



沙田官立中學

Sha Tin Government Secondary School

校訊

2020-21 第一期

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斜樹下

在斜樹下，看着晚霞，從前以為是理所當然的事，現在卻分外珍惜。這六年的青春歲月一點一點在手中溜走。回想過去六年，就像發了一場夢般，不想醒來，但終究要醒過來。

沙官給我的第一印象就是面積不大，比不上那些千禧校舍。不過，麻雀雖小，五臟俱全，該有的設施還是應有盡有。多功能籃球場載滿了我們許多回憶，班際閃避球比賽、社際籃球和排球比賽等，同學都會聚首一堂，觀看運動健兒們的英姿，好不熱鬧。到結束的時候，天色已經昏暗。離開的時候，遠望花園中的斜樹，和夕陽互相映襯，這個景象真教人萬分留戀。

雖然沙官空間有限，但這正正培養了我們同學間真摯的感情。四合院的設計，給我一個家的感覺：經常在走廊盡頭一轉彎，就遇見同級或同班同學，然後就會談天說地，從課外活動談到人生意義，友情的種子慢慢發芽。全級一百二十多位同學，往往能打成一片，這種深厚的情誼，真教人回味。



DSE 2020
最佳成績獎

詹培炫 (S.6D 2020)

以往中六每天都會和同學一起奮鬥。每人都朝着自己的夢想進發。那股氛圍，想起都令我熱血沸騰。那時，歐陽老師的中文課經常五點才放學。下課時在六丁班教室門口和同學們看着夕陽揮灑在斜樹上，那時候，我們三十六人，就好像連成一線，我們的青春是多麼的熱血啊！

現在，就算再穿上校服看夕陽下的斜樹，意義早已不同。景物依舊在，只是故人非。在斜樹下，看着晚霞，從前以為是理所當然的事，現在卻分外珍惜。最想念的，還是我的同學。

斜樹之所以美麗，不是因為它本身，而是因為我們每一個沙官人，在樹下創造過無數的回憶。斜樹成長的同時，我們也在蛻變。沒有母校的培育，哪來茁壯成長的我們？這六年的光陰，我將永遠銘記於心！

再見了，斜樹！再見了，我的青春！



校訊編輯委員會成員：

顧問：林月華校長、劉敏詩副校長、鄧子筠副校長、陳阿蓮副校長
委員：易永煥老師、朱健滔老師、歐陽翠嫻老師、朱曉慧老師

2020年香港中學文憑試學生成就

本校中六同學於2020年香港中學文憑試表現優異。以最佳6科計算，6D詹培炫同學表現最佳，於中國語文、數學（必修部分）、經濟及物理取得5**，地理及數學（延伸部分單元二）考獲5*，英國語文及通識教育則考獲5，共考獲40分，成績斐然。整體而言，本校70%的考生獲本地或外地的大學錄取修讀學士學位課程，其中的66%入讀本港大學教育資助委員會資助的課程，而獲本港三大錄取的佔其中62%。在此恭賀以下同學考獲佳績：



