

VOICES

2026 Spring Issue

OF YOUTH

Voices of Youth Media Club

MAGAZINE

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Voices of Youth Magazine



MESSAGE TO READERS

Hello Everyone!

I'm Linda, Youth Mentor of Canada Sunshine Foundation, also the mother of the foundation's founders, Athena Yu and Cynthia Yu, who are now respectively studying at US Stanford University and Columbia University.

I'm thrilled to witness the establishment of the Sunshine Voices of Youth Media (VYM) Club, and would like to extend my heartfelt congratulations on the successful launch of VYM Magazine.

Canada Sunshine Foundation is a registered **non-profit organization** based in Vancouver. For the past eight years, we have focused on **empowering youth** by engaging them in social issues through volunteer work and hands-on projects, nurturing their **civic awareness, leadership, and sense of social responsibility**. Today, the Foundation has grown to include **over thirty youth-led clubs** across seven countries and regions, with thousands of active members. Together, they form an **international, vibrant network** that connects young people around the world.



I firmly believe that **every young person** has the potential to make a positive impact on the world. It is with this vision and mission in mind that VYM Magazine came into being. The magazine provides young people with a space to express themselves and document their growth, while also serving as a bridge from “ideas” to “action”, witnessing firsthand how a generation gradually develops values, responsibility and leadership through practice.

I would like to especially commend Amy Yu, the founder of VYM club and VYM Magazine, for her outstanding leadership and dedication. With her keen insight and relentless drive, she has led her team to make the magazine shine in social awareness and youth perspective. I also want to extend my congratulations to the entire VYM team – you have shown that through collaboration and perseverance, voices of youth can truly be heard and respected.

I sincerely hope that more young people will be inspired to join in and collaborate to build VYM into a platform that amplifies youth voices and strengthens the connection between young people and society. The Sunshine Foundation will continue to support young people in learning through practice, growing through service, turning purposeful actions into enduring and meaningful impact.

Linda Xu
Youth Mentor of Canada Sunshine Foundation

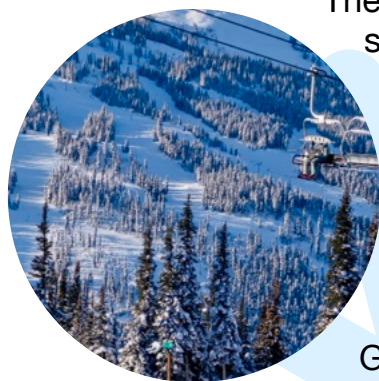


CITY SPOTLIGHT

Winter Beauty in Canada

By Sophia Wang G7 (Vancouver, Canada)

Skiing at Whistler Blackcomb is an unforgettable experience. Located in Whistler, this famous mountain resort is known for its deep snow, wide variety of runs, and beautiful alpine views. Every winter, people from around the world come to ski and snowboard on its two massive mountains, Whistler and Blackcomb.



Skiing at Whistler is especially amazing because of its breathtaking scenery. The mountains are covered in tall evergreen trees, and the snow sparkles in the sunlight. On clear days, you can see far across the Coast Mountains. The air is crisp and fresh, and everything feels peaceful and bright. In the snow biome, where the snow is soft and slippery, you can ski steadier but faster; and sometimes, when you watch over the mountains, you can see the ocean, glittery with the sunlight, bonded together with the mountains in harmony.

One of the most exciting parts is riding the Peak 2 Peak Gondola. This special gondola connects Whistler Mountain to Blackcomb Mountain. It travels high above the valley, giving riders a breathtaking view of snowy trees, rocky cliffs, and endless mountain peaks. When you are inside the gondola, it feels like you are floating in the sky. The ride is smooth, but looking down can make your heart race because it is so high up!

Skiing at Whistler is great for all skill levels. Beginners can practice on gentle green runs, where the slopes are not too steep. Intermediate skiers can enjoy long blue runs that wind through forests and open bowls. Advanced skiers can challenge themselves on steep black diamond runs with deep powder and fast turns. There are also terrain parks where snowboarders and skiers can try jumps and tricks. It requires skill and technique, but it is both exciting and rewarding.

After a long day on the slopes, many visitors relax in Whistler Village. The village has cozy restaurants, warm cafés, and small shops. It is the perfect place to enjoy a hot chocolate and share stories about the day's adventures.

Winter activities are very popular in Canada, and Vancouver is a special place because you can see the ocean and mountains at the same time. Nearby mountains like Grouse Mountain, Cypress Mountain, and Mount Seymour are also popular destinations. Many people visit these places because the snow is excellent and the views are beautiful. Being outdoors in winter helps people stay active and appreciate nature, while spending meaningful moments with friends and family.



From the snowy peaks to the shining ocean, the harmony of mountains and sea creates a scene that people dream of experiencing again and again.

The View from My Window: Growing Up in Shanghai

By Diana Da G7 (Shanghai, China)

When people ask me, “What is Shanghai?” I used to think of the tall towers of Lujiazui or the crowded shopping streets of Nanjing Road. But now, if you ask me, I would point to the view right outside my window in Hongkou District.



Through my window, I see a living museum of Shanghai's history. Right across the street is the former residence of Lu Xun, the great writer. Every day, students and scholars from all over the world come to visit this little corner of our city. Some take photos, some sit quietly on the benches, reading his books, and some just stand there for a long time, looking at the old building. I've even seen a professor from Japan explaining Lu Xun's stories to his students right there on the sidewalk. It reminds me that even a quiet street in Shanghai can hold stories that belong to the whole world.

When I look a little further, I see the sparkling waters of the Huangpu River. On one side, there's the old magic of the Bund with its European-style buildings. On the other, there's the futuristic skyline of Pudong. Sometimes, I see big cruise ships from other countries slowly making their way down the river. Passengers always crowd onto the decks, cameras in hand, waving at the city. And I always wave back from my window, even though they can't see me. It feels like the world is sailing right through my city.



But the most wonderful view isn't the famous landmarks. It's what happens on the street below my window every single day. That's where the world truly comes to life. I hear my neighbor, Auntie Chen, bargaining with a French tourist at the fruit stand—in surprisingly good English! She learned it just from talking to customers over the years. I see Korean students in their uniforms, taking pictures of the old plane trees that line our street, their leaves turning golden in autumn. I play basketball with my friend Jane, whose family moved here from Korea. We don't speak the same mother language—she speaks Korean at home, I speak Chinese—but on the court, we laugh together, we high-five each other, we understand each other perfectly. Over time, we figured out ways to communicate beyond the court. She taught me how to say “hello” in Korean. I taught her to say my name in Chinese. Sometimes after playing, we'd sit on the bench, sharing snacks her mom packed using hand gestures and our phones to chat about our days. She showed me photos of Korea. I showed her pictures of Shanghai Disneyland. Two different worlds, sitting side by side on a neighborhood bench. That's just how things work in my neighborhood.



VYM Reporting

CITY SPOTLIGHT

For me, this is the real Shanghai. It's not just a city of skyscrapers and bright lights. It's a place where history and future live side by side. It's a place where cultures don't just meet; they become neighbors, they share food, they become friends. Growing up here means I don't learn about the world only from textbooks. The world comes to my window every day—

through the tourists on the street, through the ships on the river, through my friend Jane.



Shanghai taught me to be curious, to be open, and to find my place in this big, connected family. So when I say, "I am from Shanghai," I'm not just talking about a city. I'm talking about a home where the whole world feels welcome, and where a kid like me can grow up learning from every corner of the planet, just by looking out the window.

