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Email — Three-day itinerary for Hong Kong

By Yu Yan Ching (F.1A)

Dear Simon,

I'm thrilled to hear that you will come to Hong Kong soon. I am writing this email concerning your trip and I'd like to suggest visiting some famous places in Hong Kong and planning what activities we could do.

On the morning of our first day, we will go to see the sunrise from The Peak. What an amazing view it is! In the afternoon, we will go to the Mong Kok Flower Street by taxi. There are different types of flowers which are sold such as daisies and tulips. At night, we will go to the street stalls to try out some delicious local food. It is very tasty.

On the second day, we can have dim sum in Luk Yu Tea House in the morning. Also, I suggest going to Fa Yuen Street in the afternoon since there are a lot of sneakers in the stores. More importantly, the items are sold at reasonable prices and won't break your bank. At night, we can see the spectacular views of Victoria Harbour. We can also enjoy the Symphony of Lights which is very dazzling.

On the third day, I plan to take you to the Hong Kong Museum of History. Alternatively, we could go to Ocean Park since it is the most iconic theme park in Hong Kong. We could go on some exciting thrill rides and watch a dolphin show.

I can't wait to see you in Hong Kong. I really look forward to that day. Furthermore, don't forget to send me a postcard. I'm sure you'll have loads of fun in Hong Kong.

Love,
Yanny

Food Review — A local dessert

By Yao Yeuk Ham (F.1B)

A Food Review of a Popular Dessert in Hong Kong – Chocolate Cake

Since I have a sweet tooth, I love cakes. My favourite cake flavour is chocolate because chocolate adds a lot of flavour as well as nutrients to the cake.

The appearance of the cake is very attractive and makes people want to eat it very much. The cake smells lightly chocolate, sweet and creamy and the cake itself means sweetness.

The taste of the cake is also very delicious. The bitterness of the chocolate makes the cake not so sweet. The biscuits at the bottom add a crunchy texture to the soft texture of the cake, and the cream on the top is very similar to ice cream because it is placed in the refrigerator.

The texture of the cake is soft, bouncy and has a sponge-like texture. When it is chewed, the cake has a ‘rustling’ sound and the biscuits underneath produces a crisp sound.

This dessert shop is located in Kowloon and the name is ‘Hey Yo! Hi . Cheese’. A slice of cake costs around HK\$24. I would recommend it to friends as the dessert is delicious and yet affordable.

Diary entry — An unlucky day

By Tsang Yeuk Hei, Hailey (F.1C)

Dear Diary,

Rainy

Today was really a long and unlucky day for me! It all started in the morning...

For a start, I woke up late! This was what happened next...When I got out of bed and checked the time, it was half past seven! I then quickly put on my school uniform and ran to the bus stop.

When I was almost there, I could see the bus I wanted to get on, but I was too late, and it drove away. It was raining quite heavily outside, but I didn't bring my umbrella. While I was running to the bus stop in a hurry, I hurt myself. “Oh, no!” I shouted. I thought a passerby would help me, but all of them were rushing to school or work. I was all alone.

When I arrived at school, the running competition I had to join had already started. “You can't join the competition. You got hurt!”, the coach said to me. I was really disappointed. I sat on the bench and watched the competition as a spectator.

It was such an unlucky day for me. I hope my bad luck will go away. Today, I learnt that I need to wake up early so I won't be late for school again!

Good night, Diary.

Food review — A popular dessert in Hong Kong

By Xu Si Bo (F.1D)

Delicious Black Sesame Paste

Black sesame paste is a well-loved dessert in Hong Kong. I gave it a try in the Kai Kee Dessert shop. It is known as B Chai Herbal Jelly. When I passed by the dessert shop with my friends, we found that there were quite a lot of people in the cafe. I told them I wanted to have a try, so we went inside.

The dessert looks delicious. It is served with a big spoon, and it is usually boiled. The serving size is medium, and it smells good. Its taste comes with a strong sesame flavour.

The best thing about it is that it is not expensive, and it is very suitable for breakfast. However, it would have been better if the sesame paste was not too sweet because I don't like having overly sweet food. Although I'm afraid of getting fat, its taste is still lovely.

I recommend this dessert to others since it has a strong sesame paste taste and is cheap. If you like sweet things, it's worth trying it.

Picture story — A picture story about the importance of pet training

By So Wing You (F.1E)

Buddy's training experience

Last year, a man named Joe went to the Jojo Animal Shelter to adopt a pet. He adopted a dog with short hair, a long tail and a pair of watery eyes. He named him Buddy.

One Monday morning, Joe went to the supermarket with Buddy to buy groceries. After that, as they were on their way back home, Buddy suddenly caught a fragrant smell and rushed very fast like a rocket to the door of Joe's neighbour's house. Joe picked Buddy up and walked home angrily.

In the evening, while Joe was preparing dinner in the kitchen, Buddy jumped onto the worktop and stole some meat. Joe's response was fast. He shouted at Buddy, 'Enough! Go back to your kennel, Buddy!' Buddy put down the meat in his mouth and turned around with a disappointed face.

The next day, Joe couldn't hold Buddy's mischievous behaviour anymore. He took Buddy to a pet training centre and met Kelly, the pet expert. 'Hi, do you need help, sir?' Kelly asked. Joe tried to explain what had happened between him and Buddy. 'It seems that your dog needs some special training,' Kelly said and sighed.

After a month, there was an examination to test each pet's training results. All the pets acted perfectly during the examination. However, when it came to Buddy's turn, something went wrong. 'Sit!' Joe ordered Buddy. Buddy lay on the floor and did nothing. Joe felt embarrassed. All of a sudden, Buddy saw another dog owner holding a toy frisbee and rushed towards him. Joe shouted to Buddy, but Buddy didn't listen to his owner and acted hyperactively. Joe felt really embarrassed and exhausted.

The following Saturday afternoon, Joe made an appointment to see Kelly again at the pet training centre. Joe asked, 'Why Buddy makes no improvement? He is even more hyperactive than ever!' Kelly replied, 'Buddy has some bad behaviour. Have you tried to understand his feelings? For example, what he wants and what he doesn't want. Maybe you didn't give him what he wanted.' Joe realized that he treated Buddy very badly. He always shouted at Buddy for no reason, and he trained Buddy impatiently. Joe went back home and sat in front of Buddy. He cried and apologized to Buddy. Buddy jumped on him and licked his face. Joe cuddled him and smiled happily.

Email of complaint—Writing an email of complaint to an online retailer

By Chan Yan Ki, Dora (F.2A)

Dear Sir/Madam,

I am writing to complain about the unsatisfactory online purchase of a pair of wireless Bluetooth headphones I made on your platform. As a customer, I would like to give a brief account of my experience as well as providing details of the problems I encountered.

The thing I was most dissatisfied with was the poor quality of the headphones. I purchased them on 28th March 2022 and received them one week later. I followed the instructions in the manual, but the headphones suddenly stopped playing music and disconnected automatically when I was listening to music on Spotify. The experience was so unpleasant because I could not use them properly anymore. Can you imagine my exasperation and bewilderment?

Equally exasperating is the fact that the charging port is also of poor quality. After I had the headphones for two weeks, I discovered that the charging cable you provided was not compatible with the headphones. I felt so disappointed with the headphones because they did not live up to the standard and that was not what I anticipated.

I purchased the headphones from your online store on the understanding that I was going to enjoy high-quality music and service. However, the goods I received were contrary to what I had expected. I urge your company to review the quality of your products and prompt action should be taken to rectify the situation. Furthermore, I hereby demand an apology concerning such chaos caused and a pledge that improvements will be made immediately.

As a last resort, I will report my case to the Consumer Council. I can be contacted at erciwong@gmail.com. I anticipate your prompt response.

Yours faithfully,

Eric Wong

Blog Entry - A Very Memorable Travel Experience

By Yuen Sheung Chun (F.2A)

Landmarks of Hong Kong

Posted 10:23pm. 4 October 2021.

Introduction

Have you ever been to the most popular landmarks in Hong Kong? If not, I will share my recent travel experience in Hong Kong during the pandemic.

One-day Tour on Hong Kong Island

In the morning, I took a bus to Stanley. I ate a nice breakfast to start my day. It was a fried egg sandwich with ham and a cup of hot chocolate. Afterwards, I went sightseeing around Murray House, Stanley Market and Stanley Beach. I took quite a lot of pictures there. It was not very hot as there was wind along the seaside. In the afternoon, I took the bus to Central and rode The Peak Tram. The queue was long, but I thought it was worth it. Along the way, I saw views of the Central Business District. When I arrived at the top, I went to the Peak Tower and took pictures of the gorgeous views of Hong Kong. After buying a lot of souvenirs there, I had dinner at Burger King because it is the last branch in Hong Kong. It was delicious. I absolutely loved it!

44-year-old Ocean Park

That night, I stayed at Hong Kong Ocean Park Marriott Hotel. The bed was big, bouncy and very comfortable. The next day, I visited Ocean Park. I queued for the cable car immediately as I knew there would be a lot of people there later on. The views were beautiful and I had no regrets. I rode on different rides like 'Hair Raiser'.

It was thrilling and very exciting. Then I went to see animals. I saw penguins and seals. The penguins were so cute! I also watched a dolphin show. They were so disciplined and did many different stunts. I also ate grilled squid which was very flavourful.

