



共建調解之都：你，就是未來
Capital of Mediation: You are the Future



合辦機構：
Co-organisers:



中華人民共和國香港特別行政區政府
教育局
Education Bureau
The Government of the Hong Kong Special Administrative Region
of the People's Republic of China

目錄

Table of Contents

前言 Foreword

頁數
Pages

林定國資深大律師, GBS, JP
香港特別行政區政府律政司司長
Mr Paul TK Lam, GBS, SC, JP
Secretary for Justice, Hong Kong SAR Government

1 - 2

歡迎辭 Welcome Messages

岑君毅律師, JP
許杜岑律師事務所資深合夥人
北京市盈科(香港)律師事務所
香港仲裁師協會資深會員 / 英國特許仲裁學會資深會員 / 調解員
Mr Ronald Sum, JP
Senior Partner, Hui Doe & Sum Law Firm LLP
YingKe (Hong Kong) Law Firm
FHKI Arb, FCI Arb, Mediator

3 - 5

姚定國教授, MH
律師 / 調解員 / 大學客席教授
香港調解資歷評審協會有限公司(HKMAAL)主席
亞洲排解爭端學院有限公司創辦人 / 董事
Professor Ting Kwok lu, MH
Solicitor / Mediator / University Adjunct Professor
Chairman, Hong Kong Mediation Accreditation Association Limited (HKMAAL)
Founder / Director, Asia Conflict Resolution Institute Limited

6 - 7

彭志宏醫生, MH
國際扶輪3450地區(香港、澳門及蒙古國)和平委員會主席 2025-26
國際扶輪3450地區(香港、澳門及蒙古國)前地區總監 2015-16
Dr Peter Pang, MH
Rotary Peace Committee Chairman 2025-26
Past District Governor 2015-16
Rotary International District 3450 (Hong Kong, Macao/Mongolia)

8 - 9

鳴謝 Acknowledgements

10

得獎文章 Winning Essays

初中組 Junior Division

11 - 46

高中組 Senior Division

47 - 88



林定國資深大律師, GBS, JP 香港特別行政區政府律政司司長

自2020年起，律政司為加強學生對調解的認知，持續舉辦調解徵文比賽。今年，律政司再度聯同教育局、國際扶輪3450地區及亞洲排解爭端學院有限公司合辦2026年調解徵文比賽，並將主題訂為「共建調解之都：你，就是未來」。比賽反應非常熱烈，我們收到來自68間學校，合共超過380篇參賽作品，創下歷史新高。我樂見今年比賽首次有來自廣東省及澳門學生的參賽作品，標誌着「調解為先」的文化已在大灣區構建起來。

參賽作品不僅文筆流暢，更見解獨到，充分展現出學生對調解技巧的理解和運用，記錄了他們如何和平友善地解決日常衝突。本書收錄了所有得獎作品，以供各位欣賞。這些文章的質素不言而喻地印證了今年比賽的主題絕非徒具口號。我們為發展香港成為調解之都感到自豪，而國際調解院總部落戶香港，更彰顯了本港在國際調解方面佔有的獨特優勢和機遇。

最後，我要衷心感謝各合辦單位對是次比賽的鼎力支持，以及每一位專業評審為評選獲獎作品所付出的寶貴時間和努力。

Mr Paul TK Lam, GBS, SC, JP
Secretary for Justice, Hong Kong SAR Government

Since 2020, the Department of Justice (“DoJ”) has been organising the Mediation Essay Competition to raise students’ awareness of mediation. This year, we joined hands again with the Education Bureau, Rotary International District 3450 and Asia Conflict Resolution Institute Limited to organise the Mediation Essay Competition 2026 (“Competition”), with the theme of “Capital of Mediation: You are the Future”. The response has been very encouraging. We received a record-high number of over 380 entries from 68 schools. I am pleased to learn that this is the first time we have received entries from students in both Guangdong and Macao, marking a significant step in the building of the “Mediate First” culture in the Greater Bay Area.

The essays are all well-written with unique insights, showcasing the students’ understanding and application of mediation skills in their daily lives and demonstrating how they are able to resolve their daily conflicts amicably. The winning essays are published in this booklet for all to enjoy. The quality of these essays has spoken for itself that our chosen theme this year is not merely a slogan. Our pride in developing Hong Kong as the Capital of Mediation is further manifested by the establishment of the headquarters of the International Organization for Mediation in Hong Kong, which underscores the city’s unique advantages and opportunities in international mediation.

Last but not least, I would like to extend my heartfelt thanks to our co-organisers for their unwavering support for this Competition, and to every member of the professional adjudication panel for their time and effort in assessing and selecting the winning essays.



Mr Ronald Sum, JP

**Senior Partner, Hui Doe & Sum Law Firm LLP
YingKe (Hong Kong) Law Firm
FHKI Arb, FCI Arb, Mediator**

The “art” of mediation has been in existence in different cultures for a substantial period of time. In some cultures, it has been in existence for hundreds of years. This particular form of resolving disputes has been more popular in the Eastern cultures as the Eastern cultures have a tendency to promote “harmony” within the family and societies. In the commercial world, promoting harmony between the parties will not only maintain their business relationships but may bring in further commercial benefits. In a society context, having been a practicing lawyer for over 33 years, many disputes usually arise from a minor incident before escalating to a full drawn-out battle. This is usually not something anyone would like to experience. In modern days, this “art” of mediation leading to harmonization has also been widely practiced in the Western cultures. In many commercial contracts, the parties have to proceed to mediation before one can proceed with court hearings or arbitrations. The global society has also now embraced and recognized that mediation is a dominant form of resolving disputes leading to many international conventions relating to mediation.

While commercial disputes can be very complicated and the use of mediation has long been recognized as an effective means of resolving commercial disputes, lesser known is that disputes within the society, between neighbors, families and school friends can equally be very complicated and at times, even more so. The difference between a commercial dispute and non-commercial dispute is that a commercial dispute usually involves monetary arguments while a non-commercial dispute is more personal and emotional. As a legal practitioner, resolving a

commercial dispute in most of the instances are relatively easier than resolving a dispute involving personal and emotional elements. I have witnessed that two school friends, who have known each other since primary school, were caught in a dispute in an after-school basketball match during their high school years. Such dispute started off as oral and subsequently turned into a fight in the basketball court. Both students were slightly “injured” but there was no need to even pay a visit to the clinic. It was no surprise that both students complained to their respective parents and the school. With emotions being run high on both sides, the parents decided to report this to the media and relevant government authorities and needless to say, both parents were involved in a long drawn-out court litigation afterwards. While the parents were caught in long drawn-out court proceedings, the two young school friends resolved their differences and were playing basketball 2 weeks after the incident. This whole scenario could have been easily resolved if the two young friends and their peers practiced the “art” of mediation soon after the incident and their differences could have been resolved quickly and amicably.

As a person having also been involved in the education industry, I have witnessed many of these instances and it is always very sad. I am a strong supporter to resolving disputes by way of mediation, be it a commercial dispute and even more so for society, families and school friends’ disputes. The “art” of mediation is something that needs to be instilled in the society. It is a character which one needs to acquire and when a dispute arises, mediation should be the first thing on the mind.

I take this opportunity to thank all the schools, students, parents, teachers,

social workers and stakeholders in participating and promoting the Mediation Essay Competition 2026. It is always exciting to read all the participating essays from the students every two years. As with previous years, this year's standard is extremely high. I also thank the panel of judges for the hard work they put in on judging the essays. This is not an easy task as the quality of the essays are of such high standard. Last but not the least, I must thank the Department of Justice and the Secretary for Justice in taking the lead to organize this Mediation Essay Competition 2026. Without their support, the Mediation Essay Competition 2026 could not have been such a success. I would also like to thank Professor T. K. Lu of the Asia Conflict Resolution Institution, a good friend of mine and a dedicated professor in promoting all forms of mediation in Hong Kong. Similarly, I would like to thank Dr Peter Pang of the Rotary International District 3450, the Education Bureau and many dedicated persons and professionals, without them, the Mediation Essay Competition 2026 would not have been conducted so smoothly and successfully.



姚定國教授, MH

律師 / 調解員 / 大學客席教授

香港調解資歷評審協會有限公司(HKMAAL)主席

亞州排解爭端學院有限公司創辦人 / 董事

承接歷屆比賽，亞洲排解爭端學院很榮幸再次與律政司、教育局和國際扶輪3450地區合力舉辦2026年調解徵文比賽(「比賽」)。本屆比賽的主題為「共建調解之都：你，就是未來」，旨在鼓勵邀請年輕一代探索調解及調解技巧在建立和諧、和平社會中的重要角色。

作為首批經香港評審認可的粵港澳大灣區調解員，我喜聞本屆比賽首次迎來來自廣東省大灣區及澳門特區的參賽者，並一共收得超過380篇參賽作品，創下歷屆比賽的新高，這實在令人鼓舞。

深化社會的調解文化最好是以有朝氣的年青人為起點。逐步攀升的參賽作品數量印證中學生及年輕一代對調解的濃厚興趣，並標誌着調解理念已在校園植根、可望引領學生及青少年以和平且理智的方式處理人際衝突。從不少參賽作品可見，中學生及年輕一代親身體驗到調解在解決爭議中的實用性與益處，這對於推廣及宏揚調解於香港特區以至粵港澳大灣區社會各界作為爭議解決方式的廣泛採用、進而積極促進社會的和平與繁榮奠定堅實基礎。

優秀的參賽作品必將引發深入的討論和反思，激勵更多人關注調解的價值與意義。我感謝陳家成大律師、梁慶豐教授、梁偉峯博士、呂哲盈博士及莫依丹女士於百忙之中擔任專業評審，為比賽選出優勝的好文章。

歡迎辭

Welcome Messages

我也對律政司、教育局、國際扶輪3450區前地區總監彭志宏醫生以及岑君毅律師對歷屆比賽的大力支持及推廣表示衷心的感謝。

在支持及鼓勵青年及朋輩調解活動之同時，作為香港調解資歷評審協會(「香港調評會」)主席，我謹此報告，香港調評會將積極推進及加強現行認可調解員之專業規管以提高其專業水平，致使香港作為「調解之都」、同時作為區域國際法律及爭議解決服務中心的策略性地位得以進一步鞏固及提升。

不積小流，無以成江海。我祝願所有年輕參賽者在日常生活中運用調解技巧化解分歧，將來學有所成加入並壯大香港及粵港澳大灣區的認可調解員行列，共同推動調解事業的發展、攜手共創香港作為「調解之都」的美好未來！



Dr Peter Pang, MH

Rotary Peace Committee Chairman 2025-26

Past District Governor 2015-16

**Rotary International District 3450
(Hong Kong, Macao/Mongolia)**

I would like to promote peace through mediation. Peace and conflict resolution are core initiatives of Rotary. With more than 1.3 million Rotarians around the world, we actively promote positive peace within our local districts and communities. Rotary has established Rotary Peace

Centres globally, offering academic programs and professional training in peace and conflict studies, including mediation. Through these centres, Rotary has nurtured a generation of peacebuilders equipped with the knowledge and skills necessary to promote non-violent conflict resolution and create a sustainable, peaceful world.

Conflicts among countries appear in the news daily, and the call for peaceful conflict resolution has grown louder in recent years. To achieve this, we must start from the very basic unit of the community—the individual. Shaping a person begins with education at a young age. Each submitted essay showcases the creative and analytical abilities of our youth. Each reflects genuine engagement with the theme of mediation and the potential for conflict resolution. Each essay tells a story, revealing not only the writer's thoughts, experiences, and opinions but also their hopes for a peaceful future. Writing essays enables students to articulate their ideas and encourages them to be active participants in cultivating a culture of peace.

The impact of the Mediation Essay Competition extends beyond the individual essays and participants. It serves as a showcase for the community

歡迎辭

Welcome Messages

and for those who read these essays. The person most affected is the author, as they undergo a process of reading, understanding, data collection, internalization, and reflection on their own experiences. They must then organize their thoughts and write a coherent essay. This is why the author gains the most from this process.

I would like to congratulate all participants for their hard work and creativity. Your exploration of mediation through essay writing is commendable. I encourage you to carry forward the lessons learned in this competition as you continue your educational journeys and become leaders in your communities.

I would also like to thank the Department of Justice for initiating this meaningful event, the hard work of the Alternative Dispute Resolution Unit for conducting the initial assessment of the 387 entries, and Professor Lu and the adjudicating panel for carrying out the final assessment to determine the winners.

May we all work together to foster a more peaceful and understanding world, united by the ideals of dialogue and respect. Rotary is grateful to be part of this important initiative.

鳴謝 Acknowledgements

特此鳴謝是次調解徵文比賽各位評審小組成員。
承蒙各位鼎力支持，比賽得以完滿舉行。

Special thanks to the adjudicating panel members of the Competition.
Your time and dedication allows for the success of the Competition.

陳家成大律師
Mr Vod Chan

金鈴小姐
Miss Kam Ling

梁慶豐教授
Prof. Leung Hing Fung

梁偉峰博士
Dr. Leung Wai Fung, Joseph

呂哲盈博士
Dr. Lui Chit Ying, Wendy

(按字母順序)
(In alphabetical order)



Katie Yim Form 3 Ying Wa Girls' School

The 4Cs of Mediation

“Hand in hand, heart to heart, together, we can ‘bridge cultures, build futures’.” Mediation is a powerful way for people and parties to resolve conflict peacefully and amicably.

Hong Kong’s unique and distinctive advantage of its autonomous legal system serves as a multifaceted international legal platform that recognizes mediation as a means to resolve disputes and conflicts. Besides its special legal system, Hong Kong’s culture being a mix of Western and Eastern cultures creates a diverse and comprehensive framework for mediation with incorporation of both international and Hong Kong laws. This makes Hong Kong a highly effective and all-rounded provider for professional support in mediation.

Mediation in Hong Kong focuses on “4 Cs”: cost-effectiveness, confidentiality, communication, and comprehensiveness.

To begin with, opting for mediation rather than the traditional route of seeking litigation can help parties involved in a dispute come to a consensus and resolve their differences without having to spend as much time, money, and resources. Through litigation, parties have to go through lengthy processes of pleadings, exchange of evidence, motions and trials. These processes can often take up to months or even years before the conflict comes to a close. This is where mediation steps in and helps.

For example, a neutral third-party mediator helps solve disputes and conflicts between parties through structured sessions to reach volunteer and mutual acceptable agreements. A stark difference between going through litigation and mediation is that the resolution is reached through joint discussions and is agreed-upon by both parties involved. While through litigation, a judge may enter

a formal judgement that can dissatisfy one party and that can lead to appeals and post-trial motions to a higher court for review, this ultimately uses more time and money. Mediation provides a safe space where all parties involved can resolve disputes peacefully and avoid further costs and time.

Moreover, mediation often happens in structured sessions in which only the neutral third-party mediator and parties involved in a conflict are free to have open discussions without fear of reputation and disclosures. Mediation offers a guaranteed confidentiality in which litigation does not. As litigation is a public process where everything becomes public record, mediation, prioritizes privacy control and confidentiality.

Furthermore, mediation also encourages open communication without causing further conflict. With third-party mediators, parties involved in a conflict are given ample time and space to voice out their personal concerns and disagreements without fear of judgement and ridicule from the public. This can lead to parties being able to reach a resolution more quickly and effectively.

