

GIVING IS
傑出就是付出 *OUTSTANDING*



**HONG KONG OUTSTANDING
STUDENTS AWARD**

香 港 傑 出 學 生 選 舉

2018-2019



**Broaden
YOUR HORIZON**



「香港傑出學生選舉」始於1985年，旨在發掘、表揚及培育具潛質及關心社會的學生，以推動學生的全人發展，並鼓勵及啟發更多學生以得獎者為榜樣，願意為社會作出承擔及貢獻。

選舉由獅球教育基金會創立，現由青苗基金主辦，一向為學界盛事，其遴選制度以嚴謹及公正見稱，廣受社會各界的鼎力支持及推崇，而歷屆得獎者投身社會後展現卓越成就，更一直熱心公益，關愛社群，足証選舉深具價值及意義，有關故事可參閱 <http://youtharch.org/zh-hant/our-people>。

自2010年起，青苗基金擔起選舉的籌辦工作，並為選舉制度帶來新的改革。參選同學需通過筆試，評核活動及面試，最後由專業評判團選出為「香港傑出學生」。為了讓學生能更深入地了解自己及發掘個人潛能，青苗基金進一步革新選舉，除以往的評選環節外，更於2019年起籌辦「精進計劃」，決選生可自由參加一系列有助自我提升、擴闊視野並同時發展所長的活動，參與學生將有機會與知名人士、社會領袖、不同團體、歷屆及其它學校的傑出學生作深入交流。旨在透過選舉過程期間所舉辦的不同活動，全面加強學生的潛能發展，同時強調德、智、體、群、美均衡發展的重要。

參加資格

現於香港就讀中三至中五 / 第9至11級 (12年制) / 第10至12年 (13年制) 的學生。

參選辦法

符合參加資格的學生可透過校方提名或自薦參選，每間學校的參加人數不限。

評選標準

參選人須具備超卓個人素質、優秀個人品格並熱心服務社群，特別是能領導其他青年人積極向善，成為他們的楷模。參選人應取得優異的學業成績和課外活動表現，以及擁有其他出眾的才能或成就。

Since its establishment in 1985, the Hong Kong Outstanding Students Award aims at recognizing and developing promising students with high moral standards and outstanding academic, extra-curricular and community service achievements. It fosters holistic development of students and encourages them to act as an active role model for their peers.

Initiated by the Lion & Globe Educational Trust and now organized by the Youth Arch Foundation, the Award has garnered wide-spread attention and support from the community. Over the years, our awardees have established themselves as distinguished social leaders, entrepreneurs and professionals through continuously serving and contributing to the society. For details of their stories, please visit <http://youtharch.org/our-people>.

From 2010 onwards, the Youth Arch Foundation succeeded the role of the Award Organizer and made some revolutionary changes in the selection system. The Award would continue to advocate and foster the spirits of moral, intellectual and physical education amongst Hong Kong students. Applicants would need to go through a written test, an assessment program and a final interview. Ten "Outstanding Students" will finally be chosen by a group of professional judges. The Award not only commends students' outstanding achievements, but also an opportunity for self-discovery and development of their potentials. Besides assessment activities, the Award provides a series of voluntary enrichment programs for Finalists starting in 2019. Students also have opportunities to interact with social leaders, past awardees, outstanding students from other schools, and other groups in the community. Through taking part in leadership-training camps, seminars, enrichment programs and exchange activities, students can enhance their self-understanding and broaden their horizons.

Eligibility

Students enrolled in S.3 to S.5 / Grades 9 to 11 (12-year System) / Years 10 to 12 (13-year System) in Hong Kong.

Application Procedure

Eligible students can apply for the Award under the School Nomination or Self-Nomination Scheme. There is no limit to the number of applications from one school.

Assessment Criteria

Candidates should possess exceptional personal qualities, exemplary character and a passion for serving the community. The ability to lead and act as a positive role model for other youth is essential. In addition, candidates should demonstrate meritorious academic results, active engagement in extra-curricular activities, and/or extraordinary talents/achievements.

評選程序及時間

筆試

所有參選學生均獲邀參加筆試，內容包括一般學科、認知能力及時事觸覺等

初選評審：

鄭振發先生、張慧欣女士、林榮標先生、林鄺潤儀女士、劉佩芝女士、譚耀培先生、黃淑儀女士

評選營

63名學生晉身次輪評選，參加為期2日1夜的評選營，從中探索自我，學習領導技巧，建立團隊精神和啟發創意

決選生分享環節

37名決選生晉身第三輪評選，於一眾香港傑出學生選舉導向委員會委員及決選生面前分享於暑假的學習成果及得著

面試

20名決選生獲邀參加面試，由評審委員會選出本年度得獎者，評審包括：

- 馬時亨教授, GBS, JP (香港教育大學校董會主席) (評審主席)
- 周偉立博士 (香港浸會大學副校長(教與學))
- 林曼雅女士 (青苗基金主席、香港傑出學生選舉導向委員會主席)
- 陳念慈女士, BEM, JP (香港賽馬會賽馬培訓發展委員會高級經理暨見習騎師訓練學校校長)
- 李雪英女士, MH (教育人員專業操守議會主席)

獎品

得獎者

- 獲頒獎狀及獎座
- 獲邀撰文分享生命故事，接受專題紀錄片拍攝及傳媒專訪，出席海外交流活動
- 校長及提名人獲邀出席頒獎典禮暨記者招待會接受獎座

決選生

- 獲頒嘉許証書
- 獲邀出席頒獎典禮

所有獲獎學生獲邀成為「香港傑出學生協會」的終身會員，協會是一個活躍多元的團體，凝聚了33屆約1,200位來自不同成長及專業背景的傑出學生。

Assessment Procedure and Timeline

Written Test

All applicants were invited to attend the written test for evaluation of academic competence, cognitive skills and social awareness.

Adjudication Panel:

Mr. Dominic Cheng, Mrs. Olivia Chao, Mr. Lam Wing Biu, Mrs. Ruby Lam, Ms. Lau Pui Chi, Mr. Oscar Tam, Ms. Teresa Wong

Assessment Camp

63 shortlisted candidates were invited to a 2-day-1-night assessment camp that offered them a chance to enhance self-awareness, leadership abilities, team spirit and creativity.

Finalists' Sharing Session

37 finalists were invited to join the sharing session to share about what they have learnt and grown on during summer.

Interview

20 finalists were invited to final interview. Winners were chosen by a panel of judges, which included:

- Prof. Frederick Ma, GBS, JP (Chairman, Council of the Education University of Hong Kong) (Panel Chairman)
- Dr. Albert Chau (Vice-President (Teaching and Learning), Hong Kong Baptist University)
- Ms. Norris Lam (Chairman, Youth Arch Foundation, and Chairperson, HKOSA Steering Committee)
- Ms. Amy Chan Lim-chee, BEM, JP (Executive Manager, Racing Development Board, and Headmistress, the Apprentice Jockeys' School, The Hong Kong Jockey Club)
- Ms. Lee Suet-ying, MH (Chairperson, Council on Professional Conduct in Education)

Prizes

Winner

- A certificate of distinction and a trophy
- Publication of personal stories, featured interview by a documentary and media, and a sponsored overseas trip
- School principal and nominator were invited to the Award Ceremony cum Press Conference and receive a trophy

Finalist

- A certificate of achievement
- Invitation to the Award Ceremony

All finalists received an invitation of a life-time fellowship to the Hong Kong Outstanding Students' Association - a diverse and active community of about 1,200 alumni of the Award in the past 33 years with various personal and professional backgrounds.

活動

為了讓學生能更深入了解自己及發掘個人潛能，青苗基金於2019年夏季和秋季籌辦一個為期3個月的「精進計劃」，決選生可自由參加一系列有助擴闊視野、加強核心能力及擴展人際網絡的活動。

Activities

Aiming at enhancing students' self-discovery and developing their potential in addition to assessment, we provided a 3-month voluntary enrichment program for the finalists during the Summer and Fall 2019. We believe that students would broaden their horizons, strengthen some of their core competencies, and expand their networks.



體驗貧窮模擬活動
Poverty Stimulation Program: Struggle for Survival



演講與溝通技巧工作坊
Workshop on Presentation and Communication Skills

精進計劃 Enrichment Program



暑期英語義教
Summer English Volunteer Teaching Service



探訪劏房及板間房住戶
Visiting the subdivided flats and cubicle apartments



迎新日
Orientation Day



面試
Interview



評選營
Assessment Camp



決選生分享環節
Finalists' Sharing Session

得獎者 Winners

陳曉嵐 CHAN Hiu Laam (Phoebe)
順利天主教中學
SHUN LEE CATHOLIC SECONDARY SCHOOL

朱天樂 CHU Nicholas
觀塘瑪利諾書院
KWUN TONG MARYKNOLL COLLEGE

郭奕婷 KWOK Yik Ting (Fiona)
聖母玫瑰書院
OUR LADY OF THE ROSARY COLLEGE

吳天諾 NG Nicholas Tian Lok
南島中學
SOUTH ISLAND SCHOOL

蕭殷祈 SHIU Yan Ki Faith
拔萃女書院
DIOCESAN GIRLS' SCHOOL

孫仲文 SUEN Chung Man Christian
聖保羅男女中學
ST. PAUL'S CO-EDUCATIONAL COLLEGE

林陽青 LAM Yeung Ching (Jordan)
拔萃男書院
DIOCESAN BOYS' SCHOOL

劉宇嘉 LAU Yu Ka (Larry)
陳瑞祺(喇沙)書院
CHAN SUI KI (LA SALLE) COLLEGE

羅珏璋 LAW Kok Tseung Justin
高主教書院
RAIMONDI COLLEGE

溫宇軒 WINDEBANK Ewan Peter George
玫瑰崗學校
ROSARYHILL SECONDARY SCHOOL

葉建廷 YIP Kin Ting (Tommy)
荃灣官立中學
TSUN WAN GOVERNMENT SECONDARY SCHOOL

決選生 Finalists

陳彥融 聖若瑟書院

陳傑 聖保羅書院

陳熙哲 拔萃男書院

陳天穎 新加坡國際學校(香港)

陳文濠 陳瑞祺(喇沙)書院

陳宜 高主教書院

周苑琦 協恩中學

蔡東縉 英皇書院

傅頌恩 荃灣官立中學

李琬怡 聖保羅男女中學

盧珮絃 香港華人基督教聯會真道書院

馬曉晴 德望學校

吳欣穎 香港九龍塘基督教中華宣道會
陳瑞芝紀念中學

CHAN Benjamin ST. JOSEPH'S COLLEGE

CHAN Daniel Keith ST. PAUL'S COLLEGE

CHAN Hei Chit Ericsson DIOCESAN BOYS' SCHOOL

CHAN Kristy Tin Wing SINGAPORE INTERNATIONAL SCHOOL (HONG KONG)

