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THE HONG KONG MANAGEMENT ASSOCIATION K S LO COLLEGE
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AIMING HIGH: VOICES FROM THE ARCHERY TEAM

3C WANG CHIN YU



"Ever since primary school, I have found archery to be an extremely interesting sport. When I entered secondary school, I took the opportunity during the orientation activities to sign up for the summer class and officially joined the archery team. I firmly believe that diligence is the key to progress, so my attendance at practice has always been very high, as I was afraid of forgetting the techniques I had just learned. I remember that during Form 2, I hit a bottleneck where my scores plateaued. I missed the mark by just a little bit every time, which once made me doubt my own abilities. Later, my coach reminded me, and I gradually came to realise that a 'stable mindset' is far more important than blind, ineffective practice. I learned to stay calm before releasing each arrow. In this year's inter-school competition and Hong Kong Youth Archery Team selection, not only did I perform steadily, but I also mastered the skill of making on-the-spot adjustments to my form during the match to improve my performance. Now that I am a member of the Hong Kong Youth Archery Team, I hope to consistently shoot qualifying scores in the future and strive for the opportunity to represent the Hong Kong team in competitions!"

3C WU WING SUM



"My journey with the archery team began when I saw archery events in the Olympics on TV. With my mother's encouragement, I signed up for the summer class to give it a try. I am extremely dedicated to practice; in addition to training hard at school, I also use resistance bands at home to assist with my training. Currently, I feel more confident in the mid-to-long distances of 30 metres and 60 metres. To be honest, before the recent inter-school competition, I felt completely overwhelmed because I couldn't find a form that suited me. I even developed a fear of the target and didn't dare to release my arrows. Fortunately, my coach was very patient and stayed with me to adjust my form, teaching me to let go of the burden of missed shots and focus purely on each arrow in the moment. Ultimately, I won first runner-up in the intermediate 60-metre category and achieved great results in the indoor competition as well. As a fellow member of the Hong Kong Youth Archery Team, I hope to train every movement to a high level of consistency in the future, with my sights set on representing Hong Kong in the Asian Youth and World Youth Championships!"

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3C CHEUNG SHUN WING



"When I was in Form 1, my neighbour happened to be the school's archery coach, and I joined the team under his recommendation. Since I also play in a band, I often make use of my free time at home to practise drawing-hand (back-hand) movements with resistance bands to balance both commitments. Back in Form 2, I fell into a deep slump and performed terribly, to the point where I once wanted to give up. It was entirely thanks to the constant encouragement of my good friend Ho Man, who also pointed out my issue with an 'unstable drawing hand', that I regained my confidence. In this year's inter-school competition, I learned to shoot every arrow as if it were my 'first arrow', successfully overcoming the fear of losing confidence due to a missed shot, and eventually exceeded my expectations to finish in 5th place. Recently, I have switched from a recurve bow to a compound bow. I hope to successfully qualify for the Hong Kong Youth Archery Team in the compound bow category in the future and step up to a whole new level!"

2B TAN HO MAN



"Initially, I found archery to be a rare and quite interesting sport, so I decided to join to give it a try. I really enjoy the atmosphere of practising and supporting each other with my close friends. Back in Form 1, my posture wasn't standard, which caused my scores to stall, and I couldn't progress to shoot longer distances. Fortunately, with the help and guidance of my coach and close friend Shun Wing, I successfully corrected my awkward form, and now I can challenge the 60-metre distance! During this year's Hong Kong Youth Indoor Archery Competition, I experienced an unforgettable tournament—I climbed all the way up from a ranking of around 30th place in the ranking round, even defeating the 4th-seeded athlete, and eventually finished in 5th place. I narrowly missed out on the Hong Kong Youth Archery Team before, so my biggest goal now is to successfully enter the Hong Kong Youth Archery Team and receive more advanced training."







BEYOND WALLS: OUR LANGUAGE ACROSS THE CURRICULUM JOURNEY IN TSIM SHA TSUI

1D Chow Yee Ching



During our recent "Language Across the Curriculum" project, I had the incredible opportunity to explore Tsim Sha Tsui in a way that went far beyond my usual textbook lessons. We visited 1881 Heritage and the Kowloon Mosque, and while I found the architecture at 1881 Heritage absolutely fascinating, it was the hands-on, investigative nature of the trip that really made an impact. Instead of just listening to a teacher in a classroom, my classmates and I acted as explorers, collaborating to uncover the history of the former water police headquarters and fire station ourselves.

The experience gave me a much deeper appreciation for how historical sites can be revitalized to serve new, modern purposes. At the Mosque, I also gained a respectful understanding of Islamic traditions, such as the significance of praying five times a day towards Mecca, which was a meaningful insight into a culture I had not previously encountered. This project truly brought my learning to life, and I am so grateful to have had the chance to step outside the classroom and discover these unique parts of our city firsthand.

