Interstellar
Group rehearsal guide

A · Leader B · Vincent C · Kelvin D · Subie

Start here

1. **Pick two questions.** Check who opens each one. Fill the brackets with a true example, or skip the example.
2. **Time one run in English.** Open → first question → bridge → second question → close. Aim for 10–12 min and switch around 5:45. Use the optional turns for the full run. B, C and D can check the Chinese if they get stuck.
3. **Switch to your A6 cards.** Copy one short cue per turn, in order: *who you follow* → *scene* → *point or question*. For example, “After Subie → watch → Murph spots the pattern → perseverance.” React, add your point, then invite someone by name.

Share a copy. Send this PDF to your group chat. In the browser version, you can copy just your role and questions into Notes.

Find your pages

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Opening, bridge and closing

Opening · about 45 seconds

A · Leader Hi everyone. For Film Week, the Film Appreciation Society is talking about Interstellar. It follows Cooper, a father who leaves Earth to help find a future for his children. We've been given two questions: *[read both in your own words]*. Let's start with *[first question]*. *[Opener's name]*, what was your first reaction to that question?

Bridge · use one

- **Q3 → Q4:** We've debated Professor Brand's choice. The ending shows what happens to the plan he thought was out of reach.
- **Q3 → Q1 or Q2:** We've looked at the choices we disagreed with. What lessons do those choices leave us with?
- **Q1 → Q4:** Subie said love is the main message. Does the ending make that message convincing?
- **Q1 or Q2 → Q5:** We've talked about the lessons. Which of them feels closest to something in our own lives?
- **Q4 or Q5 → Q6:** We've talked about what the film does well. Is it worth asking everyone at Film Week to sit through it?
- **Any pair:** [Name] made an interesting point about [idea]. That leads to the second question, which is [question].

Closing · up to one minute

Example for Q1 + Q6. Swap in your group's own scene, agreement and different views if you discuss other questions.

A · Leader Before we finish, what's one thing you'd tell people at Film Week?

D · Subie I'd say the family story is easy to connect with, even if you don't follow all the science.
我覺得，就算沒完全看懂電影裏的科學，觀眾也很容易對當中的家庭故事產生共鳴。

C · Kelvin I'd bring up the watch scene. It shows how Cooper and Murph's relationship helps solve the problem.
我會提到手錶那一幕。這一幕讓我們看到，Cooper 和 Murph 的父女關係怎樣幫助他們解決難題。

B · Vincent I'd still recommend the film, but I'd warn people that it's long and some of the science is hard to follow.
我還是會推薦這部電影，但會先提醒大家，電影比較長，有些科學概念也比較難懂。

A · Leader So for Film Week, we'd recommend *Interstellar* for its family story and the way it makes the science feel personal. We had different views on how easy it was to follow, so we'd tell viewers to give themselves time for it. Thanks, everyone.

Short closing · if time is nearly up

A · Leader So we agree that *[one point you agreed on]*. We had different views on *[one real disagreement]*, and that's something we could bring up at Film Week. Thanks, everyone.

If nobody disagreed, use your main takeaway as the final sentence.

Q1. What moral lessons or messages does the film convey?

D opens. D argues for love. C argues for perseverance.

A · Leader Subie, what message stayed with you after the film?

D · Subie For me, it's love, especially within a family. Amelia says a bond might matter across time and space. Later Cooper is separated from Murph by decades, but he remembers the watch he gave her. He trusts that she'll come back for it, so he uses it to send her the data. Kelvin, do you think love is the main message?

我覺得是愛，尤其是家人之間的愛。Amelia 說，人與人之間的感情可能跨越時間和空間，仍然發揮作用。後來 Cooper 和 Murph 隔了幾十年，但他還記得自己送給她的手錶。他相信她會回來拿那隻錶，就用它把數據傳給她。Kelvin，你覺得愛是這部電影最想表達的主題嗎？

C · Kelvin It's part of it, Subie. I'd put perseverance first. Murph spends years working on a gravity equation. When the watch finally gives her the missing information, she still has to recognise the pattern and work out what it means. Love gives her a reason to keep going. Her science turns that reason into action.

Subie，我覺得愛是其中一部分，但我會把堅持放在首位。Murph 花了很多年研究重力方程式。即使手錶終於帶來她缺少的資料，她還是要看出規律，理解背後的意思。愛給了她繼續努力的理由，而她用科學把這份動力化成行動。

D · Subie I agree that both matter. I'd still put love first because it explains why Cooper reaches out to Murph specifically. He believes she knows him well enough to understand that he's trying to tell her something.

我同意兩者都重要，但我還是會把愛放在首位，因為這解釋了 Cooper 為甚麼偏偏找 Murph。他相信她夠了解自己，會明白他在試着傳達一些訊息。

B · Vincent That connects with sacrifice, too. Near the black hole, Cooper and TARS detach so Amelia can continue towards Edmunds' planet. Losing their craft's mass helps her escape the black hole's pull. Cooper gives up his own chance to go with her so someone can finish the mission.

