



Unveiling the Insights of our Vice Principal, Mr. Lui

Our dedicated team of reporters recently had the privilege of interviewing our Vice Principal, Mr. Lui. This conversation provides a wonderful chance to delve deeper into Mr. Lui's background, as well as to understand his insights, experiences, and aspirations for our school community.



1. What inspired you to become a Biology teacher?

I believe that my father, who was also a Biology teacher, played a significant role in shaping my passion for teaching. He shared with me both the joy of teaching Biology and the challenges that students face when learning the subject. His enthusiasm and unique teaching style have inspired me to follow a similar career path.

2. What do you enjoy most about teaching Biology?

I enjoy sparking students' curiosity about the natural world and encouraging them to ask questions and explore biological concepts. I appreciate the opportunities to relate biological concepts to students' everyday lives, helping them understand the relevance of what they are learning in a practical context. Also, I enjoy the chances to inspire and nurture the next generation of scientists, doctors, environmentalists, teachers and more. Witnessing my students develop a passion for biology is rewarding.

3. If you had the chance to teach any subject other than biology, which one would you choose and why?

I would probably choose computer programming because I like programmes and learn writing codes on my own. Programming allows me to automate tedious and repetitive tasks. For instance, if I need to send hundreds of emails to different people with various attachments or create numerous seating plans for tests and examinations, doing it manually could take hours. However, with the assistance of programming, I can accomplish these tasks with just a simple click of the mouse.

4. What advice would you give to students interested in pursuing science?

Here are three pieces of advice that I give to students interested in pursuing science:

1. Cultivate Curiosity and Ask Questions:

Embrace your natural curiosity about the world around you. Don't hesitate to ask questions, no matter how basic they may seem. Engage with the material actively, and seek to understand the "why" and "how" behind scientific concepts. Explore topics that interest you in greater depth, and be open to discovering new areas of science that ignite your passion.

2. Engage in Hands-On Experiences:

Participate in laboratory work, field studies, internships, or science fairs to gain practical experience in scientific inquiry. Hands-on experiences enhance your understanding of theoretical concepts and allow you to apply your knowledge in real-world scenarios. Seek internships, volunteer opportunities, or research projects that align with your interests, as they can provide valuable insights and skills.

3. Develop Critical Thinking and Problem-Solving Skills:

Science is not just about memorizing facts; it's about applying knowledge to solve problems and think critically. Practice analyzing data, evaluating sources of information, and interpreting results. Engage in discussions and collaborative projects that challenge you to think deeply and creatively. Acquiring these skills will prepare you for the complexities of scientific research and help you become a strong scientist in the future.

5. Can you share a memorable moment from your teaching career?

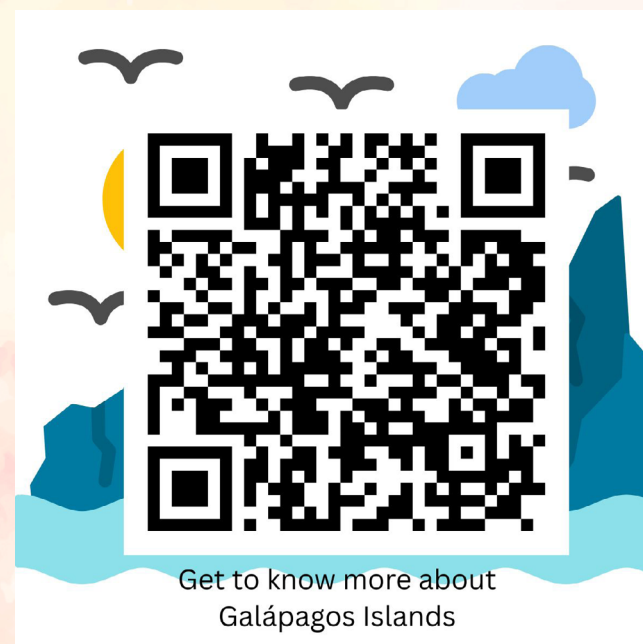
Last year, when I was voted by students as their favorite teacher in Ho Lap College, it was definitely a privilege in my teaching career. My students give me lots of support and encouragement. Teaching every day is not an easy task, but I am committed to doing my best and sharing the joy and success with my students.

6. If you could take students on a field trip anywhere in the world related to Biology, where would you go?

I may take my students on a visit to the Galápagos Islands, Ecuador. The Galápagos Islands are renowned for their unique and diverse ecosystems, which played a crucial role in Charles Darwin's theory of evolution by natural selection. Students can observe iconic species such as giant tortoises, marine iguanas, and blue-footed boobies in their natural habitats.

7. What is your favorite English song to sing and why does it resonate with you?

"We Are the World" is my favorite English song as it embodies my motto, promoting unity, compassion, and the importance of helping one another.



Get to know more about
Galápagos Islands

Feature Article

Self-Assessment: How Effective Are My Study Habits?

Instructions: Answer the following questions honestly to evaluate your current study habits and daily routines. Keep track of your answers, and reflect on areas where you can improve!

1. How often do you set specific goals for your study sessions?
 - ☐ A) Always
 - ☐ B) Sometimes
 - ☐ C) Rarely
 - ☐ D) Never
2. Do you create a daily schedule to manage your time?
 - ☐ A) Yes, I have a detailed schedule
 - ☐ B) I try to, but it's not always consistent
 - ☐ C) I have a rough idea of what I need to do
 - ☐ D) No, I don't use a schedule
3. How do you stay motivated during study sessions?
 - ☐ A) I use music or other motivators
 - ☐ B) I set small rewards for myself
 - ☐ C) I rely on friends to keep me accountable
 - ☐ D) I often lose motivation
4. How often do you take breaks while studying?
 - ☐ A) Every hour or so
 - ☐ B) Every couple of hours
 - ☐ C) I rarely take breaks
 - ☐ D) I don't take breaks at all
5. Do you engage in physical activity during the week?
 - ☐ A) Yes, regularly
 - ☐ B) Occasionally
 - ☐ C) Rarely
 - ☐ D) Not at all
6. How often do you seek help or collaborate with classmates?
 - ☐ A) Frequently
 - ☐ B) Sometimes
 - ☐ C) Rarely
 - ☐ D) Never

Reflection

Scoring:

- For each A, give yourself 3 points.
- For each B, give yourself 2 points.
- For each C, give yourself 1 point.
- For each D, give yourself 0 points.

Total Score:

- 15-18 points: Excellent! You have strong study habits and a proactive approach to your education. Keep it up!
- 10-14 points: Good job! You're on the right track, but there's room for improvement. Consider focusing on areas like scheduling or motivation.
- 5-9 points: Fair. You might want to reevaluate your strategies and implement some of the hacks discussed in the article.
- 0-4 points: It's time for a change! Start incorporating some of the suggested strategies to boost your study habits and make the most of your educational journey.

Next Steps

Reflect on your score and choose one or two areas to improve upon. Remember, small changes can lead to significant results!

Mastering School Life: Practical Hacks for Every Student

4C CHEUNG TIN WING

Navigating your educational journey can be challenging. From exams to quizzes, the pressure can feel overwhelming. However, with the right strategies, you can tackle these challenges more effectively. Here are some useful tips to help you manage your school life with ease.

Start Your Day Positively with Music

Kick off each day on a positive note by incorporating music into your morning routine. Listening to uplifting tunes can significantly enhance your mood and set a positive tone for the day ahead. Create a morning playlist with motivational tracks, like "Eye of the Tiger" by Survivor or "Stronger" by Kanye West. These songs can inspire you to tackle your tasks with confidence. Playing the same songs each morning can help establish a routine, signaling to your brain that it's time to wake up and get energized.

Stay Healthy and Energized

Maintaining your physical health is crucial for academic success. Stay hydrated and snack on nutritious foods like nuts, fruits, and whole grains. These snacks can boost your energy levels and improve your memory. Additionally, aim to exercise regularly—at least one hour each week. Physical activities trigger the release of dopamine, which can boost your mood and enhance your mental clarity. When you engage in regular exercise, you not only feel better physically but also become more equipped to tackle your academic challenges.

Study Smart

To study efficiently, focus on extracting key points from your materials and employ a color-coding system to organize information visually. Identify main ideas and essential details, using red for critical concepts, yellow for conclusions, green for examples, and blue for questions needing clarification. This differentiation helps you locate and review information quickly, enhancing retention. Additionally, create visual aids like mind maps to illustrate connections between concepts, and engage with the material through active learning techniques, such as summarizing in your own words or teaching the concepts to someone else. By adopting these strategies, you can transform your study sessions from passive reading into dynamic, effective learning experiences.

Create a Daily Schedule

To manage your time wisely, start by creating a detailed daily schedule that outlines your tasks and commitments. Time is as precious as gold and can slip away quickly, so prioritize your activities by writing down everything you need to accomplish each day, including classes, assignments, and study sessions. Organize your tasks into time blocks, allocating specific hours for focused work—like

studying for exams from 3 PM to 5 PM—and include short breaks to recharge, such as a 10-minute walk after each hour of study. It's also essential to set aside time for self-care, whether it's an hour to unwind with a book or to engage in a favorite hobby. This structured approach not only simplifies your routine but also helps you maintain a balanced lifestyle, ensuring you stay productive while preventing burnout.

Set Achievable Goals

Establishing small, attainable goals is crucial for keeping yourself motivated and recognizing your achievements. Large goals, like aiming for straight A's or winning a competition, can feel overwhelming and far away. Instead, break these big aspirations into manageable steps, such as studying for 30 minutes each day or completing one chapter of a book per week. This approach makes your goals feel more achievable and allows you to celebrate small victories along the way, like treating yourself to a favorite snack or enjoying a fun activity after reaching a milestone. By focusing on these bite-sized goals, you'll build confidence and create a positive momentum that drives you toward your larger dreams.

Engage in Diverse Activities

Participating in a variety of events and activities is essential for enriching your educational experience and personal growth. Whether it's joining a club, attending a workshop, or volunteering in your community, these opportunities allow you to explore new interests and develop valuable skills. Don't hesitate to connect with new people or ask questions; seeking knowledge and friendships enhances your social network and broadens your perspective. While some of these experiences may seem minor at the moment, they can profoundly influence your future choices, helping you discover passions and career paths you might not have considered. Remember, success often comes to those who are diligent and proactive, so embrace every opportunity to learn and grow, knowing that each experience contributes to your personal growth.

Steering through school life can be a fulfilling journey when you have the right strategies in place. By incorporating effective life hacks, such as starting your day with a positive mindset, prioritizing your health, mastering time management, setting achievable goals, and engaging in a variety of activities, you can enhance your educational experience and build a solid foundation for your future. Embrace every opportunity to learn and grow, understanding that each small step you take contributes to your overall success. With courage and commitment, you will develop into a confident lifelong learner!

SOW Readathon: Fostering a Passion for Reading

Our students eagerly participated in the SOW Readathon, an engaging initiative spearheaded by the Education Bureau (EDB). This event welcomed all primary and secondary schools across Hong Kong and was held from January to June 2025.

