



Do You Want Your Children to Have Great Improvement in Academic Studies?

你想子女成績大躍進嗎？

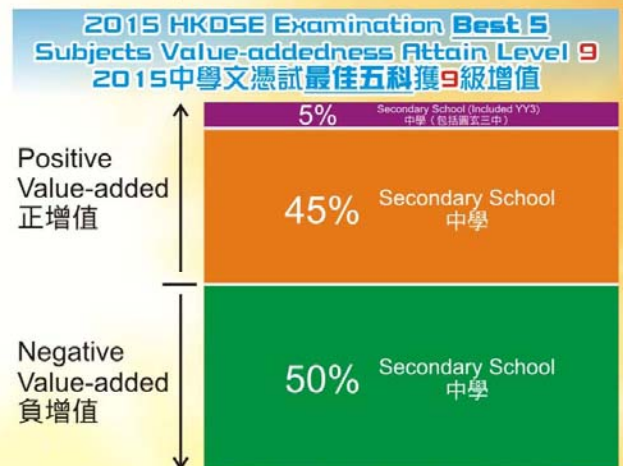
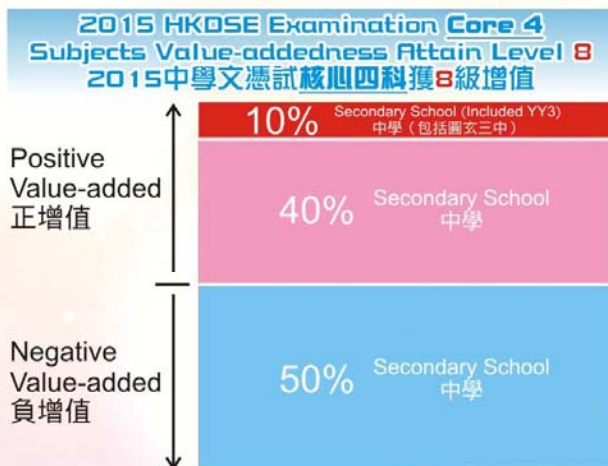
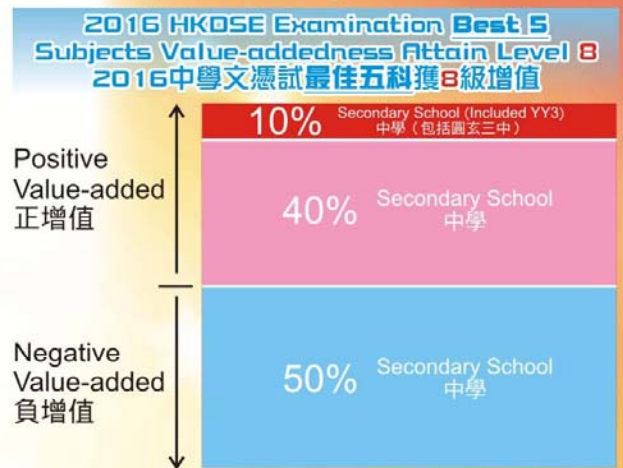
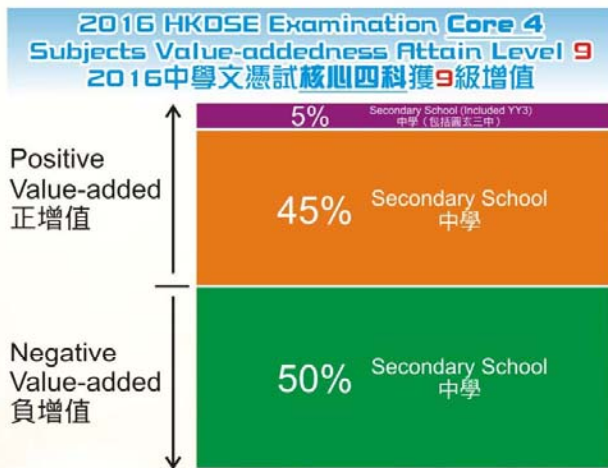
YY3 Achieved High Value-added Performances in the Core 4 Subject and the Best 5 Subjects Consecutively for Two Years

Our School was Ranked the Top 10% Among More Than 400 Secondary Schools in Hong Kong

Our Students' Results have Improved Drastically!

