



THE LUCTONIAN

**Lucton School Shanghai Student School Magazine
2021**



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LUCTON

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Letter from the Editor

Dear readers,

It is with great pleasure we release to our Lucton family, our 4th and possibly final edition of the student school magazine, *The Luctonian*. It is has been a full academic year in the making with two different students teams over two semesters, exams, polishing and editing, improving and designing and then doing it all over again under my watchful eye! It is a testament to the students' spirit and willingness to do 'work' during CCAs and to build something long-lasting which serves as a record, somewhat, of the year that has been. These students voluntarily chose this CCA, voluntarily (almost always) worked for close to two hours once a week, and not only that, but while we were working, friendships were being built, deepened, and selves were revealed, stories were told, jokes were shared.....unfortunately, we cannot document that part of this magazine creation journey, but it is saved in each of our minds-where it can stand the test of time. We also arm wrestled, talked way too much about snacks, shared travel fantasies, and brainstormed for article ideas as a team.

I salute this lovely team of students, this edition's and every one prior, and will always be grateful for their help in creating this tangible memory. Please congratulate them for their contributions to the Lucton legacy, and pass on a huge high-five to all, especially to Ms Ency Zhou. Enjoy!

Ms Sarah Ezdani

Founder and Supervising Director of *The Luctonian*

亲爱的读者们，

万分荣幸为我们的Lucton家族发行了第四版也可能是最后一版的学生学校杂志《The Luctonian》。这是一个完整的学年，两个不同的学生团队在两个学期的时间里，考试，润色，编辑，改进和设计，然后在我的注视下从头再来！这证明了学生们在CCA期间做“工作”的精神和意愿，并建立了一些持久的东西，在某种程度上，作为一年来的记录。这些学生自愿选择了这个CCA，并且自愿(几乎总是)每周工作近两个小时，不仅如此，在我们工作的同时，友谊正在建立、加深，自我展示、讲述故事、分享笑话.....不幸的是，我们无法再继续这段杂志创作之旅，但它保存在我们每个人的脑海中——它经得起时间的考验。我们还一起扳手腕，谈论关于零食的话题，分享旅行的幻想，为文章的想法集思广益。

我向这个可爱的学生团队致敬，向本版和之前的每一位学生致敬，并将永远感谢他们在创造这一有形记忆方面的帮助。请祝贺他们为莱克顿所做的贡献，并向所有人致以热烈的击掌，特别是向周恩熙女士致以热烈的击掌。好好享受吧！

萨拉·伊兹达尼女士

The Luctonian的创始人兼监督总监

一封编辑的信

TEACHERS,
INTERVIEW



Q: What do you like best about Lucton?

Lucton最吸引你的一点是什么？

A: How Lucton is a big family and always make teachers and students feel that their voice can be heard.

莱克顿是一个大家庭，老师和学生的声音都可以被听到。

Q: Is there anything that has moved you in Lucton so far?

自从你来到Lucton，是否有让您动容的事情呢？

A: A working environment that makes teachers feel like home.

一个让老师有家的感觉的工作环境。

Q: What did you study in university and can you tell us about your course?

您大学的专业是什么？请给我们分享一些您的课程吧。

A: I studied English Language Education in HKU. This specialism mainly focuses on education strategies, theory and practice of pedagogy, gamification in teaching and guidance and support for 2nd language learners.

我在港大学的是英语教育。这个专业主要研究第二语言学习者的教育策略、教学理论与实践、教学游戏化以及对第二语言学习者的指导与支持。

Q: Why did you decide to become a teacher?

是什么驱使您成为一名老师？

A: Teaching can always provide a sense of achievement when students are acknowledging your work or believing in themselves in achieving better results in their future lives.

当学生们认可你的工作或相信自己能在未来的生活中取得更好的结果时，教学总能提供一种成就感。

Q: Suggest a movie you think the students should watch.

请为学生推荐一部他们必看的电影。

A: Hachi : A Dog' s Tale.

忠犬八公的故事。

Q: If you win the lottery for 1 million RMB, where and how are you spending it?

如果您中了彩票，获得了一亿人民币！您会把它们花在哪里呢？您会怎么支配它们呢？

A: Buy a house in Japan.

在日本买一套房。

Q: What is your favourite travel destination? And which destination is top of your bucket list?

您最喜爱的旅行目的地是什么？哪一个旅行地点排在您旅行列表中的第一位呢？

A: Anywhere near the sea.

任何在海旁边的地方。

Q: How can our students best prepare for university life overseas?

您觉得我们去海外读大学最需要准备什么？

A: The very first thing is to figure out your future goals or your passion in life. Then research in depth about your goals and relate them with possible pathways in university major selection. Plan enough time to prepare for standardized examinations if you' ve decided to study abroad, take IELTS at least twice to get a satisfied score. Participating in projects and programs related to your passion, accumulate practical experience in that specific field, get a deeper understanding of what you might be facing in the future. Try to apply and attend one or two summer programs in your dream course or your dream school, take the chance to craft your team building skills, upgrade your academic level, and improve your social skills. Most importantly, enjoy your high school as a teenager and do your best to fight for your dream

首先要弄清楚你未来的目标或者你对生活的热情，然后深入研究你的目标，并将它们与选择大学专业的可能途径联系起来。准备充足的时间准备标准化考试。如果你决定出国留学，至少参加两次雅思考试以取得满意的成绩。参与与你的热情相关的项目，在特定领域积累实践经验，对你未来可能面临的情况有更深入的了解。试着申请并参加一到两个你梦想中的课程或学校的暑期项目，抓住机会磨练你的团队建设技能，提升你的学术水平，提高你的社交技能。最重要的是，享受你的高中作为一个青少年，并尽你最大的努力为你的梦想而奋斗。

Q: What kind of student were you in high school?

您在高中时代是怎样类型的学生？

A: Goal-oriented but quiet.

目标明确但安静。

Q: What' s the best thing or worst thing that had happened or can happen in the lessons?

在您的课堂中发生过或者可能会发生的那些最美好的事或是最坏的事是什么？

A: Best thing is my students enjoyed the board games I designed for my class.

Worst thing is some of them might lose confidence in themselves so they create some kind of chaos to disturb others.

最好的事情是我的学生们喜欢我为我的班级设计的棋盘游戏。

最糟糕的是，他们中的一些人可能会失去对自己的信心，然后就制造一些混乱来打扰别人。

Q: What kind of music do you prefer?

您喜爱哪一类型的音乐风格？

A: Pop music.

流行音乐。



Adriana Zuo

Cassie Chen

Q:What do you like best about Lucton?

Lucton最吸引你的一点是什么？

A:Lucton is an inclusive school where all different characters can be accepted here.

莱克顿是一个有包容性的学校，所有人都能被接受。

Q:Is there anything that has moved you in Lucton so far?
自从你来到Lucton，是否有让您动容的事情呢？

A:The atmosphere in Lucton which I think is "Harmony".
莱克顿的氛围就是很和谐的。

Q:What did you study in university and can you tell us about your course?

您大学的专业是什么？请给我们分享一些您的课程吧~

A:Biology science.
生物科学。

Q:How can our students best prepare for university life overseas?

您觉得我们去海外读大学最需要准备什么？

A:Independent study and time management are really important for university life.
独立学习和时间管理对大学生活来说很重要。

Q:Why did you decide to become a teacher?
是什么驱使您成为一名老师？

A:My high school teacher had a huge impact on me, so I want to be a teacher to help others.

我的高中老师对我有很大的影响，所以我想成为一个老师去帮助他人。

Q:Suggest a movie you think the students should watch.
请为学生推荐一部他们必看的电影。

A:Dead Poets Society.
《死亡诗社》

Q:What's the best thing or worst thing that had happened or can happen in the lessons?
在您的课堂中发生过或者可能会发生的那些最美好的事或是最坏的事是什么？

A:Best thing: everyone get involved and happy about what they learn.
所有人都都参与进课堂并且对自己学习到的知识感到快乐。

Q:What kind of student were you in high school?
您在高中时代是怎样类型的学生？

A:Energetic and clever.
有活力和聪明的。

Q:What kind of music do you prefer?
您喜爱哪一类型的音乐风格？

A:Classical music.
古典音乐。

Q:If you win the lottery for 1 million RMB, where and how are you spending it?
如果您中了彩票，获得了一亿人民币！您会把它们花在哪里呢？您会怎么支配它们呢？

A:Donate it to the poor area in China for school. So more poor kids can get educated based on that.
捐给中国贫困地区的学校，所以更多的贫困孩子可以在此基础上接受教育。

Q:What is your favourite travel destination? And which destination is top of your bucket list?
您最喜爱的旅行目的地是什么？哪一个旅行地点排在您旅行列表中的第一位呢？

A:My favourite travel destination is Alaska so far, and Iceland is top of my bucket list!
到目前为止，我最喜欢的旅游目的地是阿拉斯加州。冰岛是我愿望清单上的第一！



Dawie De Villiers

Q:What do you like best about Lucton?

Lucton最吸引你的一点是什么？

A:The best part is working together to achieve a future for students that many people in this life have no opportunity to pursue.

最重要的是共同努力为学生们创造一个很多人今生没有机会追求的未来。

Q:Is there anything that has moved you in Lucton so far?

自从你来到Lucton，是否有让你动容的事情呢？

A:The self-respect, self-care and hard-work for success that I see in most of the students are the attributes of Luctonians that move me the most. For any teacher, I think, it is a blessing to see individuals rise and excel in their lives knowing that everyone comes from a different background and has personal obstacles to overcome.

我在大多数学生身上看到的自尊、自我关心和为成功而努力，是莱克顿人最让我感动的特质。我认为，对于任何一位教师来说，看到每个人都能在生活中脱颖而出，知道每个人都来自不同的背景，都有个人的障碍需要克服，这是一种福气。

Q:What did you study in university and can you tell us about your course?

您大学的专业是什么？请给我们分享一些您的课程吧。

A:As an undergraduate I was fascinated with most sciences, I could not decide on which science field to specialize in at the beginning of my first year. I decided to get a BSc. in Chemical Biology with majors in chemistry, physics, mathematics, biology and biochemistry. Our fourth year is an honors degree for further specialization. In my fourth year I obtained my BSc (Hons) in the four main fields of chemistry; analytical-, organic-, physical- and inorganic chemistry. Thereafter, I did a masters degree in chemistry. My masters, formally MSc. (Supramolecular chemistry), is a field of materials science that involves all the main fields of chemistry but has a strong focus on quantum mechanics and X-ray crystallography.

作为一名本科生，我对大多数的科学都很感兴趣。在第一年的时候我还不能决定要专攻哪个科学领域。我决定攻读理学学士学位-化学生物专业，主修化学、物理、数学、生物和生物化学。我大学的第四年是攻读进一步专业化的荣誉学位，我获得了化学四个主要领域的学士学位(荣誉)-分别是分析化学、有机化学、物理化学和无机化学。此后，我攻读了化学硕士学位。我的硕士是关于超分子化学(Supramolecular chemistry)，它是材料科学的一个领域，涉及化学的所有主要领域，但侧重于量子力学和X射线晶体学。

Q:If you win the lottery for 1 million RMB, where and how are you spending it?

如果您中了彩票，获得了一亿人民币！您会把它们花在哪里呢？您会怎么支配它们呢？

A:I would take time to travel between the North pole and the Keck observatory in Hawaii to study the effect of space dust on the chemical composition of the atmosphere.

我会花时间在北极和夏威夷的凯克天文台之间旅行，研究大空尘埃对大气化学成分的影响。



Q:How can our students best prepare for university life overseas?

您觉得我们去海外读大学最需要准备什么？

A:The best advice I can give is that your personality, ideas and even preconceptions about the world will drastically change in the first three years of study. When you arrive in another country you will probably experience culture shock for the first year. It is therefore important to find a course that you are passionate about. This will help you succeed when times get tough. Do not study or attempt to study something that you are not interested in. Be aware that you may not always be the best performer in class, but what counts is how you finish and what you do with your knowledge after your degree(s).

我能给你的最好建议是，你的个性、想法，甚至是对世界的先入之见将在前三年的学习中发生巨大的变化。当你到达另一个国家，你可能会在第一年经历文化冲击。因此，找到一门你感兴趣的课程是很重要的。这将帮助你在困难时期取得成功。不要学习或尝试学习你不感兴趣的东西。要知道，你可能并不总能在班上表现的最好，但重要的是你如何完成学业，以及你在获得学位后用所学知识做了什么。

Q:Why did you decide to become a teacher?

是什么驱使您成为一名老师？

A: "If I have seen further it is by standing on the shoulders of Giants" - Sir Isaac Newton.

I believe that education and the inspiration to learn is the most fundamental journey someone can undertake. It is also a cornerstone for the progress of humankind. As an educator I can reach and inspire many more people than what has been possible otherwise.

"如果说我看得更远，那是因为我站在巨人的肩膀上。"——艾萨克·牛顿爵士。

我相信，教育和对学习的热情是个人能够完成的最基本的旅程。它也是人类进步的基石。作为一名教育工作者，我能够接触和激励更多的人，而不是通过其他途径。

Q:What kind of student were you in high school?

您在高中时代是怎样类型的学生？

A:I started off as a student that did not perform well or had many goals. By the time I was 15 I decided to become the best I can be. I ended off in my final year as 3rd in my class' academic performance. I had extracurricular activities which included the elite hockey and track team, the head boy, and the editor of the school paper, amongst others. I found the more you commit to, and work hard at, the better your life becomes.

一开始我是一个表现不佳或有很多目标的学生。当我15岁的时候，我觉得成为最好的自己。最后一年，我的成绩是全班第三名。我参加了许多课外活动，其中包括精英曲棍球和田径队，男生学生会主席，校报编辑等等。我发现你投入的越多，努力的越多，你的生活就会变得越好。

Q:What's the best thing or worst thing that had happened or can happen in the lessons?

在您的课堂上发生过或者可能会发生的那些最美好的事或是最坏的事是什么？

A:The worst thing that can happen is a student not trying to succeed in class and after class. What you put in now builds the foundation of your future. The best thing students can do is ask questions and challenge the ideas that are taught. In life the most useful attribute you can have is to think logically and critically for yourself and not believe everything you hear or read before thinking about it.

最糟糕的事情就是学生在课堂上和课后都没有努力取得成功。你现在的投入将为你未来打下基础。学生们能做的最好的事情就是提出问题，挑战老师和教授的观点。在生活中，你能拥有的最有用的属性是对自己进行逻辑和批判性的思考，而不是在思考之前就相信你所听到或读到的一切。

Q:What kind of music do you prefer?

您喜爱哪一类型的音乐风格？

A:I have various tastes, there are days of classic music, indie- or acoustic music, then some days of old rock, new rock and then some days of melodic heavy metal. It all depends on mood.

我对音乐有很多不同的偏好，有古典音乐、独立音乐或原声音乐的日子，然后是老摇滚、新摇滚和旋律重金属音乐的日子。这完全取决于心情。

Q:Suggest a movie you think the students should watch.

请为学生推荐一部他们必看的电影。

A: 'Life of Pi' 少年派的奇幻漂流

Q:What is your favourite travel destination? And which destination is top of your bucket list?

您最喜欢的旅行目的地是什么？哪一个旅行地点排在您旅行列表中的第一位呢？

A:My favorite sight-seeing destinations were the ruins in Istanbul and the castle and its surroundings in Edinburgh.

The next countries I will visit are the regions between Portugal and Spain or Greece.

我最喜欢的观光目的地是伊斯坦布尔的废墟和爱丁堡的城堡及其周围环境。接下来我将访问的国家是葡萄牙和西班牙或希腊之间的地区。

Q:What do you like best about Lucton?

Lucton最吸引你的一点是什么？

A:I really enjoy the ethos and values of Lucton. Everyone is expected to give their best, and supported by the Lucton family along the way.

A:我很喜欢莱克顿的精神和价值。在莱克顿这个大家庭的支持下，每个人都尽自己最大的努力做到最好。

Q:Is there anything that has moved you in Lucton so far?

自从你来到Lucton，是否有让您动容的事情呢？

A:Some of my classes are so rewarding. Teaching motivated and engaged students is the top of my list.

我上的一些课都很有意义，充满动力的教学和学生的投入是最重要的。

Q:What did you study in university and can you tell us about your course?

您大学的专业是什么？请给我们分享一些您的课程吧。

A:I majored in both English and Psychology. I was a teacher first and did a counselling course and worked alongside schools and universities.

我主修了英语和心理学。一开始我是一名老师并开设了理事会，同时也在一些大学和学校打工。

Q:How can our students best prepare for university life overseas?

您觉得我们去海外读大学最需要准备什么？

A:By becoming a change ready person, becoming organised, developing good time management skills, learning to develop a network of help, by engaging in all your lessons, and by believing in yourself.

成为一个随时准备改变的人，变得更有条理，发展良好的时间管理技能，学习开发一个更有帮助的网络，参与所有的课程并相信自己。

Q:Why did you decide to become a teacher?

是什么驱使您成为一名老师？

A:Teaching is not just a job, it is a passion. The young adults we teach are the future leaders of this world, and it feels good to have some hand in their development.

教学不仅仅是一份工作，更是一种激情。我们所教的年轻人是这个世界未来的领导者，能参与她们的发展让我感觉很好。

Q:What kind of student were you in high school?

您在高中时代是怎样类型的学生？

A:I would like to say that I was a perfect student but that would be my perception.

I was really lucky to have a great set of dedicated and passionate high school teachers and an amazing headmaster.

我想说我是一个完美的学生，但那只是我的看法。我真的很幸运，有一群敬业、充满激情的高中老师和一位了不起的校长。

Q:What's the best thing or worst thing that had happened or can happen in the lessons?