The primary objective of the SOW Readathon was to inspire a love for reading and nurture positive values among students. Schools were encouraged to register and select students as SOW Reading Ambassadors, who played a crucial role in promoting reading within their school communities.

The English Department organized a diverse array of interactive learning activities designed to cater to students' interests and needs. These activities took place both inside and outside the classroom, offering students various opportunities to enhance their appreciation for reading and the SOW initiative.

Through these enriching experiences, students actively embraced their roles as SOW Reading Ambassadors, contributing to the cultivation of a vibrant reading culture and the instillation of valuable attitudes and principles.



Book Café: A Magical Haven for Readers

The English Room has been transformed into an enchanting retreat for book lovers, inviting both the curious and the adventurous to experience the delightful Book Café. This inviting space encourages students and teachers to immerse themselves in a literary world where captivating stories and e-books united to celebrate the joy of reading during lunchtime.

The Book Café event showcased a thoughtfully curated selection of e-book titles, featuring a diverse range of fiction and non-fiction genres, including graphic novels, short stories, festive recipes, and crafts in digital format. Students explored tablets downloaded with various e-books, enjoying the convenience and excitement of digital reading.

Upon entering, our enthusiastic readers were welcomed into a magical atmosphere. The bulletin board displayed intriguing artwork, and whimsical decorations created an inviting ambiance. Our dedicated English Ambassadors, dressed in imaginative costumes, served as friendly guides throughout the café, enhancing the overall experience.

As our spirited English Ambassadors engaged with novice readers, they fostered discussions about favorite books, nurturing a sense of community among participants. Guests enjoyed delicious snacks and refreshing drinks while sharing their thoughts on preferred e-books.

Overall, the Book Café is a resounding success, filled with visitors attracted by the appeal of e-books and the inviting atmosphere. It is hoped this initiative would continually foster the love for reading among students, transforming a solitary activity into a supportive and enriching experience. The Book Café would continue to evolve, exploring diverse themes and interests that resonate with students, encouraging their exploration of various literary genres.





Students' Good Works

What I want to do most after the summer break? 1C CHEONG HOI KWONG

After the long summer break, my primary focus is to enhance my academic performance in preparation for the upcoming Uniform Tests and Exams. I recognise that achieving this goal necessitates a multifaceted approach.

Firstly, I intend to establish a rigorous study timetable that allocates specific time slots for each subject, including English, Chinese, Mathematics, History, and Science. This structured approach will enable me to cover the extensive syllabus effectively.

Moreover, I understand the importance of maintaining a healthy lifestyle to support my studies. A balanced diet and regular exercise will not only boost my physical well-being but also enhance my cognitive function. I plan to incorporate daily physical activities into my routine, ensuring that I remain energised and focused.

A Path to Healing: My Dream of Becoming a Doctor 5C LEUNG WING HIN DARBIN

From a young age, I have harboured a profound interest in the medical field, captivated by the intricate workings of the human body and the pivotal role that healthcare professionals play in diagnosing and treating ailments. The medical profession embodies a unique amalgamation of scientific inquiry, compassionate patient care, and the profound ability to effect positive change in individuals' lives. This fascination has evolved into a resolute aspiration to pursue a degree in Medicine at university.

The prospect of alleviating human suffering and enhancing public health serves as a significant motivator for my commitment to the medical profession. Family physicians, for instance, offer invaluable guidance and tailored pharmaceutical interventions, while surgeons undertake complex and often perilous procedures that can be life-saving.

I envision myself as a dedicated and empathetic practitioner, committed to addressing the diverse needs of each patient I encounter. Moreover, the field of medicine is characterised by its relentless evolution. Each day brings forth new discoveries and advancements that challenge our understanding and practices. The thrill of staying abreast of cutting-edge research and integrating these insights into patient care

Additionally, I aim to actively participate in class discussions and seek guidance from my teachers to acquire valuable study tips and skills. Forming study groups with peers will also be beneficial, as collaborative learning fosters a deeper understanding of complex topics.

As I transition into secondary school, I am aware of the challenges that lie ahead, but I am determined to embrace this new environment with enthusiasm and resilience. Ultimately, I believe that with dedication and the right strategies, I can achieve my academic aspirations and excel in my upcoming assessments.

is a driving force behind my ambition. I am particularly invigorated by the idea of contributing to this dynamic landscape, where continuous learning is not merely encouraged but essential.

Nonetheless, the challenges faced by medical professionals are formidable yet immensely rewarding. They occupy a critical position within society, often working tirelessly to save lives and support patients' mental well-being. This dedication, often overlooked, deserves recognition and respect. I aspire to cultivate the skills necessary to thrive under pressure, employing critical thinking and sound judgement in high-stakes situations, where a swift decision can be the difference between life and death.

In conclusion, my unwavering desire to serve humanity, coupled with a commitment to lifelong learning and a readiness to confront challenges, solidifies my decision to pursue a career in Medicine. This profession not only aligns with my personal aspirations but also offers a unique opportunity to make a tangible difference in society. I eagerly anticipate the journey ahead, ready to embrace the opportunities that await and to serve those in need, thereby enhancing their quality of life.

Shouldn't I be awarded? 6C WONG HO YIN

To My Beloved Friend,

You may be wondering why these words are here, or perhaps you are curious to read my story for the answer.

During a time when I invested my energy and effort into a competition, I felt utterly desperate when I didn't emerge as the victor. It was disheartening to realize that my talents fell short compared to those of my competitors. To make matters worse, other trivial disappointments weighed on me, leaving me feeling defeated. The world around me seemed enveloped in a somber, hazy shade of blue.

However, a glimmer of hope emerged when a note came into my life.

While packing my schoolbag one day, I stumbled upon a mysterious note tucked away in my drawer. I had no idea how it got there, but the words written on it were incredibly encouraging: "You possess exceptional talent, and one day, your brilliance will shine through. Remember to smile and persevere! From, Your Secret Angel."

I couldn't help but wonder who knew about my distress. Most importantly, these simple words touched my heart profoundly and brightened my entire day. Yet, I remained perplexed as to why a stranger would approach me in such a way, writing such kind messages. Initially, I dismissed it as a mere coincidence, assuming someone had mistakenly left the note behind.

However, throughout the following week, more notes began appearing randomly. They were hidden in my pencil case or slipped between the pages of the books I read. It became clear that my secret angel was no prank, and I genuinely felt the warmth conveyed by this unknown benefactor. In that realization, I understood how mistaken I had been to believe that acts of kindness were motivated solely by personal gain or recognition. These gestures required significant time and effort.

I had questioned why some individuals wholeheartedly engaged in philanthropy with seemingly altruistic intentions. Was it merely for fame or acclaim? I was proven wrong. True acts of benevolence often incurred personal costs and offered no tangible rewards. My

secret angel had written those notes solely to uplift my spirits and bring a smile to my face. Their intentions were not rooted in showmanship or one-upmanship but in genuine, wholehearted support.

I had always believed that good deeds had to be grand gestures. Little did I know that kindness could be as simple as a heartfelt blessing, a genuine compliment, or a few caring words written on a tiny note. While these may not have changed the course of my life, they were the moments I cherished the most. They filled me with hope and ignited my passion to spread positivity and create a ripple of love.

Having feared that my actions would make no difference to others, I often hesitated to extend a helping hand, even when I genuinely wanted to. However, being loved by my secret angel taught me that even weightless words have the power to alleviate the heaviest sorrows. Even if good deeds may seem inconsequential, akin to how tiny drops of water form the mighty ocean, they hold significance and uplift the world.

Inspired by the warmth and positivity that once lifted me up, I decided to become a secret angel myself. I began leaving little notes of encouragement and support in unexpected places, just as my angel had done for me. Witnessing people's smiles upon discovering these notes filled me with joy and further fueled my desire to continue this practice. And that is why this message appears before you now.

It seems that you've been going through a challenging time this week. Remember, it's okay to not be okay. Crying can be a way to release your emotions. Life may be difficult when it fills your heart with misery. Even if you can't see any light at the end of the tunnel, these dark times empower you to tap into your inner strength. If you find yourself engulfed in despair, always remember that a rainbow follows the storm! If you're pursuing your dreams, don't give up—keep pushing forward, as brighter days lie ahead! Stay positive and take good care of yourself!

With love,

Your Secret Angel

Building a Science Museum: A Step Towards a Brighter Future 6D LEE CHUN KIT

The debate surrounding whether Hong Kong should invest in a new art museum or a science museum has ignited considerable discussion. In my view, the construction of a science museum is not only essential but also a strategic investment in the future of our society. This article will outline the compelling reasons for prioritizing a science museum, focusing on its educational benefits, its role in fostering innovation, and its potential to nurture critical thinking skills among the younger generation.

Educational Benefits of a Science Museum

First and foremost, science museums serve as invaluable educational resources for students. Traditional educational settings often lack the necessary facilities and resources to provide hands-on experiences in science. It is not hard to imagine how students frequently find themselves overwhelmed by textbooks that focus primarily on theoretical concepts, leaving little room for practical application. A science museum can bridge this gap by offering interactive exhibits that bring scientific principles to life. For instance, concepts such as human digestion can be illustrated through engaging animations and life-sized models, allowing students to visualize and understand complex processes. By immersing themselves in a dynamic learning environment, students gain a deeper appreciation for science and its relevance to everyday life. Moreover, science museums can introduce students to scientific phenomena that are not typically covered in school curricula, such as fascinating scientific facts and the latest technological advancements. This exposure that science museums offer can certainly ignite a passion for science that may lead to future careers in STEM fields.

Driving Innovation and Creativity

In addition to enhancing education, science museums play a crucial role in driving innovation and creativity among young people. By showcasing groundbreaking inventions and discoveries, science museums can inspire the next generation of scientists and innovators. Consider the story of a young inventor who created a mini rocket that could travel 400 meters. His journey was significantly influenced by the science museum in his community, which provided him with the resources and inspiration to pursue his passion for science. By investing in a new science museum, Hong Kong can cultivate a culture of innovation, encouraging young minds to think critically and creatively. The museum can serve as a hub for workshops, competitions, and collaborative projects, fostering an environment where students can experiment and explore their ideas. This not only benefits the individuals involved but also contributes to the overall advancement of society by nurturing a generation of problem solvers and innovators.

Nurturing Critical Thinking Skills

Moreover, science museums are instrumental in developing critical thinking and problem-solving skills

among students. Contrary to the misconception that science museums focus solely on scientific knowledge, they also impart essential life skills and moral values. By learning about the achievements of renowned scientists and their contributions to society, students can understand the importance of perseverance, dedication, and ethical responsibility in scientific pursuits. For instance, the story of Marie Curie, a pioneering scientist known for her groundbreaking work on radioactivity, serves as a powerful example of resilience and commitment. Her journey can inspire young people to embrace challenges and strive for excellence in their own lives. By instilling these values, science museums can help shape future leaders who are not only knowledgeable but also socially responsible.

