



# HL *Cian* LINK

Issue 1 | 2017

## Before And After 7 5\*\*

Hong Kong Top Scorer  
Terry Tsz

# TRIUMPHS OVER ADVERSITIES

## The Battle Against Myself

King Chan

## Mind Over Matter

Sharon Tse



## Dear HLC Alumni

I write the following paragraphs with immense pleasure and pride.

First of all, kindly allow me to express my gratitude towards each and everyone of you who have contributed to the 1st issue of HLCian Link. It has taken a lot of time out of their busy schedule to put things together. But I believe that the experiences of making this publication possible will be worth the time they all have spared.

In 2006, HLC started with only 4 classes of S1. Our first batch of graduates were born in 2012. Today, our 6 batches of graduates have spread throughout the globe in search for growth, learning and knowledge. Some of them have even started working and established themselves in the big, outside world. I am glad that from time to time they drop by at HLC to rekindle our relationship. I hope they share the pride that their Alma Mater has made consistent progress, year on year, in academic and co-curricular activities. I also appreciate the idea of 'Home-coming Day' for Alumni, which is a perfect platform for them to meet peers and teachers and revive the contacts. The last Home-coming Day was held on January 20, 2017. The occasion was graced by almost 60 Alumni. This reunion of old friends, relishing and refreshing past memories had created immense pleasure in our minds for a long period.

To maintain stronger ties with Alma Mater, HLC Alumni Association will be established in 2018-19 school year. Alumni are invited to stay connected, get involved and have an immediate impact upon the success of HLC, its current students and the Alumni community. I look forward to the presence of our dear Alumni.

A handwritten signature in black ink, appearing to be 'P. Lee', written in a cursive style.

Principal **Lee Pak-lan**



# A TRIBUTE TO MY MOM

**TERRY TSZ CHO HO**

THE UNIVERSITY OF HONG KONG  
BACHELOR OF MEDICINE &  
BACHELOR OF SURGERY **YEAR 5**



I still remember vividly how I flinched at the seemingly endless flashes when Terry retrieved his HKDSE result slip. 4 years passes, sitting in front of me is no longer an HKDSE star performer but a subtle gentleman well dressed for a hospital attachment training.

Terry Tsz, attaining 5\*\* in all subjects in 2013, is one of the HLCians joining the HKU MBBS program. Before the summer heat wave hits in July, he and many other medical students have already started their one-year training at the New Territories West Cluster. "The training is tough but rewarding. Plus it brings me back to Tin Shui Wai, where my root is. What's better than going home to enjoy dinner with my mom wherever possible?"

## “ I wouldn't trade my mom for the world. ”

"Tin Shui Wai always has a place in my heart. I grew up the same way other children did in the district, shooting hoops, hide and seek, monkey bars..." To him, Tin Shui Wai is never a city of sadness, but a place full of fond memories with his family and his friends from Alma Mater. "I can't deny that its poverty rate is one of the highest of all 18 districts across the city, triggering domestic violence, and many other alarming problems behind the city's glamorous façade. But neither is my family perfect. My father left since I was a child and even stopped his financial support when I entered secondary school. It wasn't a problem to me at first when I was originally assigned to a CMI school through the SSPA system. Studying in a class of 40 while the teacher mostly entertained the late developers was a misfit for me. Therefore, my mom decided to enroll me in HLC, so I could study with 20 students of similar level in the same class, where I felt challenged and my needs were catered."

"Of course, there was a price to pay—the tuition. After my father cut the financial tie, my mother became the sole breadwinner in the family trying to make ends meet. I once considered returning to the CMI school for the sake of my family, but my mother reassured me no matter how hard she had to work, she would give her best to me so I could stay in this school because she imbibed the mantra: Education is the best thing one can give their children." In those years, they never travelled, spent less than

\$2,000 a month to feed 3 mouths (Terry, his mom and his brother) and minimized unnecessary expenditure. "I never felt any less fortunate than other children. I have learnt to appreciate the perfect in the imperfection."

## “ A lesson to remember, a gift to thank ”

Against this backdrop, Terry studied hard and received a full grant scholarship every year to ease his mom's burden but his plan was not a smooth sail on the calm sea. In S4, Terry lost his scholarship unexpectedly because he wasn't exemplary enough in conduct. Academically, Terry was always in top 3 but HLC has high expectations on students. One must also demonstrate excellence in other areas to earn the annual scholarship. "My mom was furious because the scholarship grants meant a lot to my family and lessened our burden. I was disappointed in myself and this lesson became an impetus to remind me how much my mom has sacrificed for me."

