



二零一五年四月十日

給利瑪竇的信

利瑪竇

四 A 徐靖桐

二十一世紀的學生 靖桐敬上

在張老師的指導下，我又彈了幾遍，雖然沒到達「完美」的程度，但也進步了許多。張老師始終面帶微笑地鼓勵我。漸漸地，我找回了信心，越彈越好。在那一刻，我才深刻體會到張老師語言中的魅力與「嚴以律己，寬以待人」，自己做到「絲不苟，卻沒有要求我做到完美，而是慢慢地引導我。在她身上，我感受到一種魅力，是讓人忍不住想成為和她一樣的人。

「嚴以律己，寬以待人」是一種精神，是種值得我們去學習的美德。老師深深感動了我，這種精神並不是一種很難實現的，在我們生活中也有許多人實現着這個「嚴以律己，寬以待人」的精神。

2025年9月號

陳黃文采

嚴以律己，寬以待人

5 A 鍾可馨

總是聽成功人士的講座，他們總是那麼地自律，卻對他人如此的寬容。我總在想，要是我也那麼自律就好了，同時，我也會想，我身邊有沒有這樣的人呢？我想是有的，她是我的鋼琴老師。在我的印象裏，她總是微笑着對我，在我心目中，她是最好的鋼琴老師。至於為什麼我認為她是一個「嚴以律己，寬以待人」的人呢？這要從一件事說起。

有一次，我正著新的樂譜去找張老師，當我走進琴房的時候，她已經等待了我許久，我來的時候還聽見她在彈鋼琴，琴聲是那麼的優美。張老師看見我，便停了下來招呼我。「呀！你來啦。過來坐吧。」我走過去坐了下來。桌子上擺放的譜子正是我要學的那首，而那一頁頁的譜子都寫滿了密密麻麻的各種標記。我看著這厚厚的一疊譜子問她：「張老師，你這個準備了多久啊？」她笑著回答我：「我本來就寫這首曲子，也沒用上多少時間。」但我知道，張老師這麼說只是讓我減輕負擔，沒有那麼多壓力。

隨後，她演奏了一遍給我聽，手指輕輕彈奏著，腳拍是一個裝飾音，她都彈得十分完美。我知道老師的一個習慣，那便是在彈奏前會尋找許多不同演奏家的版本，查找作曲家創作時的背景，為了某個細節也會反覆琢磨，有時一練就是幾個小時，直到自己滿意。我常常看見沉浸在自自己世界的張老師，我心中不禁湧起一股敬佩之情，她是我見過對自己要求最嚴苛的人。

而輪到我彈奏，我深吸一口氣，開始彈奏。然而，想法是美好的，而現實卻是殘酷的。才彈了沒幾句就狀況百出，自從彈錯了一個音之後，節奏也開始混亂。我心裏一陣緊張，偷偷擰眼看著她，只見她微皺眉，我十分緊張地停了下來，心想：「完了！張老師不會罵我吧。」她緩緩開口，語氣竟令我震驚：「沒事兒，別著急，這首曲子確實有難度，慢慢來就好了。來，你把手搭在我的手腕上，你感受一下。」她的聲音輕柔而堅定，如同暖陽般驅散我心中的不安與緊張。

Homelessness in Hong Kong

4C Cheng Po Yi

Homelessness is a growing problem in Hong Kong. According to statistics from the Social Service Department, the number of homeless people rose from 746 in 2014 to 1,562 in 2021. There are more homeless individuals than ever. Many of them sleep in McDonald's, while some find shelter under overpasses. Female homeless individuals often prefer to sleep near public bathrooms because there is light, which makes them feel less afraid.

"McRefugees" is a term used to describe homeless people who sleep in McDonald's. In 2015, an elderly woman died unnoticed in a 24-hour McDonald's in Kowloon Bay.

There are several reasons for homelessness. One major factor is low-paid jobs; low-income workers often cannot make ends meet and become homeless because they cannot afford rent.

