



*1A Hui Lok Tung, Jennifer*

**Topic: Your friend, Chris, lives in Australia. He is visiting Hong Kong. He likes hiking. Write a letter and recommend a hiking trail in Hong Kong to him. Describe what he will see and what he should bring for this hike. Write at least 150 words.**

10<sup>th</sup> February, 2009

Dear Chris,

Hi! How are you? I know that you like hiking very much, so I want to tell you a great trail——The Peak to Aberdeen.

First, I need to tell you some important information. This hike is 13-kilometer long. It's long but not very difficult. You can complete the hike in about 5 hours including lunch time and transport.

Then, I want to tell you how you can go to the hiking trail. Firstly, you should go to Tsim Sha Tsui by MTR. Secondly, you can go to the Central by ferry. Lastly, you must go to The Peak by bus. Then, the trail will begin.

Right after arriving at The Peak, the trail will start immediately. During the hike, you can see many magnificent views from The Peak and some great views of Lamma Island, so I suggest that you bring a camera to take some photos. Furthermore, you'll go around the Pok Fu Lam Reservoir to Aberdeen Harbour. The hiking trail will end at lunchtime with a bowl of the best dumplings in Aberdeen.

Finally, I would like to give you some advice for what things you need to bring. I think you can bring some snacks and water because the trail is quite long, but you do not need to bring too much, otherwise the backpack will be too heavy. And also, I suggest that you bring a trekking pole and wear hiking boots because the trail is quite long. The time for transport will take 1.5 hours, so you can bring a MP3 player. Otherwise, you'll be very bored at that time. You can also bring a hat, some insect repellent and a bottle of sunscreen lotion because the hiking trail will be across The Peak. I think you'll need these things to protect yourself.

I hope you can come to Hong Kong soon and I'd like to go trekking with you. So you don't need to worry about it.

Please write back soon——I can't wait to hear from you.

Regards,  
Jennifer



*1B Ho Kai Man, Comy*



16<sup>th</sup> February, 2009

Dear Victor,

I'm so pleased you're visiting our family while you're in Hong Kong. We would like to invite you to join us for a walk on a hiking trail. We will explore Tolo Harbour.

We'll meet you on Saturday at 9 am at the Tai Po MTR Station at Exit B. Then we'll go by bus to get to Tolo Harbour. The trail will take us across two small hills and down into Tap Mun Island.

We'll walk down to Tap Mun Island from Tolo Harbour. We will have breakfast on the island. We will take some photos too. We will have a rest in a temple on the island. We will rest about 30 minutes.

We'll travel to Hoi Ha village in Long Harbour. We'll visit the village and have lunch there in the afternoon.

We'll leave Hoi Ha at 4 pm. We'll just walk down the hill, then we can get to Lai Chi Chong. We will have a rest there, then we will go back to Ma Liu Shui at 5 pm.

You may bring some water, a bottle of insect repellent, a walking stick and a camera.

Can't wait to see you. Bye.

Ricky



*1B Chow Cheuk Him*





*ID Yeung Lui*

## Write a letter to a friend and tell her how to cook Pasta with Cheese

6<sup>th</sup> April, 2009

Dear Betty,

How are you? I am very well! Last week, you asked me how to cook pasta with cheese. Now, I am going to tell you the steps.

First, you go to the wet market to buy the ingredients. You may buy a packet of pasta, a piece of cheese, celeries, a bag of shrimps, some potatoes, some minced meat and a small bottle of spaghetti sauce.

