

# 香港傑出學生選舉 2016-17

Hong Kong Outstanding Students Award

GIVING IS OUTSTANDING 傑出就是付出。



「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/stories hkosa30th。

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年級)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。 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 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/stories\_hkosa30th.

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 Principal's 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:歐綺雯老師、陳嘉明老師、鄭振發校長、張慧欣老師、張娟羽老師、高家浩老師、林榮標校長、

2016年

林鄔潤儀女十、馬學嘉博十、譚耀培校長

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能力

2016年11月 18日至20日

面試 | 20名決選生獲邀參加面試,由評審選出得獎者,包括:

沈祖堯教授,SBS,JP(香港中文大學校長)(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) 2017年 1月14日

李浚生先生,IDS(前廉政公署執行處副處長)

黄傑龍先生,JP(香港十大傑出青年、飲食機構執行董事)

余黎青萍女士, SBS, OBE (前教育署署長)

# 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

决選生 | 獲頒嘉許証書;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31年逾千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 a written test for evaluation of their academic competence, cognitive skills and social awareness.

Adjudication Panel: Ms. Helena Au, Ms. Jenny Chan, Mr. Dominic Cheng, Mrs. Olivia Chao, Ms. Suki Cheung, Mr. Ko Ka Ho, Mr. Lam Wing Biu, Mrs. Ruby Lam, Dr. Carol Ma, Mr. Oscar Tam October 15, 2016

Assessment Camp I 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

November 18-20, 2016

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

Prof. Joseph Sung, SBS, JP (Vice-Chancellor, The Chinese 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; Chairperson, Steering Committee of the Hong Kong Outstanding Students Award)

January 14, 2017

Mr. Francis Lee, IDS (Former Deputy Director of Operations, Independent Commission Against Corruption)

Mr. Simon Wong, JP (Hong Kong Ten Outstanding Young Person; Executive Director of a major catering group)

Mrs. Helen Yu, SBS, OBE (Former Director of Education)

# Prizes

and creativity.

Winner I 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 31 years from different personal and professional backgrounds.





















# 決選生 Finalists

周浩雲 CHAU, HO WAN

鄭嘉敏 CHENG, KA MAN

鄭雅庭

CHENG, NGA TING

張曉晴 CHEUNG. HIU CHING

TECHNO, FIIO OFFINO

張德怡

CHEUNG, TAK YI CHRISTY

程金莉 CHING. KAM I FF

B 欣琳

CHOW, YAN LAM

朱彥陶 CHU, FELICIA

鍾嘉琳 CHUNG, KA LAM

馮雅蕾 FENG. YALEI

馮螢珈

FUNG, YING KA ODESSA 何樂仁

HO, MATTHEW LOK YAN

nu, MAITHEW LOK 14

許正浩 HUI, CHIN HO

許皓銘 HUI, HO MING

高文軒 KO, BRYAN 郭楚萾

乳笼盈 KWOK, CHO YING

郭子然

KWOK, NICHOLAS TZE YIN

林泳鏇

LAM, WING SHUEN

劉海淇 LAU. HOI KEI 皇仁書院 QUEEN'S COLLEGE

荃灣官立中學 TSUEN WAN GOVERNMENT SECONDARY SCHOOL

聖保祿學校

ST PAUL'S CONVENT SCHOOL

迦密主恩中學

CARMEL DIVINE GRACE FOUNDATION SECONDARY SCHOOL

沙田官立中學

SHA TIN GOVERNMENT SECONDARY SCHOOL

天主教郭得勝中學

KWOK TAK SENG CATHOLIC SECONDARY SCHOOL

聖保祿學校

ST PAUL'S CONVENT SCHOOL 嘉諾撒聖瑪利書院 ST MARY'S CANOSSIAN COLLEGE

德望學校 GOOD HOPE SCHOOL 嘉諾撒聖瑪利書院 ST MARY'S CANOSSIAN COLLEGE

ST MARY'S CANOSSIAN COLLEGE 拔萃女書院

DIOCESAN GIRLS' SCHOOL 德瑞國際學校

GERMAN SWISS INTERNATIONAL SCHOOL

英皇書院 KING'S COLLEGE

新界鄉議局元朗區中學

NTHYK YUEN LONG DISTRICT SECONDARY SCHOOL

啓新書院 RENAISSANCE COLLEGE 天水圍循道衞理中學

TIN SHUI WAI METHODIST COLLEGE 筲箕灣東官立中學

SHAU KEI WAN EAST GOVERNMENT SECONDARY SCHOOL

瑪利曼中學

MARYMOUNT SECONDARY SCHOOL

路德會協同中學 CONCORDIA LUTHERAN SCHOOL 劉壁錤 LAU, PEGGY 李朗逸

LEE, ANGELRONDA

梁翠儀 LEUNG, CHUI YEE

梁庭瑋 LEUNG, TING WAI

梁燕薇

LEUNG, YIN MEI

盧麗盈 LO. LAI YING

盧思澄 LO. SZE CHING

呂家琳 IIIL KAREN KA LAM

呂芷翹 LUI, TSZ KIU TIKI

馬世儒 MA, SAI YU 麥雅婷 MAK, NGA TING

吳雅蕾 NG. NGA I UII

顏朗峰 NGAN, LONG FUNG

潘芷蕎

POON, CHRISTIE CHI KIU

布思家 PUROHIT, ANUSHKA

施俊源 SZE, CHUN YUEN

丁龍毅 TING, LUNG NGAI

曾嘉穎 TSANG, KA WING CARI

胡亦遜 WO, YIK SHUN 嘉諾撒聖瑪利書院

ST MARY'S CANOSSIAN COLLEGE

西島中學 WEST ISLAND SCHOOL 趙聿修紀念中學

CHIU LUT SAU MEMORIAL SECONDARY SCHOOL

華仁書院(九龍) WAH YAN COLLEGE, KOWLOON

觀塘官立中學

KWUN TONG GOVERNMENT SECONDARY SCHOOL

荃灣公立何傳耀紀念中學

TSUEN WAN PUB HO CHUEN YIU MEMORIAL COLLEGE

聖士提反女子中學 ST STEPHEN'S GIRLS' COLLEGE

香港九龍塘基督教中華宣道會陳瑞芝紀念中學 CHRISTIAN ALLIANCE S C CHAN MEMORIAL COLLEGE

天主教郭得勝中學

KWOK TAK SENG CATHOLIC SECONDARY SCHOOL

保良局董玉娣中學 PLK TANG YUK TIEN COLLEGE 聖公會莫壽增會督中學

SKH BISHOP MOK SAU TSENG SECONDARY SCHOOL

聖保祿中學

ST PAUL'S SECONDARY SCHOOL

香港培正中學 PUI CHING MIDDLE SCHOOL

德瑞國際學校 GERMAN SWISS INTERNATIONAL SCHOOL

啓新書院 RENAISSANCE COLLEGE

東華三院甲寅年總理中學 TWGHS KAP YAN DIRECTORS' COLLEGE

中華基督教會銘賢書院 CCC MING YIN COLLEGE

瑪利諾修院學校(中學部) MARYKNOLL CONVENT SCH (SEC SECTION)

中華基督教會銘基書院 CCC MING KEI COLLEGE 干佳倩 WONG, KALSIN

苗兆恒 WONG, MATTHEW

苦亭配

WONG, TING HEI MATTHEW 胡子康

WU, TSZ HONG 嚴婉茵

YIM, YUEN YAN

旅港開平商會中學

HOI PING CHAMBER OF COMMERCE SECONDARY SCHOOL

西島中學 WEST ISLAND SCHOOL

聖若瑟英文書院 ST JOSEPH'S COLLEGE

伊利沙伯中學 QUEEN ELIZABETH SCHOOL

伊利沙伯中學 QUEEN ELIZABETH SCHOOL

# 得證者 Winners

布樂文

萧樂林

港大同學會書院

拔萃男書院

滬江維多利亞學校

拔萃女書院

喇沙書院

香港九龍塘基督教中華宣道會陳瑞芝紀念中學

皇仁書院

# 「梁玳寧社會服務獎」2016至17年度得獎者

Awardee of the Doreen Leung Memorial Service Award 2016-17

郭子然

筲箕灣東官立中學

KWOK, NICHOLAS TZE YIN.

