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Thankful Smiles

5C Wong Sin Tung

The fire completely consumed it.

Everything I thought I had was gone. Everything burnt down to ashes and I knew it could never be recovered. And at the time “Jake’s Place” was at its peak, sales were going through the roof. With our ‘fine dining for whites only’ policy, business went swimmingly, and was everything I envisioned it to be. An establishment made by a white person for white people, this was my community in San Jose. There were no complaints nor fights, everything was seemingly tranquil.

And as I picked up what was left of “Jake’s Place” from the ground, I comprehended the chaos behind the seeming peacefulness. I glanced at my phone, realizing that this fire was all over the city’s news channels, publicly displaying my humiliation. What could I have done to stop this? Was this my fault? My mind flashed back to when I was a child, peeking over the counter of our family bistro, and everyone in San Jose was enjoying my dad’s food. And I would look up at my dad beside me, hoping that I could be him one day. The radiating warmth of his loving smile emanated throughout the establishment, until it was all I could remember of my dad. I didn’t even care about the person who burnt down the place, I just needed to know that everything was going to be okay.

“Hi, are you the owner of ‘Jake’s Place’?” A woman spoke as the door chimed, disrupting my thoughts of hopelessness, she was the African-American lady that lived next door to me. I turned to her and nodded in response. She started sweeping with the broom she brought over, “I saw what happened on the news, I’m terribly sorry for what you must be going through.” Realizing what she was doing, I walked over to her, “Miss, it’s alright, you really don’t have t--” her ruthless yet sympathetic glare was enough of a response to make me throw my hands up in the air and let her do whatever she wanted.

“You know, this place was my childhood. I used to come here with my Nana and eat chips and burgers. Now it’s like I’m banned from reliving the happiest days of my life by peeking through the windows.”

The sense of passive-aggressiveness from this woman sent shivers down my spine, but I didn’t blame her for how she felt. This was my fault. The place was clean in seemingly no time at all, and the woman left without saying a word, as a cold brush of air was sent my way when the door chimed again.

When I arrived at the bistro the next morning to get things up and running, I saw that people had left gifts and flowers outside the shop, with gift cards filled with kind words and smiley faces, from people from all parts of the neighborhood, some farther away and some from the sketchy places that I had avoided all my life, because they weren’t places where white people lived. How oblivious was I to believe that my community was only of white people, when San Jose was one of the most racially diverse in California? All these people who had sent blessings and kindness were nothing but gracious to me when I’d blocked them out. The afternoon sun shone into the burnt establishment as it dawned on me that I was not humiliated because of the fire, but because of everything I had done. And everything I thought I lost in the fire was never mine in the first place.

And now when I had reopened the establishment, traces of the fire remained, to remind me of my mistakes. Welcoming everyone to gather at “Jake’s Place” for the reopening, I stood before the shop looking at everyone who sent their love and support when I was at my lowest, and I realized that this was my true community. People of different colors staring back at me, African-American, Caucasian, Hispanic, or Asian, all of them smiled in anticipation, and that’s when I knew – and I was sure my dad did too – that “Jake’s place” would be nothing without the loving support from customers, regardless the colour of their skin.

I stood behind the counter and looked at all the people, no longer peeking from the edge as I, and this time truly, stood in my dad’s position. I couldn’t help a smile when I saw the reason why this place made my dad so proud.

Is Studying in Mainland Worth a Try?

5C Chau Wing Tung

▲ The school campus of Tsinghua University

Have you ever thought of studying in Mainland China? When it comes to studying outside Hong Kong, several country names such as the United States, Britain and Canada are usually mentioned. Seldom is Mainland China considered a preferable choice of Hong Kong students to further pursue their study. Let's take a peek into the school life of Mainland students and see if you will change your mind.

Graduated from True Light last year, alumna Chan Luk Shu is studying Psychology in Tsinghua University, one of the most prestigious tertiary education institutions in Mainland China. In the hope of stepping out of her comfort zone and immersing herself in a better learning atmosphere, she chose to go to Beijing with the School Principal's Nomination. Despite the more difficult curriculum, she enjoys her school life with a totally different environment and new schoolmates. She shared her experience to some Form 2 and Form 5 students during one lunch time.

Miss Chan is amazed by the learning atmosphere in Tsinghua as most students are diligent and proactive to learn. School library is always packed with students who are concentrating on their studies. Mainland students are proactive in the sense that they always choose to sit in the front row closest to the teacher, raising and answering questions in class. All these have motivated her to work harder to keep up with classes.

Of course, there are a few obstacles in study and it is no easy task to adapt to the school life and a completely unfamiliar education system. Most subjects are taught in Chinese and teachers speak in Putonghua with a wide range of regional accents. It is hard to catch up with the teachers sometimes but her schoolmates help her a lot with that. She is glad that English written materials are more frequently used in Psychology lessons due to the more comprehensive and advanced development of the subject in Western countries.

Perseverance is one of the essential qualities processed by Tsinghua students, for they have

one compulsory military training in their first year, aiming at improving students' physical fitness and mental stamina. Miss Chan said it is a common practice in mainland universities but Tsinghua's is much longer and harsher as it includes 20 kilometers running, shooting live rounds and performing first aid.

Her university life is definitely fruitful. But what is the future prospect of studying in Mainland China? Does it provide more opportunities? With the technological advancement and increasing global influence of China, more foreign investments are flocking into the country's market. The economies of many cities naming Shenzhen, Shanghai and Beijing in Mainland China are blooming. The development of Greater Bay Area leads to an increase in the need of talents familiar with both Hong Kong and the Mainland. Studying in Mainland China allows students to get familiar with China's political system, economic development and international relations etc. This can in no doubt prepare students who aspire to work in Mainland China.

But a mainland university degree is no guarantee of a job sometimes. Competition is still fierce in Mainland China. Hong Kong students may be at a disadvantage when the job requires better understanding of Mainland China. Some graduates have ended up returning to Hong Kong. Fairly speaking, one's social skills, talents and work ethics are more important than a university degree when applying for a job and this golden rule applies to job seekers anywhere. The more you are prepared, the higher chance you are to be employed.

No matter what university you aspire to go to, setting goals and studying harder must be the first few steps. Are you ready to strive for your dream?



Cultures Collide – Life in Italy and in Hong Kong

▲ Sophia bidding farewell to True Light on her last day of school

5C Wong Sin Tung

In a small, tranquil town in Italy, schools were within walking distance and began at 8 in the morning and ended at around lunch time. When it did end, home was the first and only destination. But in the bustling city known as Hong Kong, schools are 35 minutes away and even though they are closed late in the afternoon, there would never be a boring moment after dismissal. Such a different way of life is what Sofia, our exchange student from Italy, has to experience.

Around 10,000 km away from her home country, Hong Kong showed her how different life could be. There was a huge alteration for Sofia in her everyday life. True Light was very different from her co-education school back in Italy. Since True Light is a girls' school, she found it fairly strange seeing only female students at school, but our school has given her unique experiences which are near and dear to her heart. "My favorite experience was competing on the sports day as we didn't have such activities in my home country, and being a part of it made me feel special".

Besides competing in school events, her experiences in True Light have helped her build friendships and her self-confidence, allowing her to soar higher despite some of the difficulties. Though school life has been hectic, True Light has taught her the perseverance to overcome the challenges which may seem insurmountable at first glance. With little time left after school, Sofia expressed difficulty in handling such an immense amount of school assignments. "I will never forget the time when the Math teacher gave 35 exercises for the next day and it took me 4 hours to complete them," she lamented. However, people rise above their challenges with courage. "True Light has taught me how to stay strong during tough times. Life is not easy at all. It has its difficulties but once you go through them, you'll feel stronger than before and everything gets better," she expressed her conviction. Having met people of different personalities in Hong Kong, Sophia understands how different the world can be when you're away from your comfort zone. By immersing herself into an evidently different culture in comparison to the Italian one, she has become more aware of her potentials and talents, "Now Cantonese is one of the languages that I'd love to study at university."



▲ Sophia joining her fellow classmates at the Interclass Rope Skipping Competition

Sofia's greatest difficulty in adapting to her life in Hong Kong has been getting used to staying with her host family. "I consider myself as a flexible person, but the toughest challenge to me was feeling at ease at a home that isn't mine. It's hard to live in the same home with someone you don't feel at ease with." When asked what she would bring home as souvenirs, she chose chopsticks for her parents and a snow globe for her younger sister. "I want to teach my parents how to eat without a spoon and fork. I found it very challenging when learning to use them at first, but now that I'm quite good at it. I prefer eating with chopsticks. My younger sister adores snow globes and wherever I go, I always buy her one of those."

"Since school started in September, I feel like I have become a different person." Sofia feels that True Light has given her a life-changing experience and the precious chance to build relationships and fulfill her potential. In a hectic city like Hong Kong, she's gained a broader view of the world and its endless possibilities. "Hong Kong has shown me things that I could never see in any other countries, and I'm grateful for it."



▲Members of the Backstage Team

▲The Backstage Team rehearsing for the light effects of the performance

Shining Behind The Stage – An Interview with the Backstage Team

5C Lei Pui Yu Vienna
5A Lui On Ki Angelica

Working behind closed curtains, manipulating all the complex equipment and controlling all the settings and effects on stage, the Backstage Team has always been a mystery to most of our students. Speaking with the School Post reporters, Chairlady of the Backstage Team, Ho Mei Sze Aimee of 5C, unveiled some of the secrets surrounding their everyday work.

Q: Could you briefly introduce the duties of backstage team members?

Aimee: Our team, as its name suggests, is in charge of literally everything on stage, from something as simple as switching on and off the lights to producing stage effects. We have to ensure everything is ready before the assemblies or performances.

The prize presentation ceremonies, which many may find boring, are perhaps the most hectic events of the school year as we prepare trays after trays of certificates, trophies and medals and hand them over to the honourable guests for presentation. The most exhausting and complex task must be the stage design of various competitions, such as True Light Songs Singing Competition, K-pop dance competition, and annual concerts. For the first event, we have to understand all the songs performed by the classes and the messages they want to convey in advance so as to add suitable light effects to couple with their performances.