DaTieHua

By Aimee Dong G7 (Beijing, China)

Have you heard of DaTieHua?

DaTieHua is an intangible cultural heritage performance that originated in the Northern Song Dynasty. It was a popular activity during festivals. Before that, it was probably just a small activity that blacksmiths did after successfully casting iron.

In some villages that still keep traditional customs, DaTieHua is not only for entertainment; it also has meanings such as praying for blessings, warding off evil spirits, and celebrating the harvest.

How is DaTieHua performed? First, to create the "iron flowers," people heat the iron to 1,600 degrees Celsius or more. It melts and stays in liquid form, becoming very fluid and ready to spread into sparks.

The photo shows me at the Spring Festival temple fair in BeiJing Shijingshan Amusement Park, where I watched a wonderful DaTieHua show.



Lord Kitchener's Book Fair

By Sophia Wang G7 (Vancouver, Canada)

Look! Was that Lord Kitchener Elementary's Book Fair?

The library doors opened, and a soft wave of excitement drifted through the air. The staff were preparing for this rare event happening in the school, and they greeted the volunteers with warm welcomes. Bookshelves lined up beside the walls, each section containing a series of books of the students' top choices. Rows of tables stretched across the room, each one filled with posters, stuffies, and funtimes waiting to be discovered.



The annual book fair had finally arrived. And for many students, it was one of the most anticipated events of the year. It was not just about buying books, it was about stepping into new worlds, and finding stories that would stay with them long after the fair ended. As I walked inside, everywhere I looked were books of every kind—mysteries, fantasies, adventures, and even thick encyclopedias filled with facts about space, animals, and history. Some tables displayed shiny covers with bold letters, while others had soft pastel colors that seemed calm and inviting. It felt as though each book was calling out, asking to be picked up and explored.

Students wandered between the tables, their eyes wide with curiosity. Some flipped through pages quickly, while others read the back covers carefully, trying to decide if the story was right for them. Friends recommended their favorite series to each other, and younger children excitedly showed their teachers the picture books they wanted. The room was full of chatter, laughter, and the quiet turning of pages. We could choose whatever we wanted, guided only by our own interests. Unlike homework or assigned reading, these books felt special because they were ours.

Parents visited after school, helping their children make decisions and sharing stories about the books they loved when they were young. Teachers talked about their favorite authors and encouraged students to keep reading. For a short time, everyone in the school seemed connected by the same excitement and curiosity.

When the fair ended and the tables were packed away, the library started to look ordinary again. However, the stories had already begun their journeys. They traveled home in backpacks, were opened under blankets with nightlights, and were discussed with friends the next day. The book fair lasted only a few days, but its impact remained much longer. It reminded us that reading is not just a school activity—it is a doorway to imagination, knowledge, and endless possibilities. It feels as if we were all creators and authors, dreaming stories, awake and asleep.

My French Teacher

By Ruxin Ma G8 (Burnaby, Canada)

Education takes many forms in various regions. Besides students' attitudes toward learning and school regulations, there is another important factor: having a pleasant teacher.

Two weeks ago, I began my second semester. The last class of the day was French, and everyone was tired. I chose a seat near the projector, waiting for the bell to ring and for the class to begin. However, after five more minutes, the teacher still hadn't come in, and I was pretty sure he wasn't in the classroom.

"Where is he?" I heard my desk mates whisper as they scrolled through their phones to check the classroom number.

I moved my eyes around. Suddenly, a white shadow darted past me. It was so fast that I couldn't see his face. Then our teacher appeared, wearing a black jacket over his shoulder and a T-shirt tucked into dark blue jeans. Cool!

As he apologized and explained that he had been outside getting some water and was late for attendance, I noticed that he spoke very quickly. I didn't know if that was because he taught French. In addition, he really needed that water—his voice sounded as if he had been in the desert all day: raspy.

He had black-to-brown gradient sunglasses resting on his forehead. I could see the sun breaking through the grey clouds, shining brightly. One thing I must mention is that his hair was as white as snow under the sunlight. When the light from the projector hit his head, it made his hair shine like a light bulb. It looked funny and unexpectedly pleasing to the eyes.

After we had finally settled down, he then introduced himself. I decided to call him "Mr. Banana." Mr. Banana said he used to be a photographer when he was young. Can you imagine carrying 22 to 40 pounds of equipment and climbing mountains all day? That's exhausting.

He lived in Quebec, where people speak French at home. Mr. B has a daughter who is in university. He loves his family and enjoys his job.

As the semester went on, a week passed, and the fourth period was usually the most boring one. However, Mr. B always used different ways to make us happier, including lots of dad jokes. I still remember one of them. One day, he was trying to tell us that the letter "H" is silent in French. He said





CAMPUS BEAT

his friend came to visit him, and his neighbor had a dog that barked loudly while they were chatting. Finally, his friend shouted to the neighbor, "I (h)ATE YOUR DOG!" instead of "I HATE YOUR DOG!" because he didn't know how to pronounce the "H."

Mr. B laughed for about a minute after finishing the joke, while we all stared at him as if he were crazy.

"Isn't that funny?" he asked, wiping away a few tears from his cheeks.

We replied with awkward laughter.

Never mind—although these dad jokes didn't really work on me or my classmates, it doesn't mean he isn't humorous or a good teacher. In fact, his teaching was very effective. In just a few classes, I successfully learned basic pronunciation in the first week, and my hard work showed on the tests. My marks made me proud of myself. Mr. B has a unique teaching style. My favorite part is the Kahoot quiz every Friday for review. He also adds some trivia questions after the main tasks.

This reminds me of another experience. The day before the test, Mr. B took us outside to the court and even brought a volleyball.

"It's healthy to bask in more sunshine. And you know what..." he began explaining the benefits of sunlight while some girls tried to hide in the shade under the roof. We had a wonderful and relaxing time outside.

Because of that, if we liked this activity, that meant his third-period students probably did too. When we arrived at our classroom door and found it locked, we stood in the hallway waiting for Mr. B. At that moment, I finally understood why he was rushing on the first day—just like now, when he was running toward us. He is the first teacher I have ever seen who was late for class.

In any case, I like Mr. B's class. French is a romantic language, and I really appreciate how lucky I am to learn my second foreign language with him.

Au revoir, merci d'avoir lu.
(Goodbye, thank you for reading.)

Fun Fact

Think of French as the **OCD lawyer** of languages.

While English lets a phrase like "**the old man and woman**" be a mystery — is the woman old? Who Knows ! But French grammar is so bossy that it forces you to be specific.

In French:

- "**Le vieil homme et la femme**": Only the man is old (the adjective *vieil* is singular)
- "**L'homme et la femme vieux**": Both are old (the adjective *vieux* becomes plural and it has to be in the back now).

Because adjectives must "match" the gender and number of nouns, there's no room for "I didn't mean it like that" in a treaty. It's the ultimate "**no-backsies**" language—where adding one silent "**s**" is the difference between a solo senior and a retired couple!

Stop Scrolling — This is 100% Written by a Human!

By Eason Sun G7 (Shanghai, China)

This whole article is made by a real person. No **AI**, no robot help—just my own words, typing every sentence.

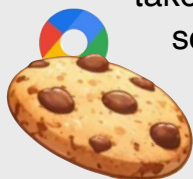
Wait a minute... did I just say **AI**?

