

True Light Girls' College

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迴響





# Contents

- 3 Be Persevering, Be Resilient – This is what we get from COVID-19
- 4 A Beginner's Guide to the Universe
- 5 Face-to-face or Zoom Learning?
- 6-7 Is Gender Inequality Normalised in Our Society – how women are poorly treated in certain countries and workplace
- 8-9 Child Marriage in Girls Predicament
- 10-11 Will typical stereotypes affect how we see others?
- 12-13 Meeting Our New Vice-Principal – Ms. Mui Lai Yuk
- 14-15 Welcoming our New True Light Members – Ms. Chung HM, Ms. Wan WT, Ms. Kuet KL, Ms. So Tsui
- 16-17 Documentary Review – Street Food Asia
- 18-19 今期焦點：文憑試取消口試惹爭議——取消口試對學生有何影響？
- 20-21 影視藝術：電影創作的背後——周冠威導演訪問
- 22 社會議題：外賣餐具，正在摧毀我們的家園
- 23-24 職業導向：發掘新一代潮流職業——訪問年青工作者
- 25 時下熱話：疫情下的運動新體驗
- 26 傳統薈萃：「非物質文化遺產」手鞠球之美
- 27-28 城市風潮：細看「行山潮」
- 29-30 慧業文人：從唐宋古文運動看八大家
- 31 佳作客棧：我看《一九八四》



12



14



16



18



23



26

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# Be Persevering, Be Resilient - This is what we get from COVID-19



5D Nayab Naseer Qureshi



▲ The image of the COVID-19

We have become unbearably intimate with COVID-19 throughout these 8 months, suffocating our society under its devastating impact. Though it is believed that the Coronavirus will continue to persist until the world learns its lesson, uniting to eliminate this deadly pandemic wreaking havoc in front of our eyes – we are still unsure of how many lives it has swallowed, how many families it has ruined. A wise man once said, however, “Everything comes with both sides,” and the same applies to COVID-19. Believe it or not, being persevering and resilient can have a paramount influence on how we see COVID-19 optimistically.

Despite the dark path COVID-19 has traced through the world, light filters through for us to comprehend its silver lining. First and foremost, there has been a rapid increase in the awareness of health issues these past few months. Since the dark days of the SARS outbreak 17 years ago, we haven't really seen people being so attentive to their healthcare. This commendable attitude is much improved compared to the typical priority on wealth, but now, 'Health is Wealth' seems to have emerged during this depressing, yet influential time. And how could we overlook the positive effects COVID-19 has exerted on environmental issues? With the reduction of human activities throughout the months, problems like climate change and air pollution have seen a promising turning point. The pandemic was foreseeable, and its devastating effects are increasing our alertness to other trends that could have similar or even worse outcomes. Our increased concern for health, and that of the planet, may lead to decisions that can actually combat climate

change. This just makes up one part of COVID-19's positive effects, there is so much more ahead!

Let's take a moment and wonder what the driving force is behind these accomplishments. The simple answer is: being persevering and resilient. We might not have noticed that attending to our health needs is in truth our persistence on living a healthier lifestyle, and our resilience to fight the coronavirus. So you see, this is how people are getting rid of COVID-19, they have learnt to collaborate with each other, and they have learnt that unity provides the best knowledge in tackling a global issue.

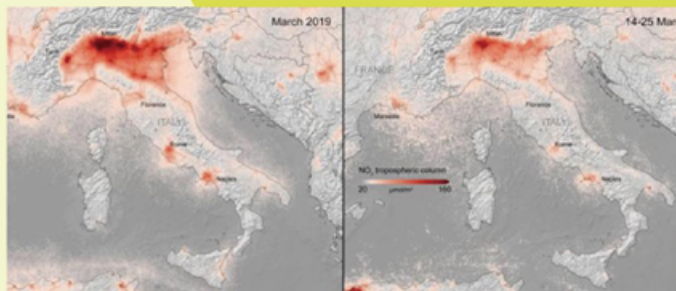
On a smaller scale, those around us are also very often perceptive to understand that everything has its bright sides. My friend Melanie Sum from class 5D has something very inspirational to share. “Well,



▲ Being persevering and resilient during the COVID-19 depends significantly on how we view the situations from ourselves.

this pandemic made me realise how little we know of our family members, even when we are bound to know each other,” she said. This must be heart-rending, to not understand or even know our near and dear very well. Furthermore, hobbies like hiking and baking have lifted her mood throughout this time. Do you all know what has kept her hopes alive during this period? Being persevering and resilient.

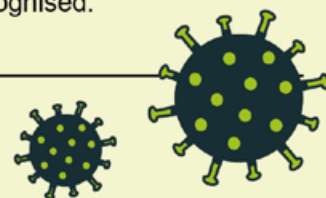
COVID-19 might have uprooted our hard work, which was built with indescribable effort; nevertheless, we should never ever forget – the world is what we see, so if we are willing to take some time and reflect on this pandemic, I am sure that you would find something amazing ahead, waiting to be recognised.



▲ Average nitrogen dioxide concentrations dropped after the Italian government placed the country under lockdown from March to May, 2020.

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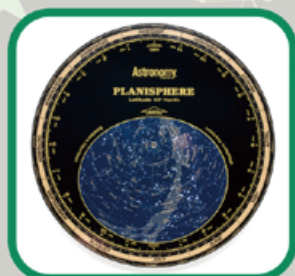
# A Beginner's Guide to the Universe

5D Nayab Naseer Qureshi

The universe is a common topic, not some omnipresent phenomenon just for space agencies like Space X to test its Falcon 9 rocket. Most of what we know about the universe, from its age, its size, to how it began in a Big Bang, has been discovered through telescopes. But only 4% of it has been discovered by humans, and the rest is still an unexplainable mystery.

Basically, the 4% are all the stars, planets and galaxies that can be seen today, or in either ways – the “visible universe”. The rest is stuff that even astronomers cannot see, detect or even comprehend. These mysterious substances, however, have a name: dark energy, and dark matter. Their existence is based on their gravitational influence on what little bits of the universe can be seen, but dark matter and energy themselves continue to elude all detection. Though no one has a good idea of what these two “strangers” are, or why they exist, they appear to be the force counteracting gravity and causing the universe to accelerate in its expansion.

Despite this being one of the fundamental approaches we could be using to get to know the universe, the cosmos<sup>1</sup> itself is another. This is a comparatively more intriguing focal point of attention. The constellations, supernovas, you name it, are just alluring, stunning and bequiling in their own magnificent ways.



◀ Planisphere



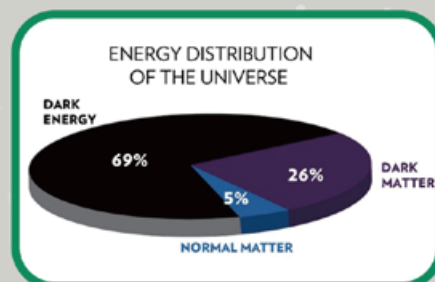
▲ SN 1994D (bright spot on the lower left), a Type Ia supernova within its host galaxy, NGC 4526

1: Cosmos is another word for Universe. Using the word cosmos rather than the word universe implies viewing the universe as a complex and orderly system or entity: the opposite of chaos. (Source: Wikipedia)

2: [https://www.lcsd.gov.hk/CE/Museum/Space/en\\_US/web/spm/onlineresources/worksheet.html](https://www.lcsd.gov.hk/CE/Museum/Space/en_US/web/spm/onlineresources/worksheet.html)



▲ Dark matter



### ▲ Energy distribution of the universe

It is, nonetheless, more staggering if one gets the chance to see all of it with the naked eye. Yet Hong Kong, being one of the most light-polluted cities on Earth, still offers an amazing break from your workload and a golden chance to live in the moment. Here is a list of methods to get in touch with the cosmos:

- Planisphere (You can access one easily from the website of the Hong Kong Space Museum!)<sup>2</sup>
- Starwalk (This is a real-life interactive app, which you can point at the sky to see what is up there in real time based on your location. From my own experience, this is a well-designed app, which plays relaxing background music while you are using the app as well)
- Google Sky Map (Its data is pulled from a wide range of sources, including the Sloan Digital Sky Survey, the Hubble Space Telescope, and NASA's Chandra satellite.)
- Exoplanet (Being a bit of a more advanced app, this interactive catalogue of all the known exoplanets [planets orbiting stars beyond our solar system] is free to download and updated every time a new exoplanet is discovered. Astonishing, right?)

Before you dive into their functions, you should be advised not to buy a telescope yet. Beginner stargazers are often tempted to stock up on high-tech tools. Taking into account that a telescope is tough to use, it may be better to familiarise yourself with the night sky first and identify a few anchor objects like planets or constellations, with the help of the tools mentioned above, that help you navigate the sky. After exploring using your naked eye and your imagination, then buy a telescope depending on your preference.

This guide may not include all the details about the mysterious yet magnificent universe. But it does light up the curiosity that exists inside each and every one of you. If you wish to learn even more, you can always follow astronomers on Twitter to stay updated with all the latest astronomical events!

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# Face-to-face or Online Learning?

5A Abbie Kam Lok Yung



In 2020, all schools in Hong Kong were suspended for several months amid the COVID-19 pandemic. During this period, classes were conducted mostly on Zoom. Students' attitude to the sudden change of learning methods was polarised: some students preferred online learning as they believed it would enhance their learning progress, while others argued that online learning was inconvenient and ineffective.

Both of the face-to-face classes and online learning can be a double-edged sword. It's time to discuss the merits and shortcomings of these two learning methods, and further analyse which one suits students the most.

Let's begin with the traditional face-to-face learning. For merits, students are able to fully concentrate on classes. At school, there are strict school rules, such as restricting the use of phones, so that students are less likely to be distracted. Teachers walk around the classroom to monitor students' learning progress so as to help students catch up on learning and give them useful advice on how to improve academically. They can also clearly observe students' every movement and provide them with appropriate learning and emotional support. Studying in such a positive learning atmosphere can make students focus more on the lessons without being easily distracted, thus enhancing their academic performance.

Besides, students can have a better understanding about when they're supposed to learn during the face-to-face lessons. Body language and facial expressions in face-to-face lessons play a crucial role than verbal explanation in online classes. Some research studies show that when we express ourselves, 58 per cent are expressed through body language but verbal expression only takes up 7 per cent. In face-to-face lessons, students and teachers can see the gestures and movement of each other, allowing us to read their body language. This helps students better understand what teachers try to convey.

However, it can be time-consuming for students to go to school and attend the lessons. There are approximately 27,000 Hong Kong cross-border pupils living in mainland China, who typically spend several hours going to school. Other than cross-border pupils, some students have to endure long travelling hours to schools if their living areas are farther away. Long travelling time only shortens their time to study and rest.

Moving on to online learning, the most important benefit is that learning is not limited by geographical constraints. To join online lessons, students only require simple equipment – computers, laptops or tablets – and download the e-learning apps such as Zoom. Students can have lessons at home where they feel comfortable and relaxed. This helps them relieve study stress during lessons and provide students with a more pleasant learning environment. Additionally, as students study at home, they don't waste long travelling hours to get to school. In summary, students can enjoy more personal space and study more pleasantly and effectively.

What's more worth noticing is that online lessons can boost the interaction between teachers and students. Some young people prefer communicating with others through text messages rather than face-to-face communication. People who suffer from social anxiety also face difficulties in communicating with others. During online learning, students can send private messages to ask teachers questions while they will not be shown to the whole class. As a result, online learning can integrate passive learners into normal lessons. As interactions among classes increase, all students can learn more enjoyably.

However, one of the downsides of online learning should be frequent technical problems. Online learning typically requires stable network and electronic devices. If internet connection is weak, students would get cut off from classes completely and wait for a long time to rejoin. Zoom also has its limitations too. For example, if there are too many participants during Zoom lessons, some students will experience some interruptions, such as unstable visual and sound effects. These interruptions will adversely affect students' learning progress.

Despite experiencing some big hindrances to learning, we should all treasure such extraordinary and valuable online learning experience. We should also appreciate teachers' hard work and efforts to teach us. I hope the COVID-19 pandemic will end as soon as possible so we can resume everything as normal.



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# Is gender inequality normalised in our society?

## How women are poorly treated in certain countries and workplace

5D Mary Chu Ho Lam

Gender inequality is the social process by which “people are treated differently and disadvantageously, under similar circumstances, on the basis of gender”, according to the Oxford Dictionary. For centuries, the idea of men superiority over women has been prevalent, and this idea still exists today. In our society, women have to face discrimination in their daily lives. Why isn’t such prejudice so uprooted?

