

三軍。青年。聯合比賽

AYP 隊員 余友森 分享 Sharing of Sam Yu, AYP Team Member



"三軍·青年·聯合比賽對我來 說是一項新鮮活動,當中過半活 動我從未接觸,因此吸引我挑戰。 我十分感激我的隊員,每一項比 賽我們都全力以赴,合作無間。 特別在定向時,當我跑得筋疲力 盡時,他們在我身旁打氣,鼓勵 我繼續跑下去。"



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"For me, the competition is a fresh new experience, in which more than half of the activities I have never tried before. Such challenges attract me indeed. I'm indebted to my teammates because all of us have overcome the challenges hand-in-hand, heart-to-heart and done our best. In particular, in the orienteering, I was cheered up and energised by them when I was totally exhausted and that made me continue the run."



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"在比賽過程中,我們和各隊進行許多交流,我們都樂意分享各自專長項目的秘技,令我對海陸空三軍有所認識,我很高興大家彼此成為朋友。"



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very happy to make friends with them too.



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"而最令我得著最大的是團隊精神。我們AYP隊的隊長(細佬)是一位出色的領袖,從他身上我學習到好的領袖如何帶領整個團隊分工合作,發揮各自才能,共同完成目標。"

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"I benefit the most from the strong team spirit that we have built up. Our Team Leader (Calvin) is an outstanding leader, from whom I have learnt how to be a good leader. Under his leadership, each team member is able to unleash his own potentials and collaborate well with each others, with an aim to achieving a common goal together."



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