

2025/26

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# Low-altitude, high goals

Multimedia

China eyes buzzing  
low-altitude skies for new  
growth engineVideo: Low-altitude  
economy takes off in  
east China's Wuxi

iNKY instant exercise



Drones are so much more than just popular toys. Their bigger, more sophisticated versions are the backbone of a fledging industry that could be worth trillions of dollars in a few years.

THE term “low-altitude economy” appeared in the Government’s latest policy roadmap, as well as the country’s development work agenda.

It refers to economic activities and industries centred around airspace below 1,000 metres, or by some definitions, up to 3,000 metres.

It encompasses various manned and unmanned aerial vehicles, offering applications in logistics, entertainment, travel, infrastructure inspection, agriculture, and public services.

In practical terms, “the (low-altitude) economy is characterised by a long industrial chain, wide applications, and strong growth potential, with use scenarios including its integration with agriculture, aerial monitoring, firefighting, logistics and more”, reported *Global Times*.

## Mainland’s new growth engine

CHINA has been actively promoting the low-altitude economy with many provinces developing action plans and policies to support its expansion. The market size of its low-altitude economy reached 505 billion yuan in 2023 and is expected to grow to 2.3 trillion yuan by 2030.

Key areas of development include drone manufacturing, urban air mobility, and supporting infrastructure such as low-altitude flight corridors and air traffic management systems.

*Xinhua* noted that the low-altitude economy was called a strategic emerging industry at the country’s annual central economic work conference in 2023

and written into the 2024 government work report as a new growth engine.

“Approximately 20 provinces and cities across the country have prioritised the development of the low-altitude economy in 2024, leading to implementation of favourable policies and regulations, attractive funding and subsidies, infrastructure support and suitable sites for eVTOL operations, and paving the way for establishing a sustainable low-altitude ecosystem,” it reported.

## Local development

PLANS to develop a local low-altitude economy were set out in Chief Executive John Lee Ka-chiu’s



• In the 2024 Policy Address, Chief Executive John Lee Ka-chiu stated that the government will establish a “Low-altitude Economy Development Task Force”.  
- Photo: HKEJ

latest Policy Address.

A working group will formulate development strategies and projects on low-altitude applications.

These will include deploying drones for delivery, surveys, building maintenance, aerial photography, performances and search and rescue,

with specific venues for such purposes to be designated by the working group.

The group will also draw up regulations, and map out plans to establish “a highly effective, intelligent and digitalised low-altitude infrastructure system for the real-time management on networks of low-altitude activities”.

## What it means for us?

THE low-altitude economy has the potential to impact daily life.

It could revolutionise urban transport through the use of air taxis to provide faster and more convenient transport options for commuters and travellers.

Drones will enable quicker delivery of goods, food, and other items directly to homes or businesses, which is especially beneficial to people living in remote areas.

New jobs, such as drone operators, technicians, and air traffic management personnel will emerge, and as the low-altitude sector can contribute significantly to the economy, it would benefit everyone.



• Hong Kong Science Park will start to test lower altitude economic activities in Hong Kong.  
- Photo: HKEJ

# Stop that = doomscrolling!



The word 'doomscrolling' may not sound familiar as its use is relatively recent.

But many are doing it every day, even if it is harmful. How does it hurt our health, and how do we stop it?



“DOOM” means “death, destruction, or any very bad situation that cannot be avoided”. “Scroll” means “moving down through text on a screen”. Putting these words together creates ‘doomscrolling’, a word that is as ominous as it sounds.

According to the *Oxford English Dictionary*, doomscrolling is “the action of constantly scrolling through and reading depressing news on a news site or on social media, especially on a phone”.

Linking the common habit with its emotional impact, *Merriam-Webster’s* definition describes doomscrolling as “to spend excessive time online scrolling through news or other content that makes one feel sad, anxious, angry, etc”.

## Popularised by the pandemic

THE word as defined by the dictionaries was first used in 2020 according to *Merriam-Webster*, which only **recognised** it as an official word in September 2023.