SHAU KEI WAN EAST GOVERNMENT SECONDARY SCHOOL

2009年,首位世界傑出青年撰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 投票互撰結果撰出,確保得獎者實至名歸。傑出社會領袖、智行基金會創辦人兼主席杜 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 的青年人。「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 honoured as "The Outstanding Young Persons of the World", passed away. In memory of Ms. Leung, the 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 his or her community services records, as well as voting result among the nominees. Mr. Chung To, a 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 the Hong Kong Outstanding Female Students Award in 1985 to be renamed the 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 Chairperson of the Organizing Committee for many years. She also set up the Most 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.



# 布樂文 BOOTWALA Jason

港大同學會書院 (中四) HKUGA College (Form 4) 南區優秀青年計畫 - 初中組南區傑出少年(2016)

澳洲教育評估中小國際聯校學科評估及比賽 - 寫作(卓越)、數學(卓越)、英文(高度卓越)(2016)

全港中學兩文三語菁英大比拼(第十一屆)-初中組中文及英文優秀文章(2015)

香港學校戲劇節 - 傑出演員獎 (2013)

香港學界體育聯會-第三組港島區男子丙組校際足球比賽第三名及球隊隊長(2015)

Southern District Outstanding Student Award Scheme - Junior High Group Southern District Outstanding Student (2016)

Educational Assessment Australia International Competitions and Assessments for Schools – Distinction in Writing, Distinction in Math, High Distinction in English (2016)

The 11th Biliteracy and Trilingualism Composition and Speech Competition – Junior High Group Outstanding Composition in Chinese and English (2015)

Hong Kong School Drama Festival - Outstanding Actor Award (2013)

Hong Kong Schools Sports Federation Inter-School Football Competition - (Hong Kong Island) Division Three Boys C Grade – Third Place and Captain of Team (2015)

有著印度及中國的血統,在香港成長難免會遇到融入的困難。可是隨著時間,我漸漸地學會了將此轉化為我在這多元化社會的優點。在父親的培育下;他兒時的經歷、生活的方式及傳統,都帶領我走進了西方文化的世界,使我能夠從多一個角度去看、去明白每件事情,更全面地認識我們身處的這個社會。聽歌神許冠傑之時,我亦會聽比利喬的經典名曲;吃飯時我會吃春卷,亦會吃馬薩拉雞肉,就是這樣,我的人生充滿色彩。

It is never easy, being half-Indian and half-Chinese, growing up in a Chinese environment. Even with the huge cultural diversity that Hong Kong boasts, since my early days in kindergarten I had been occasionally victims of jeers and teases. Nothing too serious really, but their attempted subtlety when avoiding physical contact could really get to me, It was quite some time I took until somewhere through primary that, with great pride, I turned this adversity into my advantage. Yes, in a multi-cultured city, how is it not? Under the nurture of my father, with his childhood experiences and previous lifestyle and cultures, he, with welcoming hands, brought me into the land of Western culture. To every aspect of life, I was granted the luxury of multiple perspectives, broadening my horizons towards the world through varied ideals. Chinese hits by the likes of Sam Hui sitting atop my shelf alongside 90s pop classics from Billy Joel, spring rolls for lunch and Masala Chicken for supper, it was an extra window that allowed me to look into life as it was. With this in mind, confidence regained its place in me and my radiance, the extras that I offered shrugged off their fear as they accepted me no less for the unique individual I am.



相信也是因為成長時能接觸多種不同文化,我對藝術有著濃厚的興趣。雖然我玩過一會兒鋼琴,又愛上及鐵研過色士風;但因為我看了很多電影,我最熱愛的還是演戲。電影運用各種藝術媒體道出主題的方式,以及在台上表演時那陶醉忘我的境界,深深打動了我,開展了我的戲劇人生,更推動著我繼續積極地為不同角色面試。我的高峰就是我於小學十周年表演中擔任主角,以及參與潘芳芳在外的大舞台製作以後,成功獲「Bravo!香港青年劇場獎勵計劃」錄取,參與為期一年半的戲劇訓練。可惜,我未能從倉猝忙碌的話劇節奏及學業中取得平衡,被迫退出計畫,放棄它優質的課程和及後海外進階訓練的機會。然而,我對戲劇的熱情沒有些微減退。我仍有努力爭取演出的機會,如我就讀書院十周年的大型音樂劇等。我希望在未來深究戲劇和表演藝術,不論是台上的演出或大銀幕上的鉅獻,以藝術作為我的職業。

Due to my upbringing, being exposed to multitudes of forms of arts — though I did take up piano and saxophone and the latter turned out to be my true passion — watching all sorts of movies have me very intrigued at acting from a very young age. It was the way how movies of different genres reach deep into my heart, and the way convey the similar magical feeling when I first acted on stage, that entranced me in the wonderland of drama. auditioned actively for roles and the intense immersion I got on stage kept me going. After being casted as the main character in my primary school's tenth anniversary graduation play, and once in an actual production led by stage veteran Lily Poon, my ambitious move to join the "Bravo! Youth Theatre Award Scheme" proved to be worth it, as I successfully got through the auditions. Despite its fruitful lessons and rare theatre opportunities, and the wonderful career path it could have set for me, after just a few months of training I was forced to bow out of the scheme, after constant struggling as I was unable to strike a balance between the theatre and my studies, as well as personal health. Nevertheless, my passion for the stage did not end there, as I continued to audition and play in many performances, such as the major production of my school's tenth anniversary musical. I hope to pursue drama and acting in the future as my career as well, not limited to the stage but also on the big screens.

除了為人帶來歡笑和樂趣之外,我亦喜歡成為領導者。對我而言,領導者不是對他人頤指氣使的角色,而是與隊友共同進退、鼓勵大家邁向成功的一位。我自身的幽默感亦有助於我的領導才能,讓我善於帶動團隊氣氛;我現正擔任班務主席一職,而明年我亦準備參選成為校社的隊長。我與人為善的特質也能將成功帶到球場上,讓我能以隊長的角色帶領足球隊連續兩年分別以第二和第三名完成賽季。

To make people laugh is not the only thing I enjoy the most, but also to lead. Throughout the years, I have had a handful of experiences being a leader - the person that essentially lowers himself beneath his teammates to serve, not by barking orders, but by working together and pushing upwards towards success. My leadership qualities are enhanced by my sense of humor, as I often lighten up the atmosphere, which is crucial in my roles such as the Chairman of my class, and I also aim to be elected as House Captain in my school next year. My qualities of being good with people are certainly brought over to the field, as they help me in my role as Team Captain to guide our school football team to glory, coming 2nd and 3rd in two consecutive years.

足球永佔我人生的一大部分。還記得當年爸爸忘了鑰匙,便在等媽媽回來之時即興買了一個「西瓜波」到公園與我踢個痛快。在草叢之間盤著球來回穿梭,不為意時間的流逝,足球就如此與四歲的我展開一段長久的戀情。我開始去看電視上的直播足球賽事,發現世界各地的人都一同參賽,放下成見,為胸前的隊徽歇盡所能,爭取榮耀。對我來說,足球不在於只是那刺激快速的節奏,或精妙的傳球和連貫的組織,而是正如球王比利所說這「美麗的遊戲(The Beautiful Game)」的神奇影響力。當你一踏進球場,就會立即被拉進了足球的世界;場合、宗教、工作、年齡、國籍,甚至是無盡的功課,都通通變得不重要。足球能令你忘卻煩惱,亦能拉近世上人與人之間的距離。

Football has been and will always be a massive part of me. It all started when my father forgot his keys and decided to buy a ball and kick it around in the park, as we waited for my mother to come to our rescue. Minutes quickly turned into hours, as the 4-year-old me furiously chased down the cheap plastic ball that bounced and swerved through the bushes. Since then I started to watch live football matches, and was immediately blown away by the diversity of nationality of players, people from around the world representing the badge on their jersey, putting aside everything else, thriving for nothing but glory. To me, it was not simply about the exhilarating pace of moving the ball around, linking up passes in elegant team movements until you smash the ball into the back of the net, but how the "beautiful game" as said by legend Pele could work wonders. When you get down on the pitch, you are consumed by the ball, no matter the pitch, the occasion, religion, occupation, age, nationality, or even your heap of overdue homework. The ball lets you forget all that, and brings everyone around the world just a little bit closer.