Q: Can you share with us one memorable moment during the time you serve in the Backstage Team?

Aimee: I recall before the True Light Songs Singing Competition last year, there were a number of classes asking for last-minute changes to the stage effects, so we needed new stage arrangement immediately for those changes. Worse still, since the light was a bit faulty, it made the task even more challenging. Luckily, the light worked well after repair and the performances went smoothly. It was definitely a test to our ability to improvise and adapt, and definitely a great tale to tell our future members.

Q: What do you feel working in the Backstage Team?

Aimee: Despite the work being challenging and quite exhausting, we are often rewarded with a sense of achievement and satisfaction with the brilliant performances and the gratitude from the guests. After all, not everyone gets to see the entire operation of an event from behind the scenes!

Q: Many schoolmates may not notice the efforts Backstage Team members have put behind the shows, do you feel depressed about it?

Aimee: Indeed, we are sometimes disappointed and discouraged by the fact that not everyone acknowledges our effort, but the privilege of being able to work behind the scene brings us satisfaction and experience that cannot be found elsewhere.

Q: Finally, is there anything you want to tell our readers, especially students who are interested in joining the team?

Aimee: I hope that students could show more appreciation towards people who are working tirelessly for our school and the society, especially those that are hidden in the shadows. Their efforts deserve our wholehearted gratitude and should not be forgotten. As for those of you who feel bored during the assemblies, you are most welcomed to join our team! You won't be able to have the same experience in other clubs!

Konjiwa!

An Eye-opening Visit to Japan with JENESYS

5C Lei Pui Yu Vienna
5C Chau Wing Tung

▲ Dinner at an onsen (hot spring) hotel

Have you ever been to Japan? If so, what is the most unforgettable part of the city?

Setting off on 9th December, 2018, I went on a 9-day exchange programme to Japan with more than 30 students coming from different schools around Hong Kong. The Japan-East Asia Network of Exchange for Students and Youths Programme (JENESYS) is more than your typical tours to Japan. Not only did participants get the chance to visit a wide variety of famous sight-seeing spots, they could be given the precious opportunity to visit local schools and stay with a local Japanese host family. The trip is truly amazing and definitely exceeds my expectation.

Preparation

Before the actual visit, the Education Bureau organized a number of trainings for participants. These trainings were unlike the 'tea gathering' you have when you join an overseas tour with a travel agency. Through the icebreaking activities, we got to know about our groupmates, especially our 'housemate' with whom we were going to stay in the same host family. Apart from building up relationships, the training sessions included lessons on basic Japanese that are most helpful when communicating with Japanese students and host families, as well as some background information of Japan to give us a basic preview of the Japanese culture.

Japanese teenagers

In the programme, we had the most delightful experience to visit a privately-funded school and a public school. Although the resources and the facilities are different, they both share one thing in common--the amiability and kindness of the students. We had our own buddies in each school, and they had fondly introduced their school and tried their very best to answer our questions despite the language barriers. My buddy, Mahiro, gave me a school tour and introduced her friends and teachers to me. I had really a great time with them and now I still keep in touch with them.

Traditional Japanese families

We went to a rural village in Shiga Prefecture, which is near to Kyoto, to meet our host family. Our host family was a traditional Japanese family working in the field as farmers. They lead a self-sustainable life and sometimes invite international guests like us to stay with them. Their house was very similar to the Kotatsu we saw in Japanese dramas or animes: a low, wooden table with a heat source underneath, and tatami bedrooms. When preparing for meals, they always invited us to help them out, wearing aprons and triangle headscarves around our forehead. After dinner, we



▲ My host family



▲ My buddy, Mahiro

often played a traditional board game and filled the room with screams and laughter. Even though we only spent a short time with our host family, we could not stop crying when it was time to say goodbye.

Environment

Intrigued by the recycling policy in Japan, we decided to use it as the topic for our report. Japan is well-known for its beautiful scenery, and that does not come easily. With their meticulously-planned recycling policy and a love and respect for the natural environment, the Japanese treasure what is given to them by the mother nature and value the sustainability of resources. It was not the first time I visited Japan, yet it still amazed me that every train station has at least a set of recycling bins, and in local schools, there are posters everywhere, reminding students to take care of their own rubbish. We asked our host family how they would treat their rubbish and they showed us a detailed schedule of recycling dates for combustible, non-combustible rubbish and others. We wondered if they had ever been fed up with the complexity of recycling. 'We are just used to it, so there is nothing troublesome,' they answered while their hands were separating and classifying their domestic waste according to different categories.

Reflection

Japan has a slower living pace, when compared with Hong Kong, hence, a more relaxing lifestyle, as seen from our self-sustained and cheerful host families and the more carefree local students. I do enjoy the hectic lifestyle of Hong Kong, but after this trip, I sometimes do wonder, maybe we can slow down a bit and enjoy the view surrounding us. We can, for instance, care for the beautiful natural scenery in Hong Kong by being more environmentally friendly. The precious time to be spent with families and friends should by no means be traded in exchange for a job promotion or wealth. Bonds and relationships between you and your beloved ones are always of utmost importance. So now, why don't you spare some time to play and chat with your families and friends? As for those of you who would love to have such unforgettable experience, be sure to check out the JENESYS programme next year!

Discrimination: The Earth is Round After all

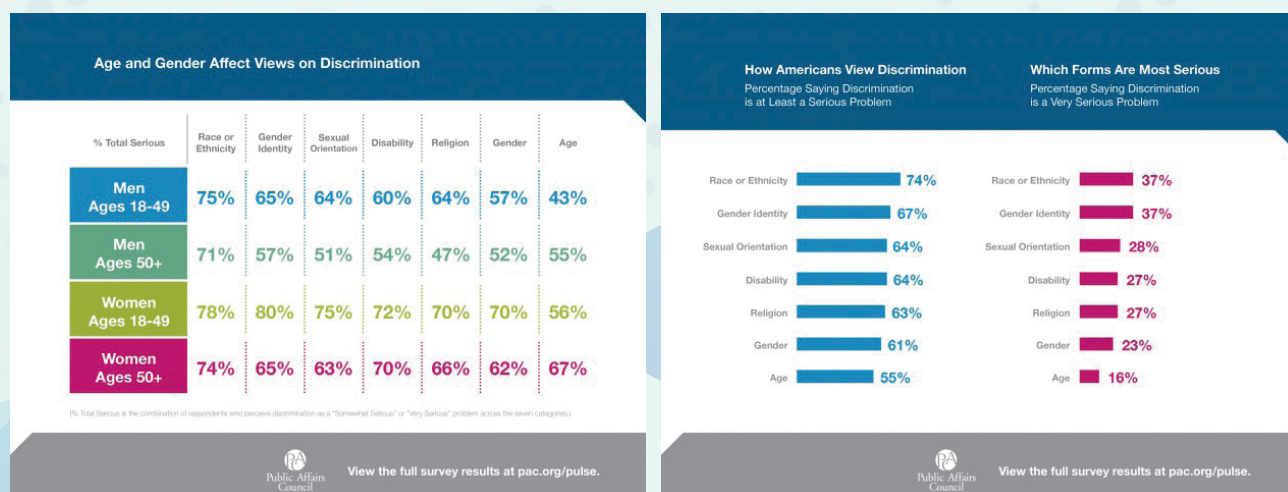
4C Chan Kei Yin

If you look back on your life, you may notice that somehow, you may have judged a person by the first impression: how physically appealing they appear to be, and tend to avoid those who fail to please you. It is completely normal, as there is something called personal preference existing. We are likely to approach people with characteristics that we are familiar with.

A Hong Kong citizen, for an example, would presumably more likely initiate a conversation with another local citizen than a foreigner, owing to the fact that they share the similar experiences, language and culture. The information we receive from the public and social media also affects our perception of people who differ from us, resulting in stereotypes or even hatred. Yet, there are people too fond of finding prejudice against groups they look down on, allowing discrimination to spread across the society.

The United Nations Human Right Committee defined “discrimination” as any form of ‘distinction, exclusion, restriction or preference which is based on any ground such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status, and which has the purpose or effect of nullifying or impairing the recognition, enjoyment or exercise by all persons, on an equal footing, of all rights and freedoms.’

Which type of discrimination is the first that comes to your mind when the topic is being brought up? It could be racial discrimination, or maybe gender identity discrimination. Many people may not have realised, but it is ashamed to admit, that they are indeed the two most serious and common discrimination worldwide. A telephone poll of 1,000 Americans conducted by Public Opinion Strategies stated that 74% of interviewees believed racial discrimination is a serious problem and 67% agreed on gender identity discrimination being a serious social issue. White supremacy is a type of racial discrimination with the belief that white people are superior to people of other races. Such medieval doctrine dominated the US and England in the 1860s and lasted for decades; yet to many’s surprise, it is making a comeback all across America ever since the Trump Administration took office in 2016.



▲ Survey results indicating the most serious forms of discrimination

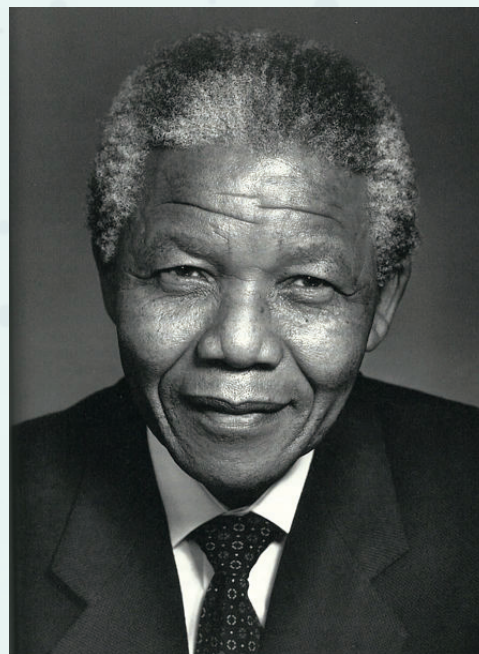
As in Hong Kong, some citizens also discriminate against other ethnic minorities and asylum seekers, stereotyping them as people that are here to cause troubles, commit crimes and deprive locals of their valuable resources. A joint survey conducted by local universities revealed that 6 in 10 Hong Kongers believe the prejudices on these groups mainly stem from the media coverage of various incidents and surely, these reports have taken a toll on the general impression of the ethnic minorities.