這也跟犧牲有關。在黑洞附近，Cooper 和 TARS 脫離太空船，讓 Amelia 可以繼續前往 Edmunds 的星球。少了他們飛行器的質量，Amelia 就更容易擺脫黑洞的引力。Cooper 放棄了跟她一起離開的機會，讓任務還有人能完成。

D · Subie Vincent, do you see that as a choice, or did he have no real alternative?

Vincent，你覺得這是他自己的選擇，還是當時他根本沒有別的辦法？

B · Vincent The situation gave him very few options, but he still chose to be the one who stayed behind. That's different from expecting Amelia to take the risk.

當時的選擇的確很少，但他還是選擇由自己留下來，沒有要 Amelia 承擔這個風險。

C · Kelvin Would you give up something for your family, even if it was much smaller than that?

即使只是很小的事，你會為家人放棄一些東西嗎？

B · Vincent For me, one true example would be *[what I gave up and who it helped]*. It made me see that sacrifice can mean giving up time or comfort for someone else.

對我來說，一個真實的例子是 [我放棄了甚麼，又幫了誰] 。這件事讓我明白，犧牲有時是為了別人，付出自己的時間，或者放棄一點舒適。

Q1 · Messages continued

A · Leader I'd add honesty. Professor Brand hides why Plan A can't work as promised. Mann sends false reports to get rescued. Both leave other people making risky choices with the wrong information. By contrast, accurate data gives Murph a real way to act.

D · Subie Brand wanted people to keep hoping, though. Could that have come from love too?
不過 Brand 想讓大家繼續抱有希望。這也有可能是出於愛嗎？

A · Leader Possibly. I'd still ask whether you can care about people while keeping information they need to make their own choices.

A · Leader Optional turn · When Amelia wanted to go to Edmunds, Cooper trusted Mann's reports instead. Does that mean feelings are more reliable than facts?

B · Vincent Optional turn · I'd still want evidence. Mann's reports were fabricated. That's a reason to verify data, and Amelia being right here doesn't make every feeling a reliable guide.
（可選）我還是會看證據。Mann 的報告是捏造的，這正好說明為甚麼要核實數據。Amelia 這次猜對了，也不代表每一次都可以靠感覺行事。

C · Kelvin Optional turn · I'd want both. Feelings tell us what matters, and evidence helps us decide what to do.
（可選）我覺得兩者都要有。感受讓我們知道自己在乎甚麼，證據幫我們決定下一步怎樣做。

A · Leader Optional turn · If we had to pick one message for students at Film Week, what would you pick?

C · Kelvin Optional turn · Perseverance, because a bad result can feel final when you're preparing for exams.
（可選）我會選堅持，因為準備考試時，一次不理想的成績，很容易讓人覺得自己已經沒有機會了。

B · Vincent Optional turn · Sacrifice. It helps us notice what family members and teammates do for us.
（可選）我會選犧牲。它提醒我們留意家人和隊友為我們付出了甚麼。

D · Subie Optional turn · I'd stay with love. For me it's what makes the effort and sacrifice worth it.
（可選）我還是會選愛。對我來說，正是愛讓努力和犧牲變得值得。

A · Leader So our strongest point might be that love gives the characters a reason to act, and perseverance, sacrifice and honesty determine what they do next.

Q2. What is the most important lesson you have learnt from the film, and why is it meaningful to you?

C opens. Everyone gives a different lesson, a true example and one action.

A · Leader Kelvin, let's make it personal. Which lesson mattered most to you and why?

C · Kelvin My lesson is to keep trying, but change how I try if I'm stuck. Murph works on the equation for years. The watch gives her a new clue, and she follows it instead of repeating what had already failed. That matters to me because *[a real setback and what I tried next]*. Subie, what lesson did you take from it?

我學到的是要繼續努力，但如果卡住了，就要換個方法。Murph 研究那條方程式很多年。手錶給了她一條新線索，她沿着線索找答案，沒有一直重複試過又失敗的方法。這對我有意義，因為 [一次真實的挫折，以及我後來試了甚麼方法] 。Subie，你有甚麼得着？

D · Subie Mine is to put my phone down when I'm with family. Cooper would give anything for a normal conversation with Murph. We can already have those conversations, but sometimes we're looking at a screen while someone's talking to us. A real example for me is *[one time I did this or could have handled it better]*.

我學到的是，跟家人相處時要放下手機。Cooper 願意付出一切，只想跟 Murph 好好聊一次。我們本來就有這樣的機會，但有時家人跟我們說話，我們卻在看手機。我自己的一個例子是 [一次我有這樣做，或者本來可以做得更好的經歷] 。

B · Vincent Did your family notice when you tried to give them more attention?

當你試着更專心陪家人時，他們有察覺到嗎？

D · Subie *[Say what actually happened.]* If I haven't tried it yet, my plan is to put my phone away at one meal and see whether we talk more.