Exactly. That's what we're talking about today. Google's Gemini has a huge new update in **2026**, and it's going to make using your phone and computer way easier. If you're tired of doing boring, slow tasks online, keep reading—this is for you.



Forget the old Gemini. It's not just a chat tool anymore. It's a helper that does work for you, on all your apps. The best new feature is Auto Browse for Chrome. Let's say you need a birthday gift under \$30, and you want it shipped fast. You don't have to scroll through lots of websites, check prices, or look for discount codes. Just tell Gemini, "Find a cool birthday gift under \$30 and add it to my cart." In seconds, it looks through online shops, picks good choices, uses the best discount it finds, and puts the gift right in your checkout. If you want to change it—like "make it a toy instead of a mug"—just say it, and it switches the search right away. No extra typing, no stress, just done.

If you use Google Maps, this update is **amazing**. Gemini is now 100% hands-free for people walking, biking, or taking the bus. No more stopping to tap your screen or squint at directions when you're on the go. Just say, "Hey Gemini, find a coffee shop with free Wi-Fi on my way" or "Add a 5-minute stop at the park." It updates your route at once, tells you how long the detour takes, and even says if the shop is busy. I tried it last week walking to school—it found a bakery 2 blocks away and told me their cookies were fresh. No more missed turns, no more staring at your phone when you should look where you're going.



Gemini also remembers your past chats now, so it helps you better every time you use it. And it works well with your Google apps—Gmail, Drive, Calendar—like a personal assistant who knows your routine. If you get an email for a doctor's appointment, just say, "Gemini, add this doctor's visit to my calendar." It takes the date and time from your email, checks your schedule, and adds it right in.

Forgot where you saved your homework? Just say, “Find my math project in Drive” and it pulls it up fast, even if you can’t remember the file name. No more endless scrolling—just

quick answers.



Even editing photos **is simple** now, no fancy apps needed. If you have a photo you want to fix, or a list of numbers you want to turn into a simple chart, just ask Gemini to do it right in your browser. Want to crop a vacation photo or make a bar chart for your school report? Say the word, and it’s done in seconds. No downloading tools, no learning hard steps—just the image or chart you need, fast.

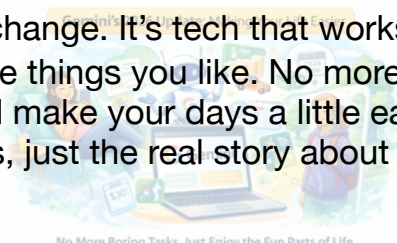
Ready to try this new Gemini for yourself? Go to its official website here: **<https://chat.google.com>**

These days, lots of online content is made by AI, so it’s smart to know how to check if what you read or see is human-made or machine-generated. Here’s a simple, easy website for that—you just paste text or upload a picture, and it tells you right away: **<https://copyleaks.com/ai-content-detector>**

Curious how this detector works? It uses some pretty cool tech under the hood. Think of it as a super-smart pattern spotter. It’s trained on trillions of pages of human and AI text, using advanced neural networks (like BERT) and deep NLP to analyze things humans can’t easily spot: sentence flow, word choice, repetition, and even tiny style quirks. AI tends to be too smooth (low “perplexity,” mean it picks predictable words) while humans have more random, natural jumps (“burstiness”). Copyleaks combines these checks with machine learning that gets smarter every day, so it stays accurate even as AI tools like Gemini get better. It’s like a tech detective that knows all the subtle clues AI leaves behind.

Want a **fun test**? Copy this whole article and paste it into that AI detector. See what it says about the chance of this being AI-generated. And here’s the fun part: if the AI chance is high, it means my writing is that smooth and perfect—almost like a well-tuned machine! If the AI chance is low, it proves this is pure, authentic human writing, which is just as perfect. And if it’s in the middle? Well, that one’s just a mystery—either way, we win!

Gemini’s 2026 update isn’t just a small change. It’s tech that works for you, taking care of the boring stuff so you can focus on the things you like. No more wasting time on small tasks—let Gemini handle them, and make your days a little easier. And one last time: this article is 100% human. No AI tricks, just the real story about Gemini’s awesome new update.



No More Boring Tasks. Just Enjoy the Fun Parts of Life

Eyeball Dissection

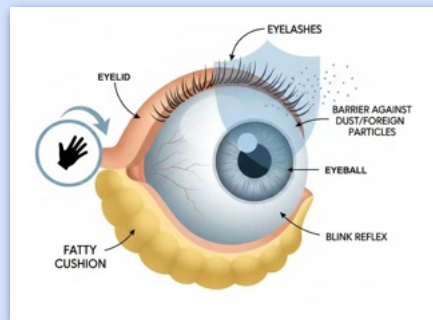
by Ruxin Ma G8 (Burnaby, Canada)

Recently, some exciting news spread through my science class. Our biology unit ended with the dissection of a cow's eyeball. Everyone was very excited because this activity helped us better understand how the eye works and how each part has a special function in the body.

Protection of the Eye

The eye has several ways to protect itself:

- A fatty layer surrounds and cushions the eyeball, helping protect it from injury.
- When something touches the eyelashes or suddenly moves in front of the eye, the eyelid quickly closes and reopens
- Eyelashes and eyelids prevent foreign particles such as dust from entering the eye.



Main Parts of the Eyeball

Sclera – The white, tough outer layer that protects the eyeball.

Cornea – The clear, colorless front part of the eye where the sclera becomes transparent.

Choroid – A thin, black layer beneath the sclera that contains blood vessels. It supplies oxygen and nutrients to the eye and removes waste.

Iris – The colored part of the eye, formed by a ring of choroid.

Pupil – The opening in the center of the iris where light enters the eye. Tiny muscles control its size.

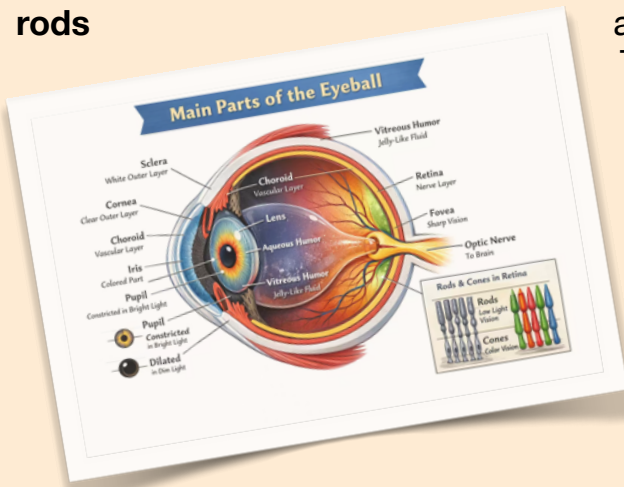
o The pupil **constricts** in bright light.

o The pupil **dilates** in darkness.

Lens – A transparent, oval-shaped structure behind the iris and pupil. It focuses light onto the retina. Small muscles change its shape depending on how far away an object is.

Aqueous Humor – A clear, watery fluid between the cornea and the lens. It helps focus light and keeps the front of the eye in shape

Retina – The innermost rods



layer of the eye. It contains nerve cells called and **cones**, which are very sensitive to light. They send signals to the brain through the optic nerve.

- o **Rods** detect shades of grey and help us see in dim light.

- o **Cones** detect color and help produce sharp images in bright light.

Fovea – A small pit in the center of the retina where cones are highly concentrated, allowing us to see very sharp images.