Even though we live in the contemporary world, some people still hold onto traditional gender role beliefs, refusing to treat both genders as equals. For example, in traditional Chinese families, men were superior to women. Men played a dominant role in the family and society as the phenomenon of “men taking care of bread and butter and women taking care of housework” is prevalent. Women, in such a traditional society, only play a minor role, such as giving birth, helping their husbands and taking care of children. Deprived of their own freedom, most women are the victims of “forced marriage”. Women are not able to choose their own lives, so they are barely educated and employed. Despite advocating equality, women have been treated unfairly in some countries and workplace.



▲ Unfair treatment in workplace

Particularly in less developed countries, unfair treatment towards women has become a social norm. In countries like Yemen or India, about 40 per cent of girls are forced to stay home to do housework and agricultural work. Due to the lack of rights and limited education provided for girls, they are not allowed to work freely as they wish and have to be confined to jobs with lower position when they grow up. Most women also did not receive proper health services. According to a survey conducted by Harvard University, only 37 per cent of Indian women have access to healthcare services compared to 67 per cent of men. It seems most Indian women are deprived of the rights to be surgically treated, resulting in acute health issues in India. Health experts have called for a greater government involvement to improve women's access to medical services as they were prevented from voicing their health problems. In the community of these less developed countries, most women are inherently silent and shy. The lack of legal protections only results in more suffering among women in these areas.

When it comes to gender inequality, sexual harassment is also a growing concern. In Brazil, women are not regarded as equals to men in the society. Women should be subordinate to men at home and at the workplace. Women's bodies and lives are commodified as a consequence of this society, leading to physical and mental abuse. About 86 per cent of women have encountered a variety of harassment in public places,

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with more than 180 reports of physical violence every day. However, the public shift this attention to women who are typically blamed for their inappropriate dresses and gestures. As a result, harassment of women has been normalised due to gender bias in some countries.



▲ The "Dress of Respect" is used in the social experiment in Brazil.

Other than harassment in public areas, gender discrimination in the workplace is another serious problem in the world. According to a survey by Harvard Business School, employers favour men because "they have the perception that men perform better". It seems women have fewer chances to be employed and promoted to supervisory positions. Some women also suffer discriminatory remarks from their bosses too. Unequal treatment takes place in sports fields too

when Tennis superstar Serena Williams has consistently called for equal pay. She said female players have to suffer from both gender and racial financial disparity in the workplace and sports fields. Narrowing gender pay gap seems a long way to go.

Gender inequality also takes place in the entertainment industry. Over the years, more and more women in Hollywood have spoken up about their unpleasant experience. Megan Fox, a well-known actress starring in movies like "Jennifer's Body, Transformers", is no stranger to such unfair treatment. When aged 15, she was asked to shoot a scene in a film where she had to wear some inappropriate clothes and dance under a waterfall. While this scene is completely unnecessary for the film, the director insisted on doing so, portraying her as a commodity and a minor role in the film. Women in Hollywood are constantly commodified as emphasis is placed upon their facial and physical appearance. Judy Garland was told she did not look good so as to wear a nose disc before filming and taking pictures. Some women are forced to undertake plastic surgeries to fit the "beauty standards" in Hollywood. It seems many actresses had to survive in such as harsh, male-dominated working environment.

Taking all aspects into accounts, it is manifest that gender inequality has been normalised in the world. It is essential to eliminate this unequal treatment towards women as everyone is born equal. Small actions like educating the public, waging a campaign and signing petitions can make a huge difference. Remember genders do not define people. It's your thoughts and abilities that matter.



▲ Men typically enjoy more privileges than women in many aspects in life.



# Child Marriage in Girls Predicament

5D Natanakumar Mirnaali

What is child marriage? Child marriage is the marriage between a minor, (aged below 18) and another minor or even an adult. Child marriage originated approximately between 200 BC and 700 AD. It has been a common tradition that still exists today in many countries such as Nigeria, Bangladesh, India and Nepal.

Most child marriage involves young girls (82%). Most parents of the brides think that through marriage at a young age, girls can be well-protected and safe.

## In Nigeria:

Most parents get their daughters married early mainly due to poverty. Unable to support their entire family, they get their daughters married so they will have one less mouth to feed, lessening their economic burden. Also, many Nigerian men would rather marry young girls and expect them to be the caretakers of the family.

## In Bangladesh:

People value the virginity of a girl. Through child marriage, people think that sex before marriage can be controlled and prevented. Like Nigeria, many girls in Bangladesh also get married because of poverty. Many families get their daughters married at early ages due to their being unable to financially support their family.

## In India:

When girls get married, the bride's family would give the groom's family a decent-sized dowry (a transfer of parental property, gifts, or money at the marriage of a daughter). The dowry could be anything from money to even cars and property. Although it is banned now, some people still ask for and give a dowry in marriages. Some consider the fact that when girls grow older, they will be asked for a higher dowry, hence getting them married earlier is better.

## In Nepal:

Some people believe that if girls are married before getting their first menstruation, they will go to heaven. Likewise, many would like their daughters to be married to people in the same caste. Marrying daughters off would leave girls with no choice but to marry the "ideal" men in the same caste.



Child marriage only brings negative impacts to young girls' lives. Their health is adversely affected. Pregnancy at a young age will result in a higher chance of miscarriage, premature birth and even death during childbirth. Being pregnant during teenage years is a really bad idea because a teenage girl's body is still not fully developed yet and ready to have a child. After giving birth, a mother's responsibility does not end there. A mother must take care of her child; not just physically, like changing diapers, but raising a child includes teaching him/her right from wrong. This requires a high level of maturity which cannot be found in most teen mothers, most of whom have not yet matured psychologically and emotionally.



## GIRLS NOT BRIDES

▲ *Girls Not Brides* is a global partnership of more than 1300 civil society organisations from over 100 countries committed to ending child marriage and enabling girls to fulfil their potential.

Child marriage is also a hindrance to education; most girls cannot receive an education after her marriage or childbirth. They are bound to spend most of their time taking care of the family and doing housework. Girls who have the potential to study well and have a successful career will also be trapped in this vicious, forced marriage. We should never underestimate the talent and power of a young girl. A girl who has the talents and skills to be a world leader would be hidden and buried by a child marriage.

Most young brides will have a miserable life after marriage. It is needless to say that they will have a life of hard work having to serve her in-laws, doing housework all the time. At times when they disobey, being physically assaulted by their in-laws and husbands is not uncommon. This is the plight of most young brides to date.

Child marriage must be banned worldwide immediately. Do not ever think that nothing can be done to stop it from happening; the truth is that there is a lot you can do. International organizations that oppose child marriage, or organisations which advocate for children's rights and girls' empowerment, can intervene and put an end to child marriage. In the time you have spent reading this article, nearly 46 young girls would have been forced to be married already. A proper marriage is one that takes place between two adults aged 18 or above and are truly in love, willing to spend the rest of their lives with each other. Please take action now and show your opposition for child marriage. Together we can stop child marriage and young girls everywhere can be given the childhoods that they deserve.



▲ A young girl held up a sign "Stop Child Marriage".



▲ Child Marriage in India

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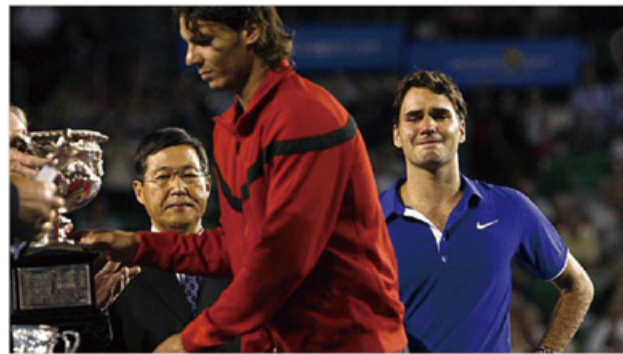
# WILL TYPICAL STEREOTYPES AFFECT HOW WE SEE OTHERS?

5B Vienna Chung Cheuk Kwan

What is stereotyping? Stereotyping is defined as “having a set idea about what a particular type of person is like, especially an idea that is wrong”. Often times, we do not realise the things that we commonly say are in fact stereotypical expressions or beliefs. Here are some stereotypical expressions to debunk:

## “Boys should never cry.”

This expression is commonly heard, especially when a crying boy is confronted by parents. Throughout the years, men are regarded as “masculine”, “tough” and “should never show their weaknesses”. On the contrary, women are seen as “gentle”, “fragile” and “weak”. With this typical stereotype, men are told to hide their emotions and act tough, or else he will be seen as “feminine” or “childish”. However, this expression of men is problematic as men have their own feelings too. For example, world class tennis players such as Roger Federer broke down in tears and was unable to complete his speech after the finals against Rafael Nadal in the Australian Open 2009. It is normal and acceptable for boys to cry. They have the right to express themselves.



▲ Tennis superstar Roger Federer cried after losing to Rafael Nadal in the Australian Open 2009.

## “Asians are good at Maths.”

Asians are generally labelled as “hardworking”, “intelligent” or even “nerds” by non-Asians. People typically associate Asians with Maths experts because of the influential Confucian culture which places great emphasis on “hard work and merit”, according to the University of Hong Kong’s Maths education Professor Frederick Leung. “Asian parents attribute more success and failure of their child, especially in Maths, to innate ability”. He demonstrates outstanding academic results help Asian children move up the social ladder and land a supervisory government job. There are many jokes regarding these results in Asia. For instance, getting an A grade means “Acceptable”, a B grade is “Below average”, a C grade is “Can’t have dinner”, and so on. Conversely, when you ask British parents why their children are not doing well in Maths, they possibly say they do not perform well in this subject too, but outperform in basketball, music or art. Under these circumstances, Asian students seem to perform better in Maths, but this does not mean they are intrinsically intelligent. It is possibly the result of Confucian culture.

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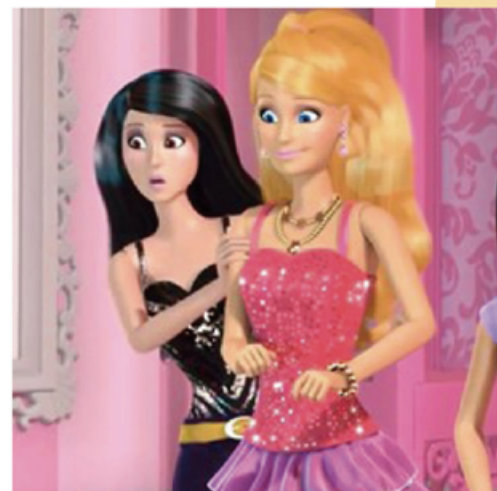
## “Whites are more superior.”

Due to a long history of colonisation and the “White Man’s Burden”, racism is not a new topic. Some cartoons and films inherently promote white supremacy. For instance, some princess characters are typically portrayed as fair-skinned, blonde hair and with big blue eyes. In the cartoon *Barbie Life in the Dream House*, Barbie who is a popular and charming blonde girl has all the attention and lives a perfect life. However, her Black friend Nikki is often treated badly and unfairly because of the colour of her skin. Nikki is generally considered as a fool when many unfortunate events happen to her, making Barbie the ultimate winner. According to Bloomberg, the Academy Award is named as “White Oscars” as winners are mostly white people.



▲ A brief look at gender stereotypes

Racism is problematic, but luckily many people have been raising their voices against it. Barbie’s manufacturing company Mattel posted a video in October 2020 showing the conversation between Barbie and Nikki. As said by Mattel, the video was made to tackle the topic of white privilege, advocating the world to stop racism. A report in 2019 also showed that the number of multi-racial actors in Hollywood increased from 29.3 per cent in 2017 to 36.3 per cent in 2018, with more movies like *Black Panther* and *Crazy Rich Asians* featuring multi-racial actors. Some black people also take up leading roles such as US President Barack Obama who became the first African American to hold the office. Although it is a long way to eliminate this stereotype, many “coloured people” have been empowering themselves to fight against racism. Remember we should not be judged by the colour of our skin.



▲ Barbie and her friend Raquelle in “Barbie life in the dream house”.

## Be alert!

Stereotyping has been normalised so some people do not see it wrong. However, stereotyping does affect how we perceive other people. It can affect people’s mental health as they feel uncomfortable or discriminated. Some people are facing a lot of stress of “fulfilling” these irrational stereotypes. Think twice before saying something that may be subject to “stereotyping”.



