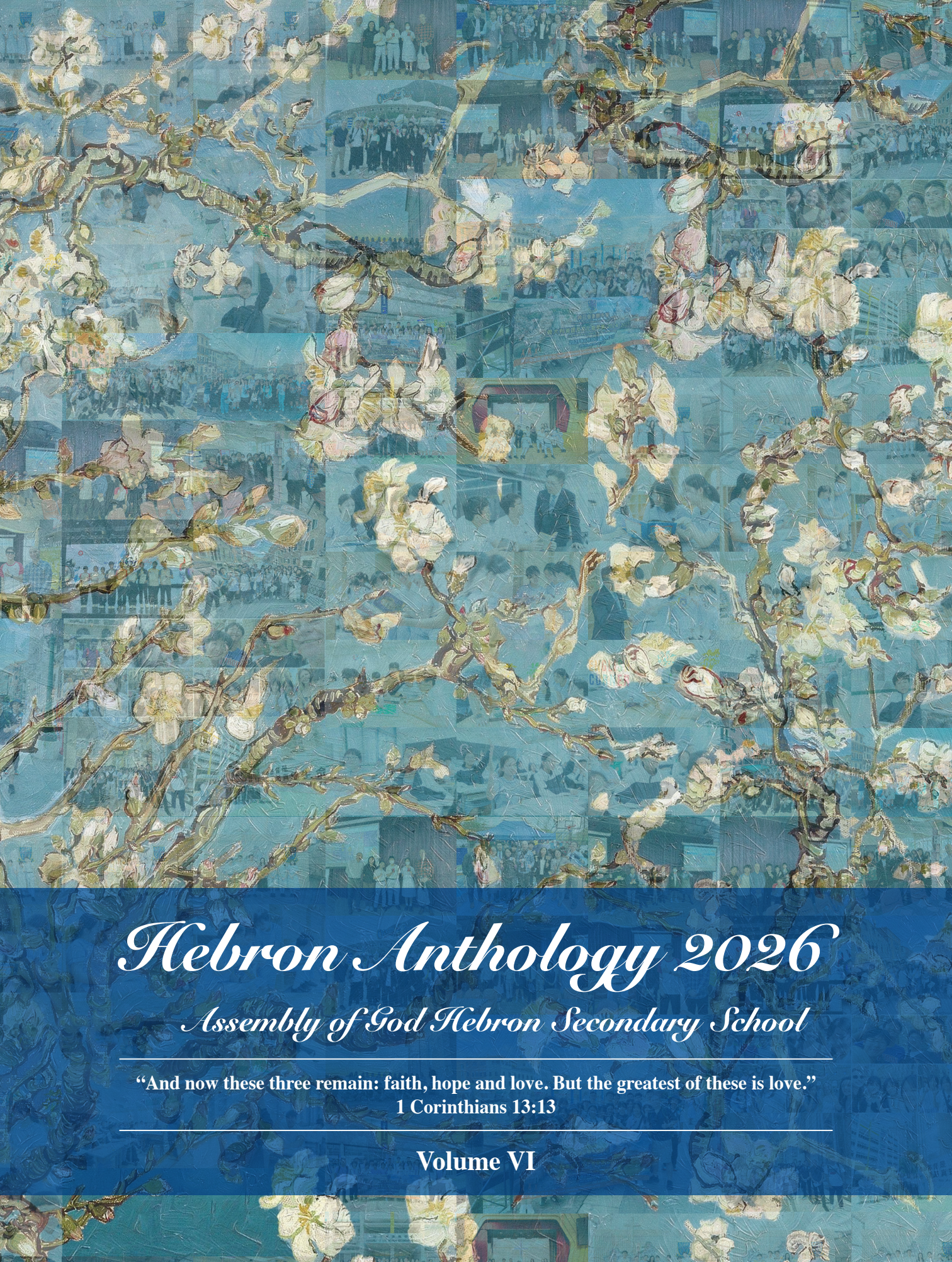




Hebron Anthology 2026

Assembly of God Hebron Secondary School

“And now these three remain: faith, hope and love. But the greatest of these is love.”
1 Corinthians 13:13

Volume VI

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Principal's Message

For the cover art of Hebron Anthology 2026, we have chosen the famous painting *Almond Blossom* (1890) by Vincent van Gogh. Van Gogh created this work as a gift for his brother Theo and sister-in-law Jo, celebrating the birth of their son, Vincent Willem van Gogh, who was named after him. The almond tree, which blooms early in spring, symbolises new life and hope. Van Gogh had a profound love for nature and frequently painted flowering trees, drawing inspiration from Japanese art and its emphasis on beauty and harmony. The artwork is now housed in the Van Gogh Museum in Amsterdam, the Netherlands.

This painting also beautifully symbolises the current journey of our school. In this era of Artificial Intelligence, the themes of “new life” and “hope” resonate strongly with education. AI not only equips educators with powerful new tools to address existing challenges but also opens up exciting possibilities that were once beyond reach.

At Assembly of God Hebron Secondary School, the English Department has taken a bold step by adopting the AI-powered learning and teaching platform PENSO across the whole school. This initiative brings the latest AI tools into our classrooms. When combined with our core focus on Self-directed Learning, I am confident that our students' learning efficiency and outcomes will reach new heights.

The rapid advancement of Artificial Intelligence has transformed our world, and education is no exception. As Chairperson of the CDC Committee on English Language Education and a member of the Standing Committee on Language Education and Research (SCOLAR), I am excited to lead our school in embracing AI's potential responsibly and effectively. This summer, I attended the International Summit on the Use of AI in Learning and Teaching Languages and Other Subjects and the Post-Summit Workshop Series (AfinLT), organised by the Department of English and Communication at The Hong Kong Polytechnic University, in collaboration with the Education Bureau (EDB), SCOLAR, and Hong Kong Education City (EdCity). The summit provided an invaluable platform for educators and researchers to exchange insights on AI applications across various disciplines – from language learning to the arts, mathematics, and history. Following this enriching experience, I have instructed all departments to begin integrating AI into their teaching during this academic year, so that our students can benefit from these innovations without delay.

I am also delighted to share the outstanding achievements of our most recent S6 graduates in the HKDSE examinations. Overall, 40.6% of our graduates received offers for university degree programmes. Among them, 21.8% secured places at local universities through JUPAS, while 18.8% pursued further studies in the Greater Bay Area or overseas. When including those who enrolled in associate degree and diploma programmes, over 90% of our graduates continued their education at the tertiary



Principal Choi Hong Nin Richard

level. These remarkable results would not have been possible without the dedication, professionalism, and hard work of our teaching staff. I would like to express my deepest gratitude to all our teachers for their unwavering commitment to nurturing and inspiring our students.

English language education has always been a cornerstone of our school. To provide authentic opportunities for students to use English and gain valuable cultural exposure, we organised an overseas study tour to Italy in the past summer. Twenty students and two teachers visited Venice, Florence, Rome, and Vatican City. They explored iconic landmarks such as St. Mark's Square, the Doge's Palace, the Cathedral of Santa Maria del Fiore, the Colosseum, and the Pantheon, and admired world-renowned masterpieces at the Uffizi Gallery, including *The Birth of Venus*. During the trip, our students interacted confidently with locals and international visitors from countries such as the USA, England, and Denmark. I am certain that this memorable experience has significantly strengthened their confidence in using English in real-life situations.

Finally, I extend my warmest wishes to all our students for a rewarding and joyful year filled with meaningful learning and personal growth. I also hope that our dedicated teaching staff will find deep fulfilment and purpose in their noble vocation. Above all, my prayer is that everything we do at Assembly of God Hebron Secondary School will draw us closer to God and reflect His love and grace.

I invite you to read on and appreciate the thoughtful English essays and beautiful artworks created by our talented students in this issue of the Hebron Anthology.

“And now these three remain: faith, hope and love. But the greatest of these is love.”— 1 Corinthians 13:13

Principal Choi Hong Nin Richard

My Hebron Memory

Facing graduation, a quote that perfectly captures my feeling is ‘a smooth sea never made a skilled sailor.’ The journey of learning is like sailing through calm and stormy waters.

My student life was a meaningful challenge. The pressure was real, e.g., the endless deadlines, the examinations and the worry about my future gave me a few sleepless nights. However, there were tasks which serve a meaningful purpose – voluntary work, chatting with the elderly, handing gifts to the homeless. It taught me that my time and effort could truly lighten someone else’s burden. At the same time, it has become my most powerful tool for managing stress.

My most memorable moment was the time I spent in the self-study room. My friends and I always stayed in that room until 6pm. We studied together. When we felt tired, we would go to the convenience store to get some snacks. We encouraged and supported each other through thick and thin. I remember once I cried in the room because I was so nervous about my Chemistry quiz. My friend Kelly gave me a big hug, and I could still feel her warmth even though it happened two years ago.

I met a lot of good classmates and made a few friends in Hebron. My best friend is Hailey. She was always patient with me. When I felt stressed and anxious, I would talk with her, and she would calm me down. She always supported me and never doubted me. Her love and support helped me build up my confidence and I started to believe in myself.

I must thank my teachers too. They were always so kind to me even though I messed things up. There was a time when I couldn’t sleep well at night and they allowed me to take a rest in class. I was also given numerous chances to participate in different competitions, which helped me discover my strengths and weaknesses. I am so grateful that I could be their student.

I would like to be a nurse in the future. I will try my best to get a good result in DSE so I can go to university. My advice to junior forms students is that when you are under pressure, find strength by helping others. It will help you put your own challenges in perspective, and you will fill with joy and strength.

To my alma mater, Hebron, thank you for being the sea that tested me and the harbour that shielded me from storms.

*To my alma mater, Hebron,
thank you for being the sea that tested me and
the harbour that shielded me from storms.*

6C 01 Chan Tsz Yau, Kirsten

6D 15 ZHENG SUM CHING



The sense of belonging is the
greatest gift Hebron has given me

My Hebron Memory

As graduation approaches, the world that encapsulates my six years at Assembly of God Hebron Secondary School is a community—a vibrant, warm network of peers and teachers that turned every ordinary day into something special. These years weren’t just about exams and lessons; they were about growing alongside people who lifted me up, and two experiences—the school fashion show and inter-class events—perfectly capture the heart of what makes my Hebron life unforgettable.

My journey with the school fashion show started in S4, when I took on dual roles: a runway participant and the event’s emcee, while also helping to coordinate the entire show’s logistics. I’d spend afternoons huddled with the student team in the art room, mapping out the runway flow, drafting emcee scripts, and checking in with fellow participants about their outfits. Nerves hit hard at first. Speaking to a packed hall and walking the catwalk felt daunting, but my classmates rallied around me. Some practiced lines with me during lunch, others fixed my costume’s last-minute snags, and Ms. Ngan gave me tips to calm my stage fright—all thanks to the support I’d got the year before. The fashion show wasn’t just an event; it was proof that Hebron’s students don’t just compete but also collaborate.

Beyond the fashion show, the inter-class activities are where our grade’s spirit truly shone. Whether it was the annual sports day relay races, the Christmas celebration, or the Dream High camp, every event felt like a celebration of unity. I remember one Sports Day when our class’s relay team dropped the baton halfway through the race. Instead of giving up, the whole grade cheered so loud that the runners picked up the pace, and even the other classes joined in the chanting. Afterward, we all sat on the field together, sharing snacks and joking about the mishap. None of us cared about winning; we cared about each other.

Looking back, I feel nothing but grateful. I am grateful for the classmates who turned awkward first meetings into lifelong friendships, for the teachers who saw my potential even when I doubted myself, and for a school that fostered kindness as much as academic growth. If I had to do it all over again, I’d cherish every messy rehearsal, every loud cheer, and every quiet chat in the hallway even more. As I step into the future, I’ll carry Hebron’s spirit of unity with me. Whether I’m collaborating on projects at university or building connections in the workplace, I’ll remember how this community taught me that success is sweeter when shared.”

What makes Hebron so special is its people: classmates who turned stress into inside jokes, teachers who cheered us on as much as they taught us, and the way every grade feels like one big family. The sense of belonging is the greatest gift Hebron has given me. As I prepare to graduate, these memories will be my compass, always reminding me that the best part of growing up isn’t the destination but the people who walk with you along the way.

6D 15 Zheng Sum Ching, Mickey

**As I step into the
next chapter of my life,
*I will carry the spirit of
Hebron wherever I go.***

6C 22 Lau King Wing, Aiden

6D 05 MA LOK YI



My Hebron Memory

As I approach graduation, my mind returns to the unique beginning of my secondary school journey. Entering Hebron during the pandemic, I first met my classmates through digital screens – a disconnected yet unforgettable introduction that marked the start of a formative chapter. This unusual start taught me early on that community could be built even in virtual spaces, through shared uncertainty and the hope for a normal school life.

When I finally returned to the school, I reconnected with my early passion for athletics, focusing on sprinting and discus. Initial training was profoundly challenging. Months of isolation had weakened my stamina, and my technique had grown rusty. I remember the frustration of feeling slower and weaker than before. However, with the consistent support of my PE teacher, who dedicated extra time to correcting my form, and the encouragement of my teammate, I persevered. We encouraged each other during evening practices. This dedication eventually earned me a bronze medal in discus at an inter-school competition. That achievement was about more than a podium finish; it restored my self-confidence and highlighted a fundamental life lesson: resilience is built through daily, often difficult, choices.

My interest soon expanded beyond the track when I joined a model rocket car project. Entering the world of STEAM, I was initially out of my depth, with limited knowledge of physics and engineering. The project relied heavily on collaborative problem-solving with my teammates. We spent hours on the

project, brainstorming, testing, and failing forward. Although our team didn't gain top honors, the process ignited my passion for STEAM. This newly discovered curiosity led me to participate in an AI summer project, a leap into the unknown. There, I successfully wrote a basic image recognition program. The moment it ran successfully was exhilarating, transforming an interest into a focused academic pursuit.

In my later years at Hebron, I embraced leadership roles within the school community, serving as a prefect and chairman of service-oriented clubs. This position pushed me beyond my comfort zone, requiring public speaking, detailed event planning, and team coordination. Through patient mentorship from teachers and practical experience, I evolved from a reluctant, shy participant into a confident organizer.

Throughout my time at Hebron, I continued to compete in various athletic events, earning medals in sprints, discus, and long jump. Each race and competition was not just a physical test but a profound lesson in perseverance, teaching me that genuine progress is always achieved through continuous effort.

During my six years here, I am deeply grateful to the teachers who guided me with patience and the friends who supported me through challenges. As I move forward, I carry the lessons of resilience, curiosity, and service learned here, ready to contribute to the wider world.