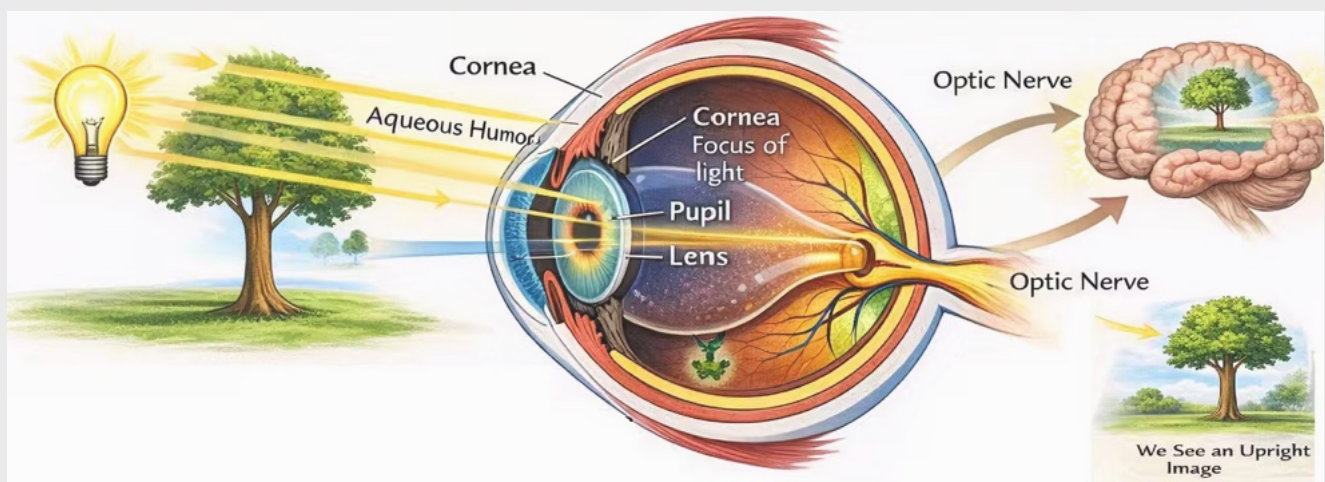
Vitreous Humor – A clear, jelly-like substance that fills the space between the lens and the retina and helps maintain the eye's round shape.

Tapetum Lucidum – This layer is found in many nocturnal animals but not in primates. It reflects light that is not absorbed by the retina, improving night vision.

How Do We See Objects?

We see objects because they reflect light.

First, light rays enter the eye through the cornea, which does most of the focusing. Then the light passes through the aqueous humor and enters the pupil. The lens further focuses the light so the image forms on the retina.

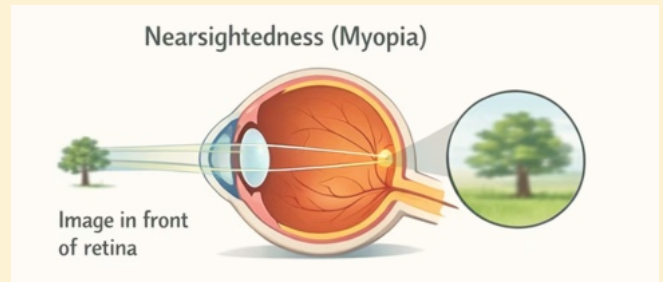


Although the image is formed upside down, the brain receives the signals through the optic nerve and turns the image right-side up.

Vision Problems

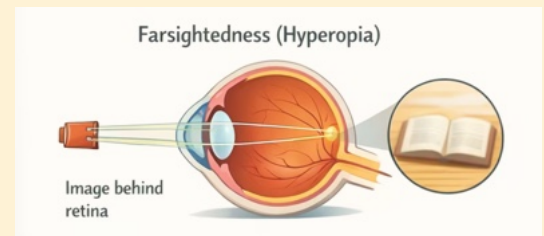
1. Nearsightedness (Myopia)

When the eyeball is too long from front to back, light focuses in front of the retina. This causes distant objects to appear blurry, while nearby objects are clear.



2. Farsightedness (Hyperopia)

When the eyeball is too short, light focuses behind the retina. This makes nearby objects blurry, while distant objects are seen clearly.



Correction of Vision Problems

Vision problems can be corrected by wearing glasses with special lenses.



- **Myopia** is corrected with a **concave lens**, which spreads light rays so they focus on the retina.

- **Hyperopia** is corrected with a **convex lens**, which brings light rays together so they focus on the retina.



- **Bifocals** have two sections: the lower part helps with farsightedness, and the upper part helps with nearsightedness.

By doing the eyeball dissection, we learned how amazing and important our eyes are. Since our eyes help us see and learn every day, we should take good care of them by protecting them, resting them often, and using them properly so we can keep our vision healthy.

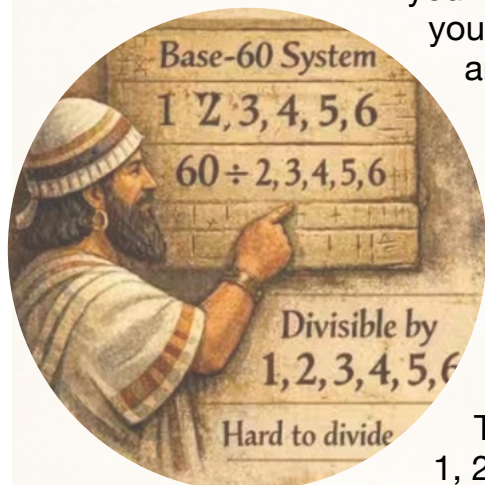


The Invention Of Time

by Sophia Chen G5 (Guizhou, China)

Base-60 system -- why are there 60 minutes in an hour

If you were to time travel back to ancient times and "invent time", you would use Base-10, right? After all, we have 10 fingers and 10 toes! For example, there are 10 millimetres in a centimetre. But there are 60 seconds in a minute and 60 minutes in an hour! That's because of a decision made by the Babylonians over 4000 years ago.



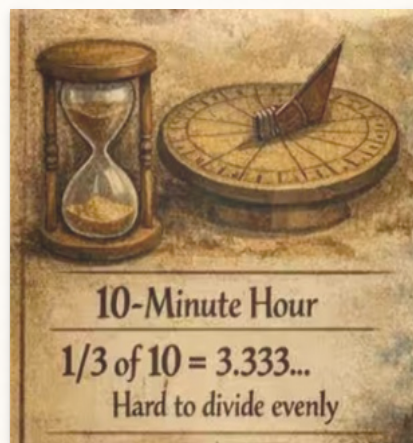
They used 60, not because they were bad at math, not because they don't know how many fingers & toes they have, but because they're too good at math.

They used Base-60 system because it could be divided by 1, 2, 3, 4, 5, and 6.

If there were 10 minutes in an hour, you can only divide it by 2 and 5 without getting decimals or fractions involved. If you want a third of the "10 minute hour", you're stuck with 3.333...

Now look at 60, you can split an hour into halves (30 minutes), thirds (20 minutes), quarters (15 minutes), and fifths (12 minutes) without ever having to deal with 3.333 repeating.

The Babylonians were also obsessed with the sky. They noticed the solar year was roughly 360 days (6×60), so this is why a circle has 360 degrees.



The Meridiem -- why are there 24 hours in a day

By the time the Romans got involved in time, they want to know when's lunch time -- just kidding, they split the day into 12 parts and the night into 12 parts, $12+12=24$.

