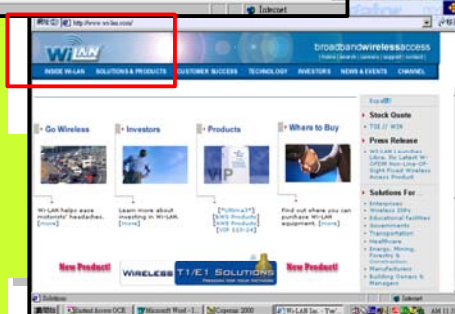
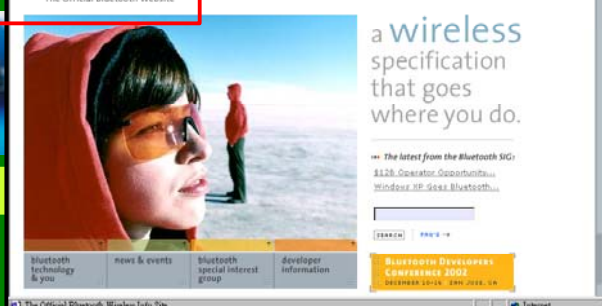
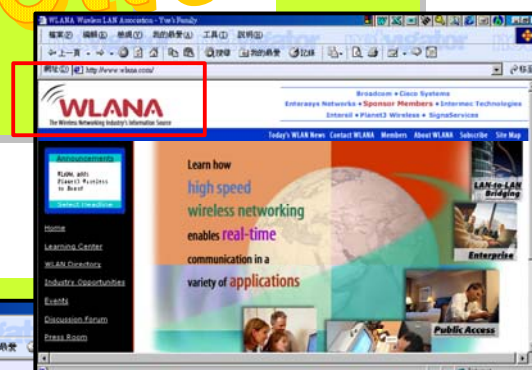
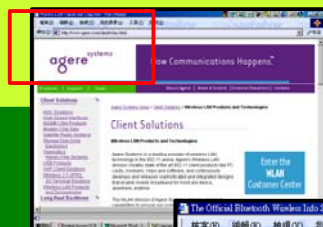


Bluetooth & Wireless Lan

IT Newsletter by IT Team



Cover Story

Going WIRELESS

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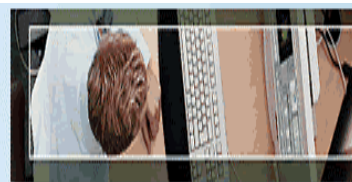
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GOING WIRELESS



When you are staying in front of your computer clumsily, do you know that actually you can connect network at home whenever and wherever you like, including sofa, dining table and balcony? Have you ever used your mobile phone to connect to the Internet? All these are not brand new technologies, but many people would like to know more about them --- Wireless LAN. So now we would like to introduce two of the most well known wireless LAN technologies, Bluetooth and WiFi.



What are they – Wi-Fi and bluetooth???

What is Bluetooth Technology ???

Bluetooth is a wireless communication technology that developed by the Special Interest Group (SIG) formed by promoter companies like Ericsson, Nokia, IBM, Intel and Toshiba. Bluetooth requires a low-cost transceiver chip be included in each device. The transceiver transmits and receives data in a frequency band of 2.4GHz that is available globally (with some variation of bandwidth in different countries). In addition to data, up to three voice channels are available. Connections can be point-to-point or multipoint. The maximum range is 10 meters. Data can be exchanged at a rate of 160 kilobit per second (Kbps). A frequency hop scheme allows devices to communicate even in areas with a great deal of electromagnetic interference.

Wi-fi (wireless fidelity) is also a wireless technology. It uses radio technologies called IEEE 802.11b or 802.11a to provide wireless connectivity. A Wi-Fi network operates in the 2.4 and 5 GHz radio bands, with an 11 Mbps (802.11b) or 54 Mbps (802.11a) data transfer rate. The maximum range is 100 meters. Any products tested and approved as “Wi-Fi Certified” (a registered trademark) by the Wi-Fi Alliance are certified as interoperable with each other, even if they are from different manufacturers. A user with a “Wi-Fi Certified” product can use any brand of access point with any other brand of client hardware that is also certified.

What is Wi-Fi Technology ???

Comparison Chart of Bluetooth and Wi-Fi

Characteristics	Bluetooth	Wi-Fi
Frequency	2.4GHz	2.4GHz
Range	10 Meters	100 Meters
Primary Application	Cable Replacement	Ethernet
Data Transfer rate	760 Kbps	10 Mbps
Power Consumption	Low	Medium

Usage Location	Anywhere at least two bluetooth devices exist – ideal for roaming outside	Within range of WLAN in infrastructure, usually inside a building
Development start date	1998	1990
Specifications Authority	Bluetooth SIG	IEEE, WECA (Wi-Fi Alliance)

From the table, we can see that both technologies have some constraints and strength. Therefore, both of them are also used in different areas.

Bluetooth technology can only work within short range and can only be used to transfer small amount of data. However, it also requires low power and small devices. So, it is mainly used in a PAN (Personal Area Network) where devices of small size, small weight and requires little power to work (i.e. it can be used for a long time even it is charged for a short period).



On the contrary, as wi-fi technology can work within a large range and can be used to transfer a larger amount of data. However, it requires large amount of power and large devices. This makes it suitable to be used in a LAN (Local Area Network) where a high data transfer rate is important. All the devices need to be within the range of 100 metre from the access point. This make it usually used in building.

Applications of Bluetooth

Cell Phones

With access through your cell phone via wireless dial-up networking using Bluetooth wireless technology, you will be able to access the Internet or synchronize your e-mail while on your way to the airport or while driving to your office. Also, automatic synchronization of a cell phone with a desktop/notebook PC or a hand-held Personal Digital Assistant (PDA) device will be possible with cell phones utilizing Bluetooth wireless technology.



Personal Digital Assistants (PDA's)

Imagine Bluetooth enabled simple and convenient wireless synchronization and transfer of information from your PDA to your phone or PC for contacts, appointments, etc. Or, link your PDA to your mobile phone with Bluetooth wireless technology, and you have a simple and convenient gateway to data services such as Email or the Web - without any wires.

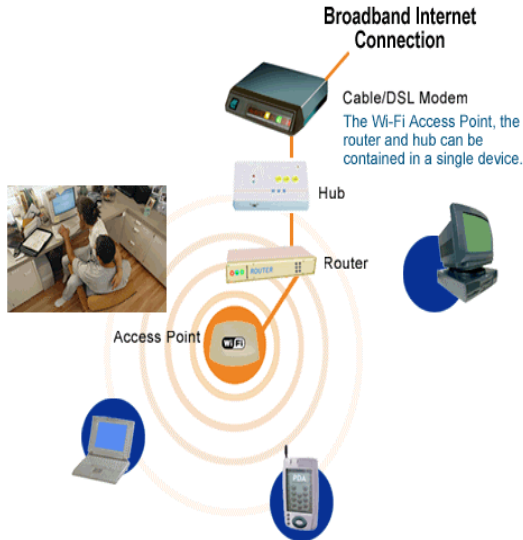


Wireless Headsets & Car Kits

Headsets enabled with Bluetooth wireless technology will provide high quality, wireless headset-to-headset, audio capabilities. These new wireless headset designs will offer users a unique, hands-free, wireless connection with Bluetooth enabled mobile phones. Car kits using Bluetooth wireless technology will allow users with Bluetooth enabled mobile phones and audio devices from vendors to make and answer calls in a hands-free, wireless environment. This will enable drivers to keep their hands on the steering wheel while conducting personal or business calls.



Home/SOHO network



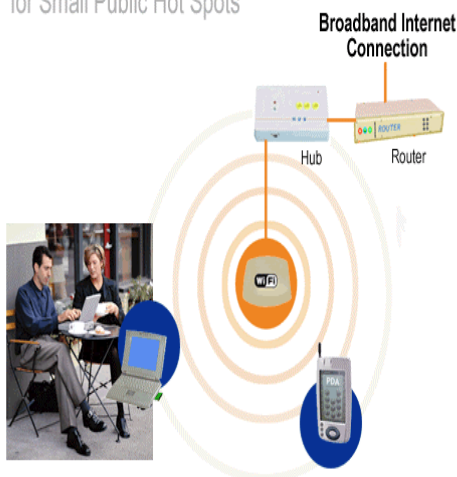
A Wi-Fi network can be easily set up in a home or office and allow all users to share files, printers, and a single Internet connection. The network can be expanded by adding Wi-Fi radio cards to new devices, eliminating the need to purchase or install costly cabling.

1

Using Enterprise-level Wi-Fi Technology

Large corporations and campuses use enterprise-level technology and Wi-Fi CERTIFIED wireless products to extend standard wired Ethernet networks to public areas like meeting rooms, training classrooms and large auditoriums. Many corporations also provide wireless networks to their off-site and telecommuting workers to use at home or in remote offices. Large companies and campuses often use Wi-Fi to connect buildings.

Simple Wireless network for Small Public Hot Spots



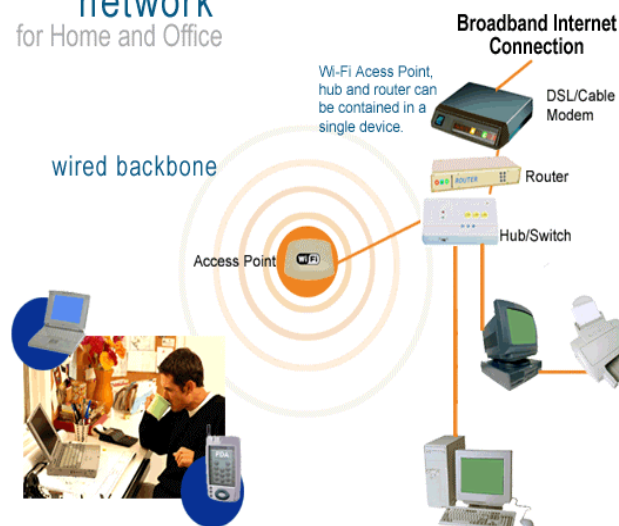
Public Wi-Fi "hot spots" are rapidly becoming common in coffee shops, hotels, convention centers, airports, libraries, and community areas -- anywhere where people gather. A Wi-Fi network allows guests and travelers to connect to a public access point and obtain high speed Internet access for e-mail, to send and retrieve files and to connect to their corporate network or VPN.

2

Wi-Fi Connects Travelers

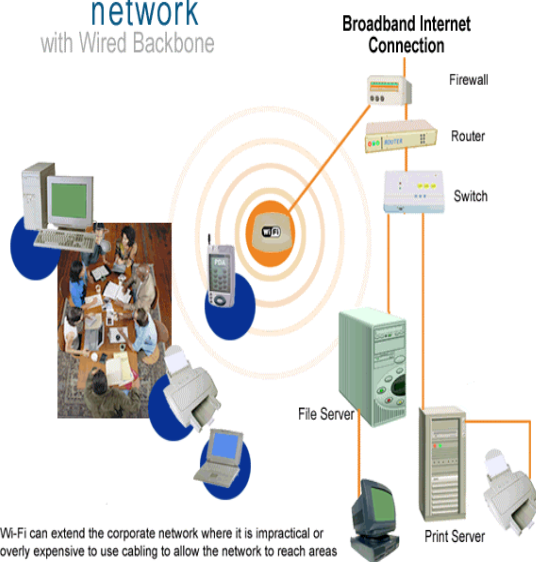
Wi-Fi networks are also found in busy public places like coffee shops, hotels, airport lounges and other locations where large crowds gather. This may be the fastest-growing segment of Wi-Fi service, as more and more travelers and mobile professionals clamor for fast and secure Internet access wherever they are. Soon, Wi-Fi networks will be found in urban areas providing coverage throughout the central city, or even lining major highways, enabling travelers access anywhere they can pull over and stop.

Combined Wireless network for Home and Office



A Wi-Fi Network will easily extend your existing wired network into new areas of your home or office and allow you to move from room to room while maintaining your network connection.

Sample Enterprise network with Wired Backbone



Wi-Fi can extend the corporate network where it is impractical or overly expensive to use cabling to allow the network to reach areas like outdoor patios, meeting rooms and theaters. Enterprises also use Wi-Fi to provide easy Internet and network access for their mobile staff as well as for visitors to their facility.

3 Extending Your Current Network with a Wi-Fi LAN

It's easy to add another wireless computer to a Wi-Fi network. There's no need to purchase or lay more cable or find an available Ethernet port on your hub or router. Just plug in your card, turn on your computer and you're surfing the Net. Simply plug the system into a power outlet and you'll be operational in minutes.

4 Putting Technologies Together

Individuals and companies that have the desire to go beyond basic security mechanisms can choose to implement and combine these basic technologies to increase protection for their mobile workers and their data. As with any network, wired or wireless, the more layers of security that are added, the more secure your transmissions can be.

