



香港傑出學生選舉 2017-18

Hong Kong Outstanding Students Award

主辦機構
Organizer



全力支持
Fully Supported By



Lion & Globe Educational Trust
獅球教育基金會

GIVING IS
傑出就是付出
OUTSTANDING!



「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。通過評選活動(如個人申請表、筆試、評選營及面試)及學習活動(如實習、工作體驗、工作坊、交流活動)，參選學生可檢視自己的付出和成就，期間與社會領袖、歷屆得獎者及全港優秀中學生交流，最後由專業評審團甄選為「香港傑出學生」，藉此擴闊生活圈子及個人視野，汲取經驗，發揮潛能，肯定自己，同時強調德、智、體、群、美均衡發展的重要。

- 參加資格** 現於香港就讀中四至中六級別(或國際學校第10至12級 / 第11至13年)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、優秀個人品格和熱心服務社群，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。

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：歐綺雯老師、陳嘉明老師、鄭振發校長、張慧欣老師、劉佩芝老師、高家浩老師、林榮標校長、林鄺潤儀女士、譚耀培校長、黃淑儀校長	2017年 10月19日
評選營 53名決選生晉身次輪評選，參加為期3日2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	2017年11月 24日至26日
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 (香港鐵路有限公司董事局主席及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) 黃傑龍先生，JP (香港十大傑出青年、飲食機構主席兼行政總裁) 余黎青萍女士，SBS，OBE (前教育署署長)	
	2018年 1月13日

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；校長及提名入獲邀出席頒獎典禮暨記者招待會接受獎座
決選生 獲頒嘉許證書；獲邀出席頒獎典禮暨記者招待會
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32年逾千位來自不同成長及專業背景的傑出學生。

Since its establishment in 1985, the Hong Kong Outstanding Students Award (HKOSA) 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 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 recipients 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. In addition to assessment activities (e.g. application form, written test, assessment camp and final interview) and learning programs (e.g. student internship programs, exchange activities and overseas trips), students will also have an opportunity to interact with social leaders, past awardees and outstanding students from other schools that helps to enhance their self-understanding and broaden their horizons. The Award would continue to advocate and foster the spirits of moral, intellectual and physical education amongst Hong Kong students.

- Eligibility** Students enrolled in S.4 to S.6 (or International School Grades 10 to 12 / Years 11 to 13) 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.

Assessment Procedure and Timeline

Written Test (All applicants) Evaluation of academic competence, cognitive skills and social awareness. Adjudication Panel: <i>Ms. Helena Au, Ms. Jenny Chan, Mr. Dominic Cheng, Mrs. Olivia Chao, Ms. Lau Pui Chi, Mr. Ko Ka Ho, Mr. Lam Wing Blu, Mrs. Ruby Lam, Mr. Oscar Tam, Ms. Teresa Wong</i>	October 19, 2017
Assessment Camp 53 finalists were invited to a 3-day-2-night assessment camp that offered them a chance to enhance self-awareness, leadership abilities, team spirit and creativity.	November 24-26, 2017
Final Interview 20 finalists were invited to final interview. Winners were chosen by a panel of judges, which included <i>Prof. Frederick Ma</i> , GBS, JP (Chairman of MTR Corporation Limited and Chairman of the Hong Kong Education University Council) (Panel Chairman) <i>Dr. Albert Chau</i> (Vice-President (Teaching and Learning), Hong Kong Baptist University) <i>Ms. Norris Lam</i> (Chairman, Youth Arch Foundation; Chairperson, Steering Committee of the Hong Kong Outstanding Students Award) <i>Mr. Simon Wong</i> , JP (Hong Kong Ten Outstanding Young Person; Chairperson and CEO of a major catering group) <i>Mrs. Helen Yu</i> , SBS, OBE (Former Director of Education)	January 13, 2018

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 nominee were invited to the Award Ceremony cum Press Conference and receive a trophy
Finalist A certificate of achievement; Invited to the Award Ceremony cum Press Conference
All finalists received an invitation of a life-time fellowship to the Hong Kong Outstanding Students' Association – a diverse and active community of over 1000 alumni of the Award in the past 32 years from different personal and professional backgrounds.



決選生 Finalists

BAKERJEE, TANUSHREE	西島中學 WEST ISLAND SCHOOL
陳天諾 CHAN, JUSTINE TIN NOK	新加坡國際學校 SINGAPORE INTERNATIONAL SCHOOL (HONG KONG)
陳炯輝 CHAN, KWING FAI	聖若瑟英文書院 ST. JOSEPH'S COLLEGE
陳芷靜 CHAN, TSZ CHING	天主教郭得勝中學 KWOK TAK SENG CATHOLIC SECONDARY SCHOOL
陳沅君 CHAN, YUEN KWAN TIFFANY	民生書院 MUNSANG COLLEGE
蔡孝謙 CHOI, NICHOLAS	觀塘瑪利諾書院 KWUN TONG MARYKNOLL COLLEGE
朱柏熹 CHU, HAYSON	李寶椿聯合世界書院 LI PO CHUN UNITED WORLD COLLEGE OF HONG KONG
鍾嘉琳 CHUNG, KA LAM	德望學校 GOOD HOPE SCHOOL
鍾欣樺 CHUNG, YAN WAH	筲箕灣東官立中學 SHAU KEI WAN EAST GOVERNMENT SECONDARY SCHOOL
馮雅蕾 FENG, YALEI	嘉諾撒聖瑪利書院 ST. MARY'S CANOSSIAN COLLEGE
何玥洋 HE, YUEYANG	荃灣官立中學 TSUEN WAN GOVERNMENT SECONDARY SCHOOL
黃逸潼 HUANG, YITONG	樂善堂梁植偉紀念中學 LOK SIN TONG LEUNG CHIK WAI MEMORIAL SCHOOL
許婧怡 HUI, JING YI	德雅中學 TAK NGA SECONDARY SCHOOL
簡志安 KAN, CHI ON	沙田循道衛理中學 SHA TIN METHODIST COLLEGE
葛詠霖 KOT, YONG LIN ASHLEY	滬江維多利亞學校 VICTORIA SHANGHAI ACADEMY
林芷彤 LAM, CHI TUNG RACHEL	聖保祿學校 ST. PAUL'S CONVENT SCHOOL
劉青楊 LAU, CHING YEUNG	東涌天主教學校 TUNG CHUNG CATHOLIC SCHOOL
羅智誠 LAW, CHI SHING JASON	耀中國際學校 YEW CHUNG INTERNATIONAL SCHOOL
梁雅雪 LEUNG, NGA SUET	荃灣公立何傳耀紀念中學 TSUEN WAN PUBLIC HO CHUEN YIU MEMORIAL COLLEGE
李家榮 LI, KA WING	聖公會林護紀念中學 SKH LAM WOO MEMORIAL SECONDARY SCHOOL
盧朗潮 LO, MARCUS	香港華仁書院 WAH YAN COLLEGE, HONG KONG
盧羨恩 LO, SIN YAN KATIE	德望學校 GOOD HOPE SCHOOL
盧綺彤 LO, YEE TUNG VANESSA	馬錦明慈善基金馬可賓紀念中學 STEWARDS MKMCF MA KO PAN MEMORIAL COLLEGE
陸宇謙 LUK, BERNARD	香港國際學校 HONG KONG INTERNATIONAL SCHOOL
馬安琪 MAHESHWARI, ARCHITA	西島中學 WEST ISLAND SCHOOL
莫璋森 MOK, WAI SUM ADDISON	聖瑪加利男女英文中小學 ST. MARGARET'S CO-EDUCATIONAL ENGLISH SECONDARY & PRIMARY SCHOOL
石卓琳 SHEK, CHEUK LAM JASMINE	聖保羅男女中學 ST. PAUL'S CO-EDUCATIONAL COLLEGE
盛永愛 SHENG, YUNG AI	伊利沙伯中學 QUEEN ELIZABETH SCHOOL
蘇顯棋 SO, HIN KEI	香港神託會培基書院 STEWARDS POOI KEI COLLEGE
鄧晞嵐 TANG, HEI NAM	聖公會曾肇添中學 SKH TSANG SHIU TIM SECONDARY SCHOOL
唐耀豐 TONG, YIU FUNG	屯門天主教中學 TUEN MUN CATHOLIC SECONDARY SCHOOL
曾思嫻 TSANG, CANDACE	滬江維多利亞學校 VICTORIA SHANGHAI ACADEMY
曾楚琪 TSANG, CHO KI	田家炳中學 TIN KA PING SECONDARY SCHOOL
徐潔琳 TSUI, KIT LAM	保祿六世書院 POPE PAUL VI COLLEGE
尹穎彤 WAN, WING TUNG CRYSTAL	瑪利諾修院學校 (中學部) MARYKNOLL CONVENT SCHOOL (SECONDARY SECTION)
黃子嘉 WONG, CHI KA	拔萃女書院 DIOCESAN GIRLS' SCHOOL
王鈺淇 WONG, CHING KEI POEY	聖馬可中學 ST. MARK'S SCHOOL
黃烽 WONG, FUNG WARNER	聖瑪加利男女英文中小學 ST. MARGARET'S CO-EDUCATIONAL ENGLISH SECONDARY & PRIMARY SCHOOL
王婕 WONG, JANUS	拔萃女書院 DIOCESAN GIRLS' SCHOOL
黃鈞淵 WONG, KWAN MEI	伊利沙伯中學 QUEEN ELIZABETH SCHOOL
王仕淦 WONG, SHI KAM	英皇書院 KING'S COLLEGE
姚懿育 YIU, VERENA	聖保祿學校 ST. PAUL'S CONVENT SCHOOL
余杏慈 YUE, HANG CHI	協恩中學 HEPP YUNN SCHOOL
袁樂兒 YUEN, LOK YI	真光女書院 TRUE LIGHT GIRLS' COLLEGE

