

WELL-BEING

WE CAN

Be healthy
and happy



陳嘉成 CHEN JIACHENG



何栩晴 HO HUI CHING

Being satisfied with
your life

Make people feel happy,
grateful and comfortable



陳衍揚 CHAN HIN YEUNG



張明浩 CHEUNG MING HO



葉敏芝 YIP MAN CHI

自己有能力去照顧家人，
讓家人可以依靠自己

Physically and
mentally healthy



林丹莉 LAM TAN LEE

Someone whose experience
is positive and pleasant

心中富有



陳榮軒 CHAN WING HIN



熊子健 HUNG TSZ KIN

It makes me relief
and satisfied



吳旻熹 NG MAN HEI

Good mental health

與同伴一起玩樂



楊沛權 YEUNG PUI KUEN



林偉俊 LAM WAI CHUN

Happy



陳俊傑 CHAN CHUN KIT

生活安穩



盧逸禮 LO YAT LAI

Something help me
live a better life

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Take care of my mother when she is unwell



林沛穎 LAM PUI WING



林曉桐 LIN XIAOTONG

代入別人的角度
思考與感受

面對熱情和主動的候選內閣宣傳時，
我盡力以同樣的熱情去回應



李啟綸 LEE KAI LUN



林碧琪 LAM PIK KI



呂秋蓉 LYU QIURONG

給孤寡老人送米送月餅，
把愛送給他們

Donate to a NGO to provide some materials for the poor in need



江道霖 KONG TO LAM

To participate in volunteer work for the needy and to feel what they feel



葉達智 YIP TAT CHI

Help an elderly person push a cart which carried many cardboard

為辛勞的父母
做一桌飯菜



唐宇辰 TANG YUCHEN



陳瀚霖 CHAN HON LAM JOHN

To help a tourist to carry one of
the heaviest luggages from the
MTR station to the ground