Kowloon

The next day, I took the Star Ferry across Victoria Harbour and arrived Tsim Sha Tsui. The unforgettable views of the skyscrapers were amazing, so I took many pictures. I also explored Nathan Road and bought souvenirs as I walked along the street. I ate ice cream too. I visited different shops. Then I walked back to Tsim Sha Tsui. It took me two hours because the distance was very long. In the evening, I stayed in The Peninsula Hotel and ate some local food for dinner. I could see spectacular views of the city from my room.

Visiting Disneyland

On the last day of my trip, I visited Disneyland. I took pictures of attractions like the Main Street and the castle. Then I rode on different rides. Space Mountain was very scary at first, but then I found it fun and exciting. I also took pictures with cartoon characters like Mickey Mouse and Goofy and ate donuts, which were very sweet. For dinner, I ate crispy and delicious fish and chips. After dinner, we watched the Disney Parade and I saw different cartoon characters. Afterwards, I went home and it marked an end to my four-day trip around Hong Kong.

This trip was very memorable for me as I had never really explored Hong Kong deeply. Also, it was very comfortable and relaxing to walk around as there are fewer tourists during the pandemic. I truly think Hong Kong is beautiful after this experience.

Blog Entry - Writing a blog entry about a very memorable travel experience

By Tang Wing (F.2B)

Having fun in Seoul, Korea

I had a very impressive travel experience in Korea and I believe you will love this place as well after reading about my experience.

On the first day, my family and I arrived at Incheon International Airport in Seoul. We were ready to start a wonderful journey. The hotel we stayed was very large and luxurious with a buffet breakfast corner, a swimming pool, and a breathtaking view from the terrace. Even though the hotel had many facilities for us to relax in, we didn't have much time to explore the city, so we set off at once. First, we went to Namsan Tower. The lighting on the tower changes according to seasons and time. The tower has a revolving restaurant, a café, and an observation deck. I could see an unforgettable night view of the whole city of Seoul.

The next day, we went to Gyeongbokgung Palace. As the largest and most beautifully designed palace among the five in South Korea, it occupies a pivotal position in the history of South Korea. By visiting this palace, we could see traditional Korean architecture, and had an opportunity to gain a deeper understanding of Korean history.

On the third day, we went to the Myeongdong neighbourhood to do some shopping. Besides numerous boutiques and cosmetic stores, the roads in the Myeongdong area are full of food stalls selling traditional Korean snacks and exotic dishes, which are fragrant and delicious!

On the last day of our visit, we had a good time relaxing in our hotel facilities in the morning. In the afternoon, we went to the airport and

bought some souvenirs in a duty-free shop for our family and friends. This was how our unforgettable journey ended.

I would like to invite you to visit this wonderful city of Seoul!

A guide for a domestic servant robot

By Chan Piu Yeung (F.2C)

A cutting-edge domestic servant robot – Paxton

Nowadays, many people have a lot of things to do in their daily life, such as doing homework or working in an office. After these activities, they still have to do all the housework and that will make them even more tired. A robot, Paxton, can ease the burden of busy people so that they can have more time to rest.

Features/Functions of Paxton

Paxton is a very useful robot which can do many things, like making delicious, fabulous foods, such as soy sauce chicken wings, scrambled eggs with pork chop rice and French fries. Also, when the corners of your room are so dusty and you cannot clean them properly, Paxton will automatically help you to clear away all the dust and make your room shiny and clean once again.

Besides preparing food and cleaning, Paxton can help you to find missing items, so don't worry if you cannot find something. Just call Paxton, then your robot will search every place in your home to help you search for your lost item.

In addition, if you keep using your electronic products for over 10 hours, Paxton will warn you loudly. If you don't listen to it, Paxton will switch off the devices and confiscate the electronic device that you are using. So, remember to allow your eyes to rest and relax.

Safety rules when using Paxton

Paxton is a very caring robot that can help you solve many problems, but if you do some bad things or say some bad words, Paxton will take action to ensure you never do so again. The most important thing is you must not say any bad words. Otherwise, Paxton will brutally kick your legs. Anyway, it will not break your legs. Therefore, you should always be polite when you are around Paxton.

Paxton does not need to eat but it needs electricity to run. Before using it, you have to charge the battery fully and switch it on when you want to use it. Also, it is more important than ever to stay away from water because when Paxton touches water, it will gradually rust and break down. You have to wait for three weeks to fix it due to our busy factory and workshop, so be careful!

Rationale for designing Paxton

The reason for creating Paxton is that we are busy every day. There are many people who need to work and live alone but they can't take care of themselves. We hope that Paxton can assist them a little every day. Probably not much, at least we tried to help. Paxton is user-friendly and brings convenience to all of us.

In conclusion, Paxton can improve our quality of life. If you follow the safety instructions carefully and use it wisely, you need not worry about household chores. Have a satisfied and smooth life!

Writing an email of complaint to an online retailer

By Chan Sze Tung, Jessica (F.2D)

Dear Sir/Madam,

I am writing to complain about the unsatisfactory online purchase of a pair of wireless Bluetooth headphones. I purchased the Droid Ears X-100 Bluetooth Headphones on 15th April, 2022 from your online shop.

The most disappointing part of the purchase was that the quality of the headphones was poor. Before using the headphones, I read the product manual carefully and followed the instructions. However, the headphones could not be connected properly to my devices. Eventually, they could be connected to my smartphone, but only after about one hour of trying. Then, while I was watching YouTube videos, they disconnected automatically, and I could not hear anything again. Therefore, I am very disappointed with this product because it did not live up to the standard of an award-winning product.

I would also like to draw your attention to the poor service I received from your online shop. The sales assistant guaranteed that the headphones would be delivered within 1 to 3 days. Nevertheless, I had to wait for three weeks. I called the sales assistant to ask about the situation but he was rude to me. In addition, when I asked him whether I could return the headphones, he hung up on me. Accordingly, I was angry about it because the sales assistant was impolite. His attitude made me feel bad. I believe that this is not the right attitude to treat your customers.

In conclusion, I was dissatisfied with the online purchase of the wireless Bluetooth headphones because they were not what I expected.

I demand a reasonable explanation and a full refund. If you ignore my complaint, I will report the case to the Consumer Council. You can contact me at ericchan@gmail.com.

I look forward to receiving your reply soon.

Yours faithfully,

Eric Chan

Story — Amazing people, amazing deeds: My generous uncle

By Lin Man Ki, Celia (F.2E)

My uncle who is forty-five years old has been running a bakery for more than ten years. He gets up early every day to make bread. Last summer vacation, I volunteered at my uncle's bakery and tried to work as a cashier.

One day, when I was working at the bakery with my uncle, he suddenly got a phone call. 'Someone has just placed a large order and I've accepted it! We're gonna make lots of bread, and you'll help me!' He screamed with excitement once he hung up the phone. He then left the bakery and went shopping for the ingredients for the big order.

Soon after my uncle left, an old man in a ripped dirty vest on crutches walked in. I tried to be polite and smiled at him, 'Is there anything I can help?' The old man did not speak. He got a big bag of bread, went towards me and whispered, 'How much?' '10 cocktail buns and 12 pineapple buns. That's \$100 in total, please.' Then he took out a hand-drawn \$100 banknote from his pocket. I was speechless at first and became irritated as he turned around and walked away. I realised he was here to grab the bread. I immediately snatched the bag of bread from his hand. He looked shocked and scared. 'Sir, please get out!' I shouted at him and pushed him out of the shop. The passers-by looked at him with a strange gaze. I went back to the bakery, sat down at the cashier and heaved a sigh of relief.

My uncle came back after I put the bread back on the shelf. I told him about the incident that had just happened. After listening to what I said, he took out a little metal box. He opened the box which was filled

with the similar banknotes that the old man had been holding. I was astounded and took out one. My uncle told me that the old man used to be a talented artist. Unfortunately, he was deceived by his unfaithful wife and all his savings were taken away. His wife ran away with a man. Since then, he became a poor lonely man and no one cared about him. 'He comes and buys bread once a week with his hand-drawn money. Whenever I can help, I do. And I admire his drawings. You see, how beautiful the banknotes are,' my uncle said and smiled. 'Is he going to run out of food? I just kicked him away.' I said euphemistically, 'Can I go and deliver him the bread?' I asked. My uncle told me to pack the bread that the old man had chosen and went to his place afterwards.

By the end of the summer vacation, I found out that the large order was made by a charity. My uncle couldn't earn much from the deal actually. But from the smile on his face, I could tell that the happiness brought by helping others is always beyond words and cannot be replaced by anything else. That's what I learnt from my uncle last summer.

A letter to the Editor to express views on electronic books

By Tang Yui Him, Percy (F.3A)

Dear Editor,

As a regular reader of your column, I am writing to express my views over the issue of electronic books. I support the use of e-books as they are both convenient and environmentally friendly.

The first reason I support the use of e-books is that they are convenient. The font size of most e-book readers, such as Kindle and Epic Book Reader, can be adjusted to make words easier to read. This surely is much more user-friendly, especially for the elderly and readers who suffer from disabilities. On the contrary, the font size of traditional books can only be enlarged by using a bulky magnifying glass. Therefore, e-books are far more convenient than traditional books and should be used more widely.

