

## A Speech about Slow Movement

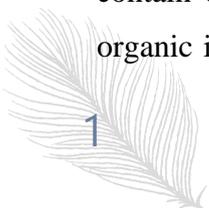
Good morning everyone,

I'm glad to speak to you all today as a Slow Movement advocate. Have you guys ever heard about Slow Movement? In such an extremely fast-paced city, Hong Kong, we're all overworked and completely drained. And this's why we need Slow Movement, which is a campaign of celebrating the benefits of living slowly and focusing on pure enjoyment in life. Isn't it attractive? So, in this morning, let me bring you more detailed information about this fascinating idea.



To commence, let's talk about the benefits of a slow-paced life. Doubtless, tasting cuisine and enjoying scenery leisurely could greatly improve our mental health. With only an hour for lunch, no one could savour each ingredient in the dishes. Moreover, with our timetable stuffed with quizzes and lessons, I bet that you never had a mood for tasting in the past with massive academic pressure. However, if the Slow Movement is introduced, you could have a time-consuming French meal for lunch and experience the foreign tastiness. Meanwhile, provided that the length of your lunchtime is decided as you want, there is no reason to tolerate those bland and tedious prepacked Bentos, which are sold in convenient stores or tuck shops, anymore. On the other hand, once you don't need your life rushed for a hurried learning schedule, you'll have much more free time than ever. With increased leisure time, instead of running for the bus to attend a tutorial class, you'd jog on the hiking path shadowed by plants and enjoy the natural scenery that you've missed before. With a life filled with cuisine and relaxation, how can a person not be feeling happy? And this is the magic of Slow Movement, the magic of offering countless delight and satisfaction.

Other than boosting pleasure, Slow Movement could also enhance our physical health. The World Health Organization has already proved that fast food with fried vegetables and processed meats contain carcinogens. Given more preparation and cooking time, slow food could be made with organic ingredients instead of pre-processed meat and by oilless but time-consuming sauteing and



steaming. As a result, with diverse raw materials and oilless cooking methods, slow food dishes are not only yummiier but also healthier. On top of eating slowly, going to work on foot or by cycling instead of driving is promoted by the movement. Hence, people will do more daily exercise to prevent urban diseases like obesity. Meanwhile, there'll be fewer cars emitting carbon dioxide, thus improving air quality. Having better food, a better lifestyle and a better environment, we could be much healthier.

Apart from being beneficial to individuals, people living unhurriedly could also help to keep the local culture. In a time-is-everything society, people are reluctant to watch hours-long Chinese operas, musicals and spend on fine dining to save more time for doing more things. With a limited population supporting them, those food and culture could be easily forgotten and lost. To solve this, Slow Movement emphasizes that it is of utmost importance to have true enjoyment regardless of the time cost. When time is no longer considered, there is no more excuse for having fast food. Instead, we could go to Chinese restaurants to have dim sum for hours, which give financial support for keeping the local businesses running and the local culture alive. Consequently, our Chinese lifestyle could be conserved, allowing our sons and grandsons to enjoy those delectable Chinese cuisines.

Now, we all know the countless benefits that a slow lifestyle brings, don't we? And here comes another question – how to start living slowly that we've never tried before? Here's the solution. It is a clear fact that fast-food chain stores and traffic jam are ubiquitous in urban space. To experience life without haste, we could hike in



a country park to listen to the rhythmic birds singing instead of the rapid traffic light buzzing sound. In the meantime, it'll be wise of you if you choose to learn from the elderly. By following your grandpa to have congee in a dim sum house, you can taste the incredibly delicious congee that is boiled for at least 8 hours. Also, while relishing the tea, you'll get used to sharing daily fun facts with your parents face-to-face, rather than online as you did previously in a hectic life. Ultimately, you'll have a smooth transition from a non-stop working life to a relaxing one.

The benefits that I've mentioned are only tips of the iceberg. Is there any reason for resisting the Slow Movement? I believe no, and everyone will agree to this. I know all of you want to have a slow life as soon as possible – I can read this from you guys' faces. Give it a try this weekend, and you will find more advantages that it brings by yourself. Thank You!

