



香港青少年培育會 陳南昌紀念學校

德 智

文

萃

香港青少年培育會
陳南昌紀念學校
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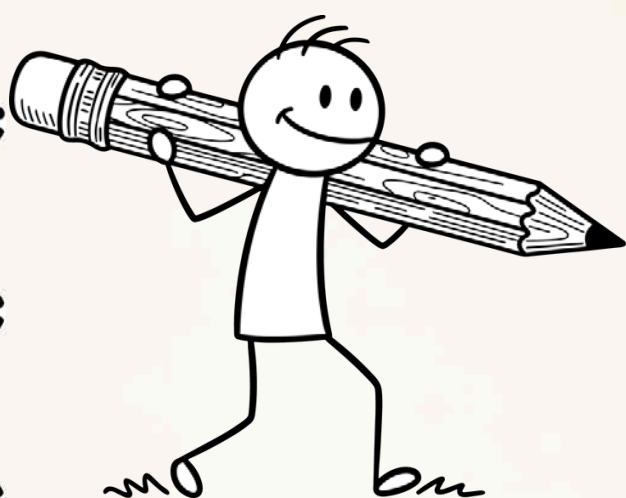
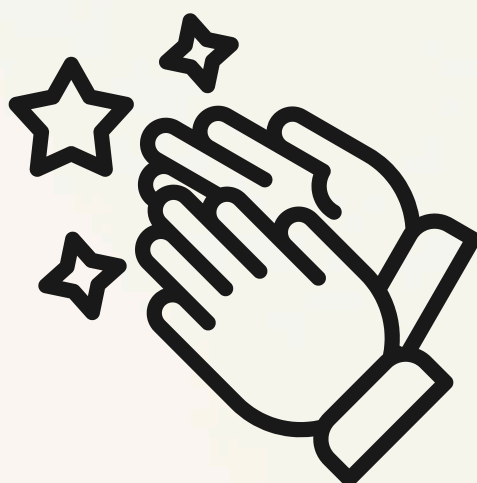
2025-2026 第十六期

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編者的話

十分榮幸能夠擔任本年度《德智文萃》的編輯。

本年度共收錄了26篇佳作，當中包括14篇中文佳作和12篇英文佳作。

最後，感謝校長、副校長、中英文科主任和各位老師的協助，令《德智文萃》可以順利面世。

鄧雅竹老師





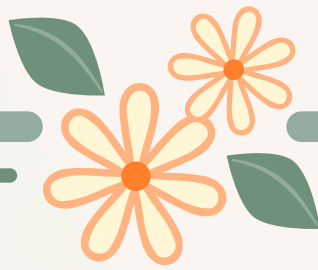
鞋的重量

GA 許柏軒

我在家中隱蔽的角落尋到一隻殘破的童鞋，他不是名貴，也不是大牌子，只是一隻殘舊的鞋，它靜靜待在家中。

這對鞋是我小學時所獲得，是一份禮物也是一份提醒。當天是我小學的運動會，我運動能力不差，因此我報了許多不同的賽事，在運動場中，我的家人也在場觀看我的比賽。第一項是一場長跑1500米，我在比賽中得了銅獎。之後不斷有賽事需要我去參加，但我卻很少有機會拿獎牌，一場接着一場的失利開始破壞我的自信。有質疑、自卑的情緒出現，慢慢地我開始氣餒，失去應有的專注力，我的狀態一直欠佳，直到午飯時間。





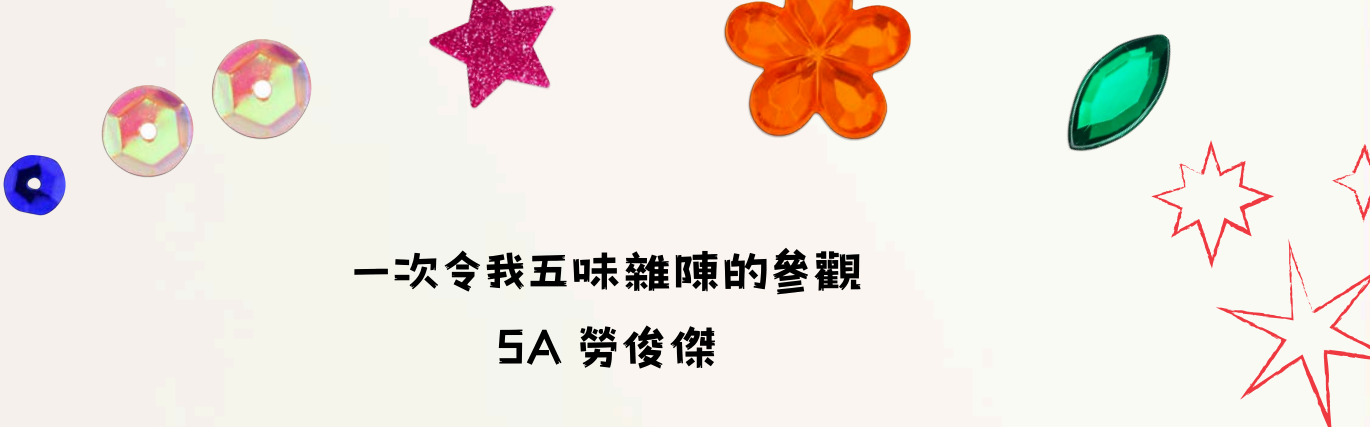
我的心情沒有因午飯而改變，反而越加差勁。我回到座位上，溫熱的淚水從眼中流下來，我爺爺慢慢地走過來，我對着他發幼稚的脾氣，但他聆聽着我的訴苦。

我的心情前所未有的舒適，說罷爺爺把一對跑鞋放在面前，原來在比賽中他注意到我鞋子殘破，鞋底已脫落一點，我卻渾然不知，之後我穿上了跑鞋，非常輕，也非常重，帶着家人的期望及羈絆，我感受到重量的沉重，卻再給我一股希望，我要盡力。