# Meeting Our New Vice-Principal – **Ms. Mui Lai Yuk**



▲ Ms. Mui is now our Vice-Principal at TLGC.

5D Natanakumar Mirnaali, Mary Chu Ho Lam

It's our pleasure to introduce our new Vice-principal – Ms. Mui Lai-yuk. As our prominent alumna and teacher of Business, Accounting and Financial Studies (BAFS), Ms. Mui has been meticulously and zealously serving the school.

Ms. Mui has been devoting all her energies and time to her alma mater. Before starting her new position as our Vice-principal, Ms. Mui took up many leading roles which greatly impressed True Light girls. She was our Discipline and Guidance Mistress who dedicated herself to accomplishing good discipline in school and giving care to students. Her role as Assistant Career Mistress of Career Guidance Committee helped students plan their own paths such as selecting elective subjects, university courses and jobs. We sincerely thanked her for making our school a positive and pleasant learning environment to study.



▲ Ms. Mui as a True Light student

Our interview with Ms. Mui will give you a better understanding of our new Vice-principal:

## Student Reporters:

How did you serve your alma mater as a True Light girl?

### Ms. Mui:

Whilst studying at True Light, I was highly committed to serving my alma mater. I took up many posts in various committees to enrich my school life and build a positive school community. For instance, I was a member of our school's debating team and Green House cheering team. What was unforgettable was my dedication to the debating team. In Secondary One, I was a speaker in our school's debate team. My first duty was to help conduct research as it would lay the foundations of being a debater. Up till Secondary Two, I had the chance to partake in various inter-house debating competitions. This taught me that everyone played their parts in the debating team, including the frontline and backup members.

When I was Secondary Four, I followed in my senior sisters' footsteps to teach junior sisters how to carry out their research and debate. This sharing helped me develop a strong sense of belonging to my alma mater. I believe it's such commitment that I hope to serve my school in different aspects.



**Student Reporters:**

What are the responsibilities and duties of Vice-principal at True Light?

**Ms. Mui:**

My main duty as Vice-principal is to lead the academic development of the school, and contribute substantially to school planning, recruitment, professional learning and organisational culture. In this academic year, I hope different subject panels can work closely together as cross-curricular collaboration can help students learn better. As teachers, I would specialise in teaching certain subjects. As Vice-principal now, I would like to oversee all subjects and offer more diverse learning opportunities for students.

**Student Reporters:**

What would you expect to achieve in the future?

**Ms. Mui:**

It's my hope that True Light girls can proactively study in our school. I would like to provide multiple cross-curricular activities so as to increase their engagement in learning and equip students with generic skills, such as communication skills, analytical thinking, transferable problem-solving skills.

I would also like to provide a pleasant and inspiring learning environment for our students. True Light girls are recommended to look outside the school and offer care in the community. They should not only focus on their studies as they need to explore what is happening outside and what potential they can extend. For example, they can partake in some community-based projects to give warmth and care to the people in need. Our school has also been organising numerous workshops, seminars, job-shadowing programmes and university tours to encourage our students to get better prepared for their own academic and career paths.

**Student Reporters:**

What are your messages to our current True Light girls?

**Ms. Mui:**

There is a famous quote from former British prime minister Winston Churchill: "Success consists of going from failure to failure without loss of enthusiasm." We have been facing many difficulties and failures in our lives. However, whenever you encounter them, try to realise your weaknesses and rectify them. Failure is always a journey to success. Try to be "persevering and resilient" as what our year theme states, and don't give up and lose hope. Then you will succeed.



▲ Ms. Mui as a True Light student



▲ Student Reporter Mary Chu (from left), Ms. Mui and Student Reporter Natanakumar Mirnaali



# Welcoming our New True Light Members – Ms. Chung Hoi Man, Ms. Wan Wing Tung, Ms. Kuet Ka Ling, Ms. So Tsui

5B Vienna Chung Cheuk Kwan  
5A Abbie Kam Lok Yung



## Interview with Ms. Kuet Ka Ling (new English teacher)

**Student Reporters:** What inspired you to join the True Light family?

**Ms. Kuet:**

For me, joining the True Light family is wholly the embodiment of God's grace. Firstly, as a Christian, it is my preference to serve a school of the same religion. I am really more than grateful that the Lord brought us together. This is how a romantic story begins (laughs).

With God's grace also comes the chance to manifest my philosophy of education at True Light. I have always been a person who puts a high premium on not just the academic growth of students but also their mental health and well-being. Thus, the precious opportunity to take the role as Special Educational Needs Supporting Teacher in lieu of purely being a conventional English teacher here really clicks with me.

Indeed, every day at True Light has been a gift to me. I literally cannot help singing praises to the lord for all my beautiful encounters with the lovely colleagues and students here. You are one of the best things that could have ever happened to me. Knowing well that nothing should be taken for granted, I feel really blessed to be working here, not just to nurture the students but also to be nurtured by all of you.



**Student Reporters:** What do you find the most interesting / unique about True Light?

**Ms. Kuet:**

The school motto of True Light, "Thou art the light of the world", actually resonates with my personal belief - *in every person there is a sun, just let it shine* (as you might have seen on the school commencement day). This struck my inner chord, affirming my faith that True Light is destined to be the place where I should be.

The strikes that inspire my epiphany still continue. "True Light is love" is another quote I have seen somewhere at True Light. It is like reminding me that whatever difficulties we are going through, whatever doubts we have, love is the answer. ***We love, therefore we are.***

**Student Reporters:** What do you want to tell the True Light girls to fulfill this year's school theme – 'Be persevering, be resilient'?

**Ms. Kuet:**

There are always more than two options on every matter. Never limit the infinite possibilities with our limited perceptions. If you really want something badly, when plan A doesn't work, you can always look for plan B, C, D, E and so on to get there. The key is to decide what you want and experiment with what actions to take to get there.

It is true that sometimes things don't surface that quickly but it doesn't mean it won't. As long as we have put in the required effort with pure and kind intentions, rest assured that you shall reap some rewards. Good things take time to grow and are worth your patience. If you want it to grow beautifully and healthily, let it take its time needed to naturally unfold.

Remember that "doubt kills more dreams than failure ever will". Just when you are about to give up, try to recall how far you've come and don't forget that you survived 100% of your bad days. Instead of giving up, maybe a break is all that you need instead. No hurry. Just take your time.

In short, everything happens for a reason and our attitude is the lens that determines if we can see the good. Stay humble and grateful and you will always be the fortunate one unwrapping blessings (in disguise or not).





## Ms. Wan Wing Tung (new Maths teacher)

**Student Reporters:** What inspired you to join the True Light family?

**Ms. Wan:** As an alumna of True Light Girls' College, I have a strong sense of belonging towards True Light. Having graduated from True Light, I really hope to continue contributing to the True Light family. Also, I have always really enjoyed the learning and cultural atmosphere here at True Light.



**Student Reporters:** What qualities do you think a teacher should have?

**Ms. Wan:** First and foremost, a teacher should have an in-depth understanding of the subject he/she is teaching and master the knowledge. A good teacher should also be patient to guide students in learning the subject. Especially with the subject Mathematics, which I am teaching, it may seem tough to most students. As a teacher I should take initiative and care about the students' learning progress or whether they are encountering any difficulties, as students are usually more passive.

**Student Reporters:** What do you expect to gain or learn in True Light?

**Ms. Wan:** As a Mathematics teacher, I hope to influence students to be interested in the subject, as most of them will find it difficult or demanding. Also, I really want to mature and learn with my fellow junior True Light sisters, I would love to share the wonderful school life I have had in True Light with them.

## Interview with Ms. So Tsui (new teaching assistant)

**Student Reporters:** What inspired you to join the True Light family?

**Ms. So:** I studied at Pui Ching Secondary School, which is quite near to True Light Girls' College. I was impressed by the good image that True Light students have when I saw them in their neat Cheongsam and braids. Also, I was very curious about the culture of True Light Girls' College and I found that it is very special of True Light being an all-girls school.



**Student Reporters:** Could you share with us the happiest moment you have had in True Light so far?

**Ms. So:** For me, the happiest and most enjoyable moment in True Light is to interact with fellow students. My work in True Light mostly consists of administrative work and taking the attendance of junior students. I enjoy connecting with students and bonding with them like my close friends.

**Student Reporters:** Could you share how your life has changed after joining True Light?

**Ms. So:** I would say that the most drastic change is the change in my lifestyle. Before joining True Light I was a night owl but True Light starts its day before 8:00am, which means that I have to be an early bird and hence I adjusted my biological clock. Also, I spend most of my time working in the library and it actually introduced me to a lot of good reads.

## Interview with Ms. Chung Hoi Man (new BAFS and Life & Society teacher)

**Student Reporters:** What inspired you to join the True Light family?

**Ms. Chung:** In my final year of university, I was under great pressure and I was struggling. Luckily, I have met teachers that were so caring, and they helped me get through my hard times. They inspired me to become a teacher not only to teach but to care about and help students. Also, I have always heard that the school spirit of True Light is simple yet loving.



**Student Reporters:** Could you share with us your happiest moment in True Light so far?

**Ms. Chung:** Being the class teacher of class 2C this year, the happiest moment is to see all my lovely students every day. They are always well-behaved and sweet, just like all the True Light students!

**Student Reporters:** What qualities do you think a teacher should have?

**Ms. Chung:** I think that a teacher should be caring and patient to understand the different needs of students, as every student is unique and has their own distinct personalities and independent mindsets. A good teacher should also be willing to assist students in different aspects such as learning or even their livelihoods.



# Documentary Review: Street Food: Asia

4A Jade Hui Ying Tang



▲ *Street Food: Asia*

When it comes to street food, what's the first thing that pops into your mind? Is it the buttery, salty and fresh pillows of crab meat from Ganjang Gejang (soy sauce marinated crabs), or is it the smooth, silky, jiggly piece of soymilk, Douhua (tofu pudding)? I'd say both, as I have "travelled" to 9 different Asian countries to get a taste of their street food, thanks to *Street Food: Asia*.

*Street food: Asia* is a documentary series on Netflix with a total of 9 episodes, each showing a variety of tasty foods and the stories of those behind them. As a foodie myself, the series caught my attention the moment I laid eyes on it but soon made me regret why I watched it at midnight.

The first stop was Bangkok, Thailand, to meet the famous Jay Fai and her world-renowned Tom Yum Soup. The dish consists of fresh herbs and spices, fish-sized prawns, juicy cuttlefish, assorted veggies and lime juice. With a mixed blend of seafood and herbs, the broth is packed with layers of flavor, the sweetness coming from the meaty, succulent flesh of the seafood, the saltiness from the shellfish and the tanginess from the zesty lime juice added at the very end.



▲ *Takoyaki balls from Japan*

After such a complex meal, the next stop is in Osaka, Japan to meet the inside of "Japan's Kitchen". Meet Takoyaki, a crispy little ball made out of a flour-based batter, octopus, and tempura flakes. The crunchy and slightly burnt outer surface, and the gooey, mouthwatering inside creates a contrast of textures, while the piece of octopus inside each savory bomb gives you an umami kick, making everyone salivate just by calling its name.

Getting bored of just eating seafood? No worries! Take a flight to Delhi, India to really "spice" things up. Potato Chaat, a mixture of sweet, sour, and spicy, are fresh, deep-fried potatoes and topped with yogurt and red spices. They are crunchy, yet not greasy and will make you lick your fingers after eating it. If you can handle spices well, try the Nihari stew, a meat stew that includes tender buffalo meat, onions, tomatoes, garlic, ginger, salty chili pastes and a blend of Nihari spices. I bet you will break out into a sweat in no time!

If you need something to tone down the heat, head to Yogyakarta, Indonesia and have some Jajan Pasar. you will definitely cool down after trying it. These market munchies are made from palm sugar, sticky rice, coconut and cassava. Traditionally seen in earthy brown, green or white, these sweet and petite treats are chewy and colorful, carrying the natural sweetness from the plants and the taste of history, allowing you to travel back in time with just one soft and sticky bite.

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▲ *Jajan Pasar*, a sweet treat in Indonesia



▲ *Lechon* from the Philippines

The name “Taiwan” automatically pops into most minds when talking about street food, and the show takes you to Chiayi, Taiwan. With the cool breeze blowing, the best thing to do is to have some hot soup, like the fish head soup made by Grace Lin. The dish includes ingredients that swim in the sea, grow in the soil and walk with four feet, giving your taste buds the freshness of the sea, earthiness of the soil and meatiness of the pork. With the fish head fried first and dumped into the big pot of soup, the fish absorbs all the essence from the stock, acting as a tool to carry joyfulness to your mouth and soul.