在您的课堂中发生过或者可能会发生的那些最美好的事或是最坏的事是什么？

A:The worst is when students are bored and unmotivated. When they don't engage with the learning material and environment

The best is when you notice a student having a "eureka" moment, when they suddenly understand a previously incomprehensible problem or concept.

Q:What kind of music do you prefer?

您喜爱哪一类型的音乐风格？

A:It depends on my mood.

它取决于我的心情。

Q:Suggest a movie you think the students should watch.

请为学生推荐一部他们必看的电影。

A:Wilder People.

《追捕野蛮人》

Q:If you win the lottery for 1 million RMB,

where and how are you spending it?

如果您中了彩票，获得了一亿人民币！您会把它们花在哪里呢？您会怎么支配它们呢？

A:I would go and live in the Mediterranean, on a Greek Island.

我想要去一个希腊小岛上的冥想院里生活。

Q:What is your favourite travel destination?

And which destination is top of your bucket list?

您最喜欢的旅行目的地是什么？哪一个旅行地点排在您旅行列表中的第一位呢？

A:At the moment it's Bali, as it is close to China.

On my bucket list is to see the Northern

lights, Aurora Borealis.

此刻是巴厘岛，因为它很接近中国。在愿望清单上是去看北极光。

Jann Du Venage

Jann Du Venage



JERRY LI

JERRY LI

Q:What do you like best about Lucton?

Lucton最吸引你的一点是什么？

A:I like my students best, there are so many students who are working so hard at their subjects, I like them.

我最喜欢我的学生，有很多学生学习很努力，我喜欢他们。

Q:Is there anything that has moved you in Lucton so far?

自从你来到Lucton，是否有让您动容的事情呢？

A:The students' self-discipline moved me. I was planning to give a test to our AS students, but the test was made based on the questions in the textbook. When I dispatched them, at least half of them said they had finished doing those questions.

学生们的自律令我感动。我本来打算给AS学生一个测试，但测试是基于教科书上的问题。当我把卷子发给他们的时，至少有一半的人说他们已经完成了这些问题。

Q:What did you study in university and can you tell us about your course?

您大学的专业是什么？请给我们分享一些您的课程吧。

A:East China University of Science and Technology, majoring in Chemical Mechanic Engineering.

华东理工大学化学机械工程专业。

Q:How can our students best prepare for university life overseas?

您觉得我们去海外读大学最需要准备什么？

A:First, improve English skills, get a good mark in IELTS as early as possible.

Second, learn all the required subject well, try best to fulfil all the requirement from the teacher;

The third, join some organizations or clubs, improve the communication skills;

The fourth, do physical exercises, and be strong enough to undertake the challenge in the future.

第一，提高英语水平，尽早取得一个好的雅思成绩；

第二，学好所有的必修课，尽力满足老师的所有要求；

第三，加入一些组织或俱乐部（社团），提高沟通能力；

第四，锻炼身体，让自己足够坚强以承担未来的挑战。

Q:If you win the lottery for 1 million RMB, where and how are you spending it?

如果您中了彩票，获得了一亿人民币！您会把它们花在哪里呢？您会怎么支配它们呢？

A:I will share most of the money with my family, improve their living.

I will also find two or more students in the underdeveloped area in China to provide support to their study.

我会和我的家人分享大部分的钱，改善他们的生活。

我也会找两名或两名以上的中国贫困地区的学生来资助他们的学习。

Q:What is your favourite travel destination? And which destination is top of your bucket list?

您最喜爱的旅行目的地是什么？哪一个旅行地点排在您旅行列表中的第一位呢？

A:My favourite travel destination is west of China, like Tibet, Xinjiang etc.

No destination is top of my bucket list, I have a lot of places to visit, but there is no priority.

我最喜欢的旅游目的地是中国的西部，像西藏，新疆等。

没有目的地位于我愿望清单上的首位，我有很多地方要去，但没有先后之分。



Q:Why did you decide to become a teacher?

是什么驱使您成为一名老师？

A:I like this job, I am happy to share what I have learned with the students.

我喜欢这份工作，我很乐意与学生们分享我所学到的知识。

Q:What kind of student were you in high school?

您在高中时代是怎样类型的学生？

A:I am a hardworking student, just as what I am working now.

我是一个勤奋的学生，就像我现在工作一样（勤奋）。

Q:What's the best thing or worst thing that had happened or can happen in the lessons?

在您的课堂中发生过或者可能会发生的那些最美好的事或是最坏的事是什么？

A:The best thing is that all the students can enjoy themselves and share their opinion about the topic during the lesson. The worst thing is that most of the students do their own private things during the class, which depressed me most.

最好的事情是，所有的学生都可以享受自己，并在课堂上分享他们的观点。最糟糕的是，大多数学生在课堂上做无关课堂的事，这让我很沮丧。

Q:What kind of music do you prefer?

您喜爱哪一类型的音乐风格？

A:I prefer classic music.

我更喜欢古典音乐。

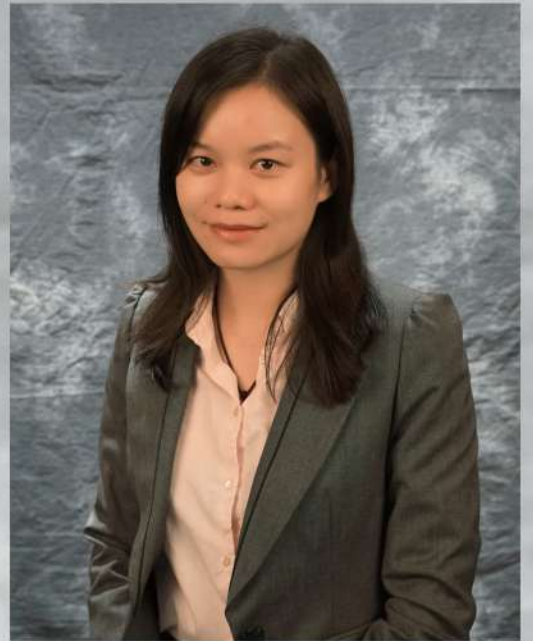
Q:Suggest a movie you think the students should watch.

请为学生推荐一部他们必看的电影

A:The Lord of the Rings

《指环王（魔戒）》

KYRA WU



Q: What do you like best about Lucton?

Lucton最吸引你的一点是什么？

A: From a teacher's viewpoint, the working time is more flexible than many schools.

以一名老师的观点，工作的时间比其他学校（的老师们）更加灵活。

Q: Is there anything that has moved you in Lucton so far?

自从你来到Lucton，是否有让您动容的事情呢？

A: Many details, such as the patience that the canteen staff shows, and the nice arrangement of blossoms in the campus.

很多细节，比如食堂工作人员体现出的耐心以及校园中的鲜花的优美的布置。

Q: What did you study in university and can you tell us about your course?

您大学的专业是什么？请给我们分享一些您的课程吧。

A: I studied finance and minored in law. Finance is about banking, insurance, accounting, investment...etc.

我学习了金融，辅修法律。金融涉及银行、保险、会计、投资等。

Q: How can our students best prepare for university life overseas?

您觉得我们去海外读大学最需要准备什么？

A: There is no such thing as 'best'. For now, please work as hard as you can to get an offer from university.

没有“最好”的东西。目前，请努力学习以获取大学录取通知书。

Q: Why did you decide to become a teacher?

是什么驱使您成为一名老师？

A: A good school contacted me and offered me a teaching job.

一所好学校联系了我，并为我提供了一个教学工作。

Q: What kind of student were you in high school?

您在高中时代是怎样类型的学生？

A: The kind of student who was quiet and worked hard.

（我）是一个很安静并且努力学习的那种学生。

Q: What's the best thing or worst thing that had happened or can happen in the lessons?

在您的课堂中发生过或者可能会发生的那些最美好的事或是最坏的事是什么？

A: The most pleasing thing is when students try their best regardless of their levels

of understanding and the interaction in the classroom is good.

最令人开心的是，无论学生的理解水平如何，他们都尽力而为，并且课堂上的互动很好。

Q: What kind of music do you prefer?

您喜爱哪一类型的音乐风格？

A: Pop and classic.

流行音乐和古典音乐。

Q: Suggest a movie you think the students should watch.

请为学生推荐一部他们必看的电影。

A: Any movie that would cheer you up in the righteous way.

任何会以正义的方式振奋你的电影。

Q: If you win the lottery for 1 million RMB, where and how are you spending it?

如果您中了彩票，获得了一亿人民币！

您会把它们花在哪里呢？

您会怎么支配它们呢？

A: Spend? Why not using it to earn more?

I would probably purchase some mutual funds.

花费掉？为什么不用它来赚取更多？

我可能会购买一些共同基金。

Q: What is your favourite travel destination? And which destination is top of your bucket list?

您最喜爱的旅行目的地是什么？

哪一个旅行地点排在您旅行列表中的第一位呢？

A: For now, probably Tibet but I don't prioritise the destinations.

目前可能是西藏吧，但我不优先考虑目的地。

Q:What do you like best about Lucton?

Lucton最吸引你的一点是什么?

A:My favourite thing about Lucton is my amazing students! It's great to see how well everyone works together and how confident they are becoming in the DT classroom. I really think this is going to be a great year and I'm looking forward to helping everyone with their design work.

我在莱克福最喜欢的是我最棒的学生们!我很开心看到所有人一起工作并且他们在DT教室里的信心,我真的觉得这将是非常好的一年,我很期待帮助每个人完成他们的设计作业。

Q:Is there anything that has moved you in Lucton so far?

自从你来到Lucton,是否有让你感动的事情呢?

A:The first few mornings when I came to school, I noticed just how many students would wave hello to me even though they didn't know me yet. It made me feel so welcome and part of the family. Every time a student waves at me, even if they're not in one of my classes, it warms my heart.

当我来到学校第一次的时候,我发现好多学生会和我打招呼,即使他们不认识我,这让我感觉非常受欢迎并且像家一样。每当一个学生和我打招呼时,即使他们不是我课上的一员,也让我觉得很温暖。

Q:What did you study in university and can you tell us about your course?

您大学的专业是什么?请给我们分享一些您的课程吧。

A:I studied Product Design at university. I focused on digital and visual communication, designing products for manufacture, and sustainable and ethical design. I also spent a lot of time learning specialist computer programmes for developing 3D designs. For my final design project, I developed a hairbrush for disabled people to help them take control of their daily hygiene routines. I think it's very important, as designers, for us to make the world a better place for everyone else.

我大学学习的是产品设计。我专注于数字和视觉交流,设计用于制作的产品以及可持续的和道德的作品。我也花了很长时间学习用于3D设计的专业计算机程序。我最后一个设计项目,一把专门为残疾人设计的梳子来帮助他们更好地照顾他们的日常卫生。我认为作为一个设计师,让世界变的比其他所有人更美好是非常重要的。

Q:How can our students best prepare for university life overseas?

您觉得我们去海外读大学需要准备什么?

A:I'm not sure if there is an easy answer to this question. It's important to understand the cultural differences of your home and place that you're moving to. It's always a good idea to look up some nice things to do for when you arrive so you can make sure that some of your first memories there are happy ones. Don't be afraid to make friends with the locals! I'm not sure if this question has a correct answer, but understanding the cultural differences of your home and place that you're moving to is very important. When you arrive at a new place, try to do some things that are good for you. This can help your first memories there be happy ones. Don't be afraid to make friends with the locals!

Q:Why did you decide to become a teacher?

是什么驱使您成为一名老师?

A:I really love learning new things and I think that helped steer me in the direction of teaching. It probably also helps that both my parents were teachers so I got to see a lot more of the reality of a career in teaching than most people do. I love design and it's great to have an opportunity to share my passion and excitement for it with young people. You're the future of the world and so I'm happy to do my bit in supporting you in making that future the best it can be!

我真的热爱学习新事物,我认为这有助于我朝着教学方向发展。我的父母都是老师,这可能对我比大多数人看到了更多教育职业现实也有帮助。我喜欢设计,很高兴有机会能和这些年轻人分享我对设计的热爱和激情。你们是世界的未来,因此我非常乐意全力支持你们,让这一切成为最好的未来。

Q:What kind of student were you in high school?

您在高中时代是怎样类型的学生?

A:Are you hoping that I'm going to say that I was a naughty student? I always worked hard at the subjects I enjoyed but if I'm completely honest - I didn't enjoy all of them at first! It was really good to be given the choice to choose my GCSEs and A-Levels so I was able to focus on subjects that I was interested in. I broke the rules a few times by having crazy coloured hair but that's as naughty as I got!

你希望我说我是个调皮的学生吗?我一直在努力地学习我喜欢的科目,但我完全说实话,我一开始并不喜欢这些科目!能选择我的GCSEs和A-Levels真是太好了,这样我就可以专注于我喜欢的科目了,我有一段时期违反了规则疯狂的染发,但这就像我顽皮一样。

Q:What kind of music do you prefer?

您喜欢哪一类型的音乐风格?

A:I'm an easy-listening sort of girl. I used to play in a jazz orchestra, so I'm always partial to a bit of jazz. I really like classics like Ella Fitzgerald, Billie Holiday & Etta James.

我是一个很容易听的女孩。我以前在爵士乐团演奏,所以我一直偏爱爵士乐,我真的喜欢Ella Fitzgerald,

Billie Holiday和Etta James的经典作品。

Q:What's the best thing or worst thing that had happened or can happen in the lessons?

在您的课堂中发生过或者可能会发生的那些最美好的事或是最坏的事是什么?

A:The best thing that happens is when all of my class remembers to do their homework. I'm not sure if that's happened yet though! The worst thing is when students don't stop talking and make it difficult for others to learn. I don't like giving detentions and telling students off but I always will if I have to!

最好的事就是班里所有的同学都完成他们的作业了。我不确定这是否发生过!最糟糕的事就是当有学生不停地讲话,这让别的学生很难学习。

Q:Suggest a movie you think the students should watch.

请为学生推荐一部他们必看的电影

A:I know it's nowhere near Christmas yet but I highly recommend watching 'How the Grinch Stole Christmas' at least once. It's about a creature called the Grinch who really hates Christmas and tries to stop the festive celebrations. I watch it every year and I'm still not sick of it!

我知道圣诞节还没到,但我强烈推荐至少看一遍“克鲁兹如何偷走圣诞节”这部电影。这是关于一种叫克鲁兹的生物,他真的很讨厌过圣诞节,所以他试图阻止节日庆祝活动。我每年都看它,但仍然不厌其烦。



LUCY CLARKE

Q:If you win the lottery for 1 million RMB, where and how are you spending it?

如果您中了彩票,获得了一亿人民币!您会把它们花在哪里呢?您会怎么支配它们呢?

A:It sounds boring but the first thing I would do is pay off my student loans. I'd invest and save as much as possible but I'd spend the rest on a nice holiday and a fancy cat tree for my cat! Binky!

这听起来很无聊,但我首先要做的事就是还清学生贷款,我会尽可能地去储蓄和投资,但我会把其余的时间放在一个美好的假期中,然后给我的猫Binky做一个好看的猫树!

Q:What is your favourite travel destination? And which destination is top of your bucket list?

您最喜欢的旅行目的地是什么?哪一个旅行地点排在您旅行列表中的第一位呢?

A:I can't choose! It's between upstate Maine and Norway. They're both such beautiful destinations. I'm happiest on holiday if I can take a dip in a lake or river. There's nothing quite like it. I'd love to visit Japan one day and explore Osaka and Tokyo. Maybe when the borders open back up!

我无法选择在挪威州北部和挪威,这两个地方都是如此美丽,如果假期能在湖里或者河流中游泳是最快乐的,没有什么比这更棒。我希望有一天能访问日本并探索大阪和东京,也许当边界重新开放时。

NING

Lichy

Q: What do you like best about Lucton?

Lucton最吸引你的一点是什么？

A: It's like a small close family.
像一个亲密的小家庭。

Q: Is there anything that has moved you in Lucton so far?

自从你来到Lucton, 是否有让您动容的事情呢？

A: An appreciation card received first thing after arriving on Teacher's Day stating the attitude change of the student and a wish to press on and study harder. So warm-hearted.
学生们送给我的一些贺卡上面写着想要认真学习的态度, 很热心。



Q: Suggest a movie you think the students should watch.

请为学生推荐一部他们必看的电影。

A: 《当幸福来敲门》

The Pursuit of Happiness.

Q: If you win the lottery for 1 million RMB, where and how are you spending it?

如果您中了彩票, 获得了一亿人民币! 您会把它们花在哪里呢? 您会怎么支配它们呢?

A: Maybe go to an island and relax for a gateway... and then back to normal life!

我会想要去一个小岛上放松一下, 然后回归正常生活。

Q: What did you study in university and can you tell us about your course?

您大学的专业是什么? 请给我们分享一些您的课程吧。

A: Education with multi-learner focus, the main courses included education theories; learning stages in language acquisition; teaching pedagogies which dives deeper into the practices in the real teaching setting and a focus of delivering Chinese language courses under the K-12 system.

多学术教育, 主要包括教育理论, 语言学习阶段, 以K-12体系下的汉语课程教学为重点, 深入实际教学环境的教学实践。

Q: How can our students best prepare for university life overseas?

您觉得我们去海外读大学最需要准备什么?

A: Be independent, respect others and the culture around you. And most importantly, smile and be positive!

要独立和尊重彼此的文化, 最重要的是要微笑, 要积极的。

Q: Why did you decide to become a teacher?

是什么驱使您成为一名老师?

A: I think it's very fulfilling and I just love to be around students!

我认为这会让我很有满足感并且我也非常喜爱被学生围绕。

Q: What kind of student were you in high school?

您在高中时代是怎样类型的学生?

A: I was very active in all kinds of events, I was keen on sports and that lasts until now! :)

我很喜欢参加课外活动, 也很喜欢运动。

Q: What's the best thing or worst thing that had happened or can happen in the lessons?