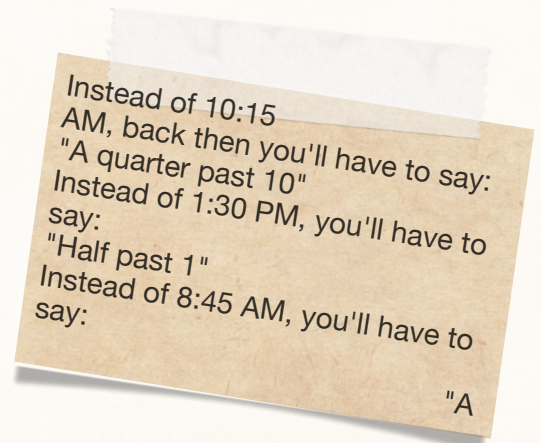
They called the time before the sun hit the imaginary line, the Meridiem, Ante Meridiem (AM) and the time after it Post Meridiem (PM), which translates to Before Meridiem and After Meridiem.

The Minute

For thousands of years, minute was only used in astronomy to describe $\frac{1}{160}$ th of a degree. The word "minute" came from the Latin phrase *pars minuta prima*, which meant "first small part". (fun fact: the word "second" came from the Latin phrase *pars minuta secunda*, which meant "second small part") Back then, minutes wasn't used to track your lunch break or are you late, because the clocks can't track minutes and there's no point tracking minutes.

So yeah, back then you could be late to school for 20 minutes and nobody cares because nobody knows you're late for 20 minutes.

It wasn't until 1656 until minutes were "released to the public" by Dutch scientist Cristiaan Huygens, who invented the pendulum clock. Before his invention, clocks were notoriously bad -- you could lose up to 15-30 minutes of a day. But Huygens' pendulum clock uses a steady swing of a weight, the accuracy is losing like 15 seconds a day. Suddenly, "minute" wasn't just fiction or math concept, it became something you can see on a clock.



But still, people hadn't started using minutes until the industrial revolution and the 1800s. When minutes = money, and being late for 5 minutes = no paycheck.

The "time jumble"

Before time zones, every town set its clock to match the solar noon--the exact moment when the sun was highest in the sky. When Earth rotates, the sun "moves", so that's why when New York City hits 12:00 PM, it was 12:12 PM at Boston. So basically, when you were travelling west, you were gaining minutes every few kilometres, when you were travelling east, you were losing minutes every few kilometres.



When the steam engine and railroad become common, this "local time" system isn't working well. At major train stations, there could be 10 clocks for different "local times". Yeah, at the point only math geniuses can figure out the time difference quickly. This wasn't just confusing, it was deadly. If 2 trains were on a single track and the workers' watches were off by just 5 minutes because they were in different towns, they could crash.

Yeah, people really died because of it.

So yeah, imagine walking 3 km to visit your grandparents and having to change your pocket watch's time to match the town's time.

The day of two noons in the US

This "local time" system was driving railroad workers crazy. American railroad companies decided to split the country into 4 time zones. At noon on November 18, 1883, a telegraph signal was sent across the US, and station managers will push the hands of the clock back to 12:00 PM. Which is the earliest "time zone" example. So that's when __:__ first became a thing.

But people hated the new "time zones", believing it was unethical, unnatural, and "changing God's time".

The birth of Greenwich Mean Time(GMT)

In 1884, 25 countries met in Washington DC to pick a "Prime Meridian" (the center of the planet) for the whole planet. France wanted the center to be Paris, some others wanted it to be the middle of the Atlantic. But the countries eventually voted Greenwich, UK. At the time, most of the world's shipping were using British maps, at the time, British maps and charts were the most accurate, and at the time the British Navy was the most powerful.

They drew a line every 15 degrees for every time zone, because:

Earth is 360 degrees around

There are 24 hours a day

$360/24=15$

Greenwich was GMT 0, and every time zone east of Greenwich is +1 hour, every time zone west is -1 hour.

On the exact opposite side of the globe from Greenwich, GMT + and GMT - meet. So the International Date Line was created, when you cross it, you "time travelled" a day. The International Date Line isn't straight, it zig-zags around islands to not chop them into 2 days.



Daylight Savings Time(DST)

In 1895, George Hudson, who was a post office clerk in New Zealand who loves catching bugs during his free time. He hated it that he have to catch bugs in the dark after he finished his shift, so he suggested shifting the clocks forward by 2 hours in the summer so the sun would stay up later.

DST become a real thing during World War I. Germany(and later the UK and US) adopted DST to save fuel for the war.

This is how modern DST works: The clock shifts an hour forward in spring at 2 AM and falls back an hour in fall/autumn at 2 AM. Spring forward and fall back.

Not all countries adopted DST, and some abolished it after adopting it because of how annoying it is. Yeah, losing one hour of sleep in spring and gaining one hour of sleep in fall/autumn is very annoying.

Retirement of GMT

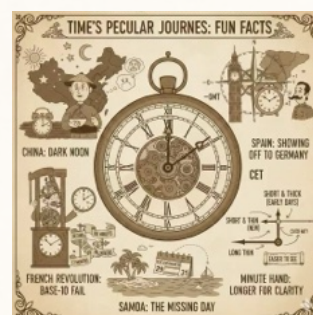
In the 1960s, scientists realized something terrifying: The Earth's "clock" isn't 100% accurate. Since GMT is based on Earth's rotation, and Earth's rotation obviously isn't 100% perfect, it wobbles. So GMT isn't 100% accurate and can miss by 1 second or so, which wouldn't be a problem, unless you're a scientist or a 21st century satellite. In 1972, GMT was replaced by UTC, which is calculated using atomic clocks around the world, which measure the vibrations of atoms, and atoms almost never changes, atomic clocks and UTC are highly accurate.

Fun facts:

China once tried DST for a few years in the '80s but eventually quitted it in 1991. It has only 1 time zone, so that's why in some western parts it was dark until noon

Spain should share the same time zone as the UK, but it's time zone is actually 1 hour ahead, because during WWII the Spanish government tried to show off to Germany.

During the French Revolution they once tried to use Base-10 for time. A day would have 10 hours, an hour would have 100 minutes, and a minute would have 100 seconds. They abandoned the system after 17 months.



The minute hand is longer because in the early days of minutes people were only used to see the hour hand, so clockmakers made the hour hand short and thick.

Dec 30, 2011 didn't exist in Samoa because they switched their time zone the International Date Line and jumped straight from Dec 29 to Dec 31.

Tomorrow, I'll ask

By Khloris Qiu G8 (Richmond, Canada)

Block B Business Class.

Jasmine barely paid attention to the activity on the board. Instead, she and her classmate Tulip spent most of the time in quiet conversation – about how some people should start wearing belts, the strange obsession with squish toys, and just random stuff.

When the bell rang, everyone rushed out as if the building were on fire. Tulip disappeared into the crowd, while Jasmine took her sweet time. She didn't know where Tulip went, so she went to find her usual group of friends instead. They chatted for a bit, but the break was short, and soon Jasmine headed to Block C.

Block C French.

Jasmine was bored out of her mind. The teacher's explanations drifted past her like background noise. Half of the boys' basketball team was in the room – and they smelled. Meanwhile, Tulip was in social studies with one of Jasmine's best friends, Iris. Jasmine didn't share a single class with Iris all year.

"Okay class! Now we're going to play a fun game of bingo!"

Noooooooo... Jasmine resisted the urge to sigh out loud.

The bell rang. Jasmine rushed out of class and met up with her friends for lunch. They walked around the school, chatting about almost everything.