**During my six years here, I am *deeply grateful*
to the teachers who guided me with *patience* and
the friends who *supported* me through challenges.**

6D 13 Yau Tsz Yan, Tammy

My Hebron Memory

As I stand on the threshold of graduation from Assembly of God Hebron Secondary School, the first thing that floods my mind is the countless funny moments and precious memories I shared with my best friends here. These moments, woven into the fabric of six years, make leaving "bittersweet"—a word that perfectly sums up my secondary school life.

If I had to pick a quote to describe these six years, it would be, "Every hurdle was crossed, no matter how tough it was." My journey was filled with obstacles, from struggling with poor grades in some subjects to grappling with complex concepts. There were nights when I struggled with my studies and days when I felt discouraged by test results. Yet, with the support of classmates and teachers around me, I managed to overcome each challenge, and these experiences helped me grow stronger with every step.

What I loved most about Hebron was the joy of daily interactions with my classmates. During recess, we would dash to the tuck shop together for quick snacks. It was the place where we chatted and laughed about trivial things. Those ordinary moments—studying side by side in the classroom, teasing each other during lunch—are the ones that make my heart warm when I look back. But I do have one regret: I didn't cherish these moments enough. If

I could go back to Form One, I would study harder and savor every second of playing and bonding with my friends instead of letting time slip away carelessly.

The most unforgettable moment of my Hebron life was the Form Six Sports Day. Our class had never won the inter-class 4X100m relay before, so when my best friends crossed the finishing line first, I jumped up and cheered until my throat hurt and tears of joy filled my eyes. It was a testament to our class's unity, and it was a memory I would hold onto forever. Moreover, beyond my friends and classmates, I want to say a heartfelt "thank you" to the school janitors, as they work silently behind the scenes, staying late to clean and tidy our classrooms.

I know what I will miss most is my friends. We have grown up together here, and it is hard to imagine not seeing their faces every day. But I am also looking forward to the future: my dream is to become a social worker. I plan to pursue a degree in social work and commit myself to helping those in need within our community.

My advice to the junior form students is simple: choose your electives wisely early on and never stop working on your English. Also, to my alma mater, I would like to take this opportunity to say thank you for nurturing me over these six years. As I step into the next chapter of my life, I will carry the spirit of Hebron wherever I go.

My Hebron Memory

Reflecting on my six years of school life at Hebron, I can summarize it in one phrase: the importance of connection and support. These connections have shaped not only my academic journey but also my personal growth.

One of my most unforgettable memories comes from my first year as a senior. As someone who is sensitive, my emotions often fluctuate like a roller coaster. I tend to conceal my feelings, attempting to manage the pressure of a packed schedule filled with tests, tutorials, extracurricular activities, and the expectation to maintain high scores. On one particularly challenging day, the weight became too heavy, leading to a mental breakdown. In that vulnerable moment, a classmate gave me a tissue and sat silently, showing her compassion. Moments later, our teacher arrived and guided me to a quiet space where I could relax and express my feelings. When I returned to class, I was greeted by concerned faces; my classmates were genuinely worried about me, and it was during this moment that I truly felt loved and supported. I realized I had companions by my side as we worked together to navigate the challenges of preparing for our DSE.

If I had the chance to express my sincere gratitude to someone from my school, it would undoubtedly be Miss Guo, my English teacher, who consistently provided support for both my mental health and academic pursuits. Her dedication to enhancing our English was remarkable, as she often provided us with extra exercises and vocabulary dictations, helping us build our confidence. Not to mention, she cared about our well-being. Whether it was staying in during recess to answer questions or simply checking in on us during stressful times, her nurturing made me feel encouraged, pushing myself further.

As I look toward graduation, I have plenty of plans that excite me. I want to continue playing the piano and aim for music exams to further enhance my skills. Music has always been a passion of mine, a sanctuary where I can express myself beyond words. Additionally, I hope to return to my band and pick up the flute again. Rejoining the band would allow me to reconnect with a community that shares my love for music and creativity. I firmly believe that learning should never cease, even after completing the DSE. Therefore, I am eager to explore new interests, such as flower arrangement, which presents an opportunity for creative expression and personal growth, and even for considering my future career. Engaging in such activities will not only enrich my life but also provide balance to the academic pressure I have faced.

Last but not least, I would like to share some valuable life lessons with my fellow juniors. Remember, you are never alone on this journey. It is crucial to recognize the people around you—teachers, parents, friends, and even online friends—who are ready to offer support and guidance. If you face challenges in your studies, do not hesitate to reach out for help. Those around you have likely faced similar struggles. If you feel disconnected, seek support from friends or family who can offer you new perspectives. Bear in mind that expressing your feelings can provide comfort and lead to solutions. Thriving on connection and embracing these relationships can not only help you navigate difficulties but also enrich your life moving forward.

To sum up, cherish the connections you make and lean on those around you, for it is through these relationships that you will not only overcome challenges but also discover your true self and foster a brighter future.

Cherish the connections you *make and lean on those around you.*

6C 09 Leong Lok Ying, Jasmine

**To graduate is to taste pure bliss:
the joy of finishing strong, the comfort of lifelong bonds, and the quiet excitement of
stepping into a future that feels bright and full of love.**

6C 13 Lo Tsz Ching, Kelly

My Hebron Memory

To graduate is to taste pure bliss: the joy of finishing strong, the comfort of lifelong bonds, and the quiet excitement of stepping into a future that feels bright and full of love. Looking back on the past six years, my student life was tough but fulfilling.

Every activity day is unforgettable for me, for these are wonderful moments when I relax and make memories with my friends. On Sports Day, we held cameras, took Polaroids, and took photos for everyone, trying to capture each instant and freeze those precious memories in our hearts forever. In every inter-class competition, as cheerleaders, we always united to cheer for our class representatives. This atmosphere fully embodies the spirit of “camaraderie,” which was deeply touching and added vibrant colors to our day-to-day school life. Thanks to my dear friends - my emotional support providers, my lunch buddies, my aesthetics instructors, and the future

high earners - you have always given me support and encouragement, accompanying me through every moment that was unique yet equally precious.

The three years of senior form were fraught with immense academic pressure. Countless quizzes and schoolwork left me gasping for breath. As the days until the DSE ticked away, I couldn’t help but feel anxious - I still wasn’t ready to face this challenge at that moment. There were also times I underperformed in regular quizzes and exams, which plunged me into disappointment and discouragement. Yet the comfort from everyone around me always lingered, lifting me back up and restoring my spirits. Thanks to all the teachers who have taught me over these three years of senior form, which helped me grow a great ideal. A special thanks goes to my elective subject teachers, Ms. Chan and Ms. Choy. They always patiently answered my academic questions, gave me comfort when I was upset, and provided me with distinct advice for my future path, making me feel less confused and brightening my school life.

Facing graduation always fills me with vast reluctance to part from others. I hope that after graduating, I can become someone who contributes to society and does my best to help more people in need. If I were to offer some advice to my junior brothers and sisters in Hebron, I’d tell you that while focusing on your studies, you should also learn to enjoy the time spent with your peers and cherish every single day at Hebron. Never be stingy about expressing your affection to your friends, as interpersonal bonds are always treasured.



3B 06 LI MING ZHU

My Hebron Memory

Approaching the day of graduation, I realize how quietly time has slipped away. Six years ago, I walked through the school gate in an oversized uniform. Now, I am leaving with a suitcase full of notes and books, worries and dreams. If I had to sum up my feelings, I would say, “Don’t cry because it’s over; smile because it happened.” Hebron is where I grew up. It allowed me the space and opportunities to know myself slowly and to find out who I want to be.

My student life in Hebron was not a fairy tale, but it was a meaningful one. There were sleepy Monday mornings, finishing homework in the corridor, and endless tests. Still, there were many heartwarming moments, such as sharing snacks after school, interclass competitions, and quiet talks with friends on the stairs when the campus was empty. What I enjoyed most was often the simplest thing: having lunch with my classmates and sharing memes that only we understand.

I also learned that school is not only about getting high marks, but also about building habits, learning responsibilities, and gradually becoming a stronger version of myself. Sometimes, I cared too much about the results. I wish I had trusted myself more and enjoyed the learning process.

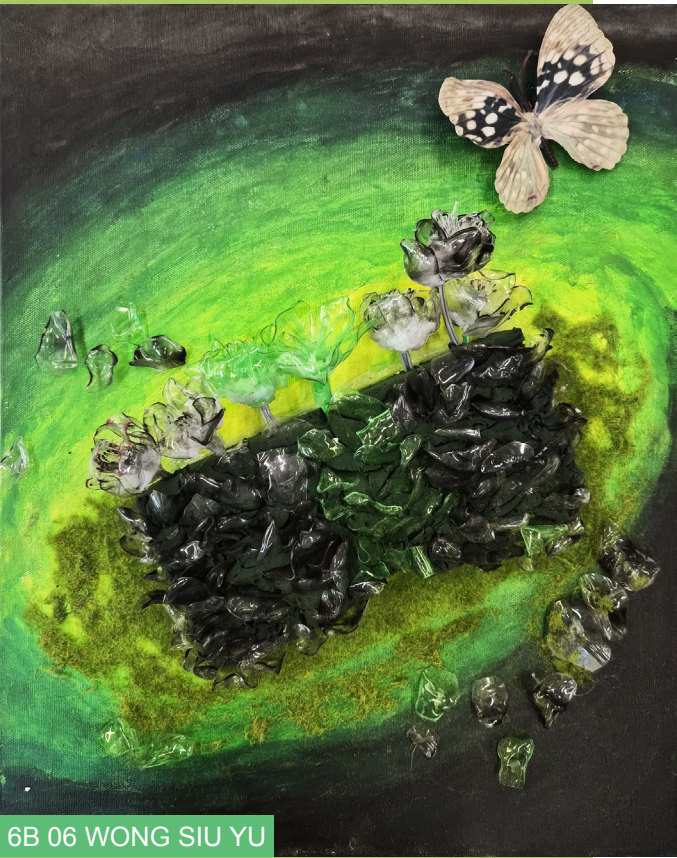
One of my most memorable moments is the Giant Ladder at the “Dream High” day camp in S6. The instructor asked us, in groups, to climb to the top step together. Our team of ten struggled at first. Later, we placed our hands on the people next to us, moving slowly while supporting one another step by step. When we finally reached the top, we shouted our dreams. We were shaking but proud. I believe this moment will stay with everyone in 6C forever.

Many people around me helped to shape my Hebron memories. My best friends are the ones who sat beside me through both boring lessons and emotional breakdowns. We became close not because we were in the same class, but because we stayed together through thick and thin. I will always remember my English teachers, who never laughed at my clumsy sentences but circled my mistakes and wrote encouraging remarks in the margins. They made me believe my voice mattered. If I could say thank you to someone, it would be to everyone who walked a little way with me on this journey.

To my alma mater, I want to say “Thank you” for being the place where I studied, grew, and finally learned to stand taller. Wherever I go, a part of Hebron will walk with me quietly, like a memory that never truly fades.

Wherever I go,
a part of Hebron will
walk with me quietly,
like a memory that
never truly fades.

6C 24 Lin Zi Yang, Jacob



6B 06 WONG SIU YU

My Hebron Memory

Graduation is a significant moment in everyone’s life, and as I approach this milestone, I cannot help but reflect on my journey at my secondary school. The first thought that comes to mind is the personal growth I have experienced over the past six years. If I had to summarize my feelings towards graduation, I would say, “It is both an ending and a new beginning.” Looking back, I realize that my time at Hebron has been filled with memorable experiences that have helped shape the person I am today.

My years at school have been a time of constant learning and self-discovery. When I think about my student life, I would describe it as a mix of hard work, challenges, and exciting moments. Secondary school has been more than just academic knowledge. It has been about discovering my strengths, pushing myself to be better, and making lasting friendships. Throughout these years, I faced many challenges, but each one has taught me important lessons. I have learned the value of perseverance and that every setback is an opportunity to grow and improve.

What I enjoyed most about my time in Hebron was the variety of experiences I had, both inside and outside the classroom. Participating in school activities, taking part in community service, and working with my classmates on different projects made my student life rich and fulfilling. These activities helped me develop essential skills such as teamwork and leadership. However, looking back, I realize there are areas where I could have done better. I sometimes regret not being more proactive in some subjects or not getting involved in more extracurricular activities. Yet these reflections have motivated me to strive for greater success in the future.

Among the many experiences, what stands out the most is when I participated in the school’s physics team experiments and team competitions in science. The thrill of working together on scientific experiments, testing theories, and finding innovative solutions was truly a rewarding experience. These challenges encouraged me to think critically, collaborate with others, and apply the knowledge I had gained in the classroom to real-life situations. The teamwork and problem-solving skills developed during these competitions have had a lasting impact on me, and

I will always cherish these memorable moments.

The people around me have been an important part of my memories here. My closest friends are those who supported me through tough times, celebrated my success, and helped me stay motivated. The bond we shared made my school years even more special. I was also fortunate to have a teacher who went beyond teaching lessons and became a true mentor. The teacher’s encouragement, advice, and belief in my potential pushed me to become a better student and a more confident individual. Their influence on my life has been significant, and I will always be thankful for their guidance.

As I think about my future, my dream is to gain admission to a university where I can continue to learn and explore who I am. I want to deepen my knowledge in a field I am passionate about and eventually give it back to society. I hope to help those in need and make a positive impact on the world. Through higher education, I believe I will gain the skills and understanding to make a real difference in our lives. Ten years from now, I envision myself in a career that allows me to contribute meaningfully to society in the science field.

In terms of legacy, I would advise the younger students in Hebron to seize every opportunity that comes their way. Take risks, embrace challenges, and always stay true to yourselves. Never underestimate the power of kindness and teamwork, as these are the qualities that will guide us to success. The sense of community in Hebron has had a huge impact on me, and I hope that I can carry these values into the future. Upon graduation, my message to junior brothers and sisters in Hebron would be one of deep gratitude. I am thankful for the support, knowledge, and experiences that the school has given me, and I will always remember this place fondly.

All in all, my time in Hebron has been an incredibly rewarding experience, filled with growth, challenges, and memories that will stay with me for the rest of my life. Every moment, whether easy or difficult, has contributed to shaping who I am today. As I move on to the next chapter, I feel excited about the future and the possibilities that lie ahead. My dream of attending university and contributing to society is now closer than ever, and I am determined to make the most of every opportunity. I will forever cherish my time in Hebron and look back with appreciation for all that I have learned and experienced.

*I will forever cherish my time in Hebron and
look back with appreciation for all that I have learned and experienced.*

6C 30 Zhong Tin Yau, Killian



3C 11 REN YULU

My Hebron Memory

I was ignorant when I stood in front of the school campus for the first time. Time flies. Now I’m a Secondary Six student, and I will say goodbye to the campus soon. These years aren’t just a list of classes, but a patchwork of moments stitched together with laughter, growth, and care, all felt deep in my heart.

