

## Building a clean Hong Kong



**I**N densely packed cities like Hong Kong, where people in many districts live **cheek by jowl** with small businesses like restaurants, localised hygiene **black spots** can frequently develop.

To prevent unwanted rises in pest populations such as rodents and manmade **nuisances** like dripping air conditioners, the Hong Kong Government has created an online system that enables everyone to work together.

On 31 January, the government launched a new website displaying an online map that lists more than 700 hygiene black spots in various districts of Hong Kong. These spots include streets, back alleys and rubbish disposal areas.

The website, which is currently only in Chinese, allows citizens to witness and **monitor** the government's progress in tackling environmental hygiene.

Members of the public, including students, can view hygiene black spots by district or key in a location on the map for a direct search.

As you are all students who **commute** to school every day, you can play a vital role. Compare how the hygiene black spots look like when you pass by them before and after the cleansing operations.

Students can report **relapse** cases or new hygiene black spots by providing feedback on the website. This helps the government keep the programme on track. Newly reported spots will be added to the programme's list of hygiene black spots after being verified by the relevant department.

Responding to an avalanche of complaints from the public, the Chief

Executive John Lee initiated the citywide environmental hygiene campaign when he took office in July 2022.

The initiative has been **implemented** and extended by Deputy Chief Secretary for Administration Cheuk Wing-hing. He urged citizens to join forces with the government to combat hygiene black spots and build a highly liveable environment that all are proud to call home. **e**

### Idiom

#### Cheek by jowl

JOWL refers to the lower part of one's cheek. To be cheek by jowl with someone or something is to be very close together, side by side. This idiom is often used to describe cramped living conditions, for example, "The family of six lived cheek by jowl in a one-room flat".



### VOCABULARY

1. **black spot (phr)** 較易出現問題的地點
2. **nuisance (n)** 滋擾

3. **monitor (v)** 監察
4. **commute (v)** 乘車往返

5. **relapse (n)** 復發
6. **implement (v)** 貫徹



## Buy less, wear more

Do you purchase more clothes than you can wear? How much attention do you pay to the impact of products on the environment? We can all use a lesson in sustainable fashion.



**T**HE fashion industry in its current state is not **sustainable**. It adds more to climate change than the aeronautical and shipping industries combined. It exacts heavy environmental **tolls** with its chemical emissions and water waste, and exploits workers and harms animals too.

Also called “**ethical** fashion” and “eco-fashion”, sustainable fashion is described by Eco Canada as “fashion developed by companies that pay their workers a living wage, give them safe, healthy working conditions and monitors its environmental impact, taking care to use more sustainable materials and reduce resource use throughout their products’ life cycle”. On the right are features of this kind of fashion.

### Organic cotton

**ORGANIC** cotton is a sustainable fabric because it is grown without using synthetic fertilisers and pesticides that harm the environment. It can be used to replace polyester, which has been the dominant fibre for decades.

### Eco-friendly

**FASHION** that is eco-friendly is designed, manufactured, **distributed**, and used in a manner that reduces the environmental impact of the fashion industry, such as using eco-friendly materials and reducing waste.

### Recycled fabrics

**THESE** are made from materials that have been used previously and processed to create new textiles. Using recycled fabrics reduces the amount of waste that is dumped in landfills and helps to conserve natural resources.



### Idiom

#### A new lease of life

A **NEW** lease of life, or a new lease on life (American usage), means an increase in the period for which something can be used or continued; to improve something that was old so that it works much better. It can also describe someone appearing more energetic and active than before.

- The patient got a new lease of life after the surgery corrected her heart problem.
- The refurbishment gave the old table a new lease of life.

### Animal rights

**THERE** are ethical concerns with materials like leather and fur which are made from animals. Sustainable fashion uses materials that do not harm animals and avoid the environmental impacts from raising animals for their **hides**.

### Natural dyes

**DYES** made from plant and animal material are eco-friendly, non-toxic and renewable. They are a natural alternative to chemical dyes that require a lot of energy to produce and are toxic to the environment.

### Redesigned clothes

**SECONDHAND** clothes can be upcycled, swapped and mended. This redesigning of old clothes gives them **a new lease of life**, and helps to reduce the waste and pollution of the fashion industry. It can also be a fun way to express one’s creativity and individuality.



### VOCABULARY

1. **sustainable** (adj) 可持續的
2. **toll** (n) 破壞

3. **ethical** (adj) 道德的
4. **organic** (adj) 有機的

5. **distribute** (v) 分發
6. **hide** (n) 皮革

## HISTORY

### London Bridge



**L**ONDON Bridge, often confused with the nearby Tower Bridge, is a small bridge that has allowed Londoners to cross the Thames for thousands of years. It was built by the Romans as part of their conquest.