Homeless people face numerous challenges. For example, it is more difficult for them to find jobs without a permanent address. They often encounter discrimination due to their living situation, and some community members may develop negative views about them. As a result, homeless individuals may feel ashamed and isolated, potentially leading to depression.

Charities can assist the homeless by providing free meals and essential items. The homeless should receive financial support from the government under social services schemes. Moreover, the government should build more public housing and create more job opportunities. Community members can help reduce discrimination against the homeless.

In conclusion, people become homeless in Hong Kong primarily because rents are so high. Low-income workers struggle to make ends meet and end up homeless. Homelessness can lead to many problems, and we must work together to address this issue.



Advice Column

2C Lam Chun Yin

Dear Lonely J,

Thank you for sending me the email about your problems. I understand how you feel at school. Lots of teenagers experience the same. You're not alone. Now, I'm going to give you some advice.

You said that you feel lonely most of the time in school. You don't have many friends and you're not sure why. You should initiate a talk with your classmates. They might not know you're lonely. I suggest you ought to approach them. It helps you get to know each other better and develop friendship.

If that doesn't work, I have more advice for you. Why don't you seek help from the social workers in your school? They can offer you professional advice and suitable activities for you to join. If I were you, I would take part in these school activities and meet new people.

I hope you find my advice useful. Don't be afraid to initiate a talk with others. This won't last forever. Please write again and tell me how things go.

Marcus Lam



A Debate Speech: Should Students Use Smartphones in Class?

5A Li Ho Yeung

Good morning, Mr. Chairman, ladies and gentlemen,

We are here today to debate for the topic that is 'Should students use smartphones in class?' I am the first person from the affirmative team. We believe that students should be allowed to use their smartphones in class because using smartphones helps us study.

First of all, using smartphones can improve our learning efficiency in class. If students have difficulties in their studies, they can search for more information on the Internet. Not only can they find the answer faster, but they may also receive diverse explanations.

Now, to my second argument, we hold the view that smartphones may improve students' interest in learning, for they can provide students with various learning resources. Students are able to find things they like easily, so as to broaden their horizons, which is better than traditional ways of teaching.

Last but not least, allowing students to use smartphones in class can help them develop self-control ability. Students can understand their responsibilities and when they are able to use their phones.

All these arguments prove that using smartphones in class can help us study. Therefore, we suggest that students should be allowed to use their smartphones in class. By doing so, we believe that class will become a better place. Thank you!



Short Description

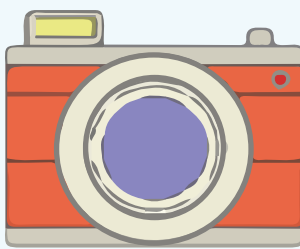
My First Camera

5B Li Yuet

Nowadays, many people still love using cameras to record their lives. When I was 13 years old, I received my first camera. Initially, using the camera felt very important, though the photos often came out overexposed. However, I never gave up. I started to study the importance of composition, angle and positioning. This camera helped me master photography. Although my photos are not as good as those taken by professional photographers. I thoroughly enjoy the moment when I press the shutter. To capture a beautiful moment is enough, regardless of whether it is a smartphone or a camera. The meaning of a photo is to freeze a moment forever.

Walkman Memories

The Walkman enabled music lovers like me to have music on the move. Nowadays, many people's Walkmans have long been replaced by wireless earphones. I remember my first Walkman was a gift from my family for my 8th birthday. It was an exquisite and small MP3 player, which I cherished greatly. In my free time, I would put on the earphones, press the play button, and it would become the centre of my world. It made me feel relaxed and happy. As time passed, new technologies replaced the Walkman, but I still keep it in my bedroom. Whenever I hold it in my hand, I'm reminded of those carefree days and fragrant memories.



The Latest Gadgets Review



4A Yeung King Hang Alvin

Some of the new and interesting gadgets from the Technology Club that I have tried are the FOLDY Phone, DUO, and MUSE Footwear. I believe these unique gadgets could make our daily life more convenient.