Terry's excellence was later shown in the public examination. Upon Terry's humbly outstanding 5\*\* result, the founder of HLC, Dr. Lee Shau Kee, offered him a full 6-year tuition waiver as a reward. "I never thought he would indeed fully subsidize me for 6 years. To be honest, to me, he is more than just a tycoon and I am very grateful for his kind act because he has lifted the extravagant tuition burden off my family who might otherwise had to save up every penny. It's more than a gesture. I hope this can serve as a reminder for other HLCians that the learning process is always the hardest and life rewards those who work hard at it."







## “ Planting seeds of HOPE ”

Remembering his achievement as a star performer, Terry is writing his next chapter in life. “Despite the demanding rotations, I decided to first pass my specialty exam and register as a local doctor before 30. On one hand, I wish to bridge the gap between the underprivileged and the rich. If you study the demographics of current HKU medical students, I dare to say at least 70% of the enrolled students are

from middle class or beyond, which does not align with the distribution of the domestic households in Hong Kong. Serving as a doctor under Hospital Authority, I can ensure my help goes directly to the grass root. It is already a pipe dream to win life battles against with a lack of upward social mobility. I want to bring back to the community and offer effective health care to them as much as anyone deserves to receive in Hong Kong.”

“On the other hand, I would humbly like to join MFS (Doctors w/o Borders) which bears witness to suffering and strife in countries facing unceasing ferocity. I felt so helpless whenever seeing frontline humanitarian organisations, targeted to prevent their work for political reasons or caught in very questionable “crossfires”... and deaths are labelled “collateral damage”. In the end, who suffer? The civilians when there is NO healthcare left. Me, as a doctor, I only wish to follow my heart and make the decision. I am not afraid of how the daunting gunshots and grenades, nor the gut-wrenching anthrax. My only concern is how my selfish decision may leave my mother crying worrying me to death.”

I know deep down whichever choice he makes, it's still a right decision. When I look up, suddenly, sitting in front of me is no longer just a medical student dressed ready for his training. In a blink of an eye, he has turned into a man who dreams to serve our community and restore human dignity. I am not sure what the future has in store for him, but I know one thing for sure his proudest moment the one that he has yet to come across.

**August 2017**





2012

**Hui Po Lam**  
**Kam Yuen Yi**  
**Lee Kui Tak**

Bachelor of Pharmacy (University of Sydney)  
Bachelor of Pharmacy (CUHK)  
Bachelor of Science in Biological and Medical  
Sciences (University of Liverpool)  
Bachelor of Social Sciences in Psychology (OUHK)

**Wong Pheobe Kit See**

2014

**Chan Yik Hon**

Bachelor of Nursing (CUHK)

To be what you want to be means starting today, continuing the  
grind tomorrow, the day after that, and, every day after that.

**Hung Cheuk Fan**

Bachelor of Pharmacy  
(University of Nottingham / Monash)

**Chan Ka Laam**

Bachelor of Pharmacy (Sydney university)



# HLC ALUMNI

*in health sciences*

2016

**Lam Ching Hei**

Bachelor of Medicine and Bachelor of Surgery (CUHK)

Life is a relentless fight, but remember, you will eventually make it  
through, and the fireworks celebrating your victory will be especially  
spectacular after all your efforts.

**Cheung Yuen Wah**  
**Wong Ka Hei**  
**Yu Hok Lam**

BSc (Hons) in Occupational Therapy (PolyU)  
Bachelor of Nursing (HKU)  
B.Sc. (Hons) Health and Social care  
(Swansea University UK)



## 2013

### Tsang Ming Long

Bachelor of Science in Public Health (CUHK); Master of Speech Therapy (PolyU)

When you are down, remind yourself that you are actually taking small steps, one at a time towards your goal. Each step might be a detour or it might just be a baby step, but what matters is that you keep moving.

