



# *Hebron Anthology 2025*

*Assembly of God Hebron Secondary School*

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*"Commit to the LORD whatever you do, and he will establish your plans."  
Proverbs 16:3*

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**Volume V**



# Contents

Principal's Message	01
My Hebron Memory (S6)	02
My Favourite Olympic Medalist (S4)	12
A Place I Would Like to Visit in China (S2)	22
A Letter Of Thanks (S1)	32
Good People, Good Deeds (S3)	38
Perseverance and Diligence (S5)	48

## Principal's Message

Vincent Van Gogh is one of the most famous painters in the world. However, he only sold one painting, "Red Vineyard at Arles," during his lifetime. I have decided to adopt this painting as the cover art of Hebron Anthology 2025. Together with our traditional use of mosaic as an art style, highlighting our students in photos of different school activities, I want to convey the message that the same goes for our students – even though not everyone finds success at this moment, they are all hidden gems. This story inspires me that as long as we have talent, we shouldn't be discouraged by temporary failure, as the saying goes, "Success consists of going from failure to failure without loss of enthusiasm."

The Standing Committee on Language Education and Research (SCOLAR) has complemented and supplemented the language-related promotional efforts of the Government and its advisory bodies for a long time. As the Chairperson of the EDB Committee on English Language Education, and a member of SCOLAR, I continuously seek opportunities to promote English language education both inside and outside the school.

This year, I have also been invited by the English Language Education Section, Curriculum Development Institute, Education Bureau to share our school's experience in promoting Self-directed Language Learning at the Briefing Session on the "One-off Grant for Promotion of Self-directed Language Learning (English Language)" for Secondary School Curriculum Leaders, which took place on 17 Jan 2025. As "Self-directed Learning" has been one of the focuses of our school's Three-Year Development Plan, even prior to the release of the grant, I was happy to share our experience in laying the groundwork for Self-directed Learning, as well as how our EDB's developmental direction and utilize the grant to maximize the learning benefits for our students.

The use of Artificial Intelligence in learning and teaching is another focus of our Three-Year Development Plan. With the rapidly changing and evolving landscape in the field of A.I., I think it is of crucial importance for not just our teachers, but also our students to stay connected with how the world is being shaped. With workshops held for all the teachers, multiple tools purchased, and the element of using A.I. being required in all subjects in the school curriculum, I hope that our teachers and students can gain the benefits this amazing technology has brought to the education field.

When it comes to English Language Education, language exposure is another crucial element. Over the years, we have organized a number of overseas English study tours, including trips to the Gold Coast and Cairns in Australia, as well as Auckland in New Zealand. This year, we are excited to announce that we will be organizing an overseas English study tour to Italy. We believe there are numerous benefits that such a tour will bring to our students. One of the most obvious is cultural exposure. Besides, there is the opportunity



Principal Choi Hong Nin Richard

for students to use the English they have learned in school in an authentic setting. There are several reasons why we have chosen Italy as our next destination. The rich cultural heritage, ancient civilizations, significant historical events, diverse language exposure, and being a hub for the arts are all good reasons for our students to visit Italy.

This year, our Hebron Anthology 2025 has incorporated 60 student essays and 60 pieces of amazing artwork, all created by our students. I hope that you enjoy reading our Hebron Anthology 2025 as much as I do.

*Success consists of going from failure to failure without loss of enthusiasm.*

"Commit to the LORD whatever you do, and he will establish your plans." -- Proverbs 16:3

Principal Choi Hong Nin Richard



## My Hebron Memory

It was not until I glimpsed the Polaroids taken with them while tidying up my desk drawer that my Hebron memories emerged in my mind. Subsequently, my room was filled with laughter and sobs, guiding me back to the good old days along the way.

Securing a spot in school was an extremely daunting task. However, I was able to go through whatever crises I encountered due to his around-the-clock helping shoulder. Back at the beginning of us forming our Students’ Union, it was a total disaster, which I described as the Apocalypse, because of the internal quarrels and external censure I came up against all of sudden. In those days, I nearly lost my enthusiasm to spread joy and create a better school life for my fellow students. It was him who put a new life in me and aroused my spirit of doing so without any doubt. He reminded me every time there was activity around the corner, was on call every second to help me, and provided unlimited encouragement, as if he were my unpaid personal assistant. With his resolute leadership and ruminating mind, perhaps he could be an extraordinary leader compared to me but he chose to back me up, which is why I was able to bring my dream into fruition. Thanks to him, I became who I am today.

As for being an overthinker and a person who gets overstimulated so easily, she is my therapist who calms my shambolic mind and soothes my cracked soul. We have disparate personalities, orientation and lives, making us hold distinct perspectives on various topics occasionally, but all these differentiators have not constructed arguments, instead, they become the stimulation to our companionship. Oftentimes, when I am swallowed by uneasiness and sorrow because of friends and family, knowing that I have nowhere to hide, she would always be my go-to person to express myself, as she understands me even for the most reckless and idiotic decisions I have made. The advice she gave and the recollections she shared makes me resonant all the time. If I got a chance to step back in time, I would still choose to bond with her. Thanks to her, I could conquer any hassle.

I always wonder if school life is all about studying and she gave me a concrete answer, which is ‘no’, to this question. For a long period of time, I was the kind of student who go straight home as soon as school is over. Nonetheless, something changed after becoming

In case this is the last time we might be exactly as we are before we realize it, let us cherish the moment and live it fully.

6D 26 Lau Nok Him, Gabriel

acquainted with her, shedding light on my tedious school life. Even now, a couple of years later, I can still remember the first time we hung out without any plan, and I spent almost all of the money in my wallet. Most of the time, we simply talk trash and do the dumbest things ever. It may be nonsense, but at least we share the joy together. Spending time with this cheerleader has become one of my favourite and comforting things to do, since my brain can finally take a rest and I can live the moment. Thanks to her, I was able to laugh every day.

Thanks to the assistant, the therapist, the cheerleader, the eco-warrior, the gabby twins, the Italian mama, the loudspeaker, the golden flowers, the puppy, the burger, the comedy crews, as well as everyone I ran into at school, I didn’t waste the past six years living a life that is devoid of meaning. In case this is the last time we might be exactly as we are before we realize it, let us cherish the moment and live it fully. Perhaps someday our retreating figures will disappear in everyone’s sight as oblivion is inevitable. However, something lasts forever, like the polaroids taken, which I call ‘friendship’.



## My Hebron Memory

Six years passed swiftly, leaving behind some bittersweet memories. I am glad that I grew from an ordinary student in the beginning to quite a popular one in school. I have tons of memories in Hebron. In the past six years, I have joined different clubs and activities, such as the Prefect Team, Student Union, the Peer Counselling team, and many more.

Among all these memories, the most memorable one is the time when I was a committee member of the Student Union, as it is the memory that I had with my friends which signified our growth. Most people thought I was wasting my time being a committee member of the Student Union because I spent tons of time on it, but I was just a committee member and did not have any title. However, I do not think the same, and to me, it was the most worthwhile thing I did.

We held a lot of activities together, but the most memorable memories are not how successful the activities were, but those times that we spent behind the activities. It included the time when we were planning, preparing, or doing decorations for the activities. "Doing the best" was our motto, and we tried hard to do our very best every time. Amazingly, it also let us realize that nothing is perfect.

The comments from our fellow students were our motivation but also our tears. We took consideration for most of the students, but it also became our pressure. We had to face more pressure than other students, as we had to accept negative comments. We all remember the time when we faced criticism together and how we got through it. We stuck together and supported each other unconditionally. I think this kind of relationship or moment can only be found in school, and it is enviable.

My last six years at school have gone by rapidly, and it made me understand the importance of cherishing each day and embracing all things in our life with a positive attitude. We should proactively seize opportunities to create enduring memories and meaningful experiences.

Last but not least, I would like to take this opportunity to thank those people who love me and appreciate what I did at school in the past six years. And I send my special thanks to those friends who always wholeheartedly supported me and those teachers who gave me plenty of opportunities to shape me into the person I am today. You are all part of my memorable memories!

I would like to take this opportunity to thank those people who **love me** and **appreciate** what I did at school in the past six years.

6D 23 Fong Kwan Chung, Choco



## My Hebron Memory

As a student studying in Hebron for six years, Hebron has brought me a lot. Memories of my school days are a treasure trove of emotions and experiences that have shaped me in countless ways. I will always look back on them with great fondness.

The freshest fragment would be in the tuck shop area, with clattering take-away packages while sharing food and lively chatter and laughter, becoming a hub of camaraderie and connection with my dear Form 6 schoolmates. Those friendships forged in school stood by us during tough times. They were the ones who made us laugh when we were feeling down, and the ones who shared our dreams and aspirations. It was there that I learned the value of friendship, and these are the memories that will warm my heart long after graduation. We all hope to maintain our sincere relationship after graduation.

When thinking about the most memorable moment in Hebron, a flood of cherished memories washes over me, each one more vivid than the last. I'd like to share my moments as the chairperson of Hope House. Different kinds of extracurricular activities painted our days with colors beyond the curriculum. The first event that we helped with was Sports Day. We kept having meetings to discuss the items that we needed to purchase in order to provide a better experience for our schoolmates. As Sports Day approached, we packed the products we needed until the sky turned dark. Although it was tiring, the time we invested was worthwhile. On the day of Sports Day, the excitement was palpable as my partners and I led junior students to cheer for our housemates, showcasing the spirit of our house. During the time I was part of the house, a sense of teamwork was instilled in me, which will be valuable in my life in the future.

When thinking about what advice I will give to junior brothers and sisters in Hebron, I'll say just enjoy your wonderful school life, such as the Sports Days, the talent show, inter-class competitions, etc. Some of you might remember the thrill of being the first to cross the finish line and the applause for a well-

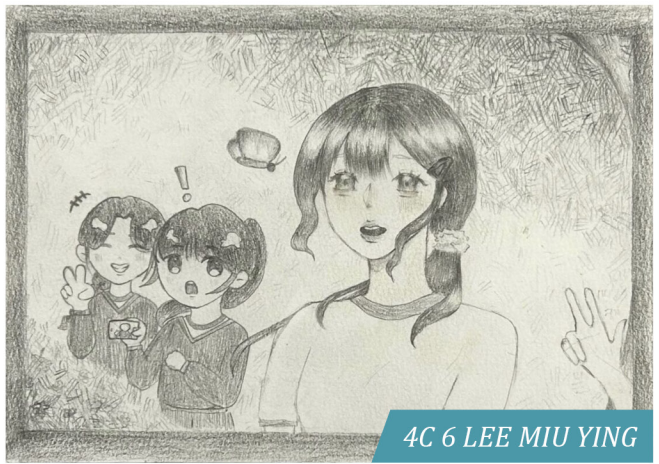
delivered show. Take pleasure in your companions as well. We always hear from teachers that friends in secondary school last for a lifetime, don't we? Also, remember the challenges you face, whether they are about mastering a difficult subject, pushing yourself to try something new, or overcoming personal obstacles. Each hurdle you clear becomes a steppingstone to greater confidence and resilience. It's fine to encounter difficulties but remember to learn a lesson from them.

As I reflect on the past, it's astonishing how swiftly time has passed. It seems like only moments ago when I was living in those cherished days, yet here I am facing graduation. This is a time when the path may seem challenging, the hours are long, and the pressure is immense, but I sincerely trust that our Form 6 students' dedication, perseverance, and hard work will pay off in the end. Together, let's make this final chapter of our high school journey one that we will look back on with pride.

Memories in school are precious gifts that will be etched in my heart forever. These memories will always be a source of inspiration, guiding us toward brighter horizons.

**Memories in school are precious gifts that will be etched in *my heart forever*.**

6D 18 Zhou Wai Yi, Angel



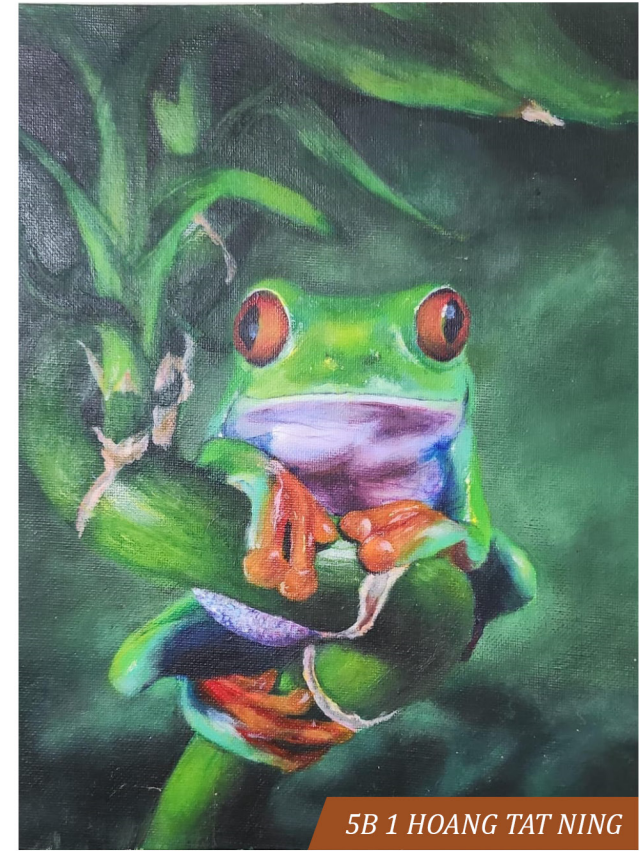
## My Hebron Memory

Where are the senior students? Oh, we are the oldest students in the school! My six years of school life have gone so fast, and now we are facing graduation. If I need to summarize my school life in one sentence, I would like to say, "come as a child, graduate as a teen." Not only the COVID-19 pandemic but also different events in school made me grow up from a child.