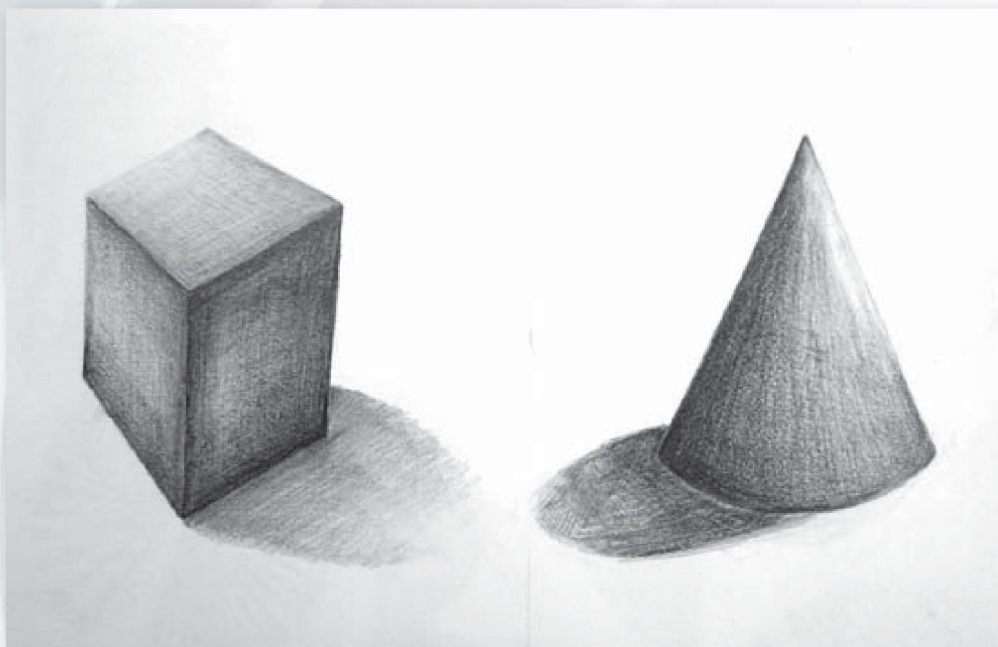
When you have bought all already, you can start cooking. First, cut the celeries to granule, cut the potatoes to pieces and cut the cheese to little cubes. Then, clean the shrimps carefully.

After that, you use a pot to boil the pasta for 4 minutes.

Next, you use the frying pan to stir fry. First, pour some oil. Then, put in some minced meat and the potatoes. Next, add the celeries. After that, put the pasta and shrimps. Finally, add the cheese, put some pepper and mix them together. Fry for a minute. The pasta with cheese is done. It will be very delicious!

I hope you can cook well! Have a good dinner.

Love,  
Esther



*ID Yeung Lui*



1D Yeung Hong Lam

You are Susan. You have just learnt how to cook Spaghetti Bolognese. Write a letter to your friend, Amy, telling her how to make the dish because she also enjoys cooking.

Write about 90 words. You are advised to spend around 15 minutes on this task.

6<sup>th</sup> April, 2009

Dear Amy,

How are you? How was your exam? I think it was great since you work very hard. I've just learnt how to cook spaghetti bolognaise. I know you enjoy cooking too! Let's cook this dish together. Now I'd like to tell you how to make this dish. Below are the ingredients and instructions.

**Ingredients**

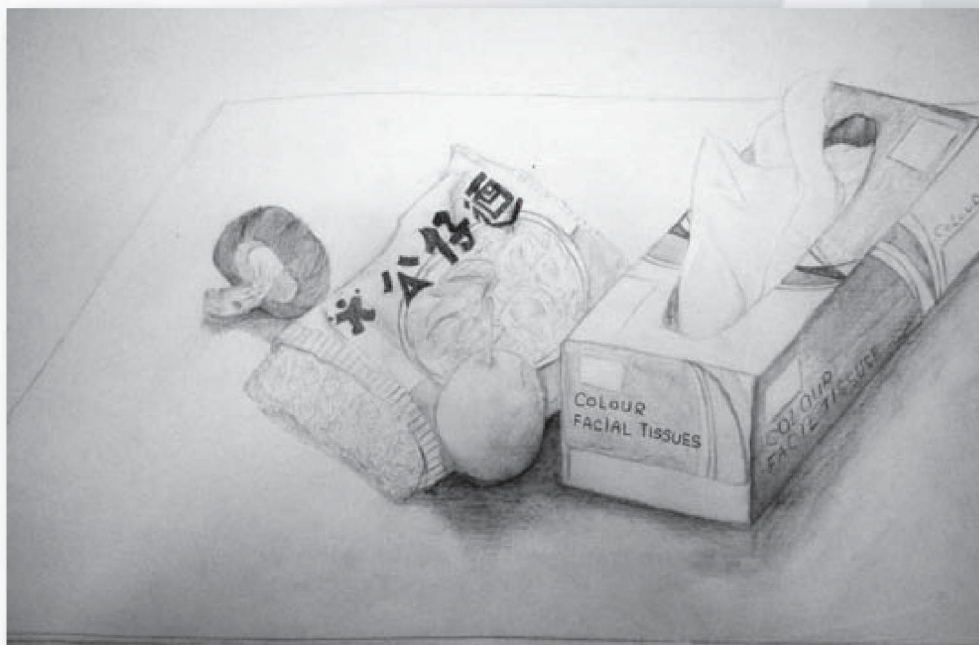
carrot            2  
minced pork   1 pack  
pepper           some  
tomato          3 nos.