**Chan Chun Hong**  
**Chan Tsz Yan**  
**Lau Tsz Ying, Lily**  
**Tse Sharon**  
**Tsz Cho Ho**  
**Wong Ka Wai**

Bachelor of Nursing (CUHK)  
Bachelor of Nursing (HKU)  
Chinese Medicine (Sun Yat-sen University)  
Bachelor of Biomedical Sciences (HKU)  
Bachelor of Medicine and Bachelor of Surgery (HKU)  
Bachelor of Medicine and Bachelor of Surgery (HKU)

## 2015

### Lee On Yee, Carol

Bachelor of Nursing (CUHK)

When facing adversities, remember that no one said life is ever meant to be easy. If you dream something big, you may face even greater difficulties but the hardships you overcome make the result even more rewarding.

**Cheng Chor Ting**

Bachelor of Science degree in Occupational Therapy  
(National Taiwan University)

**Li Tse Ying, Echo**

Bachelor of Nursing with Honours in Mental Health Care (OUHK)

## 2017

**Chan Yin Wa**

Bachelor in Food Science  
(National Taiwan Ocean University)

**Fung Tsz Wan**  
**Lam Wing Yu**

BSc (Hons) in Nursing (PolyU)  
Bachelor of Counseling and Psychology  
(Shue Yan University)

**Man Hoi Ching**  
**Tang Ho Yan**  
**Yam Ning Yi**

Bachelor of Psychology (University of Edinburgh)  
Bachelor of Psychology (University of Leicester)  
Bachelor of Science in Speech and Hearing  
Sciences (HKU)

**Yam On Yi**

Bachelor of Science in Speech and Hearing  
Sciences (HKU)

**Yee Ka Wing**

Bachelor in Stomatology (Sichuan University)



# SHARON TSE

THE UNIVERSITY OF HONG KONG

BIOMEDICAL SCIENCE

Graduated in August, 2017



MIND  
OVER MATTER

It has been 4 years since I last saw Sharon. When asked about her recent health condition, she replied with a big smile, "Same old, same old." Deep down I know Sharon is much stronger and different from other ordinary students. To her, being an ordinary student means going to HLC while having to visit the hospital every 3 months and undergo a 3-day operation and medical checkup annually.



Sharon was the youngest child in Hong Kong diagnosed with Peutz-Jeghers syndrome, a genetic disorder characterized by intestinal hamartomatous polyps. One of the risks associated with this syndrome is the strong tendency of developing cancer, including liver, lungs, breasts, ovaries, etc. I was aware of her health condition but she never shared with me that according to her doctor, the expected life span to live over 30 is only 50%.

**“ I was grateful for God, my teachers and my friends in the HLC community who not only understood limitations but overcame them with me. ”**

When she was in S5, one night, she experienced the most acute tummy pain in her life and was sent to ER immediately. “I had to undergo an operation and it almost took my life away. For the next three months, I had to excrete through a stoma into a bag glued to my belly. The most painful experience was to clean the wound and the abscesses every few days.”

“Yes, it has been tough but so am I. All adversities are replete with suffering, in one form or another. True, I fought battles that left plenty of physical wounds or even scars. But others may have to deal with psychological hardship that we can never imagine, depression, domestic violence, you name it. When compared to them, what am I? At least, I wasn't alone in waging my daily struggle to survive. God, HLC and my family have been accompanying me this journey with me. I am nothing but grateful.”