Looking back on the past six years, in the first three years, we spent most of our time having online lessons at home. The pandemic took away precious time from us. Sports days, Christmas parties, and other school events... we lost all of them. However, everything turned good later. When I became a senior student in S4, I could participate in these events again. I could talk to my friends face-to-face and have good times with them. I almost forgot how to talk with others via a keyboard! Besides, during the pandemic, I could not join the school band because we could not take off our masks. After the pandemic, I could practise for the school band, although there were a lot of limitations. When we were back to school, I did not need to face the computer all day alone. Having lessons in classrooms, talking with friends, and teachers became a part of my senior school life again.

In the past six years, the most memorable moment was visiting Hong Kong Disneyland with my friends. On that day, we had lessons at Disneyland in the morning. After that, we could stay at Disneyland until it closed. Spending a whole day with my friends there was a rare opportunity as you never know when you will have the same again! The word I use to describe that day would be "blissful." Nothing made me experience such happiness before! On that day, we put down all the work and pressure, and we just enjoyed our time. It is difficult to have a day like this again after we graduate. It was the purest happiness in my life. I will never forget this, even if I am old after some decades.

*Enjoy your school life!*  
**You can only have it once!**



In the upcoming future, I hope to study at the Chinese University of Hong Kong. Not only do I want to build up myself, but I also want to experience what life is like in university. Graduating from secondary school is not only the end of my secondary school life, but it is also a new page of my life! Apart from studying at university, I also want to travel around the world to meet people from all walks of life and learn about different cultures.

In the past six years, I have experienced a unique school life. Joining different school events made me learn a lot of things. If I can give a piece of advice to every junior student, I will say, "Enjoy your school life! You can only have it once!"

6C 31 Wong Kwun Chak, Oscar



## My Hebron Memory

Time flies and my secondary school life is going to end. The first day I stepped into the school was just like yesterday. In school, I met lots of friends whom I will probably keep for the rest of my life. We created lots of memories in our school life. Some made us laugh while some made us hate each other. But no matter what all of these experiences are, they are so memorable and precious that I will never have such an amazing time in my life again.

I still remember the first day I stepped into this school. Everything was new to me. New school, new teachers and all my classmates were also new to me as no one went to the same primary school as me. So, I really appreciated all of my classmates or schoolmates who helped me adapt to the new school. At that time, I was too shy to even talk to anyone. So, I know how hard it is to make new friends, especially making friends with those who have already had their own friends. But luckily, I still made some good friends, and we maintain our friendship till now, so I also cherish those who still hang out with me.

Unfortunately, OCVID-19 came and cut most of my time at school. In that period of time, what I did every day was just eating, relaxing and sleeping. It seemed like learning was not related to me. Looking back at those days, it was kind of a pity that I lost most of the time in S2 to S3, which probably should have been the time I had the most fun at school. But I am still grateful for COVID-19, since without that period of time, I would not have worked so hard to do everything I can in the remaining days.

Talking about things I did, I really did everything I wanted to do. I was the vice head of prefect although I still do not know why a naughty boy like me could be the one who was in charge of monitoring others. Another area that I spent most of the time on was the ICT Society. I even participated in an exhibition on behalf of the school. I did my best to join all the competitions that I was interested in. Too many things have been done that I could not write them all, but I am sure that all these experiences shaped me who I am and helped me find the meaning of my life.



I am not a grateful person, but I think I must thank all of the teachers who have taught me. All of you not only taught me the knowledge from books, but also how to live. I have learnt how to plan my future, how to motivate myself, how to make good use of my talents and interests. I will remember all of these. “Thank you” is not enough for what you all have given me.

At last, I want to thank God. I am definitely not a very devoted Christian, but I admit that God has changed my life. Without God, I would not have made those great friends, participated in those wonderful activities and been taught by those inspiring teachers. All of these are what God gave me. The joy I got and what I did in this school are all because of God. I must say even though Assembly of God Hebron Secondary School is not the best school in town, it is really the best school for me.

I have so much to write about my school life, but I think it is better to let those who are reading this experience the school life by yourself. And remember, cherish every moment and everyone you meet. The time you spend in secondary school is shorter than you think. Stop wasting your time, do something meaningful and leave some unforgettable memories here!

**Stop wasting your time, do something meaningful and leave some unforgettable memories here!**

**6D 20 Au Yeung Jann**

## My Hebron Memory

Graduation marks both an end and a beginning. As I stand on the threshold of this significant milestone, the first thing that comes to my mind is nostalgia. If I were to summarize my feelings towards graduation with a quote, it would be “Don’t cry because it’s over, smile because it happened.” My six-year school life in Hebron was filled with growth, challenges and delight.

Looking back, my school life in Hebron has been a remarkable journey. It was a time of self-discovery, academic exploration and forming meaningful friendships. I faced moments of stress and doubts, but they were always accompanied by opportunities for triumph and personal achievement. One of the aspects I have enjoyed most about my school life is participating in volunteering activities. Participating in various activities allowed me to help others, connect with the community, and create lasting memories. These experiences taught me empathy, teamwork and responsibility, making every moment incredibly rewarding.



Of course, no journey is without regrets. If I could turn back time, I would dedicate more effort to study and step out of my comfort zone sooner, joining more extracurricular activities I felt passionate about. One of my most memorable moments was participating in a solo singing competition. Although it was a daunting experience, it taught me resilience and the importance of overcoming self-doubt, making it a defining moment of my secondary school year.

Throughout these years, my best friends have been my greatest source of joy and support. We bonded over shared experiences. We studied hard, communicated well and our days were full of endless laughter. These friendships were built on trust and mutual encouragement, and I cherish them deeply. I believe that all the students would have their favorite teachers who show extraordinary patience and support on us to help develop our faith to study. If I were to say “thank you” to someone, it would be my teachers, whose dedication and guidance gave me a huge help in our study path.

After graduation, I plan to pursue a degree in engineering, making a contribution to society through innovation. Planning to achieve, I will continually learn and embrace challenges. To my juniors in Hebron, my advice is to make the most of every opportunity and cherish the friendships you build along the way.

**To my juniors in Hebron, my advice is to make the most of every opportunity and cherish the friendships you build along the way.**

**6C 14 Xie Ruiqi, Rose**



## My Hebron Memory

If I had to sum up my six years at Hebron Secondary School in one word, it would be “unforgettable”. This word may seem to be simple, but it encompasses the most memorable moments of my school life. In fact, no other word can summarize my thoughts better.

What makes my life in Hebron most memorable? Of course, my fellow schoolmates. Over six years, I have been in different classes and elective groups. I was fortunate to come across people with different personalities, interests and even mindsets. I do think that every student in Hebron is highly motivated and is willing to help others. They have taught me the spirit of “harmony in diversity”, which is one of the important Chinese values. We support, encourage and love each other. Everyone is willing to help when facing challenges in learning. The positive learning atmosphere promotes our mutual growth to become better individuals. I have also met lifelong friends who encouraged me to overcome setbacks without any pressure.

Apart from the friendly schoolmates, teachers also helped brighten my school life. Teachers in Hebron are generous, knowledgeable and caring. They are not only our mentors but also intimate friends. I am not particularly gifted and talented, especially in languages. However, teachers put a lot of effort and time to cultivate my interests in languages and provided a good learning environment to help build up my foundation. My English teacher Miss Lui, who is patient, caring and hardworking, gave us supplementary exercise and corrected our essays in order to well-equip us to attend the public examination. She always comforted and encouraged us not to give up when we were disappointed by felt upset about the poor examination results. Teachers who did not teach our class would also greet us warmly and encourage us when meeting at the school campus, Hebron is like a family which is full of love and care.

Our school motto “Faithfulness, Charity, Diligence, Perseverance” has always reminded me to be a better person. I really hope that I can contribute to our society and the world. It is true, as Winston Churchill said, “We make a living by what we get, but we make a life by what we give.”

Time goes by quickly. The six-year school life in Hebron ends in the blink of an eye. I will never forget what I learnt, who and what I met in Hebron as all of these experiences have been deeply rooted in my memory. The advice I would give to Hebron brothers and sisters is “If you want to succeed, work hard, never give up.”



If I had to sum up my six years at Hebron Secondary School in one word, it would be “unforgettable”.

6D 10 Lin Yan Wing, Linda

## My Hebron Memory

Time is running fast, and I will graduate in just a few months. I still remember the happy moments we shared in school. When I first entered the school, I met my classmates in the hall, and we had so many great times together.

However, this happiness didn’t last long because of COVID-19. We couldn’t meet face-to-face and had to take online classes instead. Even though Zoom lessons weren’t as long or as enjoyable as being in school, we still created wonderful high school memories together.

### About Student Life

Looking back on the past six years, my student life was unforgettable. I enjoyed laughing with my teammates, barbecuing with friends, and studying with my classmates. These moments made me feel happy and connected.

The pandemic was somewhat regretful because it limited how often we could meet each other. But even during online school, we still stayed in contact and supported each other.

### About the Most Memorable Moments

The most memorable moment for me was going on school trips with my classmates. We played games, ate delicious food, and worked on small tasks together. These moments were so fun and full of laughter, and they are still clear in my mind.

I also remember the small, everyday moments, like hanging out with friends and studying together. These simple things made school life special for me.

### About the People Around Me

My best friends in school were the people who made me laugh and shared all these happy moments with me. They were always there for me, and I will miss them so much after graduation.

### About Expressing Gratitude

If I were to say “thank you,” it would be to my teachers. They worked so hard to teach and guide us, especially during the pandemic. I am also thankful to my classmates, who made these six years so fun and meaningful.

After graduation, I will miss my friends and teachers the most because they have been such an important part of my life.

### About Future Plans

After graduation, I hope to continue my studies and follow my dreams. I will work hard and never give up, no matter how difficult the journey becomes.

In ten years, I hope I will have a job I love and will make my family proud.

### About Legacy

My advice to younger students is simple: \*Enjoy your time in school and make the most of it.\* Time passes fast, and the memories you make now will stay with you forever.

To my alma mater, Hebron, I want to say thank you for giving me so many happy memories. I will always cherish my time here.

Enjoy your time in school and make the most of it. 6D 22 Chow Tsz Shing, Jason



## My Hebron Memory

Facing graduation, the first thing that comes to my mind is that it is time to say goodbye to the teachers and classmates who have been with me for six years. If I were to use a word to summarize my feelings about graduation, it would be ‘complicated.’ It is hard to imagine that I have been studying and experiencing school life at this school for six years.

As I am about to graduate from this school, looking back on the six years of school life, I can't help but recall countless memories and emotions. My school life has been colourful. From the first day I entered this school, I felt full of curiosity about everything. I remember that when I first entered the school, I felt very nervous about this strange environment. However, as time went by, I gradually adapted to school life here and made more friends. The happiest part has been spending every day with my friends at school.

The most memorable moment is participating in business activities organized by our school. During one of the activities, I learned a lot. My team members and I collected opinions from students of different ages and decided what products to sell. We also worked together to shoot promotional videos and make signboards. This taught me the importance of cooperation. In addition, I applied the knowledge I learned in the accounting course and made a financial statement for my group after completing that activity. These experiences are very impressive to me.



If I were to say ‘thank you’ to someone in school, it would be Ms Guo. In my first year and second year of secondary school, she was my class teacher. She is also my favourite teacher. I appreciate her unique teaching methods, such as asking us to copy irregular verbs when we hand in homework late. I like her because I think she is a good teacher. Although she is no longer my class teacher, she still cares about my current situation and answers my questions.

If I am going to give a piece of advice to my junior brothers and sisters at Hebron, it would be: Don't give up easily; try your best to do everything. I am grateful to my alma mater for cultivating me. It has also given me many good memories over the past six years.

*Don't give up easily;  
try your best to do everything.*

6A 09 Yuen Ka Wai, Kari

## My Hebron Memory

I am about to graduate, and I have a lot of emotions. It is a time of reflection, gratitude and happiness. The first thing that comes to my mind is how swiftly these six years of school have passed. There are a lot of cherished memories in Hebron. If I were to conclude my feelings about these special memories in a quote, it would be “Every end is a new beginning.” This marks the end of my secondary school life and the beginning of a new journey.

My school life has been full of both hard times and happy times, but the moments I spend with my friends are the ones I value the most. They always support me and give me strength when things are tough. I clearly remember playing badminton with them during PE lessons and lunchtime. We laughed and had so much fun. I felt relaxed and happy. These moments remind me that school is not just about studying but also about making friends and appreciating the little things.

Also, it was both fun and challenging as a student. Sometimes, exams and homework felt too much to handle, but getting through them made me feel proud of myself. At the same time, there were so many happy moments, like celebrating birthdays, working on group projects, or just chatting with friends after class. These memories have taught me that student life is a mix of hard work and happiness, and every moment, whether good or bad, is meaningful.

After graduation, I want to focus on learning more about animals, pets and the environment. I have always loved animals and feel that it is important to protect wildlife and care for the creatures around us. One of my dreams is to open a pet shop. I love cats and dogs, and I want to create a place where pets can find loving homes and where people learn how to care for them properly. At home, I have a Corgi, and it has brought me so much joy and love. This makes me want to help other people experience the happiness that pets can bring. These plans mean a lot to me because they combine my love of animals with my dream to make a difference.



