which came into his mind. The two things he considered was that students of St Stephen's College have to look after each other, as well as they live to work hard, even when sometimes difficulties arise. But Mr Fricker also emphasized that we needed to work hard and enjoy life at the same time. Moreover, without a doubt, the Christian value of caring for each other was included in the School Song.

Like what he wrote in the lyrics of the School Song, 'Life's a game that's made to play, with effort, teamwork, joy and tears,' He believes that life is here for us to enjoy, and he definitely encourages people to enjoy lessons and activities not only in school, but also in life. When he and Mrs Carrott wrote the lyrics together, they wanted the tune to be dignified but catchy, thus the Song has a simple but lively melody.

Mr Fricker claimed that one of his greatest moments in his life was in the 110th Anniversary Open Day, when he was getting out of the car, hearing the orchestra playing the School Song so beautifully, he was so moved. He described the standard of music played as 'superb'. Hoping students to have a very practical approach towards music as well as other things in life was one of the goals he wanted to achieve by being a Music teacher in our school. Hearing the Song being played, he felt that his passion and love for music was being carried on.

By the end of the interview, he stated that he hoped SSCers can truly live the qualities that he had put in the lyrics of the School Song – they can always care for each other, look after each other, and work hard and play hard at the very same time.



回首風雨 昂首闊步

沈祖堯校長專訪

校長的角色

沈校長連續四年被選為本地大學最佳校長，說來也是實至名歸的，他和同學、校友聯繫緊密，是個不只會管理好學校，也會走進校園，關心學生的好校長。他認為當校長要承擔不少責任，要對不同的持份者負責。有的校長會多花時間優化行政或提升學術水平，而他則認為跟學生和校友接觸是校長工作中頗重要的一環。也正因他樂於跟學生溝通，他總給人一種親切感。

沈校長認為校長就像是舵手，引領學校這艘船朝正確的方向前進，因此應該要掌握大局，了解問題，駕馭船隻時那方向不能和學校的宗旨有衝突。有人把校長形容為行政總裁（CEO），他並不認同，他認為教學才是最重要的，學生是最主要的關顧對象。校長不應只是一個會管理學校的人，每天對著文件和開會而不接觸學生。

年輕一代之「我見」

被問及對現今年輕人的看法，沈校長認為現時的大學生很幸福，到外國交流的機會、校內的資源配套都比以前豐富，但也許因為他們的成長很受保護，令他們面對困難和挫折的韌力不夠強，如新聞所見，有的大學生面對不了困難而選擇輕生，實在可惜。其次，現在的年輕人也頗自我中心，一年前時代雜誌的一個封面很能反映現今這一代的特質，一個女孩拿著一部手機自拍，旁邊寫著「this is a me-me-me generation」，他們多由己身出發，認為自己的看法多數都是對的。但所謂「兼聽則明」，沈校長提醒年輕人要抱著謙卑的態度，從不同的角度看事情，可以把事情處理得更好。



沈校長為聖士提反書院致畢業辭

學習難免會帶來壓力，壓力多源於是害怕失敗，對此沈校長表示年輕人要明白到失敗是在成功路上必經的階段。史丹福大學要求一年級學生必讀一本書——《What I Wish I Knew When I was 20》，這本書告訴年輕人失敗乃成功之母（learn that failure is just a necessary process to final success），很多賣出市場的商品也是經過多番失敗，再研究修正才成功的，如只是因一兩次的失敗就放棄是永不會成功的。所以無論是家長或老師也應該學會「放手」，讓年輕人嘗試小小的失敗，這反而提升他們面對逆境的能力，在他們成長的時候，更有勇氣、信心挑戰困難。

說到壓力，他笑談當年當醫科生面臨考試時，一起在宿舍複習的男生「溫到喊」。其實當學生的誰無壓力，但學習靠的不只是天賦或悟性，更重要的是態度，所謂「不經風雨，長不成大樹；不受百煉，難以成鋼」，如面對困難有永不言敗的精神，那離成功還會遠嗎？

無懼「中文」

近年不少學生為了逃避死亡之卷，選擇到外國讀書。沈教授認為身為中國人，不應放棄中文。中國在國際舞台上的角色越發重要，學生有需要多認識中國文化，豐富認知。而且，中文也不是枯燥乏味的，也有其「美」的一面。在擔任中文大學校長一職前，沈教授所接觸的多跟英文相關；在擔任校長後，他有了更多機會接觸中文，並體驗到中文的美妙之處。沈校長表示他很欣賞蘇東坡的《定風波》，「回首向來蕭瑟處，也無風雨也無晴。」意指走過風雨，回首看來往昔已成陳跡，又何必介懷，何不豁達一點。『人生不如意事十常八九』，挫折只是成長的必經階段，我們不用妄自菲薄，而應該繼續向前，有面對風雨的勇氣。



沈校長跟正生書院學生的合照

學校以外的教學

縱使日常工作十分繁忙，沈校長仍然抽時間替三位正生書院的學生補習英文。他認為雖然自己未必能夠幫助他們有很大的進步，但至少希望讓他們感受到「愛」，讓他們知道社會並沒有放棄他們，亦願意接納他們。其實年輕人即使犯了錯，只要他們有決心改過，社會還是願意給他們機會的，大學的大門也很樂意為他們張開的。沈校長會讓那三位同學在他家用膳，繼而替他們補習。沈校長會善用不同媒體協助提升他們的英語水平，如看報紙、聽音樂等。沈校長認為他們很用心讀書，斯文有禮，這讓沈校長更希望教好他們。





沈校長練習《青玉案》書法

減壓有法

面對繁重的工作，沈校長有自己的一套減壓方法。他會以寫書法、聽音樂、畫國畫等舒緩情緒。沈校長認為有良好的時間管理，也可有效減輕壓力。沈校長表示自己的工作並不完全定時，尤其當要處理醫院或者學校的突發事件時，有時需要徹夜工作。儘管如此，他也會在繁忙中抽取時間，調適壓力。他會早起去跑步，在晚飯後也會有跟家人共處的時間，讓自己放下繁瑣的公務，放鬆心情。

身兼醫生和中文大學校長兩職的沈校長，身負重任。責任越大，煩惱越多。可沈校長仍一直以正面的態度去面對，從三方面解決煩惱。第一，是祈禱和閱讀聖經。作為基督徒的沈校長如其他基督徒般，亦會在生活不如意時對上帝傾訴，或從聖經中尋找答案。第二，是與家人傾訴。對沈教授而言，家人是最為可信的倚靠，他們的勉勵是他前進的動力。第三，是聆聽朋友的意見。沈教授直言他的中學同學是他的知心好友，他們在對方犯錯時，敢於提點和糾正對方，卻不覺尷尬。

如何抉擇？

走在人生路上，我們會遇到很多十字路口，如在升學就業問題，總要做出抉擇。沈教授認為在抉擇時，我們最大的考慮應是自己的興趣、意願。在工作上，我們是否真心熱愛自己所做的？這是否符合我們的興趣？是否我們追求的梦想？做著不切合個人意願，不感興趣的事，事情終究也是做不好的。

沈教授亦提起了他人生中兩次重要的抉擇。第一，是他當年考慮是否去外國攻讀醫學博士，放棄在香港的醫務工作。第二，則是考慮留在加拿大繼續工作，還是回港發展。在作出決定的過程中，沈教授對「人生」，甚至「自己」有了更多了解。他認為金錢不是不重要，但卻不是他最在意的。他強調「人」永遠比「物質」重要，他關心的是家人、同事，甚至能否幫助到別人。

後記

訪問當天沈校長身體抱恙，但他仍盡力完成訪問。之後，我們在電話上進行尚未完成的問題，他亦不吝時間，回答很是詳細，實在令人佩服。在訪問中，我們發現沈校長在字裡行間都流露出對不同人的關愛，難怪學生很願意靠近他。他也很重視對家人的愛。「萬里依孤劍，千峰寄一家。」沈校長走了萬里的事業路，但心繫家人。或許在我們肩膀漸重時，我們會發現「家人」，才是我們生命中最重要的存在。



咬定青山不放鬆——關夢南先生專訪

關夢南先生是香港一名知名作家，他除了在文壇上獲得殊榮外，他還積極籌辦文藝雜誌，推廣文學，他近年辦的《香港中學生文藝月刊》大受好評，看得出關先生付出了不少心血。此外，關先生還到中學教寫作班和進行演講，在推動校園創作上不遺餘力。現在就讓我們多了解關先生的創作之路，及寫作心得吧。

寫作之路

關先生說在他年輕時曾有感自己有才，因那份虛榮感令他有勇氣在創作的路上繼續向前，但後來他發現那份虛榮也只是虛幻的，寫作才是讓他快樂的事。

九十年代開始，關先生走入創作的「樽頸」位，他不滿意自己的作品，覺得未能翻出新意。及至九七年，他因樓市問題而負上一百萬的債，當時他為生活低頭，過了七年營營役役的日子。他憶述當時自己已五十多歲，天天上班都被人斥責，但為了生活不得不捱下去，這經歷讓他明白什麼是「生活」。及後，他從這段生活經驗中取材，寫成作品，這作品擺脫他過往的框框，並令他取得獎項。關先生笑言「文窮有功」，說詩寫得不好的人，是因他活得快樂；詩寫得好，是要付出「代價」的，要有人生的歷練，體會什麼是「窮」，才能寫出大眾生活的滋味。

提及師傅，關先生有言他在開始創作時很仰慕戴天先生，想拜他為師，學習寫作。戴先生曾在美國研究文學，回港後舉辦詩作坊，當時關先生很欣賞他，曾在戴先生住處守候，等待機會向他請教。當時，戴先生讓關先生得到啟發，明白寫詩不求花巧的辭彙，反而可用當代的語言來寫，寫來更真切、達意。

關先生喜歡一些較明朗的，帶有生活質感的作品，不喜歡過於堆砌文字的。他指香港的作家擅長寫生活的瑣碎事，從小事中著墨，卻帶有情味。關先生建議同學閱讀本土作家，如：西西、懷遠、許斌等的作品。問及什麼才是好作品，關先生認為作品最重要是跟讀者有共鳴，作者要懂得在藝術性和文學性之間取平衡。只寫文學性的作品，曲高和寡，大家看不明白，便難有觀眾，終究也寫不下去。即使寫得淺白，也未必不是好作品，如元稹的「貧賤夫妻百事哀」，用字淺白，卻觸動人心，流傳至今。

被問選擇走文學這條路有否遇到阻礙時，關先生憶述當年他的家人也曾有微言，認為讀文學的人將來難以維生。但關先生堅持自己的志向，由十四歲至今，將近五十年了。他說從寫作而得的快樂不能被其他東西取代，而且自己的夢想實現了，也是很欣喜的事。他用時間換取空間，由十四歲開始寫，寫到現在，因為堅持而成功了。他說他現在很快樂，一方面是因為現在有一定的成就，另一方面是因為有能力回饋社會。

