



**RESOURCES FOR ENGLISH**

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# 2026 MOCK WRITING Questions & CLO-based sentence breakdowns

1. 科技與社交媒體 (Technology & Social Media)
2. 心理健康與壓力 (Mental Health & Pressure)
3. 社會變遷與低生育率 (Social Trends & Low Birth Rate)
4. 環境保護與可持續生活 (Environment & Sustainability)
5. 職場與創業 (Workplace & Entrepreneurship)
6. 文化保育與傳承 (Cultural Heritage)
7. 教育與個人發展 (Education & Self-development)
8. 消費主義與生活模式 (Consumerism & Lifestyle)
9. 投訴與服務質素 (Complaints & Service Quality)
10. 人際關係與溝通 (Interpersonal Relationships)

Built on the 10 hottest themes and 11 major text types, this collection integrates past HKDSE trends, predicted topics, social media insights, big data, and the author's rich teaching experience.

Each question is carefully structured to match the HKDSE format and marking expectations, equipping students to prepare smarter and aim higher.

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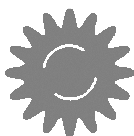
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**PART A**

For question 1-5, write about **200 words** in the space provided.

1. Your school recently organized a weekend ‘Digital Detox & Nature Wellness Camp’ to help students unplug from social media and improve their mental health. The organizers would appreciate it if you could fill out the following questionnaire to evaluate your experience.

### Wellness Camp Evaluation

- what was your motivation for enrolling in this camp?
- what aspects of the outdoor physical activities did you enjoy the most?
- are there any changes you would suggest to enhance the quality of this camp for future students?

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2. Your school has just received a special grant to promote physical health and community wellness among students. You have been asked by the principal to write a short essay for the school website to introduce the new ‘Sports for All’ campaign.

Write the short essay using the three paragraph headings provided below:

- the importance of staying active
- exciting new sports facilities at our school
- how students can get involved

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3. Examination season is coming, and many students in your school have said that they are feeling stressed, tired and under pressure. In response, your class teacher has asked your class to help promote a new ‘Stress-Management Corner’ set up by the Student Support Team.

You have been asked to write a notice for your class to introduce this new service.

Write a notice informing your classmates about the ‘Stress-Management Corner’. In your notice, you should:

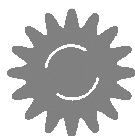
- explain why this support service is needed during exam season
- describe two services provided there
- tell students one way to seek help

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4. You are the Chairperson of the Student Sports Council. To address concerns about student stress and sedentary lifestyles, your school is launching a new ‘Lunchtime Mindful Movement’ initiative next month.

Write a memo to all students to promote this initiative. Your memo must include:

- a brief explanation of why physical and mental wellness are important during the school day.
- details of two sports or wellness activities that will be offered.



5. Your school is organizing its first-ever ‘Inclusive Family Sports Day’ to promote physical wellness and family bonding. As the Head of the Sports Committee, you have been asked by the Principal to write a notice to be placed on the school bulletin board and website.

Write a notice. Your notice must include:

- a brief explanation of the purpose of the event (promoting physical health and family relationships).
- details of two specific sports or fun athletic activities that are suitable for all ages and fitness levels.
- an engaging call to action encouraging students to register with their parents or grandparents.

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## Part B

For question 6-29, choose **ONE** question and write about **400 words** in the space provided. Indicate which question you are going to attempt in the question number box on answer sheet.

6. Hong Kong aims to boost tourism while supporting an aging population. However, many heritage sites lack accessibility for elderly and wheelchair users.

Write a proposal to the Cultural and Tourism Board suggesting two ways to promote ‘Barrier-free Cultural Tourism,’ ensuring that social inclusion is achieved in our cultural preservation efforts.

7. Sometimes unexpected events can reveal the kindness of strangers. Recently, many people in Hong Kong shared stories about how members of the community helped one another during a difficult situation.

Write a story describing an incident that shows how people were willing to support each other in times of need.

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8. The global trend of ‘Forest Schools’ promotes learning in natural environments instead of classrooms.

Write a blog post evaluating this trend. Discuss the potential benefits it could have on the physical and mental health of Hong Kong students, and the practical challenges of implementing this in a densely populated city.

9. Museums today go beyond displaying history and art. They use interactive technology, games, themed exhibitions, and social media to attract especially young visitors. While some welcome these changes, others worry museums may lose educational value if they focus too much on entertainment. Students are invited to share their views on this issue.

Write a short article for the school magazine entitled:  
‘Museums: education or entertainment?’

In your article, you should:

- discuss the main purpose of museums
- consider whether entertainment makes museums more appealing or less meaningful
- give your own view on what museums should aim to provide

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10. There is a rising global trend called ‘Plogging’ — picking up litter while jogging — which combines physical fitness with environmental protection. You are the Head Prefect.

Write a speech to propose an ‘Eco-Sports Day’ for your school. Explain what the event would involve and how it benefits both students’ personal health and sustainable living in the community.

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11. Tourism brings income, recognition, and support to local culture, helping traditions and heritage thrive. However, rapid growth may commercialise or damage cultural identity.

Write a letter to the editor on the topic:

‘Tourism helps culture — but also threatens it.’

In your letter, you should:

- explain how tourism can benefit culture
- discuss how tourism may also harm or weaken local traditions and identity
- support your views with relevant examples
- suggest how a balance can be achieved between cultural preservation and tourism development

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12. Teenagers’ identity was once shaped mainly by family and school, but social media now plays a major role. Some people therefore argue that social media now has a greater influence on young people’s identity than family and school. Others believe that family upbringing and school education still play the most important role.

Write an essay on the following topic:

‘Social media shapes identity more than family and school do.’ Discuss both views.

You may include:

- how identity is formed during the teenage years
- the influence of online platforms, trends and peer pressure
- the continuing role of parents, teachers and school values
- your own view on which influence is stronger

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13. Short-video platforms have become very popular among teenagers. While some parents believe these platforms distract students from their studies and family life, others think they can encourage creativity and social interaction.

Write a blog post discussing how students can use social media responsibly while maintaining a balance with their studies, family and social life.

14. The gig economy is rapidly growing, with many students preferring freelance work over traditional jobs. Your school’s Career and Life Planning Committee recently conducted a survey on senior students’ preferences regarding this trend.

Write a report summarizing the students’ views, explaining the reasons why the gig economy is attractive to youth, and recommending how schools can equip students with the future skills needed for this new landscape.



15. As Chairperson of the Youth Civic Leadership Club, you are going to introduce a 'Peer Mentorship Programme' to support immigrants and ethnic minority youths facing integration challenges.

Write a speech to launch a new 'Peer Mentorship Programme.' Explain the social issues these marginalized groups face, how the mentorship programme will work, and why it is the civic responsibility of young people to foster a socially inclusive society.

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16. Hong Kong is facing a rapidly aging population. In response, 'Gerontechnology' (technology designed specifically for the elderly, such as smart health-tracking watches, robotic companions, and automated home safety devices) is becoming a major trend.

Write an article for a local tech magazine explaining how these innovations improve the holistic well-being of the elderly and help them stay connected in today's digital network.

17. Hong Kong's iconic neon signs and traditional street-food stalls (Dai Pai Dongs) are considered valuable material cultural heritage. However, they are slowly disappearing from our streets due to urban redevelopment.

As a member of the local Heritage Preservation Society, write a proposal to the Tourism Board suggesting two practical initiatives to revitalize these cultural icons and use them to promote a unique 'Night Tourism' experience to overseas visitors.

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18. Your neighbourhood has a growing elderly population. However, some residents have pointed out that there are still not enough facilities and support measures to make daily life easier and safer for older people. The Caring Team is now collecting views from local residents on how the community can become more elderly-friendly. As a resident, you would like to share your opinion.

Write an email to your Caring Team captain suggesting one improvement that could make your neighbourhood more elderly-friendly. In your email, you should:

- describe a problem older residents are facing in the neighbourhood
- suggest one practical improvement
- explain how this change would benefit elderly people and the community as a whole

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19. Mobile phones, tablets and social media have become part of students' daily lives. Many students use screens not only for entertainment, but also for communication, study and relaxation. However, some parents and teachers are becoming increasingly concerned about the effects of too much screen time on students' health, concentration and social life.

Your school magazine is planning a feature on healthy student lifestyles and has invited students to share their views.

Write an article for the school magazine on the topic:

'Should schools limit students' screen time and social media use?'

In your article, you may discuss:

- why students spend so much time on screens and social media
- the possible benefits and drawbacks of limiting screen use at school
- whether schools have the right to control students' digital habits

20. Although many schools now provide counselling services, peer support programmes and academic guidance, some students still choose to deal with their problems alone. They may stay silent even when they are struggling with schoolwork, emotional stress, friendship problems or family pressure.

Your school magazine is preparing a special issue on student well-being and wants to publish an article on this topic.

Write an article entitled:

‘Why students don’t seek help — and how to change that.’

In your article, you should:

- explain why some students are unwilling to ask for help
- suggest ways schools, teachers, classmates and families can encourage students to speak up
- give your own views on how a more supportive school culture can be built

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21. For many years, some commentators have described Hong Kong as a ‘cultural desert’, suggesting that the city focuses mainly on business and commerce rather than arts and culture. However, others argue that Hong Kong actually possesses a vibrant cultural scene, including museums, festivals and traditional heritage.

Write an argumentative essay discussing whether the description of Hong Kong as a ‘cultural desert’ is fair. In your essay, you may consider:

- cultural institutions and infrastructure in Hong Kong
- international cultural events and artistic activities
- traditional heritage and community cultural initiatives

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22. Many young people today rely on AI-generated workout plans, fitness tracking smartwatches, and social media fitness influencers to guide their exercise routines.

Write a blog post evaluating this trend. Discuss the pros and cons of relying on technology and social media for physical training, and suggest solutions for maintaining a healthy, balanced mindset.

23. Traditional sports and martial arts (e.g., Lion Dance, Dragon Boat Racing, or Tai Chi) are considered valuable intangible cultural heritage. However, they are losing popularity among the younger generation.

As a youth representative for the Cultural Preservation Board, write a proposal recommending two ways to modernize and promote a traditional sport to both local youth and overseas tourists.

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24. To promote both cultural preservation and community health, your District Council is considering a proposal to transform an abandoned historical building into a training hub for traditional physical arts (such as Wing Chun, Tai Chi, and Dragon Dance).

As a youth consultant, write a report evaluating the feasibility of this project. Summarize the potential benefits for preserving intangible cultural heritage and improving the holistic well-being of local residents.



25. Some educators are proposing that popular commercial video games (such as sandbox building games or strategy-based E-sports titles) should be officially integrated into the school STEAM (Science, Technology, Engineering, Arts, and Mathematics) curriculum to teach future skills like problem-solving and coding. Others argue this will only worsen student screen-time issues and harm mental health.

Write an argumentative essay discussing both sides and stating your own stance on this educational trend.

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26. You recently completed a one-month ‘Green Collar’ summer internship working for a corporate sustainability department that helps businesses reduce their carbon footprint and adopt ESG (Environmental, Social, and Governance) practices.

Write a diary entry reflecting on this experience. Describe your most memorable task during the internship, what you learned about sustainable living, and how this has shaped your future career and life planning.

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27. Short-form ‘viral fitness challenges’ (e.g., 30-day ab challenges or extreme dance routines) are dominating platforms like TikTok and Instagram, heavily targeting young people.

Write an article for a youth health magazine exploring this phenomenon. Discuss the causes of its popularity, the potential positive and negative effects on teenagers’ physical health and body image, and suggest solutions for healthy social media usage.

28. You recently completed a one-week career shadowing program at a startup that designs and manufactures eco-friendly sports equipment using recycled materials.

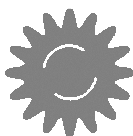
Write a diary entry reflecting on this experience. Discuss what you learned about environmental protection and how this exposure to a ‘green industry’ has influenced your future career and life planning.

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29. Driven by social media influencers, ‘Fast Fashion’—buying cheap, trendy clothing and discarding it after a few wears — has become a massive popular culture trend among young people. This practice is generating unprecedented amounts of solid waste and harming the environment.

Write a letter to the editor of the *Hong Kong Post* evaluating the environmental impact of this trend and suggesting two practical ways young people can adopt more sustainable living and consumption habits.

## END OF QUESTIONS FOR PART B



## CLO-based sentence breakdowns

### Q6) Proposal

#### Topic: Barrier-free Cultural Tourism

#### C — Content

1. Hong Kong should promote barrier-free cultural tourism because cultural heritage should be enjoyed by everyone, including the elderly and wheelchair users.  
香港應推動無障礙文化旅遊，因為文化遺產應該讓每一個人都能享受，包括長者和輪椅使用者。
2. At present, many heritage sites are difficult to access due to stairs, narrow paths and a lack of suitable facilities.  
目前，許多古蹟景點因為樓梯、狹窄通道及缺乏合適設施而難以進入。
3. This not only limits visitors' experiences but also weakens the idea of social inclusion.  
這不但限制了遊客的體驗，也削弱了社會共融的理念。
4. One practical suggestion is to upgrade physical facilities by adding ramps, lifts, handrails and barrier-free toilets.  
其中一個實際建議是提升硬件設施，例如增設斜道、升降機、扶手及無障礙洗手間。
5. Another suggestion is to introduce accessible guided tours with trained staff, audio support and wheelchair-friendly routes.  
另一個建議是推出無障礙導賞服務，包括受過訓練的職員、語音支援及適合輪椅使用者的路線。
6. In this way, more elderly visitors and people with disabilities can participate in cultural activities with dignity and convenience.  
這樣一來，更多長者和殘疾人士便能有尊嚴而方便地參與文化活動。
7. Moreover, improving accessibility can enhance Hong Kong's image as a caring and inclusive tourist destination.  
此外，提升無障礙程度能改善香港作為一個關懷與共融旅遊城市的形象。
8. Therefore, barrier-free cultural tourism should be regarded as an essential part of heritage preservation rather than an optional extra.  
因此，無障礙文化旅遊應被視為文化保育的重要部分，而不是可有可無的附加項目。

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#### L — Language

1. In terms of cultural development, true preservation should never exclude those with physical limitations.  
從文化發展的角度而言，真正的保育絕不應排除身體上有局限的人士。
2. Not only should heritage sites be historically valuable, but they should also be physically accessible to the public.  
古蹟景點不但要具備歷史價值，也應在實際上讓公眾可以進入。
3. By installing barrier-free facilities, Hong Kong can move closer to becoming a genuinely inclusive city.  
透過安裝無障礙設施，香港能更接近成為一個真正共融的城市。
4. It is both unfair and short-sighted to preserve culture in a way that prevents some citizens from experiencing it.  
以一種令部分市民無法體驗文化的方式去保育文化，既不公平，也欠缺遠見。
5. While some may argue that upgrading old sites is costly, social inclusion should be given higher priority.  
雖然有些人可能認為翻新舊建築成本高昂，但社會共融應有更高優先次序。
6. It is suggested that accessible guided tours be launched so that every visitor can appreciate local heritage more fully.  
建議推出無障礙導賞服務，好讓每位遊客都能更全面地欣賞本地文化遺產。
7. The more inclusive our cultural spaces become, the more meaningful our preservation efforts will be.  
我們的文化空間越共融，保育工作便越有意義。

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## O — Organization

### Introduction

1. I am writing to propose two practical ways to promote ‘Barrier-free Cultural Tourism’ in Hong Kong.  
本人寫信旨在提出兩項實際建議，以推動香港的「無障礙文化旅遊」。
2. As our city seeks to boost tourism while supporting an aging population, accessibility has become an urgent concern.  
隨着香港希望推動旅遊業，同時支援老齡化人口，無障礙問題已變得十分迫切。

### Body Paragraph 1

3. To begin with, many heritage sites remain difficult for elderly visitors and wheelchair users to access.  
首先，許多古蹟景點對長者及輪椅使用者來說仍然難以進入。
4. Therefore, the first recommendation is to improve physical facilities such as ramps, lifts and barrier-free rest areas.  
因此，第一項建議是改善實體設施，例如斜道、升降機及無障礙休息區。

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### Body Paragraph 2

5. Furthermore, accessibility should not be limited to physical design alone.  
此外，無障礙不應只局限於硬件設計。
6. The second recommendation is to offer inclusive guided tours with trained staff and accessible routes.  
第二項建議是提供具包容性的導賞服務，配合受訓人員及無障礙路線。

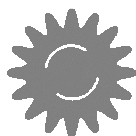
### Body Paragraph 3

7. With these improvements, more people will be able to enjoy Hong Kong’s cultural treasures equally.  
有了這些改善後，更多人便能平等地享受香港珍貴的文化資產。
8. This would not only benefit tourists but also reflect the values of a compassionate and inclusive society.  
這不但能惠及遊客，也能體現一個關懷而共融社會的價值。

### Conclusion

9. In conclusion, promoting barrier-free cultural tourism is both socially responsible and beneficial to Hong Kong’s image.  
總而言之，推動無障礙文化旅遊既是社會責任，也有利於香港形象。
10. I strongly hope the Board will consider these suggestions and take action in the near future.  
我衷心希望委員會考慮以上建議，並於不久將來採取行動。

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## Q7) Story

### Topic: Kindness of strangers in difficult times

#### C — Content

1. The story should centre on an unexpected event, such as a traffic accident, a blackout, or someone suddenly falling ill in public.  
這個故事應圍繞一件突發事件，例如交通意外、停電，或有人在公眾地方突然不適。
2. At first, the narrator may feel frightened, helpless or overwhelmed by the situation.  
起初，敘述者可以因情況而感到害怕、無助或不知所措。
3. Then, several strangers step forward to offer help without hesitation.  
接着，幾位陌生人毫不猶豫地站出來幫忙。
4. One person may call an ambulance, while another may comfort the victim or direct the crowd.  
其中一人可能會致電救護車，另一人則安慰傷者或指揮現場人群。
5. Their actions show that kindness still exists even in a fast-paced city.  
他們的行動顯示，即使在節奏急速的城市裏，善意仍然存在。
6. The narrator should describe not only what happened, but also how the event changed his or her view of the community.  
敘述者不但要描述事情經過，也要寫這件事如何改變自己對社區的看法。
7. By the end of the story, the narrator may feel deeply touched and more willing to help others in the future.  
到故事結尾時，敘述者可表達自己深受感動，並更願意在將來幫助別人。
8. In this way, the story will carry a meaningful message about mutual support in difficult times.  
這樣一來，故事便能帶出一個關於困境中互相扶持的有意義訊息。

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#### L — Language

1. Just as I was beginning to panic, a middle-aged woman rushed forward and asked if I was all right.  
正當我開始驚慌之際，一位中年女士衝上前來，問我是否安好。
2. What moved me most was not the seriousness of the incident, but the warmth shown by complete strangers.  
最令我感動的，不是事件本身有多嚴重，而是素未謀面的陌生人所表現出的溫暖。
3. Although Hong Kong is often seen as a busy and impersonal city, that day proved otherwise.  
雖然香港常被視為一個繁忙而冷漠的城市，但那一天卻證明事實並非如此。
4. Not only did they offer practical help, but they also gave me a sense of safety and hope.  
他們不但提供了實際幫助，也給了我安全感和希望。
5. Trembling with fear, I could hardly believe that so many people were willing to stop and care.  
我因害怕而顫抖，幾乎不敢相信竟有這麼多人願意停下來關心我。
6. It was at that moment that I realized kindness can appear when we least expect it.  
正是在那一刻，我明白了善意往往會在最意想不到的時候出現。
7. From that day onward, I have become more aware of the power of human compassion.  
自那天起，我更加意識到人性關懷的力量。

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## O — Organization

### Introduction

1. It was an ordinary afternoon until something unexpected suddenly happened.  
本來那只是一個平常的下午，直到一件突如其來的事情發生。
2. Within seconds, the peaceful atmosphere was replaced by confusion, fear and urgency.  
短短幾秒內，平靜的氣氛便被混亂、恐懼和緊張取代。

### Rising Action

3. At first, I did not know what to do, and I felt completely helpless.  
起初，我完全不知道該怎麼辦，只感到十分無助。
4. However, before I could react properly, several strangers came forward to help.  
然而，在我還未及作出適當反應之前，幾位陌生人已上前幫忙。

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### Climax

5. One of them stayed calm and called for emergency assistance immediately.  
其中一人保持冷靜，立即致電求助。
6. Meanwhile, others worked together to comfort those involved and keep the situation under control.  
與此同時，其他人齊心協力安撫相關人士，並控制現場情況。

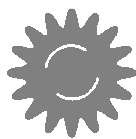
### Reflection

7. As I watched their actions, I felt deeply touched by their kindness and selflessness.  
當我看着他們的舉動時，我深深被他們的善良與無私所感動。
8. Their support reminded me that even in difficult moments, people are still willing to care for one another.  
他們的幫助提醒了我，即使在艱難時刻，人們仍願意彼此關懷。

### Conclusion

9. Looking back, that incident was frightening, yet it also restored my faith in humanity.  
回想起來，那件事固然可怕，但同時也重燃了我對人性的信心。
10. Since then, I have promised myself that I will offer help whenever others are in need.  
自此以後，我也答應自己，當別人有需要時，我一定會伸出援手。

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## Q8) Blog post

### Topic: Forest Schools in Hong Kong

#### C — Content

1. Forest Schools encourage students to learn outdoors in natural environments instead of traditional classrooms.  
森林學校鼓勵學生走出傳統課室，在自然環境中學習。
2. This trend may benefit Hong Kong students because outdoor learning can reduce stress and improve mental well-being.  
這個趨勢或可令香港學生受惠，因為戶外學習能減壓並改善心理健康。
3. It may also promote physical activity, curiosity and hands-on learning.  
它亦能促進身體活動、好奇心及實踐式學習。
4. For students who spend too much time indoors, this model offers a refreshing alternative.  
對於長時間留在室內的學生來說，這種模式提供了一個令人耳目一新的選擇。
5. However, implementing Forest Schools in Hong Kong is not easy because land is limited and urban density is high.  
然而，在香港推行森林學校並不容易，因為土地有限，而且城市密度高。
6. Safety concerns, weather conditions and transport arrangements may also create practical difficulties.  
安全問題、天氣情況及交通安排也可能造成實際困難。
7. Therefore, schools may need to adapt the concept by using country parks, eco-gardens or regular outdoor learning days.  
因此，學校可能需要調整這個概念，例如利用郊野公園、生態花園或定期戶外學習日。
8. In short, while the trend has clear advantages, local adaptation is essential if it is to work in Hong Kong.  
總而言之，雖然這個趨勢有明顯優點，但若要在香港實行，本地化調整是不可或缺的。

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#### L — Language

1. In educational terms, Forest Schools offer a learning experience that is both active and restorative.  
從教育角度來看，森林學校提供了一種既主動又具療愈性的學習體驗。
2. By learning in nature, students can develop not only knowledge, but also resilience, independence and emotional balance.  
透過在大自然中學習，學生不但能增長知識，也能培養抗逆力、獨立性和情緒平衡。
3. While the concept sounds highly appealing, its implementation in a densely populated city is far from simple.  
雖然這個概念聽起來相當吸引，但在高密度城市推行卻遠非簡單。
4. It is likely that limited land and safety concerns would become the main obstacles in Hong Kong.  
土地不足及安全疑慮很可能會成為香港的主要障礙。
5. Nevertheless, provided that schools make flexible arrangements, outdoor learning may still be feasible on a smaller scale.  
然而，只要學校作出靈活安排，較小規模的戶外學習仍有可能實行。
6. The more opportunities students have to reconnect with nature, the better their overall well-being is likely to be.  
學生越有機會重新與大自然連結，他們的整體身心狀況便越有可能改善。
7. It is therefore worth exploring this trend with caution, creativity and local awareness.  
因此，這個趨勢值得以謹慎、創意及本地意識去探索。

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## O — Organization

### Introduction

1. Recently, the idea of ‘Forest Schools’ has attracted growing attention around the world.  
近來，「森林學校」的概念在全球逐漸受到關注。
2. This educational trend raises an important question: could it benefit students in a city like Hong Kong?  
這個教育趨勢引出一個重要問題：它能否令香港這樣的城市學生受惠？

### Benefits

3. On the one hand, learning in natural settings may bring major physical and mental benefits.  
一方面，在自然環境中學習可能帶來重大的身心益處。
4. For example, it can reduce stress, encourage movement and make learning more engaging.  
例如，它可以減壓、鼓勵活動，並令學習更有趣味。

### Challenges

5. On the other hand, there are clear practical challenges to putting this idea into practice locally.  
另一方面，要在本地實行這個理念，明顯存在實際困難。
6. In particular, limited space, safety concerns and transport issues cannot be ignored.  
尤其是空間不足、安全疑慮及交通問題都不容忽視。

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### Evaluation

7. Even so, the concept should not be dismissed too quickly.  
即使如此，這個概念也不應過早被否定。
8. Instead, schools could consider adapting it in smaller and more realistic ways.  
相反，學校可考慮以較小規模及更切實可行的方式去調整和實行。

### Conclusion

9. All in all, Forest Schools have real potential, especially in promoting student well-being.  
總括而言，森林學校確實有其潛力，尤其在促進學生身心健康方面。
10. However, success in Hong Kong would depend on thoughtful planning and careful adaptation.  
然而，要在香港成功實行，則有賴周詳規劃及審慎調整。

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## Q9) School magazine article

### Topic: Museums: education or entertainment?

#### C — Content

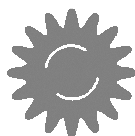
1. Museums have traditionally existed to preserve history, art and culture for public learning.  
博物館傳統上是為了保存歷史、藝術與文化，供公眾學習之用。
2. Their main purpose should be to educate visitors and deepen their understanding of the world.  
它們的主要目的應該是教育參觀者，並加深他們對世界的理解。
3. However, modern museums now use technology, games and themed exhibitions to attract more visitors, especially young people.  
然而，現代博物館現時會利用科技、遊戲及主題展覽來吸引更多遊客，尤其是年輕人。
4. These changes can make museums more appealing and interactive.  
這些改變可以令博物館更具吸引力和互動性。
5. At the same time, some people worry that too much entertainment may reduce the seriousness and educational value of exhibitions.  
與此同時，有些人擔心過多娛樂元素會削弱展覽的嚴肅性和教育價值。
6. In my view, museums should strike a balance between engagement and education.  
在我看來，博物館應在趣味性與教育性之間取得平衡。
7. Entertainment should be used as a tool to support learning rather than replace it.  
娛樂元素應被視為輔助學習的工具，而不是取代學習本身。
8. In this way, museums can remain meaningful while also staying relevant to younger generations.  
這樣一來，博物館便能在保持意義的同時，也對年輕一代保持吸引力。

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#### L — Language

1. From an educational point of view, museums should be more than places for casual amusement.  
從教育角度而言，博物館不應只是供人隨意消遣的地方。
2. Not only do they preserve valuable knowledge, but they also help shape cultural awareness among the public.  
它們不但保存寶貴知識，也有助培養公眾的文化意識。
3. While interactive technology may attract young visitors, it should not overshadow the educational mission of museums.  
雖然互動科技或可吸引年輕參觀者，但它不應蓋過博物館的教育使命。
4. It is understandable that museums wish to become more appealing in the digital age.  
可以理解的是，在數碼時代下，博物館希望變得更具吸引力。
5. However, if entertainment becomes the main focus, museums may gradually lose their deeper significance.  
然而，如果娛樂成為主要焦點，博物館可能會逐漸失去其更深層的意義。
6. The best museums are those that educate visitors while keeping them curious, engaged and inspired.  
最好的博物館，是那些既能教育參觀者，又能令他們保持好奇、投入和受啟發的地方。
7. It is this balance that museums should aim to achieve in the future.  
正是這種平衡，才是博物館未來應追求的目標。

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## O — Organization

### Introduction

1. Nowadays, many museums are changing the way they present history and culture.  
如今，許多博物館正改變它們展示歷史與文化的方式。
2. This has led to a debate over whether museums should focus more on education or entertainment.  
這引發了一場關於博物館應更着重教育還是娛樂的爭論。

### Main purpose of museums

3. To begin with, the original purpose of museums is to preserve knowledge and educate the public.  
首先，博物館原本的目的就是保存知識並教育公眾。
4. They serve as important spaces where people can learn about art, history and society.  
它們是讓人們了解藝術、歷史與社會的重要場所。