**Instructions**

- First, boil the tomato, chopped pork and make some tomato sauce.  
- Then, add some pepper.  
- Next, cut some carrots.  
- Finally, stir fry the spaghetti and pour it onto a dish. Serve.

It is very easy to make. Don't you think so? I feel very excited for our next gathering. Let's cook it together next time!

Love,  
Susan



4B Chow Hay Tung





IE Wong Wing Chi



1<sup>st</sup> December, 2008

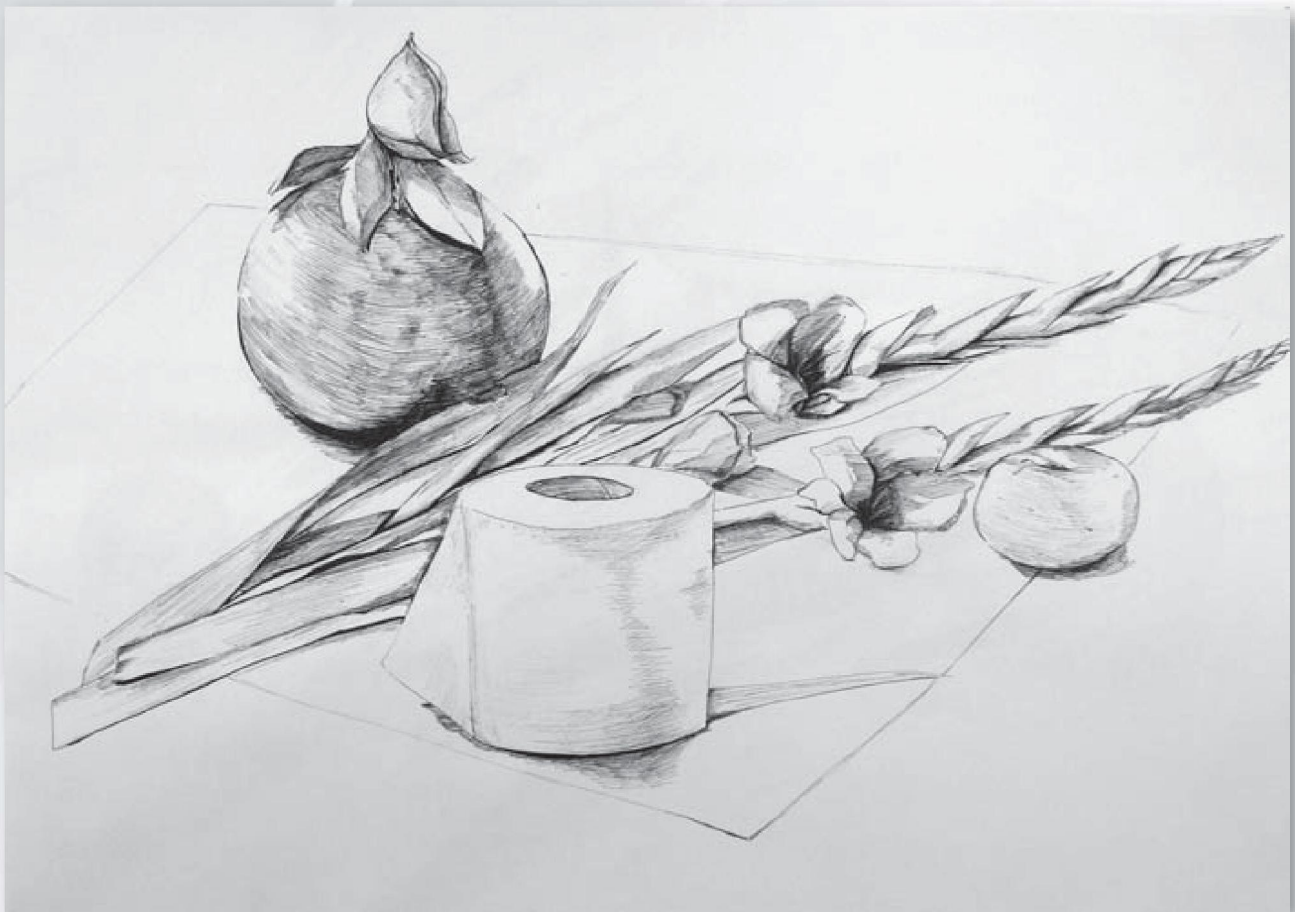
Dear Santa Claus,

How are you? How did you celebrate Christmas? Did you go to a lot of Christmas parties?

