

第十九屆全港中學「兩文三語」菁英大比拼及 第二屆全港小學「兩文三語」菁英大比拼

發揮港生獨特優勢

香港作為國際都市，要於環球經濟爭取佳績，大家必須具備良好英語能力，同時，中國於世界經濟貿易的角色亦日益重要，掌握普通話，了解祖國國情才能發揮香港的優勢，成為與國際及內地溝通合作，共同發展的橋樑。由香港西區扶輪社及香港教育工作者聯會合辦的全港中學「兩文三語」菁英大比拼，鼓勵同學透過寫作、討論及演講，培養良好的中英文表達能力、溝通技巧及關心社會時事，裝備自己迎接社會未來的挑戰。

賽事已踏入第十九屆，雖然疫情仍未退卻，但主辦機構及支持機構仍堅持舉辦賽事，今年共有來自102間中學的558名同學獲校方提名參賽，各學校及同學的積極支持和參與，使活動和頒獎禮能順利完成，實在讓人鼓舞。此外，第二屆全港小學「兩文三語」菁英大比拼頒獎禮亦於早前順利舉行，今年獲來自93間小學合共558位同學參賽，經過緊張精彩的賽事，最終選出各獎項得主。

鼓勵同學交流切磋 提升兩文三語能力



林翠玲
副主席

香港教育工作者聯會林翠玲副主席指，參賽同學的質素相當高，所遞交的文章及作品都相當出色，內容十分充實，同學們用英語詞彙形容的情景及意境亦相當到位。建議同學可不斷參加更多比賽和操練兩文三語的能力，吸取更多經驗，互相切磋交流，多應用兩文三語才會有進步。亦要感謝各校長和老師的支持及悉心教導，她希望同學不要介意得失，享受比賽過程，並從交流中學習，日後繼續努力成為未來社會棟樑。



余大偉
校長

活動籌委會主席余大偉校長認為，兩文三語是香港學生很大的優勢，任何行業都需要具備優秀兩文三語能力的人才，讓我們於祖國、香港或海外有更大發展空間。希望同學放更多時間，爭取機會學好兩文三語。他並指活動舉辦了19年更相當不易，感謝協辦及支持團體，為香港未來教育發展，堅持繼續舉行比賽和頒獎禮，讓同學的能力得以進步，成果亦可獲大家認同、欣賞和掌聲。特別在疫情期間更見證大家都很努力，賽事的題目則讓青少年除提升兩文三語的能力外，對他們認識社會及思考未來亦有一定啟發性。



陳衍舜
社長

香港西區扶輪社陳衍舜社長指，賽事踏入第19屆，參賽同學的表現依然非常出眾，很感動大家於疫情下仍如此用心，勤力參加這項有意義的比賽，實在相當難得。兩文三語對同學非常重要，同學們在努力學習及互相交流的時，亦可透過不同渠道，如社交媒體、書刊雜誌、網上資料等，繼續努力去學習兩文三語，發揮香港中學生的獨特優勢。此外，他亦希望同學享受參賽，從中學習新的知識及經驗，以及贏得同學的友誼。



▲各主禮嘉賓、協辦及支持機構代表與得獎同學大合照。

▲主禮嘉賓與小學三甲得主合照。

冠軍心語

今屆初級組冠軍聖保羅男女中學馬端行分享指，賽事有如過五關斬六將，而兩文三語的能力並非朝夕可成，必須從小培養學習興趣，多看中文英文書籍，以及涉獵不同題材的書籍才會有所進步。於看書外亦要多寫作，如她便經常寫作並投稿到不同月刊，保持經常作文語文水平才會提高。高級組冠軍佛教善德英文中學陳幸樂同學則指，由於比賽不同項目都有限時，故反而鍛鍊了他的歸納和總結能力，學會如何歸納出吸引人的重點。在參賽過程中，除了普通話有明顯進步外，更有助提升自信心，學會站在台上沉浸於自己要表達的世界，而非顧慮其他人的反應，這是他參賽的最大得著。



▲初級組冠軍馬端行(左)及高級組冠軍陳幸樂(右)。

畢業是個破折號

佛教善德英文中學 陳幸樂

一個個小孩子擁在一起，高高興興地唱着畢業歌，一旁的老師卻全都哭得泣不成聲。純真的孩子啊，怎會知道畢業是一段旅程的終結呢？

穿着全紅畢業袍的你顯得無比可愛，在旁的母親一邊稱讚着你一身帥氣，一邊為你整理好衣領。鏡子裏的你滑稽可愛，只管拼命挺起胸膛，讓自己看起來更像一個成熟的小孩。純真的孩子啊，你只知道畢業是一段旅程的新開端，畢業於你而言，是不是只是代表連續的破折號呢？

