**代表作1（双语视频）**

向上追梦-港澳青年说

（城市）它就是很包容

除了学普通话比较费劲以外

老板娘也会记得我说 啊又来了

其实最想念家乡的就是我们的胃

**问题：你第一次来内地是什么时候？为何而来？**

庄依霖

第一次来内地是2015年。内地有一个交流团叫做漫游长江 探索三峡。

然后当时我们去了武汉，宜昌。

然后去探访了黄鹤楼，去了辛亥革命的博物馆。

可以说是第一次这么直观地去了解一个城市，也是面对面地跟当地的青年有交流。

郭天山

我有认知的时候，大约是上海世博会的时候。

那时候我是震惊的，我没想到内地是那么发达的，那么好，

那时候给我心里面埋下了一个种子。

林志宇

因为当时我想出去看一看这个世界，因为我就不太想留在澳门那边。

就不是很喜欢，在我父母的照顾下面去成长。

所以当时我有机会能够去保送到北京的对外经济贸易大学，然后去读这个金融学。

陈若晴

当时我在香港的新闻上看见香港一家最大的本地银行要在辽宁沈阳成立筹备组，要正式设立一家分行。

虽然我当时从未踏足内地东三省，也不知道辽宁沈阳在哪里，但那一刻我知道，我的机会来了。

**问题：在来内地之前有什么担心么？**

陈若晴

因为在这里我没有家里人，也没有朋友，我有害怕会孤单。

郭天山

语言不通、文化是不是不适应。

陈若晴

但我来了这里之后发现其实内地人们都很热情。

我有了新的朋友，有了新的生活圈，很快也就适应了。

郭天山

（这座城市）它就是很包容，除了学普通话比较费劲以外，大家都比较愿意纠正我的发音。

然后我喜欢看新闻联播 CCTV。

**问题：在内地生活和港澳最大的不同是什么？**

庄依霖

最大的不同可能是生活节奏上面。在香港的话，大家都很快很急速。

就以我在济南这个城市为例的话，比如我去一个水果店，老板娘也会记得我说 啊又来了。感觉人与人的交往是很密切的。

秦阳

可能是电子支付普及程度的区别。

我回香港会忘记带钱包出门，平常可能习惯了，在内地拿着手机就可以出门了。

**问题：你觉得港澳青年对内地了解吗？**

郭天山

我觉得还是属于一知半解的阶段。过来旅个游，可能买个东西。

去个地方应该交上朋友。吃上一段时间，喝上一段时间，可能才对风土人情最为了解。

不要当井底之蛙，不要道听途说，要自己亲眼去见证。

王景熙

我觉得对内地的了解可能离他们比较近的内地，就是大湾区那一块，了解的会比较多一些。

合肥或者其他地方，他们可能相对来说就没那么了解。

秦阳

可以不单是到城市里面去看看，也可以到农村看看，从不同角度去多看看。

梁安莉

看一下当时农户的居住环境，来看一下国家要帮他们做的工作是什么。

我们就有这个初心想要作为桥梁，引导更多的粤港澳青年来看一看。

只要他们看过之后，可能就会有一些想法，可以帮助到本地。

**问题：你对你现在所在的城市有什么印象？**

陈若晴：有情 有义 有担当

郭天山：舒适 现代 成长

庄依霖：湖 荷花跟杨柳

秦阳：一个是大 ，第二个词语的话我想到的是热情；英雄之城。

王景熙：创新 科技 发展

郝金龙：休闲 美食 包容

王少辉：亲和 便利 科技

**问题：你认为如何在融入祖国发展中实现自我？**

林志宇

首先我觉得你肯定得有一颗爱国之心，而且你得要坚定拥护一国两制的方针。

陈若晴

我们祖国走向繁华富强。在这个过程中，会给我们带来很多发展的机会。如果我们抓住这个机会，来展现我们的才华和能力，这既体现了我们的自我价值，也为祖国的发展贡献了力量。