Facing graduation, the first thought that hits me is how much Hebron has shaped me, not just as a student but as a person. Hebron has equipped me with a strong moral compass, instilled moral values, and taught me how to distinguish right from wrong. I am grateful to have become a peer power student gatekeeper. I think it is meaningful to serve others. This program enhances my awareness of mental health and positive thinking patterns among all teachers and students, communicates the message of seeking help when facing difficulties to peers, and thereby promotes a friendly and supportive campus culture. Thus, I decided to challenge myself and do my best to assist in promoting mental health messages on campus, reinforcing positive and proactive attitudes and behaviors towards problems. In the process, I have strengthened my communication and leadership skills. I will apply these skills to my work in the future.

Of course, my dance team days were another vital piece of this journey. The late-night practices, the way we’d cheer each other on during routines, and the rush of stepping on stage—these moments taught me teamwork and resilience. The most memorable part is that we wore beautiful performance skirts, dancing in the middle of the basketball court. These will be the memories I cherish for a very long time.

I would like to thank all the teachers who taught and helped me. Sometimes I felt disconnected and overlooked, but the teachers showed genuine care and concern for me, making me feel valued and supported. They also lend an empathetic ear, offer prudent advice, and provide unwavering support. Moreover, they kindled my thirst for learning, piqued my curiosity, and broadened my horizons. I feel motivated. I am so grateful to have met Ms. Wu, Ms. Choy, and Ms. Wong. They draw on their own life experiences to provide students with practical insights that extend beyond textbook learning, shaping young minds.

I have small regrets. I wish I’d joined more clubs and activities. But those regrets are just reminders of how much this place gave me to hold onto—the teachers who guide me and the friends who always support me.

Thank you, Hebron, for six years of feeling, growing, and loving. These memories will stay with me forever, right in my heart where they belong.

Thank you, Hebron,
for six years of
feeling,
growing,
and
loving.

6A 06 Wong Tin Ching, Venus



1C 04 KWOK TSZ YIU



6A 07 WONG TSZ LING

I owe special thanks to Ms. Ngan, my Art teacher, who has the gift of seeing the best in everyone and pushing us to reach it.

6B 04 Mak Po Yi, Bowie

My Hebron Memory

As I stand here on the brink of graduation, a flood of emotions and memories fills my mind. If I were to summarize my six years at Hebron in one word, it would be ‘growth.’ As John Keats once said, “Nothing ever becomes real till it is experienced.” Hebron has been the canvas where my experiences became reality, shaping who I am today.

My journey has been a vibrant tapestry of learning and discovery. I thrived most in the collaborative spirit of our projects and the camaraderie of countless events. These moments taught me the true meaning of teamwork and resilience. If I carry one regret, it is not stepping out of my comfort zone more often—but even that has been a lesson.

One memory stands out: Sports Day in Form Five. I was

not an athlete but a volunteer. Our house was trailing badly, and the final event—the 4x400m relay—seemed decisive. From my spot at the finish line, I watched as my friend took the baton for the anchor leg. The roar of our housemates shook the air, and when she crossed the line, we erupted into a jumping, screaming huddle. That moment showed me that unity is not only built by participation but by wholeheartedly belonging to the collective spirit.

This spirit was defined by the people around me—friends who stood by me and teachers who believed in me. I owe special thanks to Ms. Ngan, my Art teacher, who has the gift of seeing the best in everyone and pushing us to reach it. To her, and to all my teachers and friends who made me feel included, I say a heartfelt thank you. It is these people whom I will miss most.

I Am the Architect of My Life

From a young age, I’ve known I wasn’t meant to follow someone else’s blueprint. I’ve always longed to chart my own course—to work at my own pace, make my own decisions, and build something truly on my own. That’s why my dream is to become an entrepreneur.

My inspiration comes from the closest role model I have: my dad. He runs his own restaurant and watching him has shaped my vision of success. I admire how he wakes up when he chooses, manages his time with purpose, and still makes it home early for dinner with our family. But more than that, I saw the sweat behind his smile—the late nights, the careful budgeting, the relentless drive. Through his hard work and unwavering dedication, he turned a simple idea into a thriving business. He showed me that passion, paired with perseverance, can build something real and lasting.

I see myself as optimistic, outgoing, and deeply committed to quality, especially when it comes to desserts. One day, I hope to open my own dessert shop: a cozy, inviting space filled with handmade treats that bring joy to every customer. To me, being an entrepreneur isn’t just about business; it’s about independence, creativity, and the freedom to steer my own ship.

But dreams don’t build themselves. So, I’ve mapped out a clear path. In the short term, I’m focusing on my studies. Good grades will help me get into a strong university, where I can gain the knowledge, skills, and network I’ll need. After graduation, I plan to work for a few years—not just to save up startup capital, but to learn the realities of

running a business: managing finances, understanding customer behavior, and handling the unexpected challenges that come with every venture. And through it all, I’ll lean on my dad’s wisdom—his experience will be my compass.

I know the road won’t be easy. Rent, ingredients, and staffing—these costs add up quickly. And in a city full of dessert shops, standing out will take more than just good recipes. I’ll need a unique concept, exceptional service, and a brand that resonates with people.

But I’m ready. I believe that with passion, preparation, and persistence, I can overcome these hurdles. My story isn’t just about opening a shop; it’s about taking ownership of my future. Because in the end, we don’t wait for life to hand us a finished house. We draw the plans, lay the bricks, and build it ourselves.

I am the architect of my life—and I’m already sketching the first lines of my dream.

I am the *architect of my life—*
and I’m *already sketching*
the first lines of my dream.

4C 06 Leung Cheuk Kiu, Kiwi



6A 01 CHAN HIU LAM

I Am the Architect of My Life-Athlete Is My Dream

Everyone has thought about their dream job. Maybe some people want to be a nurse or a lawyer, but I want to be a teacher. However, upon reflection, I think long-distance running as an athlete is the best choice for my dream job. Although many people have said becoming an athlete is very difficult, I have never forgotten this dream, and I even won three gold medals in inter-school competitions this year.

A year ago, I was just a runner without any experience. However, during my first PE exam in Form 2, I finished the 1000-meter run in 3 minutes and 45 seconds—one of the fastest times in my grade. My PE teacher, Mr. Lee, discovered that my talent was superior to others my age, and he invited me to join our school’s long-distance running team. Although it was my first time trying this sport, the feeling of running freely on the track amazed me and motivated me to work harder to follow my dream. Therefore, I was determined to join the team. Every week, I train five days—two hours after school and three hours on weekends—to become an athlete.

Although I sometimes feel tired and bored, I never give up training. There are days when my legs ache so much I can barely walk, but I remind myself of my dream. I even asked my PE teacher for professional advice to improve my skills—he taught me how to adjust my breathing rhythm and maintain speed during long runs.

Unfortunately, when I competed in different competitions last year, I often lost and felt disappointed with my results. In one regional race, I stumbled halfway through and finished last. I wanted to quit, but my PE teacher encouraged me. He sat next to me and said, “Don’t lose your way.” This meant that whatever problems I faced, I should never give up and should stay optimistic. He constantly encouraged me and offered solutions to help me—like practicing hill runs to build strength and reviewing race videos to fix my form. Because of this, I set a goal to become the best athlete and a champion next year.

Finally, in this inspiring year, I succeeded in different competitions, winning gold medals, and my PE teacher was proud of me. Although being an athlete is very challenging, the results show how hard work pays off. You just need to stay determined, and the results will provide a good answer.

In my life as an athlete, I may sometimes lose and sometimes win. Whatever happens, I will keep my attitude patient, optimistic, and hardworking. You should never be jealous of others because there are always people who work harder than you.

Finally, I want to thank my PE teacher. Although my competition results were not always good, he kept encouraging me and teaching me new skills. This experience taught me that failure is not the end—you can always start again. Don’t forget your aim.

4D 12 Chan Wan Chun, Daniel

I Am the Architect of My Life- Being the Architect of My Life

Even as a student, I still want to have a legendary job as an airplane engineer. The reason I am interested in it is that I love researching anything mechanical. You can see examples from my life: if I am bored at home, I will take apart the TV remote and put it back together again and again. Once I heard about this job when I was in Form 3, I started to set it as my goal because it is aligned with my interests. To become a plane engineer, I started to work hard in the subjects of physics and mathematics.



6D 16 WONG YAN TING

I'm not the only person who wants to be an airplane engineer; my family has also inspired me to reach my goal. My dad is the most positive person and inspires me a lot. After hearing about my legendary goal, he brought me some physical experimental apparatus to encourage me.

Being an airplane engineer is hard because I need to be very creative and good at calculations. The job duties include creating, researching, testing, servicing, and improving airplanes to ensure they are safe and energy-efficient. By the way, it is also a very stressful and responsible job. I need to study numerous subjects and be very professional in them, as an engineer's mistake may cause serious trouble.

To achieve my goal, I have started to make some changes in my life. I plan to get good scores in physics and mathematics. Moreover, I will keep reading books about airplanes regularly to build a foundation in the subjects related to the job. After that, I need to be admitted to a wonderful university and finish the necessary subjects. It may take a long time, but I hope I won't give up in university, or all this time would be wasted in an instant.

All in all, the process of becoming an airplane engineer must be very long and difficult, and I will face many challenges, as it is a challenging and time-consuming goal. Even so, I am ready to pursue my dream. I hope my future self can remember the dream I am wishing for now and keep going for it.

I hope my future self can remember the dream
I am wishing for now and keep going for it.

4C 14 Chen Jerry

I Am the Architect of My Life-My Dream Job

My dream job has been a mangaka, or manga artist, since I was 7 years old. My dad took me to watch anime adapted from manga, such as Dragon Ball, Hunter X Hunter, and One Piece. For me, that was interesting, and it helped me connect with manga. After that, I started to read Dragon Ball's manga. I was completely captivated by this fantastical adventure. Then, I wanted to draw my own comic because I love manga, and I know my life's goal is to become a manga artist like Toriyama Akira, who is my idol. He is a legend who has changed the world with his comics.

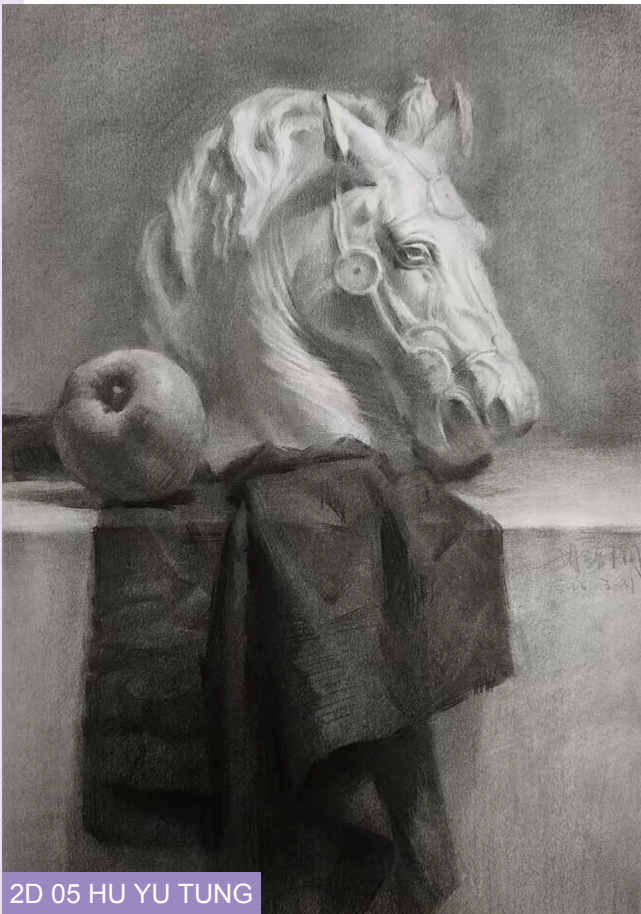
When I was 10 years old, I started to pursue my goal. I know that if I want to get this job, I need to be more hardworking. Otherwise, I can't get this job and achieve my dream because the manga industry is very competitive. If you don't have competitiveness, you will be kicked out. So, if I have time, I will go to the library and read some books on painting, manga, and artists. I think that can improve my painting skills. Manga artists need to draw manga. They can create long stories or short stories, but they need to make readers feel interested. If readers feel bored, their publishers will ask them to cut the story. To become a good cartoonist, I need to learn storyboarding, drawing, story structure, and develop my own personal style. I need to be passionate about manga as well.

Finally, I want to talk about my action plan. In the short term, I will post some of my artwork online, like on Instagram, because this allows more people to see my artwork and share their opinions on it. Then, I can continuously upload more pieces to enrich my portfolios. In the long term, I will develop my career in Japan after I graduate from university because Japan is the manga capital where many of my idols have succeeded. Therefore, I think Japan can help me succeed in manga and make progress in chasing my dream.

I am sure I can achieve my goal.

I am sure I can achieve my goal.

4D 16 Choi Cheong Lam, Caleb



2D 05 HU YU TUNG

I Am the Architect of My Life- Building Hope: My Journey to Becoming a Singer

My dream job is to become a singer. This career interests me because I grew up listening to various types of music since my childhood. I thoroughly enjoy the joy that music brings me. My ambition started when I was in Secondary 2. During the music exam, my music teacher told me my singing skills were very good. Since then, I have been determined to use my singing skills to share beautiful music and touch people’s hearts.

I know if I want to be a good singer, I need to be proficient in Chinese and English so I can write songs for myself and understand the lyrics of the songs I sing.

I keep practicing singing, hoping my dream will come true one day. Every week, I take music lessons and practice my vocal skills for 40 minutes after school. When I encounter difficulties, I ask my music teacher for help. She always tells me to keep trying and never give up. I am also a member of a music club outside school, where I sing with other teenagers who love music too. We sing our favorite songs and learn from each other.

I know it’s not easy to be a good singer, but I will stick to my dream. I hope I can perform in some small shows next term. It will help me become more confident. I also want to learn to write simple songs later. I believe hard work can make my dream come true one day.

*I believe hard work can make
my dream come true one day.*

4C 18 Fang Jun Xi, Angus



I Am the Architect of My Life- The Future of My Life

The world can be unpredictable—and sometimes dangerous. That’s why I’ve decided to dedicate my future to a profession that stands on the front lines of courage and care: I want to become a firefighter.

Firefighters don’t just battle flames—they rescue lives, protect communities, and offer hope in moments of chaos. Watching them rush into burning buildings, helmets gleaming and hearts steady, has always filled me with awe. In movies, I see them as heroes; in real life, I see them as selfless guardians. To me, they’re like father figures—strong, dependable, and always ready to help others.

This calling suits me. I’m physically active, regularly going to the gym to build strength, and I study physics to understand the science behind fire behavior and suppression. But beyond physical ability, I believe compassion is just as important. My dream isn’t just about wearing a uniform—it’s about giving back to society and standing up for those who can’t stand alone.