這美麗的遊戲從我內心的深處改變了我,而我亦期盼它神奇的影響力能延伸至社會,接觸 更多的人。除了能讓人們脫離城市煩囂,更能打破人與人之間膚淺的隔膜,增進他們的友 誼。

The beautiful game has changed me in the most profound way, and it is my wish that through football, its magic could reach out to other people too, broadening their circle of friendships, breaking down the superficial barriers between one another, or simply leaving behind your everyday troubles in this concrete jungle and having fun for a change.



# 林暉 LAM Frederick

拔萃男書院 (11年級) Diocesan Boys' School (Grodell) 拔萃男書院 - 社會服務團團長 (2016-17) 拔萃男書院 - 管絃樂團及管樂團副團長 (2016-17) 拔萃男書院 - 科學學會主席 (2016-17) 世界管樂大賽 - 管樂團第二組金獎 (2013) 華盛頓國際音樂節 - 金獎 (2015) Social Services Society of Diocesan Boys' School - Chairman (2016-17)

Music Department of Diocesan Boys' School Chief Duty Officer/ Vice-Chairman (2016-17)

Science Society of Diocesan Boys' School - Chairman (2016-17)

World Music Contest - Gold Award in Harmony 2nd Division (2013)

Washington D.C. International Music Festival held - Gold Award (2015)

### 大難不死,廣傳祝福 To influence life with life

作為一個追求全面發展的中學生,我認為現代教育不應止於書本或學校。我積極投入各種 音樂活動及社會義務工作,希望做到以生命影響生命,為別人送上祝福。

為了達致多元化發展,我積極參與各項課外活動,藉以培養個人責任感、自信心及領導才能。通過擔任各領袖崗位,我領導同學為校內學生安排多元化的課外活動。我亦協助聯絡投稿學生及校對文稿,從而獲益不淺。這些寶貴經驗使我的待人接物技巧更周全,處事態度更加成熟,進而加強我的領導才能,使我有能力面對將來的挑戰。作為學生楷模,我亦樂於協助老師舉辦德育活動,加強同學們的品德教育。

I believe modern education is not only confined to school hours or within the school boundary. Being one of the youngsters pursuing all-round development, I, on top of attaining academic excellence, also devote myself to diversified extra-curricular activities such as science projects, environmental protection, editorial work of both English and Chinese school almanacs and moral education. Through participation in activities, I have acquired different fields of knowledge that have helped me develop the personality necessary to meet challenges in my future life.



我天賦聽覺靈敏,自小熱愛音樂,曾參加各個本地及國際音樂比賽。通過參加音樂大賽, 我有機會接觸到來自世界各地的參賽者,體會不同的文化、於賞不同的樂風,令我增廣見 聞。作為樂團的領導之一,我肩負承傳學校卓越音樂傳統的責任。我亦曾參與在香港舉行 的「聯合國國際和平日」演出,透過音樂宣揚和平。這樂團的其中一個目的是通過音樂促 進和平文化,我希望能藉着音樂才能為其他人送上祝福,通過這種世界語言,令社區更和 諧。

I have a unique passion in music which is also known as the common language all over the world. My active roles in the school orchestra, concert band and woodwind ensembles not only allow me to enjoy the gratification in playing music, but also bring me a lot of valuable opportunities to open my eye to international musical activities including the Washington D.C. International Music Festival and the World Music Contest in Kerkrade, the Netherlands. I enjoy the great chance to meet musicians from different countries and appreciate music of different cultural backgrounds. It broadens my horizons in both musical and cultural aspects. Moreover, as one of the key stones in the school orchestra, it is my duty to lead and guide junior members and pass on the heritage of our music department. I very much treasure the opportunity to enhance my interpersonal and leadership skills, which equip me with essential qualities of a good character, social and technical skills, hopefully making me into a leader in society.

Furthermore, I am keen on serving the community. It allows me to display the quality of 'to serve before to lead'. My service targets cover different walks of life, such as organizing workshops for the underprivileged children, visiting elderly living alone, raising fund for Orbis by organizing bazaars, participating in activities with the elderly who are suffering from chronic diseases and serving as volunteer at Queen Mary Hospital to spread love and grace in society. There is a Chinese saying that goes "it is more blessed to give than to receive". Through joining different varieties of community services, I deeply appreciate that I am a lucky one who is able to offer help to others.



我服務他人的熱忱萌芽於一場重病。十歲時,我突然患了嚴重的免疫系統疾病。在留院期間,我因着醫護人員的愛與關懷而深受感動,我體會到這對一個絕望的人是何等鼓舞!既然我可以繼續活下去,我便應把這種對別人的關愛發揚下去。

My determination to serve the community derives from my personal suffering from a severe immune disease when I was 10 years old. During the summer holidays, I was hospitalized for 7 days in Queen Mary Hospital. could hardly imagine why the urine was purple and the skin was full of small bruise-like markings. Unde completely unfamiliar conditions in an unacquainted environment, I was worried and desperate. At that time, experienced how touched and sentimental a person would be if someone helped and cared about you when you were helpless. This unforgettable experience has shaped my determination to become a medical practitioner in the fields of Immunology so that I can stand side by side of helpless patients to give them support, care and hope when they are desperate.

我亦是校內「社會服務小組」的中堅份子,經常參與籌辦不同類型的社區服務活動,包括為基層小朋友舉辦工作坊、探訪獨居長者、為有需要人士翻新鐵閘、探訪智障或肢體傷殘人士、舉辦活動為奧比斯籌款、參與為年老心臟病患者舉辦的活動、為中學生舉辦英語工作坊、夜訪劏房户、到瑪麗醫院及惜食堂擔任義工等等。我堅信「施比受更有福」,希望用愛與熱忱去服務社會。義務工作最大的回報就是從服務對象的臉上看到笑容,尤其是孩子的笑容,更能予人無比的動力,延續幫助別人的熱誠,這令我感到幸福!我將會朝着清晰的目標服務社會,為更多人送上祝福。

The above bitter experience enlightens me with the motivation and meaning for life. Life is never about how much one can achieve and take from the world, rather it is about how much one can devote to society. I realize there s a long way full of challenges ahead of me. I will try my utmost effort to share my blessings to as many people as I can, with my words, my music and my action.









林子朗 LAM, Tsz Long Noxx

滬江維多利亞學校 (中五) Victoria Shanghai Academy (Form 5) 南華早報「傑出學生年度撰舉」- 最佳學校服務獎 (2017)

「腦有大作為」中學生發明比賽 - 最佳發明大獎 (2016)

「香港創協盃」機械人對抗賽 - 高級組季軍 (2015)、高級組亞軍 (2013)

世界奧林匹克機械人競賽 - 最佳程式設計獎 (2014)

世界奧林匹克機械人競賽國際比賽 - 香港代表隊及第8名(2013)

SCMP "Student of the Year" - Winner (Best School Devotion Category) (2017)

"Invent for Love" Secondary Student Invention Competition - Grand Prize for Great Invention (2016)

CTEA Cup Robotic Tournament - 2nd Place (2013) and 3rd Place (2015) (Robot Sumo Category)

World Robot Olympiad Robotic Competition - Best Program Design Award (Open Category) (2014)

World Robot Olympiad International Robotic Competition - Hong Kong representative and 8th Place (Open Category) (2013)