得獎者 Winners

何澤龍 HO, CHAK LUNG	英華書院 YING WA COLLEGE
龔立雪 KUNG, MICHELLE	滬江維多利亞學校 VICTORIA SHANGHAI ACADEMY
黎穎瞳 LAI, ARISTA	德瑞國際學校 GERMAN SWISS INTERNATIONAL SCHOOL
李崇正 LEE, CHONG ZHENG PETER	新加坡國際學校 SINGAPORE INTERNATIONAL SCHOOL (HONG KONG)
雷雅嵐 LOOI, NGA LAAM	拔萃女書院 DIOCESAN GIRLS' SCHOOL
文禮信 MANN, SEAN	拔萃男書院 DIOCESAN BOYS' SCHOOL
潘芷蕎 POON, CHRISTIE CHI KIU	德瑞國際學校 GERMAN SWISS INTERNATIONAL SCHOOL
SENTHAMILSELVAN EASWARI, SNEHAA	李寶椿聯合世界書院 LI PO CHUN UNITED WORLD COLLEGE OF HONG KONG
蘇耀熙 SO, YIU HEI	聖若瑟英文書院 ST. JOSEPH'S COLLEGE

「梁玳寧社會服務獎」2017至18年度得獎者 Awardee of the Doreen Leung Memorial Service Award 2017-18

余杏慈 YUE, HANG CHI 協恩中學 HEPP YUNN SCHOOL

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。

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」。

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.

Throughout her life, Ms. Doreen Leung has been passionate about charity work and community service, and known to many as "Auntie Doreen". From Hong Kong Outstanding Female Students Award in 1985 to be renamed Hong Kong Outstanding Students Award in 1987, it has become a renowned award in the education sector. Ms. Leung's hard work 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 Improvement 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.





何澤龍 HO, Chak Lung (Elliot)

英華書院 (中五)
YING WA COLLEGE (Form 5)



小一那年，學校鼓勵學生學習樂器。當同學一窩蜂去參加熱門、易上手的樂器班，我憑興趣選擇了琵琶。自此，身邊一直有人挑戰、質疑我，畢竟琵琶較為冷門，而且演奏者以女性居多。更可惜的是，學校後來取消中樂團及此興趣班。十多年來，我大部分時間孤軍作戰，缺乏同行者。有賴對音樂的熱誠及父母的支持，推動我繼續走此看似註定失敗的路。

多年的堅持為我帶來不少海外演出和交流的機會。當我自以為演奏已略有小成，卻在云云高手身上屢次擴闊眼界，發現自己的技術、造詣、修養等尚有進步空間，令我學習謙虛，追求至善。一方面向他人學習，彌補不足之處，另一方面將演奏心態由表演、展示，轉化為分享音樂。

音樂路上最豐盛的成果並非獲得的掌聲或贏得的獎項，而是分享音樂的樂趣，以音樂感染他人的生命，傳揚中國文化，並證明：男孩子也能彈得一手好琵琶。

藉著義務演出的經驗，加上父母耳濡目染，讓我建立服務他人的心，在最熟悉的深水埗區內籌辦社區服務。深水埗區的貧窮人口、長者及劏房數字均為全港之冠，民生問題最為嚴重。而身為區內學生的我，關心身邊弱勢社群固然義不容辭，我更希望以自己的熱誠，感染更多同區學生投身社區服務，培養關愛互助精神。

我希望將來能運用音樂的知識，為區內低收入家庭的青少年提供義教，以生命影響生命，傳承中國文化，協助他們發掘潛能，令他們更傑出。



英華書院 - 音樂聯會主席 Ying Wa College – Music Captain (2017-18)

英華書院 - 日本太鼓音樂之旅團長 Ying Wa College – Japan Drumming Tour Leader (2017)

深水埗區優秀青年選舉 - 青年領袖獎 Sham Shui Po Outstanding Youths – Youth Leadership Award (2018)

香港國際音樂節 - 民樂彈撥第一名 Hong Kong International Music Festival – First in Plucked-string Group (2017)

When I was in Primary 1, the school encouraged us to learn musical instruments. While most of my peers applied for popular instrumental classes, I chose pipa, a Chinese plucked-string instrument, based on my own preference. Since then, I have often been challenged as pipa was an unpopular instrument, especially among boys. Worse still, the school cancelled the Chinese Orchestra and the pipa class when I needed trainings. For the years onwards have I been alone striving to achieve goals which were doomed to fail. All I had were my musical passion and support from my family.



My perseverance has resulted in opportunities of overseas performances and exchanges. While being satisfied with my performance, I was amused by the impressive skills and artistic attainments of the musicians from all over the world. This was when I realized the importance of modesty and learning from others. Moreover, I understood that music is about sharing with others instead of simply performing.

Sharing music and influencing the thoughts of others are so meaningful that beyond compliments and achievements. I have always been clear that my goals are promoting Chinese culture and proving to others that boys can also be a good pipa player.



My passion is not only limited to music, but also helping and serving others, thanks to the experiences of volunteered music performances and my observation on the beneficial deeds of my parents. Residing and studying in Sham Shui Po District, I bear the responsibility of serving the needy in this district compiling of poverty, aging population and poor livelihood. Through organizing community service, I hope to gather more students from different schools in the district to raise their awareness of helping those in need. We can definitely make changes with love and care.

I aspire to apply my musical knowledge on voluntary tuition for teenagers from low-income families. May my blessing help them become outstanding individuals and inherit our Chinese culture.