The second reason that I would opt for using e-books rather than traditional books is because they are a lot more environmentally friendly. As indicated in a recent study published in *Nature Estimates*, the size of one football field of a forest is lost every single second for paper manufacturing and production. If those trees could talk, all of us should be sent to court and face trials for the harm we have done to the Earth. Unlike traditional books, e-books are more eco-friendly, because they do not kill forests. Go grab an e-book reader now in order to make the Earth healthier!

Obviously, EBooks bring lots of benefits to people nowadays. Nevertheless, they are a double-edged sword. They may have serious health consequences if we don't use them correctly. In other words, every coin has two sides.

First and foremost, it is harmful for our eyes to look at the display of electronic devices for a long time. Prolonged exposure to blue light can potentially harm our retinal cells and make us susceptible to conditions like macular degeneration.

To solve the problem above, it is suggested that readers should practise a “20-20-20” eye-caring exercise. That means resting our eyes for 20 seconds after looking at a screen for 20 minutes, and looking at a distant object from 20 feet while resting. In addition, children under 12 years old should not use electronic gadgets for more than two hours in order to protect their eyes which are still developing.

To conclude, although e-books have a number of useful benefits, they also have some drawbacks which traditional books do not have. However, it depends a lot on the ways we use them. I am sure all of us can become a wise reader if we read in a sensible manner. Enjoy your reading journey with e-books!

Yours faithfully,

Chris Wong

Argumentative Essay — A new waste charging system in Hong Kong

By Xuan Shan You, Yoyo (F.3A)

Recently, there has been heated debate about whether Hong Kong should introduce a waste charging system. In this system, citizens will be charged by the amount of waste they produce according to the weight of the waste or the number of plastic bags they have used. Let’s take a look at the possible advantages and disadvantages of this proposal.

First, a trash charging system can efficiently reduce the amount of garbage Hong Kongers produce. In 2019, we produced over 6 million tons of solid trash, of which only 20% was recycled. However, Hong Kong’s landfills have already reached saturation. In comparison, let’s look at Taiwan. Since their government introduced its trash pricing system in 2000, the amount of waste disposed per person fell by about 60%, from 1.1 kg per day in 2000 to 0.39 kg per day in 2011. Therefore, it is clear that this kind of system can significantly minimize waste. It is advised that the Hong Kong government should follow suit so as to protect our environment.

Furthermore, another benefit of the garbage pricing system is that it ensures that everyone is treated equally. As fees are calculated depending on the amount of waste individuals produce, the more you use, the more you pay. Residents in Taipei are required to acquire special rubbish bags from the city’s Department of Environmental Protection. In my opinion, this system is fair because citizens are charged based on how much pollution they produce, and it has successfully reduced garbage output. People in Hong Kong would consume much less garbage if these steps were also implemented in 2000. People would stop generating huge amounts of waste in order to save money. This trash charging system will treat everyone equally, and Hongkongers will become more conscious of their waste production in the long run.

However, despite the numerous benefits listed above, the system is far from perfect. Critics of the proposal are concerned about unlawful rubbish disposal. Hong Kong will have to remove some public trash bins to prevent families from throwing their trash carelessly onto the streets. This will cause quite some inconvenience to residents and visitors. It is obvious that people may attempt to bypass the system by illegally dumping their household waste. This is one of the shortcomings of the plan.

Another issue is time. It is likely that this system will cause us more inconvenience in our daily lives. Some families in South Korea, a country with a similar waste charging system like Taiwan, complained that the system forced people to do extra work sorting and weighing their waste, which takes a long time. As we all know, Hong Kong citizens are always busy with work and time is a luxury. In this case, the effectiveness of the system is questionable. If this policy is implemented in Hong Kong, further issues might arise and need addressing.

It is evident that the waste charging system has both advantages and disadvantages. However, I believe that the potential problems can be solved. I am confident that the policy will be able to address Hong Kong's environmental issues. To protect our environment, the government should carefully design and implement systems that have already been adopted by other countries many years ago. We should unite to ensure that Hong Kong has a brighter future.

Letter of advice — Writing a letter to offer advice to a troubled student

By Li Chui Ying (F.3B)

Dear Mandy,

I know you wrote a letter to the counsellor about your problems. I hope I can give you some advice that will help you.

You mentioned that you were feeling very tired. This is quite a common problem amongst secondary students, but don't worry. There are things you can do about it. Do you talk with your parents? I think you should talk with them and tell them your feelings. You need to tell them you can't get good grades at school if you can't focus on anything. Tell them you are tired and discuss your sleep issues with them and see if some of the cram classes you attend can be cancelled. Apart from that, you can take a nap during recesses and at lunchtime. You can also finish your lunch quickly in around 15 minutes and then you can rest for at least half an hour.

You also said that you have no free time for hobbies. If I were you, I would talk to my parents and persuade them to let me join one extra-curricular activity. If you can still get good grades, they may allow you to join another one. If you want to have more free time, I suggest that you finish your homework and revision at school. Then you will have more time to do your hobbies after school and on weekends.

Finally, you said that you think you need to control your weight because you struggle to get into your uniform. I think you can have a healthier diet. You must eat your breakfast because it is the most important meal. That can help you replenish your energy and make you more spirited. You said you know you should stay away from sweets but you feel happier eating them. I suggest you can eat some healthy fruits like apples, kiwis and bananas. They are also sweet. You

should drink more water every day because drinking more water can improve your metabolism. In addition to improving your diet, you could exercise more. You should do physical activities like yoga or jogging for 15 to 20 minutes a day. These can help you lose weight.

Mandy, the sun will come out tomorrow, so try to be positive. I hope these suggestions are useful to you.

Best wishes,
Lura

A Survey Report

By Huang Man Wai, Jasmine (F.3C)

Survey Report on Students' Opinions about the School Tuck Shop

Introduction

The Student Union recently conducted a survey to find out what students think about the school tuck shop. In total, 324 students from our school took part in the study. This report describes the findings, analysis and recommendations resulting from the survey.

Findings

One main finding was that a large majority of respondents regularly purchase food from the school tuck shop. 146 out of 324 students (45%) purchase food from the school tuck shop at least five times a week. Furthermore, a minority of respondents (35.5%) bought food from the tuck shop three to four times a week. Student respondents rated the quality service at about 3.6 on a 4-point scale. They rated the food varieties offered as well as nutritional value of food at 1.4 and 1.9 respectively.

Analysis

It is clear that many students who took part in the survey are concerned about the quality of food sold at the school tuck shop. Many students visit the school tuck shop quite frequently. Some students sometimes go there to buy food because they have no other option. Although a lot of students find the quality of service satisfactory, they are not happy with the limited variety of food on offer. Students also think that the food choices are very unhealthy and have low nutritional value.

Recommendations

It is recommended that the school tuck shop should work on two main areas of improvement so that students can have a more enjoyable experience. First, the school tuck shop should increase the variety of food on offer. That will attract more students to use it. Secondly, it is strongly suggested that the tuck shop should revise the lunch menu and provide more nutritious and delicious food. Finally, we all hope that the school tuck shop can maintain its good service.

Two-sided argumentative essay — Waste charging in Hong Kong

By San Wing San (F.3D)

Should a waste charging system be introduced in Hong Kong?

Waste problem has been a great cause of concern in Hong Kong. To solve this problem, the Hong Kong government has proposed to introduce a waste charging system. There are many advantages and disadvantages of such a system.

On the plus side, the waste charging system can effectively reduce the production of garbage. People will buy fewer unnecessary products if they can because they need to pay for the trash they produce. In Taipei, since the government introduced a waste charging system in 2000, domestic waste has reduced from 1.1 kg to 0.69 kg per day, decreasing by nearly 60%. It shows that charging consumers can really reduce the pressure on landfills. If Hong Kong introduces the waste charging system, there should be less garbage produced.

Another advantage is that it is fair. This waste charging system charges people according to how much rubbish they produce, so that is fair to everyone. For instance, my friend Tom always shopped online before because he did not need to pay for his garbage. But after the waste charging system was implemented in Taipei, he needed to pay for all the rubbish that he produced, so now he shops less in order to produce less waste. If we do not have the charge, no matter how much waste you produce, the cost is shared by all taxpayers. But with the charge, people have to be responsible for the waste they produce. Those who produce more will have to pay more.

Although there are benefits to the system, one drawback is that the waste charging system will cause illegal disposal of waste. Some people

want to avoid the charge, so they dispose of their rubbish illegally. They may dump it on the streets, which will affect the cleanliness of the city. This happened in Taipei when the city first introduced a waste charging system. The government had to remove a number of trash cans, causing some inconvenience to residents and visitors. It also had to deploy more manpower to police illegal dumping of waste, which has been an added expense for the government. If the same system is introduced in Hong Kong, the government is likely to face the same problems.

Another disadvantage is that a charging system for garbage will aggravate the financial burden of the poor. The cost may be insignificant to the rich but it will definitely have an effect on the poor. They already struggle for a living. The cost will intensify the financial problems of these people and worsen their quality of life.

In conclusion, every coin has two sides. We can clearly see the advantages and disadvantages of this waste charging system. In my opinion, all the disadvantages can be overcome. The government can provide subsidies for poor families and illegal disposal of waste will decrease if there is enough policing and education. Therefore, I support the introduction of the waste charging system.