在您的课堂中发生过或者可能会发生的那些最美好的事或是最坏的事是什么?

A: Best thing: All very positive and passionate about learning.

Worst thing: Computer breakdown.

最好的事情: 很积极和热情的学习。

最坏的事情: 电脑故障。

Q: What kind of music do you prefer?

您喜爱哪一类型的音乐风格?

A: Light music.

轻音乐。

Q: What is your favourite travel destination? And which destination is top of your bucket list?

您最喜爱的旅行目的地是什么?

哪一个旅行地点排在您旅行列表中的第一位呢?

A: Austria. I just loved the natural beauty there.

Bucket list - North Europe and Switzerland.

奥地利我觉得那里有自然的美, 我也想去北欧和新西兰。

LICHY

Ning



PILLAY

Q: What kind of student were you in high school?

您在高中时代是怎样类型的学生?

A: Very studious, but also well-balanced. I enjoyed academia as much as sports, debating and other extracurricular activities, like swimming and volleyball. I was a bit of a 'nerd'.

非常勤奋, 但也很平衡。我喜欢学术, 也喜欢运动、辩论和其他课外活动, 比如游泳和排球。我是个有点“书呆子”的人。

Q: What kind of music do you prefer?

您喜爱哪一类型的音乐风格?

A: A bit of a random question (considering the others)... I have an eclectic taste in music. I can listen to everything from Shawn Mendes, to Ed Sheeran, from Elvis, to Andrea Bocelli (Classical/Opera) – it all depends on my mood, and company...

一个有点随机的问题(考虑其他问题)...

我对音乐有兼收并蓄的品味。

我什么都能听, 从肖恩·门德斯, 到埃德·希兰, 从猫王, 到安德里亚·博切利(古典/欧普拉)——这一切都取决于我的心情和伙伴...

Q: If you win the lottery for 1 million RMB, where and how are you spending it?

如果您中了彩票, 获得了一亿人民币! 您会把它们花在哪里呢? 您会怎么支配它们呢?

A: I'll be spending part of it on a couple of photocopying machines (for the school), the rest on charity / or deserving people in need.

我将把一部分钱花在几台复印机上(为学校), 其余的花在慈善机构/或有需要的人身上。

Q: What do you like best about Lucton?

Lucton最吸引你的一点是什么?

A: The students! They are always polite, friendly and generally enthusiastic during lessons. This coupled with our warm and friendly staff, gives it an almost 'family like quality and feel'. This adds to the warm, welcoming atmosphere and ambiance. Everyone knows everyone, and no one is 'afraid' to say "Hello", or "Good morning". It gives a strong sense of community and solidarity.

学生们! 上课时, 他们总是彬彬有礼、友好而热情。再加上我们热情友好的员工, 给人一种近乎“家庭般的品质和感觉”。这增加了温暖、欢迎的气氛和氛围。每个人都认识每个人, 没有人害怕说“你好”或“早上好”。它给人一种强烈的团结感和团结感。

Q: Is there anything that has moved you in Lucton so far?

自从你来到Lucton, 是否有让您动容的事情呢?

A: The warm, friendly 'homely' feel/atmosphere/ambiance. Some of the farewell speeches at the Yr13 graduation that was recently held.

温暖、友好的“家”的感觉/气氛/氛围。最近举行的2013学年毕业典礼上的一些告别演讲。

Q: What did you study in university and can you tell us about your course?

您大学的专业是什么? 请给我们分享一些您的课程吧。

A: Finance/Commerce. As it had a limited number of seats to get on the course (as with most courses), it was essential that I performed well at school in order to get accepted at one of my preferred universities that offered a rigorous and challenging academic programme. This obviously went beyond producing good results, as you are competing with the world's best, on a global level, so it was important to try and go above and beyond. This included, but was not limited, to other aspects that help make you a more well-rounded, balanced individual – such as participating in extra-curricular activities like sports & playing a musical instrument, or being involved in things that required teamwork & collaboration, or showcased leadership skills. The course contained compulsory/mandatory subjects, as well as elective/optional subjects. Here I found it wise to speak to guidance counselors, past students and people in industry, in order to make a well informed choice that would help add value to my future career. The course itself was academically challenging and rigorous, but I think what made it more so, was the unfettered freedom that you suddenly acquire at university, which might have previously been absent in high school. You are now forced to make responsible, mature, 'adult' decisions – there's no one constantly checking to see if you've done your homework, or taking notes, or missed a lesson – all of this responsibility now lies with you. A lot of students fall into the trap of thinking that they can catch up on missed work/lectures, or revise the night before, but the demands at university are quite high, and often there is a minimum entrance requirement in order to sit a final exam, and if you haven't attended the prescribed quota of lessons, haven't submitted, and successfully passed your assignments and made the DP scores in your tests leading to your exams, the outcome is often not a very favourable one – usually resulting in repeating the course/year, or in worst cases, being asked to leave the university as you have not met the minimum requirements. On the bright side, Lucton prepares its students to be well-balanced, global citizens, who are not only responsible young adults, but also self-motivated, independent workers who require little to no supervision and can still deliver the results! I believe that this will hold our students in good stead when they finally enter university...I think university can be one of the best and most interesting times in a young person's life. It not only exposes you to the rigors of academics & course content, but it also presents one, with the opportunity of self-discovery, and provides a learning curve in life, that very few other experiences share, or emulate. It transports you away from the 'warmth' and 'security' of high school, where you are nestled, nurtured and cocooned to some extent, and exposes you to new challenges and to a journey of discovery in all aspects of life. You get to make real life choices, and perhaps now, have a better understanding of the concept of 'Opportunity Cost' that your Business or Economics teacher kept bleating on about...While my course was rigorous and provided a sound theoretical background, it also needed a good, healthy dose of practical life experiences to go with, and therefore I feel that it is important to find balance when you begin your tertiary educational journey. Explore... Travel... Embrace new cultures, languages and people... forge lifelong friendships and bonds.

金融/商业。由于上这门课的名额有限(就像大多数课程一样), 我必须在学校表现出色, 才能被一所我喜欢的大学录取, 因为这所大学提供严格而具有挑战性的学术课程。这显然不仅仅是产生好的结果, 因为你正在与世界上最优秀的人在全球范围内竞争, 所以尝试和超越是很重要的。这包括但不限于帮助你成为一个更全面、更平衡的人的其他方面——比如参加体育和演奏乐器等课外活动, 或者参与需要团队合作的事情, 或者展示领导技能。课程包括必修课, 以及选修课。在这里, 我发现与辅导员、过去的学生和业界人士交谈是明智的, 以便做出明智的选择, 这将有助于我未来的职业生涯增值。这门课程本身在学术上具有挑战性和严谨性, 但我认为让它变得更具挑战性的是, 你在大学里突然获得的不受约束的自由, 这可能是以前高中时没有的。你现在被迫做出负责任的、成熟的、“成人”的决定——没有人经常检查你是否做了功课, 或者做了笔记, 或者错过了一节课——所有这些责任现在都落在你身上。很多学生误以为他们可以补上错过的作业/讲座, 或者在前一天晚上复习, 但大学的要求相当高, 通常有最低入学要求才能参加期末考试, 如果你没有参加规定的课程配额, 没有提交, 并且成功通过了作业, 在考试前的考试中取得了DP分数, 结果往往不是很好——通常会导致重复课程/年, 或者在最糟糕的情况下, 被要求离开大学。从好的方面来说, Lucton培养学生成为平衡的全球公民, 他们不仅是负责任的年轻人, 而且是自我激励的独立工作人员, 几乎不需要监督, 仍然可以交付结果! 我相信, 当我们的学生最终进入大学...时, 这将对他们大有裨益。我认为大学是年轻人一生中更美好、最有趣的时光之一。它不仅让你接触到严苛的学术和课程内容, 还给你提供了自我发现的机会, 并提供了一条生活中的学习曲线, 很少有其他经验可以分享或效仿。它把你从高中的“温暖”和“安全”中解脱出来, 在某种程度上, 你在那里被依偎、哺育和结茧, 并将你暴露在新的挑战和生活的方方面面的发现之旅中。你可以做出现实生活中的选择, 也许现在, 你的商业或经济学老师一直在喋喋不休地谈论...的“机会成本”概念有了更好的理解。虽然我的课程很严谨, 提供了一个良好的理论背景, 但它也需要良好、健康的实际生活经验来配合, 因此我觉得当你开始你的高等教育之旅时, 找到平衡是很重要的。探索...旅游...拥抱新的文化、语言和人...。建立终生的友谊和纽带。

Q: Suggest a movie you think the students should watch.

请为学生推荐一部他们必看的电影。

A: Willow? The Princess Bride? The Goonies?

I don't know – what do kids watch these days.

Perhaps something with themes of self-discovery, or overcoming extreme adversity/challenge.

Or something motivational?

Some notable mentions:

- The Social Network
- Blind Side
- Forrest Gump
- Good Will Hunting
- Saving Private Ryan
- Legally Blonde
- A Beautiful Mind
- Braveheart
- Coach Carter

STAR WARS! (My students will get this).

Q: What is your favourite travel destination? And which destination is top of your bucket list?

您最喜爱的旅行目的地是什么？哪一个旅行地点排在您旅行列表中的第一位呢？

A: Favourite – Home.

Bora Bora!

最爱一家。

波拉波拉！

THE QUOTE I TRY TO LIVE BY:

“BE HUMBLE,

HUNGRY AND ALWAYS THE

HARDEST WORKER

IN THE ROOM...”

DWAYNE JOHNSON

我试着遵循的一句话是：

“保持谦虚，

保持饥饿，

并且永远做房间里

最努力的那个人。”

道恩·强森

Q: How can our students best prepare for university life overseas?

您觉得我们去海外读大学最需要准备什么？

A: Students need to be open-minded...While you can't learn some of life's lesson over the internet or through an ebook, or tweeting about it on social media, it is still important that students do their due diligence, RESEARCH, not only the courses and the universities, but the culture and the country itself – Do's & Don'ts. If given the opportunity, immerse yourself in the culture and language, without fear of losing your identity. If you're not already independent, make concerted efforts in becoming more so. Also learn basic life skills – cooking, cleaning, washing, ironing, etc. If you're not a confident person by nature, challenge yourself to try things that take you out of your comfort zone, be more communicative and socially interactive, don't be afraid to speak to people and make friends... In high school, your time is usually structured by others: administrators, teachers, coaches and of course, your parents. Teachers usually carefully monitor things like class attendance, participation & progress. At university, you are expected to manage your own time. It's up to you to get to class, do your practical work, readings, research and study (to name but a few).Being able to research properly is a very important skill and an equally important tool that you will need to master – make technology work for you! Embrace the art of reading – there will be a lot of it. Make sure you have all your ducks in a row when applying, track and monitor key dates, if you have any admissions tests to prepare for, etc. Be on top of all the admin tasks and application processes, speak to the university councilors, speak to people that have studied there and are now successfully employed, etc.

Oh yes, and stand on the left on the escalators (if you're in London).

学生需要成为思想开放的。

虽然你不能通过互联网、电子书或社交媒体上的推文了解生活中的一些教训，但学生们做好自己的尽职调查和研究仍然很重要，不仅是课程和大学，还有文化和国家本身—做好该做的和不该做的事情。如果有机会，让自己沉浸在文化和语言中，不要害怕失去自我。如果你还没有独立，那就齐心协力让自己变得更加独立。也要学习基本的生活技能—烹饪、清洁、洗涤、熨烫等。如果你天生不是一个自信的人，挑战自己，尝试一些能让你走出舒适区的事情，多沟通，多社交，不要害怕与人交谈，结交朋友。在高中，你的时间通常是由其他人安排的：管理人员、老师、教练，当然还有你的父母。老师通常会仔细监控课堂出勤率、参与度和进度等情况。在大学里，你应该管理好自己的时间。这取决于你去上课，做你的实际工作，阅读，研究和学习(仅举几例)。能够正确地研究是一项非常重要的技能，也是你需要掌握的一项同样重要的工具—让技术为你所用！拥抱阅读的艺术—将会有大量的阅读。当你申请的时候，要确保你的所有事情都做得井井有条，跟踪和监控关键日期，如果你有任何入学考试要准备，等等。掌握所有的行政任务和申请流程，与大学理事会成员交谈，与曾在那里学习并现在成功就业的人交谈，等等。

哦，是的，在自动扶梯上站在左边(如果你在伦敦的话)。

Q: Why did you decide to become a teacher?

是什么驱使您成为一名老师？

A: Having already worked in industry and run my own businesses, I feel, I would like to complete my journey towards 'self-actualization' and as part of that process, feel that teaching has given me the perfect opportunity to help do that, through sharing my life experiences, knowledge and skills through educating young learners, while hopefully inspiring a few along the way. I also have a passion for teaching (and learning – it's a two-way street), and a zest for my subject area, which stems from my degree in Finance. I believe that each student's mind resembles a 'block of stone', and in it, beats the heart of a masterpiece, waiting to be unveiled. I consider it an honour to help nurture, sculpt and fashion these young, malleable minds into the unique works of art that each is destined to be...

#Neuroplasticity #PliableMinds

我已经在工业界工作，并经营着自己的企业，我觉得，我想要完成我的‘自我实现’之旅，作为这个过程的一部分，我觉得教学给了我一个完美的机会来帮助我做到这一点，通过教育年轻学习者来分享我的生活经验、知识和技能，同时希望在这个过程中激励一些人。我还热爱教学(和学习—这是一条双向的道路)，对我的专业领域也很感兴趣，这源于我的金融学学位。我相信，每一个学生的头脑都像一块“石头”，在里面跳动着杰作的核心，等待着揭开面纱。我认为帮助培育、塑造和塑造这些年轻的、有延展性的头脑成为每个人都注定成为...的独特艺术作品是一种荣誉。
#神经可塑性#

Q: What's the best thing or worst thing that had happened or can happen in the lessons?

在您的课堂中发生过或者可能会发生的那些最美好的事或是最坏的事是什么？

A: The best – is when the students are fully engaged & interactive during a lesson (not just answering questions, but asking them too – Why? How?), and walk away at the end lesson, having learnt something new, be it about the subject, and, or life. And when you, as a teacher, also walk away, with the feeling of having inspired a young mind, or ignited a small flame, and hopefully, also learnt something new to – you're never too old to learn from your students – besides, sometimes your iPhone needs updating. I guess the worst, would be the opposite of that – when students are disengaged and walk away, not having learnt something new, not questioning, not seeing the value of the 50 minutes of their lives, that they will never get back... We have but one life, make every minute count. If it's one thing this pandemic should have taught us – life is short, precious and fleeting – don't waste it! Question the unquestionable, think the unthinkable and make the impossible, possible. Have big dreams, but have even BIGGER goals!

最好的—是当学生在课堂上全身心投入和互动时(不仅仅是回答问题，还会问他们—为什么？如何？)，然后在最后一课离开，学到一些新的东西，不管是关于这个主题，还是关于生活。作为一名教师，你也带着启发了一个年轻心灵的感觉离开了，或者点燃了一把小小的火焰，希望也能学到一些新东西—你永远不会太老而不能向你的学生学习—此外，有时你的iPhone需要更新。

我猜最糟糕的情况恰恰相反—当学生们脱身离开，没有学到新的东西，没有质疑，没有看到他们生命中50分钟的价值，时间永远不会倒流...我们只有一次生命，要珍惜每一分钟。如果这场流行病应该教会我们一件事—生命短暂、宝贵和转瞬即逝—那就不要浪费它！质疑毋庸置疑的，思考不可想象的，让不可能的成为可能。要有远大的梦想，但要有更远的目标！

NISHLAN PILLAY

Rob Williams

Q: Is there anything that has moved you in Lucton so far?

自从你来到Lucton, 是否有让您动容的事情呢?

A: One moment in particular moved me greatly. During the parent teacher conference a student in year 10 took it upon himself to help translate for his parents. He chose to do this to show how great his English was and to help me out with my incredibly limited Chinese speaking skills. This took great bravery and confidence from the student and he did a fantastic job. The look of pride and amazement in his parents eyes was incredibly moving, his mother was close to tears (as was I frankly) with this brilliant display of talent.

有一个让我非常感动的瞬间, 在家长会上有一个十年级的学生承担了帮父母翻译的责任。他选择去做这件事是为了证明他的英语有多棒和帮助我非常有限的中文水平。这是非常需要学生的勇气和信心的, 他做的非常好。在他的父母眼中充满了骄傲和惊讶让我非常的感动他的父母看到他的才华感动的都要哭出来了(坦率地说, 我也是)。

Q: What did you study in university and can you tell us about your course?

您大学的专业是什么? 请给我们分享一些您的课程吧。

A: I studied Sports Science at the University of Derby in the UK the course was a mixture of practical and theoretical sports, such as how to become a great sports coach and leader in a range of sports with any level of athlete, and of course the science behind sports. How the human body works generally and also whilst taking part in sports. My course included a wide array of subjects such as anatomy & physiology, biomechanics, sports massage, posture & ergonomics and coaching elite performers. The course gave me a greater insight as to how athletes train, compete and look after themselves and how their bodies change when doing different activities. I also learnt an awful lot about how to affect change on my own personal health and fitness and how to look after my body. This is an area that I take very seriously and I will be encouraging all students (and teachers) to look after themselves too. I worked alongside a professional Rugby League team called Wigan Warriors and I helped create a strength and conditioning plan for their pre-season training and it was a real success. I really loved my time at university and I was challenged by it and it showed me what path I wanted to take for the rest of my life.