如果要我形容自己是一個怎樣的人,除了是一名學生,我會說自己是一個攝影愛好者和搖滾樂隊的鼓手,更是一個製作機器人的發燒友!我從小就熟衷於機器人的設計和製作。小學時,我已經抓緊閒餘時間的一分一秒,專心致志參與各式各樣與機器人有關的課外活動和比賽。從設計及製作自動燒烤機器人,到人型雙腳機器人,我很享受能夠用手上的螺絲批,把自己內心的創意活生生地顯現在眼前。我對機器人熱衷的程度,實在難以用文字表達;我幾乎每天都是在思考機器人的一切,因此忽略了自己的學業。雖然我在學校的成績不算最好,有些科目甚至可能「低於平均水平」,我的父母,以至學校的老師,均沒有遏止我研製機器人的愛好和努力,也沒有強制我改善學業成績,只希望我對校內職責和香港社區義工服務盡心盡力。最重要的是,他們皆希望我可以繼續保留自己喜愛機器人製作的那一團火。

To introduce myself, I am a photography, cinematography enthusiast and a rock-band drummer. But particularly, I would definitely consider myself as an ardent lover of robotics. I have been enthusiastic about robots from a very young age. The fact that we can create a functional robot from scratch has always fascinated me. As such, even in primary school, I was fully devoted to robotics creation and transforming my creativity into reality. From creating an automatic barbecue robot to a playful humanoid walking robot, robotics has always been a major source of contentment for myself. I was op passionate about it to the extent that I would prioritize robotics before anything else, including academics. Although my grades in school were not the best, and some were even regarded as "below average", my family and school did not force me to ameliorate my academic results nor did they discourage me from robotics. Instead, they continuously encouraged my strong passion for robotics as well as my involvement in various community services and in-school responsibilities.

即使升上中學的學習壓力急劇增加,我卻比以前更專注研究機器人。作為機器人比賽隊的隊長,我帶領隊員們參加了多項本港和國際的機器人比賽,例如:在2013年和2014年的「世界奧林匹克機器人競賽」中,我們分別設計了一套能宣傳世界文化遺產一「柬埔寨吳哥窟」的互動機器人系統,以及一套展示人類在火星上建屋概念和理念的全自動太空及火星探勘車。這兩套作品都非常榮幸地在比賽中獲得了獎項。

As I graduated to secondary school, despite the drastic increase of workload in school, I found myself being more devoted to robotics than ever before! I participated in multiple robotic competitions — both international and local — as the leader of the robotic team. For instance, in the World Robot Olympiad Robotic Competition of 2013 and 2014, we created a set of interactive robotic systems that aimed to promote the World Heritage Site of Angkor Wat in Cambodia, and a set of autonomous specialized space rover crafts to demonstrate our concept of constructing habitable environment on Mars for humans respectively, Gratefully, both creations were granted various awards.

縱使我在機器人比賽中獲得點點成就,但我在回到學校時也常常感到缺乏自信心。小學時因年幼不懂事而忽略學業,導致升上中學時因知識基礎不堅實而遇到重重障礙。例如:因英語水平欠佳,上課時我經常不敢發問、不敢參與任何學術討論;眼看身邊的同學不斷進步,而自己依然在原地踏步,這一切令我不斷懷疑自己的能力,曾焦急地自問:我還能成為一個好學生嗎?儘管我當時似乎因失去信心而迷失方向,感到不知所措和沮喪,可幸的是我身邊仍有父母、老師、同學和朋友的關懷、鼓勵和鞭策,讓我勇於正視問題,狠下決心修正我的學習態度,立志要把學業放在首位。

有了堅定明確的信念,我在過去五年,憑著百折不屈的毅力,踏破滿途荊棘,終於獲學校師長認同和肯定了我在學業上的努力進步,並在2012年授予我「學術改進獎學金」,2016年更作為該年級的優秀學生之一而授予「學術卓越獎學金」。在這五年中,我還明白學業優先,並不意味著要成為一個「全職書呆子」。學業固然重要,但充分有效地利用課餘時間,學懂平衡緊張的生活方式,花一些時間在自己的愛好或興趣上也是不可缺乏的。因此,除專注於學業外,我一點也沒有減少自己對製作機器人的熱誠!

However, despite the remarkable achievements in robotic competitions, I found myself being extremely insecure and lacking confidence in school. I encountered numerous problems and barriers due to my weak academic foundation, I was hesitant to speak in class due to my weak English proficiency and I consistently found myself in a disadvantageous position among all of my peers. This caused me to repeatedly criticize my ability and question myself, "Am I a qualified student?" Although I was completely lost in my despondency and disorientation for some time, I slowly corrected my attitude towards learning and reprioritized academic achievement to first place. The strenuous effort that I had put into my studies has led me through numerous difficulties, disappointments, failures before eventually reaching success. I am particularly proud of being recognized by my school for my improvement in academics and being awarded the "Academic Improvement Scholarship" in 2012 and "Academic Excellence Scholarship" in 2016 as being one of the top students in the grade. I learnt that reprioritization of my academic learning does not mean being a "full-time nerd". It means acknowledging the importance of academic pursuits, and knowing how to use time efficiently while having a balanced lifestyle and spending time on other interests — robotics!

最近,我連同兩位同學參加了「腦有大作為」中學生發明比賽,運用自己對機器人和電路 工程的知識,設計了一個「智能燈泡控制器」,它可幫助行動不便的黏多醣症病友,改 善他們的生活質素,同時我們非常榮幸地獲得了此項比賽的「發明大獎」! 更令我感到 欣慰和有意義的是,我們的行動和成果,引起了全校師生對黏多醣症此遺傳疾病和其他 罕有疾病的關注。

Two of my peers and I have participated in a recent meaningful contest, the "Invent for Love" Secondary School Students Invention Contest. I utilized my knowledge in robotics and circuitry engineering to aid physically impaired Mucopolysaccharidosis (MPS) patients in their daily life by creating a "Smart Light Bulb Controller". We are exceptionally honored to receive the "Grand Prize for Great Invention" Award. Most importantly, I am most delighted by being able to raise awareness of genetic disorders in the school community through our actions.

日積月累的經驗,成就了今天的我。除了學懂掌握時間管理和解難能力等核心技能外, 我真正明白到知識的重要性。從學校或其他地方學到的知識,我們不應只用在考卷上; 把知識應用於解決人們現實生活中的困惑、幫助社會上有需要的人,才可發揮知識的意 義和價值。為此,我希望自己將來可以成為一名外科醫生;憑藉我對醫學科學的濃厚興 趣和對創新技術的熱情,我深信自己可運用醫學機器人的精密技能,為廣大病人高效和 快速地推行微創無痛手術。

The experiences I have had with robotics have been a major part of shaping who I am today. Besides assisting me to develop my time management, critical problem-solving skills and other core competencies, they have also allowed me to truly understand the importance of knowledge utilization. The knowledge we learn from school or other places should not only be applied to our examination papers. Instead, it is more important to apply the knowledge to solve real-life problems and to help others in society. As such, I aspire to be a medical practitioner, specifically a robotic surgeon for alleviating sufferings through my keen interest in medical science and passion in robotics.





梁芷喬 LEUNG, Tsz Kiu Stephanie

拔萃艾書院(中五) Diocesan Girls' School (Form 5) 拔萃

寸書院 - 紅十字

雪青年

開第55

團丰席 (2016-17)

拔萃艾書院學校辯論隊 - 籌委及Oxford Schools Debating Championships香港代表

加拿大多倫多國際中學辯論及演講比賽 - 全亞太區冠軍 (2015)

Diocesan Girls' School - Deputy Head Girl (2016-17)

Red Cross Youth Unit 55 - Chairlady (2016-17)

Diocesan Girls' School Debating Team - Representative of Hong Kong region to Oxford Schools' Debating Championships

International Independent Schools' Public Speaking Competition - Top Asia Pacific Team (2015)



在這個城市裏,似乎每一個孩子亦要和起跑線的比喻結下不解之緣。人生就是一場賽跑, 一邊與身邊的人競爭著,一邊在賽道上永不回頭地跑著。

In this city, every child's fate appears to become inevitably intertwined with the phrase "winning at the starting line". We take pride in being competitive and getting ahead of others.