A letter to the editor to express opinions on e-sports

By Chan Chi Yip (F.3E)

Dear Editor,

Nowadays, many youngsters are getting involved in e-sports. Therefore, I am writing to express my opinions on the prevalence of e-sports.

Firstly, playing e-sports can help us relax from our busy lives. Teenagers are very busy with school and homework which makes them exhausted. Therefore, playing a quick e-sport game after a tough day at school can help them to relax. They will feel excited and have a sense of achievement after winning a game.

Secondly, playing e-sports can improve youngsters' social skills. For example, in some kinds of games which have gunfights, it allows multiple players to work together as a team. They chat with one another instantly and so students can even make new friends. Also, this can boost youngsters' teamwork skills which is very useful in some school activities, such as group projects.

However, e-sports is a double-edged sword. If teenagers do not play it wisely, it may harm them in many ways. If youngsters have a lack of self-control, they could become addicted to e-sports. As a result, they may skip their schoolwork. If this keeps on, they will have poorer academic performance.

Furthermore, playing e-sports may cause physical harm and is bad for teenagers' health. For example, sitting in front of the computer for a long time may increase the risk of chronic diseases, such as heart disease, cancer, diabetes, stroke, and arthritis. Regarding mental health, people who like chatting to others in the virtual world may refuse to talk with people

in real life. They may feel isolated and escape from real-life problems through gaming.

To conclude, playing e-sports brings both benefits and drawbacks to youngsters. They should use gaming wisely to reduce stress and entertain themselves.

Yours faithfully,

Chris

Chris Wong

One-sided argumentative essay — Whether priority seats on public transport should be doubled

By Chan Ho Yi (F.4A)

Doubling priority seats - a blessing or a curse?

Have you ever taken a priority seat? In the past, with the view to embrace the small sector of the society, there was a general consensus among our HongKongers concerning offering priority seats voluntarily. Yet people's scale of views seems to swing to another side recently. A sparked controversy has been stirred up about whether the priority seats should be doubled to serve the disadvantaged. After pondering all the merits and demerits, it is my firm conviction that the policy might be beneficial at the first glance, but it should not be implemented in a long run.

To start with, doubling priority seats is detrimental as it can be the hotbed of cyberbullying, hatred as well as malevolent discrimination to individuals. Think about it: the cyberspace is playing a vital role in the modern society, owing to the convenience and accessibility of spreading ideas. In other words, passengers would be easily under public scrutiny if they do not offer their seats. On the other hand, villains could post malicious sayings against the passengers, thanks to the anonymity of online world. An able-bodied girl in Taiwan is a case in point. She faces severe backlash and online abuse simply because she is not morally correct. Of course a movement supporting her was launched afterwards. Is it a blessing from doubling priority seats? If the policy is implemented, it would surely do nothing but only intensify the social adversity. Hence, it is crystal clear that doubling the seats should not be adopted.

It is also worth noticing that doubling priority seats add fuel to the fire to the tensions between the young and the disadvantaged. That is to

say, the policy should be put into blacklist because it would create more quarrels and discontent between the two parts of society. In fact, the tender passengers point an accusing finger at the policy, suggesting that it is utterly unfair to them, as the needy enjoy discounts of fees already while the able-bodied enjoy nothing at all. On the other hand, in order to leave spaces for more priority seats, one of the procedures of doubling the seats is to demolish the normal seats serving the passengers. With it come the outburst of wrath towards the disadvantaged. For example, a recent survey report conducted by Ming Pao reveals that more than half of the able-bodied passengers reckon it unfair to double the priority seats. What's more, nearly 40% of them even posted hate speech towards the needy, calling them 'the vested interests'. Therefore, on no account should the policy be put into practice as this can jeopardize the relationship between passengers and the minorities.

Besides the aforementioned, the waste of financial expenditures should not fade into oblivion. Let's think about it with a pinch of salt: the needy, comprising the disabled, pregnant women and the elderly, are indeed only a small sector of the whole society. Are the existing priority seats really inadequate? In other words, is doubling the priority seats a worthless 'white elephant' or a true salvation? Television Broadcasts Limited recently invited some needy to collect their points of view regarding the effectiveness of the policy. Yet most of them admit it is not of the paramount significance from their points of view. On top of that, have you ever thought about the spendings could be extremely high? Inclusive of transport fee for materials, labor cost together with the maintenance fees, the question is self-evident. It could be concluded that doubling the priority seats not only costs too much, but is also not fundamentally conducive to the needy. Therefore, why should it be introduced?

In a nutshell, the aftermath of doubling priority seats could be manifold, including heating up the cyberbullying crimes, intensifying

the tensions between different parties in the society. In addition, it would waste the financial expenditures of the authorities and money of taxpayers. Hence, doubling the seats should no longer exist as it does more harm than good.

An informal email about videotaping

By Lee Ho Nam, Marcus (F.4B)

Dear Jasper,

Hey, I haven't heard from you for a while. A few days ago, I went to a live performance hosted by a famous DJ. During the performance, something interesting happened and I want to tell you what I think about it.

In the first ten minutes, everything was going well. People were singing along and cheering for the DJ. But suddenly, the DJ stopped all the music and walked towards the side of the stage. Everyone was confused and looked at the DJ, wondering what he would do. Next second, he started to point at something. Everyone followed where he was pointing and found that a fan with full recording equipment (you know, things like tripod, microphone and professional video recorder) was videotaping his performance. The DJ told the fan to stop recording. Everyone had different reactions. Some of them booed but many fans agreed with what the DJ did and started cheering and gave him a round of applause. The fan who was videotaping felt ashamed and embarrassed, so he packed up everything and left.

I agree with what the DJ did. The fan who videotaped the performance is possibly breaking the law since the DJ owns the copyrights for his show. Therefore, I guess it's illegal to record his live performance. At the same time, I think it is extremely disrespectful for someone to videotape the artist instead of actually listening to the music. I can understand why the DJ was so furious.

That's all I want to tell you. It was a very unusual incident but I still enjoyed the show. Write me back and tell me your views.

Best regards,

Chris

Speech - Doing sports helps students become well-rounded individuals

By Choi Tin Lok (F.4C)

Good morning principal, teachers and fellow students.

I am Chris Wong, a sports news reporter for an online youth magazine. Sport is often a very common element in our daily lives. As everyone knows, playing sports can build up our bodies and increase our resistance to disease. Apart from these benefits, playing sports also can help us become well-rounded individuals.

First, doing sports can make our mood better and help us release our pressure from homework, tests and exams. Most students burn the candle at both ends in order to complete their homework. Also, many students do not have a way to relieve stress and do not sleep well, so they may be tired and listless during class. Worse still, some students develop mental illnesses like depressive disorders because they sit indoor all day.

However, regular exercise will increase our oxygen, blood flow and stamina. Doing sports with friends or family will relieve our stress and make us have a good mood and become more optimistic. Besides, students can make new friends through doing sports. Last but not least, students can have better focus on their schoolwork. We can see that by doing sports, students can relax and have more energy to focus on their studies.

Furthermore, sport can train our perseverance and our patience. How can it train our perseverance? When we are playing a sport we like, we want to improve our skills and spare no effort. During back-to-back training, we can improve our willpower and patience. We can learn how to set goals, which is a very important skill for students. If students learn to set goals in their daily life, they will not give up if they have developed good perseverance.

Another reason why playing sports makes students well-rounded is that sporting idols can have a positive influence on us. I am sure you have heard of Kobe Bryant, a famous basketball player. His hard work and willpower have inspired many people and inspires them to work harder in everything they do. Therefore, it is good for students to learn from their sporting idols.

To sum up, playing sports is not only good for our health and our body, but it can also cultivate students to develop important personal qualities. If students do sports regularly, they can have better physical and mental health. I suggest you all start doing a sport today. I hope my sharing session can inspire you to be active. Thank you!

Letter to the manager — a proposal on sportswear

By Chan Yu Yan (F.4D)

Currently, there seems to be a huge potential market for teenage sportswear. In order to attract more teenagers to buy our products, we plan to adopt some innovative marketing strategies to appeal to young buyers. Below are three strategies that we would like to propose to boost the sales of our company.

Proposed strategy 1: Invite athletes to be spokespersons

In Hong Kong, there are many outstanding athletes, such as Cheung Ka Long who was the gold medal champion for Fencing in the 2020 Tokyo Olympics. Most Hong Kong people are very proud of him, so he wins the hearts of his loyal fans. Followers often see these athletes as role models. Because of their popularity, they have the ability to attract customers to buy new products. Therefore, we suggest inviting some well-known athletes to be spokespersons for our brand. By using their athletic image and influence, our sportswear products will be associated with images of energy, vibrancy and triumph.

Proposed strategy 2: Give customers preferential treatment

The main purpose for giving preferential treatment to customers is to increase the sales of our products. Through brand promotion, our sportswear can be made more attractive with discounts or by offering 'buy 1 get 1 free' deals. Since promotions are always held on major e-commerce platforms, we propose launching e-shops online. For example, the most well-known e-platform is Taobao's 'Double 11' event. On that day, all goods can be purchased for half the normal price and many people wait until that day to buy what they want. We can also hold a flash sale promotion on a specified date. In fact, such promotional activities are not only used by businesses to make a lot of money, but also to attract as many people as possible to buy their products.