Lastly, the process of mediation is flexible, collaborative and effective because the decision made at the end is ultimately made by the parties involved and is only facilitated by a neutral mediator that does not give any legal advice or intrudes in any decision-making process. It allows for creative and customizable solutions that are tailored to the specific needs of parties involved in a dispute rather than being confined by rigid and strict legal rules or laws.

Mediation is powerful because it takes fewer steps to achieve great lengths and greater outcomes when solving conflict. It is cost-effective as it involves fewer legal fees in court costs. It is confidential where discussions and outcomes are not

初中組 得獎文章

Junior Division Winning Essays

part of public record. It is communicative because the resolution reached is through the parties only. It is comprehensive as it allows for flexibility, creativity, and customization to better cater to the needs of the parties involved.

In conclusion, mediation in Hong Kong is ultimately the more advantageous, effective and efficient approach in solving conflict and disputes. It is a powerful and impactful way to encourage citizens of Hong Kong and people all around the world to seek resolutions and soft conflicts through active communication and collaboration. Together, we can continue to foster a more harmonious and peaceful society through mediation.



Luk Ka Wang Form 3 St. Paul's College

Hong Kong as a Mediation Capital

Hong Kong has always been more than a trading port; it has been a meeting point of people from different backgrounds and nationalities. After 1997, implementing the “One Country, Two Systems” framework further reinforced Hong Kong’s increasingly relevant role as a bridge between East and West, balancing global prestige with Chinese sovereignty.

Over the decades, Hong Kong has hosted major international conferences and summits, including APEC Finance Ministers’ Meeting (2001), WTO Ministerial Conference (2005), Asian Financial Forum (annual since 2007) and numerous other legal and arbitration conferences, showcasing Hong Kong’s role in regional policy decision-making and dispute resolution.

Mediation in a World of Conflict:

First, you may ask, what exactly is mediation? Mediation is the structured process of resolving disputes through dialogue, facilitated by a neutral third party. Unlike litigation or arbitration, mediation emphasizes consensus and compromise, where the two sides focus on building common agreement and resolving difficulties. It is particularly relevant in today’s world, where conflicts range from trade wars to territorial disputes, and where adversarial approaches often deepen divisions, as shown in wars worldwide.

Historic agreements such as the Indus Water Treaty, Camp David Accords and even the recent Ukraine-related Black Sea Grain Initiative was produced through long periods of mediation around the world.

Mediation indeed offers a way forward: transforming disputes into opportunities for collaboration, but the current status quo is insufficient. Globally

speaking, there is not one single city or place currently specializing in resolving international disputes, or given the capacity to do so.

Hong Kong as the Capital of Mediation:

Hong Kong's vision as a mediation capital rests on two pillars. The first is legal infrastructure, where Hong Kong's common law system, bilingual legal environment, and independently professional judiciary provide trustworthiness and a strong foundation to build international agreements on.

The second is Hong Kong's unique cultural positioning, which embraces both Chinese and Western traditions, enabling representatives of different backgrounds to engage in meaningful, constructive discussions across cultural divides. Practical examples of executing this strategic vision would be establishing university mediation programs to train youth in an increasingly valuable skill needed amongst global polarization and division.

The International Mediation Centre:

The establishment of the International Mediation Centre in Hong Kong in May is a milestone in institutionalizing mediation amongst intergovernmental bodies. It provides not only a neutral venue for cross-border disputes for member countries, or training, research and development for mediation practices, but also a crucial platform for youth engagement, ensuring the next generation views mediation as the best way forward.

Undoubtedly, this Centre cements Hong Kong's role as a global hub for peaceful conflict resolution, allowing our city to become a leader in linking communities and governments in mediation efforts.

Conclusion: A Vision for All of Us

To imagine Hong Kong as the Capital of Mediation is to imagine a city where dialogue replaces division, and cooperation replaces conflict. It means a future where disputes, whether between nations, corporations, or communities, are resolved with cooperative effort and dedication.

For businesses, it offers stability and associated prestige. For youth, it offers empowerment and a sense of enlightenment. And for the world, it offers hope: that in an age of polarization, there exists a city committed to peace and mediation.

Hong Kong's skyscrapers may symbolize urban prosperity, but its growing mediation culture will symbolize something greater, namely, the ability to resolve conflicts with dignity, and to lead the world toward a more harmonious future.

Imagine, Hong Kong, our shared home, not only the Pearl of the Orient, but also the world's first mediation capital.



So Tak Hee Form 3 Buddhist Wong Wan Tin College

The Amazing Power of Mediation Mediation in Hong Kong: A New Era of Peaceful Resolution

Have you ever had a dispute with someone? Perhaps with a family member or close friend. In such moments, emotions often surge like a tidal wave. As adrenaline overwhelms rational thought, one may gravitate towards irrational responses. Voices are raised in an attempt to assert authority and to turn the tide of the argument. As the quarrel continues, it can appear endless, with no resolution in sight. Mediation, however, offers a constructive counterbalance, and its benefits are advantageous for all parties involved.

Skepticism may arise regarding the effectiveness of mediation. Yet statistics indicate that over 75% of cases referred to ICC mediators result in settlement, according to the International Chamber of Commerce (ICC) International ADR Centre, as referenced by the Department of Justice (Hong Kong). This raises the question: "If this is the case, why has mediation not been more widely adopted?" The answer lies in its relative obscurity, long overshadowed by litigation. Court judgments are legally enforceable and publicly recorded, ensuring accountability through transparency. Mediation, by contrast, is confidential, cost-effective, and significantly faster. Legal disputes of varying complexity, which might otherwise take years in court, can often be resolved within weeks through mediation. These qualities make mediation particularly relevant in contemporary society, where efficiency and judgement are highly valued. It is foreseeable that the dominance of litigation will diminish, giving way to a new era in which mediation plays a vital role in both law and politics. The signing ceremony of the Convention on the Establishment of the International Organization for Mediation (IOMed), held in Hong Kong on 30 May 2025, marked a significant milestone. As the world's first intergovernmental body devoted exclusively to mediation, it represents a global commitment to alternative dispute resolution. With 33 countries signing the convention, this initiative strengthens the Asia-Pacific region, positioning Hong Kong at the forefront of dispute resolution as a neutral third-party mediator.

Hong Kong's distinctive blend of Eastern and Western cultures provides a unique advantage, attracting professionals capable of addressing disputes at local, cross-border, and international levels. Mediators trained in both common law and civil law traditions can bridge cultural and legal differences, ensuring fair outcomes across diverse contexts.

Hong Kong also serves as a vital bridge to Mainland China, engaging in extensive exchanges and cooperation. Through this role, the city is deliberately advancing the use of mediation and promoting it as the preferred method of resolving disputes. The government itself is actively involved, engaging with communities both within and beyond Hong Kong. This reinforces Hong Kong's status as a conduit between Mainland China and the wider world, while simultaneously showcasing its unique strengths and opportunities in mediation. Community mediation schemes, for instance, have helped resolve neighborhood conflicts and strengthened social harmony at the local level.

The era in which litigation overshadowed mediation is drawing to a close. Mediation is emerging as a strong and viable alternative, offering cost-effectiveness, preserving relationships, fostering cooperation, and reducing adversarial conflict. It is not merely a legal mechanism but a means of cultivating dialogue to develop options and discuss alternatives in order to come to a collaborative resolution agreed to by all parties involved. With mediation as a cornerstone of dispute resolution, Hong Kong can help shape a more harmonious world, demonstrating the amazing power of mediation.

Reference:
Department of Justice, Hong Kong. (n.d.). Mediation. Retrieved from <https://www.doj.gov.hk>
TSL Legal. (n.d.). Mediation. Retrieved from <https://www.tsl-legal.com>



何涵 中三 樂善堂楊葛小琳中學 超能力為調解

在未來世界，每個人十五歲時都會擁有一項超能力，這事關自己的未來，決定了自己日後的工作方向。馭水、控火、引雷……這種關於自然系的超能力十分稀有，放眼整個國家的自然系能力者屈指可數，力量也是相對應的強大。超能力的種類層出不窮，也出現了許多掌握稀奇古怪的超能力的人，這也是最為普遍的現象。

「噠噠噠……」，系統螢幕顯示的時間正好轉向午夜十二點，我的十五歲生日到臨。我的家人們圍繞在我身邊，正睜着亮晶晶的雙眼，滿含期待地望向我。我的腦海漸漸浮現出扭曲的文字，所浮現的文字將是我今後所擁有的超能力，這對我來說是一個十分新奇的體驗。幾秒過後，我原本勾起的嘴角瞬間耷拉了下來。「調解？這一定又是個什麼奇怪的能力。」我斷言道，臉上盡是止不住的失望。我的家人紛紛安慰着我，卻都無濟於事。經此過後我一蹶不振，在家呆了一段時間後才收拾好心情回到校園。

我早早地來到了學校，剛踏進教室時，就聽到了一陣刺耳的爭吵聲。班上最不對付的小強和小黑看似要動手打起來。班上的同學卻漠視着這一切。這也真怪不了他們，同學們剛遇到這種情況的時候也有試過阻止這件事，有嘗試過直接上前阻止的，也有去通知過老師的，但無一都是以失敗告終。兩人平時都很守規矩，但不知為何卻像是與對方有着深仇大恨般，一相處就會像快打起來似的，但兩人從始至終也從未真正動過一次手。因他們從未觸犯校規，老師也無能為力，只能將他們的座位盡量分開遠點，避免造成更多的衝突。

當小黑的一巴掌快要扇到小強的臉上的，我連忙上前制止才沒有讓這

無可挽回的一幕發生。此刻，我的內心莫名躁動起來，似乎有一股力量不斷地似乎有一股力量不斷地湧入我的大腦裏，讓我能漸漸地冷靜思考與行動。首先，我驅散了周圍看熱鬧的同學們，留下了能讓他們好好溝通的空間。其次，我徵求了他們的同意，並開始為他們「調解」。將他們起衝突的事情的來龍去脈都了解了之後，我的大腦開始分析起來。

小強和小黑原本是一起長大的好朋友，關係是一等的好。而大強有個缺點，就是容易不經大腦地把話說出來，有時會不小心洩露出小黑的秘密，心胸寬廣的小黑卻選擇一次次地原諒了他。直到有一天，小強終於還是觸碰到了他的底線，不小心把他內心最不想提及的傷疤給洩露了出來。我聽到此處，好奇的內心升起，卻被不知名的力量硬生生地壓住正欲張口索問的嘴巴。不知道從哪冒出來的想法佔據着我的大腦，「調解最重要的是聆聽並尊重當事人的隱私。」，我只能繼續聽下去。

之後，小黑因此發怒，而小強卻無法感同身受，覺得這只是一件小事。小黑一氣之下弄壞了小強最珍惜的物品，兩人仇恨的梁子在此結下。之後兩人再也沒有好好溝通，逐漸演變成如今的模樣。了解完事情的始末後，我開始了與他們的談判。我分析了造成矛盾的原因，並釐清他們發生爭議的論點，之後開始講出解決問題的合理方案。我正滔滔不絕地講着，他們緊繃的表情開始逐漸緩和下來，並開始願意與對方好好地溝通。趕在上課鈴聲的前一刻得到了一個合理的方案，結束了這場調解。

同學們看到他們的關係漸漸和緩，甚至還能聊上幾句，頓時都驚掉了下巴。我深藏功名不露，默默退到了幕後。直到回家的路上我都還沒晃過神來，對自己實用的超能力感到驚訝。路上還不自覺的進行了多場

初中組 得獎文章

Junior Division Winning Essays

調解，超能力牽引着我為好幾名路人解開了糾紛。回到家時，我直接累到攤倒在地上，卻露出了異常滿足的笑容。

午夜時分，皎白的月光透過窗簾灑落在我的床上，我還因為今天所發生的事而興奮得在床上翻來覆去。突然，我的餘光感受到了月光突如其來地變成了詭異的綠色。我打開窗戶一看，發現了一座散發綠光的奇怪飛艇停在了路邊，裏面還走出來了幾隻綠色的生物。我驚恐地摀住嘴巴，連忙跑向父母的臥室，卻發現他們僵硬得一動不動地，甚至連呼吸的起伏都沒有。此時，我身後突然出現了一道身影，之後我便失去了知覺。

再睜眼，我的面前出現了幾個只能在新聞中見識的世界級人物，能夠代表整個世界的幾個領導者，以及幾隻綠色生物。綠色生物先自我介紹了一番，並說出了到地球一行的目的，那就是為了爭奪在母星從未見識過的新資源。它暫停了地球裏除了幾個領導者之外的所有生物的時間，但出現了我這個例外，它疑惑地問我是用來什麼辦法躲避了時間暫停。我內心隱隱約約地猜到了應該是我的超能力的功勞，以及它賦予了我「調解」的使命。

我先得到了外星生物的同意，讓我們能夠好好地坐下商討。首先，外星人霸道地提出取得資源的所有權，領導人立即駁回，並開始了爭執。外星人二話不說，就拿地球所有生物的生命作要脅，逼迫我們交出資源的所有權，我冷汗涔涔，手不停地顫抖，但體內的力量支持着我能表達理智的言論，我開始滔滔不絕提出許多能將雙方利益最大化的合理方案。不知過了多久，講到我口乾舌燥，力氣幾乎耗盡時，外星人終於叫停並滿意我其中的方案。地球與外星人開始互惠互利，保持了友好的合作關係。

我成功拯救了地球滅亡的危機。

經此過後，我開始了為大家「調解」的日常，我不再為我的超能力而自卑，甚至對此產生了自豪。明白了調解的重要性，調解不僅能解開人與人之間的矛盾，並可以填平之中產生的縫隙。還能讓持有爭執的雙方利益得到最大化，得到「雙贏」的結果。



Lau Hoi Yiu Joanne Form 3 Diocesan Girls' School

Ju Ci: Mediation In Hong Kong

Ancient chinaware is known for its durability, lasting decades or even generations with proper care. However, such teaware is vulnerable to falls and collision. In ancient Chinese tea culture, they would not be discarded, but instead handed to a master of Ju Ci. This craftsman would not use adhesives to hide the damage, they would rather bridge the fracture with tiny, rice-shaped metal staples. Having been saved through meticulous and intricate intervention, these cups were even considered more valuable.

As Hong Kong moves towards its vision as the “Capital of Mediation”, we are becoming the world’s most sophisticated Ju Ci workshop; providing the “staples” of law and the “hands” of the future to bind a fractured global landscape.

The quality of Ju Ci at its core is defined by the strength of its tools. Hong Kong’s unique legal ecosystem translates the traditional Chinese value of “He” (Harmony without Uniformity)¹ into actionable jurisprudence by providing a rigorous Common Law framework — such as Practice Direction 31² — that incentivizes reconciliation over retribution. Like the metal staples that create a new aesthetic on a porcelain bowl, mediation allows for a functional unity where diverse interests can coexist and strengthen the whole.

The recent establishment of the International Organization for Mediation³ (IOMed) headquarters in Hong Kong is a historic milestone, signifying the world’s confidence in our “staples”. Whether it is through the “Mediate First” Pledge⁴ or our world-class arbitration facilities, Hong Kong provides the structural integrity that allows parties in conflict to stay “at the table”, even when their relationships feel shattered.