[說出實際發生的事。] 如果我還沒試過，我打算有一餐先收起手機，看看我們會不會聊多一點。

B · Vincent For me it's how precious time with family is. After the water planet, Cooper watches years of messages in one sitting. He sees changes he couldn't share in person. That hit me because *[one true example of time with my family being limited]*. One thing I can do is *[a concrete way to make time]*.

我覺得跟家人相處的時間很寶貴。離開滿是水的米勒星球之後，Cooper 一口氣看完多年來收到的留言，看到家人經歷了很多變化，但自己當時都不在場。這一幕讓我很有感觸，因為 [一次我跟家人相處的時間很有限的真實經歷] 。我可以做的一件事是 [一個具體騰出時間的方法] 。

C · Kelvin That scene shows why time matters so much. We're watching several stages of Tom's life, but Cooper can't stop the recording and be there for any of them.

那一幕讓人明白為甚麼時間那麼重要。我們看到 Tom 人生的幾個階段，但 Cooper 沒辦法按下暫停，就回到那些時刻陪着他。

Q2 · Personal lesson continued

A · Leader My lesson is that time can't be earned back. On Miller's planet one hour is about seven years far away. They return to the ship and learn that about 23 years have gone by. It made me think about my DSE countdown and *[one real choice about how I use my time]*. Now I can *[one practical change]*.

D · Subie Do you think the DSE makes it harder to protect time with family?
你覺得準備 DSE，會不會令我們更難留時間陪家人？

A · Leader Yes, it can. I'd try setting aside one meal or one short conversation instead of waiting for a whole free afternoon.

B · Vincent Kelvin, what would you do differently next time you get a disappointing result?
Kelvin，下次成績不理想，你會怎樣改變自己的做法？

C · Kelvin I'd find one kind of mistake I keep making and ask my teacher how to fix it. That gives me something specific to try instead of telling myself to work harder.
我會找出自己經常犯的一種錯誤，然後問老師怎樣改。這樣我就有一個具體做法可以試，而不是只告訴自己要更努力。

A · Leader Optional turn · Why can a science-fiction film make these ordinary things easier to see?

C · Kelvin Optional turn · Because the setting is unusual, but the problem is familiar. We all know what it feels like to miss someone or get stuck.
（可選）因為背景雖然很特別，當中的問題卻很熟悉。我們都知道想念一個人，或者遇到難題卡住，是甚麼感覺。

B · Vincent Optional turn · Losing decades makes the cost of missing family time much harder to ignore.
（可選）一下子失去幾十年，讓人很難忽視錯過與家人相處的代價。

D · Subie Optional turn · It works like a magnifying glass. It makes something ordinary big enough that you have to look at it.
（可選）它就像一個放大鏡，把一件平常的事放大，讓人不得不好好看看。

A · Leader So each lesson gives us a different action, from how we try again to how we spend time with the people around us.

Q3. Which character do you dislike the most, and what qualities or actions make you feel this way?

B opens on Mann. C chooses Tom. D challenges A's defence of Professor Brand.

A · Leader Vincent, who did you dislike most? What did they do that changed how you saw them?

B · Vincent Dr Mann. He made his frozen planet look promising in his reports so that someone would rescue him. When Cooper learns the truth, Mann attacks him and damages his helmet. Romilly also dies opening Mann's rigged robot. I dislike the way Mann risks everyone else's life to save his own. Kelvin, do you think being alone explains what he did?

我會選 Mann 博士。他在報告裏把自己身處的冰封星球說得很有希望，想引人來救他。Cooper 發現真相後，Mann 向他動手，弄壞了他的頭盔。Romilly 打開被 Mann 動過手腳的機械人時，也因此喪命。我不喜歡 Mann 為了救自己，讓其他人冒生命危險。Kelvin，你覺得他孤身一人，能解釋他的做法嗎？

C · Kelvin It explains why he was desperate, but I can't excuse it. My choice is Tom, Cooper's son. The dust is making his wife and son sick, and he still refuses to leave the farm. He's so attached to the land that he can't accept the danger his family is in. Subie, do you see him differently?

這可以解釋他為甚麼那麼絕望，但我不能原諒他的做法。我會選 Cooper 的兒子 Tom。沙塵令他的太太和兒子生病，他卻還是不肯離開農場。他太捨不得那片土地，接受不了家人正身處危險。Subie，你對他的看法有不同嗎？

D · Subie A little. His father left and his first son Jesse died. I can understand why he holds on to the farm. It may feel like the last part of his old life he can keep.

有一點。他爸爸離開了，第一個兒子 Jesse 也死了。我明白他為甚麼不肯放手。對他來說，農場可能是過去的生活中，最後一樣還留得住的東西。

C · Kelvin I feel for him too, but he has a family to protect now. Murph sets a field on fire to draw Tom away so she can get back into the house. It's a drastic response to how little he's willing to listen.

