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The Hong Kong Jockey Club Drug InfoCentre provided me a wide view on the harmful effects of several drugs, such as heroin, ice, ecstasy, ketamine, GHB, tranquillizers, cannabis, cough medicine, organic solvents and cocaine. For each drug displayed, I can look at the physical properties of the drug in its various forms, the ingestion method and its long-term and short-term effects. Apart from displaying drug replicas and ingestion tools for each drug, there will be video showing the internal effects on the body. After that, we attended a sharing talk given by a girl who used to abuse drug. That is really inspirational that life can be changed by our own determination.

This is an unforgettable experience which teaches us to learn more knowledge other than textbook stuff.