最後的接力賽，我是班上的代表之一，我穿着輕快的跑鞋走到我的起點，我心中開始出現異常的緊張，因為我是代表班，而不是個人，我往觀眾席看了看，看着家人支持我的眼神，我心中感到熱血，賽事開始了，我心情正對抗一方是緊張，另一邊是我激昂的心情，在這樣心態下，我盡力跑，有另一個同學跟我並肩而跑，我們不分伯仲，最後我慢了一步，我們只是第三名，雖然我們輸了，但我卻覺得我贏了，因為我盡力了。

直到現在，這雙鞋已經不合腳了，仍是殘殘破破的，但家人的期望卻永記在我心中，人的愛是永恆不變的。





一次令我五味雜陳的參觀

5A 勞俊傑

去年秋天，學校帶領我們參觀了本地一家頗有名氣的「寵物繁殖場」。出發前，我滿心期待，想像中那該是個充滿生命喜悅的地方。

抵達後，映入眼簾的卻是另一番景象，整齊劃一的鐵籠層層疊疊，幼犬幼貓們在有限的空間裏，用濕潤無辜的眼神望着來訪的我們。工作人員自豪地介紹着血統證書與冠軍種犬，語氣專業而流利。空氣中卻瀰漫着消毒水與動物體味混合的氣味，與工作人員自滿的神情有鮮明的對比。

那一刻，複雜的情緒湧上心頭。甜的，是看見毛絨絨小生命，是本能湧起的柔軟憐愛；酸的，是意識到牠們大多將成為明碼標價的商品；苦的，彷彿單調生活中的唯一迴響；辣的，是對這種將生命過度商業化運作所感到的一絲刺痛與不安；而我最後沉澱下來的鹹，像無聲的淚，為這些無法選擇自己命運的生命，也為人類矛盾的情感需求，而默默地留下了淚水。

參觀結束後，負責人員為我們贈送印有可愛寵物照片的宣傳冊，「笑容可掬」地歡迎我們「選購家人」。我握着那光滑的紙頁，卻感覺它無比的沉重。

那次參觀像一面三稜鏡，折射出愛與佔有慾、生命與商品之間模糊，而令人不安的邊界。我至今仍會想起那些眼神在充滿「愛」的名義背後，有些最純粹的東西，是否已在無形中被我們悄悄典當了呢？這份五味雜陳的滋味，教我重新思考，所謂的「喜愛」，究竟該是怎樣的重量與模樣呢？其實在我看來地球上每一個個體也有其獨特的生命，而我們也應抱着尊重的態度來對待他們。

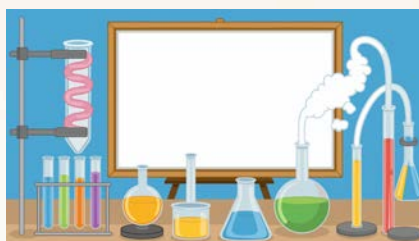
傷疤總會過去的

5A 伍世鏗

攤開手掌，那道伴我七年的傷疤，竟在不知不覺間淡成淺粉紅色的印記。指尖輕觸略粗的紋理，忽然令我明白——原來傷痕總是會過去的。

記得這道傷疤源自於中三時的科學堂實驗課。試管突然間爆裂，玻璃刺入虎口。尖銳的痛楚中，更傷人的是同學的低語：「早說他笨手笨腳。」從此我總將右手藏進口袋，彷彿那道疤是我無能的烙印。

它成了我青春的隱喻——笨拙、易碎、格格不入。每晚深夜，我凝視着那凸起的痕跡，便覺得自己永遠困在「實驗室出醜的少年」這個軀殼裏。



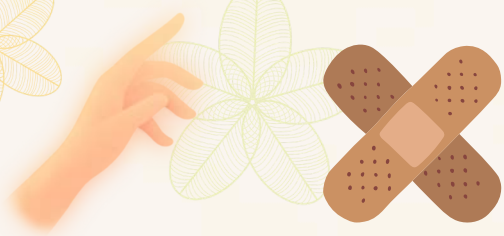
但轉機卻出現在中四那年。組員遞上相機：「試試攝影吧！」我毫不猶豫地伸出右手，疤痕在鏡頭旁格外刺眼但她卻說：「疤痕是光的刻度。」午後斜陽裏，它竟泛着珍珠般的光澤。

透過觀景窗，我重新認識世界。拍攝雨後積水的彩虹、牆角掙扎的野草、老人臉上的皺紋。漸漸明白，所有事情都有傷痕，正是這些痕跡構成獨特的生命紋理。我開始發覺自己手上那道傷疤不再是缺陷，而是歲月贈予我的圖畫，見證着疼痛的同時，也承載着癒合。去年冬天，我參加了攝影展「痕跡」。展場中央掛着「手」的特寫，旁邊寫着：「我曾想掩藏這道疤，直至明白它是我的光線入口。」當年一起上實驗課的同學也來看展覽，不好意思地對我說：「其實當天我也想幫忙，但嚇呆了。」我們相視而笑，十七歲的尷尬化作輕煙。

如今傷疤變淡，我卻不再焦慮了。傷口會癒合，痛苦會沉澱，而我在這個過程中會長出新的肌膚，就像樹木用年齡記錄風雨，我們的傷痕也在無聲地講述如何從破碎處生出的力量。

醫學書上說，疤痕組織比原有皮膚更堅韌，原來，我們最脆弱的地方，最終成了最強壯的證明。

窗外的夕陽為疤痕到鍍上了金邊。我輕輕地合掌，所有以為過不去的人或事，終究都會過去了；而所有過去的一切，就讓它過去吧！何必介懷呢！



經過這件事，我才明白到一心是我的知己，是真正了解我的人。

5A 杜卓男

友情的世界裏，我們總是用「朋友」這個詞來稱呼許多人。然而知己與普通朋友的區別，不在於相處時間的長短，而在於心靈契合的深度。直到那件事發生後，我才徹底明白，看似平凡的「一心」，才是真正走進我內心了解我的人。