圓玄三中連續兩年中學文憑試
 核心四科及最佳五科獲極高增值表現

居全港400多所中學最高10%
 同學成績大躍進！



Developing Student Potential and Creating Bright Future

多元潛能盡發展 三中學生創明天

5A Cherry, Law Wing Yee 羅詠儀同學

Graduated from Y.O.T. Tin Ka Ping Primary School
畢業於仁愛堂田家炳小學
Chief Captain of the School Ambassador
校園大使總隊長
English Ambassador
英語大使



My life at YY3 for five years so far has made me a better person. With the patient guidance of the teachers, I have tried taking up various positions. Being an English Ambassador, I had many opportunities to deliver speeches in English. **This experience as well as my daily communication with the foreign students have largely improved my English reading, writing, listening and speaking proficiency.** Also, my communication, leadership and management abilities have been nurtured during my time as the Chief Captain of the School Ambassador. I hope I can apply my knowledge, **become a healthcare professional, and serve the community in the future.**



五年的三中生活，令我脫胎換骨。在老師的循循善誘下，我嘗試擔任不同的崗位：擔任英語大使時，有很多機會以英語演講。加上平日與外籍學生的溝通，令我英文的讀、寫、聽、說能力大大提升；擔任校園大使總隊長

時，更培養了我的溝通、領導及管理能力。期望將來能學以致用，成為專業醫護人員，繼續服務社羣！

3A Sandy, Chu Sze Wing 朱思穎同學

Graduated from YYI Chan Lui Chung Tak Memorial School
畢業於圓玄學院陳呂重德紀念學校
Champion of the 67th Speech Festival
Dramatic Duologue
第67屆香港學校朗誦節二人朗誦冠軍
Champion of the Fight Crime Campaign Micro Film Competition
「走出虛擬中的迷失」多元防罪微电影拍攝比賽冠軍



During my time at the primary school, even though I had many unusual ideas, I was too shy to express myself in front of others. I have been fortunate to meet Mr. Leung Tung Yuen, my class teacher in S.1. He showed me the world of recitation and drama, in which I made a breakthrough and became more cheerful. In the future, I hope I can **win first place again in recitation and become a director in YY3 Drama Team** to share my ideas with others through drama.



還記得小學時，就算心中有很多古怪的念頭，但怯於在人前表現自己。慶幸剛升上圓玄三中時，遇上班主任梁東源老師，他帶領我進入朗誦和戲劇的世界，讓我突破自己，而我也變得開朗起來。未來，除了希望在朗誦方面再嚐冠軍的滋味，也希望能在三中話劇團擔任導演，透過舞台劇向其他人分享我的想法。

2A Vincent, Wong Nam 黃楠同學

Graduated from Tseung Kwan O Government Primary School
畢業於將軍澳官立小學
2016 Hong Kong Schools Rowing Championships
Under 16 Boys' 4X Champion
2016香港校際賽艇錦標賽男子組（16歲或以下）四人雙槳艇冠軍
Hong Kong Indoor Rowing Championships & Charity Rowathon 2017 Junior Boy's Individual 1000m (Aged 16 or Under) Champion
2017香港室內賽艇錦標賽暨慈善長途接力賽男子青少年組個人1000米（16歲或以下）冠軍



When I was just promoted to the secondary school, I was afraid that I could not adapt to the new environment. However, in the past two years, the dynamic school life at YY3 has changed me a lot. In particular, I have been a member of YY3 Rowing Team. The strict training, attentive coaching, and encouragement I have received from the coach and teachers have **made me slimmer and stronger.** The school life in YY3 has enabled me to be truly aware of myself and establish my career goal. I hope I can realize my dream of **becoming a member of Hong Kong Rowing Team as well as a rowing coach in the future!**



剛升上中學，也曾擔心不適應新環境。然而，兩年來多姿多采的三中生活卻令我有莫大改變，尤其是加入三中賽艇隊，教練和老師嚴格的訓練、悉心教導和鼓勵，不但使我肥胖的身形變得健碩，三中的校園生活更令我真正認識自我，繼而確立人生目標，希望將來能成為香港賽艇隊代表，向賽艇教練邁進，成就人生的夢想！

