



How to be a global citizen



A GLOBAL citizen is someone who recognises that they are part of a worldwide community and feels a sense of responsibility towards people and the environment across the globe. It means looking beyond just your local community or country and understanding how your actions can impact others around the world.

Being a global citizen involves having cultural awareness – learning about different languages, religions, traditions and ways of life. It's about respecting and appreciating **diversity** instead of judging or **discriminating** against those who are different from you. A global citizen is curious about perspectives and experiences different to their own.

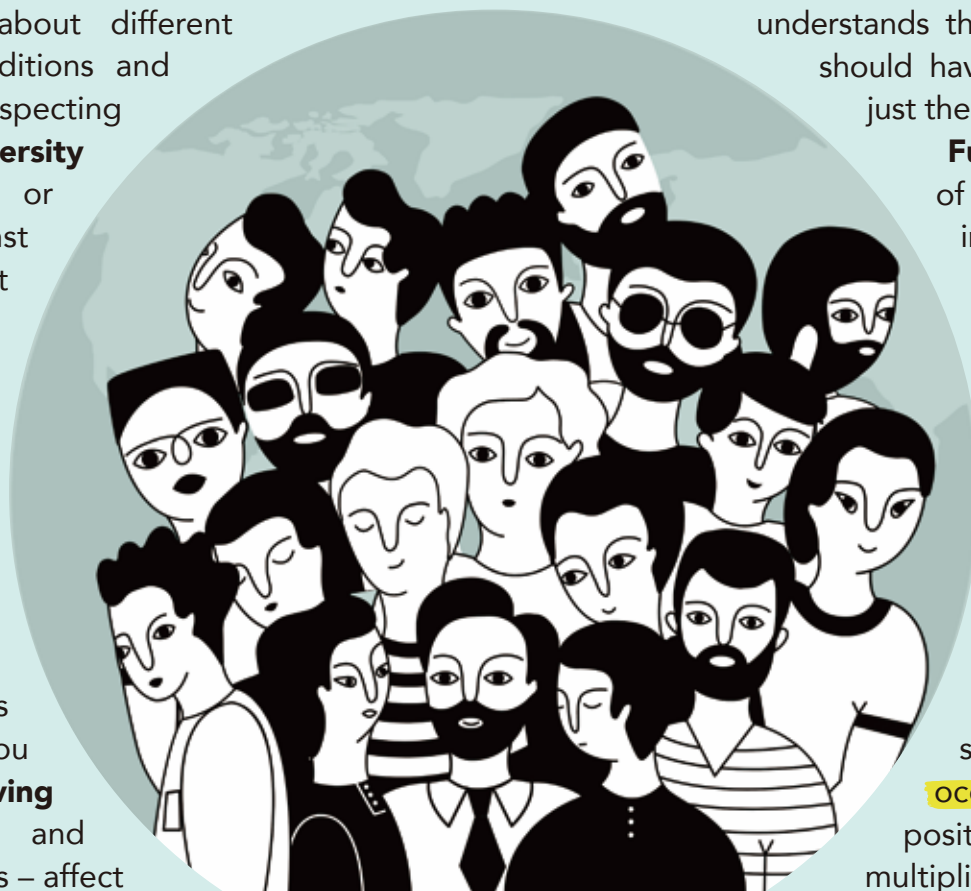
Global citizenship also means being conscious of how you treat the environment. Since we all share this planet, the choices you make – like **conserving** energy, reducing waste and protecting natural habitats – affect

people and ecosystems everywhere. Taking care of Earth's resources is a responsibility we all share.

As strong local communities contribute to a strong global community, good global citizens also recognise their **civic** duties within their local communities. This could involve volunteering, being an active and informed voter or simply being a good neighbour. However, a global citizen understands that their civic **engagement** should have a wider impact beyond just their hometown.

Fundamentally, the qualities of being a global citizen include empathy, open-mindedness and a commitment to making the world more peaceful, sustainable and fair for everyone, no matter their circumstances or where they are from.

While small actions – like learning about other cultures or making sustainable choices – can seem to be but **a drop in the ocean**, they can make a positive difference when multiplied across the globe. **e**



A drop in the ocean

THE idiom 'a drop in the ocean' refers to something that is extremely small or insignificant compared to the larger whole or situation. It conveys the idea that something is so minor or tiny that it would not make any noticeable difference or impact. For example, if someone donated \$10 to a charity that needs millions of dollars, it could be said to be "just a drop in the ocean of what's needed".