I’ve mapped out a clear plan to turn this dream into reality. In the short term, I’ll keep training at the gym to meet the demanding physical standards of firefighter recruitment. At the same time, I’ll deepen my knowledge of physics—especially topics like heat transfer and combustion—so I can respond to emergencies with both strength and understanding.

For the long term, I’ll focus on building my cardiovascular and muscular endurance through consistent, disciplined training. Firefighting requires more than one-off effort; it demands a lifelong commitment to fitness, learning, and teamwork.

Of course, there are challenges ahead. My family worries—understandably—about the risks involved. They fear losing me in the line of duty. While I share their concern, I also want them to know how seriously the profession takes safety. Firefighters undergo intense, ongoing training in protective protocols, emergency response, and survival techniques. I’ll always prioritize safety, not just for myself, but for my team and the people we serve.

Still, I believe this: if you have a dream that lights a fire in your heart, you owe it to yourself—and to others—to chase it with courage, passion, and purpose.

Because the future isn’t just something that happens to us. It’s something we shape. And I’m ready to build my future, ladder in hand, heart wide open—ready to serve, ready to save.

*I’m ready to build my future, ladder in hand,
heart wide open—ready to serve, ready to save.*

4D 30 Wong Lok Hei, Harry

I Am the Architect of My Life- Become What You Want to Be

“What is your dream?” This is a question asked of people from all walks of life. How many times has it been spoken, and how many different answers have followed? For me, I’ve always dreamed of becoming a lawyer—or perhaps even Batman, if I could! To me, this is a meaningful and deeply interesting path, one that allows me to help people in need and stand up for what’s right.

Surprisingly, my inspiration came from a movie. I’m a true movie lover—if I were a cup, movies would be the water that fills my life. One film that changed everything for me was the local courtroom drama *A Guilty Conscience*. I was deeply moved by the main character, Adrian Lam, and his unwavering sense of justice. Even though he knew the evildoer was powerful and wealthy, he spent years fighting tirelessly to uncover the truth. In the end, he won the case—not just through legal skill, but through sheer determination and courage to confront injustice. That story planted a seed in my heart, sparking my desire to walk the same path of righteousness.

Last year, I took part in a school debate competition focused on social justice. Standing at the podium, arguing for fairness and equality, I felt a surge of purpose. That experience strengthened my resolve: I want to be a lawyer who fights for what’s right, just like Adrian Lam.

To reach this goal, I know one thing is essential: a strong education. As Barack Obama once said, “You’re going to need a good education for every single one of those

careers—doctor, teacher, police officer, etc.” I completely agree with him, and his words resonate with me deeply, especially as someone who dreams of becoming a lawyer. That’s why I’m working hard in school every day. My aim is to earn a place in the Bachelor of Laws program at the University of Hong Kong. Without solid academic performance, I know I won’t even be able to take the first step toward my dream.

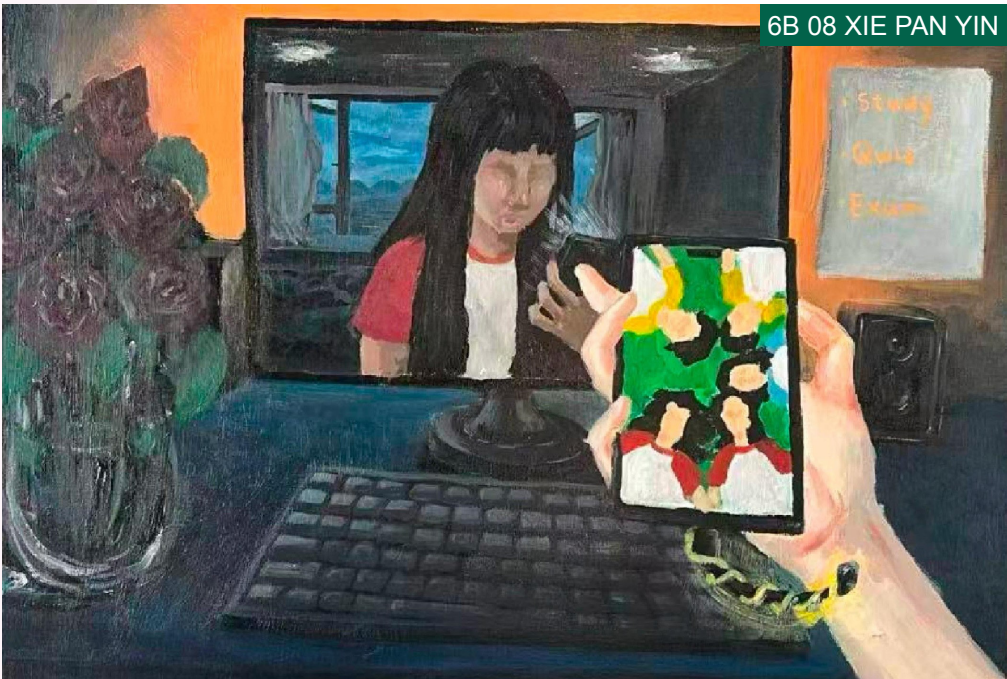
Of course, the road isn’t smooth. One of the biggest challenges I face is the doubt—and sometimes even mockery—of others. “It’s not realistic, boy.” “You won’t make it.” “You’re not good enough.” I’ve heard these words more times than I can count. But I’ve learned to see them for what they are: just noise. To stay motivated, I focus on my small victories—a better grade, a clearer argument in class, a confident presentation—and remind myself why I started this journey in the first place. Yes, those comments sometimes make me feel sad or discouraged, but my determination to prove them wrong always pushes me forward.

I live by a simple phrase: “Dream big, work hard, and fly high.” I believe that with determination, motivation, and passion, anyone can succeed. I’m keeping my eyes on the road ahead, giving my best every day to become the lawyer I’ve always wanted to be. And with enough effort and dedication, I truly believe I can turn my dream into reality—and maybe, just maybe, inspire others to chase their own dreams fearlessly too.

I live by a simple phrase:

“Dream big. work hard. and fly high.”

4C 24 Lam King Sau, Keaton



With determination and effort, I believe I can become the scientist I dream of being.

4C 33 Tusi Yat Sing, Timothy

I Am the Architect of My Life- Build Your Own Road in Life

What is your dream job? This question is crucial in life. For me, the answer is: a scientist. I love science very much, and I want a career that will deepen my knowledge and understanding of it.

My science grades have been excellent since Form 2. This success sparked my interest in science and inspired me to pursue a career as a scientist. I have also participated in many science events organized by my school. These activities have helped me improve my scientific knowledge and brought me closer to achieving my dream.

However, the path to my dream will not be easy. Lessons and exams will become increasingly difficult, and my life may grow busier and more stressful, making the journey more challenging. To manage stress, I plan to take short breaks during study sessions and seek advice from teachers or friends whenever I feel overwhelmed. Therefore, I need to focus more in class, work harder in my studies, and create a timetable to manage my time effectively.

For long-term planning, I also aim to join science events outside of school to further enhance my skills and knowledge.

Fortunately, everyone around me is very supportive. They genuinely want me to achieve my goal of becoming a scientist. Their encouragement has touched me deeply, and I am determined to work hard so I won’t disappoint them.

I will try my best to achieve my goal. If you want to succeed, you need to work as hard as possible. With determination and effort, I believe I can become the scientist I dream of being.

**I feel very *excited* about
my goal—helping animals and
trying my best to make them *healthy*.**

4A 02 Chen Yee Ling, Elaine

I Am the Architect of My Life-My Dream Job

When I grow up, I want to be a Michelin Guide inspector. Last year, I watched a TV show about how to enjoy all kinds of food in the world. I found that being a Michelin Guide inspector allows you to taste all the great food around the world.

As a Michelin Guide inspector, you need to be consistent in judgment. If the inspectors are not consistent in judgment, then every restaurant could easily receive Michelin stars, and the stars would lose their significance.

The main job duty of a Michelin Guide inspector is eating in different restaurants and writing about how their food tastes and their service. The meals are all paid for by the company.

I have a plan to become a Michelin Guide inspector. Now, I need to study harder in writing and try more Michelin restaurants to find out why they receive the stars. My family always supports me in everything I want to do. I am very determined to pursue this job. I think one of my hobbies—eating—will help me succeed in getting this job.

Having a dream is better than for those people who don't have one. This is because having a dream will help me find a way to be successful. This might be difficult, but I will try my best to make my dream come true.

***This might be difficult, but I will try my
best to make my dream come true.***

4B 19 Lau Wai Kwan, Enoch

I Am the Architect of My Life-My Journey of Becoming a Vet

My dream job is to become a vet. This career interests me because I love animals, and I want to help them stay healthy and happy. I am good at details, and I think being careful is very important to be a vet.

I was inspired by my primary school teacher. She knew that I loved animals so much. She had a friend who was a vet, and she told me what a vet needs to do on a daily basis.

As a vet, daily tasks would include diagnosing illnesses, performing surgeries, and examining animals. The work can be busy and challenging, but it is meaningful. Challenges may include difficulties such as working in stressful situations and dealing with emergency cases involving uncooperative animals.

To make my dream come true, I will focus on my exams first. I need to get a degree and gain experience, such as working as a volunteer in a local animal shelter to take care of the animals.

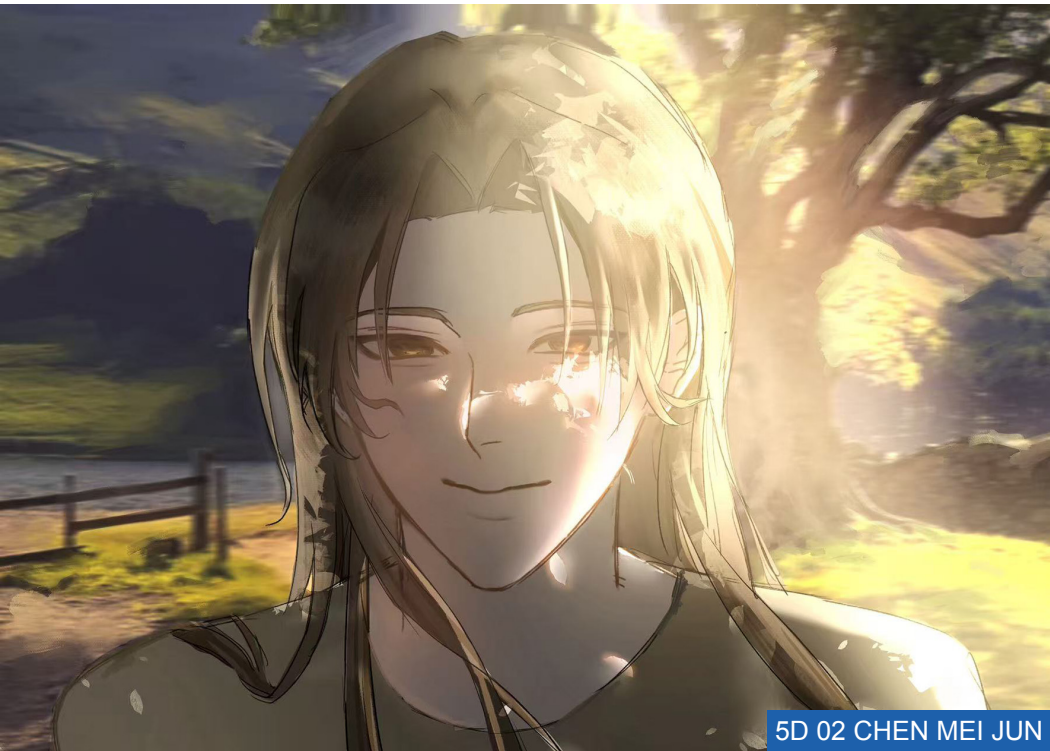
I feel very excited about my goal—helping animals and trying my best to make them healthy. To prepare myself, I can volunteer as a helper in an animal shelter so I can pick up some caring skills. I am so happy that my family supports me. I'm certain there will be challenges I have to face, but my family will stand by me. Small steps can lead to a big future. We can create a better world for animals.



6D 15 ZHENG SUM CHING

This trip will allow me to learn deeply about China’s imperial history and cultural heritage, and it will surely strengthen my national identity as I witness how our ancestors’ wisdom shapes modern China.

2C 16 Zhu Ling Fei, Fay



I can learn about the Chinese culture and Russian architecture after visiting Harbin.

2D 06 Huang Hei Ching Shining

A Place I Would Like to Visit in China

If I could visit one place in China, it would definitely be Beijing, the capital city of China. I plan to go there with my family during the summer vacation.

Beijing is famous for its rich imperial history and two world-renowned spots: the Forbidden City and the Great Wall. The city also boasts vibrant modern areas such as Wangfujing Street. What makes Beijing special to me is that I’ve long dreamed of standing on the Great Wall to feel the grandeur of Chinese civilization. Additionally, tasting authentic Peking duck has been on my bucket list for years.

If I have a 5-day trip, I will spend two days visiting the Forbidden City to admire ancient royal architecture and hiking the Badaling section of the Great Wall. I will also wander around Wangfujing Street to try candied hawthorns and buy cultural souvenirs. Besides sightseeing, I want to watch a Beijing Opera show to experience traditional art.

This trip will allow me to learn deeply about China’s imperial history and cultural heritage, and it will surely strengthen my national identity as I witness how our ancestors’ wisdom shapes modern China.

A Place I Would Like to Visit in China

If I could visit a place in China, I would like to go to Harbin. Harbin is a city in the northeast of China. I will go there with my parents during Christmas vacation. I want to visit Harbin because I have heard that people in Harbin are friendly and helpful. Also, there is snow in winter, so I want to try skiing in Harbin.

The Ice-Snow World is the most famous place to visit in Harbin. It is a playground made of snow and ice sculptures. We can play inside. And the St. Sophia Cathedral is built in Russian-style. We can take photos and go shopping at St. Sophia Cathedral. Besides, the Songhua River is the best place for ice skating. It’s a river in summer. In winter, it is frozen and becomes a natural ice rink.

I would also like to try some local snacks in Harbin, such as ‘Glutinous Bean Bun’. It is a kind of pastry. I also want to try ‘Rock Sugar Hawthorn’. It is a kind of snack made from sugar and fruits. The most special one is the ‘Frozen Pear’. It is a kind of dessert that can only be bought in northeast China. After freezing, the pear becomes juicier and sweeter.

I can learn about the Chinese culture and Russian architecture after visiting Harbin. It will be a wonderful experience.

A Place I Would Like to Visit in China

I enjoy exploring different places in China because of their unique history and culture. Among the places in China, I would like to visit Beijing, the capital. I feel very excited about Beijing because of its rich history and famous landmarks.

Located in northern China, Beijing is a municipality directly under the central government. It is renowned for its architecture, including the Great Wall and the Forbidden City. It is also famous for its food, such as Peking duck.