### Entertainment: positive side

5. Nevertheless, modern forms of presentation can make museums more attractive to visitors.  
然而，現代展示方式的確可以令博物館對參觀者更具吸引力。
6. Interactive exhibits and themed displays may encourage more young people to visit and learn.  
互動展品及主題展覽或能鼓勵更多年輕人參觀和學習。

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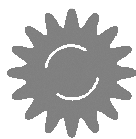
### Entertainment: possible downside

7. Even so, too much entertainment may weaken the educational value of museums.  
即使如此，過多娛樂元素可能削弱博物館的教育價值。
8. If visitors focus only on fun, they may miss the deeper meaning behind the exhibits.  
如果參觀者只着眼於趣味，他們便可能忽略展品背後更深層的意義。

### Conclusion

9. In my opinion, museums should remain educational at their core.  
我認為，博物館在本質上仍應以教育為核心。
10. At the same time, they should use creative methods to make learning more appealing and memorable.  
同時，它們亦應運用創新方法，令學習更吸引、更令人難忘。

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## Q10) Speech

### Topic: Eco-Sports Day / Plogging

#### C — Content

1. Eco-Sports Day is a meaningful idea because it combines physical exercise with environmental protection.  
環保運動日是一個有意義的構思，因為它結合了體育運動與環境保護。
2. One main activity could be plogging, in which students jog around the neighbourhood while picking up litter.  
其中一項主要活動可以是 plogging，即學生一邊在社區慢跑，一邊撿垃圾。
3. Another activity could be team-based eco challenges, such as sorting recyclables or completing green fitness tasks.  
另一項活動可以是團隊環保挑戰，例如分類可回收物或完成綠色體能任務。
4. This event would improve students' health by encouraging movement, teamwork and outdoor participation.  
這個活動能透過鼓勵活動、合作及戶外參與，提升學生健康。
5. It would also raise students' awareness of waste problems and sustainable living.  
它亦能提升學生對廢物問題及可持續生活的意識。
6. In addition, the event could strengthen students' sense of responsibility towards the local community.  
此外，這個活動能加強學生對本地社區的責任感。
7. By taking part, students would see that small actions can create positive environmental change.  
透過參與，學生會明白微小行動也能帶來正面的環境改變。
8. Therefore, Eco-Sports Day would benefit both individuals and society as a whole.  
因此，環保運動日將同時惠及個人及整個社會。

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#### L — Language

1. Not only would Eco-Sports Day promote physical fitness, but it would also encourage environmental responsibility.  
環保運動日不但能促進體能健康，也能培養環保責任感。
2. By turning exercise into a community service activity, the school can inspire students in a fresh and meaningful way.  
透過把運動變成一項社區服務活動，學校能以嶄新而有意義的方式啟發學生。
3. It is often argued that young people should do more for the environment, and this event offers a practical solution.  
有人常指出年輕人應為環境做得更多，而這個活動正提供了一個實際解決方法。
4. While traditional sports days focus mainly on competition, Eco-Sports Day would emphasize cooperation and sustainability.  
雖然傳統運動日主要着重競技，但環保運動日則會強調合作與可持續發展。
5. The more actively students participate in protecting their surroundings, the stronger their civic awareness will become.  
學生越積極參與保護周遭環境，他們的公民意識便會越強。
6. It would be far more meaningful for students to exercise with a purpose than to run without any social value.  
對學生來說，帶着目的去運動，遠比毫無社會價值地跑步更有意義。
7. Eco-Sports Day could, therefore, become a powerful example of healthy and sustainable living in action.  
因此，環保運動日可成為健康與可持續生活實踐的一個有力例子。

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## O — Organization

### Introduction

1. Good morning, Principal, teachers and fellow students.  
早安，校長、老師及各位同學。
2. Today, I would like to propose a new event called 'Eco-Sports Day' for our school.  
今天，我想為學校提出一項新活動，名為「環保運動日」。

### Why the event matters

3. In today's world, students need to care not only about their personal health but also about the environment around them.  
在今日世界，學生不但要關心個人健康，也要關注周遭環境。
4. For this reason, an event that combines fitness and sustainability would be especially meaningful.  
因此，一個結合體能與可持續理念的活動將特別有意義。

### What the event involves

5. To begin with, one highlight of the event would be plogging, which combines jogging with litter collection.  
首先，活動其中一個亮點會是 plogging，即把慢跑與撿垃圾結合起來。
6. In addition, students could take part in eco challenges and green teamwork activities.  
此外，學生亦可參與環保挑戰及綠色團隊活動。

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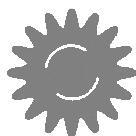
### Benefits

7. Through these activities, students would become healthier, more active and more socially responsible.  
透過這些活動，學生會變得更健康、更主動，也更具有社會責任感。
8. At the same time, the community would benefit from a cleaner and more environmentally aware atmosphere.  
與此同時，社區也會受惠於一個更整潔、更重視環保的氛圍。

### Conclusion

9. In short, Eco-Sports Day would be an exciting and worthwhile event for our school.  
總而言之，環保運動日會是一項既有趣又值得推行的校園活動。
10. I sincerely hope you will support this idea and join us in making a positive difference.  
我真誠希望大家支持這個構思，並與我們一起帶來正面改變。

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## Q11) Letter to the editor

**Topic: ‘Tourism helps culture — but also threatens it.’**

### C — Content

1. Tourism can benefit culture by bringing income, public attention and new opportunities for cultural exchange.  
旅遊業能透過帶來收入、公眾關注及新的文化交流機會而惠及文化。
2. When more visitors are attracted to a place, local traditions, festivals and crafts may gain wider recognition.  
當更多遊客被吸引到某地時，本地傳統、節慶及手工藝便可能獲得更廣泛的認識。
3. In some cases, tourism also encourages governments and communities to preserve heritage sites more carefully.  
在某些情況下，旅遊業亦會促使政府和社區更用心保護文化遺產。
4. However, rapid tourism growth may also commercialise culture and turn traditions into performances designed only for profit.  
然而，旅遊業快速增長也可能令文化商業化，把傳統變成只為牟利而設的表演。
5. If this happens, cultural practices may lose their original meaning and become superficial.  
如果出現這種情況，文化實踐便可能失去原有意義，變得流於表面。
6. In addition, overcrowding and overdevelopment may damage historic areas and weaken local identity.  
此外，人流過多及過度發展也可能破壞歷史區域，削弱本土身份。
7. A balance can be achieved if tourism is managed responsibly, with clear policies to protect local culture.  
如果旅遊業能以負責任的方式管理，並有清晰政策保護本地文化，便可取得平衡。
8. Therefore, tourism should support culture without overpowering or distorting it.  
因此，旅遊業應支援文化，而不是凌駕或扭曲文化。

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### L — Language

1. From a cultural perspective, tourism can serve as both a bridge and a threat.  
從文化角度而言，旅遊業既可以是橋樑，也可以是威脅。
2. Not only does it generate economic value, but it also increases public interest in local traditions.  
它不但創造經濟價值，也提升公眾對本地傳統的興趣。
3. While tourism may help heritage survive, uncontrolled growth can gradually weaken cultural authenticity.  
雖然旅遊業可能有助文化遺產延續，但失控的增長卻可能逐步削弱文化真實性。
4. It is often the case that traditions are simplified or commercialised in order to please tourists.  
很多時候，傳統會為迎合遊客而被簡化或商業化。
5. Such a trend is worrying because culture should be respected, not merely consumed.  
這種趨勢令人憂慮，因為文化應受到尊重，而不應只是被消費。
6. The more carefully tourism is managed, the more likely it is that culture can be preserved meaningfully.  
旅遊業管理得越審慎，文化便越有可能被有意義地保存下來。
7. It is this balance between development and preservation that policymakers should aim to achieve.  
正是這種發展與保育之間的平衡，才是政策制定者應追求的目標。

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## O — Organization

### Opening

1. I am writing to express my views on the statement, 'Tourism helps culture — but also threatens it.'  
本人來信是想表達我對「旅遊有助文化，但亦威脅文化」這一觀點的看法。
2. In my opinion, this statement is largely true, as tourism brings both opportunities and risks.  
我認為這個說法大致正確，因為旅遊業同時帶來機遇與風險。

### How tourism benefits culture

3. To begin with, tourism can play a positive role in cultural preservation and promotion.  
首先，旅遊業能在文化保育和推廣方面發揮正面作用。
4. It can provide financial support and wider recognition for local traditions and heritage.  
它為本地傳統及文化遺產帶來資金支持和更廣泛的認識。

### How tourism harms culture

5. However, tourism may also damage culture if it develops too rapidly or without proper control.  
然而，如果旅遊業發展得太快，或缺乏適當管制，它也可能損害文化。
6. In particular, traditions may be commercialised, and historic areas may lose their original character.  
尤其是，傳統可能被商業化，而歷史地區也可能失去原有特色。

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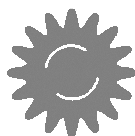
### Examples and evaluation

7. This shows that tourism is not always beneficial by nature.  
這顯示旅遊業並非天生一定有利。
8. Much depends on whether cultural identity is respected and protected during development.  
很大程度上取決於文化身份在發展過程中是否受到尊重和保護。

### Conclusion

9. In conclusion, tourism should be developed in a way that supports rather than exploits culture.  
總括而言，旅遊業應以支持文化而非利用文化的方式發展。
10. Only by striking a careful balance can we ensure that culture continues to thrive for future generations.  
唯有取得審慎平衡，我們才能確保文化得以延續，惠及下一代。

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**Q12) Essay****Topic: ‘Social media shapes identity more than family and school do.’****C — Content**

1. Identity during the teenage years is shaped by many factors, including family, school, friends and personal experiences.  
青少年時期的身份認同會受多種因素影響，包括家庭、學校、朋友及個人經歷。
2. Today, social media has become a major influence because teenagers spend a large amount of time online.  
如今，社交媒體已成為一個主要影響因素，因為青少年花大量時間在網上。
3. Online platforms expose them to trends, lifestyles, opinions and beauty standards that may affect how they see themselves.  
網上平台讓他們接觸到潮流、生活方式、觀點及審美標準，從而影響他們如何看待自己。
4. Peer pressure on social media can also encourage teenagers to seek approval through likes, followers and online attention.  
社交媒體上的同儕壓力亦會促使青少年透過讚好、追蹤人數及網上關注來尋求認同。
5. However, family still plays a key role by shaping values, behaviour and emotional security from an early age.  
然而，家庭仍扮演關鍵角色，因為它從小塑造價值觀、行為及情感安全感。
6. School also remains important because teachers, classmates and school values influence students’ attitudes and decisions.  
學校同樣重要，因為老師、同學及校園價值觀會影響學生的態度和決定。
7. In my view, social media now has a very strong influence, but family and school still provide the deeper foundation.  
我認為，社交媒體現時的影響力的確很強，但家庭與學校仍提供更深層的基礎。
8. Therefore, social media may shape identity quickly and visibly, while family and school shape it more steadily and fundamentally.  
因此，社交媒體或會快速而明顯地塑造身份認同，而家庭與學校則以更穩定、更根本的方式去塑造它。

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**L — Language**

1. In the digital age, identity is no longer shaped solely by face-to-face relationships.  
在數碼時代，身份認同已不再只是由面對面的關係所塑造。
2. Not only does social media influence how teenagers present themselves, but it also affects how they judge their own worth.  
社交媒體不但影響青少年如何展示自己，也影響他們如何衡量自身價值。
3. While online platforms can be powerful, the influence of family and school should not be underestimated.  
雖然網上平台的力量強大，但家庭與學校的影響也不應被低估。
4. It is often within the family that children first learn values such as respect, responsibility and empathy.  
孩子往往正是在家庭中首先學會尊重、責任感及同理心等價值。
5. Likewise, school provides a structured environment in which character and identity continue to develop.  
同樣地，學校提供一個有結構的環境，讓性格與身份持續發展。
6. The more teenagers depend on online approval, the more vulnerable their self-image may become.  
青少年越依賴網上認同，他們的自我形象便越容易變得脆弱。
7. On balance, social media may be the louder influence, but family and school remain the deeper ones.  
整體而言，社交媒體或許是更喧鬧的影響力，但家庭與學校仍是更深層的影響力。

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## O — Organization

### Introduction

1. In recent years, social media has become an increasingly powerful force in teenagers' lives.  
近年來，社交媒體已成為青少年生活中愈來愈強大的力量。
2. This has led many people to ask whether it now shapes identity more than family and school do.  
這令很多人開始思考，它是否已比家庭與學校更能塑造身份認同。

### View 1: social media is stronger

3. On the one hand, social media has a strong influence because teenagers spend so much time on it every day.  
一方面，社交媒體影響力很強，因為青少年每天都花很多時間在上面。
4. Through online trends, peer pressure and influencer culture, young people may change how they think and behave.  
透過網上潮流、同儕壓力及網紅文化，年輕人可能改變自己的思想和行為。

### View 2: family and school still matter

5. On the other hand, family and school continue to shape identity in important and lasting ways.  
另一方面，家庭與學校仍以重要而持久的方式塑造身份認同。
6. They provide values, guidance and emotional support that social media cannot fully replace.  
它們提供價值觀、指引與情感支持，而這些都不是社交媒體能完全取代的。

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### Evaluation

7. It is true that social media is highly visible and influential in daily life.  
誠然，社交媒體在日常生活中既顯眼又具影響力。
8. Even so, the deeper roots of identity are often formed through upbringing and education.  
即使如此，身份認同更深層的根源往往仍是透過成長背景與教育建立的。

### Conclusion

9. In my opinion, social media has become a major influence, but it does not fully outweigh family and school.  
我認為，社交媒體已成為主要影響力，但它仍未完全凌駕家庭與學校。
10. Ultimately, identity is shaped by all three, though in different ways and to different degrees.  
歸根究柢，身份認同其實是由這三者共同塑造，只是方式與程度各有不同。