雜誌不易辦

關先生辦雜誌的目的就是想提供投稿的園地，協助推廣寫作的風氣。他曾於早前舉辦全港散文大賽，為的是燃起同學對寫作的期盼，和想成為狀元的渴望。據說，投稿的情況理想，而取冠軍的並非名校學生，正因他不受規範教學影響，文章富個性、創意，得到評審委員的青睞。關先生就是想鼓勵同學多寫創造性的文章。此外，關先生亦提及現在中學生的寫作水平低，多愛用形容詞、四字詞，卻較少有具體的描述，而且用詞過於刻板、規範，如寫「花朵」多配上「美麗的」。關先生認為有需要改變這種寫作情況，所以分別辦了小學生和中學生文藝月刊，以提供更多素材，讓同學參考、學習。

關先生指辦雜誌也不是易事，辦一本雜誌成本大概需要六至一百萬，但在香港能出售的文學雜誌則不多，大概只有數百本，約只有一萬多收入，這樣算來必是入不敷支了。關先生指初辦小學生文藝月刊時，他是自資的，虧蝕了差不多二十萬，估計只能維持一年多而已。後來幸得數位商人捐助六十萬，令小學生文藝月刊可繼續辦下去。當然，關先生也很用心經營，希望最後可以自負營虧，不用虧蝕。

說到辦報心得，關先生提到要顧及讀者的需要。他說一本文學雜誌即使辦得很精緻，但如果沒有讀者，也是徒勞無功的。這樣的雜誌短則半年，長則三年便會失敗。他憶述以往自己也曾辦《小說風》，書中集合不少優秀小說，但可惜銷量不佳，每月只售出數十本。銷量跟質素也許並無直接關係，但要辦好雜誌，就要想想如何讓學生有興趣看下去。現在在市面上出售的中學生文藝月刊月售約五千本，能有這樣的成績是因辦報時顧及學生的興趣。雜誌內既有摘A個案分析，亦刊登作家文章欣賞及大量學生佳作。

關先生表示他有意辦大學生雜誌。現在中、小學文藝月刊有一定數量的讀者，他希望招徠一些廣告商，讓雜誌有資金維持下去。

星級秘訣

在寫作方面，關先生認為寫作要具體一點，可省卻形容詞、四字詞，而強迫自己從細節着手，豐富描述。如可把「春風化雨」改為數句描述性句子表達，從其五官、舉止多著墨，寫老師烏黑明亮的眼眸閃着火焰，小鼻子上冒出一個個汗珠。同學可從閱讀張愛玲的小說，學習如何細膩地描述事物特徵。



關先生鼓勵學生從日常生活中取材，因寫來較真切。除了生活外，同學也宜豐富閱讀，在讀書時要分析、思考，思索作者寫得好不好，以提升思維、批判能力。關先生認為一篇好的文章宜多舉例，多說故事，讓「文章說」，帶出道理。以孟子為例，他是擅於說故事的人，如借「挾泰山以超北海」和「為長者折枝」，以說明「不為」和「不能」的分別，例子清晰具體。

面對現今的考試制度，我們一方面要懂得迎合考試需要，另一方面也要有文學的元素，要有細膩的刻畫，當然最重要的是扣題。

在閱讀方面，關先生建議可先閱讀《西遊記》、《水滸傳》此兩部名著，以培養閱讀的興趣。在應試策略上，關先生也給了一點提議。他認為古文只要多讀，下「死功夫」，花一年半載，把三四十篇古文完全揣摩透，懂其句法、章法，如可以的話，甚至把它背下來，就自然能掌握其譯寫規律，要處理文言文閱讀理解也不是很難。但白話的卻較難，因內容千變萬化，沒有一定法則可依，建議多看不同的書籍，豐富閱讀經驗。

新詩與散文的分別

關先生說：「散文是鴨掌，沒連繫；新詩是鳳爪，有連繫。」也就是說詩未必如散文般，把前文後理交代得一清二楚，較簡潔。散文便是附帶說明。詩也不會如散文般，說得那麼淺白、直接，詩有「詩意」，讓人有想像和猜度的空間。例如會把「我愛你」轉化為「我希望化成一隻蝶/ 俯伏在/ 你格仔的袖衫上」，這樣說來，讀者便能從其比喻細味其用意。

後記

雖然先生年過半百，但他對理想的追尋、堅持從不減退，令人佩服。「即使選擇埋怨這世界，這世界也不會變，倒不如盡量而為，做點什麼，嘗試改變。」關先生認為生活也許充滿挑戰，正如他要在香港推動文學、寫作也不是易事，但他選擇勇於實踐、敢於向前，結果，他成功了。「如果用心去做，不會不成功的。沒有寫不到的詩，只有半途而廢的人。」，你還會選擇在十字路口徘徊嗎？

聖記人 香港情

——「保育偵探」袁明珊

袁明珊小姐，又稱「貓珊」，曾在聖士提反書院度過五年中學生活，是本校一名傑出的舊生。她有多重身分，既是中大建築文化遺產研究中心的研究助理，又是游走在城市中的自由畫家，更是香港這個石屎森林中的「保育偵探」。今天，就讓小編與師姐來個「親密接觸」，了解她對聖記的感情和她的生活理念吧。

聖記那些事

貓珊在聖士提反書院就讀了五年，在考完會考後就轉校修讀IB課程，再到英國劍橋大學深造藝術。

對於在聖記讀書的時光，貓珊就表示印象最深刻的、對她影響最大的就是寄宿生活。相比現在，舊時的寄宿生活更嚴謹，生活更有規律。每間房間皆有一個學長監管。學長「執法森嚴」，令當時是小師妹的她甚為害怕。當時師姐還住在馬田宿舍，宿舍的格局還未改變，走廊裏發出任何細微的聲音別人都能聽見，因此prep time時絕對不能說話。同時，宿舍生活幫她養成了自律的性格，而這一直影響著她，就算如今大學畢業了，她依然堅持早上六點半起床，並且每星期也堅持跑步鍛鍊身體。她表示，她很享受現在這樣的生活，規律的人生會讓你把事情處理得更好，不用時時想著我現在要做什麼，更專注地做你手中的事情。

貓珊小時候就在國外長大，而家人都經常帶她到大自然中感受，所以聖記那天然清幽的環境她也十分喜歡。而中學時代，她有幸受教於蘇俊傑老師，她透露當時蘇老師隔三差五會帶班上的學生去登山，到郊外放鬆一下心情。這樣的經歷使她非常享受大自然，加深了她對自然的熱愛。





留學那些事

自學校轉成直資學校之後，同學們的家境普遍比較富裕，越來越多的同學選擇在出國留學。貓珊曾經在英國的劍橋大學讀書，在體驗了香港和外國的學習生活後，她覺得兩地的學習模式大相徑庭。不能絕對地說哪一地的學習方式更好，但是無論是從生活還是求學的角度來說，選擇在海外升學都會是很好的經驗，因為孤身在外，沒有了家人的陪伴和照顧，任何事情都要自己解決，定能鍛煉自己的獨立能力。但是她亦表示現在這個年代的學生已經太有錢了，出國留學就仿如度假一般，很難再鍛煉到生活自理能力。但不管怎樣，離開家，去一個文化截然不同的地方生活，深入瞭解異國文化，是很好的經歷。

在劍橋大學的日子，周圍的人都是尖子，自然讓人特別緊張自己的學業。但貓珊感覺到劍橋大學的尖子們並非一味死讀書，他們提倡勞逸結合，享受讀書以外的時間。有一個同學讓她印象深刻：在她攻讀碩士學位時，認識了一個學弟，他雖然是土生土長的英國人，卻能操一口流利的普通話，連各地方言都琅琅上口，甚至能辨別出別人說的是何地方言。這讓她深深感受到英國學子們勞逸結合的學習方式。在讀書讀到累的時候，約上三五知己，去酒吧喝上幾杯，小酌怡情。或者在劍橋河上划船，放鬆身心。另外，周圍的同學、教授能夠推動她不斷學習，繼續進步。國外的學術環境和本地的是全然不同的，也能推動學生去進步。





MAP of ST. STEPHEN'S COLLEGE & PREPARATORY SCHOOL

COLLEGE 中學部

① Luke Yip Building - General Office & Staff Room 葉伯千樓 - 教務處及教職員室

② School House 書院大樓

③ The Nineteenth Anniversary - Dr. Wilson Hing Tze-Sun Library 九十年校慶王濟森圖書館

④ The Chung Po Yung Technology-aided Learning Centre 鍾普洋科技輔助學習中心

⑤ East Wing Dormitory 東翼學生宿舍

⑥ West Wing Dormitory 西翼學生宿舍

⑦ Classroom Block 教學樓

⑧ Special Room Block 科藝樓

⑨ Tang Shin Kin Hall 湯新堅堂

⑩ Ng Wah Hall 伍華堂

⑪ Centenary Building 百年紀念大樓

⑫ Chapel & Chapel Annex 小教堂及副堂

⑬ Leung Kian Kui Student Centre 梁健輝學生中心

⑭ Alex Y.D. Au Building 初信文樓 - Dining Hall & Truck Shop

⑮ Centenary Garden 百年紀念花園

⑯ Barbecue Pit 燒烤場

⑰ Tang Shin Kin Sports Field 湯新堅運動場

⑱ Martin Hostel 馬田宿舍

⑲ North House Dormitory 北屋宿舍

⑳ Central Square 中央廣場

㉑ Heritage Gallery 文物館

㉒ Heritage Learning Annex 文物學習副翼

㉓ College House (Dormitory) 中學部宿舍

PREPARATORY SCHOOL 小學部

① General Office & Staff Room 教務處及教職員室

② Assembly Hall, Classrooms & Library 禮堂及課室

③ Dormitories, Dining Hall & Special Room 宿舍、膳堂及特別室

④ Classrooms 課室

⑤ The Wilson Hing Sports Centre 王濟森運動中心



上圖為貓珊為本校繪製的地圖

藝術與保育

貓珊對藝術充滿熱誠，她曾想在大學修讀 fine art，但卻覺得這是十分虛無飄渺、充滿壓力的學科。而她又十分喜愛藝術歷史，同時也希望能夠畫畫，所以，她最終選擇修讀建築，因為她認為這是 fine art 和藝術歷史之間的絕佳平衡點。貓珊認為，透過建築可以看到人與空間的關係，每一座的建築背後都一定會有一段耐人尋味的故事和歷史，十分令人著迷。