Firstly, I'm going to talk about the FOLDY Phone. It is bendable and convenient for carrying outside, as it's very light and it can be worn like a watch. Although it is convenient, it's also very pricey. You will need to recharge it very often, as the battery runs out quickly, lasting only three to four hours.

Secondly, the gadget I'm going to discuss is the DUO. It can act as a toy, a USB, as well as a charger. With a press of a button, it can automatically transform into another form. However, it is very fragile, so you need to handle it carefully. This gadget is suitable for everyone as it's affordable and convenient.

Thirdly, the next gadget is MUSE Footwear. This is a pair of shoes that can play music by selecting a song on your phone. It's also waterproof, so people don't have to worry about getting the shoes wet and damaging the speakers. However, since there's a speaker installed in the shoes, they are very heavy and uncomfortable. As for the price, the shoes are very expensive and not many people can afford them.

在角落之中找到快樂

5 A 蔡俊超



在略顯陳舊的家中，有一個毫不起眼的角落。它在陽台的一側，被一個大大的舊衣櫃遮擋著，平日裏光線很難照到，總是暗暗的。有一天，在家中整理舊物，偶然間來到了這個角落。角落裡擠滿了灰塵，曾經畫在地上的格子和用彩筆畫的各種圖案也已模糊不清。看著這個熟悉又陌生的角落，兒時和小夥伴們在這裡玩耍的畫面猶如走馬燈，一幕幕重現眼前，我彷彿又看到了那些天真無邪的臉……

小時候，父母長年忙於工作，空蕩蕩的家中常常只剩我的身影。這個角落便成了我的「防空洞」，是我最初的心靈慰藉。我時常一個人待在這裡，對著角落的舊玩偶傾訴愁思。直到有一天，鄰居家的「小夥伴們」偶然闖入這個角落，他們的出現打破了我的寂靜。我們會偷偷把零食帶到這裡，圍成一圈，一邊分享著美味，一邊分享著今天的趣事。每當母親回家的腳步聲在門口傳來，我們就趕緊躲回「防空洞」，生怕被「敵軍」發現。記得有一次，我們好不容易攔截到了一包糖果，大家躲在這個角落吃糖的津津有味，甜蜜的味道在嘴裡散開，歡快的笑聲在角落裏回蕩。

我們還會在這裡玩各種各樣的遊戲，用彩色的粉筆在地上畫出格子，玩跳房子，或者拿出珍藏許久的小人，演繹一場又一場精彩的故事。每一次玩耍，我們都全身心地投入，彷彿這個小小的角落就是我們的整個世界。經常玩到忘記時間，直到時鐘敲起聲響，小夥伴們才不捨地離開這個角落。在他們走後，我一個人回味著剛才的歡聲笑語，一切似乎又回到了平靜，看著地上的玩具，零散的包裝紙，淚水止不住地流，哭累了就靠在牆邊，望著那狹小的空間，心中雖然難過，但回想起來，這個「防空洞」承載了我童年所有的快樂。

如今，小夥伴們都已各奔東西，為了夢想而奮鬥，雖然我們很少再有機會相聚，但這個角落承載的快樂，永遠不會褪色。在這個小小的角落裏，我找到了那份遺失已久的快樂，這份快樂會永遠刻在我心裡，成為我生命中最珍貴的寶藏。

我在美食之中找到快樂

5 C 廖樂施



對我來說，快樂並非遙不可及的星辰，它常藏於生活細微之處，尤其是品嘗美食的瞬間。每一道精心烹制的菜餚，都是一場味蕾的盛宴，引導我走進充滿歡愉的奇妙世界。所以，吃好吃的食物帶給我的快樂最簡單直接。我對美食的熱愛，或許是由兒時奶奶做的那碗香噴噴的雞麵開始的。小時候，每當我生病或是不開心，奶奶總會走進廚房，不一會兒，一碗熱氣騰騰的香噴噴雞麵就端到我面前，鮮豔的番茄，金黃的雞條，搭配著勁道的麵條。光是看著就讓人垂涎欲滴，挑起一筷子麵條，吸溜進嘴，酸甜的湯汁包裹著麵條，溫暖又滿足，豐富了我的童年。從那時起，美食就和快樂緊緊聯繫在了一起。