Many also get hungry while watching “oppas” eat appetizing food in Korean dramas, that’s why the 6<sup>th</sup> episode of the show takes you to Seoul, South Korea. The Gohyang Kalguksu stall utilizes simple ingredients to create deep, soothing flavors thanks to Yoonsun Cho. Her beloved knife cut noodles are chewy and springy and the broth is clear and velvety yet packed with richness from the anchovies. The cucumbers and carrots piled on top of the noodles not only add height to the dish visually, but takes it to the next level, by adding an extra crunch every time you take a bite.

Asians love rice, so it’s a must to go to Ho Chi Minh City, Vietnam, to try out Com Tam, or “broken rice” in English. It is fascinating that such small, fragrant pieces of rice, which were originally unwanted, can be perfectly paired with any type of topping, whether you want a gooey, runny egg sunny side up, some crispy pickled daikon, some juicy and smokey grilled pork, or simply just everything on the side, the rice acts as the perfect medium to make the different flavors and textures work in harmony.

Other than savory dishes, rice can be also be turned into a dessert, which brings the show to Singapore’s Putu Piring. The steamed rice cake is filled with Gula Melaka (melted palm sugar) and served with nutty grated coconut and aromatic pandan leaf, creating this snowy white, sticky delicacy that is so light and subtly sweet with a hint of vanilla. It may sound simple, but the layers of flavor and happiness brought by devouring it will prove you wrong.

The last stop of this trip is Cebu, Philippines, where you can taste divine, simple and fresh foods, including Lechon. Lechon is a roasted whole boar cooked on a bamboo stick with coconut wood. The crispy skin and the fatty yet tender meat soaks up the aroma of the coconut wood and are packed with flavors of earthy garlic, sweet and licorice-like star anise, beany soy sauce and salt. Just a few drips of the ambrosial oil leaking out from the juicy meat is guaranteed to make your mouth water. The crunchiness of the skin and the soft meat create a contrast of textures and will give you a taste that you will never forget.

Street foods may seem to just be a source of energy and a cheat-treat for us but actually it is not that simple. Other than being packed with flavors, they all show the determination and legacy that chefs want to show to customers. Their determination of using safe and fresh ingredients, together with their love for food, which have both been passed down from many generations, can simply be presented in a dish, bonding people across the world in the past and now. Food is just so amazing and magical that it has occupied an irreplaceable place in many peoples’ heart. So, next time when you have the chance to try out these street foods, don’t forget to appreciate all the efforts made by both nature and people. Bon appétit!





於 2020 年文憑試中，教育局宣布取消中英文科卷四說話能力考試。消息宣布過後，許多考生都感到措手不及。今年，疫情依舊，卷四考試同樣被取消。對於教育局取消口試，校報組訪問了中文科嚴穎嵐老師、英文科李曉妍老師、2020 年文憑試考生易妙詩，以及應屆文憑試考生錢穎心同學，了解她們的看法及這個安排對她們的影響。

### 老師看法：嚴穎嵐老師及李曉妍老師

首先，在疫情下要取消口試訓練，實在是無法避免的。嚴穎嵐老師認為，由於課時比以往減少很多，加上同學們需佩戴口罩說話，這實在不利於口試的操練。為防範疫情，同學亦需保持社交距離，令小組討論難以進行。顧及以上種種不利因素，教育局於疫情期間決定取消口試的作法，實在是無可厚非的。

今年的應屆畢業生對比去年情況更惡劣，考生去年已經失去了半年的課堂時間，而今年亦只有半天的上課時間，練習時間全然不足。李曉妍老師認為取消口試是局方經過考慮後做出的決定。真光乃一所英文中學，李老師相信我校學生在英文口試上比其他學校的學生更佔優勢，奈何疫情期間訓練不足，如果在未準備好的狀態下步入考場，相信亦會加重同學的壓力。因此，今年繼續取消口試是有必要的。取消卷四考試後，這份卷所佔的分數將會分散到其他試卷上，增加了閱讀、寫作、綜合能力等試卷的佔分比例。對於這種計分方式，兩位老師均希望同學能夠有一定的預判和準備，在校本評核和其他試卷上都需更加努力，認真對待每一份作業，讓同學能夠在公開試中獲取好成績。



▲ 嚴穎嵐老師（左）及李曉妍老師（右）

取消口試之所以引起巨大的爭議，正是因為大家對口試存在的價值有不同的看法。有的人認為口試和同學平日互相交流無異，沒有存在的必要，而不少學者則認為口試對學生的全人發展和成長有著至關重要的作用。

對此，嚴老師和李老師都認為，在疫情以後取消口試這個行為是不可取的。在中文能力方面，嚴老師表示，並不能因為中文是我們的母語而忽視口試的重要。事實上，口試是一項能夠在短時間內，測試同學各種中文能力的考試。在討論的過程中，同學除了要懂得表述自己的觀點，亦要學會聆聽他人的看法，看到自己與別人在看待事情的觀點上的差異。口語溝通能夠讓同學看到在同一件事情上彼此的分歧，從而鍛鍊他們的思維，鼓勵他們從多角度思考。在口語溝通中學到的技巧，在日後的成長路上也是十分實用的，例如在升讀大學後，與別人討論時遇到分歧，該如何解決？自己該如何聆聽別人，達成共識？甚至踏入社會後，在召開工作會議時，我們也需要與別人溝通，我們也要懂得權衡輕重和解決矛盾，而這些討論技巧都能在口語訓練中得到提升。由此看來，中文口語溝通的訓練是不可或缺的。



此外，英語作為我們大部分人的第二語言，全面的學習也是必要的。學習外語時，閱讀能力、寫作能力、聆聽綜合能力以及口語能力缺一不可，皆因這些能力是息息相關的，若忽略口語能力，這對學生的全面發展來說是不利的。李老師認為，學習外語應達至能夠與人流暢溝通的目的。然而，在香港這個以考試為本的社會，若口試被取消，同學學習口語技巧的動力將會大大減低，未能滿足學習外語的主要目的，學習有欠全面。

## 同學看法——2020 年文憑試考生 畢業生易妙詩

「取消中文卷四說話，到底是疫情所致，還是早有計劃？若是疫情所致，自然無可厚非，然而，其實早於 2019 年下旬，已有專責小組建議中文科減少卷數，其中包括說話卷。就我個人而言，自然是反對的，這不只是由於學生早已準備、練習多年，此舉會對其公開試成績造成影響，更是抹殺了說話卷之存在價值。」



▲ 畢業生易妙詩

在 2007 年，說話卷設立之初，教育局曾指出其意義在於均衡培養學生讀、寫、聽、說的能力，四卷在學習上相輔相成（教育局《中國語文課程及評估指引》）。然而，在 2019 年，學校課程檢討專責小組卻建議將其刪去，並指中文為大部分學生的母語，認為說話卷的價值不大。這是否存在著前後的邏輯矛盾？

說話卷並不是單純考驗學生的中文語感或詞彙，更是在考驗學生的邏輯思維及表達能力。在小組討論的過程中，學生需從不同的層面作多角度思考、分析，以嚴謹的邏輯思維層層遞進、舉證，在與組員的討論中，也需臨場應變，即時作出反應，並清晰表達自己之見解。

另外，說話卷也為考生將來前途出路打下了基礎。學生在步入社會後，無可避免要與人合作、溝通、交流，而說話卷正正能讓學生培養出面對不同人士時皆可冷靜應對、談吐自如的能力，並能不卑不亢地向別人反映不同意見。」

## 應屆文憑試考生 錢穎心同學

「考評局取消今年的文憑試中英文科口試的決定是可以理解的。在疫情期間，學生未能進行任何口試訓練，若要繼續舉行口試，除會增加考生感染的風險外，更會帶來諸多不便。但取消口試對學生來說是有一定影響的，首先是會令學生的努力付諸流水，會讓同學覺得以往的努力白費了；其次就是會讓考試的公平性成疑，有些同學或比較擅長口語溝通，有些同學則比較擅長其他卷目，考試本希望考核同學不同的能力，取消口試會使學生側重於其他卷目，擅長口試的同學則無法發展自己的優勢；再者就是取消口試會讓同學忽視口語溝通的重要，對青少年的未來發展造成影響。」



▲ 錢穎心同學

總結而言，取消文憑試說話考試在疫情之下有其必要性。但願疫情陰霾早日褪去，讓同學重拾口語溝通的訓練機會，也讓學校裏所有的學習活動重回正軌。

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# 電影創作的背後——周冠威導演訪問

▲ 鄭秀美老師（左一）、黎家喬同學（左二）、林子瑜同學（右二）、方彩玲同學（右一）與周導演（中）合照

4A 方彩玲、4C 黎家喬、5B 林子瑜

電影是一種重要的媒體、一門精闢的藝術、一種多彩的文化。不少人都喜歡走進電影院欣賞大銀幕中的影像，但電影製作的背後卻是鮮為人知的。一部電影的創作歷程是漫長而艱辛的，大銀幕上的每一幀畫面都是幕前幕後人員的心血。一部成功的電影背後必然少不了一個好導演，不知同學對導演這職業有多少認識呢？為了探討電影文化，加深同學對電影的認識，以及更了解導演這個職業，校報組有幸邀請到近期熱門電影《幻愛》的導演——周冠威導演進行訪談。

**記者：**非常感謝您接受我們的訪問，恭喜您的新作《幻愛》在今屆香港金像獎及台灣金馬獎上獲得多項提名，並於金馬獎中奪得最佳改編劇本，電影票房更突破 1500 萬，實在是可喜可賀。首先想請問周導演您是從何時對電影產生興趣的？以及電影如何影響您的人生？

**周導演：**中四那年對我來說是很關鍵的一年。中四時的我自卑和不開心，是電影陪伴了我。電影擴闊了我的眼界，當中包括藝術和世上的很多價值觀，例如甚麼叫公義、寬恕、生命的意義……我會這樣形容我和電影的關係——電影就是我的生命導師。電影讓我領悟到「存在的意義就是去尋找存在的意義」，也就是尋找生命的意義；它也推動了我去宣洩情緒，對我影響深遠。我不能壓抑我對電影的愛，因為它真的幫助了我很多，我的生命也因為電影而有了動力。此後，我想尋找的人生意義就是電影，我想成為電影裏的一份子。每一部電影都教會了我那麼多，我想回饋它。我的生命像跟電影有了終身的承諾——「我要終身追隨你、奉獻給你」。如果上天給我的能力多一點，我就做導演；能力稍微不足的話，我也要在電影的範疇裡貢獻一丁點綿力，我也於願足矣。

**記者：**請問您覺得怎樣才算是一套好的電影？作為觀

眾，我們該如何選擇電影？

**周導演：**怎樣算是好的電影其實有很多標準，當中亦有很多理論。抽象概括地說，其實你可以感受到，當中有甚麼善的價值存在，而那事物是「誠懇」的。每部電影都會宣傳自己是好的電影，都會說自己多麼有意義，但當真如此嗎？好的電影其實是要「誠實」，雖然有時候很難去判斷，其實看得多或許便能分辨。觀眾要懂得思考電影當中傳遞的價值對社會和人是否有良性影響？當然，我並不是說能夠傳達人生大道理才是一部好電影。一部娛樂電影能夠娛樂觀眾，那也能說是一部好的電影。如果電影最後所傳遞的內容與宣傳不合，那便是浪費了觀眾的時間。

**記者：**您最欣賞哪一位電影導演呢？您最喜歡的電影又是哪一部？

**周導演：**我欣賞的導演和電影作品都有很多，很難做選擇。其中一位我最欣賞和尊敬的導演是來自波蘭的導演奇斯洛夫斯基，尤其是他的作品《藍白紅三部曲》和《十誡》。他教曉我在電影導演這條路上最需要的就是「悲憫」——要對世界有悲憫，對世界的苦難感同身受。奇斯洛夫斯基把這種悲憫投射到作品中，帶出了在艱難的世界當中那種憐憫以及愛，他的作品深深地觸動了我。至於我喜歡的電影，其中有一部叫《兩生花》，這部作品和剛才提及的電影，都深深地影響了我的生命。