To summarise my six years of school in a single sentence, I would say “It was a journey of growth, discovery, and unforgettable experiences.” In the past six years, I am deeply grateful to my teachers and school for their guidance, support and unforgettable experiences that have shaped my journey.

It was a journey of growth,  
discovery, and unforgettable  
experiences.

6B 10 You Yin Sze, Yoyo



## My Favourite Olympic Medalist

In the 2024 Olympics in Paris, one specific Turkish athlete captured my interest. The legendary and infamous Turkish shooter who won the silver medal, also known as the competent medalist, achieved an extraordinary accomplishment, securing a victory with composure and style. He is the well-known Turkish sport shooter Yusuf Dikec! He put on a display in the Olympics with his unorthodox stance and lack of fundamental equipment, a truly memorable and remarkable moment that will be written down.

Yusuf’s road to becoming the most superior and dominant Olympic shooter was truly exhilarating; it felt like it was out of a storybook! On January 1, 1973, Yusuf was born in Trabzon, Turkey. He has four other siblings, and he is the youngest of them all. Although the family wasn’t the wealthiest or most prosperous, they supported his passion for shooting even though there were leaking holes in the pipes. Yusuf’s parents also worked to make ends meet. Yusuf truly couldn’t ask for more. They also ensured that Yusuf could have a pleasant and enjoyable time training with the necessary equipment and training opportunities. His early life to success commenced, starting a brand-new journey for Yusuf. Although things were going in his favor, problems started to arise when he reached high school. He often had mixed feelings about whether he could balance both academic results and training. Even though he was emotionally depleted, his passion for shooting was like an eternal burning flame inside his heart that kept him on his feet. To make matters worse, he even initiated various part-time jobs to financially support his training, becoming more independent of his parents. His unwavering dedication persisted as it continued to stand tall, completely disregarding his own feelings or mental stability going forward. He also became the spotlight for multiple local coaches who soon became his mentors, providing guidance and instructions to reach his fantasy. When Yusuf was in his 20s, he started winning national shooting competitions due to his relentless rigorous training; his effort truly didn’t go to waste. In the 2024 Olympics, he finally won a silver medal, making his dreams come true.

I learned plenty from Yusuf Dikec. He taught me a noteworthy story. First of all, we should always use 100% of our effort in doing things, especially when it comes to training. Second of all, we should always remember that success derives from hard work and dedication. As Yusuf said, “Success doesn’t come with your hands in your pockets.”

Yusuf also became a part of my memory. Until now, I can still remember when he slowly raised the gun towards the target, he was solely focusing on the target in front as the whole place went silent, and with a loud bang, he scored 9 points on his last hit, securing second place.

In conclusion, if I could send him a message, I would tell him that he is really cool. His collective and tranquil demeanor truly makes him the coolest guy on Earth!

His collective and tranquil demeanor truly makes him the *coolest guy* on Earth!

4C 21 Cheng Yung Ching, Raphael



5B 1 HOANG TAT NING

## My Favourite Olympic Medalist

I would like to express *my great appreciation* to him for the positive impact he has had on me.

4C 33 Xu Pok Lam, Jacky

At the 2009 World Athletics Championship, a well-known Jamaican, Usain Bolt, set a world record in the 100 meters sprint, finishing the contest in an astonishing 9.58 seconds. People considered Bolt to be the greatest and fastest runner because he overcame numerous injuries, and he had broken world records in sprinting that had not yet been surpassed, which is unprecedented.

In the early years of his life, Bolt showcased his great affinity and talent in sports. As a child, Bolt was always spending his time on sports, such as playing cricket and football with his brother in the street. By the time he was a student, Bolt had always been the fastest runner at the school, which aroused his interest and encouraged him to focus his energy on sports.

During his school life, he was coached by the former Olympic sprint athlete Pablo McNeil, who taught Bolt a lot of athletic skills. After strenuous training with coaches, Bolt made his debut on the world stage at the 2001 IAAF World Youth Championship and won the contest with significant results. From a young age, Bolt faced and overcame various obstacles. Each challenge helped him grow into an icon and a symbol of resilience.

Throughout his career, he kept battling with injuries. At the age of seventeen, he was diagnosed with a hamstring injury which threatened to derail his career. However, it only made him more determined and motivated him to work vigorously with his coach. After tirelessly strengthening his hamstring and improving his athleticism, Bolt stunned the world by breaking the world record at the Beijing Olympics.

Despite facing various setbacks, Bolt never gave up. One of the crucial personal qualities I learned from Bolt was the power of resilience. The experience of Bolt tells me that resilience has an intrinsic role in achieving a goal, which has taught me to fulfill my goal in a different way. If I could send a message to Bolt, I would like to express my great appreciation to him for the positive impact he has had on me.



My Favorite Olympic Medalist

My favourite Olympic medalist is Usain Bolt. He is a Jamaican sprinter who competed in the 100-meter and 200-meter sprints and the 4x100-meter relay. He is also referred to as the “Lightning Bolt” for his 100-meter and 200-meter sprint world records. Bolt was born on 21st August 1986 in Sherwood Content, a small town in Jamaica. He has a brother and a sister. Bolt spent most of his time playing cricket and football with his brother. When he entered high school, his cricket coach noticed his speed on the pitch and urged him to try track and field events. Bolt was coached by a former Olympic sprint athlete, Pablo McNeil. They enjoyed their partnership together, but occasionally McNeil was frustrated because of Bolt’s lack of dedication, as he would skip training regularly, which made McNeil have to reschedule everything.

Bolt made his first appearance on the world stage at the 2001 IAAF World Youth Championship in Debrecen, Hungary. Competing in the 200-meter sprint, he failed to qualify for the finals. When Bolt was supposed to be preparing for the 200-meter finals at the CARIFTA Trials, he was hiding behind a van as a joke. As a result, he got detained by the police. Being Bolt’s coach, McNeil took all the responsibilities, such as the blame from the local community. When the controversy subsided, Bolt went to the CARIFTA Games, where he set championship records in the 200-meter sprint and 400-meter sprint. He continued to improve, breaking records at the Central American and Caribbean Junior Championship.

Bolt started his Olympic career by taking part in the 2004 Athens Olympics, but he got eliminated in the first round due to a leg injury. He made his comeback at the 2008 Beijing Olympics, determined

to clear his reputation of being immature. Bolt had a really strong qualifier, making it into the 10-second mark in the 100-meter sprint. In the finals, he ran an unbelievable time of 9.69 seconds! Not only was this an impressive record, but it was also done under no favorable wind, proving all the people who doubted him wrong. Bolt then focused on the 200-meter event, which he won and set a new world record! After the Beijing Olympics, Bolt went on to win six more Olympic gold medals.

It inspires me  
to find something I’m  
passionate about and  
perfect it just  
like he did.

4C 32 Wong Tsz Fung,  
Wallace

Bolt’s story had a really big impact on me since he was young. He was just like us, lazy and not passionate, but he managed to find a way to be disciplined and passionate towards field sports. It inspires me to find something I’m passionate about and perfect it just like he did. Bolt’s story is really not relatable for most of us, dominating a sport and reaching the absolute peak; it’s like something coming from a fantasy novel. But on the other hand, Bolt is just like us, having problems of his own to solve. So, I think what we can learn from him is that he keeps finding ways to improve himself.



4B 4 CUI XIANGYU

My Favorite Olympic Medalist

My favourite Olympic medallist is Quan Hongchan. She is a female diving athlete, and people's impression of her is that she is the new diving genius born after Guo Jingjing. She is also a warm and cheerful little girl who likes turtles.

First, she is the youngest triple gold medalist in the history of the Chinese Olympics. She has won the women's single 10-meter diving platform championship at the 2020 Tokyo Olympics, the women's single 10-meter diving platform championship at the 2024 Paris Olympics, and the women's double 10-meter diving platform championship. Quan Hongchan was born in an ordinary peasant family in Zhanjiang, Guangdong. She is 17 years old this year and has 5 brothers and sisters. Quan Hongchan's mother is seriously ill, so she also needs to win championships to share the family expenses; however, this affects her academic performance, and she has no chance to rise.

Next, Quan Hongchan was discovered by coach Chen Huaming in 2014. Chen Huaming can be said to be the reason for Quan Hongchan's success today. She achieved her current success through continuous hard practice. Conducting continuous high-intensity training brought a lot of damage to her body, such as the water in the swimming pool causing great damage to her hair and eyes, so her hair is always frizzy, and her muscles are also injured during practice. However, she did not give up. She overcomes the difficulties again and again, and it impacts the physical development in her diving.

Then, in the Paris Olympics, she won the championship, but she also worried that her good friend, who is also a diving athlete, would be sad because of this. She also showed a look of being at a loss when receiving the award, but there was no disagreement between the two.



Her performance made me truly understand the meaning of "friendship first, competition second." This deep and pure friendship is admirable. Her perseverance, filial piety, and kindness are valuable qualities that are worth learning from. I admire Quan Hongchan because she has a strong spirit; for she continuously practices, which is admired by many fans. Finally, if I could send a message to her, I would say, "There are many fans in the world behind you and supporting you!"

Her perseverance, filial piety, and kindness are valuable qualities that are worth learning from.

4D 04 Chiu Man Hei, Aerith



## My Favorite Olympic Medalist

Of course, my favourite Olympic medalist is Cheung Ka Long. He is a Hong Kong left-handed foil fencer. He is also a two-time Olympic champion and a two-time individual Asian champion. He is the top one in the International Fencing Federation. Such achievements made him known as the “Sword God of Hong Kong.”

He was born on June 10, 1997. He graduated from Hong Kong Baptist University. He took fencing classes at the age of 10 and fell in love with this sport. Although he was born into a basketball family and his parents were both basketball players, he still insisted on learning fencing.

Cheung Ka Long represented Hong Kong in the fencing competition for the first time in September 2024 at the Asian Games in Incheon, South Korea. He and his teammates won the bronze medal in the men’s foil team event. This was his first competition and the beginning of his fencing career. Once, he participated in the World Fencing Championships and reached the quarterfinals. His opponent was ahead by a large margin. Normal people would definitely feel stressed, but he was very resilient and remained calm in the face of danger, scoring 6 points in a row despite being far behind. I admire him because he never gives up on a competition, for when he fails, he gets back up and works hard, which has led him to many achievements. For example, before the 2021 Tokyo Olympics, he once doubted himself and wondered if he was not worthy of being in the top 16 of the fencing ranking. Later, through his own efforts, he won the Olympic gold medal. He said something inspiring, “Persevere and don’t give up too easily.”



Cheung Ka Long is a talented person, but he is very humble. He is not proud of being an Olympic gold medalist. He keeps improving himself without any setbacks. Being a foil fencer, he constantly improves himself, such as training his strength and speed. He never feels tired of it, and persistence is his greatest strength. This is also what I hope to achieve in real life.

If I could send a message to him, I would say that hard work and perseverance are the most important things on the road to success.

**He never feels tired of it,** and persistence is his greatest strength. This is also what I hope to achieve in real life.

4D 27 Wan Jun Hao, Kelvin

## Hong Kong and Me-Our Dialogue, Our Story

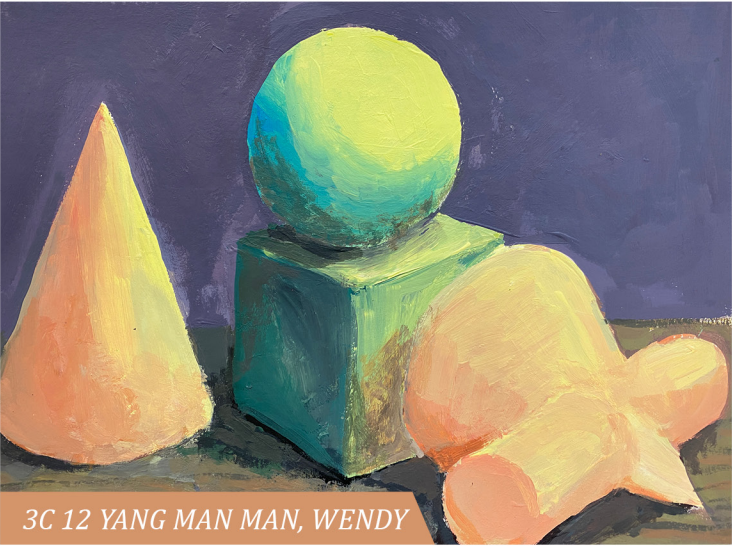
At the 2024 Olympics in Paris, my favourite Olympic medallist is definitely Stephen Curry. He is a great professional basketball player. And he has very remarkable basketball skills such as three points skills. Therefore, someone gave him a nickname and people call him “the best point guard” in history.

First, I like him for a long time since he appeared and started his basketball career in NBA. When I first saw and knew him, I thought he was a very weak person. And I even thought he would leave NBA soon. But until I watched his first live competition on TV, my jaw dropped. He was very flexible on the court! Furthermore, he also had super accurate three-point shooting skills. His opponents could not defend him. After that, I paid close attention to everything about him. So I witnessed his growth, from a little boy to one of the best basketball players in the world.

In addition, I like his personality very much. Before I knew him well, I thought he was just a little boy. He was so thin and short that he could not beat anyone. He just could sit on the bench at the events. Since then, he was trained by his father, one step at a time to become one of the best basketball players in the world. Moreover, he always donates money to the poor such as helping those children whose families cannot afford their education.