一心是我中四的同桌。我們之間的互動總是很平淡，沒有形影不離的親密，也沒有驚天動地的冒險，只是日常的討論功課、借用文具。我一直覺得她只是我眾多朋友中普通的一員。而我性格較為內向，總是習慣將心事藏在心底，害怕被誤解，也害怕麻煩別人。

那件事發生在籃球比賽前夕，由於我是組長，壓力如影隨形。特別是當有一位重要組員在比賽前兩天突然退賽時，整個團隊陷入了絕望。隊員們士氣低落，那一刻，巨大的挫敗感和無力感將我包圍着。我獨自躲在學校的後樓梯，眼淚不住地流，心中充滿了自我懷疑：也許我真的不行，也許我不該承擔這個責任。



就在我最低落的時候，一心找到了我。她沒有像其他人那樣問我「怎麼辦」，也沒有加入指責或給出廉價的鼓勵。她只是安靜地在我身邊坐下，遞給我一張紙巾。沉默了一會兒，她緩緩開口：「你現在一定很難受，不是因為怕輸掉比賽，而是因為覺得自己辜負了大家的期望，對嗎？」

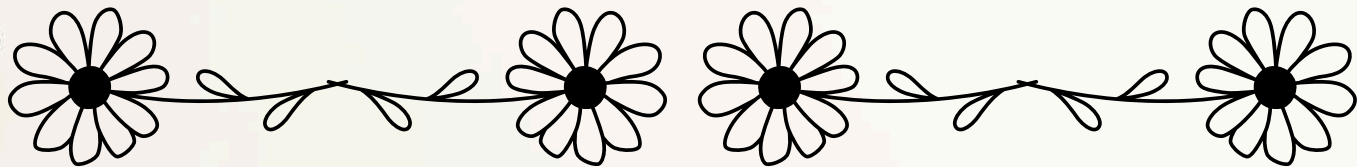
她的話如同一道閃電劃破我內心的陰霾。她說得太準確了。我所有的焦慮，並非個人的勝負，而是責任感帶來的巨大壓迫。我驚訝地看著她，她平靜地繼續說：「其實你比任何人都努力。你只是太在意別人的看法，忘了相信自己的判斷力。」

那一瞬間，我積壓已久的情緒找到了宣洩口。我發現，在所有人都關注着「問題」本身時，只有一心看穿了我的「內心」。她了解我的責任心，洞悉我的敏感，更看到了我隱藏在堅強外表下的脆弱。那天晚上，一心陪我分析了現有的比賽情況，在她的支持下，我重新振作起來，我們最終順利完成了比賽。

經過這件事，我才明白到一心是我的知己，是真正了解我的人。知己之「知」，並非僅指知道你的興趣愛好，而是懂得你的欲言又止，明白你的言外之意，能夠穿透表象直抵你的靈魂。她不僅看見了我的能力，也包容了我的不完美。

人一生中會遇到許多過客，但知己難求。我慶幸自己擁有了一心這位知己。這段經歷讓我明白，真正的友情是心靈的相通與相互的扶持。我會永遠珍惜這份深刻的理解與信任，因為有她，我不再感到孤單，也更有勇氣去面對未來的挑戰。





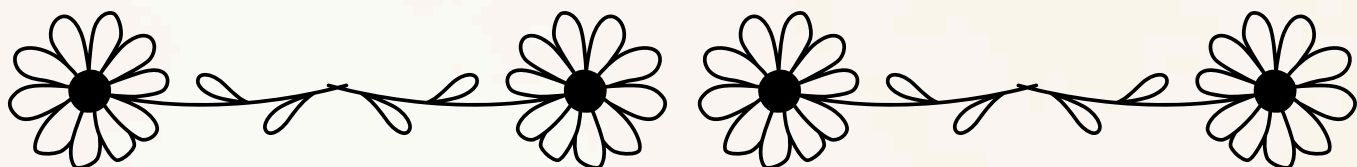
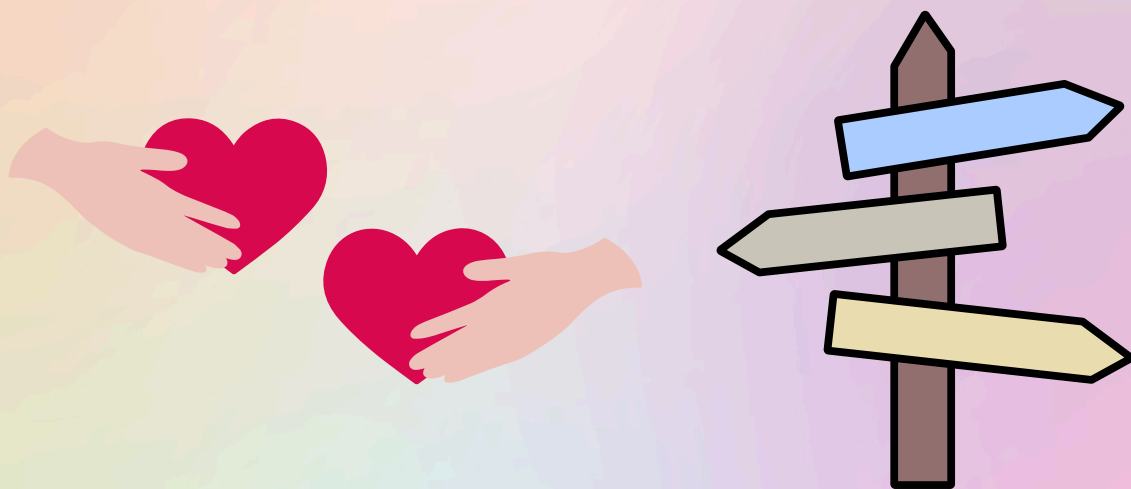
知己難尋