小時的你，像其他小孩子，不懂離別之痛。儘管要和朋友各散四方，也毫不依戀。這不是因你生性冷漠殘酷，而是童年的純真不容許讓世界的悲痛玷污孩子。

轉眼間，你已長成。經歷了六年的風風雨雨，你曾為成績不好哭過，曾為成績優異笑過。但六年的旅程轉瞬即逝，哪怕在六年的期間有多麼痛苦，六年一過，時間奔流到海不復回，把歲月的甜、歲月的苦、歲月的咸統統沖刷淨盡，剩下的只是在心田那一塊的回憶。酷愛閱讀的你啊，你總以為你會因在書中世界看過太多離別，而同樣為自己將要的離別而傷心。可你沒有。在畢業禮上，你拿着畢業證書，在台上笑得比誰都要燦爛。原來，你對新階段的憧憬，把一切離別的哀愁都沖淡了。和小學的分別，於你而言，只是一段新旅程的開端嗎？

日漸成熟的你啊，你的雙眼把你對中學生活的期待——展現。哪怕你要和朋友分離，你也不害怕。人的緣分像是一條條支綫，哪怕肉體上有了分離，精神上的緣卻是依舊在相互連接，織成一個個龐大的網。縱使人不在一塊，心還是在彼此靠近。

日漸成熟的你啊，畢業把你連繫到另一段新旅程，把你和朋友的緣繼續延續下去，於你而言，仍是一個綿長的破折號吧？

流年暗中偷換，第二個六年也悄然逝去。你由一個小孩子，慢慢成了一個有了個人想法的青年人。這六年不如你六年前想象般那麼美好，昔日的純真——融進每夜流淌的淚裏，被時間釀成了初時刺鼻，後而甘醇的美酒。六年間，你曾被別人排擠，

逐漸凝在一個無人知曉的角落，卻又幸而活了下來，只因你的朋友一直在背後支持着你。你在許多次有了自殺的念頭，但最終都因你找到了一個活着的理由而咬牙撐了下去。回頭看去，昔日看似天快要塌下來的日子，不過是書中殘舊、為你所不喜的一頁。

少年哀愁的你啊，竟不知不覺間已到了要畢業的時候。六年的痛苦——逝去之時，你卻不願脫下你身上的校服。

這時你才知道，畢業之所以是個有連綿性的破折號，不只是代表了一個階段的延續和開端，而是一道有着長度的橋——哪怕你再不情願，也得踏上人生的橋，看着身後的路逐漸被湮沒，身邊的人也是如此。

不捨校園的你啊，你早已領略到時間改變一切的魔力，你也知道這麼的一別，已可把你們岔開到不同的路了。你們一一踏上了畢業的破折號後，逐一踏上了一條條分叉複雜的分岔路。羽翼漸豐的你啊，將要走的不過是由一條破折號分支而成的萬千個破折號。

一個個青年人擁在一起，盈着淚水地唱着畢業歌。這次，大家都哭了。

破折號雖有着連綿性，卻都是有限的。

你在想着，許多年後，當你從大學畢業後，找到新工作後，成家立室後，父母離去後，身邊人逐一散佚後，你是否也要面對自己生命的畢業？活了這麼多年，或許也需為自己披上最後一套畢業袍，迎接最後一段旅程。

將來風燭殘年的你啊，你為自己披上最後一套畢業袍。那是最後一回了。但沒關係，畢業終究是一個破折號。你的血脈早已流淌於你的子女之中，你生命的破折號分支成了一條條新的破折號，延續着生命的故事。

滿是破折號的世界啊，是因為你不忍世界萬物流逝，才給予了我們延續下去的機會嗎？如果是，請讓我以區區一個破折號，向你致謝。

Save the World – Now!