她笑言，雖然從一開始選擇修讀建築，卻沒想過成為建築師。她十分幸運地能找到一份既有趣味又與建築有關的工作。貓珊在中大建築文化遺產研究中心工作，主要工作是透過深入地瞭解本地建築物的歷史，然後進行針對性的修復。她認為這份工作每天都能為她帶來許多挑戰和學習機會，同時又能發現香港舊式建築物的獨特珍貴之處。貓珊表示，在她的回憶中，沒有任何一座建築物她是不喜歡的。她認為即使一座建築物表面看起來是多麼平凡無趣，但它的背後都一定會記載著有趣的故事。師姐跟我們分享一次她修復柴灣工業大廈的經歷。她坦言工業大廈的外觀雖然不太美麗，但卻承載著五十年代人們美好的回憶。她憶述，當他們在大廈的房間裏逐一進行探究時，會偶然發現許多當時人們留下的夾萬、飛機票、火車票等「寶藏」，十分有趣。

貓珊認為，香港其實有許多美好的建築物，但往往卻不為人知。而香港在保育歷史建築物的方式，遠遠不如澳門、日本和新加坡等地完善。香港的歷史建築物雖然被分為法定古蹟和已評級歷史建築，但卻只有被評為法定古蹟的建築能受到法律保護，而那一千多個已評級歷史建築雖很有歷史價值，卻也往往難逃被清拆的命運。同時，香港往往只能做到保育到一座建築，但周邊的建築卻不受保護，而歷史建築在簇新的高樓大廈中顯得格格不入。貓珊坦言她覺得只是留著歷史建築的外殼是沒有意義的，因為那樣並不能把那條街道的歷史文化呈現出來，而我們也不能完完全全地認識那個地方的歷史和故事，她對此感到十分可惜。所以貓珊很喜歡帶著沉甸甸的畫袋到香港不同的地區畫畫，她希望能透過畫作，描繪出那些被世人忽略的地方畫的美態，讓更多人認識香港過去的歷史足跡。師姐也曾受託繪畫了一幅聖士提反書院的地圖，而我們熟悉的學校建築，也在她的筆下格外美麗。



十分熱愛大自然的貓珊在保育工作上十分投入，因而獲得「保育偵探」的美譽。而她也曾受澳洲的一則新聞的影響，而在facebook上創立一個名為「dear tree」的面書專頁。人們可以通過面書專頁寫信給身邊的樹，抒發對默默地陪伴人們度過寒暑、為人遮風擋雨的大樹的感情。她笑言，一開始並不認為會有人寫信到「dear tree」的專頁，但後來卻發現不少人會寫信來表達對身邊樹木的謝意，有些人甚至會附上自己畫的畫。貓珊表示，其實香港有不少樹木，很多時候因城市發展而被砍伐，所以她希望透過「dear tree」的專頁，讓人們更愛惜身邊的樹木，改變城市發展的不良方向。而她也表示會在保育工作上持之以恆，為香港的歷史文化及自然保育多作貢獻。

政治那些事

去年，香港發起了一系列爭取真普選的公民抗命活動。而貓珊當時也參與其中，更完成了「夏慤佔領村」這一「清明上河圖」式的畫作，反映佔領行動中人們和睦共處，並非非法暴民的一面。「夏慤佔領村」的創作耗時5個星期，她希望能透過這一副畫去記錄一些她認為一些有意義，值得紀念的事物，如學生們自覺在金鐘自修，人們在佔領區生活得井然有序等。其實自佔領行動的第一日，她已留守金鐘。她說當時的金鐘是很特別的地方，在那裏你能見到許多互相幫助的人。在雨傘革命前夕，身邊很多的朋友都覺得很絕望，無論你做什麼，政府都不會去傾聽。但是突然，一群無私的年輕人走了出來，為了自己的城市去奮鬥。她為這一群人所感動，在人們竭盡所能去爭取公民權利的道路上，人們並不孤單，因為總有人和自己一樣，正為了同一個目標而奮鬥著。佔領行動雖然並不能真正改變什麼，但這次的行動讓不少人看到了香港未來的曙光。

雨傘革命期間，有很多的學生，特別是不少中學生也參與其中。有人反對學生參與政治，對此，貓珊則持中立意見。政治關乎每一個人的將來。作為一個人，你會有自己的信念，或者想要去爭取一些東西。你想為了香港去爭取一些東西，並不是一定要等你長大了才能去做。可能別人會覺得你年紀太小，不相信你，但是這不能妨礙你去做這件事的決心。所以，像雨傘運動這些政治性的活動，只要你有心，就能去做，和你的年齡無關。因此，她並不會反對一些中學生去參與政治。



後記

貓珊當日手提一個大畫袋，帶著她的寶貝畫作回母校接受訪問。她不愛坐在舒適的會議室中，反而選擇了在百週年大樓下的小花園中接受採訪；她親切健談，言談間無不反映出她對聖記生活的緬懷，對自然的享受，對香港文化、舊物的關注和熱愛。願我們的同學，也能學到師姐對生活的熱誠，對人生目標的堅定，利用有限的人生，為社會作出更大的貢獻。

希臘土耳其遊記

胡鏡靜

從希臘、土耳其回到香港，已經幾個星期。提起筆寫遊記，內心對本次旅途又彌生一份懷念。

說起希臘，人們一定會想起希臘的神話故事，善妒的赫拉、多情的宙斯、智慧的雅典娜，還有那正直的阿波羅神。希臘給我的印象就是烈日炎炎。這裏的天很藍，將我們的疲憊一掃而空。

在希臘我們去了不少的歷史景點參觀。不少景點只殘存一些石頭，有些景點仍處於開發狀態，我們甚至可以看見考古人員正在進行挖掘的工作。來到德爾非，雖然大部分文物都不太完整，但還是不難看出它以前那些曾經輝煌的時代。而那些在烈日之下只殘存石頭的歷史景點，在我們的歡笑聲的伴隨下似乎增添了一份生氣。

在希臘的第四天，來到了有天空之城之稱的米提奧拉（Meteora）。十一世紀開始，一些修道士為了生活得更加清靜，選擇爬上一座座陡峭的「天空之柱」居住，後來更修建了修道院。初期修道士要靠拆卸組裝的長梯才可以爬上去修道院。後來拜占庭帝國滅亡時，僧侶們紛紛爬上這些「天空之柱」躲避戰爭。我們還去參觀了聖士提反修道院和梅特羅修道院。修道院規定女性一定要用圍巾把腰下的部位圍起來，所以參觀修道院的女生有機會穿上修道院提供的圍裙。修道士的生活非常無趣，每天花八小時睡覺，八小時念經，八小時打坐。在這些教堂裡，整個大廳畫滿了壁畫，從牆上到天花板上的吊燈邊上都有，這些壁畫都是描述一些聖經故事的。這些教堂對遊客開放，裡面有許多來自其他國家的遊客。儘管那麼多人站在教堂裡，人們也會因為教堂神聖莊嚴不可侵犯而自覺地小聲說話，小聲討論。比起教堂裡超群的壁畫，教堂裏的花卻更加吸引我。不知是渾然天成，還是修女們的悉心栽培，這裏的花兒有使人沈醉的魅力。你會感到心情舒暢，羨慕修女可以天天都住在如此美麗的天空之城，遠離城市的喧囂。最後滿足我們對天空之城的遐想，就是我們站在懸崖上，望著背後使人心曠神怡的風景。我們爬的爬，坐的坐，跳的跳，就連恐高的同學也鼓起勇氣，走到懸崖邊上只為捕捉那最美的風景。那起跳的景象至今歷歷在目。



在希臘的最後一天，終於來到這個國家的首都－雅典。希臘的首都出人意料，並不繁華，沒有海天一色的風景，也沒有一個首都應有的繁忙，甚至希臘的鄉村小鎮都比首都更加溫馨美麗。來到這裡，才終於感受到這個國家並不富裕，到處可見的不是車水馬龍和喧囂的人群，而是佈滿街頭塗鴉的老式建築；街上到處可見別人拋棄的流浪貓和流浪狗，牠們只能依賴遊客的好心施捨才得以生存。牠們看起來很瘦削，皮毛不光滑，甚至有一隻貓連鼻子都不見了，使人心生不忍。



經過幾番周折，我們一行人終於來到土耳其。拿破崙曾經說過：「如果地球是一個單一國家，伊斯坦堡將會是它的首都。」來到伊斯坦堡，我似乎明白了為什麼拿破崙會這樣說，因為伊斯坦堡可以說是完美地呈現了地球東西方的文化。

在土耳其的第一天，就去了聞名世界的聖索菲亞大教堂和藍廟。兩座建築物因是不同宗教的建築，所以風格截然不同，裡面的裝飾陳設也不同。聖索菲亞大教堂是世界聞名的圓頂大教堂，裡面的壁畫金碧輝煌，筆法細膩而華麗，由此可窺見羅馬帝國時期時的輝煌痕跡。離聖索菲亞大教堂很近的藍廟，又是另一番景象。藍廟是屬於阿拉伯風格的圓頂建築，清真寺內全用藍、白兩色的瓷磚裝飾，故得其名。藍廟用作供奉伊斯蘭教的真主安拉。參觀藍廟，與參觀聖索菲亞大教堂的規矩不同，藍廟需要我們戴上他們發放的頭巾，進廟之前一定要脫鞋。廟裡沒有擺放真主安拉的畫像，據說是因為伊斯蘭教認為真主無形無相，所以裡面只能看到各式陳設。

來到土耳其的第四天，我們終於有幸吃到了著名的土耳其雪糕。不知道是不是因為雪糕以羊奶製成，雪糕特別醇厚，奶味十足，令人回味無窮呢。土耳其大叔在給你盛雪糕的過程會不斷地「調戲」你，一直阻礙你吃雪糕。這



天我們也去參觀了當地的地毯村，一些工人正在裡面編織地毯。織地毯的工序複雜，而且是全手工製作的，一張大的地毯可能要花費三五年才能完成。一張小小的地毯，可能有九百多個結，但那些工人卻能快速地完成。那些地毯冬暖夏涼，摸上去非常柔軟，一張質量好的地毯價格連城。我們這次有機會踩在價格將近四十萬的地毯上，感覺就像踩在四十萬現金上呢。



一晃就到了土耳其之旅的最後一晚，我們一行人去看了土耳其的民族舞——旋轉舞和肚皮舞，作為此次旅程的終結。其實當天我們非常累，第二天還要坐飛機飛回伊斯坦堡，都想早一點休息。我本來認為旋轉舞是無比沈悶的，但事實並非如此。一開始，似乎是一個宗教儀式，一些男舞者在幾乎完全黑暗，只有幾盞紫光燈照射下，穿著一身黑衣，集體旋轉著，一直持續旋轉了大概兩分鐘；後來，舞者不只跳舞，還會和觀眾互動、表演自己的絕活，令全場氣氛熱烈起來。中場舞者去換衣服的時候，我們一群人一起圍成一個圈圈跳舞，一開始只有我們學校的同學，可是後來一些小朋友加入了，再後來一些外國人也加入了。我們一起圍著跳舞。儘管我們互不相識，可是一起跳舞，有一種莫名的親切感。後來，全場都跟隨著舞者，一起互動，我們甚至還由室內跳到室外。室外升起了篝火，大家圍著篝火都特別興奮，都叫喊得特別起勁，玩得忘我。整場舞蹈表演的高潮當然是肚皮舞者出場的時候，尤其是男生，大家都目不轉睛地盯著跳肚皮舞的女生。還有同學跟著肚皮舞的舞者一起學習舞動呢。此時，早前的倦意也隨著歡聲笑語散去。那天晚上的表演，為我們整個旅程畫上了完美的句號。

參加遊學團，是為了和朋友一起出去看看外面的世界，增長自己的見聞，為人生履歷添上小小的一筆。此行滿載而歸，讓我既了解當地的文化特色，又能和好朋友一起創造了美好的回憶。



The Road to Cambridge

Cheung Lok Him & Wong Chun Ho Kenneth

2008-13

Studied in St Stephen's College

2013-Present

Studying in Law, Cambridge



Cheung Lok Him



Wong Chun Ho Kenneth

The Cambridge education system is famously or infamously, depending on your views, based on individual learning coupled with supervisions, which involves small class sizes (usually two to three students to one professor). Lectures are less important when compared to other universities. I am a law student at Cambridge, and I would like to share with you what a typical day for a law student is like here.

