

111 學年度第 1 學期高中部英文作文比賽

1. 以前，家家戶戶在放學、下班後，都會回家吃晚飯，晚餐時間是家裡人分享、溝通的重要時刻，也是營造“家的味道”的時間。現在，因為時代的變遷、網路的興起，人們的生活已有很大的改變，家人能聚在一起吃晚餐的機會也相對減少，每家也發展出不同樣貌的家庭時間。請寫一篇約 500 字的英文作文“My family Time”，敘述你的家庭時間，在家庭時間內做的活動，與家庭時間對你而言的意義為何。
2. 比賽時間：13:10~14:50，共 100 分鐘。
3. 不得使用任何形式的字典與電子載具，其餘依本校考試規定辦理。

My family Time

Family plays an essential part of our lifes. It is a safe and warm shelter for us to stay. When we are with our family, we can feel free to give comments, talk about our perspective on every topic with no pressure. It is also a place for us to rest and to share our daily life, a place to confide in. However, phones have taken its place due to their similar functions. Living in the twenty-first century, it is a challenge for us to stay close with our family as often as before.

In an era full of technology, it is hard for us to spend time with our families. For me, I often get addicted to my iphone by playing online games and browsing the internet. I also spend a lot of time chatting with my friends on social media or watch videos so I can catch up with what's trending now. However, as time goes by, I found some phenomenons when I spend little time with my family. I sometimes feel depress and lonely living in the online world. It also makes me insecure and worry all the time, like a part of myself missing. Therefore, I later realized that not being around my family often had effected my mental health seriously, and decided to put an end to it.

After my hard effort and will, I can finally spend more time with my family. On the way to school, we guess about what will happen throughout the day and sometimes even make fun of each other. After an exhausting day at school, I can finally go home and take a satisfying shower instead of going out with my friends like I used to. At dinner time, I never realized before how comfortable it is to chat with my parents face to face, unlike the days when I text with my friends throughout the night. We share anything, it could be about school, about father's work, or even politics,

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gossips. Although we don't have a family meeting like some of the families I knew, I always make sure I have a nice talk with my family at least one hour throughout the day. It doesn't seemed much, but we appreciate all the time we spend together, I feel ~~more~~ happy and relief that I have such a sweet and warm family that always stands by my side, ready for me to confide in.

In summary, although my family time isn't interesting and special, every word spoken between my family and I means a lot to me. We all appreciate a lot on the time we devoted into the family instead of our phones, ^{and} that's what matters to me most.