Traditional values take huge responsibility for the influence on people's views and attitude towards the others. One's background and exposure to the media are also contributing factors resulting in the innate concept of white privilege and dominance. Just when all hope seems gone, the question comes down to: is it really that hard to promote equality in our society?

Nelson Rolihlahla Mandela was a legendary hero famous for his anti-apartheid campaign in South Africa and his devotion against racism in his years. After his imprisonment, he continued to make a great change and improvement to black people's lives. Malala Youzafsai is an activist for the right to education. She was shot with one bullet in her head by the Taliban but this did not stop her from fighting for her people. The two risked their lives to show us that it isn't impossible to kick discrimination out of our lives, but a little act from all of us can contribute a great step to world peace and social harmony.

There is still a long way to go before we are able to erase the word "discrimination" from everyone's dictionary. Just when all hopes seem lost, we see campaigns, demonstrations and revolutions continue to flourish and more anti-discrimination laws are being established worldwide.

"No one is born hating another person because of the colour of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite." said Nelson Mandela. Perhaps with love and justice, there could be no more room for hate or discrimination to roam on this Earth.



▲ Nelson Mandela, the hero who fought against racism at all costs.

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Celebrity Podcast:

An Interview with HeinCream

5C Wong Sin Tung
5C Lei Pui Yu Vienna

YouTube is a video sharing platform that is currently bursting with creativity and has created an abundance of job opportunities for creators known as YouTubers. Over the years, the widespread popularity of YouTube and the advancement of creative media technology has led to more people and companies investing into the YouTube platform, creating a diverse community for people to innovate and connect with people from all around the world.

To gain insight into a YouTuber's career, an interview was conducted with a Hong Kong YouTuber, HeinCream. Currently studying in Taiwan, HeinCream discussed the differences between Taiwanese and Hong Kong culture on her channel, as well as study tips for HKDSE students.



▲ A Picture of the Hong Kong YouTuber - HeinCream

Before HeinCream dropped out of college to pursue a YouTube career, she was struggling with the hectic life as a design student. Transferring to another university, she hoped to strike a balance between schoolwork and her YouTube career. Though she was unable to fit in as a transfer student in the new school, her channel took off successfully and everything aligned for her to pursue her YouTube career wholeheartedly.

Despite the challenges in being a creator, like keeping up with online trends and dealing with criticism, HeinCream has found the career of being a YouTuber rewarding. While she admits that her days of creating frivolous content is over, she aspires to become a respectable YouTuber by filming different sorts of videos, working on expanding her content, and exploring the different areas of YouTube.

Being a YouTube creator is a fast-paced and time-consuming job. HeinCream doesn't encourage high schoolers to become YouTubers particularly for this reason. "Students should be devoted to preparing for their HKDSE," she admonished all students. Being a YouTuber is a very taxing job. "Once you have the ability to create the good content," she added, "your view count will rise, and you will attract demanding viewers like college students and the youth." She stated that the YouTube platform in Hong Kong is not suitable for YouTube experimenters, due to the toxic "public-shaming" trend that is rotting the Hong Kong internet community. YouTubers are required to constantly keep up with the trend on the Internet, and be ready to spend 20 hours making a single video about it. A creator needs to have a staggering amount of emotional control in order to behave like a mature adult and know how to create an image in front of an audience. Becoming a responsible influencer can be a haunting task. It is especially nerve-wracking to handle when you have to balance it with your schoolwork.

With her experience, she assures Hong Kong high schoolers and middle schoolers that their education in Hong Kong can bring them a lot of opportunities. They can change their life and do the unthinkable even in the most confining situation. With motivation, students can take what they have learnt in their education to the next level, towards achieving their life goals.

Reference:
YouTube

eSports: A Way to Promote Equality *How eSports promoted the idea of racial and gender equality*

4D Chung Yan Ching

eSports, or known as electronic sports, is a form of competition using video games. In recent years, eSports has taken the world by storm, attracting professionals from all around the world to take part in such competitions. eSports is in no doubt one of the most popular means to connect the world.

eSports is a sport for everyone around the world. According to surveys, the eSports audience from all around the world has reached 380 million in 2018.[1] In the biggest tournament of DOTA, multiplayer online battle arena (MOBA) that took place in 2018, the total viewers reached 14,960,473 at its peak, with the peak of viewers from China reaching 13,805,985, the English peak reaching 659,208, and the Russian peak at 477,745.[2] Groups from the US, Canada, Australia, China, South Korea and many other countries took part in the Overwatch Cup organized by Blizzard in 2018. These reflect that eSports enthusiasts are from all around the world, and eSports is one of the most popular ways in the world to connect people through what we all have in common- video games and the art of competing in them. Language or cultural barriers do not exist. Everyone plays the game and uses the control the same way. It is not surprising to see countless dedicated online communities for people around the world to discuss eSports online. Many long lasting friendships have been built because of this. Interest in eSports is significantly growing and it is an amazing way for people from different nations to connect.

eSports groups promote the idea of racial equality. Most of the top-ranking eSports groups have members coming from around the world. A group called Evil Geniuses includes members from the US, China, South Korea, and Japan. Such groups allow eSports enthusiasts to know that eSports is a kind of competition that everyone can take part in equally, no matter what colour their skin is, or what countries they are from. In fact, the top 5 eSports players with the highest overall earnings are from different parts of the world, from Germany to China, and from Pakistan to South Korea.[3] No one in the community cares about your skin colour. They only care about your skills.

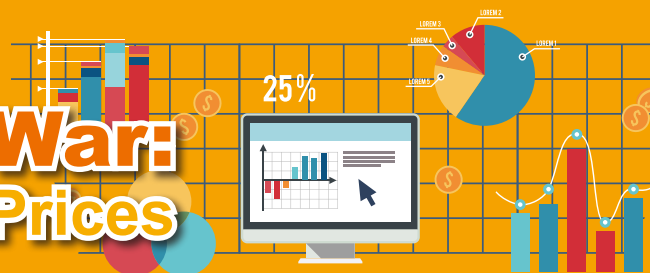
Not only can eSports promote international communication, but it is also a meaningful way to achieve gender equality. There are many famous female eSports players, like Sasha Hostyn, Katherine Gunn, and Ricki Ortiz. There is a stereotype out there that girls do not play video games. With these ladies winning so many tournaments and gaining popularity in the gaming community, this stereotype is starting to fade away. It is common to see women taking part in eSports, which becomes an incredible way to promote gender equality.

eSports is a popular form of entertainment in different nations. The growth of this kind of competitions can promote gender equality in many ways and enable the world to connect over a fun and relaxing pastime. The gaming and eSports community is actually in its heart a very supportive and accepting one. I hope that more people will discover the appeal of eSports and not view it as a negative activity.

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The US-China Trade War: It's Not Just About Property Prices



5C Chau Wing Tung

The US-China Trade War has been the talk of the town, stirring up countless debates. While China and the United States officials are going round with circles after several talks, aiming at ending a trade dispute, some Hongkongers are rubbing their hands gleefully. They are desperate to purchase properties when the property price drops. On the other hand, some blame the US, more precisely Donald Trump, for his radical and irrational act. Is the trade war the result of one man's reckless decision? What are the impacts of it?

One of the reasons is the US trade deficit with China. The deficit was USD 419.2 billion in 2018, which was described as "out of control" by Donald Trump. Negotiations aiming at narrowing the US trade gap with China are in progress. China has promised to purchase more bean products from the US. Nonetheless, merely achieving this concession will not satisfy the US, which wants a fair trade environment and a more open market. There is no end in sight to this trade war.

Another reason as many analysts have suggested is that the US is trying to suppress China's technological development. Despite the possibility of being a mere conspiracy theory, the US is in fact persuading its allies not to use Huawei's products. Being one of the technological tycoons in Mainland China, Huawei has gained a leading edge in 5G development. The trade restrictions the US government imposed on Huawei have stirred up suspicion that the US is stifling China's technological development.

When Donald Trump announced imposing 25% tariffs on China's goods on 3rd April 2018, dark clouds gathered on the horizon for the global economy. The decrease in exports and imports of many countries has shown the impact of the trade war. Severely hit by this, the local property market faces slowdown. It may bear good news for potential homebuyers. Some of them consider it a chance to grab a place in the overheated property market when the price is less unaffordable now. Besides the trade war, the increase in interest rates and flats supply will also affect the property price as claimed by experts. Therefore, there may be future fluctuations.

A slight and temporary drop in local property price may be one of the very few benefits brought by the trade war to some Hong Kong citizens. Actually, the US-China Trade War has huge impacts on Hong Kong's economy which keeps escalating. Hong Kong is to be shielded by a US deal called the United States-Hong Kong Policy Act, in which the US sees Hong Kong as a separate tariffs zone. Therefore, the tariffs imposed on China are not applicable to Hong Kong. It was yet astonishing that the U.S.-China Economic and Security Review Commission has suggested treating the mainland China and Hong Kong as a single tariff zone. This will definitely weaken Hong Kong's role as an entrepot.

Anticipating the benefits should not be the sole thing Hongkongers do. We should prepare for the potential economic downturns. A decrease in financial surplus from HK\$1,380 billion in 2017/2018 to HK\$587 billion in 2018/2019 shows that Hong Kong economic growth is sluggish. Urgent attention from everyone is required for the grim situation we are facing.

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Meme Review- the Positive and Negative Impacts of Memes

4D Chung Yan Ching
4C Chan Kei Yi

You might have seen the word “memes” on the Internet. But what are they? What impacts do they have on people?