Proposed strategy 3: Advertise on mass media

Nowadays, almost everyone uses social media, such as Facebook, Instagram and YouTube. Therefore, we can take advantage of this general trend to sell our new products. For instance, our customers can get discounts or rewards by recommending our products to their social media friends. If customers follow our social media, they will be rewarded with gifts. Therefore, we can advertise more on mass media to target the teenage market.

To sum up, it is believed that these three strategies will boost our brand's sportswear sales and will target our teenage market successfully. I sincerely hope that these suggestions will be adopted and approved.

Yours faithfully,

Chris Wong

Letter to the manager — a proposal on sportswear

By Ng Kwun Yan (F.4D)

Dear Manager,

Nowadays, sportswear is popular among teenagers and adults. I would like to suggest three strategies to attract more teenagers to purchase our products. Below are some innovative marketing strategies that might target the teenage market.

Proposed sales strategies:

One marketing strategy is that we can offer a discount to customers. For example, 30% to 40% off may sound appealing to teenagers who do not have much purchasing power. For example, if a pair of sneakers could be bought for a couple of hundred dollars less, we are confident that our sales will be greatly boosted. With a reduced price, it is more likely that teenagers will be attracted to buy our products.

A second marketing strategy is that we can advertise our products on social media. For instance, we can start by posting some of our products on Instagram or Facebook. In this way, customers can easily know more information about our products. Also, they may be tempted to buy our products due to peer pressure. So, it is essential to have good social media promotion for publicity of our sportswear products.

A final marketing strategy I would like to propose is that we can hire a celebrity or a famous athlete as the spokesperson of our company. For example, our Olympic Games medallists will surely boost the image of our brand. Research shows that quite a number of teenagers are attracted to buy Nike products because of their positive affiliation with Michael Jordan.

To sum up, we sincerely hope that with the above strategies adopted, we could boost the sales of our company and appeal to more teenagers.

Yours faithfully,

Chris Wong

Argumentative Essay — Priority seats on public transport should not be doubled

By Chong Ki Chun, Brian (F.4E)

Doubling the number of priority seats — effective or not?

Recently, the Hong Kong government has proposed doubling the number of priority seats on public transport. These seats are specifically reserved for people in need to sit on, which includes elderly, pregnant or injured people. Although it sounds like a good idea, I am strongly against this proposal.

One of the major reasons why the government should not double the number of priority seats on public transport is that they are a waste of space during rush hours. Priority seats are in fact regular seats when there are no people in need. But most people feel ashamed when they sit on priority seats, as they believe that they would be discriminated against or get involved in public accusations. Therefore, no one sits on priority seats even when the train is very crowded. In my opinion, public transport such as trains and buses are always jam-packed, so doubling the number of priority seats will only worsen the current situation.

Another reason the government should not implement the proposal is that it will cause more arguments and resentment. From the point of view of some passengers, they think it is unfair because they must give up their seats to others no matter what or when and without any reason. On the other hand, those who deserve priority seats also entered this heated debate recently. Some commuters think that those who are tired do not deserve the priority seats, or that some people are faking an illness in order to get a seat. Since everyone has different standards and judging criteria, I think that doubling the number of priority seats will only rapidly cause even more issues. Furthermore, this idea does not solve the major underlying problem – how to create a more caring society.

In my opinion, discrimination against other people is quite common in Hong Kong. People in need often get labelled by others with negative words such as ‘old’ and ‘weak’. To avoid being labelled, people in need would rather stand for the entire trip or sit on regular seats other than sitting on the priority seats. Once again, this leaves some priority seats empty, and worsens the crowded environment on public transport, especially the MTR.

In conclusion, doubling the number of priority seats would not lend a hand to solving the major problems of crowded public transport. Priority seats are mostly vacant since people want to avoid being judged or discriminated against in public. This proposal would worsen the current situation and cause more arguments in society. Therefore, I disagree with doubling the number of priority seats.

Article — Why is reading a good habit for students to have?

By Kwok Ngai, Ben (F.4E)

Reading – A Passport that Takes You Everywhere

When was the last time you finished reading a book? With the emergence of various entertainments on the Internet, reading has become a less popular leisure activity among students. Yet, those who don't read may not realise that they keep losing opportunities to get to the house of gold.

The life of a student can be stressful, right? Stress makes us upset and can affect our performance. But here comes a resolution – reading. Just abandon your unhappy thoughts, spread your wings and soar into the universe of stories. Whether reading online or offline, you can be a witness to many characters' life journeys. You can share in their happiness, or you may shed a tear at their unfortunate life fluctuations. The movement of your heart will blow the haze away from your mind. You may then find that you have risen to an altitude you haven't been to before without the resistance of stress.

The world we live in is marvelous, as it has numerous treasures waiting to be discovered. We are limited at school and might not get a chance to study or discuss too many interesting topics. However, not only can we read to appreciate literature and to improve our writing skills, but also to appreciate great literary works created by a vast range of writers throughout history. We read to study science so we can know more about facts ranging from planet Earth created by mother nature to the enormous complexities of space beyond the horizon. Reading allows us to discover beauties we have not seen before. Through reading, you can enter a completely different world.

Since reading relieves our stress and makes us knowledgeable, why don't we stop scrolling through our phones and put them away? Why don't we read books that interest us instead? I am sure you will be deeply influenced by the sea of knowledge found in the books you pick up. Nothing better to do? What about having a read right now?

**Formal Letter — Proposing the use of laptops and tablet computers
in English classes**

By Lo Ching (F.5A)

Dear Mr. Green

Proposing the use of laptops and tablet computers in senior English classes

In the past, students carried myriads of books and notes to school in their backpacks as learning materials. However, in this era of advanced technology, there have been different kinds of smart devices that allow us to save all the learning materials on one single device without burdening our shoulders. We can even search for multifarious materials which can facilitate our learning. In the light of this, the primary aim of this proposal is to illustrate the benefits of using laptops and tablets during English lessons for senior students.

First of all, studying is not just about referring to textbooks or chalkboards which actually suppress students' quest for knowledge when it comes to learning. As a teenager, I would say one of our strengths is our insatiable curiosity about the world. However, more often than not, textbooks provide students with all the answers thanks to the abundance of knowledge they contain. Referring to textbooks in class is actually a passive, one-way process which neglects students' active role in learning with their own processing of knowledge. Yet, the virtual jungle provides an array of materials of different types available for students to carry out self-discovery learning. When learning English, a subject that we find hard to master, if we are allowed to use tablets to look for materials suitable for ourselves, the searching process actually gives our brains stimulations and also a chance for us to reorganize our thoughts. For example, reading articles can give us visual stimulation while listening to English songs gives us auditory stimulation. Students might gain better insights as a result of learning in a way that they find suitable and satisfies their curiosity.

Learning with tablets or laptop computers is definitely tailor-made for us, boosting students' effectiveness of learning English.

Apart from being curious, most teenagers are thrill-seekers. Undoubtedly, using textbooks or chalkboards is a traditional way to learn, which most of us therefore find quite tedious. With advanced technology, learning can be much more diversified indeed. There are different applications, such as Kahoot!, for class activities. In this application, there are lots of quizzes or games that we can do or play. It also allows us to have competitions with others. Clearly, we can learn while having fun. Engaging in competitions boosts our motivation to learn in order to win. In this way, we can be more focused. This definitely facilitates learning. Learning English is hard, and for some of us, no matter how much effort we have put into it, our performance in English still remains more or less the same. This could be demotivating, so having fun while learning English would make us more enthusiastic about learning the language.

In addition to the advantages that students could enjoy, teachers could also be benefitted by using tablets or laptop computers in class. Teachers could be given immediate feedback about students' performance. During English lessons, if teachers assign worksheets to students, it is almost impossible for teachers to check every single student's progress. With the aid of Teams or Google Classroom, teachers can monitor the progress of students' tasks instantly as they can check the time different students need to finish the task. They can also track how well students have performed in a certain task. In other words, this provides insights into whether students have had a good grasp of what they are learning. Based on the insights, teachers can then adjust their teaching strategies or provide other appropriate learning materials in order to cater to the needs of different students.

It could be seen that there are a multitude of upsides to using gadgets during English lessons. Most senior form students, if not all, are self-disciplined and could make wise decision as to how they should use the gadgets to benefit their learning. Putting this proposal into practice will serve as the first step towards unlocking the full potential of studying with technologies. I would be grateful if you could kindly give my proposal some thought and grant your approval for it.

Yours sincerely,
Chris Wong

Suggestion Form — Making suggestions to crime-prevention patrol

By Chui Ho Kit (F.5A)

What crimes should be focused on and why

I think the Crime Prevention Patrol Group should focus on burglary. Unlike other modern private buildings, there is no property management but an old security system in Chung Way Mansion. As an illustration, the mansion is not equipped with monitoring cameras nor protected by security guards. In the meantime, the residents' living standard has also increased a lot in this decade. They have become wealthier. In the light of this, some burglars will take advantage of our mansion's lack of security to steal residents' property. Apart from burglary, the Group should focus on kidnapping. With a lack of security guards, strangers can enter the building effortlessly. In addition, most parents, if not all, need to work day and night. In other words, some children are left unattended at home. The kidnappers may lure the children to open the door by offering what most children like, such as sweet treats or monetary rewards. The result can be disastrous. If the children trust those kidnappers, they will probably be kidnapped.