龔立雪 KUNG, Michelle

滬江維多利亞學校 (第12年)
VICTORIA SHANGHAI ACADEMY (Year 12)

學生領袖

我不希望我的高中生活僅是圍繞著課本和學術知識，我也不希望我在學校的存在只是曇花一現。我想多參與校內活動，為學校留下貢獻，這促使我去參選學生會。

從組建團隊到每天課後準備辯論，我們孜孜不倦地策劃競選活動。最後，我們的努力得到認可，成功當選為2016-2017學生委員會內閣，而我也成為了校內歷來第一位學生會女會長。

這次經驗讓我學會如何成為一位好的領導者，也推動我參與校內其他領導崗位，例如：女子曲棍球隊隊長和學校總領袖生。能夠為回饋母校而作出貢獻，並目睹及陪伴學妹和隊友成長，皆為我帶來了無比的滿足感。我想成為學生領袖的動機不是為了特權或地位，而是想從這崗位挑戰自我，讓自己學會如何處理責任，挑戰自己的適應力、思維和創造力。但最重要的是，它為我提供一個能協助其他學生發展的機會。



付出

我在幼兒園時第一次探訪孤兒院後，才意識到自己有幸擁有許多孩子所缺乏的資源。一些我們視為平凡，普通不過的東西，如圖畫書，對他們而言卻是奢侈品。那時我十分同情他們，於是向媽媽提議把我的舊書捐給他們。由自己的書開始，之後我們鼓勵親朋好友加入，到現在把這行動擴展，建立了一個慈善團體。我們希望藉此培養泰國及越南的孤兒和貧困兒童對閱讀和學習的興趣。我們也從不同機構收集英文書籍，再分配資源給那些小孩。這些看似微不足道的書本能夠培育他們成長，也給予他們動力。我認為回饋社會是一個美好的行為—用自身的能力去幫助他人發揮潛能。就如美國詩人—埃拉·惠勒·威爾科克斯所說，我相信「我的人生是一個簡短的東西，一個微小的存在。當我在此時，我想把這個地方變得更加美好。」



滬江維多利亞學校 - 總領袖生 Victoria Shanghai Academy – Head Girl (2017-18)

滬江維多利亞學校 - 學生會主席 Victoria Shanghai Academy – Student Council President (2016-17)

香港國際學校體育聯會 U20 女子曲棍球第二名及球隊隊長
International School Sports Federation Hong Kong U20 girls ball hockey - second place and team captain (2017-18)

愛閱讀行動 - 共同創辦人 Love Reading Campaign – Co-founder

香港資優教育學苑學員 Student of The Hong Kong Academy for Gifted Education (2015-17)

Student Leader

I did not want my existence in school to be evanescence. I hoped to make an impact and fulfil my high school life with memories that extend beyond the realm of academics. This longing fuelled my desire to run for student council. From assembling the team to tirelessly planning our election campaign, it was an intense period of daily meetings, debate preparation after-school and countless late-night calls.

Our efforts were acknowledged, and we were elected as 2016-2017 student council cabinet, and I became the school's first female student president.

This experience provided me valuable lessons on how to become a better leader. From this, I was motivated to be more involved with school leaderships from ball hockey captain to head girl. It gives me immense gratification to be able to see the legacy we have left in the school and most importantly to foster the growth of our teammates and group members. My motive to run for leadership positions is not because of the privileges nor about boosting my extracurricular activities. It is the opportunities and challenges that I have gained from these posts: pushing myself to handle multiple responsibilities, challenge my adaptive ability, critical thinking and creativity skills. But most importantly, it allows me to involve in the personal development of other students throughout the challenges they face. This mind-set has invigorated me to seek leadership opportunities and truly offered me incredible opportunities that completed my fruitful high school career.

The beauty of giving

We are fortunate enough to enjoy privileges that many do not, and that is the truth that I realized after my first visit to the orphanage when I was young. I witnessed the children who do not possess the abundant resources that I have – the resources that we often take for granted. Mundane objects such as books have an invaluable worth to those children. So at that tender age, I suggested to my mother that we donate my books to them. Started with my own books, we then reached out to our friends and family and now this small act has expanded to a more significant cause - Love Reading Campaign was founded. Our charity promotes the importance of reading to Thai and Vietnamese orphans, encouraging their academic interests and building bridges between these communities. We collect English books from individuals to institutes. This resource redistribution has not only offered underprivileged children the opportunity to enjoy the wonders of reading but also plants a seed - a seed in their mind that would flourish and form their aspirations and motivations in life.

I think that giving is a beautiful altruistic act: to be able to utilise one's ability to help others to fulfil their potential. Like Ella Wheeler Wilcox said, I believe that "My life is a brief, brief thing, I am here for a little space. And while I stay I would like, if I may, to brighten and better the place."





黎穎瞳 LAI, Arista

德瑞國際學校 (第12級)
GERMAN SWISS INTERNATIONAL SCHOOL (Grade 12)

從小開始，父母對我寄予極高的期望。為了我的將來，他們費盡心機，給我創造了最好的學習環境和機會，成為我將來成功的基石。更重要的是，他們教曉我要勤奮努力，盡全力成為一名優秀的學生。

然而，當我年幼時，只把每一件事視為一種責任。沉重的責任感令我懼怕失敗，「逃避」成為了我的避風港。我沒有夢想、沒有方向，更沒有動力。直至大概三年前，我終於明白問題所在。當我還只顧及成績時，我發現同學們已計劃參加不同的課外活動或比賽。我突然意識到自己缺乏一個目標，一個要努力實現的目標。從那時開始，我漸漸明白到勇於嘗試的重要性，哪怕會給自己帶來一些失望和挫敗感。我要有自己的夢想，為自己的目標而努力。除非能夠找到自我推進的動力，否則就無法突破自我，成就未來。



由於自小喜愛閱讀，我選擇了寫作作為目標。我不但對寫作充滿熱情，也喜歡參與需要大量思考及議論的課外活動，如辯論、公開演講等。除了與語文相關的活動，我也會在不同範疇和崗位作出多方面的嘗試。我的學校——德瑞國際學校一向鼓勵學生要對凡事抱有好奇心，要做一個負責任的人。學校給我的機會及支持使我時刻都充滿自信，令我既具有信心擔任領導的角色，又同時能成為一名熱心的團隊成員。

我參加每項比賽、活動或社會服務時都堅守一個原則，就是自發參與，並且全力以赴。社會服務方面，我特別關心青年教育的發展。德瑞給予我高質素的教育，使我領會到教育對青年人的重要性。教育質素是一個能影響青年人的未來，以及在社會裡向上流動的基本因素；這幾年，我參加了不同類型的籌款和義工活動，旨在幫助青年教育。最近，我正為一班孤兒策劃師友輔導計劃，希望提升他們的自我表達能力，幫助他們提高自信，發揮所長。再者，我希望在大學能選修法律，以便更好地理解人際關係和社會責任的基礎，這也將給予我機會去透過無償工作，代表有需要的人去發聲和尋求公義。

最後，我想對比賽精神提出另一個觀點，就是比賽促使我努力不懈地進步。學校像一個溫室環境，通過參加校外的比賽活動，我接觸到許多不同背景的人，大大拓闊了我的視野。年青人之間的競爭並不會阻礙我們共同努力去達成更大的目標。為了創造一個更好的社會，我們需要學習彼此接納，互相合作及不斷付出。傑出就是付出！



- Hong Kong Young Writer of the Year (2017), Poetry Winner (2018)
- GSIS President of Model United Nations (2016-present)
- Student of the Year – English Linguist – 2nd Runner-Up
- Hong Kong Interschool Mock Trial Championship – Outstanding Barrister
- SPARK Debating Competition – Best Speaker – 1st Runner-Up (2017)

From a young age, I was raised with high expectations. Both of my parents were the first members of their families to receive a university education. They worked tirelessly to build a life for me, a foundation for my success—but most importantly, they imbued within me the importance of hard work, of being the best student I could be.

However, when I was younger, I saw everything as an obligation. Responsibilities overwhelmed me with the fear of failure and the mentality that it would be better not to try than to risk being second best. I had no calling; no passion; no drive. It was only about three years ago when I finally saw that I could never be the best version of myself unless I was the main force driving myself forward.

That was when I discovered competition. It was the cold splash of water, the sudden realisation that as I held stubbornly to maintaining my report cards, my peers had been moving past me and experimenting in all kinds of extra-curricular endeavours. I found myself searching desperately for a goal, and the will to work towards it. Slowly, I came to understand the importance of trying—I might never be number one at one thing, but having variety is just as commendable; having the courage to try, even faced with possible disappointment, is even more respectable.

