



一堂「頂配」科普課 厚植港青家國情

A Top-Tier Science Lesson That Deepens Hong Kong Youths' Affection for the Nation

香港各界翹首以盼的「天宮課堂·港澳專場」太空授課昨日成功舉行。包括香港首位載荷專家黎家盈在內的神舟二十三號乘組，在浩瀚太空為港澳中小學生講解及示範科學實驗，並進行「天地對話」。這是國家級航天和科普資源首次專門落地港澳，充分彰顯中央對港澳的高度重視與特別關愛，對青少年厚植家國情懷、投身創科發展，對香港加快融入和服務國家發展大局具有深遠影響和重要意義。

這堂「太空課」經過周密安排、精心籌備，現場互動熱烈，精彩紛呈。航天員們在微重力環境下示範的各種科學實驗和物理奇觀，讓觀看直播的同學爆發出陣陣驚呼與熱烈掌聲。最具標誌性的時刻，莫過於香港載荷專家黎家盈博士全程以廣東話講解和授課。她帶領大家「雲參觀」太空廚房，分享在太空親手烘焙蛋糕、想起香港街頭小食「雞蛋仔」的溫馨細節，並講述了面對「沙漠生存」與「睡眠剝奪」等極限訓練時，如何憑藉鋼鐵般的意志克服困難。來自「太空師姐」的親切勉勵與奮鬥故事，深刻啟迪了港澳青少年的心靈，激發起他們探索未知的強烈興趣。

為港澳特設太空課堂，充分彰顯了中央對港澳青少年的高度關心。眾所周知，中國空間站在軌運作極其繁忙，各項科學實驗與科研任務排得滿滿當當。儘管如此，國家依然在神舟二十三號任務中專門排進了這場「港澳專屬」的天宮課堂。這種破天荒的特殊安排，充分表明中央對港澳年輕一代的厚愛與期許。在「一國兩制」的制度下，港澳同胞不僅是國家現代化建設的支持者，更是核心參與者；香港與國家命運緊密相連，共享榮光、共擔責任。

對於香港青少年而言，這是一堂「頂配」的科普課，也是最直觀、生動的愛國主義教育課。授課安排將國家重大科技成就與航天員頂強奮鬥的個人經歷相融合，其效果遠勝於傳統課本的說教。透過航天員講述訓練過程與心路歷程，香港學生可以真切感受「特別能吃苦、特別能戰鬥、特別能攻關、特別能奉獻」的載人航天精神。這種寶貴精神力量，能引導青少年樹立正確的人生觀與價值觀，將個人的青春夢想融入國家發展大局之中，在潛移默化中播下愛國愛港、投身創科的種子。

這次太空授課，也是香港科研實力與人才集聚優勢的集中展現。正如行政長官李家超在致辭中所言：「航天夢從來不是遙不可及，香港人同樣可以翱翔天空，為祖國航天事業貢獻力量。」黎家盈博士成功進入太空，在艙內親自組裝、運維由香港科技大學研發的「天韻相機」，實現了香港航天員操控香港自主研發載荷的歷史性突破。除了這次任務，香港科研團隊還在國家月球和火星探測任務中提供儀器與技術資源，並在太空進行空間搭載實驗，以香港科研力量服務國家航天工程。國家為香港搭建了最高規格的溝通橋樑與廣闊平台，是對香港創科實力的最高肯定，更期待未來有更多香港科研工作者和青少年脫穎而出，為國家航天事業貢獻力量。

節錄自《大公報》
2026年9月10日社評

The much-anticipated "Tiangong Class" Hong Kong and Macao Special Session was successfully held yesterday. The Shenzhou-23 crew, including Hong Kong's first payload specialist, Lai Ka-ying, explained and demonstrated scientific experiments from space for primary and secondary school students in Hong Kong and Macao. They also engaged in a live dialogue with students on Earth. It was the first time that national-level aerospace and science education resources had been specially brought to Hong Kong and Macao. The arrangement fully demonstrated the central authorities' high regard and special care for the two cities. It is also **of profound significance** in **fostering** young people's affection for the country, encouraging them to pursue innovation and technology, and accelerating Hong Kong's integration into and contribution to national development.

