

**Tung Wah Group of Hospitals**  
**“Good People, Good Deeds”**  
**English Story-Writing Competition for Primary & Secondary Students**

Level: Middle (Secondary 1 – Secondary 3)

Title: My First Unforgettable Experience

**My First Unforgettable Experience**

I have helped people for many times, but I believe my first experience of helping people was the most exciting and unforgettable. My parents always teach me to be a philanthropist, so I often keep my eyes open to see if there is someone I can help. Since my childhood, I have been helping people. I would like to share one of my experiences of helping people.

It happened when I was in primary school. One day after school, I saw an old lady squeezing her way through the crowded street to reach the crossing of the road. As soon as the traffic lights turned green, she stepped forward to cross the road. She tottered because she was carrying a large bag of groceries. While she was crossing the road clumsily, a fierce-looking stray dog dashed into her. The old lady dropped the bag full of groceries in the middle of the crossing, in fear. The elderly lady could not keep her balance and fell on the road as flat as a pancake.

I rushed hurriedly like a rocket to assist the aged woman since she was in great pain. Then, I carefully helped her to stand up. After that, I walked her to the side of the road and gathered the groceries quickly before the traffic light turned red again.

The old lady was thankful to me and offered me some money but I refused to accept it because I thought helping people was not necessary to be rewarded as my father always taught me. I informed her family members to come and pick her up.

I understand that helping people never did anyone any harm. In fact, you will be remembered for your good deeds. And I am absolutely sure Buddha will shower his blessing upon good people.