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### Q13) Blog post

#### Topic: Using short-video platforms responsibly

#### C — Content

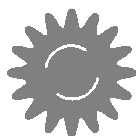
1. Short-video platforms are popular among teenagers because they are entertaining, fast-paced and easy to use.  
短片平台深受青少年歡迎，因為它們有趣、節奏快，而且容易使用。
2. They can encourage creativity, self-expression and social interaction.  
它們可以促進創意、自我表達及社交互動。
3. Some students also use them to learn new skills or discover useful information.  
有些學生亦會利用它們學習新技能或發掘有用資訊。
4. However, excessive use may distract students from their studies and reduce the time they spend with family.  
然而，過度使用可能令學生分心，影響學業，並減少與家人相處的時間。
5. It may also affect sleep, concentration and mental health if students become too dependent on online stimulation.  
如果學生過分依賴網上刺激，它亦可能影響睡眠、專注力及心理健康。
6. Therefore, students should use social media responsibly by setting time limits and choosing content carefully.  
因此，學生應透過設定時間限制及小心選擇內容，去負責任地使用社交媒體。
7. They should also make sure that study, family life and real-life friendships remain priorities.  
他們亦應確保學業、家庭生活及現實中的友情仍然是首要事項。
8. In this way, students can enjoy the benefits of social media without letting it control their lives.  
這樣一來，學生便能享受社交媒體的好處，而不會讓它控制自己的人生。

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#### L — Language

1. Short-video platforms can be both exciting and dangerous, depending on how they are used.  
短片平台既可以令人興奮，也可以帶來危險，視乎人們如何使用它們。
2. Not only do they provide entertainment, but they also offer a space for creativity and communication.  
它們不但提供娛樂，也提供創意與溝通的空間。
3. While these platforms may seem harmless, overuse can gradually affect students' daily habits and priorities.  
雖然這些平台看似無害，但過度使用可逐漸影響學生的日常習慣和優先次序。
4. It is important for students to control their screen time rather than allow algorithms to control them.  
學生重要的是管理自己的使用時間，而不是讓演算法反過來操控自己。
5. By developing self-discipline, young people can enjoy social media without becoming dependent on it.  
透過培養自律，年輕人可以享受社交媒體，而不致對它產生依賴。
6. The more balanced students are in their digital habits, the healthier their overall lifestyle will be.  
學生的數碼習慣越平衡，他們的整體生活方式便會越健康。
7. Responsible use, therefore, is not about rejection, but about moderation and awareness.  
因此，負責任的使用並非完全拒絕，而是關乎節制與意識。

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## O — Organization

### Introduction

1. Short-video platforms have become a major part of teenagers' everyday lives.  
短片平台已成為青少年日常生活的重要部分。
2. However, their popularity has raised concerns about how students can use them in a healthy way.  
然而，它們的流行也令人關注學生應如何健康地使用這些平台。

### Positive side

3. On the positive side, these platforms can support creativity, communication and even learning.  
從正面來看，這些平台能支援創意、溝通，甚至學習。
4. Many students enjoy creating content or exploring topics that interest them.  
許多學生喜歡創作內容，或探索自己感興趣的題材。

### Negative side

5. On the negative side, too much time on such platforms may harm students' studies and family life.  
從負面來看，在這些平台上花太多時間可能損害學生的學業及家庭生活。
6. In some cases, it may even affect sleep, concentration and emotional well-being.  
在某些情況下，它甚至可能影響睡眠、專注力及情緒健康。

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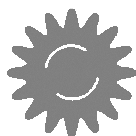
### Responsible use

7. For this reason, students need to use social media with balance and self-control.  
因此，學生需要以平衡和自制的方式使用社交媒體。
8. Setting time limits and keeping real-life responsibilities in mind are both essential.  
設定時間限制，並牢記現實生活中的責任，兩者都十分重要。

### Conclusion

9. In conclusion, short-video platforms can be useful and enjoyable if students use them wisely.  
總括而言，只要學生明智地使用短片平台，它們可以既有用又有趣。
10. What matters most is not whether students use social media, but whether they can keep it in proper balance.  
最重要的不是學生有沒有使用社交媒體，而是他們能否保持適當平衡。

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## Q14) Report

### Topic: The gig economy and future skills

#### C — Content

1. The gig economy is becoming more attractive to young people because it offers flexibility and independence.  
零工經濟對年輕人愈來愈有吸引力，因為它提供彈性和自主性。
2. Many students prefer freelance work because they can choose their schedule and explore different interests.  
許多學生偏好自由工作，因為他們可以選擇自己的工作時間，並探索不同興趣。
3. Some also believe that gig work allows them to gain practical experience earlier.  
有些人也認為零工工作讓他們能更早獲得實際經驗。
4. However, this type of work may also involve uncertainty, unstable income and limited protection.  
然而，這類工作亦可能伴隨不穩定、收入浮動及保障不足等問題。
5. Therefore, schools should help students understand both the opportunities and the risks of this trend.  
因此，學校應幫助學生了解這個趨勢的機遇與風險。
6. They should equip students with future skills such as communication, adaptability, financial literacy and digital competence.  
學校應裝備學生未來技能，例如溝通能力、適應力、理財能力及數碼能力。
7. Career guidance should also prepare students for a working world that is becoming more flexible and less predictable.  
生涯規劃輔導亦應讓學生為一個更靈活、更難預測的工作世界做好準備。
8. In this way, students can make informed decisions about their future career paths.  
這樣一來，學生便能對未來職業路向作出有根據的決定。

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#### L — Language

1. In today's fast-changing economy, many young people are no longer attracted only to traditional career paths.  
在今日急速轉變的經濟環境中，許多年輕人已不再只被傳統職業道路所吸引。
2. Not only does the gig economy offer flexibility, but it also gives students a stronger sense of autonomy.  
零工經濟不但提供彈性，也給予學生更強的自主感。
3. While such work can be exciting, it may also expose young people to financial insecurity and job instability.  
雖然這類工作可以令人感到新鮮刺激，但它也可能使年輕人面對財務不穩及工作不穩定。
4. It is therefore essential for schools to prepare students for a more fluid employment landscape.  
因此，學校有必要讓學生為一個更流動的就業環境作好準備。
5. Skills such as communication, adaptability and problem-solving are likely to become increasingly important.  
溝通、適應及解難等技能很可能會變得愈來愈重要。
6. The better students understand this new landscape, the more confidently they will be able to plan ahead.  
學生越了解這個新環境，便越能有信心地規劃未來。
7. Schools should, therefore, do more than offer information; they should cultivate readiness and resilience.  
因此，學校不應只提供資訊，更應培養學生的準備能力和抗逆力。

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## O — Organization

### Introduction

1. This report aims to summarize senior students' views on the growing gig economy.  
本報告旨在總結高年級學生對日益擴張的零工經濟的看法。
2. It will also explain why this trend appeals to youth and recommend how schools can respond.  
它亦會解釋這個趨勢為何吸引年輕人，並建議學校如何作出回應。

### Findings: students' views

3. According to the survey, many students are interested in freelance work because it offers freedom and flexibility.  
根據調查，許多學生對自由工作感興趣，因為它提供自由與彈性。
4. They also appreciate the opportunity to explore different roles and interests.  
他們亦重視可以探索不同角色和興趣的機會。

### Reasons for attraction

5. One major reason for this trend is that young people value independence more than before.  
這個趨勢其中一個主要原因，是年輕人比以往更重視獨立性。
6. In addition, digital platforms have made freelance work more visible and accessible.  
此外，數碼平台令自由工作變得更顯眼，也更易接觸。

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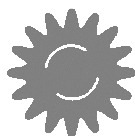
### Recommendations

7. To respond to this trend, schools should provide stronger career guidance and practical skill training.  
為回應這個趨勢，學校應提供更完善的生涯規劃及實用技能訓練。
8. Financial literacy, communication skills and digital readiness should all be included.  
理財能力、溝通技巧及數碼準備都應包括在內。

### Conclusion

9. In conclusion, the gig economy offers both opportunities and challenges for young people.  
總括而言，零工經濟為年輕人帶來機遇與挑戰。
10. Schools must prepare students to face this new reality with awareness, skill and confidence.  
學校必須幫助學生以意識、能力及信心面對這個新現實。

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## Q15) Speech

### Topic: Peer Mentorship Programme for immigrants and ethnic minority youths

#### C — Content

1. Immigrant and ethnic minority youths often face integration challenges such as language barriers, social isolation and limited opportunities.  
移民及少數族裔青年常面對融入困難，例如語言障礙、社交孤立及機會有限。
2. Some may also struggle to adapt to a new school environment or feel excluded from the wider community.  
有些人也可能難以適應新的校園環境，或感到被主流社群排斥。
3. A Peer Mentorship Programme can help by pairing them with student mentors who offer guidance and friendship.  
朋輩導師計劃可以透過安排學生導師提供指導與友誼來幫助他們。
4. The mentors can support them in school life, communication, emotional adjustment and participation in activities.  
導師可以在校園生活、溝通、情緒適應及活動參與方面支援他們。
5. This programme would also promote mutual understanding between students from different backgrounds.  
這個計劃亦可促進來自不同背景學生之間的互相理解。
6. In this way, it benefits not only marginalized youths but the school community as a whole.  
這樣一來，它不但有助邊緣化青年，也有利整個校園社群。
7. Young people have a civic responsibility to foster inclusion and speak up for those who may feel unheard.  
年輕人有公民責任去促進共融，並為那些可能感到自己聲音被忽略的人發聲。
8. Therefore, this programme is both a practical support system and a meaningful step towards a more inclusive society.  
因此，這個計劃既是一個實際支援系統，也是邁向更共融社會的重要一步。

Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14 Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14

#### L — Language

1. In a diverse society, inclusion should be treated as a responsibility rather than a slogan.  
在一個多元社會中，共融應被視為責任，而非口號。
2. Not only do marginalized youths face practical difficulties, but they may also suffer from loneliness and a lack of belonging.  
邊緣化青年不但面對實際困難，也可能承受孤獨感和缺乏歸屬感。
3. By launching a Peer Mentorship Programme, we can offer support in a way that is personal, meaningful and sustainable.  
透過推行朋輩導師計劃，我們能以個人化、有意義而可持續的方式提供支援。
4. It is often through friendship and everyday guidance that true inclusion begins.  
真正的共融，往往正是從友誼與日常指導開始。
5. While policies are important, human connection is equally essential.  
雖然政策很重要，但人與人之間的連結同樣不可或缺。
6. The more students learn to understand one another, the more united and compassionate our society will become.  
學生越懂得彼此理解，我們的社會便會越團結、越富同情心。
7. It is this spirit of civic responsibility that young people should embrace and put into action.  
正是這種公民責任精神，才是年輕人應擁抱並付諸實行的。

Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14 Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14

## O — Organization

### Opening

1. Good morning, teachers and fellow students.  
早安，各位老師和同學。
2. Today, I am honoured to introduce our new 'Peer Mentorship Programme'.  
今天，我很榮幸向大家介紹我們全新的「朋輩導師計劃」。

### Social issues

3. In our community, some immigrant and ethnic minority youths still face serious integration challenges.  
在我們的社區中，一些移民及少數族裔青年仍面對嚴重的融入困難。
4. These may include language barriers, social isolation and difficulty adapting to school life.  
這些困難可能包括語言障礙、社交孤立及難以適應校園生活。

### How the programme works

5. To address these issues, the programme will pair student mentors with youths who need support.  
為了解決這些問題，這個計劃將安排學生導師與有需要的青年配對。
6. Mentors will offer guidance, friendship and practical help in both school and community life.  
導師會在校園及社區生活中提供指導、友誼及實際幫助。

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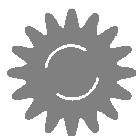
### Why youth should care

7. As young citizens, we have a duty to care for those who may feel excluded or unheard.  
作為年輕公民，我們有責任關心那些可能感到被排斥或被忽視的人。
8. By supporting one another, we can help build a more inclusive and compassionate society.  
透過彼此支持，我們能協助建立一個更共融、更有同理心的社會。

### Conclusion

9. I sincerely hope all of you will support this meaningful initiative.  
我真誠希望大家都支持這項有意義的計劃。
10. Let us work together to ensure that no young person is left behind.  
讓我們一起努力，確保沒有任何年輕人被遺下。

Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14 Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14 Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14



## Q16) Article for a local tech magazine

### Topic: Gerontechnology and the elderly in Hong Kong

#### C — Content

1. Gerontechnology refers to technology designed to improve the lives of elderly people.  
銀髮科技是指專為改善長者生活而設計的科技。
2. In Hong Kong, this trend is becoming more important because the population is aging rapidly.  
在香港，這個趨勢變得愈來愈重要，因為人口正迅速老化。
3. Devices such as smart health watches can help elderly people monitor their heart rate, sleep quality and physical activity.  
智能健康手錶等裝置可以幫助長者監察心率、睡眠質素及身體活動。
4. Robotic companions may reduce loneliness by offering interaction, reminders and emotional comfort.  
機械陪伴裝置可透過互動、提醒及情感安慰來減少長者的孤獨感。
5. Automated home safety devices, such as fall detectors and smart alarms, can make daily life safer.  
自動家居安全裝置，例如跌倒感應器和智能警報器，可以令日常生活更安全。
6. These innovations support not only physical health but also mental and emotional well-being.  
這些創新不但支援身體健康，也照顧心理及情緒健康。
7. They also help the elderly stay connected with family members and the wider digital world.  
它們亦幫助長者與家人及更廣闊的數碼世界保持聯繫。
8. Therefore, gerontechnology has great potential to enhance the holistic well-being of the elderly in modern society.  
因此，銀髮科技在提升現代社會長者整體福祉方面具有巨大潛力。

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#### L — Language

1. In a rapidly aging society, technology can no longer be designed only for the young.  
在一個迅速老化的社會中，科技已不能只為年輕人而設計。
2. Not only can gerontechnology improve safety and health, but it can also restore confidence and independence.  
銀髮科技不但能改善安全與健康，也能重建信心和獨立性。
3. By making daily tasks easier, such innovations enable elderly people to live with greater dignity.  
透過令日常工作變得更容易，這些創新使長者能更有尊嚴地生活。
4. It is particularly valuable in a city like Hong Kong, where family members may not always be available to provide constant care.  
在像香港這樣的城市中，家人未必能時刻照顧長者，因此它尤其有價值。
5. While some elderly people may initially resist unfamiliar technology, proper support can help them adapt.  
雖然有些長者起初可能抗拒陌生科技，但適當支援能幫助他們適應。
6. The more accessible and user-friendly these devices become, the more likely older adults are to benefit from them.  
這些裝置越容易使用、越容易接觸，長者便越有可能從中受惠。
7. Gerontechnology should, therefore, be seen not merely as innovation, but as a form of social care.  
因此，銀髮科技不應只被視為創新，更應被視為一種社會照顧方式。