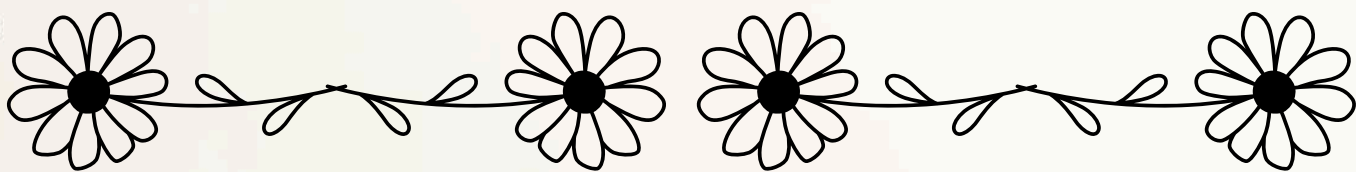
5A 黃量元

人生中，能遇到一個真正了解自己的人，是一件多麼難得的事。經過這次的事情，我深刻體會到，美玲就是那個懂我的人，我的知己。

回想起來，我們相識並不算特別久，但在這段時間裡，她總是能準確地捕捉到我的情緒波動，甚至在我還沒說出口之前，就已經理解了我的想法。這種默契，讓我感到溫暖又安心。

這件事對我來說，是一個不小的挑戰。我感到迷茫、不安，甚至有些懷疑自己。但美玲卻始終陪伴在我身邊，用她溫柔而堅定的語氣告訴我：「你可以的，我相信你。」她的眼神充滿力量，讓我彷彿找到了方向。



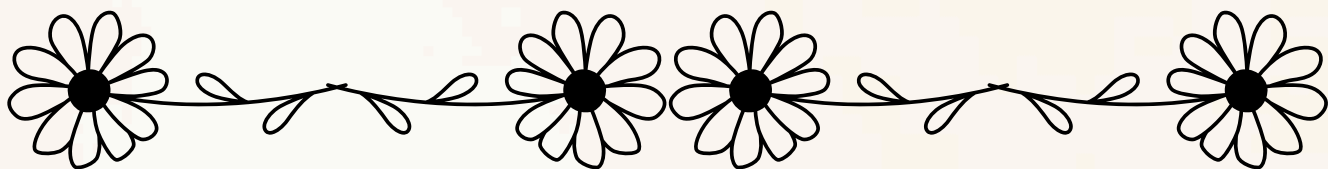


她並不是那種只會說好聽話的人。當我做錯事或陷入盲點時，她會毫不猶豫地指出來，雖然有時候她的話，讓我感到刺耳，但事後回想，卻發現她的每一句話都是真心為我好。這種坦誠與關心，是我們之間最珍貴的連結。

在這個快節奏、充滿壓力的時代，能有一個人始終支持你、理解你，是多麼難得的福氣。美玲對我的關懷和支持，讓我學會了如何更加坦然地面對生活中的挑戰，也讓我更加珍惜這段友誼。

知己，不僅僅是陪伴，更是一種靈魂上的共鳴。謝謝你，美玲，謝謝你讓我明白，真正的友誼是不需要太多言語的，只需要彼此的真心。希望未來，我們能一起走過更多的風風雨雨，一起分享更多的喜悅與成長。

生命中有太多匆匆而過的關係，但真正值得珍惜的，是那些能讓我們變得更好、更堅強的知己。如果你也有這樣的人，請一定好好珍惜，因為他們是我們人生中最美好的禮物。知己難尋，而我很幸運，有你在身邊。



這一次，我真的做錯了

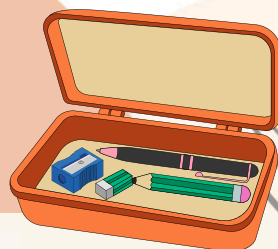
4A 盧彥之

那天的午後陽光燦爛，教室裏卻瀰漫着一股尷尬的氣氛。老師剛走出教室，我和幾位同學起哄，偷偷拿走小明的筆盒，想開個玩笑，把它藏起來。原以為大家會哈哈大笑，沒想到事情卻失去了「預算」。

下課後，小明急得滿臉通紅，四處找着那個筆盒。他的筆盒看起來雖然普通，但裏面放着媽媽送給他的鋼筆。看到他着急的樣子，我心裏開始有些後悔，卻又拉不下臉承認是我藏的。直到放學時，老師來到教室在我的抽屜裏發現那個筆盒。當老師問起時，我低着頭，感覺臉一下子燒得發燙了。

那一刻，我真的明白甚麼叫做羞恥。老師沒有責罵，只是淡淡地說：「開玩笑也要有分寸，傷害別人就不再是好笑的事。」那句話像針一樣深深地刺進我的心窩。在回家的路上，我的腦海裏反覆浮現小明那雙失落的眼睛。

第二天，我向小明道歉。他沉默了一下，最後笑着說：「沒關係，下次不要再這樣就好了。」那一刻，我感受到原諒的溫暖，也更加明白誠實的重要。





令我驚喜的一幕

3C 唐梓桓

一眨眼間，又到新年了，每年新年都是我最期待的日子，尤其是收到「利是」的那一刻。

當我回到家，看到煥然一新的客廳，心中充滿着期待。廳內播着新年的歌，牆上貼滿揮春，屋內熱熱鬧鬧，很有新年氣氛。

我等了又等，終於到了吃團年飯的日子！在家人和親友圍坐時，我迫不及待地開始等待收紅包。轉眼間，我手上的利是已堆成一座小山了。

待晚上回到房間後，我便開始拆紅包，每一個紅包都是一個祝福，我小心翼翼地撕開包裝紙，心中充滿期待。我拆開數了一下，總共有三千元！我高興得整晚睡不着！那一瞬間，我想到了很多想要的東西，但無論我想要的東西有多少，我首先要買的東西，一定是送給婆婆的禮物。因為我知道，陪伴家人的時間是有限的。人總有一天會離開我們，因此我們要更加珍惜家人的陪伴，所以我們要孝順家人。看着婆婆的甜美笑容，我知道，這將成為我人生中最美好的一幕。