A meme is a humorous image, video or piece of text that is copied and spread rapidly by Internet users, often with slight variations. Memes come in many forms of media, ranging from songs, videos, images to texts. To put it simply, memes are like an inside joke for people on the Internet. With that said, what are the positive and negative impacts of memes on people?

Memes can provide us with entertainment online. Creating and browsing memes is a fun and relaxing activity that will make us chuckle. On any days when you are feeling down, a meme or two might bring a grin on your face. Memes have positive effect on people, and sometimes can lift your spirits up a little.

People can also connect with each other through memes. Those who like memes will often continue their jokes in the comment section of a post or a video and some might start joking around in this fashion. It is very common to see people sharing thoughts in memes in a comment thread. Memes can connect two complete strangers who know nothing of the other and bring a positive vibe to many online communities.

Creativity is often inspired in the creation of memes. Taking a “meme song” of 2018, Crab Rave, as an example, YouTube user Fluxxy, created a mashup using this song and Megalovania and it sounds amazing. Another YouTube user Vinheteiro made piano covers of “the evolution of meme music” from 1500AD to 2018 that are played skillfully. The spreading of memes encourages Internet users to think outside of the box and create something humorous and creative that will appeal to a larger audience.

Memes online can provide us with humour and entertainment. Nevertheless, there are also negative impacts on people especially those with easy access to the Internet. It is quite a waste of time for both the creators and viewers particularly for video memes. What is the point of watching thousands of crabs fake dancing on a beach? It seems that no nutritional content is provided in the memes yet people spend lots of time on them.



◀ An example of a meme from the movie Harry Potter

Contents in memes are known to be not very educational. Some are even radical and promote negative values such as discrimination or cyberbullying. Inappropriate contents of memes can cause great mental damage and troubles to the creators. Some creators are not aware that they may have crossed the boundaries and caused huge harassments towards celebrities or their own colleagues. Laws and restrictions have been set up by various governments and it is easy for them to break the laws without realizing it.

As for viewers, they are mostly teenagers who are not mature enough to distinguish the appropriacy of the messages delivered in some particular memes. As a matter of fact, there are memes made just for fun and sheer relaxation. However, there are those related to political issues or social matters which the creators manipulate to brainwash the viewers. This may result in misunderstanding and distorted morality.

All in all, memes can be entertaining, yet harmful to a person. It is crucial that you view and create memes wisely. As a form of entertainment, memes should not be employed to harass, offend or embarrass anyone. We need to bear in mind that some people just do not understand the whole iconic joke of a meme. It is of utmost importance to exercise prudence when we create memes.



▲ An example of the popular “Leonardo DiCaprio Cheers” meme

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Exploring the Prairie in China

5A Lui On Ki

When you look up for pictures of Mongolia, the images showed up probably look like an old Windows desktop wallpaper, a green prairie that stretches to the horizon and the clear blue sky, simple and clean. However, the history of Mongolia is not that simple and the culture of Mongolia is unique in many aspects.

Due to historical reasons, Mongolia was split into Inner Mongolia and Outer Mongolia. In Inner Mongolia, the Mongolians are actually not the biggest fraction of the population as the Han people actually share 79% of the population of Inner Mongolia while only 17% of the population is Mongolians.

The traditional clothing Mongolians wear is called Mongolian robe, and Mongolians wear them with accessories, such as hats, pieces of jewelry, belts, etc. Mongolian robes are embroidered with different patterns, which make them colourful, exquisite, and very eye-catching. Every detail on the robe has its own meaning and carries the long history of Mongolia. In different regions, their attires are varied, so the Mongolians have to dress according to the diverse cultures in different areas. Like British people, Mongolians have the habit of drinking tea in the morning, but they add ingredients to their tea, for instance, butter, milk, and rice. If you visit Mongolia, there is no surprise that they would feast you with a roasted whole lamb since having a whole lamb roasted is one of the features of Mongolian meals.

Mongolia is famous for the traditional dances and music culture they have. Their traditional dances are usually elegant and graceful, mostly accompanied by their unique music. Most of the music is pastorals played with an instrument called morin khuur, which is a commonly seen instrument in Mongolia. The dancers can easily tell a story through the dance moves and show the passionate side of their nation. One of the most famous dances is called the "bowl dance", where the dancer has to keep a stack of bowls on his or her head balanced during the entire performance. It requires high concentration and years of training to master the dance.

To tourists, Mongolian Yurts are one of the reasons why they would like to visit Mongolia. Nomads of Mongolia live in Mongolian Yurts, with the high portability the Yurts provide. It is very convenient for the nomads to move their houses. With the well-designed Yurts, the nomads living in the Yurts do not have to worry about the weather as they will feel neither cold in winter nor stuffy in summer.

For entertainment, Mongolia is well-known for holding the Naadam Festival. There are performances, competitions and parades to entertain the audience. Among all the matches, there are three iconic tournaments called "the three games of men", and they are archery, wrestling and horseracing. This festival is such an important event in Mongolia as winning the match brings the winner's family glory. There are broadcasts of the festival so people around the world can experience the fun.

There is still a lot to explore in Mongolia. If you have the chance to travel to other places, Mongolia is undoubtedly an excellent choice.



▲ Mongolian Yurts



▲ Mongolian Robes



▲ Morin khuur

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Big Brother is Watching You: A Review of George Orwell's 1984

4D Chung Yan Ching

Imagine living in a world where your everyday move and your speech are being watched through a telescreen by the government – this is exactly what happened in the fictional world of 1984 where freedom does not exist. After a global war that split the world into 3 inter-continental superstates, the totalitarian government, Ingsoc, of Oceania, controls everything. Surveillance from the party is everywhere. The party leader Big Brother is watching you – in your office, in the streets, and even at your own home. Tired of a dull marriage with his estranged wife, the protagonist and a government official, Winston Smith develops an affair with a rebel against the government, Julia. They struggle under the rule of the Big Brother, desperately gripping onto the illusion and hope that the party will be overthrown.



▲ Interpretation of a poster commonly seen in the world of 1984

Written by George Orwell, 1984 serves as a sociopolitical warning to the world – a typical Dystopian literature in which the writer envisions a doomed future and uses it as a wake-up call for all humankind. Orwell warns us of what would possibly happen if a totalitarian regime took over. This book is not a simple book that depicts the fantastical horrors of socialism or communism, but one that warns us of the dire consequences if any government was entrusted with too much power.

Besides constant surveillance, Ingsoc also indoctrinates the people of Oceania through the restriction on speech and media. The famous “2+2=5” quotation is an iconic example. Manipulating the thoughts and minds of the people, Ingsoc presents to its citizens anything but the consciousness of the truth and history. Brainwashed by the regime and its media outlet, people believe that the four ministries are the ‘protectors’ instead of dictators that control and oppress the people. The “Ministry of Peace” supports and glorifies war instead of promoting the message of actual peace. The “Ministry of Truth” erases documents and rewrites history so that to propagandistically manipulate people’s mind and behaviour.

If you compare our modern world to the fictional world of 1984, it might be more similar to 1984’s than we think. In the book, people were being watched through the telescreen, while in the real world, with the advancement of technology, we are being spied on by the government everywhere we go. Disguised under the agenda of ‘national security’, the Central Intelligence Agency (CIA), for instance, practises mass surveillance throughout the entire world as early as in World War One. Being an allegedly democratic country that promotes the ideas of freedom and equality, the United States is not the only country that engages in spying activities. In fact, almost all countries exercise certain level of surveillance on their citizens. How are they going to use the information? How can we protect and monitor the usage of our privacy? Different from the people in the book, we still have the right and transparency to know. We have to safeguard this right and make sure that the government does not have too much power on their hands.

The ending of the book further reinforces the message of the book. In the end, the couple are arrested, tortured and brainwashed. We are led to believe that the book was going to end in a fairytale ending: the party would be overthrown by the Brotherhood and that Julia and Winston will live happily ever after. With the slightest glimpse of hope, we dream that the character will have a happy ending. But this hope – ours and the characters’, are shattered, trashed and ruined. Through this tragic end, the book’s message feels even stronger and makes you feel for the characters. In reality and as were many totalitarian countries that existed throughout human history, revolution and rebellion do not come easily. George Orwell managed to create a terrifying, realistic and believable world, one where truth, freedom, peace, love, and happy endings don’t exist.

1984’s fictional world is one that will cast a huge impact on readers. It is a world where the “2+2=5” quotation is true. It is a world with no happy endings. It is a world where darkness lurks in every corner, where there is no freedom, escape or hope. If you have a voice, you should make it heard – while you still have the chance.

空中綠洲

5B 陳寧

近年，中國採取「先發展，後保育」政策，國力飛速發展，經濟亦在二十年內騰飛。然而，這種發展模式，使中國的環境漸趨惡劣。極端天氣、溫室效應等問題也開始浮現，保護環境已經成了全球最受關注的問題之一。香港作為一個國際化城市，近年也積極參與環保事業，加強綠化，而本校也在環保方面略盡綿力，跟上保護環境的步伐。

學校天台以往一直只是一片空地，只是偶爾開放予學會種植少量花草，而由於樓層高、環境清靜，不少同學都會在這裡進行拍攝、練歌或溫習。為了更好地善用這個空間，學校近來更在天台種植了一大片草地，一來為了呼應環保事業，二來也美化了學校環境，一舉兩得。

種植綠草有助降低環境氣溫。在天台種植草地，可以吸收二氧化碳和蒸發水分，使教學樓降溫 2-3 度，降低學生開冷氣的需求。香港夏天炎熱，全校若同時開放冷氣，所排放的二氧化碳和使用的資源都大大增加，天台草地的種植剛好緩解了這方面的壓力，節省 10%-20% 的冷氣費，省電效果極其理想。逢春秋兩季，

更能為同學帶來更涼爽的環境，成為學校裡又一個好去處。眾所周知，植物可以透過光合作用釋放氧氣，換句話說，天台草地在吸收校園二氧化碳的同時，亦製造了更清新的空氣供我們呼吸。更甚者，草木還會吸收空氣中的一些氣體污染物，例如氧化氮和二氧化硫，使我們所處的校園環境更加清新、健康。