班別	英文姓名	中文姓名	成績
6D	Chim Pui Yuen	詹培炫	4(5**), 2(5*), 2(5)
6A	Lam Chi Ho Alan	林志浩	2(5**), 2(5*), 1(5), 2(4)
6C	Yeung Wai Ho	楊煒浩	2(5**), 1(5*), 1(5), 3(4)
6B	Lam Hoi Fung	林海鋒	1(5**), 4(5*), 2(5), 1(4)
6D	Fong Kwai Yiu	方貴堯	1(5**), 3(5*), 2(5)
6D	Leung Wai Sum	梁瑋森	1(5**), 1(5), 5(4)
6D	Chung Pui Lam	鍾佩霖	1(5**), 1(5), 4(4)
6C	Kwok Hei Yi	郭熙怡	2(5*), 4(5), 2(4)
6D	Lee Pui Shuen	李佩璇	2(5*), 3(5), 2(4)
6C	Leung Hau Sang	梁厚生	2(5*), 3(5), 1(4)
6D	Hung Wai Kwan	洪維鈞	2(5*), 2(5), 1(4)
6C	Cheung Lap Yin	張立賢	2(5*), 1(5), 3(4)
6C	Choi Man Yee	蔡曼儀	2(5*), 1(5), 4(4)
6D	Fu Hok Yau	符學柔	2(5*), 5(4)
6D	Cheung Hei Noi	張曦柁	1(5*), 3(5), 2(4)
6D	Leung Wing Chi Jamie	梁詠芝	1(5*), 3(5), 2(4)
6C	Lee Ming Yan	李明茵	1(5*), 3(5), 2(4)
6C	Kam Wai Ling	甘蕙凌	1(5*), 2(5), 4(4)
6D	Yiu Yeuk Man	姚若汶	1(5*), 2(5), 4(4)
6C	Lee Tsoi Hei	李采禧	1(5*), 1(5), 5(4)
6A	Lui Chak Wai	呂澤慧	1(5*), 1(5), 3(4)
6D	Cheung Kit Lun	張傑倫	1(5*), 1(5), 3(4)
6C	Au Ling Yeung	歐令揚	1(5*), 1(5), 2(4)
6C	Law Mei Suet	羅美雪	1(5*), 1(5), 2(4)
6B	Li Yin Hei	李彥希	1(5*), 1(5), 1(4)
6C	Law Tsun Him	羅竣謙	1(5*), 1(5)
6A	Yau Ka Yui	丘嘉蕊	1(5*), 5(4)
6C	Fung Sze Chung	馮思聰	1(5*), 4(4)
6B	Chan Tin Yan	陳天恩	1(5*), 1(4)

本校秉承校訓「智、仁、勇」的教育理念，致力培育學生具備品德、學業和課外活動方面的多元智能，達致全人發展的目標。本校一向重視學科教育和學生的學習表現，在2020年DSE考試中，不少學生獲取佳績，令人欣喜。近年來，本校為配合全球的教育趨勢，大力推行STEM教育，擴闊學生的學習層面；而今年，更在課程內增加AI元素，除了提升學生的學習興趣，同時裝備他們應對未來世界轉變的挑戰。此外，本校亦鼓勵學生積極參加課外活動，一展所長。不少學生在音樂、體育、話劇、辯論等範疇都有出色表現，充分發揮創意和潛能。



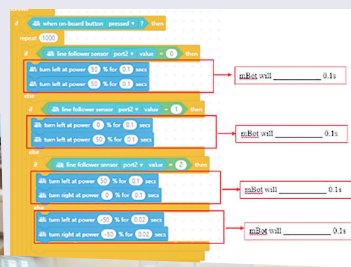
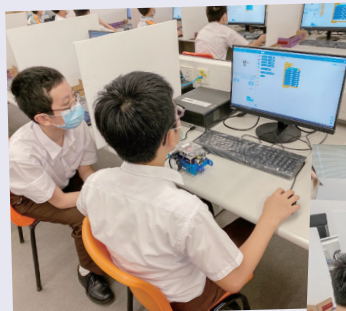
電腦科

STEM及人工智能校本課程

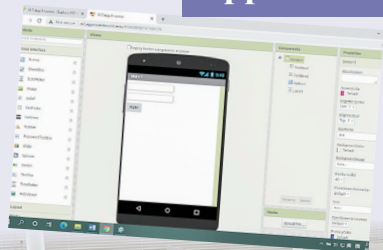
近年，學界積極推動STEM教育及人工智能(AI)的發展，有見及此，本校在中二級電腦科引入相關校本課程，讓學生學習網頁設計和以「編程」為主軸的STEM及人工智能的課程內容。

學生會利用mBot機械車，編寫程式指令機械車完成指定任務。另外，學生亦會發揮創意，利用App Inventor 2編寫程式，製作一些有趣的手機應用程式。對於一些具濃厚興趣的學生，本校亦特別加以培訓，教導他們高階的AI工具應用技巧，例如Python，更會推薦有興趣的學生參加校外比賽，以擴闊他們的視野，提升學習效果。