**“ When you know death can be that close, you can only live life to the fullest. ”**

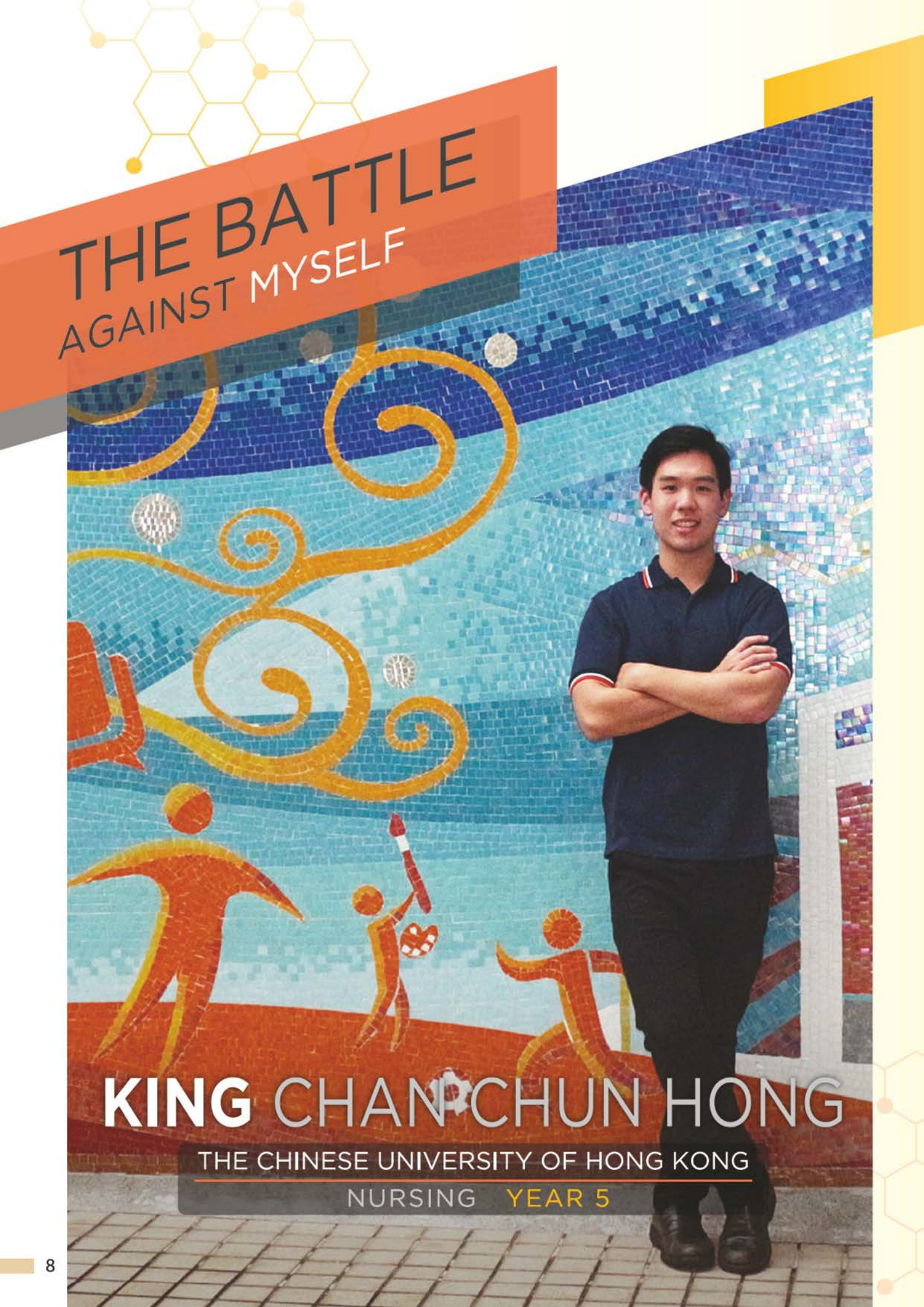
Studying Biomedical Science at HKU, Sharon still misses her secondary school life at HLC. She admitted she still missed the very disciplined lifestyle while studying at HLC, especially in junior forms. “It reinforced my grits and my ability to “lean in” challenges; particularly, when I had so many to juggle, school, church, extra-curricular activities... With things in line, I became more confident in senior forms and at university. Initially, I was shocked when I saw most of my classmates were graduates from prestigious schools in Hong Kong, Maryknoll, DBS, St. Paul's College,... I thought I wouldn't stand a chance. Now I don't see myself any different from them. I can be just as competent.”



**“ My future: MBBS in HK or Veterinary Medicine in the UK? ”**

Sharon is soon graduating and her qualification opens doors to a wide range of careers and post graduate studies. “My faculty encouraged us to pursue MBBS at HKU or Veterinary Medicine in the UK. Personally, I understand my health limitation so contributing my time to genetic studies in Hong Kong may be my best option. Like how I was first inspired by my parents and St. John at HLC, I aspire to make my fine contributions to medical research in Hong Kong and hopefully, more can be done to my disorder.”





# THE BATTLE AGAINST MYSELF

**KING CHAN CHUN HONG**

THE CHINESE UNIVERSITY OF HONG KONG

NURSING YEAR 5





**T**alking about overcoming obstacles, King could possibly be the last person I would think of. A stable family, supportive parents... he has everything many less fortunate would dream to have. But not until I had the opportunity to interview King did I realize the different kind of hurdle he has been trying to overcome.