Lunch went by quickly, and English came next. Ugh. They had a test. The test took up the whole block, so by the time everyone finished, school was over.

Jasmine went to her locker, grabbed her things, and headed outside to find Iris. They caught up on what had happened during the day, and while they were talking, Jasmine pulled out her phone and checked Instagram.

"Look at Tulip's note: 'I feel so left out.' I wonder what happened," she said, showing Iris her phone.

CREATIVE HUB

“Oh. Today in social studies we were just talking, right? Rosie, Lily, and me,” Iris said.

“We were kinda just talking about school, like one of those conversations where you can just add on, and Tulip was kinda just sitting there. Like we weren’t ignoring her -- We were even facing her – but she didn’t say much.”

Jasmine listened.

“Then she pulled her desk away from ours and just completely shut us out.”

“Oh. Did you guys do anything to her before? I mean, she was perfectly fine with me during Block B.”

“I don’t know. But later in PHE class, we had to do pacers with partners. She did not partner with any of us. I think she went with Daisy.”

Oh! Jasmine frowned.

“And in the middle of pacers she started crying, right next to Lily. And I think at that point Lily was just so fed up with her that she ignored her.”

“Oh. Well maybe Tulip was just having a bad day?” Jasmine suggested.

“Maybe.” There was a pause between them.

They both knew how unpredictable school emotions could be. One small shift, one missed cue, one misunderstood moment – and suddenly everything felt heavier than it should.

On her walk home, Jasmine thought about how strange school friendships could be. In the morning, Tulip had laughed about belts and squish toys. By afternoon, she felt left out. Nothing obvious had changed – yet somehow everything had.

Maybe being included isn’t just about being physical present in the circle. Maybe it’s about feeling heard. And maybe sometimes people don’t need solutions or explanations. They just need someone to notice.

Tomorrow, Jasmine decided, she wouldn’t just ask, “What happened?”

She would ask “Are you Okay?”

Because sometimes, that question makes all the difference.

My Crazy Imagination

By Isabella Feng G8 (Burnaby, Canada)

At 5 pm, after staying late to finish my project, my school felt completely different from how it usually did. During the day, it was loud and crowded, filled with students talking, lockers slamming, and teachers yelling. Now, it was completely silent, like the building was holding its breath. The lights buzzed softly above me, and long shadows stretched across the empty hallways. The lockers looked taller and closer together, making the space feel narrower than before.

I walked slowly, my backpack heavy on my shoulders from carrying books and papers all day. Each step I took echoed loudly, making me flinch. I tried to stay calm, reminding myself that this was just my school, a place I walked through every day. Still, the quiet made my stomach twist.

I left the library, the door clicking shut behind me, and started heading toward the exit. My mind drifted to going home, relaxing on the couch, and deciding what snack I would grab first. As I turned the corner, a door suddenly slammed shut right in front of me. I stopped instantly, my breath catching in my throat. My heart began pounding so hard I could hear it in my ears. Scary childhood stories about staying late at school rushed into my mind, stories about shadows, whispers, and spirits hiding in the dark.

Then I heard footsteps.

They were slow and steady, and they sounded like they were getting closer. I turned around quickly, expecting to see a ghost, a janitor, or another student. The hallway behind me was empty. No one was there. The silence felt heavier now, pressing down on me. Just as I was about to panic, my phone buzzed in my pocket. I jumped and pulled it out with shaky hands. It was my mom, asking me when I would be home. Reading her message helped a little, reminding me that the real world still existed.

I took a deep breath and started walking again, but I stayed alert. Suddenly, I heard another quiet sound nearby, like something scraping or moving. My heart raced, and my chest tightened. I didn't wait to find out what it was. I broke into a run, my footsteps pounding as I bolted toward the exit. I pushed through the doors and burst outside into the cool, fresh air.

The sun was still shining, and everything looked normal. Cars drove by, and the sky was bright and calm. I stopped and laughed, feeling silly as my fear faded away. Looking back at the school, I realized it wasn't haunted at all. It was just quiet, and my imagination had turned that quiet into something terrifying.



TEEN VOICES

From Dreams to Ideals: A Journey in Bloom

By Xintong Yu G7 (Vancouver, Canada)

Shawn Zhao: Beyond Top University Offers—A Lifelong Source of Strength

Recently, Shawn Zhao, Youth Chair of Canada Sunshine Foundation, proudly received **admission offers from Canada's top universities**, including the Sauder School of Business at UBC, the Rotman Commerce program at the University of Toronto, the Ivey Business School at Western University, and etc. He was also awarded scholarships.

He then was honored to be invited to share his journey from high school exploration to university applications. Behind his impressive achievements lay a long journey from uncertainty to clarity, from trial to determination.

Out of the Fog: From Course Chaos to Strategic Planning

Looking back on Grade 10 when he first set foot in Canada, Shawn described himself as “lost and unsure.”

“At that time, I chose courses almost entirely based on interest, without considering how university admissions officers would view them, and without systematically evaluating my academic strengths or long-term direction,” he added.

The turning point came when Shawn began working with the AC Education team, and Ms Linda, the team leader, personally developed a personalized study plan for him based on his two key traits that set him apart: a logical, analytical mind well suited to programming, and strong business talent combined with musical sensibility.

From then on, his growth plan began to take shape:

- Academically, he maintained a strong GPA while deliberately pursuing rigorous AP courses and competing in national-level maths and robotics competitions to further develop his expertise and analytical thinking.

- Beyond academics, he embraced leadership and service initiatives, evolving from participant to founder and president of the Music Club and Robotics Club, collaborating with peers to create meaningful community initiatives while honing his organizational and leadership skills.



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Academic Focus: The Breakthrough in Research and Creativity

If planning set the direction, then consistent effort determined how far he could go. During his summer research program at Pioneer Academics, Shawn undertook a rigorous research paper exploring how much music can enhance students' cognitive abilities in the classroom. The project brought together his years' music training and his growing interest in educational psychology research, pushing him to navigate high academic standards under tight deadlines.

Beyond the classroom, Shawn excelled in multiple significant competitions, from Maths and robotics to Business, earning Top Awards while sharpening his analytical and entrepreneurial thinking. Under Ms Linda's mentorship, he also organized personal charity concerts to raise funds for medical causes, showcasing his musical talent and community impact.

"Only later did I realize that what I once called 'interests' were actually essential pieces of a large puzzle shaping my future," Shawn reflected.

Support That Matters: The Backbone of His Journey

Shawn emphasized that reaching this point wasn't just about clear goals or personal effort—it was about sustained, warm support. He highlighted the unconditional trust and encouragement of his parents in China, which gave him a stable emotional foundation while studying abroad.

At the same time, the AC Education team in Canada offered professional yet empathetic support during the high-pressure application process. Importantly, their support didn't end with his offer—it continued to guide his long-term growth. With their guidance, Shawn gradually built a set of enduring core skills: critical thinking, leadership, cross-cultural communication, and the reflectively adaptability in the face of challenges. This process not only helped him achieve breakthroughs but also fostered authentic self-confidence.

Looking Ahead: Beyond the Offer

"This experience will be one of the most valuable experiences in my life."

From trial to strategic action, from anxiety to self-assurance, Shawn spent over two years proving true achievement isn't packaged—it's built step by step through careful planning and sustained effort. With this confidence, he eagerly looks forward to his university journey, ready to write the next chapter of his growth in a new environment.