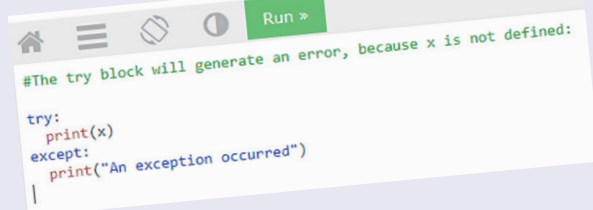
mBot 機械車



App Inventor 2



Python Programming



對學習人工智能的感想

2D黃嘉歡

以我所知道的人工智能，就是能夠表現出智能行為的硬件或軟件，所以人工智能就是機器學習。我期望透過學習人工智能，一方面可以運用各種不同的人工智能硬件或軟件，加強我們對不同學科的學習；另一方面亦可以增強我們的自主學習能力。

電腦課堂正教導我們運用機械車(mBot)編寫程式，以指令機械車自主地完成任務。我覺得課堂很有趣，回家後，也會自行學習更多編程知識，多方面了解有關人工智能的課題。



數學科

1. 由教育局舉辦「2019至2020年度中學數學專題習作比賽」，旨在提高學生對學習數學的興趣及發展他們的共通能力，並提供另類的學習經歷，是培養學生的自學能力和促進自主學習的有效工具。比賽設有兩個組別，學生可參加A組（初中習作）或B組（中一小型習作）。3C許錦明及3C吳浚壕同學於A組（初中習作）在曾震江老師指導及帶領下，以「探究本源畢氏三元數和多邊形數的互相轉換關係」為題的作品獲得表現良好獎(Good Performance)，師生團隊各獲頒優異獎狀(Certificate of Merit)。



2. 由香港數學奧林匹克協會舉辦「華夏盃2020」，1D胡智迪同學獲得一等獎；1B蔡兆隆及1C劉子華同學獲得二等獎；2D石曉悠同學獲得三等獎。

3. 由教育局數學組舉辦「2019至2020年度中學數學閱讀報告比賽」，旨在提高學生閱讀數學書籍的動機和興趣，以增強他們的學習能力，達到終身學習和全人發展。參賽學生須從指定書籍中選擇一本閱讀，以完成閱讀報告。



4C張凱琪及3C黃慧喬同學在湯敏玲老師指導及帶領下分別獲得高中組一等獎及初中組二等獎；吳國富老師指導的3C郭俊唯及4D張喜裕同學則獲得初中組二等獎，3C陳思熹同學獲得初中組表揚獎。

Maths Book Report Comp Winner



I am glad to have won the First Class Prize of Mathematics Book Report Competition organized by the Mathematics Education Section, EDB. This is the second time I have participated in this competition. I did a lot of preparation and put great effort into it, for instance, I did extensive research to have a better understanding of the book I chose. During the writing process, I learnt how to organise and present my ideas in words. Also, after reading the book and related materials, I found that my logical thinking skills and problem solving skills were both improved. Joining this kind of competition is a good way to broaden my horizons and develop better skills. If you always seize the chance and take part in different competitions, you could learn a lot from them!

5C Cheung Hoi Ki
(2020-2021)