How such crime(s) can be prevented

I suggest providing round-the-clock patrol. The Group can divide the members into a few squads to patrol different areas in different time slots. The members of the Group ought to be equipped with walkie-talkies so that they can provide support for each other all the time. If they observe

that some strangers are wandering around the mansion suspiciously, they should keep an eye on them and report to the police force without hesitation. With frequent patrolling, a huge deterrent force is generated to discourage burglars and kidnappers from committing crime. The Group should not only provide regular patrolling, but also distribute leaflets to residents. The residents can know more about the ways to prevent theft. For instance, they should lock the doors and place their luxuries in a safe. By doing so, the residents' alertness to strangers and awareness of crime prevention will be increased, which would reduce thieves' ease of breaking into our building, thereby reducing property loss.

Any other matters

Regarding the safety of patrol members, it is advisable that they are equipped with low-lethal weapons, including electric guns. In this way, the patrol members can protect themselves in case they are attacked by burglars who are likely to be equipped with knives. In addition, with the low-lethal weapons, the Group could help the police force to catch the thieves.

Debate Speech - Students should not be encouraged to try fasting

By Chan Lam, Amy (F.5B)

Good morning, judges, principal, teachers and my fellow students. Today, it is my honour to stand here and argue for the motion that 'Students should not be encouraged to try fasting'. Do you know about fasting? Have you tried it before? Fasting is defined as skipping breakfast, lunch or dinner for a certain period of time each day. We, the affirmative side, agree that the disadvantages of fasting outweigh its advantages.

To begin with, there is no doubt that fasting is not suitable for students because students will not have enough energy to concentrate on their lessons if they fast. Recent research shows that students who skip breakfast more frequently have lower attention spans than those who eat earlier. This means that students' academic results will be affected by fasting because students find it difficult to concentrate when they feel hungry. Hunger can have negative effects on their learning performance. Thus, fasting is definitely not a suitable choice for students.

In addition, another reason why students should not try fasting is that intermittent fasting is not safe because students will become unhealthy if they do not get enough nutrients. In some serious cases, it can be life-threatening as fasting could cause serious problems for students' physical health. For instance, adolescent development may be impeded if students lack nutrition during puberty. Though students may look thinner after fasting, it is not a healthy kind of look. In fact, they are sacrificing their health for the sake of having a better body shape and appearance. Therefore, fasting is surely a dangerous and unhealthy way to lose weight quickly.

Some people hold the view that fasting can lead to weight loss in a short period of time because it changes how the body processes carbohydrates. But is this true? Absolutely not. In fact, this idea is just an illusion. Dehydration will give students the wrong signal that they are thinner than before. Moreover, there is no actual accurate data on the effectiveness of fasting for weight loss. There are actually many other safe and effective ways to lose weight such as exercising. Doing sports is an effective way to reduce weight, increase strength in muscles and improve concentration. Therefore, students have other means than fasting to lose weight.

To sum up, fasting is not safe or suitable for students. It can bring negative effects to students' physical and mental health. There is no doubt that the disadvantages of fasting outweigh its advantages. Hence, I am for the motion that 'Students should not be encouraged to try fasting'.

Thank you for listening.

Proposal - Allowing senior secondary students to use laptop or tablet computers in their English lessons

By Chong Siu Kit (F.5C)

Dear Mr Green,

The use of laptops and tablet computers during lessons is becoming more popular in this day and age. Recent research has shown that allowing students to use these devices in English classes can enhance students' learning experience. Therefore, I am writing to propose that our senior secondary students can be allowed to use tablets in English classes. The benefits are detailed below:

(1) Boosting students' learning effectiveness

Using tablets in English classes can enhance students' learning effectiveness. During English lessons, one teacher has to face around thirty students, so usually the teacher cannot answer every question from every single student. However, with the help of tablets, students can try to solve their individual problems themselves first, such as looking up words in an e-dictionary. As a result, teachers can have more time to take care of students with more serious problems. This can ease the burden on the teacher. Also, students can instantly access online reference sources with their tablets. Without tablets, students can only sit and wait for a teacher to come and help solve their problems. This is a total waste of time. Lesson time is short, so students should make good use of it by problem-solving more advanced language-based materials.

(2) Promoting self-directed learning

Using laptops in English classes can help promote more self-directed learning processes. Take writing as an example. Some students may have a lot of different ideas but they are unable to express their ideas effectively and clearly. Meanwhile, some students have no idea about the topic or do not know how to elaborate their points to make their writing more comprehensive. With tablets, students can find and adapt a lot of useful information to extend and enrich their work. They can also collaborate with their classmates. This reduces students' reliance on teachers. Students can choose learning materials that are aimed at their level and work at their own pace. This practice encourages learner diversity.

(3) Promoting learning efficiency

Allowing students to use tablets in English classes promotes learning efficiency. Students always lose their class notes or papers that they put in their books. In addition, it takes most students a longer time to jot notes down by hand, compared to typing. If students could use tablets, they could type out notes, compositions and assignments and share notes. The software installed in their device can not only help students check their spelling and grammar, but also reduce the number of copying errors. Subsequently, students do not need to spend extra time double-checking the accuracy of their notes.

In conclusion, it is clear that allowing senior secondary students to use tablets in English classes brings lots of learning benefits. We live in the 21st century, and it is difficult to keep adhering to old methods of learning when each day brings so many new software and hardware innovations. Using tablets is more appealing to young people who value their freedom and time. This will prove to be extremely effective.

I hope this proposal meets your approval. I would welcome the opportunity to discuss my suggestion with you in more detail.

Yours sincerely,

Chris Wong

By Leung Hoi Ching (F.5D)

Why don't you take an active role at school?

As we all know, Hong Kong is an examination-oriented society. Therefore, most students, if not all, merely focus on their academic results. Unfortunately, seldom do those students notice that generic skills and Other Learning Experience are equally vital to their personal growth and career prospects. Obviously, taking an active role at school offer a precious opportunity for all students including you and me to gain abundant experience outside the classroom and hone a number of lifelong skills that apply to board aspects of life.

Some may wonder if remarkable exam grades are equivalent to an omnipotent permit to every path in life. The answer is absolutely not. Even if the high achievers perform brilliantly at school, there is no guarantee that they are going to be admitted to their best-loved university, offered their dream jobs or even lead a successful life. When they need to apply for a place at the university or a job, the interviewers will consider not only their academic results, but also their communication skills and other learning experience. For instance, leadership skills and social skills are necessary for certain types of jobs, such as manager trainee and tour guide, but hardly can these skills be reflected from exam grades. What's more, interviewers cannot see the candidates' enthusiasm and potential from a few pieces of academic reports. Conversely, during the interview, if they master several outstanding generic skills and show some of their favorable personal qualities including patience, perseverance and proactiveness, their chance of getting the job is no less than those who pass public exam with flying colours. Therefore, some specific job-related skills, favourable personalities and work experience could not be neglected when applying for university or a job.

It can be clearly seen that taking on leadership roles at school is advantageous for students' future ranging from their career prospects to their social lives. As a team leader, they must cooperate and communicate well with their teammates. It is absolutely a valuable learning opportunity for them to cooperate with their teammates in order to accomplish a mission together effectively and efficiently, which is conducive to their collaboration with their colleagues at work in the future. Furthermore, they may meet some like-minded friends in their team and enlarge their social circle as well. Apparently, it is beneficial to their social skills and social life. What is also noteworthy is that conflicting with co-workers are unavoidable as every individual has their own ideas and preference. To learn how to compromise with different parties and even their opponents, their problem-solving skills and communication skills can certainly be enhanced. Equipped with these skills, they can fulfill their duties as a leader and give new momentum to their teammates. Therefore, they can make some pragmatic decisions and express their opinions without hesitation in the workplace. More importantly, taking on the leadership roles at school, students can bolster their confidence and self-esteem as well. It is patently obvious that taking an active role at school is beneficial to students' career prospects and even their lives.

It goes without saying that communication skills are crucial and indispensable in our daily lives. Good communication skills can help us express our opinions smoothly and accurately. Without a doubt, it gives us a huge advantage at university or at work if we can freely and appropriately share our thoughts with others. A case in point is that it can be the optimum solution to avoid controversy and disagreement with others. Not to mention that it can help us build up an enviable reputation and improve your employment too. Therefore, it is no exaggeration to say that communication skills should be perceived as a necessity in our lives.

In conclusion, there are numerous advantages of taking on an active role at school. Not only can it give you a myriad of chances to interact with various people, but you will also learn how to deal with different

situations. The skills and experience you gain can benefit you not only at work but also for the rest of your life. Just take a look at the noticeboards of different student organisations in the corridor and see if there are any positions you are interested in. Give it a shot - You won't regret it!

Debate Speech — Fasting

By Ip Tsz Siu Sylvian (F.5E)

Good morning judges, principal, teachers, and my fellow school-mates. The motion for today debate is 'Students should not be encouraged to try fasting'. The word 'fasting' means wilfully restraining your intake of food and drink for a certain period of time. We, the affirmative team, believe that fasting is in fact doing more harm than good to students.