I had a great time at Christmas. In Christmas holiday, I went to Mongkok with my friends. Mongkok was beautiful. There were many Christmas lights. They were very colourful! We ate dinner at a restaurant. My friends and I exchanged Christmas presents. I received a teddy bear. It is very cute! We took many photos. We played Christmas crackers. We were very excited! We ate some candy canes, too. They were very sweet! Mum made Christmas pudding and my dad gave me a Mickey Mouse. I like them very much!

Hope to hear from you soon.

Yours,  
Christine



5B Wong Chin Hin



IE Chan Wing Yu

## Write a letter to a friend and tell her how to cook French toast

3<sup>rd</sup> April, 2009

Dear Michelle,

How are you? I miss you so much! I will tell you how to cook French toast because it is delicious and yummy.

### **Ingredients:**

4 slices of white bread

1 tablespoon of butter

4 eggs

1 tablespoon of salt

1 cup of milk

some syrup

### **Steps:**

First, break 4 eggs.

Next, beat the eggs.

Then, add 1 cup of milk and 1 teaspoon of salt.

After that, melt 1 teaspoon of butter in a frying pan.

Next, soak the white bread in the egg and fry it until the bottom is golden brown.

After that, turn over the white bread.

Finally, pour some syrup onto the white bread.

French toast is really easy to make. I hope that you will try it at home.

Best,  
Wing





3A Au Suk Kwan, Angel



Hi, Cammy,

I'm sorry to hear that some problems are bothering you a lot these days. As your good friend, I hope I can help to ease them.

First, you have so much homework that you can't finish it on time, even though you work very fast. I suggest that you tell your teacher about it. Or you could draw up a timetable and see how much time you have for homework every day. If you have a busy schedule, don't take part in too many activities. Maybe, you will have more time for doing homework and revision.

You are also annoyed that your parents are very busy and you always have to look after your brother. I think if your parents aren't at home, it is your duty to take care of your brother. You had better changed your frame of mind and you will be more relaxed.

Again you complained that there are lots of quizzes and TSA practices at school. Every F.3 student has plenty of assessments, so you don't need to be unhappy. You should think about it in another way. For example, every quiz is a challenge. In addition, you can talk to your teachers, friends and parents about what you feel. When they know your feelings, they can find some ways to help you.

I hope my advice helps. Please write to me when you want to.

Love,  
Angel



3B Yip Wing Yan

29<sup>th</sup> October, 2009

Dear Kelly,

Thank you for your letter. I'm very sorry to hear that you're desperate and you have no one else you can turn to. You said you really don't know what to do with the five problems. I hope the following advice will help.

You mentioned that several girls from a school nearby started calling you names as you walked home. Why don't you either call them names back or just ignore them? They'll think it's not funny to do that and go away.

Then you said that they also took your bag and threw it on the road. You should tell a teacher to help you; teachers can help you stop them.

Third, you said that you dreaded going to school. You ought to see the school social worker or find people who believe in you to talk with them. They can help you to not be so apprehensive about coming to school.

Fourth, you said that you're a little overweight. You ought not to eat too much and do more exercise to keep fit.

You also said that you're not doing very well at school at the moment, particularly in Math. You need to find teachers to have extra lessons. Teachers will teach you until you understand it.

I hope this advice helps. Please write to me again if you need any more help.

Love,  
Mrs. Lee





3B Wong Kin Kan

29<sup>th</sup> October, 2008

Dear Kelly,

I received your letter and it was unfortunate of you to be bullied by others, so I have some advice for you to solve the problem.

First, you should tell a teacher when those several girls tease you.