Idiom



VOCABULARY

1. **diversity** (n) 多樣性
2. **discriminate** (v) 歧視

3. **conserve** (v) 節約
4. **civic** (adj) 公民的

5. **engagement** (n) 參與
6. **fundamentally** (adv) 從根本地



THE MAGIC OF GRATITUDE



To be thankful is to feel gratitude, which will make us happier, and even healthier. But to adopt such a mindset may not be easy as we are living in a culture of constant complaining and moaning.

HONGKONGERS like to **complain**. We complain about everything, all the time, so much so that complaining has almost become our **default** mode. Some even say we have a culture of complaining.

In fact, constant complaining is not only a hallmark of Hongkongers, but of people in many other places. Complaining is said to be a “defining **trait** of Singaporeans”; it has even been called the Lion City’s “national **pastime**”, observed Jonathan Sim, a lecturer at the National University of Singapore.

Complaining is not necessarily bad. It can be seen as a social act that connects people. Yet, it can be harmful if we complain so much that we forget to feel and express **gratitude**.

Gratitude has been defined as “the feeling of being grateful”. It entails a “readiness to show appreciation for and return kindness”, and “a strong feeling of **appreciation** to someone or something for what the person has done to help you”.

Psychologist Jessica Koehler pointed out the many benefits of gratitude. “It is **consistently** linked to higher levels of happiness and life satisfaction,” she wrote. “Gratitude may be protective

against the development of mental health disorders, such as depression and anxiety.”

Gratitude also helps us to develop and maintain positive interpersonal relationships. “Being grateful can foster social bonds, enhance empathy, and improve communication,” she added. It is a powerful emotion that makes us more resilient, enabling us to cope better with and rebound from adverse situations.

Gratitude is so important that a day each year is dedicated to practising it. The World Gratitude Day, observed annually on September 21, aims to foster feelings of appreciation, positivity, worthiness and connection.

But to reap the greatest benefit of gratitude, we should adopt it as our default mindset. To reach this state of mind, we can incorporate simple gratitude practices into our daily life – keep a gratitude journal to record things we feel grateful for, be they big or small; express appreciation to others.

We can also attempt what is called the 28-day gratitude challenge, which is simply to practise gratitude for 28 days – a period of time generally needed to break an old habit and establish a new one.



Vocabulary

By default

DEFAULT is a noun that means what exists or happens usually if no changes are made. If we say something happens by default, it means it happens only because something else does not happen. As a verb, default means to not do what you have made an agreement to do, especially paying back the money you have borrowed.

- By default, most computers are set to receive and install updates for their operating system.
- Borrowers who default on their mortgage payment could lose their home as the bank can sell it to recover the money owe to it.



VOCABULARY

1. **complain** (v) 投訴
2. **trait** (n) 特點

3. **pastime** (n) 消遣
4. **gratitude** (n) 感激之情

5. **appreciation** (n) 感謝
6. **consistently** (adv) 不斷地



The intelligence of pigs

ALTHOUGH pork is a favourite meat of many and is often featured in Hong Kong cuisine, pigs are one of many creatures that are not just food, but also friends. This is because scientists have found pigs to be highly intelligent animals. Although other species, like apes, dolphins or ravens, are known for their intelligence, pigs also possess many different **indicators of** intelligence. They are the fifth most intelligent animal in the world and are believed to have the intelligence of human toddlers.

Pigs are known for having **strong communication** with other pigs in their environment as well as both emotional and social intelligence, forming **close bonds** between each other. Scientists have also discovered that pigs can show individual personalities. Beyond this, they can use tools, solve problems and have strong memories. These skills, combined with their strong sense of smell make them amazing hunters of truffles in the ground.

FUN FACT

Pigs sing to their babies to communicate with them.



What is a boomerang?

BOOMERANGS are curved pieces of wood used by Australian Aboriginals as weapons for hunting or war. What differentiates them from other weapons is how they are used. A hunter or warrior throws them with a special technique, **sending it flying** into the air. When thrown correctly, the boomerang returns to the thrower. Boomerangs that follow this circular flight are known as 'returning boomerangs' and were mainly used for games and hunting birds.

Non-returning boomerangs are used for other kinds of hunting or warfare. Non-returning boomerangs have curved flights and can kill or seriously injure their target, making them useful, yet lethal. While boomerangs do have practical purposes, they are also important to Aboriginal culture.

Boomerangs are often used to tell traditional legends through paintings, carvings and other designs which feature various creatures and deities. Sometimes, they are used in religious or cultural ceremonies as instruments. Their various uses from hunting to religious gatherings shows how integral these wooden throwing sticks are to Aboriginal culture.