Archery: A Timeless Sport of Mind and Body

By Jimmy Ding G6 (San Jose, US)

You might be wondering what sport you should do. **Try out archery.** It blends its 60,000 years of history with the modern and precise nature of the sport. As a toxophilite personally, I think archery is a unique exercise **in mental resilience, focus and concentration, and patience.**

Mindfulness and Mental Resilience in Archery

Although archery may seem like a pure physical activity, actually, at least half of it relies on mental control. The most important mental benefit it will give you is **mindfulness** since each shot requires full awareness.

This first begins when an archer controls their breathing during the shot, which usually means holding their breath, allowing the archer to calm themselves. Both the mind and body work together to stabilize posture and movement. The reason to maintain proper posture is to make sure that the archer's actions align with their mental focus.

After the archer shoots, the archer will need to calm and reset and do the **"Feedback Process."** There is something called "feedback," and it is the same thing as thinking about how you could improve your next shot and what you did wrong on the previous. No matter how you shoot, even if you shoot badly, it also trains your mental control. Even small amounts of uncontrolled action can greatly affect the arrow's projectability; this is a great way to train physical sensitivity and precision. Through these mental and physical activities, archers can develop stability, calmness, and patience. These ideas show how important mental resilience is to archery.

Building Deep Focus and Sustained Concentration

One of the many perks of practicing archery is that **it sustains focus and concentration.**



The first thing that an archer needs to do before shooting is to have a clear and focused mindset; everything unrelated to archery has to disappear from the archer's mind, for example, extra distracting noise, pressure, and even feedback from previous shots. The main thing this sport teaches you is to concentrate and narrow your entire concentration to the target. This ability enables you to concentrate away from distractions, which is useful for both archery and real-life situations.



TEEN VOICES

Archery trains you for long-term focusing, unlike fencing or velocity competitions that focus on speed. Every moment from raising the bow to follow-through needs to be completely intentional, or else the arrow can stray from the target. Because of these reasons, an archer must concentrate from start to finish, building long-term concentration rather than momentary attention. An archer needs to focus as much on mental as on physical; this is shown when the archer is able to monitor breathing, muscle tension, posture, and timing. This awareness benefits mental discipline and self-control.

Archery teaches that the mental process in archery is as important as physical skill. And success is based on a system that repeats in the same form again and again. This repetition trains the brain to value steadiness and control, supporting the idea that concentration is not a one-time effort but a habit that must be maintained continuously.

Patience, Momentum, and the Path to Mastery

Archery is not just a physical sport; it also provides positive mental benefits as much as it builds physical strength. These benefits can be seen when an archer remains calm under pressure. At bare minimum, becoming a decent archer requires about an aggregate 5,000 hours of correct practice. According to Malcolm Gladwell, 5,000 hours is a “milestone toward high-level mastery.” Like any other sport, archery takes time, but its unique aspect is something related to momentum.

In archery, a person’s skill is similar to their credibility. As they practice, momentum slowly builds up, making them better and better. As Donald Trump states in his book Think Big, **“Whatever doesn’t destroy you makes you stronger.”** If the practice becomes rushed or unfocused, the momentum can and will interfere with the archer’s skill.

“It is always easier to destroy a complex system than to selectively alter it.” This is when patience comes in; among the group of advanced archers, 75 people out of 100 people regain their momentum and become better than what they were before. “Often the only difference between winning and losing is momentum,” by John C. Maxwell.

More Than a Sport: Life Lessons Through Archery

In conclusion, archery is more than just a sport, it trains both your mind and your body through mindful practice, focus, and repetition. Archers develop patience, mental resilience, and long-term concentration. For staying calm under pressure and maintaining momentum. While these lessons can be taken into real life and extend beyond archery.



Book Recommendation — **Les Misérables**

By Ruxin Ma G8 (Burnaby, Canada)



Introduction

In the history of literature, there are writers who excel at absorbing life itself, spending decades building the framework of their stories. They often begin with hearts full of passion yet find themselves suppressed by the harsh realities of their time, forced to shift their perspectives and re-examine the world around them.

Today, I would like to share **Les Misérables**, Victor Hugo's monumental masterpiece—often called an “encyclopedia of human suffering”—which took over twenty years to complete.

The Weight of a Loaf of Bread

It all began with a loaf of bread. After a brutal winter, Jean Valjean's family was starving. He could not find work, and there was no money. In desperation, he smashed a bakery window and stole a loaf of bread, for which he was sentenced to five years of hard labor. Later, he attempted to escape four times in order to find his sister and her children, but none of his attempts succeeded.

“Then, weeping, he raised his right hand and lowered it seven times in succession, as if touching seven heads of different heights. From this gesture, one could tell that whatever he had done, it was all to provide food and clothing for seven children.”

Time passed—nineteen years in total. Jean Valjean was finally released after serving his full sentence. However, he was filled with bitterness and a deep sense of injustice. At that moment, he resolved to take revenge on a world that had shown him no mercy.

Then Bishop Myriel appeared. With two silver candlesticks, he bought Jean Valjean's soul for God.

“Jean Valjean, my brother, you belong no longer to evil, but to good. It is your soul that I am buying for you. I withdraw it from dark thoughts and from the spirit of perdition, and I give it to God.”



The Tragedy of Fantine and the Hope of Cosette

Victor Hugo was an expert at portraying people struggling for survival, and Fantine is a perfect example. All she wanted was to reunite with her daughter and live a peaceful life. However, when she left Cosette with the Thénardiens, she did not realize that “to entrust is sometimes to surrender.”

Cosette’s happiness forms a stark contrast to Fantine’s profound suffering. Cosette’s life in the Thénardiens’ household was completely stripped of dignity. This misery lasted until Jean Valjean rescued her from that cruel environment.

The Appearance of Marius

Years later, Cosette blossomed from a frightened child at an inn into a radiant young woman. She soon met the revolutionary Marius, and their meeting was like a lightning bolt that changed the course of their lives forever.

Once again, Hugo devotes many chapters to Marius’s background, including his relationship with his grandfather, Monsieur Gillenormand, and how he came to admire a father he had barely known.

“My father... he committed but one error in his whole life; he loved two ungrateful objects too much: his country and myself!”



Javert’s Obsession

Hugo brings every character in the novel to life through vivid descriptions of their actions, expressions, and dialogue. Rather than traditional heroes, readers are often more drawn to imperfect characters who have stumbled and made mistakes.

Javert represents the “side of justice” in the novel. As a police officer, he relentlessly pursues Jean Valjean—now the respected Monsieur Madeleine—using the Petit Gervais incident as a pretext. Despite Javert’s obsession, Jean Valjean manages to escape once again.

“Seizing Jean Valjean by his tie, shirt, and collar, Javert kept his eyes fixed on Fantine and shouted: ‘I tell you, there is no Monsieur Madeleine here! There is only a thief, a bandit, a convict named Jean Valjean! And I have him in my grasp!’”

TEEN VOICES

How Javert's Pursuit Came to Naught Once Again

Ultimately, Javert realizes that the world contains many shades of grey rather than simple black and white. This discovery directly contradicts his belief in “absolute justice.” His lifelong convictions begin to crumble in the light of Jean Valjean’s mercy.

From the bagne of Toulon, where everything began, Javert resumes his pursuit from Montreuil-sur-Mer to the streets of Paris. He follows every lead, nearly capturing Jean Valjean in Montfermeil. Finally, at the barricades on the Rue Saint- Denis, Jean Valjean spares Javert’s life.