也許因為我生於一個平凡家庭的緣故,父母從不強迫我馬不停蹄地參加什麼興趣班,以爭取在起跑線前取得有利的位置。正因如此,我才有童年的閒情東走西跑,從中慢慢發掘及認清自己的興趣。我很感激父母讓我自己的童年世界如此寬闊,從沒有被囿於眼下狹窄的賽道。現在回想起來,原來父母藉這段時光告訴我,在奮力學習和力爭上游之時,亦要不忘關心身邊的人和事,探索所處的世界,最重要的還是不忘快樂。

In this sense, I must have lost at the "starting line". My parents never forced me into attending any "interest classes" for the sake of building up my portfolio. In lieu of a packed schedule, I had the luxury to discover m interests through enjoying the folly of childhood, which I could not be more grateful towards my parents for. Whe I reflect upon it now, I finally understand my parents were trying to teach me to have a balanced life, not one i too busy with academics that they cannot spare time for people around him/her and time to have fun.

在機緣巧合下,我在小二時插班踏進了拔萃的校園。還記得母親對我說的第一句話就是:「壓力大的話記得要說出來,別要勉強」。無可否認,競爭必定存在,但是,在拔萃的教育中一路走來學會的一點一滴,令我從未後悔於八年前所作的選擇。

I still vividly recall my mother's words to me when I first entered the gates of Diocesan in primary two, "Just te us if you find the pressure too overwhelming. It's okay." Although competition definitely exists, the Diocesa education has been valuable in shaping my life.



「勵志揚善」四字,不僅是校訓,亦是我自己時刻銘記在心的原則。在努力追求「日行一善」的過程中,我意識到身為中學生需牢記的不只是答題遊戲的法則,能為身邊帶來的改變亦遠比自己想像中重要得多。就社會議題而言,身為中學生,我們唯一能做的就似乎是看來敷衍的「提升大眾關注」。然而,尤記得一次服務計劃中,面對同樣「請寫下對智障人士的印象」的問題,一名中二會員從服務前所寫下的「九唔搭八」,到服務後的「可愛!樂於助人!」;我逐漸明白到每一次為基層小學生補習、與智障青年共同下廚、陪同南亞裔兒童探索廟街等,我們亦學會如何拋開「弱勢」和「少數」的標籤來看待服務對象。直到現在,我不敢狂言自己作出了怎樣的貢獻,但是我只求每次服務能為服務對象帶來一點歡樂。儘管似是以卵擊石,大家亦在以自己的方法,不論背景和種族,共同為貢獻社會而奮鬥。

To me, "Daily Giving Service" is not just a school motto to recite, but also a guiding principle that I hold dear to my heart. Through each act of giving, I gradually came to realise that as a secondary school student, there was so much more than just memorizing textbook paragraphs. We can contribute and impart actual change and improvements in others' lives, rather than just being aware of societal needs. For instance, a service project member told me that her view on the mentally challenged had changed through their interactions. She used think of them as incapable and strange, but now she deems them "loveable and helpful". These experiences, as well as the exposures I got from discussing current affairs during debates and summits, helped me to see past the labels of "minority" or "disadvantaged". Regardless of our social standing and background, we are all capable of giving back to society in our own unique ways. However, these changes can only be achieved when we are willing to step out of our bubbles and to reach out to each other.

現在想來,說人生是賽跑的說法未免過於狹隘。畢竟,賽道外還有偌大的社區和世界等待 我們去認識和探索。回望過去十七年,自己最珍而重之的回憶和經驗,往往未能以獎狀或 獎杯的形式呈現;我還是希望把它們小心翼翼地藏於心中,盼望自己未來亦能不忘初心, 抱一而為。

Perhaps, those who compare our lives to a race and worry about "starting lines" are too narrow-minded. Looking back at the past 17 years, the ventures I treasure the most are seldom materialised in the form of a certificate or trophy. After all, beyond the running tracks, the world out there awaits us to explore the full spectrum of human interactions and experiences within it. Drawing strength from these treasured memories, I would continue to give daily service so that I can always look back at my service with pride and no regrets.





劉君嶢 LO, Kwan Yiu (Geoff) 喇沙書院 (中五) La Salle College (Form 5) 渣打香港英語演講比賽 - 初中組第三名 (2015)

第13屆中國日報社「21世紀杯」全國中小學生英語演講比賽 - 初中組第三名 (2014)

喇沙書院 - 英文辯論隊隊長 (2016-17)

喇沙書院 - 學生會印務部副主席 (2016-17)

喇沙書院 - 編輯部英文主編 (2016-17)

Standard Chartered English Public Speaking Contest - Second runner-up (Junior Division) (2015)

13th China Daily "21st Century Cup" National High School and Primary School English Speaking Competition - Second Prize Winner (Junior High School Category National Final) (2014)

La Salle College English Debating Team — Captain (2016-17)

La Salle College Student Association Publications Board - Vice Chairman (2016-17)

La Salle College Editorial Board - Chief English Editor (2016-17)

我非常幸運地能夠入讀一所優秀的學校,一所為學生提供良好學習環境,並孕育學術、體育等領域上出色表現的學校。身為同級年紀最輕的學生之一,又非天生賦予出眾的學術天份,我不得不努力以求跟上同輩們的進度。雖然很多人會視之為一個沉重的負擔,我卻一直將此壓力轉化為動力,作為提升自我表現的指標。

It is one of my greatest honours to study in La Salle College, a learning environment which encourages friendly competition, as many of my peers excel in various areas ranging from sports to academics. Being one of the youngest students of my year and not exceptionally academically talented, I had to work very hard initially to catch up with others' progress. While many may see having to catch up as a burden, I have been converting such pressure into unlimited motivation to improve myself and to strike for excellence. In this journey of bettering oneself. I am also blessed to have walked along side my best friends.

此外,我在發展領導才能的過程中亦遇上不少障礙。依我之見,創造一個有凝聚力的環境是促使團隊邁向成功的第一步。當我開始扮演領導角色的時候,我經常遇到團隊有意見分歧或個別成員進度有落差的情況。我可沒有對這問題視而不見,反而努力團結及幫助各成員,同時保持團隊的整體發展。憑著不懈的努力和堅定不移的決心,我成功地帶領團隊達至新的境界。

Having embarked on the journey of leadership, I have encountered a number of hurdles. My perception of the word "team" is that "together, everyone achieves more", suggesting that unifying the team for a common cause is the most fundamental step. As I step into my roles of team captain or department head, I have come across cases in which team members held grudges against each other or certain a team member is lagging behind. Instead of sitting with my arms crossed and turning a blind eye to such obvious problems, I stepped out of my comfort zone and worked towards uniting the members, catering to individual needs while keeping the main focus on the holistic development of the team. It was never an easy task to do so but with determination I succeeded in bringing the team to a new level of strength and unity.

作為一個傑出學生,我不僅要推動自己變得卓越,還要運用個人的能力和影響力鼓勵他人。我有幸在各方面得到老師和前輩的扶助和支持,亦希望能把這精神傳承下去。從更廣的角度來說,我渴望以傑出學生的身分啟發他人,促進社會和諧及凝聚力。我深信:人們不僅應感激社會對他們的栽培,還要向有需要的人提供幫助,以回饋社會。對我而言,以生命影響生命、薪火相傳,就是傑出的真諦。

Being an outstanding student is not only about pushing myself towards excellence, but also about utilizing my abilities to inspire others with my own story. Blessed to be nurtured in a school community of brotherhood, I have learnt much from my seniors, and am inspired to pass on what I have learnt to keep the Lasallian spirit flowing through generations. From a broader perspective, I aspire to influence others with my role as an outstanding student, to promote social cohesion and harmony, and to use my story to inspire others to contribute towards social development. John F. Kennedy famously said "ask not what your country can do for you, ask what you can do for your country". Similarly, I firmly adhere to the belief that one should not only be thankful to what he or she has learnt or benefited from the community. Instead, one should strive to repaying society by offering a helping hand to those in need and inspiring those who have the potential to become the movers and shakers of the future. To pay it forward and to inspire is also the true meaning of one of my school's principles - "Touching Hearts, Transforming Lives, Building a Better Future".