Addressing Concerns About Costs

Some may argue that the costs associated with building a science museum are prohibitive compared to an art museum. While it is true that the equipment and exhibits in a science museum can be expensive, it is essential to recognize that the benefits far outweigh the costs. A science museum does not necessarily require high-tech instruments; it can also focus on demonstrating scientific principles through everyday phenomena. For example, simple experiments that illustrate the science behind cooking or gardening can be both educational and engaging. Furthermore, the long-term benefits of investing in a science museum extend beyond immediate financial considerations. By fostering a scientifically literate population, Hong Kong can enhance its competitiveness in the global economy, attract investment, and create job opportunities in emerging industries.

Conclusion

In conclusion, the establishment of a new science museum in Hong Kong is a vital investment in the future of our society. By providing educational opportunities, driving innovation, and nurturing critical thinking skills, a science museum can empower the next generation to become informed, creative, and responsible citizens. As we consider the future of our city, it is imperative that we prioritize the construction of a science museum, ensuring that our youth are equipped with the knowledge and skills necessary to thrive in an increasingly complex world.



Ho Lap College (Sponsored by Sik Sik Yuen)

Reading is like ...

Creative Sentence Writing Competition
Organizer: Education Bureau (EDB)

Outstanding Award *English category*
goes to 6C Lui Suet Yi Zoie!



Reading is like ...

diving into an ocean of words, where every page is a wave that carries us further into the unknown. When we dive deeper, the real world fades away, replaced by an authentic imagery. Sometimes, the waters are crystal clear and reflective, inviting us to linger and guiding us with a moral compass. Other times, the waters crash, sweeping us into a multitude of exhilarating adventures and provoke excitements. In the endless sea of stories, we can empathize with characters in stories and share their emotions with our friends. Let's immerse in this wonderful world of reading!



新老師介紹

郭佩嫻老師

Subject taught English

Interest Hiking and eating delicious food

Motto

If you never try, you will not know what you are capable of. The road to success is built from making attempts. Even the great inventor Thomas Edison faced challenges faced difficulties in making his experiments successful, yet he persistently made numerous adjustments along the way. Eventually, he succeeded. Therefore, don't be afraid of failure—just try!

What I think about Ho Lap students

Regarding my impression of Holapians, they are diligent and self-motivated when it comes to learning. I really appreciate their positive learning attitude. To maintain a study-life balance, remember to study hard and play hard.



羅俊兒老師

Subject taught English

Interest Drawing, movies, music

Motto Never underestimate yourself 永遠不要低估自己

What I think about Ho Lap students

Ho Lap students are friendly and lovely. All of you are unique and talented in some ways. Believe in yourself and always seek ways to push your dreams even further! Take a step forward and venture out of your comfort zone. You'll discover that you can successfully manage tasks you never thought possible and grow into a new version of yourself. Most opportunities are fleeting and created by us. So, never hesitate to pursue what you are passionate about and confident in! As a new teacher, I look forward to growing alongside my students. Holapians, let's unleash our potential together! I wholeheartedly believe that perseverance will lead us to remarkable success!



羅海桐老師

任教科目 體育、新高中體育、初中科學

興趣 運動和烹飪

座右銘 Setbacks are for an epic comeback.

對可立學生的期望

可立同學活力十足，如將這份熱情感染更多人便能造就開心愉快的學習環境。希望所有可立同學能有面對種種困難時還堅定向前看的心境，不害怕失誤亦不害怕跌到。做個每天進步善待他人的人，勇敢做自己喜歡和想做的事，保持積極心態，找到自己的定位。



袁綵營老師

任教科目 中國語文

興趣 賞花、烹飪

座右銘 It is the time you have wasted for your rose that makes your rose so important. — Antoine de Saint-Exupéry, The Little Prince

對可立學生的期望

「萬千世界，人為第一，百人百貌，百貌百性，不能定然，不可固一。」石片到最後能夠停在河灘裏顯其光輝璀璨。希望可立同學立下志向，努力奮鬥，在可立為自己寫下屬於自己的回憶。如果你能夠學會拾回過程中的收穫，相信會比你曾經構想的結果更加美好。



Resonance

立聲

舊色園主辦

可立中學學生報

第六十九期

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陳立軒老師

Subject taught English

Interest Listening to music as a means of relaxation.

Motto

‘The future depends on what you do today.’ I encourage you all to work hard to become bright individuals in the future.

What I think about Ho Lap students

I would like to express my sincere hope that my students recognize the necessity of adopting a positive and active learning attitude. In addition to submitting quality assignments on time, it is incumbent on you all to understand that seriousness, commitment and respect are essential for pursuing academic excellence. Embracing these values will lead to success in your studies.



梁志迪老師

Subject taught English

Interest Reading, watching movies and singing

Motto

‘Never give up.’ is my motto. If we can continue, we can achieve success eventually. On the contrary, we may fail if we give up too easily.

What I think about Ho Lap students

I anticipate that Holapians will thrive in the harmonious culture at Ho Lap, fostering a joyful learning experience. Many of you exhibit strong self-motivation, which leads me to believe you can become independent learners who actively engage in self-regulated learning and take the initiative to prepare for lessons thoroughly, ensuring a solid understanding of the subject matter. Please keep in mind that pre-lesson preparation and post-lesson consolidation are vital components of your learning journey. So, boys and girls, I encourage each of you to develop effective study habits that will equip you with the skills essential for becoming successful individuals in the future.



楊宏基老師

任教科目 中國語文

興趣 散策、閱讀

座右銘 玫瑰是沒有理由的開放。——詩人西萊修斯

對可立學生的期望

我們先是一個人，然後才是我們的身份。做好事，存好心，成好人。



余錫鴻老師

任教科目 中國語文、中國歷史及普通話科

興趣 看電影

座右銘 The unexamined life is not worth living.
(未經審視的生活是不值得過的)

對可立學生的期望

希望同學能好好審視自己的狀態，保持思考，創造屬於自己的將來。希望這學期，我們能一起享受上課的樂趣！如果同學有喜歡的電影、歌曲或書籍，歡迎各位推介給我，讓我多了解大家的喜好，同時也歡迎同學隨時與我交流學習上的困難。



二十四節氣文字創作比賽



立春 柳宇鈞 中四丙班

春風敲響新年輪，紅梅漸散殘雪融。
蓑衣再染無垠水，犁把又見滿地春。
蟄蟲將醒翻身際，草芽已長新一輪。
稚子不知生何事，原是東君推寒雲。



立秋 陳盈彤 中四甲班

立秋時節，暑氣漸消，秋風送爽。清晨，空氣中帶著一絲涼意，讓人感到神清氣爽。太陽不再像盛夏那麼炙熱，而是變得柔和，照在身上暖洋洋的。樹葉漸漸泛黃，提醒著人們隨著時間的流逝，周圍環境的轉變，樹葉隨風飄落，地上鋪落了一層金黃色的落葉，像是給大地鋪上了一層金色的地毯。街上的人們也開始換上輕薄的秋裝，享受著秋高氣爽的舒適。立秋，是夏秋交替的時節，也是充滿希望的時節。它象徵著收穫，也預示著新的開始。

立秋 丁靖妮 中四丙班

當第一片黃葉飄落，立秋翩然而至，如同一卷古老的詩書，悄然鋪展。是夏日的終章，卻也奏響了秋日的序曲。回首那些熱烈似火的日子，我告別了一段充滿故事的時光，歡笑與淚水交織成歲月的錦緞。風有了秋的味道，我擁抱著它。此刻，我像等待豐收的農人。立秋，這個萬物開始從繁茂成長趨向成熟，我期待著在這個秋天，醞釀出更多的甘甜。

夏至 羅詩奇 中四丙班

夏至，作為一年裏白晝最長的節氣，陽光似火，象徵著旺盛熱烈的生命，彷彿在催促世間萬物盡情展現活力。池塘裏，荷葉層層疊疊，簇擁著粉嫩的荷花，在微風中輕輕搖曳，它們相互依偎，共同綻放光彩。街頭巷尾，人們手持蒲扇，分享著西瓜的清甜。你來我往的談笑間，鄰里情長，洋溢著滿滿的生活溫暖與愜意。在這熱烈的時節裏，無論是枝頭新綠，還是林間飛鳥，萬物都在蓬勃生長。這是大自然的饋贈，也是對我們的提醒，時光匆匆，應珍惜當下，像萬物一般積極進取。



學生佳作 初中



茉莉花開，香滿人間 黃洛兒 中二乙班

在四季的輪迴中，總有一些花朵，它們不與群芳爭艷，卻以獨特的姿態和芬芳，悄然綻放在歲月的深處。茉莉花，便是這樣一種花。它沒有牡丹的雍容華貴，沒有玫瑰的絢麗奪目，卻以素雅的潔白和淡然的清香，深深地打動著我。

那是一個微風輕拂的黃昏，我漫步在庭院的小徑上，忽然一陣清香，撲鼻而來。循香而去，一株茉莉花映入眼簾，它靜靜地佇立在綠葉之間，花瓣潔白如雪，晶瑩剔透，彷彿是月光下的精靈，帶着一絲神秘。我凝視著這株茉莉花，心中莫名湧起一股感動。在這喧囂的塵世中，它以自己的方式，默默地散發著芬芳，不張揚，不炫耀，卻讓人無法忽視。

茉莉花的生長過程，是一首生命的讚歌。它從一粒小小的種子開始，在泥土中默默積蓄力量，等待破土而出。在這個過程中，它經歷了風雨的洗禮，承受了烈日的炙烤，卻始終不曾放棄。當第一片嫩葉破土而出時，茉莉花便開始了它頑強的生長。它不畏嚴寒，不懼酷暑，在每一個季節裏都展現著生命的活力。它的堅韌與頑強，讓我明白到無論生活多麼艱難，只要我們心中有信念，有希望，就一定能夠戰勝困難，迎來屬於自己的春天。茉莉花每一次綻放，都是對生命的禮讚。它用那潔白無瑕的花瓣，告訴我即使在最平凡的日子裏，也要努力綻放光彩。它的香氣，是最迷人的，那淡雅的芬芳能持久地縈繞在空氣中，給人心靈的慰藉。

茉莉花，更是一種品格的象徵。它的純潔、素雅和堅韌，教會了我許多道理。它的潔白無瑕，令我懂得了保持內心純潔的重要性。在這個紛繁複雜的世界裏，我們常常被各種誘惑和慾望所迷惑，而茉莉花提醒我們，要時刻保持清醒，不忘初心；它的素雅，令我明白了低調和內斂的價值，不必過於張揚、追求外在的華麗，真正的華麗在於內心的豐富和充實；它的頑強生長，讓我學會了在困境中堅持不懈。

茉莉花開，香滿人間。它以自己的純潔、素雅和堅韌，感染著每一個走近它的人。在這個喧囂的世界裏，讓我們像茉莉花一樣，保持內心的純潔和寧靜，勇敢地面對生活的挑戰，享受當下每一個美好。願這淡雅的香氣，能陪伴你走過每一個春夏秋冬，带给你無盡的美好。