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## O — Organization

### Introduction

1. Hong Kong is facing a rapidly aging population, and this has created new social and technological needs.  
香港正面對人口迅速老化，這帶來了新的社會及科技需要。
2. One important response to this trend is the rise of gerontechnology.  
對這個趨勢其中一個重要回應，就是銀髮科技的興起。

### Examples of technology

3. To begin with, a wide range of devices has been developed to support elderly people in daily life.  
首先，現時已發展出多種裝置來支援長者的日常生活。
4. These include smart health-tracking watches, robotic companions and automated home safety systems.  
這些包括智能健康追蹤手錶、機械陪伴裝置及自動家居安全系統。

### Benefits

5. Such innovations can improve the elderly's physical safety, emotional well-being and independence.  
這些創新可以改善長者的身體安全、情緒健康及自主能力。
6. They also help older people remain connected to their families and the digital world around them.  
它們亦幫助長者與家人及周邊數碼世界保持聯繫。

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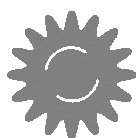
### Challenges / evaluation

7. Of course, some elderly people may need time and support to become comfortable with new technology.  
當然，有些長者可能需要時間和支援，才能適應新科技。
8. Even so, the overall value of gerontechnology should not be underestimated.  
即使如此，銀髮科技的整體價值仍不應被低估。

### Conclusion

9. In conclusion, gerontechnology is improving the quality of life of many elderly people in Hong Kong.  
總括而言，銀髮科技正改善香港許多長者的生活質素。
10. As technology continues to develop, it should be used to build a safer, kinder and more inclusive society for older adults.  
隨着科技繼續發展，我們應利用它為長者建立一個更安全、更友善、更共融的社會。

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**Q17) Proposal to the Tourism Board****Topic: Revitalizing neon signs and Dai Pai Dongs for night tourism****C — Content**

1. Hong Kong's neon signs and Dai Pai Dongs are valuable forms of material cultural heritage.  
香港的霓虹招牌和大牌檔是珍貴的物質文化遺產。
2. They reflect the city's unique street culture, history and identity.  
它們反映了香港獨特的街頭文化、歷史與身份。
3. However, many of these cultural icons are disappearing because of urban redevelopment and modern regulations.  
然而，由於城市重建及現代法規，許多這些文化標誌正逐漸消失。
4. One practical initiative is to create designated 'heritage night streets' where restored neon signs and traditional food stalls can be showcased together.  
其中一項實際建議，是設立指定「文化夜遊街區」，把修復後的霓虹招牌和傳統大牌檔一同展示。
5. Another initiative is to launch guided night tours with storytelling, local food tasting and cultural explanations.  
另一項建議是推出夜間導賞團，配合故事講解、本地美食試食及文化介紹。
6. These initiatives would attract overseas visitors who are looking for authentic local experiences.  
這些措施能吸引尋找地道本土體驗的海外旅客。
7. At the same time, they would help preserve and revitalize disappearing cultural symbols.  
同時，它們亦能幫助保育和活化逐漸消失的文化象徵。
8. Therefore, promoting night tourism through these icons would benefit both heritage preservation and the tourism industry.  
因此，透過這些文化標誌推動夜間旅遊，將同時有利文化保育和旅遊業。

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**L — Language**

1. In cultural terms, few symbols represent old Hong Kong more vividly than neon signs and Dai Pai Dongs.  
從文化角度來看，沒有多少象徵比霓虹招牌和大牌檔更能鮮明地代表舊香港。
2. Not only do they preserve the memory of the city, but they also offer a visually and culturally rich experience for visitors.  
它們不但保存了城市記憶，也為遊客提供視覺上和 cultural 上都豐富的體驗。
3. By revitalizing these icons, Hong Kong can strengthen its cultural identity while enriching its tourism appeal.  
透過活化這些文化標誌，香港能在鞏固文化身份的同時，提升旅遊吸引力。
4. It is regrettable that such meaningful features are disappearing from our streets so quickly.  
如此有意義的特色正迅速從街道上消失，實在令人惋惜。
5. While redevelopment may be necessary, it should not come at the cost of cultural erasure.  
雖然重建或屬必要，但不應以抹去文化為代價。
6. The more creatively these traditions are presented, the more likely they are to attract both local and overseas audiences.  
這些傳統越有創意地被呈現，便越有可能吸引本地及海外觀眾。
7. It is therefore worth investing in initiatives that preserve heritage while bringing it back to life.  
因此，投資於既能保育文化遺產又能令其重現生機的措施，是非常值得的。

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## O — Organization

### Introduction

1. I am writing to propose two practical initiatives to revitalize Hong Kong's neon signs and Dai Pai Dongs.  
本人寫信旨在提出兩項實際建議，以活化香港的霓虹招牌和大牌檔。
2. These cultural icons could play an important role in promoting a unique night tourism experience.  
這些文化標誌可以在推動獨特夜間旅遊體驗方面發揮重要作用。

### Problem background

3. At present, both neon signs and traditional street-food stalls are disappearing from our city.  
目前，霓虹招牌和傳統街頭食檔都正逐漸從香港消失。
4. As a result, part of Hong Kong's cultural identity is also fading away.  
因此，香港的一部分文化身份亦正逐漸流失。

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### Initiative 1

5. The first initiative is to create designated heritage night streets featuring restored signs and selected Dai Pai Dongs.  
第一項建議是設立指定文化夜遊街區，展示修復後的招牌及精選大牌檔。
6. This would allow visitors to enjoy an authentic atmosphere that reflects old Hong Kong.  
這將讓遊客體驗到能反映舊香港風貌的地道氛圍。

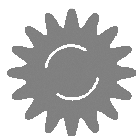
### Initiative 2

7. The second initiative is to offer guided night tours with storytelling and local food tasting.  
第二項建議是推出配合故事講解及本地美食試食的夜間導賞團。
8. Such tours would make the experience more educational, engaging and memorable.  
這類導賞團會令整個體驗更具教育意義、更吸引、也更令人難忘。

### Conclusion

9. In conclusion, these two initiatives would help preserve cultural heritage while boosting tourism.  
總括而言，這兩項措施能在推動旅遊業的同時，協助保存文化遺產。
10. I sincerely hope the Tourism Board will consider them and take action to bring these icons back to life.  
我真誠希望旅遊發展局考慮這些建議，並採取行動讓這些文化標誌重現生機。

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## Q18) Email

### Topic: One improvement for an elderly-friendly neighbourhood

#### C — Content

1. Many elderly residents face daily difficulties because the neighbourhood does not fully meet their needs.  
許多年長居民在日常生活中遇到困難，因為社區未能完全配合他們的需要。
2. One common problem is the lack of sufficient seating areas in public spaces and along walking routes.  
其中一個常見問題，是公共地方及步行路線沿途缺乏足夠的座位。
3. Older residents may become tired easily and need places to rest when going to the market, clinic or park.  
長者在前往街市、診所或公園時，容易感到疲累，因此需要地方休息。
4. A practical improvement would be to install more benches with shelter in key areas of the neighbourhood.  
一項實際改善建議，是在社區重要位置增設有遮蔭的長椅。
5. This change would make daily movement safer, more comfortable and less stressful for elderly people.  
這項改變會令長者日常出行更安全、更舒適，也減少壓力。
6. It would also encourage them to go out more often and remain socially connected.  
這亦會鼓勵他們更常外出，並保持社交聯繫。
7. As a result, the whole neighbourhood would become more caring, accessible and age-friendly.  
結果，整個社區都會變得更關懷、更方便，也更適合長者生活。
8. Therefore, improving public seating is a simple but meaningful way to support elderly residents.  
因此，改善公共座位是一個簡單但有意義的方式，去支援長者居民。

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#### L — Language

1. In an aging community, even small environmental changes can make a big difference.  
在一個老齡化社區中，即使是細小的環境改變，也能帶來巨大影響。
2. Not only do elderly residents need safety, but they also need comfort and dignity in daily life.  
長者居民不但需要安全，也需要日常生活中的舒適與尊嚴。
3. By installing more benches in public areas, the neighbourhood can become far more accessible and welcoming.  
透過在公共地方增設長椅，社區可以變得更方便，也更具有親和力。
4. It is easy for younger people to overlook such needs, as they do not face the same physical limitations.  
年輕人很容易忽略這些需要，因為他們未面對相同的身體限制。
5. While the improvement may seem simple, its positive impact on the elderly could be considerable.  
雖然這項改善看似簡單，但它對長者帶來的正面影響卻可能相當大。
6. The more age-friendly our public spaces become, the more inclusive our community will be.  
我們的公共空間越適合長者，社區便會越共融。
7. It is therefore worth making this small investment for the well-being of the whole neighbourhood.  
因此，為了整個社區的福祉，作出這項小投資是十分值得的。

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## O — Organization

### Opening

1. Dear Caring Team Captain,  
親愛的關愛隊隊長：
2. I am writing to suggest one improvement that could make our neighbourhood more elderly-friendly.  
我寫這封電郵，是想提出一項可令我們社區更適合長者生活的改善建議。

### Problem

3. At present, many older residents find it tiring and inconvenient to walk around the area.  
目前，許多長者在區內步行時感到疲累及不便。
4. This is mainly because there are not enough places for them to sit and rest along the way.  
這主要是因為沿路沒有足夠地方讓他們坐下休息。

### Suggestion

5. To address this problem, I would suggest installing more benches in key public areas.  
為了解決這個問題，我建議在主要公共地點增設更多長椅。
6. If possible, these benches should also include shelter from the sun and rain.  
如果可以，這些長椅亦應設有遮蔭或避雨設施。

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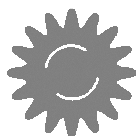
### Benefits

7. This improvement would make the neighbourhood safer and more comfortable for elderly residents.  
這項改善會令社區對長者而言更安全、更舒適。
8. It would also encourage them to go outdoors more often and stay socially active.  
它亦會鼓勵他們更常外出，並保持社交活躍。

### Closing

9. I hope this suggestion will be taken into consideration.  
我希望這項建議能獲得考慮。
10. Thank you for your attention, and I look forward to seeing our community become more age-friendly.  
多謝你的關注，我期待看到我們的社區變得更適合長者生活。

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**Q19) School magazine article****Topic: Should schools limit students' screen time and social media use?****C — Content**

1. Students spend a great deal of time on screens because digital devices are used for study, communication, entertainment and relaxation.  
學生花很多時間在螢幕上，因為數碼裝置被用於學習、溝通、娛樂及放鬆。
2. Social media has also become a major part of teenagers' daily lives and friendships.  
社交媒體亦已成為青少年日常生活及友情的重要部分。
3. Some people believe schools should limit screen time in order to protect students' health and concentration.  
有些人認為學校應限制螢幕時間，以保護學生的健康和專注力。
4. This may reduce distraction, encourage face-to-face interaction and improve classroom discipline.  
這樣做可能減少分心、鼓勵面對面交流，並改善課堂紀律。
5. However, too much control may be unrealistic because technology is now part of learning and modern life.  
然而，過度管制可能不切實際，因為科技已成為學習及現代生活的一部分。
6. Some students may also feel that schools should not have the right to control their personal digital habits completely.  
有些學生亦可能認為，學校不應完全控制他們個人的數碼習慣。
7. In my view, schools should guide students towards balanced use rather than impose overly strict limits.  
在我看來，學校應引導學生達至平衡使用，而不是施加過分嚴厲的限制。
8. In this way, students can develop healthier habits while still benefiting from technology.  
這樣一來，學生便能在受惠於科技的同時，培養更健康的使用習慣。

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**L — Language**

1. Screens have become so deeply embedded in student life that complete restriction is neither practical nor desirable.  
螢幕已深深融入學生生活，以致全面限制既不實際，也不可取。
2. Not only do students use digital devices for entertainment, but they also depend on them for study and communication.  
學生不但用數碼裝置作娛樂，也依賴它們來學習和溝通。
3. While limiting screen use at school may bring certain benefits, it may also create tension if carried out too strictly.  
雖然限制學生在校內使用螢幕可能帶來某些好處，但若執行得太嚴格，也可能造成矛盾。
4. It is more effective to teach responsible use than simply to ban or restrict access.  
與其單純禁止或限制使用，教導學生負責任地運用科技會更有效。
5. By developing digital self-discipline, students can learn to manage technology in a mature way.  
透過培養數碼自律，學生能學會以成熟方式管理科技。
6. The more wisely young people use screens, the less likely they are to suffer from distraction and dependency.  
年輕人越明智地使用螢幕，他們便越不容易受分心及依賴所困。
7. Schools should, therefore, aim to educate rather than control whenever possible.  
因此，學校在可能情況下應以教育為主，而非控制。

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## O — Organization

### Introduction

1. Mobile phones, tablets and social media are now part of most students' daily routines.  
手機、平板電腦及社交媒體現已成為大多數學生日常生活的一部分。
2. This has led to an important debate over whether schools should limit students' screen time.  
這引發了一場重要辯論：學校是否應限制學生的螢幕時間。

### Why students use screens so much

3. To begin with, students use screens for many different purposes, including study, communication and relaxation.  
首先，學生使用螢幕有很多不同用途，包括學習、溝通及放鬆。
4. As a result, screen use cannot simply be seen as a bad habit.  
因此，螢幕使用不能被簡單視為一種壞習慣。

### Benefits of limiting use

5. At the same time, some limits may help reduce distraction and improve students' concentration.  
與此同時，某些限制可能有助減少分心，並提升學生的專注力。
6. They may also encourage students to interact more with others in real life.  
它們亦可能鼓勵學生在現實生活中與他人有更多互動。

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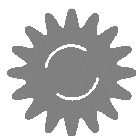
### Drawbacks / rights issue

7. However, overly strict control may not be fair or effective in the long run.  
然而，過分嚴厲的管制從長遠來看未必公平，也未必有效。
8. Schools should guide students' habits, but they should not try to control every aspect of students' personal lives.  
學校應引導學生的習慣，但不應企圖控制學生私人生活的每一方面。

### Conclusion

9. In my opinion, schools should encourage healthy digital habits rather than impose harsh rules.  
我認為，學校應鼓勵健康的數碼習慣，而不是施加苛刻規則。
10. A balanced approach would better prepare students for life in a technology-driven world.  
一種平衡的做法會更能幫助學生為科技主導的世界作好準備。