¹ Cultural exchanges | english.scio.gov.cn. (n.d.). http://english.scio.gov.cn/m/featured/chinakeywords/2024-08/30/content_117397216.htm

² 1. Practice Direction 31 | Community Legal Information Centre (CLIC). (n.d.). <https://www.clic.org.hk/en/topics/ADR/Mediation/relevantPracticeDirections/pd31>

³ Department of Justice - Community Engagement - Press Releases - HKSAR Government makes full preparations for Convention on the Establishment of The International Organization for Mediation signing ceremony. (n.d.). https://www.doj.gov.hk/en/community_engagement/press/20250520_pr1.html

⁴ “Mediate First” Pledge Event 2023 to be held May 5. (n.d.). <https://www.info.gov.hk/gia/general/202305/02/P2023050200215.htm>

Moreover, Hong Kong's status as the "Capital of Mediation" is upheld by a vast pool of skilled talent – multilingual and multi-cultural professionals who act as the master craftsmen of law. These mediators possess the ability to navigate the nuances of both Eastern and Western sensibilities, ensuring that they are being sensible to the cultural heritage of the parties involved. Hong Kong also acts as a "super-connector" that facilitates the flow of ideas, commerce, and resolution within Mainland China and the Global community. In this unique legal system, the convergence of international expertise and local wisdom creates an environment where global fractures can be mended with unmatched precision.

The disputes of tomorrow — be they over digital assets, environmental boundaries, or cross-cultural misunderstandings — will be as fragile as fine china. They cannot survive the blunt force of traditional litigation, which often shatters the very relationships it seeks to adjudicate. They require the delicate, binding strength of Ju Ci. By positioning itself as the Capital of Mediation, Hong Kong is teaching the world that there is not only resilience but beauty in the mend.

In an era of increasing automation, the future of justice lies in the irreplaceable human touch. We, the youth, uniquely recognize that only a mediator can mend a heart, and should be ready to take up the tools of this resolution. Ultimately, a society bound by the staples of mediation is not just "repaired" — it is transformed into something significantly stronger, more enduring, and infinitely more harmonious.



Tik Tsz Yui Abby Form 1 Po Leung Kuk Centenary Li Shiu Chung Memorial College

The Case for Mediation: An Essential Subject for Schools

If school were to add a new subject, what would you suggest it be? Philosophy? Civics? Languages? I believe the best choice would be mediation, and I'm here to explain why.

First, what is mediation? It is a way of resolving issues without going to higher authorities. A neutral third party helps deescalate the problem without causing more trouble. But why is it a good choice for schools? Students often have fights or quarrel with each other, and since they lack problem-solving or negotiation training, these disputes frequently end up in the hands of teachers and authorities, causing more issues and resentment towards the student who got the victim into the mess. If schools add mediation as a subject, students could resolve situations by themselves, resulting in resolutions they are all happy with.

Second, research has shown that students who take mediation develop skills such as empathy and self-regulation more effectively, which also boosts academic performance. Additionally, students have been shown to experience a significant drop in suspensions after taking mediation, proving that it not only teaches a valuable skill but also benefits their daily lives.

Moreover, mediation is a unique exception among traditional subjects. It doesn't just teach how to maintain the world; it teaches how to prevent it from shattering into a million pieces. Geography studies the lands and seas, while science examines how the world is kept together by technology. Mediation teaches us how to keep all those pieces together, like locks in a puzzle, making it an essential life skill. Hence, I think schools should consider it as a legitimate subject.

Furthermore, mediation improves students' empathy. If they find themselves caught in an argument, they will know that taking sides may seem unfair to the other. Mediation can train them to adopt a neutral stance, effectively resolving disputes and understanding how the arguers feel, which can aid in solving the issue.

Additionally, if schools allowed mediation as a subject, students could enhance their social resilience skills. As our future leaders, they need to learn how to rise after falling. Mediation can provide a structured space for them to practice self-confidence and social communication, using techniques like "the six-second pause." This can improve their self-esteem and efficacy, preparing them for future crises.

In conclusion, I think mediation would serve remarkably well as a school subject. It helps students relax, learn critical life skills, and promote peace in their environments. I am fully in favour of adding mediation as an official subject, and I hope others share my perspective.



Wong Yeuk Hei Form 1 Diocesan Girls' School

Mediation: The Charm for Harmony

Evolution has bestowed upon us the gift of language so that we could communicate and settle arguments. As human history progressed through tribal fights and major world conflicts, we learnt that the nominal winners in confrontations are often the real losers, as wisely concluded by Abraham Lincoln. You may then ask, "What makes a real winner?" In fact, the answer simply lies in the tremendous potential of mediation that I will illustrate below.

First, mediation turns conflicts into collaborations. From traditional perspectives in which conflicts are handled through lawsuits, the two parties involved often ends up in strained relationships, sense of resentment and even further arguments. However, by choosing to mediate, individuals and companies not only resolve their disputes amicably but also listen to each other's unspoken concerns. For instance, conflicts in public park use can prompt opportunities for designing community guidelines. Mediation serves as the perfect platform for stakeholders to cool down from heated debates, step into your counterpart's shoes, and compromise to an acceptable extent so everyone gets a share of the benefit. As social animals, we are born with an instinct to cooperate, which aligns exactly with the "win-win" principle of mediation.

Second, mediation saves resources. When ordinary people choose to seek justice in courts, the wise can achieve the same outcome while also conserving their time and money. Local litigations often entail legal representation fees and court costs, not to mention the expenses in cross-border disputes between states. Let's ask ourselves, "Is it worth paying such a high price for a simple matter that could be settled otherwise?" In contrast, mediation is usually considered an efficient solution, where disagreements are brought to the table quickly regardless of court schedules. Additionally, mediations are low-cost services. This gives people more flexibility to reconsider their case, reducing their financial losses if

they eventually realize how hot-headed they might have been during the argument.

Third, mediation ensures client privacy. Being named in a daily cause list — like quarrelling in front of people — can be embarrassing. Unfortunately, records of many minor cases handled in public courts are open to the public. Yet, mediation is completely different in that it is safe and secure. The details and results are kept confidential from even your closest friend. Hopefully, this gives everyone sufficient protection from social judgement. For large corporations, mediation is the best way to solve problems without risking their reputation. Building on this, participants are encouraged to discuss honestly from the bottom of their hearts, and to show trust for a fruitful, constructive dialogue. As the renowned writer Mark Twain once said, “If you tell the truth, you don’t have to remember anything”. Ultimately, mediation is key to easing silent emotional burdens.

The magic of mediation goes beyond these advantages. Just like a spell, each letter in the word “mediation” embodies a moral value, which goes by “Mutualism, Equity, Dignity, And Trust In Open Negotiation”. Each time we cast this spell, we are one step closer to world peace and harmony.



陳焯裕 中二 荔景天主教中學

香港是調解之都

香港高樓林立，寸土寸金，鄰里之間常為噪音、通風、滴水等瑣事齟齬不斷；多元文化交匯，價值觀念碰撞，校園與職場屢現衝突。當訴訟成本高昂、對抗兩敗俱傷，我們亟需一種更經濟的解紛之道——調解。調解並非和稀泥式的妥協，而是以理性對話彌合分歧，以柔性協商重建秩序。唯有培育調解文化，方能令這座「調解之都」真正和諧有序。

調解之基，在於傾聽。荀子言：「兼聽則明，偏信則暗。」調解的首要步驟並非判定對錯，而是為對立雙方創設一個安全的話語空間，令其充分陳述訴求。在香港這個國際化都市，衝突往往源於文化誤讀而非實質利益：新移民與本地居民的習慣差異，不同世代對公德的理解分歧。調解者的價值，正在於暫時擱置立場，以同理心感受情緒背後的真實需要。2005年5月覃女士租北角英皇道地舖，以屢次水浸拒交租，業主同年訴追欠租並收舖。覃女士抗辯並反索償中藥損失30萬港元，雙方各耗律師費10萬、欠租累計16萬，調解員耐心傾聽雙方訴求，引導雙方一一評估、考慮須承擔的訟費、時間及壓力，推動協商，最終雙方達成和解：業主維修並賠半額貨損，覃女士補欠租免付利息。由此可見，真誠的傾聽能夠擊穿對抗的鎧甲，為和解鋪設心理基石。

調解之要，在於耐心。紛爭之繭歷經時日纏繞，解結斷無捷徑。調解者須以專業素養承載過程的反復，以持久戰心態應對情緒的起伏。《中庸》所謂「致中和」，實則是要求調解者在劍拔弩張中保持定力，既不急於求成，也不輕言放棄。近年許多中學推行的「校園朋輩調解計劃」便是明證：中學生間的欺凌或誤會，經培訓的同學調解員以數月時間持續跟進，通過十數次非正式談話，逐步消解積怨。這種「慢處理」

看似效率低下，實則避免了衝突升級所消耗的社會成本，體現了真正的治理智慧。

調解之境，在於共識。調解的終極目的絕非決定勝負，而是引導當事人從「零和博弈」轉向「共贏思維」，在利益交匯點發現合作可能。當雙方共同參與解決方案的制定，協議的自願履行率遠高於法院判決。更重要的是，這個過程重建了社會信任——當事人意識到，即使存在分歧，對方仍願通過理性方式尋求共處之道。律政司於2009年推出「調解為先」承諾書運動，成功推動逾160個商業機構及組織簽署，將調解納入爭議解決機制，不僅疏濬了司法擁堵，更在無數當事人心中播下了理性協商的種子。這種非對抗性糾紛解決機制，正是社會穩定的底色。

然而，調解文化的興盛不能僅靠專業人士。它需要每一位市民的參與。在鄰里爭執時選擇先找管理處而非報警，在與同事衝突時願意走進調解室，在家人齟齬時充當冷靜的傳聲筒。當我們放下「非贏即輸」的執念，便掌握了社會治理的柔性力量。

香港的法治精神不應僅體現於法庭的莊嚴，更應彰顯於市井間的互讓。調解之柔，可化干戈為玉帛；協商之力，能轉戾氣為祥和。作為新時代的青年，我們既要有堅守法治的剛性，更需具備以調解化解紛爭的柔性智慧。唯有如此，方能令這座東方之珠在多元共生中持續閃耀。



Fu Man Hei Hayden Form 2 St. Paul's Co-educational College

Mediation in school life

“For the inter-class writing competition, the champion is... Katie!” The classroom erupted in applause as Katie strode out to the front, her grin gleaming under the fluorescent lights.”

The main reason she got Champion was due to her immense creativity. Who would've ever thought of writing the story of Snow White from the Witch's perspective?” The teacher continued, beaming, and the classmates all clamoured praises for a delighted Katie.

All except Queenie, my best friend, who looked as if she had sucked on a lemon.

The bell echoed through the hallways, marking the end of the lesson. Katie was surrounded by a horde of raucous classmates. “Seriously, how do you get such good ideas?” They asked. Katie just nodded.

A snarl cut through the crowd like a sharp blade. Katie froze as still as a statue. “She stole my essay idea!” Queenie lunged forward towards Katie, the crowd parting between them. The clean rip of paper rang through the air, and murmurs spread through the crowd as the award certificate now lay in tatters on the wooden floor. The classroom became deathly silent.

“She never deserved it anyways.” Queenie coolly walked away. Raindrops pelted the windows as the sky was covered in grey. I walked over to Queenie.

“She took the idea I shared with her over lunch at that café last week,” she sobbed. “I told her everything! And now... she's getting all the credit.”

I patted her. “Let's not jump to conclusions. I'll help sort this out.”

By lunchtime, the rain still poured. I convinced both to meet me at the corner of the canteen. Katie sat stiffly, staring at her tray. Queenie's eyes were red, refusing to look up. Cutlery scraped plates awkwardly; the patter of rain on the cafeteria windows filled the silence.

I decided to speak up. "Queenie feels like her idea was stolen. Katie, can you explain what happened?"

Katie exhaled. "I didn't steal it. That day at the café, you were talking about Snow White from the Witch's view. I thought it was just a casual chat. I started writing my own version that night. I never meant to copy you."

Queenie's shoulders relaxed slightly. "I... I thought you took it on purpose..."

"I should've asked if it was okay to use a similar concept," Katie admitted.

As we talked, the rain eased. Sunlight pierced the clouds, painting the table gold. Queenie blinked, her eyes brimming with tears. "I overreacted. I'm sorry for tearing your award certificate."

Katie reached out. "I'm sorry too. Let's share the credit for the competition – we'll co-author it."

They hugged, and just like that, the misunderstanding dissolved like it had never happened in the first place.

Looking back, that lunch taught me something powerful. Mediation doesn't belong only in dramatic movies; it belongs right here in school. Who knew a calm

初中組 得獎文章

Junior Division Winning Essays

conversation could clear storms of misunderstandings? From now on, let's sow the seeds of mediation at school, solving conflicts peacefully just as how Hong Kong plays a pivotal role in connecting and settling Greater Bay affairs like the Greater Bay Area Mediation Platform!



Ng Ka Wing Form 3 Immaculate Heart of Mary College

Peer Mediation as a Tool for Developing Lifelong Skills Beyond the Classroom

Conflicts is indeed a normal part of human relationships, and school is no exception. Teasing, gossip, misunderstandings, or even well-intentioned jokes between friends can sometimes cause emotional harm or break down communication. While differences in personality make such conflicts inevitable and natural, ignoring them is rarely helpful. Small issues left unaddressed can gradually erode trust, distract students from learning, and create ongoing tension.

In this context, mediation offers a constructive alternative. It empowers students to manage their own relationships and resolve disputes in healthy ways.

At many schools, mediation is facilitated by trained student mediators (often called peer mediators or student guides). The mediator remains neutral and calm, acting not as a judge who decides who is right or wrong, but as a facilitator who guides both parties through a structured conversation. In this safe, neutral space, students can lower their defences, express their feelings openly, and begin to understand each other's perspectives. This shift in mindset often allows them to identify solutions that address everyone's core needs and lead to mutually acceptable outcomes.

When mediation becomes a regular part of school life, its benefits multiply. More students are trained as mediators, gaining valuable experience in guiding conversations, managing emotions, and finding solutions. They learn firsthand that conflicts do not have to end in anger or resentment — a respectful conversation can often be enough to resolve them.

Beyond resolving individual disputes, regular mediation helps build a broader culture of respect, empathy, and unity. Students learn to pause, listen actively, and respond thoughtfully rather than react impulsively. They come to feel that the

初中組 得獎文章

Junior Division Winning Essays

school is a fair place where every voice matters, regardless of background or identity. This fosters a stronger sense of belonging and teaches resilience in handling disagreements. Over time, these habits carry over into everyday life, enabling students to approach conflicts more calmly, think more clearly, and reach mutual understanding on a wide range of issues.

Mediation also equips students with lifelong skills that extend far beyond the classroom. The ability to listen attentively, express opinions respectfully, and avoid centering oneself in every conversation or needing to “win” every discussion is essential in almost every future path — whether in higher education, the workplace, or personal relationships. By practicing these skills early, students develop emotional intelligence, self-regulation, and the capacity to collaborate effectively with others.

In conclusion, mediation in school is far more than a tool for resolving difficulties; it is a transformative practice that shapes how students interact, learn, and grow. The skills and values it cultivates prepare young people not only for academic and career success, but also for building meaningful, harmonious relationships throughout life. For schools, investing in mediation means nurturing more than academic achievement — it means developing a generation that understands true strength lies not in avoiding conflict, but in facing it with kindness, courage, and respect. Ultimately, school mediation matters because it helps create individuals — and communities — capable of turning differences into opportunities for understanding and growth.