Lectures normally start at 9 a.m. and finish at 1 p.m. the latest. We have 11 hours of lectures per week, and 2 hours of supervision. As the timetable suggests, the majority of your time is based on self-study and reading. We have one 1500-word essay per week and that usually comes with around 300 pages of reading, depending on how hard you are prepared to work. These essays aim to explore debateable legal concepts. For example, our last essay was centred around the debate of whether someone who did not apprehend a danger should be convicted of recklessness, just as someone who did apprehend the danger but chose to ignore it would be. In other words, is not realizing that a risk exists as culpable as realizing that there is one but choosing to ignore it?

Did you 'cause' the child's death?

However, for me, the most interesting part of the Cambridge education is absolutely its supervision system. Although they are only two hours per week, they are immensely thought-provoking. The enrollment interviews actually resemble this process, in order to pick students who are capable of fitting in the system. Supervisions are, as said, small-group teaching sessions that provide an opportunity for you to debate with your fellow students and supervisors. Having scholars, those

who write your textbooks, debating, challenging and guiding you on contentious issues is an unparalleled learning experience. Once, we spent a full hour discussing whether omission can be criminal causation. Imagine you are walking next to a pool, where a child is drowning. You did not bother to rescue the child. Can you then be said to have 'caused' the child's death? What if you are unable to save him? How does that differ? What about if you are walking past a withering plant in the park and fail to water it although it is possible and easy for you to do so? Did you 'cause' the child's death? What is the difference between the above two cases? These questions also led to the question of whether we should criminalising failure to rescue someone from life-threatening danger, and if yes, what limitations should be put on this law? As you can see, the Cambridge learning experience is a very interactive one, involving a lot of debates, discussions and writings. It is not a passive process where you are bombarded with information by your lecturers. It is a two-way process where your views are equally respected, given that they are logical and rational. If you enjoy challenging yourself and others' ideas, this will be the education for you.

Cambridge is, contrary to what you might have heard, a place with a vibrant social life. Apart from the numerous societies, formal halls (dinners where everyone dresses up in suits and gowns), swaps and bops and the famous summer ball, there are also cultural societies that cater specifically for Hong Kong students.

Non-academically, Cambridge provides various career-related opportunities that cannot be found elsewhere. I have joined a student consultancy programme, which pairs us up with a Kenyan NGO. We offer them consulting advice that would actually affect how they run their healthcare clinics in Kenya. The amount of responsibility you have as a student is amazingly huge, as people truly trust you in what you do. I am also active in mootings – a form of legal debating where you take on the roles of barristers and argue over a point of law in front of a judge. It resembles the court of appeal in real life and is very fascinating if you are into debating and public speaking.

At the start of the Michaelmas term, the Cambridge Hong Kong Current Affairs Society organises an inter-university quiz for Hong Kong students from 18 UK universities. It's a casual general knowledge competition focused on improving relationships between Hong Kong students from different universities. Then comes the annual highlight – the Variety show. It is an event unique to Hong Kong student societies across different UK universities. It's composed of a stage play, musical performances, dances and various other shows. It's basically like the bi-annual concert in SSC, except that everything is student-run. We have just elected an executive committee in charge of the running of the show, and I am fortunate enough to be the treasurer. It is therefore my job to secure sponsorships for the show and the management of the accounts. Sitting on the committee include also producers, directors, a secretary and a publicity officer. All actors and actresses are Cambridge HK students. The preparation of the show takes almost half a year and its airing is an annual highlight which attracts HK students from various other UK universities.

Apart from these, we are also actively engaged in charity work. We have joined the charity CHOICE, which stands for Cambridge HK Operation for International Education. It organises an annual service trip to LEDCs (Vietnam this year) and teaches the local students, many of which have never seen a foreigner before. Apart from the trip, we also raise money throughout the year to fund a sustainable building project within the community that we want to help. This year, we are aiming to raise a total of USD16000 to fund the construction of a library in the remote village of Catdang, Vietnam. As the treasurer, I will have to lead the committee in terms of ensuring our fund is properly used and liaising with the Vietnamese authorities and NGOs during the course of the project.

The application

It is to no surprise that a top institute like Cambridge would place heavy weight on applicants' academic results. The biggest difference, however, between Cambridge and top universities in Hong Kong is in fact that it takes into account the wide range of extra-curricular activities and additional reading that an applicant has done. Excellent results are merely the pre-requisites that most potential applicants will have in their bags. The real distinguishing factor, and in fact a very important quality to possess if you are to survive in Cambridge, is a genuine interest in your subject area and an inquisitive mindset.

Having been through the process myself, I thought I could start by dispelling some myths about the application process. I am doing Law at Cambridge, but while these observations are based on my personal experience, they are generally applicable whatever discipline you are planning to apply to.

The application cycle kicks off with the submission of the UCAS form, which contains academic achievements you have to date, and more importantly, your 4000-character personal statement. It is essential that this is done to the highest quality possible because it largely determines whether you get an interview or not. While it should contain extra-curricular activities, it should be primarily focused on your interest in the subject. And when I say 'primarily', you should take this as an 80/20 split between subject and non-subject content. It is always favorable to mention any wider reading, and crucially your commentary on those, along with work experience and what you have learnt from them, plus, summer schools or courses you have attended that may be relevant.



...not in that they have to necessarily share the same subject content, but in that they offer valuable transferable skills

A mere description of what you have read is not going to be enough. It is essential that you add in your own views and arguments in order to impress the interview panel. For extra-curricular activities, it is crucial that they relate to your discipline, not in that they have to necessarily share the same subject content, but in that they offer valuable transferable skills. I was fortunate enough to have been engaged heavily in English debating, captaining the team to our first Hong Kong-wide champion. This provided me with valuable argumentative and analytical skills that are highly transferable to the study of law, and also most university subjects. These should, however, be minimal in your personal statement.

After the submission of the UCAS form comes the aptitude test (some tests are done at the interview, like the Cambridge Law Test). These tests usually consist of verbal and non-verbal reasoning. It is worth going through past-papers in preparation for them. Most Oxbridge colleges do a particular type of aptitude test, while some do not have one. This could be a factor to take into consideration while applying.



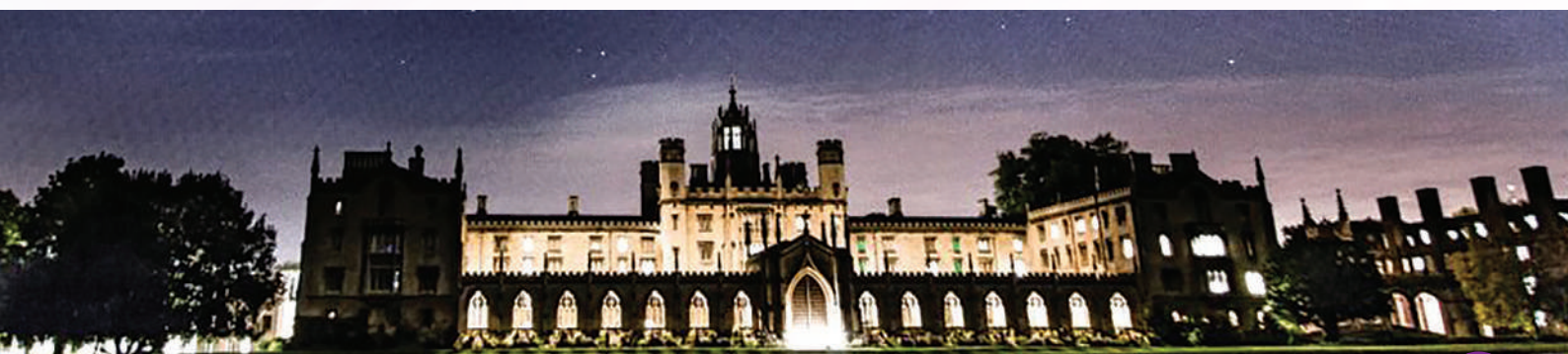
Cambridge Inter-Uni Quiz Committee

The interview is perhaps the most discussed and worrying part of the process, and because of this, probably the most misunderstood. Questions like “what is a banana?” do in fact come in interviews, but they are never out of context like what ‘Oxbridge interview guidebooks’ seem to be suggesting. In my interview, I was asked to read two contrasting judgments on holocaust denial, then evaluate whether there was any value in protecting freedom of speech – in particular protecting false statement of facts. Then, the interviewer pointed at a rectangular table between the two of us, and asked, “What would be the value in me arguing that this table is round?” Taken out of context, this seems to be an absurd question that’s designed to embarrass and deter applicants, but in context, it is not difficult to arrive at the conclusion that the value is in the fact that boiled down the basics, the argument lies on the question, “What is round and what is rectangular?” and therefore there is immense value in protecting false statements of fact.

As cliché as this may sound, there is no way of getting in if you don’t apply. So if you are interested, do apply to Oxbridge and we will be glad to help in any way we can. Although not everybody can get in, the application process itself is fun and exciting, and allows you to better understand who you are and whether or not you suit the Oxbridge education style. Shoot us an email at the address provided below if taking a challenge is something that you would love to do! Good luck!

Lok Him
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Night at St John’s College, Cambridge

Oh, the places you'll go!

A summary of my 4-year adventure

Lam Alfred

2010-12
2012-Present

Studied in St Stephen's College
Studying in GBSM, CityU



Let's explore the world (left - Alfred Lam)

I have always been the type of person, driven to explore, experience and learn beyond my comfort zone. During the course of my secondary study experience, I got in touch with a number of ethical and religious minority communities and organizations in Hong Kong. I ended up being a part of them, attending religious gatherings and rituals, participating in events as they do. On top of that, I started to learn Arabic from an Egyptian, who was willing to teach me free of charge in a mosque. I was her only student, and I vividly remember meeting her every week for lessons, but that was until the outbreak of the Arab Spring in Egypt. She had to return to her country and family, and I could do nothing else but to send her my greatest gratitude and blessings. Since then, I have not heard from her again. The incident had me imagining possibilities of visiting Egypt and other parts of the world so far away from me. Yet the ripples from incidents occurred far away caught me off guard. It was a wake up call for me, as my impatience grew exponentially, my mind hunger to visit and experience all the different parts of the world.