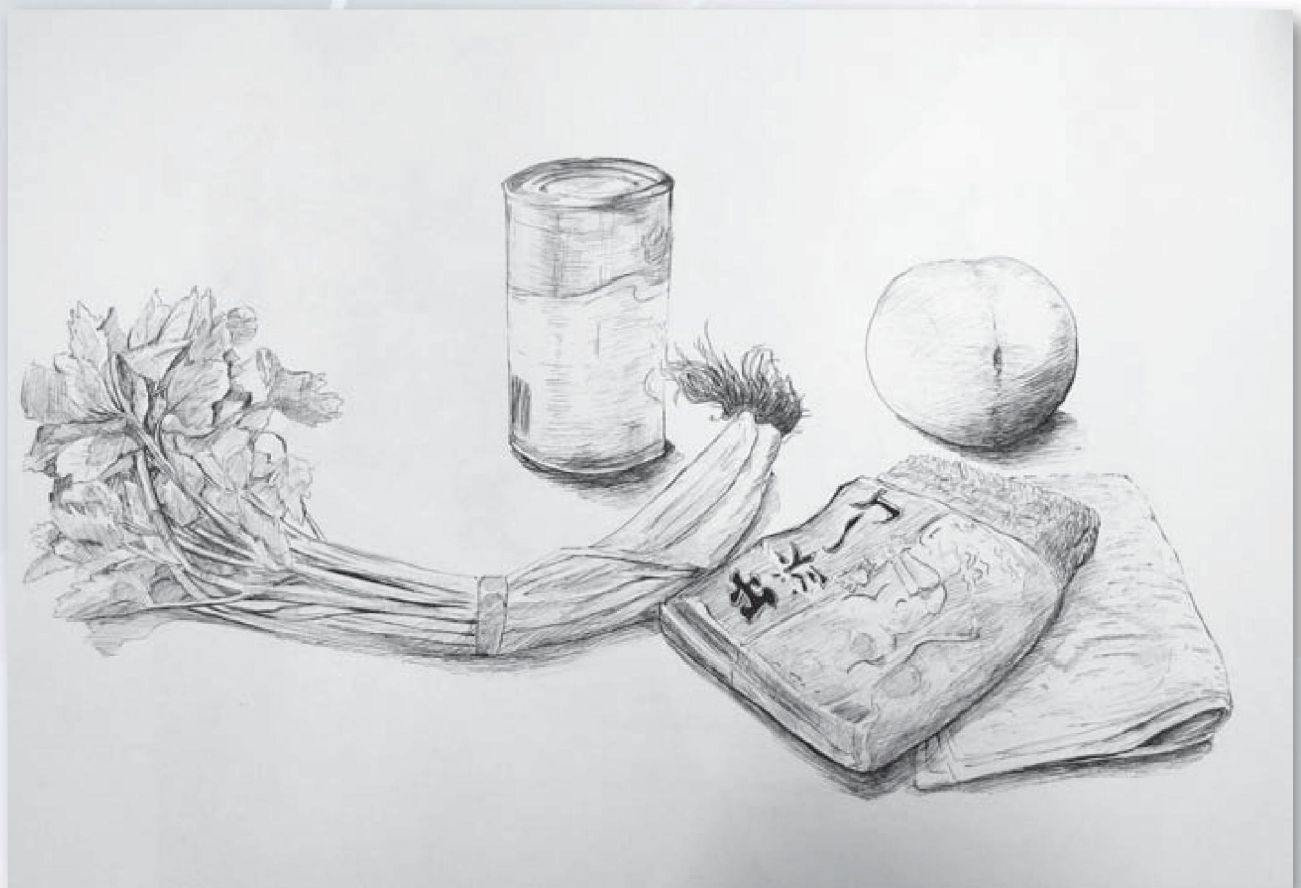
Second, if they bully you again, you can call 999.

Third, if you think you are a little overweight, I suggest that you run 20 minutes every day. This exercise can keep you fit and you can become healthier. Then I think people will not bully you anymore.

Lastly, if you think Math is difficult to learn, I advise you to ask the Math teacher to teach you once again.

I hope the above advice helps.

Love,  
Mrs. Lee



5B Wong Chin Hin



3C Anna Chan

You are Pat Chan. Your friend Chris is often sick because of an unhealthy lifestyle. He/She rarely does exercise, but often sits at the computer playing online games, writing in his/her blog or chatting on the MSN overnight. He/She likes eating fatty, crispy food and drinking soft drinks. He/She does not do well at school and his/her parents are very angry with this.

Write a letter to him/her discussing his/her problems and giving him/her some advice on how to do better. Write on every line.

6<sup>th</sup> November, 2008

Dear Chris,

I'm sorry to hear that you're unhappy. I think you should change your lifestyle and become healthier. I hope the following advice will help.

I think you should do more exercise in order to keep fit, and not eat too much fatty, crispy food because it's bad for health. You should also drink more water instead of soft drinks.

You mentioned that you aren't doing well at school. If I were you, I would go to bed early at night and not spend too much time playing computer games and writing a blog. I would also concentrate on my studies and try my very best!

I think you also have to talk to your parents in order to keep a good relationship with them and tell them what you think.

I hope the above advice can help! Remember to write to me again if you have any other problems!

Love,  
Pat





4A Li Ka Lee



11<sup>th</sup> September, 2008

Hi Pat,

Thank you for your letter. We haven't met in such a long time.

I worked at Teen Times magazine last summer holiday. I had a lot of unforgettable work experiences there. One day, I interviewed my idol – Rainie Yang. I felt very nervous when I talked to her because I had never thought that I would have the chance to actually meet her. She was very beautiful and I was staring at her face while I was writing down interview notes. At one point, she asked me “Can you see your writing clearly?” I looked at my notes and I didn't know what I was writing.