愛因斯坦曾道:「不要只是為了成就而努力,反而要活得有價值」。或許其他人會立下大志去創造個人未來的成功,但我卻希望能夠以自己的能力和成就去幫助及啟發別人,達至生命最為寶貴的目標。

Albert Einstein once said, "Strive not to be a success, but rather to be of value." While some may set their goals on having only a successful prospect or a prosperous career, I would rather value contributing towards the common good and to beloing others.



馬愷彤 MA, Hoi Tung (Hosanna)

香港九龍塘基督教中華宣道會陳瑞芝紀念中學 (中六) Christian Alliance S C Chan Memorial College (Form 6) 香港九龍塘基督教中華宣道會陳瑞芝紀念中學 - 公益少年團副主席 (2016-17) 香港九龍塘基督教中華宣道會陳瑞芝紀念中學 - 辯論學會副主席 (2014-16) 青少年書家俱樂部 - 主席 (2014-15)

中國少年兒童美術書法攝影作品編輯委員會 - 美術一等獎 (2015-16)

Christian Alliance S.C. Chan Memorial College Community Youth Club - Vice Chairman (2016-17)

Christian Alliance S.C. Chan Memorial College Debating Club - Vice Chairman (2014-16)

Young Artists Club - Chairman (2014-15)

China National Children's Fine Arts Calligraphy & Photography Competition - First Price in Art (2015-16)

從一個平凡的中學生,到了今天努力嘗試成為一個傑出的人,當中一切都是因為信仰的帶領,還有過程中人們對我滿滿的關懷和幫助,使我發現了生命中的熟誠和意義,成就今日的自己。

Now, you may see me as someone who is passionate about life. But the fact is, I grew from "nobody" to someone who wants to be "somebody" because of the love I received from my parents, my friends and God.

小時候,媽媽讓懵懂的我參加畫畫班,結果竟成為了我今天主要的興趣,甚至未來人生的方向。中一時,好友仰慕辯論學會的老師,因此慫恿我參加辯論學會,使我現時不但獲得了一群良師益友,更擴闊了我的眼界,讓我開始關心社會和世界,學習用事實批判真理。此次的傑出學生選舉,初時是因朋友們參加我才會報名,在經歷了一次又一次的失敗,以及一次又一次地學習,才有了今天的我。誰料到當時這個不太外向、毫不起眼的小妮子,竟然敢於迎向這麼大的挑戰呢?這些看似機緣巧合的事,串聯了我短短的小半生,大大地影響著我的下半生。

When I was a little girl, I joined a lot of extra-curricular activities because of my mum; however, I found my own interest and built up my ability through these. When I got older, I participated in the debating club just because my friend liked the teacher of the club. Then I joined several outstanding students' elections just because of my friends' recommendation. But gradually, I have learnt to care about our society in a more meaningful way. Life is like a puzzle, put together by essential small pieces. Every happy or sad memory does count.





感謝別人對我的愛,讓我學會了怎樣愛別人。記得在我煩悶低落時,我身邊總會有家人和朋友安慰著我,無條件地包容我的壞脾氣。記得小時候,我曾經為了一份中文作文與媽媽吵架,最後在冷戰後入睡。其實自己也覺得自己做錯了,結果早上醒來,我竟然發現桌上放了一疊關於寫作風格的資料,還有媽媽對我的關懷語句。或許因為自小就在關懷備至的環境長大,才讓我培養出一顆愛人的心。升上中六時,因文憑試的來臨,班上一片愁雲慘霧。為了鼓勵一些同學,在課餘時我會繪畫心意卡送給他們。雖然我也不知道這會帶來多少的影響,甚或只會獲得收到卡片那一剎的笑容,可是我的生命正是因為這些微不足道的經歷而變得圓滿;即使是一時的抒懷也能讓人心感溫暖,所以我經常提醒自己:勿以善小而不為。在我情緒低落時,尤其是前陣子因忙於視藝功課而幾天日夜不眠,有些同學會送我金句卡、巧克力等鼓勵我,讓我體會到別人的關懷會帶來力量,也堅定了我給別人帶來力量的信念。所以,我希望能透過信仰賜予我的能力,讓愛傳遍社區。

The most important thing is that I have learnt how to love. People are always beside me when I am down. I will never forget that morning when I found, on my table, information on different kinds of writing styles after a fight between my mum and me about a piece of Chinese writing homework the night before. It showed so much love and care from my parents. I think it is the reason why I love others. I remember the days when everyone was struggling for the public exams and how we would all support one another through the massive challenge. Sometimes, I would draw some cards for my classmates to encourage them Sometimes, I would receive chocolates and cards from others that showed their support. We can never tell how great the impact of our actions would be. But the only thing I know is that I feel very warm, and hope others feel the same. That is why I want to use the power God has given me to contribute to society.

我從來都不是個傑出的人,甚至算不上是一個很好的人。可是,因為信仰、家人和朋友,我願意努力活出生命的色彩,以愛感染別人,使其他人都能感受到生命的美好。
Lam just an ordinary student However, because of God, my parents and friends. Lam agoer to strive for extraordinary.



蕭樂林 SIU, Lok Lam (Lorraine)

嘉諾撒聖瑪利書院 (中五) St Mary's Canossian College (Form 5) 嘉諾撒聖瑪利書院學校話劇製作 - 音樂總監(2016-17)

香港工程師學會創意校園綠化工程比賽 - 最具創意大獎 (2015-16)

聖瑪大肋納獎學金 — 傑出社會服務(2015-16)

香港崇德社—最佳頂目獎 (2015-16)

ISI 香港滑冰賽 — 第一名(花式四級)、第一名(指定動作)、第二名(跳躍及旋轉組合) (2014-15)

St. Mary's Canossian College School Drama Production - Music Director (2016-17)

Hong Kong Institution of Engineers "Your School, Dream Green" Engineering Competition - Most Innovative Design Award (2015-16)

St Magdalene of Canossa Scholarship - Outstanding voluntary service (2015-16)

The Z club of Hong Kong - Best Project Award (2015-16)

ISI Skate Hong Kong - 1st place (Freestyle 4), 1st place (Solo Comp.), 2nd place (Jump & Spin) (2014-15)





#### 意料之外的禮物 An Unexpected Gift

在我十歲的時候,我們一家收到了一份意料之外的禮物 — 我的弟弟樂正。樂正的出生,令爸媽不知所措。因弟弟患有小耳症,所以爸爸媽媽非常擔心他的健康狀況,要全心全意照顧他。在得知這個消息後,我也想為家庭出一分力,以滅輕父母的負擔。當年我只是小四,通宵坐在電腦前,用我有限的電腦知識搜集有關小耳症的資料,希望能找到有關的治療方法,安慰大受打擊的爸爸。我也經常到醫院探望媽媽,給她說笑話,希望能令她高興起來。我意識到父母將多花精力照顧弟弟,自己要變得更獨立才不用父母操心。於是我由一位典型的「港孩」— 常常依賴父母,要他們督促我溫習和做功課,立志要變得自律、好好分配在學業和課外活動的時間;這個改變亦在日後令我獲益不少。

When I was 10, my family received an unexpected gift. In panic and distress, a new member joined my family - my little brother Louis. Louis was diagnosed with microtia at birth. My parents were in an overwrought state for half a year, taking care of my fragile brother and making sure that his health condition was stable. At that time, I wanted to contribute to the family too. As a fourth grader, I sat in front of the computer and carried out overnight research on microtia, looking for possible treatments. I also visited my mom in the hospital frequently, hoping to comfort her and cheer her up. I wished to lessen their burden by causing less trouble to them. When I was little, I relied heavily on my parents — I needed them to help me with my revision, to supervise me to go to bed early. I used to be a typical "Kong Kid". I realized that the best way for me to help my family was to become independent. No more tantrums; no more childishness. I was determined to study hard and to manage my time wisely on extra-curricular activities and academic pursuits. So really, this unexpected gift trained me to be self-disciplined and independent, which helped me a lot in later years.