除了減低二氧化碳排放，種植草地還可以降低噪音，減輕噪音對人體的危害。根據環保組織測定，40 米寬的綠化帶可以將 70 分貝的噪音降到 55-60 分貝，而綠化區域比未綠化區域可降低 8 分貝至 10 分貝的噪音。草地有助減輕環境噪音給我們帶來的傷害，既保護了我們，亦提供了一個更加寧靜清幽的環境。

根據以往的測量，當栽植草地之後，教學樓第五層各個教室的溫度明顯下降 1-2 度，雖然噪音下降及空氣的清新等功效仍有待觀察，只要持之以恆地將天台綠化發展下去，增加草地面積、植物品種，必定可以令這項環保事業更加成功。屆時，同學們便可以享受一個更寧靜、舒適的環境，在真光中成長！



△負責訪問的同學與鄒同學的合照（左：鄒同學）



△負責訪問的同學與陳同學進行訪談（左：陳同學）

兩文四語，多一技傍身

5B 陳寧
5B 張旭悅

世界各地的語言都各具特色，而我們日常中最常接觸的，大多只有英文和中文，對其他外文的認知甚淺，對外文的第一印象往往是「艱深難懂」，然而，當我們對外文「望洋興嘆」之時，卻有同學選擇學習這些看似佶屈聱牙的語言。這次，我們邀請了學習西班牙文的鄒嘉心同學和學習法文的陳芝穎同學接受訪問，與同學分享學習心得。

Q1：為什麼當初會選擇學習這種外文？

鄒同學：當初想再學一種新語言，考慮再三之後在各種語言中選擇了西班牙文，恰逢學校舉辦了西班牙文班，和家人商量之後，就選擇了學習這種外文。

陳同學：選擇學習法文是因為我喜歡學習多國文化，從小便希望可以有機會到法國旅行，而語言則是瞭解一國文化的第一步。後來更得知學會法文後再學習西班牙文會得心應手，事半功倍。

Q2：學習這種語言，有否特別的得著或者意義？

鄒同學：學習西班牙文的時候會發現，它和英文極其相似，同時學習英文和另一種歐洲語言其實是相輔相成，會更容易掌握，之後便開始懂得把不同語言之間的共通點聯繫起來，這種技巧也有利於我們平日的學習。另外，我對其他國家文化有了更深的認識，同時，我對自己的定位也更加清晰，了解到自己的不足之處和性格的另一面。

陳同學：在學習法文的過程當中，我瞭解到法國人的個性和生活習性，並留意到不少英文字詞都與法文有關聯。

Q3：可否和同學分享一下學習外文的技巧？

鄒同學：西班牙文的拼音極容易，詞語結構也和英文極相似，然而學習時不可囫圇吞棗，字詞的每一個部分都有其特定的作用，我們需要從根本去透徹了解字詞結構，才能靈活運用，死記硬背反而會事倍功半。同時，西班牙文對時態的要求非常高，規則、組合也非常多，學習時極需耐心。再者，學習外文時切忌用自己母語的方式思考後，再用外文去表達——儘管兩種語言很相似，卻不能混淆它們，還要切記循序漸進，太過急進反而會使表達更加混亂，所以應該像牙牙學語般從頭學習。

陳同學：學習外文首先要能夠勇敢、主動地多說多聽，例如善用教科書附上的錄音光碟，訓練發音和咬字的準確度及流暢度，適應外文的正常說話語速，這樣才可以用外文與其他人對答如流，因為清晰、準確地聆聽並理解外文是最難做好的。除此之外，同學本身的基礎亦要打好，發音、語法要熟記於心，並需弄清各門語言的分別，避免與英文混淆。

聲樂悠揚 齊共賞

5A 曹維怡

▲聲樂班的同學在短週會上表演歌劇選曲

為了促進同學對於音樂發展的興趣，多年來，學校致力推動與音樂有關音樂的組織和舉辦相關活動，例如：管弦樂團、中樂團、聲樂班、合唱團等等。而在本學期，聲樂班舉辦了一場表演，讓聲樂班的同學有機會一展所長，表演節目包括獨奏、二重奏等等，最後還有聲樂班的指導老師壓軸表演，十分精彩。

聲樂班的表演節目主要圍繞著著名歌劇的一些曲目，詠嘆調便是其中一種。大部分的歌劇曲目都是意大利文，但也有部分是德文的，而且詠嘆調與普通歌曲不同的地方在於詠嘆調對於歌者在技巧、音域方面的要求比一般歌曲更高，因此對於表演的同學也是一大挑戰。而這次聲樂班表演的曲目雖然都是圍繞著歌劇的曲目，對於音樂不感興趣，或者不了解歌劇的同學來說可能是比較陌生，但其實這些曲目都經過精心挑選，是本次表演的一大看點。



▲聲樂班的老師在短週會上表演歌劇選曲

除了這次校園演出，聲樂班於今年的六月份亦獲邀到數間小學進行表演，向他們推廣聲樂以及歌劇藝術，讓他們對於音樂的不同領域有所認識和了解。而表演內容亦將與這次校內表演相似，透過演唱不同時期、不同作曲家、不同類型的歌劇，有個機會讓他們體驗和感受歌劇的魅力，從而提升對聲樂的興趣。



▲聲樂班的同學在短週會上表演歌劇選曲

聲樂班的成立就是致力於培養有歌唱天賦的同學，讓同學亦可以通過其表演可以對於聲樂方面有所認識，且同學可以獲得更多的表演機會，對於同學未來的發展也有所幫助。

另外，為推廣中國音樂文化，學校於 2016 年成立了中樂團，宣揚中國樂器藝術價值的同時，提供一個平台讓同學們發揮個人才能和給予更多的學習機會。為鼓勵同學積極參與，學校支持對中國文化以及中國樂器感興趣的同學自由參與，因此中樂團的團員，都有來自中一至中五的同學。而中樂團成立之初，便已有出色的成績。中樂團於 2018 年參加《新聲盃》中樂合奏比賽，於初級組榮獲亞軍，為校爭光。此外，中樂團於每年的校內音樂會會有一場表演，而於今年的校慶感恩日亦進行了初次演出，演奏的曲目是改編自劉德華先生所演唱的《中國人》，通過團員們的奮力演奏，奏出了《中國人》的磅礴氣勢，令人肅然起敬。

中樂團的成立使同學有更好的機會去參與表演活動，同時培養了同學們對於中國傳統樂器的認識以及了解其價值和意義，讓中樂在真光有更好的傳承。

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「佛系」生活—— 是好，還是壞？

5B 張旭悅

「佛系」這個網絡潮語源自日本，在 2014 年首次出現於日本著名女性雜誌《non-no》，並且在近年成為了年青一代極為流行的一種生活態度，還入選了國家語言資源監測與研究中心發佈的「2018 年度十大網路用語」。雜誌中提出的「佛系」理念，是指一種有目的地放下執念的生活態度，與佛家理念中所說的那種真正看破紅塵、不理世俗、隨心而行、安於平凡生活的生活態度有著本質上的區別。

平日人們或許會拿「佛系」這個詞語來自我調侃，與朋友開無傷大雅的玩笑，但其實「佛系」一詞背後代表的價值觀轉變正影射了新一代對生活艱難的無奈，背後的影響可大可少。無欲無求、雲淡風輕、對一切都不以為然的態度，似乎可以減少一些讓自己失望的機會，即是所謂的「沒有希望便沒有失望」，而這種態度是一種自我保護的方法。

那麼，接下來我們便要思考：為甚麼年青一代會以「佛系」的價值觀進行自我保護？由於「佛系」一詞源自日本，結合日本近年經濟低迷的社會環境，一切隨緣的生活態度使日本青年出現低慾望、追求簡約生活、減少消費、降低人生期待值的生活模式。在經濟轉差、就業困難、不婚主義、向上流動的機會低等因素的影響之下，日本青年不得不以「佛系」的心態面對自身的處境，但結果卻是令日本深陷步入低欲望社會的危機。近幾年「佛系」的生活態度在香港也越來越盛行，雖然多以開玩笑或追趕潮流的形式出現，但無可否認，物價高企、生活壓力大等問題會令香港亦有與日本發生相同危機的可能性。



「佛系」的價值觀當然並非只有負面影響。「佛系」既然是一種自我保護的方法，它或多或少可以減少我們的生活壓力，讓人們活得較為輕鬆自在，不用過於執著於事情的結果，而是享受做事過程帶來的滿足和快樂，使心境更為豁達、開朗。但所謂物極必反，長期過於「佛系」也會使人變得消極，沒有衝勁，對現實失去期待，最終降低生活質素。而在社會層面上，整體消極低迷的風氣更會拖低生產力，使經濟停滯不前。

所以，我們在決定以「佛系」的態度生活之前，不妨先努力一把，抱著積極的態度把每件事做得盡善盡美，面對氣餒、無奈的時候找方法減壓放鬆，那麼無論結果如何，至少在過程當中也會有所收穫。若是做事不堅持、隨大流，便容易淹沒於人潮、迷失掉自我，因此希望同學們都可以保持積極樂觀，永不放棄！

資料來源：
<https://www.wukong.com/question/6505922193476550926/>
<http://www.9ku.com/news/yule/1a035bceb24a5f34.htm>

「網紅時代」對青少年是一種**茶毒**？

5B 陳寧

互聯網技術日新月異，漸漸全方位地滲入到我們的生活當中，悄悄改變了以往的傳統時代，為我們生活加入了新元素。如今，幾乎每人都有一部智能手機，而隨著功能逐漸強大，和信息傳播的多樣化，直播、視頻進入了我們的視線。「網紅時代」也隨之而來，迎合著青少年的口味，也為他們帶來了各方面不同的影響。