這個畫面令我深受感動，使我的心情久久不能平復

姚漢 中三乙班

在漫長的人生旅途中，我們每天會見到不同的畫面，有的轉瞬即逝，有的深深烙印在我的心裡，心情久久不能平復，而我今天見到的畫面，就是屬於後者。

今天中午，驕陽似火，我走在繁華的街道上，愉快的心情早已被灼熱的陽光燃燒殆盡，變得煩躁起來。這時，前方突然傳出一陣陣嘈雜聲，又見一群人圍在那裡，議論紛紛。

我擠入人群，眼前一幕讓我震驚，只見一位老人倒在地上，臉色蒼白，雙眼緊閉。旁邊，一個年輕人正焦急地呼叫救護車，額頭上滿是汗珠。原來，老人在行走時突然暈倒，這個年輕人剛好路過，毫不猶豫地伸出援手。

年輕人一邊等待救護車的到來，一邊輕聲地呼喚著老人，他的眼神滿是擔憂，彷彿躺在地上的是他的親人。周圍的人有的在拍照，有的在指指點點，卻沒有一個人上前幫忙，那年輕人和周圍的人形成鮮明的對比。那一刻，我的心被深深地觸動了，這個年輕人，在眾人的冷漠面前展現出了人類的美德，人性的光輝，他用行動詮釋了什麼叫善良，什麼叫承擔，什麼是一個人應該要有的高尚品德。

這時我想到了孟子的一句話：「人皆有不忍人之心。」在這個物慾橫流的社會中，我們似乎越來越冷漠，漸漸地不再關心他人，我們總是關注自己的利益，卻忽略身邊需要幫助的人。而這個年輕人讓我看到了人性美好的一面。

救護車很快就來了，年輕人跟隨著醫護人員和老人坐上了救護車，人群也漸漸散去，只有我還呆在原地，心情久久不能平復。

從那以後，那個畫面就一直浮現在我的腦裡，彷彿無時無刻提醒著我要保持一顆善良的心，在他人需要幫助時，要伸出援手，讓我們的善良就像一束光，照亮他人前行的道路！

這個畫面令我深受感動，使我的心情久久不能平伏

于然 中三甲班

年初的時候回北京，在母校探望老師，出校門的時候路過了胡同巷尾一個熟悉的位置，開了一個新的小食店，不禁駐足。因為是假期，所以即使已經是中午也只有零星幾個人，老板熱絡地跟食客們搭著話。店面很小，桌子也被擦得褪色，但是可以看出被用心清潔過的痕跡。我看著那個小店，心中五味雜陳……

小學放學的時間總是很晚，等出了校門，天總是差不多要黑透了，又累又餓，於是，巷尾的小食店也便成了我每天都要光顧的地方，這樣一來二去，和老板也熟絡了起來。老板是個中年人，皮膚黝黑，因為長年在廚房工作，油煙把他的臉熏得油亮，在白熾燈下反著光，身材並不臃腫，只是從小腹可以看出點將要中年發福的跡象；身上常穿的圍裙被洗得發白，腳下踩著一雙人字拖，也是磨損得不成樣子。雖然看起來是「油膩」中年人的樣子，但實際上是個淳樸、善良的人。如果是常客，他總是在飯盒裡多放幾個菜；與食客交談，每每提及他的家人，他總是笑著，臉上的細紋中也彷彿溢滿了幸福。我見過他的家人的照片，他的妻子也只是個普通人，肥厚的鼻翼，狹長的眼睛，抱著他並不十分可愛的兒子，而他卻總是用他發白的圍裙細細地擦拭那相框上的油污，溢滿的幸福就要從他下垂的眼角和厚重的眼袋下流出來一樣。

那食檔實在是小得可憐，低矮壓抑的鋪面在昏暗的燈光下更顯破敗。街對面是一棟老樓，像上個世紀的遺物，但在四周胡同裡平房襯托下卻顯得如同遮天蔽日般的巨大，而這小食檔也像周圍的房子一般，籠罩在這巨物的陰影下。「唉，這個地方哪都好，唯一讓我最不滿意的地方就是沒有陽光……」他笑了笑，但也明白，他經營這食檔的營利也只是勉強夠全家的溫飽，只能租得起這片又老又破的小地方，因此這個小店也如同他的生命般重要。

然而，天不遂人願，二零一九年疫情爆發，在世界的齒輪停止運轉，經濟崩壞的大環境下，他的小食檔自然沒能挺過。當我再回到那個小食檔，只見到他佝僂著背，站在那裡，與他的生命擁有同等重量的店鋪已經關閉。灰敗的捲簾門將那充滿生命與回憶的小店與世隔絕，因為疫情長時間沒有打理的店門雜草叢生，磚縫中甚至生出了小片的青苔，在粉刷的，蒼白的牆面上顯得十分扎眼。他所期待的陽光以一種刁鑽的角度鑽進了這條小巷，沒有為那灰敗的捲簾門添上點生命的顏色，卻是向食檔對面的牆面垂下了眼簾，投下那斑駁的樹影，像是眼淚流過的水痕一般，哀悼著夢想的破滅。他顯然是比以前蒼老了許多，稀疏的青絲已多半成了白髮，皮膚鬆弛得微微下垂。他只是怔怔地望著，眼睛長時間的睜著而充斥著血絲，眼白也變得渾濁，他的妻子在旁邊攙扶著。她並沒有照片上那麼面色紅潤，反而蒼白著臉，寬厚的鼻翼隨著呼吸的頻率快速的縮著，張著，薄薄的嘴唇欲言又止，最後還是出聲了，「回去吧，咱們再謀出路。你明白的。咱們站在這裡只會……」只會徒添悲傷而已，我在心裡默默把話補全。「你閉嘴！我現在不想聽這些！」他向他昔日珍重的愛人出手了。「我……我只是……」他把頭埋在她的懷裡哭泣。終於，那渺茫的最後一縷

陽光也從他們的頭上略過，陰影帶來的黑暗重新填滿了小巷，陽光不再為他們哭泣。

有人曾浪漫地形容城市的發展與變化就像一道極緩極慢的海浪，但是這無情的海浪又曾經飄飄地拍死過多少人的「性命」與夢想？

陽光照在遠處的玻璃磚上，大片的玻璃反射出刺眼的光芒。很難想像吧！這昏暗的小巷兩條街開外便是北京最繁華的市中心。這寸土寸金的城市，又有多少人像食檔老板一樣被時代的洪流挾著各奔東西？曾經有不少人選擇「北漂」尋找機會而最終又能有多少人成功呢？不過是從一個平凡墜入另一個平凡罷了。而那些成功人士遵循著所謂的「上流」，但從其言語作風之間窺探到的本性又何嘗不是真正的「下流」，長期包裹在這些虛偽之間。那平凡的，其貌不揚的早餐店夫妻身上所散發出的愛，包容，這種普通特質的光輝就顯得愈發光芒萬丈。那記憶中他們相擁而泣的瘦小身影也彷彿變得愈來愈大，愈來愈偉岸。我忽然驚奇地發現，我對那畫面印象極深，不是因為惋惜；而是因為我被他們身上那可貴的特質擊中了，我麻木不仁的靈魂，從他們背後看到了無數窮苦人民對於困境一般的生活的吶喊和哭泣，因此每次回想便心中一熱，血脈沸騰，使我心情久久不能平復。

這次回京，我發現小巷對面那棟遮天蔽日的老樓已經被拆徐，那條曾經暗無天日的小巷重獲了久違的光明。這次陽光終終肯垂眸於那曾經的小食檔，不過那裡早就換了新的店家經營。老板熱絡地與食客搭著話，陽光照進店裡，照在桌子上，照亮了每一縷空氣中的微粒。生活還在繼續，我默默地轉身走出了那條小巷。

經過這件事，我才明白媽媽對自己的苦心 譚嘉楠 中一乙班

經過這件事，我才明白媽媽對我的苦心。

那是一個週末，我在房間裡玩遊戲，媽媽突然走進來。她的眉頭緊皺，眼神中透出一絲怒不可遏，嘴唇緊抿，活像一頭髮怒的獅子，大聲地吼叫：「整天就知道玩遊戲，作業寫完了嗎？還有時間玩遊戲！」我滿不在乎的回答：「早就寫完了，休息一下不行嗎？」媽媽聽了，雙手叉腰，氣得暴跳如雷，怒目圓睜地說：「你現在的任務就是學習，不能把時間浪費在遊戲上。」我不以為然，覺得媽媽不可理喻。從那以後，我和媽媽之間就像隔了一道鴻溝，每次看見她都避之不及。

有一次考試成績出來，我考得一塌糊塗。我垂頭喪氣地回到家，媽媽看到我這副模樣，心平氣和地把我拉到了書桌前。她拿出一本筆記本，上面密密麻麻地記錄著我平時的作業錯誤、考試錯題，以及她對我的分析和總結。她語重心長地對我說：「孩子，學習就像逆水行舟，不進則退。你要明白，只有付出努力，才能收穫成功。」說著，她指了指那些錯題，又說：「這些錯題就像一個個攔路虎，你只有戰勝它們，才能進步。」

在媽媽耐心的講解下，我終於恍然大悟。原來媽媽一直在默默地關注著我的學習，她的嚴厲和嘮叨都是為了我能夠養成良好的學習態度，可我只認為她煩，卻不明白她的苦心。我瞬間羞愧極了，從此，我下定決心要努力學習，不能讓媽媽傷心、失望。

從那以後，我努力學習，不再像以前一樣貪玩。我知道，媽媽的良苦用心是我前進的動力。媽媽對我的愛就像一盞明燈，照亮我前行的道路；又像溫暖的陽光，給予我溫暖和力量；更像春天的細雨，滋潤著我的心田。媽媽，謝謝你的用心。

在這個過程中，我也深刻體會到了媽媽對我的苦心。我會銘記媽媽的教誨，放下遊戲機，不再沉迷玩樂，而是努力學習，不辜負媽媽的期望。



學生佳作 高中

擲子之下。那時我仍不明白，帶有如此「香味」的東西，是如何與「美食」扯上關係，只知道這「香味」讓我在學校飽受重傷，更被掛上「小蝦米」的「愛稱」。

作為大澳村民民，我家世世代代以出售手工蝦醬維持生計。我作為家中獨子，自然要接手這祖業。奇怪的是，生活在海邊的我異常討厭蝦醬的味道。我自幼跟著父親製造蝦醬，從捕蝦到養蝦，再到磨醬等一大堆工作叫人疲累，奈何父親拒絕使用機器。記得小時候多口提了一句：「人家王嫂都開始用機器製作了，你啥時候換啊。」父親剛剛磨完蝦醬不知哪來的力氣抄起雞毛撻子追了我三條街，邊跑邊說：「少提那旁門左道的四不像。用垃圾造出來的蝦醬也是垃圾。」

後來，有一天早上起來時，發現父親倒在地上。我大驚失色，馬上打電話求救，陪父親到醫院做檢查，父親竟是中風了，不宜再工作。我在病床旁靜候父親醒來，期望媽祖能保佑父親平安。

不知道等了多久，父親終於醒了過來。他醒來後的第一句話便是：「蝦醬，我的蝦醬！」我急忙安慰父親，說：「沒事的，沒事的，我幫你看好你的蝦醬，你先好好休息，好嗎？」父親的手緊緊抓住我。說：「不要用機器，不要用機器啊！用機器做蝦醬，是在殺死蝦醬啊！只有人工蝦醬才是真正的傳承，上一輩真正的禮物啊！」話畢，父親的眼淚落下，咸咸的，有如海水。我才發現父親如今再也沒有力氣手持雞毛撻子追著我跑了。此刻，我明白這一份來自上一輩的禮物傳承到我手上了。這份禮物很便宜，只要一百元便能買到一罐用作送禮；這禮物很貴，是我們的先祖們的智慧與心血，是我們的歷史，是我們的傳承。