2A Bona, Kwon Sohee 權素嬉同學

Graduated from Sai Kung Central Lee Siu Yam Memorial School
畢業於西貢中心李少欽紀念學校
Guitar Player of Band Team 'Wifi'
流行樂隊Wifi結他手
Invited by the ICAC to perform in the Hong Kong Brands and Products Expo
曾獲廉政公署邀請於工展會中表演



Since my participation in the band in S.1, I have been learning to play musical instruments. The teachers are committed to seeking opportunities for us to perform in different occasions, e.g. Hong Kong Brands & Products Expo and Pok Oi Youth Music Show, **in which I built self-confidence and understood the importance of team-spirit.** Moreover, the band has hosted territory-wide music activities, in which I had the opportunities to take up different positions. **I was the MC in a public singing contest this year. This was such an unforgettable experience!**



自從中一起加入流行樂隊，便開始接受樂器訓練，老師不斷爭取機會讓我們踏足不同的舞台，例如「工展會」、「博愛青年音樂會」等等。我從中提升自信，並領會團隊精神的重要。此外，流行樂隊也會主辦全港性的音樂活動，我因此有機會擔任不同崗位。今年，我在公開歌唱比賽活動中擔任司儀，確是一個很難忘的體驗！

3D Xeni, Tsai Ching Yi 蔡靜兒同學

Graduated from Pok Oi Hospital Chan Kwok Wai Primary School
畢業於博愛醫院陳國威小學
Rising Star Athletes of the HKSSF 2016
BOCHK Rising Star Award
學界體育聯會2016中銀香港青苗盃學界新星獎
Overall Champion of the Hong Kong, China Rowing Association Youth Rowing Age Group Time Trials 2016 Girls' (Age 14 or under)
中國香港賽艇協會青少年賽艇分齡計時賽2016女子組(14歲或以下)全年總冠軍



I used to think that I had no strengths. I have been fortunate to be guided by Mr. Wong Kin Ho to learn about rowing. The continuous training and competitions have nurtured my interest and confidence in rowing. I spend six or seven days a week on the tough training in Hong Kong Sports Institute currently. Sometimes the training sessions do not end before 10pm. However, this is not too tough for me as I have to reach my goals. I aim at **breaking the record in 2000m rowing in inter-school competitions, joining the Hong Kong Team, achieving excellence in overseas competitions and making a breakthrough.**

以前總以為自己沒甚麼強項，慶幸黃建豪老師帶我認識賽艇，接連的訓練與比賽培養我的興趣與信心。現時，一星期有六、七天要到沙田體育學院接受賽艇的艱苦訓練，每每晚上十時才可回家，但為達成目標，我不以此為苦！我的目標是打破二千米賽艇學界紀錄，並加入香港代表隊，出國比賽創出佳績，突破自己！



2D Charles, Luk Wai Hung, Cyrus, Luk Wai Yip 駱偉雄同學、駱偉業同學

Graduated from PLK
Wong Wing Shu Primary School
畢業於保良局黃永樹小學
Performed in different public occasions
曾於多個公開場合表演



In the past, we used to be inattentive to what we did. During our time at YY3, through the regular juggling training, performances in different occasions and different competitions, we have become more confident and proactive in what we do. We hope that we can gain more recognition as to juggling. We look forward to **being peer mentors to assist the junior students in the future, upholding the good tradition of YY3 Juggling Team and taking it to the next level to achieve excellence in inter-school competitions.**

以往我們做事情總是漫不經心，自入讀圓玄三中後，通過平日的雜耍訓練、不同場合的演出及大大小小的比賽，我們越來越有自信，做事亦更積極。希望以後我倆能在雜耍方面獲得更多的肯定，亦期待擔任小導師指導學弟學妹，繼續承傳及發揚我校雜耍代表隊的優良傳統，在學界比賽中大放異彩！



4A Bisma Naz 毛倩文同學

Graduated from HKTA Wun Tsuen School
畢業於香港道教聯合會雲泉學校
First in Form 4 in 2016-2017 First Term Examination
2016-2017第一學期考試中四級全級第一名
Secondary School Allocation allocated to a Band 1 EMI School in Kwun Tong District, changed to our school in F.2
小學派位至觀塘區第一組別女子英文中學，中二轉至本校就讀