#### 找尋目標 Finding My Goal

我很喜歡到外地參加不同的暑期課程,結交來自世界各地的朋友。在這個全球化的世代,我認為要開拓 眼界,擴闊視野,才能避免成為井底之蛙。去年,我到哥倫比亞大學參加基因及生物課程,令我初次接 觸到最新的生物科技,更從中找到我未來的目標。我對生物工程很感興趣,並希望未來能認識更多這方 面的技術和知識。基因治療或幹細胞治療在理論上能醫治許多「絕症」,如一些遺傳性症病或癌症等, 可是這種新穎治療法的研究尚待發展。我期望未來能從事生物工程,深入研究這些療法,從而回饋社 會,幫助受病魔折磨的人。

I have travelled to a lot of places since I was small. I believe that it is crucial to broaden our horizons and to learn from different people around the world. Last summer, I travelled to Columbia University in New York and participated in an interesting Genetics Summer Programme that helped me find my goal. I was fascinated by how genes could make every single person distinctive. After this course, I determined that I would like to pursue my future studies in Biomedical Engineering. I am most interested in gene therapy, which can alter a genome and reduce the symptoms of a variety of diseases or even cure untreatable diseases such as cancer.

I am fortunate to take part in a science programme to work on stem cell research this year with a professor from the Chinese University of Hong Kong, and to explore more in related fields. As far as I know, research on gene therapy and stem cell therapy are still in a primary stage of development. I hope I can employ my knowledge and contribute to society with this new means of technology. I believe that biotechnology can help a lot of patients in the future.

#### 我的熱愛 My Passion

我所就讀的中學有一個歷史悠久的傳統,就是每年製作一齣大型英語話劇,而我身為今年話劇表演的音樂總監,將努力把這項傳統承傳下去。除了負責為話劇作曲,我亦要指導同學演繹歌曲和跟他們排練。在過程中,我需要擁有良好的溝通能力和耐性,為演員講解唱歌的技巧。除此之外,我也要和導演討論背景音樂的製作,及帶領作曲組組員合力創作旋律。我由昔日只是合唱團的一員,搖身一變成了大型製作的統籌者,這個身分令我發掘到自己的領導才能,亦讓我能盡己之力為學校作出貢獻。

St Mary's has always been renowned for its traditional annual drama production. I am the Music Director for my school's annual drama production this year. I compose songs for the musical play. Besides composing, the most challenging part is to teach the cast members to sing my song. There are depressing times when they cannot sing with the right feeling and techniques, even after much practice; there are also rewarding times when they sing each note perfectly and with confidence. From designing part rehearsals to identifying mistakes in full rehearsals, I have gained leadership skills and have learned how to teach different casts in distinctive ways, as evervone has a unique voice.

In the production, I have also learned to communicate with different parties with patience. I arrange meetings and set tasks for the composers to write incidental music in my team. I also need to contact the music arranger to transform composed songs to professional recordings.

Being a Music Director has transformed me from a little performer, which I have beer since primary school, to a passionate composer; and this experience has unleashed my leadership potential and allowed me to use my communication skills to contribute to the school.



部從風 TANG, Chung Fung (Vincent) 文理書院(香港) (中六) Cognitio College (Hong Kong) (Form 6)

文理書院(香港)英文學會 - 主席 (2016-17)

文理書院(香港)通識學會 - 副主席 (2016-17)

文理書院(香港)龍舟校隊 - 幹事(文書)(2016-17)

香港循道衛理中心 - 義工組副主席 (2016-17)

香港紅十字會 - 高級隊長 (人事) (2016-17)

Cognitio College (Hong Kong) English Society - Chairperson (2016-17)

Cognitio College (Hong Kong) Liberal Studies Club - Vice-President (2016-17)

Cognitio College (Hong Kong) Dragon Boat School Team — Secretary (2016-17)

Hong Kong Methodist Centre Volunteer Group - Vice-President (2016-17)

Hong Kong Red Cross - Advanced leader (Personnel) (2016-17)





#### 回望過去眺未來 龍舟小乘風載 Glance Back on the Past and View My Future, <u>Dragon Boat Activist Is</u> About to Explore

在你心目中,什麼為之傑出呢?能夠以生命影響生命,就是我對傑出的定義。從一位寂寂 無名的中學生到各大學會領袖,敢於挑戰就是我的指路明燈。

I believe that different people may have different definitions of outstanding. My image of an outstanding persor is being able to inspire people. Starting from an anonymous student to becoming leaders of various school clubs I am sure that being brave and being keen to confront challenges are my keys of success.

#### 回望過去 力求進步

Reflect on the Past and Work Out Areas of Improvement

我在初中時期的成績並不彪炳,亦談不上是什麼優異生,更違論是班中的傑出分子。及至中三選科,始深明學貴有恆,因而奮力作戰,抱著努力面前,永不言敗的信念,每日花約十小時操練試卷,最終在三年高中時取得突破。

I did not pass my examination with flying colours in junior forms, let alone being an outstanding student. I did not understand the importance of learning until the time of selecting electives came in Form 3. Thanks to the belief of "hard work pays off", I never give up and have successfully achieved a breakthrough in academic achievement during senior forms. Before reaping this fruit, I insisted on spending ten hours on practicing test papers every day.

#### 獨特經歷 啟迪人生 Unique Experience for Exploring Life

龍舟校隊埋藏著開啟我成功路的鑰匙,成為核心隊員後,我定期代表學校參加不同的公開 比賽,懷著刻苦、堅持和奮鬥的信念在隊中尋覓到人生路向。記得在我校打破香港學界龍 舟錦標賽紀錄時,我亦在完成壯舉那艘船上默默地划,過程中我獲得不少正能量。日常操 練不但沒有浪費溫習時間,反而更有助激起我的鬥志,使我在逆水的學業長河上鼓起勇 氣,迎接一波又一波的驚濤駭浪,學業目標更臻清晰可達。

The key element leading to my path of success is hidden in the dragon boat school team. After engaging as a core member, I participated in a wide variety of competitions on behalf of my school on a regular basis. The spirits of endurance and perseverance enabled me to be outstanding in the team. I will always remember that my college broke the record of the Hong Kong Schools Dragon Boat Championship in 2014. At the time, I was one of the competitors, and I gained a great deal of positive energy from accomplishing this "impossible task". Daily practice did not waste my time for revision, rather, it strengthened my endurance, which enabled me to lift up my spirit and to keep fighting on my path of academic pursuit. Passing through a series of challenges, my goals became clearer and accessible.





#### 離島長大 善用時間 Growing with the Sea, Making Full Use of Time

我自小在坪洲長大,每天乘船,和大海自有一種獨特連結,對大自然建立了深厚的感情。 每當對叢叢書卷感到厭倦時,我會走到海邊俯仰天地,心靈頓感明淨。為抵銷交通時間的 虛耗,我會在渡輪上溫習,善用分秒,同時建立每天早起的習慣,六時左右便起程上學。 大海同時是絕佳的視覺調劑,令我在學業壓力之中喘息時,獲得美景上的慰藉。

Since I grew up on Peng Chau, I have a unique bond with the mighty ocean. When I feel tired during practice, I will proceed to the sea shore with an aim of having my mind refreshed. In order to make good use of time during transportation, I used to study when travelling on ferries. Meanwhile, the habit of waking up early is well-built. I depart at six in the morning every day to school, which can make me energetic all day long.





#### 多元發展 盡展所長 All-round Development, Actualize My Full Potential

除龍舟校隊外,我亦在英文學會、通識學會等學術社團中高度參與,同時兼及紀律訓練,故在香港紅十字會擔任高級隊長。猶記得我於去年成功突破自己,主持宣誓典禮,是我人生中首度籌辦如此大型的典禮;多元發展令我在各層面之潛能得以全面發揮,播下傑出小種子。

Apart from the dragon boat school team, I actively participate in a wide spectrum of academic clubs including the English Club and the Liberal Studies Club. I have also joined the Hong Kong Red Cross — and am an advanced leader — in order to improve my discipline. An enrollment ceremony was hosted last year, and it was then when I discovered and sharpened my capabilities in handling large-scale events. These opportunities have allowed me to fully actualize my potential.