I found my passion in writing through years of reading to escape reality. To this day, writing is a choice, not a chore. From writing birthed an interest in other kinds of linguistic usage—I particularly enjoy argumentative speaking as well. Yet my interests are not limited to linguistics, because I love experimenting with new activities, new roles. My school, GSIS, has been crucial to building my confidence with its support, always encouraging students to be curious and responsible individuals. I am proud of how I have grown to become self-aware: able to assume leadership, yet still an enthusiastic team player.



I follow the principle that every competition, every activity and every assignment is something I take upon myself voluntarily, ensuring that I will devote full attention to them. This applies equally to service. When it comes to doing something for my community, I have found my cause in youth education, especially as GSIS has given me so many opportunities. The gap in quality of education from youth has a multiplied effect on the courses of people's futures, and is what stops children from advancing in the society. Over the years, I have taken part in fundraisers and volunteered for charities that improve accessibility to education, and most recently, I am working on developing a mentorship programme for orphans in language self-expression skills. Helping others find their voices has never been more crucial in our media-infested world. To this end, I hope to study law at university in order to better understand the foundations of society's interpersonal relationships and responsibilities—it will also enable me, through pro bono work, to give a voice to, and adequately represent, people who cannot afford it.

Finally, I want to end with another comment on the spirit of competition. In many respects, it has pushed me to strive for constant self-betterment. School is a relatively sheltered bubble of comfort; exposing myself to external activities has introduced me to many similar-minded people along different paths, united by common interests, greatly widening my perspective with their input. Yet on the other hand, rivalries between young people may hinder us from working together to achieve things greater than each individual. If we want a better society, we need to learn to accommodate, to collaborate, to share—across CVs, classrooms, and borders.



李崇正 LEE, Chong Zheng Peter

新加坡國際學校 (中六)
SINGAPORE INTERNATIONAL SCHOOL (Form 6)

在現今社會中，我們年輕人被認為缺乏夢想和追求，每天隨隨便便過日子。我們經常被批評為過度寵壞，是沒有基本日常生活知識的井底之蛙，成不了大人。

這些說法，我認為並不正確。

每個青少年心裏或多或少都會為自己定立目標。無論大小，目標是人生的發動機，激勵我們去發揮自己最大的潛能。有些人的目標是要在《傳說對決》手機遊戲取得勝利，有些人想克服自己對某樣事件或難題的心理障礙，還有大部分學生努力在學業方面得到提升，考進大學來回報父母多年以來的支持。



而我，一個繁忙的學生運動員，每時每刻的目標就是要做好自己。成功的秘訣在於持之以恆，因為兼顧多方面的挑戰並不是一天半天的事。要在學業和游泳兩方面進步，就得逐漸累積。我經常在社交平台上看見「退縮者永無勝利，勝利者永不退縮」這句話，而它已經成了我座右銘。一星期九堂課的高強度訓練到底是為了什麼？為了脖子上掛著閃閃爍爍的獎牌？為了受到全校的讚賞？事實上，游泳這項體育運動是非常殘酷。運動員只有不停地折磨自己，挑戰自己極限才會成功。我的夢想也許不會設為參加奧運會，也不是成為下一位費比斯，但是我想成為最優秀，最堅強刻苦的李崇正。

俗語說：不怕巨浪高，只怕樂不齊。在人生大海中航行必定是一個艱難，具有挑戰性的過程；因此身邊人的支持和鼓勵變得加倍重要。青少年的成長過程中或許會把父母的嘮叨和囑咐當作耳邊風，但是我對家人的吩咐卻感到萬分感謝。有了他們，我才有了穩重的根基去追求我的夢想，改變自我，成為更好的自己。



- 4度成為香港游泳分齡賽紀錄保持者 (3次15-17歲 短池200米蝶泳，1次10歲及以下 短池100米背泳)
4-time Hong Kong National Age Group Record Holder (3 times in the 15-17 age group Short Course 200m Butterfly, 1 time in the 10 and under 100m Backstroke)
- 國際中學教育普通證書資訊與通信科技全港第一
Best in Hong Kong for IGCSE Information and Communication Technology, achieved results of 10 A*s and 1A out of 11 subjects
- 香港和新加坡國家分齡游泳隊代表 Represented both Hong Kong and Singapore in swimming at the age group level
- 南華早報最優秀學生獎前12名 Finalist for the Grand Prize - South China Morning Post Student of the Year awards (2017-18)
- 7度獲得香港體育聯會第三組游泳比賽金牌，2015-16年度屈臣氏全港優秀學生運動員獲獎者
7-time HKSSF Interschool Division 3 swimming champion and recipient of the 2015-16 Watsons Student Sports Award

I always dreamed of being able to form the perfect dumpling. Seeing my mother effortlessly churn out rows upon rows of plump morsels made me green with envy, almost greener than the Chinese chives in the filling. Needless to say, the 8-year-old me toiled away endlessly, deftly twisting and contorting the frail skin around the ruby filling with the precision of an origami master, painstakingly plaiting the edges. All of them were obviously far from perfect (what can a child hope for?). Dusting off my floury hands, I sighed.

Everyone says life is never smooth sailing. You are bound to encounter obstacles on your pathway to success, they say. You are going to fail sometimes, and it is fine, they say. Indeed true, but where are we sailing to eventually? Is there a utopian society awaiting us upon completion of all challenges, like all cliché multiplayer games?

Needless to say, being a student in the pressure-cooker society that is Hong Kong, I have pretty obvious goals. Get a great IB score! Get into a good university! Make friends! Be the best version of myself! The general goal of self-improvement is the primary reason why I drag myself to the pool 9 times a week in pursuit of becoming the best Peter Lee. 5am-alarmers are sometimes the bane of my existence, and there are days when I question the sacrifice of my rest for sport. Indeed, toiling away with strenuous workouts does get mundane and sometimes all you want to do is hang onto the lane rope and drift away, but the hours spent immersed in chlorinated water does pay off. Being fortunate enough to represent both Hong Kong and Singapore in swimming, the sport has given me so much in reward for my efforts over the years, whether it is age group records, championship medals or most importantly friendships.

With my proud heritage, my academics matter as much, if not more. Some say being a student-athlete is like being on a seesaw, whereas I like to see it as being on a unicycle while juggling flaming knives. It is a tough endeavor. Getting home at 8pm after rushing from the pool to school and back to the pool, usually all I want to do is flop onto my bed. In my state of mental and physical exhaustion, putting in any effort to study requires immense effort and fortitude, which is a struggle I deal with daily. Time is of the essence when you basically have two and a half hours a day to study, especially with the demanding IB program. With the support of my teachers and friends who are always willing to help me through WhatsApp, any content I am unsure of is clarified in an instant. Striking a balance between study and sport has taken years of trial and error to perfect, and has culminated in my ability to achieve high grades throughout secondary school life, including 10 A*s at IGCSE level and a perfect predicted grade at IB level.

Apart from such ambitious goals, I never neglect the importance of some minor aspirations of mine. Make the perfect lasagna. Perfect the timing of my butterfly stroke. Drink more water. I could go on. My smaller sidesteps on the long winding journey to 'success', or my interpretation of it, allows me to enjoy the process, focusing on different aspects of myself that sometimes are overlooked.

I cannot be the perfect being who effortlessly accomplishes everything with both panache and a smile, but I can try. Everyone says if you never try, you never know and never has a single phrase resonated as strongly with me. Being the clumsiest and most uncoordinated teenager there is, I was terrified when asked to model for a charity fashion show. No matter how stiff or confused I looked on the runway, I finished it. Competing at a major meet following 10 days out of the water? Check. Twisting my ankle before an international race, then going a best time? Check. Finishing an art assignment in a day? Check (would not recommend). I thrive on challenges and unexpected turns – they fuel my enthusiasm and vigor to live to my fullest potential. Resilience is a quality that is cultivated, not created and in the process of my struggles as both a student and an athlete throughout the years, my mental fortitude has gone through serious testing. That is another reason why challenges excite me – you strengthen yourself in multiple ways and your weaknesses are usually laid bare.