CHAN Man Ho CHAN SUI KI (LA SALLE) COLLEGE

CHEN Yi RAIMONDI COLLEGE

CHOW Yuen Kei HEEP YUNN SCHOOL

CHOY Tung Chun KING'S COLLEGE

FU Chung Yan TSUN WAN GOVERNMENT SECONDARY SCHOOL

LEE Yuen Yee ST. PAUL'S CO-EDUCATIONAL COLLEGE

LO Pui Yin HKCCCU LOGOS ACADEMY

MA Hiu Ching Anthea GOOD HOPE SCHOOL

NG Erika Mae CHRISTIAN ALLIANCE S C CHAN
MEMORIAL COLLEGE

吳加晴 元朗公立中學

彭樂研 香港培正中學

盛永愛 伊利沙伯中學

沈卓鋒 中華基督教會全完中學

譚凱琳 孔教學院大成何郭佩珍中學

杜可蕎 瑪利諾修院學校(中學部)

曾熙同 長沙灣天主教英文中學

曾沁逸 聖瑪加利男女英文中小學

曹浣絲 聖瑪加利男女英文中小學

王厚惠 聖保祿中學

余海彤 德望學校

余尚穎 嘉諾撒聖瑪利書院

余思慧 聖保祿學校

NG Ka Ching YUEN LONG PUBLIC SECONDARY SCHOOL

PANG Lok Yin Lorraine PUI CHING MIDDLE SCHOOL

SHENG Yung Ai QUEEN ELIZABETH SCHOOL

SHUM Cheuk Fung CCC CHUEN YUEN COLLEGE

TAN Kailin CONFUCIAN TAI SHING HO KWOK PUI CHUN COLLEGE

TO Tiffany MARYKNOLL CONVENT SCHOOL (SECONDARY SECTION)

TSANG Hei Tung CHEUNG SHA WAN CATHOLIC SECONDARY SCHOOL

TSANG Tsam Yat Natalie ST. MARGARET'S CO-EDUCATIONAL ENGLISH
SECONDARY & PRIMARY SCHOOL

TSO Yuen See Jasmine ST. MARGARET'S CO-EDUCATIONAL ENGLISH
SECONDARY & PRIMARY SCHOOL

WONG Hau Wai ST. PAUL'S SECONDARY SCHOOL

YU Hoi Tung GOOD HOPE SCHOOL

YU Serena Sheung Wing ST. MARY'S CANOSSIAN COLLEGE

YU Sze Wai Vanessa ST. PAUL'S CONVENT SCHOOL

「梁玳寧社會服務獎」2018至19年度得獎者

Awardee of the Doreen Leung Memorial Service Award 2018-19

蕭殷祈 拔萃女書院

2009年，首位世界傑出青年選舉的女性得獎者梁玳寧女士與世長辭。青苗基金為紀念梁女士，特於2010年起設立「梁玳寧社會服務獎」，期望以此延續梁女士盡心服務社會及無私奉獻的精神。梁玳寧社會服務獎得獎者由評審根據參賽者的社會服務記錄和決選生投票互選結果選出，確保得獎者實至名歸。傑出社會領袖、智行基金會創辦人並主席杜聰先生將成為得獎者該年內之導師。

SHIU Yan Ki Faith DIOCESAN GIRLS' SCHOOL

In 2009, Ms. Doreen Leung, the first female to be honored as "The Outstanding Young Persons of the World", passed away. In memory of Ms. Leung, Youth Arch Foundation set up the "Doreen Leung Memorial Service Award" in 2010 to uphold her selfless spirit of serving the community. Awardee is selected according to his or her community services records, as well as voting result among the nominees. Mr. Chung To, an outstanding social leader and Founder and Chairperson of the Chi Heng Foundation, will be the mentor of the awardee for a year.

梁玳寧女士一生熱心公益事業及服務社群，更獲稱譽為「傑生媽媽」。由1985年的「香港傑出女學生獎」到1987年改名為「香港傑出學生選舉」、時至今日成為學界推崇的選舉，她功不可沒。梁女士不但組織了「香港傑出學生選舉」，更多年來一直擔任選舉籌委會主席，為同學貢獻無盡愛心，並設立了「最佳進步獎」，致力為社會培養德智並重的年青人。「傑生媽媽」梁玳寧女士離世後，部分資深「傑生」於2010年自發組織青苗基金，接替梁女士舉辦「香港傑出學生選舉」及「最佳進步獎」。

Throughout her life, Ms. Doreen Leung has been passionate about charity work and community service, and known to many as "Auntie Doreen". Ms. Leung's hard work on Hong Kong Outstanding Female Students Award founded in 1985, being renamed as Hong Kong Outstanding Students Award in 1987 must be recognized. She did not only organize the Hong Kong Outstanding Students Award, but also acted as the Organizing Committee Chairperson for many years. She also set up the Best Improved Students Award and dedicated to cultivate all-around youths for the society. After "Auntie Doreen" Ms. Doreen Leung's death, a group of past winners and finalists of the Hong Kong Outstanding Students Award decided to step up and found the Youth Arch Foundation, to succeed Ms. Leung's work as the organizer of the two awards.



陳曉嵐 CHAN Hiu Laam (Phoebe)

順利天主教中學(中五)
SHUN LEE CATHOLIC SECONDARY SCHOOL
(Secondary 5)

回望過去，我的中小學生活，每三年就有一個大改變。

小學的時候，我享受在跑道上奔馳，更享受四人接力完成一場賽事。當時作為整個田徑隊隊長的我，最興奮並不是帶領隊員創造一個又一個的佳績，而是當中的團結，隊員像家人一樣互相支持，當中的友誼令我看透勝敗。過往的我認為勝利才是成功，十分在意輸贏，希望全力以赴，爭取冠軍，但我的團隊給予我很大的鼓勵，令我發現只要用心及享受過程，即使落敗，回頭一看亦見開心難忘，畢竟過程才是人與人關係建立的基礎。



初中的時候，我希望自己有所突破，能踏出舒適圈嘗試更多新事物，因此我走上了音樂的道路，與運動截然不同。但兩者都要經過長時間的訓練，才能在技術造詣和修養上有所進步。由於我起步較慢，當看到身邊的同窗比自己演奏得更技巧和成熟，有時我難免感到氣餒，但慶幸我沒有放棄，反而在課餘的時間投放更多的時間和心血，更不恥下問，慢慢地追上別人的步伐，堅毅地向自己的目標進發。

除此之外，我亦參與了不同的傑出學生選舉，參選同學中不乏優秀的人才，他們不僅學業成績優秀，更積極參與校內外的活動，回饋所屬的團隊。從他們當中，我能感受到他們對自己所屬團體的

'Success' is where preparation meets opportunities. For me, the experiences in my school life have shaped me into who I am today. I am constantly striving to equip myself and grasp every opportunity life has offered me.

I was the leader of the athletic team in my primary school. My teammates and I supported each other and treated each other as family members. While we have achieved great results, the most unforgettable things I have earned were our friendship, and the inspiration from my teammates that what matters most in a competition is not the final victory, but the process and the effort we have made.

I am always eager to step out of my comfort zone. I switched to play the saxophone when I was a junior secondary student. Sports and music are drastically different fields and I got to develop and explore my abilities in different aspects. I have learnt that by keeping on challenging myself, I can discover infinite possibilities. As a late-starter in learning to play the saxophone, my progress was way behind my peers' at the beginning. I felt frustrated and disappointed when I failed to perform a song completely. I knew that I needed great improvement to catch up. So, I practiced hours and hours in sweat and tears. My perseverance paid off eventually and I managed to achieve my goals in face of obstacles.



The turning point of my life is taking part in outstanding students' elections. Needless to say, many finalists excel academically and devote themselves to various extra-curricular activities. They are the brightest stars because of their strong sense of belonging and dedication to their institutions. There is no single definition of 'outstanding', but all candidates have one thing in common - they wholeheartedly shared what they have and influenced others' lives with theirs. I have learnt a lot from them.

- 九龍地域傑出學生選舉傑出學生獎
Kowloon Region Outstanding Students' Award - Outstanding Students' Award
- 觀塘區傑出學生選舉——第十三屆傑出學生
Kwun Tong Outstanding Students Election - 13th Outstanding Students
- 第六十九屆香港學校音樂節——季軍 (低音色土風獨奏)
69th Hong Kong Schools Music Festival - Second Runner-Up (Alto Saxophone Solo)
- 模擬法庭——公義教育計劃 2016 - 2017——最佳律師
Mock Trial - Justice Education Project 2016 - 2017 - The Best Mooter
- 香港青年大使
Hong Kong Young Ambassador



熱愛和強烈的歸屬感，我從他們身上學會了「投入越多，得到越多」的道理。再說「回饋」二字，不就是包含收穫過後，加以報答的意思嗎？「傑出」一詞人人定義不同，但卻有一共通點，就是深明自己擁有某種能力，得到某種榮譽的時候，知道誰人在背後指導他，給予機會，而知恩圖報，飲水思源。

受到不同傑出學生的影響和啟發，我明白到高中的階段應盡好自己的公民責任，因此我投放更多的時間去貢獻社會，參與更多社區服務，例如成為青年大使、傑生會幹事等。在過往的日子，我有幸能從不同的人身上獲益不少。在活動中，我會將經驗和方法傳授給更年青的，幫助他們，以達到薪火相傳，如同昔日迷惘的我被前輩提攜一樣。我望能略盡綿力，分享自己所得，幫助他們找到最合適自己的道路，令他人的人生同樣精彩。

I feel grateful for having such a fruitful life. It would not have been possible without all the help from my teachers and peers. When I reached senior form, I believed that it was time for me to contribute to the society. It is a way of showing my gratitude and paying forward the kindness I have received from many other people before. In light of this, I became a Hong Kong Young Ambassador and a member of the Executive Committee of the Outstanding Students' Association to serve tourists and students. Just like torch passing, by sharing my experience and skills with other young people, I wish to help them to stay true to themselves, to find their right path and make their dreams and ambitions a reality.

'Climb mountains not so the world can see you, but so you can see the world'. Learning is not about competing with others. It is a unique journey for each and every one of us to equip ourselves well and explore the beauty of the world.

Let's keep challenging ourselves and embracing our dreams and goals. Along the way, we may make mistakes, feel tired, frustrated and depressed. Yet, defeat does not mean that we are not bright enough, and adversity serves as a precious opportunity to understand ourselves better. Let's keep exploring and be amazed by what we are gifted with.