I organized a graduation trip to Malaysia and Cambodia right after my A-Levels along with my St Stephen's schoolmates who shared the same passion for exploration 'right after' our Geography exam (I meant literally departing on the day after the exam). Though these places are familiar to Hong Kong people and they are not very far from us, I am sure what we experienced there would still be considered extraordinary to most people.

We decided to visit the city immediately after we landed Kuala Lumpur, as we only had very limited connection there. The streets of Kuala Lumpur were boisterous and crowded, but it came as no surprise to us

Hongkongers. However, if one pause and observe closely, one would notice that the streets were not packed because of any celebration, but a large-scale political gathering. We walked into the crowd, curious to find out what great feast that had people filling every bit of space in the streets. All of a sudden, clouds of smoke washed in our direction, suffocating and irritating my fellow companions and I, who then swiftly slumped to the ground. Everything was in a state of chaos. With people escaping and screaming, from distance came the sound of explosions and shootings. It was no difference from any apocalypse movie. With some struggles, we ended up at a relatively quiet alley, where injured people were taken care of by other demonstrators. Though it was not long before the helicopters found the alley in which we were hiding. Another shot of tear gas fired in attempt to wash us out. We ran, as fast as our exhausted legs could take us. Later we learnt that it was one of the biggest demonstrations in years. The government called it a riot and addressed the demonstration with fierce force, including the deployment of riot police, tear gas, water cannon, armoured vehicles and helicopters.

The second part of our journey in Cambodia was spent at well-known attractions such as Angkor Wat, Killing Field of Khmer Rouge and Kompong Luong. We tried deep fried tarantula, which is a local delicacy, and hiked mountains with ancient heritages. But soon we got bored with the plainness of our new found peace. With some instant research, we decided that there may be two places in Cambodia which could be more thrilling. The first one was Prasat Preah Vihear, a temple located on a cliff between the border of Cambodia and Thailand. The two countries are infamous for their fight for the sacred temple until today. Deadly conflicts took place every once in a while. Local news reported death on the spot recent to our visit, and I admit the idea was rather reckless. Despite all these, not only did we manage to come back safely, but we also got to play with some of the Cambodian military equipment at the post there without provoking a new battle. The second place was Preah Khan Kampong Svay. We found it potentially interesting because of its remoteness and mysterious aura. It is said to be the biggest temple

complex ever built during the Angkorian era. Despite its significance and scale, much of this complex remains unknown to us as it is hidden inside a forest. No public transportation was available to direct us to the destination, but luckily we found a truck driver who claimed to know the location of the temple we were looking for. We hired him to take us there with his truck.

I remember departing the closest town at roughly 6:00 a.m. in the morning. It took us no fewer than 6 hours to get there. The rainy season in Cambodia had the roads beyond muddy and damaged, if you still considered it a road. We passed through small villages that appeared untouched by modernity, patches of thick forest, and finally arrived to the biggest Angkorian temple complex. Diving into a long forgotten temple complex, distant from modern civilization, we were all thrilled, as it was our first 'Indiana Jones' experience. The temple stood tall in ruin and its faded glory now reclaimed by the nature. We spent some time exploring the complex, climbing around like kids in a playground.

It started to rain heavily by the time we were about to depart. We were practically trapped given the bad condition of the road without the rain. There were multiple times when the tyres of the truck fell in loose mud. The three of us had to push the truck with our bare hands, and sometimes we had to pave the road ahead by filling the puddles with rocks, such that the tyres would not get stuck in the mud. It was 9:00 p.m. and we were still in the forest, and the driver out of a sudden broke to us that he was not sure rather we were on the right track. It actually made sense, since all roads and turns in the forest looked identical, and it was even more difficult to tell which way was right at night. We did not have any idea which way to go, so we did not have any expectation that we could get out of the forest that night. We just gave the driver our compass and stayed where we were. It was not a bad idea to stay in the forest overnight, if only we were dry and warm. Wondrously, the driver figured out the way, and we managed to get back to the hostel by midnight. After all that we have been through, demonstration and riot, war zone adventure, forest trekking, we were glad that we were able to return home in one piece.

This was our first backpacker trip.



Later, all of my travel companions and I entered universities that year. I entered the City University of Hong Kong majoring in Global Business Systems Management. My university life made many people envious as I travelled extensively. First of all, my major required me to have overseas academic exchanges in different countries for at least 1 school year. Second, the school administrators eagerly invest in equipping the students with unique skills and global exposures, In this context, the university generously provided students with scholarships and support for overseas activities, on top of the already attractive academic scholarships. Besides, I have been active in student organizations since high school, which also gave me valuable international networks for overseas placements and projects.

The chronological sketch of my university overseas experiences goes as below: During my very first semester, I successfully applied for one of the fundings available at the university, for a trip to Sri Lanka. You may wonder why Sri Lanka - it was simply because I found it exotic and interesting, but of course I had to justify my means with the school, suggesting what my team could gain from the trip if funding was granted, how we could ensure and evaluate whether the learning objectives could be meet, etc. At last, the funding was granted, and we were off to Sri Lanka for a few weeks.

In the following semester, I was invited to coordinate a mainland China internship programme. It was one of the biggest internship programmes available in Hong Kong, offering thousands of internship opportunities in dozens of cities in China. Being a coordinator meant that I had to take part in the mainland internship, to take care of the participants, on top of all the preparation work. Apart from these, my first year in university was also filled with numerous smaller trips. I, together with my peers of the same programme, utilized all the free-study weeks to make additional trips during regular school days, mainly to China and Southeast Asia where the expenses did not exceed the scholarship we received.





My second year was all overseas, with only a touchdown at the Hong Kong International Airport in between. My first exchange took place in Mexico. I was the first person from the CityU to have the precious chance there. The host university is located in northern Mexico, where illegal activities were said to be very active being near the Mexico-United States border. I chose Mexico because I wanted to learn Spanish, one of the most popular languages in the world besides Chinese and English, and experience Latin American cultures. During my stay, I was forced then conditioned to learning Spanish, since not even half of the university staffs speak understandable English, not to mention those outside of the academic environment. I also made deals with my schoolmates to tutor them in English or Chinese in exchange for Spanish tutorials.

Besides all the schoolwork, I applied for internship, social service programmes and a dance course there. I worked for a local trading firm and twice a week, I attended a dance course and even took part in a Tango dance performance. During the weekends, and occasionally the entire week, I travelled extensively throughout Mexico, and nearby countries such as Cuba, Jamaica, Belize, Haiti, and Dominican Republic.

In between my first exchange and second exchange, I had an internship in Argentina. It was an offer referred by people I met during my involvement in students organizations. I worked for a non-government organisation that focuses on youth development in the city of Rosario. If I did not accept the offer, I would have time to travel around South America, but it was worthwhile. I had an in-depth taste of Argentine cultures and society. The people I met and the fattening food I had were unforgettable. I am still closely in touch with the people I met there today.

After 3 days of nonstop flights and transfers from Argentina, I eventually reached Singapore for my second exchange. The school work in Singapore was far more intensive than that in Mexico. I had university sessions ending at 10:30 p.m. twice a week, and it was considered normal to the locals. I was exhausted after almost every school day, but I still remember the joy of fulfillment from exhaustion. I shared a flat with two

other people, which was very much like public housings in Hong Kong, except there were fighter planes flying over from early morning till late at night occasionally. To my surprise the Singaporean society and personalities differ greatly from those of Hong Kong in many aspects given their similar perception of being an international economical gem. In many ways, our strengths supplement their weaknesses, and vice versa.

Apart from school, I took some courses outside Singapore, in places such as Salsa, where I started learning in Argentina. I also travelled quite frequently to Batam, Indonesia. The ferry from Singapore to Batam takes roughly the time as it takes going from Hong Kong to Macau. Batam has a lovely unpolluted ocean to offer the world, where traditional fishing villages still live their lives like how they did hundreds years ago. Besides Batam, it was also convenient to travel to India from Singapore. As there are many Tamils living in Singapore, the flights to Tamil Nadu and other parts of India were very economical.

After all these trips and exchanges, like most peers of the same major, I was a proud owner of an almost empty bank account. But fortunately, the CityU scholarships and funding for overseas activities come in multiple installments, and the final installment usually comes after our trips. My third year in university had fewer overseas involvements, mainly international student projects of smaller scales, and an overseas work placement in Germany during the summer.



Recently, Alfred paid a visit to Mogadishu where is a traveler's holy grail. It is also a place full of myths and mysteries, velied by sands and war scars.

I can show you the world -

An interstellar vacation to Mars

Recurring lineae on slopes (dark and narrow streaks) at Hale Crater, Mars

On September 29th 2015, NASA announced the discovery of liquid water on Mars. Since the Mars Exploration program to “follow the water” began in the late 21st century, this has not been strongly justified and validated until now, said John Grunsfeld, astronaut and associate administrator of NASA. Some say this marks the ending of decades’ worth of research, but more argue that what we’ve found is merely a tip of the iceberg.

Before we can understand the excitement of the scientists, we must first understand exactly what the spectacular discovery was and how it was discovered. The surface of Mars is rough, with steep mineral slopes. By using an imaging spectrometer on Mars Reconnaissance Orbiter (MRO), researchers detected hydrated minerals on the mysterious streaks that appeared darkish and ebb. These streaks appear to fade in cooler seasons and flows in warmer seasons in areas of the Red planet where temperature could be above -23°C . So, by the claim of “finding water”, what NASA really meant was finding “traces of hydrated mineral streams”.

The recurring slope lineae (RSL) have always been suspected in relation with liquid water. By theory, hydrated salts lower the freezing point of liquid brine and create these dark streaks, the same idea as melting snow on roads with salts. It is likely to be a shallow flow, suggested the scientist from an analysis of the darkening.

Water plays a vital role in the formation of these streaks

“We found the hydrated salts only when the seasonal features were widest, which suggests that either the dark streaks themselves or a process that forms them is the source of the hydration. In either case, the detection of hydrated salts on these slopes means that water plays a vital role in the formation of these streaks,” said Lujendra Ojha of the Georgia Institute of Technology (Georgia Tech) in Atlanta, lead author of a report on these findings published Sep 28 by Nature Geoscience.