Meticulously planned and prepared, the "space lesson" was packed with fascinating demonstrations and lively interaction. Scientific experiments and physical phenomena demonstrated by the astronauts in microgravity drew bursts of amazement and applause from students watching the live broadcast. One of the most memorable moments came when Dr Lai Ka-ying, Hong Kong's payload specialist, conducted her presentation entirely in Cantonese. She took students on a virtual tour of the space kitchen and shared how baking a cake in space reminded her of Hong Kong's beloved street snack, egg waffles. She also spoke about undergoing extreme training, including desert survival and sleep deprivation, and how sheer determination helped her overcome the challenges. The warm encouragement and inspiring story of this "senior from space" struck a chord with young people in Hong Kong and Macao and sparked their curiosity about the unknown.

A space lesson specially arranged for Hong Kong and Macao speaks volumes about the central authorities' care for young people in the two cities. As is widely known, the China Space Station has an extremely demanding schedule, with scientific experiments and research missions conducted one after another. Even so, a special Tiangong Class session dedicated to Hong Kong and Macao was incorporated into the Shenzhou-23 mission. Such an unprecedented arrangement reflects the country's care for and expectations of the younger generation in both cities. Under "one country, two systems", people in Hong Kong and Macao are not merely supporters of the country's modernization. They are active participants in it. Hong Kong's future is closely tied to that of the nation, sharing both its achievements and responsibilities.

For young people in Hong Kong, this was not only a "top-tier" science lesson but also a vivid and direct lesson in patriotism. By combining the country's major scientific and technological achievements with the astronauts' personal stories of perseverance, the session proved far more compelling than conventional textbook preaching. Through the astronauts' accounts of their training and inner struggles, Hong Kong students could gain a genuine understanding of the spirit of China's manned space programme: the courage to endure hardship, to fight, to tackle difficult problems and to make sacrifices. Such values can help young people develop a sound **outlook on life** and a strong sense of values. They can also inspire them to connect their personal aspirations with the country's development and quietly sow the seeds of love for the country and Hong Kong, as well as enthusiasm for innovation and technology.

The space lesson also showcased Hong Kong's

strengths in scientific research and its ability to attract talent. As Chief Executive John Lee Ka-chiu said in his speech, "The dream of space exploration has never been beyond our reach. Hong Kong people, too, can soar into the skies and contribute to our country's space programme." Dr Lai's journey into space **marked a historic breakthrough**. On board the space station, she personally assembled and operated MUSICO, a scientific instrument developed by the Hong Kong University of Science and Technology. For the first time, a Hong Kong astronaut was operating a payload independently developed in Hong Kong. Hong Kong's contribution to the national space programme extends well beyond this mission. Local research teams have provided instruments and technological resources for the country's lunar and Mars exploration missions, while also conducting experiments in space. In doing so, Hong Kong's research capabilities have contributed directly to the country's aerospace development. The nation has provided Hong Kong with platforms of the highest level and valuable opportunities for collaboration. This represents strong recognition of the city's innovation and technology capabilities. **Looking ahead**, more Hong Kong researchers and young people are expected to distinguish themselves and contribute their talents to the country's space programme.

常用詞彙

● **profound** (深遠的、深刻的 adj.)

解說：

多用於形容影響、意義、情感的「深度」，書面感強。

近義詞辨析：

deep，意思相近但較口語化，適用範圍更廣（deep water、deep sleep 皆可）。

significant，強調「重要」，但不一定帶有「深刻」的情感或哲理色彩。

小提醒：

香港人口語常把"deep"用來形容「深奧、不浮於表面」的內容，例如「這本書講的內容很 deep」。但 deep 在書面語境中容易被讀成「物理上的深度」，要靠上下文才讀得出「深奧」；profound 則一開始就專指思想、意義之「深刻」，不會有歧義，適合寫作時使用。

● **foster** (培養、促進 v.)