光陰似箭，日月如梭。如今的我站在海邊，享受海風撫臉的感覺。今日的海風是那麼小，那麼小。身旁的小男孩抓著我的手，問說：「爸爸，今日是我的生日呢，你說要送我禮物，到底在哪兒啊？」我拍了拍他的頭，說：「是手工蝦醬！爸爸這就把我最想傳承下去的禮物送給你！這可是爸爸的驕傲和心血，更是這世上最好吃的美食呢！」

大海啊大海，你神秘又美麗，為我帶來如此珍貴的禮物。希望手工蝦醬在日新月異的科技發展下仍能得以傳承，這可是傳承自香港、先祖、父親、大海的禮物啊！

執燈的人 黃梓謙 中四丁班

泰戈爾在《飛鳥集》中寫道：「謝謝火燄給你光明，但是不要忘了那執燈的人。」每當讀到這句話，我總會想起母親。她是那個在黑暗中為我執燈的人，常用溫暖的光芒照亮我前行的路，卻將自己隱沒在光影之外。她的愛，如同那執燈的手，永遠堅定而溫柔，默默守護著我，卻從不求回報。

記得那是初三的一個冬夜，我為了準備即將到來的考試，熬夜複習至凌晨一點，窗外的寒風呼嘯而過，無情地拍打着窗戶，發出輕微的嗚咽聲。房間裏雖然開著暖氣，但我仍能感受到一陣陣涼意從腳底蔓延上來，手指幾乎凍得僵硬。正當我打算站起來活動一下冰冷的身體時，房門被輕輕推開了。

母親端着一個托盤走了進來，上面放着一碗熱騰騰的湯水和幾塊剛烤好的餅乾。她的脚步輕得聽不見，彷彿怕打擾到我。她輕聲道：「喝點湯水暖暖身子，累了記得早點休息。」那聲音像夜風中搖曳的燭火，溫暖而柔和。我接過湯水，碗壁的溫度透過掌心傳向全身，驅散了寒意。就在那一刻，我注意到母親的手貼著創可貼，想必是在烤餅乾時不小心燙傷了。我的心猛地一顫，喉嚨像是被什麼堵住了，說不出話來。

我喝着溫暖的湯水，母親則坐在床邊，拿起我随手扔在一旁的毛衣，細心地縫補着袖口脫線的地方。檯燈的光輝映照在她的銀針上，折射出點點光芒，如同夜空中閃爍的星星。我注意到她的眼角已經出現了細微的皺紋，頭髮裡也夾雜著銀絲，在燈光下顯得格外刺眼。那瞬間，我突然意識到母親已不再年輕。如同青春和時間，在我的成長中悄然流逝。

「媽，你去睡吧，不用陪我了。」我輕聲勸道，聲音帶著哽咽。但母親搖搖頭，嘴角輕揚，露出一抹溫柔的微笑：「沒事，我睡不着，正好可以陪陪你。」她繼續專注於縫補衣服，偶爾抬頭看我，眼中流露出無限的柔情，像冬日裡的一縷光，溫暖了我疲憊的心。

那一夜，母親一直陪伴我至凌晨三點。我在複習功課，她則靜靜地做着針線活，時不時為我添熱水，或遞上一塊餅乾，每次我抬頭，都能看到她溫暖的笑容，那笑容宛如明燈，驅散了黑夜的寒冷與疲倦，她的陪伴讓我感到無比安心，彷彿無論前方的路有多麼黑暗，我都不會迷失方向。

到了第二天早上，母親早早就在廚房忙碌，當我醒來時，餐桌上已經擺好了熱氣騰騰的早餐和牛奶。這時我才想起，母親每天都是這樣，總是在我還未起床時就開始忙碌，卻從不抱怨一句。她的愛，總是那麼無聲無息，卻又無處不在，暖人心窩。如今回想起來，那個冬夜的點滴都是她無言的關懷。她就像那位執燈人，用溫暖的光芒照亮我前行之路，卻將自己隱藏於光影之中。母親的愛如此細膩而無私，以至於過去的我常常忽略了它的存在，直到現在，我才真正明白，母親的愛是我生命中最珍貴的光芒。

母親的愛就像空氣，無聲無息卻無處不在，像大地，默默承載卻從不張揚，她將光明全給了我，自己卻站在陰影中，用微笑掩飾疲憊。她的雙手或許不再挺拔，卻依然為我遮風擋雨。在這個世界上，有無數像母親一樣的執燈人，她們用愛點亮人間的溫暖，以奉獻詮釋生命的意義。我們往往只注意到那火燄為我們的「黑暗之路」點燈，卻忽略了那位堅持不懈站在黑暗中為我們執燈的人，沒有了執燈的人又何來的火燄，何來的功成名就？所以讓我們永遠記住這些執燈的人，記住她們無私的愛與奉獻。正是這些平凡而偉大的母親，用她們生命之光照亮了整個世界。她們的愛如同那執燈人的手永遠不會垂落，永遠為我們指引着前行的方向。



我在賣花之中找到自我價值 鍾欣陶 中五丁班

炎炎夏日，空氣中充斥著熱浪，仿佛置身在高溫焗爐，身旁是一個慢慢膨大的草莓蛋糕，一呼一吸間全是甜膩黏人的氣味。陣陣微風吹過，「叮鈴鈴……」清脆悅耳的聲音傳到耳邊，「歡迎光臨！」表姐抬頭微笑應道。

這是我在表姐花店實習的第一天，白紙般的工作經驗讓我緊張得失眠一整晚。我害怕做得不夠完美、擔心讓客人不滿意、畏懼在陌生人面前出醜，種種憂慮，讓我心裏的負擔沉重了起來。

表姐眼神示意我上前招呼客人，我於是努力壓著微微顫抖的聲音問道：「有甚麼需要的嗎？」「你有甚麼推薦嗎？」打扮精緻的婦女緩緩問道。我細想片刻，微笑著說：「紅玫瑰吧，許多人都喜歡的，而且買玫瑰的人最多。」表姐歪頭望向了，似是不解，卻未多作評價。「那給我來一束吧。」婦女道。我於是快速紮好一束玫瑰，開口道：「盛惠八十八塊，謝謝。」

婦女走後，清脆的風鈴聲又再次響起，伴隨著一道年輕的聲音：「你好，我想買一束花送給女朋友，請問有甚麼推薦嗎？」我聞聲抬頭，這次是一位穿著時髦的男孩。「紅玫瑰吧，許多人都喜歡的，而且買玫瑰的人最多。」我將同樣的話又說了一遍，添了一句：「紅玫瑰象徵熱情、濃烈的愛，許多男生都會買紅玫瑰送給女朋友的。」「那要一束紅玫瑰吧。」我聞言迅速紮好一束玫瑰，伸手遞上，「盛惠八十八元，謝謝。」

「一心，為甚麼你會向顧客推薦紅玫瑰？」表姐問。我不假思索地應道：「因為很多人喜愛紅玫瑰啊。」「大眾喜歡所以每一個人都必然喜歡、必然適合嗎？」表姐又問。我想了想，認真問道：「可是，我們不總是在追求大眾的審美嗎？就像盛唐時女子以『胖』為美，追求『豐腴』；現如今卻以『瘦』為美，追求『苗條』。由古至今我們都是在跟隨時代對美的標準掙飭自己，最多人喜歡甚麼，就追隨他們的喜好，成為他人所『鍾愛』的，如此來成就出更好的自己。不是嗎？既然大眾喜歡嬌豔欲滴的玫瑰，這不正正是一個理所應當的理由去推介玫瑰嗎？」

表姐搖了搖頭，回道：「我們總說『各花入各眼』，有人喜歡嬌豔動人的玫瑰，有人喜歡華貴迷人的牡丹，有人喜歡素雅怡人的雛菊，每個人自有不同的標準，不同的見解，又為何必然要成為別人眼中最好的、最喜愛的呢？」我靜靜思索表姐這番話。的確，我們總是想成為別人眼中最好的那一個，完美無瑕的那一個，總覺得只要成為別人鍾愛的，便是最好的自己，可卻未曾思考過片刻——我，當真喜歡嗎？我所收穫的，不過是別人輕而易舉說出的喜歡，但卻從未真正地，由心而發，打從心底裏，喜歡自己的選擇。

「叮鈴鈴……」風鈴再次響起，這次是一位優雅端莊、慈眉善目的老奶奶。我緩過神，微笑道：「歡迎光臨，有甚麼能幫到您的嗎？」「我想買花，今天是我六十歲生辰。丫頭，你能幫我挑一束花嗎？」老奶奶笑呵呵道。

剛剛與表姐談話的畫面再現於眼前，我於是壓下了差點脫口而出的「紅玫瑰」，改而換成「您可以先轉轉，看看有沒有看對眼的，我再來為您介紹介紹。」表姐再次歪頭望向我，而這次，我從她的眼神中讀出了欣慰。

為人如買花，從不必迎合大眾審美，也不必事事完美。人生來便是獨立的個體，哪怕不去迎合別人的喜好，依舊能夠成為更好、更自信的自己。大眾所謂的「美」與「好」從不能限制你我成為更好的自己。過往的我似乎過於執著於外界眼光，總會過份雕琢自己的一舉一動，然而，這不僅極費心力，效果也大差不差罷了。我不禁反思，我的價值是反映在外界目光之上嗎？似乎並沒有。那執著於他人所鍾愛的意義又為何呢？大概是，滿足當下的虛榮心罷了。但過後，卻對提升自我毫無幫助。既然如此，也不必拘泥於成為別人眼中最好的、最鍾愛的那一位，反倒是應多將重心放在自己身上、多著重自身真正的「精神食糧」、重視自我所喜歡的而非區區的他人眼光。

「丫頭，這是蒼蘭嗎？」我走到老奶奶身旁應道：「嗯，是的。蒼蘭有著幸福美滿、生活愜意的象徵，因為花瓣剔透，在陽光的映照下像發光的仙子，沒有一絲雜質，所以既有純淨無瑕的寓意，亦承載著人們對未來日子的美好期盼。作為一份送給自己的生日禮物，蒼蘭或許是一個不錯的選擇，蒼蘭香氣怡人，淡雅不張揚，總是能恰到好處地滋養心靈的寧靜。而六十歲就像是溫柔浪漫的秋天，在細細品味往昔的同時，依舊可以帶著對美好的期盼，繼續欣賞人生旅途上的風景。」老奶奶似陷入回憶裏，溫柔地說：「早些年，我先生也常買蒼蘭在家擺著，只因我無意間提到過蒼蘭的香，那是一股溫柔的香氣。如今，蒼蘭的味道倒快要成往昔的回憶了……我要一束蒼蘭吧，謝謝你。」