What will happen next? Logically thinking, it would be more investments on the “Mars Express” mission. Yet, our knowledge of our neighbour remains very limited. Some continued to fight against the Mars Project because they don’t really see space as a frontier, or because they have given little serious thought to strategies for space development. Seeing all advances as equally useless (or equally useful), they blow the horn for a space activity that is both exciting and understandable — that is, to go through free space (a place so strange and hard to think about) and then promptly leave it again to land on another planet (a place for familiar sorts of discovery and adventure, like Antarctica). Others argue that Mars’ surface atmosphere is over 99% vacuum. This means that explorers will need suits and pressurized hulls like those needed in space. The atmosphere (being mostly carbon dioxide) remains unbreathable even when compressed, yet it still manages to lift dust enough to dirty solar collectors — though Martian nights may be a worse handicap. Mars has air enough to be troublesome, but not enough to be very useful.

Regardless, the project has cost NASA nearly 10 billion dollars. With that money, you could buy 10 Solomon Islands, or 10 fighter jets, or if you are a massive sports fan, 10 Los Angeles Lakers.

How to further explore this planet without contaminating it with Earth microbes?

With water running on the Martian surface, Mars might turn out to be more habitable than we previously thought, since water is a necessity for living organisms. As miraculous as it may seem, reality is much more subtle. Nevertheless, finding water does not yet prove the existence of alien lifeforms. Moreover, the bigger question scientists are trying to answer now is: How to further explore this planet without contaminating it with Earth microbes? Indeed, the resources on Mars are desirable. The components in the Martian water are extremely useful in creating rocket fuel. However, we are still a long way from unravelling the mysteries of our neighbouring planet. Despite the obstacles, doesn’t the discoveries on Mars open up for all kinds of possibilities about/for future life? Perhaps Earth was just like Mars billion years ago!

Finding water on Mars is no doubt one huge leap in space exploration for humankind. The idea of sending astronauts to Mars to find out more about it has sparked the minds of NASA scientists, leaving us pondering on its worth. Since there are two sides to every coin, some see it as a suicidal mission, while others that are more optimistic believe that every human progress begins with the willingness to take risks. It is up to us to judge the true value of the Mars Project, while needless to say we are now one step closer to interstellar vacations. Perhaps one day our world would not be limited to this blue planet that we call home, but also somewhere else in this ginormous, mysterious universe. All that we are certain is the fact that there will be more to come.



在茲念茲
On My Mind
Art Exhibition of
St Stephen's College

聖士提反書院
學生作品展



5 to 10 March 2016
Mon-Fri 9:00AM - 7:00PM
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The Artland Co. Ltd.
3/F Lockhart Centre
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Wanchai

原來你是我最想留住的幸運

胡鏡靜 張沅軒

最近，青春校園電影《我的少女時代》引起了廣泛關注。說起這種台灣的青春文藝電影，大家都會想到幾年前哄動一時的《那些年》。《我的少女時代》還沒有上映時，光是主題曲「小幸運」的音樂影片已經被班上的女生循環播放過許多次，走在校園不同角落都能聽見「小幸運」，琴房亦不時傳出這首歌的旋律。看過電影介紹以後，我心底也湧起了要去電影院看看的念頭。記得那天電影院內座無虛席，我旁邊坐的還是兩位年近六旬的婆婆，可見此電影在城中引起的關注度。這部影片到底為何這麼吸引人呢，我想是因為每一個年齡層的人都能夠跟這電影產生共鳴，當中的故事也許是他們久違了的回憶，他們的憧憬，又或者是他們正在經歷的。



這個故事的人物主要有平凡少女林真心，校霸老大徐太宇，校花陶敏敏，「乖乖男」歐陽非凡。歐陽和陶敏敏郎才女貌，是眾人眼裡的才子配佳人。徐太宇想追求陶敏敏，林真心愛慕歐陽非凡。可是，當他們在天台結成失戀陣線聯盟的那一刻，觀眾們大概都可以猜到：太宇會愛上真心，真心會喜歡上太宇。

說來，這是一個平凡女生的平凡故事。但其實，它也沒有那麼的平凡。林真心在電影一開始的時候扭扭捏捏，做事猶豫不決，又多管閒事，她連做壞事也要笨笨地留下了輕易被發現的證據，我一開始並不喜歡她，但當她得知好朋友曾經是一個數理資優生，因為背負對朋友的罪疚感才變成校園痞子老大時，她決心幫助徐太宇，她為此即使害得自己摔得四腳朝天也在所不惜，這的確打動了我。那時，林真心說：「答應我做回之前的徐太宇。」也許是林真心感動了徐太宇，徐太宇才洗心革面，帶頭做起了一個好學生，從一個痞子變成了考得全級第十名的好學生，正如「小幸運」歌詞所寫般，「來不及感謝是你給我勇氣，讓我做回我自己。」其實那個時候的徐太宇應該已經不知不覺地住進林真心的心裏了吧。

新來的訓導主任全智賢是一個頗有偏見的人，他不相信一個壞學生不作弊就能考到第十名，一口咬定徐太宇作弊才獲得佳績，在校慶頒獎典禮上不讓徐太宇得到他應得的榮譽。林真心看不下去，主動站出來向訓導主任抗議，指自己也違反校規，請求處分，隨後在校草歐陽非凡的帶動之下，更多的人站起來主動揭發自己所犯下的「罪行」。那個時候的林真心不再是從前那個懦弱的女生，反而有為了正義而奮不顧身的勇氣，她早已不再是那個平凡無奇的普通女孩，而蛻變成了一個能勇於為他人發聲，跟從自己內心意願的人。他們彼此為對方而改變，變得更優秀，兩人皆不知不覺地成長了。

整部電影中，最感人的位置大概就是林真心拿出錄音帶聽徐太宇對她說最後的話，編劇事先埋下的伏筆令你感覺命運跟他們開了一個很大的玩笑，「原來你是我最想留住的幸運，原來我們和愛情曾經靠得那麼近」——徐太宇為林真心默默地在背後付出，希望幫助她成就最大的幸福，怎料自己原來才是林真心真正想得到的幸福。他們為成全彼此的幸福而努力，卻錯過了相愛的機會，反而成為遺憾。

成年後活得侷促的林真心終於醒悟要為自己而活，勿忘初心，要成為一個自己想成為的人，和過去的自己說再見。一次，她路邊偶遇偶像並意外得到了演唱會的門票，又意外地遇見了之前那個一直只出現在回憶裡的人，一句「好久不見」讓多少人感嘆多年前的遺憾有機會彌補。

電影上映後，各方爭議頗多。許多人表示電影極其感人，引起共鳴，勾起了自己青春的回憶或對於愛情的憧憬。也有人認為該電影雖有主線，卻略顯混亂，導演的拍攝手法青澀，而故事內容老套，說不上有什麼新意。不過自電影推出，以正面迴響居多。或許青春和愛情這兩個議題總是亙古不衰的，畢竟這兩者皆有種朦朧美，讓人感嘆可望而不可即。

青春就是一場跌跌撞撞的旅行，擁有後知後覺的美麗。即使怕留有遺憾，可是遺憾卻總是不可避免。趁著自己的大好時光，勇敢地做回自己，別讓自己留有遺憾。

《The Shawshank Redemption¹》影評

舒婷

1995年，是佳片倍出的一年，也是讓無數演員與奧斯卡小金人擦身而過的一年。而有一部電影，即使是獲得六個獎項的《阿甘正傳》，也無法掩蓋它的光芒。

《月黑高飛》，一個發生在監獄裡的故事。

每當人們想到監獄，腦中立刻浮現的就是人生不可磨滅的污點。對於無期徒刑甚至面臨死刑的囚犯來說，監獄就是一個黑洞，在你不知不覺中吞噬著希望。蕭山克監獄就是這樣的一個地方。

救贖。

自我救贖？救贖他人？

這個在一所關押著重刑犯的監獄中聽起來完全不可能的詞語卻是貫穿整部電影的核心。主角安迪是一個含冤入獄，被判無期徒刑的銀行家，在這個臭名昭著的監獄裡始終不放棄對自由的追逐，堅定地相信美好，即使在唯一一個可以幫他沉冤昭雪的希望被典獄長生生掐滅後，仍能在他深邃眼眸的盡頭發現那被壓抑的自由。

終於，在一個風雨交加的夜晚，雷聲大作，男主人公揭開牢房牆上貼著的巨幅海報，露出後面那個被挖鑿多年的通道，那條僅有的骯髒之路把男主角送往美麗的新世界。

在影片情節設定方面，它幾乎沒有什麼特別激烈的衝突出現，從始至終用按部就班的劇情展示配合男二號的念白解釋完成，但是就是這樣一部節奏緩慢但又不拖沓的電影，極具表現力的刻畫男主人公內心的掙扎，對自由的渴望，無時不刻牽動著觀眾的心弦，引起共鳴。

這不是一部能輕易看懂的經典，它需要反覆的重溫。懷著另一種心情發掘每一個細節的巧妙構思，你就會發現它，總能給你帶來驚喜。

¹港譯名《月黑高飛》





MOVIE REVIEW DEAD POET SOCIETY

Lam Pui Yan Penny

There are certain movies in the film industry that have the capacity to inspire and change us. They subtly alter our perspectives of life and embolden us to live a life of no regrets. To me, the 1989 classic film *Dead Poets Society* is most certainly one of those movies.

Set in 1959 at Welton Academy, an aristocratic boys' school founded on tradition and excellence, *Dead Poets Society* revolves around the influence of Mr Keating, a new English teacher who methodizes unorthodox teaching of poetry to inspire his constrained students. Unlike the overly-realistic teachers and stern parents who simply aim at raising doctors and lawyers, Mr Keating encourages his students to become free thinkers, emphasizing the idea of *Carpe Diem* ('Seize the day' in Latin). His philosophy of life inspires the recreation of the Dead Poets Society, an unsanctioned group that hosts poetry recitation meetings in a cave, of which Mr Keating was once a member. Under the influence of Mr Keating and through their involvements in the club, the boys gradually build up their confidence. They begin to challenge rigid doctrines and attempt to pursue their dreams, bearing in their minds the principle of *Carpe Diem*. However, this backfires when one of the members, Neil Perry, commits suicide after his father crushed his dream of being an actor by forcibly enrolling him into a military school. Consequently, Mr Keating is wrongfully blamed for this tragedy and is forced to leave Welton Academy although he still remains the students' one and only true role model.

When I was watching this movie a few years back, I was struck by how the students' situation resonated with that of Hong Kong students. Many of us often feel burdened by our predetermined future yet fear to escape from those who mould our lives. It has been deeply ingrained into us to unquestioningly obey people in authority ever since we were toddlers. However, watching the tightly-controlled boys at Welton Academy muster the courage to break free and stand up for themselves, I began to realize the necessity for us to become men and women of our own free will. Even as teenagers, do we not have the right to make known our thoughts or have a say in decisions that involve us? Just like the boys in the film, we shall not remain senselessly silent and compliant, but ought to speak up and become free-thinking individuals living for ourselves instead of timidly conforming to authority.

Through the boys who are able to break free, *Dead Poets Society* also demonstrates the true essence of *Carpe Diem*. Inspired by this aphorism of his, most of Mr Keating's students (including Neil who later commits suicide) are able to boldly attempt and accomplish things they have never tried before or even dared to dream about.