朱天樂 CHU Nicholas

觀塘瑪利諾書院(中五)
KWUN TONG MARYKNOLL COLLEGE
(Secondary 5)

我的成長故事

小時候的我，害怕面對新的環境和挑戰。正如家中的刺蝟一樣，我只喜歡躲在自己的溫暖的小木屋中，享受獨處的時光。

在神的安排下，我入讀觀塘瑪利諾書院，並從此改變我的生命。我遇見我的啟蒙老師，他熱心地鼓勵我參加各式各樣的課外活動，讓我在歷練中茁壯成長。



My Growth Story

When I was a kid, I was afraid of the challenges in front of me. Just like my hedgehog, I enjoyed spending alone time in my cosy little room.

By the grace of God, my life began to change when I set foot in my beloved school - Kwun Tong Maryknoll College. I met teachers who had enlightened my world by introducing me to various external activities. They gave me endless words of encouragement to help me grow stronger.

To Learn

I gave my first try in the moot court competition and got the chance to know more about law. It is well known that law is the foundation of a well-ordered society and justice must be served with an impartial law. When it comes to judgement making, I realized that Lady Justice is not ruthless; she needs to strike a careful balance between lawfulness, reasonableness and compassion. The juggling has gradually helped me sharpen my critical thinking skills.

To Engage

My engagement in social affairs empowers me to make change possible. Hong Kong is well-known for its pricey and cramped housing estates. I wish to investigate further the problems and solutions of land supply at the time of the heated debate. I was given a chance to voice our opinions to the Task Force on Land Supply about urban redevelopment. My teammates and I interviewed local residents and shoppers at Sham Shui Po. We then produced a video and presented to the members of the Task Force to reveal the plight of the residents living in the decayed community. Unexpectedly, our voices were valued and the Task Force mentioned the need to speed up urban redevelopment in their report. From the experience, I realized that we should speak up and take action for the well-being of those in need. It encouraged me to have more engagements in helping the needy.

學習

我課外活動的學習之旅要從模擬法庭比賽開始談起。從模擬法庭比賽中，我深深體會到，法律是整個社會秩序的基石，而正義女神在作出判決時，並非無情的，她需從法、理、情三方面取得平衡。在情理之間的掙扎中慢慢培養了我敏銳的批判性思考能力。

參與

透過參與社會事務，我希望改變社會。兩年前正值土地大辯論，就著這個備受爭議的問題，我希望盡我一分綿力去尋找一個安居的良方。我蒐集深水埗的居民和店家對於市區重建的意見，然後以短片形式向專責小組匯報。出乎意料之外，我們的意見幸獲青睞，小組在報告中回應了我們的部分觀點，並同意加快市區重建的步伐。透過參與社會事務，我學會了關心社會上弱勢社群的需要。

- 香港科學青苗獎 — 科學家專訪獎 (2018)
Hong Kong Budding Scientists Award - Reporter Award (2018)
- 滙豐未來技能培訓計劃《香港200》領袖計劃 — 學生領袖 (2018)
HSBC Future Skills Development Project "Hong Kong 200" Leadership Project - Student Leader (2018)
- 香港律師會 模擬法庭比賽 — 十大最佳隊伍 (2018)
The Law Society of Hong Kong Moot Court Competition - Top 10 Best Team (2018)
- 觀塘瑪利諾書院 — 副領袖生 (2018-19)
Kwun Tong Maryknoll College - Vice Head Prefect (2018-19)
- 觀塘瑪利諾書院 — 英文辯論隊隊長 (2016-18)
Kwun Tong Maryknoll College - English Debating Team Captain (2016-18)

分享愛

我們以愛影響生命。當我在嘗試改變別人生命的同時，不知不覺中他也在轉化我的生命。

在澳門的服務中，我認識了患有過度活躍症的小天。他會埋頭苦幹而忽略身邊所有事物。不如意的時候他會把不快發泄到別人的身上。小朋友不願意和他嬉戲，很多人難以與他相處。

但原來小天也有溫柔的一面。他經常從我身邊溜走，回來的時候卻帶來滿滿的零食與我們分享。在分享離別感言時，他突然走上台前，輕輕地擁抱著我，令我霎時感動。

從兒童服務我找到一份滿足感。小天的心充滿著愛和關懷，他最喜歡一邊奔跑，一邊大叫，而他的笑容像漣漪般，引起無數人的歡笑聲。他能夠理解情緒並與朋輩交流。其實小天與普通小朋友無異，只是他也需要被理解和支持。

小天啟發我想成為一名兒童精神科醫生的志願。希望透過身心治療，雙管齊下，令每一位小朋友愉快地成長，擺脫特殊的標籤。



最後我由衷感謝我的家人，他們給予我一個愉快的童年。他們的支持和鼓勵，令我認為世界上每一位小朋友，都值得擁有一個愉快的童年，同時令我擁有今天的成就。

To Love

Sharing love is a life-changing process. To my surprise, not until after the Macau service trip did I realize my life had been transformed as well.

I was introduced to Sky, an SEN child diagnosed with hyperactivity disorder. When I first met Sky, he scared me off. He was bouncing and pouncing with delight, ignoring everyone. Sometimes he screwed his face up and stomped his feet, went red in the face and punched me in the stomach. His peers found him difficult to mingle with, thus leaving him alone.

But soon I discovered the gentle side of Sky. Though he dismantled and re-assembled the microphone stand, he generously gave it to me as a gift. Though he slipped away from my hands, he brought us snacks and drinks when he returned. He even cuddled me when I was delivering my farewell message.

I find a deep sense of fulfilment in children services. As their grins get wider, I start to smile. Sky does not deserve the labelling and stereotyping as children who are incapable of understanding emotions or fail to converse with their peers. In my view, he is bottled with love and care. He loves to run and squeal, just like other kids, simply because that makes him feel happy. There is no difference between Sky and other ordinary kids. He has a charming smile that is contagious. Similarly, he simply needs to be understood and supported.

My experience with Sky has established my career goal of becoming a paediatric psychiatrist. Through devising appropriate treatment plans, behavioural disorders can be curbed. I wish in the future, every child can grow up joyfully without any unnecessary "special" labelling.

Finally, I would like to thank my family for giving me a happy childhood. Without them, I would not have such extraordinary accomplishments.

"We make a living by what we get but we make a life by what we give."

Winston Churchill





郭奕婷 KWOK Yik Ting (Fiona)

聖母玫瑰書院(中五)

OUR LADY OF THE ROSARY COLLEGE
(Secondary 5)

在茫茫人海中，我只是一個出生在平凡家庭的中學生，我並不擅長言語表達，也沒有很多傑出的才藝，但十分榮幸能成為本年度香港傑出學生選舉的得獎者之一。

很多時候，「成功」是貴在嘗試，貴在堅持，貴在珍惜，貴在付出。

記得剛來到香港的時候，我迎來眾多的挑戰，例如文化差異、教育程度上的不同和語言障礙。在適應香港急速生活節奏的同時，我還需要付出更多時間去彌補知識水平上的落差。在內地讀書的時候，我小學三年級才開始接觸英文，但來到香港後，我意識到我的英文水平遠低於同年級同學，再加上不標準的廣東話，我深深感受到語言差異帶來的挑戰。但是我並沒有因此放棄，我付出比一般人多幾倍的時間，努力跟上其他同學的步伐。終於，我的一番努力給予我相等的回報，我成功升上一所英文中學。

然而，在只專注學習的時候，我甚少跟別人溝通，致使我成為一個內向靦腆的人。

升上中學後，我的眼界更廣闊了。透過不同的義工活動，我發現自己是一個很幸福的人。在2018年復活節假期時，我參與了非牟利機構的義教活動，去到內地甘肅發展較落後的村落，教授一些日常小知識，看著那些小學生黝黑的皮膚，陡峭的上學之路，簡陋的教學設施等，相比較之下，我覺得我能接受香港的教育，有一個舒適的學習環境，參與



I am just a secondary school student born in an ordinary family. I am not good at speaking and I do not have many outstanding talents. It is my honour to be one of the awardees of the Hong Kong Outstanding Students Award this year.

It is believed, "success" is all about willing to try, to persist, to cherish, and to give.

I remember when I first came to Hong Kong, I faced many challenges, such as cultural differences, educational differences and language barriers. Since I only started to learn English when I was in primary three, I realized that my English level was far lower than that of my classmates. I deeply felt the challenges of language barriers and educational differences every day. But I did not give up. I had put extra effort in my studies in order to keep up with other classmates. Finally, my efforts paid off and I successfully entered a secondary school using English as the teaching medium.

However, since I only focused on studying, I rarely communicated with others, which made me an introvert.

After entering secondary school, my horizons have broadened. Having joined different voluntary works, I found that many of us are very lucky to have a blessed life. During the Easter holidays in 2018, I went to the less developed villages in Gansu, China to teach primary students. There were not many facilities in the school and even the road to the school was not properly built. When I came back to Hong Kong, I truly felt that I was so fortunate to be able to receive free education in Hong Kong, have a comfortable learning environment, and participate in a variety of extracurricular

- 2019 聖鮑思高神父獎
Awardee of Don Bosco Prize (2019)
- Secondary School Mathematics and Science Competition 2019 - Distinction in Chemistry, High Distinction in Biology
- 生物學素養競賽 (2018/19) —— 一級榮譽
- Hong Kong Biology Literacy Award (2018/19) - First Class Honours
- 聖母玫瑰書院籃球校隊及體育學會隊長 (2018/19)
Our Lady of the Rosary College Captains of school Basketball Team and Sports Society (2018/19)
- 於2018年完成約250小時義工
Almost 250 hours of voluntary service in 2018

多元化的課外活動，是一件非常值得感恩的事。再加上因家庭環境不佳仍能接受這等恩澤，更讓我覺得應該改變我自己，把這些恩澤回報給社會。

所以，我在參與不同的義工活動以外，在校內亦擔任著不同角色。其中令我感觸最深的是輔導長一職。我不擅溝通，但仍覺得這是最需要去面對甚至克服的困難。因此，我踏出安舒區，嘗試擔任輔導長一職。在跟陌生人溝通的時候，我心裡是害怕的、緊張的。但在一次又一次和師妹分享我的讀書心得、校園生活的趣事，她們又給予我回應時，我覺得很安心。除此之外，我還嘗試構思和主持不同的課後活動以增加師妹對學校的歸屬感，看見她們投入的神情，我很開心。或許對很多人來說，這些並不是什麼難事，但對不擅長言語表達的我來說是一個挑戰，我嘗試接受這個挑戰，並堅持下來，終究圓滿地完成三年輔導長的責任。



其實，參加香港傑出學生選舉對我來說，何嘗不是一個挑戰；我珍惜這次機會，使我學習到課本以外的知識；我接受這個挑戰，使我的眼界更廣闊；我願意付出，基於同理心，我想幫助更多仍處於水深火熱的人。

activities. I was extremely grateful for the support from my school and the society. This made me feel that I should change myself and contribute as much as I can to the society.