我雙手遞上一束蒼蘭，微笑道：「生日快樂！願您如蒼蘭般，時光荏苒依舊淡然自若，愜意安康！」

風鈴再次響起，微風吹過臉龐，而我的心卻似是湧過一股暖流。每個人的人生軌道本就不同，我們無須執著於改變軌道的方向，從而讓我們與他人相遇，或是延後離別的時間節點。讓軌道圍繞我們的人生所鋪排，讓人生圍繞我們自身所前進，而我們需要做的，便是忠於自我。與其終日圍繞他人的存在、意見或目光，受其影響，不如放下執念，減輕負擔，與自我和解，如蒼蘭般，淡然自若。

微風總是帶著盛夏徐徐拂過，清脆悅耳的風鈴聲響起無數，而如今的小女孩已不再推介「紅玫瑰」，有些東西，似乎已悄然無聲地改變了。

我最想傳承下去的禮物 程彥豪 中六丁班

海風帶著清涼的呼吸，也許其中包含了一位父親不甘的淚水，特別的咸。今日的海風是那麼大，那麼大，竟大到推動回憶的車輪！黑白的回憶在我的腦海中播放，帶我回到那個冬天……

那年的冬天無風無雪，只有街上的燈低下頭。大抵是聖誕節將至，街上的燈低下頭，居高臨下地看著我一步一步走向學校。明明是放假前的最後一個上學日，又是玩樂的聖誕聯歡會，但我卻總覺得前方等著我的並非快樂的校門口，而是十死無生的地獄之門，叫人畏縮。至於原因？我想只有我背包中散發的「香味」會告訴我答案。在我進入校門的那一刻，我清楚地感覺到無數眼光聚集於我身上，於我的背包之上。

我頂著眾人怪異的眼神回到課室。半隻腳踏進去時，便聽見一心用陰陽怪氣的語調說：「喲，小蝦米人未到，味先行啊！」引得眾人哄堂大笑。我沉默著回到座位，一言不發。我靜靜等待活動的開始，讓我把它送出去就好了！

高跟鞋與地面接觸，發出噠、噠、噠的聲響。待班主任進入課室，我便知道，禮物交換活動開始了！我拿出了我的禮物，令我被當作是異類的兇手——手作蝦醬。我仍記得我與父親抗議，說我不想以這味道那麼沖的，卻是父親口中的美食作為聖誕禮物，奈何農民難逆地主，每次我都敗於父親那愛的雞毛

不一樣的經歷 羅詩奇 中四丙班

晨曦初露，清晨的陽光透過窗簾的縫隙灑在我的臉上，喚醒沉睡的我，並開啓「獨自生活」的新一天。平日賴在被窩裡，等待父母呼喚的我，此刻卻因難得的獨處時光，心中湧起別樣的振奮。我翻身而起，簡單的洗漱過後，走進了廚房這個「陌生領地」，打算親手烹調早餐，可當我打開冰箱看見琳琅滿目的食材後，讓我一瞬間愣神，無從下手的我腦海裡只浮現出三明治的製作方式，因此選擇了它。簡單的把食材沖洗、烹調一番，再來上面包，便開始享用早餐。忙碌了一個早晨，親手烹調的早餐入口，味蕾間綻放的不僅是食物的滋味，更是滿滿的成就感，畢竟是今天剛上任的新手小廚師，食物能吃得很幸運。而我也有感而發，對父母平日默默操勞感到深深愧疚與感恩，他們日復一日，精心準備的每一頓餐食，其中都蘊含着愛與耐心，是我從未曾體會過的。

午後，我環顧四周，發現房間略顯凌亂，於是開始執行整理房間這個任務。首先是亂七八糟、任何物品都存在的書桌，我把各類書籍、文具擺好，歸類整齊，便開始清掃地面，角落裡的塵埃亦被我清掃乾淨，花費了不少功夫。最後便是牀鋪整理，強迫症突犯的我，把被子疊得像豆腐塊一樣方方正正的。一番勞動後，汗水浸濕了衣衫，氣喘吁吁之際，才驚覺父母操持家務之艱辛。這看似平常的整潔環境，背後卻是無數次彎腰、擦拭與整理，是他們用愛與奉獻編織的溫馨港灣。

夜幕降臨，簡單用過晚餐後，獨自坐在沙發上的我，往昔的歡聲笑語彷彿在耳畔迴盪，此刻的寂靜卻更顯深沉。思念如潮水般湧上心頭，父母的嘮叨與關懷，此刻成了心中最渴望的慰藉。他們的存在，如暖陽，如春風，是家的靈魂所在，是我心靈永遠的歸宿。我開始意識到父母的陪伴與存在，讓家充滿了溫暖和愛，讓我感到無比安心。分別的這兩日，生活上和心靈上的不習慣，讓我開始想念父母，悶悶不樂的我徹夜難眠。

次日，昨天的生疏已化作今日的嫻熟，生活仍要繼續，一切都有條不紊地進行着，而我亦不將其視為繁瑣的任務，而是成長的階梯。我學會與時間為友，合理規劃着每分每秒，打掃房間、製作早午晚三餐、溫習課本等，絕不讓時間空閒下來，這也讓家增添了不少生機勃勃的氣息。

時間飛快的流逝着，一眨眼便盼到父母歸來的日子。那一刻他們站在門口望着整潔的房間與蛻變的我，眼中滿是欣慰與驕傲。這兩日的獨處，於我而言，是破繭成蝶的歷程。我學會了獨立，明白父母平日裏的辛苦和付出，這不僅僅是生活技能上的成長，更是心靈上的一次洗禮，我懂得了責任的重要，也明白了珍惜和感恩的意義。獨立不僅讓我學會如何能夠照顧好自己的生活，更是在面對挫折和困難時，能堅強勇敢，能承擔起自己的責任和義務。而感恩，是令我深刻體會到父母平日裏的默默付出，心疼不已，提醒自己要時刻銘記父母的養育之恩，用實際行動去回報他們的愛與付出。

這收穫滿滿的兩日，讓我的成長道路上有一個難忘的體驗。

我在登高之中找到自我價值 鄧尚盈 中五丁班

窗簾緊閉，電腦螢幕泛藍的燈光打在臉上，只見鍵盤上的指尖翻飛，劈裡啪啦的按鍵聲不停。驀地，強力的拍門聲打破慣有的節奏，咋喀一聲，房門被打開，刺眼的強光打入昏暗的房間，房內一切頓時重見天日。堆積如山的外賣盒，無章擺放的衣物，以及披頭散髮，面容憔悴的人。

「你還未放下嗎？若果小白還在的話，肯定不會想見到你現在這樣的！」一心怒斥。見我仍是沉默不語，她恨鐵不成鋼，一把將我從桌前拖起，不顧我腳步踉蹌，一路把我帶上電梯，直達天台。

時值深夜，卻不似房間內般漆黑，城市徹夜燈火，路上行人稀稀落落，行駛的車輛似流螢的痕跡。小白是我從小的玩伴，伴我長大。十七歲，對於狗隻來說，是相當長壽了，牠垂垂老矣，我卻意氣正風發，這讓我如何接受未來再沒牠相伴左右。小白離世，經此劇變，世界似乎依然運作如故。我看得入神，一心指尖對著夜空中只隱約能見的北極星，說道：「我母親說，離開的靈魂會變成星星，一直守護著生前所愛的人。所以當我思念誰，我便會來天台，這樣就能靠近一點。」

她的話輕飄飄，我卻久久不能平復。良久，我伏在欄杆上泣不成聲，思念揉進淚水，托蕭瑟的晚風帶上天際，替我傳遞。自此之後，我一改從前不喜外出的作風，尤其喜愛爬山，獅子山、大帽山、大東山等香港熱門的登山路線都留下過我的足跡，從初時三步一喘，不到半途已汗如雨下，直至後來神清氣爽，到達山頂仍意猶未盡。時而隨心即興便獨身一人，時而約上三五好友便結伴而行，有從前的舊同學因爬山而重拾聯繫，亦有志同道合而新識的朋友。

慢慢地，我不再滿足於香港的山，開始尋求更難的挑戰。天門山、泰山、黃山……有名的高山都有過嘗試，或登頂，或半途折返，不過若說最深刻的莫過於峨眉山的攀登經歷了。

驚飛草長二月天，晨曦和暖。那日我早早從酒店出發，計劃當天直達金頂。山腳下人流不少，到了半山腰才偶爾與人迎面，而峨眉山的絕色也逐漸顯現。精神遁入這徐徐鋪開的山水墨畫，薄霧輕蓋群山上，燕語鶯啼撥雲來，我心神蕩漾，忽如武俠傳奇中的江湖兒女，有笑傲蒼穹，豪氣萬千之感。目光自飄渺的遠方收回，不遠處懸崖陡壁上，青藤苔蘚攀附竄生，青蔥蒼綠包裹灰白堅硬的岩石，尖銳的石壁在溫和的壁面上積不成軍，被吞噬殆盡。似是對困難的不屑一顧，始終那麼柔軟而緩慢，卻又堅定強勢，不容反抗。這般景象使我若有所思，然而，不待細想，我很快又踏上征途。

一路走過雷音寺、清音閣，踏遍九十九道拐、鑽天坡上的每一道台階，經過九嶺崗、仙峰寺，總算趕在晚上八點前到達洗象池。最終，我於八時半抵達金頂——峨眉山最高處。夜晚正好，星光零落，筋疲力盡的我毫不客氣地枕著手臂，仰躺在地上，放眼夜空，忽而想到這應是我離天空最近的時刻了。伸手握著星光，心裏有一根緊繃的弦驟然斷開，眼淚奪眶而出，我卻展露笑容，因為我明白此刻我終於從小白的死亡中釋然。

可能從一開始，爬山只是個藉口，讓我從失去愛寵的悲痛中脫離，但後來，登山時絢麗的自然風光，與好友同遊閒聊時的愜意，一次次征服高山時的熱血沸騰，使我重拾對生活的熱愛。其實認真想來，以前的我對於自身價值的思考一直都是缺失的，從來都是外在的因素在推動我前進，一如對小白的愛，一如好友的支持。然而，那些我所翻越的崇山峻嶺，不只是身體所到達的高度，更是精神世界的富足，每次到達更高的地方，都成了我自身價值的體現。自此之後，我確信未來的一切險阻都不會再將我擊垮，因為我已找到我能展露光芒的地方，這是我前行的燃料，永不燃盡。

人生的困難是一座座高山，若一直囿於當下的景色，便永遠不能見到更廣闊的世界。難為小白已然不在，還在我找尋自我價值的路上推我一把，讓我領悟到我當自強不息，笑對生活的不如意，學做那峭壁上的藤，跌到谷底不足懼，攀上石壁不言棄，也終能直達雲霄，俯瞰群山。