The behaviour of doomscrolling became a serious concern as it arose from the **unique** circumstance when the world was in the **throes** of COVID-19, an unprecedented challenge on both the individual and global levels.

Tracing its troubling origin, authors of a paper, Seydi Ahmet Satıcı et al, noted that doomscrolling was actually rooted in **self-preservation**: “Due to the unknown nature of the pandemic, individuals tried to reach every information and news available about COVID-19 via the internet and social media.

“Without a doubt, uncertain **stimuli** like pandemics and outbreaks lead individuals to get stuck in uncontrollable and uncomfortable thoughts which can be eased by getting related answers about the unknown.

“This urge to get all the facts to protect ourselves from danger and to have a feeling of control over it has kept

us engaged with scrolling our phones long hours for more information and news, which are **primarily** negative.”

They observed that constant exposure to negative news on social media and news feeds could take the form of “doomscrolling” which has been described as “a habitual, immersive scanning for timely negative information on social media newsfeeds”.

It is a **vicious cycle** that is difficult to break as users “get stuck in a pattern of seeking negative information no matter how bad the news is”. Moreover, the way media platforms are designed to deliver **unceasing** newsfeeds of outbreaks makes it even more difficult for people to break the habit.

Coupled with factors such as loss of self-control, doomscrolling could become compulsive behaviour.

Psychologist Susan Albers said, “If you’re continuously scrolling, it becomes a **mindless** habit. A lot of times, you might not even be aware you’re doing it. But it becomes second nature. Once you have a spare moment, you pick up your phone and start scrolling without even really being aware of it.”

## Detrimental to health

DOOMSCROLLING can take a heavy toll on mental health, especially for those who already struggle with anxiety and depression. The researchers wrote, “Because of social media, people are exposed to more information than ever before; doomscrolling can make

the world seem even more dangerous and scary.”

Albers explained, “When we’re depressed, we often look for information that can confirm how we feel. Doomscrolling operates with the same mindset: If you’re feeling negative, then reading negative news only reconfirms how you feel.”

But doing so can **reinforce** negative thoughts and a negative mindset, which is bad for our mental health. Consuming negative news could worsen depression and anxiety, and aggravate feelings of fear, stress and sadness. It can also manipulate your perception of reality and even your sense of your own sanity, as well as exacerbating feelings of disconnection and loneliness.

## How to quit

TO stop doomscrolling, limit checking news to a specific time or space. If necessary, put your phone away, in another side of the room or better still, in another room. Unfollow negative news sources and content that makes you anxious.

Become more mindful when you check your phone, as people who are prone to doomscrolling may check the phone automatically.

Pay attention to negative feelings like anxiety, agitation and stress, as this would motivate you to stop the habit.

Look for positive news too, as they can balance the depressing effects of negative ones.



### Tips for a better bedtime



Consistent sleep schedule – go to bed and wake up around the same time every day, including at the weekends.



Bedtime rituals – follow a set of bedtime rituals, like drinking a glass of warm milk, or listening to calming music.



Comfortable sleep environment – eliminate distractions in your bedroom and create a quiet, dark and cool ambience.



Screen time – stop doomscrolling in bed and near bedtime, and do not answer phone calls, texts or respond to e-mails in bed.



Healthy lifestyle – exercise regularly, but avoid doing it close to bedtime to avoid the opposite effect.



Stress management – leave daytime worries to the daytime, and learn to de-stress. Try relaxation techniques like deep breathing exercises.

#### Multimedia

Top 10 tips for a good night's sleep



Video: Doomscrolling – why do we do it?



#### iNKY instant exercise



#### Listening comprehension



Scan the QR Code to listen to a summary of the part of this article about Stop that doomscrolling!



Download the PDF at [inky.hkej.com](http://inky.hkej.com) to complete the listening comprehension exercise based on this audio.

### A huge problem in HK

MANY Hongkongers have trouble getting a good night's sleep, according to a survey.

Of the over 700 respondents to the online poll by ESDlife, almost 75 percent said the quality of their sleep was poor, and over 80 percent wanted to improve their sleep quality.

The main causes of the unsatisfactory state of their sleep are stress, the use of screen devices, and lack of enough exercise.