I picked up the next wrapper from the stack, dotted the edges with water, spooned out the filling, and started again.



雷雅嵐 LOOI, Nga Laam (Vivian)

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

沒有人想像過這個出身平凡、貌不驚人、不過爾爾的我，竟然有幸可以考入香港的頂級女子中學，更在各個領域獲得卓越的成就，甚至成為香港傑出學生選舉得獎者之一。我由衷感激所有在我人生路上出現過的人，感謝你們塑造了今天的我。我亦十分慶幸學校發掘了我的潛能，讓我能把握各個機會綻放光彩。最感恩的是家人在經濟和情感上對我的支持，全賴他們，我才能放開心胸去追尋夢想。正因為有你們每一個人，我的生命才會如此精彩和具意義。

許多人看見我臉上總掛着燦爛的笑容，便以為我的人生路極為平坦。事實上，我的人生並非表面看來那麼順利，小學六年級時當我知道沒有得到我夢寐以求的中學取錄時，我感覺自己被整個世界遺棄，十分沮喪。隨即，我難以置信地被一連串挫敗所折磨：在溜冰表演時跌倒，讓全場捧腹大笑；在學界跳遠比賽中跳出了「個人最差」的成績，使家人失望；在手球錦標賽中射失了無數的球，令球隊輸掉。然而，這亦是我人生的轉捩點。我在經歷過這些挫折後變得更堅強，勇於接受失敗和不斷反省自己，竟感受到有一股動力不斷推進自己超越極限。最終，我幸運地被拔萃女書院取錄作為插班生，我的人生才重回正軌。從此以後，我以不屈不朽的態度向目標進發，甚至直到現在，儘管一直未能夠在跳遠比賽中稱霸，但我決心要繼續練習跳遠，直到有一天能夠達到個人最佳的目標距離。

我明白「努力讀書，應付公開試」是每一名中學生的責任。但對我來說，每天全天候溫習的生活實在過於枯燥，所以我選擇積極參加不同的課外活動，以放鬆身心。與隊友練習手球、挑戰自己編寫一個有意義的應用程式及籌備團契聚會的同時我不但可暫時放下讀書壓力以獲取到課本以外的知識和技能，也能擴闊社交圈子，並學習到不同的溝通技巧。因此，這些活動能否獲取顯赫的成就從來都不是我的主要目標，因為我相信不論是什麼活動，也能促進身心健康、紓解壓力以及教曉我做人的道理，使我在未來極具競爭的社會中大放異彩。

我深深感受到上帝對我宏厚的恩典，使我能夠過着無憂無慮的生活、有機會接受優質的教育、有權利追隨自己的目標。這種無憂無慮的生活使我思考人生意義，並得出一個結論：我不應該只讓別人、或者自己的成就來定義自己，反而應該追隨自己的心，讓自己尋找真正的快樂，使人生生活得有意義。從服務社區弱勢群體的經歷中，我盼望為別人帶來祝福，盼望為被剝削的人爭取權益也盼望用技術和知識幫助有需要的人。藉著對醫療領域的興趣，我想成為一位無國界醫生，服務那些因負擔不起醫藥費而得不到適當治療的人，讓他們討回脫離痛苦疾病的 기본人權，讓他們過着應有的舒適生活。冀盼有一天，我微不足道的貢獻會促進整個世界向前邁進。為了實現這夢想，我對知識的渴求將永無盡頭，以裝備好自己去服務他人！



- 拔萃女書院 - 助理領袖生 Diocesan Girls' School - Assistant Head Prefect (2017-18)
- 拔萃女書院 - 翼社社長 Diocesan Girls' School - Gibbins House Captain (2017-18)
- HarvEst 青年領袖獎 HarvEst Youth Leadership Award (2017-18)
- 拔萃女書院電子及機械工程團隊 - FIRST 亞太區科技挑戰賽香港代表
Diocesan Girls' School Electronics and Robotics Team - Representative of Hong Kong to Asia Pacific FIRST Tech Challenge (2016-18)
- 拔萃女書院 Diocesan Girls' School - Student of the Year Award (2015-16)

No one could envisage that I, a normal girl from an ordinary family, could ever get into a top-tier secondary school, achieve distinguishably high performance in various fields, and even become one of the Winners of the Hong Kong Outstanding Students Award. I am the most grateful to everyone who is supportive to me and shaped me into who I am today. I could shine through the opportunities granted me. Above all, I am only heartened to follow my dreams owing to all the financial and spiritual support from my family. My life would not have been so amazing and meaningful if I were alone.



Many people think that I have lived an easy life all the way. In fact, my life has not been always that smooth. The tragic nightmare began when I was in primary six. Immediately upon being notified that I was not accepted by my dream secondary school, I felt like it was the end of the world. Then, I was haunted by a series of dreadful events, I fell down during an ice skating performance, I jumped a distance of "personal worst" in the inter-school long jump competition and I missed so many shots in a handball tournament. Yet, this was the turning point of my life. It is through experiencing these failures in my life that I become stronger. After I accepted my failures and reflected upon myself, I was motivated to push myself pass my limits. Finally, I was fortunate enough to transfer to Diocesan Girls' School. Since then, I have transformed into a very persistent person who chases after goals ceaselessly. Even at the present, although I am not even good enough to capture a prize in long jump competitions, I am determined to keep practicing long jump until I am able to reach my target distance one day.

As a secondary school student, I am told that my responsibility is to study hard for the public examination. However, life would be too dull to study only and that is why I actively participate in extra-curricular activities. I find myself enjoying those activities so much that I can put down all my academic burdens and relax a bit through practicing handball, to code a meaningful mobile application, and to spread the Gospel through organizing Youth Fellowship meetings. Through these activities, I am not only able to acquire knowledge and skills that cannot be found in textbooks, I have also expanded my social circle by increasing my exposure to the community, and hence to enhance my communication skills. Succeeding in all these activities is never my main goal. I believe that they have strengthened my physical and mental health, relieved my stress and taught me the right way of living, which equip myself better to flourish in the competitive world in the future.

I am deeply touched by God's grace that I am able to live a carefree life without having to worry about living. I feel so blessed to have the chance to receive good education, to pursue my interests, and to accomplish my goals. My prosper has made me wonder what is the meaning of life. After deep thought, I come to a conclusion that I should not let other people or even my achievements define myself. I should follow my will and find the true source of happiness. From the experiences of serving the underprivileged, I realize that I want to bless others, do something for the deprived and apply my skills and knowledge to offer help to the needy. In view of my interests in the medical field, I want to become a doctor and work in Doctors Without Borders. I want to repay the basic human right of being free from pain and illnesses, especially for those who do not even have the opportunity to receive medication due to poverty. I wish that one day, my minuscule contributions to the needy could make a significant change in the world. With this clear vision in my mind, my thirst for knowledge would be perpetual to prepare the best of me to pursue my dreams!