許子軒 HUI TSZ HIN

同情路邊
拾紙皮的婆婆

停下匆忙的腳步去
聆聽街邊婆婆的心聲

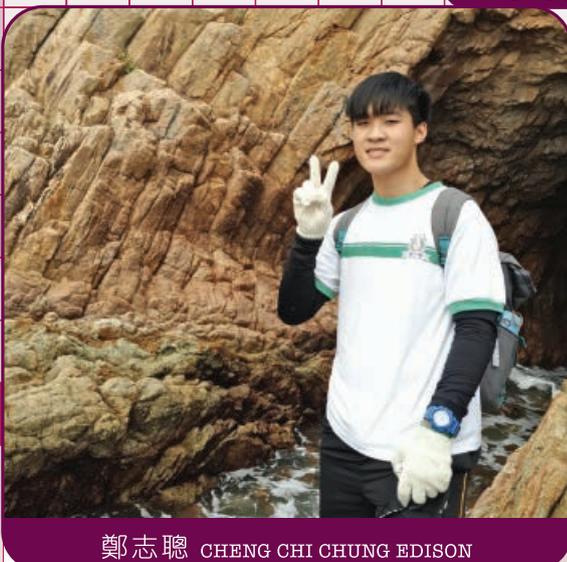


李海雲 LI HOI WAN



邱美儀 YAU MEI YEE

做義工，探訪
智力障礙兒童



鄭志聰 CHENG CHI CHUNG EDISON

Being an "active"
listener to my friends



黃毅鑫 WONG NGAI YAM

When I saw my friend
feeling sad, I tried to
show my care to him

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對所學知識
進一步探討可能情況



陳子介 CHEN ZIJIE



甘柔雅 KAM YAU NGA

Creativity is where
the dream starts



劉曉盈 LAU HIU YING

The act of turning new and
imaginative ideas into reality

Use my imagination
to create small
pleasures in my life



吳嘉瑩 WU JIAYING

Try to use different ways
to solve the problems

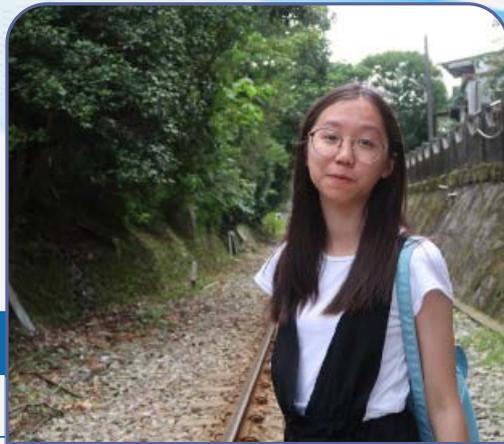


許鏗文 HUI WAI MAN



陳洛琳 CHAN LOK LAM

喜歡在音樂中
創作不同舞步



杜綺琳 TO ELIZABETH YEE LAM

我的創意在於策劃活動



蔡迪龍 CAI TIK LUNG DANIEL

以新穎、獨特的方法
來應對發生的事情



曾泳櫻 TSANG WING YING

將想像變成現實



汪雨璇 WANG YU HSUAN

想像力無邊無際



陳櫻蕾 CHEN YINGLEI

Imagination is
the foundation of
creativity



胡敏玲 HU MINLING

Challenge myself and
explore my potential



伍悅 NG YUET

A new challenge
to me

Challenging and surprising



張盈盈 CHEUNG YING YING

跳出舒適圈
作出新嘗試



劉鎮真 LAU CHUN CHUN

在冒險的過程中我體驗到很多
不同的經歷及學懂不同的技能



陳珊珊 CHAN SHAN SHAN



黎賢明 LI XIANMING

冒險於我而言是一場
不計後果的豪賭



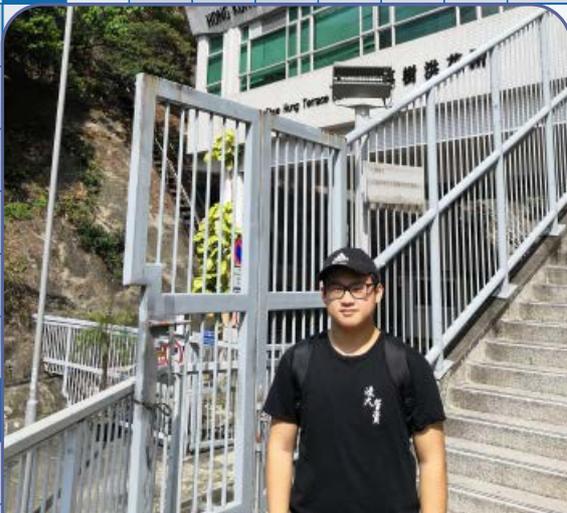
李珊珊 LI SHANSHAN

To try something new



鄒翔瑋 ZOU XIANG WEI

Bearing risk, but still go for it



黃毅進 WONG NGAI CHUN

到不同地方
經歷不同的事



陳柳伊 CHAN LAU YI

Not defined by
traditional perception



謝雪心 TSE SUET SUM

To accept and be grateful,
to give and be helpful



張君略 CHEUNG KWAN LEUK

幫助別人

Never stay in one's words,
never lives in one's eye and
never dies in one's mouth



朱天諾 CHU TIN NOK CHRIS



馬錦倫 MUHAMMAD KAMRAN

Do right no matter how
the odds are against you



駱凱潮 LUO KAICHAO

Being kind



王靖雯 WANG JINGWEN

Never afraid to try



蔡子極 CHOI TSZ KIK

認真聆聽聲音

Try my best to help others



吳坤雄 WU KUNXIONG



黃英樺 HUANG YING WAH

Never give up



王炎川 WANG YANCHUAN

不懼怕挑戰和失敗
並且凡事力臻完美

Keep going!
No matter what
obstacles you
are facing!