我在英国的德比大学学习运动科学这门课是实践运动和理论运动的结合比如如何成为一名优秀的体育教练, 以及如何在不同级别的运动员中成为体育运动的领导者, 当然还有体育背后的科学。人体一般是如何工作的, 以及在参加运动时又是如何工作的。我的课包含很多科目比如解剖学和生理学, 生物力学, 运动按摩, 姿势和人体工程学和教练精英表演。这门课让我对运动员如何运动, 比赛, 训练, 照顾自己以及在做不同的活动时他们的身体如何变化有了深入的了解。我还学到了很多关于如何改变自己的健康状况以及如何照顾自己的身体, 这是我非常重视的一个领域, 我也会鼓励所有的学生(老师)照顾好自己。我和一支叫做维甘勇士的职业橄榄球队一起工作我帮助他们制定了赛季前的力量训练和训练计划, 这真的是一个真正的成功。我真的很喜欢我的时间和大学, 我受到了挑战, 它告诉我余生想走的路。

Q: How can our students best prepare for university life overseas?

您觉得我们去海外读大学最需要准备什么?

A: Much like myself coming to Shanghai for the first time in 2012, my biggest tip would be "test yourself". I felt very much out of my comfort zone when I first landed but I made sure I didn't just do the easy things. I learnt Chinese, I learnt how to use chopsticks, I tried my hardest not to get lost. It would have been very easy even in Shanghai to live a very normal western life, but I know that coming all the way to China I have to embrace it that is my advice to students here. Embrace the fact you are in a different country and experience all the wonderful things your new country has to offer. They are in a unique and truly lucky position to have this opportunity, I would not want them to waste it. Be brave and step outside your comfort zone you'll be amazed what you will see and do.

就像我一样2012年第一次来到上海一样, 我最大的建议就是“测试自己”。当我第一次到达时, 我感到非常的不自在, 但我确保我不只是做简单的事情, 我学习中文, 学会如何使用筷子, 我尽力不迷路。即使在上海, 过着一种非常普通的西方生活也很容易, 但我知道远道而来来到中国, 我必须接受这种生活, 这是我对这里学生的建议。接受你在另一个国家的事实, 体验你的新国家所能提供的一切美好的事物。这是在一个真正幸运的机会, 我不想浪费它。勇敢地走出你的舒适区, 你将会为你所看到的和所做的感到惊奇。

Q: What do you like best about Lucton?

Lucton最吸引你的一点是什么?

A: The people, students, staff, teachers. Everyone in the school has been incredibly warm and welcoming. For a new teacher coming in, it can be a daunting prospect to join a new school but in my opening weeks I have felt supported and included by absolutely everyone.

人们, 学生, 工作人员, 老师, 在这个学校的每一个人都非常的热情好客, 当我作为一个新老师来到这里我感到非常不安加入这个新学校但是在开始的几周我感到每一个人都非常的支持和包容我。

Q: Why did you decide to become a teacher?

是什么驱使您成为一名老师?

A: I honestly wanted to become a teacher, due to me having a pretty awful experience when I was at high school myself. I went to a very poor school sadly due to location restrictions and many teachers simply did not care about the welfare or education of their students. I knew that I could become everything they were not, I wanted to show students that learning can be fun, if done in the right way. I really enjoyed the learning experience and I, myself, will undoubtedly be a lifelong learner. I want children to always be as inquisitive as I am. And for that reason I know teaching is what I wanted to do.

我真的很想成为一名老师, 因为我在高中的时候有过一次非常糟糕的经历。我去了一所很差的学校, 因为地区的限制, 很多老师根本不关心他们的学生的福利和教育。我知道我可以成为他们所不具备的一切, 我想向学生们展示, 如果用正确的方式学习, 也可以是有意义的。我真的很享受这次学习经历, 我自己无疑会成为一个终生受用者。我希望孩子们总是像我一样好奇。正是因为这个原因, 所以我我知道教书是我想做的工作。





Q: What kind of student were you in high school?

您在高中时代是怎样类型的学生？

A: I was an annoying student for sure—very inquisitive and determined to have the last word. I was certainly a challenging student but I meant well. I could have almost certainly have worked harder, but now I can speak with authority on the importance of revision!

我确实是一个令人讨厌的学生，非常好奇，确定要说出最后一个字，我当然是一个具有挑战性的学生，但我的本意是好的。我几乎可以肯定我应该更加努力地学习，但是现在我可以权威地说出复习的重要性了！

Q: What's the best thing or worst thing that had happened or can happen in the lessons?

在您的课堂中发生过或者可能会发生的那些最美好的事或是最坏的事是什么？

A: Sometimes lessons go wrong, that is a very simple fact. You can plan and plan and plan, but particularly in PE things happen for better or for worse. I find that this is actually sometimes a good thing. However, it makes you think on your feet and adapt the class. And often, some of your best work will come from this situation. Hands down though, the worst class I ever had was a number of years ago when teaching in Kindergarten. 3 children in one class did not make the toilet in time. It's safe to say the smell in the room did not leave for a long time! 有的时候课程会出现错误，但是这是一个非常简单的事实。你可以计划，计划在计划，但是特别是在体育方面会发生好的或者坏的。我发现有时候这是一件好事，因为它会让你思考并调整课程，通常，你最好的工作来自这种情况。不过，毫无疑问，我上过最糟糕的课是几年前的我在幼儿园教的时候，一个班有三个孩子没有及时上厕所。我可以肯定地说房间里的气味已经很久没有散开了！

Q: What kind of music do you prefer?

您喜爱哪一类型的音乐风格？

A: This is by far and away the hardest question to answer, my Spotify has over 23,000 songs downloaded and I am forever having a change in "favourite song".

I am a very mood based music listener, it has to be appropriate for the time/ mood I am in.

这是迄今为止最难回答的问题，我的spotify有超过2300首歌曲被下载，我一直在更换“最喜欢的歌曲”。我是一个非常看心情的听众，它必须适合我所处的时间和环境。

Q: Suggest a movie you think the students should watch.

请为学生推荐一部他们必看的电影

A: The Fifth Element is one of my favourite movies, I have many others but this is right up there. It's a brilliant French/ American movie by Luc Besson and it's outright crazy but very entertaining.

《第五元素》是我最喜欢的电影之一，我还有很多其他的电影，但这部就在最上面。这是一个杰出的法国/美国电影由吕克·贝松彻底的疯狂，但非常有趣。

Q: If you win the lottery for 1 million RMB, where and how are you spending it?

如果您中了彩票，获得了一亿人民币！您会把它们花在哪里呢？您会怎么支配它们呢？

A: It would probably be spent on a huge holiday (or lots of mini ones) with my girlfriend, we both love to travel and explore so I would say let's see how far 1 Million RMB gets us round the globe. Given we would only stay in 5 star accommodation, it may not take us far at all!

可能花在一个巨大的节日(或大量小型的)和我的女朋友,我们都喜欢旅游和探索所以我想说让我们看看全球各地100万元能让我们走多远,鉴于我们只会呆在五星级住宿,它可能我们最后走不了多远。

Q: What is your favourite travel destination? And which destination is top of your bucket list?

您最喜爱的旅行目的地是什么？哪一个旅行地点排在您旅行列表中的第一位呢？

A: I've been truly lucky to have travelled so much in my life, so I can't pick just one. Denmark was cool and quirky, Estonia was cold but beautiful, Egypt was hotter than the sun but incredible, Thailand is always amazing and being in Bali with my girlfriend was bliss. But the place that I love the most would be France. Having lived there for a large part of my childhood, France is almost as much a home as the UK. Top bucket list destination would be Colombia, seeing the mixture between jungle & beach and also experiencing all the amazing food.

我真的很幸运，我在生命中去过那么多国家，所以我不能只选一个。丹麦很酷，很奇怪，爱沙尼亚很冷，但很美丽，埃及比太阳还要热，但很不可思议，泰国总是很棒，和女朋友一起在巴厘岛是最幸福的。但我最喜欢的地方是法国。在我大部分的童年时光中，法国几乎和英国一样是我的家。最想去的地方应该是哥伦比亚，看看丛林和海滩的结合，同时体验所有的美食。

Rob
Williams

Selene Deng

Q:What do you like best about Lucton?
Lucton最吸引你的一点是什么?

A:The feeling of being in a big family.
感觉像在一个大家庭里面。

Q:Is there anything that has moved you in Lucton so far?
自从你来到Lucton, 是否有让您动容的事情呢?

A:Students understand what values we cherish in Lucton.
学生理解我们在莱克顿珍视的价值观。

Q:What did you study in university and can you tell us about your course?

您大学的专业是什么? 请给我们分享一些您的课程吧。

A:I did a Msc Education. It involved a lot of reading and writing, but in the end of the day it helped me to gain the knowledge for my future career.

我学的是理学硕士, 它涉及大量的阅读和写作, 但是在结束的时候它帮助我在未来的职业生涯中获得知识。

Q:How can our students best prepare for university life overseas?

您觉得我们去海外读大学最需要准备什么?

A:Learning how to write an essay would be vital for them because that is what their future assessments in the university would be.

学习如何写论文对他们来说是至关重要的, 因为这将会是他们将来在中学中的评估。

Q:What kind of student were you in high school?

您在高中时代是怎样类型的学生?

A:I am more of a quiet type.

我是比较安静的类型。

Q:What kind of music do you prefer?

您喜爱哪一类型的音乐风格?

A:It really depends. But I am more into bands these days.

那就要看情况了, 但现在我更喜欢乐队。

Q:Suggest a movie you think the students should watch.

请为学生推荐一部他们必看的电影。

A:Dead Poets Society.《死亡诗社》

Q:Why did you decide to become a teacher?

是什么驱使您成为一名老师?

A:I never thought of being a teacher until I became the tutor of several primary students during my time in college. I felt like I was quite suitable for the job and that is how I want to be a teacher in the first place.

我从来没有想过要去当一名老师, 直到我在大学期间当了几个小学生的家教。我觉得我很适合这个工作, 这也是我一开始想成为老师的原因。

Q:What's the best thing or worst thing that had happened or can happen in the lessons?

在您的课堂中发生过或者可能会发生的那些最美好的事或是最坏的事是什么?

A:The worst thing that happened during the lesson was that every student seemed sleepy.

上课时发生的最糟糕的事情是每个学生看起来都快睡着了。

Q:If you win the lottery for 1 million RMB, where and how are you spending it?

如果您中了彩票, 获得了一亿人民币! 您会把它们花在哪里呢? 您会怎么支配它们呢?

A:I would quit my job and start my journey of traveling around the world.

我会辞职然后开始我的环球旅行。

Q:What is your favourite travel destination? And which destination is top of your bucket list?

您最喜爱的旅行目的地是什么? 哪一个旅行地点排在您旅行列表中的第一位呢?

A:Mallorca was definitely one of my favourites. Also, Egypt was really nice too. And I think I would choose Japan as my next destination.

马略卡岛(西班牙东部)绝对是我的最爱, 埃及也不错, 我想我下次旅行会去日本。





Christopher Warburton

Q: What do you like best about Lucton?

Lucton最吸引你的一点是什么？

A: I am grateful to be working within such a good team of teachers. It makes a difference everyday to be able to go to work and know things will be organized correctly and I will be able to do my job, without having to worry about problems. Also, students at the school are generally very conscientious and this makes teaching enjoyable. 我很高兴能在如此优秀的教师团队中工作。每天上班，知道事情会被正确的组织好，并且我将能做我的工作而不必担心其他问题。这都会有所不同。此外，学校的学生通常非常认真，这使我的教学变得愉快。

Q: Is there anything that has moved you in Lucton so far?

自从你来到Lucton, 是否有让您动容的事情呢？

A: Not yet, but I know there'll be moments of great pride in the near future. We've already begun a journey of study and performance. My A-level Drama students are working very hard to meet the demands of the course and learn new skills in theatre design and performance. Together we have created the Lucton Luvvies, our very own theatre company, beginning with 'A Christmas Carol' by Charles Dickens. Once we have made it through our first show, I imagine I'll be incredibly proud. **(WE ALL WERE! - Editor's note)** 尚未，但据我所知，在不久的将来，这将是他们引以为傲的时刻。我们已经开始了学习和表演之旅。我的A-level戏剧学生正在努力满足课程要求并学习剧院设计和表演方面的新技能。我们共同创建了自己的剧院公司Lucton Luvvies, 首先是Charles Dickens的“圣诞节颂歌”。一旦我们在首场演出中脱颖而出，我想我会感到无比自豪。**(我们都是！编者按)**

Q: What do you study in university and can you tell us about your course?

您大学的专业是什么？请给我们分享一些您的课程吧。

A: I've been to university three times. As an undergraduate I studied at the Liverpool Institute for Performing Arts or LIPA. This is the old school of two very famous musicians John Lennon and Paul McCartney from The Beatles. The school re-opened in 1995 and if you were an art student, a musician, a sound engineer, a manager, a designer or performer, this was the place to be. It was the one at most sought after school in Europe and still is today. In 1998, I auditioned to be a member of the BA (Hons) Acting programme. Every year 7000 young people, from all over the world, audition and there are only 30 places available, (15 places really because half are boys and half are girls). I began my course in 1999 and studied acting for 3 years. It was a very busy time of my life, we'd have acting, movement and voice classes every day, but we'd also attend lectures about theatre and how to analyze the arts. Classes would usually finish around 5pm and then we'd be expected to rehearse shows in the evening; most days we'd finish school about 11pm. You may not think this is very strange, but university students in England tend to only take classes for about 10 hours a week and we'd do that in a day. I loved being a student at LIPA, we had access to the best equipment and because the school had such a high profile in the media, we always had the opportunity to meet experts in arts industry, who would come in and teach us what they'd teach in Master Classes. My favorites were meeting Sir George Martin, Sir David Putnam, Malcolm McLaren and Joan Armatrading. These names won't mean much to you, but they were very influential people in their day and they had a lot of useful advice. Do an internet search on them now - see who they are and what they did! My other two university courses were also great choices. In 2008, I did an MA in Screenwriting at Liverpool John Moores University, which was an intense and highly competitive two-year writing programme. After that I attended Edge Hill University to do a PGCE. I loved being a mature student, they say: "Education is wasted on youth!" I think there's some truth to that.

我去过大学三次，作为一名本科生，我在利物浦表演艺术学院LIPA学习。这是来自披头士乐队的两位非常著名的音乐家约翰·列侬和保罗·麦卡特尼的母校，学校于1995年重新开放。如果您是艺术专业的学生，音乐家，音响工程师，经理，设计师或表演者，那么这里就是您要找的地方，它至今仍是最受欢迎的学校之一。1998年，我试镜成为代理文学士学位课程的成员，每年有7000名来自世界各地的年轻人参加试镜，只有30个名额（实际上有15个名额，因为一半是为男孩准备的，一半是女孩）。我于1999年开始学习课程，并学习了3年的表演。那段时间我很忙碌，我们每天都有表演，动作和声乐课程，但我们还会参加有关戏剧以及如何分析艺术的讲座。课程通常在下午5点左右结束，然后我们希望能在晚上排练节目，大多数时候我们会在晚上11点在右结束学习，您可能不会觉得这很奇怪，但是英格兰的硕士生每周通常有10个小时的课，而我们一天都会上课，我很高兴成为LIPA的学生，我们拥有最好的设备，并且因为学校在媒体中有很高的知名度，所以我们总是有机会与艺术行业的专家见面，他们会前来向我们传授他们在大师班中学到的知识，我的最爱是与乔治·马丁爵士，大卫·普特南爵士，马尔科姆·麦克拉伦爵士和琼·阿玛特兰丁爵士见面。这些人名或许对您来说意义不大，但在当时他们是很具有影响力的人，他们提供了许多有用的建议。您可以现在就上网搜索一下-看看他们是谁以及他们做了什么！我的另外两门大学课程也是不错的选择。2008年，我在利物浦约翰摩尔大学获得了编剧文学硕士学位，这是一个激烈且竞争激烈的两年制写作课程。之后，我参加了Edge Hill大学的PGCE学习。他们说，我喜欢成为一个成熟的学生；而对“教育在青年身上是一种浪费”这句话，我认为这有些道理。

Q: How can our students best prepare for university life overseas?

您觉得我们去海外读大学最需要准备什么？

A: Pick a subject that you love and do that. Read every book you can about the subject and then start thinking for yourself about what contribution you are going to make to the field once you've graduated. 选择并爱上你喜欢的科目，阅读所有您可以阅读的与该主题相关的书，然后开始思考：一旦毕业，您将对该领域做出哪些贡献。

Q: Why did you decide to become a teacher?

是什么驱使您成为一名老师？

A: I became a teacher because of my desire to tell stories. Being a professional actor is difficult and in between jobs I didn't like working boring 9-5 office jobs. So I began making plays with young people in London, teaching them how to act and make their own shows. Before long, I had my own theatre in an education company and I was teaching drama in many schools across the UK.

我因为想讲故事而成为老师。成为专业演员很困难，而且在两次工作之间我不喜欢无聊的朝九晚五的办公室工作。因此，我开始与伦敦的年轻人一起演出，教他们如何演戏和制作自己的表演。不久之后，我在教育公司拥有自己的剧院，并在英国许多学校教授戏剧。

Q: What kind of student were you in high school?

您在高中时代是怎样类型的学生？

A: I was average. I did very well in the arts and humanities but I wasn't very good at science or maths. Once I discovered my passion for the performing arts, I worked very hard with my teacher, Ms Christine Anderson. She'd take me and my classmates for professional singing lessons after school and work with us until 9pm every night. Her dedication, and expertise in music and the arts gave us the training we needed to attend the best universities. I owe her so much she gave us so many incredible opportunities.

我一般。我在艺术和人文科学上做得很好，但是在科学或数学上却不是很长。一旦发现对表演艺术的热情，我便与老师克里斯汀·安德森女士一起努力工作。她带我和我的同学们放学后参加专业的歌舞课，并与我们一起工作直到每晚晚上9点。她的奉献精神以及在音乐和艺术方面的专业知识为我们提供了进入最好的大学所需的培训。我非常感谢她，她给了我们很多难得的机会。

Q: What's the best thing or worst thing that had happened or can happen in the lessons?