文禮信 MANN, Sean

拔萃男書院 (第11級)
DIOCESAN BOYS' SCHOOL (Grade 11)

讀初中的時候，年少無知的我偶然閱讀了一位美國企業家的傳記。他出身於南非，雖然沒有「贏在起跑線」的機會，卻力爭上游，追求自己改變世界的夢想。他沈默寡言，卻移民到美國開辦多間創科企業，達到輝煌的成就，震撼世界。

那本書改變了我對生命的看法。在這之前，我在學校參加的活動都因一時的興趣，坐這山望那山，根本不知目標何在；正是馬斯克讓我思考自己人生的意義，積極追尋自己的夢想——從此，我集中參與許多與科學及數學有關的活動，如物理及編程奧林匹克及機械人隊，好讓我在不久將來可以在工程創科方面，運用現在學到的知識技巧。我的夢想，就是致力於太空探索及發展、擴展人類的居住帶。雖然離地，但學校一位良師益友經常鼓勵我：「飛機成功飛起前都無人信我哋可以飛㗎。」

由於我對電影、玩樂都沒甚興趣，很多朋友都說我不善交際，但難道製作機械人和鑽研物理不是娛樂嗎？正如當我解開自己所寫的一條物理微分方程時，或是自己編程的機械人終於在地上滾動，那份滿足感簡直不能與平常事相比呢。

作為中美混血兒，除了日常生活經常被手足們稱為「鬼仔」、「鬼佬」之外，我從小已經受到中西文化的耳濡目染，學到中華文化勤奮讀書、中庸之道，以及西方的個人主義、自由思想。我的性格成為兩國文化的寫照，令我能夠發憤圖強追求自己的夢想。我經常跟朋友說，讀好書是本份，但做到「傑出」就必須深明自己每天上學讀書的意義，不應做社會期望的傀儡。



家人經常笑道我在小學時已經不怕批評社會，包括對學生施予太多壓力、太少啟發，令人對生命感到迷茫。一個學生說不出自己的夢想，究竟是因為沒有想過，不敢違反社會對一個年輕人的評分標準，還是對自己太沒信心？潮語有著這麼一句話：「一個人無夢想同條鹹魚有咩分別？」雖然老土，卻字字千金。

中四那一年，我很榮幸獲得機會與機械人隊的好拍檔一起在TEDxYouth@HongKong這個一年一度的盛事中，分享我們在學校逐步建立機械人隊的經驗，以及在香港普遍對工程師的誤解。我很希望能夠帶動其他年輕人思考多些，看遠一點，不要輕視自己的潛能。

「傑出就是付出」——這是在香港傑出學生選舉中最大的得著。沒有付出，就不能得到真正的滿足。我對小孩子特別有使命感，所以會騰空時間服務他們，希望通過做音樂助教及在兒童醫健基金會的工作，為弱勢兒童的生活帶來些微的改變。

拔萃男書院機械人隊隊長 Diocesan Boys' School Robotics Team Captain (2017-18)

兒童醫健基金會青年大使拔萃男書院創辦主席
Children's Medical Foundation Youth Ambassadors Society Diocesan Boys' School Chapter Founding President (2017-18)

演講者 Speaker - TEDxYouth@HongKong (2016-17)

香港物理奧林匹克一等獎 Hong Kong Physics Olympiad, First Honour (2016-17)

普林斯頓大學物理競賽相對電動力學亞軍
Princeton University Physics Competition, Relativistic Electrodynamics Silver Medal (2016-17)

As a junior secondary student, I stumbled upon a book about a man whose biography stunned me as a typical confused teenage high-achiever, clueless about what I was to do with life. He was a man from South Africa who went against the odds to pursue his aspiration of saving humanity; A man of few words, of a withdrawn personality, who went on to become the leader of multiple R&D companies that continue to impress the world with outlandish achievements.

Reading his biography was a turning point of my life. It was then that I realised how the activities I had been doing could all come together for me to delve into the field of technology. Musk made me seriously think about life in the long term. Since then, I have been actively pursuing my goal by learning and doing all I can that are related to science and engineering: robotics, physics, mathematics and coding. From the physics and coding Olympiads, I have learnt important skills and concepts that can apply in robotics, and hopefully in the future, engineering. A dream of mine is to work on space exploration and hopefully help with expanding our living habitat — only hard work can take me there.

Some would say that I am an agonisingly boring person as I am not one for movies and games, but I find entertainment and satisfaction in my fields of passion. Not many things feel better than when you set up a differential equation that you can actually solve! Feynman was right, you know. When I am tinkering with and programming robots, I also tend not to get sleepy, which does happen when I am studying... Jokes apart, this is why I can tell that this is what I want to do for life.

I am literally an "ABC" — American-born Chinese (but Cantonese is my preferred language in daily life anyway, amusingly to some). This implies that, as well as being called "gwai lou (鬼佬)" all day long, I have also been exposed to contrasting cultures, both of which I have taken inspiration from: The academic rigour of the Chinese; the freedom and individualism of the West — and these are central to the makeup of my character. I have my dream and the motivation to pursue it. To me, having the dream is just as important as, if not more important than, maintaining academic achievements. Keeping up with academic work is but a responsibility, and one has to go further than that to be outstanding.

Since I can remember, I have been an active critic of how society, especially in Hong Kong, provides plenty of academic pressure but lacks inspiration for teenagers; it frustrates me every time I see my friends work hard at studying for public examinations but being unable to speak of their dreams, and I cannot tell whether they actually do not know, are afraid of fighting the social norm of chasing money, or are simply too hesitant to share what they want. It might sound cliché, but it is true: when we die we are definitely not going to say, "Aw, I regret not making more money."

I am honoured to be a past speaker at the TEDxYouth@HongKong talk, where I shared my experience of building my school's robotics team with my peers, as well as the under-appreciation of engineers' contributions especially in Hong Kong. I still remember. However, the vital message of the speech was neither about robots nor engineers; I wished to encourage fellow youths in attendance to look at the greater picture of what they actually can and want to do with their life.

Being outstanding entails caring about society and not just one's own benefits. Serving is unavoidable if one were to feel truly satisfied and that is why I am also dedicated to, aside from my personal interests, regularly contributing to children in our world, whom I feel most responsible towards. Hopefully I have made and will make differences, significant or trivial, in their lives by working as a teacher assistant and in the Children's Medical Foundation Youth Ambassador Society.



潘芷蕎 POON, Christie Chi Kiu

德瑞國際學校 (第12年)
GERMAN SWISS INTERNATIONAL SCHOOL (Year 12)

我自小活躍好動，興趣廣泛，所以參加了許多不同類型的校內及校外活動。在這些活動中所獲得的寶貴經驗，亦令我的生命增添了不少色彩！

在參與的眾多活動中，對我最影響深遠的可說是芭蕾舞和韻律泳。我自九歲起便參與韻律泳訓練，對這運動的熱誠一直有增無減。剛滿十歲，我便在選拔賽中以全場最高成績入選香港韻律泳青少年隊，並在2015年12月入選香港代表隊。我非常喜愛韻律泳，因它是游泳、體操和芭蕾舞的完美結合；雖然多年來在港隊的訓練十分嚴謹和刻苦，亦曾多次受傷患困擾，但我從沒想過放棄夢想。我享受訓練的過程，也珍惜和隊友同甘共苦的一點一滴。



韻律泳給予我許多增廣見聞的機會，作為港隊代表，我在過去數年參加了約二十個海外比賽，曾到過澳洲、新加坡、馬來西亞、泰國、上海、澳門、烏茲別克斯坦及歐洲。在2017年7月，我很榮幸能代表香港，參與國際泳聯在匈牙利布達佩斯所舉辦的世界錦標賽，一個雲集全球近三千名精英運動員的體壇盛事。第一次踏足世界級的體育舞台，我既驚又喜，這大賽讓我有機會與世界級運動員，甚至奧運獎牌得主同場比拼，見識最高水平的技術及音樂演繹，叫我畢生難忘。現時，我全情投入於非常密集的艱苦訓練，為的是爭取代表香港參與今年八月的亞運會。

我感恩在成長中所獲得的栽培，特別是韻律泳的訓練，並深深感受到要以所得的回饋社會。去年開始，我以義務助教的身份，協助教導游泳總會舉辦的韻律泳推廣計劃的初學者；我過去亦多次參與韻律泳的表演，包括慶祝香港回歸二十週年在九龍公園游泳池的韻律泳雙人演出。在未來的日子，我會繼續努力去推廣這「冷門」運動，期望更多游泳小將可參與訓練，並像我小時候一樣愛上韻律泳。直到今天，香港韻律泳運動員仍未有機會踏足奧運，我熱切盼望自己或將來的港隊代表能登上此運動高峰。



- 韻律泳 - 海外比賽共獲25個獎項 (4金11銀10銅) - 在香港舉行的本地及國際級比賽共獲27個獎項 (9金13銀5銅)
Synchronized swimming - 25 awards obtained in overseas competitions (4 gold, 11 silver & 10 bronze), 27 awards obtained in local and international competitions held in Hong Kong (9 gold, 13 silver & 5 bronze)
- 香港韻律泳最傑出運動員獎 Outstanding Athlete Award in Synchronized Swimming (2012-13, 2014-15)
- 英國皇家舞蹈學院專業芭蕾舞考試 - Advance 1 level考獲最高的優等級
Royal Academy of Dance of the UK: Advance 1 with distinction in ballet vocational examinations
- 德瑞國際學校舞蹈團——創辦人及主席 German Swiss International School: founder and president of the school dance team
- 英國世界數學測試——數學和解難分析考獲優等級別
World Class Arena (UK) – double distinction award in Mathematics and Problem Solving

I am an active and outgoing person with a large variety of interests, and I have participated in many different activities both inside and outside school. The valuable experiences I gained in all activities have added great colours to my life!