梁安莉

我投身乡村振兴，投身脱贫攻坚，虽然我们这个事情是有利的，但同时我找到了我这个事业的价值所在。

郭天山

我也鼓励大家能一起，来到祖国的怀抱里面，去发挥和创造人生自己的价值，用自己成就自己。我相信祖国是越来越强大的。我希望香港能往前越走越远。

王景熙

也希望广大的内地青年也好，香港青年也好，都能跟我一样，一起参与到这种共同富裕还有推进祖国发展的进程之中。

张光南

随着基础设施的互联互通越来越便利，那么时间距离越来越短。

那么这个时候，就取决于他所从事的领域，他的产业的联系在哪个区域。

内地无论是在资源环境，还是在各种的自然禀赋以及产业条件，那么也都跟香港的专业服务，

在不同的领域上，可以找到一个契合点。

刘江宁

在我们这个年代，很多的青年他们有很多的共性。以文化为引领，打造一个命运的共同体。这个文化的同心圆，可以以价值观为基础，然后以文化的认同感、身份的认同感、民族的认同感为核心，在充分的融入过程当中，我们来发展。

Upward Paths: Youth from Hong Kong & Macao

The city has opened its arms to me.

The biggest challenge has been learning Mandarin.

The owner would greet me, "Ah, happy to see you again!"

What I miss the most about my hometown is the food.

**Question: When was your first visit to the Chinese mainland? What for?**

The first time I came to the Chinese mainland was in 2015. I joined a touring group called "Wandering along the Yangtze River and Exploring the Three Gorges Dam".

We traveled to Wuhan and Yichang, where we visited the Yellow Crane Tower and the 1911 Revolution Museum.

It was my first time getting to know a city in such a direct manner and having face-to-face conversations with young local people.

My first impression of the Chinese mainland was formed during World Expo 2010 Shanghai.

I was shocked, because I hadn’t realized the mainland had been growing rapidly. It planted a seed in my heart.

I wanted to explore the world instead of staying in Macao. I don't like to be always taken care of by my parents. So I seized the opportunity to be recommended for admission to the University of International Business and Economics in Beijing and chose to major in finance.

I saw on the local news that one of the largest banks in Hong Kong was setting up a preparatory team in Shenyang, Liaoning, for the establishment of an official branch there. Although I had never been to Northeast China and had no clue where Shenyang was, at that moment I knew that this would be my time to shine.

**Question: What were your concerns before coming to the mainland?**

I had no family or friends here. So I was afraid I would feel lonely.

Since I couldn't quite understand Mandarin and might not fit in with the local culture.

However, after I got here, the people of the Chinese mainland showed great hospitality.

I met new friends and built up a new life. It didn't take long for me to settle in.

The city has opened its arms to me. The biggest challenge has been learning Mandarin. My friends are always happy to correct my pronunciation. I also like to watch China Central Television news.

**Question: How does mainland life differ from HK and Macao?**

The biggest difference lies in the pace of life. In Hong Kong, everyone is always in a hurry. However, taking Jinan, the city I'm in for example,

if I stop by a grocery store, the owner would be like, "Ah, happy to see you again!" I enjoy the close connection built through daily interactions.

The popularization of digital payments varies drastically. I often forget to bring my wallet when I go out in Hong Kong. Because I have gotten used to paying via my phone on the mainland.

**Question: What do the youth of HK and Macao think of the mainland?**

I feel like many still know little about the Chinese mainland. They may just come here for a short trip or a shopping spree. But I believe that to truly appreciate local customs, one must make friends with locals, stay there for a while, and enjoy the local cuisine. Don't be a narrow-minded person and only believe in hearsay. You must see it for yourself.

I think for most Hong Kong and Macao people, they probably know more about the Greater Bay Area, which is closer to them, and less about Hefei and some other regions.

I encourage them to explore both cities and the countryside. Try to take it in from different perspectives.

It's helpful to know the living conditions of rural residents and what the government is helping them to achieve. We want to act as a bridge to invite more young people in the Greater Bay Area to visit some other regions on the mainland. Once they've paid a visit, they may come up with some ideas to help these areas thrive.

**Question: What keywords would you use to describe the city you’re living in?**

Hospitality. Integrity. Accountability.

Comfortable. Modern. Growth.

Lakes. Lotus. Willow trees.

The first word would be “massive”. The second word that comes to my mind would be "passionate". The city of heroes.

Innovation. Technology. Development.

Leisure. Food. Inclusiveness.

Kind. Convenient. High-tech.

**Question: How to realize self-worth while contributing to national development?**

First of all, one must be patriotic and firmly support the principle of "one country, two systems".

As our motherland heads to a prosperous future, a lot of opportunities will emerge in this process. If we can catch them to show our talent and capabilities, it will help us realize our self-worth while contributing to the development of our country.

I decided to devote myself to rural vitalization and poverty alleviation, because not only they are beneficial, but they also help me find a meaningful cause.