Buddhist Sin Tak College Chan Hang Lok

There is often a common perception that going green is nothing less than a mammoth undertaking in that it requires us to change our lifestyles, habits or the way of living considerably. This perception is not entirely wrong, yet environmental conservation can be done in many other ways you have never imagined. As a global citizen, both you and I should actively take up the responsibility to slow down the deterioration of other Mother Planet, because after all, we are protecting ourselves and our offspring to have a habitable planet – but not a burning rock sphere. Therefore today, I am here to introduce you an easy yet very significant act which goes a long way towards conserving the Earth. What is it? It is changing your eating habits.

Make no mistake: I am not requesting you to be vegetarian now, but by consuming less fast food and meat-based products, we can definitely make a giant leap on environmental conservation. Meat-based products are all the rage now, right? No matter whether we are in fast-food restaurants, Chinese restaurants, or American eateries, we can always see some products made of beef, pork or goat meat being placed on the top of the menu, ranging from a tasty yet fatty hamburger, to Chinese noodles with spicy beef meat balls, and so on. There is no denying that meat products are delicious and able to quench our hunger immediately, and they are also rich in protein and iron – probably our favorites. Nonsense as reducing consumption of meat products may seem, we need to do so as we have often turned a blind eye to the huge detriment brought by meat production.

Do you know which country has taken up the position for exporting the largest number of cattle? It is Brazil. Similar to most tropical rainforest countries, Brazil utilizes half of the tropical rainforest, the Amazonian Rainforest, for cattle ranching. Due to the rising global demand of meat, more and more tropical rainforests are deforested and fragmented. In most of the cases, in order to reduce the production costs, enterprises simply burn all the trees into barren grounds to utilize the ash as nutrients. Why is it so detrimental? It kills the other organisms living on the trees at the same time, directly stifling biodiversity within a second. And we consumers who are happily enjoying our 30-dollar hamburgers know nothing about the ecological disaster happening in any given instant.

Apart from that, during grazing of cattle, thanks to complex digestive and excretory systems livestock has, more than tonnes of greenhouse gases are emitted before they are processed into products. Meanwhile, processing consumes a gargantuan proportion of energy every year, directly reducing the storage of fossil fuels. Therefore, not to exaggerate, when the glaciers are melting; the Amazonian Rainforest is burning; the coastal regions are being inundated, I can always relate these thorny phenomena to the over-consumption of meat-based products.

I hope that the above analysis does not scare you or frighten you, but it is how our Earth is doing now, just because of the many hamburgers, noodles and pizzas we are savoring and enjoying. It is high time we made a change – by reducing over-consumption of meat.

It is not hard to accomplish the goal, but we have to start it step-by-step. Firstly, we need to review our daily eating habits. Not meant to promote stereotypical thoughts – men love meat more than women, because scientifically to say, men need more meat to support their daily metabolic needs. But we have to think meticulously – where are our energy from? If you study Biology, you should be no stranger to this – carbohydrates. If truth be told, vegetables and cereals are so densely packed with carbohydrates, more accurately, starch that the energy they provide can readily outweigh that meat provides. Thus, it will be a wise move if you can enjoy more vegetables by replacing a whole-meat lunch meal with a bit of moreish Chinese noodles, but with more vegetables. This shift does not only ensure you to possess sufficient energy for growth and development, but also protect the environment by reducing the total meat consumption.

That is not the end of the story. After making modifications over your diets by reviewing, it is also suggested that you can encourage your friends to do so. We are not pushing you to shift to a total vegetarian diet, as little to medium amount of meat-based products utterly better our days, but we are encouraging you to ask your friends to have at least one meal with vegetables or cereals as the dominant component of the dishes each day. You do not have to repeat the whole tale that I just told, but you can just simply ask them to have a lunch or dinner with you in a more vegetable-based restaurant. There are many of those in Hong Kong, where most of them are utterly able to provide you with delicacies. Why do you not give it a try?

The initiative of cutting the consumption of meat is not new to us. WHO, GreenPower, Green Peace have long been doing this. What we need to do is to scale up the trend by posting more posts regarding having a great meal in a vegetable-based restaurant, reposting similar posts made by others, and trying out some of the restaurants suggested by others. Together we can definitely make a giant leap in restoring biodiversity and preserving our gorgeous planet.

Climate change is worsening like never before – Australia is beset with endless forest fires; the Europe is suffering the unprecedented heat waves; and we HongKongers are facing the hottest fall for the first time. We are not superheroes – we cannot turn things around immediately. But by gradually changing our eating habits, it is my firm conviction that each small step of us will make a giant leap for the humankind, just like how Armstrong said when he first landed on Moon.

Will you join us to save the world?