FUN FACT

The oldest boomerang ever found is about 30,000 years old.



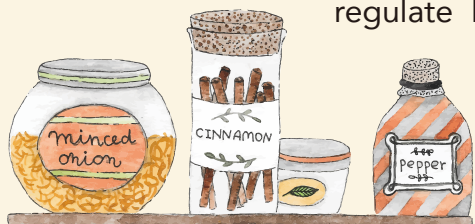
What are herbs?

HERBS are the leafy part of plants that can be used dried or fresh **to flavour** cooking. Some common herbs you may be familiar with are basil, coriander, rosemary or thyme – not only do they enhance the taste of your cooking, they also have numerous nutritional and medicinal benefits.

Herbs have antioxidants that prevent toxins from **building up** in your body; this can help protect your body from diseases like cancer. Additionally, flaxseed can help regulate blood pressure and insulin, preventing heart disease and diabetes. In the past, people used to use herbs as medication to cure various diseases. The Chinese, have drunk herbal teas

for millennia, combining them to treat specific diseases. The four great herbs in Chinese medicine are ligusticum, schizandra, astragalus and ginseng. More common teas like jasmine tea and oolong tea also help detoxify the body, reduce inflammation and improve circulation.

In cooking, herbs are often used in butters, yoghurt dishes like tzatziki, breads like focaccia and much more. Incorporating herbs into your food is an easy and flavourful way to make what you eat a little healthier.



FUN FACT

Some plants can be both a herb and a spice – herbs from the leafy parts and spices from other parts.



PHRASES

1. **indicators of** (的指標)

2. **strong communication** (強效溝通)

3. **close bonds** (緊密的關係)

4. **sending it flying** (令它飛起來)

5. **to flavour** (賦予風味)

6. **building up** (構建 / 累積)

1,000m-tall batteries to store renewable energy

Batteries are usually small – from lithium models that are just a few millimetres to AA-size ones just over 5 centimetres. But scientists are designing 1000-metre tall batteries. What are these giant batteries for?

SCIENTISTS are building batteries that are actually as tall as **skyscrapers**, since they will be incorporated into their structure.

The technology is being developed jointly by Energy Vault, a company that **specialises** in energy storage, and Skidmore, Owings & Merrill, an architecture and engineering firm that built some of the world's tallest buildings.

These batteries employ **gravity** energy storage – by raising heavy blocks high up using excess energy generated during low-usage times, energy is stored up for use during demanding times by dropping the block and generating electricity as it is pulled down by gravity.

This could balance the **distribution** of power between **peak and off-peak time periods** of the day, but the system is even more useful for storing renewable energy.

CNN's Amy Gunia explained, "One of the biggest **hurdles** to a power grid dominated by clean energy is the **intermittency** of some renewable sources. Sometimes clouds roll in when solar energy is needed, or the wind stops blowing, and turbines can't generate power. Other times, the sun and wind produce more electricity than is required."

These "tall" batteries will be incorporated into skyscrapers by hollowing out structures for the moveable blocks, while leaving room for residential and commercial tenants. **e**



• This render shows SOM and Energy Vault's proposed superstructure tower, a skyscraper which integrates gravity energy storage.
- Photo: Energy Vault

Vocabulary

Peak and off-peak

"Peak" is a noun that means the highest level or value of something. "Peak hours" for power consumption is when people use the highest amount of electricity. Peak hours are the most expensive time for power as companies charge more for it. You can save money if you use electricity during the off-peak hours. "Off-peak" is an adjective that means not at the most popular and expensive time.

I Wonder

Battery types

The two main types of batteries are primary and secondary. Primary batteries are single-use, disposable batteries. Examples are non-rechargeable AA and AAA batteries. They work through a one-way chemical reaction that converts stored chemical energy into electrical energy. Secondary batteries are rechargeable and can be used multiple times. They work by reversing the chemical reactions that occur during discharge. Examples are the lithium-ion batteries we use for our phones and the lead-acid battery that are used in motor vehicles.

REVIEW QUIZ

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



VOCABULARY

1. **skyscraper** (n) 摩天大樓
2. **specialise** (v) 專門從事

3. **gravity** (n) 地心吸力
4. **distribution** (n) 分配

5. **hurdle** (n) 障礙
6. **intermittency** (n) 中斷



Download ALL the learning activities (Vocabulary List, Word Search, Anagrams, Review Quiz, etc.) from quest.hkej.com



QUEST is also available to download on the App Store (iOS) and Google Play Store (Android).