

2023 Q2: While tai chi is a popular activity in Hong Kong, it is less known in some parts of the world.

Write an article for International Travel magazine introducing the benefits of tai chi to tourists.

Tai Chi: *A gift from our ancestors* (2023 CCSC 5** Script)

While the blockbuster ‘Shang Qi’ from the Marvel studio has broken several records around the globe and has been nominated for the Oscar’s Award of the Year, a whirlwind of tai chi has been sweeping across boundaries. Evidently, the limelight of the talk around the globe has once again shone on this traditional activity, after the vogue of “Kung Fu Panda”. As a matter of fact, tai chi is one of the most popular activities in Hong Kong, and in the following, let’s dissect the benefits of tai chi and learn more about *this intangible gift from ancient China* together.

The stark contrast

In the age of utilitarianism, it is not uncommon to lead a fast-paced lifestyle amidst the hustle and bustle of the city. When the disadvantages of the hectic city life are blatantly obvious, people have been promoting activities like mindfulness and meditation, which are in line with the essence of tai chi: to become conscious of the surroundings and slow down the pace of living. There has been ample evidence showing that participating in tai chi regularly could lower the chance of getting insomnia and hypertension, as well as prolonged fatigue and mood swings, to which urban citizens are extremely susceptible and vulnerable under the prolonged stress from work and studies. It is no exaggeration to say that tai chi helps train our resistance to the common mental illnesses. In view of the immense benefits, organizations ranging from larger ones like *the World Health Organization* to smaller ones like *the Hong Kong Federation of Youth Groups* have been emphasizing the merits of tai chi. There are workshops and free courses provided by the organizations in a bid to improve the general mental health around the globe. If you are falling prey to the relentless stress from ever-changing society and unrelenting work, come to Hong Kong and try tai chi with us! We would love to bring you on board.

A diversified ‘tribe’

Lamentably, sports that require teamwork like basketball and football are physically demanding, not to mention the risk of injuries and accidents. Most of the elderly people who have a deteriorating and fragile body can only become spectators of these sports. Yet, tai chi is elderly friendly and can actually be played by people from different age groups. What’s more is that tai chi a cost-free activity as neither specific shoes nor gear is required, which matches the commendable concept of egalitarianism. As an added bonus, all you need is to follow your friends or coaches by doing some simple actions, like a slow version of dancing. As a result, never is language barrier an obstacle for all new members. Recently, it has been observed that domestic workers from the Philippines and Indonesia are playing tai chi with the elderly near Victoria Park in Hong Kong. In view of the community-friendly feature of tai chi, it is apparent that tai chi is a splendid activity for you to join a community formed by people from a vast array of age groups, social status and cultures. Even the Hong Kong actor in Shang Qi, Mr. Smith, claimed that he has been learning tai chi around his neighbourhood every Sunday. Contrary to social media which are full of fake identities and anonymous accounts, people could meet a variety of friends from tai chi, with sincerity in an authentic environment instead of the virtual world.

Feeling the mother nature

Tai Chi is arguably the most soul-soothing activity. Throughout the tai chi courses, you would feel the ‘Q’ from the nature, which is believed to be a supernatural energy affecting our health and destiny, flowing through our bodies. By virtue of the convenience of practising tai chi, most people would practise tai chi in the woods or somewhere tranquil and quite. Just imagine practising tai chi with a stunning view of the coastline and the panoramic ocean, savoring the fresh air and soaking in the salty sunshine while watching the sun sink into the horizon, isn’t that brilliant? There is no need for you to book a room from the sports centre which is usually found in the crowded city. Just find a spot you like and indulge yourself in the serenity of the nature. If you are experienced enough, you might even attain the level of ‘integrating yourself with the nature spiritually’ mentioned in the myths!

Writing Series for School Exam Part 1: Benefits of a sport/a culture/activity etc

Extra Sample Q1

Title: Embark on a Journey of Self-Discovery:

Unveiling the Transformative Benefits of Yoga for Travelers

Traveling is not just about exploring new destinations; it's also an opportunity for personal growth and self-discovery. In the pursuit of a holistic travel experience, yoga has emerged as a transformative practice that harmonizes the body, mind, and spirit. Whether you're an experienced yogi or a curious traveler seeking a new path to wellness, incorporating yoga into your travel itinerary can bring a multitude of benefits. In this article, we will delve into the transformative power of yoga and why it should be on every traveler's radar.

Enhancing Physical Health and Flexibility

Yoga offers a holistic approach to physical wellness, promoting strength, flexibility, and balance. Traveling often involves long hours of sitting, jet lag, and irregular sleep patterns, which can take a toll on the body. Practicing yoga counteracts these effects, alleviating muscle tension, improving posture, and enhancing overall fitness. Whether it's a gentle flow or a dynamic practice, yoga provides a rejuvenating workout that energizes the body and prepares travelers for their adventures.....

Stress Relief and Relaxation

Classwork Question:

Name: _____ Class: _____ School: _____

Traveling, while exciting, can be accompanied by its fair share of stressors. Yoga offers powerful tools to manage stress and find relaxation amidst the chaos. Deep breathing techniques and restorative poses activate the body's relaxation response, calming the nervous system and reducing stress hormones. Travelers can create their own tranquil retreat, finding solace in yoga studios, serene natural surroundings, or even within the comfort of their hotel rooms.....

Cultivating Mindfulness and Inner Peace

In a fast-paced world filled with constant distractions, yoga serves as a sanctuary to find stillness and reconnect with oneself. Through a combination of physical postures, breath control, and meditation, yoga cultivates mindfulness, allowing travelers to embrace the present moment. This practice of self-awareness creates a sense of inner peace, reducing stress and anxiety while enhancing mental clarity and emotional well-being.....

Portable and Versatile

One of the greatest advantages of yoga is its adaptability to any setting, making it an ideal practice for travelers. With minimal equipment required, yoga can be practiced in the comfort of a hotel room, on a beach, or amidst serene natural landscapes. Travelers can access online classes, join local yoga studios, or even learn from experienced instructors in yoga retreats. The portability and versatility of yoga ensure that it can be seamlessly incorporated into any travel routine....

Cultural Immersion and Connection

One of the remarkable aspects of yoga is its deep-rooted connection to various cultures around the world. Exploring yoga during your travels provides a unique opportunity to immerse yourself in local traditions, philosophies, and spiritual practices. From the ancient teachings of India to the serene beauty of Bali, yoga retreats and workshops offer a gateway to cultural exchange and a chance to connect with like-minded individuals from diverse backgrounds.....

- Q1.A. Write an article for International Travel magazine introducing the benefits of yoga to tourists.
Q1.B. Write an article for International Travel magazine introducing the benefits of Chinese martial arts to tourists.
Q1.C. Write an article for International Travel magazine introducing the benefits of stargazing to tourists.
- Choose one of the questions above and write an introduction and at least one benefit: Q. 1A / Q.1B/ Q1C

Title: