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C1: pupils weighted down by overstuffed school bags

Study by the Democratic Alliance for the Betterment and Progress of Hong Kong finds that the average weight of a pupil's bag was almost 5kg

Some 80 per cent of more than 900 primary pupils in Hong Kong are carrying overweight school bags, with most as heavy as 4.9kg, according to a citywide survey.

The study, by the Democratic Alliance for the Betterment and Progress of Hong Kong (DAB) covering schools in 18 districts, was carried out over the past two weeks.

The average weight of school bags was found to be 4.9kg, which was 63.3 per cent heavier than the recommended standard of 3kg – or about 10 per cent of the average body weight of the carrier.

C2: Let's build a city that gives the young a sense of hope, not fear

Hong Kong is a very lonely city and this sad epidemic is slowly sapping the life out of our young people.

Many Hongkongers feel isolated, even though they live in one of the most densely populated places on Earth. With some 7.3 million people, the city's population density stands at 6,644 people per sq km; in the Kwun Tong district, the situation is nearly nine times worse with 57,250 people per sq km.

The living space approved by government planners is merely 61 sq ft and together with a toilet and kitchen included, it is commonplace to see a flat measuring around 120 sq ft, roughly the size of a parking space.