隨著年齡增長，我對美食的探索也越來越廣泛。街邊的小吃攤，是我最愛去的地方，是家樓下的煎餅果子攤。每次下樓，都被那香味勾住腳步。攤主是個和善的大叔，動作特別麻利。先在鐵板上攤上一層金黃的麵糊，磕個雞蛋，熱練的刮板把雞蛋和麵糊攤勻，撒上蔥花、香菜，再刷上甜面醬和辣椒油。放上薄脆和油條後，把煎餅果子從邊緣捲起來，用鏟子一切兩半，裝進袋子手遞給我。咬上一口，薄脆「嘎吱」作響，油條的酥脆，雞蛋的嫩滑，醬料的濃郁，各種味道交織在一起，每一口都填滿口腔的豐盈滿足，這就是平凡日子裡的快樂味道。當然，品嘗美食帶來的快樂，不只是滿足口腹之欲，還在於分享。記得有一次和朋友去吃火鍋，熱氣騰騰的鍋底，擺滿一桌的食材，有鮮嫩的牛肉，脆爽的毛肚，清甜的蔬菜。大家圍坐在一起，大塊朵頤，舉杯慶祝。把煮好的毛肚在油碟裡輕輕一沾，放入口中，爽脆的口感和香辣的味道的瞬間點燃味蕾，在歡聲笑語中，我們分享著美食，也分享著生活中的點點滴滴，那一刻，快樂被無限放大。

品嘗美食，於我而言，它是一種簡單而純粹的幸福。他能驅散生活中的疲憊和煩惱，帶來片刻的滿足與歡愉。無論是家常便飯，還是街邊小吃。每一道美食都有著獨特的魅力，都能成為我快樂的源泉。

在這個快節奏的世界裏，停下腳步，用心去品嘗美食，生活也因此變得有滋有味。

An Idol I admire

5A Wan Chun Yu Jason

An idol group that I appreciate the most is ENHYPEN. ENHYPEN is a South Korean boy band consisting of seven members. They have become a household name worldwide, with fans all over the globe. One of their catchiest songs is called "Polaroid Love", which has gained over thirty million listeners.

ENHYPEN debuted in 2020, formed through the survival competition show I-LAND. The final group members were the winners of the competition and earned the qualifications for debut. During the competition, they spared no effort to deliver the best performances to impress the judges. Their breathtaking performances truly surprised both the audience and the judges. After their debut, they held concerts in many places, including Hong Kong, Tokyo, and Thailand, to name a few. Recently, ENHYPEN performed at Coachella 2025 in the U.S., one of the most famous music festivals in the world!

ENHYPEN's songs are incredibly attractive! I always listen to their music while studying. The lyrics are very encouraging, and their songs motivate me to study. Additionally, I often listen to their music when I want to relax.

ENHYPEN



The Impact of Fast Food on City Dwellers' Diets


6A Wu Shu Yi

There has been much discussion recently about how living in a city affects people's diets. Some argue that fast foods are easy to find and affordable, while others claim that fast foods lead to health problems. In this essay, I will discuss common eating habits, the availability of fast food, and the health issues related to human-influenced diets.

First of all, fast food can lead to overweight. Fast foods are high in calories. For example, French fries are very greasy because they are cooked in a lot of oil. When we absorb excess oil, our body weight can increase. Being overweight can lead to many problems, such as high blood sugar and high cholesterol, which can negatively affect our health.

However, fast food saves us time. It is very convenient, allowing us to eat quickly. When we do not have enough time, fast foods help us save time. Eating fast food in moderation will not necessarily cause health problems.

All in all, fast foods have both pros and cons. While they are convenient, it is important not to eat too much. Frequent consumption can lead to health issues.