鍾紫涵 中三 樂善堂王仲銘中學 香港是調解之都

香港茶餐廳裡，兩位街坊因座位爭執聲調漸高，面紅耳赤，食客紛紛側目。忽然有人溫言一句，替雙方留了體面「下台階」：先把不滿說清，再各退一步，火氣便慢慢退潮，最後竟同桌共餐。這份在擁擠中仍願互相留路的智慧，正是調解的底色。

當世界愈走向「非贏即輸」，調解提醒我們：重點不在誰勝誰負，而在找出彼此都能前行的安排。西方思維常重結果與勝負，中華文化更重關係與和合；香港可貴之處，是把生活哲學淬鍊為制度與專業：在普通法框架下，以中立程序保障公平，以雙語溝通化解文化落差，以保密對話降低防衛，再以理據協商把立場翻譯成需要、把對抗轉化為選項。對企業而言，這既節省時間與成本，也把合作與商譽留住。

當然，調解若只講和氣、忽略事實與權責，便可能令有理者噤聲；若資訊不透明、力量不對等，和解亦難服人。真正的調解，並非迴避矛盾，而是在釐清是非的基礎上搭橋：讓情緒先被看見，讓利益被對齊，讓方案可落實。曾有跨境併購糾紛在訴訟中僵持不下，轉入調解後，雙方從指責回到需求與風險分擔，終達成和解，甚至開啟新合作。

從茶餐廳到國際商務，香港以對話化解對立，為多元世界開出共存空間——這才是「調解之都」最值得珍視的價值。



何思慧 中三 梁式芝書院

流芳「六尺巷」——古代的調解魔法

調解在我們生活中無處不在，小到市井街巷，大至國與國之間的外交，都有這股神奇力量穿插其中，我們也需要這種和平解決問題的方法——調解。這是大事化小的包容與廣度；這是小事化了的心胸與氣度。

生活中矛盾到處可見，調解也無處不在。朋友間的誤會，親人間的隔閡早已成常態。很多時候我們不能只論輸贏，贏了道理，卻輸了感情。

在家裡，感情比道理管用；在外面，理解比衝突管用。調解的神奇力量，即在於利用人與人之間互通的感情與理解，尊重與包容。調解，不單是雙方互給對方的台階，也是互相解決的態度，更是互相靠近的心。

「六尺巷」便是調解的光輝典範。

相傳清朝康熙年間，安徽桐城縣，發生了一宗官司，當朝宰相張英與葉秀才之間打官司的故事最後卻各退一步。起因是，張英要蓋房，地界緊挨葉家，秀才提出要在兩家之間讓出一條小路打方便出入，張家的管家不願意，雙方便因此起了衝突。葉秀才以一紙文書告到了縣衙，打起了官司，張家管家看事情鬧大了，便通知宰相張英，張英寫信回到「千里修書只為牆，讓他三尺又何妨？萬里長城今猶在，不見當年秦始皇。」管家看了這首詩，便明白了主人的意思。第二天，張家便動手拆牆，自覺後退三尺，秀才看了由是感激，便把自己家的牆也拆了，後退了三尺。

從此，張葉兩家之間隔了條六尺寬的巷子，被稱為「六尺巷」。現在此地已成為了一處名勝古跡，而張英與葉秀才的故事，也一直流傳到現在，

並在生活中不斷上演，你看調解不是很重要而有效的手段嗎？

願我們用耐心和傾聽，消除誤會；用理解與包容消除隔閡；用心胸與氣度，解決問題，也願我們彼此願意展露善意。鑑古知今，讓我們善用這調解的魔法吧！



Lee Sum Suet Charlotte Grade 8 G.T. (Ellen Yeung) College

Mediation in School Life

In contemporary society, the issue of unfairly resolved disputes have become increasingly prevalent not just in court, but in daily school-life as well. As such, the purpose of this paper is to examine the use of Mediation in School life as well as analyze the exact meaning of Mediation indefinitely. So buckle up, dear readers, because this show is just beginning.

While it's certainly not uncommon for children my age to get into conflicts, I've observed that too often students are involved in intense disputes with peers or teachers at school. Most of the time, other teachers or classmates alike step in in hopes to resolve the conflict, but always end up with one party dissatisfied with the outcome, leaving the true underlying problem unresolved. This is where mediation comes into play.

Now, to understand the following contents fully, it's essential to first define key terms such as Mediation. So what exactly is Mediation? According to the Judiciary of Hong Kong, Mediation is a voluntary process in which a trained and impartial third party, the mediator, helps the parties in dispute to reach an amicable settlement that is responsive to their needs and acceptable to all sides.¹

To put this in perspective, let us take a real story as an example. You see, one of my classmates– let's call him classmate A– was furious with another classmate – Classmate B– because they were supposed to do a project together, but Classmate B allegedly ended up free-riding. Classmate B denies the accusations, and claims that Classmate A was the one who didn't do anything and that he was taking all the credit. Over the course of this heated game of blame, the class

¹ source: https://mediation.judiciary.hk/en/what_is_mediation.html

teacher eventually took notice of their argument and decided to resolve this issue before the situation got out of hand. In this case, the class teacher is the mediator. She brought the two parties together face-to-face in a private and confidential setting— Her office—and allowed for both parties to put forward their point of view in a calm and consultative manner. In the end, the teacher helped both students work out their conflict and reach an agreement that was beneficial to both of them; both students would get the chance to redo the project, this time, separating the work evenly among both boys.

Notably, this teacher demonstrated a successful attempt at mediation. I applaud the teacher for understanding the necessity of hearing both sides of the argument before anything else. Furthermore, she helped them reach a settlement that is responsive to the needs of both parties while staying unbiased and objective, leaving both sides satisfied. However, it's imperative to note that the mediator does not impose a decision on the parties, rather, a good mediator helps the parties to explore the strengths and weaknesses of their situation and suggest solutions, in the end, the parties have the final say.

In truth, too many people mistake just 'punishing' one side of the parties as 'solving the issue', but this is completely incorrect. As educators, you should be teaching children to peacefully and objectively mediate disputes without resorting to violence or uncivilized methods. By giving out punishments like they're handouts, you are encouraging children to play the blame game and point fingers instead of actually listening to both sides of the argument. Moreover, evidence suggests that mediation increases opportunities for cognitive thinking and development of communication in young children. Without Mediation, disputes between students will only rapidly increase, and inevitably, schools will become ground zero for heated fist fights and savage quarrels.

初中組 得獎文章

Junior Division Winning Essays

As a wise person once said, “Give a man a fish and you feed him for a day, teach a man to fish and you feed him for a lifetime.” Ultimately, it's evident that mediation can ensure a fair outcome for everyone in a dispute through consultations in a cordial manner. In addition, students are able to grow as a person through the means of mediation and independently manage arguments constructively in the near future. In light of these arguments, it can be concluded that mediation is nothing less than useful and beneficial in school life, as such, I firmly believe that mediation should be normalized in every school. Mediation is truly the method of our times!



蔡俏宜 中三 樂善堂王仲銘中學 香港是調解之都

香港素有「調解之都」的美譽。這座城市猶如一位睿智的擺渡人，總能在風浪中找到平衡，以最適切的方式化解糾紛。百餘年來，香港作為中西交匯的樞紐，在國際往來中累積了深厚的信任；這種獨特的歷史底蘊，使其在處理跨地域爭議時，具備了無可取代的公信力。

香港的獨特之處，在於它既承襲了西方法律制度，又保留了華人社會「以和為貴」的文化。當商業巨擘在利益上出現分歧，許多人首選香港作為解決之地。因為他們信賴這裡公平透明的制度，更相信在過程中，能獲得不偏不倚的對待。

調解與訴訟，本質截然不同。訴訟如戰場，往往追求非黑即白的輸贏，結局常是「贏了官司，輸了關係」。反觀調解，則是一場理性的博弈與協商：雙方在不撕破臉的前提下，釐清立場、剖析利益，並各退一步，尋求共識。這種「互諒互讓」的精神，不僅避免了兩敗俱傷，更為未來的合作留下了轉圜的餘地。

香港以「中融之道」向世界展示：解決問題，不一定非要爭個你輸我贏。願意坐下和談，傾聽對方深層的需求，並在原則與人情之間找到平衡點，才是更成熟、更具遠見的選擇。

因此，香港不僅是一座繁華的國際都會，更是一方懂得「調解智慧」的熱土。這份智慧讓紛爭得以化解，讓世界多了一分和諧。學會溝通、尋求共識，亦是我們每個人值得畢生修煉的能力。



Ng Yan Tung Form 1 Po Leung Kuk Centenary Li Shiu Chung Memorial College

The Amazing Power of Mediation

Have you ever quibbled with your family or friends over minor details? In Hong Kong, disputes occur every day. However, conventional lawsuits can be laborious and often damage relationships.

In this context, mediation offers a different approach to resolving disputes: an informal process facilitated by a neutral mediator that assists parties through communication and consultation to achieve a mutually acceptable agreement. Mediators do not render verdicts or impose decisions; they act solely as facilitators.

Mediation is not a winner-take-all scenario; it emphasizes mutual benefit and avoids confrontational standoffs, clearly demonstrating its astonishing power.

The remarkable benefits of mediation include saving time and money, allowing parties to maintain control, enabling diverse arrangements, protecting confidentiality and privacy, mending relationships, and presenting a relatively high success rate.

Mediation can save both time and money. Lawsuits often last for months or even years, whereas mediations can typically be completed in hours or just a few meetings. Consequently, the need for extensive legal procedures and documentation is reduced, as are the legal costs and mental stress involved.

Mediation empowers parties to gain control. In court, judges make rulings. In mediation, however, plans are proposed and discussed by all parties, with the final decision resting in their hands. Until all parties accept the suggestions, the agreement remains non-binding, ensuring fair play.

Mediation allows for diverse arrangements, such as apologies, communication mechanisms, or future partnerships. Each party can formulate a specific and feasible plan based on their self-interests and relationship goals.

Mediation consistently provides better confidentiality and privacy protection than courts. Mediation sessions are usually conducted in private settings, and their contents are not made public like court hearings.

Mediation prioritizes communication, listening, and future cooperation over merely assigning blame or pursuing liability. This makes it especially valuable for mending relationships between parties who will continue to interact.

Mediation also boasts a comparatively high success rate, applying across various situations such as business, family, and employment disputes. Studies and practical experiences indicate that around 70% to 80% of cases can achieve full or partial settlements through mediation.

Mediation serves as a bridge in human relations, helping individuals overcome conflicts and work toward collaboration.

To make mediation a mainstream method for resolving disputes in Hong Kong, we should heed Sandra Day O'Connor's wisdom: "The courts should not be where disputes begin. They should be where disputes end after alternatives like mediation have been tried."

Together, we can make "mediation first" a household name. Let's blunt the saber's edge, establish communication channels, and work together to create a harmonious society in Hong Kong!



Lam Ming Lee Form 2 Lok Sin Tong Wong Chung Ming Secondary School

The Amazing Power of Mediation

The argument started over something trivial: a borrowed video game unreturned before a tournament. To me, the technicalities didn't matter. What mattered was that Asher and Anthony, my best friends since primary school, were now entrenched at opposite tables in the canteen, trading angry glares instead of our usual jokes. Sharp words had been exchanged, leaving a cold silence where our trio's laughter used to be. I felt stranded in the middle, watching a friendship fracture with no idea how to stop it.

I tried to fix it the only way I knew how: by forcing common sense upon them. I listed reasons why they were being stubborn and cracked jokes to cut the tension, but nothing worked. When I tried to speak over their anger, they barely acknowledged me. If anything, my 'help' only made them dig their heels in deeper, as if choosing a side was more important than solving the problem. I began to fear that this was how friendships died, not with a dramatic explosion, but with a slow, bitter distance that quietly became permanent.

Then, I saw a poster for the Peer Mediation Club. I signed up, desperate for any tool that could stop two people I cared about from walking away from each other.

The sessions, run by our guidance counsellor, Mr. Wong, were unexpected. We didn't learn 'magic words' to make arguments vanish; we learned a framework for peace. The cardinal rule, Mr. Wong explained, was that a mediator is not a judge. We don't decide who wins. We guide people back to common ground and help them build a solution they both own.

After four weeks of training, I asked Asher and Anthony to let me mediate. They hesitated, then agreed — more out of curiosity than hope. We sat at a quiet table in the library. My heart pounded, but I trusted the steps.

First, I established the ground rules: no interrupting, no name-calling, and no shouting. I gave each of them uninterrupted time to speak while the other listened.

Anthony went first. With a little guidance, he revealed that the issue wasn't just the game, it was about respect. He felt Asher didn't value his property, which made him feel taken for granted. When I reflected his point back to him, 'You felt disrespected, not just inconvenienced', his anger visibly softened. Someone had finally noticed what was underneath.

When it was Asher's turn, he admitted something unexpected. He had kept the game because he was stressed about the tournament and needed practice, but he was too embarrassed to ask for extra time. He feared Anthony's judgment and didn't want to seem irresponsible, so he avoided the conversation entirely.

That was the breakthrough. The fight stopped being about a video game and became about hurt feelings, stress, and the fear of appearing weak. The game was merely the surface trigger.

They agreed on a plan: Asher would return the game immediately and communicate honestly about his needs in the future. Anthony agreed to express frustration without insults and to check in before assuming the worst. They didn't hug or instantly become best friends again, but the wall between them finally had a door in it.

Mediation saved their friendship, but it also changed me. It cured my helplessness. I learned that most arguments are like icebergs: what you see is tiny compared to what is hidden underneath. And I learned that solving a problem isn't about talking the loudest, it's about listening the closest.