**記者：**請問您如何在生活當中尋找拍攝電影的素材？撰寫劇本的過程辛苦嗎？

**周導演：**在日常生活中尋找拍攝素材的媒介很多，例如報章、書籍、電影，甚至是與人聊天時，能觸動我的，我就都會記下來，作為日後創作故事的參考素材。在日常生活中去尋找一些有趣味、有價值，或一些能使我產生共鳴的東西，這些都能成為拍攝電影的素材。我很重視第一手的資料搜集，即和人面對面交談分享的过程，這能讓我的電影更有新鮮感、更獨特。事實上，撰寫劇本的过程十分辛苦。我是一個



▲ 《幻愛》海報



▲ 《十誡》海報



擅於將文字化成影像的人，這是我的才能，但是要把每個角色、每個故事用文字表達出來，對我而言並不容易。而且，在創作劇本的過程中，很多時候我們要放下自己，嘗試代入角色，體會不同角色獨特的心理——這也是創作劇本中最困難的地方。

**記 者：**中學生在作文課時常常苦於沒有創作的靈感和素材，請問您覺得如何可以提升學生的創意？

**周導演：**我認為最重要是要對這個世界是抱好奇心。如果對世界抱有熱情，學生自然會去發問，會去尋找、觀察、分析，而這些東西都會成為他們的記憶。當一個人的人生經驗越來越豐富，對人情世故的認識增加，也能間接地令創作得到更多養分。創作並不是完全來自於一個人的天分，比天份更重要的是記憶的吸收，就如海綿一樣，吸收了多少，就能釋放出多少泉源。為了增加靈感和創意，我們要成為生活中的海綿，對生命、生活和人抱有熱情，去感受和理解世界。而要擁有這種好奇心及熱情，每個人也需用自己的方式去接觸這個世界，例如透過閱讀、電影等等，它們能幫助我們提起對這個世界的興趣。只要在日常生活中多吸收，慢慢累積，創意和靈感就會自然而然地提升。

**記 者：**您最新的作品《幻愛》的創作歷經很長的時間，請問您在這個漫長的過程中，是否曾想過放棄此電影的製作？一套電影劇本寫好後，如果放下太長時間，會否影響作品的素質？

**周導演：**其實這部電影從構思到現在已經有十三、四年了。這十幾年來我也曾放下這部電影，因當初找不到投資者願意投資這部電影，所以我把這部電影的劇本暫時擱置了，直至前幾年很幸運地找到了資金才再拿出來。其實我是永遠都不會放棄這部電影的，因為劇本已經寫好了，它只是暫時放在那裡，不知道何時會再拿出來拍，所以並沒有「放棄」這個念頭。你問我隔了那麼久才拿出來開拍，會影響素質嗎？當然不會，我認為甚至是更好了。正如上述那海綿的比喻，每個創作者都希望自己是塊海綿，能吸納世界和生活上所有的人或事。多吸收了幾年，我覺得自己對這個題材的掌握以及個人成熟的程度，是比之前更好了，就算這劇本再多放幾十年，我覺得也不壞。

**記 者：**《幻愛》這部作品好評如潮，請問您覺得這部電影的成功因素是甚麼？這部電影的成功有沒

有為您的人生帶來改變？這部電影對您來說有甚麼意義？

**周導演：**這部電影還算成功，得到很多影評人和獎項的推崇。為甚麼會成功？我想是拍得好吧。我只能要求自己拍得好，別人喜歡與否你並不能控制。這部電影一開始是不被看好的，但我相信只要把電影拍好，這些都不重要。那這部電影成功對我來說有甚麼意義呢？當然是更容易去找拍第二部電影的資金。因為有一套票房很好的電影，投資者會對我更有信心。更重要的是，我終於回饋了電影，為電影作出一點貢獻。有觀眾看完《幻愛》後告訴我，電影改變了他的看法，我很開心看到了一個生命因這個電影而改變，作為導演我感到很安慰。電影的成功不是金錢、獎項、票房，而是改變生命，我很重視這一點，我很重視電影是否能對人好，電影是否有愛。我認為這對評定一套電影是否成功是很重要的。

**記 者：**對香港電影業將來的發展，您是否感到樂觀？為甚麼？

**周導演：**很難樂觀吧，其實我對整個香港的前景也不太樂觀。在現時的時局和氣氛下，是很難樂觀的，電影業有很多人轉行，這其實已經不是近兩年的事了，從八九十年代到現在，香港電影業其實逐漸低迷。我曾形容電影是一項慈善事業，電影工業嚴格來說已不是一個工業了，它失去了替投資者產生利潤的功能。但縱使如此，我們仍應懷著盼望。我覺得《幻愛》對我和整個電影工業來說都是一支強心針，要在本土市場仍有利潤，實屬不易。另一令我感悲觀的原因是創作自由的沒落，這對整個行業來說絕對有很大影響。不單是香港電影，是整個香港都是如此，每個人都受到影響。

**記 者：**請問您會否鼓勵年輕人投身電影行業？您有沒有甚麼話對想投身電影行業或想成為導演的年輕人說？

**周導演：**這不是我能鼓勵的，這是每個人自己的道路。如果你對電影缺乏熱情的話，我的鼓勵是沒用的。這個行業本就是危險和不穩定的，我的母親到現在仍會跟我說：「你不如找一份有穩定收入的工作吧！」是否投身電影行業其實要看你是否對電影那麼熱愛，因為從事香港電影工業未必能保證你有穩定的生活。作為一個導演，要有電影拍攝才有工作，否則便是長期失業。但我真的很喜歡電影，我不想放棄，我沒有放棄這個選擇，我是要一生追求電影的。所以我很難說要鼓勵大家，我要強調的是這是每個人對自己生命的一個決定。其實讀電影也不一定要投身於電影行業，還有電視、網絡世界、新聞等不同媒介，這全取決於你的個人喜好。

**記 者：**非常感謝導演您給我們寶貴的意見，在此再次感謝周導演您接受我們的訪問，讓我們能了解到電影對周導演您的意義，以及電影製作背後的艱辛，實在受益匪淺。



▲《藍白紅三部曲》海報

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# 外賣餐具，正在摧毀我們的家園

5B 林子瑜

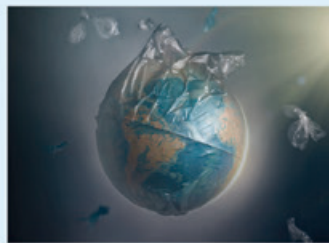


「只限外賣」、「外賣七折」、「自取半價」……近一年以來疫情蔓延，我們在食肆的門前總是能看到此等告示。但在享受優惠的同時，你又有否想過外賣餐具正讓我們本已肩負重擔的家園雪上加霜？

在各種防疫政策之下，訂購外賣成為了不少香港市民的主要用餐模式。而外賣餐具例如膠叉、膠匙、發泡膠飯盒、紙杯、膠吸管等，就成為了我們日常生活的「夥伴」。環保團體綠惜地球推算，香港今年的即棄塑膠餐具棄置量達 150 億件。總幹事劉祉鋒亦指出，平均一頓的外賣，每人會製造約七件即棄餐具。若一日三餐均以外賣的形式解決，每個人一星期的即棄塑膠量可達約 150 件。僅是香港此彈丸之地所棄置的外賣餐具數量就如此驚人，更遑論整個地球？

大量外賣餐具的產生對地球環境的影響實在令人憂心。完全分解一個塑料袋需要五百至一千年，而完全分解一個發泡膠飯盒更需要一萬年。

可是我們要知道，外賣餐具對地球環境的影響遠不止於佔用大量堆填區的位置。在製造、運輸、棄置的過程中，亦涉及不少破壞環境的過程。塑膠的提煉需要大量的能源，這亦加速了石油的消耗。而在運輸的過程中，亦會產生大量污染物，造成空氣污染。對生態系統而言，現時全球約有 700 種海洋生物受 5.25 萬億件塑膠垃圾威脅，這些野生動物或會遭膠袋纏繞，甚



至會因誤吃塑膠垃圾，堵塞消化系統致死。同一物種大量死亡會影響食物鏈的平衡，導致生態系統失衡。含氯的塑膠更會釋出有害的物質，污染土壤，影響農作物的耕種。長此下去，各種衍生的風險將會是人類難以承擔的。

若不想我們的家園——地球的病情每況越下，我們必需從自身出發，扭轉這個浪費資源、破壞環境、影響生態的局面。

疫情期間，衛生成為廣大市民用餐時的首要考慮因素，這亦是大量即棄餐具產生的主要原因之一。因此，若要減少餐具的使用，我們必需從自身做起。例如購買外賣時主動提出不需要外賣餐具，或是於相熟食肆購買外賣時自備容器。商戶亦可為不需要外賣餐具的顧客提供優惠，鼓勵他們支持環保。

長遠來說，最為有效的措施無疑是教育。教育，並不局限於校園之中，更為重要的是要提升大眾的環保意識。政府在這方面其實擔當著一個重要的角色。政府可製作不同形式、能針對不同年齡階層的廣告，又或是給予支持環保、有效減少試用外賣餐具的商戶與市民經濟上的補助，這些措施都能有效減少外賣餐具的使用量。

在我們手中的外賣餐具就像一條條骯髒的小溪，當小溪的數目持續增加，它們將匯成一片污穢不堪的海洋，最終一發不可收拾。若要杜絕這片大海的形成，就必需先從止住小溪的源頭開始。希望不論是在疫情期間還是在日常生活中，大眾都能養成減少使用外賣餐具的好習慣。

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# 發掘新一代潮流職業——訪問年青工作者

4A 周子媛

近年，由於互聯網和各種新科技的興起，各種電動遊戲、短視頻平台、網絡影片應運而生，許多網絡影片工作者和網絡紅人都嶄露頭角。這些新媒體的出現令不少人找到新的職業方向，根據坊間調查，網絡工作者更慢慢取代了醫生、科學家，成為兒童的夢想職業。然而從事這些新興職業是否真的如想像中簡單？對於從事這種職業，我們需要具備甚麼條件？為此，我們訪問了兩位有經驗的新媒體工作者，包括「VR Arena CWB」虛擬實境派對場所的創辦人 Ronald，以及知名 YouTube 頻道「小薯茄」的成員阿 J 及童童，了解他們從事這些新興職業時的得失，以及他們對有興趣加入這些行業的人的建議。

## VR Arena CWB 創辦人 Ronald 訪問

VR Arena CWB 是一間位於銅鑼灣的虛擬實境體驗式派對場所，是全港第一間結合虛擬實境和派對房間元素的機構。這裡有全港獨有的設備——「Virtuix Omni 360 度無邊際虛擬實境體驗」的器材，同時也有其他不同的電動遊戲讓不同的客人選擇。VR Arena CWB 的受眾遍佈不同年齡層，從七歲到八十三歲都有，顧客除了能夠預訂場地作派對用途外，亦可以單獨前來體驗虛擬實境的樂趣。這些器材亦會出租給不同公司，讓他們在團體活動或週年晚會中使用，服務範圍十分廣泛。

作為全港第一間結合派對場地的虛擬現實體驗館，到底是甚麼啟發了 Ronald 創業呢？Ronald 表示，由於身邊有朋友代理這種虛擬實境體驗的器材，令他開始接觸這項新科技，並萌生創業念頭。當時虛擬實境體驗在外國漸漸興起，Ronald 認為它有發展的空間，而且希望為香港人提供「聚腳點」，讓他們在場地盡情尖叫、探索，於是便決定創立 VR Arena CWB。在創業前，Ronald 諮詢過曾經創業的前輩的意見，又使用了「Human Design」這個軟件對自己進行性格分析。「我性格較開朗，思維靈敏，溝通能力強，比較適合彈性自由的工作。」Ronald 亦認為在 30 歲前應該嘗試新事物，做自己想做的事，不要怕冒險，所以最終選擇了創業。

經營一個虛擬實境派對場所和從事傳統的「白領工作」有甚麼不同呢？曾經在會所擔任管理層的 Ronald 這樣說：「現在的工作較自由和彈性，我可以自己分配時間，完成工作後，便可以發展自己的興趣，追求其他目標，以及陪伴家人和寵物。然而這項工作亦比『白領』工作更有挑戰性。不同於在其他大公司，工作被細分到不同部門，選擇創業便要自己一人負責所有範疇，包括市場經營、資源分配和顧客服務等等。經營這種小型生意聲譽十分重要，好的聲譽需要慢慢累積，但只要出一點差錯，便會影響客人的滿意程度，令聲譽毀於一旦。因此要不斷調整經營的方法，而吸取經驗是十分重要的。」