5 Firewalls

Firewalls can make your network appear invisible to the Internet, and they can block unauthorized and unwanted users from accessing your files and systems. Hardware and software firewall systems monitor and control the flow of data in and out of computers in both wired and wireless enterprise, business and home networks. They can be set to intercept, analyze and stop a wide range of Internet intruders and hackers.

Many firewall solutions are software only; many are powerful hardware and software combinations. Some Wi-Fi gateways and access points provide a built-in firewall capability. But even if they don't, most Wi-Fi gateways include a NAT routing capability that acts like a basic firewall, making the networked computers and their data invisible to simple hacking scans and probes.



Do we really need two different kinds of wireless networking technologies? Bluetooth and WiFi are the hottest in the media recently, especially WiFi.

WiFi is a main product of Wireless LAN technology, occupying over 90% of all Wireless LAN products. Nowadays many large and famous corporations support WiFi standard, such as Motorola, Nokia, Siemens, Microsoft, Intel etc. Some reports even anticipate that the sales cost of worldwide wireless LAN receiving equipments will be closed to US\$ 3.5 billions in 2005.

However, Bluetooth is also quickly developing. For example, the Microsoft has announced that Bluetooth support will be built in the new edition of Windows XP in the future. Also, they will greatly support the Bluetooth wireless networking technology, and will introduce Bluetooth keyboard and mouse one after another to the market, while Bill Gates plans to announce the newest Bluetooth products in the WinHEC conference.

Actually Bluetooth and WiFi have different functions and advantages. They cannot substitute each other, but instead, they can be used in different aspects so as to elaborate their greatest action. Thus, wireless LAN will continuously improve and soon we will have more and more wireless LAN products used in our daily life.



教你如何選購它



現時，數碼相機越來越流行，功能、款式多不勝數。選購時若對說明書上的專有名詞一知半解，就很難選得合用而價錢合理的數碼相機了，還有可能被無良商人欺騙。故此，我們為你準備了「教你如何選購它」，為你說明一些數碼相機的專有名詞，並講解一下選購數碼相機時，要注意的地方！

像素 Pixels

數碼相機是使用影像感測器 CCD (Charge-Coupled Device) 來感應光線。CCD 是由多個感光電晶體組成(陣列狀)，當有光線進入，CCD 會跟據亮度而產生不同的連續電流。然後，再經由類比數碼轉換器將電流訊號轉換成數碼的二進制，再透過數碼訊號處理器把影像資料壓縮，再儲存在相機內部的記憶體中。

CCD 以百萬像素為單位，數碼相機規格中的多少百萬像素，指的就是 CCD 的解析度，也就是指這數碼相機的 CCD 上有多少感光元件。CCD 解像度就是 CCD 上感光二極體的數目，因為每一個感光二極體所感應的結果轉換成數位資料，所代表的即是影像上的一個像素。例如，常解像度為 2048 × 1024，所指的就是 CCD 上有 2048 × 1024 個感光二極體。以同一個大小的畫面來說，其他的條件相同下，解像度越高畫質越好，畫面層次更分明，影像更清晰傳神。

數碼相機的規格有「**整體像素**」Gross Pixels 和「**有效像素**」Effective Pixels，兩者有可分別？假如一數碼相機的解析度為 334 萬像素，但其最大拍攝相片的解析度為 1,856 × 1,392 像素(即 2,583,552 像素)，即其最大平面影像只可以拍到 258 萬像素。

為什麼有這分別？這是因為該數碼相機正使用的 CCD 確實為 334 萬像素。不過，由於數碼相機多採用高變焦倍率鏡頭設計，所以成像後 CCD 的利用率只有 77%，也就是我們所說的有效像素。

《選購小貼士一》

當您選購數碼相機時不要只相信廣告上吹噓該數碼相機有多少百萬像素，還要留意它的有效像素啊！



《選購小貼士二》 相片大小與其最少像素要求

相片大小	2R - 2.5"x3.5"	3R - 3.5"x5"	4R - 4"x6"	4RH - 4"x7"	5R - 5"x7"
最少像素	600x420pixels	800x600pixels	900x600pixels	1024x600pixels	1024x768pixels