近年，多不勝數的網紅（網絡紅人）開始在網絡上分享短視頻、發表文章、進行直播，而通過這些新興的傳播途徑，網紅向公眾傳遞不同的價值觀、思維方式，這些平台給予大眾發表意見的機會。正因門檻的降低，網紅傳播的價值觀正改變著青少年的想法。他們通過不同渠道而一夜成名，看似一步登天，無需多年寒窗苦讀，而不少青少年也正因眼見不少一夜成名的例子，開始產生一種錯誤的價值觀，認為學習和專業技能並不重要，把自己變瘦變美才是獲得公眾認可的首要準則。同時，網紅時代的來臨，也使青少年更加容易誤入歧途，不少網紅為了成名而無所不用其極，開始拍攝「與眾不同」的短視頻，淫穢、暴力、譁眾取寵的視頻朝公眾湧湧而來，可謂鋪天蓋地，無疑是茶毒青少年的罪魁禍首之一。

不少網紅都擁有漂亮的外表，由於他們的外貌特徵極其相似——都擁有高鼻梁、大眼睛、瓜子臉和白皙的皮膚，而被賦予了「網紅臉」的標籤。而正是這「網紅臉」悄悄影響著大眾的審美趨勢和時尚走向。如今，為了擁有像網紅一般精緻的臉而去整容的人越來越多，而在過程中遭受用永久性傷害甚至死亡的例子也多不勝數。整容風氣也因網紅時代的崛起而漸漸重新流行，變成像網紅一樣漂亮的人已經成為了不少青少年的第一目標。網紅大多穿著光鮮亮麗，不少青少年會刻意模仿網紅的穿著打扮，購買大量的名牌、網紅同款，青少年們誤以為外貌和打扮才最重要，忽視了個人內涵，助長了社會上貪慕虛榮的風氣。

在這個新時代，我們確實需要一些新的元素去點綴我們的生活，但是這些新元素，絕對不應該是利多於弊、茶毒下一代的毒藥，而作為一個向公眾傳播價值觀的人，應該把正能量傳播給公眾，而不是散播一些錯誤的信息，網紅時代迎合大眾需要，無疑為我們的生活帶來了許多視覺享受，但是，在這個信息時代，我們在享受這種文化的同時，也應該用正確的眼光去看待這些事，明辨是非，而不是盲目地去跟隨、模仿。



▲因笑容美麗走紅的網紅莉哥

中小企餐廳 減塑問卷調查發佈



▲近六成中小企餐廳支持減塑

餐廳減塑是否環保？

5A 曹維怡

使用塑膠產品不僅方便，為我們的生活帶來極大的便利，而這類產品價錢便宜，相對香港人生活節奏急促，凡事都講求效率至上，塑膠產品現時也成為了我們生活中不可或缺的一部分，但同時也滋長了即用即棄文化。為減少塑膠污染，香港不少餐廳都支持減塑行動，但餐廳減塑是否真能做到環保呢？我認為可以。

使用大量塑膠杯、塑膠餐具等的塑膠產品大多會是集中於快餐廳。為了講求高效率，便會使用即用即棄的塑膠產品，使用一次過後便可以直接將其丟棄，但同時這也造成了很大的浪費和污染。根據一家市場研究公司的於 2016 年報告指出，全世界每年使用約 5000 億個膠袋，每四件塑膠製品就只有一件用作包裝物料，當中更有 95% 只使用過一次。由這個數據來看，可見全球城市於塑膠使用上的龐大數量。

因此，餐廳減塑便可以大大減少一次性用具的使用量。有調查顯示¹，於 2015 年，本港塑膠回收率只有 11%，可見大部分的塑膠產品有可能是落入堆填區或者是自然環境之中。而政府若推出餐廳「減塑」計劃以及加上餐廳的高配合度，便有機會可以大大減少本港的塑膠使用量。餐廳如將塑膠產品換成一些金屬製品，既節省了長期購買塑膠產品的成本，而且亦可保護環境。

此外，餐廳「走塑」的方法在全球許多地區都有所實行²，例如於台灣，環保署與多個環保團體合作推出「海洋廢棄物治理行動方案」去禁絕食堂使用塑膠飲管，同時與 2018 年七月禁止使用塑料吸管和塑料外帶餐盒。餐廳減塑計劃計劃於其他地區實施后，都使當地的塑膠污染問題有相當好的改善，同時也積極推動了當地環保的發展和加深了市民對於環保的概念，甚至於提高了當地人對污染的重視程度。

塑膠的廣泛使用大大地提高了我們生活的便捷程度，但同時也衍生出不少污染的問題，造成環境破壞。而通過餐廳「減塑」計劃便能慢慢開始降低市民每日的塑料使用量，達至環保的目的，降低對於生態環境的侵害。



資料來源：

1 <http://www.greenpeace.org/taiwan/zh/news/stories/oceans/2018/plastic-reduction-map/> 各國、各大企業的減塑政策

2 <https://topick.hket.com/article/2236511/> 六成中小企餐廳撐減塑，議員促立法及資助

社會的最後一道防線—— 司法與法治

5B 梁月詩



自人大釋法、鄭若驊涉僭建、民族黨被取締、梁振英 UGL 不獲起訴等一連串事件，本港法治及司法獨立一次又一次敲起警鐘。然而一波未平一波又起，近日的逃犯條例修訂事件再度令司法防線幾近淪陷。縱然四面楚歌，法治捍衛者在這多事之秋仍披盔戴甲，緊守社會的最後一道防線，身為香港人的你和我又豈能置身事外，袖手旁觀，冷眼看待這風起雲湧之況？

面對接二連三的風浪，有人事不關己、隔岸觀火，有人饒有興致地靜看法治捍衛者與政府對壘、劍拔弩張，亦有人明瞭一切卻沈默不語，可似乎大家都忘了身處防線後的你我實屬同一陣型。



▲政治干預司法的後果不堪設想。

司法獨立與法治精神乃港人最引以為傲的核心價值，皆因法治乃本港的基石。香港作為國際金融中心，享負盛名，蜚聲國際，坐擁超然獨特的地位，而這一切皆源自本港法治精神。切實以法管治乃建構外來投資者信心的關鍵，為本港打造良好的營商環境，令經濟得以蓬勃發展，法治與經濟發展二者可謂密不可分。早前美國就外國記者協會副主席被拒入境、香港民族黨被取締一事，指香港法治被侵蝕，揚言須重新審視香港獨立關稅區之地位，這正印證了司法頻臨失效而影響經濟之說。據加拿大智庫組織莎菲研究所發表的《世界經濟自由度 2018 年度報告》所示，香港的司法得分下滑，法治受損更險令香港失去「最自由經濟體」之美譽。由是觀之，法治與經濟發展實則環環相扣，那麼敢問那些冷眼旁觀的看客，何來「事不關己」之說？



▲法治乃香港基石及港人核心價值。

每每言及香港，人們總不免對其繁榮的金融行業、超然的國際地位以及法治精神美言一番，若香港司法失效、法治精神蕩然無存，影響所及的又豈止是經濟範疇，城市形象亦會大受影響，屆時其國際地位更會一落千丈，從前五光十色、欣欣向榮的香港亦繁華不再。

正因講求法治，人們有法可依，方令社會穩定、人民安居樂業。試想想當法治社會不復存在，無法可依，又如何以法達義？當公義不再，屆時的香港還是當初那個你我都引以為傲的香港嗎？當法治無存，那時無序無章的香港還是你我昔日那個家嗎？當司法失效，你我還會再抬頭挺胸地以「香港人」之身份自居嗎？答案早已昭然若揭，那麼你還選擇沈默以待嗎？

願港人風雨同舟，面對眼前的風高浪急，攜手並肩，共同捍衛社會的最後一道防線。

圖片來源：

時事評論照片（1）：

<https://www.hkcfp.org/hkcfp/home/index.html>

時事評論照片（2）：

<https://thestandnews.com/politics/%E9%A6%99%E6%B8%AF%E9%9B%A2%E6%B3%95%E6%B2%BB%E8%B6%8A%E4%BE%86%E8%B6%8A%E9%81%A0/>

資料來源：

社會的最後一道防線

<https://news.mingpao.com/pns/%E6%B8%AF%E8%81%9E/article/20190126/s00002/1548439976395/%E6%B8%AF%E7%BA%8C%E8%86%BA%E6%9C%80%E8%87%AA%E7%94%B1%E7%B6%93%E6%BF%9F%E9%AB%94-%E5%8F%B8%E6%B3%95%E6%95%88%E7%8E%87%E8%A9%95%E5%88%86%E5%A4%A7%E8%B7%8C>

▼譚校長與校報記者進行訪問。



議題探究： 向電子煙與加熱煙說不？

5B 梁月詩 4D 周芷曦

近年，電子煙與加熱煙等新興煙草產品大行其道，為保障市民健康，政府先後提出全面禁止以及只加規管兩項政策，引起社會各界熱議。不同界別先後就議題發聲，而譚校長更與其他議會代表教育界發表聯合聲明，促請政府落實全禁政策。最終政府於 2019 年 2 月 15 日提交條例草案，將全面禁止進口、製造、售賣、分發和宣傳另類吸煙產品。為加深同學對議題之認識，校報早前邀請譚校長就該議題進行訪談，以下為訪談內容。

同學：今天很榮幸可以邀請到校長進行一個有關電子煙議題的訪問。早前在報章上看到校長您代表教育界發聲，促請政府全面禁止電子煙、加熱煙等新興煙草產品，可否在此重申一下您的理據？

校長：那我先交代一點背景，當時為何我們要如此表達，是因為政府的立場一直都是全面禁止的，但不知道為何政府態度突然有變，換成規管。我們教育界十分擔心，因為電子煙、加熱煙都是有毒害的產品。雖然電子煙、加熱煙經常被指沒有傳統香煙毒性那麼強，但世衛或其他醫療報告也證明電子煙、加熱煙含有很多致癌的化學品與不同成分的尼古丁，會令人上癮。電子煙、加熱煙的產品包裝十分吸引年青人，市面上有一萬種不同口味，例如棉花糖、巧克力味，形狀也很別緻，例如有記憶棒、筆等不同形狀，特別吸引年青人。在美國，在只規管而沒有禁止電子煙的情況下，青少年吸煙人數上升得很快，因此，我們教育界十分擔心它們在青少年中蔓延。