First of all, fasting can disrupt the physical growth of students. It is universally acknowledged that students need to ingest food with high nutritional value for growth. However, the practice of fasting, would obstruct teenagers from absorbing nutrients essential for their development. Consequently, they may have problems like malnutrition. Take bone development in teens as an example. If students do not take in sufficient calcium in their everyday diet, they will be susceptible to bone-related diseases like rickets. Hence, fasting undoubtedly obstructs the normal growth of students.

Secondly, it is beyond doubt that students nowadays are under immense pressure from various sources. With this in mind, let me introduce my next point: Fasting can increase students' stress levels. Picture this, a student coming home with a heavy school bag, feeling extremely exhausted. However, he or she cannot eat because they are fasting. Does that sound sensible? You know, students have to deal with loads of homework every day, not to mention tests and dictation. Imagine if parents also encouraged them to follow a strict diet plan which restricted them from eating or drinking freely. Doubtless, it would raise their stress level. This could, in turn, damage their mental wellness instead of fortifying their mental toughness. Students following a strict fasting routine are fighting against both overwhelming pressures and workload from school and added hunger and exhaustion.

Some naysayers claim that fasting helps boost students' cognitive performance as they have fewer things to worry about. However, this is absolutely wrong. Unlike meditation and yoga, fasting challenges students in terms of their minds and biological needs. Meditation requires people to free their minds and be present in the moment whereas fasting requires people to starve themselves for an extended period of time. If students practice fasting, they may think of the food they love eating while doing productive tasks at home or in school. Very likely, they will be distracted from their studies. Therefore, how can fasting improve students' cognitive sense?

To sum up, it is crystal clear that students should not be encouraged to try fasting. Therefore, today's motion should stand. Thank you for listening.

By Leung Ho Chuen, Matthew (F.5E)

We are moving towards a cashless society. Here is why.

In this day and age, e-payment has attracted our attention. It emerged in the 1990s when the Hong Kong MTR company started to issue Octopus cards. Since then, the ways we can settle payments electronically, have increased. Now we can grab-and-go just with a single tap of our phones. This allows us to pay without cash and brings us myriad benefits. Stepping well into the 2000s, we have certainly seen a rise in the popularity of different payment apps such as PayPal, Alipay and Apple Pay. E-payment is now inevitable thanks to the development of technology. Let's explore this unstoppable trend and figure out why it is so popular.

In the past five years, people around the globe suddenly started using cashless payment apps. The number of users has skyrocketed. We can use these apps to pay transport fares, purchase items and do just about any transactions we want. According to a recent research, there were more than 5 billion accounts registered in e-payment apps during 2021, compared to around 1 billion in 2016. Thanks to the countless benefits they bring, more and more people prefer using these apps to making cash payments. More and more people pay by using their e-wallets, so they no longer take out a big, heavy wallet from their handbags. Furthermore, e-payment apps are also accepted in most stores nowadays. It is obvious why e-payment is gaining popularity.

To explore why, we need to look at two key aspects: technology and convenience. To commence with, we have made a huge leap in technology. Back in 2012, a smartphone was not a necessity. People owned phones with very basic functions only. As time went by, our demands for smartphones increased on account of brand-new functions tech companies developed. Take the NFC function as an example. It allows us to transfer information wirelessly and enables the transfer of money using smartphones. Since

when this function came to our attention, people have embraced smartphones. Additionally, with the emergence of e-payment apps, customers don't have to carry actual dollars or coins in the transaction process anymore. These apps ensure the efficiency of making payments while reducing the risk of people being robbed. These advances in technology bring us a wide variety of benefits.

We cannot downplay the role of the recent Covid-19 pandemic in the rise of e-payments. Since humans can experience severe illness or even death if they catch this virus, it is crystal clear that no one wants to get infected. Unfortunately, shopping in public, touching goods and handling cash are the easiest mediums to catch germs. Consequently, online shopping, door-to-door deliveries and e-payment apps have attracted many new consumers, hence the explosive rise in popularity during the last two years.

To sum up, the convenience and benefits e-payment apps bring are the main reasons for their rising popularity. They can change our lifestyles. In the future, it is expected to see e-payment apps become even more widespread and common as more functions are developed to improve our quality of life.

1.1 Academic Life

A wise man once said, 'Don't feel upset when it is over, be grateful because it happened.' It seems that my secondary school life has passed in the blink of an eye. Reviewing my six years at Kowloon Secondary School, the most joyful yet toughest subject I took, was Chemistry. It allowed me to learn more about the basic properties of various household items in everyday life by teaching us about, for example, detergent. Knowing more about items in the place where we live is truly a wonderful experience. Our Chemistry teacher likes using authentic examples we can find in the city to explain abstract concepts. This makes our lessons more interesting. Although there are many complicated concepts for me to recite and thousands of pieces of homework that stack up like a mountain, I still find it a very meaningful elective subject.

1.2 Student Life

Another thing I won't forget is my lovely 6C class. My class is like a warm family to me. We have gone through many inter-class competitions and examinations together. This has deepened our relationships as we are both companions and rivals. In difficult times, not only will our caring class teacher back us up when we feel blue, but also our classmates who celebrate every classmate's birthday together. The 'C' symbol we have posted in our class photo will be imprinted on my mind forever. Every time I look at this photo, it reminds me of all the things we have done and all the precious moments we experienced together. My fellow classmates and all my inspiring teachers, although we will continue our journey by taking different paths, I sincerely hope that the memories of being a part of class 6C can help me to overcome any barriers in the future. Allow me to propose a toast to you all because I wish you all the very best!

Speech — Slow Movement

By Mok Cheuk Ki (F.6A)

Good morning principal, teachers and fellow students. My name is Chris Wong. I'm honored to have been given this chance to speak to you today. Does the term 'Slow Movement' ring a bell with you? Originating in Rome, it promotes the idea of prioritizing quality over quantity and to treasure the present moment rather than treating everything as the means to an end. Randomly ask any Hongkonger and you are bound to know how packed the highways are at 7 a.m. in the morning. Pay a visit to Central at 7 p.m. in the evening and you will probably see how quickly the blue collared workers are walking. It is public knowledge that Hong Kong, a modern, vibrant city, has a fast pace of living. This work-oriented way of living often leads to mental illness for the residents who live there. This is why we should embrace the 'Slow Movement'. Here are some benefits that you can get from slowing down your pace of life.

From a microscopic view, 'Slow Movement' can help people achieve mental clarity. In today's modern society, we face many distractions and stressors. A hustle bustle mindset and non-stop social media feeds alone can keep our minds preoccupied and distracted from other important matters. However, the 'Slow Movement' can help you clear your mind and focus on the tasks at hand. Do your homework one item at a time and pay close attention to the quality of your work. This should boost your results and help you feel less stress.

Alongside mental cleansing, you can also learn to appreciate life. Following the 'Slow Movement' requires you to allocate your time better by slowing down your pace and scheduling your work into achievable chunks. There has been a common misconception about the 'Slow Movement'. People think it is about handing your work in late just to make yourself feel better and that it is an excuse for laziness. However, scheduling your work, maybe doing one task a day, reduces the chances of making mistakes. Hence, you will spend less time doing corrections, but more time doing the things you love.

Appreciating life is simple, you can go to a decent restaurant and order the food you like. Spend more time on your meal. Enjoy your dish by feeling the texture, savouring the aroma and feeling the satisfaction as it goes down your throat. Remember you have all the time in the world. Taking some time to appreciate the little things in life involves focusing our attention on what is pleasurable, nurturing and sustaining in our lives. You will become a much more optimistic person.

From a macroscopic view, the 'Slow Movement' reduces waste. As a saying goes, 'haste makes waste'. For example, if we focus on the quality of our work, we can reduce our use of paper and the time we spend on doing corrections. We can also reduce waste packaging if we dine out or cook our own meal instead of buying pre-cooked food because we are rushing. This can help save the environment and your money which you can spend on other things.

Dear fellow schoolmates, please take heed of my words and make the 'Slow Movement' your motto and start leading a slow-paced life. You are in the flower of youth. You have every chance to blossom. Stop wasting time. Say 'yes' to the Slow Movement. Thank you!

By Lai Wing San (F.6B)

Early Days of Vintage Variety Stores

Hong Kong's Apliu Street is a historic place with many heritage buildings. There are countless stores which sell a variety of goods. For example, the Vintage Furniture second-hand electronic goods store has sold items such as vintage telephones, scrap iron and used furniture since the 1980s. The owner of this store has opened the doors for close to thirty years and they think now is a good opportunity for people to feel nostalgic about the glory of times past.

What is the Vintage Furniture store famous for?

Hailed as a shoppers' paradise, there is no shortage of places in Hong Kong to treat yourself to a little retail therapy. This particular variety store is famous for its antique furniture and decorations. So many tourists are attracted by the old-styled shabby look of the furniture or technological gadgets. In particular, some people are impressed by old style antiques such as vintage pendulum clocks or Victorian-styled dressers.

Time for the Vintage Furniture Store to Close

However, nowadays, with the advancement of technology, vintage variety stores do not attract as many customers as they did in the past. A great majority of owners of these types of shop claim that there is a higher cost to stay open and that it is much more difficult to manage their stores. Therefore, it is time for the Vintage Furniture antique store to close. Sadly, I think a lot of history will be lost too.