相片大小	8R - 8"x12"	貼紙相
最少像素	1600x1200pixels	320x240pixels

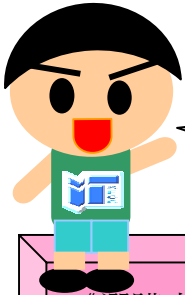
(以上數據只供參考，真實情況可能因個別數碼相機規格有異而不同)



儲存方法

大多數數碼相機都以插入記憶卡 Memory Card 來儲存影像檔案，但亦有些型號是以內置記憶體 Built-in Memory 來儲存影像檔案的。

記憶卡取代了傳統相機用底片(菲林)來記錄影像的儲存裝置，但是它沒有像底片般固定的拍攝張數(24 或 36 張)，它有容量限制，隨著影像檔案的大小和拍攝模式 Recording Mode 的改變，記憶卡可儲存的相片張數亦會改變。



《選購小貼士四》

市面上以插入記憶卡來儲存影像檔案的數碼相機通常都會附有一張 8MB 的記憶，當你選購數碼相機時要留意這一點，並點算清楚說明書

《選購小貼士三》記憶卡擷取數碼影像儲存量

記憶卡 拍攝模式	8MB	16MB	32MB	64MB	128MB	Average
1632 x 1224	15shots	30 shots	61 shots	122 shots	246 shots	535K/shot
1280 x 980	26 shots	45 shots	93 shots	187 shots	375 shots	350K/shot
640 x 480	80 shots	160 shots	325 shots	655 shots	1315 shots	100K/shot

(以上數據只供參考，真實情況可能因個別數碼相機及記憶片之規格有異而不同)

目前的記憶卡有四種主流規格，分別是 Compact Flash，Smart media，Multimedia Card(MMC)和 Memory Stick，一部數碼相機只能用一種記憶卡，不能混合使用，通常出廠時便會註明是那種規格。

《選購小貼士五》

當你購買記憶卡時，可要先看清楚數碼相機上註明要用哪種規格的記憶卡，不要買錯啊！



CompactFlash

Smart Media Card

Memory Stick

傳輸介面 Interface

用數碼相機拍了照後必須傳送到電腦處理，而用來傳送數碼影像檔案的方法就是傳輸介面。常見的有：

Serial cable 連接線	慢(每秒 112KB)
USB cable 連接線	快(每秒 1.5MB)



Serial Cable



USB Cable

而現時最常用的就是 USB cable，並會隨機附有一隻 USB 驅動程式光碟 USB Driver CD-Rom。



另外，亦可採用外接式的讀卡機來將記憶卡內的數碼影像檔案傳送到電腦。

影像檔案格式 / 儲存格式 Recording Format

為了解決龐大的影像資料所造成的顯示處理速度緩慢，攜帶不便等種種缺點。電腦專家們想出了「影像壓縮」這種解決之道。影像壓縮可以根據原始影像資料來產生另外一種資料，這種資料就稱之為「壓縮結果」。壓縮結果後所佔的記憶體大小通常比原始影像檔案小很多。目前影像壓縮的方法有很多種，基本上可以分為「無失真」及「失真」兩類。例如我們常見的 **PCX**、**GIF**、**TIFF**、及 **TGA** 等格式就是屬於無失真的影像壓縮格式。它們利用傳統檔案的壓縮原理及技術來處理影像壓縮，所以壓縮前的原始影像與壓縮後還原的結果絲毫不差。至於我們所熟知的 **JPEG** 則是屬於有失真的影像壓縮格式。

解像度即是每張相片的像素，亦即是每張數碼相片的覆蓋密度。一般來說，解像度越高便會有越大的檔案，如果將檔案壓縮，相片的解像度便會相對地效果較差。

《選購小貼士六》

當您選購數碼相機時，要留意它的相片儲存格式（通常為 **JPEG** / **GIF** / **MPEG1**）會否令相片效果變差啊！

電池 Battery

因為數碼相機上的許多零組件都需要電力供應，相較於傳統相機，數碼相機耗電量很大，有些甚至於拍沒了多久就會耗盡電源。因此，數碼相機的省電性及一組電池的可拍攝時間及張數就很重要了；其次是否可以使用充電電池或一般市面上的「筆芯電」。

數碼相機使用的電池種類主要有大電流鹼性電池(一般鹼性電池)、充電式鎳氫電池、可充電式鋰電池、鋰離子電池等。其中以鋰離子電池的使用時間最長，重量又輕，但相對的成本也越高，通常附屬於數碼相機出售(目前有越來越多的數碼相機採用)，有些數碼相機亦會附有特殊的電池及充電器。