戲劇組 Drama Team

從行政角度而言，做戲劇最奇妙之處，是規模可大可小，多至上百人的音樂劇，少至一人的獨腳戲，皆可表演，再結合音樂、舞蹈、文學、遊戲、錄像、時裝等元素，真是變化萬千，魔力無窮。劇組視乎每年手上的材料（人才），嘗試炒出最鮮美之時令菜式（劇目），於過去五年四奪香港學校戲劇節（廣東話組）整體傑出優異獎盃，並於2018/19年度再創佳績，演出原創鬧劇《笑話學會》，首奪學校戲劇節最高殊榮之評判推介演出獎盃，隨後於2019年5月假荃灣大會堂演奏廳公開演出，全體18位演員更喜獲傑出演員獎，加上傑出劇本獎、傑出舞台效果獎、傑出合作獎，獎項數量為全港555間中小學之冠。在2018年第一屆官校戲劇節(Inter-government Secondary School Drama Fest)，劇組憑小型英語音樂劇《Annie》奪得評判推介演出獎，贏得一致好評。劇組將懷著感恩的心，繼續以專業、快樂、團結為目標，致力推廣藝術教育，歡迎任何喜愛劇場的同學加入，在台前幕後不同崗位（例如演員、燈光、音響、佈景、道具製作、助理舞台監督、服裝、化妝等）發揮潛能，並全年徵集同學創作的劇本（廣東話／英語，演出時間20-30分鐘）。



獲獎消息



傑出學生選舉

本組提名兩名中五學生參加由香港特別行政區政府旅遊事務署及香港青年協會主辦之「2020/2021香港青年大使計劃」，其中5C彭展晴同學獲選為香港青年大使。

資優學生培育支援小組



1. 機械人方程式賽車香港站2020

3A褚金鵬、3C衛鈞舜、4C鄧皓瑋、孟繁睿、5A詹浩然及5B鄧浩堯同學於2020年1月18日參加由聯校資訊科技學會主辦的mBot競技平台合作賽及循線速遞賽。他們在這兩項比賽中均獲季軍。

2. 英文填字挑戰賽及創意寫作比賽

本校11名學生在停課期間也不停止學習及接受挑戰，參加由香港資優教育教師協會及君培資優教育主辦的英文填字挑戰賽和創意寫作比賽，成績令人鼓舞。得獎名單如下：

比賽	獎項	得獎同學
英文填字挑戰賽	金獎	3D譚灝銘 3D楊曉東 5C袁曉琦 5C葉俊
	銀獎	5C楊楚楹 5D鍾健恒
	銅獎	5A李柏霖
創意寫作比賽	星中之星獎(英文)	4C吳永森
	金獎(英文)	5D梁嘉雯
	銀獎(英文)	5D任映詔
	優異獎(中文)	4C朱樂筠



國民教育組

1. 《基本法》大使培訓獎勵計劃2020標語創作比賽

國民教育組於疫情停課期間組織學生參加教育局課程發展處舉辦的《基本法》比賽及活動，鼓勵他們閱讀有關《基本法》知識的材料，加深認識《基本法》、香港和國家密切的關係、香港特區成立的歷史和發展，以及《基本法》如何推動特區的發展。本校更推薦學生參加《基本法》大使培訓獎勵計劃2020的標語創作比賽，榮獲冠軍。

2. 第六屆《基本法》全港校際問答比賽

本校於上學年推薦學生參加由香港特別行政區政府教育局主辦的「第六屆《基本法》全港校際問答比賽」，獲頒嘉許獎狀。得獎名單如下：

2C尹森塋	2D鄭汶希	2D梁雅雯
2C龍熙彤	2D何卓楠	2D黃芯茹
2D李彥欣	3C郭竣凱	3C郭竣凱
4A曾漫雲		

3. 月旦古今：中國歷史人物小故事比賽

本校於上學年推薦學生參加由香港特別行政區政府教育局及長春社文化古蹟資源中心聯合主辦的「月旦古今：中國歷史人物小故事比賽」，結果日前公布。

恭喜以下學生獲得優異獎狀：

2D蘇晞朗	4A吳楚炫
3C郭俊凱	4A曾漫雲
3D吳庭璋	4B郭俊唯



獎學金委員會

為嘉許學業成績優異、操行良好、積極參與課外活動或服務的同學，本校每年均會致力推薦同學申請各項獎學金、助學金或各項榮譽獎項，以茲鼓勵。

校內獎學金 (2019-2020)