I watched all of his Olympic competitions. His performance amazed the world. He was an integral part of the victory USA Team got at the 2024 Paris Olympics. A lot of people said, “If the USA Team would not have Stephen Curry, they would not have got any awards.” He was the top scorer of the USA Team and helped the USA Team win the championship.

I like him very much. His basketball skills have brought us a lot of wonderful performances. His personality and life experience let me learn a lot.



His *personality* and *life experience* let me learn a lot.

4C 35 Zhong Ki Yiu, Jarad



My Favorite Olympic Medalist

If I could send a message to Lin Dan, I would tell him “I will never fall, like you!”  
4D 28 Wong Chi Kin, Eric

My favourite Olympic medallist is Lin Dan. He was a badminton athlete. People’s general impression of him is that he is positive and motivated, and his attitude made him a legend.

Lin Dan was born in Fujian Province on October 14th, 1983. He graduated from Jiangsu Sports Science and Technology Vocational College and in 2012, he was awarded a master’s degree in public administration. Lin Dan started his interest in badminton from his dad. His dad was a physical education teacher, and he also liked badminton, so Lin Dan was interested in playing badminton. When Lin Dan was twelve years old, he joined the National Youth Championship, and he was the winner. That made him firmly believe that he should keep going on playing badminton.

In 2000, Lin Dan entered the Chinese National Badminton Team and started his career. In his career, he faced many challenges. In 2004, he had already been the world’s number one badminton player, but at the 2004 Athens Olympic Games, he lost his competition in the first round and then he got huge stress from the media, his fans and people who liked badminton. At first, the stress disheartened him. But later, he turned the stress into the power that made him work harder. At last, he used his strength to prove himself. In his athletic career, he got 20 world champions in badminton. Up to now, Lin Dan is still a legend in badminton history.

About his personal qualities, my favourite one is his persistence. Every time people wanted to dishearten him, he stood up and told everyone that he would never fall. Once I faced a challenge and I thought of what Lin Dan did, so I persisted. I learnt persistence from him. If I could send a message to Lin Dan, I would tell him “I will never fall, like you!”



2C 17 ZHUANG WAN HAM

My Favorite Olympic Medalist

My favourite Olympic medallist is Yuzuru Hanyu. He is a world-famous figure skater. My first impression of Yuzuru Hanyu was not like other Olympic athletes who are strong and muscular. Yuzuru is elegant and graceful. His strength and power are hidden under a delicate and beautiful face.

Yuzuru Hanyu was born in 1994 in Japan. He participated in many skating competitions since he was a child. He experienced his first Olympics in the 2014 Sochi Winter Olympics. His brilliant performance helped the national team rank first in the competition.

Yuzuru Hanyu is considered one of the greatest figure skaters of all time. He is the first and the only winner of the Super Slam in both the youth and adult categories of men’s single skating in the history of figure skating. He has broken world records 19 times in total.

In 2014, in an international figure skating competition held in China, Yuzuru suffered a nasty collision with another athlete during warm-ups. They both fell to the ground. Yuzuru stood up, kept retching while his neck and forehead were stained with blood. While everyone thought that he would withdraw from the competition due to the injury, he came back. After a simple bandage, he slid on the ice again. He practiced jumping and spinning several times. Physical pain could not dampen his desire and determination. At last, despite the injury, he ranked second.

His story has opened a new horizon for figure skating and made it a popular sport. I wish I could be like Yuzuru Hanyu, having the spirit of never giving up and the courage to face challenges. His story tells me that a positive attitude and perseverance are crucial to being a better person.



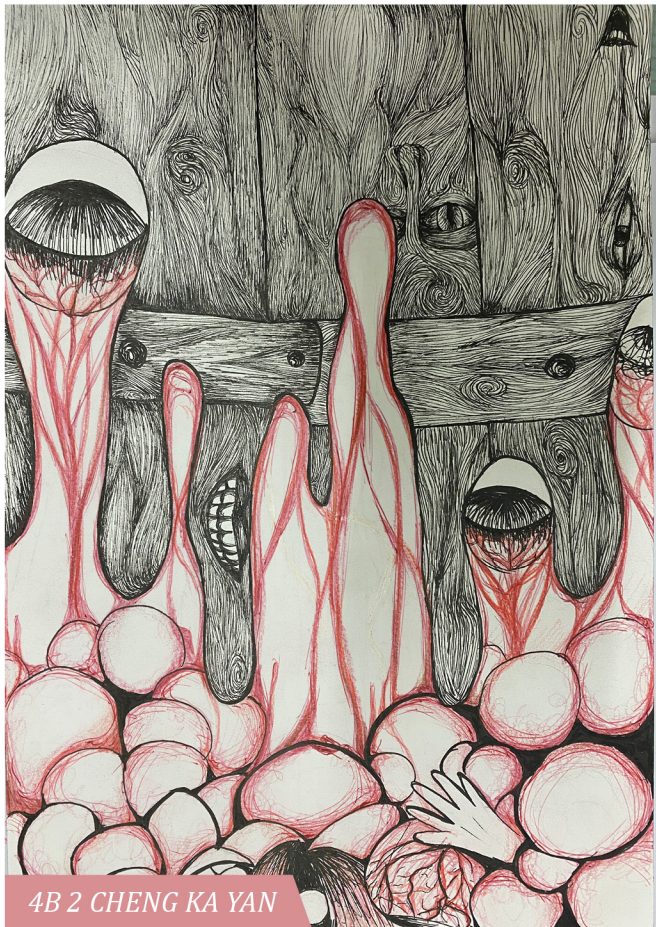
3A 6 LIU MENG QI

I wish I could be like **Yuzuru Hanyu**, having the spirit of **never giving up** and the courage to face challenges.

4D 01 Chan Sum Yau, Suki



## My Favorite Olympic Medalist



If I could send a message to Sarah, I would thank her for bringing glory to Hong Kong.

4A 12 Chan Hoi Wah, Brandon

My favourite Olympic medalist is Sarah Lee Wai Sze. She has participated in many cycling events. People’s general impression of Sarah Lee Wai Sze is that she is a strong woman.

Sarah was born on May 12, 1987, in Hong Kong. She has a strong character. In October 2012, she was admitted to the Education University of Hong Kong. She first became interested in cycling when she joined the school cycling team in secondary school and after that, she found out she was interested and very talented in cycling. There is a significant person in her life. That person is Pu Lin Jun. Pu Lin Jun was Sarah’s coach. He always taught and supported Sarah. Unluckily, her coach passed away in 2016. This made Sarah very sad.

In 2004, Sarah started her athletic career. But in 2006, she accidentally overturned during a training session and fractured her wrist. But she did not give up and continued to train while recovering. So, she won her first Asian Games gold medal. At the Asian Bicycle Championship, she got many gold medals.

I like her because of her indomitable spirit! She is an inspiration to me. Even when she was injured, she still competed in the competition. I have learned from her that one should never give up, no matter what!

If I could send a message to Sarah, I would thank her for bringing glory to Hong Kong.

## My Favorite Olympic Medalist

My favorite Olympic medalist is Michael Phelps, a swimmer born on June 30, 1985, in Maryland, USA. He began swimming at a young age, influenced by his sisters and as a way to manage his energy levels. Phelps was diagnosed with ADHD at age 6. He found support in his coach, Bob Bowman, who recognized his potential.

By the age of 15, Phelps had qualified for the 2000 Sydney Olympic swimming team, competing in the 200-meter butterfly. At the 2004 Athens Olympics, he made a remarkable debut, winning six gold medals and two bronze medals. His achievement of eight medals in a single Olympic Games set a new record at the time. Phelps won a record eight gold medals at the 2008 Beijing Olympics, breaking the previous record for the most golds in a single Olympics. Phelps continued to shine, adding nine gold and three silver medals at the London and Rio Olympics. With a total of 28 Olympic medals (23 gold, 3 silver, 2 bronze), Phelps is indeed the most decorated Olympian of all time.



What I admire most about Phelps is his versatility. He excelled in multiple disciplines, showcasing his success across various swimming events, from individual medleys to team relays. This adaptability highlights his exceptional skill as an athlete.

Michael Phelps, the most decorated Olympian, has overcome ADHD and mental health challenges, embodying the spirit of perseverance. He has also been open about his struggles with mental health and ADHD, advocating for awareness and support in these areas. He remains my favorite athlete and a true inspiration to never give up.

He remains *my favorite athlete* and a true **inspiration** to never give up.

4B 12 Chan Chi Kin, Jaco



## A Place I Would Like to Visit in China

If I were asked to visit a place in China, it would be Beijing. I want to visit the place with my friends so that we can have more fun.

Beijing is famous for its history and traditional buildings. It is the capital of China and located in the northern part of China.

Beijing is a special place for me. Sadly, I have never been there. It is a place that I have been thinking about visiting for a long time. If I could go to Beijing, I would stay there for ten days and go to many different famous attractions to spend my days.

The attraction I would like to visit is The Great Wall. I think I can see a lot of stunning scenery there. Also, I would like to visit The Imperial Palace, The Summer Palace and Old Summer Palace. These places are popular and unique with tourists because they have a very long history and are cultural heritages of China. Bird's Nest was constructed in the Olympics in 2008. This building is awe-inspiring so I would like to visit, too. I would try some special food such as Peking duck and Douche.

I believe I can gain a lot of knowledge about Chinese history and cultures in the visit. The visit could help me enhance my national identity and understand more about Chinese buildings and achievements.

*Beijing* is a special place for me.  
It is a place that I have been thinking about visiting for a long time.

2C 09 Lin Yiwen Sif



## A Place I Would Like to Visit in China

If I pick a place in China to visit, it's Xian. I want to go there with my family in the summer holidays. Xian is famous for its old buildings and delicious food. It's in Shaanxi province and in the western part of China.

Xian has the largest bell tower which was built in the Ming Dynasty. The largest collection of ancient stone tablets and the Terracotta Warriors with a history of 2000 years. The Terracotta Army is one of the very famous, old attractions in the world, with lots of statues of horses, soldiers and war carts that were buried with Emperor Qin Shi Huang. This cultural heritage attracts many visitors to visit Xian.

In addition to the Terracotta Army, Xian has many other interesting places to visit such as the Big Wild Goose Pagoda and the Muslim Quarter. Food in Xian is also famous for its flavors and varieties, including the well-known Xian meat pies and Biang Biang noodles.

Xian is an undying city. It is the starting point of the Silk Road. So, I've been thinking about visiting Xian for a long time. In this visit, I think I can learn more about the history of Xian. It could enhance my national identity and help me understand more about Chinese achievements.

*Xian is an undying city. It is the starting point of the Silk Road. So, I've been thinking about visiting Xian for a long time.*

2D 08 Lin Kai Wah, Angel



## A Place I Would Like to Visit in China

It offers an opportunity for us to  
immerse ourselves in a *different culture*.

2D 23 Huang Yui Hin, Jimmy

If I were asked to visit a place in China, I would visit Chaozhou with my classmate Mavis in November because it is hot in summer, but it is comfortable for us to visit the place in autumn.

Chaozhou is in the south part of China, Guang Dong province. There is a lot of historical architecture, for example, the Ancient City Wall and Kaiyuan Temple. I like the Ancient City Wall the most, which has withstood the passage of time witnessing historical changes.

I lived in Chaozhou when I was young. At that time, I played with my friends every day. I would stay there for three days. On the first two days, I would have Chaozhou cuisine such as oyster omelette and beef hot pot. Beef hot pot is thinly sliced beef cooked in a flavorful broth. Oyster omelette is crispy on the outside and tender on the inside. On the third day, I would go to Han River, the nearby mountains and parks. Han River runs through the city like a ribbon. I would take a boat ride to enjoy the breeze and beautiful scenery. The nearby mountains and parks are suitable for hiking as we can get close to nature and breathe fresh air.

In the visit, I think I can learn more about history of Chaozhou. It is a place of combination of culture, cuisine, natural landscapes and traditional handicrafts. It offers an opportunity for us to immerse ourselves in a different culture. This visit could enhance my national identity and help me understand more about Chinese achievements in modern China.



6D 17 ZHOU TUNG WING

## A Place I Would Like to Visit in China

In China, there are many interesting and spectacular places to visit, such as Chengdu, Xi'an, Suzhou, etc. However, I would like to visit Shenzhen. Shenzhen is one of the biggest cities in China, and it is located in the southern part of China, Guangdong. In Shenzhen, there are a lot of things to do. I would go to the wild to enjoy the natural beauty. I could taste some amazing foods that I have never eaten before. The most attractive thing I would do is shopping in the extremely large shopping centers for a day.

First, I am a shopaholic. Coco Park is the best choice for me. It is a unique shopping mall with a park scene. There are a lot of shops, such as sports shops, boutiques, electronics shops, etc. I could buy all the things I want in this shopping mall. After that, there are a lot of restaurants to choose from, and each restaurant has its



specialties with the best quality for customers. I would not miss the well-known, mouth-watering pickled fish, which is extremely delicious.

Second, I would like to go to Dameisha Beach, where I could do a lot of water activities such as riding a motorboat, taking a sunbath, surfing, etc. As I do not know how to swim, I could play beach ball, do bungee jump, or just enjoy the wonderful beach and wait for the sunset.

Third, I would like to visit the North Pavilion of Shenzhen Library, where I could see the 18m-high space elevator and experience the stunning technology in China. As I am a fan of advanced technology, I must go there once in my life.