Therefore, in addition to participating in different volunteer activities, I also took on different roles at school. One of them was Guidance Monitress. Even though I cannot speak Cantonese fluently, I still felt the need to step out of my comfort zone to face or even overcome this difficulty. When I talked to strangers, I was afraid and nervous. As I shared my study skills and interesting campus life with my schoolmates again and again and got their response, I felt content and relieved. In addition, I also tried to design and host different after-school activities for freshmen to build their sense of belonging to the school. I was very happy to see them enjoying the activities. As someone who was even afraid to speak up in front of others, this was indeed a challenge to me. I am proud that I tried, persisted, and finally overcame all the obstacles and successfully completed my role as Guidance Monitress for three years.

In fact, the Hong Kong Outstanding Students Award was also a challenge for me. I cherished this opportunity and I grabbed the golden chance to broaden my horizons. With my humble family background, I understand what the underprivileged feel and think. No matter how hard life might be, I will seize every opportunity to learn new things so that I can contribute to the society as much as I can in the future.

Giving is Outstanding.





林陽青 LAM Yeung Ching (Jordan)

拔萃男書院(第十一級)
DIOCESAN BOYS' SCHOOL
(Grade 11)

當我聽到自己的名字，連續第二年在世界大賽選拔香港隊代表時榜上有名，平常溫文的我激動得拍打胸膛。對其他參賽者來說，這似乎太誇張了。但對我來說，演講在我心目中佔有很特別的位置，因為我非常珍惜代表不能發聲的對象演說，多於於手中的獎杯。

還記得我第一次參加演講比賽，在踏上舞台的一刻，面對眾多觀眾，我已感覺雙腿軟軟的。演講了一半時，可怕的事情發生了。我的腦海突然變得一片空白，動也不動地站在舞台上。當我意識到正被錄影，我鼓起了最大的勇氣，只能即興地演說了餘下的部分。

經此一役，我質疑我究竟能成為一個演講者嗎？怯場似乎是一個無法克服的障礙。但有一天，當我親自聽到他的演說時，他改變了我的一生，我的質疑亦消失了。

當他出場時，我被他感動着，不是因為他沒有肢體的身軀，而是我感受到他具有堅定不移的目標和極少見的安祥感，這顯示他已征服了最大的恐懼。聽到他說話，他的聲音引起我的共鳴，我立即意識到我與他具有相同的特質——他的真誠和動人心魄的感染力。我牢牢地記著他說的一句話：「如果你不曾擁有過一個奇蹟，你仍然可以成為別人的奇蹟。」他就是Nick Vujicic。

從那一刻起，說話對我有了全新的意義。我意識到演說能對周邊的人和世界產生神奇的影響。我學會了接受舞台恐懼症，因為流露人性的脆弱使演講更真實有力。在這認知的推動下，我積極地代表弱勢及需關注的對象演說，包括為塑料污染、難民危機和月熊等演說。

深刻體會到演說的力量後，我成為TEDxDBS的策劃人之一。這是一年一度的論壇，邀請有創新想法或獨特經驗人士在學校裡進行演講。我訂定了這次活



When my name was called at the Hong Kong Team Trials for Worlds for the second consecutive year, the usually reticent me unabashedly pounded on my chest. To the other contestants, it seemed an overdramatic display of accomplishment. But to me, speaking has a special place in my heart because I treasure much, much more my role as ambassador for the causes I speak for than the trophy in my hands.

I vividly remember the first time I entered into a speaking competition. As my first time speaking in front of a large audience, I felt my legs were about to give way as I lumbered onto the stage. Halfway through my speech, the dreaded moment happened. My mind suddenly went blank. I froze on stage, for what must have been an eternity. Acutely aware I was being taped, I somehow mustered enough courage to improvise the rest of my speech.

Reflecting on this humiliating incident, I questioned my efficacy as a speaker - my stage fright seemed an insurmountable hurdle. My doubt dissipated one day when I met him in person, and that had changed the course of my life.

When he appeared, I was completely transfixed, though not by his tiny, limbless figure. Instead, I could tell he had an unwavering sense of purpose and a rare tranquility in his composure that revealed he had vanquished his deepest fears. Hearing him speak, his voice resonated with me and I realized instantly that I share the same qualities with him - his sincerity and ability to touch people's hearts. Something he said stuck with me, "If there wasn't a miracle for you, you can still be someone else's miracle." He is none other than Nick Vujicic.

- World Individual Debating and Public Speaking Championships 2019 & 2018 - Hong Kong Team (2019: Team Captain & 63rd Place; 2018: Top 150)
- 7th China British Parliamentary Debating Championship 2018 Public Speaking Contest - 1st Runner-up
- 14th Hong Kong Parliamentary Debating Society Tournament 2018 - Best Public Speaker
- TEDxDBS Trailblazer 2018-2019 - Curator
- Diocesan Boys' School Public Speaking Club 2018-2019; Astronomy Club 2017-2019 - Vice-Chairman

動的主題為"Trailblazer"，因為我知道分享想法和經驗可以激發人們的興趣和潛能，並為他們追求夢想開闢道路。

Nick不僅幫助我重新發現演說的真正意義，還令我體會到我們如何對周邊的世界做出積極的改變，同時亦改變我的整個人生觀。自幼身為汽車狂熱者的我，不再滿足於僅僅追求汽車知識，我更想發掘如何能使自己的技能和知識有所作為，例如如何解決能源短缺問題及傳統能源生產方式所帶來的負面影響等。在這方面，我與幾個朋友正構思鋪設特製的自行車路面，以利用汽車行駛時浪費的能源。



我很感恩，我發現演說帶來的力量和感染力，演說亦將一直成為我靈感的來源。

From that moment on, speaking took on a whole new meaning to me. I realized the magical impact speaking has on people and the world around you. I learnt to embrace my stage fright because showing vulnerability is what makes speaking authentic and powerful. Empowered by this realization, I went on to become an activist, voicing out for diverse causes as plastics pollution, refugee crisis and factory farming.

Having experienced the power of speaking first-hand, I became a Curator in TEDxDBS, which is an annual event where speakers with extraordinary ideas or experiences are invited to give talks at our school. I decided on the theme "Trailblazer" for the event, because I knew how sharing of ideas and experiences can inspire people, kindle their passions and forge paths for them to pursue their dreams.

Nick didn't just help me rediscover what speaking truly meant to me, he showed me how we can make positive changes to the world around us and changed my entire outlook on life. As a car fanatic, I am no longer content with just building my knowledge bank on automobiles as a pursuit. Rather, I think of how I can make a difference with my skills and knowledge. I would conceive solutions to pressing issues of energy shortage and negative impacts from conventional means of energy production. In this regard, for instance, I partnered with a few friends on devising viable piezoelectric roads, which harness wasted energy from automobiles.

I feel deeply privileged to have discovered the essence of speaking because, then again, it has been and will always be the essence of my inspiration.





劉宇嘉 LAU Yu Ka (Larry)
陳瑞祺(喇沙)書院(中五)
CHAN SUI KI (LA SALLE) COLLEGE
(Secondary 5)

或許無人預期，一個生於小康之家的平凡中學生，有朝一日會成為香港傑出學生選舉的得獎者。其實我自小一直懷疑自己的能力，我並不肯定自己是否有能力成為一名出色的學生，但經過這些年的成長，我漸漸發現自信心才是真正的關鍵。要相信自己比想像的更勇敢，要相信自己比想像的更有才華，要相信自己比想像的更出色，要相信自己可以超越自己，才能成功。

小學畢業前，我遇上一些挫折，但我憑藉那次失意經驗自我檢討，亦嘗試改變自己舊有的悲觀看法，要知道自己的目標，要好好爭取及把握每個機會，也要變得更加堅強。

踏入中學後，經過多年投入辯論訓練以及擔任不同領導崗位，我成為最年輕的香港喇沙青年計劃主席，代表香港參加了亞太區喇沙青年會議，並創立「希望運動2018」，幫助無家可歸的人；我亦成為我校第一位帶領英文辯論隊奪得星島全港校際辯論比賽亞軍的隊長；今日，我更成為我校第一位香港傑出學生選舉的得獎者。



Nobody would have ever imagined that I, a typical secondary school student growing up in an ordinary family, could become one of the winners of the Hong Kong Outstanding Students Award. Frankly, I always had doubt about my ability. I was unsure whether I was capable to be an outstanding student because I believed I was just mediocre. But I was wrong; self-belief is the key. I have to believe in myself; I am braver than I think, more talented than I know, more capable than I imagine, and ready to make breakthroughs.

I had some frustrations before my primary school graduation, but after some reflections, those experiences had made me stronger. When I stepped into secondary school, I decided to stop being pessimistic; but set goals, equip myself all the time, and seize every opportunity to succeed. With my experience in debating and leading some programmes, I have become the youngest Hong Kong Lasallian Youth Movement (LYM) President who represented Hong Kong at the Asia Pacific Lasallian Youth Congress, the first English debating team captain who led our school team into the Sing Tao Debating Final, and the first LYM Chairman who started a campaign, Hope 2018, to help homeless people. And today, I have become the first CSK student receiving this Award.