We both laughed. I was so embarrassed. Then I resumed the interview again, and she didn't mind my work performance. She was a nice and friendly person.

In my work, I needed to find some special topics and look for the trendiest thing in the area. I found that many teenagers used H.I. products. Most of them used H.I.'s colorful bags. I saw some girls buy some rainbow accessories to match the bags. It was creative, so I wanted to take a photo of them. They looked at me and thought I was a monster. They ran away. Luckily, I found another girl and took a photo of her bag.

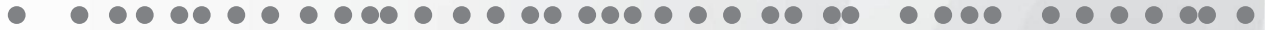
In my job, I also needed to recommend some shops for teenagers. I found a wonderful shop – Great Sushi. We could eat many different types of sushi. The sushi was delicious and cheap. The waiters and waitresses were very friendly and polite. The proprietor knew that I was a journalist, so he let me try lots of sushi for free. I thought the people and the sushi were great.

I have to stop writing now because it's time to take a shower. Write back soon.

Chris



4A Yu Wai Kin



11<sup>th</sup> September, 2008

Dear Iris,

Thanks a lot for your letter. I'm sorry that I haven't written to you in such a long time. It is because of my summer job. Let me tell you about it.

This summer, I worked at Teen Time magazine – I was a trainee journalist in the World Mysteries department. The job gave me many great memories. I want to tell you about three of them. First, I went north to Finland to find Santa Claus. Santa lived in a tiny house. And I had an interview with him. Santa was a nice old man. He gave me a beautiful red pen because I forgot to buy one to do the interview. (I was even too nervous to look at him). It was summer, so he was busy making toys for Christmas. Also, I visited his toy factory. I learned more about the spirit of Christmas.

The second incident was I got on the wrong plane when I left Finland, I took the plane to Miami by mistake. Luckily my partner helped me get off the plane and onto the right one. Why was I so careless?

The third event was the last trip. We went to the Bermuda Triangle. Have you ever heard of it? It is an area in the Caribbean Sea. Many planes and ships are said to have mysteriously disappeared there. I was afraid before I went there, but after going I can tell you there is nothing you need to be afraid of. It was fabulous. The sea and the sky were so blue. I also could see the coastline. The ocean and the sky were wonderful. How gorgeous the landscape was!

How about you? What did you do in the summer? Did you get a job too? Please write back as soon as you can!

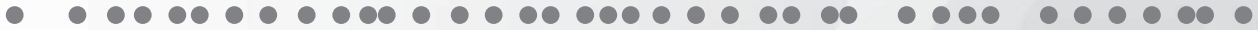
Cheers,  
Chris Wong







4B Chan Chui Nga, Iris



11<sup>th</sup> September, 2008

Dear Doris,

Thanks so much for your letter. I am so sorry that I haven't written you for such a long time. But I have a big surprise for you now. Have you read the new Teen Times magazine? And do you think it is cool? I hope so because I worked for this magazine last summer. I was a trainee artist there and got some memorable work experience.

I've just finished working there now. Wow – I was so tired! First, I worked in the office, because the company wanted us to know more about the work environment. I just did the paperwork but right away I made a big mistake. I thought a man looked like my friend, so I teased him. Unfortunately, the man was my customer, and he looked so angry and I was so embarrassed. Luckily, he said if I could draw for him, he would forgive me. He told me to be more careful.

After that, Teen Times magazine organized a fashion show. They suggested I joined this show. But it was a fashion competition, so I was under a lot of pressure. They gave me strong support and always encouraged me. I became more confident and finished this competition. Also, I saw many superstars, for example, your idols S.H.E. and some other popular stars. I really admired the designers, because they made great fashions.

On the last day, they held a party for me and we designed a new logo for the magazine. It was so touching. I was very delighted that I had this experience. So I suggest that you get a summer job next year.

Write back soon.

Yours,  
Iris



4B Kam Yee Ki

**Informal letter to your friend to talk about your new exercise plan.**

2<sup>nd</sup> October, 2008

Dear Wendy,

Thanks so much for the Xmas card. I hope you had a wonderful holiday too. I'm writing to tell you about my New Year's resolution.

I've decided to start a new exercise plan. I want to do yoga, go cycling and swimming. You know I love swimming very much, so I'm going to swim every Friday afternoon. I will also do yoga at the Yoga Club and go cycling in the park on weekends.