我也同情他，但他現在有家人要保護。Murph 放火燒田，把 Tom 引開，好讓自己回到屋裏。這個做法很極端，也反映出 Tom 根本聽不進勸告。

D · Subie Do you think Tom ever forgave his father?

你覺得 Tom 後來有原諒他爸爸嗎？

C · Kelvin We can't tell for sure. In one of the messages he says he's letting his father go. I hear grief and resignation in that.

我們不能肯定。其中一段留言裏，他說他要放手了。我聽出他很傷心，也只能接受現實。

Q3 · Characters continued

D · Subie My choice is Professor Brand. He let the crew believe Plan A could save the people already on Earth. He knew his gravity equation needed data from inside a black hole, which he believed he couldn't get, and kept that problem from the others, even Amelia. People went along without knowing what they were really agreeing to.

我會選 Brand 教授。他讓隊員相信 A 計劃能拯救仍在地球上的人。他知道自己的重力方程式需要黑洞內部的數據，也相信自己拿不到，卻向其他人隱瞞了這個問題，連 Amelia 也不知情。大家答應參與，卻不知道自己究竟答應了甚麼。

A · Leader I'd defend him for a moment. He might have thought that keeping people hopeful would help the mission continue and preserve some future for humanity. Would that make the lie more understandable?

D · Subie More understandable, yes. But if you lie to your own daughter about what the mission can achieve, how does she trust you again? Vincent, is it ever right to lie to save people?

是比較能理解。但如果你連自己的女兒也騙，讓她以為任務可以做到一些其實做不到的事，她之後怎樣再相信你？Vincent，你覺得為了救人，有些情況下可以說謊嗎？

B · Vincent I'd separate a small lie that calms someone down from hiding a fact that changes whether they would take part. Brand took that decision away from them.

我覺得，說個小謊讓人冷靜下來，跟隱瞞一個會影響別人是否參與的事實，是兩回事。Brand 剝奪了他們自己作決定的機會。

A · Leader My choice is the school as an institution. Murph challenges the revised story that the Moon landings were fake, while the staff tell Cooper that Tom should farm. I understand the need for food, but the school narrows what young people are allowed to imagine.

B · Vincent **Optional turn** · School should help you see more possibilities. Fear can explain Mann's choice, too, but it doesn't make it fair.

（可選）學校應該幫你看到更多可能性。恐懼也可以解釋 Mann 的選擇，但不代表他這樣做就對其他人公平。

D · Subie **Optional turn** · That reminds me of how quickly people dismiss a subject as useless without asking what students learn from it.

（可選）這讓我想到，有些人很快就說某個科目沒用，卻沒先了解學生能從中學到甚麼。

A · Leader **Optional turn** · If you were alone like Mann, would you send an honest report even if it meant nobody came?

C · Kelvin **Optional turn** · I hope I would. That's what makes the scene uncomfortable. We can see why he feels afraid and still judge the harm he causes.

（可選）我希望自己會。這正是那一幕讓人不舒服的地方。我們可以理解他為甚麼害怕，也可以判斷他造成了甚麼傷害。

A · Leader So we can disagree on whom we dislike and still judge them by what their choices do to other people.

Q4. How effectively does the film's ending convey the director's intended message?

A opens briefly and passes to C. B argues it's only partly effective.

A · Leader I think the ending is largely effective. It shows who the ghost was, pays off Cooper's promise to Murph and takes us from a dying Earth to the possibility of a new home. Kelvin, did that make the ending work for you?

C · Kelvin Yes. At the start, dust keeps getting into the house and people are losing crops. At the end, we see people living on Cooper Station near Saturn. That contrast makes hope feel concrete. The long effort has produced somewhere people can actually live.

我覺得有效。開頭沙塵不斷吹進屋裏，農作物也接連失收。到了結尾，我們看到人們住在土星附近的 Cooper 太空站。前後的對比讓希望變得具體。經過那麼多年的努力，人類終於有一個真正能住下來的地方。

D · Subie For me, it's the promise. Cooper finally sees Murph again even though she's older than he is. The visit's short, but it means he kept his promise. There's another moment that gets me: behind the bookshelf, he tries to tell his younger self to stay because he finally understands what leaving has cost.

對我來說，最重要的是那個承諾。Cooper 最後終於再見到 Murph，雖然她已經比他還老。見面的時間很短，但他總算信守了承諾。還有一幕也很打動我：在書架後面，他試着叫年輕的自己留下來，因為他終於明白離開的代價。

C · Kelvin Yes, and the ghost stops being scary once you realise what's happening. Cooper can't change the fact that he left. He can still use gravity to send a message Murph will eventually understand.

對，而且知道真相後，那個『鬼』就不再可怕了。Cooper 改變不了自己已經離開的事實，但他仍然可以用重力傳出訊息，讓 Murph 最終看懂。

B · Vincent That makes sense, but I'd say it's only partly effective. The reunion should be the emotional point of the whole film. We've waited through years of video messages and then they get just a few minutes together. I wanted to hear what they had to say after all that time.