在您的课堂中发生过或者可能会发生的那些最美好的事或最坏的事是什么？

A: I'm not sure what answer you're after with this question. The best thing - a student gains the confidence to think for themselves and they are empowered to learn. The worst thing - we compromise our integrity and a student's opportunity to learn is taken away. 我不确定您对这个问题的回答是什么。最好的事情是-学生获得了为自己思考的信心，并且有权学习。最糟糕的是我们妥协了，使学生的学习机会被剥夺了。

Q: What kind of music do you prefer?

您喜爱哪一类型的音乐风格？

A: I have a very eclectic taste in music, my favorite albums are 'Rumours', Fleetwood Mac, 'Raising Sands', Jimmy Plant and Alison Kraus and 'The White Album', by The Beatles. But I love so many artists. My favorite song is 'I Wish I Knew How It Would Feel To Be Free' by Nina Simone.

我对音乐有很强的折衷主义，我最喜欢的专辑是披头士乐队的“Rumours”，Fleetwood Mac，“Raising Sands”，Jimmy Plant和Alison Kraus和“The White Album”。但是我爱很多艺术家。我最喜欢的歌曲是妮娜·西蒙妮（Nina Simone）的“我希望我知道如何自由”。

Q: Suggest a movie you think the students should watch.

请为学生推荐一部他们必看的电影。

A: 'The Social Dilemma' 2020 turn the notifications off on your mobile phones! But as a movie enthusiast, I urge you all to watch movies with an open mind and a sense of objectivity. Start with Steven Spielberg's films and go from there. 2020年的“社交困境”，请关闭手机上的通知！但作为电影发烧友，我敦促大家以开放的胸怀和客观感观看电影。从史蒂芬·斯皮尔伯格（Steven Spielberg）的电影开始，然后从那里继续。

Q: If you win the lottery for 1 million RMB, where and how are you spending it?

如果您中了彩票，获得了一亿人民币！您会把它们花在哪里呢？您会怎么支配它们呢？

A: That's only £114,000. I can't do much with that - 10,000,000 RMB. I'll probably start a business in my home town, Liverpool, which gives young people access to the arts and education. A building where people can enjoy film and theatre but also be involved in making their own. A restaurant, theatre and community centre all in one building. 才114,000英镑。这钱我赚不了多少。不过，有1000万人民币，我很可能会在自己的家乡利物浦开办一家企业。这使年轻人能够接受艺术和教育，人们可以在这里欣赏电影和戏剧，也可以参与制作自己的建筑物。一间餐厅，剧院和社区中心全部位于一栋建筑中。

Q: What is your favourite travel destination? And which destination is top of your bucket list?

您最喜欢的旅行目的地是什么？哪一个旅行地点排在您旅行列表中的第一位呢？

A: On all my travels I've never seen anywhere more beautiful than Ireland. When we are allowed to travel again, I'll be headed to South America, as I've never been, but the place I want to see most is Italy, especially Florence. 在我所有的旅行中，我从未见过比爱尔兰更美的地方。当我们被允许再次旅行时，我将以前所未有的方式前往南美，但我最想见的地方是意大利，尤其是佛罗伦萨。

Q:What did you study in university and can you tell us about your course?
您大学的专业是什么？请给我们分享一些您的课程吧。

A:I studied mathematics for my first degree. There are pure mathematics modules (Mathematical Analysis, algebra... etc.) and applied mathematics modules (Statistics, fluid mechanics... etc.) You may realise a mathematician does not do all the calculations (we usually prove and show). At a moment, you may feel how beautiful mathematics is (in this case, my moment is when I see a Klein Bottle in real).
我的第一个学位是纯数学。有纯数学模块(数学分析, 代数等)和应用数学模块(统计, 流体力学等), 你可能意识到数学家不会做所有的计算(我们通常证明和展示)。有一个瞬间, 你会感到数学是多么的美丽(在这种情况下, 属于我的瞬间是看到一个真实的克莱因瓶)。

Q:How can our students best prepare for university life overseas?
您觉得我们去海外读大学最需要准备什么？

A:Build a solid foundation in the subjects related to his/her major he/she wants to study.
为自己的专业打好坚实的基础。

Have a good relationship with his/her friends (friendship plays an important role in life overseas it supports us a lot.)
与朋友之间建立好的关系(友谊在海外的生活是非常重要的, 它将给你很多帮助)

Q:Is there anything that has moved you in Lucton
so far?

自从你来到Lucton, 是否有让您动容的事情呢?

A:The support from my supervisors and the staff.
来自支持我的领导与同事。

Q:What is your favourite travel destination? And
which destination is top of your bucket list?
您最喜爱的旅行目的地是什么? 哪一个旅行地
点排在您旅行列表中的第一位呢?

A:Germany. It's top 1 in my bucket list.
德国。这是我人生心愿上的第一名。

Q:If you win the lottery for 1 million RMB,
where and how are you spending it?
如果您中了彩票, 获得了一亿人民币! 您会把
它们花在哪里呢? 您会怎么支配它们呢?

A:Study abroad and try to have another degree
in Criminal Justice (or a related course).
出国留学, 争取获得刑事司法(或相关课程)的
学位。

Q:Suggest a movie you think the students should
watch.

请为学生推荐一部他们必看的电影

A:Free Solo, by Documentary Films.
《徒手攀岩》, 这是一部纪录片。

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CHEN YIQING

Q:Why did you decide to become a teacher?
是什么驱使您成为一名老师?

A:Because I want to be a lighthouse? (LoL, joking) At the beginning, I chose to be a teacher because I found myself not interested (and not suitable as well) in working in the investment banking/ finance industry.
因为我想成为灯塔? (哈哈, 开玩笑的) 初始, 我选择做老师是我对银行投资与金融业不感兴趣。(同时我也不是很合适)

Q:What's the best thing or worst thing that had happened or can happen in the lessons?
在您的课堂中发生过或者可能会发生的那些最美好的事或是最坏的事是什么?

A:Best thing: If every student in the class understands what is taught today, and solve the
questions we mention.

最好的事: 每位学生都能明白我今天的授课内容和能解决所有的问题。

Worst thing: Someone disturbs the class and have negative effects on the rest of the class.

最坏的事: 有人扰乱课堂的秩序或是有负面的情绪影响给其余的学生。

Q:What do you like best about Lucton?
Lucton最吸引你的一点是什么?

A:The working environment relaxing
and supporting.
工作氛围非常的放松并且能感到支撑。

Q:What kind of music do you prefer?
您喜爱哪一类型的音乐风格?

A:Pop music, light music and classic.
(Can't understand Rock, sorry...)
流行音乐, 轻音乐还有古典乐。
(不能理解摇滚乐, 抱歉...)

Q:What kind of student were you in high
school?
您在高中时代是怎样类型的学生?

A:Hard working, but sometimes lazy. Not v
ery ambitious, but had basic requirements.
Always tried to do my best.
非常用功, 但有时也有偷懒。不是很有野
心, 但是也做到基本的要求。我尽力做到
我的最好。



Vikas Bagla

Q: What do you like best about Lucton?

Lucton最吸引你的一点是什么？

A: I like the Lucton environment the most so far where everyone is very helpful and supportive including the students and staff members. It's like a little family and I became a family member already by now.

到目前为止，我最喜欢莱克顿的环境，这里的每个人都非常乐于助人，包括学生和教职员工，这里像一个小家庭，我现在已经成为家庭的一员了。

Q: Is there anything that has moved you in Lucton so far?

自从你来到Lucton，是否有让您动容的事情呢？

A: The Lucton environment really reminded me of home away from home as I came from Oxford to Shanghai and found many similarities in the school culture that reminded me of things back from the UK.

当我从牛津来到上海时，莱克顿的环境真的让我想起了另一个家，我发现在这两所学校文化中的许多相似之处，也让我想起了很多在英国的回忆。

Q: What did you study in university and can you tell us about your course?

您大学的专业是什么？请给我们分享一些您的课程吧。

A: I major in engineering and sound design but not limited to this only. So I have a production and industrial engineering bachelors from India then an Audio engineering diploma, masters in sound design, Theory of Music, PGCE from various universities in the UK.

我的专业是工程学和音响设计，但不限于此，我有印度的制片和工业工程学士学位，然后是音响工程文凭，音响设计硕士，音乐理论硕士，英国多所大学的PGCE学位。

Q: How can our students best prepare for university life overseas?

您觉得我们去海外读大学最需要准备什么？

A: I think Lucton has already provided the best start for students to get adapted to an overseas student lifestyle but in my opinion, very specific and strategic planning can make a big difference in the preparation for overseas study for Lucton students. And remember to follow your passion.

我认为莱克顿已经为学生适应学生的生活方式提供了最好的开端，但在在我看来，非常具体和战略性的规划可以对莱克顿学生的海外学习准备产生重大影响，一定要记住追随你的激情。

Q: Why did you decide to become a teacher?

是什么驱使你成为一名老师？

A: In order to reflect back on what I received from my teachers in the past, I became a teacher too. It gives immense pleasure to me being a teacher that this is the best way of giving back to the society that every person does in their own way but for me, my way is to be a teacher.

为了将我过去从老师那里学到的东西分享给他人，我也成为了一名老师。作为一名教师，这是我自己最好的方式去回馈社会，这个选择给了我极大的乐趣。

Q: What kind of student were you in high school?

您在高中时代是怎样类型的学生？

A: Despite not being the best of the best students, I never gave up and that attitude made me achieve good results in high school. However, I always participated in extra activities during school life that made me a popular student amongst my friends and teachers.

尽管我不是最好的学生中的佼佼者，但我从未放弃，这种态度让我在高中取得了好成绩。然而，在学校生活中，我经常参加额外的活动，这使我成为朋友和老师中很受欢迎的学生。

Q: What's the best thing or worst thing that had happened or can happen in the lessons?

在您的课堂中发生过或者可能会发生的那些最美好的事或最坏的事是什么？

A: The best thing in a lesson always happens when all students can participate and discuss the topic freely and beyond the syllabus boundaries. The worst thing in my opinion is when my class goes completely silent and no one is willing to talk, I think it makes the environment really awkward for me.

在课堂中最好的事情经常发生在所有的学生都可以自由地参与和讨论这个主题，并且超越了教学大纲的界限。在我看来，最糟糕的事情是，当我的班级完全安静下来，没有人愿意说话时，我认为这会让环境对我来说真的很尴尬。

Q: What kind of music do you prefer?

您喜爱哪一类型的音乐风格？

A: I like all kinds of music and can play the keyboard and flute. I learn to sing in various languages including Chinese, Korean, English, Thai, Indonesian,

Indian and some regional languages as well. 我喜欢各种音乐，会弹键盘和吹长笛，我同时也学习用各种语言唱歌，包括汉语、韩语、英语、泰语、印尼语、印度语和一些地方语言。

Q: Suggest a movie you think the students should watch.

请为学生推荐一部他们必看的电影。

A: Looking Up (Chinese movie), The man who knew infinity, The Theory of Everything, The Imitation Game, October Sky.

中国电影《仰望》、《知无止境》、《万物理论》、《模仿游戏》、《十月天空》。

Q: If you win the lottery for 1 million RMB, where and how are you spending it?

如果您中了彩票，获得了一亿人民币！您会把它们花在哪里呢？您会怎么支配它们呢？

A: Will go on space travel (just my dream). I will pay my debt and the remaining money I will probably give away to the people who need it. May also use this money for some Green initiatives actually.

将进行太空旅行(这只是我的梦想)，我会还清我的债务，剩下的钱我可能会捐给需要它的人，实际上也可能把这笔钱用在一些绿色倡议上。

Q: What is your favourite travel destination? And which destination is top of your bucket list?

您最喜爱的旅行目的地是什么？哪一个旅行地点排在您旅行列表中的第一位呢？

A: Though I love travelling in the UK and have almost travelled to all the major countries and islands of Great Britain Asia is my favourite travel destination and I still have many countries to visit here. At the top of my bucket list is bungee jumping from the glass bridge in Zhangjiajie.

虽然我喜欢在英国旅行，几乎去过大不列颠所有的主要国家和岛屿，但亚洲是我最喜欢的旅游目的地，我还有很多国家要去，在我的心愿清单上，排在首位的是在张家界从玻璃桥上蹦极。

BY Eurus Li

Brief introduction of the author -

Agatha Christie

作者简介——阿加莎·克里斯蒂

Agatha Christie, born September 15, 1890, Torquay, Devon, England and died January 12, 1976, Wallingford, Oxfordshire; English detective novelist and playwright, representative works include "Murder on the Orient Express" and "Death on the Nile", etc. Educated at home by her mother, Christie began writing detective fiction while working as a nurse during World War I. She also wrote romantic non-detective novels, such as *Absent in the Spring* (1944) under the pseudonym Mary Westmacott. Her autobiography (1977) appeared posthumously.

阿加莎·克里斯蒂 (Agatha Christie), 1890年9月15日出生于英格兰德文郡托基, 1976年1月12日去世

于牛津郡沃灵福德。英国侦探小说家和剧作家, 代表作品有《东方快车谋杀案》和《尼罗河上的惨案》等。克里斯蒂在家接受母亲的教育, 在第一次世界大战期间担任护士时开始写侦探小说。她还写了非侦探的浪漫小说, 如 *Absent in the Spring* (1944), 署以化名 Mary Westmacott。她的自传 (1977) 在她去世后出现。



Agatha Christie

Some fascinating facts about Agatha Christie:

关于阿加莎·克里斯蒂的趣事

Agatha and Archie (her husband at that time) were two of the first British people to ever try surfing. Agatha was excited to try the new sport when she and Archie visited Hawaii in 1922 (She was already a bodyboarder at that time!). She liked to dream up plot ideas while she was soaking in her large Victorian bath, eating apples! She had to stop the habit and no longer did that when her bath was changed to the new style. "Nowadays they don't build baths like that. I've rather given up the practice."

在阿加莎和阿奇 (她当时的丈夫) 往南走之前, 他们是最早尝试冲浪的英国人。阿加莎早已成为一名冲浪板运动员, 当她和阿奇在1922年访问夏威夷时, 就对于尝试这项新运动十分激动。她喜欢在浸泡于维多利亚时代的大浴池中时, 吃着苹果, 构思着各种情节。当她对浴缸不满意时, 她改掉了这个习惯。"如今, 他们不会像以前那样建造浴缸了。我宁愿放弃这种方式的练习。"

Why do we like reading mystery novels?

为什么我们喜欢阅读侦探小说 (推理小说)?

I believe that people like reading detective novels because of the unique experience it brings to us. When the reader opens the book... a journey with the author, or a war without gunpowder - it kicks off. Some people choose to follow the footsteps of the detectives in the book, step by step and carefully, and enjoy the process of approaching the truth; some people like to compete with the detective (or the author) and write down every suspicious point, every suspicious person, and also clues, every hint, every contradiction, trying to solve the final mystery before the detective. The humanity witnessed in this journey - unreasonable love or hate, or lynching and revenge under the condition of imperfect rule of law, the contradictions between human justice and legal disputes; and the ultimate rationality/logical reasoning, analysing the case, the motive of committing the crime and all the clues that can be traced, and writing down all possible and impossible ways of committing the crime, etc. Various mysteries attract us, stimulate us to think and find out answers. The unique sense of presence of detective novels also makes us stressed, but finally, after solving the mystery, we can enjoy the joy of reading better than before.