獎學金名稱	得獎者
鄭夏恩醫生紀念獎學金	校友 Lee Ming Yan 李明茵 (香港大學中醫全科學士) 校友 Lee Pui Shuen 李佩璇 (東華學院物理治療學(榮譽)理學士)
文志賢校友初中最佳學業進步獎學金	3D陳嘉雯
香港中學文憑試生物科傑出成績獎	校友 林海鋒 (香港大學) 校友 李明茵 (香港大學) 校友 張曦柰 (香港中文大學)
香港中學文憑試企業、會計與財務概論傑出成績獎	校友 郭熙怡 (香港科技大學)
香港中學文憑試中史科傑出成績獎	校友 林志浩 (香港中文大學)
香港中學文憑試歷史科優異成績獎	校友 梁瑋森 (香港大學)
香港中學文憑試歷史科傑出成績獎	校友 張傑倫 (香港浸會大學) 校友 洪維鈞 (香港大學)
香港中學文憑試中國文學科優異成績獎	校友 林志浩 (香港中文大學)
香港中學文憑試地理科傑出成績獎	校友 詹培炫 (香港中文大學) 校友 符學柔 (香港中文大學)
香港中學文憑試數學科延伸部分單元(一)優異成績獎	校友 方貴堯 (香港中文大學)
香港中學文憑試數學科延伸部分單元(二)優異成績獎	校友 楊煒浩 (香港科技大學)
香港中學文憑試數學科延伸部分單元(二)傑出成績獎	校友 林海鋒 (香港大學) 校友 詹培炫 (香港中文大學)
香港中學文憑試物理科優異成績獎	校友 詹培炫 (香港中文大學)
香港中學文憑試資訊及通訊科技科傑出成績獎	校友 羅竣謙 (香港中文大學)
綜合科學科傑出成績獎	2D簡銘希 2D翁浩然 2D姜丞彥 3D林伽熹 3D劉建鋒 3D楊心晴

校外獎學金

1. 校友詹培炫同學榮獲由香港中文大學舉辦之「入學獎學金」(半免學費)，並獲獎學金港幣21050元。
2. 校友詹培炫同學榮獲由香港中文大學舉辦之「海外交流獎學金」，並獲獎學金港幣10000元。
3. 校友詹培炫同學榮獲由香港中文大學伍宜孫書院舉辦之「學業優異入學獎學金」，並獲獎學金港幣12000元。
4. 校友詹培炫同學榮獲由香港中文大學伍宜孫書院舉辦之「交流計劃獎學金」，並獲獎學金港幣10000元。
5. 校友詹培炫同學榮獲由中原慈善基金舉辦之「中原慈善基金獎學金」，並獲獎學金港幣30000元。
6. 校友詹培炫同學榮獲由香港中文大學舉辦之「黃學斌紀念獎學金(優異新生)——優異工商管理學院新生」，並獲獎學金港幣25000元。
7. 校友詹培炫同學榮獲由香港中文大學舉辦之The "Sunny" Award，並獲獎學金港幣10000元。
8. 校友詹培炫同學榮獲由香港中文大學舉辦之「藝術傑出入學獎學金」，並獲獎學金港幣8000元。

校友會

沙田官立中學校友會香港中學文憑試2020優異成績獎

本會為嘉許於香港中學文憑試中文科、英文科、數學科(必修部分)及通識科考獲5**的同學，本年度繼續頒發「香港中學文憑試2020優異成績獎」，得獎者名單如下：

獎學金名稱	獲獎校友姓名
沙田官立中學校友會香港中學文憑試2020中文科優異成績獎	校友 詹培炫 校友 林志浩
沙田官立中學校友會香港中學文憑試2020數學科(必修部分)優異成績獎	校友 詹培炫 校友 林海鋒 校友 楊煒浩 校友 鍾佩霖

Guidance Committee

S.1 Orientation Fun Day

To welcome S1 students, the Guidance Committee organized an orientation fun day for S.1 students on their first day of school after having month-long lessons online. The fun day aims to foster students' positive values and team spirit.



