

在二零二五年的夏末，作為一位英文科老師，我感恩有幸被邀請成為香港代表團的一員，參加港澳教育界國慶訪問團，與一百多位校長和老師前往南京和北京進行交流。今年的主題是中華人民抗日戰爭暨世界反法西斯戰爭勝利 80 周年，這次旅程讓我感觸頗深。

尤其是在南京大屠殺紀念館的參觀，讓我對歷史有了更深的思考。站在一幅幅照片面前，我感到沉重無比。這些照片展示了那個悲慘事件的真實場景，每一張都彷彿在訴說著無數無辜生命的悲哀。特別是那些孩子的照片，更是讓我心中充滿了難以言喻的痛楚。

作為一名教育工作者，我的職責是培養孩子們的正向思維和對未來的期盼。然而，面對這些無辜生命在歷史上遭受的苦難，我感到深深的哀痛。那些孩子的笑聲應該是我們這個時代的主旋律，但卻被過去的陰影所掩蓋。我明白，今天我們所享有的和平國度，是先輩們用鮮血和生命換來的，絕不能被遺忘。

在紀念館中，我的心情變得異常複雜。我們需要將這些歷史教訓傳遞給下一代，讓他們明白尊重多樣性、珍惜和平的重要性。歷史是我們的老師，過去的錯誤不應重演。為了更美好的未來，我們必須銘記歷史，努力讓世界變得更好。

這次旅程也有許多美好的瞬間，其中之一就是在天安門廣場觀看升旗儀式。清晨的陽光灑在廣場上，與升旗的莊嚴時刻交織在一起，形成了一幅令人難以忘懷的畫面。人們齊聚在這裡，臉上洋溢著激動與自豪的表情。那一刻，我感受到一種強烈的民族認同感和歸屬感，這種體驗讓我心潮澎湃，彷彿在這一時刻，我與祖國的每一個角落都緊緊相連。

這次交流之旅給了我豐富的感悟，讓我在歷史與現實之間找到了自己的位置。南京的悲痛與北京的莊嚴形成了鮮明的對比，但它們共同提醒我，作為教育者的使命不僅是傳授知識，更是培養學生的責任感與愛國情懷。我希望能夠把這些經歷分享給我的學生，讓他們在理解歷史的同時，學會珍惜眼前的和平與自由。

回到香港，我將繼續努力，把在南京和北京所感受到的教訓與靈感帶回課堂。我會告訴我的孩子們，歷史的教訓永遠不會過時。我將努力把這些寶貴的經驗帶回課堂，並參與組織學生走出教室，親身體驗我們的文化和歷史。透過實地學習，我們作為教師能夠更有效地幫助學生建立價值觀和身份認同。我非常幸運，我校已有多個內地交流學習團，我希望能有更多學生參加這些學習交流之旅，讓他們超越課本，親眼目睹並感受學習的力量。只有這樣，我們才能激勵下一代珍惜和平、擁抱多樣性，並以更開放的心態迎接未來，共同創造一個更加美好的世界。

容梓綦

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As an English teacher, I am truly honoured to be invited to the exchange trip to Nanjing and Beijing with around 100 principals and 8 other teachers. I experienced a profound journey that reshaped my understanding of Chinese history and education. This year, the theme is the 80th Anniversary of the Victory in the World Anti-Fascist War and a particularly overwhelming moment was my visit to the Nanjing Massacre Museum, where the haunting photographs revealed the tragic realities of the past. The images of innocent children, victims of violence, deeply affected me. As an educator, I felt a heavy responsibility to ensure that the sacrifices of my ancestors are honoured and remembered.

These experiences at the museum reinforced my commitment to teaching future generations about the importance of respecting diversity and honouring peace. We must remember our past mistakes to avoid repeating them and work towards making the world a better place.

In contrast, witnessing the flag raising at Tiananmen Square at sunrise was a moment of pure joy. The atmosphere was filled with pride and anticipation as the national anthem played, and the flag was raised. In that moment, I felt a strong sense of belonging and identity as a Chinese citizen. This experience provided a beautiful full stop to my journey, contrasting the sombre reflections from the museum.

Together, these moments highlighted the complexity of our history. Nanjing reminded me of the importance of remembrance, while Tiananmen Square celebrated unity and resilience. As educators, we must guide our students in understanding our past and inspiring them to work toward a brighter future.

Upon returning to Hong Kong, I am determined to share these transformative experiences with my students, encouraging them to embrace diversity and foster peace in their communities. To achieve this, I plan to support taking them beyond the classroom, organizing learning exchange trips that allow them to explore and experience our heritage firsthand. Through experiential learning, we as educators can better help students develop their values and sense of identity. I feel fortunate that our school already has various exchange programmes with the mainland, and I hope more students can participate in these learning trips. By going beyond textbooks, these trips will enable students to witness learning come alive, encouraging them to feel its impact and significance. Together, we can inspire the next generation to cherish peace, embrace diversity, and approach the future with an open mind, working together to create a better world.

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