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**Q20) School magazine article****Topic: Why students don't seek help — and how to change that****C — Content**

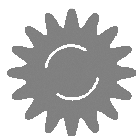
1. Some students do not seek help because they are afraid of being judged as weak or incapable.  
有些學生不尋求幫助，是因為他們害怕被人視為軟弱或無能。
2. Others may worry that their problems are too personal or too unimportant to share.  
另一些學生則可能擔心自己的問題太私人，或不值得提出。
3. In addition, some students may have little trust in adults or may not know where to turn for support.  
此外，有些學生可能對成年人缺乏信任，或根本不知道該向誰求助。
4. Schools can encourage students to speak up by creating a safe, non-judgmental environment.  
學校可以透過營造一個安全、沒有批判的環境來鼓勵學生開口求助。
5. Teachers, classmates and family members should listen with patience and respond with empathy.  
老師、同學及家人應耐心聆聽，並以同理心回應。
6. Peer support programmes and regular emotional check-ins may also help students feel less alone.  
朋輩支援計劃及定期情緒關顧，也可幫助學生減少孤立感。
7. In my view, a supportive school culture can be built only when help-seeking is treated as a strength rather than a weakness.  
在我看來，只有當求助被視為一種力量而非弱點時，支持性的校園文化才能真正建立。
8. Therefore, changing attitudes is just as important as providing support services.  
因此，改變態度與提供支援服務同樣重要。

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**L — Language**

1. Many students remain silent not because they have no problems, but because they are afraid to reveal them.  
許多學生保持沉默，不是因為他們沒有問題，而是因為害怕把問題說出來。
2. Not only can fear prevent students from seeking help, but shame and uncertainty can do the same.  
恐懼不但會阻止學生求助，羞恥感與不確定感也會如此。
3. While schools may already offer support services, students will not use them if they do not feel emotionally safe.  
雖然學校可能已提供支援服務，但如果學生在情感上不感到安全，他們便不會使用這些服務。
4. It is often easier for students to stay silent than to risk feeling embarrassed or misunderstood.  
對學生來說，保持沉默往往比冒着尷尬或被誤解的風險開口更容易。
5. By normalizing help-seeking, schools can gradually create a more open and caring culture.  
透過將求助正常化，學校能逐步建立一種更開放、更關懷的文化。
6. The more students see support as something ordinary and acceptable, the more likely they are to speak up.  
學生越視支援為普通而可接受的事，他們便越有可能願意開口。
7. A truly supportive school is one in which students are never made to feel ashamed of struggling.  
一所真正具支持性的學校，是一所不會令學生因為有困難而感到羞恥的學校。

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## O — Organization

### Introduction

1. Although many schools provide support services, some students still choose to deal with their problems alone.  
雖然許多學校都提供支援服務，但有些學生仍選擇獨自面對問題。
2. This raises an important question: why are so many students unwilling to ask for help?  
這引出一個重要問題：為何這麼多學生不願意求助？

### Reasons

3. One reason is that students may fear being judged by others.  
其中一個原因，是學生可能害怕被他人批評。
4. Some also worry that their problems will not be taken seriously or understood properly.  
有些學生亦擔心自己的問題不會被認真看待，或無法被真正理解。

### How to change it

5. To change this situation, schools need to create a safer and more open atmosphere.  
要改變這個情況，學校需要營造更安全、更開放的氛圍。
6. Teachers, classmates and families should all play a role in encouraging students to speak honestly.  
老師、同學和家人都應在鼓勵學生坦誠表達方面發揮作用。

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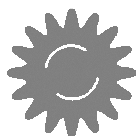
### Supportive school culture

7. In addition, schools should make support more visible and easier to access.  
此外，學校應令支援服務更顯眼，亦更容易接觸。
8. Most importantly, help-seeking should be treated as a sign of courage rather than weakness.  
最重要的是，求助應被視為勇氣的表現，而不是軟弱的象徵。

### Conclusion

9. In conclusion, students are more likely to seek help when they feel safe, respected and understood.  
總括而言，當學生感到安全、受尊重和被理解時，他們便更有可能求助。
10. Building such a culture takes time, but it is essential for student well-being.  
建立這樣的文化需要時間，但對學生福祉而言卻是不可或缺的。

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**Q21) Argumentative essay****Topic: Is Hong Kong a ‘cultural desert’?****C — Content**

1. Some commentators describe Hong Kong as a ‘cultural desert’ because they believe the city focuses more on business than on the arts.  
有些評論者形容香港為「文化沙漠」，因為他們認為這座城市較着重商業而非藝術。
2. This view may seem reasonable at first, especially in a fast-paced and highly commercial society.  
這種看法乍看之下似乎有其道理，特別是在一個節奏急速而高度商業化的社會中。
3. However, Hong Kong does have many cultural institutions, such as museums, performance venues and heritage sites.  
然而，香港其實擁有一些文化機構，例如博物館、表演場地及文化遺址。
4. It also hosts international cultural events, art festivals and exhibitions that attract both local and overseas audiences.  
香港亦舉辦國際文化活動、藝術節及展覽，吸引本地和海外觀眾。
5. In addition, traditional heritage, local crafts and community cultural projects continue to exist across different districts.  
此外，傳統文化遺產、本地手藝及社區文化項目仍在不同地區延續。
6. The problem may not be the total absence of culture, but rather unequal public awareness and participation.  
問題也許不在於文化的完全缺乏，而在於公眾認知和參與並不平均。
7. In my view, calling Hong Kong a ‘cultural desert’ is too simplistic and unfair.  
我認為，把香港稱為「文化沙漠」過於簡化，也並不公平。
8. A more accurate view is that Hong Kong has a vibrant but often underappreciated cultural scene.  
更準確的說法應是，香港擁有活躍但常被低估的文化景象。

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**L — Language**

1. To describe Hong Kong as a ‘cultural desert’ is, in many ways, an oversimplification.  
把香港形容為「文化沙漠」，在很多方面都是一種過分簡化。
2. Not only does the city possess major cultural infrastructure, but it also supports a wide range of artistic activities.  
香港不但擁有重要的文化基建，也支持多元的藝術活動。
3. While commerce undoubtedly plays a dominant role in the city, culture has never been entirely absent.  
雖然商業毫無疑問在香港佔主導地位，但文化從未完全缺席。
4. It is often the case that culture exists in less visible, less celebrated forms within everyday community life.  
很多時候，文化是以較不顯眼、較少被歌頌的形式存在於日常社區生活之中。
5. From the perspective of public perception, the issue may lie more in neglect than in non-existence.  
從公眾觀感的角度來看，問題可能更多在於忽視，而非不存在。
6. The more closely we examine Hong Kong’s cultural life, the harder it becomes to call it empty.  
我們越仔細審視香港的文化生活，便越難說它是空洞的。
7. It is therefore more reasonable to say that Hong Kong’s culture is overlooked rather than absent.  
因此，較合理的說法是香港文化被忽視，而不是不存在。

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## O — Organization

### Introduction

1. For many years, some people have described Hong Kong as a ‘cultural desert’.  
多年來，有些人一直把香港形容為「文化沙漠」。
2. This description suggests that the city values commerce far more than arts and culture.  
這個說法暗示香港重商多於重視藝術與文化。

### Why some people think so

3. On the one hand, this view is understandable in a city known for finance, business and rapid development.  
一方面，對於一個以金融、商業及高速發展聞名的城市來說，這個看法並非完全不能理解。
4. Many people may feel that cultural life is overshadowed by economic concerns and practical priorities.  
很多人可能覺得文化生活被經濟考慮和實際優先事項蓋過了。

### Why the description is unfair

5. On the other hand, Hong Kong does have a rich and varied cultural scene.  
另一方面，香港其實擁有豐富而多元的文化景象。
6. Its museums, festivals, heritage sites and community arts projects all show that culture is still alive.  
其博物館、藝術節、文化遺址及社區藝術項目都顯示文化仍然充滿生機。

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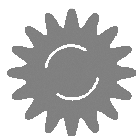
### Evaluation

7. Therefore, the issue may not be whether Hong Kong has culture at all.  
因此，問題未必是香港到底有沒有文化。
8. Rather, it may be whether people are willing to notice, support and participate in it.  
相反，問題可能在於人們是否願意留意、支持和參與其中。

### Conclusion

9. In my opinion, calling Hong Kong a ‘cultural desert’ is unfair and misleading.  
我認為，把香港稱為「文化沙漠」既不公平，也容易誤導。
10. Hong Kong may be commercially driven, but it still possesses a cultural life that deserves greater recognition.  
香港或許由商業驅動，但它仍擁有值得更多肯定的文化生命力。

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## Q22) Blog post

### Topic: AI workout plans, smartwatches and fitness influencers

#### C — Content

1. Many young people now rely on AI-generated workout plans, smartwatches and fitness influencers to guide their exercise routines.  
如今，不少年輕人依靠 AI 生成的健身計劃、智能手錶及健身網紅來指導自己的運動習慣。
2. These tools can be helpful because they offer convenience, motivation and personalised feedback.  
這些工具有其幫助，因為它們提供方便、動力及個人化回饋。
3. Smartwatches can track steps, heart rate and sleep patterns, helping users monitor their progress more easily.  
智能手錶可以追蹤步數、心率及睡眠模式，幫助使用者更容易掌握進度。
4. AI workout plans may also give structured guidance to beginners who do not know where to start.  
AI 健身計劃亦可為不知從何入手的初學者提供有系統的指引。
5. However, overreliance on technology and social media may create pressure, unhealthy comparison and unrealistic body expectations.  
然而，過度依賴科技及社交媒體可能造成壓力、不健康比較及不切實際的身形期望。
6. Some advice given by influencers may not be professional, safe or suitable for everyone.  
一些網紅給出的建議也未必專業、安全，或適合所有人。
7. Therefore, users should treat technology as a helpful tool rather than a replacement for professional judgment and self-awareness.  
因此，使用者應把科技視為有用工具，而不是取代專業判斷及自我認知的東西。
8. A healthy mindset can be maintained by focusing on long-term well-being instead of numbers, trends or appearance alone.  
要維持健康心態，應着重長遠福祉，而不是只看數字、潮流或外表。

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#### L — Language

1. Technology has transformed fitness into something that is more measurable, shareable and accessible than ever before.  
科技已把健身變成一件比以往更可量化、更可分享及更易接觸的事情。
2. Not only can digital tools motivate users, but they can also create pressure if used uncritically.  
數碼工具不但能推動使用者，也可能在缺乏批判思考下造成壓力。
3. While AI and smart devices can provide useful guidance, they should not replace common sense or professional advice.  
雖然 AI 和智能裝置可以提供有用指引，但它們不應取代常識或專業意見。
4. It is easy for young people to become obsessed with numbers, appearance or online approval.  
年輕人很容易沉迷於數字、外表或網上認同。
5. By keeping fitness goals realistic and personal, users can enjoy the benefits of technology without harming their mental health.  
透過把健身目標保持在現實和個人化的範圍內，使用者便能享受科技好處，同時不損害心理健康。
6. The more balanced one's mindset is, the less likely it is that fitness will turn into stress or insecurity.  
一個人的心態越平衡，健身便越不容易演變成壓力或不安。
7. Technology should, therefore, support healthy living rather than define self-worth.  
因此，科技應支援健康生活，而不是界定一個人的自我價值。

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## O — Organization

### Introduction

1. Technology and social media are changing the way young people approach fitness.  
科技及社交媒體正改變年輕人接觸健身的方式。
2. Today, many rely on AI workout plans, smartwatches and online influencers for exercise advice.  
今日，很多人依靠 AI 健身計劃、智能手錶及網上網紅獲取運動建議。

### Advantages

3. On the positive side, these tools can make fitness more convenient, structured and motivating.  
從正面來看，這些工具能令健身變得更方便、更有系統，也更具推動力。
4. They may be especially useful for beginners who need guidance and encouragement.  
對需要指引和鼓勵的初學者來說，它們尤其有用。

### Disadvantages

5. However, there are also risks in relying too much on technology and social media.  
然而，過分依賴科技及社交媒體也有風險。
6. Unrealistic body standards, misleading advice and unhealthy comparison can all do harm.  
不切實際的身形標準、誤導性建議及不健康比較，都可能造成傷害。

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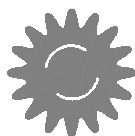
### Solutions

7. For this reason, users should approach such tools with balance and critical thinking.  
因此，使用者應以平衡及批判思考的態度去看待這些工具。
8. They should focus on overall health and personal progress rather than online trends or perfection.  
他們應着重整體健康及個人進步，而不是網上潮流或完美形象。

### Conclusion

9. In conclusion, technology can be a useful partner in fitness, but it should not become a source of pressure or obsession.  
總括而言，科技可以成為健身上的有用夥伴，但不應變成壓力或執念的來源。
10. A healthy and balanced mindset remains far more important than any device or online influence.  
健康而平衡的心態，始終比任何裝置或網上影響都更為重要。

Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14 Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14 Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14



## Q23) Proposal

### Topic: Modernising and promoting a traditional sport

#### C — Content

1. Traditional sports such as Tai Chi, Dragon Boat Racing and Lion Dance are important forms of intangible cultural heritage.  
太極、龍舟競渡及舞獅等傳統運動，都是重要的非物質文化遺產。
2. However, many young people today find them old-fashioned or less exciting than modern sports and digital entertainment.  
然而，今天不少青年人覺得它們過時，或不及現代運動及數碼娛樂吸引。
3. One way to modernise a traditional sport is to promote it through social media, short videos and youth-friendly campaigns.  
將傳統運動現代化的方法之一，是透過社交媒體、短片及青年化宣傳去推廣。
4. This can make the sport look more dynamic, relatable and appealing to younger audiences.  
這能令該運動看起來更有活力、更貼近生活，也更吸引年輕觀眾。
5. Another way is to combine traditional elements with interactive workshops, performances or tourist experiences.  
另一個方法，是把傳統元素與互動工作坊、表演或旅遊體驗結合起來。
6. In this way, both local youth and overseas tourists can learn about the sport through active participation.  
這樣一來，本地青年和海外旅客都能透過親身參與去了解這項運動。
7. Such efforts would help preserve cultural heritage while keeping it relevant in the modern world.  
這些努力能在保育文化遺產的同時，讓它在現代世界保持相關性。
8. Therefore, modernisation should be seen as a way to revitalize tradition rather than weaken it.  
因此，現代化應被視為活化傳統的方法，而不是削弱傳統。