Carpe Diem is not just an idea or a motto, but an outlook on life – living in the moment and making life worth living. Life is simply too short to live for someone else and to be wasted away. We must seize the present to realize our dreams, fight for what we believe in and brave all consequences without regret. This way, we can truly make full use of our finite time in this world and make our lives extraordinary.



一個人的電影

黃康晉

上了高中，不知為何地，我總是喜歡獨自一個去買票看電影，獨自一個回味剛看完的電影。每次戲院的燈滅了，我的小小世界便會亮了起來，我很享受這種感覺……

其實，幾十塊錢的戲票對一個每星期只有三百塊零用錢的年輕人來說也不能說是便宜，看一齣沒那麼著名的也得省著吃飯。這些害人的票疊起來至少有一本中學教科書般厚。手裡拿着一張票，即使知道又要餓肚子，心中卻有一份舒暢，一份滿足。

「浮生卻似冰底水，日夜東流人不知。」放映機的轉動似乎加快了時間巨輪的運轉，從影院走出來的人常常感覺自己又虛度了幾小時的光陰——什麼也沒學到，什麼也沒做過。他們有沒有細心揣摩導演的用意？又曾否頓悟出一點點道理而感到高興？還是只是邊看邊談劇情邊吃爆米花。我不禁想起以往不懂看戲的片段，只是顧著跟同學嬉笑玩鬧。現在看來，當時實在是年少無知。現在，我寧可獨自安靜欣賞作品，細味當中微妙之處。

還記得我第一次戰戰兢兢獨自走到買票的隊尾，深怕瞥到旁人投以的目光，我只顧胡亂地滑動手機螢幕。

好不容易輪到我購票，「福爾摩斯，五點半，謝謝。」

「幾位？」

「一位，學生票。」

售票員收款時的遲疑對我來說可說是頗大的羞辱。當時的介意，現在已經放下了。

在人群中穿插，我與別的「低頭族」不同，別人是為了回覆短訊、刷新新動態而低頭；我則是為了逃避別人眼光而勉強找一些東西翻翻看。我的行為與掩耳盜鈴無異。人來人往和熱鬧談天的背景都帶給我無形的安慰，但在此刻，我聽到一個男孩拖著媽媽的手說：「假如這戲一個人看多悶啊！」我握著手中已皺了的票，裝作無事地繼續滑手機。當時的介意，現在也放下了。

職員把票尾撕去，我一直走到被黑暗籠罩的戲院。對我而言，戲院其實只剩下不到一半的座位是我喜歡的，就是左右兩側的。放下書包，拔掉耳機，戴上眼鏡，安頓了下來。瞬間，我沉醉於戲院的那份寧靜，沒有人聲，彷彿大家都屏住了呼吸。我發現我需要的是「靜」的空間。在這空間，我不招呼我認識的人，更不用顧慮別人感受或自己形象，而忽略戲中的細節。看電影要細心，當中不少細節是導演精心設計的。沒有顧慮，猶如置身電影其中，也更容易聯繫人生經歷。

高中時，我和認識的人一起看戲，那次經歷讓我明白但凡看戲，一定要獨自看。我和他進場坐下後，便在播放廣告時段談起往事。怎料，他的嘴甫開，就停不下來。當電影正式開始播放，我禮貌地儘量不打斷他的發言，但也盡可能不再回應他，暗示他不要再吵。可惜，當他說完，戲也完結。離開影院，我微微一笑，之後便立即甩走他。事實上，無論他在旁說話與否，我也會因為要顧及旁人而感到不自在，儘管是我的知己、伴侶或者父母。電影說到底終究要一個人看。

不曾嘗試獨自一個看電影的人未必能把人生經歷與導演的結晶品融為一體；導演、編劇、演員，全都一定試過自己走進一家公眾戲院，打從心底感受其他人的生命歷程。我雖然並不屬於他們其中一員，但是他們的「曾經」，我確信我經歷過。每個星期，只有在戲院裡的數小時我才能無所禁忌地釋放自我。

在選擇電影時，我不像普通人般先找劇情，而是先查看片長。長電戲的妙處不在於它的劇情編排得多扣人心弦、結構多嚴謹，而在於其長度而已。何出此言？蓋因看戲的目的在享受獨處之樂，情節反而次要。某個暑假，我偶遇一套「經典著作」——《魔戒：五軍之戰》。這齣總長兩小時二十四分鐘的人怪之戰內容簡易，邪不能勝正的道理表露無遺。在那打打殺殺的片段中，五支軍隊孰勝孰敗我早就忘了。不管電影的音響多麼震耳欲聾，我總會找到安靜思考的空間；對比起我看似安心的睡房，這一角才使我放下塵思雜念。少吃了一頓午飯，為的就是幾十分鐘的心靈享受，戲不夠長，寧可不看。

我從不看影評，也不寫影評，我總認為電影跟每位觀眾的人生經歷有旁人永遠不會明瞭的聯繫，何不藏在自己心底細細品味？

如果撇除工資的考慮，電影放映員其實可說是我夢寐以求的職業，一個人在毫無騷擾的情況下整日享受不同電影，更不必花費一分一毫，且還可以重看。可惜的是，在職的人卻不如此認為。一次晚場結束，我正準備離開之際，看到一個青年來戲院接送女放映員，只聽她說：「悶死了！像關在監獄一樣！」我忍不住走向她，道：「要學會享受，享受沒人能懂的滿足。」我不知道經過一天的工作她究竟聽得進多少，聽明白了多少，我只想在電影院工作的人能夠知足、享受自我。

一年又一年，從前曾介意的早就灰飛煙滅，自從我愛上獨自看電影，很多看似離群的事我也不怕了。戲院成了比我睡房還要舒適自由的地方，能有幸找到這一片空間，花幾十塊錢進來享受一下又何妨？朋友們，嘗試放下周遭的一切，尋找屬於自己的一隅，找回你的小小世界吧！

「郭太與她的郭太」

郭郭佩貞老師

上帝在每個人的生命裡也安排了一個完整的計劃，其中有責任和義務，當然也有困難。云云人海中，大家的人生計畫不同、工作有別，但責任卻一樣，縱使困難重重，也要圓圓滿滿地完成使命，這才不枉此生。在我的人生中，教曉我這道理的啟蒙老師，必然是我的母親。「聽說」媽媽當年有許多裙下之臣，「聽說」她當年美絕土瓜灣工廠區，「聽說」她拒絕所有追求者而聽從外公旨意，嫁給我爸。這一切皆是我從多位親戚長輩口中「聽」回來的，無從考究，每次問起媽媽，她只是笑而不語。我有點疑惑，實在難以想像她當年的風華絕代，因為在我的心目中，媽媽是一個拿著雞毛撢子追著兒女跑的「香港典型肥師奶」，與「美女」一詞大相逕庭；但是，這位「肥師奶」用她的人生教曉我何謂「迎難而上」和「克盡己任」。

我的媽媽出身於一個貧困家庭，她是長女，有五位弟妹，外公和外婆是漁民，經常出海捕魚，經常多天不在家，雖然媽媽當時只是一位小孩，但照顧家中幼小弟妹的責任已落在她的肩頭上。由於要照顧弟妹，又是女兒身，外公不讓她進學，故此她每天只能待在家裡做家務，用羨慕的眼光望著其他小孩上學去。我小時候聽媽媽娓娓道來這往事，總為她扼腕嘆息，覺得外公的不近人情拖累了她的一生，但媽媽說從不恨外公，因為家境貧窮是客觀事實，只能接受，再從現實中找尋出路。她說：「現實如此，也要過活，難道不活下去嗎？」那年代的人，縱然生活條件匱乏，但是身上總是散發出堅毅不屈的味道。聞說媽媽12歲就借用別人身份證虛報年齡到九龍工廠區打工，後來捕漁業式微，外公外婆上岸了，媽媽便擔起養家的責任。出嫁前的媽媽，她的人生責任就是照顧家人，這談不上是什麼偉大理想抱負，但是她的每一分每一刻也在為家人掙扎求存，她的使命就是盡女兒、姐姐的責任。

因著成長經歷，媽媽性格堅強硬朗，面對困難從不退縮。她和我爸結婚後生活安逸多了，令她可以全心全意照顧家庭。爸爸常說：「大事歸我管，小事歸媽媽管，家裡所有事都是小事，所以全歸媽媽管。」這話聽來有點窩囊，但亦真實地反映了我們多依賴她。打理家務、家人起居飲食、教養子女等全是媽媽的工作，她的所有時間也投放在家人身上，尤其是有關兒女的事情，她的戰鬥能力比葉劉淑儀當年捍衛掃帚髮型更厲害。媽媽很著緊我們的溫飽，她會扭盡六壬，為求我們幾兄妹能多吃一點。有一次她發現我們愛吃菠蘿咕嚕肉，便學習其煮法，不斷鑽研，就算步驟有多繁複，她也不放棄，直到一碟香氣四溢、令人垂涎欲滴的咕嚕肉端上飯桌，才算功德圓滿。那時我看著她在廚房忙來忙去，甚為不解，要吃咕嚕肉就去酒樓買回來不就可以了嗎？為何又要削菠蘿又要炸排骨又要調配醬汁，多麻煩啊！現在回想起來，是我太無知、太小看為母者的心意了！

到現在我們長大了，媽媽的年紀也不小了，應由我們來回饋跪乳之恩、反哺之義，但只要我們需要她，她就會實踐「為母則強」的道理，仿如巨人般保護我們。前陣子我因身體抱恙而住在娘家休養，那時我身心俱疲，除了躺臥病床休息，什麼事也做不來，幸好有媽媽的悉心照顧，讓我像回到小時候般依賴著她，得以捱過這難關。有一次夜闌人靜我又睡不了，心情苦澀難耐，便躡手躡腳地走到媽媽的房間，找她陪伴。媽媽強撐著惺忪睡眼跟我聊天，母女倆天南地北聊到天亮。我知道她很疲累，但為了這寶貝女兒，也盡力地陪伴我渡過這難熬的夜晚，亦因為她的陪伴，讓我在陰霾中找到尋回陽光的救生素。

當年那個美絕土瓜灣的工廠妹，今年已可享有老人乘車優惠了。若計算對社會經濟增值來說，她沒什麼大價值，但若以經濟以外的價值來計算，她是一個女超人，她對家庭的付出令我和三位哥哥能擁有快樂又安穩的成長期。有人天生是領袖，有人適合當科學家，有人默默地當一個清道夫。不同的工作，不同的路，但只要你能認真地熱愛你的工作，各種身份也會有一樣的價值，也會受人尊敬。我的媽媽只是一個工廠妹和家庭主婦，但她在我心目中是一位偉人，務實地用生命教導我成為一個盡責的人。難以想像媽媽離開的一天，我的世界會如何天翻地覆地改變，但願她長命百歲，讓我老時也能跟她談心到天亮。