《選購小貼士七》

當您選購數碼相機時，要留意它的省電性，電池的種類、可拍攝時間和續航力。

鏡頭 Lens

一般數碼相機都有光學變焦 **Optical Zoom** 和精確數碼變焦 **Precision Digital Zoom** 功能，有些較專業的數碼相機更有智能變焦 **Smart Zoom** 功能。變焦的倍數越大，就可以“Zoom”得越近，將影像放得越大。

- 光學變焦通常為 1 – 5 倍 (1×– 5×)
- 精確數碼變焦通常為 3 – 10 倍 (3×– 10×)

而鏡頭焦距 **Focal Length (f=)** 的長短，可以將鏡頭分為四種：

廣角鏡頭：焦距低於 35mm

標準鏡頭：焦距 35mm~70mm 之間

望遠鏡頭：焦距超過 70mm

變焦鏡頭：鏡頭的焦距可以自由變化 (例如從 38mm~114mm)。



快門速度 Shutter Speed

快門是用來控制光線進入的時間長短，通常在相機規格上若標示快門為 8-1/1000 秒，表示這部相機的快門的速度範圍從 8 秒到 1/1000 秒。快門的控制相當重要，它可以控制曝光量及決定動作的動感。較慢的快門可用在拍攝夜景、弱光環境下拍攝或是製造視覺上的動感。不過在數碼相機上，除了要注意慢快門下手震的問題外，還要注意拍攝夜景或黑暗環境時，CCD 因感光時間長所產生的雜訊問題。爲了減少手震，在一些較高級的數碼相機有防手震功能，拍攝者只要將防手震功能開啓，就可以在一定的範圍內，讓拍攝出來的影像不至因手震而模糊。另外，拍攝時也可以參考所謂的安全快門，也可以多少減少手震的狀況。

當你按下快門時，數碼相機並不會立即反應。延遲的時間依據相機的類型而有所不同，範圍從一秒到數秒都有。在拍攝上一張與下一張相片之間也會有延遲時間，這主要是因爲相機須將影像儲存到記憶卡/記憶體。

《選購小貼士八》

若你自問拍攝技術一般，當您選購數碼相機時，就緊記要選有防手震功能的了！

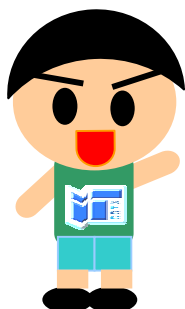
閃光燈 Flash

閃光燈的使用，是在光線不足的室內，這有助於照亮拍攝的景物，使照片更清晰。而在拍攝人物時，由於昏暗的室內會使人的瞳孔自然放大，閃光燈的光線就會直接透過瞳孔，打在視網膜上並反射出來形成「紅眼」現象。爲了避免紅眼發生，有些相機會有「防紅眼」功能。部份高級數碼相機還配有慢速閃光功能，配合較慢的快門速度，可以將畫面拍得更柔和。



液晶顯示屏 LCD Monitor

通常在數碼相機的機背，都有一個顯示屏，是一塊 LCD 顯示屏。一般 LCD 顯示屏具有 10-30 萬畫素等級，這個顯示屏有兩個主要作用：一是拍攝過程中的功能設定；二是拍攝後用作觀看結果。