1D Lee Wing Chi Vinci



I found this "Language Across the Curriculum" project to be a refreshing change from traditional classroom instruction. Studying the concept of 'revitalization' in Geography provided a framework that brought my visit to 1881 Heritage to life, helping me understand its transformation from a former police headquarters into a modern commercial landmark. Collaborative group work was another highlight, as it encouraged us to exchange ideas and integrate diverse perspectives throughout the project.

Beyond the history, visiting the Kowloon Mosque was a powerful experience that deepened my respect for diverse faiths, especially when we learned about the significance of rituals like removing our shoes to maintain the sanctity of the space. This "Language Across the Curriculum" approach has truly made me see how our city's architecture and cultural sites are living stories we can actively learn from.

1D Luo Zixin



The "Language Across the Curriculum" project was an eye-opening experience that transformed how I view language learning. Instead of just reading from textbooks, we were fully immersed in an authentic English environment as our guide explained everything in English, which was a challenging yet rewarding way to develop our listening skills. The most profound moment for me was visiting the Kowloon Mosque; witnessing the quiet, sincere devotion of others as they prayed made me realize how vital these spaces are for finding comfort and motivation in the face of life's struggles. I channeled this inspiration into an English writing assignment, where I composed a postcard to a friend I have known for a decade to share these heartfelt reflections.

Beyond improving my communication skills, the trip taught me a significant lesson about the power of inclusiveness. I now deeply understand that our society is enriched when we choose to respect the diverse religious beliefs and customs of others and genuinely embrace our cultural differences.

1A Lau Tsz Yuen



Participating in this 'Language Across the Curriculum' project completely changed how I look at the streets of Tsim Sha Tsui. While I was struck by the intricate, traditional Arabic architectural style at the Kowloon Mosque, my true highlight was 1881 Heritage. The way the site seamlessly blends historical Western designs, such as the majestic pillars and grand, ornate doors, with modern commercial elements is truly stunning. Exploring the main building felt like stepping back in time, and it made me realize the immense value of architectural preservation. It was such an inspiring experience that I just had to write to my friend, Chan Ngo Yin, to tell him all about it. In the future, I hope we can spend even more time at these sites to dig deeper into their history and perhaps engage in even more hands-on activities, as this immersive way of learning made the past feel incredibly vibrant and alive.



BOUND FOR BRISBANE: EXCITEMENT, INDEPENDENCE, AND DISCOVERY

A COST-EFFECTIVE TRIP

3D Lei King Yin, Karin



During June and July, I am going to Australia on a study tour organised by our school. When I first saw the details for this trip, I rushed to sign up for it. Many of you may ask, 'Why join this tour and not others?' I can tell you that this trip is worth every penny!

Before we go to Australia, there is a lot of preparation work to do. Every Wednesday, we have a meeting at the English Café. Through these meetings, we get to learn more about Australian culture. Once, we were divided into different groups to look deeply into specific topics about Australia. We always learn a ton from these meetings. It is really valuable!

On this trip, we are going to Brisbane for about two weeks. We will be attending lessons at a university, having fun in a theme park, going shopping, and trying some local delicacies.

Look at how many activities the school has organised for us! Just by hearing about these activities, I know that I won't be bored in Australia.

This trip is definitely great value for money. We have already learned a lot before the trip, such as Australian slang. I believe that after this trip, we will have acquired valuable experiences and knowledge. See you all after the trip! Hooroo!

GROWING INDEPENDENT ON MY AUSTRALIA TRIP

1D Lei King Lui, Kelly



In my family, I have an older sister. When I face obstacles, I usually rely on her for help without thinking the situation through myself. Going on this trip to Australia will help me learn to be independent.

First, I will plan simple things by myself. I can check bus schedules to get to my destinations and manage my pocket money to buy snacks and water. I will not ask my family or friends to decide everything for me. I must make my own decisions to take my first steps towards independence.

Additionally, when I encounter small problems, like getting lost, I will try to ask local people for help using simple English. I will pack my own bag each morning, making sure to include my hat, water bottle, and tissues. I cannot forget to bring my essentials, as I need to rely on myself on this tour. I will also take good care of myself, for instance, by eating healthy food, walking carefully on the streets, and returning home on time.

Moreover, I will make small choices alone, like picking which places to visit first. Every little task teaches me to look after myself. I believe this trip will help me grow braver. Therefore, I will be able to stand on my own two feet after the Australia tour.

MY BRISBANE ADVENTURE: A SUMMER TO REMEMBER

3D Yim Ka Man, Kate



This summer, I am joining a study tour to Brisbane, Australia, and I cannot wait! I first heard how fun Australia is from my friend, and that made me really want to go and experience it for myself.

To get ready, our teachers give us useful information and tips every Wednesday. We also do lots of research together about the city, the culture, and what we will do there. We will stay with a local host family for 18 days, so I am preparing to learn more about daily life there.

I am really looking forward to making new friends from Australia and practising my English in real-life situations. I am also curious about how daily life in Brisbane is different from life in Hong Kong. I want to see their lifestyle, try their food, and enjoy the sunny weather.

This trip is going to be full of fun and new experiences. I hope to come back with great memories, new friendships, and lots of interesting stories to share with my classmates!