Social Media in Our Daily Lives

5B Tong Nga Chi



With the development of technology, social media has become an important part of our daily lives. In this article, I want to introduce one of the most popular social media platforms, which is Instagram. It is not only a popular app among modern citizens, but it also has excellent features.

The first excellent feature is that it has an Explore Page. It can recommend relevant photos, interesting videos, or short clips from different content creators according to the users' interests and browsing history. For example, a new user who is interested in photography can discover and interact with many other great photographers through the Explore Page.

The second feature you cannot miss is that it can facilitate international communication and cultural exchange. For example, by sharing cultural content and interacting with other users, you may overcome language and cultural barriers, and you may have deep conversations with people all over the world at one time. This helps international cultural communication.

Last but not least, the third amazing feature of Instagram is that it allows you to send direct messages. For example, you can share your daily life moments, photos, and videos with your friends and family by sending direct messages. You may also have one-on-one communication with your friends.

In conclusion, social media like Instagram is a helpful tool to improve the quality of our life, because it has different features and multiple functions. It provides users with a convenient way to share daily life, communicate, and meet people from around the world.



The Benefits of Technology and Media Development

6B Zhu Jing

The changes in our lives are closely associated with the development of technology and media. Technology and media have improved our lives, making them easier. There are numerous benefits.

First of all, with advanced technology, people can communicate more easily. We can now connect with people all around the globe instantly. Social platforms like TikTok, Instagram, and Facebook have become popular tools for sharing thoughts, experiences, and ideas. Connection is no longer costly or time-consuming. More importantly, our ways of communication are evolving, incorporating texts, audios, videos, photos, etc.

Secondly, there are easier ways of making money. On social media, bloggers only need to post funny messages to earn money. When they have a certain number of subscribers, the marketing departments of corporations start to believe that these bloggers are influencers. Some of them have become millionaires by developing their careers online.

In conclusion, technology and media bring us convenience. They form a partnership that enhances human life.





二零一五年四月十日

二十一世紀學生

炫康敬上

我曾經駐足南京抗日故居，凝視牆上您與難民的合影。照片中，您緊鎖眉頭，卻將中國孩童護在臂彎；難民眼中的恐懼與希望，猶如刺破黑暗的星辰。您建立的「南京安全區」，如今被譽為「人類文明最後堡壘」。您用行动詮釋「世界公民」真諦——當暴政企圖滅滅人性時，總有人願築起道德堤壩。

今日世界依然紛擾。柏林西郊您的墓前，南京人民栽種的梅樹年年綻放；中國課堂裡誦讀《拉貝日記》的重聲，滿懷對和平嚮往。這讓我想起您晚年書信：「善良的種子一旦播下，就會在意想不到的地方生根。」

此刻，我多希望您能看見，在您曾守護的南京城，老人們講述「德國好人」的故事；在柏林洪堡大學，學子們探討「拉貝困境」中的道德選擇。您證明人性光輝不會被意識形態遮蔽。

願您在彼岸安息。南京的天空永遠記得，曾有位異鄉人在此為生命撐起一片晴空。

給拉貝的信

4A 李炫康

對我來說，蝴蝶有一種與生俱來的神秘感。牠嚮往著自由，代表著希望，既美麗又脆弱，但同時也是勇敢的化身，從一顆卵到最後破繭而出，化為美麗的蝴蝶。牠在花海中飄舞，拍動著色彩斑斕的翅膀，展現屬於自己的美麗。綻放獨特的光彩。當微風輕拂，蝴蝶在空中飄飛，彷彿在尋找那片屬於牠的心靈土地。在夕陽的餘暉裏，蝴蝶如同畫家筆下的豔麗顏料，將天空點染成流動的風景畫。不同的光線穿透牠們的翅膀，折射無數的色彩，展現攝人的魅力，是獨一無二的存在。看著看著，蝴蝶就像向世間宣告，牠為自己的翅膀感到驕傲。

蝴蝶的一生雖短暫，但燦爛。牠發出自己獨有的光芒，努力追求自己的夢想，同時令世界變得更美。我們也一樣，被賦予了生命，就應把最好的一面勇敢地展現出來，活得精彩，活得漂亮。

蝴蝶

6A 杜宛延

Application for the Position of Video Game Tester

Tang Tsam Yau

Dear Mr. To,

My name is Yolanda Tang, a secondary 5 student at Chan Wong Suk Fong Memorial Secondary School. I am writing to apply for the position of video game tester at Peak Level Games.