#### 努力尋夢 遠瞻前路 Fight for My Dream and Foresee My Dream

「埋首苦讀,為夢想而努力」是我的奮鬥格言。我決志要成為一位老師,以生命影響生命,並以培育未來社會棟樑為經,薪火相傳貢獻知證為緯,成為有數無類的良師。

Studying with effort and fighting for my dream are always my source of endurance. I dream of being a teacher whose life will positively affect others, I will take up the responsibility of fostering the pillars of society of the future and the obligation of passing knowledge to the next generations - the attributes a professional teacher should have.



王溥渝 WONG, Po Yue Bowie

拔萃男書院 (12年級) Diocesan Boys' School (Grade 12)

在這多事之秋,若然把社會喻作夜空,能當上夜幕的繁星照亮夜空,固然人皆嚮往。但事實上,倘沒有夜幕,再亮的星也終究黯然。誠然,在我們奮力攫取身邊資源的同時,社會上條件稍遜或是營役耕耘的一群,往往就輕易被忽略、被澆緣化。

談及個人宗旨,知恩圖報和承傳美德是我非常珍視的待人接物原則。子曰:「知之者不如 好之者,好之者不如樂之者。」的確,能夠把自己擁有的和他人分享,並以此為樂,是一 件何等美好的事。我愛發掘自己的潛能,在校內克盡己能感染和服務他人,在校外參與各 項義務活動。我的個人理想是希望日後能透過教育,竭力將我的所有傳承;這大抵是回饋 社會的最佳方法之一。

小至學校,大至社區,能當上夜裏的繁星固然值得鼓舞,而能當上夜裏的夜幕也值得感恩。不同的人各有不同的崗位;盡忠職守、學會尊重、學會分享、學會感恩,大概是對這個世代最好不過的祝福。

As the saying goes "We all live under the same sky, but we don't see the same light", while we are fighting for more resources for our own good, there are those who fought tooth and nail to transform our city into a better place but often go unnoticed. In light of this, when it comes to my aspirations, I aspire to share what I have with the others through participating in voluntary services both inside and outside school. In addition, I have always wanted to be a teacher; to shoulder the responsibility of becoming a guide and a philosopher for students. By becoming a teacher, I would share not only the subject knowledge with my students, but also the theoretical knowledge to develop their personal characters, in the hopes that they could be shaped into virtuous people.





誠然,這裏沒有什麼驚天動地的故事,也沒太多煽情或動人的情節。閒時的我愛拉小提琴,愛寫作,愛閱讀,尤愛跟人談天說地,從而探索他們的故事。偶爾,我盼望有莊周夢蝶的大智慧,不分虛幻與現實,逃離現實的荒唐;盼望有庖丁的刀功,面對紛繁複雜,還能游刃有餘、躊躇滿志;盼望有知魚之樂的情趣,返樸歸真、物我兩忘、自得其樂。紛飛瑣碎的片段大概湊成了今天的我,我不過是隻到處尋覓,到處碰壁,屢戰屢敗,屢敗屢戰,追趕著時間,追趕著夢想的蝴蝶。然而,風無法吹走這隻蝴蝶,因為生命的力量在於不順從。

The truth is, incidentally, pure and simple. I spend my free time with my violin and books; I find solace in conversation. On occasional tangents, I come to envy Webster and Donne, and wish life was a carpe diem poem. My humble life so far has been a smorgasbord of different episodes, moments and stories, where I linger and flit between the cornucopias as a butterfly, content to settle and sip as the wind blows sea-ward.



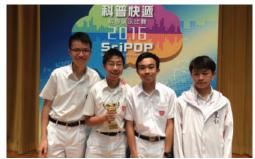
袁瑋謙 YUEN, Wai Him (Thomas) 皇仁書院 (中五) Queen's College (Form 5)

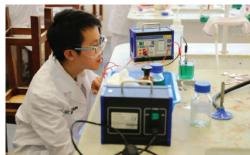
香港島傑出學生 (2016) 社會福利署 - 金獎 (2016) 國際數學競賽 - 銅牌 (2015) 皇仁書院 - 總領袖生 (2016-2017) Hong Kong Island Outstanding Student (2016)
Social Service Department - Gold Award (2016)
International Mathematics Competition - Bronze Medal (2015)
Queen's College - Head Prefect (2016-2017)



從小時候起,我已對數學情有獨鍾,這些年來亦參加過不少奧林匹克數學比賽,而上中學後更開始對天文、物理等產生濃厚的興趣。我曾以為我的生活只是圍繞着數學及科學,幸好事實並非如此。這些年來,在父母、老師和同學的支持和鼓勵下,我參與過不少其他活動,如辯論、音樂、繪畫及寫作等,以發展自己的興趣和潛能。這些機會擴闊了我的視野,見證著我的成長,為我的校園生活增添色彩。

I have always been a Mathematics lover since I was little. As I grew up, I developed a passion towards Astronomy and other aspects of Science. For certain moments in life, I have thought that my life is all about Mathematics and Science. It turns out that my life is more than that. Stepping out of my comfort zone, I have tried different activities to develop my interests and potentials. I have been involved in debate, music and visual arts and have joined a number of competitions. Although I usually did not perform very well in the competitions, it is all these experiences which have enriched my life, broadened my horizons and witnessed my growth. All these experiences encourage me to keep pursuing excellence and reaching for higher grounds.











以前,我一直以讀好書為己任,往往卻忽略身邊發生的大小事情。後來,隨著閱歷增長,我方意識到大家的生活安枕無憂、豐衣足食,是多麼的難能可貴。於是,我透過學校開始參與不同的義工服務,如探訪尋求庇護者、開設長者興趣班、到中國內地為山區兒童進行義教等,從多方面接觸社會上的弱勢社群。其中,我最難忘的是與一群智障學童一起進行之水上活動「乘風航」計劃;我體會到幸福並非必然,平時大家視之為理所當然的能力,他們也有所匱乏,需費盡力十二虎之力去完成航程訓練。想到自己於學習時偶有抱怨及偷懶,我感到萬分羞愧。此等經歷,皆讓我察覺到不論是本地或是世界各地,也有很多人需要我們的關注及幫助。因此,我會盡力貢獻所能,為社會出一分力。

In the past, I had always been focused on my studies, while paying little attention to things happening around us. As I grew up, it dawned on me that we are blessed to live in an affluent society, and that many people in society deserve our attention. It was then when I started participating in different voluntary services. I tried to reach out to the underprivileged in society. For instance, I visited asylum seekers in Hong Kong, arranged some scientific workshops for the elderly and visited children in remote areas in mainland China. The most unforgettable among all these experiences was the 'Adventure-Ship' program, which involved taking part in water activities with children with mental disabilities. The participants might not even have the slightest idea of what they were doing, let alone enjoy activities which a lot of us take for granted. All these experiences have made me realise how lucky I am to have so many opportunities, and thus I am determined to make every endeavour to contribute to our society.

我的志願是成為一位醫生,希望能以我的熱誠和知識幫助社會上有需要的人。我定必繼續努力,朝著這個目標推發。

As for my future career, I hope to become a doctor. Health is of paramount importance and I hope my passion and knowledge can help people in need. I will definitely work hard to achieve my goal and contribute to society.

香港傑出學生獎對我帶來莫大的鼓舞,我要感謝父母對我一直以來的關懷與栽培,也要感謝校長和老師給 予我的教導和鼓勵,同時亦要感謝我人生路上所有的朋友和同行者;感謝你們陪伴我成長,鼓勵我努力。

I am extremely grateful that the Youth Arch Foundation has awarded me the prize, and I must thank my parents for nurturing me throughout all these years, as well as my Principal and teachers for encouraging me to take part in such a marvellous and amazing election. I must also thank my learning companions, including all friends I met in the election, for accompanying me to grow up and encouraging me to keep trying.



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 (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.







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



第一屆及第二屆香港傑出學生 1st and 2nd Awardees of the Hong Kong Outstanding Students Award



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



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。協會今年慶祝30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. In celebrating its 30th anniversary this year 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.



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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 30 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 30th 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 也不驚帕

# 《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 (第十四屆傑出學牛)

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 破阳撓淮軍 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 主辦機構 Organizer



全力支持 Fully Supported By 協辦機構 Co-organizer