《選購小貼士九》

有 LCD 顯示屏是數碼相機最迷人的地方，可以即拍即看，若操作錯誤或是表情不對，便可立即重拍。因此，選個顯示屏較大的也有好處啊！



其他功能

連環快拍 Multi Burst

有些數碼相機有連環快拍功能，可連續拍攝多張相片，最適合用來拍攝連續動作。而可連續拍攝的張數和每張相片相隔的時間和速度則因各型號而異。

影片拍攝模式 MPEG Movie Recording Mode

有些數碼相機有影片拍攝模式，可拍攝影片。有些數碼相機只可以拍攝靜音影片，有些則可拍攝有聲短片。但是，這功能通常都要求較大容量(128MB)的記憶片。

有些數碼相機更附有影像編輯軟件 Image Editing Software，讓你可剪輯你的影片、影像，加入特殊效果、過場效果及字幕等。

《選購小貼士十》

不同型號的數碼相機有不同功能，在選購時，要對各數碼相機的功能多加留意啊！

經過以上的介紹，相信大家現在已經對如何選擇一部數碼相機有了一定的頭緒。請緊記，在選購數碼相機時，要想清楚它的功能是否合乎你的需要，切忌盲目追隨新款型號啊！

再見！

In 的家參觀日記

2002 年 12 月 21 日 晴

大約十一時，我們一行三十多位同學連同三位老師，由金鐘地鐵站走到位於中環添馬艦的 In 的家香港展覽館，它的外有些像馬戲團的帳幕，根據參觀時的導覽介紹，整座建築物都可以拆散運到別的國家繼續作展覽用途。



進入 In 的家後，工作人員分發作為導覽的耳機給我們，然後我們分成兩批進入展覽場地。我們先看一段介紹短片，再由地下開始，參觀一些展板和模型，先對 In 的家有一個簡單的概念；明白其用途和好處在於可以比現在的樓宇和生活形式更方便、舒適、環保和省錢。



然後再到二樓的展覽室參觀兩間 In 的家「示範單位」，親身體驗 In 的家和普通家居的分別，對 In 的家的概念有更深入的認識。



整個參觀為時只是大約一小時，同學們都獲益良多，得到不少學校裡學不到的知識。

感想：

Michelle (參與者, F.6S):

這次參觀可以認識現代的先進科技，十分生活化。我們生活在這麼先進的社會，了解現今的先進科技是現代人的責任。

Bobo (參與者) (F.6S):

這次參觀的地點很適合，令同學認識到現代科技應用於改善生活環境所帶來的好處。

Peggy (Chairlady of IT Team):

我覺得 IN 的家是一個很值得參觀的地方，它為我們展示了未來家居的面貌。

最令我覺得新奇的是 IN 的家所提到的建築概念。它提議建築物以不同的層件組件組裝而成，好像砌積木一樣。這些組件可以用完再用，砌件過程又可以機器代替人手，減少工業意外之餘，又可減少對地盤附近的環境污染，這個概念實在很有用處。

另外值得一提的，就是在今期 NEWSLETTER 亦有報導的無線網絡，在展館中亦有提及。它可使用戶在 access point 指定的範圍中到處利用手提電腦上網。其實香港某些新樓盤也有在屋苑範圍中設置 access point，讓住戶可以在住客會所或公園等地方隨時上網，十分方便。

相信在不久的將來，香港的地產商亦會引入 IN 的家的技術和概念，創造更多更環保舒適的家居。

Angela (Webmaster of IT Team):

從參觀一開始使用為導覽而設的個人耳機，到一路上所看到的所有新開發科技應用產品，都代表了先進科技已真正融入我們的生活。在這次參觀裡，我終於能把從前在文字上所學到的有關理論配合在現實生活，而這些經驗對我以至各位參觀者來說都是罕貴的。相信在未來的日子，透過更廣泛更普及化的科技教育，愈來愈多的先進科技概念及產品將會陸續推出，從而改善人們的生活。而要達到這一步，首先要從我們的積極參與開始。



GAME SITES!!!

www.ugamehk.com

If you are interested in playing flash games, this website is highly recommended to you. This website contains plenty of flash games which's quality is extremely wonderful and funny. Apart from this, there are also some flash movies for you to watch. We are sure that you will love this website very much!

Fee: Free/Some are free to download	Registration: No
Speed of games loading: A longer time is needed for loading games	
Language used: Chinese	Type of games: Flash

www.flasharcade.com

This is a website which contains many difficult games. It provides a list of games for you to download. You may also play the games online and try out how powerful your skills are. It needs a clear mind to finish the games. Let's try how clever you are!

Apart from this, there are also some psychological tests inside. How well do you know about yourself? Go and have a look of the result in this site.

Fee: Free	Registration: No
Speed of games loading: Refer to different computers	
Language used: English	Type of games: Flash

www.playfootball.com


This website is especially for football lovers. It provides football races which you can take part in it by being different posts. There are some other kinds of ball games. It is very suitable for those who love sports.

Fee: Free	Registration: No
Speed of games loading: Refer to different computers	
Language used: English	Type of games: Flash

www.lego.com/build/games/

I think most of you like playing Lego very much. This website is especially for all of you. In this site, you can build anything you like with the bricks. It is very interesting. There is a game called "Junkbot Undercover". In the game, you have to make a "Lego road" for Junkbot to the goal. It needs your perfect skills, too!