YY3, to me, is a school where students can feel greatly the harmonious atmosphere. I am happy to learn with local students as this enhances our communication and understanding. School assigns foreign students into different levels according to our level of Chinese. This helps me improve my Chinese enormously. I was so lucky to have been selected as the MC in a Rowing Competition before. **What surprised everyone was that I actually spoke Chinese while my partner, a local student, spoke English.** The experience made me feel more confident speaking on stage and more importantly, in Chinese. I aim at achieving an A* in the GCE (A-Level). **This is especially important for me as I plan to enter the University of Hong Kong.**

對我來說，學生可以在三中感受到非常和諧的氣氛。我很高興有機會與本地學生一起學習，增強我們之間的溝通和了解。學校根據外籍學生的中文水平，為我們安排不同程度的課程，有助我的中文水平日益精進。我有幸在一次划艇比賽中擔任司儀，**使在場所有人都感到驚奇的是，我以中文發言，而本地同學司儀則說英語。**這次經歷使我在台上講話方面更添自信，更重要的是，我更有信心以中文發言。我以為「英國普通教育文憑高級程度考試」GCE (A-Level)中文科奪A*為目標。這對於我報讀香港大學的計劃而言，尤其重要。



5A Muhammad Haris 夏理思同學

Graduated from Man Kiu Association Primary School
畢業於閩僑小學
Joined the Hong Kong U20 Men's Five-a-side Football Team's Selection
參與香港20歲以下男子五人足球代表隊遴選
A current member of Eastern SC Youth Team, Hong Kong Premier League
現為香港超級足球聯賽球隊東方青年軍



I am fortunate enough to become part of YY3 Soccer Team and Track & Field Team and participate in the Sports Legacy Scheme. With the guidance of the professional members of Hong Kong Team, my physical strength and skills have largely improved. I am also glad that I can join **Hong Kong U20 Men's Five-a-side Football Team's Selection**, preparing for the matches of Asian Cup in May taking place in Thailand. I hope I can achieve good results and bring pride to Hong Kong. **I also hope to study physical education or journalism at university, develop my potential and contribute to society in the future.**

很榮幸可以成為學校的足球隊及田徑隊代表隊，有機會參與「奧夢成真」計劃，在專業香港隊隊員的指導下，我的體能以至技術均大大改善。今年我有幸參與香港20歲以下男子五人足球代表隊的遴選，備戰五月於泰國舉行的亞洲盃賽事，希望取得佳績，為港爭光！未來我希望升讀大學的體育系或傳理系，發展潛能，貢獻社會！



Great Strides in Sports Achievements

體育成就大躍進

Good Harvest in Inter-school Track & Field Competitions YY3 Crowned Boys' A-Grade Overall Champion

學界田徑大豐收 勇奪男子甲組團體總冠軍

In the Inter-school Track & Field Competitions in February 2017, under the support of Sports Legacy Scheme and led by the coach Mr. Chan Ka Ho, a member of Hong Kong Distance Running Team, the school teams made great strides in the results and attained a record performance in the school's history. They gained 4 gold medals, 3 silver medals, and 3 bronze medals. 4 of the athletes won the fourth place. In the relay events, the school teams also achieved gold medals in Girls' B-Grade 4x400m and Boys' C-Grade 4x400m, as well as a silver medal in Boys' A-Grade 4x400m.

Cooperating wholeheartedly, the school team was eventually crowned Boys' A-Grade Overall Champion and made it as Boys' Overall Third Runner-up. Congratulations!

It proves that our students can achieve excellence in academics as well as extra-curricular activities!