《上國家主席習近平書》

國家主席、中共中央總書記
習主席鈞鑒：

予竊為一介書生，白帕青衫，籍居香港，就學聖士提反書院。妄論古今，祈達天聽，尚幸勿嫌鄙陋，此誠剖忠肝丹心以呈肺腑也。孔曰成仁，孟曰取義，敢以身薦家國，為謀萬世之策，於道無憾。

天下人皆謂中國興盛承平之勢已定，予獨以為未然也。觀其制言，審言度勢，非愚則妄，直禍起之道也。本末舛逆，首尾衝決，實亂發之源也。苟跡前故，因陳景德舊事，條分理路，冀為國助，適際昭國威而制六合，振衿袂而披肝膽之會，竭計黜謬論以諫股肱，弭隱患以維大局，是以史為鑑而省弊患也。

宋室積弱，尚文厭武，究其弊，緣起澶淵。故曰，真宗之始，忘戰去兵，自此燕雲無望，不復邦國之威。昔太祖靖宇內、一四海、極九五，設封樁庫，太宗繼統，欲圖震威北遼，收復燕雲。至景德元年，北遼入寇，真宗親御黃蓋，敗敵將於澶州，時敵糜我鼎，天下殷盼北伐，然空擁山林川澤之利，枉積貨粟倉窖靡窮之豐，畏敵廢諫，締盟以為兄弟。

嗚呼！擁勝敵千萬之國力，量天下之投筆志士，殆以北伐，遺憾百代！從此軍威民氣盡失，朝廷內外以至閭巷市井咸以鄙兵，終至靖康留恥、紹興遺辱，追本溯源，實禍起真宗之朝，自此永無王天下之日矣。

夫國運宗祀，繫於天命，治亂興衰之律，或謂天道，其非人事哉！孟子曰：「桀紂之失天下也，失其民也；失其民者，失其心也。得天下有道：得其民，斯得天下矣；得其民有道：得其心，斯得民矣。」蓋民心之要，斯述備矣。真宗以後，既失其大國之心，遂更無復得天下矣。

今中國之弊，尚虛利不尚禮義；社稷之患，在人心不在夷狄。今為士不以天下為己任，無節以陳大燹之病，是故正氣之不伸，人心之勢亡。五代之時，文風凋零，綱常崩壞，宋以仁義治國，天下歸心，延祚三百年，遽亡弗遠，尚有忠臣參扶社稷。夫以宋室不識干戈，卻歸天下人之心，今兵事日隆，惟士民無以報國，苟營私利，其非痛哉！

為今國計，惟易俗革陋，隆德重禮，方根本之法。子曰：「君子之德風，小人之德草。草上之風，必偃。」昔彊秦之變法，亦類此也。夫教化天下，非一日之功，倘非經年無以現其效，惟以千秋之計，國民教化弗可緩、弗能止也。然何以行焉？上位者待貧賤以禮，行大國之義，倡官吏以廉，議凶惡之恥，弗如此，則無從也。

蓋今國富民殷，惟民德匪厚，辱國格、失廉恥，則禍敗亂亡接踵而至。是故盛世，非民德忠信，君明臣賢，無以締之。君臣怯懦，則何復興邦；士民無德，又何復得天下歟！予以為君民相賢，繼殷盛中興之勢，始有王天下之日矣。

國是螭蟾，心繫家國，竭盡愚見，冒昧上書，期主席親鑒。揣此。敬請

勛安

學生
鄭翱騫謹呈

二零一六年一月十四日

生活中的文化載體 — 中國剪紙

梁熒珈

剪紙是紙張藝術，歷史悠久，能體現中國文化的精神。

你可能會好奇一把剪刀和幾張紙，能剪出甚麼來？只要經過一雙巧手的裁剪，普通的紙張立馬就可以變成既生動又精緻的圖案，並能妝點日常生活，比如用作窗花、喜花、禮花等等。而剪紙的題材包羅萬有，有神話傳說、戲曲小說、詩詞散文等，有時亦會取材於現實生活，如花、鳥、獸等。

從前的剪紙常用於宗教、祭奠儀式，如用作祭祀祖先或神仙供品的裝飾物，喜慶節日的裝飾等等。後來，人們把剪紙廣泛地應用於日常生活中，如用作裝飾燈上的燈花、皮影戲的裝飾物等等。

剪紙的技巧也有很多學問，而刻的技巧大致上有兩種：「陰刻」是指剪去纖細線條，使餘下未剪的地方形成鮮明簡樸的圖案；另一種是「陽刻」，即把紙張大部分地方剪去，由餘下的幼線紋構成細緻精巧的圖案。

時至今在，剪紙多用於裝飾牆壁、門窗、房柱等，也可作禮品點綴。剪紙的圖案不同，象徵意義也不同，如牡丹象徵富有，蓮花象徵純潔，松鶴象徵長壽，龍鳳象徵美滿婚姻等。

剪紙看起來雖然簡單，但其實內裡的技巧和學問都非常考究。可惜，隨著新的藝術形式萌芽、盛行，剪紙藝術日漸息微，目前擅長剪紙的多是邊村遠城中的老年婦女，剪紙藝術瀕臨失傳、消亡。所以，為了保存這種藝術，我們應採取行動，繼承並光大剪紙，讓下一代能認識及欣賞這種傳統藝術。

Doctors in public hospitals: Do they deserve a pay increment?

Tsui Yat Yan Larissa



Photo courtesy of Felix Wong, SCMP

Professions like medicine is highly sought-after in Hong Kong. Not only does the career associate with the noble mission of saving lives, it also hints an affluent life ahead, with a promising sum of salary. At least this is what most of us believe. Doctors on the other hand, dissent from the notion and believe their current wage level is an under-valuation of their contribution to society, as said by Dr Donald Li Kwok-Tung, President of the Academy of Medicine, during an interview with the South China Morning post. Holding a similar perspective, 1,300 doctors staged a sit-in at Queen Elizabeth Hospital on 20 October, hoping to fight for a salary increment of 3 percent in accordance to those received by other civil servants.

At present, the median salary of a doctor is HK\$70,490 according to Dr Ko Wing-Man, Secretary for Food and Health. Supports have been expressed in society that doctors should deserve a pay rise, but critiques have also pointed out that the movement of salary bargaining, has as well cast doubt on doctors' true purpose of practicing medicine, if not solely for money. Personally, I believe that doctors in public hospitals do deserve an increase in wage.

One third of the doctors interviewed had to work more than 65 hours a week

In recent years, the aggravation of the aging population problem and the increase in the number of mainlanders flocking to Hong Kong to give birth, have been pressurizing the already stressed-out medical staff in Hong Kong, namely the clinicians and nurses. It is commonplace to find endless queues stationed at the Accident and Emergency department in public hospitals across Hong Kong. The workload of doctors is enormous and according to surveys conducted by the Chinese University of Hong Kong, one third of the doctors interviewed had to work more than 65 hours a week. Moreover, the requirements of medical skills and knowledge of a doctor are exceptionally high. Doctors have to go through 6-year of medical training before earning their qualification to practice. In addition, hospitals are high-risk working environments, in which there is a high chance for medical practitioners to contract deadly diseases from their patients. Examples can be seen during the outbreak of SARS in 2003, when doctors willingly sacrificed their lives for curing the fatal disease. In view of such hardship endured by doctors, do they not deserve a salary rise along with other civil servants? If wage serves as a mean of

calculating one's contribution in work, then the amount of contribution made by doctors will be absolutely sufficient to justify their demand for a reasonable increase in salary.

Other than that, an increase in wage actually plays a prominent role in keeping the doctors from jumping on the bandwagon for jobs in private hospitals. The resignation of clinicians in public hospitals has become even more prevalent in recent years. On average, there are 4.2 percent of doctors leaving the public hospitals every year, cited from an article of China Daily. Some believe such worrying trend can be attributed to the overly long working hours and the stressful working environment in public hospitals. On the contrary, private hospitals provide a higher wage and a more comfortable working environment, which are the alluring factors for clinicians to switch jobs. If doctors in public hospitals are able to receive an elevated level of wage, expected is an enhanced morale among doctors and hence a lowered turn-over rate. Thus, it is of utmost urgency to ameliorate the shortage of doctors in public hospitals in Hong Kong. In this sense, issuing a pay increment to doctors actually brings about the common good in society.

Doctors are not robots but human beings

Some may say that the budget to be approved by the Hong Kong Hospital Authority on issuing a salary rise for doctors, should be better spent on improving the facilities in public hospitals, especially those which have yet to receive any renovation since the British colonial era. Indeed, facilities like the Queen Mary Hospital is worn out after decades of exhaustion. However, the quality of the medical services provided by the hospital staff is equally as important as the facility itself, when it comes to the maintenance of quality public medical services in Hong Kong. It is crucial for us to understand that doctors are not robots but human beings, with flesh and blood, just like everybody else. When employees in other sectors were deprived of the wage they deserve for over-working, critiques were raised against the government and currently, the implementation of the standard working hours is of popular demand. In this sense, how does the underpaying situation suffered by clinicians any different from that by other employees? If the legislation of the standard working hours is underway, it should also be more than justified for doctors to have their 3 percent pay rise.

To conclude, career as a medical professional is never a breeze. Consecutive nights of on-call and the round-the-clock working schedule are something not even experienced by other high-paid occupations, such as lawyers and bankers. Thus, the efforts paid by doctors in contributing to our society should be the reason for them to deserve a pay increment.



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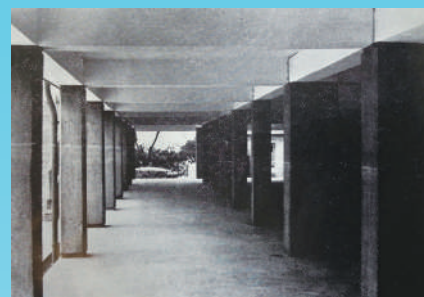
First recess on the first Day 1 after receiving the first issue of Eruditio!

Place: Centenary Building Main Entrance

Simply answer the following questions and bring along with your Eruditio to our booth.

1. This photograph was taken in

- A. Ng Wah Hall.
- B. Tang Shiu Kin Hall.
- C. Special Room Block.



2. Mr Victor and Ms Madalena shaved their heads for

- A. playing true or dare.
- B. supporting kids with cancer.
- C. saving expense on haircut.

3. Which of the following best explains the fire in West Wing Dormitory in Rev. Handforth's article?

- A. Boarders barbecued in the dormitory.
- B. A gecko caused a short circuit.
- C. A boarder threw away a cigarette into a bucket of cordite.

Sudoku 數獨

遊戲玩法：

以一至九，九個數位將下列九個九宮格填滿。確保每行，每列，以及每個九宮格均沒有重複數字。

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

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

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"WIND THE CLOCK, WIND THE CLOCK
AND HEAR IT TIK TOK....."

- GRANNY

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