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23rd Recognition Ceremony



FOR EXTERNAL AWARD WINNERS & CEDARS SERVICE AWARDEES

Fear is not to be Feared

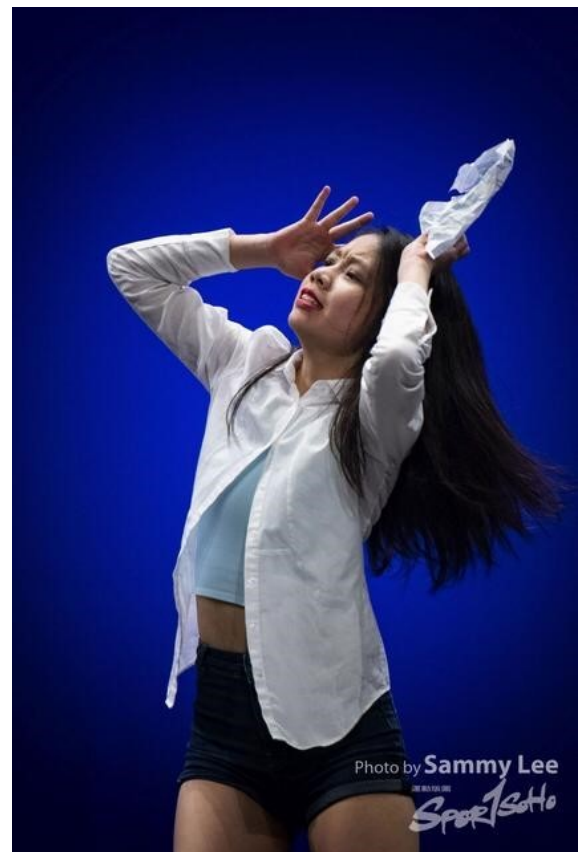
Law Hoi Ting's Story Faculty of Business and Economics BBA(Acc&Fin)

Law Hoi Ting (Alexandria/ Alex), an Accounting and Finance student, won two Bronze Medals in the Oriental and Contemporary categories of the Hong Kong (Asia) Solo Dance Competition 2019. Alex said her transition into university life at HKU was a source of inspiration for her award-winning choreography.

The Hong Kong (Asia) Solo Dance Competition 2019 is Alex's first local competition. There were over six hundred contestants and Alex was one of the few dancers who competed in more than one category. Alex has been learning Chinese Dance since the age of six and has recently acquired an instructor certification, while her development in contemporary dance began in high school. Alex had rehearsed for three months for this competition, and did her own music-editing as well as choreography.

“Fear is not something to be ashamed of. It should be a motivation to challenge yourself and an opportunity for breakthrough.”

For Alex, the hardest part of the competition was the emotional stress when she got on stage, “The stage is big, and all eyes are on me.” The competition was physically demanding - it lasted from the morning until 10 o'clock at night and the outfits were heavy. Moreover, Alex got injured before the competition and had to perform with bruises. As Alex had two different performances back to back, she had to be emotionally prepared in order to switch between the themes of two performances. All the struggles paid off when she received the medals for both categories.



Alex reported that the biggest takeaway from the competition was learning to manage her fear. “Fear is not something to be ashamed of. It should be a motivation to challenge yourself and an opportunity for breakthrough.” Alex is grateful for this experience that made her grow up. She is looking forward to enrolling in this competition again and challenging herself even further.

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