陳珍健 CHEN ZHENJIAN

W I S D O M

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林欣彤 LIN XINTONG

天外有天，
人外有人



蕭凱乘 SIU HOI SING

Believing every problem
has its solution

Focus on the things
I love then improve it
again and again



鄭業鴻 CHENG YIP HUNG



黃敏浩 WONG MAN HO

To think, act and
speak wisely



陳君喬 CHAN KWAN KIU

Inspiration
around us

THE HONG KONG UNIVERSITY OF
SCIENCE AND TECHNOLOGY

香港科技大學



周潤森 CHAU YUN SUM

Habit of thinking

Stay humble and
be mature



梁智聰 LEUNG CHI CHUNG



曾梓桐 TSANG TSZ TUNG

戒驕戒躁



冼致瑩 SIN CHI YING

Faith will
move mountains



高健智 KO KIN CHI

理性和務實



賴文龍 LAI MAN LUNG

A positive mindset

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劉曉聰 LAU HIU CHUNG

Be curious in everything



黃嘉琪 WONG KA KI

Supports from my family and friends

Prospective of the future



劉子文 LAU TSZ MAN



袁梓耀 YUEN TSZ YIU

明確目標



黃朗鏞 WONG LONG LIM

A better future

Support from
family



伍悅 NG YUET

The fear of being
ordinary



丁聰林 TING CHUNG LAM



黃慧茵 WONG WAI YAN

All the happy moments
in the past



伍汶琪 NG MAN KI

Self-discipline



丘悅成 QIU YUECHENG

Sleeping and eating



崔志滔 CHUI CHI TO ANSON

Responsibility embedded
with my role

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陳紫欣 CHAN TSZ YAN

Be a good listener



施瑩瑩 SHI YING YING

在朋友不開心時
主動與他交談

To help people with disabilities
by participating in voluntary
community services



王澤恩 WANG CHAK YAN



彭少江 PANG SIU KONG

在別人需要幫助時
提供建議



盧奕熙 LU YIXI

身體力行

Try to help others if
they face any problems



鍾悅敏 CHUNG YUET MAN



鄧利玲 CHOW LEE LING

我會經常閱讀報紙了解時事

To communicate with the needy



李煥群 LI HUANQUN

Show my care through understanding what friends need



華誠灝 WA SHING HO



鄧嘉麟 TANG KA LUN

Chatting and build up communication with people



許詩琪 XU SHIQI

Noticing the news in the world and response to it



譚星輝 TAM SING FAI

Using environmental friendly products



陳穎儀 CHEN YINGYI

堅持追求理想



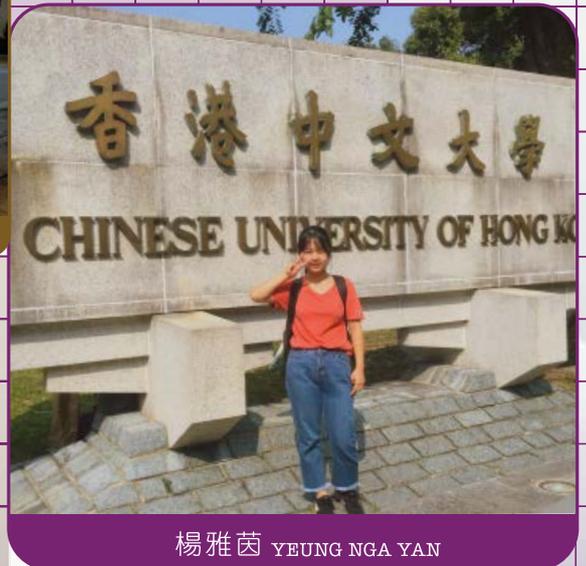
范德鎮 FAN DEZEN

Apply the knowledge and contribute to the society

成為一位能幫助到學生的老師



林宇豪 LAM YU HO



楊雅茵 YEUNG NGA YAN

有喜歡和想要做的事就盡一切努力達成



陳宇森 CHAN YU SUM

為他人帶來歡樂

To be blissful with my dear family



劉浩賢 LAU HOO YIN

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廖穎倩 LIAO YINGQIAN

Using my life to influence others' lives



曾依琳 TSANG YEE LAM

Be optimistic to everything and every people



陳炯任 CHAN JIONG REN

Understand how the world operate and contribute to the betterment of society



盧汶汝 LO MAN YU

Build up good attitude



林泳涵 LIN YONGHAN

Do something good for someone or the world

Nurture should include the elements of "creativity" and "children's wills"