I also encourage you to come to the Chinese mainland, show your value and create your own life. If you believe it, you can achieve it. I'm confident that our motherland will become more powerful. And I wish Hong Kong a brighter future.

I hope young people on the Chinese mainland and in Hong Kong can join me in pursuing common prosperity and contributing to national growth.

As infrastructure gets better developed and connected, it's becoming easier and faster to travel from one place to another. In such circumstances, the industry that one works in and the resources it can be connected with play a key role. Hong Kong can leverage the resources, natural advantages, and industrial benefits of the Chinese mainland while offering its professional services in various sectors in exchange.

We can find a lot in common among the younger generation nowadays. So we want to build a culture-inspired community with a shared future. This concentric circle model of culture should be built on shared values and rallied around a sense of national identity featuring our culture, identity and the Chinese nation. Through comprehensive integration, we hope to work together to develop the country.

**代表作2：**

原文：

Mainland beckons for SAR young people

By ZHENG CAIXIONG in Guangzhou

When she arrived on the mainland three years ago to start her business, Hong Kong entrepreneur Annie Leung never expected to be named the "March 8th Red Flag Bearer of Guangdong Province" by the Guangdong Women's Federation.

She was given the honor earlier this year for her outstanding poverty alleviation work. Leung, 30, and her team have made great achievements in assisting villagers in Guizhou province's Hezhang county since 2018.

By the end of 2020, Leung had helped more than 500 poor households － about 3,000 people － earn more than 6 million yuan ($942,000) by planting flowers and developing commercial scents and fragrances.

Leung, who is general manager of Guangzhou Ganghua Agricultural Technology Co, established an innovation and entrepreneurship poverty alleviation demonstration base in Hezhang to help residents rise out of poverty.

She hopes that through her efforts and experiences she will be able to help more colleagues and friends from Hong Kong and Macao understand the development taking place on the mainland and what is being done to help them integrate to take advantage of the opportunities on offer.

Leung is not alone. With the introduction of preferential policies by the central and local governments, a growing number of young people from the Hong Kong and Macao special administrative regions have come to the mainland to start businesses, work or study.

According to Tian Xuejun, vice-minister of education, around 16,000 Hong Kong students and 7,320 Macao students are now studying at universities and colleges across the mainland. They enjoy the same tuition, accommodation and medical care policies as their mainland counterparts.

They are also eligible for the same employment guidance as their mainland compatriots and for scholarships set up by the central government for students from Hong Kong, Macao and Taiwan, he said. The central government has also issued a series of policies to actively support mainland colleges and universities in recruiting students from Hong Kong, Macao and Taiwan.

Wong King-hei, a postgraduate student majoring in geophysics at the University of Science and Technology of China in Hefei, Anhui province, said the mainland's vast territory means there are plenty of geological phenomena to study.

"In this field, the mainland's research system is in the same echelon as Europe," Wong said.

Leung Chun-ying, vice-chairman of the National Committee of the Chinese People's Political Consultative Conference and a former chief executive of Hong Kong, said the mainland is now seeing rapid economic growth, and young adults from Hong Kong should seize the opportunities available.

"The motherland is so big, I hope more Hong Kong young adults can go and have a look," Leung told a conference in the city earlier this year.

"If Hong Kong people could visit the mainland and see its many modern factories, they would be more interested in starting businesses or taking jobs there," Leung said.

Zhang Guangnan, a professor at Sun Yat-sen University's Institute of Guangdong, Hong Kong and Macao Development Studies, said the Pearl River Delta cities adjacent to Hong Kong and Macao, which have similar cultural characteristics, are traditionally the priority choices for young adults from the two cities.

But with the advancement of cooperation and exchanges driven by infrastructure connectivity, more young people from the cities have chosen to start businesses in inland areas, where special projects have been introduced to draw talent and investment from Hong Kong and Macao, Zhang said.

Liu Jiangning, a researcher at the Research Institute of Globalization and China's Modernization at the University of International Business and Economics, said the Guangdong-Hong Kong-Macao Greater Bay Area－an important strategic cluster for the country－has now become one of China's most dynamic, innovative and open areas.

"The Greater Bay Area has advanced manufacturing industries and service industries," she said. "And it has introduced a series of preferential policies to attract talent from Hong Kong and Macao in recent years."

Many cities in Guangdong have offered loans for entrepreneurs, as well as living allowances to young adults from Hong Kong and Macao.