In the 11th and 13th centuries, the bridge hosted houses and shops and was considered one of the main shopping streets in London. The bridge also acted as a **fire break** during the Great Fire of London in 1666, stopping the city from **burning down** entirely. It was demolished and rebuilt in the 1970s due to safety concerns. The nursery song *London Bridge is Falling Down* is believed to refer to its multiple demolitions.

#### FUN FACT

**The London Bridge that was demolished in the 1970s was sent brick-by-brick to Arizona in the US and reassembled there.**

## FOOD

### Ginger goodness

**G**INGER is the root of a flowering plant commonly found in Asia. It is commonly featured in many Asian cuisines due to its health benefits and unique flavour that can be used in sweet and savoury dishes.

Gingerol is one of the main oils and ingredients found in ginger that gives it so many benefits. It is also the chemical that is responsible for ginger's distinctive flavour. Additionally, it gives ginger anti-inflammatory properties and combats toxins in the body. This is why ginger is perfect for infections that cause inflammation, like a cold. Additionally, it can be used for digestion and nausea, especially for **morning sickness** in the early stages of pregnancy.

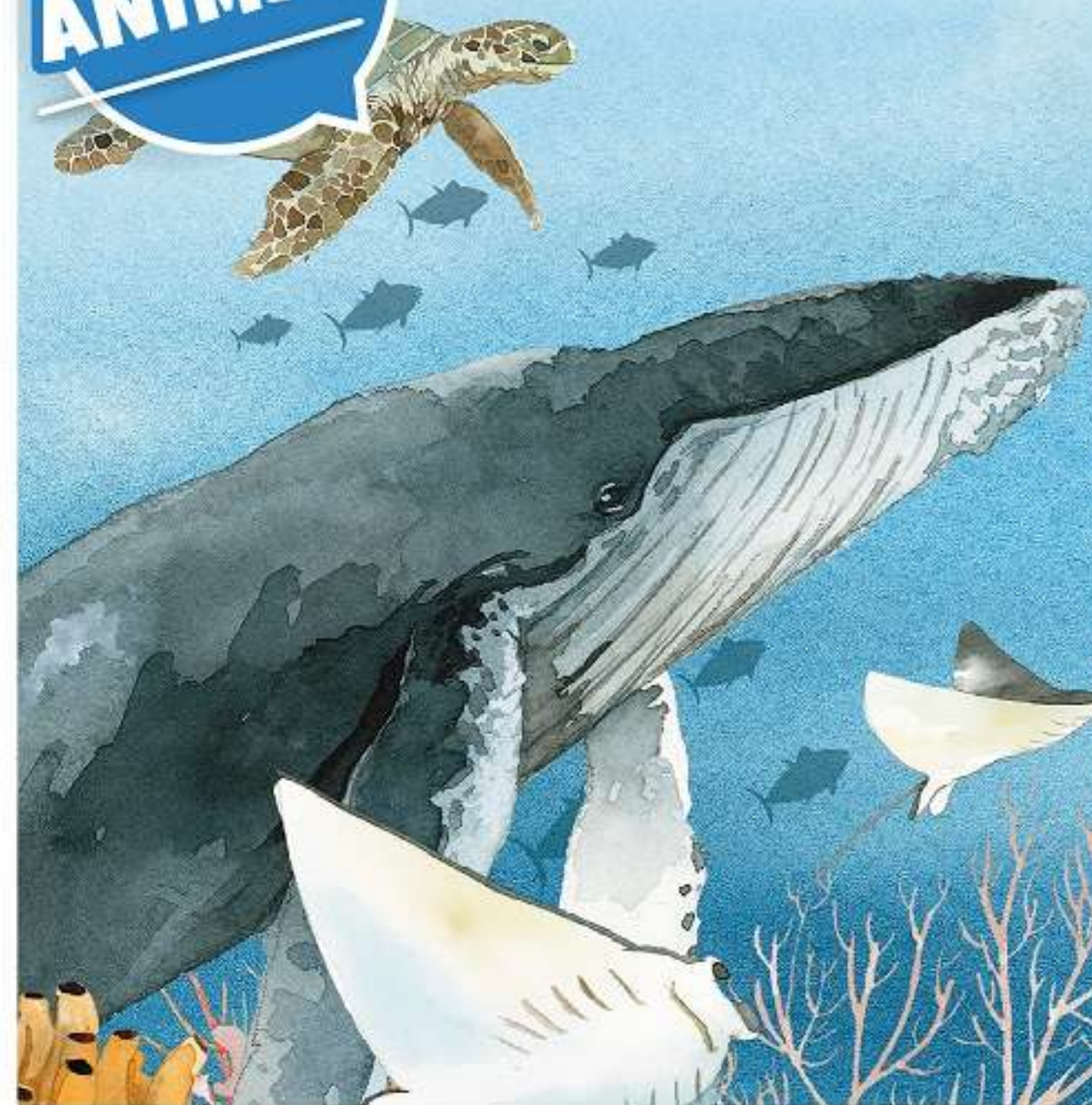
Ginger reduces cholesterol levels and can help with weight loss, thus lowering the **risk factors** for heart disease.