我明白，但我覺得它只做到一部分。父女重逢應該是整部電影感情最強烈的一幕。我們跟着看了他們多年來的影片留言，結果他們只有幾分鐘相處。隔了這麼久，我想聽聽他們有甚麼話想對彼此說。

D · Subie I felt differently. Murph has her own family now, and she doesn't want her father to sit there watching her die. She can let him go because they've finally seen each other again.

我的感受不同。Murph 現在有自己的家人，她不想爸爸坐在那裏看着她離世。他們終於見過面，所以她可以放心讓他離開。

A · Leader I see both sides. The ending's also asking the audience to follow a bookshelf inside a black hole. Kelvin, do you buy the idea that love guides Cooper there?

Q4 · Ending continued

C · Kelvin As an emotional idea, yes. TARS collects the data. Cooper sends it through the watch using gravity and Morse code. Love helps explain why he knows which object to use and why he trusts Murph to notice it. That makes it easier for me to go with the story.
作為一個關於感情的想法，我覺得可以接受。TARS 收集數據，Cooper 用重力和摩斯密碼，透過手錶把資料傳出去。愛讓我們明白他為甚麼知道要用哪件物件，也明白他為甚麼相信 Murph 會留意到。這樣我就更容易接受這個情節。

B · Vincent Doesn't the space station make the ending a little too happy, though?
不過，有了那個太空站，結局會不會太圓滿了一點？

C · Kelvin It's hopeful, but people have still suffered. Cooper and Murph get to see each other, but they can't get the years they missed back.
結局有希望，但大家也的確經歷過很多痛苦。Cooper 和 Murph 可以再見面，卻補不回那些錯過的年月。

A · Leader If you could change one detail, what would it be?

B · Vincent Give the reunion another minute. I think it would feel more honest if we heard a bit of the awkwardness as well as the relief.
我會把重逢的一幕加長一分鐘。除了鬆一口氣的感覺，如果也能看到他們有點不知說甚麼，我覺得會更真實。

C · Kelvin Show more of Edmunds' planet. It would make the next step for humanity less abstract.
我想多看一點 Edmunds 的星球。這樣人類接下來要走的路會更具體。

D · Subie I'd keep the short goodbye. And seeing that TARS survives makes Cooper's departure feel less lonely.
我會保留那段簡短的道別。看到 TARS 活下來，也讓 Cooper 再出發時沒那麼孤單。

A · Leader Optional turn · What about Amelia's final scene? Hopeful or lonely?

B · Vincent Optional turn · Lonely, because she's out there grieving, but that makes the image powerful.
（可選）我覺得很孤單，因為她獨自在那裏哀悼。不過，這也正是那個畫面有感染力的原因。

D · Subie Optional turn · Hopeful too. She's started setting up camp, and Cooper is heading towards her.
（可選）也有希望。她已經開始搭建營地，而 Cooper 正向她那邊出發。

A · Leader On balance I'd call it largely effective. It earns the hope through the watch and the kept promise, even if the science is demanding and the reunion feels brief.

Q5. How does the film relate to your own life or the world around you?

C opens with Hong Kong and food supply. B says Cooper was wrong to leave. C says he was right.

A · Leader Kelvin, which part felt closest to our lives in Hong Kong?

C · Kelvin The food problem. In the film, a crop disease called blight wipes out crops, corn is one of the last ones left, and dust storms make life harder. In real life, floods, heat or drought can interrupt farming and delivery. Hong Kong relies heavily on food from elsewhere, so disruption far away can affect us. *[If you have a true Black Rainstorm or typhoon example, add what you actually noticed.]*

是食物供應的問題。電影裏，一種叫作枯萎病的植物病害令農作物大量死亡，粟米是最後幾種還能種植的作物之一，沙塵暴也令生活更艱難。現實中，水災、高溫或乾旱都可能打斷農業生產和運輸。香港很多食物靠外地供應，所以即使很遠的地方出了問題，也可能影響我們。 [如果你真的遇過黑雨或打風影響食物供應的例子，可以補充自己留意到甚麼。]

B · Vincent Do you think people here worry enough about food supply?

你覺得香港人夠關心食物供應嗎？

C · Kelvin Probably only when it affects us. At the supermarket I expect everything to be there. The film made me think about all the farms and deliveries we depend on.

大概是影響到自己時才會留意吧。我去超市時，總覺得想買的東西自然會有。這部電影讓我想到，我們其實依賴很多農場和運輸環節。

B · Vincent What can students actually do about that?

那學生實際上可以做甚麼？

C · Kelvin We can waste less, like buying only what we'll eat. Supporting local farms where we can is another small step.