Work-related stress affected over three-fourths of the respondents. Stress from family and money matters affected 51 and 48 percent respectively.

As to the nature of the sleep problem, over half complained about feeling tired when waking up, and a third said they can easily be awakened.

Hongkongers apparently know how to improve their sleep quality, with most



citing a quiet environment, being stress-free, and exercising regularly as methods.


But still, nearly nine out of 10 respondents admitted that they use electronic devices before bed, even if they were already feeling drowsy, willingly sacrificing sleep time for what they called "me time".

Over 70 percent had no idea how

much sleep is affected by melatonin, a hormone naturally produced by the body to regulate the circadian (daily) rhythm.

Psychiatrist Raymond Wong Ka-yau explained, "Its secretion is influenced by sunlight and light levels, increasing after sunset to signal the body to prepare for sleep and decreasing after sunrise to promote wakefulness."

Many people made up for the sleep debt created by chronic insufficient quality sleep by taking naps during the day, with 75 percent doing so while commuting, saying the bus is the best place for doing so.

A study on Hong Kong students has shown sleep duration relates to academic performance, with those with an optimal level of sleep – 9.5 hours in primary 3, and 8.5 hours in secondary 3 – doing better. Yet, the study results, published in 2023 in the PsycNet of the American Psychological Association, found Hong Kong students generally lack sufficient sleep. 

#### Vocabulary

1. Recognise (v) 正式承認

The company will not **recognise** the job applicant's overseas qualification.

2. Unique (adj) 獨特的

The new restaurant has a **unique** menu.

3. Throes (n) 煎熬

The company was in the **throes** of a major financial crisis.

4. Self-preservation (n) 自我保護

In dangerous situations, the body will react instinctively for **self-preservation**.

5. Stimulus (n) 刺激

The dropping of special duties is designed as a **stimulus** for the property market.

6. Primarily (adv) 主要地

The construction projects were **primarily** for creating jobs.

7. Vicious cycle (n) 惡性循環

Poverty can create a **vicious cycle** that is difficult to break.

8. Unceasing (adj) 不停的

The **unceasing** rain caused flooding throughout the city.

9. Mindless (adj) 愚蠢的

It is **mindless** to keep buying luxury goods you can't afford.

10. Reinforce (v) 加強

Homework can **reinforce** concepts that we learn in class.

# Effective structure, language and content

**W**E have learnt how to decode a question, how to choose the type of vocabulary to use and the different techniques we can employ to improve our writing. Writing that attains Level 5 or higher employs several strategies to improve itself.

In this article, we will analyse the body paragraph of some Level 5 writing to understand how it is written.

From the 2019 paper, a candidate wrote:

*To commence with, I am convinced that the method of hiring international talents increases the competitiveness of Hong Kong. Currently, not only do private multi-national companies admit staffs all around the globe, but the government has also been setting policies to attract foreign talents. To cite an instance there is a "Quality Migrant Scheme" which encourages foreign talents who are eligible to the requirements to immigrate to Hong Kong and work here. By this, talents from different spectrums, namely innovation technology, business sectors, even doctors can join their respective fields in Hong Kong. These foreign workers can showcase their talents and transfer their skills to local Hong Kong people. Since the local workers can learn from the international talents whose skills and talent meet standard of excellence, it is expected that the quality of local workers be improved. In the long run, having acquired more skills, local companies of Hong Kong can produce better products and offer better services the competitiveness of local companies increase.*