There was a big challenge during my Sing Tao debating contests. After the third preliminary round, I underwent three surgeries to cure my illness. I kept on participating in the quarter-final and semi-final because as the captain, I had to keep up the momentum of our team. It was really a tough time for me. I remember my wound was oozing on stage and I had to take a tremendous dosage of pain-killers to stay focus on the competition. Although it was extremely painful and torturing, it was worthy. Self-belief is important,

- 2018-2019年度星島第三十四屆全港校際辯論比賽 - 亞軍
34th Sing Tao Inter-School Debating Competition 2018-2019 - 1st Runner-Up
- 卓越學生領袖選舉 (2018) - 卓越學員
- 香港喇沙青年計劃主席 (2017-18)
Hong Kong Lasallian Youth Movement - President (2017-2018)
- 陳瑞祺(喇沙)書院英語辯論隊隊長 (2018-2020)
Chan Sui Ki (La Salle) College - English Debating Team Captain (2018-2020)
- 陳瑞祺(喇沙)書院學生會副主席(內務) (2018-2019)
Chan Sui Ki (La Salle) College Student Association - Vice-President (Internal) (2018-2019)

其實，我在星島辯論賽中，曾遇上重大考驗。在第三回合初賽之後，我因病接受了三個手術。雖然手術後的傷口令我疼痛難耐，但我沒有放棄，一直堅持參加八強和準決賽，因為自覺作為隊長的我，有需要保持團隊的動力。這對我來說，絕對是人生中最艱難的時刻之一，因為我的傷口在比賽途中撕裂，但為了不想連累隊友，我不斷服食止痛藥去壓抑自己身體的痛楚，以專注投入在比賽當中。雖然過程很折磨，但現在回想起來，永不屈服的精神，緊守抱負，以及相信自己，都是成功的重要因素。

回顧這幾年，我幾乎沒有遺憾，因為老師和同學給予我很多機會。對我來說，我永遠不會忘記我的隊友和教練李老師。我真心想繼續做更多事情，並盡我最大的努力，探索無限可能。



but we also have to persevere and never give up despite difficulties too.

Looking back on these few years, I barely have any regrets because my teachers and schoolmates have given me vast opportunities and support. I will never forget my teammates and my coach, Miss Lee. I wish I can do more, to try as hard as I can, to explore as much opportunities as I can, and to be someone I truly want to be.

星島第三十四屆全港校際辯論比賽 The 34th Sing Tao Inter-School Debating Competition





羅珪璋 LAW Kok Tseung Justin

高主教書院 (中五)
RAIMONDI COLLEGE
(Secondary 5)



何謂傑出？一般指於某個領域有突出的能力或成就吧！但於個人層面而言，傑出可以有很不一樣的定義，而且傑出可以數字去量化嗎？有絕對的標準界定傑出嗎？於某一個人而言，成就某件事或許就是傑出；但同一件事對另一個人而言，卻可能是輕而易舉；有人學業成績非常亮麗，有人傾盡全力服務社會；因此，每個傑出的故事自有各自精彩之處。

或許，自己最清楚自己那個傑出的故事。我自己經過多年探索後，終有所領悟——隨心而行，不隨波逐流，做自己所滿意的，每天感恩所得、所有，並為他人及社會貢獻自己，那就會幸福快樂，亦將無悔無憾，這是我所認為的傑出。可是，知易行難；而且，說出來有點享樂主義，但這些確是我從自己的經驗中的真切體會。

隨心而行，做自己所滿意的，是否代表捨難取易、避重就輕，甚至是逃避問題？我在過往作為學生領袖的經驗中，深深領略到無論處境是好是壞，當中總有樂事可以發掘。好比有人視義務工作既瑣碎又重複，我卻為能夠幫助他人而感到心滿意足！又好比去年暑假，我有

What is "Outstanding"? In everyday life, we use the term "Outstanding" to describe a person of excellence in ability or achievements. However, when it comes to the individual personal perspective, outstanding can come with entirely different meanings. It cannot be quantified easily, nor can you define it as an absolute standard. What is deemed outstanding by one may be the norm for another. Outstanding can come in various different forms. May it be in terms of academic ability, or in terms of social service. Every person may have their own interpretation.

I think the key to determining your own "Outstanding" is on yourself. Throughout my years of exploration, I have come to a realization: I am going to follow my heart and do what makes my life fulfilled. Being able to achieve this is outstanding to



- Hugh O'Brian Youth World Leadership Congress 2018 - Hong Kong Representative
- 2018 香港青年音樂匯演——弦樂團金獎
- The 2018 Hong Kong Youth Music Interflows - Gold Award (String Orchestra)
- 27th Hong Kong Union for Young Leaders - Promotion Manager
- 新地公益垂直跑——冠軍 (2018)
- SHKP Vertical Run - Champion (Charity Relay)(2018)
- 高主教書院——第五十屆學生會委員
- Raimondi College - Executive Committee Member of the 50th Student Union

幸參加了在芝加哥舉行的一個雲集全球青年領袖代表的大會，大會主題正是回饋與付出，當中我認識了許多來自世界各地，為其所堅守的信念而付諸行動的有為青年，他們既包容，又互勉，他們每個演說都非常精彩，最重要是他們都能於最細微的事發現最大的價值。雖然自問難以跟他們相比，但正因與這些出類拔萃的人共處，讓我可以學習更多；而當我愈是心存謙卑，我愈加發現身邊人和事的美好。這些就是讓我一路走來的所感所悟，我相信一路向前亦將滿載而歸！

Go! 闖高行善!



me. This enables me to be true to myself, without having to surrender to society's constrictions. Whatever I do, the intent is always to enjoy life and the fulfillment it brings, to celebrate every living day with the blessings I am gifted with and to contribute to others. That way, I can fully embrace this one and only life we are living in so that I will not have to face my future self in remorse. It seems easier said than done and somewhat hedonistic, but this is in fact the key for me to learn from every experience and take the most out of them.

Being in pursuit of fulfillment does not mean shying away from troubles. I have had several fortunate and valuable experiences as a student leader that helped forge the person I am. I learnt to embrace every obstacle that comes in my way. When I try to find joy in every situation I am in, I will find myself being in joy even with the worst situations. Some people find volunteering tedious as they treat it only as a task, but I find it fulfilling as I treat it as a way of giving back. I had the fortunate opportunity to travel to Chicago and take part in the Hugh O'Brian Youth World Leadership Congress last summer, with the theme of serving and giving back. I had the chance to meet a lot of young and established activists who are already very engaged in fighting for their beliefs. It dawned upon me how little and weak I was compared to them. The people I met were very inclusive and supportive to everyone there. Every speech was concluded with a standing ovation, every performance ended in cheers. They know to value the most in the littlest of things. It is often that you find yourself realizing the beauty of the world around you, only after you learnt to open your own very eyes. I have learnt this when I started to find myself being more and more humbled by the amazing people I am surrounded with, and blessed with the opportunity to learn from them. This has led me through the path of life up till now, and I am sure it will bring me to whatever future I am destined for.



吳天諾 NG Nicholas Tian Lok

南島中學(第十二年)
SOUTH ISLAND SCHOOL
(Year 12)

「傑出」是每一個人也可以做得到，而「傑出」的定義可以有不同的演繹，對我來說，傑出的人就是那些憑着信念，挑戰自己，自強不息的人。

我第一次有所醒覺，是在我讀第十年班的時候，當時，電腦遊戲成為了我每日生活的一部分，當這開始影響到我的生活時，我醒覺到時候要作出改變，任何人如果不願放下現有的東西，無論是你的恐懼、猶豫，或生活陋習，你就無法改善現狀，自我提升。當年我憑着決心，終於成功改變自己，改掉陋習。

我明白每次當你作出新嘗試，你大多會感到不安，但我深信願意擁抱新機遇、新挑戰，接觸新事物、新朋友，就能令到自己保持開放的心態、豁達的胸懷、自強不息，成為一個傑出的人。這些新嘗試不是你的學業成績等級，也不是你參加了多少個課外活動，而是你真正自我醒覺，打開自己的胸懷，挑戰自我。

我仍然記得第一次參加辯論比賽是一個萬分艱難的決定及經歷，幸好我身邊有支持我的朋友及家人。雖然我的辯論內容並非優秀，辯論過程中我渾身發抖，但這都不重要；最重要的是我在這個過程中認識了很多新朋友，這比任何獎項更有價值，因為他們不僅支持了我踏出第一步，亦都擴闊了我的眼界，帶領我到一個新的層次，令我可以不斷探索中成長。

以我的個人經驗來說，參加各種比賽、論壇、會議或其他活動，大多是很花錢，但你必然有所得着，能有機會去學習，去擴闊眼界，去跟其他人溝通，訓練自己的領導能力，這全都是在課室中學習不到的。

Anyone can become outstanding, but what makes people "outstanding" varies greatly. For me, these are the people that are willing to take a leap of faith in order to gain much more.

I only had this realization when I was in Year 10. Back then, computer games had become a part of my life that I could not go a day without. It was only when things reached a boiling point that I realized things needed to be changed. Those who are not willing to abandon anything cannot change anything, whether it is your fear, hesitance, or just an attachment to your current life. It was only through a dogged self-persistence I finally managed to make a difference.

When we initially take that leap of faith to try something new, it always seems daunting and scary, because we are wired to have a fear of the unknown. But I believe being willing to immerse yourself in new opportunities to meet new people, and learn new ideas is what allows anyone with an open mind and an open heart to become outstanding. It is not just about grades or the number of extracurricular activities you have got - it is your capacity to open yourself up.



- 香港童軍總會 — 2018年度模範童軍
Scout Association of Hong Kong - Scout of the Year 2018
- 香港青年協會 — 2018-19年度楊鐵樑爵士英語大使
Hong Kong Federation of Youth Groups - Sir Ti Liang Yang English Language Ambassador 2018-19
- 國際獅子總會中國港澳 — 第18屆國際青年交流獎學金徵文比賽冠軍
Lions Clubs International - Hong Kong & Macao, China -
18th Lions International Youth Exchange Scholarship Essay Competition - Champion
- Hong Kong Schools Debating and Public Speaking Community - Best Speaker Award in 12th Junior Debating Tournament
- 南島中學 — 總領袖生 (2019-20)
South Island School - Head Boy (2019-20)



當我們願意開放自己，我們便能自我蛻變。在蛻變成長過程中，必會遇到很多志同道合的同道人。看到別人的成就，讚美是容易不過，但更重要的是要欣賞他們當初下決心的勇氣，及學習他們默默耕耘的堅持，才達致今天的成果。

對我來說，這次有幸獲選為香港傑出學生選舉的得獎者，實在有有很大的意義。它印證了從五年前的我，蛻變至今的我，其中我所作出的一切努力得到豐碩的成果，並證明憑着信念，挑戰自己，自強不息，生命就能活得精彩，過得充實，讓我擁抱每一天！

I remember how hard it was to take that first step as I entered my first debate tournament, but my supportive friends and family encouraged me. It did not matter that my speeches did not make sense, or that my legs shook like spaghetti. The new friends I made along the way were worth more than any prize because they did not just commemorate my first step - they also showed me a whole new world that I am still exploring today, and which I look forward to exploring even further in the future.

From my experience, the best thing about joining tournaments, forums, councils and all these other opportunities that it is a package deal: You pay nothing (well, most of the time) but you get the chance to understand more, interact more, lead more, something that cannot be taught in a classroom.