**“ A vote of thanks to my alma mater. ”**

Like many, King's parents chose HLC because of the rich English environment and Mr. Poon's reputation. However, King was a little too young to fathom the teaching philosophy of Mr. Poon. "To me, HLC was more than a school. It was the all-you-can-try culture that enchanted me at first. I was grateful to receive a great deal of opportunities, from joining HK200 as the school prefect representative, debating, media production, orchestra... HLC was a playground with plenty of pioneer ideas, MT, TCV... Plus, you can't find a small class teaching environment anywhere closer to this school. I felt like learning in a small community where learning was enhanced when teachers and we could easily and spontaneously respond to each other. That's what I considered a BALANCED school life!"

**“ Our generation crumbles in the face of daunting challenges. ”**

However, over time, the satiety of King's school and home environments gradually promoted a narcissistic sense of self and stopped him from challenging himself. "When I look back, I feel that I was too full of myself. They often say pride comes before the fall. I overlooked the fact that I could sail through DSE without major failures was indeed the collaborative effort of many around me. Once I entered CU, with unexpectedly overwhelming workload, I lacked the resilience to cope with the autonomy and encountered the biggest failure in my life. Luckily, with the support of my friends in secondary school, I reflected on my

mistakes and learnt to manage my time more wisely. Eventually, my biggest academic achievement came when I got on the dean's list with a 3.8 GPA."

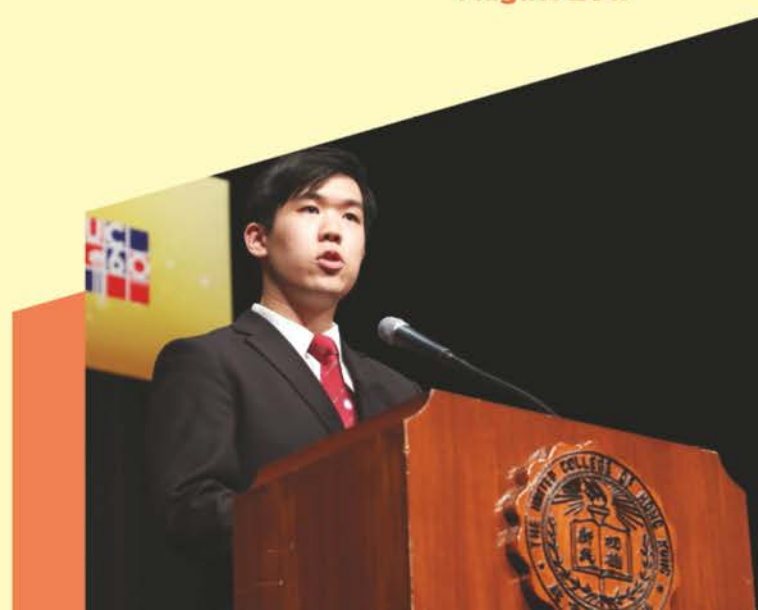
**“ My biggest obstacle has always been and will always be, myself. ”**

Inspired by the failure, King now considers himself small and believes modesty is the way to achieve greater success. "You can only improve if you allow yourself to tread humbly across the ocean of knowledge. There's too much to learn from, not only academically but also from those around us." In recent years, King has been learning to enjoy the differences outside his comfort zone. "One of my most recent participations at CU is to work with Centre of Global Health to promote gender equality and give voice the minorities, such as LGBTQ, based on the aims endorsed by the WHO. There I met people of different cultural, social background, sexuality, etc.

**“ A dream to chase: HKU MBBS ”**

Things might have changed but one thing that surely hasn't is King's dream. "I always want to be a doctor. Over the years, time and experience have taught me how to fall off and get up over and over again. If I can find a path with no obstacle, it probably doesn't lead anywhere. There will always be a time when I question my power, sinking into the void of worthlessness. There will be a time when I experience the first taste of failure. But then through darkness comes light, and I will emerge all the wiser. Perhaps the finish line always tends to appear right after when I most want to give up. Perhaps the universe has its way of reserving the best for those who can sacrifice the most. But one thing I'm sure. I should never give up my dream."

**August 2017**











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