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#### L — Language

1. Traditional sports deserve preservation not only because they are old, but because they carry cultural meaning.  
傳統運動值得保存，不但因為它們古老，更因為它們承載文化意義。
2. Not only do they reflect history and identity, but they also offer unique experiences that modern sports cannot replace.  
它們不但反映歷史與身份，也提供現代運動無法取代的獨特體驗。
3. While tradition should be respected, it must also be presented in ways that appeal to younger generations.  
雖然傳統應受到尊重，但它亦必須以吸引年輕一代的方式呈現。
4. By using social media and interactive promotion, cultural heritage can become more visible and engaging.  
透過運用社交媒體及互動推廣，文化遺產可變得更顯眼、更吸引。
5. It would be a mistake to assume that young people reject tradition completely.  
假設年輕人完全拒絕傳統，將會是一個錯誤。
6. The more creatively a traditional sport is modernised, the more likely it is to survive and thrive.  
一項傳統運動越有創意地被現代化，它便越有可能生存並發展下去。
7. It is therefore essential to preserve heritage with imagination as well as respect.  
因此，以想像力和尊重並重的方式去保存文化遺產，是十分必要的。

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## O — Organization

### Introduction

1. I am writing to recommend two ways to modernise and promote a traditional sport.  
本人寫信是想建議兩種方法，去現代化並推廣一項傳統運動。
2. This is important because many forms of intangible cultural heritage are becoming less popular among young people.  
這一點十分重要，因為許多非物質文化遺產在年輕人當中正逐漸失去吸引力。

### Why the issue matters

3. Traditional sports are more than physical activities; they are expressions of history, identity and community spirit.  
傳統運動不只是體育活動，它們更是歷史、身份及社群精神的展現。
4. If they continue to decline, an important part of our culture may gradually disappear.  
如果它們持續式微，我們文化中重要的一部分可能會逐漸消失。

### Recommendation 1

5. The first recommendation is to promote the sport through social media and digital content.  
第一項建議，是透過社交媒體及數碼內容推廣這項運動。
6. This would help present it in a more modern, exciting and youth-friendly way.  
這會有助以更現代、更有趣及更迎合年輕人的方式去呈現它。

Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14 Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14 Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14

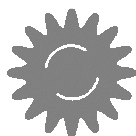
### Recommendation 2

7. The second recommendation is to create interactive workshops and tourist experiences related to the sport.  
第二項建議，是設立與這項運動相關的互動工作坊及旅遊體驗。
8. Such activities would attract both local youth and overseas visitors through direct participation.  
這類活動能透過親身參與吸引本地青年及海外旅客。

### Conclusion

9. In conclusion, traditional sports can be preserved more effectively if they are modernised with care and creativity.  
總括而言，只要以審慎和創意的方式現代化，傳統運動便能更有效地被保存。
10. I sincerely hope these suggestions will help keep our cultural heritage alive and relevant.  
我真誠希望這些建議能協助我們的文化遺產保持生命力和時代感。

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## Q24) Report

### Topic: Historical building as a hub for traditional physical arts

#### C — Content

1. Transforming an abandoned historical building into a training hub for traditional physical arts is a promising idea.  
把一座被荒置的歷史建築改建為傳統身體藝術訓練中心，是一個具潛力的構思。
2. It could help preserve intangible cultural heritage such as Wing Chun, Tai Chi and Dragon Dance.  
它可幫助保存詠春、太極及舞龍等非物質文化遺產。
3. At the same time, it would provide residents with opportunities to improve their physical and mental well-being.  
同時，它亦會為居民提供改善身心健康的機會。
4. Traditional physical arts can promote fitness, discipline, cultural understanding and intergenerational learning.  
傳統身體藝術能促進體能、紀律、文化理解及跨代學習。
5. The project could also give new life to an unused building and strengthen the district's cultural identity.  
這個項目亦可為一座閒置建築注入新生命，並加強地區文化身份。
6. However, the feasibility of the plan would depend on funding, maintenance, safety and public interest.  
然而，計劃是否可行，仍取決於資金、維修、安全及公眾興趣。
7. If these factors are managed well, the hub could become a valuable space for both heritage preservation and community wellness.  
如果這些因素處理得宜，這個中心可成為兼顧文化保育與社區健康的重要空間。
8. Therefore, the proposal deserves serious consideration and careful planning.  
因此，這項建議值得被認真考慮及仔細規劃。

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#### L — Language

1. Revitalising a historical building in this way would be both culturally meaningful and socially beneficial.  
以這種方式活化一座歷史建築，既具有文化意義，也有社會效益。
2. Not only could the project preserve traditional physical arts, but it could also promote healthier living among local residents.  
這個項目不但可以保存傳統身體藝術，也能推動本地居民過更健康的生活。
3. By bringing heritage and wellness together, the hub would serve more than one important purpose.  
透過把文化遺產與健康結合起來，這個中心將發揮多於一項的重要功能。
4. It is rare for a single project to support preservation, education and public well-being at the same time.  
一個項目能同時支援保育、教育及公眾福祉，其實並不常見。
5. While practical concerns such as cost and maintenance must be considered, the long-term value could be considerable.  
雖然成本及維修等實際問題必須納入考慮，但它的長遠價值可能相當可觀。
6. The more actively the community participates, the more sustainable the project is likely to become.  
社區參與得越積極，這個項目便越有可能持續發展。
7. It is therefore worth evaluating the proposal not only in financial terms, but also in cultural and social terms.  
因此，評估這項建議時，不應只看財政層面，也應看文化和社會層面。

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## O — Organization

### Introduction

1. This report evaluates the feasibility of transforming an abandoned historical building into a training hub for traditional physical arts.  
本報告旨在評估把一座被荒置的歷史建築改建為傳統身體藝術訓練中心的可行性。
2. It will consider both cultural and community-related benefits, as well as possible challenges.  
報告將考慮文化及社區方面的益處，以及可能面對的挑戰。

### Potential benefits: heritage

3. To begin with, the project could help preserve valuable forms of intangible cultural heritage.  
首先，這個項目能有助保存珍貴的非物質文化遺產。
4. Arts such as Wing Chun, Tai Chi and Dragon Dance could be taught, practised and promoted in a meaningful setting.  
詠春、太極及舞龍等藝術形式可以在一個具意義的空間中被教授、練習和推廣。

### Potential benefits: well-being

5. In addition, the training hub could improve the holistic well-being of local residents.  
此外，這個訓練中心亦能提升本地居民的整體福祉。
6. It would offer opportunities for exercise, social interaction and cultural engagement.  
它會提供運動、社交互動及文化參與的機會。

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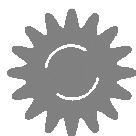
### Challenges

7. Nevertheless, the project would require careful planning in terms of funding, safety and ongoing maintenance.  
然而，這個項目在資金、安全及持續維修方面都需要仔細規劃。
8. Public participation and long-term management would also be crucial to its success.  
公眾參與及長遠管理同樣對其成功至關重要。

### Conclusion

9. Overall, the proposal appears to be feasible and worthwhile if supported by proper resources and planning.  
整體而言，只要有適當資源和規劃支持，這項建議看來是可行而且值得推行的。
10. It could become a powerful example of how heritage preservation and community wellness can work together.  
它可成為文化保育與社區健康如何相輔相成的一個有力例子。

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## Q25) Argumentative essay

### Topic: Commercial video games in the school STEAM curriculum

#### C — Content

1. Some educators believe that commercial video games should be included in the STEAM curriculum because they can develop future skills.  
有些教育工作者認為，商業電子遊戲應納入 STEAM 課程，因為它們可以培養未來技能。
2. Sandbox and strategy-based games may encourage problem-solving, creativity, teamwork and even coding-related thinking.  
沙盒類及策略類遊戲可鼓勵解難、創意、團隊合作，甚至與編程相關的思維。
3. These games may also make learning more engaging for students who struggle with traditional classroom methods.  
對於在傳統課堂中學習較吃力的學生來說，這些遊戲亦可令學習更具吸引力。
4. However, others argue that integrating such games into lessons may worsen screen-time problems.  
然而，也有人認為把這類遊戲融入課堂，可能加劇螢幕時間過長的問題。
5. There are also concerns that gaming in school could affect concentration, discipline and mental health.  
另外，也有人擔心在校內打機會影響專注力、紀律及心理健康。
6. In my view, video games should not be rejected completely, but they must be used selectively and responsibly.  
在我看來，電子遊戲不應被完全否定，但必須有選擇地、負責任地使用。
7. Their educational value depends on how well they are designed, supervised and connected to learning goals.  
它們的教育價值取決於如何被設計、監督，以及與學習目標連結得多好。
8. Therefore, this trend should be approached with caution rather than simple enthusiasm or rejection.  
因此，這個趨勢應以審慎態度面對，而不是一味熱衷或全盤否定。

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#### L — Language

1. The idea of bringing commercial video games into education is both innovative and controversial.  
把商業電子遊戲帶入教育的想法，既創新，也具爭議。
2. Not only can such games promote problem-solving and creativity, but they may also increase student engagement.  
這類遊戲不但能促進解難及創意，也可能提升學生的投入度。
3. While their educational potential should not be ignored, their risks should not be underestimated either.  
雖然它們的教育潛能不應被忽視，但其風險也同樣不應被低估。
4. It would be unwise to assume that all games are automatically educational simply because they are interactive.  
只因遊戲具互動性，便假設所有遊戲都自動具教育價值，這是不明智的。
5. By selecting suitable titles and setting clear boundaries, schools may be able to use games in a meaningful way.  
透過挑選合適的遊戲並設立清晰界線，學校或可有意義地運用遊戲。
6. The more carefully this trend is managed, the more likely it is to benefit students without causing harm.  
這個趨勢管理得越審慎，便越有可能在不造成傷害下令學生受惠。
7. Schools should, therefore, focus on purposeful integration rather than novelty or popularity alone.  
因此，學校應着重有目的的整合，而不是只追求新奇或流行。

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## O — Organization

### Introduction

1. In recent years, some educators have suggested integrating commercial video games into the STEAM curriculum.  
近年來，有些教育工作者建議把商業電子遊戲納入 STEAM 課程。
2. This idea has sparked debate over whether such games are educational tools or harmful distractions.  
這個想法引起爭論：這類遊戲究竟是教育工具，還是有害的干擾。

### Arguments in favour

3. On the one hand, video games may help students develop valuable future skills.  
一方面，電子遊戲可能有助學生培養寶貴的未來技能。
4. They can promote creativity, strategic thinking and active problem-solving in ways that feel engaging.  
它們能以吸引人的方式促進創意、策略思維及主動解難。

### Arguments against

5. On the other hand, there are genuine concerns about the negative effects of bringing games into school.  
另一方面，把遊戲帶入校園亦確實存在負面影響的憂慮。
6. Increased screen time, distraction and possible harm to mental health are issues that cannot be ignored.  
螢幕時間增加、分心，以及可能對心理健康造成的損害，都是不能忽視的問題。

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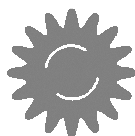
### Evaluation

7. For this reason, the key issue is not whether games are good or bad in themselves.  
因此，關鍵問題並不在於遊戲本身是好是壞。
8. Rather, it is whether schools can integrate them carefully, purposefully and responsibly.  
相反，真正的問題是學校能否審慎、有目的及負責任地整合它們。

### Conclusion

9. In my opinion, commercial video games can have a place in education, but only under proper guidance and limits.  
我認為，商業電子遊戲在教育中可以有一席之地，但前提是有適當指導和限制。
10. If used wisely, they may enrich learning; if used carelessly, they may create more problems than benefits.  
如果運用得宜，它們可豐富學習；若使用不當，則可能弊多於利。

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**Q26) Diary entry****Topic: 'Green Collar' summer internship in corporate sustainability****C — Content**

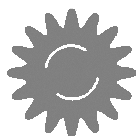
1. The diary should describe a one-month internship in a corporate sustainability department.  
這篇日記應描述一個在企業可持續發展部門進行的一個月實習。
2. The writer can explain that the company helped businesses reduce their carbon footprint and adopt ESG practices.  
作者可以解釋，該公司協助企業減少碳足跡，並採納 ESG 做法。
3. One memorable task could be analysing energy-use data or helping prepare a sustainability report.  
其中一項難忘工作可以是分析能源使用數據，或協助準備可持續發展報告。
4. Through this experience, the writer may realize that sustainable living is not only a personal choice but also a business responsibility.  
透過這次經歷，作者可明白可持續生活不只是個人選擇，也是一種企業責任。
5. The internship may also show how environmental protection is connected to long-term planning and ethical decision-making.  
這次實習亦可顯示環境保護如何與長遠規劃及道德決策互相關連。
6. As a result, the writer may become more aware of the importance of green careers in the future.  
結果，作者可能更意識到未來綠色職業的重要性。
7. This experience could influence both career planning and daily lifestyle choices.  
這次經歷可影響作者的職業規劃及日常生活選擇。
8. Therefore, the diary should show both reflection and personal growth.  
因此，這篇日記應同時展現反思與個人成長。

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**L — Language**

1. This internship opened my eyes to a side of business that I had never truly understood before.  
這次實習令我對商業的一個層面大開眼界，而這是我以前從未真正了解過的。
2. Not only did I learn about ESG practices, but I also realized how closely business decisions are linked to the environment.  
我不但學到 ESG 的做法，也明白了商業決策與環境之間原來有如此密切的關聯。
3. While I had once thought sustainability was mainly about recycling, I now see that it involves much more.  
雖然我曾以為可持續發展主要只是關於回收，但我現在明白它遠遠不止如此。
4. It was through this internship that I began to understand the long-term value of responsible planning.  
正是透過這次實習，我開始明白負責任規劃的長遠價值。
5. By taking part in real workplace tasks, I gained insights that no textbook could fully provide.  
透過參與真實工作任務，我獲得了課本無法完全提供的見解。
6. The more I learned about sustainability, the more meaningful I found the idea of a green career.  
我對可持續發展了解得越多，就越覺得綠色職業這個概念有意義。
7. This experience has, without doubt, changed the way I think about both work and life.  
毫無疑問，這次經歷改變了我對工作和人生的看法。