When we are willing to open ourselves up, we become so much more and in the process, we can meet other people who have also begun this transformation. It is really easy to look at someone and think "Wow." But it is a lot more important to understand the hard choices they made and appreciate their painstaking effort in order to get to where they are today.

For me, this award means a lot. It represents that faithful choice I made to give up tedium and mundanity for possibility and opportunity five years ago - the chance to be someone more. It showed me how much I could do once I decided to take that faithful leap. I have never looked back.





蕭殷祈 SHIU Yan Ki Faith

拔萃女書院(中五)
DIOCESAN GIRLS' SCHOOL
(Secondary 5)

在這十七年的成長過程中，我除謹記小時候父母教導要謙遜待人外，亦發現自己從幫助別人的過程中找到最大的快樂。我享受與別人一起突破界限和進步，對我而言，人生的價值建基於自己與別人的互動有否對人帶來影響，即使我做的事再微不足道，我也希望能在別人心裏泛起絲絲暖意。

我熱衷於音樂及長跑。音樂，是我人生中不可或缺的一部分，亦是我快樂的根源。除了熱愛拉小提琴和彈鋼琴，我自小參加兒童合唱團，特別喜歡與團員一起唱出能感動觀眾的音樂，帶出其中的精髓。久而久之，我學會了做事細膩及持之以恆的重要，亦傳授了我做人處事的正確態度，更為我中學生涯帶來難以言喻的歡樂。縱使帶領合唱團比賽已事隔一年，但與各團員在台上的每一刻依然歷歷在目，想起當晚的歌聲仍令我心底有所悸動。我相信音樂有治癒心靈的能力，盼望我所彈奏或歌唱的音樂，能感染身邊更多的人。

長跑，有人說就像人生一樣——在疲勞奔波中似乎看不見終點。但其實只要持之以恆，加上身旁有支持著自己的人，又有什麼是我們不能克服的呢？為越野比賽及馬拉松的練習，鍛煉了我堅毅不



"Faith."

The word itself is powerful, carrying the virtue of absolute trust and confidence in oneself. However, growing up, I was undeniably the least confident child. Unable to live up to my name, I doubted my own abilities, and was often driven by the fear of lagging behind. This lack of faith in myself has fortuitously shaped me into a person who finds great comfort and joy through service. I enjoy helping others over excelling as an individual. I find life's meaning in benefiting those around me through what I do, and enjoy seeing others succeed through my help.

Music and long-distance running were what helped me recognize my abilities through the difficult journey of self-discovery as I grew up, shaping me into the person I am today.

Music ultimately signposted my way of life. It has helped me express my emotions since a very young age, as I have been deeply drawn to the magical feeling music brings since then. Under a culture where learning an instrument is considered mandatory for every child, I realised that I do not learn violin and piano for achievements, but to fulfill my deep yearning to spread joy through sharing what I love. Last year, I was given the opportunity to coach an amateur string orchestra formed by 30 children living in Tin Shui Wai. Everything started from scratch, and it was an ecstatic journey to witness children learn and play an instrument in just two months. Being the choir chairlady and music prefect have trained up my confidence through leadership. Choral music, and the people I meet along the journey never fail to leave me in utter amazement. Over the years, I began to realise that making

- 拔萃女書院——傑出音樂家(西方音樂)(2018-19)
Diocesan Girls' School - Valuable Musician (Western Music)(2018-19)
- 拔萃女書院——音樂領袖生(2018-19)
Diocesan Girls' School - Music Prefect (2018-19)
- 拔萃女書院——高級混聲合唱團團長(2018-19)
Diocesan Girls' School - Chairlady of Senior Mixed Choir (2018-19)
- 拔萃女書院——綠社社長(2018-19)
Diocesan Girls' School - Sawyer House Captain (2018-19)
- 拔萃女書院——越野隊隊長(2017-18)
Diocesan Girls' School - Cross Country Team Captain (2017-18)

屈的性格。小時候，遇到困難的第一個念頭就是放棄。我不願尋求出路，又質疑自己的能力，因此往往未能達成目標。直到與父親一起養成跑步的習慣，才逐漸發現自己的能力遠超於本來所想像。與父親跑過一個又一個的山嶺，內心經歷一次又一次的掙扎，但只要堅持、不放棄，最終總能把自己帶到終點。我慶幸生命中有個人在身旁為我打氣、與我相伴的人，感謝他們一直的鼓勵和支持，幸得他們一路上的陪伴，我才能成為今天的自己。

最後，我希望在此感謝劉校長的提名、學校的栽培，以及父母、老師的支持，令我在中學的最後一年，有幸獲選成為香港傑出學生選舉的得獎者，除了能作為對我往日付出的肯定，更能作為我日後做事的指引，讓我時刻提醒自己，「傑出就是付出」。隨著中學生涯快將落幕，我會善用餘下的日子，在公開試前好好裝備自己，好讓日後能有機會用自己的知識及能力回饋社會，協助更多人突破自身或環境的限制，在人生的旅途上振翅高飛。

music is not about winning a competition, but it is about the rapport you gain during the process, and spreading the joy and love music brings to people around you, the community, or even the world.

On the other hand, long-distance running has taught me the importance of perseverance and resilience. I was beginning to get used to uplifting others and looking down upon myself until my father encouraged me to train with him, which led me to discover my potential through hectic long-distance running training. As I ran alongside my father for kilometre after kilometre, I realised I can achieve so much more than I have ever imagined. Though the winding road may seem endless, I have realised that as long as you trust yourself, and do not quit carrying yourself forward, one day you will eventually reach the finishing line. Do not stop believing in yourself, even in the worst circumstances.

Lastly, I want to end by expressing heartfelt gratitude towards my principal, Mrs Lau, for her unwavering guidance throughout my secondary school years, nurturing me into the person I am today. I would also like to dedicate this Award to teachers, friends and most importantly, my parents, for their support and love throughout these years. I promise to fully utilise my abilities in the future to help those in need in our society, and to teach them to have faith and confidence in themselves: if they believe in their own abilities, they too, can all be outstanding in their own way.





孫仲文 SUEN Chung Man Christian

聖保羅男女中學(中五)

ST. PAUL'S CO-EDUCATIONAL COLLEGE

(Secondary 5)

- 2019 "21st Century Cup" National English Speaking Competition – China – Champion
- World Individual Debating and Public Speaking Championships 2019 – Hong Kong Team & The Paul Holleley Award Commendation
- Hong Kong Model United Nations 2019 – Marketing Director
- 2019 R.A. Butler Politics Prize – Trinity College, Cambridge – Special Commendation
- South China Morning Post – Student of the Year Awards 2017/18 – Linguist (English) – Champion



「嗯...你會跳舞？」當人們瀏覽完我的IG後，這可能是我最常聽到的問題，這也難怪。對大多數人來說，我只是個考試成績很好的學生，在學校領導幾個學會，並且熱愛所有有關「演講」的活動。雖然我遠不及專業舞者，但舞蹈給我上了人生中最有用的一課，而我希望能帶你踏上我的舞蹈旅程。



當你開始鼓起勇氣，觀看YouTube教學或參加舞蹈課，不再在乎別人對你四肢不靈活或缺乏平衡的評價，那就是成功踏出第一步。於我而言，我很幸運能得到父母和聖保羅男女中學老師的一貫鼓勵，他們指導我完成了我有史以來第一次的公開演講比賽。從那以後，我意識到對我最大批評的其實是我自己。一旦我克服了對「看起來很糟」或「失敗」的恐懼後，我便開始將每場比賽都視為一次學習的機會，也將它視為向其他才華橫溢的朋友好好學習的機會。

"Wait a second ... you dance?" is probably the most frequent response I get when people scroll through my socials, and I do not blame them. To most, I am just that one dude who does pretty well in his exams, who leads a couple of clubs in school, and who loves all things 'public-speaking related', probably a little too much. Now while my skills are nowhere near that of a professional dancer, dance has taught me some of the most useful lessons in life, and I want to bring you through the steps of my dancing journey.

Let's start from the beginning when you pluck up the courage and decide to get your feet wet, watching a YouTube tutorial or attending a dance class, not caring about what others think about your flailing limbs or lack of balance. For me, I was lucky enough to have the consistent encouragement of my parents and teachers at SPCC as they guided me through my first ever public speaking tournament. But ever since then, I realized that our biggest critic is oftentimes ourselves. Once I got over the fear of 'looking bad' or of 'failing', I started treating each contest as both a learning opportunity and a chance for me to make friends with other talented people and learn from them.

Once you have the basic skills, you start to have the urge to test them out, maybe in a game of Justdance, or even a street dance battle, and after each one, you push yourself to do a harder choreography. 'Continuous self-growth' is one of the attributes I care about most dearly, rather than constantly comparing myself to my fellow peers, my biggest 'competitor' is my past self. To give an example I represented HK in the Worlds Individual Debating and Public Speaking Championships for two consecutive years. After ranking rather poorly in my first year, I decided to spend more time polishing my speech, and being awarded the Paul Holleley Award was a testament to all my efforts paying off. This mentality of self-improvement also ties in nicely with my school motto - "pursuit of

掌握了基本技巧後，你便開始有衝動參加舞蹈比賽，可能只是在Justdance遊戲中，甚至在街舞中。然後每次嘗試之後，你都會努力進行更艱苦的編舞。「持續的自我成長」是最關心的品格之一，而並非不斷地將自己與同輩比較，我要跟過去的我「競爭」。正如我連續兩年代表了香港參加世界個人辯論和公共演講錦標賽，第一年成績比較差，之後我決定花更多的時間來完善自己的演講技巧，最終獲得Paul Holleley獎，實屬對我所付出的努力的一點回報。我相信這種力求上進的心態，與我校「追求卓越」的精神緊密相聯。但實際上，一個人力求上進之路是永無止境的，我們生活中總有可以繼續努力的地方，此所以我們一方面需要知道自己的缺點，但我們也需要欣賞和肯定自己所做的一切。

當你基本上成為某種舞蹈風格的「專家」，你會決定開始學習其他風格，例如嘻哈或爵士舞，從而成為一個更加全面的舞者。升上中四，我已經非常習慣「嘗試新事物」，但是出現了新的挑戰——「時間管理」。幸能抱持自我控制和倚靠日程來好好計劃我的每一天，我才得以參與許多不同的學術和非學術比賽，同時回饋了社區。去年，我有幸為香港最大的模擬聯合國會議(HKMUN 2019)5人組織團隊的其中一員，也是24小時競賽的營銷團隊成員，該團隊旨在提高人們對人口販運和兒童權利的認識。儘管過程非常艱辛，但卻給人難以置信的得益。

說了這麼多，每個人的成功之路不盡相同，就如我們成為「傑出學生」所經歷的過程也很不一樣。但有一件事情使我們聯結在一起——我們都為了追求目標和抱負而付出十分的努力，竭盡所能要為未來做好準備。我們會按各自的舞步和節奏，跳出固有框架，舞向自己的一片天，成為真正的「出類拔萃」。

excellence". But in truth, one's path of self-improvement is never-ending, there will always be aspects in my life that I can continue to work on. That is why although it is important to acknowledge our shortcomings, we also need to take some time to appreciate all that we have done.