The Track & Field Team reaps a good harvest in the inter-school competitions. Let's take a group photo!
田徑隊在學界賽大豐收，來一張大合照！

在二零一七年二月舉行的學界田徑賽，本校在「奧夢成真」計劃的支援下，由香港長跑代表陳嘉豪教練帶領，成績大躍進，創下學校歷史最佳成績。個人項目共奪得4冠、3亞、3季、4殿的佳績；接力項目亦奪得女乙4x400米冠軍、男丙4x400米冠軍及男甲4x400米亞軍。

本校健兒上下一心，群策群力，最終勇奪男子甲組團體總冠軍及男子組團體殿軍，可喜可賀！足證本校學生學業及活動俱佳！



Singh Karandeep wins the gold medal in Boys' A-Grade 400m!
高偉哲同學勇奪男子甲組400米冠軍，混身是勁！



Our athletes run with confidence and achieve success under the guidance of our coach, Mr. Chan Ka Ho. 在陳家豪教練帶領下三中同學跑出自信闊高峰！



Reported by 'Sports Road' (體路) 報道

Hong Kong School Championships 2016 YY3 Crowned Overall Champions in Both Boys' and Girls' Divisions

稱霸香港校際賽艇錦標賽2016 囊括男女子組全場總冠軍

Our school reaped a good medal harvest in Hong Kong School Championships 2016, organized by Hong Kong, China Rowing Association, including the gold medals in Boys U14 Single Sculls, Double Sculls, Quadruple Sculls, Boys U16 Quadruple Sculls, Boys U19 Single Sculls, Girls U16 Quadruple Sculls, the silver medals in Girls U16 Single Sculls and Double Sculls, as well as the bronze medals in Boys U16 Double Sculls and Boys U19 Double Sculls.

Eventually, **our school's student athletes defeated their opponents from the other 73 schools and were crowned the overall champions in both the boys' and girls' divisions.**

本校於早前由中國香港賽艇協會主辦的「香港校際賽艇錦標賽2016」中大豐收，於多個項目獲獎，包括男子組(14歲或以下)單人雙槳艇冠軍、雙人雙槳艇冠軍、四人雙槳艇冠軍、男子組(16歲或以下)單人雙槳艇季軍、四人雙槳艇冠軍、男子組(19歲或以下)單人雙槳艇冠軍、雙人雙槳艇季軍、女子組(16歲或以下)單人雙槳艇亞軍、雙人雙槳艇亞軍、四人雙槳艇冠軍。

最終，本校擊敗其餘七十三所中學，囊括男子組及女子組全場總冠軍，成績驚人！



Our athletes in Girls U16 Quadruple Sculls have determined to win before the race. They finally take the gold medals home! 女子組(16歲或以下)四人雙槳艇四位健兒賽前精神抖擻，最後奪金而回！



With great teamwork, our rowing team is finally crowned the overall champions in the inter-school competition after years of hard work!
三中賽艇隊上下一心，經過多年努力，終於稱霸學界！



Our team members, led by Thomas Chan, a member of Hong Kong Junior Rowing Team who has won two gold medals in the Asian Junior Championships, have high team morale. 在香港青年代表隊及亞青賽雙料金牌得主陳至鋒同學帶領下，隊員更添信心！

Cricket Team Won Plate Championship of Stanley's Cup

板球隊勇奪士丹利盃碟賽冠軍

On 27th January, 2017, our Cricket Team participated in Stanley's Cup U-19 Cricket Invitation Tournament organized by Hong Kong Children & Youth Services and won the Plate Championship. Fazal Osama won the Best Player Award and the Best Batsman Award. Farooq Hamzah won the Best Player Outstanding Award. Congratulations!



Fazal Osama wins the Best Player Award. Congratulations!
何森茂同學贏得最有價值球員獎，可喜可賀！



Mr. Yin Yuk Lun, Stanley's Cup for Under 19 Cricket Tournament of 2017
The cricket team has regular practice diligently. They finally become the Plate Champion!
板球隊平日積極練習，終於勇奪碟賽冠軍！

二零一七年一月二十七日，本校板球隊參加由香港青少年服務處舉辦的士丹利盃19歲以下板球邀請賽，本校勇奪碟賽冠軍，另外何森茂同學更獲最有價值球員獎及最佳擊球員獎，而法凱沙同學亦獲最佳球員表現獎，可喜可賀！

Volleyball Team Won Bronze Medals in A-Grade Inter-school Competition

排球隊奪得學界男子甲組季軍

Our Boy's A-Grade Volleyball Team came third in the inter-school competition and had the honour to participate in the Inter-school Volleyball Elite Competition. Every team member spared no effort in the practice under the guidance of the coach Mr. Chung Wai Sze, a current member of Hong Kong Men's Volleyball Team. Their skills and physical strength had improved tremendously. Although they were unable to proceed in the Elite Competition, they enjoyed the experience very much and hoped to achieve good results once again next year.

