

Excerpts that Ms. Christine Fang, the Guest of Honour, will share with the students in her speech:

Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story.

Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans.

Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself.

Therefore be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery and broken dreams it is still a beautiful world. Be careful. Strive to be happy.

~ Extracts from "Desiderata" - By Max Ehmann

在喧囂和奔忙中安靜的走開，  
記住沉默裡也許帶有安寧。  
盡可能的與人為善，但不要卑躬屈膝。  
心平氣和的說清你的真意；並聆聽別人，甚至那些愚鈍和無知者，  
他們也有故事。

避開喧鬧尋釁者，他們會擾人心神。  
和人相比只會為你添上虛榮和嫉妒。  
因為尺有所短，寸有所長。  
享受你的成就，以及藍圖。

不管多低微，對你的事業保持興趣，在時光的財富裡一切易變，惟其不變。

善待歲月給你的忠告，坦然放下年少的不更事。  
蓄養心力，突發噩運時它可庇護你，  
但不要為幽暗的想法所困。  
許多恐懼均源於困倦和孤獨。  
從心所欲不逾矩。

所以，不管你如何構想上帝，但求無愧於天。  
不管你如何勞苦和渴望，保持在生活的喧擾紛亂裡心靈安寧。

儘管有虛假，坎坷，破碎的夢，  
世界依然美麗。  
歡呼吧，為幸福努力吧。

摘錄自 “Desiderata”  
由方敏生女士翻譯