## Structuring

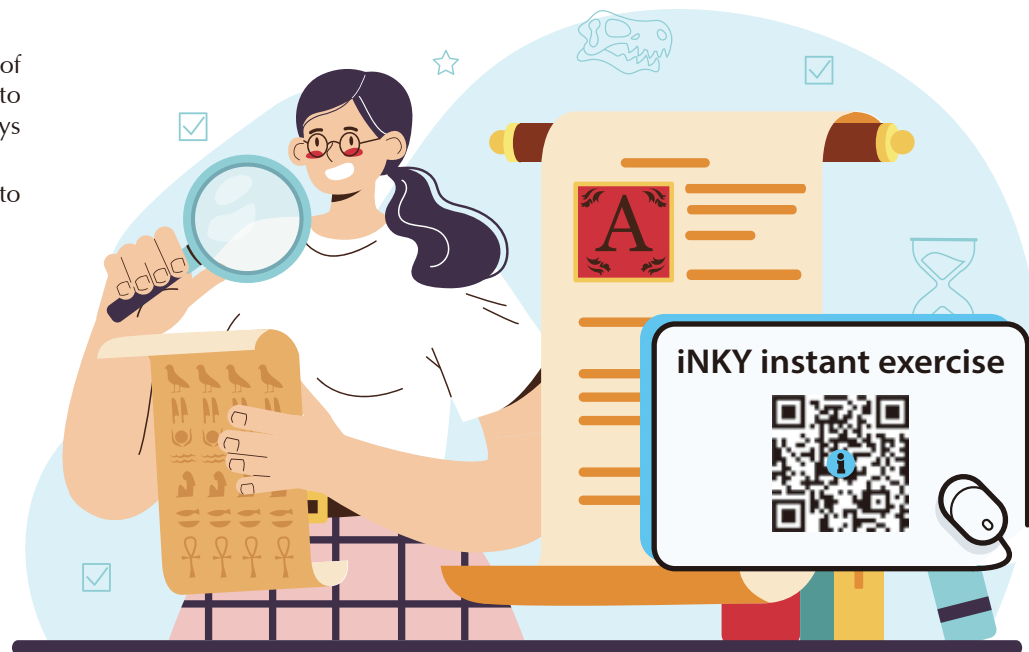
THE body paragraph has been effectively structured to enhance readability. It begins with a clear topic sentence that states the candidate's view. Following that, the candidate supports their perspective by presenting real-life examples, which adds credibility to their argument.

The candidate then concludes the paragraph by restating their view and connecting their explanation to it to support their stance. This structure ensures a coherent flow of ideas and strengthens the overall clarity and persuasiveness of the paragraph.

## Language

THE language used by the candidate showcases a strong command of vocabulary and effective use of connectives. Connectives such as "to commence with", "currently", "to cite an instance", "by this", and "in the long run" contribute to a smooth flow of ideas, resulting in a coherent paragraph.

Additionally, the candidate maintains a consistent tone and register throughout the paragraph, demonstrating a careful selection of vocabulary to maintain a formal tone. Words such as "convinced", "eligible", "spectrums", "innovation", and "acquired" contribute to the overall formality of the writing. No informal vocabulary is observed, ensuring consistency.



The candidate also effectively employs vocabulary that demonstrates their ability to communicate with precision. Terms such as "competitiveness," "admit," "multi-national companies," "talents," "foreign workers," and "standard of excellence" are highly relevant to the content.

The candidate also uses various sentence structures. For instances, simple sentences are effectively used, as seen in the statement: "I am convinced that the method of hiring international talents increases the competitiveness of Hong Kong."

Compound sentences are also used, which showcase the candidate's ability to present multiple ideas, such as: "Currently, not only do private multi-national companies admit staffs all around the globe, but the government has also been setting policies to attract foreign talents."

Complex sentences are also observed, such as: "To cite an instance, there is a 'Quality Migrant Scheme' which encourages foreign talents who are eligible to the requirements to immigrate to Hong Kong and work here."

The candidate also used several cause-and-effect phrases throughout their writing. For example: "Since the local workers can learn from the international talents whose skills and talent meet the standard of excellence, it is expected that the quality of local workers be improved."

## Content

THE ideas presented by the candidate are relevant, well-developed, and engaging. By including the example of the "Quality Migrant Scheme", the candidate provides relevant real-life examples supporting his or her view. Furthermore, the candidate can logically develop their ideas by demonstrating how foreign talents can help to improve the competitiveness of local employees through the transfer of skills.



Download ALL the learning activities (Vocabulary and Glossary, Mini Mock Questions, Question Type Practice, Writing Area and Listening Exercise, etc.) from [inky.hkej.com](http://inky.hkej.com)



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