迷信

中西文化中的「迷信」思想

在歷史長河中，無論在中國或西方，我們總能找到「迷信」的影子。

鬼怪奇異

降臨凡間的軀殼——乩童

乩童為靈媒的一種，是為神明降臨人間的媒介，即通過借神附體或通神，再經由神明指示，為人們指點迷津，庇佑鄉里帶來好運，驅邪治病，說是當地當地供奉的神也不為過。

乩童最早出自於先秦時期，歷史追溯到中國古代的「巫術」和「神靈崇拜」傳統。自古以來就有通過「巫師」或「道士」與神靈溝通的習慣，而乩童通常由媽祖、城隍、關聖上身。起乩后，乩童的身體會劇烈地頻動、跳躍，且會有短暫的性情轉變。乩童以凡間的軀殼成為神明到凡間的載體，為百姓爭取與神明對談的機會，蘊藏的更是百姓對神靈敬畏的心。

感受血液的跳動——吸血鬼

吸血鬼是一種虛構生物，亦是歐洲傳說中的鬼怪。他們長生不老，經常重回舊地拜訪親人，所經之處必有傷亡，帶來不幸。

吸血鬼的傳說起源於巴爾干幹半島和東歐斯拉夫人的民間傳說，最初吸血鬼指的是從墳墓中爬出來吸食人血的亡者屍體。自17世紀初期，隨著人們的想像和不同文學影視作品的改篇，吸血鬼演變為瘦削、蒼白的生物。在吸血鬼的傳說湧入西歐後，開始變得流行。身為神秘的生物，吸血鬼的名字也是多變的，在希臘被稱為「維克拉卡斯」，而在羅馬尼亞被叫做「斯特里戈伊」。吸血鬼以人類或其他生物的血液為食，吸食時人們會清晰地感受都血液從身體上急速流失，對此等鬼怪，人們都抱着畏而信之的態度。

傳統習俗

迷信出於信仰，自然影響個人價值觀及其行動。當迷信降落民間，一眾百姓便使演化出多個習俗以奉行他們信仰的精神。久而久之，在約定俗成之下，以世代流存而形成了傳統習俗。

消失的樓層——中外數字禁忌

在中文為主要應用語言的國家及地區中，「四」和「十」均被視作不吉的數字，只因兩者在粵語和普通話中諧音是「死」，兩者存在負面聯繫。自然在喜慶節日時會避免出現這兩個數字，在選擇樓層時亦會下意識跳過「四」和「十」。甚至亞洲許多建築物沒有命名第「四」層。數字「四」也不太可能出現在門牌號碼和汽車牌照上，許多人也會盡量避免選擇包含數字「四」的電話號碼。



在西方世界，666被視為「魔鬼數字」，因它是撒旦或惡魔的代表，有人甚至會出現666恐懼症的症狀。666是一個最廣為人知的獸名數目。獸名數目是記載於《聖經》的《啟示錄》的特別數目，與「獸名印記」有關。《啟示錄》曾預言撒旦和反基督會在「大患難」利用獸名印記控制世界，即在皮膚上寫上數字666。根據《聖經》，「666」其實代表人類也象徵極度的缺陷。6被認為是「缺陷數字」，而7被理解為「完滿數字」。七火舌、七屬靈的恩賜、一星期有七日無不彰顯6的瑕疵。因此，666代表充滿缺陷的人類，777則代表上帝，即神。一些人會避開666以求安穩。雖然如此，數字「六」在中國文化中卻普遍被視為吉祥、順利、成功的象徵。眾所周知成語「六六大順」，但其源自《易經》中的「陰爻（六）」概念，原指事物發展的順暢階段，後被民間引申為「一切順利」的祝福語。漢語中「六」的發音與「溜」（意為「順滑」）或「流」（意為「流暢」）相近，因此「六」被賦予順利、無阻礙的象徵意義。



而在歐洲社會裏，人們會將「十三」視為不祥。根據Stress Management Center and Phobia Institute in Asheville, North Carolina的研究報告指出，多達10%的美國人對數字「十三」感到恐懼，更因此而把每月13號的星期五命名為「黑色星期五」。其實一切源於在聖經中記述的最後的晚餐，背叛耶穌的正是第13位來臨的門徒；該人在13號殺死了他的兄弟亞伯，再加上在歷史上的13號有100多名聖殿騎士被人殺死。自此，人們便容易對「十三」產生相關聯想。甚至其後出現「十三恐懼症」(Triskaidekaphobia)。外國人認為「黑色星期五」不宜結婚、旅行，甚至嚴重情況下，避免工作。



占卜

占卜用於預測運情，透過觀察及驗證人與自然之間聯繫，推論人的性格及未來發展方向。古今中外均有數個著名的系統作預測，流芳百世。

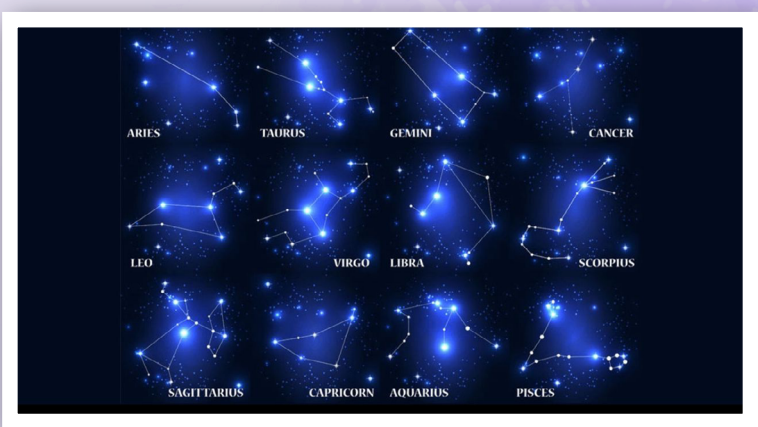
人生劇本設定——命理

命理學，是一種推測個人未來命運的學問，命理師會將生辰八字轉換為六十甲子代碼，透過五行相生相剋的複雜公式，再配合一個人的姓名，推導每個人獨一無二的命盤，繼而預測一個人的性格特質以及各項運勢。我們難以證實這種將隨機出生時間轉譯為人生劇本的系統背後是否有其科學邏輯，但這種方法無疑能為大家迷茫的人生提供更可視化的路徑，作為明燈為人們指明方向。



星河之間的交匯——星座

星座是指天上不同的恆星組合，自古以來人類便有觀測天體的習慣，為方便研究與觀測，人們根據恒星的排列，把星空分為不同區域，而當中的星在不同的時間會形成不同形狀，形成我們現在所熟知的星座。人們再根據星座的形狀命名，又將其與神話中的人物或器具聯繫起來，繼而推斷出生在不同星座的人的性格，甚至是人的運勢和吉凶。相信大家對於常在社交媒體上經常看到的星座運勢和星座配對都不會感到陌生。然而，現今不少人認為這種預測只是提出模糊概念，誘導讀者自行補充細節，可靠性似乎有待商榷。



科學的迷信？

在古老的世界觀裏，地平一說盛行，直到公元前五世紀絕大多數人都認為地球是平的。但隨著公元前四世紀初，柏拉圖將地圓說寫入著作，百多年後，亞里士多德以經驗為依據提供了地球是球形的證據，地圓說逐漸開始被世界所接受。若然今日有人依舊相信地平說，相信身處二十一世紀的你多少也會同意這些人是迷信的——他們盲目地相信一個與近代科學相衝突的概念。

那麼，這些人當真是迷信的嗎？站在今日回看過往，答案無可厚非地是必然的，因為我們有大量的科學依據證明。然而，假若回溯三千年前，問題的答案似乎有待商榷。

隨著科技日新月异，科學引領我們不斷探索我們生活的地球、太陽系、甚至整個宇宙體系。我們對世界的認知由無數科研得出的數字堆疊而成。但三千多年前，人們對地球的認識似乎僅限於「傳說」，通過口耳相傳，人云亦云，人們一概認為地球固然是平的。而昔日人們相傳的傳說，則與如今人們所相信的「科學」頗為相似。

今時今日的我們站在科技日新月異的角度，手持著與日俱增的大量數據看待昔日人們，自然難免覺得他們迷信，因為他們所信奉的，與現代科學相衝突。然而，我們又為何能確信現在我們所信奉的「科學」，是百分百正確的呢？

到底世間真相為何，且交由你親身探索。

總結

人生在世，迷離的靈魂總在塵世間跌蕩，時而迷惘，時而失序。委實，人生的課題自我們呱呱墜地之際便注定窒礙難行。窮盡一生，人類為尋覓生命的答案已無所不用其極，迷信亦就此而降世，人類奢望它能為未來定下答案。然而，中國風水學中提及，五行相生相剋，天地萬物之靈互相制約，蒼穹間本就無事能獨立站於黑白一方。其實，人生亦然。黑白兩道相互制行，當中牽涉人性複雜而細膩的情感關聯，我們豈能無視所謂「對」「錯」之間的一抹灰土？冀望透過所信獲取人生的答案，或就此所衍生的安穩乃是人之常情，卻請勿忘你的本身亦可成為自己的信仰。那怕八字命格成了你的桎梏，但你若對自身的意念堅定不移，這種被世俗所指的「迷信」亦定能帶你領悟人生的真諦。

引言

「生死從不由己定，人生難得渡眾生。」作為香港影壇的忠實戲迷，想必大家都會立即聯想到近期的港產片——《破·地獄》。電影以道教主流喪葬文化儀式為主題，當中籠罩著濃郁的揭秘氛圍，引人入勝。跨過象徵業火的火盆和打破九塊象徵九幽地獄的瓦片，破獄救道而令先人走入輪迴，亦令生人就此放下過往點滴。電影成為城中熱話的一大主因必數其露骨卻真摯的拍攝手法，拆解各人對於習俗儀式的迷思。自古以來彷彿不論紅事白事，一股詭秘的魔力總在牽制着人們的行動，一種未見實體的信念卻有着操控中外各地人羣的力量。「迷信」，聽起來似是上一代在艱苦歲月底下自我安慰的妄想產物，卻早已在無聲無息之間蘊藏於社會上的各個角落。從民間習俗到主流宗教儀式，信仰的存在聯繫信眾，當中的影響自然不止於價值觀塑造。

到底甚麼是迷信？各類迷信的起源又該從何考究？又或者，正在閱讀本文的你是一個迷信的人嗎？今期《立聲》我們將為大家打破迷思，細探撲朔迷離的迷信背後有何幽秘。現在讓我們一起展開風譁雲詭的迷信之旅！



「迷信」產生的原因

「迷信」一詞所包含的內容龐大繁雜，但從廣義來說，便是一切與近代科學相衝突的意念、信念以及與它們並存的行為。如相信鬼怪、命運、靈魂等等超自然超物質的東西的存在，認為這些東西支配著世界和人生的一切；抑或是盲目地相信一些不實在、缺乏事實基礎的事物或觀點。或許你會好奇「迷信」產生的原因，究竟是無知、欲求保佑，還是從眾心態呢？

胡亂歸因

尋根究底，是人的天性。但當我們遇到一些超自然現象，而無法解釋時，便會將事件與已有知識聯繫，來解釋箇中因果緣由。如秘魯的納斯卡線，由筆直的線條，以複雜排列，總長度超過1,300公里的數百個巨大地面圖形。因為至今無法解釋其意義與建造方式，有說指是外星人製作用來降落太空船的。而「迷信」觀念的建立往往便是基於這些荒謬的胡亂聯繫或錯誤的因果關係。