The Greater Bay Area includes nine Guangdong cities, plus Hong Kong and Macao. It generated GDP of about 11.5 trillion yuan ($1.8 trillion) last year, more than 10 percent of the country's total, Liu said, adding that the prosperous Pearl River Delta has more than 300 distinct industrial clusters that are providing myriad entrepreneurial opportunities.

译文：

内地吸引（港澳）特别行政区青年

作者：郑彩雄

当香港企业家梁安莉在三年前来到内地创业时，她从未想到会被广东省妇联授予“广东省三八红旗手”称号。

今年早些时候，她因出色的扶贫工作而被授予此项荣誉。30岁的梁安莉和她的团队自2018年以来在帮助贵州省赫章县村民方面取得了丰硕的成果。

到2020年底，梁安莉已经帮助500多个贫困家庭（约3000人）通过种植鲜花和开发香料香水创收超过600万元（94.2万美元）。

梁安莉是广州港华农业科技有限公司总经理，她在赫章建立了一个创新创业扶贫示范基地，帮助当地人脱贫。

她希望通过自己的努力和经验，让更多香港和澳门的同事和朋友了解内地的发展，帮助他们融入内地，抓住发展机遇。

梁安莉并非个例。随着中央和地方政府的优惠政策出台，越来越多的香港、澳门特别行政区青年到内地创业、工作和学习。

据教育部副部长田学军介绍，目前约有1.6万名香港学生和7320名澳门学生在内地高校就读。他们与内地学生享受同等学费、住宿费和医保政策。

他说，他们还可以和内地学生一样享受就业指导，同时享有中央财政为港澳台学生设置的专项奖学金。中央政府还出台了一系列政策，积极支持内地高校招收港澳台地区学生。

在安徽省合肥市，就读于中国科学技术大学地球物理专业的研究生王景熙表示，祖国内地幅员辽阔，有很多地质现象亟待研究。

“在这一领域，国内的研究体系与欧洲是一个梯队的，”王景熙说。

全国政协副主席、香港特别行政区前行政长官梁振英表示，内地经济正在快速增长，香港青年应该抓住发展机遇。

今年早些时候，梁振英在香港出席会议时说:“祖国这么大，希望更多的香港年轻人能去看看。”

他说:“如果去到内地，看到现代化的工厂，他自己投身工业的兴趣就会出来！”

中山大学粤港澳发展研究院教授张光南表示，毗邻港澳、文化特征相似的珠三角城市历来是港澳年轻人的首选。

但随着基础设施互联互通进一步推动合作与交流，内陆地区推出了吸引港澳人才和投资的特殊政策，越来越多的年轻人选择到内陆地区创业，张补充说。

对外经济贸易大学全球化与中国现代化问题研究所研究员刘江宁说，粤港澳大湾区是国家重要的战略集群，现在已经成为中国最具活力、创新和开放的地区之一。

“大湾区拥有先进的制造业和服务业，”她说。“近年来，它还出台了一系列优惠政策以吸引香港和澳门的人才。”

广东许多城市为来自港澳的企业家提供贷款，为年轻人提供生活补贴。

粤港澳大湾区包括广东省的9个城市以及香港和澳门。刘江宁说，去年大湾区GDP约为11.5万亿元(1.8万亿美元)，超过了全国GDP总量的10%。她补充说，繁华的珠三角拥有300多个不同的产业集群，提供了无数的创业机会。

*北京站辛闻、安徽站朱立新和贵州站杨军对本文亦有贡献。*

**代表作3：**

原文：

From Macao to mainland: A young life in progress

By HU DONGMEI in Yinchuan and ZHOU HUIYING

Though far from home, Macao native Lam Chi-u, 26, has found a happy life with his wife in Yinchuan, Ningxia Hui autonomous region, and he's determined to move his career forward.

In 2013, after graduating from high school in Macao, Lam was admitted to the University of International Business and Economics in Beijing, based on his excellent performance in the screening process.

"At first my family didn't support my decision to continue studying in Beijing," he said. "They worried about the long distance from them and the differences between the Chinese mainland and Macao."

But he explained the advantages of universities on the mainland in securing future success. And he promised to take care of himself. Eventually, they relented.

"In my childhood, I often visited Zhuhai, Guangdong province, with my mother for shopping," he said, adding that the markets were untidy and made a poor impression at that time. But things were different in Beijing and elsewhere.

"I was surprised by the rapid development of cities on the mainland," he said. "The streets, subways, buildings and living conditions of the people had a different feeling."