台上一分鐘，台下十年功

3C黃昊國

「台上一分鐘，台下十年功」，這句古話深刻地反映了表演藝術者背後的辛勤付出，尤其是在彈唱這一領域。對於每一位歌手和伴奏者而言，舞台上的光輝時刻，背後都隱藏着無數的努力與堅持。

當一位歌手在舞台上傾情演唱時，觀眾往往被其動人的聲音和優雅的表演所吸引。然而，很少人能看到他們在舞台下的付出。從最初的音階練習到掌握複雜的曲調，歌手們經歷了無數個孤獨的練習時光。他們不僅要練習發聲技巧，還需不斷調整自己的情感表達，以便在演出時能夠真切地打動聽眾的心。正所謂「台上一分鐘，台下十年功」。





台上一分鐘，台下十年功

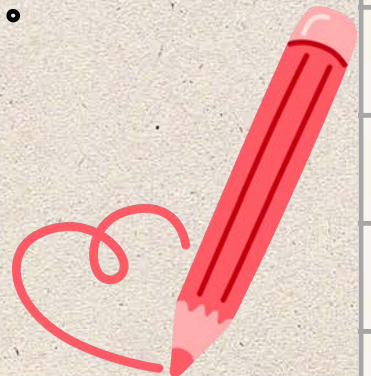
3C 劉奕晞

俗語有云：「台上一分鐘，台下十年功。」這句話深深體現在我身上。

在一場田徑比賽中，選手們在跑道上競技，瞬間展現出選手們流暢的跑步姿勢。然而，觀眾往往只看到那短短的幾十秒，卻想像不了選手們在背後付出了多少心血和時間。比賽每個起跑、跑的每一步，都經歷過無數次的訓練和糾正。

田徑的魅力在於不僅只講求速度，更講求努力。每個運動員都日以繼夜地訓練，提升自己的實力。在這過程中，運動員是需要不斷提升自己的恆心。

因此，對於每一位田徑運動員而言，重要的並不是贏得比賽，而是過程中能證明自己努力和堅持的成果，從而體會到「台上一分鐘，台下十年功」的道理。



令我驚喜的一幕

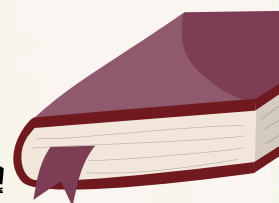
3C 關卓堯

第一次約會的那天，我的心情既緊張又期待。為了這次約會，我提前選好了餐廳，還特意準備了一束鮮花，想要給她一個驚喜。當我抵達時，已經有些不安，擔心她會不喜歡這個地方。

她如期到達，穿着一身淺藍色的連衣裙，微笑着走進餐廳，瞬間吸引了所有人的目光。那一刻，我的心跳加速，彷彿全世界只剩下了她。坐下後，我們開始聊起各自的興趣，發現彼此有着許多共同點，這讓我感到無比欣慰。

正當我以為約會會順利進行時，意想不到的驚喜發生了。她突然從包裏拿張手畫的明信片，笑着告訴我，這是她為我準備的。上面畫着我們第一次約會的場景，還附上了一句話：「期待更多美好的回憶。」那一刻，我的心被深深打動了。

我們的約會在笑聲中結束，彼此的心更加貼近。她的一句話讓我明白了這是一段美好的開始。這幕「驚喜」永遠留在我心中，成為我生活中的難忘回憶。



我的守護者

3A 蔡曜駿

在我們一生中，難免遇到大大小小的困難，但守護者可以在當我們掉進谷底時，就像天使般拯救我們脫離困境，他們的存在能夠鼓勵我們在困境迷失方向時，繼續向前行。

我的守護者是女朋友，她會在我遇到困難時，為我排憂解難。當我傷心的時候或面對大大小小的問題時，她總是跟我說：「不如先冷靜，再慢慢跟我說。」她內心地傾聽我的所有問題，當我遇到有些問題不想跟我家人說時，她就是我的依賴。

記得有一次，我心情非常低落，因為我跟家人吵架了，她一見到我不對勁便問我：「發生甚麼事？」當時我不想跟任何人說，我便跟她說：「我不想說。」她十分尊重我，只是說：「私人事，你不想說，我也會陪在你身邊！」她的一番話語，令我非常感動。

守護者的角色，不僅是在我遇上大大小小的事情，陪着我身邊，也能為我提供情緒的支援，當我不想說時，也不強迫我，她換另一個方式，令我開心。我在這個世界會發生不同的事，我十分幸運，因為有這位守護者的陪伴。在我需要時，她伸出援手；在我孤單時，她給予陪伴。她的真誠，讓我重新振作，她用自己的行動，告訴了我，如何成為一個有責任心的人，我希望有一天，我也會成為她的守護者，讓我的溫暖在她面對壓力時，在她身邊幫助她、陪伴她走出困境。

熟悉的陌生人

2日 鄭裕藍

屋邨的李伯伯是我最熟悉的陌生人。

每天清晨七點，他總會穿着燙得平整的灰色制服，站在屋邨入口的管理處旁，笑著和荷著書包趕校車的我打招呼。放學回來時，總能看見他彎著腰，仔細擦著公告欄上的海報，塑膠布摩擦的「滋滋」聲混著樓下茶餐廳的叫賣聲。我每天都能見到他，但卻從未真正瞭解過他。

直到上個月的雨天，我忘了帶傘，抱著書包在保安亭外焦急地跺腳，李伯伯看見後，從亭子裏拿出一把印著碎花的傘遞給我，笑着說：「小伙子，拿去用，明天記得還回來就行。」我接過傘，發現傘柄被磨的光滑，傘面上還有幾處小小的補丁。

第二天還傘時，我才發現他正在亭子裏養著幾盆多肉植物，窗臺上還放著一本翻舊了的詩集。原來這個每天和我打招呼的李伯伯，不僅細心，還藏著一顆熱愛生活的心。

李伯伯就像屋邨裏的老榕樹，默默守護著我們的日常，熟悉到我曾以為無需在意。可當我走近他，才發現那些未曾留意的細節裏，藏著他獨特的故事。他是我生活裏最熟悉的陌生人，也讓我明白，每個平凡的人都有著不平凡的一面。