我相信, 人们喜欢阅读侦探小说是因为它给人带来的独一无二的体验。当读者翻开那本书的扉页, 一场和作者之间的旅程, 或是一场没有硝烟的战争 (无声的战争), 就这样拉开了序幕。有的人选择随着书中侦探的脚步, 一步步抽丝剥茧, 享受一步步接近真相的过程; 有的人则喜欢和侦探 (又或者是作者) 比赛, 记下每一个可疑的点, 每一条线索, 每一句暗示的话, 每一次矛盾, 企图抢在侦探之前解出最终的谜团。这个过程中见证的人性——无理由的爱或者恨, 亦或是在法治不健全情况下的私刑寻仇, 人情正义与法理争议之间的重重矛盾; 以及极致的理性——逻辑推理, 分析案情, 作案动机和一切可被追寻的线索, 记下所有可能与不可能的作案方式等等, 各种谜团吸引着我们刺激着我们去思考去一探究竟。侦探小说 (推理小说) 独有的临场感也让我们神经紧绷, 解开谜团后更能够享受到阅读的快乐。



Author and Genre Focus:
Agatha Christie & Mystery

简介

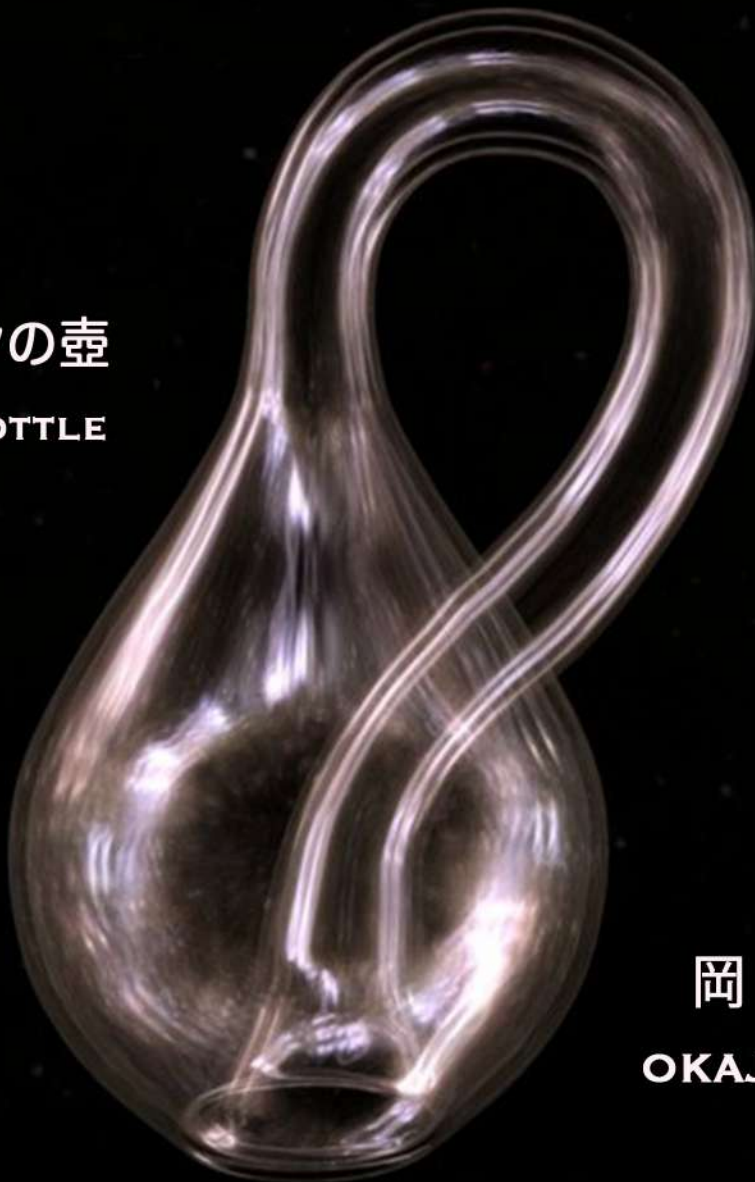
克莱因壶——日本虚拟现实题材开山杰作，在30年前就已构想出虚拟现实游戏体验装置！这是一本有着“噩梦特质”的小说，不仅让人深陷其中无法自拔，伴着背后发凉的感觉，而且还有层层谜题、剪不断理还乱的独特体验，仿佛你也跟着主角一起陷入了无尽的循环，看不清自己身在何处：这是壶里，还是壶外？

Brief introduction

Klein bottle-the pioneering masterpiece of Japanese virtual reality theme, has described a virtual reality game experience device which was conceived 30 years ago! This is a novel with "nightmare characteristics", which not only trapped people in it and can't help themselves, accompanied by the feeling of someone whispering softly behind, but also has a unique experience of fell into layers of puzzles and chaos, as if you are also following the protagonist, and has caught in an endless loop together - unable to see where he and yourself is: Are we in the bottle or outside?

クラインの壺

KLEIN BOTTLE



岡嶋二人

OKAJIMA FUTARI

关于这本书.....

什么时候你开始怀疑这个世界是假的？

上杉彰彦-本书的主角-迎来了人生中重大的一天。这天，他所写的故事被一所叫做伊普西隆的研发公司买下，而公司的负责人告诉他，他的故事将被作为脚本，改编制作成颠覆时代的全新虚拟现实游戏《克莱因2》。作为作者，在漫长的等待后，上杉彰彦被带进了这所公司的研究所，与少女梨纱一同担任游戏测试员。两人逐渐陷入了由k2创造的极度真实的、完美的虚拟世界，为它的超前赞叹不已。但随着测试的进行，时间的流逝，不但故事开始与他写的有所出入，游戏设置开始违背他的初衷，就连公司和研究所本身的行事也越发神秘。他逐渐产生怀疑，并且开始严肃对待游戏中不断传来的警告声：“快速。”但与此同时，与他感情逐渐加深的梨纱忽然辞职，梨纱的好友却找上门来，声称梨纱已失踪多日，音信全无。上杉彰彦便与真壁七美（梨纱的好友）踏上了寻找梨纱的路程。在寻人过程中，两人开始怀疑对方，不断产生争吵，因为他们的记忆完全对不上.....梨纱究竟在哪？是谁说了谎？游戏中的声音是谁的？他有什么目的？研究所的秘密是什么？

这一切的一切都与克莱因壶有关，不仅仅是克莱因壶，还是《克莱因2》。你的世界，是真实的吗？希望你能在这本书里，找到这一切的答案。

About the book.....

When did you begin to suspect that the world was fake?

Sequoia - the protagonist of this book - has had a big day in his life. On that day, his story was bought by a research and development company called Ipsilon, and the company's director told him that his story would be adapted as a script for the new, disruptive virtual reality game Klein 2. As an author, after a long wait, Sequoia was taken to the company's research institute to work as a game tester with the girl Lisa. They gradually caught up in the extremely real, perfect virtual world created by k2, marvelling at its foremost. But as the test went on, the time passed, not only did the story begin to change from what he had written, but the game setup began to go against his original intent, and even the company and the institute itself became more mysterious. He grew suspicious and began to take seriously about the constant warnings in the game: "Run away!" But at the same time, with his deepening emotions of Lisa, she suddenly resigned, and her friends came to the door, claiming Lisa had been missing for many days, and did not even leave a word for her. Sequoia and Lisa's friend decided to find out where Lisa is. But during that, they began to doubt each other, and constantly quarrel, because their memories are completely different ... Where is Lisa? Who lied? Whose voice is it in the game? What he wants to do through that? What's the secret of the institute? It's all about the Klein bottle, and not just the Klein bottle, but the Klein 2. Is your world real? I Hope you can find the answer to all these in the book.



The cover of the song is a little boy
wearing a cape like a hero,
like our childhood dream of maintaining
world peace.

这首歌的封面是一个小男孩披着斗篷像一个英雄一样，
像我们小时候想要维护世界和平的梦想。

The background of this song is a touching story of a child named Miles Scott who was diagnosed with leukaemia at the age of one and a half years. When people around him asked him what he wanted to do, he said he wanted to play Batman himself. A public welfare organization prepared a movie "Little Batman Attack" in order to make his dream come true. In the process of filming, the whole of San Francisco turned into 'Gotham City'. The little batman, with the help of an adult batman, defeated the bad guy. The movie was very heartwarming. Many celebrities sent him blessings, and Coldplay wrote "Something Just Like This" for him.

这首歌的背景是一个感人的故事一个叫迈尔斯斯科特的小朋友在一岁半的时候被查出患有白血病。当他身边的人问他有什么愿望的时候他说想要自己亲自扮演一次蝙蝠侠。又一个公益组织Make A Wish为了帮助他完成心愿，为他筹办了一场电影《小蝙蝠侠出击》在拍摄的过程中整个旧金山化身成哥谭市‘小蝙蝠侠’在另一位蝙蝠侠的帮助下打败了坏人电影非常温馨许多名人都在他送去了祝福，而酷玩乐队为他写下了《something just like this》。

A story about the song "Something just like this"
by Jane Cai

"Something Just Like This" is a song by the Chainsmokers,
an American electronic music group, and the British rock band Coldplay.

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A story about the song "Something just like this"
by Jane Cai

《春天的身体》

女人码起最后一摞小开本的书籍，把它们放进被支得方方正正的垃圾袋中。过快地站起身旋即让她感到一阵眩晕，脑袋轻晃间地意识到水槽中还躺着未分拣的外卖盒。纱窗被室外的热风吹动着，斜斜地为开启着的微波炉投下不稳定的阴影，平日里死寂的内胆泛起烟波，好似一泊漆黑的眼睛。

她欣赏着厨房与十五分钟前截然不同的秩序，心满意足地拍起手来。红碗里是糖，蓝碗里是盐，黄瓶的米醋也算甜，半小时后从围裙中解放的她在客厅的木地板上踏出健全的拍子用气音默唱道。厨房，厨房，这就是家务的一半了吧？她不无得意地踢掉拖鞋蹦上沙发，一切都令人愉快，也许两类为之数颤的皮肉除外。

女人的裙边翻得很高，但她决定过会再换下她的盛装，她很为自己细密的血管能供养出左胸这朵纯白的蕾丝花而自豪。整个空间里凉爽的来源是角落里一台由于底座歪斜而不得不倚靠着柜橱的电风扇，后者正汲汲营营地寻找着什么，摇头晃脑不已。

午后两点四十，她从短暂的昏睡中惊醒，右手猝不及防地抓在了扶手上。新做好的指甲在地下意识张开的手势下被保护得十分完好，让她眉毛纠结成一字形的其实是虎口的撕裂痛——即便是趴握，相对她手的大小而言，沙发扶手也太宽了。屋子里没有创可贴，她抵去虎口血迹的同时明确地想起这一点，她走进卧室，小心地脱掉礼服，不愿它沾上一丝血迹。

礼服下是一具秋天的躯体，让人联想到清脆的老式铁道，后背的曲线起伏如稀树草原上修建到半途的蚁丘。她面对衣橱挑选半晌，于床沿落座，先是优雅地将左脚踩进肥大的裤腿里，流露在外的右脚轻巧地晃动着，趾头灵活地分离又闭合，几乎在等待一个钢伴。

睡裤终于上身了，家务活却还没有完成。她迟早会把卧室的装潢推倒重来一遍，所以打扫这里并不非要今天。她总算可以放上一直想要的云杉木家具，好闻如小提琴的尸体。女人张开丰腴的双臂向后倒去，脖颈恰好陷进枕单的折痕里，逼着她再度动弹了一下。

卫生间，阳台，储藏室……她放任列举任务的节奏与眨眼逐渐同步，还有洗衣机。女人清晰地面对自身被吊灯反射出的琳琅的面目，心里涌起一股从童年一路袭来的破坏欲。

“咚”，这是麻雀撞击窗棂的拟声。“哗”，这是岩石被云拥抱的乐音。

而此时，丈夫正在出轨的路上。

左凉川 于21.05.17

The breeze stroked my face as I walked through the snow. Rustling sounds kept coming from the trees as if they were complaining about the weather. I buried myself into my coat, looking at the huge monstrous machine wearing yellow and black stripes. Underneath, lay the black pipeline connected to the machine like arteries. It looked like a ring, except for the size of it. It was huge. On the top of it stood the parts which looked like a speaker, anyway, I can't name them.

What is it? Why is it even here? I thought. I walked towards it. Black steam made by the machine melted snow to water. "It's broken isn't it". I whispered to myself. Water vapors rushed out of my mouth like smoke when I spoke. I tried to touch it but the heat pushed me away. It was hot, hot as fire. Suddenly, the cabin opened. A man about six foot tall, who was wearing a cream colored dust coat came out. His hair was all messed together, and his glasses were slanting on his big nose. He was slim, and sloppy. That was my first impression of him.

He shook his head meanwhile scratching his brown fluffy hair. "Who are you?" He said. I replied, "Who are you?" He made a gesture to me, letting me in. "I'm nobody." He leaned on his battered couch and crossed his legs. Without me noticing it, a mug full of hot coffee appeared in his palm. I mumbled, "errr I'm Raymond, what's this?" He answered impatiently, "still going with names? Well then I guess I'm Jack!" He was bored, so he started to fidget with his pen. Anxiousness filled my lungs, "Oh, then, what is this enormous ring?" "It's kind of like a time capsule, I don't know either", he sipped his coffee.

"Why are you here then?" He shrugged his shoulders and took another sip, brown coffee with some white foam stained the corner of his mouth. "Dunno. I lost some part of my memory." Curiosity filled my mind. I couldn't stop thinking about why he was here, and what this machine does. How did it work? What memory did he lose? I had so many questions that I wanted to ask, but the reaction came out from me was... asking him for some coffee. I guessed that'll be the end of this conversation.

I started to observe this room, trying to figure out something. Then this old shabby diary hidden in the paper box popped into my eyes. I walked towards it, then Jack stopped me with my cup of coffee in his hands. "Your coffee", he said, with a smile on his face. "Thank you", I said, "What's that diar...?" "You want to eat something?" He interrupted. Was he trying to stop me asking about the diary? Strange... I thought. Then he started to introduce his room, even though it was a little messy. From the kitchen to his room. On the way, he even made me a little sandwich to stop me from asking questions about this 'time capsule'. But I just couldn't stop thinking about that diary, as if it had some sort of magic to keep tempting me.

Jack started to lose his patience with me so he decided to stop talking and sat down on his battered couch again, but this time with his eyes closed. I realized his impatience so I walked away. "May I come again in the next few days?" I shouted. "If you wish." He shouted back. I swiftly grabbed the diary lying in the paper box, then left. I used my hands to wipe off the dust on the diary as soon as I stepped out of the cabin. "I'm sorry Jack", I murmured to myself.

当我在雪地里行走时，微风轻抚着我的脸，树上不断传来沙沙的声音，好像他们在抱怨天气，我把自己埋在外套里，看着那台穿着黄黑相间条纹的巨大机器，下面是与机器相连的黑色管道，就像动脉一样，除了它的大小，它看起来像一枚戒指，它很大，上面站着一些看起来像扬声器的部件，反正我也说不出它们的名字。

那是什么？为什么会在这里呢？我思索，我朝它走去。

机器产生的黑色蒸汽将雪融化成水。“它坏了，不是吗？”我低声对自己说。当我说话时，水蒸气像烟一样从我嘴里冒出来。我想摸它，但热把我推开了。天气很热，热得像火一样。突然，小屋打开了。一个大约六英尺高，穿着奶油色风衣的男子走了出来。他的头发乱七八糟，眼镜斜戴在他的大鼻子上。他身材苗条，衣衫褶皱。这是我对他的第一印象。他摇了摇头，同时挠了挠棕色蓬松的头发。

“你是谁？”他说。我回答说：“你是谁？”他向我做了个手势，让我进来。

“我什么都不是。”他靠在他那张破旧的沙发上，交叉双腿。在我没有注意到的情况下，一大杯热咖啡出现在他的手心。我喃喃地说，“呃，我是雷蒙德，这是什么？”他不耐烦地回答说：“还在用名字吗？”

好吧，那我猜我是...

“杰克？”

他很无聊，所以开始摆弄他的钢笔。我的脑海里充满了焦虑，“哦，那么，这枚巨大的戒指是什么？”

“有点像时间胶囊，我也不知道。”他啜饮着咖啡。

“那你为什么来这里？”

他耸了耸肩，又喝了一口，嘴角沾满了白色泡沫的棕色咖啡。

“不知道，我失去了一部分记忆。”

我的脑子里充满了好奇心。

我忍不住想他为什么会在这里，这台机器是做什么的，它是怎么运作的？他失去了什么记忆？

我有太多的问题想问，但我得到的回应是...问他要不要咖啡。

我猜这次谈话到此结束。

我开始观察这个房间，试图弄清楚一些事情。

然后，藏在纸盒里的这本破旧的日记突然出现在我的眼前。

我朝它走去时杰克手里拿着我的咖啡挡住了我。

“你的咖啡”，他面带微笑地说。

“谢谢。”我说，“那是什么DIAR...？”

“你想吃点什么吗？”

他打断了我说。

他是想阻止我问日记的事吗？

奇怪的...我觉得。

然后他开始介绍他的房间，尽管有点凌乱，从厨房到他的房间。

在路上，他甚至给我做了一个小三明治，以阻止我问关于这个“时间胶囊”的问题。

但我就是忍不住想起那本日记，仿佛它有某种魔力在诱惑着我。

杰克开始对我失去耐心，所以他决定不再说话，再次坐在他那张破旧的沙发上，但这一次他闭上了眼睛。

我意识到他的不耐烦，所以我走开了。

“我可以在接下来的几天再来吗？”我大喊一声。

“如果你愿意的话。”他大声回去。

我迅速抓起躺在纸盒里的日记，然后离开了。我一走出机舱就用手指擦去了日记上的灰尘。

“对不起，杰克。”我喃喃地自言自语。

Diary of Failure



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If I could go anywhere, where would I go? I guess I'll go to the moon. The moon has always been a representative of hope, romance and beliefs. In Japan, people use the moon to express their love to their lovers. In China, people use the moon to represent their hopes and beliefs. One of my favourite songs of all time was "Fly me to the moon". That's the reason why I've always dreamt of going to the moon.

"Fly me to the moon, and let me play among the stars."

This is the first lyric of the song "Fly me to the moon". If I have a chance of choosing where to go, I would definitely choose the moon. I would walk around slowly, exploring this planet of hope. The ancient rock and boulders were every piece of secret that can't be told. I would stroke the surface in euphoria because I finally came to this sacred place of utopia.

I would dance, without the control of gravity.

I would dance, like I had nothing left to lose.

I would stare at the darkness of space.

To try and see the stars more clearly, since humans had put a veil of pollution on top of our planet - Earth. I would try and see if I could look at the sunset fifty times like the Little Prince did.

Or maybe I'll just steal one glance.

I'll try and see if there really are aliens.

If I could go anywhere, please fly me to the moon.

Impress me with those glamorous galaxies.

Bring me to my fantasy.



如果我可以去任何地方，我会去哪里？

我想我要去月球了。

月亮一直是希望、浪漫和信仰的代表。

在日本，人们用月亮来表达他们对爱人的爱。

在中国，人们用月亮代表他们的希望和信仰。

我一直以来最喜欢的一首歌是“带我去月球”。

这就是为什么我一直梦想着去月球的原因。

“带我飞到月亮上，让我在星空中玩耍。”

这是歌曲《带我飞向月球》的第一句歌词。

如果我有机会选择去哪里，我肯定会选择月球。

我会慢慢地走来走去，探索这个充满希望的星球。

古老的岩石和巨石是每一块不能说出的秘密。

我会欣喜若狂地抚摸表面，

因为我终于来到了这个乌托邦的圣地。

我会跳舞，没有重力的控制。

我会跳舞，就像我没什么可失去的。

我会凝视太空的黑暗。

试图更清楚地看到星星，

因为人类已经在我们的星球-地球上盖上了污染的面纱。

我会试着看看能不能像小王子那样看50次日落。

或许我只会偷看一眼。

我会试着看看是否真的有外星人。

如果我可以去任何地方，请带我飞到月球上。

那些迷人的星系给我留下了深刻的印象。

带我实现我的梦想。

♪

♪

"Fly me to the moon,
and let me play among the stars."