Apart from doing exercise, I'm planning to eat more healthy food like whole wheat bread and fresh juice. And my favourite ice-cream and cookies? Well, I will start to eat less of them as I know they contain a lot of calories!

Anyway, my new plan is to be healthy and to keep fit. I want to reduce stress too. I think it's very important to be fit and healthy. It's because if one is overweight and always tired, I believe that person will not have the energy to stay focused on his work or studies. Do you agree?

Write soon and tell me your opinion about my plan, because you are my best friend and I hope you will support me in this resolution. Enjoy your New Year holidays!

Take care,  
Yvonne





5B Wong Shing Wai, Steve

14<sup>th</sup> October, 2008

Hi, Joey,

Thanks for your letter – I loved reading all your experiences about studying in Australia. You obviously don't feel homesick! I wish I were there, too!

Last weekend, I went to Tai Po Kau Nature Reserve with Amy and John to try and have a wonderful weekend. You know, Hong Kong's hustle and bustle is stressful, so we decided to go to a peaceful and quiet place. However, our nice trip was not going well because of a little mistake. Before this unfortunate event happened, actually, Tai Po Kau Nature Reserve was really a good place. There were lots of green trees, birds and fresh air! We all thought that this trip would become an unforgettable experience. But things were about to change.

Our mood changed quickly as we found lots of litter on the hiking trail as we walked further and further. The rubbish was smelly. You can't imagine how awful the smell was.

Suddenly four monkeys popped out from the forest, and we started to scream! The monkeys rushed at us, and pulled at our bags of nuts. We tried to protect them but failed.

Well, we lost our bags and walked on a smelly road. At that moment, I just wanted to go home. Finally we spent five hours (without food and water) to finish the trip. Guess what, I will not go there for the rest of my life! It really disappointed me.

Gotta go – work calls

Love,  
Chris



6A Leonardo Makoto Kawahara



20<sup>th</sup> February, 2009

Dear Joseph,

How are you? How are things in England? Everything here is fine! I've been talking to your mom, and she is very worried about you, you'd have heard about those boring topics from her already, like studies and school stuff, but unfortunately, I need to agree with her. I perfectly understand studying should not be the only thing in life, you surely can go out and do the things you want to do. I also understand that having a part-time job in Britain is extremely profitable, but will this bring good things to your future?

We both know studying is extremely important. If you want to be successful and have a stable life, you need to invest now to get the profit later. It's not good to think only at present but forget the future. University degrees and diplomas are the basic things to have good prospects. Of course, I am not telling you to quit your job, or stop partying, but I'd like to give you advice on how to allocate your time better.

Here are some tips that I've found on the internet, in newspaper and books that surely can help you manage your time wisely.

First, how do you spend your time? If you want to make effective use of your time, you need to see how you spend your time. What do you do today? Where does your time go? To find exactly where it goes, I suggest logging your time every day. Grab a pen and a note pad. During your day, write down every single activity with the time measured. In this way, you can find where your time is going, and then you can make some adjustments, seeing whether you have spent your time meaningfully or not, giving priorities to what you really want and need to do.

Another very useful thing to help manage your time is setting a time table. After reviewing all your activities, you should make a timetable and write down every activity at the respective time slot. For example, every Monday, I wake up earlier to do exercise. So, I will write it down and try to follow it as much as possible. Of course, you don't have all the time of the world; you just have 24 hours, 8 hours for sleeping and the remaining 16 hours for doing everything you need. It means that you need to prioritize your activities and sacrifice some in order to do the important things. You need to see what your dreams and objectives are.

You don't have to spend your entire time studying if you have "quality" in your studies. What I am saying is that, you'll have much better results if you have "quality". If you want to have "quality" in your studies, correct methods and habits will be required.





First, you should make sure that you understand what you read. Don't just go through the books once. "How to eat an elephant? Don't try to make it in one bite". If you want to have "quality" in your study, you cannot study the whole subject in a short time. Instead, you need to revise the subject for a number of days. Remember, you need time to digest and to understand the materials.

Second, you need to revise your books frequently at home. According to some research, if you revise the subject within 24 hours you have learnt it, you'll be able to remember 95 % of the subject, but if you study 24 hours after you have learnt it, you'll only be able to remember 20% of the subject, with the same method, techniques and time. So every time you have a class about something, try to revise it within 24 hours after you have learnt. Then, the knowledge will be stored deeply in your mind.

