

我受夠了 I AM FED UP

五育中學

Ng Yuk Secondary School

導演 Director | 陳顯靜 Chan Hing Ching



梓婷生於小康之家，品學兼優。可是父親因為意外過身，引發梓婷情緒崩潰，導致另一悲劇。如果朋友 Mary 有機會重來一次，她又會如何拯救朋友呢？

協作機構 Collaborating Partner

新生精神康復會安泰軒 (天水圍)

New Life Psychiatric Rehabilitation Association

The Wellness Centre (Tin Shui Wai)

Tze-ting was from a well-off family, a well-behaved young lady who did well in school. When her father passed away in an accident, her mental breakdown caused another tragedy. If her friend Mary had another chance, what would she have done to save her friend?



入選 Selected - First-Time Filmmaker Sessions

同學一開始參與「奮青創本視」時都不太上心，後來同學開始全程投入，付出額外時間去完成任務都沒有埋怨，甚至在有需要時到其他組別幫手。我相信所有參與同學都在這部影片的製作過程及結果獲得成就感。

我們不一定患上劇中的微笑抑鬱症，但身邊總有些人是正面對困難，如我們能及早洞悉，便可以像劇中穿越時間的 Mary 一樣，跟有困難的朋友溝通及主動幫忙；如若自己也正面對困難，不妨找值得信賴的好朋友，向他們去傾訴。他們或能夠給你意見，讓你的心情舒緩一下，這樣便不會出現「我受夠了」。

When my classmates first joined "Fight for Show! - Teens", they weren't very enthusiastic, but later they started to throw themselves into the whole project, spending extra time to complete their tasks without complaint, and even going to other groups to help when needed. I believe all the students who participated felt a sense of achievement in the production process and results of this film.

We might not suffer from the smiling depression seen in the video, but there are always people around us who face difficulties. If we can be aware of them early, then – like Mary the time traveller in the film – we can communicate with our friends in need and reach out to help them. If you yourself are facing a problem, why not find a trustworthy friend and confide in them? They might be able to give you advice and cheer you up. Then a situation like "I am Fed Up" would not happen.

阮臻晞 Yuen Chun Hei (製片 Producer)

- 學校代表感言 Reflection by School Representative



影片

<http://m.facebook.com/fightforshow/videos/394030877819894/>