In Shenzhen, I can learn more about the technological development in China. This visit could enhance my national identity and help me understand more about Chinese achievements in modern China.

*In Shenzhen, I can learn more about the technological development in China.*

2D 27 Ng Chak Hei, Issac



## A Place I Would Like to Visit in China

I would like to visit many places in China. Hangzhou is the top place I would like to travel. I want to visit Hangzhou with my family because the views there are stunning. I would like to visit Hangzhou in March and April because spring is the best season to go travelling and see the flowers blooming.

The famous place in Hangzhou is West Lake. It is in the southeast of downtown. West lake is an iconic, symbolic light in Hangzhou and regarded as one of the most beautiful sights in China. The views are picturesque, and it makes people breathtaking. The best time to see the best view is at sunset. The sky and sea are awe-inspiring. I would also visit the Fish and Lotus Fronds at Flowers Pond. There we could feed goldfish. Leifeng Pagoda is the best attraction in West Lake. In this place, I could enjoy the whole view of West Lake, and it is the oldest colorful place. It is a good place for photographing.

I would stay at Hangzhou for two days. On the first day, I would try local cuisines such as West Lake Vinegar Fish, Dongpo Pork and taste Longjing tea which is a popular local drink. On the second day, I would go to West Lake by cycling or walking along the lakeside or go boating in the nearby water towns.



I hope to visit Hangzhou in the near future. I want to see the views by myself but not on the Internet. I want to see the beautiful scenery in West Lake. Visiting Hangzhou helps me understand more about the natural beauty in China.

**Visiting Hangzhou  
helps me understand more  
about the natural beauty  
in China.**

2D 11 Tsang Tsz Kiu, Bernice

## A Place I Would Like to Visit in China

The place I would like to visit in China is Beijing. I want to visit Beijing with my parents and younger sister. We would go to Beijing during Christmas holidays.

Beijing is famous for its history and cuisine. It has been the capital city for over seven hundred years. It is located in the North-east of China.

We want to go sightseeing and leave sweet memories there. That is why I have been thinking about visiting it for a long time.

We would stay there for one week and spend four days sightseeing, two days hiking and one day tasting the unique local cuisine. We would like to visit the Great Wall, Tianamen Square, The Forbidden City and The Summer Palace. These attractions are stunning. Beijing is well known for the Imperial Palace and Tianamen



Square. The most popular attraction is The Great Wall. We would go hiking at The Great Wall, discover the hutongs by rickshaw. We would not miss these attractions because the views are amazing and wonderful. Also, we would watch the Beijing opera or kung fu shows. I would try Shandong cuisine, for example, Peking duck, fried sauce noodles and donkey burgers.

I can learn more about Chinese history and culture from the visit to Beijing. The visit could help me enhance my national identity and understand more about Chinese cultures.

**I can learn more about  
Chinese history and  
culture from the visit to  
*Beijing.***

2C 26 Pang Shing Chak, Alex



## A Place I Would Like to Visit in China

The place I want to visit in China is Beijing. It is in the north-east of China.

I want to visit Beijing with my mum, dad and my older sister. I would go there in November because it is not hot.

Beijing is well known for its cuisine. There are many delicious foods, such as Peking duck. Beijing is a special place for me. I have been thinking about visiting it again because I have had some sweet memories with my family there before.

I would stay in Beijing for 3 days. I would like to visit The Great Wall. It is divided into southern and northern parts. The views are fascinating.

I also like to go to Tiananmen Square which is a popular tourist attraction. There are many important buildings. You can see the Monument to the People's Heroes.

The next place is The Forbidden City. It is surely one of the top ten places to visit in Beijing. What I like about it is its unique and stunning design. You can see the Treasure Gallery and Watch Gallery. The view is wonderful.

I also want to try Peking duck. It is crispy, tender and tasty. I want to try sugar coated haws and Donkey rolls, too. Sugar coated haw, which is Beijing's traditional snack, is sweet and sour. Donkey rolls are made of soybean, red bean and glutinous rice flour. There are other mouth-watering foods as well.

From the visit, I can learn about Beijing's history and cultures. It can enhance my national identity as well.

From the visit, I can learn about *Beijing's* history and cultures. It can enhance my national identity as well.

2D 13 Tsui Wing Ching, Dora



## A Place I Would Like to Visit in China

If I were asked to visit a place in China, it would be Nanchang. I want to visit Nanchang with my friends or family. I will go there during summer vacation because I can spend more time with my family in Jiangxi and have more fun.

Nanchang belongs to Jiangxi province, and it is located in northwest Jiangxi. It is famous for Nanchang clay pot soup and Nanchang mixed noodles, etc. It is a special place for me because I have sweet memories with my friends or family in this place. It is a unique place which is full of my childhood memories. I go back to Nanchang to celebrate the Lunar New Year every year.



This visit could help me enhance my national identity and understand more about Chinese cultures or achievements.

2A 09 Wong Pui Yu, Kelly

I would stay there for more than a month. On the first day, I would like to visit the famous attractions, such as the Meiling Scenic Area. On the second day, I would like to taste the special cuisine and the local snacks. They are Nanchang white sugar cake and Nanchang mixed flour. On the third day, I would like to go sightseeing and see the beautiful scenery. I can also take a walk around the city to relax. Then, I would spend the days with my relatives and old schoolmates, chatting and having gatherings happily.

I can learn more about Chinese culture and refresh my memories from the visit. This visit could help me enhance my national identity and understand more about Chinese cultures or achievements.



## A Place I Would Like to Visit in China

A lot of people have asked me where I would visit. I would like to visit Beijing. If I visit Beijing, I will go with my parents and classmates. I wish I could go there when I grow up.

Beijing is located in northern part of China. It has around 21 million people. Why is Beijing famous? Firstly, Beijing has a long history. Secondly, Beijing is China’s capital. Finally, there are many beautiful scenic spots in Beijing.

Tiananmen square is one of the largest city squares in the world. We can see the flag-raising ceremony. We can appreciate the traces left by the ancients. We can eat Beijing chicken rolls.

Badaling Great Wall is China’s most famous structure. We can see the traces of previous wars. We can go hiking and take photos. We can eat old Beijing fried noodles.

Temple of Heaven is a product of ancient Chinese culture. We can see ancient trees which has more than 100 years old. We can do morning exercises with local people there. We can eat old Beijing fried noodles with soy sauce.

Forbidden City is the biggest and the oldest palace in China. We can see antiquities and relics from the Ming and Qing Dynasties. We can eat Donkey rolling and red bean cakes.

I like famous shopping streets. One of them is ‘Sanlitun’. It is in Chaoyang District. You can buy books and stationery there.

I like famous local food. It is Beijing roast duck, which is roasted with soy sauce. I like Beijing because Beijing is the capital of China.

I like *Beijing* because Beijing is the *capital* of China.

2B 05 Li Ming Zhu, Gigi



## A Place I Would Like to Visit in China

If I were invited to a place in China, I would choose to go to Beijing with my family, preferably during a long vacation.

The reason why I have chosen Beijing is that it has a rich history, culture, and local customs. The richness has attracted me. I would like to experience it firsthand. If I were to go for a week or two, I would take every day seriously and visit those excellent attractions, for example, the Great Wall and the Terra Cotta Warriors. Or I will go to famous restaurants to taste local food or go to the Palace Museum to see the amazing cultural relics.

Finally, during this trip, I can also learn the local language and culture, as well as the rich historical and cultural heritage, while also strengthening my sense of national identity and understanding of Chinese culture and achievements.

The reason why I have chosen Beijing is that it has a rich history, culture, and local customs.

2C 30 Tsoi Ting Yin, Tim





## A Letter Of Thanks

Dear Miss Chan,

I am writing this letter to express my gratitude for everything you have done over the past few months.

I really enjoyed doing experiments and listening to you teach the class in such a fun and enjoyable way. You truly really piqued my interest in science by making a challenging subject feel fun and easy. One of my favorite parts of this term was the Bunsen burner experiment. It seems scary and dangerous at first, but with your friendly reminders, it turned out to be very cool and mesmerizing.

The way you used examples from daily life or routines really made boring and confusing lessons more engaging and understandable. I look forward to your lessons and hope to do more experiments in the future!

Your support, along with your lessons, really helped me understand science more clearly. Science is challenging, especially in English, but you encouraged us to keep going and not give up. You’ve helped me with science and spotting mistakes in my work, which I really appreciate it. You always remind us to go home and practice spelling words, which really helps.

There are many memorable moments from lessons or even outside of class. I’ll always remember when you first came in for our first-ever lesson. The unfamiliar faces and new environment were very overwhelming. I felt like a tightrope walker without a net, as nervous as a deer caught in headlights. However, you started the class with an easy-going atmosphere and helped the class relax and feel less nervous. Your approachable teaching style really helped me calm down and enjoy learning.

I really appreciate everything you have done for us. Your kindness and dedication have truly inspired me to be a better person. I look forward to learning more from you and hope to make you proud in the future.

Best regards,  
Chloe Cheung

I really appreciate everything you have done for us.  
Your *kindness* and *dedication* have truly inspired me to be a better person.

1D 02 Cheung Nga Kiu, Chloe



## A Letter Of Thanks

Dear Principal Choi,

The serenity of sacred cherry blossom petals drifts through the frosty air. May wonders and good fortune fill your life with joy and prosperity!

There are exciting lessons and activities to enjoy at school. I personally enjoy science lessons because they are full of fascinating timelines, events, and mysteries to uncover. One project I worked on in science involved experiments. It was a gratifying and novel experience that made me eager to learn more about the subject.

I would also like to thank you for your unwavering judgment and support. Without your support, I might have been placed in other classes. Thanks to your guidance, I now have the opportunity to learn science and math in English! Learning these subjects in English has helped me easily understand the questions and explanations in most of the mid-term exams.

One of the most remarkable and fascinating memories I have is the time we had a barbecue. It was a joyful and warm experience, and I loved bonding with my classmates.

Lastly, thank you for accepting me into this school. I will do my best to excel in my achievements. I am honored to be an earnest and studious student at this school.

Best regards,  
Sophie Pang

I am honored to be an **EARNEST** and **STUDIOUS** student at this school.

1D 09 Pang Yuen Ting, Sophie



## A Letter Of Thanks

Hello Mum and Dad,

I just wanted to take a moment to say thank you for everything you’ve done for me. I truly appreciate all the love and support you’ve always shown me throughout my life. Without you, I wouldn’t have become the person I am today.

I still remember the time when I was young, and you took me to Disneyland. It was one of the happiest days of my life. We rode so many exciting rides, especially the roller coaster that made me laugh and scream at the same time. I felt like I was in a magical world, surrounded by joy and adventure. I especially remember how much fun we had sharing a delicious meal at the fancy restaurant — I was so excited to feel so “grown-up” dining there with you. That day wasn’t just fun; it was special because we spent it together. It’s a memory I’ll treasure forever.

Thank you for always being there for me, especially during saddest or most difficult moments. Your encouragement and love have been my greatest source of strength. Whenever I felt like giving up, you

Once again, thank you for everything you’ve done for me and for always being my greatest supporters. I’m so lucky to have parents like you.

1D 23 Kan Yu Him, Engine

reminded me of my worth and showed me how to keep going. I can’t express enough gratitude for believing in me, even when I struggled to believe in myself.

Once again, thank you for everything you’ve done for me and for always being my greatest supporters. I’m so lucky to have parents like you.

Love,  
Eugene



Thank you once again for teaching me with patience and understanding. Your lessons have inspired me to work harder and enjoy learning ICT.

Warm regards,  
Cyrus Wong

Thank you once again for teaching me with patience and understanding.

1D 36 Wong Kwok Chuen, Cyrus

## A Letter Of Thanks

Dear Mr. Pang,

I just want to take a moment to thank you for all the guidance and support you’ve given me these past few months. I hope this letter finds you well! I really enjoy your lessons.

I remember that day when you didn’t want us to feel nervous before the test. You joked about dynasties and shared some funny facts about them. It was so funny that we all laughed for the entire lesson!

Also, after the lessons, I wanted to have more presentations. They seem so fun and exciting!

Your support has been amazing, especially when you talked about the kings. I still remember how you painted the whole picture and told the complete story about them!

One of my favorite moments from your class is when you showed us the antiques. Though they were heavy and looked old, they were incredibly interesting! I felt lucky to touch the original items from the dynasty. I’ve gained so much knowledge about history because of that.

Thanks again for everything!

Best regards,  
Ethan Yip

I really *enjoy* your lessons.

1D 38 Yip King Fung, Ethan

## A Letter Of Thanks

Dear Mum,

I am thankful to you for your caring for me. You are very nice and caring. I love you very much.

You are a wonderful mum. You are very beautiful and kind. You are good at English. When I need help, you will always help me with my homework. You are good at cooking delicious meals. I love the food you cook very much.

You have helped me with my homework and studying new things. So, I can get full marks in my dictations. Mum, I will get great marks in my examinations.

I feel I am lucky to have you. You are important to me because you can cook food for me, talk with me and care for me. You are the best mum in my heart! I love you!

I am very fortunate to have such a great mum. I am grateful to you for being so kind and caring. Thank you for your love and for everything!

Best wishes,  
Henry



I am very fortunate to have such a *great mum*.

1D 28 Liu Ka Chuen,  
Henry



## A Letter Of Thanks

Dear Amy,

I am writing this letter especially to thank you for your kindness, patience and help. You are my best friend and truly one of the kindest people I know.