我們可以少浪費，例如只買吃得完的份量。有能力的話，支持本地農場也是一個小小的行動。

D · Subie For me, it was misinformation. Murph's school treats the Moon landings as fake. Online, one convincing post or an AI-generated video can make people doubt something real or believe something that didn't happen. *[Add a real example you've seen, if you have one.]*

我想到的是錯誤資訊。Murph 的學校把人類登月說成是假的。在網上，一則看起來很可信的帖文，或者一段 AI 生成的影片，就可能令人懷疑真實的事，或者相信根本沒發生過的事。 [如果你有親眼見過的真實例子，可以補上。]

A · Leader What would you actually check before sharing a post?

D · Subie If it's about a typhoon, I'd check the Hong Kong Observatory rather than forward a screenshot. For other news I'd look for the original source and see whether reliable outlets confirm it.

如果是颱風消息，我會先查香港天文台，而不是轉發截圖。其他新聞的話，我會找原始消息來源，再看看可信的媒體有沒有證實。

C · Kelvin Why do you think people share first and check later?

你覺得為甚麼有些人會先分享，之後才查證？

D · Subie It's exciting to be first, and a dramatic story spreads faster than a correction.

搶先分享會令人興奮，而一則聳動的消息往往比更正傳得更快。

Q5 · Real life continued

B · Vincent The family side also felt close to home. Cooper leaves to do a job he thinks his family needs him to do. That reminds me of *[a true example about work and time together]*. Even when adults leave for a good reason, the person waiting at home still feels it.

家庭那部分也讓我覺得很貼近生活。Cooper 離開，是為了做一件他認為家人需要他去做的事。這讓我想到［一個關於工作和家人相處時間的真實例子］。就算大人有很好的理由離開，在家等他的人還是會感到難受。

A · Leader Was Cooper right to leave, then?

B · Vincent I'd say no from Murph's point of view. She needs her father, and he doesn't know whether the mission will succeed or whether he'll ever see her again.

從 Murph 的角度看，我會說他不應該走。她需要爸爸，而他不知道任務能不能成功，也不知道以後還能不能再見到她。

C · Kelvin I think he was right to take that risk. If food kept disappearing, staying home wouldn't solve it. The mission gave his children a chance, even if it was a small one.

我覺得他冒這個險是對的。如果食物繼續減少，留在家裏也解決不了問題。這個任務給了他的孩子一個機會，即使機會很小。

D · Subie I'm between you. I think going was defensible, but promising he'd return was unfair when he couldn't know.

我的看法在你們之間。我覺得他選擇出發有他的道理，但他沒辦法確定自己能回來，還是承諾會回來，這對 Murph 不公平。

A · Leader Optional turn · Vincent, what if a parent had to work overseas for the family?

B · Vincent Optional turn · I might accept it if it really helped us. I'd want us to keep talking regularly instead of leaving everything unsaid.

（可選）如果這樣真的能幫到我們，我可能會接受。不過，我希望我們能保持聯絡，把心裏的話說出來。

A · Leader Optional turn · Miller's planet also makes me think about the time I have before the DSE. On the wider issue, should we explore space or fix Earth first?

C · Kelvin Optional turn · We can keep exploring, but space research can't replace looking after food and the climate here.

（可選）我們可以繼續探索太空，但做太空研究不能代替處理地球上的食物和氣候問題。

D · Subie Optional turn · I'd put Earth first. People need help where they live now.

（可選）我會先照顧地球。人們現在就需要在自己生活的地方得到幫助。

A · Leader So the film gives us three real connections: food supply, checking what we believe, and the cost of being apart from family.

Q6. To what extent do you think the film is worth watching?

B opens at 7/10. C gives 9/10. A gives 8/10. D recommends it for families who have time.

A · Leader Vincent, what would you give the film out of ten, and who would you recommend it to?

B · Vincent Seven. The space scenes are impressive, and the music makes the dangerous moments feel huge. It won the Oscar for visual effects, which makes sense when you see the black hole. But it's nearly three hours, and I found some of the explanations hard to follow. Kelvin, what would you give it?

七分。太空場面很震撼，配樂也把危險時刻的緊張感放大。它拿了奧斯卡最佳視覺效果獎，看到黑洞那一幕，就知道為甚麼了。不過電影接近三小時，而且有些解說我覺得很難跟得上。Kelvin，你會給幾分？

C · Kelvin Nine. Kip Thorne helped the filmmakers work with real physics, like the fact that clocks can run at different rates in different gravitational conditions. The film takes that idea and makes you feel what it would cost someone like Cooper. Some things are speculative, but they made me want to learn more.

九分。Kip Thorne 幫電影團隊把真實的物理概念放進電影，例如在不同的重力環境下，時鐘走的速度可以不一樣。電影用這個概念，讓我們感受到 Cooper 要付出甚麼代價。有些情節是推測，但它們令我想進一步了解。

B · Vincent If someone doesn't understand the black hole or the watch, would you still say it's worth watching?