Beijing is a wonderful place that I have been thinking about visiting for a long time because I have found amazing pictures of its ancient buildings online. It is a special place for me because it blends traditions with modern development. I am looking forward to making memories there with my family, exploring together, and trying local food.

I would stay in Beijing for three days. On the first day, I want to visit the Forbidden City and Tiananmen Square with my parents because these landmarks symbolize China’s imperial past. We would try Beijing roast duck, savoring its crispy skin, and eat dumplings with vinegar and ginger. Additionally, we would watch the flag-raising ceremony at dawn and take some photos to capture these good times.

On the second day, I would like to visit Kunming Lake with my mom. We would explore how ancient engineers

combined natural beauty with Feng Shui principles. It will be educational while we enjoy a boat ride on the lake.

On the third day, I would like to visit Wangfujing Snack Street and try stinky tofu.

During this trip, I believe it will be more than just a fun excursion. It will be a chance to discover China’s rich history, experience the energy of its modern culture, and understand how the past shapes the present.

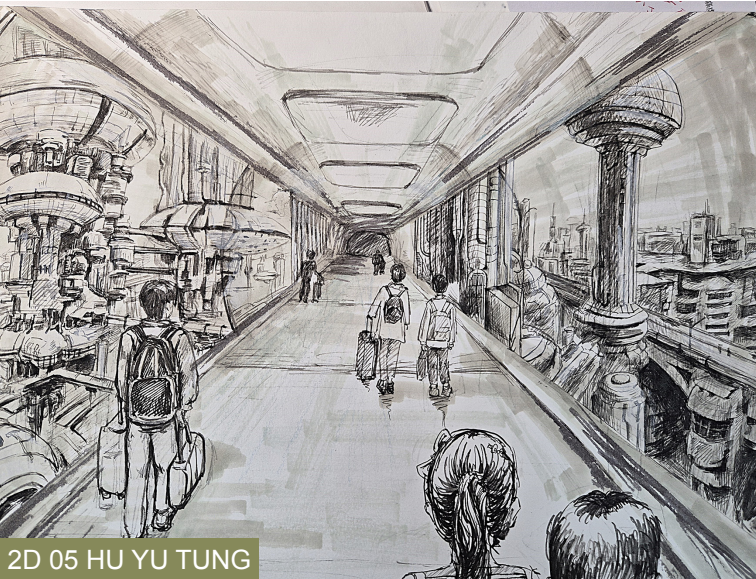


It will be a chance to discover China’s rich history, experience the energy of its modern culture, and understand how the past shapes the present.

2C 18 Dai Jia Le, Carl

I hope to learn a lot about Chinese history and culture in Beijing.

2D 23 Hong Shang Ze Jack



A Place I Would Like to Visit in China

I would like to visit a place in China, which is Beijing. It is the capital city in northern China. I will visit this place with my friends during the summer holiday because the weather in summer is good for enjoying the views.

Beijing is famous for its historical buildings and culture. It is a special place that hosts international activities. Since this city is the most important in China, I have been looking forward to visiting for a long time. I really want to learn about the culture in the north and see the spectacular buildings.

I will stay there for three days to ensure I have enough time for the visit. First, I would like to visit the Great Wall, the Old Summer Palace, and the Palace Museum. These sites showcase things from hundreds of years ago. I can see how the kings and queens lived in the Palace Museum and learn how the Great Wall protects our country.

Second, I want to try local cuisine and participate in a special activity in Beijing. Most people say that when you go to Beijing, you must try Peking duck. That is a traditional dish with crispy and juicy duck. Douzhi is another special snack; it is a bit like soy milk, but it’s salty. I will also watch the flag-raising ceremony at Tiananmen Square. At sunrise, the flag goes up, and this ceremony is held every day in the morning.

Overall, I hope to learn a lot about Chinese history and culture in Beijing. This trip can help me understand more about China.

It will also enhance my understanding of China's significant achievements.

2C 19 Gao Jing Long, Kevin

A Place I Would Like to Visit in China

I enjoy exploring different places in China. I would like to visit Beijing because it is the capital.

Beijing is located in the northern part of China and is famous for its long history. It is also well known for its traditional architecture, such as the Forbidden City and the Great Wall. Besides this, it boasts many delicious local cuisines, such as Peking Duck and Zhajiang Noodles.

Beijing is a place I have been thinking about visiting for a long time because it is rich in culture and historical sites. To me, Beijing is the heart of Chinese history. I want to create wonderful memories there with my friends. I am eager to visit Beijing in October and stay for two days. On the first day, I would like to visit the Forbidden City and Tiananmen Square with my friends because they are iconic symbols of Chinese history and culture. We will watch the flag-raising ceremony at Tiananmen Square. For meals, we will enjoy Peking Duck and Zhajiang Noodles, the classic dishes of Beijing cuisine.

On the second day, I would like to explore the Great Wall with my friends because it is a world-famous landmark. We will try dim sum for lunch to experience how it differs from the Hong Kong style. We will also go to a local market for shopping because we want to experience the daily life of the people in Beijing.

From this visit, I believe I can learn a lot about Chinese history and culture. It will also enhance my understanding of China's significant achievements.



6B 01 HOANG TAT NING

A Place I Would Like to Visit in China

The place I would like to visit in China is Shanghai. It is a city in northeastern China. Shanghai is famous for its shopping and skyline, which is why I want to visit with my family.

If I could pick the time to visit, I would like to go to Shanghai in spring or autumn because during these periods, Shanghai has the most pleasant weather. Although I haven't been to Shanghai before, I've heard that it has an amazing skyline and wonderful culture.

If I can go to Shanghai, I hope to stay for at least a week so that I can learn more about the local history and culture. I

also love to visit the Bund, which is located in the heart of Shanghai. It has some of the tallest buildings in the city, and I really want to go up one of them to enjoy the beautiful skyline. I also want to visit Shanghai's museums to learn more about the history of the city and our country.

Shanghai is also famous for its foods, such as red-braised pork belly and soup dumplings. If I have time, I really want to try some. Shanghai has many shopping malls, and as a shopaholic, it is a great place to shop.

I hope I can visit Shanghai one day so that I can experience its culture and history.

I hope I can visit Shanghai one day so that I can experience its culture and history.

2D 24 Kan Yu Him Eugene

A Place I Would Like to Visit in China

Among all the cities in China, the place I am most eager to go is Xi'an, located in Shaanxi province. It is one of the "Four Ancient Capitals of China." Visitors can enjoy a pleasant climate in spring and autumn, along with a long history of more than a thousand years. Despite having a population of more than thirteen million, this massive city retains its fascinating old heritage. If possible, I would like to go there with my parents.

What attracts me most about Xi'an is the world-famous Terracotta Army. These life-size clay soldiers, buried for over 2,200 years, guard the tomb of China's first emperor. Each warrior has a unique expression and hairstyle. In my view, it is unbelievable! The 14-kilometer Ancient City Wall is another interesting sight. Walking on top of it must feel like traveling back in time, so it is the second attraction I want to visit. The Muslim Quarter, filled with the aroma of barbecued meats and spices and adorned with colorful lights and a festive atmosphere at night, is always a joy to explore.

I want to stand in front of the Terracotta warriors and feel the power of the first emperor. I would like to ride a bicycle on the ancient city wall and try to imagine life hundreds of years ago. The mouth-watering 'roujiamo' and 'yangrou paomo' in the Muslim Quarter excite me because I can choose my own spices and taste real Shaanxi food. That must be fun. Watching a colorful Tang Dynasty dance performance at night would also be amazing. All of these experiences are completely different from life in Hong Kong.

I think this trip will allow me to understand ancient Chinese wisdom and power better, learn how people built such a large underground army long ago, and discover stories of the Silk Road. Standing among those silent warriors will make me feel deeply proud of my own culture.

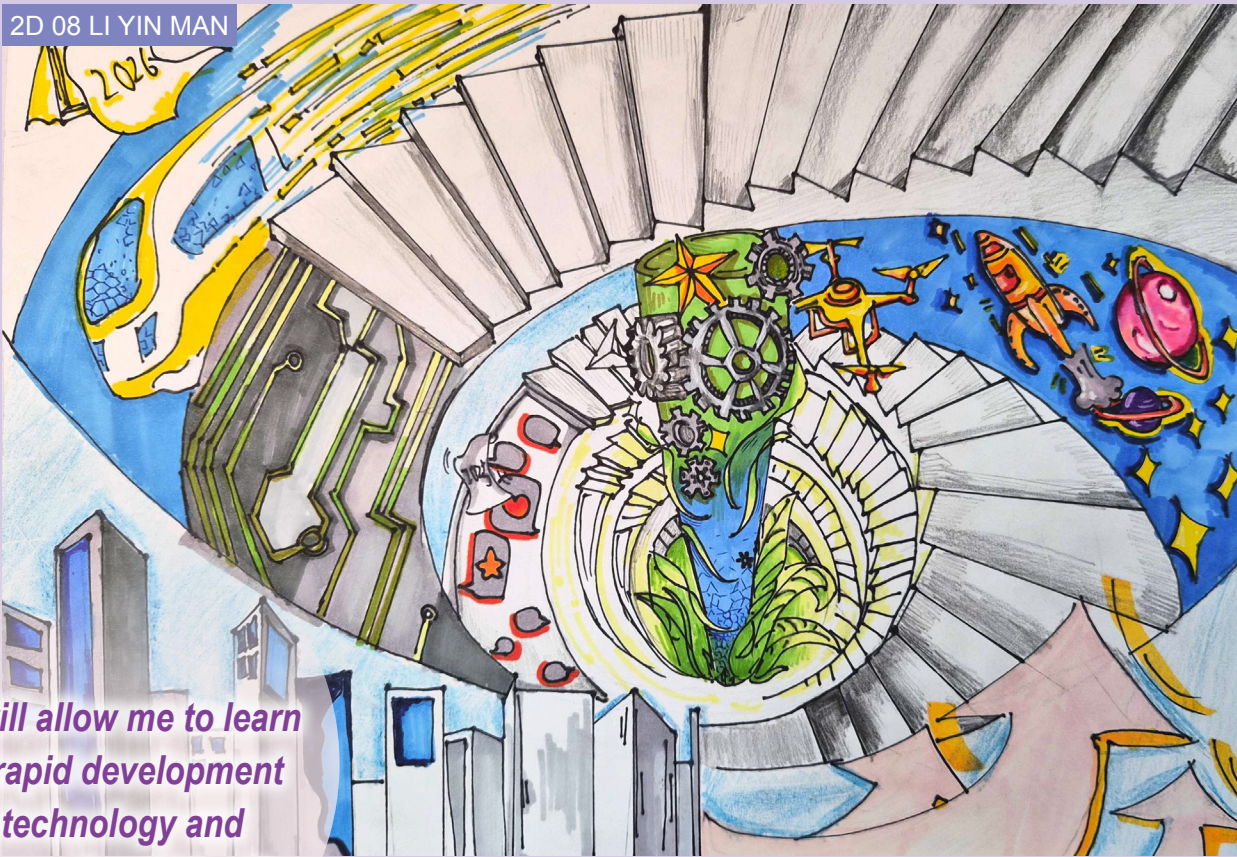
Xi'an is not just a tourist city; in my view, it is a living history book. I believe this pleasant journey will become one of my most precious memories in life.



3D 15 ZHANG JIAXUAN

I believe this *pleasant journey* **will become**
one of my *most precious memories* **in life.**

2D 31 So Pak Yiu Ivan



2D 08 LI YIN MAN

This trip will allow me to learn about the rapid development of China's technology and enhance my national identity.

2D 36 Xu Ka San Jason

A Place I Would Like to Visit in China

If I could visit one place in China, it would definitely be Chongqing—the "Mountain City" in southwest China. I would like to visit Chongqing with my family during summer vacation.

Have you heard of Cyber City? Chongqing perfectly blends futurism with traditional Chinese culture. This city has a unique charm, from steep mountain landscapes to a vibrant local vibe that draws visitors from all over the world. Chongqing is also famous for its spicy cuisine. After researching Chongqing in detail, I am filled with passion for this city.

My family and I plan to stay in Chongqing for two days. We will start the morning with a bowl of Chongqing noodles. Then, we plan to take a ride on the Yangtze River cableway to enjoy a bird's-eye view of the cyber-style skyline. We will also visit the ancient town of Hongyadong to experience traditional Chinese architectural culture. We would also like to have hot pot for dinner, as it's one of the must-try foods in Chongqing. Lastly, it is a must to go shopping at Jiefangbei—the most stunning landmark of Chongqing.

This trip will allow me to learn about the rapid development of China's technology and enhance my national identity. I am looking forward to visiting Chongqing for an exciting journey.

A Place I Would Like to Visit in China

The place I want to visit in China is Hangzhou. It is in Zhejiang Province. I want to go there next year with my family.

There are some interesting attractions in Hangzhou. The most famous one is West Lake, which is in the southeastern coastal region. It is a freshwater lake, and the view is spectacular.

I will definitely try the local food, such as West Lake fish in vinegar gravy and Dongpo pork. Many people have said they are very tasty, so I want to try them. I would like to stay there for a week. I plan to go shopping to spend my days. I also want to go sightseeing and join a handicraft workshop because people make wonderful handicrafts in Hangzhou.

From this visit, I will learn about Hangzhou’s history and culture. I think this visit can help me enhance my national identity and understand more about Chinese culture. Also, I can see the beautiful West Lake in person.

5B 2 CHENG KA YAN



I think this visit can help me enhance my national identity and understand more about Chinese culture.

2A 05 Li Tsz Yu, Embie

This visit will also help me strengthen my national identity because seeing the great achievements of China in Beijing makes me proud to be Chinese.

2B 12 Chan Tsz Kit, Jackie

A Place I Would Like to Visit in China

I enjoy exploring different places in China because of its amazing culture and wonderful scenery. I would like to visit Beijing. I feel excited about this place because it is the heart of China with a long history.

Beijing, the capital of China, is located in northern China. It is famous for its ancient palaces, like the Forbidden City. It is also well-known for its delicious local food, such as Peking duck.

Beijing is a special place that I have been thinking about visiting for a long time because I like the Great Wall and the hutongs there. It embodies thousands of years of Chinese history. I want to create memories with my family in this place. I plan to walk through the hutongs with them, try jianbing together, visit the Forbidden City, and experience the thrill of exploring history together.

I want to stay in Beijing for three days. On the first day, I would like to visit the Great Wall and the Summer Palace with my family to enjoy the grand scenery and beauty of the Summer Palace. We may try Peking duck at a famous local restaurant and take photos of ancient buildings to capture real life in Beijing. On the second day, I would like to go to

the Forbidden City and Tian’anmen Square with my family to learn about the history of Chinese emperors and feel their grandeur. We may try jianbing from a street stall and visit a traditional handicraft workshop to make paper cuts, as this can enhance our understanding of Chinese folk art.

