

英文徵文比賽 - 中學組 (亞軍)

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The Beijing 2008 Olympic Games was over. It has successfully caught the world's attention in August. However, have we paid the same attention the Paralympics Games held after it? For me, the athletes in the Paralympics are "super" athletes as they might need to overcome more physical and psychological difficulties in the Games than their healthy counterparts.

Paralympics Games is a good chance for handicapped or less able athletes to showcase their talents in sports. More importantly, they are telling the world that we human beings can overcome our physical difficulties and achieve something if we have a will and a chance. In fact, they are "equally" successful in winning medals or creating new world records in various sports events. They are in fact our role models and heroes.

Cui Na is a good example. Maybe you haven't heard of Chi Na before. However, she has got a great achievement in Judo when she was only nineteen.

Cui Na was born on 15 February, 1989 in Shandong. She was very poor. Unfortunately, she has got the connatural cataract and has very bad eyesight. Instead of feeling sorry and lamenting for herself, she studied hard.

In 1999, Cui Na went to Tsinan and studied at a school for blind people. She then started to know more about Judo and other sports. She joined the Judo team in order to challenge herself. Although she received simple and boring training at the beginning, she had never thought of giving up. Instead, she strove for improvement and excellence. Later, she participated in many international Judo competitions. She had never won the championship because of her carelessness.

After joining the Paralympics in 2008, she practiced harder. At last, Cui Na's efforts were not wasted. She defeated many forceful opponents and won a gold medal in Judo of woman 52kg. This nineteen-year-old girl has kept training for seven consecutive years and had never given up. It is a great breakthrough for herself.

She claimed that the honor she gained in the Paralympics has encouraged her to keep going and be brave to face her future. Her perseverance is an encouraging

exemplar for the blind people. If one works hard and do not give up easily, even if one is blind, he or she can achieve as much as physically normal people.

I am very proud of Cui Na. She has never given up because of her captivity. Instead, she set ambitious goals in life and then put all her efforts in achieving them. She has succeeded. Her positive attitude towards life is so inspiring.

It is a pity that some Hong Kong people are still holding a prejudiced attitude against blind people. Their eyes are blind but their hearts are not. Like anybody else, they have their dreams too. Why don't we support and care for them? The best way to help is to destroy our biases and provide everyone in the society with equal opportunities to learning sports and work. Of course, it is always good for us to support charity organization. Our understanding and donation can help the needy with job training services, barrier-free access facilities and tailor-made information communication technology.

We need more support and appreciation in our society. Let us continue the spirit of the Olympics and join our efforts in building up this world with One Dream that all may have a chance to achieve in life and live in harmony! Buddies, lets dream together!