I am a detail-minded person and enjoy collaborating with people. Last month, I job shadowed a video game tester.


I believe I have a strong ability to identify bugs and issues in games, which I developed through hours of gameplay across various genres. I understand what makes a game enjoyable and can offer constructive feedback to improve player experience.

Collaboration is key in any team setting. I enjoy working closely with others to share insights and suggestions that can enhance the gaming experience. My previous experience in group projects has sharpened my ability to communicate effectively, ensuring that all team members are aligned and informed.

I will be available for an interview during the Easter holidays. I look forward to the opportunity to discuss the position.

Thank you for your consideration.

Yours sincerely,
Yolanda Tang



The Secret under the Water

2D Chan Tsz Ching

One day, the weather was perfect—almost too perfect. Yuki walked through the park, enjoying the fresh air, when she suddenly felt a strong urge to go fishing. She invited her friends, and soon they were at the lake.


Yuki set up the fishing rod, but something about the water felt strange. It shimmered in the sunlight, yet seemed oddly dark beneath the surface. Kyle was the first to catch a fish. As he reeled it in, Yuki asked, "Dude, how are you so good at fishing?"

Kyle paused. "I used to fish a lot," he said, but his voice sounded distant.

Then, Yuki's rod bent under an unexpected force. Whatever was pulling it down felt too strong, almost like it didn't want to be caught. After struggling, they finally managed to lift the fish from the lake—a giant, unusual creature. Its scales shone in a strange way, reflecting shadows instead of light.

Kyle touched a deep scar along its side. "This... isn't normal," he murmured.

As they stared, a soft whisper floated through the air—not from the wind, but from the water itself. The lake, once calm, now seemed deep and endless, as if it was watching them... waiting.



我在音樂之中找到快樂

5C 談嘉熙

我一直覺得，自己是個被生活瑣碎淹沒的人。學業的壓力、人際關係的複雜，都讓我在成長的道路上疲憊不堪。直到那個蟬鳴聒噪的夏日，音樂像一道光，照亮了我黯淡的生活。

那天，我心情低落地在街頭，和朋友的「一場爭吵讓我滿心委屈與憤懣。路過一家唱片店時，店裡傳出的旋律一下就抓住了我。那是許魏的《藍蓮花》，激昂又充滿力量的歌聲如同一股清泉，淌過我乾涸的心田。「沒有憂鬱能阻擋，你對自由的向往……」聽著聽著，我彷彿看到了廣闊無垠的草原，駿馬肆意奔騰，心中的陰霾也漸漸消散。那一刻，我發現了音樂的魔力，它能直擊心靈，帶來慰藉與快樂。

自那以後，我開始主動探索音樂的世界。我學會了彈吉他，當我指尖第一次輕輕撥動琴弦，發出那簡單卻美妙的音符時，一種難以言喻的興奮湧上心頭。記得練習和弦轉換時，手指被琴弦勒得生疼，指尖佈滿了紅印，可我沒有放棄。當我終於能流暢地彈出第一首完整曲子《童年》時，快樂和成就感將我包圍。那一個個跳躍的音符，就像我童年時無憂無慮的歡笑，帶著我穿越時光，回到那些純真美好的日子。