You are a loyal friend with short brown hair and big brown eyes. You are friendly and warm-hearted. You are good at playing basketball and excel in Maths. You have helped me a lot with my Maths problems, so I can do better in Maths now. Thank you again for your help.

I feel so lucky to have you in my life. You are important to me because you've taught me to see the world in a brighter light and to approach challenges with confidence. Your guidance has been invaluable, and I am grateful to you for your unwavering support and encouragement.

Thank you for being there for me through thick and thin. Your kindness and wisdom have profoundly influenced my life, and I will always cherish the moments we have shared.

Best wishes,  
Angela

## A Letter Of Thanks

Dear Kok Tuen,

I hope this letter finds you well. I want to take a moment to express my appreciation for your friendship. Your kindness and support have made a meaningful impact on my life. I appreciate how you are always there for me, offering a listening ear.

My friend, do you remember when we first met? I was about to take my lunch box when I saw you instead. I didn't expect to meet you, but I still remember how special that moment was. It made me feel surprised and happy.

After school, we often participated in activities together before going home, and I always saw you there. We had music and other activities to do, and those moments were so much fun.

Your kindness and wisdom have profoundly influenced my life, and I will always cherish the moments we have shared.

1D 04 Chung Sen Hei, Angela



2C 06 JIANG HOM HEI

Thank you for being such a great friend. I am grateful for all the wonderful memories we share and hope we can create more fun times together.

Best regards,  
Yu Ching

I am grateful for all the wonderful memories we share and hope we can create more fun times together.

1A 20 Ng Yu Ching, Gabriel

## A Letter Of Thanks

Dear Ms Guo,

I would like to thank you for your teaching. I achieved the highest mark in the first-term English exam in 1B thanks to you. I appreciate what you have done, and I am happy that I have had a chance to get high marks. You are my funny and helpful teacher, who teaches 1B.

I remember when I had my first English lesson, I did not understand too much English and I felt nervous, but you asked us kindly about our favourite film. I raised my hand and answered it. It is 'Harry Potter' because I really adore the film that has a lot of characters I can talk about.

From now on, I really thank you for your hard work. Also, when you make some jokes, our class enjoy our lessons so much and we laugh together. Thank you for your help. I feel confident that I won't fail in English.

Once again, thank you for your teaching and I will strive to achieve even better marks. I will work hard because practice makes perfect from each lesson. I am looking forward to hearing from you.

Best regards,  
Kelvin Wong

I will strive to achieve even *better marks*.

1B 22 Wong Tsz Hong, Kelvin

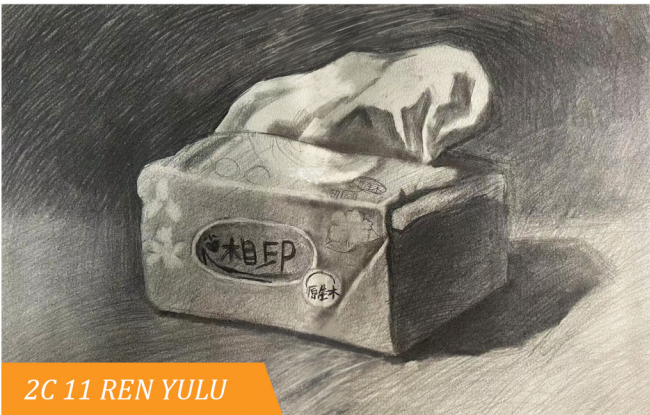
## A Letter Of Thanks

Dear Ms Guo,

How are you? The person I want to thank is you because when I don't understand something, you always encourage me. I appreciate it very much.

You are my good teacher, and you are like my friend because you always listen to my concerns and your guidance has helped me navigate difficult times. You comforted me when I was feeling down, and I am grateful for your unwavering support. I also remember when I passed the exam, you were even happier than I was, and you gave me some presents to reward me and praised me.

In addition, in your funny English lessons, I am very happy. If some students don't perform well in their exams, you never shout at them but always encourage them instead. We are thankful for your encouraging words when we feel down. We always have group competition in our English lessons. If a group's mark is the lowest, you will ask students of that group to dance, and it was very funny. I enjoy your English lessons, and you have made me happy.



2C 11 REN YULU

Once again, I feel so fortunate to have you as my teacher. I am looking forward to hearing from you. Thank you for having you as my teacher.

Best regards,  
Mia Fang

I enjoy your English lessons, and you have made me happy.

1C 05 Fang Yiqing, Mia



## Good People, Good Deeds

Every good deed, no matter how big or small, helps tip the ‘goodness scales’ in the right direction. I believe many of us have received help from others at some point, and I would like to share my own experience from when I was seven years old.

It was a family day, and my family went to Tai Mei Tuk for a barbecue and cycling. When we arrived, we set up our barbecue and enjoyed a delicious meal that made us all very happy. After lunch, we began riding our bicycles.

Eager to be independent and seeking adventure, I rode my bicycle as fast as I could, leaving my family far behind. Suddenly, I lost my balance and fell off the bicycle. I scraped my forehead, and one of my teeth was knocked out. Feeling helpless, I started to cry. Just then, a kind stranger approached me. He comforted me and helped me feel much better. After escorting me back to my family, he left without saying a word. I was then taken to the hospital for treatment.

This experience remains unforgettable for me. If I ever have the chance, I would love to thank that stranger. Although it may be difficult to encounter him again, his kindness inspired me to be compassionate toward others.

Showing goodness to others is not as hard as you might think. Let’s work together to make our world a better place!



5D 2 LAM KWAN LEE

Showing goodness to others is not as hard as you might think. **Let’s work together to make our world a better place!**

3C 23 Lam King Sau, Keaton

## Good People, Good Deeds

Every good deed, no matter how big or small, helps tip the ‘goodness scales’ in the right direction.

Last month, while I was taking a walk in the park, I noticed a little boy whose kite had become entangled in a tree. He was crying, and no one was helping him. I could feel his sadness, so I found a long branch and assisted him in retrieving the kite. His heartfelt thanks and beaming smile made my day.

When I visited the park again recently, I saw the same boy. This time, he was helping an elderly lady pick up fruits that had fallen on the ground. It was a heartwarming scene, and I realized that my simple act of kindness might have inspired him to do the same.

As L.M. Montgomery wrote in Anne of Green Gables, "It is so easy to be good." This quote resonates with me, as it reflects how my actions impacted that little boy. When we do good, we not only help others but also inspire those around us to spread kindness.

*When we do good,* we not only help others but also inspire those around us to spread kindness.

3C 35 Zhang Cheuk Hei, Chris



## Good People, Good Deeds

“Kindness is the language which the deaf can hear and the blind can see.” Kindness is a universal language that anyone can speak.

When I was three years old, my parents hired a housekeeper to clean our home and take care of me while they were at work. She was beautiful inside and out, radiating kindness to everyone around her and gathering many friends.

Last year, while we were on our way home, we encountered a homeless man begging on the street. It was a cold day, and he was barely dressed. My housekeeper noticed that he was being ignored by everyone passing by, and she felt driven to help. She decided to give him some money and even offered him her jacket. I was amazed by her selflessness, especially since it was such a chilly day. A few days later, she mentioned that she had donated to a charity for the homeless. I was surprised that she would go the extra mile to help those in need.

Even though this happened a year ago, I still vividly remember it. It made me realize that I could be more considerate and kinder to others. There are many simple good deeds we can perform in our daily lives, like complimenting someone or offering help to a stranger.

In conclusion, you can do good deeds anytime, no matter how big or small, and they can truly brighten someone’s day.

*In conclusion, you can do good deeds anytime, no matter how big or small, and they can truly brighten someone's day.*

3D 01 Ho On Yi, Olivia



## Good People, Good Deeds

Every good deed, no matter how big or small, helps tip the scales of goodness. Doing a good deed not only brings joy to others but also fills one with a sense of satisfaction. I wholeheartedly agree.

I recall a time when I was in mainland China for a competition. While at the hotel, I noticed a foreigner at the café struggling to order her drink because of a language barrier with the cashier. The foreigner seemed to be in a hurry as she was checking her watch constantly. Seeing her need for help, I offered to assist. Luckily, she spoke English. After she told me what she wanted, I helped her place her order. As the saying goes, “Good deeds may be unseen but leave an indelible mark on others’ hearts,” and I felt proud of my actions.

A few days later, I overslept for my competition and rushed for a taxi, but none was there. Suddenly, I heard a honk, and a woman across the road shouted, “In a hurry?” She was the foreigner I helped earlier. I gratefully accepted her offer for a ride to the competition venue.

There is a saying: “Do a good deed and throw it in the river; one day it will return to you in the desert.” While I didn’t believe it before, I began to believe in the power of kindness.

*Doing a good deed not only brings joy to others but also fills one with a sense of satisfaction. I wholeheartedly agree.*

3D 05 Leung Cheuk Kiu, Kiwi





Good People, Good Deeds

Our lives are filled with good people and good deeds. Every single good deed, no matter how big or small, helps tip the "goodness scales" in the right direction. I have an unforgettable experience that I would like to share.

It was a weekday morning, and during rush hour, the MTR was very crowded. People struggled to find their footing, and I was one of them. At that time, I had a cold and felt weak with a low fever. In the crowded, muggy carriage, my dizziness was worsening.

Just when I felt I could no longer hold on, a girl noticed my distress. Seeing my pale face, she softly asked, "Are you feeling unwell?" I nodded, and to my surprise, she stood up from her seat for me. I thanked her gratefully before sitting down, and she stepped aside. All the passengers around gave this girl a thumbs-up as they witnessed her kindness.

Her act illuminated my day. I realized how precious a little care from strangers can be in the MTR. As the saying goes: "Only a life lived for others is worth it." This girl's action showed that kindness doesn't have to be earth-shattering; a small gesture can provide great help to others. It also inspires me to spread this warmth to those in need.

In conclusion, whether in the MTR or anywhere in the city, good people and good deeds are expected. We should all actively help others and encourage more people to do the same, making our world a better place.



4A 6 WONG WING NAM

*It also inspires me to spread this warmth to those in need.*

3D 16 Dai Man To, Tony

I truly believe that  
‘a simple act of caring  
creates an endless ripple  
that comes back to you’.  
a better place.

3C 06 Li Ka Yee, Kelly

Good People, Good Deeds

One day, the weather was stormy. I was at home watching the rain beat against the window. I looked at the clock and it was around 7:00 a.m. "You're going to be late! And don't forget to bring your umbrella!" Mom urged me to hurry up. I grabbed my school bag and left immediately.

On my way to school, the wind was so strong that it broke my umbrella and so I could not open it. I had to hurriedly hide in a sheltered place to avoid the rainstorm. But watching the time passing and getting closer to the class time, I began to get tensed up and the rain soaked my coat a little bit. Just as I was about to rush out of the safe place and run towards the school gate, a classmate with an umbrella just passed by and saw my embarrassment so that she covered me with her umbrella to run towards the school gate. Even though our coats were a little wet, I was very grateful to her. Without her help, I would be soaked in rain.

I wanted to return a favour to her. One afternoon, I found an opportunity to do so. Her bike had broken, and she was trying to repair it. While she was figuring out what to do, I stepped forward to offer her a hand. She thanked me very much for this. In the end, we've become good friends because of this encounter. We support one another mutually.

I truly believe that 'a simple act of caring creates an endless ripple that comes back to you'.



1D 6 HU YU TUNG



Good People, Good Deeds

Good deeds, no matter how big or small, can have a profound impact on someone’s life in the right direction.

One rainy afternoon, the streets were crowded with people rushing to escape the downpour. Among the crowd, an elderly man was struggling to cross the road. The road became slippery after the rain. He was carrying a heavy bag. Many people walked past him as they were too busy to notice his difficulty. When I thought no one would help him, a young woman suddenly stepped forward. She held an umbrella over the man and took his heavy bag. She walked him safely to the other side of the road.



6C 15 YANG YEE NAM

She didn’t hesitate or wait for someone else to step in. Her small act of kindness not only helped the elderly man but also inspired those around who witnessed it. The young woman walked away with a smile, knowing that she had made someone’s life a bit easier. I think her good deed can brighten the elderly man’s life as well as the people around.

In today’s fast-paced world, people often focus on their own goals and personal interests. However, simple gestures, like holding a door for someone or even just offering a seat to a stranger, can remind us that we are all connected. So, never underestimate the power of an act of kindness. It not only can foster community spirit, but also create a more compassionate and supportive society.

So, never underestimate the power of an act of kindness. It not only can foster community spirit, but also create a more compassionate and supportive society.

3C 27 Qiu Lam, Leo

Good People, Good Deeds

Every single good deed, no matter how big or small, helps tip the “goodness scales” in the right direction.

I recall a time when I was on my home during a heavy rainstorm. I had missed my bus and was feeling quite lost and frustrated. A kind stranger noticed my distress. He approached me and offered to share his umbrella. He even waited with me until the bus arrived! I was so surprised and touched. His simple act of kindness made me realize that even in a difficult situation, good people are around.

I feel that such good deeds are like beacons of light in a somewhat dark moment. In my daily life, I go to a local park where many homeless people gather and bring them warm breakfast sandwiches, talking with them kindly. I can do good deeds for my family by helping them with chores and even organizing neighbourhood clean-up activities.

In this city, we can be like sunshine spreading kindness, inspiring others to step up and do their part in making the world a better place. Let’s all be the change we wish to see and keep the cycle of kindness going.