-- Fly Me To The Moon

♪

♪

AN UNUSUAL JOURNEY

10:00 p.m.

“Senator Ted Cruz went on holiday in Cancun!”

“.....” (Sobbing.)

Our family have lived in this oak wood villa in the suburbs of Houston day-to-day for more than a decade since I was born. Texas is in the south-central part of the United States, and only the word homely appears appropriate to me to describe its climate. I remember the afternoons I bathed in the mellow spring sun and every twinkling stars I counted in the summer nights. But after a full day and night of water-break along with outage, both my physical and psychological endurance was approaching its limit. The unilluminated gorgeous ceiling lamp, the accumulated snow that nearly submerged the first floor, the tactile biting wind through the double-glazed windows, and myself about to faint any instant, all these signs indicated the only answer — We met a once-in-a-century snowstorm!

2:30 a.m.

I chilled to the marrow so I failed to fall asleep.

At the moment, only brother Andre was sitting besides me. Even though we were clothing in thick down jackets, we could not defense the subzero temperature with our own bodies. Little by little, the coldness spread through my bone until my whole torso was swallowed to wholly stiffness. Neither of us had any strength left to hearten one another, even so, he still lent me his left shoulder to rely on. We sank side by side at the end of my supple bed, which used to hold me in my arms every morose night, which now seemed to collapse, in a dim starless room lit only by a feeble flashlight. It was an endless arduous process, yet this last glimmer of glory grew grievous. Through this murkiness, everything in my life except frigidity is dying expeditiously.....

“Watch out!”

一个奇特的旅程

晚上10:00

“参议员特德·克鲁兹去坎昆度假了！”

“.....”

(抽泣)。

自从我出生以来，我们家已经在休斯顿郊区的这座橡木别墅里生活了十多年了。

德克萨斯州位于美国中南部，我觉得只有“家庭式”这个词才适合描述它的气候。我记得那些沐浴在春日灿烂阳光中的下午，记得夏夜里我数过的每一颗闪烁的星星。但是，经过一整天一夜的停水和停电，我的身体和心理承受能力都接近极限了。

昏暗的华丽吊灯，几乎淹没一楼的积雪，透过双层玻璃窗的刺骨刺骨的寒风，以及我即将晕倒的瞬间，所有这些迹象都表明了唯一的答案——我们遇到了一场百年一遇的暴风雪！

凌晨2:30

我冷得要命，所以没能入睡。

当时，只有安德烈兄弟坐在我旁边。

即使我们穿着厚厚的羽绒服，我们也无法用自己的身体抵御零下的温度。

渐渐地，寒冷在我的骨头里蔓延，直到我的整个躯干都僵硬地被吞没了。我们两个人都没有力气互相鼓励，尽管如此，他还是把左肩借给我依靠。我们并排躺在我柔软的床的尽头，这张床过去常常把我抱在怀里，现在它似乎要坍塌了，在一个昏暗的没有星星的房间里，只有微弱的手电筒才能照亮。这是一个无穷无尽的艰辛过程，但这最后的一丝光辉却变得悲痛起来。通过这种阴暗，我生命中除了冷漠之外的一切都在迅速死亡.....

“当心！”





3:06 a.m.

TOO LATE.

The ceiling lamp had already collapsed to blast in the blink of an eye. Andre nimbly prevented his left arm in front of me at a faster speed than the explosive sound, whereas it was still too late — The sharp glass had shattered into pieces and pierced the back of our hands. Mercifully, our hands; Mercifully, not our wrists; Consequently, my left lucidity. I thought I passed out? It seemed that our wounds were bleeding. It seemed Andre went to the warehouse to get some bandages to wrap me up before he wrapped himself up. I couldn't recall. I only remembered how we clung, comforted and cuddled mutually, in this prolonged winter night, waxing oceans of stars in sparkling nights, flaring to melt the snowstorm bursting in our heart.....

Fast-forward

If I had to compare this unquenchable trauma to something, it might be a Cinderella dress tore up to pieces by her stepmother with nameless hatred. There were only fragments of rags left, and every fiber was exposed in plain sight. Even if she tried to mend it, every stitch left an indelible mark so that everyone else just noticed the obvious unevenness jagged ends of the thread. To me, it is never a regret that Andre is not the godmother who has the magical power to make the dress looks like it used to, or way more resplendent. What makes I feel grateful, is always the way he whispers to me: "Although the wound is only half deep, it still left serious scars on us. Instead, I think I'll be proud of it. Perhaps one day these wounds will be removed, or disappear of their own nature, but seriously, I hope you remember that there is someone in this hell world who is willing to share the same pain with you....." "Forever?" "Until kingdom come."

凌晨3: 06

太晚了。

天花板上的灯在一眨眼的功夫就已经坍塌炸开了。安德烈敏捷地把他的左臂挡在我面前，速度比爆炸声还快，但为时已晚——锋利的玻璃已经碎成碎片，刺穿了我们的手背。仁慈的是我们的双手；仁慈的是我们的手腕；因此，我的左手是清醒的。

我以为我晕过去了？我们的伤口似乎在流血。安德烈似乎去仓库拿了些绷带把我包起来，然后才把自己包起来。我想不起来了。

我只记得在这个漫长的冬夜里，我们是如何相互依偎、安慰和拥抱的，在波光粼粼的夜晚里，星光灿烂的海洋融化了我们心中迸发的暴风雪。.....

快进

如果我要把这种无法平息的创伤比作什么，那可能是被继母无名仇恨撕成碎片的灰姑娘连衣裙。只剩下碎布碎片，每一根纤维都暴露在眼前。即使她试图缝补，每一针都会留下不可磨灭的印记，所以其他每个人都会注意到线头明显的不平整和锯齿状。对我来说，安德烈不是一位拥有神奇力量的教母，让这件衣服看起来像以前一样，或者更灿烂，对我来说，这从来都不是一件遗憾的事情。让我心存感激的，总是他对我耳语的方式：“虽然伤口只有一半深，但还是给我们留下了很深的伤疤。相反，我想我会为此感到自豪。也许有一天这些伤口会被移除，或者自行消失，但说真的，我希望你记住，在这个地狱世界上，有人愿意和你分享同样的痛苦.....”

“永远？”

“直到天国降临。”

BY Tiffany Zhao



Where and Why?

Stacia
Yu

“If you could go anywhere, where would you go and what would you do?”

When this question hit the mailbox I was a little blank with the idea anywhere, but after thinking about it really hard I am going to choose the library. Now before I go on about the whole set of whys, I'm going to ask you all the same question. Now I can feel the... now so where would you choose? One of the biggest reasons I'm asking you all is because of the whys. You would probably choose somewhere fun, hard to imagine going, but as I've said, normal and with the crowd isn't the best of ideas. Now I can see your eyes thinning, so let me explain. I was six at that time and my main priority was to make my momma angry and watch 'My Little Pony', I can hear the shock. But it all changed the moment I set foot in the gigantic library two miles from my home. To be truthful I was practically dragged into the library by my mom, just because she thought I wouldn't be able to take care of myself in our home eye roll*. When I first entered the big wooden door my eyes were still moist, but's soon as I entered I felt a light bulb tick. The smell of old and new books. As I picked up one blue cover book my eyes started scanning through by themselves, I knew it was the thing for me. I know it sounds boring, but let me continue. As I grew older time felt like it's never enough. The amount of homework, the chores and most definitely my age. That was when I totally stopped reading. King of depressing I know. And know that the why is explained let us start with what I would do. Reading is a precious time to me so I would want to touch and read every single book in that old library sitting right where I used to sit- by the gorgeous frosted window and right in the old ribbon blue sofa. I know it does not sound very much like an adventure, but it's the one for me. I should use this chance to feel the warmth the books would bring me even to the old librarian Ms. Drew. So I think this is it now don't judge my "adventure" and just enjoy your own imagination of "the" adventure for you. Before stopping with a full stop I'm going to thank my mom for the big opportunity she'd given me in my nerdy childhood days and well that's all, now I'm going to cradle myself with a good book and some boba milk tea, so do not disturb!

“如果你可以去任何地方，你会去哪里？你会做什么？”

当这个问题出现在邮箱里时，我对这个想法几乎一无所知，但在认真考虑之后，我打算选择图书馆。现在，在我继续说一整套为什么之前，我要问你们所有同样的问题。现在我能感觉到...。那么现在你会选择哪里呢？我问你们所有人的最大原因之一是什么。你可能会选择一个有趣的地方，很难想象去哪里，但就像我所说的，正常的和人群在一起不是最好的主意。现在我可以看见你的眼睛变细了，所以让我解释一下。当时我六岁，我的首要任务是让妈妈生气，看“我的小马驹”，我能听到震惊的声音。但当我踏上离家两英里的巨大图书馆时，一切都改变了。老实说，我几乎是被我妈妈拖进图书馆的，就因为她觉得我在家里翻白眼不能照顾自己*。当我第一次走进那扇大木门时，我的眼睛还是湿润的，但我一进门就感觉到灯泡在滴答作响。旧书和新书的味道。当我拿起一本蓝色的封面书时，我的眼睛开始自动扫视，我知道这就是我想要的。我知道这听起来很无聊，但让我继续说下去。随着年龄的增长，我觉得时间永远不够，有太多的家庭作业，太多的家务活，当然还有我的年龄。就在那时，我完全不再看书了。我知道他是个令人沮丧的国王。知道原因已经解释了，让我们从我会怎么做开始吧。阅读对我来说是宝贵的时间，所以我想触摸和阅读那座老图书馆里的每一本书，就坐在我曾经坐过的地方—华丽的磨砂窗户旁边，就在那张蓝色的旧丝带沙发上。我知道这听起来不太像是一场冒险，但它对我来说就是一次冒险。我应该利用这个机会感受到书带给我的温暖，甚至对老图书管理员德鲁女士也是如此。所以我想这就是现在不要评判我的冒险，只享受你自己对冒险的想象。在以句号结束之前，我要感谢我妈妈在我书呆子童年的日子里给了我很好的机会，好了，现在我要用一本好书和一些波巴奶茶来安抚自己，所以不要打扰！



A Brief Tutorial of Photography

Prologue

Thanks to technological developments in the recent decades, we are now exposed to a lot more media than before. This of course increased the popularity of photos. In this tutorial, we will discuss several aspects of modern-day photography, that created these photos. Including: basic concepts and physical principles of photography, different types of cameras and lenses, and finally, how to obtain a great image.

To make things easy and intuitive, I will not go very deep in this tutorial. Also, I will try my best to make things easy to understand and ensure that the information in this tutorial is accurate. However, we all make mistakes in our lives. So, if there are something that I'm wrong about, feel free to contact me via E-mail: cyc20101324@126.com. It will always be a pleasure to communicate with you.



The Mechanism Behind Every Photo

As you turn on any professional digital camera, you may see an interface that looks like the one on the right side of this page. For many people who are new to photography, it might seem confusing. However, the three parameters at the bottom each controls a physical property and influences your photo.



↑ In the image above, the parameters 1/50", "F2.8" and "ISO100" each changes a physical property when imaging.

All of the parameters affect the “brightness” you will get in the final photo. From left to right, the first parameter, the “1/50” means the time of exposure (aka. shutter speed). This basically means the time that you would allow light to be “recorded” by the camera’s sensor, units usually in seconds. Therefore in the current settings, the camera’s sensor will be exposed to 1/50 of a second of light, right after you press the shutter button.

Next on is the aperture ratio, the “F2.8” on the camera screen. In a more accurate way, it should be written as f/2.8. Every optical lens for cameras has two physical parameters- “focal length” and “aperture diameter”. When dividing the focal length by the aperture diameter, you will get the aperture ratio.

The last one is the “ISO light sensitivity”. By changing the voltage in the camera’s light-sensible sensor, how “sensitive” it is towards exposure of light will be changed. As a result, you will see a change in brightness when the other two physical parameters are kept unchanged.

Under every circumstance, there is a right amount of exposure, which makes the image not too bright and not too dark. Based on it, any adjustment on one of the three parameters above can be compensated with another parameter in order to get the same brightness in the picture, but different visual effects.



ISO 400, f/8, 1/15s



ISO 400, f/2.8, 1/125s

The aperture ratio mainly changes the depth of field, or how blurry the background and foreground would be.



ISO 400, f/13, 1/25s



ISO 400, f/2.8, 1/320s

If there is motion, whether the shake of your hand or the movement of an object, shutter speed will alter the motion blur.



ISO 100, f/2.8, 1/30s



ISO 25600, f/2.8, 1/1600s

High ISO value will reduce the details in the image.

These physical parameters are important for taking photos.

Which Camera should you Buy?

Right now on the market, there are many types of cameras, each having different prices ranging from the price a cup of coffee to the price of a car. “Which camera should I buy?” is a great question for beginners of photography.

•Mirrorless Cameras

Currently, mirrorless cameras are the most popular types of cameras in the market. They are believed by many reviewers and camera manufacturers as “the future of digital cameras”. Modern-day mirrorless cameras are featured by highly electronic designs. The newest flagship mirrorless cameras usually offer exceptional image quality accompanied with reliable autofocus and electronic viewfinders that can tell you the exposure at real time. However, electronic viewfinders have a little bit lagging and cannot be seen through when the camera turns off. Also, to power up the power-consuming electronic viewfinder, mirrorless cameras usually have limited battery life, which is around 200-500 photos per battery.



•DSLRs

“DSLR” is an acronym for “Digital Single Lens Reflex” cameras. Compared to mirrorless cameras, they are viewed as the more “traditional” types of digital camera, having optical viewfinders and a pentaprism instead. In front of their sensors,



there is a mirror placed in 45° to the horizontal, to reflect light into the pentaprism on top. Therefore, they usually have bulkier sizes on the top. Also, due to the existence of the mirror, a great deal of space is taken. So DSLRs also

have larger overall size and heavier weight in general. Compared to mirrorless cameras, DSLRs are less electronic- which might or might not be an advantage. Just like flagship mirrorless cameras, flagship DSLRs can also offer you excellent image quality and reliable autofocus. The major difference is the way that their viewfinders work: The viewfinder of a DSLR can work (at least be seen through) even when the camera turns off. Also, it has no lagging, which means a great thing to sports and wildlife photography. Due to the pentaprism design, they also don't need to read from the sensor and power the viewfinder all the time, giving them a longer battery life, which is typically about 600-1200 shots per battery. However, since mirrorless cameras can perform just as well in a smaller size and a highly electronic design, DSLRs are now less and less popular among amateurs. Major camera manufacturers nowadays all seem reluctant on developing DSLRs, and most of the new models of DSLRs are aimed towards professional sports photography.

•Vintage film cameras

Besides these popular choices above, vintage film cameras is also very popular in the recent years. More and more people are getting bored of the more and more advanced technical data of modern cameras, and found out that these vintage



cameras could actually give them surprising results, at a price that is way cheaper than flagship digital cameras. These film cameras, also known as analog cameras, includes SLRs and rangefinders. (Rangefinders are rarely seen among digital cameras.)



These cameras, instead of sensors and memory cards, use film to record and store images. After one roll of film is shot, it needs to be sent to a darkroom in order to make the image reveal. This means that you cannot see the image right away. This “waiting process” is also charming to many film photography enthusiasts.

Compared to digital sensors, film (especially those professional ones) has the natural advantage in a smooth transition of brightness and colour. This is said to give photos that are taken with film a very unique look.

Sensor Size Matters!

You will often see that sensor size being advertised as a selling point. So, what does it mean?

Each camera has a “pixel count”. This means that the whole imaging sensor is equally divided into tens of millions of pixels, each occupying a very very small space. However, under the same pixel count and sensor technology, a larger sensor would mean larger per pixel area, and therefore more photons that it can receive in the same amount of time. As a result, the image quality, in aspects like depth of color, dynamic range or level of noise (remember the previous photo shot at ISO 25600?) will be improved, so you can usually see a smoother transition of brightness and colour when you look at the photos from a larger format camera with the same pixel count. Cameras usually have sensor sizes several times larger than that of a phone.

The arrangement in are of commonly seen sensor sizes is :

Medium Format > Full Frame (35mm) > APS-C > Micro 4/3

How to Take a Great Photo?

Having a good camera doesn't mean that there is guarantee for every shot to be great. Since the birth of photography, there are already countless ideas on how to take a great photo. Some of them from masters such as Henri Cartier-Bresson and Ansel Adams had great influences on later concepts. Their ideas and theories about photography can now be found in their books, available at bookstores. Reading some of them might give you surprising inspirations.

Composition of a picture might be a topic discussed a lot by people who are right into photography. However, in my opinion, it shouldn't be formulary. What works the best for me is the greatest, as far as it is balanced and seem natural.

Lastly, as an amateur of photography, after my few years spent with it and some of the knowledge that I learned form the work of the others, I suggest that you can take more care about your surrounding at any time, and be more sensitive to things worth capturing that are about to happen. If condition allowed, it would be great to carry a small camera or phone around and get ready to capture the moment at anytime.