年輕人創業難免遇到困難，Ronald 亦表示自己在創業初期及疫情期間曾遇上困難，但自己仍會積極面對，以不同的市場營銷方法經營事業，不會輕易放棄。創業初期，由於場地知名度不足，Ronald 運用了不同的市場策略，包括在 Google 下廣告，和不同品牌、銀行合作，又或是依靠顧客宣傳等等。經過努力，公司的知名度才逐漸提升。現在，VR Arena CWB 已經吸引了很多明星前來遊玩，各種訪問亦接踵而來，當中包

括香港電台、香港旅遊發展局以及不同的雜誌。堅持總會有收穫，凡事開始時難免會遇到困難，但只要堅持下去，就總會有成功的一天。在公司知名度提升後，Ronald 在事業上亦遇到另一個難題——如何保持顧客對公司服務的新鮮感？Ronald 表示自己必須持續更新遊戲或增加時下流行的遊戲款式，為顧客製造驚喜，這樣才能確保他們會再次光顧。而在疫情期間，不少商業活動暫停，公司申請中小企援助基金及派對場所補貼基金竟都不獲批准，令 Ronald 的生意承受龐大壓力，他必須用以往的盈利來繳付租金。縱使有百般困難，Ronald 也不曾放棄，他鼓勵同學在遇到困難時，不要急於放棄，美好的成果總要經歷風雨才能遇見。

幸運地，Ronald 的創業得到家人和朋友的支持，而自己在經營事業的過程中也有很多歡樂和得著。每次看到顧客的笑容，聽到他們激動的尖叫聲，Ronald 都感到很滿足，亦更有動力。對於有興趣創業和投身這種新興職業的同學，Ronald 認為充實自己是十分必要的。他指出只有堅實的基礎，才能協助我們走以後的道路。再者，同學設立目標時，應考慮自己的性格和喜好，也要了解行業發展的趨勢，綜合各方的意見，尋找最適合自己的出路。



▲ 負責人 Ronald (左) 與藝人王嘉爾 (右) 於香港旅遊發展區拍攝時合影



▲ Virtuix Omni



▲ Ronald 接受同學訪問





▲ 小薯茄成員

## 影片創作者——「小薯茄」成員童童、阿J訪問

「小薯茄」是由一班熱愛拍攝的年輕人組成的，幕前成員包括阿J、程人富、阿冰、麗英和童童，他們都是網絡影片創作者，主要負責拍攝一些能引起觀眾共鳴的生活類搞笑輕鬆短片。「小薯茄」的宗旨是，用簡單的手法和概念，拍出不平凡的短片，以生命影響生命。成員阿J分享自己之所以會選擇從事影片創作的工作，是因為他熱愛表演，他享受演戲帶來的滿足感，而且認為影片創作這份工作很有意義。因為影片具有感染力，他希望以自己的力量去影響他人。童童同樣是因為自己喜愛表演，遇到機會便想緊緊把握。

要成為影片創作者並不容易，初期可能會面對負面的評論，他們要不斷思考影片橋段和拍攝的方法。而且作為公眾人物，必須有很強的情緒智商才能承受這些巨大的壓力。在創立小薯茄的過程中，阿J和童童亦有遇到挫折和感到迷茫的時候，例如他們費盡心思拍攝影片，但觀看的人卻很少。他們希望有更多人觀看他們的影片，因製作一條影片花費的時間很長。若沒有人觀看的話，他們真的會感到很氣餒。但阿J亦表示他們會分析觀看人次少的原因，改善製作技巧，以期吸引更多觀眾觀看。而童童則認為思考影片的橋段很費心思，想不到拍甚麼時會感到有點迷茫。要保持觀眾的新鮮感，引起他們共鳴，同時又要有獨創性的確不易，但有時只要不放棄，最終亦能找到拍攝的方向。

作為一個影片創作者，工作時間十分自由。因此，阿J認為自律是很重要的。這份工作不一定有固定的上班和下班時間，要自己控制工作時間，甚至要隨時準備工作，因為你的生活也是工作的一部分。「在這份工作中，我們有很高的自由度去做自己喜歡的事情，但同時要很自律，這是因為實在是太自由了！」童童對此也有同樣的想法，看來自由度高也是一把雙刃劍呢！

對於影片創作這種新興職業，大眾可能會認為這份工作不穩定、沒有前途，甚至認為他們不務正業，因此不少從業者難免遭到家人反對。但「小薯茄」向大家證明了，影片創作者並不是不務正業的，相反，這是一件很有意義的事情，是一班懷揣夢想的人一起做著自己喜歡的事情。成員阿J表示自己十分幸運能得到家人的支持，家人不需要他交家用，讓他可以在沒有經濟壓力下從事這份職業。而童童的家人一開始並不知道她參與拍攝的工作，直至偶然在社交媒體上看到她，家人才知悉她的工作。從小到大童童的家人都十分支持她表演，也會去看她參與的舞台劇，現在她的家人亦不時跟親友分享「小薯茄」的影片，家人給了她很大的自由度，讓她去發展她自己的興趣。

這個職業有它的難處，但卻能帶給他們滿足感和收穫。阿J和童童都認為能夠遇到支持他們的觀眾和一起前進的知己，是創作路途中最大的收穫。每當他們想到能讓觀眾在看到影片後開懷大笑，精神得以放鬆，便會有很大的滿足感。觀眾們支持的留言也是他們前進的動力，和觀眾交談就像結交朋友，這些經歷都是獨特難忘的。正正是因為這些支持，以及他們對這項工作的熱愛，他們會繼續一起努力解決困難和面對挑戰，不會輕言放棄。

自從愈來愈多影片創作者的出現，這項職業也成為了不少年輕人的夢想。阿J和童童鼓勵這些懷有夢想的同學不要怕失敗，要多嘗試。一開始可能會很艱難，但如能堅持到底的話，可能會看到很好的成果。但大家也需要考慮自己的經濟能力，因經營一個影片頻道不一定有穩定的收入。

看完兩篇職業訪問，相信同學都對派對場地租借和影片創作這兩項工作有了更多的認識，亦明白到自己應找尋自己的興趣和目標，努力實踐，大家要根據自己的性格、興趣和能力，選擇適合自己的方向。希望同學可以學習上文的受訪者，以積極正面的態度面對困難，不要輕言放棄！

## 演員



▲ 小薯茄成員（由左至右）麗英、童童、阿冰、程人富及阿J





# 疫情下的運動新體驗

4C 黎家喬

一提起運動，大部分人都會想起在猛烈陽光下令人汗流浹背、疲累不堪的劇烈活動。對於一些喜歡待在室內的學生來說，上體育課就猶如災難，令他們苦不堪言，他們甚至因為被強迫做運動而從此討厭運動。可是，長期缺乏運動會令人肥胖，增加患上慢性疾病的風險，因此恆常運動的重要真的不容忽視。

事實上，隨著科技日新月異，運動的形式也在不斷改變。不同國家的政府和組織也一直努力去提起大家對運動的興趣，呼籲大家保持身體健康。尤其是在疫情期間，人心惶惶，大家都只能留在家中，連外出運動也成了一個大問題。同時，很多公眾運動設施都暫停開放，大家很難找到適合運動的地方。在種種環境因素的影響下，衍生了新的運動方式，不知道大家有沒有參與過呢？

## 配合音樂的體能訓練——在家運動

相信大家在空閒時，也會上互聯網接收最新的資訊，無論是社交平台或者是影音網站，不時都會有專業人士和網絡紅人，跟大家分享在家運動的方法。只要準備一張瑜伽墊，即使穿著家居服也能參與其中。在影片中，示範者會以節拍強勁的音樂為背景，順著音樂的節奏，做出訓練不同部位肌肉的動作，例如深蹲、抬腿、平板支撐等，並會有字幕指示觀眾跟隨。這種配合音樂的運動訓練，既有節奏感，也讓觀眾能放鬆身心。



觀看影片做運動這種方式比較容易上手，而輕鬆的訓練對參與運動的人年齡要求也較寬，運動時受傷的風險也較低。在家運動準備工夫簡單，不用借助特別的體育用品，對運動新手來說是一個好選擇。大家更可以根據運動的強度、要鍛煉的部位等，在網上挑選適合自己的影片，在家中隨時做運動，不受時間地域限制，自由度非常高。

在疫情期間，這一類影片更加吸引了學生以及上班族的注意，大家平日放學下班回家後身心俱疲，無力外出運動，身體一直處於亞健康狀態。此外，日常生活的各種壓力、煩惱無從紓解，鬱悶的情緒嚴重影響心理健康。長時間讀書或工作也會降低一個人的專注力和判斷力，工作效率亦會逐漸下降。在家運動為他們提供了一種簡單方便的運動途徑，能鍛煉自己體魄之餘，一家人一起做，更可以增進情誼，令關係更融洽。



## 將運動融入電子遊戲——《健身環大冒險》

現今有不少香港人經常為了打電子遊戲而廢寢忘餐，不願運動。遊戲世界的確為平凡的生活帶來刺激和新鮮感，給予玩家聽覺和視覺上的享受，因此容易令人沉迷，但接下來的遊戲可能會令大家改觀。上年九月，日本任天堂遊戲公司發行了一款叫《健身環大冒險》的健身遊戲，將電子遊戲結合運動，讓玩家在享受遊戲的同時，也能強身健體。遊戲以角色扮演的模式，讓身為冒險者的玩家配合遊戲要求擊敗怪獸和闖關。為了完成任務，玩家在過程中需要戴上健身環和固定器等配件，以便進行各種帶氧運動、負重訓練以及拉筋。遊戲運動量驚人，刺激感十足，背景音樂和旁述鼓勵也為玩家增添了動力，配合精彩的劇情，更容易提升玩家對運動的興趣。運動過後闖關的成功感，能鼓勵玩家再接再厲，持續鍛煉自己。



▲ 任天堂遊戲公司發行之《健身環大冒險》

這款遊戲集娛樂與運動於一身，在疫情當中為大家提供了很好的消閒活動。截至2020年7月，它在全球已經賣出了390萬套，可見大家對於這種新興運動方式的反應非常熱烈，相信這款遊戲也激發了人們運動的意欲，引起了人們對運動的重視，同時亦令人對運動改觀，提高大眾鍛煉身體的動力。

在疫情肆虐下，運動已不局限於我們過去所認知的模式。隨著科技發展，社會在不斷進步，我們將會看到，無論在室內或室外，是個人或團體也好，也會出現新的運動模式。運動對人的重要不容忽視，即使在疫情中，人們仍會尋找新的運動模式，保持身體健康。不知大家有體驗過上述這些新式運動嗎？未體驗過的話，也不妨嘗試參與，多做運動鍛煉自己，令自己有更強健的體魄。

資料及圖片來源：

1. HK01

<https://www.hk01.com/%E9%81%8A%E6%88%B2%E5%8B%95%E6%BC%AB/387429/switch-ringfit-adventure-%E5%AF%A6%E7%8E%A9%E8%A9%95%E6%B8%AC-%E5%A5%BD%E7%8E%A9%E5%8F%88%E9%AB%98%E5%BC%B7%E5%BA%A6%E8%A8%93%E7%B7%B4%E9%81%8A%E6%88%B2>

2. 任天堂

<https://www.nintendo.com.hk/>





5A 劉欣

手鞠球，又名為「手鞠」、「手毬」，乃一種以絲線的纏繞與傳統的刺繡相結合而成的球體工藝，現已被列入非物質文化遺產保護項目。它起源於中國春秋時期的「蹴鞠」——一種以腳擊踢球體的運動。在盛唐時代，日本遣唐使前往中國交流時，發現了這種有趣的運動，便將蹴鞠帶回日本。最初蹴鞠只在貴族間盛行，後來才流傳到民間。經過歷史的洗禮，其後又誕生了以雙手拋接玩耍的手毬，最後才衍生了今日以繡線刺縫的幾何藝術球。