余穎琛 YU WING SUM



蔡尚霖 CHOY SHEUNG LAM

Teach our next generation about the ways to distinguish what is right and wrong



李文慧 LI MAN WAI

像燈塔一樣，
指引我們方向



周穎琳 CHOW WING LAM

To cultivate positive values and think critically

培養下一代正確而
適時的價值觀



劉玉河 LIU YUHE



羅可泰 LAW HO TAI

First is to understand
Second is to coach
Third is to correct



蘇澤晞 SO CHAK HEI

傳道 授業 解惑

這是一個樂於
奉獻自我的品德



勞國堅 LAO GUOJIAN



李晨曦 LI SEN HEI

一種傳承的精神



陳永希 CHAN WING HEI

To help others without
thinking of your own benefits



盧敏儀 LO MAN YEE

因材施教，
去除糟粕，
取其精髓

W A R M T H

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LINGNAN UNIVERSITY

嶺南大學

朋友感到沮喪，
會與他聊天，
幫他紓緩壓力



葉清怡 YIP CHING YI



陳穎文 CHAN WING MAN

Smile to everyone

Cooking food for
my hallmates



王妍心 WONG YIN SUM



盧倩倩 LO SIN SIN

關心他人



梁海謙 LEUNG HOI HIM

Sending encouraging cards to friends
when they are under pressure



丁煒坦 DING WEITAN

互相勉勵，
只要肯努力，
萬事皆可能

鼓勵別人



黃寶怡 WONG PO YI



鄧力基 TANG KILLIAN

鼓勵朋友在迷惑時
依然堅信自己的能力



黃思怡 HUANG SIYI

Teach friends to learn from the process
rather than focus on the result



林因格 LAM YAN GAAK

向學弟學妹分享
面對高考時的學習方法
和如何解決壓力



張浩揚 CHEUNG HO YEUNG

給資源缺乏的學生義教，
把自己學到的知識傳授給他們



陳芯瑜 CHAN SUM YU

關注別人的情緒，
問一句：還好嗎？



叶明燁 YE MINGYE

Chat with an old lady
who lives alone
to make her smile

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鄧明慧 DENG MINGHUI

參與中國的
服裝設計

I am enthusiastic
about mathematics



鄧日勤 TANG YAT KAN



蔡佩恩 TSOI PUI YAN

Studying



莫嘉倫 MOK KA LUN KARDIN

To lend a helping hand
to those in need



陳俊文 CHAN CHUN MAN

Study science



吳穎欣 NG WING YAN

每次參與義工服務，盡力
投入一百分的熱情和愛心



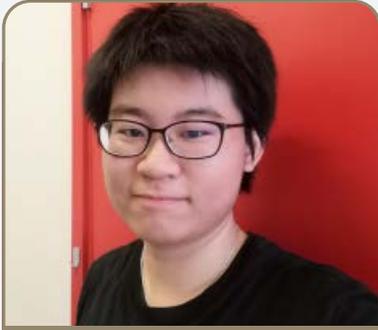
王浚源 WONG TSUN YUEN

Connect with others

我對設計有
濃厚的興趣



盧明慧 LO MING WAI



朱晨笛 ZHU CHENDI

A good animation with good plots and characters can bring the truth or principles which I can learn from it