Among the many activities that I participated, I love ballet and synchronized swimming most. I have started my training in synchronized swimming at the age of nine and have developed a strong passion since then. With the top score I achieved in the competitive audition, I was selected to join the Hong Kong Synchronized Swimming Junior Squad when I just turned ten. I was then selected to join the Hong Kong National Squad in December 2015. I love synchronized swimming, as it is a perfect hybrid of swimming, gymnastics and ballet. Although squad training in the past few years has been intensive and demanding and I have gone through hard times of injuries and pain, I have never thought of giving up my mermaid dream. I enjoy the training, and have cultivated mutual support, team spirit and lasting friendships with my teammates, which I treasure the most.



Synchronized swimming has given me golden opportunities to see the wider world. As a National Squad swimmer, I have represented Hong Kong in about 20 overseas competitions held in different countries including Australia, Singapore, Malaysia, Thailand, Shanghai, Macao, Uzbekistan and Europe. In July 2017, I was really glad to be selected as one of the two synchronized swimmers representing Hong Kong in the FINA World Championships 2017 held in Budapest, Hungary. The World Championships are one of the biggest sports events in the world, attracting about 3,000 elite athletes showcasing their abilities in aquatic sports. It was my first time stepping onto the world stage of synchronized swimming, and I was so excited! The Championships was such an amazing and unforgettable experience for I was given a chance to compete in the same event with the world-class swimmers including the Olympic medalists and to appreciate the highest level of techniques and artistic impressions in the sport. At present, I have devoted myself to another high level of intensive training to strive for representation in the Asian Games 2018 in the coming August.

Growing up in synchronized swimming, I am so grateful for the nurture and support I have got throughout these years. I also feel that it is my responsibility to give back to the society. Besides volunteering to coach young swimmers of the Youth Synchronized Swimming Promotion Scheme 2017-18, I have participated in a number of performances including the duet showcase at the Kowloon Park Swimming Pool for celebrating HKSAR's 20th Anniversary. I shall continue to try my best in promoting this less-popular sport in Hong Kong, and hope to see more young swimmers trying out synchronized swimming and share my passion for the sport I love so much. Hong Kong synchronized swimmers have never had the chance to compete in the Olympic Games so far. I hope that one day, I or any Hong Kong swimmers can reach this peak.



SENTHAMILSELVAN EASWARI, Snehaa

李寶椿聯合世界書院 (第12級)
LI PO CHUN UNITED WORLD COLLEGE OF HONG KONG (Grade 12)

我十分榮幸能夠成為本年度香港傑出學生選舉的其中一位得獎者。我出生於印度，在五歲時，因父親工作需要而舉家移居香港。自那時起，我便於香港成長。香港造就了今天的我，因此我亦稱之為「家」。



移居香港為年幼的我帶來了巨大的文化衝擊，其中兩大挑戰是語言障礙及如何跨越語言障礙與本地同學相處。在印度生活時，英語只會於課堂內使用，一回到家我便會以泰米爾語（我的母語）交談。在這裡不單有說英語的同學，還有說廣東話及國語的。但透過不斷用英語與家人及朋友交流，我很快便克服了語言障礙，更令我結識了不少新朋友。

我參加了香港青年協會舉辦的楊鐵樑爵士英語大使計劃，教導香港學生如何提升英語演講及語言能力。藉此計劃我有機會接觸很多本地同學，並加深對本地教育制度的了解。透過帶領一系列的工作坊活動，我鼓勵同學們踏出自己的安舒區，發表意見。同時間，我亦更加認識本地教育、文化及學生們的志向，令我更能融入這個孕育我的地方，填補了中間的空隙。

身為童協基金會先鋒領袖計劃副主席，我在不同社區中心為資源較貧乏的小朋友舉辦老友記伴讀計劃。在伴讀環節中，我與小朋友一起讀故事、講故事，建立他們的閱讀興趣。這不單提升了小朋友的英語能力，也令我明白在社區中心為低收入家庭提供更多機會的重要性。

過去兩年是一段漫長而重要的日子。兩年前，我希望跳出自己的安舒區，不再就讀傳統的國際學校，促使我報讀聯合世界書院。書院是二戰後由德國教育家卻特·韓恩創辦，期望促進不同背景的人們和平共處。兩年後，我已經能與來自80個不同國家和背景的人共同生活，並適應了這個新環境。然而，這旅程絕不容易。

我希望在將來推動香港教育改革，以建立少數族裔及本地學生之間的橋樑。現時的學校教育往往限制學生探索和利用協作技巧去發揮創意。我期望帶來改變，藉著香港的多元社會形成創意綠洲，以緩解各項社會問題。

我亦希望感謝香港傑出學生選舉。對我而言，能夠代表香港的印度群體是一種榮幸，顯示出不同文化和背景的人們如何在社會中共融。最後，我要感謝父母在十八年來成為我的支柱，陪伴著我每次的成功和失敗。我能夠走到這一步，所有的功勞都要歸於他們。

- Chairperson of the Hong Kong Model United Nations (2018)
- Top 10: Standard Chartered Public Speaking Competition (2014 & 15)
- Vice President at Kids4Kids (Advocate Leadership Team)

HONG KONG IS MY HOME

I am extremely grateful to be one of the recipients of the Hong Kong Outstanding Students Award (HKOSA) for 2017 - 2018. I was born in India but moved here when I was five because my father's job was relocated to Hong Kong. I have been raised here since then. Hong Kong has shaped me into the person I am today and therefore, I call it home.



Moving to Hong Kong posed a huge cultural shock in my life. I faced two main challenges: the language barrier and my ability to interact with local students beyond the language barrier. Back in India, speaking English was limited to just within classrooms, as soon I headed home I would quickly swap to Tamil (my mother tongue). Here not only was I faced with English speakers throughout but also those spoke Cantonese and Mandarin. However, I quickly overcame this by starting to speak English more frequently at home and with the people around me, this not only helped me hone my English but also make new friends and interact with others.

I joined the Hong Kong Federation of Youth Groups' Sir TL Yang Ambassador Program to spread the importance of public speaking to band 2 and 3 schools in Hong Kong. Here is where I could interact with many local Hong Kong students and gained a better understanding of the local school system. By leading a series of workshops and programs, I mentored these students in stepping out of their comfort zone and voicing out their opinions. In exchange, I acquired more knowledge on the local school system, culture and students' aspirations. This was important to me in integrating within the society that I grew up in and by also filling a gap.

Being the Vice President of the Kids4Kids Advocate Leadership Team, I have organized buddy reading program sessions that are held at various community centers for low-income children of young age. Within these sessions I have engaged with them through story-telling and reading books. Not only has this improved their language skills but I have learnt more about working alongside community centers in providing more opportunities to low-income families in Hong Kong.

The past two years have been eventful, long and a once in a lifetime of an opportunity. Two years ago, I aspired to step out of my comfort zone and wished not to attend a convention school. This led me to applying to the United World Colleges, a foundation of boarding schools that was founded by Kurt Hahn, a German philosopher after World War II with the vision in fostering a harmonious living together of students from all around the world. Two years in, I could live together with people of 80 different countries, backgrounds and independently adjust to this new environment. However, it was not an easy journey.