音樂還成為了我和朋友和解的橋樑。那次爭吵後，我和朋友冷戰了許久。後來，學校組織文藝表演，我們都被選入班級樂隊。起初，氣氛有些尷尬，可當音樂響起，我們一起彈奏，一起歌唱，曾經的矛盾彷彿被音樂的力量化解，在音樂的世界裏，我們重新找回了默契，相視一笑，重歸於好。那一刻，我明白音樂不僅能帶給我們快樂，還能修復破碎的關係。

如今，音樂早已融入我的生活。開心時，我會哼著歡快的曲調，讓快樂加倍；難過時，我會聽舒緩的旋律，讓心靈得到安撫。它就像一位忠實的夥伴，無論何時都能陪伴著我。

在音樂中，我找到了純粹的快樂。它讓我在困境中找到力量，迷茫中找到了方向，在孤獨時找到慰藉。未來的日子裏，我願繼續與音樂同行，和著美妙的旋律一起前進。



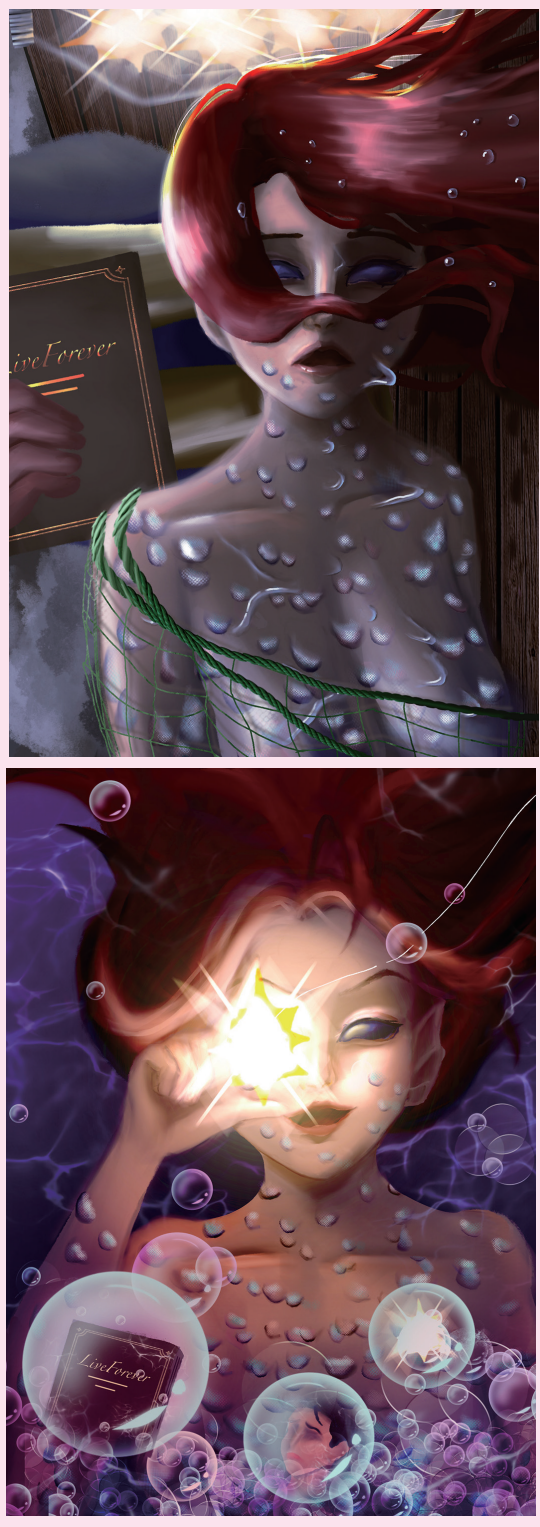
黎欣妍《虛假的擁抱》



畫面以虛擬直播為主題，探討網絡交流與真實情感之間的矛盾。畫面中，少女坐在電腦前進行直播，螢幕中的虛擬形象展現甜美笑容，吸引觀眾，彷彿提供溫暖的擁抱。但現實中的她卻孤身一人，身處冷清房間，顯得孤獨而空虛。