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## O — Organization

### Opening

1. 31 July  
7 月 31 日
2. Today marks the end of my one-month ‘Green Collar’ summer internship, and I feel both grateful and inspired.  
今天是我一個月「綠領」暑期實習的最後一天，我感到既感激又受啟發。

### What the internship involved

3. During the internship, I worked in a corporate sustainability department that helped businesses reduce their carbon footprint.  
在實習期間，我在一個企業可持續發展部門工作，該部門協助企業減少碳足跡。
4. I also learned how ESG practices are used to guide responsible decision-making in the business world.  
我亦學到 ESG 做法如何在商業世界中引導負責任的決策。

### Memorable task

5. The most memorable task for me was helping to organise data for a sustainability report.  
對我來說，最難忘的工作是協助整理可持續發展報告的數據。
6. This task showed me how much effort is needed behind the scenes to support environmental goals.  
這項工作讓我明白，原來在幕後需要付出很多努力，才能支持環保目標。

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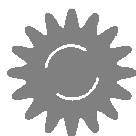
### Reflection

7. More importantly, this internship changed the way I view sustainable living.  
更重要的是，這次實習改變了我看待可持續生活的方式。
8. I now understand that protecting the environment requires commitment from both individuals and companies.  
我現在明白，保護環境需要個人和企業雙方共同投入。

### Conclusion

9. Overall, this experience has had a strong influence on my future career and life planning.  
整體而言，這次經歷對我的未來職業及人生規劃產生了深遠影響。
10. I hope to continue learning about sustainability and perhaps pursue a green career one day.  
我希望日後繼續學習可持續發展，並有一天投身綠色職業。

Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14 Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14 Glory to God in the highest, and on the earth peace among men with whom he is well pleased. Luke:2:14



**Q27) Article for a youth health magazine****Topic: Viral fitness challenges and teenagers****C — Content**

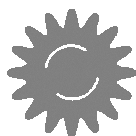
1. Viral fitness challenges have become highly popular because they are easy to access, visually exciting and widely shared online.  
網上爆紅健身挑戰之所以大受歡迎，是因為它們容易接觸、視覺上刺激，而且在網上被廣泛分享。
2. Teenagers are often drawn to them because social media makes trends spread quickly and creates a sense of participation.  
青少年常被這些挑戰吸引，因為社交媒體令潮流迅速傳播，並帶來一種參與感。
3. On the positive side, such challenges may encourage some young people to exercise more regularly.  
從正面來看，這類挑戰可能鼓勵部分年輕人更規律地做運動。
4. They can also make fitness seem more fun, social and motivating.  
它們亦能令健身看起來更有趣、更具社交性，也更有動力。
5. However, some challenges are too extreme and may lead to injury, exhaustion or unhealthy body image concerns.  
然而，有些挑戰太過極端，可能導致受傷、過度疲勞，或引發不健康的身體形象憂慮。
6. Teenagers may also feel pressure to copy others in order to gain approval or attention online.  
青少年亦可能因想獲得網上認同或關注，而感到壓力要模仿別人。
7. Therefore, young people should approach such content critically and choose safe, realistic fitness goals.  
因此，年輕人應以批判思維看待這些內容，並選擇安全、現實的健身目標。
8. Healthy social media use should promote well-being rather than comparison or obsession.  
健康的社交媒體使用應促進福祉，而不是比較或沉迷。

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**L — Language**

1. Social media has turned fitness into a public performance as much as a personal habit.  
社交媒體已把健身變成一種公開表演，幾乎與個人習慣一樣重要。
2. Not only are viral challenges entertaining to watch, but they also create a strong desire to join in.  
爆紅挑戰不但看起來有娛樂性，也會令人產生強烈的參與慾望。
3. While some challenges can motivate teenagers to be more active, others may push them beyond safe limits.  
雖然有些挑戰能鼓勵青少年更積極活動，但另一些卻可能把他們推向不安全的界線。
4. It is easy for young people to confuse online popularity with genuine health and fitness.  
年輕人很容易把網上人氣與真正的健康和健身混為一談。
5. By focusing on gradual progress and proper guidance, teenagers can avoid many of the risks involved.  
透過着重循序漸進的進步及適當指導，青少年能避免許多相關風險。
6. The more critically they view online fitness content, the less likely they are to be misled by it.  
他們越以批判角度看待網上健身內容，就越不容易被它誤導。
7. Fitness should, after all, support confidence and health rather than insecurity and pressure.  
說到底，健身應支援自信與健康，而不是帶來不安與壓力。

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## O — Organization

### Introduction

1. Viral fitness challenges are now everywhere on platforms such as TikTok and Instagram.  
在 TikTok 和 Instagram 等平台上，爆紅健身挑戰如今隨處可見。
2. Their popularity among teenagers has raised important questions about health, motivation and body image.  
它們在青少年中的流行，引發了關於健康、動力及身體形象的重要問題。

### Causes of popularity

3. One reason for their popularity is that they are exciting, fast-moving and easy to share online.  
它們受歡迎的其中一個原因，是內容刺激、節奏快，而且容易在網上分享。
4. Teenagers may also feel encouraged to join because everyone around them seems to be doing the same thing.  
青少年亦可能因身邊人人都在做而受到鼓勵參與。

### Positive effects

5. On the positive side, such challenges may inspire some teenagers to exercise more often.  
從正面來看，這類挑戰可能激勵一些青少年更常運動。
6. They can make fitness feel more social, enjoyable and motivating.  
它們能令健身感覺更具社交性、更有趣，也更有動力。

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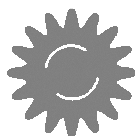
### Negative effects

7. However, the negative side should not be ignored.  
然而，負面影響也不應被忽視。
8. Some challenges may be unsafe, and others may damage teenagers' body image or self-esteem.  
有些挑戰可能不安全，而另一些則可能損害青少年的身體形象或自尊。

### Conclusion

9. In conclusion, viral fitness challenges can be both helpful and harmful.  
總括而言，爆紅健身挑戰既可以有幫助，也可以有害。
10. What matters most is whether teenagers approach them with balance, awareness and good judgment.  
最重要的是，青少年是否能以平衡、意識及良好判斷去面對它們。

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## Q28) Diary entry

### Topic: Career shadowing at a startup making eco-friendly sports equipment

#### C — Content

1. The diary should describe a one-week career shadowing experience at a startup producing eco-friendly sports equipment.  
這篇日記應描述一段在初創企業進行的一星期工作體驗，該公司製造環保體育用品。
2. The writer may explain that the equipment was made from recycled materials and designed to reduce waste.  
作者可解釋，這些用品是以回收物料製成，並旨在減少浪費。
3. One memorable experience could be observing how products were designed, tested or improved in the workshop.  
其中一個難忘經歷可以是觀察產品如何在工場中被設計、測試或改良。
4. The shadowing experience may show how environmental protection can be connected to creativity and business innovation.  
這次工作體驗可顯示環境保護如何與創意及商業創新互相關連。
5. It may also help the writer realize that green industries can be practical, meaningful and forward-looking.  
它亦可幫助作者明白，綠色產業可以是實際、有意義而且具前瞻性的。
6. As a result, the writer may rethink future career interests and become more environmentally aware.  
結果，作者可能重新思考未來的職業興趣，並變得更具環保意識。
7. The experience could also inspire the writer to support sustainable consumption in daily life.  
這次經歷亦可啟發作者在日常生活中支持可持續消費。
8. Therefore, the diary should reflect both learning and personal inspiration.  
因此，這篇日記應同時反映學習收穫與個人啟發。

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#### L — Language

1. This one-week shadowing experience gave me a fresh view of how business and environmental protection can work together.  
這一星期的工作體驗讓我對商業與環境保護如何共存有了新的理解。
2. Not only did I learn how eco-friendly sports equipment is produced, but I also saw how innovation can support sustainability.  
我不但學到環保體育用品是如何製成的，也看見創新如何支援可持續發展。
3. While I had expected the company to focus mainly on products, I soon realized that its values were equally important.  
雖然我原以為公司主要只着重產品，但我很快便發現它的價值觀同樣重要。
4. It was inspiring to see recycled materials being transformed into something useful and marketable.  
看見回收物料被轉化為有用而且可銷售的產品，實在令人鼓舞。
5. By observing real workplace practices, I gained a better understanding of what a green industry can look like.  
透過觀察真實工作流程，我更了解綠色產業實際上可以是什麼樣子。
6. The more I learned about the company's mission, the more interested I became in sustainable careers.  
我對公司使命了解得越多，就越對可持續職業感興趣。
7. This experience has undoubtedly influenced the way I think about my future.  
這次經歷毫無疑問地影響了我對未來的看法。

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## O — Organization

### Opening

1. 15 August  
8月15日
2. Today I finished my one-week career shadowing programme at a startup that designs eco-friendly sports equipment.  
今天，我完成了在一間設計環保體育用品的初創公司進行的一星期工作體驗。

### What I saw

3. During the programme, I observed how recycled materials were turned into practical sports products.  
在這個體驗過程中，我觀察到回收物料如何被製成實用的體育產品。
4. I was impressed by how carefully the team balanced product quality with environmental responsibility.  
我對團隊如何仔細平衡產品質素與環保責任感到十分深刻。

### Memorable moment

5. The most memorable part was watching the design team improve a product to make it both stronger and more sustainable.  
最難忘的部分，是看着設計團隊如何改良產品，令它既更耐用又更可持續。
6. That moment helped me understand that environmental protection can be creative as well as practical.  
那一刻令我明白，環境保護既可以很有創意，也可以很實際。

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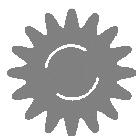
### Reflection

7. This experience has changed the way I think about both consumption and career planning.  
這次經歷改變了我對消費及職業規劃的看法。
8. I now see that green industries are not only important, but also full of future potential.  
我現在明白，綠色產業不但重要，而且充滿未來潛力。

### Conclusion

9. Overall, this short programme was eye-opening and meaningful.  
整體而言，這個短短的體驗既開闊眼界，也很有意義。
10. I hope to learn more about sustainable industries and perhaps work in one in the future.  
我希望日後能繼續了解可持續產業，甚至將來投身其中。

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**Q29) Letter to the editor****Topic: Fast Fashion and sustainable living****C — Content**

1. Fast Fashion has become popular among young people because it offers cheap, trendy clothing that changes quickly with social media trends.  
快時尚在年輕人之中變得流行，因為它提供便宜、時尚，並會隨着社交媒體潮流快速變化的衣服。
2. However, this trend has serious environmental consequences, including excessive waste, pollution and overconsumption.  
然而，這個趨勢帶來嚴重的環境後果，包括大量浪費、污染及過度消費。
3. Clothing that is worn only a few times and then discarded contributes to the growing problem of solid waste.  
衣服只穿幾次便被丟棄，會加劇固體廢物問題。
4. The production of cheap clothing also uses large amounts of water, energy and raw materials.  
廉價衣物的生產亦會消耗大量水資源、能源及原材料。
5. One practical solution is for young people to buy fewer but better-quality clothes that last longer.  
其中一個實際解決方法，是鼓勵年輕人購買較少但質素更好的衣服，使衣物更耐穿。
6. Another solution is to support second-hand fashion, clothing swaps or sustainable brands.  
另一個解決方法，是支持二手時裝、換衫活動或可持續品牌。
7. These habits can reduce waste while encouraging more responsible consumption.  
這些習慣可以減少浪費，同時鼓勵更負責任的消費。
8. Therefore, young people should rethink their shopping habits and understand that fashion choices have environmental impacts.  
因此，年輕人應重新思考自己的購物習慣，並明白時尚選擇會帶來環境影響。

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**L — Language**

1. Driven by influencers and online trends, Fast Fashion has become one of the most damaging consumption habits of our time.  
在網紅和網上潮流推動下，快時尚已成為這個時代其中一種最具破壞性的消費習慣。
2. Not only does it encourage wasteful behaviour, but it also places a heavy burden on the environment.  
它不但鼓勵浪費行為，也對環境造成沉重負擔。
3. While cheap and trendy clothes may seem attractive, their hidden environmental cost is alarmingly high.  
雖然便宜而時尚的衣服看似吸引，但其隱藏的環境代價其實高得令人憂慮。
4. It is irresponsible to treat clothing as disposable simply because new styles appear every week.  
只因每星期都有新款式出現，便把衣物視為即棄品，這是很不負責任的。
5. By making wiser purchasing decisions, young people can reduce their impact on the planet.  
透過作出更明智的購買決定，年輕人能減少自己對地球造成的影響。
6. The more people value quality and sustainability, the less harm the fashion industry is likely to cause.  
人們越重視質素與可持續性，時尚產業便越不容易造成那麼大的傷害。
7. Fashion should, after all, reflect personal style without destroying the world we live in.  
說到底，時尚應展現個人風格，而不應破壞我們所居住的世界。

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## O — Organization

### Opening

1. Dear Editor,  
親愛的編輯：
2. I am writing to express my concern about the growing Fast Fashion trend among young people.  
我寫信是想表達我對年輕人之間日益盛行的快時尚趨勢的憂慮。

### Environmental impact

3. Although Fast Fashion may appear cheap and attractive, its environmental impact is deeply worrying.  
雖然快時尚看起來便宜又吸引，但它對環境造成的影響卻令人十分憂慮。
4. It contributes to excessive waste, pollution and the unnecessary use of valuable resources.  
它導致過量浪費、污染，以及珍貴資源的不必要消耗。

### Solution 1

5. One practical way young people can respond is to buy fewer clothes and choose better-quality items.  
年輕人可以採取的一個實際做法，是買較少衣服，並選擇質素較好的產品。
6. This would reduce waste and encourage longer-term use.  
這樣做能減少浪費，並鼓勵更長久地使用衣物。

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### Solution 2

7. Another solution is to support second-hand fashion or clothing exchange activities.  
另一個解決方法，是支持二手時裝或換衫活動。
8. These habits promote responsible consumption and reduce pressure on the environment.  
這些習慣可推動負責任消費，並減輕環境壓力。

### Conclusion

9. In conclusion, Fast Fashion may be popular, but it comes at too high an environmental cost.  
總括而言，快時尚或許流行，但它帶來的環境代價實在太高。
10. I hope more young people will choose sustainable habits and become more aware of the consequences of their choices.  
我希望更多年輕人會選擇可持續的習慣，並更意識到自己選擇所帶來的後果。

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