陳巧兒
中五 田家炳中學
調解的神奇力量

眾所周知，香港除了是國際間公認的美食與購物天堂外，還是一個「投訴之都」。每一天，繁華熱鬧的都市中總會發生幾段爭執，或大或小。而爭吵當中，亦時常會出現「花生友」與「和事佬」。而我，作為一個調解員，卻深信在這片看似充滿摩擦的鋼筋森林裡，藏著一種溫柔而驚人的力量——它不張揚，卻能將對立的稜角，打磨成理解彼此的弧度。而調解力量的魔法，不在於消弭所有差異，而在於將「我與你」的對抗，轉化為「我們」共同面對的問題。

這份神奇的力量，往往在最平凡、最緊繃的公共空間裡悄然顯現。例如，在沙甸魚般的港鐵車廂內，我曾目睹一幕：一位年約六旬、手挽重物的婦人，與一名背著沉重書包、面露疲色的中學生，因一個關愛座而僵持不下。

婦人聲線尖銳，字字如針：「年輕人，看不看得到『關愛座』三個字？我拿著這麼重的物品，腳骨又痛，你難道不會讓座嗎？」中學生緊抿嘴唇，耳機線垂在胸前，低聲反駁：「我清晨五點從家中動身返校，放學後還要去補習，頭昏腦脹。而且，這個位置是我先坐下的。」四周的目光瞬間聚攏，有人皺眉打量學生，有人對婦人竊竊私語，空氣中充滿審判的沉默，卻無人真正上前。

我輕輕介入，沒有指向座位該屬誰，而是蹲下身，先對婦人說：「阿姨，您辛苦了，挽著這麼重的物品而且還腳痛真的好辛苦。」她一愣，怒氣稍減，點點頭：「人老了，關節經常痛。」我轉向學生，看著他深重的黑眼圈：「同學，書包和學習壓力都這麼重，真的不容易。」他眼眶微紅，別過臉，但緊繃的肩膀鬆了些。

我接著說：「其實，大家都是需要一刻喘息的人。座位只得一個，但『關愛』的心意可以有很多種表達方式。」我提議學生可否先讓座五分鐘，讓婦人坐下緩解不適，同時請旁邊另一位年輕乘客幫忙，將婦人沉重的購物袋暫時放在空處減輕負擔。五分鐘後，若學生仍感不適，或許婦人已緩過來，可以換他休息，或一起在下個車廂尋找其他座位。

奇妙的是，當雙方從「爭奪一個特權」的框架，被引導至「看見彼此的具體困境」時，敵意便開始如冰川般融化。婦人坐下後，低聲說了句：「你都挺能吃苦。」學生沉默了一下，竟從書包側袋拿出一小瓶提神用的薄荷膏，遞過去：「我奶奶都有腳痛的問題，她說擦這個能舒緩一點痛楚。」那一刻，圍觀者眼中看戲的興味，轉化為一絲動容。最終，他們在下一站一同下了車，學生幫婦人提起一部分重物，走向出口。

這個狹小車廂內的插曲，再次印證了調解的神奇魔法：它將一個非此即彼、關於「資格」與「權利」的零和爭奪，轉化為一個可以協作、關於「共同不適」與「相互體恤」的和平方案。關愛座的本意是喚起善意，但在高度壓力的日常中，它有時反而成了引爆委屈與疲憊的標靶。調解所做的，正是繞開標靶，直達背後那份真實的、渴望被看見的「累」——無論是身體之疲，還是生活之倦。

當我們學會在爭執中暫停，在指控前傾聽，我們便不僅解決了當下的衝突，更悄悄改寫了這座城市的相處模式。調解的神奇力量，最終讓我們在號稱「投訴之都」的喧囂表象之下，共同構建一座「諒解之城」。在那裡，衝突不再是需要圍觀的戲碼，而是化為彼此生命故事中，一段可以被理解、被體諒的篇章。

高中組 得獎文章

Senior Division Winning Essays

這，或許便是調解最神奇之處——它讓我們相信，即使在高樓狹縫之間，人心依然有寬廣的餘地，去容納另一種艱難，去編織更細密的連結。而那，正是這座城市最堅韌、最優美的內在風景。



莫小婷 中四 樂善堂楊葛小琳中學

我的調解故事

家，應該是什麼模樣？每當我看見那本墨綠色的硬殼相簿，就會想起一碗甜甜的紅豆湯，和那背後藏著的笨拙又相似的真心。

記得有一次，父母為新家裝修爭執了一周：父親要極簡，線條分明，只有黑白灰；母親要溫馨，暖黃燈光，充滿煙火氣。他們的爭吵像兩股洋流在家這片小海域對撞，讓我這艘小船無處可逃。話語如帶刺的細鞭，留下看不見的紅痕。我逃回房間，目光落在書架頂層蒙塵的舊相簿上，取下它時塵埃飛揚，但相簿卻彷彿一把生鏽卻閃亮的鑰匙。我將相簿輕輕放在客廳桌上，空氣寂靜。「我們一起看看這個好不好？」我輕輕的問。

翻開扉頁，時光倒流，第一張是他們婚後第一個家，陽光灑在空蕩的水泥地上，窗簾是小碎花布，邊緣起了毛球。爸爸說，為了這塊布，他跑遍全市場，就因為媽媽說喜歡有花有草的感覺。「爸爸最後騎著腳踏車回來，後座綁著這卷布，像扛著一面勝利的旗。」母親看著照片，嘴角露出淺淺笑意。我又指向房裡那張沙發說道：「媽媽為了讓爸爸下班坐得舒服，每當我睡著的時候，就親手縫這沙發套，手指還被針扎了好幾回呢！」父親緊抿的唇顫動了一下，低下頭。那一刻，爭吵的銳利都蒸發了，只剩舊相紙的摩擦聲與平緩的呼吸。那個沒有風格，只有期待的家，像一首樸素的詩，寫滿了「我們」。

合上相簿，我對父親說：「你要簡約，是因為記得媽媽說東西堆得心煩，想讓她走得順暢，看得開闊，對嗎？」他沒點頭，目光卻移向母親。：「你要溫馨，是知道爸爸在外面已經夠緊繃，不想他回家還像在會議室，對嗎？」她睫毛輕眨，沉默地起身走向廚房，暖黃的筒燈亮起，將她籠罩在光暈裡。父親沉默片刻後，也起身跟了進去。

高中組 得獎文章

Senior Division Winning Essays

我留在客廳，廚房玻璃門漸漸蒙上水汽，一種獨特而溫暖的甜香，絲絲縷縷地從門縫裡鑽出來，那是紅豆被煮得酥爛並和冰糖交融後散發出的踏實而幸福的氣息。

不知過了多久，母親端著一只白瓷碗走了出來，碗裡是深紅發紫、熱氣騰騰的紅豆湯，而父親跟在後面，手裡拿著三把小湯匙。我們三人圍坐下來，各自舀起一勺，紅豆入口即化，甜意從舌尖蔓延全身，一碗很快見了底，我下意識地伸出舌頭，輕輕舔了一下嘴角殘留的那一抹甜潤，不小心打了一個飽嗝，父母靜靜看我，然後相視一笑，那笑容讓我心底那個貪甜的小孩無處躲藏，自己也忍不住笑了出來。

幾天後，新設計方案攤在桌上，標題旁是父親的字跡：「簡暖之家——融合方案」，我忽然明白，調解從來不是裁決對錯，而是幫兩顆迷途的心找回共同的導航圖；真正的和解，不需要宏大的宣言，它就藏在一碗共同熬煮的紅豆湯裡——歷經火候與時間，將各自堅硬的顆粒，熬成再不分彼此的溫柔的甜，或許這就是調解的意義吧。當我們一起笑出來的時候，家就回到了它最該有的模樣。

窗外夜色濃稠，而屋內，燈火可親，甜意正溫。



黃樂希 中六 趙聿修紀念中學

調解的未來

在未來的某一天，兩名同學因為專題報告的分工問題起了爭執。爭執從最初的發牢騷轉變為互相人身攻擊，他們的語氣越趨激烈，措辭愈加粗鄙；學校的機械調解員拖着僵硬的四肢走到他們中間，開始分析兩人的語氣、表情和用詞。一把冰冷的聲線從喇叭中傳出來：「情緒波動程度：中度；責任分配爭議：主要因溝通不足。」隨後便是一段理性而完整的解決方案。「調解員」緩緩離開現場，兩人卻仍然以怒目相向，可見一場更加激烈的爭吵即將引發。

以上荒誕科幻的情節可能離我們並不遠，人工智能日新月異的發展讓社會開始思考：在智能系統可以解答疑難、甚至模仿情緒的時代，調解是否也能由機器完成？我的答案是——人工智能能輔助調解，但不能取代人類的共情。真正的未來，是科技與人性攜手前行，以智慧與理解共建和平的文化。

人工智能的確為調解帶來前所未有的機遇。智能系統能夠迅速分析大量案例數據，識別糾紛模式，迅速找出矛盾的核心，提供客觀的解決方案建議，節省人力與時間。例如在處理商業合約糾紛時，智能系統可以準確計算損失金額、比對類似案例的和解方案，為當事人提供理性的參考框架。這種數據驅動的方法，能有效減少人為偏見，提升調解過程的透明度。而且，它能即時翻譯不同語言、偵測語音中的情緒，讓跨文化的爭議更易化解——這項特性在香港這個匯聚國際文化的大都會尤其重要。

然而，調解的核心從來不是準確的數據分析或迅速的問題處理，而是對人性的深刻理解，及以人為本的溝通。當一對夫婦為子女撫養權爭執不休時，他們需要的不僅是法律條文的解讀，更需要有人理解他們背

高中組 得獎文章

Senior Division Winning Essays

後的恐懼、傷痛和愛。當商業夥伴因信任破裂而對簿公堂時，重建關係的關鍵往往在於一個真誠的眼神、一句適時的安慰。一位經驗豐富的調解員懂得在適當時刻保持沉默，讓當事人釋放情緒；也懂得用一個溫暖的笑容，化解劍拔弩張的氛圍。這種情感智慧，是演算法無法複製的。

香港調解的未來，並非在人類和人工智能中二選一，而在於探索兩者的協作可能，在科技與人文之間找到平衡。我可以在此描繪一份藍圖：理性、精準的智能系統在調解前期進行風險評估，識別潛在的衝突點和共識空間；在調解過程中，即時提供相關法律條文和案例參考；在調解後，追蹤協議執行情況，預警可能出現的問題。而人類調解員則負責進行實際溝通，建立信任關係、理解情感需求、促進真誠對話、尋找共贏的解決方案。在人工智能時代，香港調解行業需要培養懂得應用科技又善於傾聽情感的新一代調解員。他們既要運用智能工具提升效率，也要深化對人性的理解。

共情是人類最珍貴的能力，也是調解中最深刻的力量，更是建立一個和諧社會的關鍵。科技固然強大，但永遠無法取代那份源自人性，對於人性的真切理解。共情亦並非專業調解員的專利，而是我們每個人都可以培養的能力。讓我們從傾聽開始，在理解中學習，共同塑造香港成為真正的「調解之都」。



廖真希 中五 樂善堂楊葛小琳中學

我的調解故事

人們常說，家是最溫暖的港灣。但那幾天，我的家卻像一艘在冰海中迷航的船，連呼吸都帶著寒意。而這場風暴的中心，是我的爸爸和媽媽。我從未想過，我的調解故事，會在最親近的人之間開始。

一切的起因，是一場家庭旅行的計劃。媽媽辛苦工作了大半年，渴望一個放鬆的海外假期，作為對自己的犒賞。而爸爸則因為最近店舖生意不景氣，憂心忡忡，認為應該節省開支，留在家中。而兩人的初衷都是為了這個家，卻因立場不同，話語漸漸變成了傷人的利刃。

「你就是不體諒我的辛苦！」媽媽的聲音帶著哭腔。「我這麼拚命是為了誰？你怎麼就不懂現實的壓力！」爸爸的聲音充滿了疲憊與無奈。

爭吵過後，是漫長的沉默。他們不再交談，飯桌上只有碗筷碰撞的聲音，那道無形的牆不僅隔開了他們，也將我困在了中間。我看著媽媽泛紅的眼眶，又看著爸爸緊鎖的眉頭，心裡像被什麼東西狠狠揪住。等待他們和好，似乎遙遙無期。

就在那個夜晚，當日老師提過的一句口號，「共建調解之都：你，就是未來」，突然在我腦中閃現。我一直以為，這是社會裡的事，與我無關。但此刻我才明白，如果連一個家的和諧都無法守護，那未來又怎能和其他人一起建設一座調解之都呢？未來，不就是從每一個「現在」開始嗎？而我，就是這個「現在」裡，唯一能做點什麼的人。

我，就是未來。這個念頭給了我莫大的勇氣。

高中組 得獎文章

Senior Division Winning Essays

我沒有直接去評判誰對誰錯，而是選擇了分別「翻譯」他們的心聲。我先給媽媽倒了杯熱茶，輕聲說：「媽，我知道你不是非要花錢，你只是覺得累了，想和我們一家人有個放鬆身心的旅行，對嗎？」媽媽的眼淚瞬間滑落，輕輕地點了頭。

接著，我走到正在廚房給抽悶煙的爸爸遞上一杯水，說：「爸，我明白你不是不捨得，你只是擔心作為一家之主，怕我們過得不好，對嗎？」爸爸的望向遠處，沉默地掐滅了煙。

當晚，我鼓起勇氣把他們拉到客廳沙發上坐下。「爸爸媽媽，你們都愛這個家，各自用自己的方式去呈現。但我們不要讓愛，變成互相傷害的武器，好嗎？」

我將媽媽想要的「家庭時光」說給爸爸聽，也把爸爸擔心的「家庭責任」說給媽媽聽。當彼此的「意圖」取代了「行為」帶來的傷害時，那道堅冰開始融化了。爸爸輕聲對媽媽說了句「對不起」，媽媽也擦著眼淚回應「是我沒有考慮到」。

最終，他們決定將遠方的旅行，改成一個週末的近郊親子露營。目的地不再重要，重要的是，他們的手又重新牽在了一起。

從此，我學會用新的眼光看待衝突。同學爭執、鄰里意見不合時，我會想：堅硬立場背後，是否藏著未被傾聽的擔憂？未被看見的善意？

我的調解故事，沒有轟轟烈烈的情節，只有一家人之間最真摯的

情感。但它讓我懂得，調解可以是每個人都擁有的能力，一種用傾聽和同理心去溝通的能力。「共建調解之都」的藍圖，就繪製在每一個家庭的餐桌上，每一間溫暖的客廳裡。

每一個主動的聆聽和搭橋，都是在為這座城市鋪墊和諧的基石。而我，我們，正是這未來藍圖中，不可或缺的執筆人。當我們每個人都願意成為那個勇敢的「你」，去化解身邊最微小也最關鍵的矛盾時，我們就正在為未來作鋪墊。你，就是未來。這，就是我的調解故事。



黃若琳 中五 保良局馬錦明中學

共建調解之都: 你, 就是未來 校園生活中的調解

說起調解二字，腦海中浮現的，或許是法庭外據理力爭的審判過程或是社區裏的長者紛爭。但當我們把眼光放回熟悉的校園——這篇充斥著青春和活力的地方才是調解藝術最原始的練習場。所謂「共建調解之都」，其基石正應從校園開始鋪設。

從小組作業的責任爭端 到公共空間的共用界限；到網路社羣中匿名攻擊的言語衝突，若僅以傳統的「強者為尊」的叢林法則來處理，就是將問題簡單地掩埋，而不是根本性地解決。我們，甚至整個香港需要的是一場深植於校園文化的「調解」革命。

衝突，並不是絕對的破壞者，是生活中的潤滑劑也是關係中的墊腳石。如果一個因意見而出現分歧的小組，若能因爭執得到有效調解，成果往往比表面和諧的團隊更具創新性，若經真誠溝通，成果往往更加成功。調解，不是息事寧人、隱忍的技術，而是一同協手「共建」的過程。

清朝康熙年間，安徽桐城的兩戶人家因宅基地發生爭執。一方是當朝宰相張英的家人。張家人修書至京城求援。張英的回信只有一首詩“千里修書只為牆，讓他三尺又何妨？萬里長城今猶在，不見當年秦始皇。”家人收到信後，主動將圍牆退後三尺。鄰居葉家深受感動，也隨之退後三尺。於是，便有了著名的“六尺巷”。

張英沒有利用權力壓人，而是用“秦始皇”的典故，引導家人跳出眼前的爭執，看到和諧的長遠價值。這也體現了儒家“禮之用，和為貴”的思想，調解的目的在於重建社區的和諧秩序，而非爭出是非。

這些跨越時空的智慧告訴我們，調解絕不是庸俗哲學，而是一種深刻的人生理解，甚至在校園這個「小社會」里，我們依然可以運用這些古老的智慧，化干戈為玉帛，每一次成功的調解，都是在為我們共同的未來，積累寶貴的和平資產。

由學生擔任調解員，並非因為他們比師長更具智慧而是他們更能理解衝突背後的真正真相。一些青春期關於面子、好奇心甚至因青春期敏感的微妙心理。當一位學生從生氣的指責「你為什麼這樣做？」轉向心如止水地思考「我們的目的是一樣的嗎？」時，他實踐的是在創造一種「我們可以自己解決問題」的想法。這種自信，是未來公民社會最寶貴的資產。

所以，請從現在開始，努力面對身邊每一次的爭執。可以視其為練習調解、鍛鍊的機會。請勇敢的成為那個願意首先放下成見同學。當無數個「你」在校園的角落裏點亮調解的火焰，「調解之都」便不再是遙遠的未來。

你，就是那顆火種。你，就是那個未來。



Sophia Cheung Form 4 Diocesan Girls' School

A Construction in Silence: Navigating the Hidden Challenges of Peer Mediation

Two classmates in the counselling room, a train of hostile texts, and a rumor that has an unknown owner. This is the modern battlefield of school conflict. As a peer mediator, I sit at the center of this storm, armed with nothing and the silence of a heavy room. Occupying the role of a peer mediator may sound noble, but in my reality, it is a rocky path through challenges that no training can truly fully prepare any one of us for.