窗外像素化的失真效果象徵現實與虛擬的界限被模糊，人們躲在虛擬背景下，逃避真實生活的壓力。房間內簡單的佈局暗示了這種生活的封閉與單調，少女的世界幾乎被虛擬所佔據。作品反映了現代人沉淪於虛擬世界，尋求短暫安慰的現象。

梁芷嫣《人魚》



《人魚》是一個充滿暗黑色彩的故事，描繪了美麗與邪惡交織的矛盾。畫作以細膩的筆觸刻畫了一位外表迷人的人魚，她的美貌引人注目，但在光鮮外表背後，卻隱藏著危險與陰謀。作品以視覺震撼與深層隱喻，講述了一個關於誘惑、掙扎與人性黑暗面的寓言故事。

祝家瑜《涅槃》



畫面描繪了一位少女從困境中掙扎、蛻變並重生的過程，展現了自我救贖的主題。畫面分為兩部分，象徵「舊我」的壓迫與「新我」的自由。

左側的少女面露疲憊，背景充滿混亂的元素，交錯的荊棘和散亂的書籍，象徵外界的批評、束縛與壓力，這些元素交織成壓迫的環境，展現出「舊我」在困境中的掙扎與無助。她伸出手，試圖擺脫困境，尋找解脫的出口。

右側則呈現了「新我」的自由與重生。未來的少女展現出輕盈與解放的姿態，背景以明亮的天空、白雲和盛開的花朵為主，象徵純潔與希望。百合與繡球花綻放，代表著對新生與幸福的渴望。「新我」伸出手，緊緊牽引著「舊我」，象徵內心力量的傳遞和自我救贖。

楊佩雯《向死而生》



畫面主題是以描繪生命的終結與延續，表現出自然界中生生不息的循環與生命的無私奉獻。作品以生命的消逝為起點，延伸至滋養萬物的過程，傳遞了生命的意義。

一個生命的結束並非真正的終點，而是新的起點。當生命回歸自然，身體化為養分滋養大地，植物吸收養分茁壯成長，動物進一步取食這些植物，最終將生命的精華融入自身。生命的殘骸不僅組成了其他生物身體的一部分，還以各種形式散布於自然界的每一處，化為新生命的一部分，象徵著無私的奉獻與輪迴的永恆。

背景中的手袋象徵著人慾，袋中的眼睛冷漠注視著舞者，暗示對她們的掌控與剝削。舞者輕觸白鴿，表達對幸福與自由的渴望，然而旁邊血跡斑斑的羽毛象徵著幸福被犧牲與剝奪。

這幅作品批判了表面光鮮亮麗的人群，揭示他們偽善與剝削的本質，並表達對自由與平等的呼喚。

林詩婷《人血饅頭》



《人血饅頭》以玻璃畫的形式呈現，透過鮮花與枯萎花朵的對比，展現生命的韌性與被壓榨的無奈。鮮花象徵生命的活力，而枯萎與破碎的花朵則代表被剝削的無助。靈感源自教堂彩繪玻璃，破碎的花朵增加了生命的脆弱感。蜜蜂象徵對利益的無情榨取，即使花朵腐爛，仍不停吸取，諷刺社會對弱者的冷漠。

然而，枯萎的花朵仍展現出頑強的生命力，象徵在困境中堅持的人們。作品提醒我們反思貪婪對生命的傷害。

林詩婷《商品競拍》



透過芭蕾舞者的形象，揭示物化與不平等現象。舞者站在舞台上，宛如商品般展示自己，腳下的草地象徵自由，但細繩束縛著她們，暗示地位卑微帶來的壓迫。

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陳雅茜《石榴與我》



石榴除了象徵多子，在另一層意義上也代表著死亡。在心理學層面，石榴隱喻著絕望，與蘋果相似，常被解讀為有毒之物，象徵引人墮落的夏娃之果。我彷彿淹沒在石榴的洪流之中，感到無盡的壓迫。然而，即使痛苦重重，我依然努力向上伸出手，只為掙脫束縛，尋回那個快樂的自己。