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Ranking: 1st

Good morning Principal, teachers and fellow schoolmates,

I'm the chairperson of the Green Club and today I'm going to speak on topic 'light pollution in Hong Kong', which is a serious problem that Hong Kong is facing today.

Let me ask you some questions. Have you ever gone to Tsim Sha Tsui to watch the night view? Have you ever gone to Tsim Sha Tsui to watch the night view? Have you ever hung out with your friends in Mong Kok at night? Have you ever gone shopping with your mom in Causeway Bay at night? If your answers are 'YES', I am sure you already know how serious light pollution is in Hong Kong.

As you know, Hong Kong has been named as the world's worst city for light pollution. Those commercial and residential areas are found to be the most severe neighborhoods. Because of the spotlights and LED billboards, Hong Kong's sky is many times lighter than other cities. 'A Symphony of Lights' is a show for tourists which has long been criticized for worsening light pollution in Hong Kong more serious. Some may say that light pollution does not affect our daily life but it's wrong. In some areas facing serious light pollution, such as Mong Kok and Sham Shui Po, some residents even have trouble sleeping as they have to bear the strong neon light through their bedroom windows, like sleeping on a stage under a strong spotlight all the time! Besides the sleeping problem, excessive amounts of light can disrupt the biological clock of humans and affect their brains and hormonal function, leading to poor health and memory problems.

Although the light pollution problem can only be completely solved by the Government and city planners, we can still do something to alleviate it. First, use lower voltage light bulbs. Flood lamps over the garage might make you feel more secure, but while you're gazing blindly across a mid-night sea of neon, anyone trying to prowl around has likely slipped stealthily into the shadows. Second, replace lights with motion sensor lights that only flip on when they're triggered. Turn off all lights when you don't need them. Most importantly, change our habits. Turn off lights as much as you can, for example, only turn on the lights as much as you can, for example, only turn on the lights when the sun starts to fall and turn off the light when you leave your room, home or everywhere. It's important to keep in mind that we need to protect where we live and there will be a better living environment for our children.

Thank you.