雨中友情 2B 薛煒壕

放學鈴聲剛響，豆大的雨點快要掉下來了。我抱着書包往校門口衝，卻看見林小明蹲在花壇邊，校服外套罩着一隻濕透的流浪貓。「喂，你蹲在這兒幹嘛？不怕感冒啊？」我跑過去拍了下他的肩膀。他猛地抬頭，眼鏡片上蒙着水霧：「這貓淋得發抖，我想等雨小點兒再送它回去。」

我翻了個白眼，把傘遞過去一半。雨水順着傘沿滴在我們手背上，他突然從口袋裏掏出兩顆水果糖，剝了一顆塞給我：「昨天你說想吃這個口味，我媽給我裝了兩顆。」他認真的樣子讓我愣了下，接過糖放在嘴裏，甜意慢慢散開，甜意亦可因友情而甜。

我們擠在一把傘下，貓蜷在林小明懷裏。雨點敲打着傘面，像在伴奏，他絮絮叨叨說着週末去看的畫展，我偶爾插一句「那幅風景畫確實不錯」。走到岔路口時，雨小了些，他把外套裹緊貓：

「明天我把傘還你，順便帶包你愛吃的餅乾。」我揮揮手，看着他抱着貓往門口袋裏剩下的那顆糖，嘴角忍不住上揚。原來真正的友情，就像這兩天的傘沿，不用刻意裝點，卻總能在需要時帶來溫暖。

西環海濱長廊

1B 梁競濤

香港雖小，卻藏着無數令人心曠神怡的角落。繁華的高樓之間，有一條讓人忘卻煩囂的散步徑—西環海濱長廊。每當我想尋一處靜謐的空間，便愛到那裡，看海、看風，也看城市的另一面。

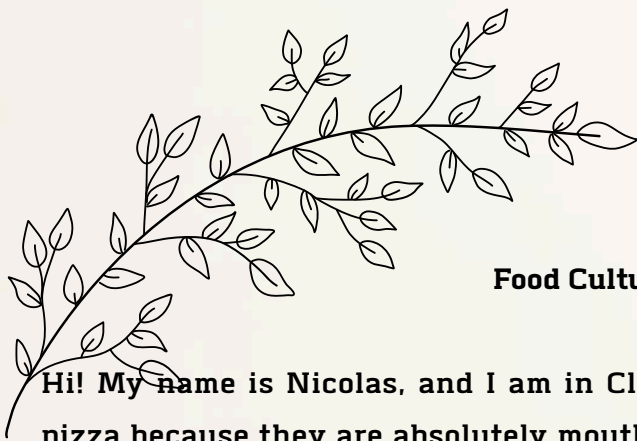
沿着德輔道西走去，海風漸漸強起，鹹味的氣息撲鼻而來。步出長廊入口，一抹深藍映入眼簾，海面微微起伏，閃着金光。遠處的貨船緩緩駛過，水波被劃出一道道銀白的軌跡；而岸邊的老伯卻靜靜垂釣，神情安然。動與靜，在此交錯成最自然的畫面。

走到草坪旁，一群孩子追逐風箏，笑聲在空氣中迴盪；年輕人慢路而過，步伐輕快。海風吹拂，旗幟獵獵，連樹葉都隨節奏搖曳。再前行數步，夕陽漸沉，橙紅的光灑滿水面，世界忽然溫柔下來。

我倚在欄杆邊，看着對岸燈火次第亮起，心中泛起一股寧靜的喜悅。這片海，這座城，都有着無窮的魅力。那一刻，我不禁由衷地讚嘆：香港太好了！

香港





Food Culture – Ice Cream

Hi! My name is Nicolas, and I am in Class 1A. My favorite foods are ice cream and pizza because they are absolutely mouthwatering. I especially love vanilla ice cream for its smooth and creamy texture. Ice cream is made from dairy products, and among the many flavors, I enjoy blueberry cheesecake the most—it tastes delicious!

I believe ice cream reflects the diversity of different countries and showcases their unique food cultures. Trying various ice cream flavors is an amazing way to experience food culture around the world. That's why I think ice cream is the best food ever!

Nicolas Lam 1A



Introducing Hong Kong – A Shopping Paradise

Hello, everyone. I'm Tang Tsz Wun, a student from HKJCC Chan Nam Cheung Memorial School – an all-boys school. I come from the English Elite Class.

Today, I would like to tell you about Hong Kong.

As you may know, Hong Kong is a shopping paradise. My favorite shopping place is Causeway Bay, where there are many department stores. Sogo is one good example. If you enjoy shopping, this is definitely a great place to visit.

Another interesting spot is the Hong Kong Convention and Exhibition Centre. Lots of fun events are held there, such as pet shows and cosplay exhibitions. During these events, people dress up in creative and colorful costumes.

You are all welcome to visit Hong Kong. Hope to see you soon!

Tang Tsz Wun 3C



I am impressed by the book - Queen's College. Queen's College is a long-established school. It has been in Hong Kong for over 50 years. Although it has a long history, it is still here in 2026.

I like the book very much. It is very interesting and you can learn a lot out of it. Queen's College has been based in Hong Kong for a long time. Hence, it is a book of memory. Reading the book inspires me a lot. After reading it, I learn invaluable insights into the history and culture of Hong Kong. Therefore, I highly recommend the book, Queen's College, to all of you.

Tsang Tsz Wai 1A

Taking Off Towards My Dream: A Pilot's Path Experience

Attending the 'Dialogue with the Captain: The Path of Pilots' event was truly an unforgettable experience for me. During the talk, five pilots shared their journeys and insights. Their strong English foundation impressed me and made me realize that becoming a pilot requires not only professional skills but also continuous training and lifelong learning to overcome challenges.

Another highlight was visiting the flight simulator cockpit. I had the chance to get up close and explore the instruments, which felt completely different from any flight games I've tried before—truly a world apart. This hands-on experience gave me a clearer understanding of a pilot's working environment and deepened my respect for the profession.

Through this event, I not only strengthened my dream of becoming a pilot but also found a clear direction for my learning. I know I need to improve my English and aim for ICAO Level 6 proficiency. This experience also taught me to stay focused while listening. Although the pilots came from different countries with various accents and spoke quite fast, I managed to understand about 40% of the content, which made me feel proud and satisfied.

From now on, I will keep moving toward my goal, continue learning, and accumulate knowledge to make my dream come true step by step!

Kwan Cheuk Yiu 3C



3 Minute Speech: Film Review of "The Wandering Earth 2"

Good morning, everyone. Thank you for having me. My name is Chan, and today, I want to talk about a movie I really like - "The Wandering Earth 2", directed by Guo Fan. It's a sci-fi film that is not only exciting to watch but also has a deep message. I think people of all ages can enjoy it and learn something from it.

First, let me tell you what the movie is about. In the near future, the sun is about to explode. To survive, humans decide to move the Earth to another star system. They start the "Moving Mountain Project," building huge engines to push our planet away. However, this big plan faces many problems. For example, in 2044, there is a dangerous space elevator accident. Later, another crisis happens when the moon moves out of its orbit and is about to fall onto Earth. These events are not just action scenes—they show how humans can be strong and smart when facing big challenges.

What I like most about the film is how it shows people never giving up. When the "Moving Mountain Project" faces difficulties and the moon begins to fall, the characters don't give up. They come up with new ideas and keep trying. This reminds me of real life: when we face difficulties, we need to keep trying and work together to find solutions.

The movie also teaches us that in hard times, we need to unite. People from different countries and backgrounds work together to save the Earth. This is a good lesson for us today, whether we are dealing with a disease or climate change - teamwork is important.

In the end, I really recommend "The Wandering Earth 2". It has a great story and amazing special effects. What is more, it makes you think and feel. Hence, if you want to watch a movie that is both exciting and meaningful, this is the one!

Thank you for listening!

Chan Chuen Yu 3A

An Unforgettable Experience

Have you ever wanted to play your favorite sport while visiting another country? Well, I just came back from a super fun tennis camp in the United Kingdom, and I can't wait to tell you about it!

I love tennis. I play every week at school. However, this summer, my parents asked if I wanted to join a tennis camp there. I was so excited! I packed my tennis racket, comfortable clothes, and my best trainers.

When I arrived at the camp, I met children from all over the world. There were kids from Spain, Hong Kong, Japan, and Australia. At first, I was a little shy because my English isn't very good. In fact, everyone was very friendly. We used simple words like 'nice shot' and 'good try' while playing. I quickly learned new words like 'score', and before I knew it, I was making lots of friends and speaking English without even thinking about it.

Every morning, we did warm-up exercises and practiced hitting the ball. The coaches were very kind and taught us cool tricks to play better. In the afternoon, we played matches. Sometimes I won, sometimes I lost, but it was always fun. One of my favorite memories was when we had a team tournament. Our team came second, and we all cheered and hugged each other.

Besides tennis, we also visited nearby places. We saw a real castle – it looked like something from a fairy tale. We also ate traditional British food like fish and chips. It was yummy!

I really recommend joining an overseas camp if you can. I came home with better tennis skills, new friends, and more confidence in speaking English. It was my best holiday ever!

Lo Chun Kit 5A

Food Paradise

Good afternoon, everyone. My name is Kwok Ka Ho, and I come from the English Elite Class.

Today, I'm going to talk about the must-try snacks in Hong Kong.

My personal favorite is egg waffles. They have a strong egg flavor and a soft, chewy texture. On the other hand, century egg and lean pork congee is a classic dish with a rich Chinese cultural vibe.

Another mouthwatering meal in Hong Kong is Chinese roast goose. The skin is crispy, the meat is tender, and the sauce is delicious – it's fantastic!

Hong Kong is such a food paradise that if you ever visit Hong Kong, you must try these dishes!

Kwok Ka Ho 4A

Introducing Myself

Hello everyone, I am Jason Lau Hin Yuen, from the English Elite Class. I live in HKJCC.

Today I will introduce my dream job, my hobbies, and why I like traveling. My dream job is to be an English teacher. I want to teach more students and help them learn English. I also want to be an actor because I like making videos and

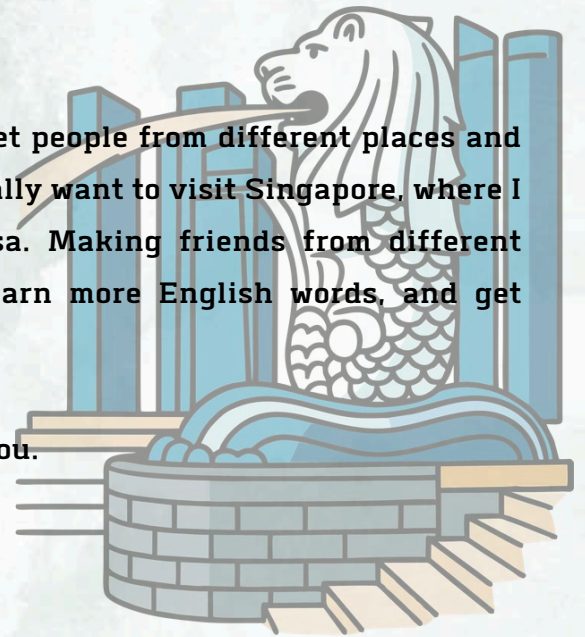


letting people watch them for fun. My hobbies are playing basketball, playing online games, and chatting with friends.

I like traveling because it allows me to meet people from different places and learn about new cultures. For example, I really want to visit Singapore, where I can try Hainanese chicken rice and laksa. Making friends from different countries helps me widen my horizon, learn more English words, and get closer to my dream.

This is the end of my presentation, thank you.