Accompanied by the class teachers, teachers and social workers from the Guidance Committee, S.1 students played teamwork games and toured around the school to familiarize themselves with their new learning buddies and learning environment. These activities helped strengthen the sense of belonging in school and enhance class cohesion by creating a caring class culture and spirit. On the whole, students enjoyed the activities and cherished the time spent together with their peers.

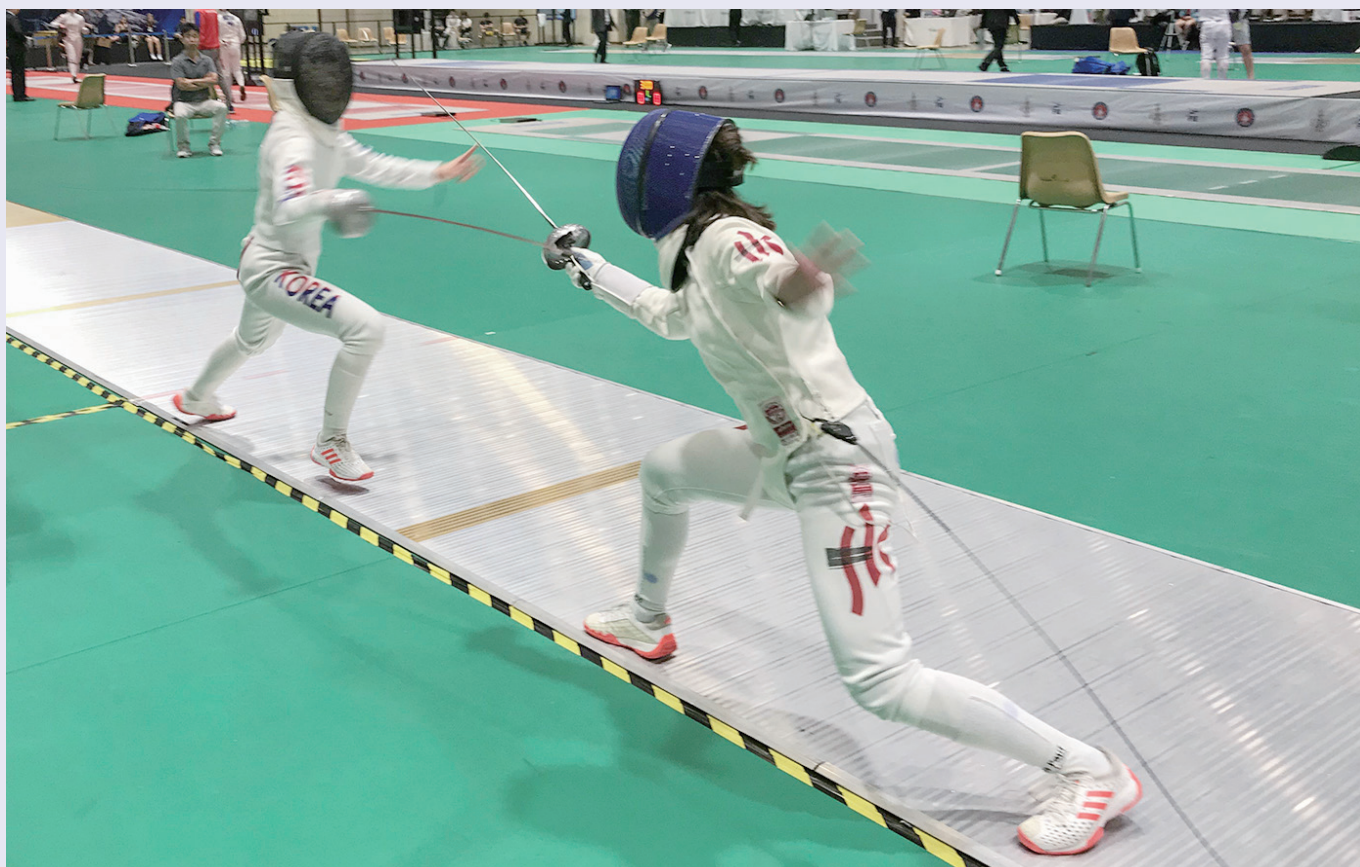


Project Sunshine:

Sharing sessions from Student Peer Counsellors

Project Sunshine aims to create a caring school environment among students at different levels. Every year, S.3 – S.5 Student Peer Counsellors (SPC) prepare in-class sharing sessions and activities for S.1 and S.2 students. The first sharing session was done in early October. SPCs suggested ways of adapting to new secondary school life and tips for learning. There were also games prepared by SPCs to promote the importance of 'responsibility', one of the positive values that our school focuses on in this school year. Junior form students were happy to meet 'big brothers and big sisters' in school, and SPCs were glad to pass on the caring culture in school.





Q. You received training at HKSI during your senior secondary school years. How did you strike a balance between studies and training? Was there any support from our school?



It was a huge challenge to be a full-time athlete AND to study a normal secondary school curriculum. There's really no shortcut except managing your time effectively, and seeking support whenever you need it. I did have a few slips on my assignments and my academic progress was obviously behind. I switched back to part-time training in F.6 as I had a lot to catch up and had only a few months to prepare for the DSE. But like I mentioned, teachers had been very supportive and understanding, especially Ms. Au Yeung, who was my teacher in Chinese subject. She helped me with a lot of reference material and mock exercises and tests. Without her help I think I did stand a chance in scoring Grade 1 in Chinese just as how the school originally predicted. Apart from Ms. Au Yeung,

Principal Wong and Ms. Cheung who was my PE teacher nominated me to apply for university scholarships, and other major athletic awards such as "Watson's Group HK Students Sports Awards". I am forever grateful for their support, confidence and trust in me. Without them I would not have been able to achieve in the DSE and study in HK Poly U now.



Star Athletes of STGSS

Junior Fencing Championships 2017, Cadet Women's Epee 1st Runner-up
2017 U17女子重劍銀牌

Asian Junior Cadet Fencing Championships 2018, Cadet Women's Epee Team
2nd Runner-up
2018 亞青女子重劍團體銅牌

LCSD Hong Kong Open Fencing Championships 2018, Women's Epee
2nd Runner-up
2018 香港公開賽女子重劍銅牌

Blue Cross Insurance Hong Kong Open Fencing Championships 2018, Women's
Epee (local) 2nd Runner-up
2018 香港藍十字公開賽女子重劍第三名

Age Group Fencing Championships 2019, Junior Women's Epee 2nd Runner-up
2019 U20女子重劍銅牌

U23 Asian Fencing Championships 2019, Women's Epee Team 1st Runner-up
2019 U23亞洲女子重劍團體銀牌



Wong Shams 黃琛之 (S.6D 2019)

Q. What brought you to fencing? Is it some person or experience?



When I was very young my father started a fencing school so I was able to experience fencing when I was in primary school. Back then I was not at all keen on it, especially after a few competitions I was convinced that I was not competent no matter on my build or brain. Witnessing the good progress my friends attained snatching medals, and some even playing in the HK team, I was about to give up and focus on my studies in F.5. Of course my father wouldn't let me. With his assistance, I had an opportunity to train as a full-time athlete. I was very lucky that this received full support from the principal and teachers with flexible arrangement on my attendance and assignment handling. It was a lot of hard work with both studying and

fencing on my plate, but I did improve and learn a lot from the experienced coaches and was able to win in various tournaments. This was really the turning point where I became totally devoted and fully enjoyed the sport.

Q. Can you name an unforgettable competition of yours?

It must be the 2018 HK Open!