同學：換言之教育界以青少年的利益為依歸，但同時亦有其他持份者，如煙民，指出電子煙、加熱煙所含有的毒物質比傳統香煙少，全面禁止電子煙、加熱煙變相剝削他們作為消費者所享有的權利。對此您有何看法？

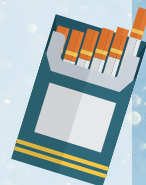
校長：那就要看本身這件事的影響有多大。為甚麼我們不全面禁煙是因為當年煙出現的時候，我們對其禍害及毒性沒有深入的認識、了解，否則當時的政府也會禁止煙草產品。只不過它已經流入本港，而很多人也在吸食，知曉其禍害時已來不及全面禁止。雖然香港現今吸煙人數持續下降，但仍有百分之八，接近六十萬煙民人數之多，故不可能說一禁就全禁。控煙辦也一直努力推動控煙工作，亦取得不錯的成績，吸煙人數持續下降，但我們認為政府應制定禁煙時間表，將香港打造成一個無煙城市。如果在這個階段引入電子煙就會令以往的努力付諸東流，得來不易的一點點成績亦化為烏有。

同學：早前政府推出了條例草案，提交立法建議，條例禁賣但不禁吸，青少年或可透過網購這個執法漏洞，購買並吸食電子煙，故有指立法也是無補於事。對此您有何看法？

校長：禁售即禁止任何售賣方式，包括網購。的確執法上有困難，因為網購未必來自香港，那麼立法及執法機關就要加緊把關。禁售至少令青少年沒那麼容易接觸到電子煙，但若青少年在容許吸食電子煙的國家或城市吸食該類煙草產品，我們當然就管不了。反之在香港，只要嚴厲執法，就能杜絕青少年吸食電子煙等新興煙草產品。

同學：但亦有言現時科學證據結果呈兩極化，有的指電子煙有助傳統香煙吸食者戒煙，亦有的指其毒害極大，既然要等漫長的時間才有實質結果，那是不是應該等有更多科學證據再下定論呢？

校長：如果有一件事物已知有若干的毒性，只是程度的問題，但卻先做一年半載的研究，到時候才發現禍害極大，那在這段時間人民的生命誰來負責呢？我寧願要一個嚴厲的開始。現在的科學證據越來越明確指出電子煙含有很多致癌的化學物質，只是程度的問題，所以我認為作為有良心、負責任的政府應及早禁止電子煙與加熱煙。若將來有改良品種，或有確切的研究指出該類煙草產品是沒毒的，那屆時再開放給大眾亦無傷大雅，雖然我覺得這個可能性比較低。



同學：換言之教育界認為社會大眾的健康和整體利益凌駕於商業利益之上？

校長：這個絕對是的。

同學：那麼政府作為一個政策制定者，需要平衡各方面持份者的意見。在這個具爭議性的議題上，面對商界、煙民、醫學界、教育界等持份者的聲音，您認為政府又該如何協調，在這議題上又肩負什麼責任與義務？

校長：我們覺得政府要有道德勇氣面對那麼爭議性的問題，在實踐道德勇氣的時候，政府的價值觀就很重要，譬如說人民的健康是最重要的，那賺少了某個行業的錢又是否真的如此重要呢？或者從事這個行業的人是不是不能做其他生意，一定會斷絕他們的生計嗎？最重要是香港政府本身的核心價值，如果他真的重視人的健康，所有有毒的事也要禁，但因時間問題也不能一次性禁全部東西，先禁未流入香港市場的電子煙，而傳統香煙用不同方式使其慢慢在社會上消失，例如加重稅，宣傳、教育。

同學：剛剛您就提到宣傳教育，學校會否推行一些政策，以加深校內同學對煙草產品禍害的認識？

校長：社會方面，控煙辦會做很多宣傳短片，亦有人以身說法，起了警惕的作用。學校方面，透過不同學科的課程，讓學生明白到煙草對人類社會的禍害，綜觀古往今來，鴉片煙等煙草產品均帶來深遠禍害。此外，也可以讓同學做禁煙大使，參與宣傳、教育的工作。

學生：那麼教育界在制定政策方面有何建議？未來在這議題上教育界會否有進一步行動？

校長：其實那一次也是很特別的行動，中學校長會和津貼中學議會，聯同津貼小學議會和資助小學校長會共同發表聯合聲明，情況罕見。有別於過往，今次我們在很短時間內聯合起來，團結是一種力量。在施政報告發表前十天左右，我們就表達了對議題的關注，是次行動受到傳媒高度關注，醫學界也作聲明，使現任政府改變政策。未來教育界與其他界別緊密合作、加強溝通，讓其他業界更了解青少年吸食煙草產品的問題。有小朋友十歲就開始吸食電子煙，然而他們對電子煙之禍害一無所知，亦有很多人欲透過電子煙戒煙，最後變成傳統煙草、新興煙草產品的雙重吸食戶。美國研究指出吸食電子煙的人會比其他人更大機會吸食傳統香煙，可見電子煙興起之問題急不容緩。在短短幾年，美國青少年吸煙人數大幅增加，他們已將之形容為「流行傳染病」，若不禁止，相信吸煙數字必定大幅大升。美國的情況值得我們借鑒，港府要更小心處理，以免重蹈覆轍。

同學：通過這次訪問我們都獲益良多，了解到教育界就該議題的看法與取態。訪談到此告一段落，再次感謝校長接受我們的訪問。

▼ 早前譚校長代表教育界，促請政府全面禁止電子煙與加熱煙等新興煙草產品。



圖片來源：
<https://hk.news.appledaily.com/local/realtime/article/20180929/58737686>

正視城市中的負面情緒

4B 陳琳琳

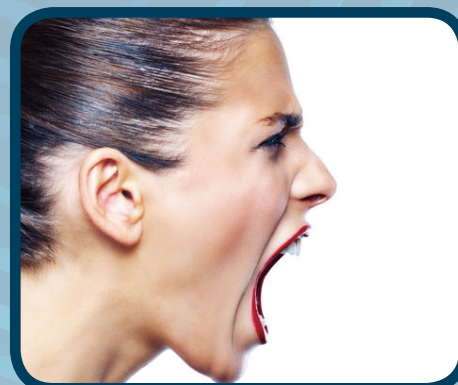
近年，香港頻頻發生巴士座位藏針等事件，最近又有狂徒嘗試用針筒向途人身上注射不明液體，令人髮指。然而世界各地早已曾經出現類似的「報復社會」的行為，難免讓人尋思，近年來這種通過極端行為來宣泄不滿的風氣，到底是怎樣形成的呢？

這些以極端行為報復社會的行為，背後是扭曲的負面心理。例如四川一男子曾因土地問題心懷憤怒而用土製炸彈炸公交巴士；湖南一男子因患絕症而持刀斬人；去年上海一男子因求職不成而在一個小學的畢業典禮砍殺兒童¹……這些案件造成死傷無數，報復者的目的已不在尋求正義，而是為了報復而報復。這種破罐子破摔的心態讓人倒吸一口涼氣，而種種讓人觸目驚心的案件也披露了社會的失序，為社會上的負面情緒響起警號。

在這些案件中，犯罪者往往是覺得社會上沒有合適的渠道或地方能夠容納他們的聲音，導致他們希望以惡劣的行為甚至是傷人等極端手段，博取公眾的關注。當他們的行為成功引起社會各界的關注，間接也慫恿了更多的人誤以為報復社會性質的行為值得仿效。因此，我認為在類似的事件中，比起對疑犯的唾罵、媒體的鞭撻和定罪處罰的呼聲，大眾更應該運用它們的力量，參與話題討論，聚焦並推動社會各個階層反思事件，相信更能夠幫助人們建立正確思想——只有通過正義合法的渠道才能有效地解決不公的問題。

要防止報復社會行為普及化，政府需建立完善的機制，允許負面情緒釋放，並在釋放後進行妥善處理。例如允許合法地表達意見訴求，接受民眾和媒體的質詢，同時在接納意見以後，也要做出針對事情的全面回應，對外作出完整交代。此外，一個完整公平的司法制度也無比重要，使破壞社會秩序的人受到適當的法律制裁。這樣社會縱然有許多不同的聲音和意見，人們都會相信法律永遠是正確而有效的申訴途徑，寧可把不滿通過法律途徑申訴，也不會把憤怒發洩在無辜的民眾身上。唯有正面面對這些負面情緒，才可避免它們在不斷的堆積和壓抑下成為危害社會的定時炸彈²。

面對種種報復社會響起的警號，我們必須摒棄事不關己的態度。現今社會許多人認為自己只是普通人，便置身事外，對身邊發生的人或事都漠不關心，然而報復社會的人往往是「更普通」的那些人。雖然並非每個生活艱難的人都會選擇暴力解決問題，但一旦爆發，後果便不可承受。誰知道上次與我們擦身而過的陌生人，有可能就是下一件更殘暴可怕的報復事件的施害者呢？實施不公的行為是直接的「惡」，放任不公的行為則是間接的「惡」。因為他人遭受的不公最終都會在未來以某種方式反饋到其他人的身上，因此我們必須多關心社會事件的進展，並多加留意身邊發生的事情。



▲過量負面情緒的累積最終會導致悲劇的發生，如報復社會事件。

資料來源：

1 觀點：砍童事件背後「弱者報復社會」現象的根源在哪裏

<https://www.bbc.com/zhongwen/trad/chinese-news-44678373>

引用：上海砍童事件

2 報復社會成公害 治理方式須改革

http://www.orientaldaily.on.cc/cnt/news/20181231/00184_012.html

引用：近年報復社會案例，政府措施例子

戲曲・文化・再出發

4D 周芷曦

戲曲是中國傳統的戲劇，即由演員在舞臺上表演且能集文學、舞蹈、音樂等為一身的綜合藝術。希臘戲劇、中國戲劇，印度梵語戲劇可謂是世界上最早出現的戲劇，故又獲榮稱「世界三大古劇」。早期的戲劇主要是慶祝豐收時的即興歌舞表演——多以自然為主題。隨著古文明的興起，戲劇內容亦日漸豐富，除了具娛樂性質，更重要的是反映社會民生、褒獎賢良忠義之士，映射黑暗等。隨著時間之沉澱，戲劇釀造了更深厚的底蘊——蘊藏著傳統文化，讓人肅然起敬。