本校男子甲組排球隊在學界比賽中勇奪季軍，因而有幸參與學界排球精英賽，各隊員在現任香港男子排球代表鍾偉時教練帶領下努力練習，在技術及體能上進步不少。雖然在精英賽未能晉級，但大家都非常享受當中過程，期望下屆再創佳績！



Mr. Chung, the coach, is satisfied with the team's performance. 奪得學界季軍，鍾教練都滿意隊員表現。



The Boy's Volleyball Team members are highly focused in the match. 男排隊員比賽時專注認真！

“Sport Legacy” Scheme

Nurture Future Hong Kong Team Member

「奧夢成真」計劃

培育未來香港隊成員



Last year, our school was successfully accepted by the Sports Federation and Olympic Committee of Hong Kong, China to participate in the “Sport Legacy” Scheme. The Scheme will provide students with systematic sports-specific training and skill practices for three consecutive years under the professional instructions by the athlete coaches who are current or former Hong Kong Team Members, in order to identify talented students for further sports-related career development. Our school will be supported in the development of four projects, including Track and Field, Physical Fitness, Shuttlecock and Skateboard.

本校去年成功獲中國香港體育協會暨奧林匹克委員會批准，參與「奧夢成真」計劃，獲安排計劃退役及退役運動員，連續三年到本校把個人運動專項的知識和技術傳授給學生，藉以發掘有運動潛質的學生運動員而加以培訓。本校獲支持發展的四個項目包括田徑、體適能、足毬及滑板。



Star Coach, Mr. Chan Ka Ho 星級教練陳家豪先生

Champion of the 10km Race of the Standard Chartered Hong Kong Marathon 2017

2017年渣打香港馬拉松十公里冠軍

Holder of Three Distance Running Records of Hong Kong
香港三項長跑記錄保持者



6C Thomas, Chan Chi Fung 陳至鋒同學

Member of Hong Kong Junior Rowing Team
香港青少年賽艇代表隊成員

Two Gold Medals in 2016 Asian Rowing Junior Championship

2016亞洲青年賽艇錦標賽勇奪兩面金牌



6A Sonia, Sharanjit Kaur 成慧芝同學

Member of Hong Kong Women U18 Football Team

香港女子U18足球代表隊成員



Mr. Wong Tin Yen, Alumni 黃定恩校友

Member of Hong Kong Rope Skipping Team
香港跳繩代表隊成員



5B Dylan, Yau Sing Mun 尤聲滿同學

Member of Hong Kong Dragon Boat Team
香港龍舟代表隊成員



5D Andres, Leung Wong Andres 梁焯鑾同學

Member of Hong Kong Dragon Boat Team
香港龍舟代表隊成員



5A Muhammad Haris 夏理思同學

Joined the Hong Kong U20 Men's Five-a-side Football Team's Selection
參與香港20歲以下男子五人足球代表隊遴選
A current member of Eastern SC Youth Team,
Hong Kong Premier League
現為香港超級足球聯賽球隊東方青年軍



Youth to Youth: Suzhou-Hong Kong Youth and

Student Exchange Tour

「心手相連·青春有約」

蘇港青年學生交流考察團



Students have a chance to visit Suzhou and to learn the history and culture!
同學有幸到訪蘇州，認識當地歷史文化！



Students are so happy to experience a lot in the tour!
同學獲益良多，喜上眉梢！



The students are having an ice-breaking game with the students from Suzhou Foreign Language School. 與蘇州外語學校的同學進行破冰遊戲。



The students are enjoying a local home foot spa with their homestay family in winter. 進入寄宿家庭，享受當地人冬天家居足浴的生活樂趣。

In order to enable the youth and students from Suzhou and Hong Kong to enhance their understanding of the other city's nature, culture, history, socio-economic development, customs and traditions, and to strengthen exchanges and friendships among the youth and students, Overseas Chinese Charity Foundation of Jiangsu Province, Suzhou Foreign Language School, HKTA The Yuen Yuen Institute No. 1 Secondary School, and our Civic Education Department jointly held "Youth to Youth: Suzhou-Hong Kong Youth and Student Exchange Tour" from 21st to 27th December, 2016.