By Lau Tsz Hin (F.6C)

In the blink of an eye, I've finished my studies in Kowloon Secondary School. Among all the subjects I've studied, I can tell you that no other subjects can be more unforgettable than Information Communications Technology (ICT), which covers a wide range of intriguing topics such as input and output, pascal and different kinds of programming languages. Looking back into the first ICT lesson I had in F.4, I truly underestimated this subject. In the First Exam in F.4, I got the worst result in my class. There is no doubt that I was completely shocked when I looked at my report card. I still remember what Miss Leung, my ICT teacher, said to me, 'To be honest, I'm pretty disappointed. However, I believe that you can gain success though perseverance and diligence. Never give up!' Even though I can't tell how warm I felt, what I can tell you is that her words did strengthen my determination to strive for a better result in this subject. Since then, I have always put ICT on the top of my list. Spending a good deal of time on ICT, my results of this subject have shown significant improvement. It is believed that studying such a challenging arduous subject like ICT can make one think logically and become a tech-savvy youngster. But to me, other than my knowledge of technology, ICT has made me a person who does not underestimate anything easily. Thank you, Miss Leung!

Apart from the fulfilling and enlightening ICT lessons, the time I spent with 6C was also unforgettable. Time flies like an arrow is undoubtedly a cliché to most people, I can truly understand it now though. I still vividly remember the first day I met all 4Cers in Form 4. Back then, we were one of the classes that performed the worst in terms of academic results. At that time, our class teacher Mr. Chan wasn't worried at all. That's what he said 'It's okay to start late, but the most important thing is to know where you will end up.' Another thing he used to highlight in our class is that the letter 'C' in 4C stands for Conscience. Always having a clear conscience and letting it be our guide, we are always reminded not to become an unscrupulous or immoral person.

By Wong Hiu Tung (F.6D)

As time goes by, we're now F.6 students. It goes without saying that this year is the most critical year in my secondary school life. Astonishingly enough, we've got less than 100 days to prepare for the uphill battle – HKDSE; and less than a week before we say goodbye to each other! Having said that, I will never forget the time when we studied together in the classroom and the self-study room. Mr. Chan, do you remember what you did last summer holiday? Hardly could I forget that you visited my home to give me a 3-hour private tutorial simply because I broke my ankle and couldn't attend the supplementary lessons in summer.

Peter, our greatest monitor, have you finally found out why some snacks always came from nowhere in your school bag? It's us! We were so worried about your health as you always skip lunch just to save some time for doing revision and homework. Please remember to eat regularly so that you have sufficient energy to conquer the exam! All 6Cers, will we really meet again under the Clock Tower in Tsim Sha Tsui 10 years later as we promised at our last school picnic? Being a 6Cer makes me not only proud, but also grateful. Thank you all 6Cers! Wishing you all the good luck on the exam and may success be with you always!

Good morning, Principal, teachers and fellow students. My name is Chris Wong and I'm a Slow Movement supporter. I'm here this morning to talk to you about the Slow Movement's benefits and what we can do to follow this lifestyle every day.

You may ask, why do I have to slow down my pace of life? What can I get from doing so? There are many benefits when you slow down your daily life. First, there is no doubt that your physical health will be improved. Nowadays, people always say that 'fast' is always better in the modern world. We need to be in a hurry every minute. We have to work fast while doing homework and revision. However, we don't have time to take care of our physical health and well-being. We eat fast food so that we can save time for doing other things. We sacrifice our health for something less important or unnecessary. However, if we can slow down, we can prepare healthy meals and take time to enjoy them. Also, we can do more exercise. Therefore, we can lead a healthier life.

Moreover, we can have more fulfilling relationships and practice more empathy. It goes without saying that we are always busy with our own stuff but ignore our family members and friends. If we slow down our pace of life, we can discover a new depth of relationships. In other words, we can re-establish family value and personal networks. We will have time to cherish and develop our relationships with family and friends. We can communicate with the people around us more and take time to show more love and care. Accordingly, our quality of life will be enhanced.

I can see that some of you are looking more interested now. So, what can you do to follow the Slow Movement in our daily lives? Two suggestions are Live Slow and Eat Slow. First, I advise that you spend more time relaxing through exercise. Go for a walk in a park. Enjoy simple pleasures

like beautiful views and fresh air, which can calm your mind.

Furthermore, I suggest that you eat slowly. People eat more fast food now due to the sense of always being in a ‘hurry’ and being part of a ‘craziness’ generated by globalization. Therefore, try eating slowly. For example, prepare fresh, healthy food like salad and sandwiches at home instead of dining out. They are much more healthy for us as we can choose our own cooking methods and pick organic food for ingredients. Take time to taste what you eat. Enjoy the time you spend on preparing meals for yourselves, which will undoubtedly benefit your physical health.

To conclude, a slow-paced life is the best way to help you enjoy your daily life more fully. Finally, I hope you will consider joining the Slow Movement. Thank you for listening.

By Tsang Pui Sang (F.6E)

Ping On’s humble beginnings

Back in the good old days, my dad used to take me to the Ping On Restaurant every morning. Holding his calloused hand tightly, I guess it was the greatest happiness for me. Every morning, it started with the beaming smile of the waitresses wearing cheongsam with gold stitches. “Same as usual!”, my dad would say, opening the lid of a tea pot, and waiting for help to fill hot water. As a child, a sip of tea was precious gold to me. With the sound of a radio playing recent horse racing results, rooms that held the lingering smell of cigarettes and the chattering of diners – all these represented a typical morning for many Hongkongers.

What Ping On is famous for

50 years have gone by, and one thing remained which has unchanged is Ping On’s tea formula. From a local corner restaurant to a go-to place for many tourists, the owners of the restaurant have constantly pushed its boundary in many different ways – replacing the green-and-white checked floor with lucrative velvet carpet and playing classic jazz music instead of traditional “Xi Qu” (Chinese Opera). Yet, their tea has been a staple of their menu. With a special mix and match blend of tea leaves, brewed with the right temperature of hot water, they have created a unique taste of tea – bitter yet floral. Even in the sweltering summer, with beads of sweat draining down people’s cheeks, they are still willing to join a long queue just to have a sip of this tea – their comfort drink.

Time for the restaurant to close

Borrowed place, borrowed time. The restaurant has become increasingly financially unstable for a long time, and thus will close its doors by the end of December. Soon, customers might be dining in a chic indoor

café, or at a grab-and-go boba milk tea shop – who knows? Meanwhile, with that being said, there is certainly something we, the loyal customers of Ping On, can do - visit this memorable restaurant as often as we can before its final closure for old time's sake, and remember your glory days and enjoy laughter with your loved ones.

By Wu Hiu Ching (F.6E)

The early days of “FRESH”

Have you ever heard of “FRESH” – a famous restaurant with an unusual cooking style? This year is particularly special, as it marks the fiftieth anniversary of the restaurant. Read on to discover the features of “FRESH” and fulfil your curiosity! Cast back your mind to the times when “FRESH” was newly opened. It was an overnight success due to its novelty décor and steadfast menu. Through a blaze of word-of-mouth publicity, “FRESH” rose to fame in Hong Kong city in the early 1950s. The founders of the restaurant, Chris Wong, and his friends doubtlessly spared no effort with studying the gastronomy of their food through Chemistry, Biology and Nutritional Science. Their determination eventually turned their passion into a profitable career. Many diners hated not being able to leap on the bandwagon and make a restaurant reservation. Up to this very moment, a lot of diners are still on a long waiting list, all hoping to try the unique dishes of ‘FRESH’!

What “FRESH” is famous for

Chefs of “FRESH” use scientific knowledge and techniques in their cooking with the aim to create playful and interesting dishes for Hongkongers. It is universally known that delicacies made by these chefs not only satisfy hunger but also show the beauty of natural resources and ingredients, and the art of cooking. Not to mention that they bring a new dining experience to citizens as well as the pleasure of eating, which they put great emphasis on. One of their signature dishes are the miniature apples that are made to taste like meat. Transparent ravioli and spaghetti made from vegetables are another case in point. Utilising the science of cooking leads to seemingly bizarre dishes which are unexpectedly delicious. Owing to all of this, “FRESH” has received many awards such as “Michelin-Star Restaurant.’

Time for the restaurant to close

Unfortunately, “*FRESH*” is closing due to the economic recession brought about by the COVID-19 pandemic. In a recent interview with chef Chris Wong, he mentioned that, “It hasn’t been easy as the costs of operating have been skyrocketing, particularly with reduced customer numbers due to the global outbreak.’ Chef Wong admitted that they cannot shift ‘any more of the burden onto our dearest customers.’ Sadly, he sighs and admits that, ‘Whatever I do next in my life, I will always look back on my glory days here with gratitude.’ Undeniably, a day at the restaurant is by no means easy, from preparation of ingredients at dawn, to cleaning and menu experimentation at dusk. All these require hard work, dedication, and most importantly – the human touch. ‘FRESH’ is offering a 10% discount throughout December to reward their loyal customers. If you can make the waiting list, this might be your final chance to give this popular restaurant a try! Go and visit before it closes! You certainly won’t regret it! Chef Wong is waiting for you.