偶然性

除去荒謬的強行解釋，亦有一種是「偶然」所致。以考試為例，假如有人在一次考試中用了一支筆答題結果取得了很好的成績，在以後的考試中就會一直使用這枝筆，並把它作為「神筆」。但當使用了同一枝筆卻沒有取得理想成績時，依舊會將結果歸因於神明沒有保佑，皆因曾偶然地得到過一次的好成績。

潛移默化

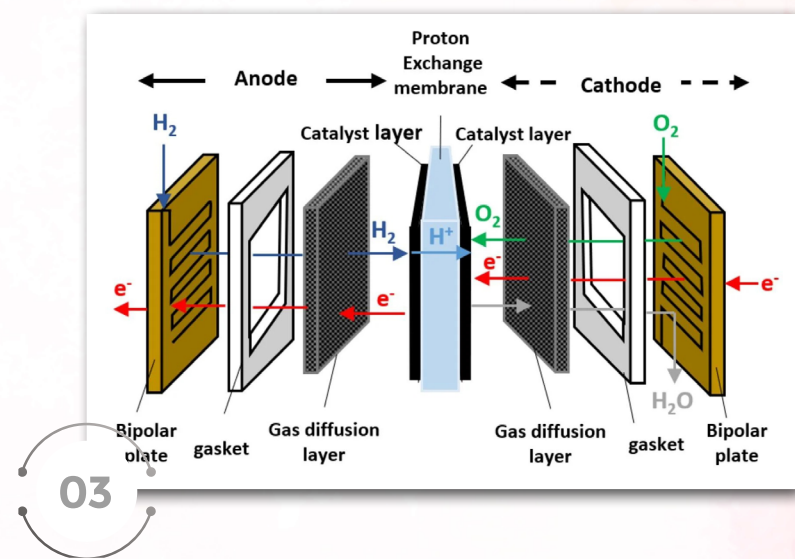
或許你會聽過「羊群效應」——人的行為會受到周圍人影響而盲目跟風。而人們的迷信觀念與行為正正是在潛移默化中受到他人影響的結果。比如人們在選擺車牌號、電話號碼時都不要帶4的數字組合，因為諧音「死」，寓意不祥；又比如看到別人帶護身符自己也會買來帶，認為從眾便能討個好意頭。事實上「迷信」觀念或行為被一部分群眾所接受及認可時，便很可能会會轉化為一種習俗或潮流而流傳下去。



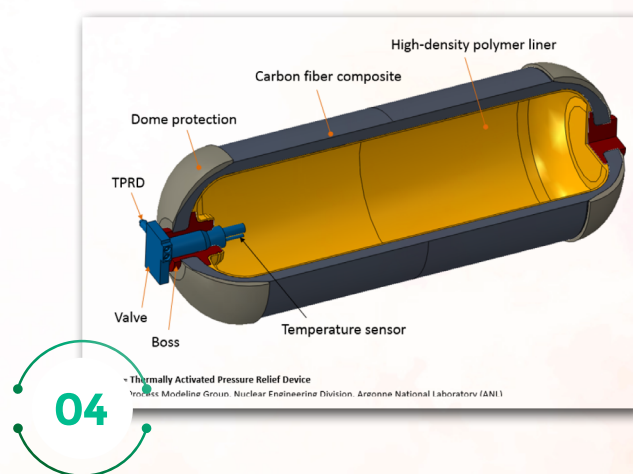
氢能車：新能源的未來與挑戰

最近，新能源汽車(new energy vehicle)的概念不斷出現在我們的眼前，例如氫發動機汽車、天然氣汽車、燃料電池(Fuel Cell)汽車等。根據國際能源署(International Energy Agency, IEA)的報告，全球新能源車銷量在2023年已突破1400萬輛，其中氫燃料電池(hydrogen fuel cell)車佔比雖不到1%，卻被視為極具潛力的技術路線。但其中最特別的就屬於氫發動機汽車了，這個概念最初誕生就引來人們紛紛議論，有人說這是新能源汽車的未來，對它讚不絕口，也有人批評道這就是鬧劇。例如特斯拉CEO馬斯克曾公開質疑氫能車的效率，認為「燃料電池根本是智商稅」，但豐田、現代等車廠仍持續投入數十億美元研發。那今天就讓我們來討論一下這個新能源氫氣吧！

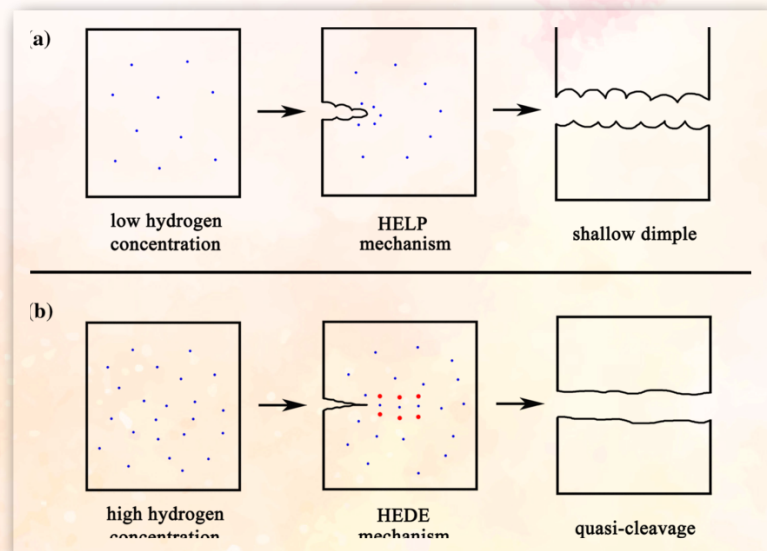
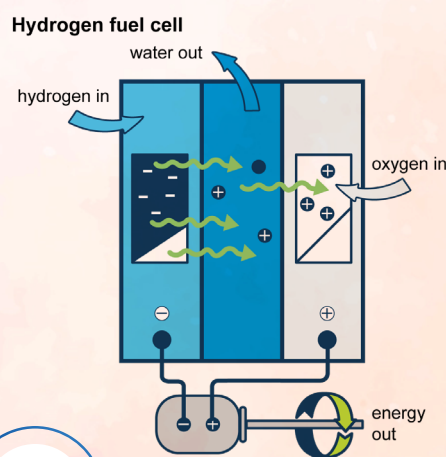
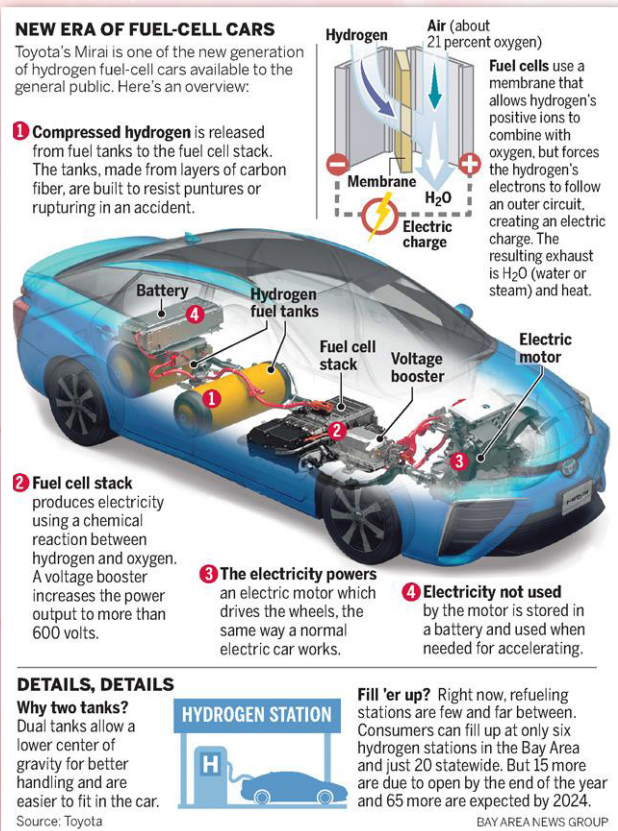
氫，作為地球上最輕的元素，同時也是大氣中含量較少的氣體(大約0.000055%)。它在大自然中的產出量是非常非常少的，主要需透過工業製程提取，例如天然氣蒸氣重整(steam reforming of nature gas)或電解水(electrolysis of water)製氫。而根據製氫過程的碳排放差異，業界更進一步將氫氣分為「灰氫」、「藍氫」及「綠氫」三類，其中綠氫透過再生能源電解水生產，被視為終極環保方案。而在汽車中，它是怎麼作為一個能源去使用呢？首先，我們要了解氫能車的整體系統是如何建作的，有人可能會覺得是燃燒氫氣去釋放能量，實際上氫內燃機技術確實存在(BMW的Hydrogen 7概念車)，但現今主流的氫能車皆採用燃料電池技術。氫能車雖說是用氫氣去作為動力來源，但其根本就是電動車，只不過是電的來源不同罷了。那麼氫能車的燃料電池的基礎原理，是將氫氣在陽極催化劑的作用下產生氧化反應($H_2 \rightarrow 2H^+ + 2e^-$)。氫的離子穿過電解質膜，而氫的電子就通過外部電路由陰極流動到陽極，從而產生電流來驅動車。最後在電池的陽極處，外部的氧氣和氫的離子和電子相結合產生水($O_2 + 4H^+ + 4e^- \rightarrow 2H_2O$)，之後再排出。



那麼，氫能源有著低碳、高效、可儲存等特性，為什麼還是推廣不起來呢？從全生命週期分析，氫能車的能源效率約為30-35%，雖高於燃油車的20-25%，卻低於純電動車的70-80%。加上「製氫 - 壓縮 - 運輸 - 加注」各環節的能耗損失，整體效率可能進一步降低。在氫能車有一個裝置是用來儲存氫氣的，而氫氣的化學性質非常活躍，如果要高效地使用它，就要給氫加壓，目前主流儲氫罐採用碳纖維複合材料包裹鋁合金內膽，單個70升儲氫罐重量超過100公斤，成本約1.5萬美元，相比之下鋰電池每公斤儲能是氫氣的50倍以上。



但氫在高壓的情況下，氫原子會像一個非常小的錐子，進入到金屬中，越來越多的氫原子進入金屬中，氫脆的現象就非常容易發生，所以用來儲氫的裝置要用高強度的纖維材料去承受高壓氫氣，還要對氫脆不敏感的材料來提高安全性能，例如專門用於航天級儲氫系統。



總括而言，氫能的材料十分昂貴，所以一般家庭並不因此而買單，氫能車推廣起來就難度更大。

最後，氫氣雖然是高潔的綠色新能源，但因為技術不成熟造成了成本過高的問題而未能推廣開來，根據彭博新能源財經(BNEF)測算，氫燃料電池車的總持有成本需降至每公里0.3美元以下才能與燃油車競爭，而目前仍高達0.6美元。但我們相信在未來科學家找到方法去降低成本後，氫能一定會在未來有他的一席之地，例如挪威正在測試海底儲氫技術。或許當再生能源電力過剩時，將多餘電力轉化為氫能儲存，將成為能源轉型的最後一塊拼圖。

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