#### FUN FACT

**The name of ginger comes from the word 'gingivere' in Middle English.**



## ANIMALS



### The diversity of ocean life

**F**ROM invisible plankton to enormous whales, the ocean hosts some of the most vibrant biodiversity on Earth. Vertebrates like mammals and fish **co-exist** with invertebrates like octopi and crabs at different sea levels.

Sunlight only reaches the first few hundred metres of the ocean, where 90 percent of sea life exists. In this sunlight zone, large fish such as sharks and whales act as **apex predators**. Smaller fish populate reefs which are made up

of living coral and anemones. One such reef is the Great Barrier Reef.

As depth increases, the ocean gets colder and darker. To survive the extreme temperatures and darkness of the deep sea, some sea creatures have evolved features like transparent skin or bioluminescence which lets them create and emit light by themselves.

#### FUN FACT

**The ocean contains 50 to 80 percent of all life on earth.**



#### PHRASES

1. fire break (防火帶)
2. burn down (燒掉)

3. morning sickness (孕吐)
4. risk factor (風險因素)

5. co-exist (共存)
6. apex predator (頂級掠食者)

## The life of the Wakhi shepherdesses

The Pakistani female sheep herders travel to work on a dangerous road and work shifts that last for months. They live a way of life that is dying out.



• Three of the last Wakhi shepherdesses: Sakina (left), Thai Bibi (centre) and Annar (right). - Photo: BBC

**T**HOSE who are unhappy with their jobs may gain **perspective** by learning about the Wakhi shepherdesses – women of the Shimshal village in the mountain region of northeast Pakistan who take sheep, goats and **yaks** for grazing at mountain **pastures**.

That might sound like a laid-back way of making a living. But it is, in fact, a highly **hazardous** and harsh vocation, both for the shepherdess and their children, whom they have to take to work.

The road to the pasture, called Pamir, is treacherous, reported BBC's Farhat Javed, who followed the shepherdesses on one of their last trips. It was no **exaggeration** when she observed, "The steep mountain trails wind and twist – one wrong step and you are gone."

Every summer, the shepherdesses leave home, carrying their children and supplies on their backs, and make the three-day trek

along a narrow, rugged mountain path, through rain, snow and **scorching** heat, to take their flock to the lush green pasture 5,000 metres above sea level. In the old days, they lacked adequate clothing or shoes.

These dauntless women spent the entire summer looking after their flock. At night, they had to burn fires and slept on the roof of their stone hut to avoid attacks by wolves and leopards. During the day, they make yoghurt and butter to take back to the village.

For generations, the women of the village, young and old, have lived this harsh life until their dairy business earned enough to fund the construction of the first road that linked the village to civilisation in the early 2000s, allowing their children to go to the outside world, receive an education and lead more comfortable lives.

Only a few of the shepherdesses are left, all in their old age. Soon, their way of life will become extinct as the younger generation blissfully does not have to **follow in their footsteps**.



### I Wonder

#### Grazing and pastures

**GRAZING** is to let livestock like cows, horses and sheep eat grass in a field. As a noun, it refers to land with grass that the livestock can eat. Such land is also called pasture. Grazing may carry ecological costs, if not properly managed. Decades of over-grazing cause damage to grasslands and can turn them into dry wastelands.

### Follow in someone's footsteps

#### Idiom

THIS expression means to do the same thing as someone else did previously, especially as a job. If your parents are teachers, and you follow in their footsteps, it means you have become a teacher too. A related expression is 'follow suit', which means to do the same thing. If one shop reduces prices and another follows suit, it means it is also cutting prices, like the first shop.

## REVIEW QUIZ

Test your understanding of ALL the articles. It includes the Challenge Quiz!



### VOCABULARY

- |                              |                               |                               |
|------------------------------|-------------------------------|-------------------------------|
| 1. <b>perspective</b> (n) 看法 | 3. <b>pasture</b> (n) 牧場      | 5. <b>exaggeration</b> (n) 誇張 |
| 2. <b>yak</b> (n) 犛牛         | 4. <b>hazardous</b> (adj) 危險的 | 6. <b>scorching</b> (adj) 炎熱的 |



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