I'm sure you will be able to pass your A-level exam if you have effective study methods and good habits. Well, I hope everything that I have said could be of some use to you, and wish you every success in the future. Remember "WHAT YOU PLANT TODAY, YOU WILL HARVEST TOMORROW"

Best wishes,  
Chris

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6A Tang Hoi Man, Fiona

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10<sup>th</sup> February, 2009

Dear Joseph,

Hey, how's life in the UK? I miss you so much. It's really cool to hear that you're coming back next year. I'm looking forward to seeing you. I know that you're going to take the A-level exam this year. And it seems that you've got loads of activities that make you fail to concentrate on your studies, right? Your mother seems worried about you and has asked me to talk to you. I hope you understand that she cares about you.

I understand the dilemma you are facing. Striking a balance between studies and social activities is not easy. However, if you think about the one year of hard work you do now, compared to the years of rewards and bright future ahead of you, don't you think your sacrifice





is worthwhile? As we all know that the unemployment rate increases significantly, getting a university degree becomes essential in finding a high-paid job. In order to enter the university, getting a good result in A-level exam is of prime importance. So you have to use your time wisely. As your best friend, perhaps I can give you some suggestions on how to balance your study and social activities.

First of all, I suggest that you set a timetable to regulate your time. It is important to have good time management. The timetable should be practical and should not be too idealistic. Don't make it too tight; otherwise, you may not be able to follow it and you will feel frustrated.

Moreover, you should limit the frequency of going to parties and pubs. Admittedly, we all experience the same thing. Having leisure time to do whatever we like is vital to youngsters. However, this does not represent that you can spend all your time on parties. In my opinion, you should limit your social activities to two to three nights a week and spread them out so that you can have some breaks between your studies. Also, they can be rewards for working hard. It can drive you work harder.

Lastly, it's about your part-time job. I know that you are working in a coffee shop. The workload should not be too heavy. In order to spend more time on your studies, you can choose either to quit the job or to reduce the working days. Notwithstanding you will earn less, you can spend more time on your studies. You will definitely earn more in the future, so don't just focus on these small amounts of money you can earn right now.

I used to spend time on my leisure activities, and my exam results were really poor. Luckily, I realized the importance of studying and managed to enter the university. I believe there should be a suitable combination of study and play. So, act now. Set a time-table and don't make excuses to delay your plan. Try your best to follow it. "NO PAIN, NO GAIN". I know this is tough, but I'm sure you can work it out. If you have any problems, give me a call. I'm always ready to help. Remember, we are best friends!

With warmest wishes,

CHRIS



6B Cheung Ying Tze



8<sup>th</sup> March, 2009

Dear Joseph,

How are you getting on? I'm glad to write to you. Two days ago, your mum talked to me on the phone for quite some time. She seemed extremely frustrated about your studies and the A-level exams. She told me you had gone on a binge because you always spend time partying and going to pubs. By the way, I have to think of your feelings too. That's why I'm writing to you to try and understand more about your situation.

We have known each other since we were four. I understand your feelings more than you know. I know you like going out with friends. However, you have to adjust your time management. If not, you won't be able to enroll at a university. Not only will you be upset, but your mum will also be disappointed. You will break her heart; she really hopes you can go to university. As you know, she is always aware of your learning attitude. What's more, she has been hiring some popular tutors to teach you. It is a fantastic chance which you should grab. I know you love your mum very much. That's why you have to pay more attention to your work.

However, I realize you cannot sit down and work for a whole day without any entertainment. You can also relax with your friends sometimes, but not always. Remember, you have to sit for the A-level exams this year and your target is to get admitted into a university. Thus, you should concentrate on your exams as the exams are crucial to determine whether you can get into the university or not. Don't you remember your idol—Dr. Peter? He has a motto, 'What you afford, what you gain'. By the way, you are really absent-minded. You told me your dream is to become a professional just a few weeks ago. I asked you, 'How can you achieve it?' You told me definitely that you would be very hard-working to achieve your goal. Here, I want to say, 'Working effectively makes success. If not, how can you achieve the goal in your heart?'

You should manage your time well between studying and social activities. I advise you to plan a timetable which can suit you. To be frank, you really have to spend more time studying rather than playing and partying.

The time spent now is worthwhile. This is the time you can learn most effectively. Perhaps you don't believe it at this moment, however, you'll regret not doing so when you get older. Joseph, remember the song 'Once in a lifetime, means there is no second chance'. We should try our best to grab our souls. Get into your best gear for the exams. I hope you can change your lifestyle from now on. I hope to hear some great news about you from your mum or yourself next time.

Yours,  
Chris