

**Yan Chai Hospital Lan Chi Pat Memorial Secondary School**

**The 4<sup>th</sup> Hong Kong English Speaking and Performing Contest 2026**

**Sole Verse Speaking**

**Junior Poem**

**Don't Give up by Ashley Rice**

When the task at hand is a mountain in front of you,

it may seem too hard to climb.

But you don't have to climb it all at once -

just one step at a time.

Take one small step...

and one small step...

then another...

and you'll find...

the task at hand that was a mountain in front of you...

is a mountain you have climbed.

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**Senior Poem**

**Don't Give Up by Phoebe Cary**

If you've tried and have not won,  
Never stop for crying;  
All's that's great and good is done  
Just by patient trying.

Though young birds, in flying, fall,  
Still their wings grow stronger;  
And the next time they can keep  
Up a little longer.

Though the sturdy oak has known  
Many a blast that bowed her,  
She has risen again, and grown  
Loftier and prouder.

If by easy work you beat,  
Who the more will prize you?  
Gaining victory from defeat,—  
That's the test that tries you!