After spending some time in full-time training, I had made quite some progress in terms of my overall physical fitness and technical skills. However, the epee junior group was still a highly competitive group. It was not unusual you got pushed down a few places on the leader board even if you just slipped in one game. Hence my personal goal was to play every match as cautiously as I could and maintain my junior group ranking. When I entered the 2018 Open, I did not think too much on achieving a specific goal or winning whatsoever because my opponents were from all walks of life and could have hugely different levels of experience. Without



much psychological burden, I was able to play much better beating an experienced opponent from Singapore and entered the semi-final match. That was my first time being able to reach such a position in an open tournament. But that's not the end of the story. I was playing with a very fine second ranking fencer from HK in the semi-final match. This unexpected achievement brought about sudden pressure. I had somehow convinced myself I did not stand a chance to win but then I was still able to play a fairly competent match at such a point I was only 1 score behind during a game point. At that very critical moment my bad inner voice dominated and I had a doubt of myself and perhaps unconsciously I thought I could not do it and gave it up. I won a bronze medal finally, which was totally out of my expectation already but it was a huge lesson for me as I learnt the consequence if you can't beat your inner voice during those key moments and I reckon I still have a lot to catch up on this area.



Q. Tell us a bit more about parental support.

They let me choose what I want to do, such as letting me defer one year of university (this year) to windsurf. They respect my choice and help me do it.

My mum signed me up for a windsurfing summer class when I was 10 years old. She said that I liked to go to the beach when I was a baby. I didn't cry when I was on the beach. She let me try kayaking, sailing and windsurfing. I like windsurfing most.

Q. You're deferring this year (Year 1)'s studies for windsurfing. What's the plan?

My plan is trying to be a full-time athlete in one year, and follow the training plan of my teammates (going to Japan, Italy and Switzerland). Due to Covid-19, I can't go overseas and train with foreign windsurfers and compete in the World Championship. It may slow down my training progress. Originally I wanted to see my World Championship result this year and determine whether I should retire, so I will extend my full-time athlete training to December 2021 if possible. It is hard to have a chance to chase your dream, so I want to give it a try. My plan is to participate in the Asian Games in 2022 and win an MH (Medal of Honour, for Asian Games gold medalist).

Q. You didn't mention the Olympics. Is it not in a longer-term plan?

The Olympics is on my bucket list. Only one man can represent Hong Kong in the Olympics windsurfing class. I hope I can be the one.

In Paris 2024, the windsurfing class will change equipment from RS:X to iQFoil. Adapting to new equipment is key to winning the selection.

I didn't mention the Olympics because I still have not planned my training after 2022. I think good planning is important. However, planning will cause me stress (if I can't achieve my plan), affect my performance and training quality. I don't want to over-plan.



Star Athletes of STGSS

Champion, Windsurfing Asian Championship 2019, Youth Male Class
滑浪風帆亞洲錦標賽青年男子組冠軍

Hong Kong windsurfing team member
香港滑浪風帆隊成員

Bachelor of Engineering, HKU, Year 1
香港大學工學學士一年級



Au Ling-yeung 歐令揚 (S.6C 2020)

Q. Which one is harder, studying or windsurfing?

Windsurfing. You have to make quick decisions in a race, considering the wind direction, the current, the wave, the racing mark, the start, and sailing at some 30 km/h. I will wing it if the above factors change, and you have no 'past papers' to do. Also, there is more competitive pressure in windsurfing. It is an individual sport. Your friends are your opponents too. As there is only one champion in a windsurfing competition, my coach always tells me that it is gold or nothing, so I have to deal with a high pressure environment.

Q. So how did you strike a balance between being an athlete and a DSE candidate over these years?



I will make a time limit for windsurfing and studying. For example, I will set 20 hours a week for windsurfing and 10 hours for self-study. This timetable can be flexible. Then I can strike a balance in both areas and have some free time to have some entertainment such as computer games, cycling and Netflix.

But DSE 2020 is special. The unexpected postponement and viruses changed my plan. I had planned to do windsurfing training once a week, so as to prepare for the World Championship in October. However, the viruses spread worldwide, and the world championship is cancelled. I changed my plan and focused on the DSE. I realized I need to know what I should do in different periods and can't just set a timetable to follow. This turned out to be better time management to do what I should do. Parents' support is very important too.