During this trip, I think I can learn a lot about Chinese history and culture, such as the stories behind ancient palaces and customs. This visit will also help me strengthen my national identity because seeing the great achievements of China in Beijing makes me proud to be Chinese.



A Letter of Thanks

Dear Mr. Sze,

Thank you for all the nice things you have done for me this year.

Before having you as my math teacher, numbers and equations felt like a puzzle that I could never quite put together. But you have helped me crack the puzzle, and I now feel confident in tackling these mathematical problems. I'm always grateful to you for that.

What I admire most about you is your patience. Even when I ask the same question three times in a row, you never sound annoyed. You just smile and say, 'Let's try looking at it another way.' When I am quiet in class, you gently call on me to share my ideas and tell me, 'Your thoughts matter – don't be afraid to speak up.' Because of that, I've become

more confident, not just in math, but in asking for help and sharing my opinions in other classes.

Thank you once again, Mr. Sze, for being such a kind, patient, and helpful teacher. I always remember what you have taught me, and I'll keep working hard in math.

Warm regards,
Cayla

Thank you once again, Mr. Sze, for being such a kind, patient, and helpful teacher.

1C 05 Kwong Tsz Ying Cayla



5B 04 CUI XIANGYU

Mom, you are the most beautiful, kindest, and strongest woman in the world.

1D 06 Ho Man Chi, Mandy

A Letter of Thanks

Dear Mum,

Thank you for taking care of me since I was born.

You are slim with short straight hair, and you are gentle. Sometimes, you teach me how to do homework, and you do all the housework.

I still remember you bought me some birthday presents last year. You chose my favourite birthday presents thoughtfully, and you bought me different items that I wished to have. I was really happy and touched about it.

Mom, you are the most beautiful, kindest, and strongest woman in the world. I love you always.

Love,
Mandy

A Letter of Thanks

Dear Ella,

Thanks for all the warm and precious things you have done for me these years. You are my great friend whom I am truly proud of. You always hold my hand when I stumble and light up my world when I am in the dark. You look like my angel who wraps me in endless care.

I remember you sat with me through my hardest days, wiping my tears and telling me I was never alone; you also celebrated every small win of mine as if it were your own.

I am very thankful to have you as my soulmate. I hope that our bond will grow stronger with time, and we will walk side by side in every chapter of life together.

Best wishes,
Zoe

I am very thankful to have you as my soulmate.

1C 07 Li Hei Man, Zoe



5C 03 CHEUNG HIU KIU ALISON

A Letter of Thanks

Dear Yoanna,

Thank you for being my friend. You look good with wavy hair, and you are tall and slim. You are outgoing and always full of energy. You are very helpful too.

Four years ago, I met you for the first time. At that time, I was very shy, and then you asked, "Can I be your friend?" I thought that you were very outgoing because you came to me even though you didn't know me at all.

You are full of energy because you can do so many things in the same day, and you like to chat with others. Sometimes, when I ask for your help, you are always the first one to assist me. For example, if I don't know how to do my homework, you will teach me or give me some suggestions.

I am very grateful to have you as a friend. I hope we can be best friends forever.

Best wishes,
Rebecca

Thank you for being my friend.

1D 07 Ho Wing Yee, Rebecca



4D 16 CHOI CHEONG LAM



5C 11 WONG SHU CHI

A Letter of Thanks

Dear Kany,

I want to express my heartfelt gratitude for everything you have done and for becoming my friend when I needed one. You are always incredibly generous. I love how you are so supportive towards people, helping shy individuals like me get out of their shells by talking to them.

Remember the time when you saw me at my lowest and alone? You helped me by reaching out and talking to me, and I'm still very glad that you stayed with me during that difficult time. You also stayed by my side when we were in primary school when I didn't have any friends. Your sincerity has melted me, and I feel incredibly fortunate to have you as my friend. Thank you for everything you have done for me.

I hope we keep being friends forever!

Love,
Yanky

I feel *incredibly fortunate* to have you as *my friend*.

1D 13 Mok Tsz Yan, Yanky

A Letter of Thanks

Dear Mr Sze,

Thank you for all the nice things you have done for me this year. You are very tall and wear glasses. As my Maths teacher, you are very funny in the lesson. When I encounter any Maths problems, I can ask you at school. The day before the exam, I asked you a secret question, and you said, "If you get into the top three in the Maths exam in the whole form, I'll tell you." This gave me a goal.

I hope that you can teach me in the coming years.

Love,
Vivian

*I hope that you can
teach me
in the coming years.*

1D 14 Wong Yi Ning, Vivian

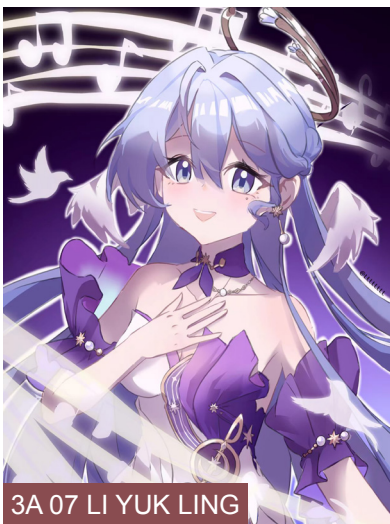
A Letter of Thanks

Dear Mom,

Thank you for your unwavering support and company.

You are helpful, kind, friendly and nice. When you see someone in need of help, you always offer a helping hand. I admire you for that very much.

You are a caring mother. When I get sick, you always take care of me. You remind me to take medicine and cook healthy food for me. You make me feel better! You are just like sunlight shining on me.



3A 07 LI YUK LING

I remember once I did very poorly in a test, and I thought you would scold me. Instead, you comforted me and encouraged me to do better next time. You told me not to give up. I feel I am lucky to have such a great mother as you.

You always encourage me and give me a happy and loving home. You never scold me for trivial matters, nor do you yell at me harshly. Instead, you reason with me and tell me not to make the same mistakes again. You are so gentle.

Mom, thank you for always being by my side. You have always been my strongest support and my pillar of strength. Thank you so much, I love you.

Best wishes,
Anne

Mom, thank you for always being by my side.

1D 18 Yip Yuen Yin, Anne

A Letter of Thanks

Dear Vivian,

Thank you for all the nice things you have done for me this year.

You have bright eyes and a warm smile. Your hair is always neatly tied up. You are kind, patient and always ready to listen to others.

When I fail my math test, you spend extra time helping me go over the difficult points after class.

Last month, you encouraged me to join the Speech Festival and helped me practise my presentation again and again. I am still very grateful for it.

On my birthday, you prepared a small gift for me and made me feel so warm in a new school.



5D 04 CHIU MAN HEI

I want to thank you for helping me so much. I hope we can be friends forever.

Best wishes,
Helen

I hope we can be friends forever.

1D 19 Zhang Hai Luan, Helen

A Letter of Thanks

Dear Coach Wang,

I would like to thank you for your teaching over these past six months. You are a dedicated and encouraging coach – you always push me and my teammates to do our best and never give up, even when we feel tired during training.

You taught me how to improve my shooting and work better with my teammates on the basketball court. When I lost confidence after a bad game, you talked to me and helped me find my focus again. I am grateful for your unwavering support, and now I play basketball much better than before and love the sport more than ever.

I am lucky to have such a great coach!

Best wishes,
Guan You

A Letter of Thanks

Dear Sherry,

Thank you for all the wonderful things you have done for me this year.

You are my great friend of whom I am proud. You always encourage me and share your snacks with me. You are so generous because you always help me with my Math homework and cook dinner for me. You look like my sister.

I remember you cheer me up when I am down. Thank you for accompanying me always. I am incredibly grateful to have you as my friend.

I wish you a Merry Christmas.

Best wishes,
Jessica

I am lucky to have
such a *great coach!*

1A 22 Lin Guan You, Jack



*I am incredibly
grateful to have you
as my friend.*

1B 10 Tai Hiu Ting, Jessica

Good People, Good Deeds

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

I remember it happened on one rainy afternoon in September 2024. I was at a bus stop, and at that time, I had forgotten my umbrella. I was soaked and felt helpless. Then, a stranger noticed I was shivering and worried. He lent me his umbrella and refused to take my money. He said "Just pass the kindness on." I thanked him repeatedly, and tears of gratitude welled up in my eyes. I felt deeply touched and inspired. I realized kindness can come from anyone.

After this experience, I do some daily good deeds, like holding the door for others, helping classmates with homework, and donating old clothes to charity. I joined a community volunteer group to help the elderly on weekends.

This experience taught me that if we all do good deeds every day, no matter how small, together we can make the world a better place.

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

3C 04 Chow On Ki, Anastasia



Good People, Good Deeds

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

One day, I rode a bicycle to school as usual. In order to avoid being late, I cycled fast and didn’t notice there was a big hole in the road. Suddenly, my bike hit the hole, and I fell off. I felt dizzy with a buzzing in my head. My chin was bleeding, and my limbs were so seriously hurt that I couldn’t move. The scorching sun burned my wound, causing intense pain. I closed my eyes in despair because I couldn’t move my limbs and had no strength to stand up at all. While I was thinking about what I could do, a man came towards me. He lifted my bike first, then helped me to a nearby seat. He took clean mineral water to clean my wound. As my lips were bitten by my teeth, and light blood was flowing from the corners of my mouth, I barely forced a smile and looked at him. He smiled back at me and said he had to go to work and left right away.

It might have been a small act for him, but it was important to me. Without him, my wound might have gotten infected. This is truly a kind deed that warms my heart.

This is truly a kind deed that warms my heart.

3C 17 He Tsz Lung, Ethan



2D 05 HU YU TUNG



3B 06 LI MING ZHU

Good People, Good Deeds

I want to share three times when kindness happened in my life. Someone helped me, and later, I helped them. These incidents show the impact of being helpful.

When I was hungry, someone helped me by sharing their lunch, which was a piece of bread. Later, I saw Andy; he looked sad. I remembered the help I received, so I gave my lunch to Andy. He felt happy and grateful, and I felt encouraged. Helping others matters because it is meaningful.

When I was depressed because I failed an exam, someone helped me. He discussed the issue with me and helped me solve it. Later, I saw a student who looked sad. I remembered the help I received, so I talked to him and

comforted him. He felt extremely grateful, and I felt warm. Helping others matters because it lets them know we are not alone—we are a community.

When I was holding many books and felt tired, someone helped me. She held the door for me. Later, I saw an elderly person coming in; he looked tired. I remembered the help I received, so I held the door for him. He felt very grateful, and I felt cheerful. Helping others matters because small acts of help can make the world warmer.

These good incidents show that acts of kindness can spread. When someone is thoughtful to me, I can encourage others. A small good deed can make our society a better place.

A small good deed can make our society a better place.

3C 33 Xie Jun Qiang, David

Good People, Good Deeds

Every single good deed, no matter how big or small, helps tip the "goodness scales" in the right direction. I want to share an experience of my classmate helping me.

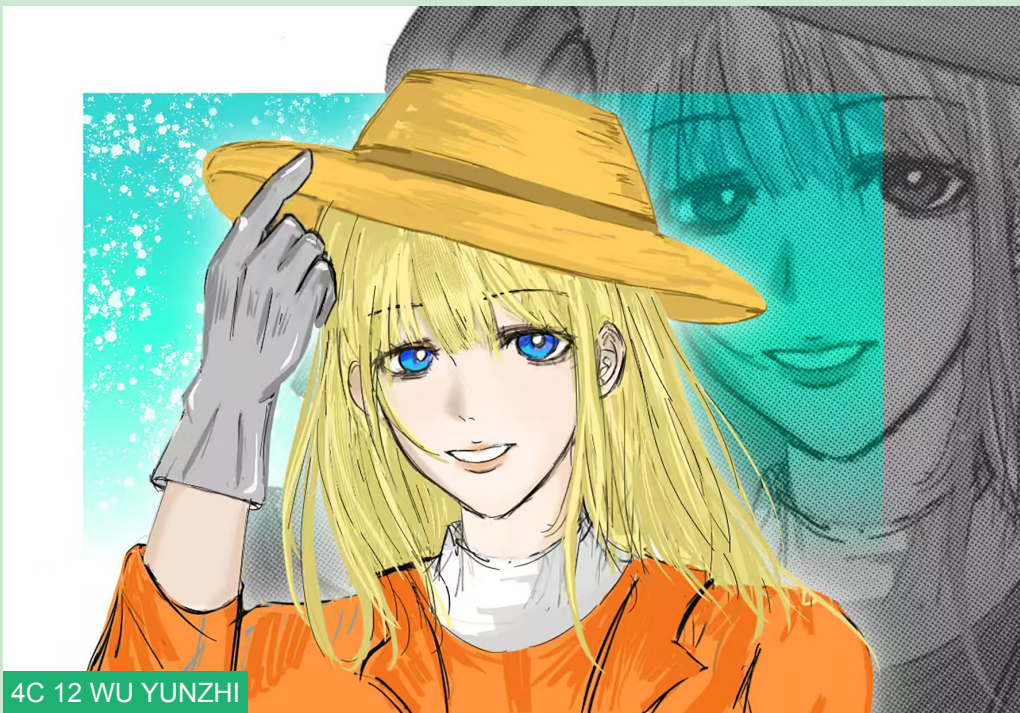
I remember one Friday after school last month, it suddenly started pouring rain. I stood at the school gate, watching my classmates leave one by one with their umbrellas. I didn't have one to go home with. I had seen that the weather was good when I left home that morning, so I had not brought my umbrella. Just as I was feeling lost and about to rush home in the rain, a voice behind me said, "Did you bring an umbrella? If you did not, let's walk together."

I turned around and saw it was a classmate from the next class. He was holding a large black umbrella. Hearing his offer, I felt a little embarrassed and said, "Thank you, but we live in different directions. It might delay your journey home." He said it was no problem and that he would take me home first since it was on his way. I agreed. Finally, I made it home safely.

This incident made me realize that the kindness of strangers can bring a great feeling of being deeply moved. Now, I often help those in need around me, hoping to continue passing on that warmth.

Now, I often help those in need around me, hoping to continue passing on that warmth.