如果有人不明白黑洞或手錶的原理，你還會說這部電影值得看嗎？

C · Kelvin Yes. You can follow the family story even if you can't explain every mechanism. I'd tell people to focus on what changes for Cooper and Murph rather than stop every time a technical term comes up.

會。就算說不出每個原理，還是能看懂家庭故事。我會叫大家留意 Cooper 和 Murph 的處境和關係有甚麼變化，遇到專有名詞時不用每次都停下來。

D · Subie That was my experience. The video messages hit me before I understood anything about the black hole. You can see Cooper realise how much he's missed. I'd recommend it to families to watch together, as long as they have the patience and the time. I probably wouldn't start with very young children.

我就是這樣。還沒搞懂黑洞之前，那些影片留言已經打動了我。你看得出 Cooper 終於意識到自己錯過了多少事。如果家人有時間和耐性，我會推薦他們一起看。但如果孩子還很小，我大概不會先選這部。

A · Leader I'd give it eight. To a large extent it's worth watching for the visuals, the ideas and Hans Zimmer's score. At 169 minutes, though, I'd recommend it to people who enjoy a slower film that gives them something to discuss.

Q6 · Recommendation continued

D · Subie What did you think of the music on the water planet? I remember the ticking.
你覺得米勒星球上那幕的配樂怎樣？我記得那個滴答聲。

A · Leader It makes the passing of time feel urgent, even before we see what the delay costs. The organ also makes space feel enormous. My one complaint is that sometimes the score makes dialogue harder to hear.

B · Vincent The music is part of why I gave it seven instead of five. I'd watch it again in a cinema, where the sound and the scale matter more to me than they would on my phone.
配樂是我給七分而不是五分的其中一個原因。如果再看，我會去戲院。對我來說，在戲院更能感受到音效和畫面的規模。

D · Subie I'd use subtitles, especially for the quieter explanations.
我會開字幕，尤其是角色說得比較小聲、在解釋情節的時候。

C · Kelvin If we picked one Film Week clip, I'd use the giant wave. It looks like part of the landscape at first, then you realise it's moving towards them.
如果電影週只能選一段，我會選巨浪那一幕。一開始它看起來像遠處的地形，後來你才發現它正在向他們湧過來。

D · Subie I'd choose the docking scene. Cooper tries to match the spin of the damaged Endurance. You can understand the danger without knowing the science.
我會選對接那一幕。Cooper 試着讓自己的飛船跟受損的 Endurance 號以同樣速度旋轉。即使不懂當中的科學，你也看得出那有多危險。

B · Vincent I'd show the video messages. That would tell people it's a family story as well as a space film.
我會播影片留言那一幕。這可以讓大家知道，它既是一部太空電影，也是一個家庭故事。

A · Leader Optional turn · Would you show it to your parents or a younger sibling?

C · Kelvin Optional turn · A younger sibling who already likes space, yes. The science could give them something to explore afterwards.
（可選）如果弟弟或妹妹本身就喜歡太空，我會推薦。片裏的科學可以讓他們看完後再去探索。

D · Subie Optional turn · My parents. I think we'd have more to say to each other after watching it.
（可選）我會推薦給爸媽。我覺得一起看完之後，我們會有更多話題可以聊。

B · Vincent Optional turn · My parents too. I'd tell them to set aside nearly three hours first.
（可選）我也會推薦給爸媽。不過，我會先請他們預留差不多三小時。

A · Leader Our scores run from seven to nine. For Film Week, I'd call it strongly worth watching for families, science fans and students who like a film that stays with them, provided they have the time and patience.

Scene reminders · Q1–Q2

Reference for the four speakers. Skip these notes when timing the discussion.

Q1. What moral lessons or messages does the film convey?

A · Leader · Brand + Mann → truth — Professor Brand is Amelia's father. He already knew the gravity problem required data he didn't have. Mann actively falsified his own planet's reports. Murph solves the equation with data TARS collects and Cooper encodes in the watch. The two lies differ in motive, which is why they make a good debate.

B · Vincent · Cooper + TARS → sacrifice — Their craft detach during the manoeuvre around Gargantua. That helps Amelia continue. Cooper accepts the risk himself. Choose a small, true family example if C asks what you would sacrifice.

Cooper 和 TARS 在 Gargantua 附近操作飛船時脫離，讓 Amelia 可以繼續前進。Cooper 選擇自己承擔風險。如果 Kelvin 問你願意犧牲甚麼，就說一件自己為家人付出過的小事。

C · Kelvin · Perseverance → action — Murph's years of work let her use the breakthrough. You can agree that love motivates people while still arguing that perseverance is the message students can act on. 愛提供原因，毅力帶來行動。

Murph 多年來的努力，令她在突破出現時能把握機會。你可以同意愛能推動人，同時指出，堅持是學生可以實踐的訊息。

D · Subie · Love → trust → watch — Amelia's argument about Edmunds expresses the theme. In the watch scene, love helps Cooper decide whom to contact and how. Gravity and Morse code carry the message. 愛令 Cooper 想到 Murph，重力和摩斯密碼傳送數據。

Amelia 談到 Edmunds 時表達了這個主題。在手錶那一幕，愛幫助 Cooper 決定找誰、怎樣聯絡。重力和摩斯密碼負責傳送訊息。

Q2. What is the most important lesson you have learnt from the film, and why is it meaningful to you?