Caught in this profound inner conflict, Javert ultimately surrenders himself to the Seine. “He was obliged to acknowledge that goodness existed... He felt he was weak, and he began to loathe himself.”



The Wretched

The greatness of literature lies in its power to describe the same events while evoking entirely different emotions in every reader. Through his love of language, Hugo created a masterpiece that dissects human nature and explores deep spiritual questions.

These characters are no longer mere figures on a page—they feel like living souls. Beyond Jean Valjean and Javert, the novel introduces many unforgettable figures, including the revolutionary Enjolras, the street urchin Gavroche, and the tragic Éponine. Knowing that death awaited them, the revolutionaries still raised their banner high and cried, “Long live the Republic!” They fought not only for their lives, but for freedom itself.

“Enjolras smiled and took Grantaire’s hand. Before the smile had even faded, the roar of musketry broke out...”

In *Les Misérables*, Hugo does not present light as something born from only one source. **Law, religion, and human compassion all shape the path from darkness to light. The law defines order, religion offers forgiveness, but it is human choice that truly transforms lives.** Jean Valjean is not saved by punishment alone, nor by faith alone, but by choosing kindness in a cruel world.

Through his story, Hugo reminds us that true justice is not rigid, and true light is found when law is guided by mercy, faith is lived through action, and humanity refuses to surrender to despair.

The Sunshine Youth Business Leadership Conference was officially launched in January in Vancouver, providing young participants with a valuable opportunity to explore the world of business and develop leadership and communication skills. Through case analysis, business discussions, and guest sharing sessions, the event created a dynamic platform where students could learn practical business thinking and exchange ideas.

Outstanding guest speakers were invited to share their experiences and insights. One speaker, majoring in Economics and Finance at Columbia University, introduced key frameworks of business thinking, including market analysis, strategic planning, and corporate research. Another, a local entrepreneur, shared her personal journey in business and discussed the characteristics of the finance and economic sectors.



Inspired by the speakers, students actively participated in the discussions and presented their own research on well-known companies, including strengths, weaknesses, growth potential, and market opportunities. The lively discussions demonstrated the students' growing analytical abilities, confidence, and teamwork.

The 2026 Sunshine Business Forum was successfully held on February 22nd at the Amber Conference Center, organized by Canada Sunshine Foundation and supported by Mingzhuo Wealth and Amber Finance. The event focused on financial literacy, career exploration, inspiring young people's future business ambitions.

The keynote speaker, David Zhu, founding partner of Kendall Capital Partners and Program Director at MIT, shared insights from his extensive experience in investment banking, technology mergers and acquisitions, and hedge fund management. Through real industry examples, he introduced key topics such as economic trends, financial tools, and career pathways in finance, helping students better understand the business world and plan their futures.

During the interactive Q&A session, students and parents actively asked questions about investment thinking, entrepreneurship, and academic choices, creating a lively and engaging atmosphere.

The foundation hopes to continue organizing similar forums and programs to help young people broaden their horizon and pursue their dreams.



Roundtable Role-Debate

The VYIF (Voices of Youth International Forum) Club recently hosted a dynamic roundtable role-debate: **“Social media does more harm than good to students.”** Divided into two teams, participants stepped into different roles – from students and parents to teachers and experts – bringing diverse perspectives to the discussion.

To begin, each participant was given one minute to present their role’s viewpoint.

Thomas (*Student A, affirmative*) argued that social media is a **“cyber tobacco,”** deliberately designed with addictive features like infinite scroll and algorithm-driven rewards that exploit teenagers’ vulnerabilities.

Jessie (*Student B, negative*) countered that social media is a **powerful learning tool**, providing access to tutorials and resources that develop both knowledge and digital literacy.

Khloris (*Parent A, affirmative*) described how her children’s **excessive phone use** leads to poor posture, declining grades, and neglect of household responsibilities.

Diana (*Parent B, negative*) acknowledged risks but emphasized that proper guidance allows students to benefit from online learning, and research shows reducing social media alone does not improve mental health.

Amy (*Teacher A, affirmative*) highlighted **disruptive classroom effects**: students lose focus, compare themselves with unrealistic online images, and experience social pressure that undermines confidence and resilience.

Sophia (*Content Creator B, negative*) noted that creating and sharing content cultivates communication, creativity, problem-solving, preparing students for future careers.

Ruxin (*Expert A, affirmative*) cited research showing **excessive screen time** contributes to addictive behaviors and decreased learning efficiency, particularly among high school students.

Melody (*EdTech Specialist B, negative*) concluded that when social media is **used responsibly**, it enables fast information flow, collaboration, and learning opportunities.

Then came the most exciting part – the crossfire. Voices flew back and forth with questions coming one after another and ideas colliding like waves. Each participant listened intently, eyes sharp, and responded thoughtfully. The virtual space buzzed with youthful energy and fierce engagement.

The debate showcased the unique strength of role-play format, allowing participants to examine the topic of different roles, and to challenge opposing viewpoints thoughtfully. Beyond winning or losing, the exercise encouraged broader perspectives, open dialogue, highlighting the value in nurturing thoughtful, reflective young thinkers.



BRAIN BOOST

Big Debate!

The pursuit of AI will do more harm than good to humanity

Negative

AI has become an integral part of daily life, from voice assistants and OCR to tools that support people with disabilities, enabling real-time object recognition, transcription, and communication.

- In education, AI tutors personalize learning, enhancing access to quality education globally.
- Beyond daily convenience, AI tackles pressing global challenges: it improves climate predictions, optimizes energy use—Google DeepMind reduced data center cooling energy by 40%—monitors deforestation, and aids sustainable agriculture.
- In medicine, AI accelerates disease detection, drug discovery, and protein folding, achieving breakthroughs that would take humans decades.
- Across accessibility, education, environment, and healthcare, AI demonstrates immense potential to solve critical human problems and enhance well-being.

To realize this potential fully, society must prioritize responsible development and equitable access. The progress already achieved proves that AI, when guided wisely, can be a powerful force for good

By Diana Da G7 (Shanghai, China)

In an era defined by technological advancement, it is widely believed that AI becomes undoubtedly innovative and helpful, however, its uncontrolled expansion brings serious risks.

Firstly, AI can be easily misused. It enables cheating, spreads misinformation, and creates deepfakes that mislead the public. In extreme scenarios, AI have been used to assist cyberattacks or develop autonomous weapons systems. Such misuse not only harms innocent people, but also threatens society on a global scale.

Secondly, AI is advancing faster than our ability to fully understand or regulate it. Even experts often struggle to explain how AI reach those decisions, which raises serious ethical concerns. Moreover, AI has already replaced workers in many industries, not only leads to employment issue, but also run the risk of privacy breach and insufficient regulatory oversight. Once deeply embedded in society, AI errors may produce irreversible consequences.

In conclusion, while AI offers benefits, its dangers—misuse, uncontrollability, ethical concern—far outweigh them. The challenge lies not in whether we should develop AI, but in how we ensure that technological progress remains guided by fairness, responsibility and human judgement.

Affirmative

By Xintong Yu G7 (Vancouver, Canada)



Reflection



Location: Victoria Island
Photographer: Avery

Victoria Island is a stunning place. The light stretches across the water, asking me to slow down and look within.

Location: Rice Lake
Photographer: Isabella

Reflection does not change the view — it changes the way I see.



Location: Rice Lake
Photographer: Isabella

The forest stands still, and the water listens. In reflection, I see not just nature, but myself.

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