Now that you're basically a 'pro' in one style of dance, you decide to branch out, learning other styles like hip hop or jazz all at the same time, just so that you become a more all-rounded dancer. Stepping into Form 4, I was already pretty accustomed to 'trying new things', but a new challenge arose - 'time management'. However, armed with a lot of self-control, and a trusty schedule to help plan my day, I effectively juggled numerous academic and non-academic competitions, whilst also giving back to the community. Last year, I was part of the 5-person organizing team of the largest MUN conference in HK - HKMUN 2019, and the marketing team of the 24 Hour Race which aims at raising awareness for trafficking and children's rights, both of which proved to be arduous but incredibly rewarding.

Having said all that, everyone's path to success is different. The processes we undergo to become a truly 'outstanding student' are all different. But there is one thing that unites us - our unique goals and ambitions that we strive towards, doing everything we can to equip ourselves for the future. We dance to the tune of our own music, not the tune of others, and that, is what makes us truly "outstanding".





溫宇軒 WINDEBANK Ewan Peter George

玫瑰崗學校(中五)
ROSARYHILL SECONDARY SCHOOL
(Secondary 5)



六年前，以我當時小學的成績，是沒有資格順利畢業然後升讀中學的。我所有科目的成績幾乎都不合格，操行成績也極其差，而且沒有努力上進的決心。像我這樣的學生，也不難明白為什麼沒有學校會接收；但那只是六年之前……你可以想像這個獎項對我有多重大的意義嗎？

這確實是一段漫長的旅程，不是輕輕鬆鬆或什麼轉眼間的改變，但我可以肯定，這一切都始於我媽媽的一句話：「只要全心全意，就可以實現任何目標。」雖然，這聽起來有點陳腔濫調，但這卻是我需要的動力，因為正是這句話使我走上了今天的路途。

其實，我花了好一段時間才能完全理解媽媽所說的話。今時與往日是天淵之別，那時，我真的不知道自己究竟在做什麼。我對夢想沒有什麼概念，沒有對未來的規劃，即使是「朋友」對我來說也很遙遠。但是，當我進入中學後，我發誓無論如何我會開始做一些「事」。

我堅信凡事全力一試，因為那是知道自己是否真正喜歡那事的唯一途徑。於是我非常努力作多方面嘗試，從玩音樂到搞工程，遂樣找尋心中熱愛。直到兩年前我才發現它——「電影製作」。

幾年前參加了一個相關的短期課程後，我就開始撰寫劇本，一切從中萌芽。我整個生活開始圍繞編寫劇本而旋轉，我上的每節課，放學後的課餘時間，甚至會因而犧牲睡眠時間。我終於找到了我所熱愛的！我起初以為自己寫的劇本毫

Six years ago, I was nowhere near qualified to graduate to secondary school. With an 'F' grade in almost all of my subjects, a conduct grade dismally low and no real heart to change for the better, it isn't hard to figure out why no school would accept such a student. That time was only six years ago, which gives you an idea of how much this award really means to me.

It really has been quite a journey, and it was not an easy or immediate change, but I am pretty certain it all started when my mum told me that "you can achieve anything as long as you put your heart and mind to it." It sounds a bit cliché but that was the push I needed, because it was those words that led me down the path to who I am today.

To be honest, it took me a while to fully understand what my mum was trying to say. Now it seems like day and night but at the time, I really did not know what I was doing. I had no real concept of a dream, no plans for the future, even 'friends' was a long shot for me. But after I entered secondary school, I vowed that I would start doing 'something' with my life, whatever that might have been.



I started by giving everything a shot, even if I am unsure about it, because that is the only way I can know whether I actually liked it or not. So that was exactly what I did, I gave absolutely everything a try. From musical instruments to engineering, I looked everywhere to find something I could truly chase with a passion. It was not until two years ago I found it - filmmaking.

It simply started when I got into a brief course on scriptwriting and it all sprouted from there. My whole life started revolving around writing scripts - every lesson I had, every

- Dubai Youth Film Festival 2019 - Best Performance
- Across Asia Youth Film Festival 2018 - Best Film
- 玫瑰崗學校學生會主席 (2017-18) 及副主席 (2018-19)
- Rosaryhill Secondary School Student Council - President (2017-18) & Vice-president (2018-19)
- 第三十一屆香港特別行政區傑出學生選舉——十大傑出學生 (2018)
- The 31st HKSAR Outstanding Students Selection - Top Ten Outstanding Student (2018)
- 灣仔區傑出青年選舉 2018——灣仔區傑出青年(學生組)
- Wan Chai District Outstanding Young Persons Selection 2018 (Secondary School Section)

不出眾，甚至認為它們絕大部分都是一文不值。後來在2017年末，有一個製片人竟選了我寫的其中一個劇本，給了我難得的工作機會，這對我的能力是一個強而有力的肯定。

由撰寫劇本，開始執導到嘗試剪接，我的第一部微電影終於面世了，自我感覺從未如此良好過，自覺屬於電影，不管面前有幾多艱辛、險阻，我知道我所愛的就會讓我挺得過。於是回想起幾年前媽媽告訴我的話，我更相信自己。

兩年之後的今日，憑著這份自信，我曾參與兩屆學生會擔任主席和副主席，撰寫並執導了五部短片，其中最重要的是，我對自己以及我的人生目標更為了解。

如果不是我的母親，我將無法成為今天的我，她比任何人都相信我，即使沒有什麼值得驕傲的，她也會為我感到自豪。她啟發我去超越自己，她讓我相信自己有能力一步步最終實現夢想。因此，我希望可以鼓勵更多人，無論自己的情況如何，也應追求自己的夢想。

我非常感恩自己現在所擁有的一切，包括我的家人，一直支持我的朋友，當然還有我所追求的夢想。我希望由始至終都能夠保持謙虛，不忘初心。



spare moment, I would even lose sleep to it. I had finally found something that I could call a passion. I did not think I was going to go anywhere with the scripts I wrote, and I considered most of them to be terrible actually. Or at least so I thought, because in late 2017, one was picked up by a producer and thus I debuted as a filmmaker.



After writing, directing and editing my first film, I honestly felt better than I have ever had in my life up to that point. That was when I knew filmmaking was where I belonged; it was just this gut feeling despite all the difficulties that such a passion would entail. I remembered back to what my mum had told me years before and for the first time, started believing in myself.

Two years later, here I am. That simple ideology led me to be in student council for two terms as chairperson and vice-chairperson, to write & direct five short films and best of all, to figure out who I am and what my goal in life is - finally figuring out a purpose.

I figured that I would not have become who I am today if it was not for my mother, who believed in me before anyone else did, and was proud of me even when there was nothing to be proud of. She was the one who inspired me to go above and beyond what I thought I was capable of, and in the end, to chase my dreams. So I aspire to inspire, I hope to encourage others to chase their own dreams no matter what their circumstances are.

I am extremely grateful for everything I have now, from my loving family, my always supportive friends, to of course, a passion and dream that I have been able to pursue. I am forever in debt to all my friends and family for sticking by my side through the bad times. In the long run, I hope that I can always stay humble and forever remember where it all started.



葉建廷 YIP Kin Ting (Tommy)

荃灣官立中學(中五)

TSUEN WAN GOVERNMENT SECONDARY SCHOOL
(Secondary 5)

接到得獎通知後，除了難掩興奮，我亦驀然回首：四年前的我，應該無法想像自己原來可以成為一位傑出學生。

還記得中二那年，我只是一個沒有目標、沒有理想的普通男孩，每天勉強應付學校的課業，日子過得渾渾噩噩。不過，在學年完結前，一個小小的機會從此改變了我，一位師姐鼓勵我參加社際辯論比賽，當時我心想，自己根本沒有公開演講的經驗，更何況是在台上用英文和對手較量呢？但是我心裡一個想法說服了自己：「試一試，出醜便出醜吧！」的確，我沒有得到好成績，甚至被評判責備，但這次經驗卻永遠地改變了我。

從此以後，我獲得踏出安全圈的勇氣，開始嘗試一些自己從未接觸過的活動，以及各式各樣的比賽，我總是喜歡將自己的行事曆填滿種種的活動，它們亦令我的生活從此填滿了色彩。有時候我或許會忙得透不過氣來，但卻心甘情願，可能是喜歡事情圓滿落幕所帶來的滿足感吧！

如果要成功達成某項目標，首先要相信自己可以，永遠不要將「可以」早早判下死刑。中一時，看著禮堂裡歷屆總領袖生的名字，我問自己，某天我會否榜上有名？四年後這天來了，我的責任感得到老師的認同，正式成為總領袖生。對我而言，這個職位讓我可以實踐自己在多次領袖訓練營中所學到的領導技巧，學習成為一個好領袖。



When I received the Winner Notification, not only was I excited, but I also had a flashback too. Four years ago, it was beyond my imagination that I could become an Outstanding Student one day.

Back in secondary 2, I was an ordinary lad who just muddled through the day. Dealing with school work without effort, I had neither target nor ambition. Fortunately, a little opportunity has changed me completely. I was encouraged by a senior house member to participate in the Inter-house Debating Competition. At that time, I did not have any experience in public speaking, let alone debating with the opponents in English. Finally, I told myself, 'just give it a try, and don't care about messing it up'. Despite the fact that I performed badly in the debate and was even criticized by the judge, the experience has changed me forever.

Ever since, I discovered my courage to step beyond my comfort zone. I started to explore activities and competitions that I have never taken part in. I loved to make myself busy, immersing in different activities. I filled my Google Calendar with colours, so as my life. Sometimes I felt exhausted with the jam-packed schedule, but I still enjoyed the bustle. Maybe I loved the satisfaction whenever an event was marked with a fulfilling ending.

If we want to achieve something, the first step is to believe that 'I can'. Never say 'I can't'. When I was in secondary 1, I looked at the Head Prefect List in the school hall. I asked myself if my name could be engraved on the list one day. Finally, the day did come after four years. Being recognised for my strong sense of responsibility, I became the Head Boy. This position has allowed me to apply the leadership skills I learnt in training camps and polish my leadership skills to become a better leader.

- 國泰航空公司飛躍理想計劃 —— 優秀學員 (2019)
- Cathay Pacific I Can Fly Programme - Outstanding Participant (2019)
- 思科創意解難挑戰 —— 香港區冠軍 (2017-2018)
- Cisco Innovation Challenge - Hong Kong Region Champion (2017-2018)
- 荃灣官立中學 —— 總領袖生 (2018-2019)
- Tsuen Wan Government Secondary School Head Boy (2018-2019)
- 荃灣官立中學 —— 西樂團團長 (2017-2018)
- Tsuen Wan Government Secondary School Symphonic Band Chairman (2017-2018)
- 荃灣官立中學 —— 最有責任及禮貌學生獎 (2017-2018, 2018-2019)
- Tsuen Wan Government Secondary School
- The Most Responsible and Polite Student Award (2017-2018, 2018-2019)

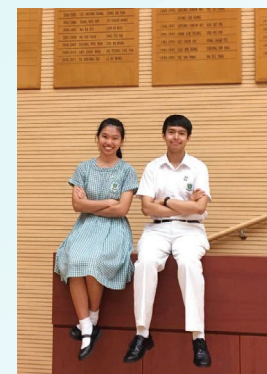
「追求完美」是我的格言。記得在最後一輪面試中，評判問我：「你真的可以達到完美嗎？」我笑了笑，搖了頭，人無完美，為何我還將完美兩字當為自己的目標呢？因為我深信，只要往著完美的方向進發，我和完美的距離必定會拉近。正正是因為完美不可能達到，我才能夠保持初心，無時無刻力求進步，就像時鐘一樣，只要時間未有終點，指針也會保持跳動，從不退後。



傑出學生的獎項不僅是對自己多年努力的肯定，更是鞭策著我繼續努力。我目前正在預備公開試，學業變得前所未有的繁重，難免會有缺乏動力的時刻。每當我開始鬆懈，只要問一問自己：「我能做到一個傑出學生應有的表現嗎？」我就能夠重燃起心中的熱情和鬥志。

My motto is 'seek perfection'. When I attended the final interview, the judges asked me, 'is it really possible for you to achieve perfection?' I smiled and shook my head. Indeed, no one can be perfect. Why do I set perfection as my aim still? It is because I believe that, once I head toward perfection, I would get closer and closer. In fact, it is the gap between myself and perfection that drives me to seek for continuous improvement. I move forward like an hour hand, keep moving on until the end of time, which does not exist. Just like a clock, I would never step back.

Being an Outstanding Student not only recognised the effort I have paid, it reminded me to keep striving for excellence. While preparing for the public examinations, I may feel depressed sometimes. Whenever I start to lose self-discipline, I would question myself, 'am I behaving like an Outstanding Student?' Then, my passion would be aroused again. I would be able to keep fighting.



青苗基金 Youth Arch Foundation

青苗基金是由一群資深的「香港傑出學生選舉」得獎者及決選生自發組成，以匯集不同年齡的「傑生」力量，積極投入各項社會公益活動，惠澤社群，並鼓勵會員薪火相傳，承傳回饋社會之責。

基金為了實踐發掘、表彰及培育青年人材的使命，每年舉辦兩個旨在鼓勵中學生奮發向上的選舉，包括香港傑出學生選舉（始於1985年）及青苗學界進步獎（前稱「最佳進步獎」，始於1991年），並組織各種活動以聯繫歷屆得獎學生，藉以鼓勵同學熱心參與社會事務，培育領導才能。基金又為青少年成立「青年委員會」，促進青少年的互相交流和學習，並提供個人發展、升學、就業及生涯規劃等方面的支援。此外，基金亦為由歷屆香港傑出學生組成的學生組織「香港傑出學生協會」提供意見及協助。



青苗學界進步獎2017-18 頒獎典禮
YASIA 2017-18 Award Ceremony



「小人物·大冒險」進步生文化交流計劃
Cultural Exchange Program for YASIA awardees

The Youth Arch Foundation (YAF) is a charitable organization on youth development run by a group of past winners and finalists of the Hong Kong Outstanding Students Award. YAF strives to foster youth talents and to encourage youth to contribute to society through active participation in community services.

In order to recognize and develop youth talents, YAF presents two awards annually that aim at commending promising secondary school students, namely the Hong Kong Outstanding Students Award (founded in 1985) and the Youth Arch Student Improvement Award (formerly known as the Best Improved Students Award) (founded in 1991). A wide range of activities are organized for awardees to actively participate in community services and to explore leadership potential. In addition, YAF established Youth Committee that provide platforms for youth to interact and learn from each other; and to support youth in terms of their personal, educational, career and life developments. YAF also provides assistance to the Hong Kong Outstanding Students' Association, which is a student-run organization comprised of the past awardees of the Hong Kong Outstanding Students Award.



學生暑期京港工作交流計劃
Student Summer Internship Program (Beijing)



香港傑出學生選舉 2017-18 頒獎典禮
HKOSA 2017-18 Award Ceremony



大學新鮮人 2019
One Day in University 2019



青年委員會——村長就職典禮
Youth Committee - Youth Leader Inauguration



「小人物·大夢想」學校講座
School Talk

獅球教育基金會 Lion & Globe Educational Trust



獅球教育基金會成立於1985年，由合興食油集團（前身為合興油廠）的洪氏家族創辦，本著「取諸社會，用諸社會」的宗旨扶掖香港青年，為社會培育人材。歷年來，基金會創立了香港傑出學生選舉（始於1985年）、最佳進步獎（始於1991年，現改稱為「青苗學界進步獎」）及多項青少年培訓活動，並於2010年起全力支持青苗基金接辦兩個獎項的籌備工作。

The Lion & Globe Educational Trust was established by the Hung family, founder of the Hop Hing Oil Group (formerly known as the Hop Hing Oil Factory), in 1985 as a charitable foundation. Aiming to nurture Hong Kong youth to become responsible citizens and future leaders, the Trust has been the primary sponsor of the Hong Kong Outstanding Students Award (since 1985), the Best Improved Students Award (since 1991, now renamed "Youth Arch Student Improvement Award") and a wide range of youth development activities over the years. In 2010, with the Lion & Globe Educational Trust's full endorsement and support, the Youth Arch Foundation took over the organization of two awards.



與歷屆傑出學生交流
Sharing session with past HKOSA awardees



北京傑出好學生及香港傑出學生交流
Sharing session among Beijing Outstanding Students and Hong Kong Outstanding Students

香港傑出學生協會 Hong Kong Outstanding Students' Association



香港傑出學生協會是由歷屆的香港傑出學生選舉選出的決選生及得獎者組成，成立於1987年，為香港規模最大，歷史最悠久的非牟利學生組織之一。協會已經成立33週年，會員人數已逾1000名，承蒙多位社會傑出領袖出任榮譽顧問，為協會的活動和長遠發展指引籌謀。

賦權青年 定義傑出

我們認為只有大家攜手履行對自己和對社會的責任，才能帶來真正的改變，塑造美好的將來。因此，我們希望建立一個「爭取權利的同時履行責任，渴望回報的同時重視付出」的社會。最重要的是，我們希望不同背景的學生都能和我們一起找到讓自己傑出的方法。

本協會經歷三十三年風雨，一直是有志者聚集、互相啟發之處，培育正直及有社會責任的領袖。第三十三屆執行委員會將繼承協會傳統，用熱誠貢獻香港。

Hong Kong Outstanding Students' Association is a non-profit student organization established in 1987 by awardees and finalists of the Hong Kong Outstanding Students Award. The Association is one of the largest and oldest student organizations in Hong Kong. The Association has established 33 years with more than 1000 members, we are very grateful to our honorary advisors, who are outstanding leaders from the community, for their guidance on our activities and long term development.

Empower the Future, Define your 'Outstanding'

We understand that shaping the future is not something one can do on his or her own - real changes and empowerments only happen when we all come together and work together - not without bearing in mind our responsibilities to ourselves and to our communities. We want to build a more responsible society in the future - one where we do not just ask for entitlements, but also about responsibilities. One where we do not just think about ourselves; but more about what we can give. And above all, students from different backgrounds can find their own definition of 'outstanding' here with us.

Having gone through 33 years of challenges, the Association has not just become a group for intelligent minds gathered together, but souls that want to inspire others, to serve the city and to become leaders of their communities. We, the 33rd Executive Committee will continue such traditions and undertake with passion to serve Hong Kong.



香港傑出學生協會活動照
Hong Kong Outstanding Students' Association Activity Photo

讓我高飛
(香港傑出學生選舉30周年主題曲)

監製：John Laudon / 陳青昕
編曲：John Laudon
作曲：陳青昕(第十四屆傑出學生)
填詞：周佩波(第十四屆傑出學生)
主唱：歷屆傑出學生

路上伴有你 面對世間驚濤駭浪
決意要闖出 為奮鬥理想
振翅要高飛 面對困境不言稍退
靠勇氣堅忍 憑着愛 去闖

副歌：

高飛 讓我高飛
面對著挑戰挫敗 同尋覓路向
風雨中釋放 誠共愛
齊共往 憑著那信念衝刺

高飛 讓我高飛
願意為挑戰盡努力無懼怕
風裡任意飛
任暴雨風吹
也不驚怕

青苗
(香港傑出學生協會會歌)

曲：羅頌恩(第六屆傑出學生)
詞：劉南基
舞：戚本乙、陳瑞芬(第十四屆傑出學生)

不遠的樹林有棵青苗 呼呼北風吹未畏半點
抓緊艷陽去吸收 未怕阻撓與困憂
風吹雲沒雪過後 小小勁苗根枝秀
不屈自強去堅守 昂然而立廣遍樹蔭

我似這青苗付出真心 以信心而創獻社群
破阻撓進軍 豐富燦爛人生

真我熱誠化作青苗 呼呼北風吹未畏半點
抓緊艷陽去吸收 未怕阻撓與困憂
風吹雲沒雪過後 小小勁苗根枝秀
不屈自強去堅守 昂然而立廣遍樹蔭

憑藉心內那點真 隨著關懷情互滲
憑著這雙手 去肩擔社會責任
我憑藉心內那點真 隨著關懷情互滲
全賴這首歌 傳揚萬里
要香港這片地 充滿樂蔭



人物故事
Our People



青苗基金微電影
《光環組曲》
Micro Movie
produced by Youth
Arch Foundation



香港傑出學生選舉
得獎生片段
Hong Kong
Outstanding Students
Award-Awardees'
Video

Organizer
主辦機構



Fully Supported by
全力支持



Supporting Organization
支持機構