In the future, I aspire to be able to bridge the gap between ethnic minorities and local students in Hong Kong in pursuit of an educational reform. Often, academics offered in school limit students from being able to explore and use collaborative skills that lead to creativity. I want to be able to mentor this change that Hong Kong society can benefit from – the result would be the oasis of ideas that alleviate local problems faced by Hong Kong with the input of the diverse community we withhold.

I would also like to thank the HKOSA. It is an honor to represent the Indian community of Hong Kong and celebrate how people of different cultures and backgrounds coexist in our society together.

Finally, I would like to thank my parents for being my two pillars of support throughout all my success and downfalls these eighteen years. If I have made it this far, all credit goes to them.





蘇耀熙

SO, Yiu Hei Michael

聖若瑟英文書院 (中六)
ST. JOSEPH'S COLLEGE (Form 6)

「傑出學生」給予你的第一印象是什麼？演奏級鋼琴？朗誦比賽冠軍？名列前茅？

依稀記得小六升中派位時，媽媽說，以我「Band 2」的成績，如若可以在聖若瑟原校升讀，真的算是奇蹟了。然而，奇蹟真的發生了。我對自己說，這是上蒼讓我重寫自己故事的機會，我必須捉緊它。

但對於一個沉迷電玩的男孩來說，這談何容易？中一那年，我獲邀參加學校童軍嘉爾頓錦標賽代表隊。那時的我，還沒準備好背負如此重任，遑論密集的訓練呢！因此，過了一周，我就退出了。後來，我回想這決定，實在懊悔不已。當初答應自己捉緊每一個機會，然而卻為了可以安坐家中玩電玩而逃跑。從此，我就立定志向：雖無飛，飛必沖天；雖無鳴，鳴必驚人。



中一時，我屬於1B班，即成績最遜色的一班。雖然升上中學後，我再沒有去小學的補習班，但靠著自己的一份蠻勁，碰了幾次壁後，成績總算有些起色。主對我可是特別的好，中二學期末段，我碰上了風紀隊推出自薦制的第一年。再加上中一那年我遇上了一位和藹可親、經常幫助我的風紀學長，我便毅然報名加入風紀隊。在男校當風紀，可不是易事。除了要很多時間拿出來當值外，我也遇過很多挫折，更曾想過放棄。每一次我都會想一想自己的初衷：和當年的學長一

樣，以善意為火苗，感染他人。於是，我每次都可以咬緊牙關捱下去。三年風紀，有學弟說受我啟發加入風紀隊；嗯，我也勉強算是完成了使命吧。

如前文所述，我實在十分幸運，所以我對於不幸者總是抱有一份同情心。中四時，我參加了女青年會的義工訓練計劃。還記得第一個服務對象為有特殊教育需要的學生。我和隊員除了向他們介紹一些基本的溝通技巧（如眼神接觸），更一起賣旗，從中鼓勵他們和陌生人說話。其中一位參加者在我們的支持和鼓勵下，由起初談話時只是低著頭，蛻變成有眼神交流；這經驗讓我相信每一個看似輕如鴻毛的善舉，實在都是重如泰山的壯舉。正因如此，我除了留在女青的義工小組繼續服務外，更參加和組織學校社會服務組的義工服務。

展望未來，我希望飛得更高、更遠；做更有意義的事。一個1B班的男孩，尚且可以走這麼遠；那比我才高八斗的你，一定可以比我走得更遠。



- 聖若瑟英文書院 - 總領袖生 St. Joseph's College - Head Prefect (2016-17)
- 南華早報「年度學生選舉」- 最佳學校服務獎 SCMP "Student of the Year" - Winner (Best Devotion to School Category)
- 環球青年部長會議 - 最佳代表 Global Youth Ministers - Best Delegation
- 香港律師會「青Teen講場」模擬法庭大賽 - 十大最佳隊伍 Teen Talk Moot Court Competition - Top 10 Best Performing Team (2016)
- 基督教女青年會義工小組 - 成員 YWCA Volunteer Group "Extravoluntary" - Member

Stepping right out of the comfort zone

Just like the flickering stars in the night sky, life sheds light on a new path sometimes. You can remain in your comfort zone, or you can dive right into the cold waters and truly explore your talent. The first time I was presented with such opportunity, I was scared. Back in Form 1, I was invited to join the school's Scout Carlton team. Overwhelmed by intensive training and immense responsibilities, I quitted the team after a week. Fortunate enough, I was given a second chance two years later. Despite my love for gaming, I managed to cut down on gaming time in order to make room for extra-curricular activities.



Inspired by a Senior Prefect, I joined the Prefects' Board when I was Form 3. Yes, I had to arrive at school earlier every morning; yes, I could no longer chill out with my friends during recesses, but this time I was determined enough to take up these responsibilities. Perhaps it is because I longed to serve my juniors the same way I was supported by amicable prefects in the past.

From the Board, I got to know many seniors, who later offered me a myriad of posts. Each of these positions allowed me to better understand my strengths and weaknesses. Looking back now, never had I imagined that this little step would turn into a leap of faith. A new direction may seem uncomfortable to us, because who knows where it will lead us? But that's exactly why it needs us.

No one ever made a difference by being like everyone else

With a big heart, I always feel pity for the weak, which drives me to do voluntary work. However small it may be, I believe it can still make a difference. In Form 4, I joined YWCA's Volunteer Training Programme. My first service target is students with special educational needs (SEN). Participants of our service encounter difficulties in everyday communication. Normally, volunteers will introduce basic speaking skills to them, so as to build up their confidence in verbal communication. But my teammates and I decided to go further. In addition to that, why don't we put their communication skills to test by selling flags with them? In that way, they would need to talk to strangers. Our idea was well-received by our mentor. Turned out with encouragement and guidance, they are not that different from us. Suffering from specific learning disability (SLD), one of them was timid at first; he could not even look us in the eye while talking. Thanks to a grain of encouragement and a little recognition, he has been able to make eye contact in a conversation since our service.

However insignificant this transformation may seem, it surely had a profound impact on the boy and me. Some empower himself by taking from others, some empower himself by giving to others. I belong to the latter; it energises me every time whenever someone is motivated or inspired by me to do good. For example, it is uplifting to hear that I am the reason why some sign up to be a prefect.

Everyone is outstanding in his own way, and I am just an ordinary dreamer who dares to dream a little more.



Lion & Globe Educational Trust
獅球教育基金會

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 Most 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 on the organization of two awards.



主席 Chairman
洪克協先生
Mr. Peter Hung



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



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



青苗基金 Youth Arch Foundation

青苗基金是一間青年發展慈善組織，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「進士會」及「青年委員會」等平台，促進青少年的互相交流和學習，並為青少年提供個人發展、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。

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 (YASIA, formerly known as the Most 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 the Dreams Club and 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.



青苗學界進步獎 2016-2017 頒獎典禮
YASIA 2016-2017 Award Ceremony



歷屆傑出學生午宴聚餐
Past HKOSA award winners Luncheon



大學新鮮人 2018
One Day University 2018



青苗基金及永恒教育基金 — 慈善義賣日
Youth Arch Foundation & Wing Han Educational Foundation — Charity Bazaar



青苗智行義工服務計劃2017 — 河南(上蔡)
YAF & Chi Heng Foundation Service Trip 2017 — Henan (Shang Cai)



2017 學生暑期工作體驗計劃 (北京)
2017 Student Summer Internship Program (Beijing)



青年委員會 — 最好星期五
Youth Committee — Good Friday



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

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31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。

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 31 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.

賦權青年 定義傑出

我們認為只有大家攜手履行對自己及對社會的責任，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。

本協會經歷三十一年風雨，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。第三十一屆執行委員會將繼承協會傳統，用熱誠貢獻香港。

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 31 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 31th Executive Committee will continue such traditions and undertake with passion to serve Hong Kong.





《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