The foremost challenge on this path is the neutrality dilemma. In any professional setting, mediators are often strangers to the 2 parties' disputants, and hence there is more often than not a layer of impartiality. However, in my school's context, classmates are never strangers to one another. We share corridors, cafeterias, and social circles. The internal tug-of-war is constant. How do you remain a neutral facilitator when one of the participants is your lab partner, or perhaps someone who previously slighted you? During mediations, it is hard to ignore the familiar pull of bias. As one party voiced a concern I knew to be factually incomplete, my moral instinct was to correct the false idea, but the idea that the core of mediation is neutrality¹ of the process puts a stop to that. Mediators have to remind themselves that their role was not to find the absolute truth, but to facilitate a dialogue where they could find a shared resolution. This psychological compartmentalization—mentally switching from a "friend" or a "peer" to the "impartial observer"—is a mental exercise that requires a level of emotional maturity rarely demanded of teenagers alike.

Beyond the internal struggle of neutrality lies the external pressure of social stigma. In the complex environment and social hierarchy of secondary schools, a mediator often occupies a precarious position, they are often viewed with suspicion, caught between being seen as a "teacher's pet" or an interloper in private drama. Peer culture, particularly in the digital age, often prizes "blind loyalty"

¹ Venn Mediation LLC. "The Value(S) of Mediation." Vennmediation.com, Vennmediation.com/blog/article/The+Values+of+Mediation/264.

over constructive resolution. To many, seeking mediation is a sign of weakness, or worse, a form of "snitching." It is not an uncommon sight that you hear "Why are you getting involved in their business?" This stigma creates a barrier to entry, students would often rather let a conflict fester into a toxic environment than risk the social cost of sitting at the mediation table. We must constantly advocate for the idea that mediation is the most respectful and private way to handle a dispute, precisely because it keeps the power in the hands of the students, instead of letting the situation escalate into greater scale.

Furthermore, peer mediators must navigate our digital world, conflicts in our day and age are not only physical, but more often than not amplified and distorted by group chats, social media comments. Mediating conflicts online proposes challenges for mediators on several levels, both online and offline. Firstly, on social media, tone is often omitted or invisible, and hostility disguised as sarcasm is a weapon that leaves no fingerprints. During conflicts, I often find that the original tipping point may not be the original disagreement, but the hundreds of digital micro-aggressions that entails. Secondly, another major challenge is getting participants to look past the online version of their "rival" and see their classmate sitting a few seats away in the everyday classroom. Mediators must learn to take a seemingly digital insult and overlook its hostile cover to find the underlying need. When a student says, "He ignored my message on purpose to make me look stupid," mediators should reframe it as, "So you feel a lack of respect and feel a need for clearer communication?" This rephrasing may be initially challenging both intellectually and emotionally, but ultimately indispensable in this age where our digital footprints are more volatile than our physical ones.

Despite these blockages in the mediators' path, let it be the bias, the stigma, or the digital noise—I believe they are why peer mediation is so critical for Hong Kong's

future. These obstacles are not only overlooked problems to be solved, but rather the sandbox where the leaders of tomorrow are trained and built. By navigating the neutrality dilemma, we develop a sense of fairness and implicit bias awareness. By standing against social stigma, we forge moral courage. By rephrasing digital hostilities, mediators master the art of nuanced communication and mediation.

As Hong Kong strives to become the "Capital of Mediation," it is important for us to recognize that this title is not won in courtrooms and professional settings alone, but rather also in the quiet rooms of secondary schools where youth like us take the option and choose to talk instead of fight. The challenges of being a peer mediator teaches everyone that peace is not the absence of conflict, but the presence of our own skills to handle and resolve it. While the path of a mediator is rocky, when mediators come together and cultivate a harmonious society, it is a path that leads to empathy and resilience.

At the end of the day, a session in the counseling room may not end with a perfect friendship restored, but it will end with a respectful nod and an agreement to stop the digital sniping. Despite a seemingly miniscule victory, in the world of mediation, small victories are the foundation of a peaceful future.



盧詠欣 高三 澳門培正中學

調解的未來——在生活裂痕中生長

當手機震動、螢幕亮起朋友憤怒的控訴時，我正坐在港鐵車廂裡。耳機裡吵雜的音樂，掩不住我心底的紛亂。那不過是一場關於社群貼文誤解的爭執——她怪我揭露了她的秘密，我卻堅持那是無心之過。短短幾行文字在螢幕上交鋒，冰冷、銳利，將我們多年情誼劃出一道看不見卻刺痛的裂痕。

就在那一刻，我想起學校調解研討會中老師的話：「調解的第一步，不是解決問題，而是聽見對方傷口下的恐懼。」

我放下手機，不再急著辯解。閉上眼，試著不再只想「我是對的」，而是想：她那句「你背叛了我」背後，藏著什麼？是她對信任的極度珍視，還是曾被傷害過的舊創？隔天，我沒有傳送長篇大論的解釋，只寫下一句：「妳當時一定很難過。方便的話，我想當面聽妳說說。」

當我們終於面對面坐下，我學著調解員的技巧：不插話，只是點頭；不防衛，只重述她的感受——「所以妳覺得被最信任的人忽視了，是嗎？」神奇的是，當她的眼淚落下，不是因為憤怒，而是因為被理解，那道裂痕竟開始透進光。我們沒有追究誰對誰錯，卻在彼此的情緒地圖上找到了和解的座標。

原來，調解最初的力量，是將「對立的故事」還原成「共同的人性」。

這次經驗像一把鑰匙，讓我突然看懂家裡那些重複的摩擦。父親總抱怨母親花錢大手大腳，母親則反擊父親從不感激她的付出。過去我只覺得

高中組 得獎文章

Senior Division Winning Essays

煩躁，認定這是無解的老問題。但現在我聽出了弦外之音：父親緊抓開支的焦慮，其實是對家庭未來的憂慮；母親對「感激」的渴求，實則是對自身價值被看見的呼喊。

某個晚餐後，我鼓起勇氣當了「臨時調解員」。我沒有評斷對錯，只是分別對他們說：

「爸，你這麼操心，是因為很想守住這個家，對吧？」

「媽，你希望爸注意到你為家裡選的好東西，是因為你花了很多心思，對嗎？」

那一刻，空氣安靜了。他們臉上的緊繃鬆動，首次看向彼此的眼神裡，敵意淡去，浮現的是被點破的、深藏的情意。調解的神奇，在於它不粉碎任何一方的堡壘，而是在城牆之間，搭建一座聽見與被聽見的橋。

我這才真正明白，調解不是一套遙遠的技巧，而是一種「目光的轉向」——從盯著對方的「錯」，轉向理解彼此的「怕」與「愛」。

而這份目光的轉向，正是「調解之都」最堅實的基石。香港是一座高速運轉的都市，我們習慣效率、習慣競爭，有時卻在效率中磨損了耐心，在競爭中忘記了協作。然而，這座城市的活力，從來不只源於經濟的齒輪，更源於人與人之間能否善意連結。

所謂「調解之都」，不在於沒有衝突，而在於我們擁有將衝突轉化為

理解的集體能力。它是我與朋友重修舊好的那杯咖啡，是父母放下爭執後一個無奈卻溫柔的對視。它是社區裡協調不同訴求的居民會議，是課堂上引導同學解決紛爭的模擬練習。每一次我們選擇傾聽而非指責，嘗試理解而非戰勝，便是在為這座城市鋪上一塊「調解之都」的磚。

我們這一代，是在多元與爭議中成長的一代。我們比任何人都更清楚，分歧如何撕裂關係，也因而比任何人都更有動力去尋找那條「第三條路」。調解賦予我們的，正是一份主動的勇氣——我們不必等待衝突升級為風暴，我們可以在第一縷微風時，就學會調整帆的方向。

共建調解之都，意味著將這份勇氣與智慧，織入香港的日常肌理。當無數的我們，在教室、家庭、網路、職場中，主動化身為和平的工匠，修補微小裂痕，整個社會的韌性與和諧便得以織就。這不是遙遠的烏托邦，而是我們正在書寫的現實。

調解最神奇的力量，在於它將「解決爭議」從一場關於輸贏的對抗，轉化為一趟關於理解的共同旅程。它讓我看見：衝突本身並不可怕，可怕的是我們在衝突中遺忘了彼此的人性溫度。

未來的藍圖，筆就在我們手上。而這趟旅程，就從下一次當我們想憤怒反擊時，嘗試先問一句：

「你真正的感受是什麼？」

這份力量不屬於遙遠的他人。它，正棲息於你我的選擇之中。



Sum Yui Ching Hayley Form 5 St. Paul's Convent School

Future of Mediation

The two parties were caught in a slack tide. Myer Sankary found himself stranded in a tricky contract dispute regarding the wrongful termination of a lease. The guarantor clung to \$120,000 like a lifeboat, while the landlord demanded a heavy \$550,000. With little trust on both shores, Sankary asked whether clients would agree to accept a recommendation from ChatGPT in an impasse. They agreed. Soon after, an offer of \$270,000 was accepted, just \$5,000 shy of ChatGPT's recommendation. In the end, the prospect of abiding by ChatGPT's advice motivated the parties to reach a mutually beneficial agreement.

In the ocean of mediation, Artificial intelligence (AI) does not steer the ship, but keeps the parties afloat long enough to reach a peaceful harbour. Humans have realised after much use that AI is a paradoxical instrument. Large language models - the most common of AI mediation tools - constructs a facade of objectivity in its linguistic style. Experienced users of AI often notice that it "hallucinates" at times, making ludicrous claims sound eerily genuine. Unbeknownst to mediating parties, an AI chatbot may steer resolutions towards one side, revealing the embedded biases in its training data. The Law Society's January 2024 Position Paper is adamant: AI is a tool, not a substitute for professional responsibility. Lawyers, it insists, retain "ultimate responsibility for the quality of the work," and technological expertise is now a mandatory skill for lawyers.

Still, the profession has yet to brace itself. A June 2024 survey revealed a considerable "knowledge gap", with nearly 60% of practitioners reporting low familiarity with AI's impact. There is widespread endorsement for dedicated AI regulation in the legal service sector, with 79% of practitioners supporting its implementation. The most pressing issues they wished to address? Accuracy, over-reliance, and ethical usage of AI tools.

Goldman Sachs (2023) has forecast that 44% of lawyers' daily roles may soon be displaced by AI. Though there are yet to be studies on mediators, many adhere to their belief that mediation is far too human and organic to be replaced anytime soon. Indeed, the word mediation is rooted in the Latin *meditari*: "to think, contemplate, devise, ponder". These are human roles, suited for reflective, philosophical minds, not apathetic chatbots. And yet, market trends tell a different story.

Recent years have marked the surge of dozens of AI-powered mediation assistants. Bot Mediation, a Southern California-based legal startup, employs a "middle-of-the-road" approach between human-led mediation and online alternative dispute resolution. Dyspute.ai and TheMediator.AI resolve interpersonal, workplace, and lesser-lessee disputes, whereas Smartsettle ONE uses a mediator's bid, where AI dissects private offers by parties to identify patterns and common ground.

Clever algorithms are unlikely to lead to true fairness. Regulation and frameworks are needed for transparency and accountability. Cross-sectoral frameworks have already been put in place. In 2024, the US National Institute of Standards and Technology prescribed a universal four-fold process in using AI (NIST, 2024): govern, map, measure, and manage. In the realm of mediation, Harvard Law School has hosted programs on using AI to mediate disputes, whereas the International Bar Association has official guidelines on the use of generative artificial intelligence in mediation. We must question for ourselves, however, the effectiveness of such regulation and whether it can truly lead to fair mediation.

Mediation, unlike court rulings, grants parties the final say. Without the finality

of a court, mediation's flexibility makes it fertile ground for gradual AI integration. But resistance is to be expected. Hai Jin Park, Professor and Director of Center for AI and Law at Hanyang University Law School conducted research regarding this initial skepticism. The involvement of AI in mediation was divided into either procedural, as a chatbot mediator, or substantive, as a drafter of settlement proposals. Unsurprisingly, among the 1000 Korean student participants, there was pronounced distrust towards AI mediation. However, such feelings notably subsided after participants experienced the process for themselves. What's more, AI-drafted settlement proposals were deemed much fairer and more accurate than their human-written counterparts. It even boosted acceptance rates and overall satisfaction. The results support that there is great potential for AI's integration into mediation.

And yet, there is a caveat to this trend. Procedural AI requires rule-level explanations to show impartial fairness, while substantive AI benefits from case-specific explanations that reflect parties' concerns. We must draw a clean line between these roles. Mismatching the two reduces perceived legitimacy and trust, making transparency all the more crucial. AI must not be understood as an end-all-be-all solution, but a tool that smoothens the jagged edges towards understanding. It is imperative to acknowledge current gaps: lack of legal transparency guidelines regarding AI, inadequate training for mediators on AI, as well as scarce academic research. I firmly hold, however, that Hong Kong is well-equipped to demonstrate to the world how to cope with the AI boom. A staggering one billion dollars of 2024's government budget has been earmarked for AI research and development. Our city has the potential to pioneer AI usage in mediation. For instance, training AI chatbots on prioritising party autonomy would minimise coercion of participants.

Regulation and development is a long and winding road, but acceptance is our first step. As US lawyer and mediator Susan Guthrie (2023) expresses a sentiment for the future of mediation: “AI systems will not replace mediators, but they will replace the mediators who do not engage with AI.” Mediation is the voyage toward harmony. In the stormy seas of mediation, AI is not the captain of the ship, but a compass guiding disputants to reach peaceful agreement. Mediation, in its essence, is the skill of union and compromise of different perspectives. If we extend this ethos to technology, welcoming advancements in AI for our future, we may be one step closer to embracing the unity that mediation is about.

Footnotes:

- ¹ Mediate.com. (2023). Artificial intelligence (AI) in mediation: ChatGPT as mediator 4.0. Mediate.com. <https://mediate.com/artificial-intelligence-ai-in-mediation-chatgpt-as-mediator-4-0/>
- ² Goldman Sachs. (2023, March 27). The potential economic impact of generative AI. Goldman Sachs Research. <https://www.gspublishing.com/content/research/en/reports/2023/03/27/d64e052b-0f6e-45d7-967b-d7be35fabd16.html>
- ³ Law Society of Hong Kong. (2024, January). Position paper on artificial intelligence. Law Society of Hong Kong. https://www.hklawsoc.org.hk/-/media/HKLS/Home/News/2024/LSHK-Position-Paper_AI_EN.pdf?rev=77bf900208614367b9cbb15fd10aaa58
- ⁴ Harvard Program on Negotiation. (2023). AI mediation: Using AI to help mediate disputes. Harvard Law School. <https://www.pon.harvard.edu/daily/mediation/ai-mediation-using-ai-to-help-mediate-disputes/>
- ⁵ International Bar Association. (2023). Guidelines on the use of generative AI in mediation. IBA. <https://www.ibanet.org/document?id=Guidelines-on-the-use-of-generative-AI-in-mediation>
- ⁶ National Institute of Standards and Technology. (2024). Artificial intelligence risk management framework (NIST AI 600-1). U.S. Department of Commerce. <https://nvlpubs.nist.gov/nistpubs/ai/NIST.AI.600-1.pdf>
- ⁷ Guthrie, S. (2023). Mediation and AI: The silent revolution. Mediate.com. <https://mediate.com/mediation-and-ai-the-silent-revolution/>



Kwan Yi Ching Form 4 St. Paul's Convent School

Truth Without Winners

“There are no victors in war—only the dead and the broken.” Bertrand Russell’s observation speaks not only of battlefields but of the quieter wars we wage in conversation, in classrooms and in our daily lives. In a city as diverse and fast paced as Hong Kong, these invisible battles happen every day—between generations, cultures and competing interests. We are taught to win from the moment we are old enough to hold a pencil: in primary school we race for top marks, in inter school competitions we fight for trophies, and later in the workplace we chase promotions and rankings. Yet when disagreement becomes another contest to be won, understanding becomes the first casualty. Real resolution begins not when one side triumphs, but when both sides decide to understand.

That is why mediation matters. Mediation begins where pride ends: it transforms conflict from a contest into a conversation. It does not ask who deserves the podium, but how everyone can walk away with dignity. In a society trained to measure success by victory, mediation offers a different standard—repair.

Human instinct urges us to ask, “Who is right?” Our competitive upbringing reinforces this reflex. Mediation rewrites it. Instead of “Who is right?”, it asks, “What matters to both?” When the question shifts, the purpose of the conversation shifts with it. Truth stops functioning as a weapon and becomes a bridge. It is no longer something one person owns, but something both sides gradually build. Through this lens, we begin to see that kindness can resolve what force never will, and that listening is not weakness but sophistication: the ability to value connection over momentary triumph.

I first understood this in primary school, when two of my closest friends fell apart over a group project. One accused the other of being lazy; the other insisted

his ideas were constantly dismissed. The more they defended themselves, the more their friendship fractured—each determined not to “lose”. Our teacher stepped in quietly—not to punish, but to guide. She asked a simple, clarifying question: “What do you need from each other to work together again?” That one sentence changed everything. Their anger softened into honesty. One admitted that problems at home had drained his focus; the other confessed he had been impatient and unfair. The conflict no longer revolved around guilt, but around growth. They left not with a verdict, but with a restored relationship. That moment showed me what mediation aims for: fairness without defeat, and truth without casualties.

This principle is not limited to school corridors. Nelson Mandela demonstrated it on a national scale. After twenty seven years in prison, he emerged into a South Africa torn apart by racial hatred—and chose not revenge, but reconciliation. Rather than return hostility with hostility, he opened dialogue with those who had once called him an enemy. “If you want to make peace with your enemy,” he said, “you have to work with your enemy. Then he becomes your partner.” Mandela understood that justice built on humiliation crumbles quickly, but truth built through empathy can hold a country together. He practised what mediation does at its best: turning opponents into collaborators in a shared future.

Hong Kong, too, needs that skill. In a multicultural city where differences meet in the same MTR carriage and the same classroom, harmony cannot be built by outshouting one another. Whether it is a quarrel on social media, a dispute over group project effort, or tension between neighbours in a crowded estate, mediation offers a way to talk before relationships tear. If we rely only on the logic of winning—winning arguments, winning status, winning face—our social fabric weakens. Mediation offers a steadier path: to recognise that behind many conflicts

is not a lack of intelligence, but a lack of being heard. It is not to erase disagreement, but to manage disagreement without destroying relationships.

Mediation also recognises a truth that arguments often ignore: most conflicts are not about facts alone. Facts explain what happened; emotions explain why it still hurts. Mediators therefore look beneath accusations to the fears and needs they conceal. Anger may hide the fear of being ignored. Harsh criticism may mask a plea to be respected. By uncovering these motives, mediation shifts the focus from “Who is guilty?” to “What is needed?” It replaces courtroom language with human language.

A key part of mediation is distinguishing between positions and interests. A position declares, “I deserve an apology.” An interest reveals, “I want my effort acknowledged.” The first seeks vindication; the second seeks validation. In a workplace dispute, one colleague might insist on a formal apology as a condition for cooperation, but what they truly need is recognition and respect. When conversations fixate on positions, they harden into stalemates. When they move toward interests, solutions appear—solutions that let both sides keep dignity. In that way, mediation does not dilute truth; it enlarges it, allowing more than one perspective to coexist without contradiction.

Listening is the core mediation skill that makes this possible. It may appear passive, but in mediation it is disciplined courage. To listen deeply is to set aside the comfort of being certain and risk discovering that one’s own view is incomplete. It requires humility, patience and emotional control—qualities often mistaken for weakness, yet they are the foundation of genuine strength. When people feel truly heard, hostility loses momentum. Silence becomes not avoidance, but attention. The room changes first in tone, then in outcome.

As Søren Kierkegaard observed, life must be “lived forwards but understood backwards.” Mediation embodies this idea. It looks back at what was said and done not to fuel revenge, but to make better choices in the future. Each honest conversation leaves both sides altered: less convinced of their own superiority, more aware of their shared humanity. The conflict may not vanish, but it becomes manageable rather than destructive—because it has been transformed into understanding.

If Hong Kong truly wishes to resolve conflicts without fracturing itself, this mediation mindset cannot remain confined to professionals. It must become a habit among ordinary citizens, especially among the young. In schools, it looks like students who ask before they accuse and listen before they label. At home, it looks like parents and children who explain before they explode. In workplaces, it looks like colleagues who address tensions early instead of letting them calcify into grudges. These everyday acts of mediation are the quiet architecture of peace.

A community that lives in this way grows resilient not because it has no disagreements, but because it knows how to handle them. Communication outweighs confrontation. Dialogue replaces silent resentment. The future is not shaped by those who win arguments the loudest, but by those who bridge the widest gaps. Strength is measured not in victories claimed, but in relationships preserved.

At the heart of mediation lies a simple but radical question: what if nobody has to lose for everyone to heal? That question challenges the habit of “winners and losers” and replaces it with a different standard: understanding as success. When the priority shifts from defeating to clarifying, arguments become opportunities. Friendships can survive disappointment. Families can rediscover connection. Communities can repair before they rupture.

高中組 得獎文章

Senior Division Winning Essays

Ralph Waldo Emerson once wrote that peace is achieved through understanding, not violence. The same is true of truth. The harder we fight to own it, the more it fractures into pieces that no one fully holds. The more willing we are to share it, the closer it comes to something whole. In mediation, truth is not a trophy lifted by one side, but a light shared between both. It shines not to expose, but to illuminate the way forward.

In the end, the real victory in any disagreement is not proving who was right, but ensuring both can walk away unbroken. When people choose to listen before they insist, to examine before they accuse, and to repair before they retreat, they are practising mediation in everyday life. There may be no winners in the conventional sense, but there are fewer casualties and stronger bonds. That, quietly, is the kind of triumph that allows Hong Kong to live with the truth they helped create.



NARCISO Fritzi Marie Diez **Form 5 CMA Choi Cheung Kok** **Secondary School**

In mediation we trust

Students have quarrels and disputes among themselves all the time. Although this may not apply to everyone, some students may have number of unresolved issues among their peers, creating a hostile environment within their school lives. Without a peaceful learning atmosphere present, students will not have a strong learning attitude in turn. Instead, they are prone to be distracted by subjects unrelated to school, such as worrying about their unsteady social lives rather than focusing on their studies. This is true especially for those, just like me, who are in their teens. I, as well as those who are also in the stage of adolescence, tend to worry more about miscellaneous topics, for example, rocky relationships with peers and even the opinions others have regarding our image.

As we are in a very important stage of our lives, especially regarding our education, getting distracted by insignificant topics can lead to undesired results and even regrets in the upcoming future. Instead of focusing on our homework, tests, and examinations, it would have a lasting effect in the long run if our minds are filled with unimportant distractions. Without a clear and attentive head space, we risk leading our lives in the wrong direction.

When experiencing tense situations or relationships with classmates, students may even go as far as to sacrifice their attendance and studies in school in order to avoid problems and confrontations. Since teens may not have the confidence or resolution to deal with disagreements on their own, having a mediator in their lives would be a great help. With a third-party present as an aid to resolve disputes, students may be able to clear up unresolved grudges and rebuild lost friendships.

In my own personal experience, I often have quarrels with my younger sister. Although we tend to be riled up by our nonsensical arguments, my mother always

高中組 得獎文章

Senior Division Winning Essays

takes the initiative to act as our reliable mediator in order to sort everything out. In the end, my sister and I always reclaim our previous stance as companions, thanks to our caring mother. If such a reliable person, able to settle disagreements between schoolmates as well as my mother does, is available in schools, a better and more peaceful learning environment would be a potential outcome. In order to clear our preoccupied minds, the implementation of mediation can be a reliable method as being a solution to resolve petty conflicts in schools. As it compels us teens to normalize the act of dealing with our problems and settling our issues, we will definitely reap what we sow in the future.

Not only can we be the recipients of meditation; we can also become mediators ourselves. If schools begin to implement an increase of talks and events — such as this competition regarding this field, adolescents such as myself are exposed to learning more about mediation and fostering a potential inspiration to have a career in the area.

Resolving problems for the sake of focusing on our studies should not be our sole goal, however. Aside from the fact that an unsteady social life in school affects our education, we should also settle our problems and rebuild broken relationships for the objective of catering our personal growth. We should strive to not be on anyone's bad side, and have no one on our bad side as well. Life is not all about our grades. It is also about how we affect and are affected by those present in our lives. Especially as we teens spend a majority of our time in school with our peers, our classmates are those who will be the influences in our lives. This would also mean that you are an influence in someone else's life as well. Through setting an example of being responsible and taking care of our issues head-on, we can be a positive factor in our fellow schoolmates' lives. If we strive to be able to look back at our high school years with a content smile on our faces, we should always make

sure to have a trouble-free and grudgeless social life.

Mediation continues to prove to be a positive influence on our lives. Aside from improving our communication skills and acting as a solution to our disputes, mediation can also benefit our emotional health. As it serves as a mean to resolve our issues, it also reduces our stress and anxiety as a by-product. With our minds free of negative thoughts, situations, and dread, clarity for future decision making is a given. When we continue to consistently apply what we learn from our experiences with mediation, we build a stronger foundation in our ability to handle our problems in our everyday lives. Not only would we be better in reconciliation, making compromises, and giving out apologies, we would also be better in having a deeper understanding of the emotions of others. As we are more exposed to learning about others' feelings and opinions, we may foster the ability to grasp the root of the issue, and in turn, learn to steer clear of it.

In conclusion, being exposed to mediation in an early stage of our life comes with many benefits. From helping us focus on our studies all the way to fostering our communication skills, mediation proves to be a positive influence in multiple areas of our lives. As we foster a better understanding of looking at things from different perspectives, we learn to improve our skills in dealing with our everyday obstacles and eventually have the ability to give trustworthy advice to companions seeking guidance from a reliable friend.



Xu Jiayan Form 4 Diocesan Girls' School

Hong Kong as a mediation capital – How can Hong Kong geopolitically curb the impacts of selfish interest in international mediation efforts?

From tense cross-Atlantic relations to the abhorrent wars, the sheer number of international disputes has ballooned to a level not seen in decades. An ominous resurgence of selfish approaches and the lack of consideration for the future are seemingly driving the world, again, into imminent disaster. As the International Organization for Mediation is established in Hong Kong, what does it mean to alleviate tensions between countries? How, geopolitically, does Hong Kong incentivise cooperation and mutual trust?

“The supreme art of war is to subdue the enemy without fighting,” as Sun Tzu notes from over 2000 years ago. The ancient wisdom of mediation lies in mutual interest, enforced only by trust. While diplomacy remains ideal, we must not turn a blind eye to how it is failing to keep our world peaceful. Regional conflicts, small-scale yet dreadful wars, have continuously shown us the consequences of a promise unkept. We, collectively as a global community, have not mastered the “art of war”. This explains Hobbes’ critique of diplomacy, “Covenants, without the sword, are but words and of no strength to secure a man at all.”¹ Without a form of light compulsion, such as those local frameworks in Hong Kong or the Singapore Convention, words are but tenuous pie-crusts. Now that Hong Kong is under the spotlight as a vanguard for peace, to have effective international mediation, it must exhibit a competitive geopolitical advantage as a hub that secures cooperation amongst private parties.

“The strong do what they can, and the weak suffer what they must.”² The statement by Thucydides is still as prevalent as ever. Yet, human thought evolves. It is an empirical reality that inequality is injustice and must be quelled. And if selfish interest is a fire, then Hong Kong will be the containment chamber. How do we fill the power gap between the two parties in the mediation process?

¹ Kersting, Wolfgang. Thomas Hobbes: Leviathan, 2008. <https://doi.org/10.1524/9783050050164>

² Thucydides. “History of the Peloponnesian War.” Data set. Digital Loeb Classical Library, January 1, 1919. https://doi.org/10.4159/dcl.thucydides-history_peloponnesian_war.1919

Hong Kong, being the only common law jurisdiction in China, with 'one country, two systems', sets the stage for neutrality. Chinese state-owned enterprises and Western Multinationals feel they are on a neutral turf. Alongside, Hong Kong's impenetrable local laws provide a "shield." Without it, say, for example, a billionaire could sue the mediator in a local court to stall. Locally in Hong Kong, it relies on its robust regulatory framework, such as the "Mediation Ordinance" (Cap. 620)³, the CEPA mediation mechanism, HKMAAL (Hong Kong Mediation Accreditation Association Limited) and the Host Country Agreement⁴ for its hardware; it also reaffirms the binding nature of its mediation model, providing local enforcement atop the international efforts. Therefore, Hong Kong safeguards equality and justice in the mediation.

Judiciary stability is key to proper settlements in mediation. Under a similar framework as the Singapore Convention, mediated settlement agreements reached within Hong Kong are not merely a contract; it is a 'dormant judgment.' By stripping away the ability to reopen the merits of the dispute, Hong Kong's legal stability creates a procedural straitjacket. Self-interest is curbed not by a change of heart, but by the legal certainty that in Hong Kong, a signature on a settlement is as final as a gavel's strike.

As also noted by Axelrod, rational co-operation requires enough oversight for individual interest, and that "the importance of the next encounter between the same two individuals must be great enough to make defection an unprofitable strategy"⁵. Hong Kong's accessibility, partnered with IOMed's platform, stimulates interaction and interest between partners. That is to say, self-interest (different from selfish, egotistical interest), is not a challenge to co-operative processes. Dispute resolution works with the same structure. The sustainability, or

³ "Hong Kong e-Legislation," n.d. <https://www.elegislation.gov.hk/hk/cap620/en-zh-Hant-HK>

⁴ https://www.doj.gov.hk/en/external/pdf/lawdoc/aeio_7e.pdf

⁵ Kunz, Volker. "Robert Axelrod, the Evolution of Cooperation, New York 1984." In VS Verlag Für Sozialwissenschaften eBooks, 23–27, 2008. https://doi.org/10.1007/978-3-531-90400-9_7

durability, of a dialogue is key in resolution, as it is in co-operation. Especially on Chinese-international commercial disputes, Hong Kong serves as the most convenient site that bridges both bodies, fostering future dialogue. International mediation, especially political, may take months to conciliate. Resources given in Hong Kong enable an environment for it.

The Confucian belief in mutual love, self-restraint, and morality challenges jurisprudence. Mediation serves as a leeway for emotional persuasion. “Yi He Wei Gui”, the traditional Chinese concept, avoids violent displays of self-interest. Though certainly utopian for a competitive modern society, these ideals guide us as general steps towards peace resolution.

The future is not as grim as it looks. Through channelling fundamentally selfish interests through Hong Kong’s mediation, we have made yet another step towards peace. Hong Kong’s sophisticated mediation structure, along with its geopolitical advantage, will provide worldwide nations and corporations a stage for their never-ending quarrels. The question is not to exterminate self-interest – it is to satisfy parties and reach the common ground. On this note, it may well justify Kant’s remark that perhaps, “the power of money” is “the most dependable of all the powers”⁶ to urge an honorable peace. May human kindness and altruism fail us, but greed will not. Abundant with benefits, it is now in Hong Kong’s hands whether we can display these incentives to the world.

⁶ Immanuel Kant and Allen W. Wood, “Toward Perpetual Peace (1795),” in Cambridge University Press eBooks, 2012, 311–52, <https://doi.org/10.1017/cbo9780511813306.012>



江嘉恒 中六 中華基督教會何福堂書院 香港與調解文化

《論語》有云：「禮之用，和為貴。」然置身香江，華洋雜處，商賈雲集，熙攘利趨，摩擦難免。傳統視「對簿公堂」為正義終局，信奉零和博弈。然在社會結構日趨複雜的今日，單一訴訟路徑已難負現代都市所求。面臨變局，香港對調解之道的闡揚迫在眉睫。此非單純之方式推崇，實乃城市文明之進階。本文將由制度效益之表，入社會修復之裡，終至文化精神之核，層層剖析其深義。

首先，就制度運作之表層而言，調解乃破解「遲來的正義」的司法困局之良方。法諺云：「遲來的正義非正義。」香港法治雖昌，然訴訟程序繁冗，成本高昂，動輒經年累月。對於中小企業或升斗小民，官司一場往往即是元氣大傷。此時，調解作為解決爭議的優秀替代，猶如疏洪之渠。其不囿於形式主義，而著眼高效彈性。若將法院比作外科手術，雖除病灶卻傷筋動骨；調解則如中醫調理，固本培元。推廣之，能分流司法壓力，使資源集中於原則之爭，實現社會資源配置之帕累托最優。此乃調解於「術」之層面的功用，旨在止爭便民。

進而，就社會關係之中層而言，調解超越勝負邏輯，旨在修復裂痕，重塑社會資本。齊美爾曾論，衝突若能妥善解決，實為社會結合之形式。傳統訴訟乃對抗式體制，雙方劍拔弩張，贏了官司卻輸了關係之況屢見不鮮。然香港地少人多，人際交往俯拾即是，關係之破裂實乃社會之內耗。調解之精髓，在於從權利對抗轉向利益協調。它提供緩衝區，讓雙方在引導下剝離情緒，換位思考。這不僅是解決單一事件，更在修復信任紐帶。這種修復性正義，為高壓社會沁入縫合劑，使城市重塑原子化疏離為有機團結。此乃調解於「法」之層面的昇華，旨在人和共生。

高中組 得獎文章

Senior Division Winning Essays

最後，就文化精神之深層而言，調解代表溝通理性之覺醒，是邁向文明都市之必由。哈伯瑪斯指現代文明在於通過真誠對話達成相互理解，而非權力壓服。調解文化之極致，實是對儒家「和而不同」哲學的現代演繹。它承認分歧，卻拒絕以剛性對抗為唯一解。在調解語境下，妥協並非軟弱，而是一種理性抉擇。當市民首選有商有量而非攻伐，即標誌公民素養之質變。身為金融中心的香港若鞏固此文化，更將加深東西交融之「調解之都」的地位。此乃調解於「道」之層面的圓滿，旨在立心立命。

綜上所述，調解文化之於香港，始於制度之高效，延於社會之和諧，終于文明之輝煌。我們不應視其為權宜之計，而應雙管齊下，一手持法治之剛，一手以此調解之柔，剛柔並濟。唯有如此，香港方能在時代洪流中，內修人和，外接萬邦，構築起堅不可摧亦溫情脈脈的現代都市。



丘灝泓 中五 樂善堂楊葛小琳中學 調解的神奇力量

還記得在一個悶熱的下午，我成為了一個修車學徒，推開「陳記汽車修理」的大門時，鈴鐺「叮鈴」一聲。這是我第一天來這家店實習，打算在暑假賺取多一點零用錢。

店內被整理得井井有條、一塵不染，牆上掛着各種陳年舊工具，彷彿在訴說着這家店的故事。最顯眼的是角落那張紅色沙發，前面擺放着小茶几，上面放了一套茶具。我的師父陳師傅正坐在那裏品茶。

「哦？你來了。」陳師傅放下中的茶，手上沾着些許機油，像是剛剛才工作完。他約莫五十歲，歲月在他臉上留下痕跡，但卻無法掩蓋他親切的笑容，他小跑着來迎接我，這輕鬆的氛圍讓我原本緊張的心情頓時輕鬆不少。

突然，門被用力推開。一個叔叔氣沖沖地走進來，後面跟着一個計程車司機。

「陳師傅，您來評評理！」叔叔大聲訴說，彷彿在宣洩着世間的不公，「就是他！他撞了我的車！」

「是你突然變換車道！」計程車司機也不甘示弱。

兩個人越吵越兇。像兩頭巨獸互相咆哮。叔叔的臉越濃越通紅，不停比劃着事故的經過。計程車司機也不甘示弱，雙中抱胸，連連搖頭。爭吵的聲音越來越大，店裡充斥火藥味。我站在旁邊，左看看，又看看，心想

高中組 得獎文章

Senior Division Winning Essays

「為什麼會攤上這般大事呢！」我害怕得心驚膽顫，眼睛不自覺地望向陳師傅，像在求助，也想趕快逃離這環境。

叔叔說：「這是我剛買的新車，你能賠起嗎！」

司機反駁：「你要賠我時間損失費！」

雙方僵持不下，眼看快打起來了，我不自覺後退幾步，慢慢離開現場。

陳師傅卻不慌不忙。他先泡了一壺茶，茶香漸漸飄散在空的，遊刃有餘的他頓時令我安心不少。

「你們這樣你一句我一句會有結果嗎？」陳師傅品了口茶，將茶杯放在茶几上。

兩人頓時鴉雀無聲。陳師傅乘勝追擊，溫和地說：「不如你們一個一個說？這樣不是更能弄清事情經過嗎？或許是一場誤會呢？」二人這才有條不紊地訴說着事情的經過。

訴說了各自的不甘後，陳師傅才開口：「我明白了。大家都有要緊事，對吧？王先生趕着見客戶，李師傅要回家照顧生病的妻子。既然如此，何必浪費時間爭吵呢？」

聽到這番話，兩人的神色都緩和了一些，沒有了剛才的針鋒相對。我悄悄探頭，看見和剛才完全不一樣的情景。

陳師傅拿出計數機，仔細地計算了起來：「維修費大概要三千元，材料一千五。你們可真好呢，又給我一個賺錢機會！」

令人驚訝的變化發生了。王叔叔先是站起來，對李師傅說：「其實我變換車道是急了點。」

李師傅也不好意思，客氣地說：「我的剎車也不夠及時。不如我們私底下解決吧。你看我們的車也傷得不重。」

「也好也好！我們就和解吧，浪費大家的時間也不好。」

陳師傅邊品茶邊看着他們。此時的兩人，完全沒了剛才爭吵的樣子，倒像老朋友般和平地商量事情。

我看著這一切，覺得很神奇。陳師傅品着茶，對着懵懂的我說：「人心就像機器，有時需要潤滑。只有理解和傾聽，人與人之間才能圓融相處。」

夕陽西下，下班後的我走出了店門。回頭望去，陳師傅正在收拾茶具，他朝我揮了揮手。夕陽映着他的臉龐，那笑容顯得格外燦爛，就像他教導我待人處事的技巧一般——微笑以對，圓融化解。



黃天恩
中四 香港教師會李興貴中學
調解說

有人問：「調解，是法庭外解決爭端的一種方法，何必教給年紀輕輕的學生呢？」

我認為，衝突是人與人相處中難以避免的事，而如何解決爭端，正是培養仁愛之心的起點。如今律政司在學校推動調解教育，舉辦徵文比賽、校園研討會等活動，傳授知識、解答疑惑，這正是古人所說「從童蒙時期就培養正直品格」的智慧體現。

讓青少年學習調解，就像在春天種下良木。唐代韓愈說：「老師，是用來傳授道理、教授學業、解答疑難的人。」今天的調解教育，傳授的正是「和睦共處」的道理，教授的是「有效溝通」的學業，解答的是「內心糾結」的疑難。看看學生們在研討會上的表現：有的分享如何化解家庭摩擦，有的模擬如何處理同學紛爭。這不僅是在學習一項技能，更是在培養君子「推己及人」的寬厚品德——能設身處地為人著想，用道理平息爭端。這比單純背誦法律條文，更接近教育的根本目的。

學習調解不是畏懼衝突，而是學會「妥善地爭」或許有人懷疑：「教孩子謙讓，會不會磨掉他們的銳氣？」這話不對。調解不是要委屈自己迎合別人，而是訓練一種「衝突的智慧」：其一，是「學會聆聽的爭」。聽出對方話語背後的委屈與恐懼，看穿對立表面的迷霧；其二，是「學會表達的爭」。練習有條理地陳述自身觀點與需求，避免惡言相向；其三，是「學會創造的爭」。共同尋求對雙方都有利的新方案，拋棄「不是你輸就是我贏」的舊思維。就像，有學生將球場上的碰撞衝突，轉變為共同商討比賽規則的契機。這不是懦弱，這正是「勇者的爭執」——爭取的是相互理解，爭取的是長久和睦。

今天的調解教育，正是讓「息訟止爭」的精神，在手機網絡時代落地生根——當年輕人越來越習慣於屏幕後的相互攻訐時，我們更需要教會他們直面衝突、並有勇氣握手言和的能力。

調解之道長久以來未受重視，不是人們不知道它的好處，而是因為沒有從小開始學習。律政司開啟了這個起點，學校應當承接這股潮流，家庭也應提供滋養的土壤。當然，我們也須明白，調解並非解決所有紛爭的萬靈丹。社會上衝突無數，若有人蓄意得寸進尺、惡意相逼，調解固然難以奏效。然而，在大多數並非蓄意對抗的情況下，當雙方仍存有最基本的善意與理性時，調解何嘗不是化解矛盾的首選之道？紛爭雖多，但以對話代替對抗，以共識取代勝負，終究是成本最低、傷害最少的出路。

紛爭無數個，調解最好過；不求無紛爭，但求無衝突。



羅雙日 中四 佛教大雄中學 共建調解之都

維港兩岸華燈初上，遠看灣仔一棟米白色建築，在玻璃幕牆的森林中顯得低矮而安靜，三層高的小樓，門口新掛的銅牌在餘暉中泛著溫潤光澤，映照「國際調解院」五字。遠處渡輪的汽笛聲傳來，彷彿在訴說著這片水域見證的紛爭與和解。

這讓我想起上周外婆家的小風波。樓上空調漏水，浸濕了外婆晾曬的唐衫。兩位老人原本各執一詞，幸好管理處的陳伯搬來凳子，泡了壺普洱，讓她們心平氣靜地商討。一壺茶喝完，事情也解決了。樓上阿婆答應檢修，外婆則暫時用烘乾機。一場可能升級的糾紛，就這樣消散在茶香里。

原來，這叫「調解」。翻查資料，我發現這種智慧深植於香港的肌理。上世紀末建新機場，政府不僅徵用土地，更與漁民、村民商量補償方案；1999年成立的香港和解中心，為民間「各退一步」；2011年法律條文更鼓勵調解先行，這些舉措令規則與溫情巧妙地融合。

如今，這份智慧更走向國際。一家科技公司與一家德國企業因技術許可協議產生嚴重分歧，爭議金額高達數千萬美元。在談判僵持近一年、幾乎要對簿公堂之際，雙方共同選擇將案件提交至香港進行調解。調解員並沒有糾纏過去誰是誰非，而是引導雙方將目光投向未來，共同探討技術合作的新可能。僅僅幾周後，峰迴路轉，雙方不僅圓滿解決了所有法律爭議，更出人意料地簽署了一份為聯合研發備忘錄，化干戈為玉帛，更化競爭為合力。

這就是既解糾紛，更護情誼。香港是調解之都，就像一座橋，連接著

不同的法律體系、文化背景。調解不是簡單判斷誰對誰錯，而是在分歧之間搭建對話與理解的平台，讓原本對立的雙方，能攜手看見比訴訟裁決更寬廣的未來。

那麼，這座「調解之都」的未來呢？或許就在我們手中。這並非要我們都成為專業的調解員，而是在生活爭執時的一句勸解，在社會分歧時的耐心傾聽，這就是我們這一代人對「和而不同」更深的理解與踐行。當溝通與寬容成為我們本能的選擇，當面對矛盾時我們先想到坐下來談談，我們都成了這座「橋」的一磚一樑。

夕陽西下，維港兩岸的燈火如星河般流淌。那棟米白色小樓靜謐矗立在金融森林的邊緣，沒有法院的威嚴，卻有一種親和力。「調解」這座橋，結合了東方的「以和為貴」與西方的法治精神，解決著鄰里瑣事與國際爭端。而我們正傳承這智慧，一磚一瓦地建設它。

本書的版權屬於香港特別行政區政府（下稱「政府」）。於未獲政府或所載個別文章的作者書面授權之情況下，任何人士不可以複製本書全部或部分內容。

所載文章只反映各個作者的意見，並不代表政府的立場。

Copyright in this book is vested in the Government of the Hong Kong Special Administrative Region ("the Government"). This book may not be reproduced in whole or in part without the written permission of the Government or the author of the respective articles herein. The articles herein reflect the personal views of the respective authors and do not by any means represent the views of the Government.



律政司
香港特別行政區政府
Department of Justice
The Government of the Hong Kong
Special Administrative Region