Living with three roommates from different parts of the mainland, Lam started his university life.

His first major difficulty in his first year was that all the teachers spoke in Mandarin, which made it hard to follow the lectures.

"I thank my roommates," he said. "They often helped me review lectures after class. Gradually, I learned to keep up."

To adjust his thinking and actively blend into the new environment, Lam participated in various campus activities－the student union, basketball and track－which helped him meet new friends.

Through basketball, Lam met a woman, also a freshman, Zhou Yang, who would become part of his life. Over a two-year span, their love grew.

"When we came to the last year of undergraduate study, we encouraged each other to study hard," Lam said. Both were admitted to master's degree programs at their alma mater in 2017.

Before graduation in 2019, they faced the typical pressure of finding jobs.

"My family members and friends advised me to return to Macao," he said. "However, I didn't want to leave my girlfriend and decided to go back with her to her hometown, Yinchuan."

Lam currently works as a product manager in the investment banking department of China Everbright Bank in the city, mainly helping clients issue bonds or finance mergers and acquisitions.

"I have many opportunities and can quickly improve my professional skills by studying the core business of commercial banks," he said. "The bank also provides a good platform for future development."

In October 2019, Lam bought his own apartment in Yinchuan, And he married Zhou Yang. "Ningxia people are warm and hospitable," he said. "I can really feel the warmth, kindness, enthusiasm and sincerity of my wife and her parents."

In Yinchuan, Lam has also experienced warmth from the governments of Yinchuan and the region.

"Local governments often organize themed activities for the youth from Hong Kong and Macao and send gifts during major festivals," he said. "With the rapid development of the Guangdong-Hong Kong-Macao Greater Bay Area, I believe there will be more development space for young adults from Hong Kong and Macao, providing them with more development opportunities on the mainland."

译文：

澳门青年林志宇：从澳门到大陆，不断进步的年轻人

作者：胡冬梅/周慧颖

虽然远离家乡，26岁的澳门人林志宇和妻子在宁夏回族自治区首府银川过着幸福的生活，并一心发展自己的事业。

2013年在澳门高中毕业后，林志宇以优异的成绩被北京的对外经贸大学录取。

“一开始我的家人不太支持我去北京读书，他们担心我距离他们太远，而且大陆和澳门之间有很多差异。”他说。

但他向父母分析了去内地读大学对自己未来发展带来的优势，而且保证会照顾好自己，最终，他的父母同意了。

“在我的童年，我经常和妈妈去广东省珠海市购物，那时候珠海的市场不太干净整洁，留给我的印象并不太好，但当我来到北京，我发现情况已经大不同。”他说。

他说：“内地城市的快速发展让我很惊讶。街道、地铁、建筑和人们的生活条件都让人有了不同的感受。”

和三个来自内地不同地方的室友一起，林志宇开始了他的大学生活。

他在第一年遇到的主要困难是语言，所有的授课老师都说普通话，这使得他很难跟上老师的节奏。

他说：“很感谢我的室友们。课后他们经常帮我复习功课。渐渐地，我就能跟上课堂节奏了。”

为了调整自己，积极融入新环境，林志宇参加了各种校园活动 —— 学生会、篮球和田径，这让他认识了很多新朋友。

林志宇在校篮球队遇见了同为大学新生的宁夏姑娘周洋，他们相恋并最终走到了一起。

“在大学本科的最后一年里，我们互相鼓励，努力学习，”林说。两人均于2017年被母校录取为硕士研究生。

2019 年硕士毕业前，他们面临着找工作的压力。

“我的家人和朋友建议我回澳门，”他说。“不过，我不想和女朋友分开，于是决定和她一起回她老家银川。”

林志宇目前在银川光大银行投行部做产品经理，主要帮客户发行债券、融资并购。

他说：“这里给我们提供了很多机会，学习商业银行的核心业务，可以快速提升自己的专业技能。银行也为我未来发展提供了良好的平台。”

2019 年 10 月，林志宇在银川买了自己的公寓并和周洋结了婚。他说：“宁夏人民热情好客。我特别能感受到妻子和她父母的温暖、善良、热情、真诚。”

在这里，林志宇也感受到了来自自治区和银川当地政府的温暖。

他说：“地方政府经常为港澳青年组织主题活动，在重大节日送慰问品。随着粤港澳大湾区的快速发展，我相信港澳青年在内地会有更大的发展空间，内地也会为他们提供更多发展的机会。”