手鞠球的結構可分成球芯、纏繞線及外層刺繡三部分。想要製造合格的手鞠球，就必先從一個完美的球體談起。稻穀殼、中藥材、衣服布料或是保麗龍泡沫球皆可用來製作它的球芯。製作時，先用薄紙將材料全數包裹起來，再以細線捲圍，直到看不見絲毫底層的材料，一個圓形的素球便完成了。之後以分線將素球平均劃定等分，用來作正式繡製花樣時的參考線。接著，製作者即可以用棉線縫上自己預先設計好的圖案，一個手鞠球便大功告成。若想更臻完善，就要講求刺繡的功力。球體的典型花樣有大波斯菊、三羽龜甲、風車、山峰等……進階者更可結合多種花樣縫製，如三菱連和變形菊花，則是在三個連在一起的菱形格中繡一大朵菊花，通過改變繡線的數量及搭配方法，為手鞠球帶來截然不同的感覺，使其呈現出意想不到的美。有些人更會以天然的植物提煉的顏料親自染色，製造成色調柔和而色彩豐富的作品。

手鞠球寓意吉祥，在日本一直被視為能帶給身邊人美滿祝福的吉祥物，只贈予最愛的人。球芯的內含物，更蘊含著一個美麗的民間傳說。相傳，若以稻穀殼填充在手鞠球中，就會吸引貪生怕死的狐仙——「稻禾」住進球體中。生病時只要把球放在枕邊，狐仙就能驅走邪惡，保佑主人身體健康；外出時將之帶在身上，狐仙就能守護著主人的平安；當遇到危險或鬼怪來犯時，貪生怕死的牠更會為求自保，跳出來拯救主人。傳說當然不能盡信，但手鞠球所承載的真摯祝福和美好祝願，卻能傳達給親朋好友。

雖然手鞠球從七世紀發展至今，已經有千餘年的歷史，但這種傳統手藝卻從未因此而失色。這項經過無數代人傳承下來，集刺繡、編織、構圖設計於一身的手工藝，現在仍被人活用於日常生活之中。兩三厘米大的手鞠球可製成胸針及耳環；四厘米大的可製成鎖匙扣；再大一些的，則可用作汽車掛飾，大如足球的就可用作家居擺設，作觀賞之用。現今，古老傳統的手工藝與現代生活相碰撞，令年輕人亦認識到它曼妙的幾何之美，手鞠球亦隨之走進了人們的生活中。

美輪美奐的手鞠球，並不是可望而不可即的高冷藝術品，或僅用作懷古的收藏品，其實它是可以為人帶來歡樂的玩具，也是能讓製作者享受片刻寧靜的針線活，更是一個集歷史文化與美感於一身的生活伙伴。

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# 細看「行山潮」



▲ 鶴咀半島



5C 鄭曉藍

▲ 西高山

## 「行山潮」風靡全港

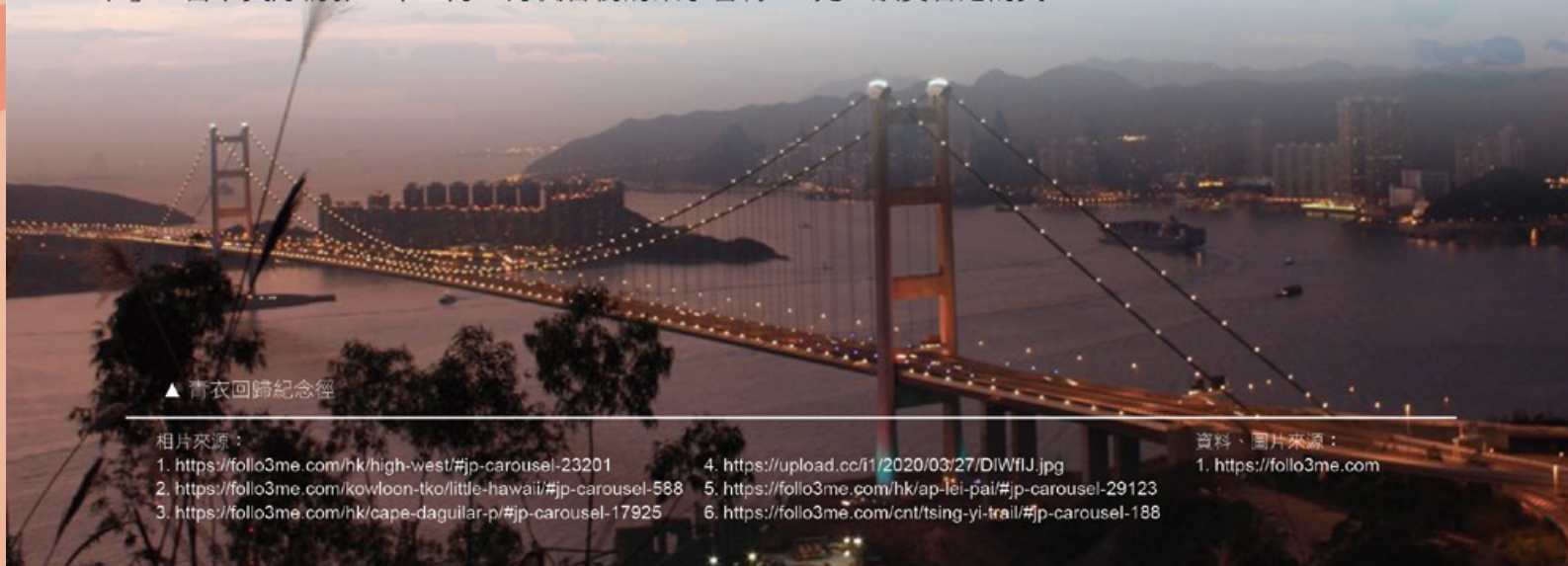
秋高氣爽，碧空如洗，微風輕拂，正是登高遠足的最佳時份。試想像您坐在山頂環視四周，山腳下的美景盡收眼簾，仰望萬里無雲，碧海藍天，豈不妙哉？試想像您與家人到郊外野餐燒烤，在品嚐美食的同時，又可以飽覽美景，聆聽鶯啼燕語與流水潺潺合奏的美樂，豈不樂哉？試想像您與三五好友結伴遠足，路途上大家互相鼓勵、互相扶持、互相幫助，流下的汗水代表著你與好友同行的時光，歡聲笑語伴隨整段遠足過程，豈不快哉？「行山」一直都是香港人的熱門餘暇興趣，大家都很享受攀援而登的過程，更享受山頂一望無際的旖旎風光。

近月本地疫情嚴峻，假日人們無法出國旅行，故此不少人會在香港尋找世外桃源，欣賞山野風光。例如三四月櫻花盛放的時候，落下的花瓣在空中翩翩起舞，淡淡的粉紅色遍佈山間、路上，令人眼前一亮。其實在香港也可以欣賞到日本櫻花盛放的仙境，很多人特意到郊區賞櫻，感受春天的畫意詩情。到了十月十一月，芒草會遍佈整個山頭，放眼望去，眼前一片白茫茫；微風掠過時，芒草在風中搖曳生姿，在陽光的照耀下，更會顯得金碧輝煌，極其壯觀。不少人會在這段時間登上大東山賞芒草，並在芒草海前「打卡」，留下美好倩影。十二月一月楓香樹的葉子會轉

為紅色，這葉子被稱為「紅葉」，每年它都會吸引不少人到元朗大棠賞楓。看著樹上豔紅的葉子，當中或會夾雜數片金黃的枯葉，這是天地間一種淒美的浪漫，也是秋冬山間一首醉人的交響樂。行山是一種老少咸宜的運動，市民可以到大自然呼吸新鮮的空氣，欣賞山清水秀的美景，同時藉此強身健體，舒展筋骨。在疫情期間，人們終日鬱悶在家，又不敢到人多密集之處，於是不少人決定走上山頭，呼吸新鮮空氣。在週末以及公眾假期，你會在不同的遠足景點看見到處人山人海。一些熱門的遠足勝地，例如大東山和龍脊，你更會看見人來人往，水泄不通的情形，一股「行山潮」已然誕生。究竟「行山潮」是利多於弊，還是弊多於利呢？

## 「行山潮」的好處

這股熱潮可以產生羊群效應，為社區塑造正面而健康的形象。「行山潮」鼓勵人們多做運動，同時改善他們的健康，增強他們的免疫力。人們會跟隨這股潮流，多參與遠足的活動。大眾可以體驗做運動的樂趣，減低感染疾病的風險，甚至可說有助於控制本地的疫情。遠足可使人們心曠神怡，遠離煩囂，讓人在繁忙的學業及工作中放鬆身心。除了能親近大自然，與動植物接觸，人們亦可盡情享受這滿目青山的風光，欣賞香港的美。



▲ 青衣回歸紀念徑

相片來源：

1. <https://follo3me.com/hk/high-west/#jp-carousel-23201>
2. <https://follo3me.com/kowloon-ko/little-hawaii/#jp-carousel-588>
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5. <https://follo3me.com/hk/ap-lei-pai/#jp-carousel-29123>
6. <https://follo3me.com/cnt/tsing-yi-trail/#jp-carousel-188>

資料、圖片來源：

1. <https://follo3me.com>





▲ 小夏威夷瀑布



▲ 良田坳峡谷

## 「行山潮」的弊病

遠足是長時間的運動，在炎熱的天氣下，為了舒適，不少人會脫下口罩。但正因為每個遠足景點均人頭攢動，這反而增加了傳播病毒的機會，有可能令疫情出現反彈。而且不少遠足者在山林間遺下不少垃圾，包括塑料瓶、膠袋，甚至口罩，衍生出各種污染及衛生問題。首先，這些垃圾可能會滋生害蟲，若有野生動物吞食了垃圾，會對牠們的健康構成威脅。垃圾問題嚴重影響了

生態環境和市容，更會增加病毒傳播的風險。

由此看來，究竟「行山潮」是利多於弊，還是弊多於利呢？筆者認為，只要我們各人在遠足時繼續保持防疫意識，保持適當的社交距離，帶走自己的垃圾，為保護環境出一分力，我深信「行山潮」一定是利多於弊的。

## 綜合所有資料，推薦三個你可能不認識的「行山」景點

### 1. 小夏威夷瀑布（位於將軍澳村後的將軍澳石澗）

「小夏威夷瀑布」顧名思義就是一個可以欣賞瀑布的景點，它的名字令人幻想自己好像置身於充滿夏日風情的夏威夷般寫意和舒適，行山者可以沿著小夏威夷徑走，俯視將軍澳村的景色，經過平安橋，遊覽水壩遺址，到達瀑布後，遊人可以感受瀑布的磅礴氣勢。

**難度：**\*\*

**景色評分：**\*\*\*

**路程：**2.5 公里

**行山路線：**將軍澳 > 小夏威夷徑 > 小夏威夷瀑布 > 心朗村 > 井欄樹

**注意事項：**瀑布附近的石頭比較濕滑，遊人需要注意安全，提防滑倒。

### 2. 菠蘿山「良田坳峡谷」（位於屯門山景邨和良景邨之間）

「良田坳峡谷」有「香港小峡谷」的美譽。行山者沿著良田坳水泥路向上行，穿過坳峡谷，向下行，可以走到下白泥。不少遊人會慕名而來，到下白泥觀賞日落，以及落日餘暉影射在海面的粼粼微波。

**難度：**\*\*\*

**景色評分：**\*\*\*\*

**路程：**5.5 公里

**行山路線：**良景邨 > 良田坳 > 良田坳峡谷 > 下白泥

**注意事項：**峡谷山勢高聳，小徑狹窄，遊人需要注意安全。

### 3. 鴨脷排（位於利東南方的連島沙洲）

遊人沿著小徑登上玉桂山，可到達鴨脷排，途中可飽覽山下高樓林立的美景。遊人可以欣賞碼頭、燈塔等景物，享受充滿歐陸風情的景緻。站在海傍，感受海風的吹拂，倍感愜意。

**難度：**\*\*\*\*

**景色評分：**\*\*\*\*

**路程：**4.5 公里

**行山路線：**利東邨 > 玉桂山 > 鴨脷排 > 198 號燈塔 > 利東邨

**注意事項：**部分路段設有輔助繩索，遊客可帶備手套幫助攀爬。

香港有不少景色怡人的行山勝地，大家不妨在閒暇時遊走香港的山頭，飽覽奇觀，欣賞大自然的風景，盡情享受香港的美。



▲ 鴨利排

資料和相片來源：  
<https://follo3me.com>

相片來源：  
<https://follo3me.com/hk/high-west/#jp-carousel-23201>  
<https://follo3me.com/kowloon-tko/little-hawaii/#jp-carousel-588>  
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<https://follo3me.com/hk/ap-lei-pai/#jp-carousel-29123>  
<https://follo3me.com/cnt/tsing-yi-trail/#jp-carousel-188>