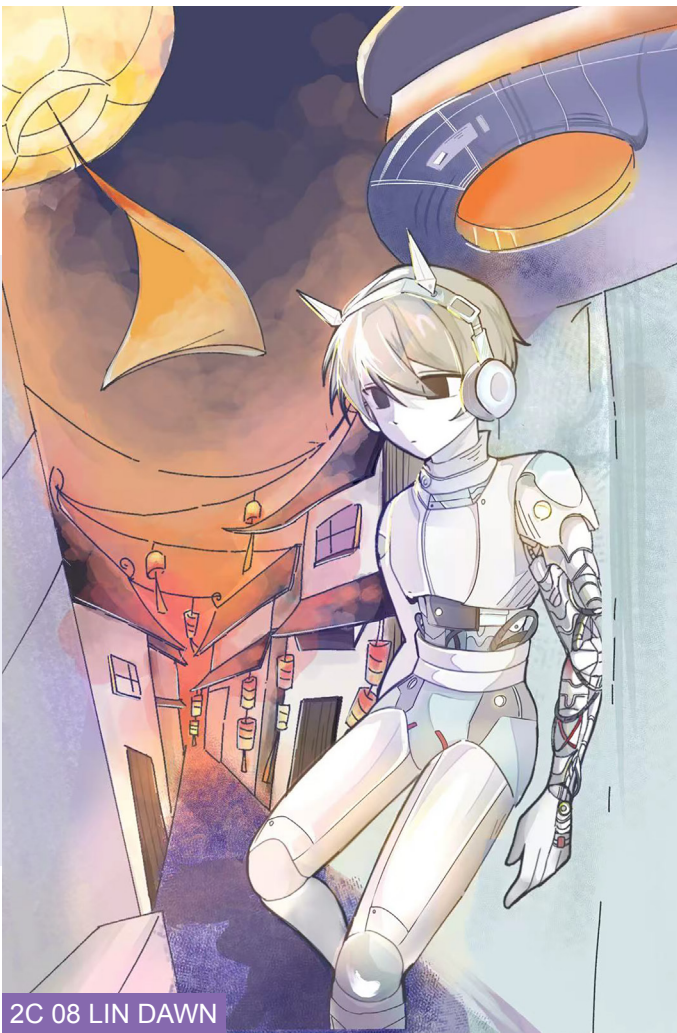
3D 02 Chung Ho Ching, Clara



4C 12 WU YUNZHI

I understood that helping others and receiving help are both happy experiences.

3D 10 Tang Sum Yuet, Sandy



2C 08 LIN DAWN

Good People, Good Deeds

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

When I was in Secondary 2, it was a rainy day, and I forgot to bring my umbrella. I just stood in an open area between our school and Tai Wo Shopping Mall. I was going to be late soon, and I was nervous. I hoped someone I knew would share an umbrella with me to school. At that time, our school social worker noticed me. I had seen him at school before. He offered me his umbrella and walked to school in the rain. I wasn't late. When I arrived at school, I was still thinking about his kindness, but I hadn't had a chance to thank him properly. After school, I found him in the office, and I tried to thank him. He just smiled and said, "It's okay, we should help each other."

I felt warm. I understood that helping others and receiving help are both happy experiences. Now, I am a school volunteer, and I do believe that kindness will make the world better.

Good People, Good Deeds

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

Last summer, I got lost on my way to a Mathematics competition. It was raining, and my phone was out of order, leaving me standing anxiously at a remote bus stop with no idea where to go. Then, an old cyclist stopped in front of me. He noticed my wet clothes and worried face and asked about my trouble gently. After hearing about my need to go to the City Sports Hall, he offered to lead the way. He rode slowly ahead, holding an umbrella for me while I followed him on foot. Fifteen minutes later, we arrived at the site safely, and I thanked him. He replied, “We should help each other when we are in need.”

He touched me deeply. Now, I always share with my classmates and give help to my neighbors. Small kindness can warm the world, and I hope everyone will be willing to pass on the goodness.

Small kindness can warm the world, and I hope everyone will be willing to pass on the goodness.

3D 23 Huang Yui Hin, Jimmy



3C 15 ZHUANG WAN HAM



4D 10 YANG MAN MAN WENDY

What a good person he is!

3D 28 Ng Chak Hei, Issac

Good People, Good Deeds

Recently, I have seen news that makes all Hong Kong people respect those involved. On the 26th of November, a fire broke out in Wang Fuk Court, Tai Po. Most of the residents could not escape immediately since there was no fire alarm; many of them didn’t notice there was a fire. When they did notice, it was already too late. There were two elderly individuals trying to escape from the terrible scene, but they lost their direction because of the dense smoke. They could only desperately plead for help.

At that time, a man named Mr. Will heard their cries for help, and he rescued them without a moment’s doubt. Last but not least, when the firefighters arrived, Mr. Will unexpectedly encouraged the two elderly people to be rescued first, and he was the last one to be rescued. When his actions were reported in newspapers and on social media platforms, he was appreciated by the people of Hong Kong. Because of his bravery, he saved two lives, and all Hong Kong people respect him immensely.

After reading this news, I was surprised that Mr. Will had saved others’ lives despite being in danger himself. He is selfless. What a good person he is! I think we should do more good deeds in our daily lives, such as helping the elderly and joining charities, since every single good deed, no matter how big or small, helps tip the “goodness scales” in the right direction.

Good People, Good Deeds

Every single good deed, no matter how big or small, keeps tipping the "goodness scales" in the right direction. The story I want to share is about helping blind people.

It happened on a Sunday on the way home. My friend and I were walking in a park when suddenly, a stranger accidentally pushed me. I was very angry at that moment, but later, my friend found out that he was blind. Then he asked how to get to the nearest bus stop. I realized that he was not just blind but also lost.

My friend and I looked at each other for a few seconds and decided to help him. First, I told him, "Don't worry, we can take you there." I held his arm and slowly walked with

him while my friend walked ahead to make sure the way was clear.

Along the way, we talked a little. He told us that he was going to find his sister. When we finally arrived at the bus stop, I helped him find the right bus number and made sure he knew where to get off. He gently said "thank you" to us. It was very heartwarming!

That day, I learned that good deeds aren't always big actions. Sometimes, it's just stopping in your own path to help someone find theirs. It changed how I see the people around me, especially those who might need a little extra help.

I learned that good deeds aren't always big actions.

3A 06 Lam Wing Hei, Judy



5D 16 ZHENG JIA YING CANDY



6D 02 LAM KWAN LEE

Good People, Good Deeds

Every single good deed, no matter how big or small, helps make the world better. I want to share an experience about helping a lost elderly man find his way to the museum.

This happened last summer at a busy bus stop. I remember it was a very hot afternoon. I noticed an elderly tourist looking lost and confused, clutching a map. He was sweating and seemed anxious. I walked over and asked if he needed help. He was trying to find a famous local museum but had gotten turned around. First, I offered him my bottle of water. Then, I used my phone to show him the best route and even walked with him to the nearest metro station, explaining the directions carefully. He was so relieved and grateful; his worried frown transformed into a warm and thankful smile.

This small act taught me that kindness is a universal language. I felt deeply happy to have helped. It inspired me to look for more opportunities to assist others in my daily life, whether by helping a classmate or volunteering in my community. We can all make the world a better place, one good deed at a time.

This small act taught me that kindness is a universal language.

3B 7 So Hiu Lam, Tiffany

Good People, Good Deeds

Every single good deed, no matter how big or small, helps tip the “goodness scales” in the right direction. If you help others, you will be helped when you encounter difficulties.

When I was six years old, one day I helped my mum buy fruit. After I had brought the fruit and was on my way home, the bag containing the fruit burst, and the oranges fell out of the bag and rolled on the ground. I was shocked and stood still. At that moment, a middle-aged man walked towards me and helped me pick up all the oranges. I looked at him and quickly picked up the oranges. I said, “thank you” to him, and I wanted to give him two oranges as a gift, but he only said, “you’re welcome” and then left.

I was very grateful to him. He set a good example for me. Since then, whenever I see someone in need, I take the initiative to help him.

One day, when I was in a street market, I met an old man looking at the oranges that had fallen on the ground, but he was unable to bend down to pick them up. I went over and helped him pick them up. When I gave him the oranges, I realized that he was the person who had helped me many years ago. That man taught me that “good deeds are rewarded.” If we want to make the world a better place, let’s help those in need, because helping each other can make the world a better place.

If we want to make the world a better place, let’s help those in need, because helping each other can make the world a better place.

3C 35 Zhou Sui Cheng, Sam



3C 15 ZHUANG WAN HAM

Respect and Empathy- An Umbrella

Empathy makes people’s relationships closer. I learned this on a rainy school day last month.

That day, the weather was very bad with heavy rain. I forgot to bring my umbrella and stood at the school gate after school. It was so cold, and I was worried. At that moment, my classmate Lily was standing next to me. She held her umbrella over my head and said, “Are you okay? Didn’t you bring an umbrella? Let’s walk together.” I was very surprised. We are not close friends, but she still helped me. I felt warm. On the way, I tried to shelter barely under the umbrella so that she would not get wet. However, she moved the umbrella toward me. “Be careful, don’t get wet,” she said gently. Her words made me feel warm, and I realized that empathy should exist in all our hearts. Even though we do not know each other well, we should love and share with others. Lily showed me that empathy is about caring. When she saw that I was cold, she held her umbrella over my head. When we said goodbye, I felt warm and happy.

Empathy is not very hard to practise. We can learn it by recognizing others’ feelings. For instance, when your friend is sad, you can comfort them. Small acts make the world warmer and our relationships closer. That umbrella did not just keep me dry; it let me know that kindness can tie people together.



3C 06 JIANG HOM HEI

Small acts make the world warmer and our relationships closer.

5D 25 So Tsz Yin, Jayden

Respect and Empathy- Empathy on a Blank Paper

That day in the lesson, there was only me and a blank physics paper left. The red “58 marks” stung my eyes. The laughter of my classmates came from the hallway, but I felt like I was trapped in a transparent box, unable to breathe.

Just as I wiped away my tears, a pack of tissues was gently placed on the table. “Gravity is really difficult, isn’t it?” Emma sat next to me without saying “don’t be sad” or rushing to teach me how to solve the problem. She just quietly flipped through her old exam paper, which also had a bright red “58 marks” on it. “I cried the whole class at that time,” she said with a smile.

At that moment, the box broke, and it turned out that her eyes were filled with understanding of disappointment, my powerlessness despite my efforts, and the box of helplessness. I wasn’t floating alone. In the ocean of failing, Emma comforted me by sharing her vulnerability.

For me, this is empathy. It’s not about being pitiful, but about truly thinking from someone else’s perspective and understanding others’ feelings. At the same time, I believe that empathy is learned because we all need practice to do better. Just like how we are not born to understand others’ feelings, we gradually learn through getting along with classmates and family time and again.

To encourage others to have empathy, one can start with oneself. For example, by patiently listening to others without interrupting. When we first understand others, they will also learn to understand us. If everyone had more understanding and less criticism, people would be much warmer. Although it is difficult to fully understand others, as long as you are willing to try, you can make the world a better place.



Although it is difficult to fully understand others, as long as you are willing to try, you can make the world a better place.

5C 12 Wong Tsz Wun, Victoria

Everyone deserves to be treated with respect, and it all starts with us, one small, meaningful action at a time.

5D 02 Chen Mei Jun, Eva

Respect and Empathy- The Power of Respect

To me, respect means treating others the way I want to be treated, no matter who they are—teachers, classmates, family members, or even strangers we pass by on the street. It’s not a hard concept to understand; it simply shows through the small, thoughtful actions we take in our daily lives.

Respect isn’t just about politeness toward adults. It’s about listening carefully when others talk to you instead of cutting them off, not mocking their flaws or mistakes, and always asking for permission before using their belongings. One day, a

new student named Tom struggled with English. When he stumbled over words during a class presentation, some classmates secretly laughed at him. But I remembered how nervous I felt when I first gave a speech in front of the class. I waited patiently for him to finish, then smiled and said, “You tried your best; you’re really cool.” He looked relieved and thanked me sincerely. He soon joined our study group, and we started practicing English together after class. That small act of respect made him feel comfortable and helped him grow more confident afterward.

I used to think respect was just “being nice,” but now I know it’s much deeper than that. It’s choosing to value others’ feelings and needs as much as you can. When we show respect to people around us, they not only trust us more but also treat us with kindness and consideration in return. This mutual respect makes our classroom a more harmonious place to study and our family a warmer place to live.

Respect costs nothing but is incredibly powerful. Saying “thank you” to the cafeteria staff who serve us meals, not interrupting our teachers when they’re explaining lessons, and standing up for someone who is being teased—these simple acts all add up to make a big difference. Everyone deserves to be treated with respect, and it all starts with us, one small, meaningful action at a time.



Respect and Empathy- Empathy

Regarding respect, most people acknowledge what this word means but don't truly understand its deeper meaning. To put it briefly, respect is the fundamental principle of recognizing the worth of people and valuing someone's achievements and abilities.

Take respect in a relationship as an example. In a relationship, there are three fundamental rules that naturally lead to a long-lasting and wholesome connection. In other words, being respectful toward each other fosters the longevity of relationships. You might be wondering, "How do I be respectful?" or "What does it mean to be respectful?" That's where the three main components of respect can help clear the fog.

First and foremost, showing affection and appreciation is an important factor in a relationship, as it deepens your fondness for each other and expresses your recognition of the interplay and cherishment in the relationship. This accumulates the trust of a loyal relationship and decreases any arguments between both parties.

Since words can easily deceive people, this rule by itself isn't enough, and interactions aren't always easy; that's where the other rules come into play.

Second, the next component is being humorous while still respecting boundaries.

To elaborate, we should acknowledge the limits of others, ensuring everyone feels comfortable while keeping playful banter alive. For instance, avoid making jokes that take great pleasure in intimate topics. Furthermore, this approach would increase the longevity of the relationship, deepening the bond between people and making the atmosphere more comfortable.

Third, the final component is having more entertainment—in other words, being more fun overall. Respecting boundaries and making someone feel mildly uncomfortable can make even surprising, fun interactions fall flat.

As society often uses the term "a gentleman" to refer to a well-mannered man, being sentimental is an important trait of a gentleman. For instance, when someone is upset, being able to calm them without triggering further irritation—while empathizing with their situation—is key. We should acknowledge the limits of others to ensure they feel comfortable in our presence.

To summarize what respect truly is, being a gentleman means having respect for other people. When respected, individuals feel at ease, which deepens the bond between people effortlessly. Respect can also shape conversations, making them either pleasing and laughable or warm and wholesome. If you respect how people communicate, it can enhance new conversations.

Furthermore, respect encourages vulnerability because of the trust built between individuals. People won't worry about losing themselves or being mocked; instead, they will expect your undivided attention. That's where active listening comes in. When people respect one another, they naturally know how to actively listen, which involves full concentration and understanding, allowing them to remember what others say. Once you have respect, you'll find it easy to apply it in conversation.



3C 5 HO WAI KI

Some people have always asked this question: Is showing respect important for maintaining relationships and social harmony? I would undoubtedly agree.

Having respect is crucial for building trust in a relationship. Being respectful, trusting, and caring deepens connections as people open up about themselves to you. Respecting others empathetically, understanding their feelings, and encouraging vulnerability allows individuals to feel supported.

After everything, like salt, respect may feel unfamiliar and abstract. So, I'll share my own experience with respect.