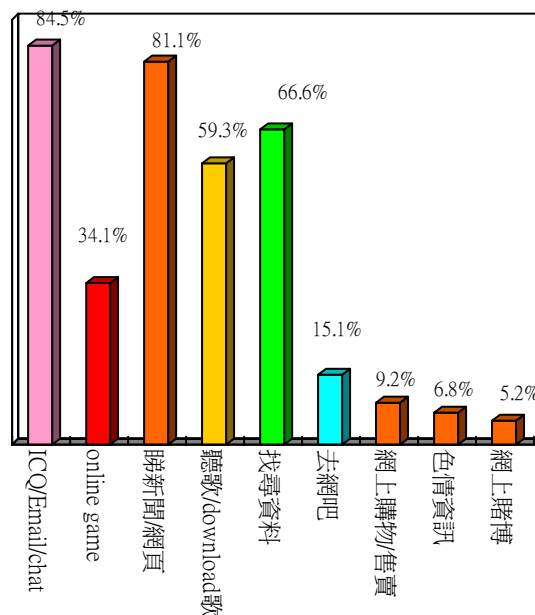
Fee: Free	Registration: If you registered, you can enjoy more games.	
Speed of games loading: Refer to different computers		
Language used: English	Type of games: Flash	
Requirements: Macromedia Flash	<div>The title screen for the game 'Junkbot Undercover'. It features the word 'JUNKBOT' in large, yellow, blocky letters at the top. Below it, 'UNDERCOVER' is written in red letters on a white sign. The background shows a yellow robot character with a black visor, a small yellow robot, and a red brick.</div> <div>A screenshot from the game 'Junkbot Undercover'. It shows a yellow robot character with a black visor and a purple hat, holding a blue gun. The robot is standing in front of a grey control panel with various buttons and a small screen. The background is dark and industrial.</div>	

By : 3B Winnie Lam, 3B Ronda Lee



網絡危機...

突破機構於二零零二年七至九月期間進行了一項「青少年網絡危機研究」，研究顯示近九成本地 10 至 29 歲青少年網絡人口高達一百六十三萬人，平均每星期上網 5 天之多，每日平均上網達 3.1 小時；整體網絡人口每日上網的時數，較 1977 年及 2000 年的調查上升了五成。青年人主要的網絡活動則如下：



值得注意的是青少年參與網絡遊戲的比率，較 2000 年調查的 6.3%大幅升 5.4 倍，估計參與的 10 至 29 歲青少年人口增長至四十萬以上。參與者平均每星期玩 10 小時，是各項網絡活動中參與時間最長的一項。

受訪青少年中，發現約一成半（14.7%）開始出現沉溺上網的傾向。研究顯示這些人士經常出現兩項或以上沉溺上網的癥狀，例如：

- 1.上網時間總會超過自己想用的時間
- 2.返屋企第一時間就要上網
- 3.家人或者朋友投訴自己用太多時間上網
- 4.自己試過減少上網時間，但無法達到 等等

分析受訪者的沉溺傾向與各項網絡活動的關係時，發現參與網絡遊戲為現時網絡沉溺行為的主要誘因。這表示本地已出現「網絡遊戲沉溺」(online game addiction) 的問題

研究深入分析顯示，青少年沉溺網絡的傾向與他們的個人管理及紀律不足有關，沉溺者在情緒管理能力、辦事集中能力的表現都明顯較一般上網人士為差。沉溺的傾向同時影響他們與家人的相處，引致他們的家庭聯繫薄弱。然而他們與朋輩的溝通聯繫卻相反增強了，相信是共同參與網絡活動所致；此結果反映現時沉溺的情況尚未帶引令他們脫離現實生活，網絡上的關係及活動未有取代現實生活上的朋友交往

各位同學，你們有否覺得自己有沉溺上網的徵狀呢？又有否覺得自己花太多時間玩網絡遊戲呢？網絡遊戲雖能為參與者帶來極高質素的快感和刺激，但過份沉迷是會使各位的不生活、學習及健康均受到影響。IT Team 在這裏呼籲大家在玩 game 之餘，不要忽略生活成長的其他部分，要保持均衡的生活及活動模式，以達致身心平衡發展。

詳細的研究結果可在以下的網頁查閱：