Lau Hin Yuen 3A

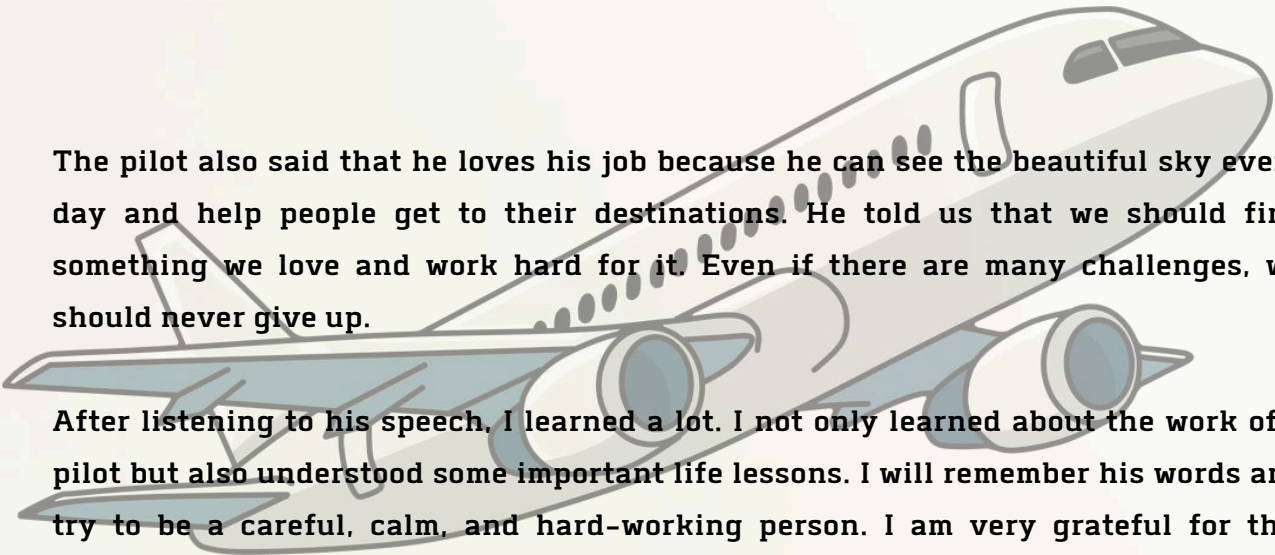


Thoughtful Night: Reflections on a Pilot's Speech

Last week, I attended a speech given by a professional pilot, and it left a deep impression on me. The pilot did not use difficult words, but every story he shared was real and touching.

He talked about his daily work first. Flying a plane is not as easy as it looks. Before each flight, he has to check every part of the plane carefully. He said that even a small mistake could lead to big trouble. This made me understand the importance of being careful. In our daily life, we also need to be serious about small things, whether we are doing homework or helping with housework.

Then, he shared a story about a bad weather condition. Once, when he was flying, the plane met strong winds and heavy rain. He felt nervous at first, but he kept calm and followed the training he had received. With the help of his team in the control tower, he finally landed the plane safely. This story taught me two important things: first, we need to stay calm when we face difficulties. Panic will not solve any problems. Second, teamwork is very important. No one can do everything alone. We need to trust and help each other.



The pilot also said that he loves his job because he can see the beautiful sky every day and help people get to their destinations. He told us that we should find something we love and work hard for it. Even if there are many challenges, we should never give up.

After listening to his speech, I learned a lot. I not only learned about the work of a pilot but also understood some important life lessons. I will remember his words and try to be a careful, calm, and hard-working person. I am very grateful for this wonderful speech.

Wong Leung Yuen 5A

A Presentation on Stress Eating

Have you ever reached for a tub of popcorn when you feel stressed? There's no need to feel guilty. In fact, eating is a very common way to make ourselves feel better.

Did you know that more than 40% of Hong Kong students rate their stress levels as high? About one in ten Hong Kong teenagers has experienced stress eating.

Stress leads to a strong urge for comfort foods high in fat or sugar, such as candy, chips and deep-fried chicken. If you eat these unhealthy foods regularly, your energy level crashes during the day.

Let me give you some suggestions for stress eating. First, you should identify causes, such as cramming for exams at the last minute. Second, you should exercise regularly to reduce stress and burn calories. Finally, you should eat more vegetables to get vitamins and fibre. They can also help stabilize your energy and mood.

I hope the above suggestions will be useful to you. That's the end of my presentation. Thank you!

Phang Kang Jie 2A

A Presentation on Stress Eating

Have you ever reached for a tub of ice cream when you feel stressed? This is a common reaction. In fact, eating is a very common way to make ourselves feel better.

Did you know that more than 40% of Hong Kong students rate their stress level as high? About one in ten Hong Kong teenagers has experienced stress eating.

Stress leads to a strong urge for comfort foods high in fat or sugar, such as chips, candy and chocolate. If you eat these unhealthy foods regularly, your concentration drops.

Let me give you some suggestions for stress eating. First, you should identify causes, such as cramming for exams at the last minute. Second, you should keep a food journal to write down how much you eat. Finally, you should visit a nutritionist to learn how to improve your health.

I hope the above suggestions will be useful to you. That's the end of my presentation. Thank you!

Ma Ching Hing 2C

A Presentation on Stress Eating

Have you ever reached for a packet of chips when you feel stressed? There's no need to feel guilty. In fact, eating is a very common way to make ourselves feel better.

Did you know that more than 40% of Hong Kong students rate their stress levels as high? About one in ten Hong Kong teenagers has experienced stress eating.

Stress leads to a strong urge for comfort foods high in fat or sugar, such as French fries, pizza and deep-fried chicken. If you eat these unhealthy foods regularly, your concentration drops.

Let me give you some suggestions for stress eating. First, you should identify causes, such as cramming for exams at the last minute. Second, you should exercise regularly to reduce stress and burn calories. Finally, you should visit a nutritionist to learn how to improve your health.

I hope the above suggestions will be useful to you. That's the end of my presentation. Thank you!

Tsui Chi Long 2B

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2026年出版