陳嘉維 CHAN KA WAI CHARLES

I am enthusiastic to study

經常查看有關
生物科技的文獻



朱家莹 CHU KA YING



李佳玥 LI JIAYUE

音樂



張昊弘 CHEUNG HO WANG

I put emphasis on keeping my body fit



黃煒倫 WONG WAI LUN

Study engineering

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C O N F I D E N C E



陳雪婷 CHAN SUET TING

自信但不自負



盧芷瑩 LO TSZ YING

無論面對任何事
都要相信自己



姚家藍 YIU KA LAM

To present my work with confidence
in front of a large number of people



黃同升 HUANG TONGSHENG

I am more self-disciplined
than the people around me



馮智浩 FUNG CHI HO

I always believe I can do it



洪梓釗 FUNG TSZ CHIU SOLOMON

I don't afraid of failure



I am always a confident and positive person



邱藝欣 YAU NGAI YAN

To believe in myself and make good use of my abilities



吳焯昆 NG CHEUK KWAN

有信心處理好在大學的人際關係



吳思哈 WU SIHAN

能較快接受新事物
及應對不同環境



李甄婷 LI ZHENTING

對於新環境，我能
很快適應，並找到
自己的定位



鍾穎琪 ZHONG YINGQI

Even though the future is
uneasy, I try my best to
adapt to the environment

Learn to adapt and integrate
with the locals and their culture
with an open mind



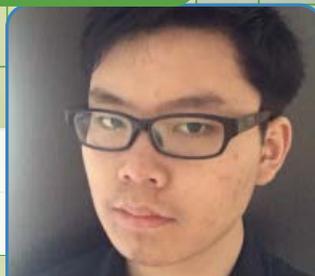
毛倩文 BISMA NAZ

短時間適應
大學生活



趙俊杰 ZHAO JUNJIE

Find different ways
to complete tasks



梁睿鴻 LEUNG YUI HUNG



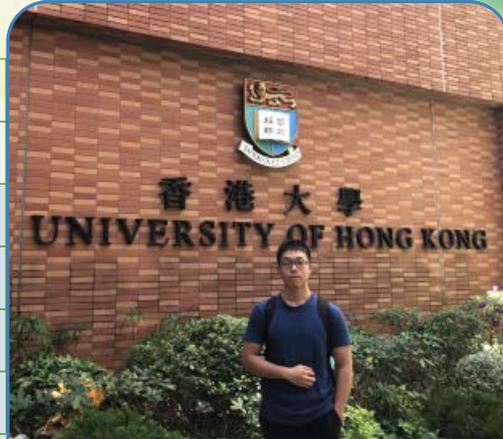
陳家俊 CHAN KA CHUN

Practice makes perfect



林冠彤 LIN GUANTONG

The way in which a person can think clearly in any uncomfortable or challenging situation



楊深凱 YANG SHENKAI

Joined four societies and managed to balance my study and activities well within two months after entering the university



蘇流泰 SU LIUTAI

駕馭不了外界，
我仍可駕馭自己；
改變不了大環境，
我仍能努力
適應該環境！

改變自己的習慣
去適應不同的環境



何俊霆 HO CHUN TING

Coming from a CMI school, I have to adapt an English learning environment in University



李梓鍵 LI CHI KIN



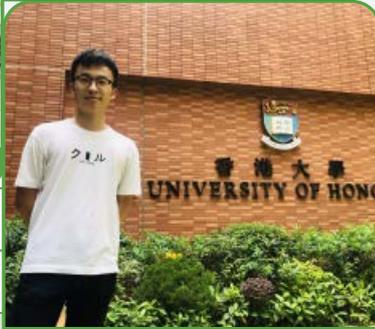
林曉望 LAM HIU MONG

由中文中學到現在
幾乎全部使用英語教學的
香港大學，我都可以適應

You will never know the result until you strive through the end



李泳琦 LEE WING KEI



孫奉遠 SUN FENGYUAN

時刻保持樂觀積極的態度



張韻希 CHEUNG WAN HEI

Everything is difficult before it is done



秦博陽 QIN BO YANG

Never afraid of challenges and the unknown future

面對挫折時可以堅持不懈，並能保持初衷，在失敗中汲取經驗



蔡凱然 CHOI HOI YIN

A motto that always reminds me to keep going and never forget the pain of failure



梁海燕 LEUNG HOI YIN

對自己負責，對夢想堅持，對未來交代



鄧稀芬 DENG XIFEN



李旭森 LI XU SEN

It makes me strong

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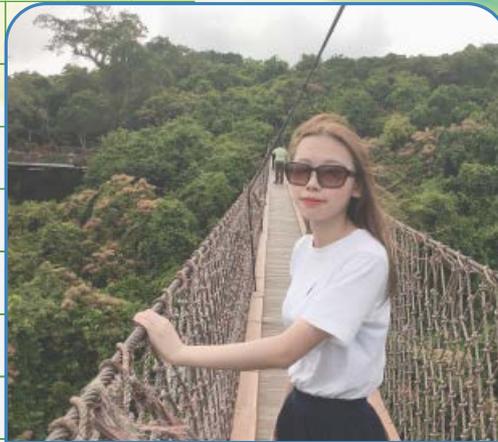
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Although learning English is difficult,
I always trust myself and
work harder to get over it



黃偉業 HUANG WEIYE



林翠樺 LAM CHUI WAH

No matter how poor my family
is and how hard the study is,
I will never give up and try to
do my best



曾敬威 TSANG KING WAI

Never give up
to anything



阮彩芸 RUAN CAIYUN

Find methods to overcome
difficulties and improve myself
instead of giving up



劉鳳儀 LIU FENGYI

Enter through the narrow gate



呂美釵 LU MEICHAI

Always believe in myself
and overcome everything
before giving up