解說：

常搭配抽象、正面的事物（foster a sense of belonging / foster creativity），語氣溫和、帶「悉心培育」的意味。

近義詞辨析：

encourage：泛指鼓勵，對象可以是人或行為，語氣較直接。

promote：強調「推動、宣傳」某事物使其發展或普及，常用於政策、產品語境。

● **meticulously** (一絲不苟地、精心地 adv.)

解說：

強調對細節極度講究，甚至到吹毛求疵的程度。

近義詞辨析：

careful：泛指小心謹慎，程度中性，適用範圍很廣。

thorough：強調「徹底、無遺漏」，重點在完整度而非細節的精緻度。

寫作表達

一、如何寫「意義重大」

- **be of profound significance**：正式、書面，強調深遠、長期的意義。
- 句型固定，後面常接 in + V-ing (如原句 in fostering...) 或 for + N，用來說明「意義體現在哪個方面」，不要漏掉這個介詞片語，否則句子會顯得意義懸空、沒有着落。
- **speak volumes about**：不直接說「重要」，而是「這件事本身已充分說明了……」，語氣含蓄有力。
- **speak volumes about** 的主詞通常是「一件事、一個安排」(this arrangement / this decision / the fact that...)，而不是「人」；它的邏輯是「事情本身 = 證據」，所以後面接的名詞多半是抽象概念 (care, commitment, determination)，較少接具體事物。常見錯誤是誤用成 "this speaks a lot"——地道說法必須是 speak volumes (固定用 volumes，不可換成 a lot / much)。

二、如何寫「精神與價值」

- **outlook on life**：指人生觀，較抽象、書面。
- 寫作時可以固定搭配 "develop a sound outlook on life"，其中 sound 是關鍵形容詞，意思是「健全、穩健的」，比 good 更書面、更常搭配抽象名詞 (sound judgement / sound values / sound reasoning)。
- **sow the seeds of**：比喻手法，指「埋下……的種子」，暗示影響是潛移默化、日後會發芽的。
- **sow the seeds of** 後面一定接正面或中性的抽象名詞 (love, hope, curiosity, change)，且常與 quietly 或 gradually 等副詞搭配，因為這個比喻本身就強調「潛移默化、不是立竿見影」；如果句子強調「立即見效」，這個片語就不適用，應改用 spark / trigger 之類的詞。

三、如何寫「突破與成就」

- **mark a historic breakthrough**：強調「開創先河」的成就。
- **mark a historic breakthrough** 的主詞通常是「事件」而非「人」（注意原句主詞是 Dr Lai's journey，而不是 Dr Lai），因為 mark 這個動詞的邏輯是「這件事 = 標誌」。
- **distinguish themselves**：指「脫穎而出、表現突出」，常用於期許人才發展。
- **distinguish themselves** 是反身動詞片語 (distinguish + oneself)，主詞一定要跟後面的反身代名詞對應 (they...themselves / she...herself)，這是學生最容易漏掉或用錯的地方。

四、如何寫「展望未來」

- **looking ahead**：句首常用的過渡語，帶出對未來的期許，in the future 更有文采。
- **looking ahead** 是分詞構句，固定放句首、後面接逗號，功能類似段落過渡語，等於中文「展望未來」四字，之後不需要再重複 in the future，否則語意重複。
- **be expected to**：客觀、留有餘地地表達期望，比 will 更委婉，論斷聽起來像是眾所公認的推論。
- **be expected to** 是被動語態，暗示「這是普遍期望／客觀判斷」，而不是「我個人認為」，所以主詞通常是「事、人的群體」(more researchers / the industry / the economy)，而非「I」。