India is a gorgeous country filled with culture, food and good-hearted people. I was about seven when I first arrived at the Bangalore airport. Bangalore was a city known well for its technical engineering in India. And the first thing I really felt was the smell of chai (a type of Indian tea that is added with masalas such as cinnamons, cardamom, ginger and cloves) and after tasting it's even better than its smell! As days passed in the gigantic ashram (a place where people can find peace and learn different spiritual things) I learnt that to me India was filled with belongingness but what I did not know is that India was going to be the place where I grow up in the next five years. The first school I studied in India was a full international boarding school called Jain International (I got to know a lot later that Jain was also a religion). The school was big and when I say big I actually mean it; it has things that schools all around the world also have, but also things that no school except India has and that's temples- the school has four temples that are built for different gods and religions. The temples in the school are beautiful but when I went to the temples in other parts of India, it wasn't what you would call grand. Now that I think about it, curry really isn't the only food that is edible. Trust me, the food there is much better than you think in lots of ways. Sweets are really sweet, the rice there is a lot longer and harder than in China and there are a variety of vegetables that you can't find in China. One of my favourites is probably samba with rice (samba is a kind of soup that has a lot of spices added). It's totally delicious. The second school gave me a whole other view of India. The second school was called Woodstock and the campus is built on a little mountain where nature and monkeys were a part of your daily life. You could say it was more international. There are much more variety of foods there and I was ironically scratched by a little monkey, pretty cool right *sarcasm. Perhaps it was just me but, the view of India I saw through the school changed time by time; through the culture and the whole IB system. IB does not have an exam, I know it's pretty cool. Assignments are given in months to test our abilities, it's pretty fun actually without exams. New friends were made and some new cultures were learnt from them. From all, I could say India is a country worth visiting. Its culture and people are interesting, fun and have a lot you could learn; from your friends, teachers to strangers on the side of the road. And to me, it's all along and a beautiful journey that is worth sharing with everyone.

印度是一个充满文化、美食和善良人民的美丽国家。我第一次到达班加罗尔机场时大约七岁。

班加罗尔是印度一座以技术工程闻名的城市。

我第一次真正感受到的是印度茶(一种印度茶, 添加了肉桂、豆蔻、生姜和丁香等玛莎拉)的气味, 品尝后甚至比它的气味还要好!

在巨大的道场(一个人们可以找到和平、学习不同精神事物的地方)的日子过去了, 我了解到, 对我来说, 印度充满了归属感, 但我知道的是, 印度将是我在未来五年里长大的地方。我在印度学习的第一所学校是一所名为耆戒国际(Jain International)的完整国际寄宿学校(后来我才知道耆戒也是一种宗教)。这所学校很大, 当我说大的时候, 我实际上是认真的; 它有世界各地的学校都有的东西, 但也有除了印度之外没有的学校的东西, 那就是寺庙-学校有四座寺庙, 它们是为不同的神和宗教建造的。学校里的寺庙很漂亮, 但当我去印度其他地方的寺庙时, 它并不像你所说的那样宏伟。

现在我想起来, 咖喱真的不是唯一可以吃的食物。相信我, 那里的食物在很多方面都比你想象的要好得多。糖果真的很甜, 那里的米饭比中国长得多, 也硬得多, 还有很多你在中国找不到的蔬菜。我最喜欢的可能是桑巴米饭(桑巴是一种加了很多香料的汤), 非常好吃。

第二所学校让我对印度有了完全不同的看法。第二所学校叫伍德斯托克(Woodstock), 校园建在一座小山上, 那里的自然和猴子是你日常生活的一部分。你可以说它更国际化。那里有更多种类的食物, 讽刺的是, 我被一只小猴子抓伤了, 相当酷, 对吧+讽刺。也许只有我, 但是, 我通过学校看到的对印度的看法随着时间的推移而改变, 通过文化和整个IB系统。IB没有考试, 我知道这很酷。作业每几个月布置一次, 用来测试我们的能力, 其实没有考试也挺有趣的。人们结交了新朋友, 并从他们身上学到了一些新的文化。

总而言之, 我可以说不印度是一个值得一游的国家。它的文化和人是有趣的, 有趣的, 有很多你可以学到的; 从你的朋友, 老师到路边的陌生人。对我来说, 这一直都是一段美丽的旅程, 值得与大家分享。



印度奶茶

MASALA CHAI



SAMBAR RICE

TRAVEL WRITING

BANGALORE



班加罗尔

Stacia
Yu



JAIN INTERNATIONAL SCHOOL

耆戒国际学校



skills



RY
not to

William Shakespeare



William Steadyspeare



William With a spear



William Disappear



Woman stand



Woman go



Man stand



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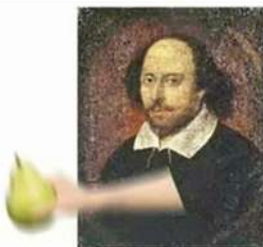
LAUGH



William



Pear



William Shakespeare

White



not to

This is our
protagonist
—Mr. Williams



PHYSICAL EDUCATION VISIT

1. What sports do you do?

Football, basketball, swim, table tennis, tennis, volleyball, and

2. Which sports do you like best?

For sure. Football.

3. When did you start exercising?

I started exercising from an early age. I started properly exercising when I was 15/16 years old when I began studying sports science at college before University. It gave me a better insight about how to look after my body and what I can do be fitter and stronger and (ideally) live until I am 130 years old.

4. Who inspired you?

No one really inspired me. I think I did inspire myself in a way. I studied sports science in university and when I learnt about how everything we do negatively impact our health long term wise, I decided to live a healthier lifestyle; so that was probably why I inspired myself.

5. What is the best thing you have experienced since you got involved in sports?

I think even from the age of nine and ten, when I started playing with different teams and just winning trophies so I had top goal scores.

6. And, what about the worst thing?

The opposite- losing. I don't like losing, ever. Probably the worst loss, was when I played for a team in Shanghai, and we lost the cup final 9:1. It was a very bad day.

7. Do you always pay attention to your diet?

Monday through to Friday. And the weekend no, because I like to treat myself on weekends. But every Monday through to Friday, my girlfriend and I cook a lot on Sunday.

8. How does it feel to teach Burton students about sports?

It is fantastic to be in a school that takes sports seriously, there is a really big emphasis on sport being part of the student's daily life and of course the student's education. As a self-confessed sport fanatic, it feels great to be able to help students explore sports and find their sporting passion.

9. Do you have any suggestions for maintaining good health?

I tell my students all the time, "Everything is moderation." This basically means you can have what you like to drink or eat as long as you don't overdo it. I am a firm believer of treating yourself, but you need to deserve these treats. I ensure I work hard in the gym or when playing sports, so I can enjoy my pizza at the end of the week.

THAILAND -- MANGO WITH STICKY RICE



MANGO WITH STICKY RICE

Mango with sticky rice, one of the most famous food in Thailand, only need to use mango, coconut milk & sticky rice, although it's easy to make, but the taste is rich. In Thailand whether it's a street stall or a fancy restaurant, you can always have it around. Sweet coconut milk is poured on the sticky rice, with mango that is a bit sour, both of them are meltingly soft but refreshing, really suitable to eat after greasy food.

泰国 芒果糯米饭

芒果糯米饭，泰国有名的美食之一，用芒果，椰浆，糯米饭就能做出，虽然做法简单，但口感丰富。不论是街边小巷还是高级餐厅，都能看到芒果糯米饭的身影。将香甜的椰浆淋在糯米饭上，配上甜中带酸的芒果，两者都软糯可口，很适合在大鱼大肉之后解腻，清新爽口。

By Melissa Cao



法国 马卡龙

马卡龙，作为法国最具有代表性的甜品之一，用蛋白，杏仁粉，白砂糖和糖霜制作，口感丰富，精致小巧。入口时先尝到的薄且脆的外壳，接着是又软又酥的夹心，与奶油不同，杏仁饼的韧性将馅料撑起，给柔软的馅料增加了嚼劲，使它的口感更加丰富但却不腻。

FRANCE -- MACARON

Macaron, as one of the most representative desserts in France, is made of protein, almond powder, white granulated sugar and icing. Small but delicate, it has a supple and softy texture. The thin and crisp shell, followed by the soft and light filling. Unlike the texture of cream, the shell made of almond powder that could easily hold up the filling, adding more chewiness making the texture rich but not greasy



KOREA -- FRIED CHICKEN



FRIED CHICKEN

Korea Fried chicken, at first, TV serial let the fried chicken enter public eyes, set off a heat wave of eating Fried chicken, finally promoted to the national cuisine of South Korea. The ingredients are quite simple, but the test is for the chef's technique. The crispy golden skin and tender juicy chicken are combined with homemade sauce, and a thin layer is applied on the crispy skin. The flavor of chicken itself is combined with salty, sweet or spicy sauce, which is perfect and addictive.

韩国炸鸡

韩国炸鸡，最早是因为电视剧让人们熟知，掀起了一股男女老幼吃炸鸡的热浪，最后晋升成了韩国的国民美食。用料较为简单但考验的却是厨师的手法，金黄香脆的外皮，鲜嫩多汁的鸡肉，配上自制的酱料，在酥脆的外皮上刷上薄薄的一层，鸡肉本身自带的香味配上或是咸甜，或是香辣的酱料，完美地融合在了一起，让人上瘾。



印度脆球

印度脆球是一种起源于印度的小吃，是印度最常见的街头小吃之一。通常用空心的脆球，填充调味水、辣椒、印度咖喱、土豆.....的混合物，当你咬下去时，puri会发出清脆的声音。调味水和馅料一起流出，酥脆的puri和柔软的馅料完美地结合在一起，如此丰富的质感，与此同时，一股独特的气味直上你的鼻子，撞击你的味觉和嗅觉，成为你最难忘的记忆之一。

INDIA -- PANIPURI

Panipuri is a type of snack that originated in India, and it is one of India's most common street foods. usually use hollow puri, filled with a mixture of flavored water, chili, chaat masala, potato..... As soon as you bit down, the puri crushes with a crispy sound. The water flow out with the filling, the crispy puri and soft filling combine perfectly with such a rich texture, at the same time, a unique smell goes straight up to your nose, hitting both of your taste and smell, becoming one of your most unforgettable memory.



JAPAN -- SUSHI



SUSHI

Sushi, one of the traditional Japanese food, can be a staple or a snack. The material that used is quite complex, usually use special sushi rice, seaweed with the season fresh, such as: sea fish, crab, shellfish... The freshest seasoned raw fish is mixed with Japanese rice, the freshness of the seafood, the moist of the fat, the sweetness of the rice and the delicate smell of it could easily makes you fall in love with it.

日本 寿司

寿司，日本传统美食之一，可以作为主食和小吃。用料较为复杂，通常是用专门的寿司米饭，海苔配上当季生鲜，像：海鱼，蟹肉，贝类..... 最新鲜的鱼生和调味好的日本米混合





UK -- FISH AND CHIPS

Fish and chips is a traditional British food in which the fish is fried in flour on both sides and served with British chips, which are thicker than American chips. Traditional meal ingredients include salt, vinegar, tomato sauce or mayonnaise sauce and pea paste. Taking a bite from its crisp shell a tender cod is inside, two different tastes combined perfectly. Traveling along the British coast, fish and chips would be a classic seaside dinner.

英国 炸鱼薯条

炸鱼薯条是一种传统的英国食品，鱼的两面都用面粉煎炸，然后与比美国薯条厚的英国薯条一起食用。传统的食材包括盐、醋、番茄酱或蛋黄酱和豌豆酱。咬一口脆皮，里面是鲜嫩的鳕鱼，两种不同的味道完美结合。沿着英国海岸旅行，炸鱼和炸土豆条会是一顿经典的海边晚餐。



RECOMMENDATION BOARD

Eurus Li YI2

Osso Buco

Served with risotto or polenta, Osso Buco was originally a seasonal dish of winter and prepared on charcoal or wood stoves. However, a major reason for Osso Buco's worldwide popularity (well, maybe not that popular in China) was a result of the recipe's inclusion in many classic cookbooks that were published outside of Italy.

It made with veal shanks, braised in white wine, tomato sauce, and broth flavored with vegetables.

It is traditionally garnished with Gremolata (chopped parsley, lemon zest, and minced garlic).

This Italian main course is usually served with saffron risotto (Risotto Alla Milanese) or polenta.

It is saucy and rich and the meat is fall apart tender.



Scarpetta

No.33 Mengzi Road, Huangpu District, Shanghai
上海市黄浦区蒙自路33号

烩牛膝肉

与意大利烩饭或玉米粥一起食用，烩牛膝肉最初是冬季的一道时令菜，用木炭或木材炉子制作。然而，意大利烩牛膝之所以在世界范围内大受欢迎(好吧，也许在中国不是那么受欢迎)，一个主要原因是意大利以外出版的许多经典食谱都包含了这道菜谱。它用小牛小腿肉，用白葡萄酒、番茄酱和蔬菜调味的肉汤炖而成。传统上，它是用橄榄油(切碎的欧芹、柠檬皮和切碎的大蒜)装饰的。这道意大利主菜通常搭配番红花烩饭(米兰烩饭)或玉米粥。味道鲜美，肉质鲜嫩。



RECOMMENDATION BOARD

Jane Cai YII

Salted Soybean Curd

Salted soybean curd, actually has quite a lot of dispute. In China about which is better to eat salty or sweet soybean curd. I prefer salty soybean curd. I get up in the morning and eat a bowl of soybean curd, fresh soybean curd and a little shrimp and seaweed, pickled with grains, maybe with a piece of Fried dough stick. I eat half of the soybean curd first, tear the rest of it into small pieces and put it in the soybean curd soup and wait

it till the fried dough sticks are soft and eat them together! Although soybean curd comes from Shouxian County, Anhui Province, it can be eaten almost anywhere, maybe with just a little different tastes.



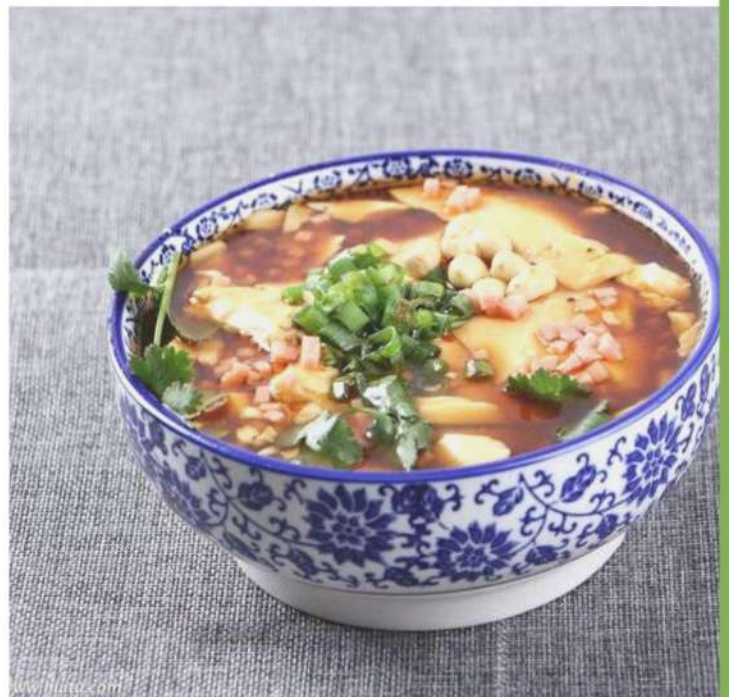
Zhang Ji Dough Sticks

No. 750, West Zhong Shan Road , Xu Hui District, Shanghai

上海市徐汇区中山西路750号

咸豆腐脑

咸豆腐脑，在中国其实多豆腐脑还挺有争执的，是关于甜豆腐脑和咸豆腐脑哪个更好吃，我更喜欢咸豆腐脑，早上起来吃一碗豆腐脑，鲜嫩的豆腐脑和小虾米和紫菜，榨菜粒，可以的话可以再配上一根油条，先吃完一半的豆腐脑，剩下的把油条撕成小块泡在豆腐脑的汤里，等油条变软再一起吃，真是再合适不过了，豆腐脑长得很普通就是一碗豆腐上面配着一些配菜，虽然豆腐脑是来自安徽寿县但是基本上哪里都能吃到，只有可能吃到口味不太一样罢了。



RECOMMENDATION BOARD

Chloe Min YII

Fresh Meat Moon Cake

The fresh meat moon cakes made by Guangming Village Restaurant are recognized as the best fresh meat moon cakes in Shanghai. "Shovel from the baking pan, through a thin piece of paper, when the fingertips feel the temperature, a fragrance also penetrates into the nostrils."

This sentence perfectly restores the freshly baked moon cake, the true feelings of customers. In Shanghai, no piece of fresh meat moon cake can survive at the Mid-Autumn Festival. Fresh meat moon cake is a dish made with flour, pork, and sugar as raw materials. After a bite, the plump gravy slowly penetrates into it. It is a must. The price of fresh meat moon cake is also very affordable, always four or five RMB. One. Its history can be traced back to 1851. It was first used as a tea food. There is a kind of fresh meat dumplings that is very popular, the outer skin is browned and crispy, the middle is delicate and crispy, the inner layer is fresh and firm meat.



Wan Shou Zhai

123 Shanyin Road, Hongkou District, Shanghai, China

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鲜肉月饼

光明邨酒做出来的鲜肉月饼是公认全上海最好吃的鲜肉月饼。“从烤锅上铲起，隔着薄薄的一张纸，当指尖感受到温度的同时，一股香味也钻进了鼻孔。”这句话完美还原了刚拿到新鲜出炉的月饼的顾客的真实感受，在上海，没有一块鲜肉月饼能活着过完中秋。鲜肉月饼是以面粉、猪肉、白糖为原料制作的一道菜品，一口下去，丰腴的肉汁慢慢渗透其间，可谓一绝，而鲜肉月饼的价格也是非常实惠，从来都是四、五块钱一个。它的历史可以追溯到1851年，它最早是茶食，有一种鲜肉饺很受欢迎，外皮是焦黄脆壳，中间有细腻起酥，里层就是鲜嫩紧致的肉馅，后来有师傅脑洞大开，把鲜肉饺的形状和大小都做了改变，就成了鲜肉月饼。





LUCTON

SHANGHAI

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