4C 11 WONG SHU CHI

Let’s all be the **change** we wish to see and keep the cycle of **kindness going**.

3C 02 Chan Yee Chin, Irene



## Good People, Good Deeds

On my way home, my heart was filled with warmth. This was because I did a good thing today that made me feel really happy.

Today, I saw an old woman trip over and fall on the roadside, and the shopping bags in her hands dropped on the ground, and the vegetables and fruit scattered everywhere. The old woman looked in pain. She tried to stand up, but she couldn't.

I immediately ran over to the old woman and asked her if she was hurt. She said that her leg was sprained, and that she was in pain. I helped her pick up the scattered vegetables and fruit. I put them back in her bags. Then, I helped the old woman slowly walk to a nearby bench to rest. I then helped her to contact her children. There was a grateful smile on her face, and she kept thanking me. Looking at the old woman sitting safely, I felt very relieved, too. Although my hands and my clothes were a little dirty and I would be a bit late back home, I didn't mind at all.

I waited until the old woman's daughter came to take care of her. Then I went home. It was already dark and cold, but I could not feel the coldness. My heart was full of warmth and happiness. Helping others makes me feel like I have done something meaningful, which is more rewarding than anything else!



Helping others makes me feel like I have done something meaningful, which is more rewarding than anything else!

3A 12 Zhuo Xiao Ran, Rainie

## Good People, Good Deeds

There are still a lot of kind and helpful people in this world. I will always remember the elderly lady who helped me when I got lost a few years ago.

She was one of the nicest people I have ever found in a crowded supermarket. She stayed with me until I found my way. About 7 to 8 years ago, at Chinese New Year, my parents were shopping for different gifts for my relatives and some of our friends. The supermarket was huge, and it was super crowded at the time. My parents went into the crowd and blended in with all the other people. I got completely separated from my parents by the crowd.

At first glance, I thought that my parents were in front of me, but my parents had gone into the store. I was trying my best to find my parents in the store we had planned to go to, but I couldn't find them in any of the stores. I also went to different floors to try to find them, but there was still no sign of them. I was panicking and asked different strangers to help me call my parents to let them know my location. But nobody helped, only an elderly woman came up to me and helped me find my parents.

The elderly woman took me to the customer service counter to find my parents. They used the announcement mic to inform my parents. The elderly woman stayed with me until my parents came to pick me up. My parents rushed there and got me. They thanked the elderly woman and invited her to lunch as a thank you, but she declined and said, "I'm just doing the right thing!" She left shortly after.

I could never forget this experience.

I could

never forget this

experience.

3B 19 Ngai Ching Nam, Casper





## Perseverance and Diligence

As a beginner baker who has been struggling with considerable sticky situations in cooking and baking, there is no better story than mine to demonstrate the importance of perseverance and diligence.

Exploding into my life, desserts have an enormous attraction for me. I find it relaxing and enjoyable when I am baking something. My sister is a crazy lover of desserts. She suggested that we bake a well-known cheesecake, Basque. It was all the rage during the COVID-19 pandemic because outdoor activities were not allowed. Having prepared the ingredients perfectly, we baked a Basque successfully. After the first taste of success, I was keen to try out another recipe.

However, I met macarons, a dessert named after a queen of desserts. Experiencing a loaf of distasteful failure, I was frustrated and depressed. Although I had attempted and strictly followed all instructions mentioned in the cookbook, I couldn't make a successful and tasty macaron. Eventually, I gave up in frustration.

Having gone through that tragic experience, I understood that satisfactory consequences may not last forever. Nevertheless, every lock has a key.

A few months later, I had to face academic difficulties. A high-pressure environment and fierce competition broke into my life. Sacrificing my favorite hobbies, I was dominated by panic, anxiety, and stress. Out of the blue, a hero saved my life. He was my teacher. He encouraged me that I was on the right track and that diligence and perseverance might help. Therefore, I paid extra attention in class and took numerous notes. Also, I stayed in the self-study room and revised every day. I put all my efforts into preparing for the first term exam.

After the first-term exam, I gained a satisfying result through diligence. My class teacher told me that I not only obtained an outstanding result, but I also spread the spirit of diligence and perseverance to others.

As a cooking lover, I would describe diligence and perseverance as a seasoning, which is key to assisting me in accessing the world of blissful, scrumptious food. Sometimes, when I complain about my unfair fate, I think about diligence and perseverance. Having gone through hard work and persistence, I found that my mindset and heart were strengthened.

Making mistakes and facing failure are undeniably common in my life. However, I believe that even though I have failed many times, what I need to do is bounce back from setbacks. That's what I did. I tried numerous times again to make macarons. Unexpectedly, I defeated the big monster yesterday. Tasting the bliss, I felt energized, and I am ready to defeat another monster through hard work and perseverance!

Nothing is impossible with perseverance and diligence.

Nothing is impossible with perseverance and diligence.  
5C 18 Chung Ka Hei, Anson



5B 8 XIE PAN YIN

## Through Hard Work

“This is impossible!’ ‘I am not going to make it.’ ‘I just can’t.’ These thoughts are awfully stressful and horrifying, right? I am sure that you have experienced these kinds of thoughts when facing tough obstacles. Some of you might have already given up, throwing in the towel. Yet, to think deeply, have you ever tried to go to the fullest? Is it that difficult to succeed? If you think so, after I tell you the story of my friend Amy, I would like you to bear in mind that with perseverance and diligence, no matter how distressing it is, the results will ultimately bear fruit.

Six months ago, a 5 km marathon was promoted in the morning assembly. Being hyped up about this, we gathered and had a quick chit-chat. ‘Woah! This sounds great! Amy, do you want to join us? This might improve your stamina,’ I said. Amy, who is slim and short, answered, ‘No. I guess. I am not a pro runner nor an expert. To be honest, I have hated running for most of my life!’ ‘Oh, come on! You will be just fine! Trust me, buddy! You get four months to practise and we are here for you, so there is no need to be worried!’ I panted. She sighed, ‘Okay... I think I will tag along.’

Before the marathon, we started our training together. At first, Amy struggled to keep up, shivering her legs and breathing heavily. However, as each day passed, she began to adapt to the pace of running, building up her stamina. Weeks later, she found herself running long distances. ‘You are getting better, Amy! I am sure that you will get through the marathon!’ I smiled.

Weeks passed, and the day had finally arrived. The atmosphere was so electric that giggles and screams could be heard. Runners gathered at the starting line, feeling excited. When I turned my head to Amy, I spotted her frowning eyebrows. As I attempted to comfort her, the starter’s gun went off, and everyone dashed out. I could not help but run as well. After running three miles, numerous runners began to pant, including Amy. She was breathing heavily, feeling the pain and heaviness in her legs. ‘It is such a pain,’ she groaned. To her, it felt like an eternity to cross the finishing line. The devil’s advocate in her mind began to lure her to give up. Just as she was about to stop, in the blink of an eye, a voice came to her, encouraging her to keep going. It was God who encouraged her. With this shiny and bright voice, Amy used all of her strength to run as fast as she could to the finishing line.

Eventually, she crossed the finish line with her hands raised, feeling a mix of exhaustion and satisfaction. I was clearly shocked by her unwavering stamina. Watching her cross the finish line was a miracle to me. I asked myself, ‘What is the cost of achieving something that seems impossible?’ Is it money? No. Is it magic? No. The only correct answer is perseverance and diligence. Through hard work, Amy accomplished something she hated. All it took was a single invitation and some encouragement, and she poured her efforts into it.

This has taught us that when we face struggles, instead of quitting, why don’t we keep our chin up and fight for it? Again, please keep in mind that with endurance and persistence, no matter how difficult it is, the results will finally bear fruit.

Please keep in mind  
that with endurance and  
persistence, no matter how  
difficult it is, the results  
will finally bear fruit.

5C 09 Leong Lok Ying,  
Jasmine



## The Only Pathway to Achievement

In the journey of life, everyone seems to face challenges that are insurmountable. While some surrender easily, some may overcome their difficulties through sheer assiduity and stamina. As a secondary school student, it is inevitable for me to face a myriad of challenges in my daily life. In such moments, perseverance and diligence are essential as they can be the guiding lights to keep us press forward.

Mathematics, a subject that is proved particularly formidable, is one of the obstacles that perplex me for a long time. Although I spent countless hours struggling to understand, it eluded me. Due to this reason, I always lay my math homework scattered and untouched on my desk and kept playing mobile games. Consequently, my math exam results always languished in an awful state.

When I studied in my secondary school, the situation became worse than before. The new syllabus was demanding, and I always felt the pressure mounting. However, other students seemed to grasp the concepts effortlessly. Demanding syllabus, peer pressure and being anxious about my academic results have caused the fear of falling behind that weighed heavily on my shoulders, especially with the upcoming examinations.

At home, things weren't easy either. As I became a secondary school student, my parents started to worry about my grades and burdened me with heavy expectations. However, both of them were putting in long hours at work, leaving them unable to help me with my studies.

Amidst the whirlwind of examinations and expectations, I found myself engulfed in a torrent of high pressure. The constant fear of failure loomed over me like a dark cloud, fueling me anxiety and leaving me feeling overwhelmed. I started to find solace in the glow of my phone screen late at night. Despite the fact that the clock ticked relentlessly forward, I could seek a fleeting sense of relaxation in a world that never sleeps. Suddenly, when I was sitting on my bed and scrolling my social media, feeling defeated, a gorgeous silhouette attracted me to click in it.

Let's take actions  
with perseverance  
and diligence as they  
can lead us towards  
success.

5D 08 Tang Wing Ching,  
Winnie

It was a video about famous figure skater Yuzuru Hanyu. His unparalleled elegance and composure captivated me. With each graceful glide across the ice, he weaves passion, precision and incomparable skills. After that, I started to search for his information. I realized that behind these successes is a lot of tenacity and endurance. He has battled with numerous injuries during his career, which have sidelined him from competitions. Additionally, as a top figure skater, he must face sky-high expectations constantly to excel in competitions.

Being inspired by Hanyu's journey, I knew I had to turn things around. I began waking up an hour earlier to review the notes before school because the early bird catches the worm. Also, I reached out to my teachers asking questions and seeking clarification whenever needed. I would tackle some difficult topics in order to solve complex questions faster too. Despite facing numerous obstacles and suffering, I knew that thoroughness and grit are indispensable in this progress.

Weeks turned into months. Final exam finally came. Working tirelessly for a long time, I hoped to see the results of my efforts. When the score sheet came out, my grades improved steadily. A wave of relief and joy washed over me. My hard work has borne fruit. My parents and teachers were proud of me and my classmates were all surprised with my results.

Through this journey, I learned that true victory lies in innumerable perseverance and diligence. These qualities serve as the bedrocks of achieving success in any endeavor. Perseverance allows us to triumph in every challenge and diligence ensures that we can try our best to excel in our tasks.

To sum up, breaking the barriers in our daily life is not easy but if we are willing to put in the effort and never give up, the rewards are immeasurable. Also, we must persist just as the saying goes that fall seven times and stand up eight. So, let's take actions with perseverance and diligence as they can lead us towards success.

## Brushes and Dreams: Lila's Artistic Journey

Perseverance and diligence are the keys to unlocking our potential. They motivate us to keep going, even when the path is difficult. Blood, sweat and tears are what Lila has put in in her pursuit of success.

In a coastal town in 2007, there was a young woman named Lila. She had a passion for painting and dreamed of showcasing her art in a prestigious gallery. However, Lila faced many obstacles. Despite her talent, she struggled to gain recognition. Local critics were harsh, and she often received harsh feedback. Instead of feeling defeated, Lila decided to improve her skills. She took art classes, experimented with new techniques, and painted every single day. When the going gets tough, the tough gets going.

As she immersed herself in her art, Lila began to develop her unique style. She created a series of paintings that expressed her emotions and experiences. Though the journey was long and challenging, she remained diligent, often working late into the night.

Lila's dedication began to pay off. With each painting, she felt a growing sense of confidence and her passion shone through her work.

After a year of hard work, Lila submitted her paintings to a local gallery. To her delight, not only were they accepted, but they received praise from critics and visitors alike. Lila realized that her perseverance and diligence had transformed her dreams into reality.

As she stood at the gallery opening, surrounded by people admiring her work, Lila felt an overwhelming sense of joy and fulfillment. She reflected on the struggles she had faced, and the long nights spent perfecting her crafts. At that moment, she understood that every challenge had shaped her into a real artist she had become.



Lila was inspired to continue creating and exploring. She planned to host workshops for young artists, sharing her journey and encouraging them to pursue their dreams. Lila realized that her story was just a beginning, and she was excited to inspire others through her art.

Lila's story shows that perseverance and diligence are essential in pursuing our passion. When we face challenges, it is our commitment to improvement that leads us to succeed.

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improvement that leads us  
to succeed.

5D 13 Yau Tsz Yan, Tammy



## The Marvelous. Power of Perseverance

The sports day was alive with excitement. Among the athletes was Paul, the school's hurdler, who is known for winning the past two consecutive championships. While he stood at the starting line, he cared not only the hopes of his teammates, but also his perseverant pursuit of excellence. Paul is more than just a talented athlete. He is the embodiment of perseverance and diligence as well. Therefore, his journey has inspired everyone around him.

Paul's achievements were not always pledged, when he first joined the track and field team, his performance in hurdles wasn't desirable. He struggled to construct his steps, often knocking over hurdles and ending practices with bruises. However, his coach once told him, "Talent is important, but it means nothing without diligence." This is a truth which Paul took to heart.