# 從唐宋古文運動看八大家

5A 劉欣

4A 方彩玲

唐宋古文運動指的是發生於中唐及宋代的一場文體改革運動，運動主張反對唐代盛行的追求聲律、堆砌詞藻、內容空洞的駢文，及北宋初期着重技巧而輕內容的「西崑體」，而支持復興漢代以前的散文，亦即是「古文」。而古文創作中的佼佼者，除了有唐代的韓愈、柳宗元以外，亦包括宋代的歐陽修、王安石、曾鞏、蘇洵、蘇軾、蘇轍，他們合稱為「唐宋古文八大家」。

## 韓愈（唐 768 年 -824 年）

韓愈乃唐代古文運動的領導者。他反對文章刻意講究聲律、雕琢詞語，句式刻板欠靈活，提倡學習先秦兩漢散行單句的文章體裁，認為文章「言貴獨到」，須講求語言新穎、文從字順。他在多篇作品中大力宣傳古文體，如在《題（歐陽生）哀辭後》稱揚劉伋喜古文；又在《師說》中盛讚弟子李蟠好古文。他提出「文以載道」，其中的「道」就是指儒家思想，並借《進學解》、《原道》等作品闡明儒道，大力抨擊當時盛行的佛老學說。他所寫的散文用詞新穎，內容感情充沛，析理透闢。他身先士卒，大量創作古文，帶領著古文運動的前進。



## 柳宗元（唐 773 年 -819 年）

柳宗元乃唐代著名文學家。他認為駢文浮華而沒有骨力，並不實用，他學習三代文章的古樸特點，再結合魏晉文章的壯麗，融合成新的寫作風格。他提倡「文以明道」，強調文章應「有用於世」、「辭令褒貶」——能在政治社會中實際運用，表達褒揚或貶斥的態度，及「導揚諷諭」——通過描寫事物來進行諷刺、比喻，啟迪人心。他主張文章應「卓然自得」，即作者應有高超的見識。他的作品，如描寫自然山水風光的山水遊記《永州八記》，與諷刺辛辣的寓言《三戒》，皆為人所熟悉。柳宗元文章風格雄深雅健，峻潔精奇，為古文運動的發展建立了堅固的根基。

## 歐陽修（北宋 1007 年 -1072 年）

歐陽修是古代傑出的文學家，他被認為是宋代古文運動的領袖，是一代文壇宗師。他一生著作無數，文備眾體，自成一家，影響深遠。他備受南宋、明、清文人的推崇，八大家中的蘇洵、蘇軾、蘇轍、曾鞏、王安石更是他的門徒。他的文章理論，在韓柳的基礎上有所發展和創新，指導著北宋古文運動的健康發展。他認為文章應有精氣，文人能把精氣匯聚而成為思想，再進行創作，最後寫成的文章就能流傳後世。他的作品自然通俗，抑揚有致，情韻優美。其書信《上范司諫書》、《與高司諫書》，情意懇切動人；遊記《醉翁亭記》平易簡約；議論文《朋黨論》結構嚴密，論證獨特，在多種文體上皆有出色表現。



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### 蘇洵（北宋 1009 年 -1066 年）

蘇洵是北宋著名的文學家。他認為駢文之章句是無用之學，反對此文體及科舉。他曾鑽研古文多年，並創作了不少作品，其古文創作使當時的文風為之一變。他更提出不少古文理論，壯大了古文隊伍，令北宋古文運動更上層樓。蘇洵尤擅長策論，思維縝密，雄辯滔滔。其政論造詣高深，常對朝廷作出批判，見解一針見血。如其代表作《六國論》寫出了自己的政治見解，以戰國時期的局勢影射北宋時的政治問題。他的名作《權書》融合了治道、兵法和史論，內容博大精深，書中許多新穎的見解與古人大有不同。蘇洵於古文運動中地位極其重要，其提出之理論值得世人深入探討。



### 曾鞏（北宋 1019 年 -1083 年）

曾鞏是一位擅名兩宋、沾溉明清的文學家，亦是歐陽修的學生。他繼承了韓愈的明道理論，認為文章應「語則博而精，麗而不浮，其歸要不離於道」。對於文章風格，他主張講究辭章，反對雕章琢句。他認為文章若更改、雕琢太多，則會大為失色；認為文辭應文法自然而充滿生機，如同《館中祭丁元珍文》所說的「春陽滿野，萬物榮滋」，有勃勃朝氣。所以他的文章大多樸素沉實，沒有誇張華麗的文句。他的《墨池記》全文以記為輔，以議為主，借王羲之的成功帶出了學習的重要性，有別於以往宋人只重記敘的風格寫法，開辟出新的蹊徑。而《寄歐陽舍人書》、《福州上執政書》則被視為歷代書簡範文，敘事委婉深沉，語言簡潔凝練，結構極為嚴謹。



### 王安石（北宋 1021 年 -1086 年）

王安石是北宋偉大的政治家和文學家。他的散文、詩、詞皆有很高的造詣，尤以詩歌的成就最高。王安石不僅倡導古文，革新駢文。他認為駢文內容不切實際、詞語華而不實，不能實用，於是改造駢文。王安石文辭犀利，見解卓越。他的詩歌被稱為「王荊公體」，他的七言絕句更是獨樹一幟，新奇工巧，含蓄深婉，格調高遠。他的「政治詩」深深地打上了其政治生涯的烙印，能深刻反映當下的社會現象。其名詩作《明妃曲》借事議論，借古諷今，具深思卓見。其散文《遊褒禪山記》則以簡潔的文筆，糅合敘事、寫景、議論於一身，值得細意欣賞。



### 蘇軾（北宋 1037 年 -1101 年）

蘇軾是北宋著名的文學家。他才兼詩詞，文賦書畫俱精，為一時名家。其文既有詩的文采，又結合散文靈活變化的句式，有如行雲流水，搖曳多姿。他的作品融合了駢文和古文的優點，豐富了傳統古文的藝術表現力，為古文運動作出極大貢獻。蘇軾大力開拓詞的題材內容，增強了詞的生命力，將詞導向更廣闊之門。在蘇軾筆下，詞可以抒寫個人懷抱、離別相思、家國愁懷、悼亡傷逝……，如他的傳世之作《水調歌頭》表達了對弟弟的思念之情以及對人生聚散無常的無奈；《江城子》悼念亡妻；《念奴嬌》借赤壁懷古傷今；《定風波》借日常生活抒發個人懷抱……蘇軾的作品題材廣泛，風格雄渾奔放，令人耳目一新，對後世影響深遠。



### 蘇轍（北宋 1039 年 -1112 年）

蘇轍是北宋著名詩人和散文家。他曾批評駢文虛浮纖弱，內容奇異，聲律頹廢。他的文章長於評史議政，平暢疏宕，直率而富真情，結構嚴密，說服力強。其散文亦頗有特色，有一唱三歎的韻致，清秀靈傑。蘇轍的代表作《黃州快哉亭記》記敘了快哉亭的景色和得名的由來，並讚美蘇軾等人身處逆境仍樂觀自達、不以物違性的修養，文章結構清晰嚴密，寫景、記事、用典、述史一氣呵成，渾然一體。他在《懷渢池寄子瞻兄》一詩中不僅抒發了他與兄長惜別時的難捨之情，更表達了自己心中的疑惑和對人生的感慨，使人感觸良多。



# 我看《一九八四》

6B 余雅茵

《一九八四》是英國作家喬治·歐威爾於一九四九年出版的小說。在他創作的虛構世界中，世界被三個國家統治，而主角溫斯頓則身處於一個極權國家——大洋國。作為黨員之一，他在真理部進行篡改歷史及文教的工作，卻因工作而開始質疑黨的行為。後來，他因思想上對黨不夠忠誠而被思想警察拘捕，並在博愛部進行了思想改造，成為了一名愛國者。

「戰爭即和平，無知即力量，自由即奴役。」這三句充滿矛盾的話反覆出現在書中，尤其耐人尋味。

為何「戰爭即和平」？對黨來說，戰爭是手段，煽動民眾對外的仇恨則是目的，最重要的是維持戰爭的狀態，因為只要人民的仇恨一致對外，國家便和平了。帶著憎恨去看事情會使我們看不清事實，因為一旦我們的思想被情感主導，我們的看法會是偏頗的。故事中黨利用仇恨過來支配人民的憤怒，事實上，人們所憎恨的對象十分模糊，即使敵人在片刻之間從歐亞國變成了東亞國，仇恨週仍是如常繼續，而這種盲目的仇恨正正是推動人民效忠國家的燃料。在現今社會，網路成為了我們發表意見的渠道，不實的仇恨言論卻滿天飛，它們許多都是本於斷言，而非本於事實，但一些意圖不軌的發表者往往會訴諸情感以誤導他人，激起讀者的情緒之餘，也能更容易獲取認同。我們在網絡世界中應保持理性及求真，避免讓情緒主導我們的思考，受到煽動。

「無知即力量」這句話影射了愚民政策的力量。在故事中，像溫斯頓般仍具備獨立思考的人寥寥可數，人們都十分無知。而在極權國家中，人民的無知往往是最具威力的，只要人民不思考，人云亦云，便不會有任何反抗的意見，政權便能趨向穩定。溫斯頓的女友茱莉亞痛恨著黨，然而，每當溫斯頓談論起黨的教條，她都表現出一副無聊的姿態。後來，在她被拘捕時，她甚至第一時間出賣了溫斯頓，並欣然接受思想改造。雖然茱莉亞察覺到黨的黑暗面，但她做的一切僅僅是為了維護自身的利益而已，而她對政事漠不關心的態度則變相是在被動地接受政府的所作所為。故事中的人民只能接觸到經黨篩選的資訊，因此茅塞不通的愚民比比皆是，造成了盲從政府的風氣。在現今社會，我們有學習的機會，我們更應以開放的思維分析社會問題，從不同角度思考制度是否合理。若我們逃避政治，它將會像一個回力鏢般影響我們的日常生活，甚至影響我們的下一代。

要是說上述兩句是黨使用的手段，那麼「自由即奴役」則是黨的終極目標——完全控制人民的思想，因為黨追求絕對權力。自由與奴役恰好是兩種完全相反的概念，但當黨透過教育、媒體等手段宣傳這種主張，從來沒有體驗過自由的人民便會被蒙在鼓裏，並確信被奴役的自己是享有自由的。溫斯頓曾說：「到最後，黨可以宣布，二加二等於五，你就不得不相信它。」擁有權力，就有能力扭曲民眾的思想，因此權力分立尤其重要，這種做法

能防止執政機構濫權，從而避免獨裁者的出現。政權的產生本來就是為了維持社會和平與保障每個人都享有應有的權利，要是執政者將自己的私欲凌駕大眾的利益，便是失其本心，他們實在有必要審視當初執政的初心，因為濫用權力最終只會導致社會撕裂。

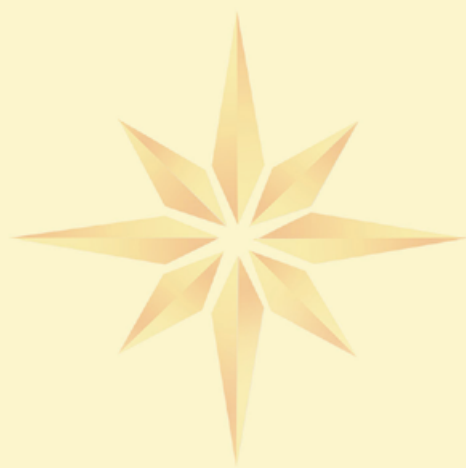
《一九八四》所虛構的世界彷彿是預知了未來。故事刻畫了極權國家的可怖，並揭露出人性的黑暗面，如執政者對權力的追求，以及人民的利己心態。此外，這本書亦告誡我們無知卻不自知的禍害，提醒我們要保持清醒，時刻思考。



圖片來源：  
天地圖書

[https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.cosmosbooks.com.hk%2Findex.php%3Froute%3Dproduct%2Fproduct%26product\\_id%3D988854753&psig=AOvVaw0xNC92urjDhvGNXrWSHCPO&ust=160644863388000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCIjIqvimm-OCFQAAAAAAdAAAAABBB](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.cosmosbooks.com.hk%2Findex.php%3Froute%3Dproduct%2Fproduct%26product_id%3D988854753&psig=AOvVaw0xNC92urjDhvGNXrWSHCPO&ust=160644863388000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCIjIqvimm-OCFQAAAAAAdAAAAABBB)





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