It was an honour for the 20 students from our school to participate in the tour. Apart from participating in the teacher-student sharing activities, class participation, cultural learning activities, sports competitions, and English language contests, the students stayed in the homestay accommodation and dormitory. They acquired a thorough understanding of the culture and social customs of Suzhou and built strong friendships with other students in the homestay families.

為幫助蘇港兩地青年學生加深對對方所在地自然人文歷史、經濟社會發展和民俗的了解，增進青年學生之間的交流和友誼，江蘇省華僑公益基金會、蘇州外國語學校、圓玄一中及本校公民教育組於二零一六年十二月二十一日至二十七日合辦「心手相連·青春有約」蘇港青年學生交流考察團。

我校二十位同學有幸參與是次活動，除了師生交流、隨堂上課、文化認識、體育競技、英語比拼外，更設學校宿舍及寄宿於當地家庭生活，學生全方面了解蘇州的風土人情及文化，並與當地寄宿家庭的學生建立深厚的情誼。

Upcoming Study Tours 交流團預告

Date 日期	Name of Tour 交流團名稱
13 th - 19 th April, 2017 2017年4月13日至19日	Suzhou-Hong Kong Youth Exchange Tour 「心手相連·青春有約」蘇港青年學生交流活動考察團
15 th - 19 th April, 2017 2017年4月15日至19日	The Anti-Japanese War History: The 5-day Historical and Cultural Tour of Nanjing, Beijing, Liaoning, and Heilongjiang 「重踏抗日歷史足印」南京、北京、遼寧、黑龍江五天歷史文化考察之旅
18 th - 21 st April, 2017 2017年4月18日至21日	The Experiential Volunteering Tour of Taiwan 台灣親善義工體驗之旅
28 th April - 1 st May, 2017 2017年4月28日至5月1日	Belt and Road Initiative Maritime Silk Road Quanzhou Study Tour 一帶一路海上絲綢之路泉州考察交流團
23 rd - 24 th May, 2017 2017年5月23日至5月24日	The Tour of Universities in Mainland China 2017 內地大學考察團
18 th - 23 rd July, 2017 2017年7月18日至23日	Exploring the Life in the Grasslands in Inner Mongolia: A Journey of Ethnic Harmony 內蒙草原生活探索——民族共融之旅

Student Sharing 同學有感

In this study tour, I learned more about Suzhou's culture and broadened my horizons. The most important is I knew a group of bosom friends. I hope we might meet again in the future!

這次考察團讓我更了解蘇州的風土人情，擴闊視野。更重要的是我認識了一班很重要的內地朋友，希望未來有機會可以再見他們！



5C Jamie, Ho Kit Ying
何潔瑩同學

Report by Dot Dot News
《點新聞》報道



HKTA THE YUEN YUEN INSTITUTE NO.3 SECONDARY SCHOOL
香港道教聯合會圓玄學院第三中學

THE INCORPORATED OWNERS OF KWONG MING COURT
廣明苑業主立案法團

Community Service Day and School Open Day 社區服務日暨校園開放日

International Culture 國際文化

Care and Harmony 關愛共融

Date 日期: 31-3-2017 (Fri)
Time 時間: 1:00pm-4:30pm
Venue 地點: School Campus 本校

Date 日期: 1-4-2017 (Sat)
Time 時間: 10:30am-4:00pm
Venue 地點: Square A, Kwong Cheong House, Kwong Ming Court, TKO.
將軍澳廣明苑廣昌閣對開A廣場

Activity Details 活動內容:

- Game Booths 攤位遊戲
(Themes include: Caring School, International Culture, STEM, High Value-added School, etc.)
(主題包括: 關愛校園、國際文化、STEM、高增值成績等)
- Variety Show 綜藝表演
(Band, Juggling, Magic, Dance, Rope-skipping, etc.)
(流行樂隊、雜耍、魔術、舞蹈、花式跳繩等)
- Exhibition 作品展覽
(Visual Arts Works Exhibition, Introduction of School)
(視覺藝術科作品展、學校介紹)
- Gifts and Collection of Snacks 禮品及小食換領

All are Welcome 歡迎蒞臨參與

Please bring along this ticket for participation 請帶同此券到場參與