Determined to improve, Paul doubled his efforts. While others left the track after regular training, Paul still stayed behind, analyzing techniques of hurdling. Every evening, the sound of his trainers echoed through the empty sports ground since he practised. Jumping over the hurdles again and again. His progress, driven by his unwavering perseverance and countless diligence, was slow but steady.

During his second year in his team, Paul won his first victory in hurdling. It was a hard-earned triumph, built on the months of discipline, Nevertheless, instead of becoming arrogant, Paul pushed himself harder than before. "There is no such thing as a permanent champion," he often said. " Each race could be an examination of how much effort that you have put in."

His hard work not only reflected in training, but also extended beyond every detail of the race. Paul studied previous race recordings to learn from his competitors. Working closely with his coach, Paul's performances were refined rapidly. His success in the following year's championship was a testament to his hard work, but it was his humility and persistence which set him apart.

This year's sports day presented Paul with his greatest challenge yet. A month before the event, Paul suffered an ankle injury which made him unable to train as rigorously as before. There were doubts about tils chance of competing, let alone winning. However, Paul refused to be defined by adversity.

Through sheer determination, he adapted his training progrämme, focusing on upper-body strength and recovery exercises. He remained dedicated to his goal. On the race day, Paul's resilience was evident. Despite the lingering pain, he approached each hurdle with stable attention. As he jumped over the final hurdle, and sprinted forward to the finish line, the crowd erupted in applause. Paul had won his third consecutive championship.

Paul's success is one of unwavering perseverance and extraordinary diligence. He demonstrated that success is not about talent only but about the relentless effort to tackle overcoming challenges. Paul said that the hurdles on the track mirrored the obstacles he faced in life, and he showed that persistence and hard work will help to overcome them, no matter how insurmountable they seem.

Paul's journey indicates that perseverance and diligence are the keys to achieving greatness. Whether in sports, academics, or any other aspect, those qualities can empower us to rise above the limitations and reach new heights. Through his actions, Paul reminded us that true success is not measured by medals or honours, but the determination to keep moving forward, regardless of the odds.

This sports day was more than a competition. It was a powerful reminder of the value of perseverance and diligence. Paul's story will continue to inspire others to face life's hurdles with the same determination, proving that with effort and resilience, anything is possible.

**Paul's story will continue to inspire others to face life's hurdles with the same determination, proving that with effort and resilience, anything is possible.**

5C 31 Zhong Tin Yau, Killian



3C 17 CHOI CHEONG LAM

## Facing Challengesand Diligence

Have you ever faced a challenge that seems too difficult for you to overcome? Do you feel upset or depressed when you fail? I'm going to share my story about a challenge I overcame. It's a story about perseverance and diligence.

I was so poor in Math when I was in primary school that I failed almost all Math tests. However, I didn't feel worried about it though my friends always encouraged me not to give up. I lied to myself that the result would get better when I got older.

Then the pandemic of Covid-19 brought the world to a halt and we had online lessons for almost 3 years. Lacking a physical school environment and the motivation to improve my Math, I didn't learn much from the Zoom lessons, so Math was still my weakest spot.

Fortunately, the situation turned around finally. I was in Secondary four. The moment I received my final exam result that I only got 24 out of 100 in Math, I understood that I needed to change. I had to work harder, or I couldn't get Level 2 in DSE and that would be a nightmare. I was determined to change. That summer, I set a timetable to remind myself what I needed to do every day. I did exercises from scratch no matter how boring they were. Then my parents employed a tutor to help me with my Math. There were so many things I didn't know since I had never been serious about it. A voice in my head always told me to give up. It said I couldn't do well, so I'd better give up.

Thanks to my friends and family who always encouraged me and told me that perseverance is the only way to improve my exam result. I followed the timetable I set, and I finished all the exercises I could find. I hung on to it. After 3 months, S5 first exam result came out. I failed again.

This time was different. I didn't feel upset or disappointed about it because I made great improvement. I got 48 out of 100 in the exam. I did my best. I believe all the hard work and time were worth it.

It isn't a story about how to become the strongest person in the world. It's about growth. I believe that a never-give-up spirit and diligence are the only ways to make your dream come true. I'm certain I will pass the test next time.

***I believe that a never-give-up spirit and diligence are the only ways to make your dream come true.***

5D 04 Lo Sze Sze, Cecilia



Diligence and Perseverance

When I was a little boy, I always watched football games with my brother. I vividly remember it was a scorching summer, and the highly anticipated European Cup final was approaching. The competition was ultimately won 1-0 by Portugal. After the match, my favourite football player, Christino Ronaldo said in an interview, ‘Only God knows everything. God never falls asleep.’ This sentence has been imprinted on my mind since then.

Ronaldo is an extremely disciplined player. He never smokes or drinks and has no tattoo. His diligence always keeps him on top form. He insists on eating foods that are low in carbohydrates, oil and salt every day. On top of it, he does 6 hours of high intensity training every day. There’s a rumour that he threw away a can of Coca Cola in an interview causing the stock of Coca Cola to plummet.

I was impressed by his determination in the football match. I remember the evenings I watched his games on TV, marveling at his magical skills in wonder and his determination to win. Even if he fell behind, he would not be discouraged. He did his utmost to chase the ball. His eyes told you his desire to score the goal. It is precisely because of his perseverance and self-discipline that he is still running on the green field even at the age of 39.



1D 6 HU YU TUNG

‘Success should be achieved with one percent talent and ninety-nine percent effort.’ Perhaps the next person to influence the world is you.

5D 19 Diao Shum Cheung, Jack

Ronaldo has a huge influence on me. I used to be a boy who was extremely averse to learning, and playing was my first choice. I was lucky enough to pass every exam. But Ronaldo’s story told me luck would not always be on my side. I started to work hard in my studies. Memorizing vocabulary and doing extra exercises have become my daily routine. I also tried to cut my entertainment time before the exam. All these helped me make a big improvement in my exam results.

I understand not everyone can be as ultra-disciplined as Ronaldo, but his perseverance and diligence are a lesson for everyone. ‘Success should be achieved with one percent talent and ninety-nine percent effort.’ Perhaps the next person to influence the world is you.

The Power of Perseverance and Diligence

Everyone has goals in their lives. Some of them are short-term. They could be losing weight or getting first place in an examination. Others are long-term. They could be getting a dream job or buying their house. However, not everyone can achieve these goals. It is because they don’t have self-control.

Perseverance and diligence are the key factors that we need to gain success. They are not just attitudes but also strengths that drive us to overcome difficulties and achieve our goals. Participating in this year’s Chinese solo prose speaking has profoundly deepened my understanding of this.

The moment I decided to enter the Chinese solo prose speaking, I knew it wouldn’t be easy. Solo verse speaking requires good vocal skills, emotional expression and a good understanding of the poem. Therefore, I began dedicating some time each day to practise by reading aloud repeatedly and reciting the poem to refine my performance. However, the process was not always smooth sailing. In the early stage, practice often made me feel frustrated. My voice control and emotional delivery were not as perfect as I had hoped for. Sometimes, while practising in front of the mirror, I even questioned my ability to participate in this competition. But whenever I felt like giving up, I would remember my dreams and goals. I told myself that success is never by chance. It is the result of unceasing efforts over time.

In addition to diligence, perseverance is equally vital. A few weeks before the competition, my schedule became increasingly tight. Besides schoolwork, I had to carve out time for practising solo verse speaking. The fatigue and anxiety were overwhelming, but I reminded myself that this was a challenge to my own self, and I had to hold on. Whenever I felt exhausted, I reminded myself that my hard work would pay off.

Finally, the day of the competition arrived. Standing on stage and facing a large audience, I was feeling nerve-racking. Reflecting on the effort I had made, I took a deep breath and tried to stay calm. As I began to recite, all my anxieties vanished in an instant. I immersed myself in reciting the poem feeling the power of each word and sharing with the audience the emotions behind the words.

Ultimately, regardless of the outcomes of the competition, I grasped the true meaning of effort and perseverance. This experience made me more confident and taught me how to face challenges ahead. I realise that diligence and perseverance are what we need for success. As I move forward, I will continue to uphold this belief and bravely pursue my dreams.



4B 2 CHENG KA YAN

I realise that diligence and perseverance are what we need for success.

5C 02 Chau Ching Yu, Betty



## The Power of Determination

Have you ever faced a challenge that seemed too difficult? For many people, those moments are defining. They can either break you or build you depending on your viewpoint. Every single act of perseverance and diligence, no matter how big or small, helps tip the ‘success scales’ in the right direction.

I know a person who demonstrated perseverance and diligence when facing obstacles and challenges. That person is my friend, Nia. She was known as a bright student with a promising future, though her academic journey was anything but easy. I would not have guessed she struggled with Math due to her outstanding performance until she told me that she often felt overwhelmed by numbers and equations that seemed to dance out of reach. Despite her struggles, Nia told me about her dream. It was to excel in Math.



At the start of the semester, Nia noticed her classmates breezing through the exercises, while she found herself lost in the complexities of different equations. It was as if she was in a maze with no way out. Determined not to be discouraged, she decided to take matters into her own hands. Each evening, Nia would sit at the desk, surrounded by textbooks and notes. She tackled problems relentlessly, often doing math exercises until they started to make sense. When she encountered difficulties, she did not shy away. Instead, she reached out for help. She attended after-school tutoring sessions and formed a study group of friends who patiently explained the questions she had. As the semester progressed, others and Nia herself began to notice changes. The more she practiced, the more confident she became. The numbers that once intimidated her slowly transformed into familiar friends. Her parents’ heart swelled with pride, not just for her grade, but for the perseverance she had shown throughout the semester.

Hearing about her experience and the perseverance she showed in overcoming obstacles has greatly inspired me. Her story tells me that perseverance and diligence pay off and that it is okay to ask for help. It also proves that anyone can overcome obstacles and achieve their dreams. It always seems impossible until it is done.

HER STORY TELLS ME  
THAT PERSEVERANCE AND  
DILIGENCE PAY OFF AND  
THAT IT IS OKAY TO ASK  
FOR HELP.

5B 04 Mak Po Yi, Bowie

## The Power of Perseverance

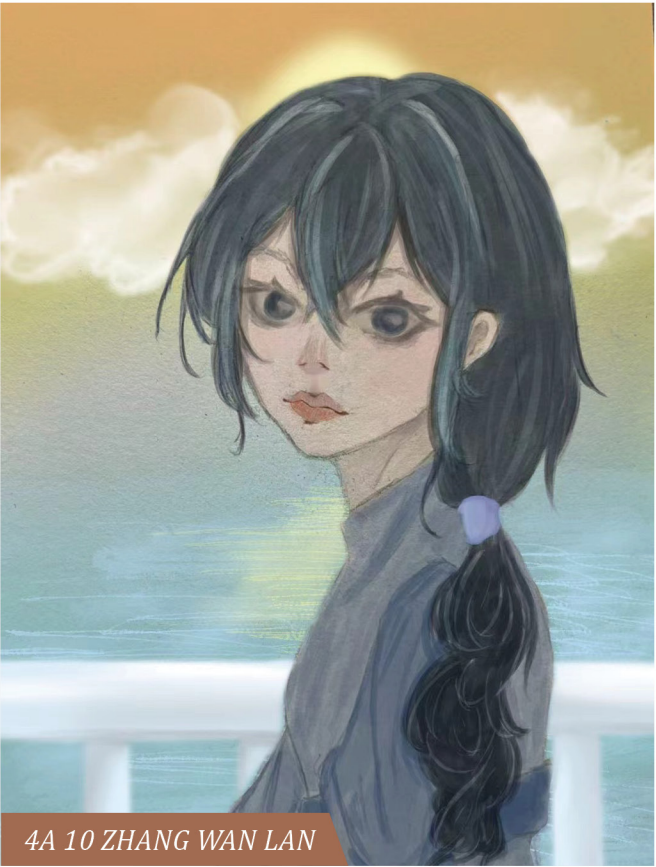
Have you ever witnessed someone overcoming great odds through sheer perseverance and diligence? Every single act of perseverance, no matter how big or small, helps tip the "success scales" in the right direction. My friend Peter exemplifies both of these qualities.

He is a poor boy who decided to complete his studies while also working part-time. Many people doubted if he could manage both schoolwork and a part-time job, but he was determined to prove them wrong.

At the beginning, Peter faced many challenges. The classes were tough, and he often stayed up late at night to complete assignments and study for exams. He always felt overwhelmed and questioned whether he could succeed. However, Peter did not want to give up! He worked harder, organized his time to complete his goals, and made a list of tasks to accomplish.

Eventually, Peter's perseverance and hard work paid off when he received an internship offer from a well-known engineering firm. It showed that his efforts were recognized. Even during his internship, he kept using the same principles of perseverance. He asked for feedback for improvement and always tried to enhance his skills.

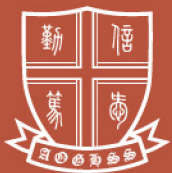
In the end, Peter graduated in the top 10 of his class, which seemed impossible at the start of his journey. His story shows that perseverance and diligence can turn dreams into reality. He inspires everyone around him, proving that hard work really leads to success, and I am truly grateful to witness the moment he embraced his fruitful results.



Every single act of perseverance, no matter how big or small, helps tip the "**success scales**" in the right direction.

5A 02 Li Wing Nam, Aila





# HEBRON ANTHOLOGY 2025

神召會康樂中學

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