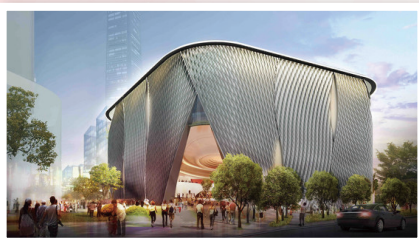
無奈，本應在世間霞光萬道的戲劇似被人孤立般，在大眾眼前漸漸消失，變得愁雲慘霧。似英國作家狄更斯在小說《雙城記》中所述：「這是一個最好的時代，也是個最壞的時代。」於戲劇而言不亦如此嗎？

水能載舟亦能覆舟，在高科技的時代，不少新文化似春田內茂盛的稻苗般，紛紛狂躁湧出，打破堅硬的地殼，利用似風般快速的新媒體宣傳，使其迅速發展一成熟一展示在人們面前。新文化的衝擊，使身處瞬息萬變時代的人們不再滿足於節奏緩慢、印象古板、唱腔拖沓的戲曲；因為他們有了更快捷的娛樂方式——短時間能讓他們感受到快感的各類休閒娛樂軟體，故此高科技的研製注定了戲曲的衰落。

這一綜合藝術的衰敗，似中國文化衰弱之縮影，警醒我們要認真看待正面對「物競天擇，適者生存」嚴峻考驗的戲曲，避免中國傳統五千年所積澱的瑰麗文化將會毀於一旦，付諸東流。



▲手繪二人戲劇



▲西九龍文化戲曲中心



▲舞台上的戲劇



▲3D 戲劇——《西廂記》海報

實際上，戲曲可為我們啟蒙，襄助我們對古文化有進一步認識。戲曲中可見到許多中國傳統文化思想，如老子于道德經中的「道生一，一生二，二生三，三生萬物。」正正是戲曲藝術形式美的基底——以一為起點，如角色的「一行多用」（生旦淨末醜）；表演動作的「一式多用」（唱做念打）等，均可為人們提供基礎的傳統文化知識。於文學上，戲曲利用詩、賦、駢、小說等製造劇情衝突，塑造人物性格；於音樂上，戲曲吸取漢代民歌、唐代歌舞等作襯托表演，渲染氣氛之用。由此種種可見，戲曲是音樂、服飾、美術、文學、舞蹈、禮節等藝術的綜合體，它將所有藝術提煉、美化，以展示中國傳統文化的相輔相成、交相輝映，及其「與天地共存，與日月同光」的源遠流長，日月麗天。

因此，我們要匡助戲曲絕處逢生，為其守正創新，探索最適合戲曲的處世之道，為傳統文化提供緊隨時代科技的步伐，將它推廣至更多人眼前，使其撥雲見日，重見天日。

所以市面上仍有不少戲劇愛好者為創新戲曲而努力，如《粵劇特朗普》以現在最熱門的中美朝各國關係及中美貿易戰為主題，使用中西合璧、古今交融的手法，開闊了戲曲的創作空間，時事的爭論性帶動了戲劇的發展，把它推向更多人的眼前，即博得熱度，又弘揚古文化，一石二鳥。

而在國際方面，早在 1964 年便有在國際上享富盛名的柏林戲劇節；在近年，中國更潛心打造出立體戲劇電影，如：越劇的《西廂記》，崑劇的《景陽鐘》等；香港作為國際性都市，於弘揚傳統文化上，肩負了當仁不讓的責任，故此興建西九龍戲曲中心，為傳承、創新文化盡一分力，使戲曲變得大眾化、現代化、多元化，讓更多人熟知並為傳統文化的永垂不朽而致敬！

資料來源：

- 1 維基百科，戲劇的起源
<https://zh.m.wikipedia.org/wiki/%E6%88%8F%E5%89%A7>
- 2 柏林戲劇節
https://m.sohu.com/a/194999159_409256/?pvid=000115_3w_a

圖片來源：

1. <http://www.51yuansu.com/sc/rjfyfymkt.html> (手繪二人戲劇)
2. https://m.baidu.com/tc?srd=1&dict=30&bdenc=1&nsrc=GpjRNAEptyoA_yixCFOxXnANedT62v3IUsqFMC2I0jv5nk_qva02E2VhZ8KhVmeXJEChdSyGdMJR (舞台上的戲劇)
3. https://m.baidu.com/tc?srd=1&dict=30&bdenc=1&nsrc=GpjRNAEptyoA_yixCFOxXnANedT62v3IDBqUK7BG2zSgmE4te4viZQRAYz0rNWIPJEewd9SKg1hsdGGcW7Ue8x2Du_-iczpsjmja94i (西九龍文化戲曲中心)
4. http://www.xinhuanet.com/ent/2018-06/13/c_1122979010.htm (3D 戲劇)

影評—— 《小偷家族》

5B 張旭悅

電影《小偷家族》講述了東京一處灰暗角落的貧窮人家的「家事」，沒有血緣關係的一家六口，各有沉痛經歷，各有一本難念的經，緣分讓幾位邊緣人走在一起患難與共，連繫著他們的，是真情與堅強，但最終亦因為背後交錯的利益糾葛而分崩離析。該片分別獲得了第71屆康城影展的金棕櫚獎以及2019奧斯卡最佳外語片獎提名。

電影探討了「家庭」的構成條件。小偷家族的成員沒有任何血緣關係，但儘管如此，觀眾亦不難感受到小偷家族每位成員相處過程中流露出的溫情和對彼此的關懷。例如這個家願意冒著被控告誘拐小孩的罪名，收留被原生家庭虐待的妹妹樹裡，父親阿治亦教導兒子祥太要疼愛剛收留的妹妹。雖然小偷家族的成員沒有血緣關係，但他們甚至比普通家庭更加溫馨。

其中最令我震撼的一幕是母親信代在面對檢控員審問時說「把孩子生下就是母親了嗎？」，的確，在電影的結尾，當最小的妹妹回到原生家庭時，面對親生母親的忽視，她眼中流露的是對小偷家族的想念，由此不免引人思考血緣是否是建成一個家庭的唯一條件？社會將他們重新帶回到各自的位置上，卻拆散了一個感情強烈而穩定的家庭。因此，當一個家庭有著血緣羈絆但感情涼薄，還算一個真正的家嗎？而對在心中視彼此為親人的小偷家族成員來說，他們的家為甚麼不配被社會認同為一個家庭呢？

「我們有的，只是別人放棄不要的東西」帶出了整部電影的思想——電影的人物都是被社會忽略的邊緣人。

小偷家族顛覆了日本的傳統家庭價值觀，成員依賴奶奶每月的撫恤金過活，並通過偷竊來幫補家計。阿治會向收養的兒子灌輸奇怪的價值觀：「店裏的東西還未屬於任何人」，因此偷竊沒有問題；奶奶初枝每月會向前夫的兒子索取撫恤金；母親的妹妹亞紀從事色情行業以賺取較豐厚的薪酬；祥太亦會教導妹妹一同偷竊。這個被社會唾棄的家庭，誰能想到他們小奸小惡的個性背後所



▲小偷家族海報

經歷的不幸，才令他們不得已靠這種方式過活。導演在電影的後半部分才一一揭露主角們的過去，讓小偷家族的行為得到一個解釋，同時把電影推向高潮，借初枝去世、家族誘拐了妹妹一事被揭發，眾人被警方審問的一幕，將許多社會問題不留餘地揭露出來。

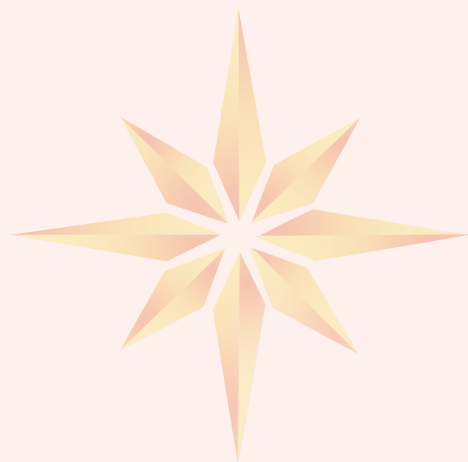
小偷家族的成員都代表了不同的社會問題：奶奶初枝被前夫和親生兒子拋棄，成為獨居老人，只能收留逃亡的阿治和信代，讓自己晚年得到陪伴；信代因年輕時從事色情行業而不育，受前夫家暴虐待，因忍受不住而殺了前夫，與情人阿治逃亡；阿治受工傷而得不到賠償，面臨失業；亞紀與家人不睦而離家出走；樹裡亦被親生父母厭棄無視，甚至父母會為了她的失蹤而高興。他們都屬於被社會遺忘的邊緣人，只擁有彼此，互相取暖，到了一切秘密被解開的那一刻，便能感受到人物背後的辛酸和無奈。在別人眼中面目可憎的他們，同時也是在人情冷暖、世態炎涼之下掙扎求存的可憐之人。而我們可反思的是，這些社會問題正確地發生在這個世界上，虐兒、獨居長者、勞工剝削等問題其實都是被人們討論的話題，但真正願意有所行動的人，卻寥寥無幾。

資料來源：

1 維基百科 — 小偷家族 <https://zh.wikipedia.org/wiki/%E5%B0%8F%E5%81%B7%E5%AE%B6%E6%97%8F>

圖片來源：

https://www.google.com/search?q=%E5%B0%8F%E5%81%B7%E5%AE%B6%E6%97%8F&source=lnms&tbm=isch&sa=X&ved=0ahUKewjSlcqm5YTiAhVLFYgKHV4rDMoQ_AUIDigB&biw=1366&bih=576#imgcr=_



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