When I was little, I was a student in primary school with my usual group of friends, and I was often a crybaby because I got humiliated for having a tear in my pants. I needed someone to provide assurance and emotional support. At that moment, I saw my friends step in to comfort me. I told them my humiliating secret, and their response warmed my heart. That experience made me respect them even more. As time passed, my trust in them never wavered, and to this day, we still have wholesome conversations and interactions, demonstrating the power of respect.

In conclusion, respect can have a significant impact on your interpersonal skills and relationships.

In conclusion, respect can have a significant impact on your interpersonal skills and relationships.

5C 21 Cheng Yung Ching, Raphael

*I think one day we could
each achieve world peace*

5C 33 Wong Tsz Fung, Wallace

Respect and Empathy- A Step Closer to World Peace

What do you think of when I talk about the word "respect"? This word is surprisingly common and difficult. When you're at a family gathering, there's a high chance that an older person scolds you for a lack of "respect" for them. When Russia invaded Ukraine, the "meaning" they used was that Ukraine didn't "respect" their agreement. This word looks like a very "easy" word in so many places that it makes you wonder: what is respect?

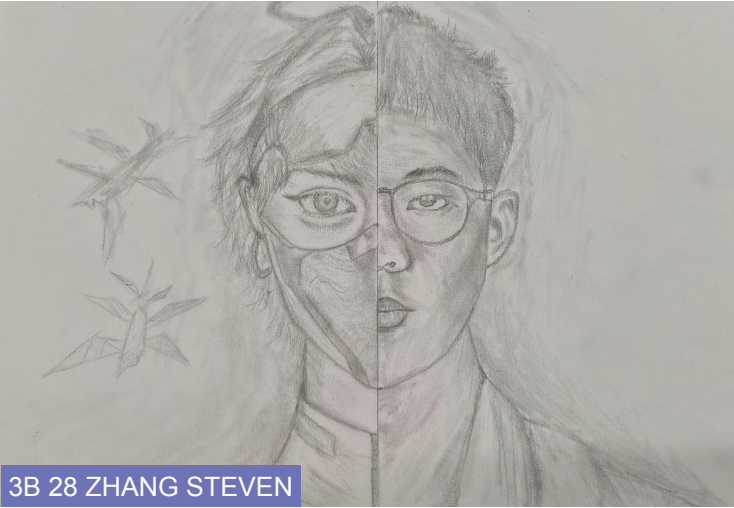
If you're a curious person like I am, you'll make use of a technology called the Internet to search for all the things that you didn't know. In this instance, you want to know more about respect, so you type the definition of respect into the search bar, and in just a matter of seconds, the Internet spits out many results. Many people unintentionally misuse the word "respect." It means to show due regard for someone's feelings, wishes, or rights. After you've finished reading, you may wonder: what does it even mean? Don't worry, let me explain.

In modern society, there are fewer and fewer ways to show your respect for others, like expressing gratitude for a kind act you've just received or giving up your seat for someone in need. These simple acts of respect not only help the ones in need but also help to spread kindness. If you are very shy or just not bothered to do any of those things, that's fine. Do not hurt others' feelings. But now, I'm glad you asked. Understanding respect in today's society and social media enhances the things that your mindset would interpret.

So lastly, I'm going to bring up a story of respect. The most famous Cake companies, Coca-Cola, and Pepsi are constantly fighting each other to be the most successful

coke company. One day, a Coca-Cola employee was not impressed with the higher-ups in the company and he eventually decided to contact Pepsi privately to sell them the secret Coca-Cola formula. This is huge for Pepsi since they could reverse-engineer the formula to gain the upper hand in the coke industry. So naturally Pepsi agreed and offered this man 1 billion dollars for it. They agreed to meet at a specific spot. When the employee arrived at the spot, what was waiting there was not a Pepsi employee. It was the police. It turns out, when Pepsi got the formula, it knew it was illegal and disrespectful. The employee faced hefty consequences for it. Even for arch-enemies like Pepsi and Coke, they still have mutual respect for each other, so why couldn't you do the same for strangers?

I think it's pretty clear that respect for anything is hard without conflicts. And with just a little bit more respect, I think one day we could each achieve world peace.



3B 28 ZHANG STEVEN

Respect and Empathy- Empathy

It's widely believed that empathy is an indispensable emotion in our human society. As for me, it's also a human ability to feel with someone. It's the bridge to connect separate individuals, helping us to share the emotions—whether joy or pain—of another person.

I'm strongly convinced that a seed of empathy is something we are born with, as a natural part of human nature, the same as we are born with crying and wailing, which provide basic templates for future life. It is a natural helpful capacity developing through life's experiences. Mencius's saying goes, "Human nature is innately good." Everyone owns their sense of empathy, shame, politeness, and approval.

In addition, it's unavoidable that empathy plays an important role in relationships, the same as the cornerstone of the buildings. It is one of the most effective ways to enhance the relations. In the case of friendships, a simple friendship can be transformed into a deep connection, which makes individuals feel seen and earn confidence to summon up courage when we are fully understood.

Last year at that time, while working at a small restaurant, I encountered a signature case: beef noodles. It assisted those in need. In contrast to just giving meals directly, the owner used special signs to protect the self-esteem and instructed the staff not to stare or interrogate. This kind of behavior that originates from empathy successfully offers decent assistance to those in need.

As a result, it strikes deep into the soul when someone truly understands our feelings, like a ray of light in the dark. Like a warm sun in the cold winter, it's a release of tension



3C 15 ZHUANG WAN HAM

that your heart has tightly relaxed. It's also a moment where your internal world is finally acknowledged outside your own mind.

As a precious lubricant in our life, empathy can effectively alleviate the tension, moving the point from blame to understanding. It's also a good method to provide support silently in the way of sharing warmth and woe when in tough times.

In conclusion, only by understanding empathy rather than sympathy can we be better. We empathize gently with friends and guests. In this way, we can cultivate it in our society.

In conclusion, only by understanding empathy rather than sympathy can we be better.

5C 29 Liu Xue Ye, Yonex

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A single moment of understanding can build a bridge that lasts long after the moment has passed.

5D 37 Zhong Wai Hei, Jason

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3D 4 HE XIN YI

Respect and Empathy- The Bridge of Quiet Understanding

‘Respect and Empathy’ are more than just words; they are the quiet forces that allow us to truly connect with others. While respect lays the foundation of trust, empathy builds a bridge that lets us walk into another person's world, even without saying a word. Through a simple encounter in the library, I learned how powerful such a bridge can be.

Last winter, at our school library, a quiet classmate, Leo, was sitting alone, looking down at a half-finished drawing. A few students nearby began whispering and laughing, pointing subtly in his direction. Leo's face turned red, and he slowly closed his book. His shoulders were tense with embarrassment.

I remember a time when my own hobby was laughed at and how hurt it made me feel. Instead of walking away, I sat beside him and said softly, "I like drawing, too. It helps

me when words can't." He glanced at me, hesitant, then opened his book to show a beautifully sketched bird. "It's a sparrow," he said quietly. "It always comes to my window every morning." We talked for a while about drawing, about birds, and about quiet things that matter. The whispers around us faded into silence. By the time we left, Leo was smiling, and I felt warmth I hadn't expected.

That day, I learned that empathy isn't about having the perfect thing to say. It's about seeing someone, choosing to stay, and listening with your heart. When someone truly understands how you feel, even without fully knowing your story, it brings a quiet sense of peace and belonging. We can all practise empathy by pausing before we judge, listening before we speak, and remembering that everyone carries a world inside them. A single moment of understanding can build a bridge that lasts long after the moment has passed.

Respect and Empathy- What is Respect and Empathy?

Respect is about being patient with others and not insulting or belittling them. It involves respecting others’ wishes and seeing people as unique and worthwhile.

For example, my friend Vivi stutters. Others often finish her sentences, but I wait. It is in those quiet spaces between her words that I hear her true strength, each syllable a victory. One day, she told me, “Your listening is how I found my voice.”

Respect is not about grand gestures. It is the patient silence that says, “Your thoughts are worth my time.” Respect gives others strength, like listening patiently to a friend. This creates space for their voice to grow. This silent support says, “Your thoughts matter,” building trust and confidence without a word.

Empathy can help us build the courage to face personal challenges through understanding others’ struggles. It builds trust and replaces defensiveness with genuine connection.

For example, Vivi spoke with pauses, her words arriving like shy birds. Her teacher saw this and never rushed her. One day during reading time, Vivi stumbled. “Let’s wait for Vivi’s words together,” the teacher told the class, “like waiting for a butterfly to open its wings.” From then on, Vivi felt her words grow stronger. She learned that patience from others can turn quiet fears into brave, beautiful sounds.

Empathy is like warm sunshine. It slowly melts away fears in our hearts and walks alongside courage as it grows. It teaches us to wait instead of rushing, to understand instead of criticizing.



3A 07 LI YUK LING

Empathy is like *warm sunshine*.
It slowly melts away fears *in our hearts* and
walks alongside *courage* as it grows.

5A 07 Zhang Wan Lan, Winni

If I could give advice on showing respect, it would be to
listen carefully, speak politely,
keep promises, and treat others the way you want to be
treated.

5B 12 Jim Cho Miu, Vincent

Respect and Empathy- A Simple Habit That Brings People Together

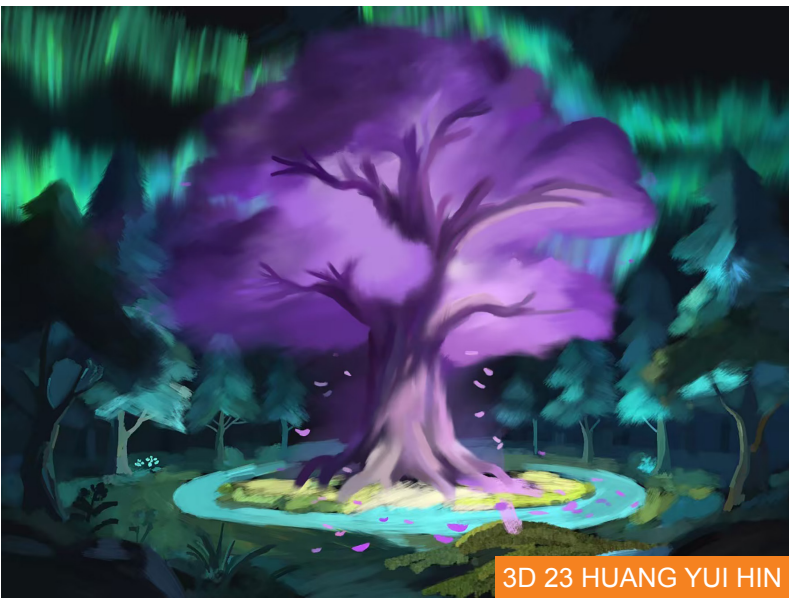
‘Respect’ is an important quality that helps us understand and connect with the people around us. I think respect means listening carefully, speaking politely, and treating others fairly. I also believe it means being honest and keeping promises, because I find that these actions show others that we value them, even if we do not always agree.

I think respect changes the way people talk to each other. For example, in a class discussion, when students wait for their turn patiently and speak calmly, I find that ideas can be shared clearly without unnecessary arguments. Since people feel safe to speak, I believe it is easier to solve problems and avoid misunderstandings. It is important to show respect to others in order to maintain relationships and social harmony. Respect stops conflicts, builds trust, and helps people work together peacefully.

I remember a time last year at school during a group project when four classmates and I were working together. We had different ideas and started to argue, and we got stuck at a point. The situation improved when one student suggested that we share our ideas one

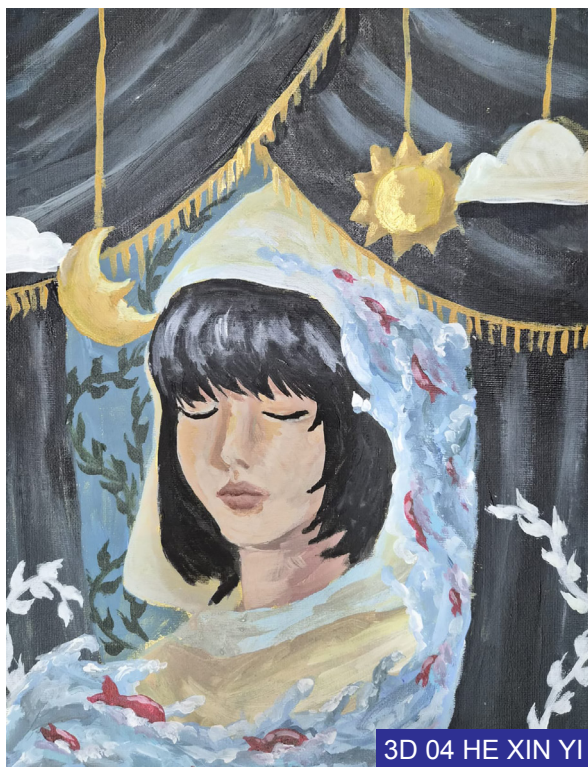
by one without interrupting. I found that following this allowed all ideas to be heard. In the end, we combined our points into a strong presentation, and I believe our respect for each other made our presentation much better.

When someone treats me with respect, I feel valued and confident. If I could give advice on showing respect, it would be to listen carefully, speak politely, keep promises, and treat others the way you want to be treated. These simple actions can make relationships stronger and more positive.



3D 23 HUANG YUI HIN

Respect and Empathy- The Glue That Holds Us Together



“**R**espect” is a basic value that strengthens friendly societies, guiding people to relate to their communities all the time. In the face of danger, people embraced crucial responses to adversity and things learnt from it.

The fire at Wang Fuk Court provides us a uniform background for reflecting on respect toward the dedicated

people who appear in times of need. As the flames swept everything, firefighters and volunteers responded with selfless dedication. Their bravery was a deep act of respect, risking their own safety for the well-being of others.

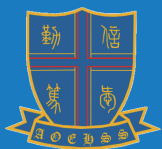
Witnessing such courage, the community was reminded of the importance of respecting those who serve on the front lines. The Wang Fuk Court incident brought their efforts into sharp focus, encouraging a sense of gratitude and recognition for their essential roles.

The aftermath of the fire highlighted the power of mutual respect within the community. Those residents, who were strangers before the incident, came together to support one another. As Hong Kong people, some offered shelter to those affected by the fire, while others organised donations of food, clothing and necessities. This spontaneous unity reflected a deep respect for the needs of fellow citizens.

In conclusion, the fire was a tragedy, but it also served as a powerful reminder of the role respect plays in society. The unwavering and supportive actions of emergency responders, the selfless dedication of fellow residents who volunteered wholeheartedly regardless of danger, and the concern of those who donated food, clothing, and necessities gave residents a deep respect for the well-being of others. Also, several acts of kindness occurred during the fire, especially in times of adversity. It encourages each of us to embody “respect” in our daily lives, especially in times of adversity.

*It encourages each of us to embody
“respect” in our daily lives,
especially in times of adversity.*

5D 27 Tsang Ting Hei, Bursi



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