A · Leader · One hour versus 23 years — One hour on Miller's planet corresponds to roughly seven years far away. The actual visit and delay cost roughly 23 years. Those are different numbers. Bring a true DSE or family example and name one change.

B · Vincent · Video messages → family time — Tom's recordings mark years passing, including family milestones and losses. Murph later sends a message of her own. The point is the shared moments Cooper missed. 影片讓他看到子女成長，卻無法親身參與。

Tom 的留言記錄了多年間家裏的重要時刻和失去的人。後來 Murph 也拍了一段留言。重點是 Cooper 錯過了跟家人一起經歷這些時刻的機會。

C · Kelvin · Equation → response to failure — The story shows persistence plus a change of approach when new information arrives. Use a real event, then say what you'd do next time, such as checking errors and asking a teacher.

這個故事說的是堅持，也包括有新資料時要調整方法。說一件真事，再說下次會怎樣做，例如檢查錯處，然後向老師請教。

D · Subie · Phone down → real connection — Use a true reply if B asks whether your family noticed. If you haven't tried it, name a small action you plan to take. 'Magnifying glass' means the film makes a familiar problem easier to notice.

如果 Vincent 問家人有沒有留意到，就按實情回答。如果還沒試過，說一個準備做的小行動。『放大鏡』是指電影把我們熟悉的問題放大，令人更容易察覺。

Scene reminders · Q3–Q4

Reference for the four speakers. Skip these notes when timing the discussion.

Q3. Which character do you dislike the most, and what qualities or actions make you feel this way?

A · Leader · School → fake Moon landing; farmers → Tom — Murph gets in trouble over the old textbook and challenges the revised account. The farming-versus-engineering conversation is about Tom's future. When defending Brand, argue motive before weighing consent and trust.

B · Vincent · Mann → fake reports → helmet → robot trap — Mann transmits misleading data to get rescued. When exposed, he attacks Cooper. Romilly dies in the explosion when he accesses KIPP. Mann later dies when his unsafe docking attempt goes wrong. 恐懼能解釋他的行為，但不能合理化傷害。

Mann 傳送誤導性的數據來求救。真相被揭穿後，他襲擊 Cooper。Romilly 操作 KIPP 時遇上爆炸而死。後來 Mann 的對接操作不安全，自己也因此喪命。

C · Kelvin · Tom → dust → the field — The dust threatens Tom's wife and surviving son. Murph sets fire to a field to distract Tom and return to the house. His message about letting Cooper go proves how he felt at that moment. It leaves room for interpretation about forgiveness.

沙塵威脅 Tom 的太太和仍在世的兒子。Murph 放火燒田，把 Tom 引開，自己趁機回屋。Tom 說要放下 Cooper 的留言，反映的是他當時的心情。至於他後來有沒有原諒爸爸，仍有不同解讀。

D · Subie · Brand → Plan A / Plan B → trust — Plan A was meant to move people off Earth using gravity. Plan B would start a colony with embryos. Brand believed he couldn't complete Plan A with the data he had. Murph later does complete the equation using new data. Tom's loss explains why he clings to the farm.

A 計劃想利用重力把人撤離地球。B 計劃則打算用胚胎在外星建立殖民地。Brand 認為手上的資料不足以完成 A 計劃。後來 Murph 用新數據解開了方程式。Tom 經歷過失去，這有助解釋他為甚麼緊抓着農場不放。

Q4. How effectively does the film's ending convey the director's intended message?

A · Leader · Ghost, promise, contrast — Inside the tesseract, Cooper's actions are what young Murph experienced as a ghost. The watch pays off their relationship. The station represents survival for evacuees, while Amelia's camp represents a possible new home. Keep those two places separate.

B · Vincent · Brief reunion → partly effective — Cooper wakes on a station near Saturn, then sees elderly Murph with her family. She asks him to go. Your criticism is about the pacing and emotional payoff, so acknowledge what worked before you say what felt rushed.

Cooper 在土星附近的太空站醒來，之後見到年老的 Murph 和她的家人。Murph 請他離開。你想批評的是節奏和重逢的感情效果，可以先說哪部分有用，再說哪部分太匆忙。

C · Kelvin · Hope → station; love → which message — Cooper manipulates the watch's second hand using gravity. TARS supplies the data, and Murph decodes it. Love helps him decide how to reach her. 希望來自保住了未來，也要承認失去的時間回不來。

Cooper 用重力操控手錶的秒針。TARS 提供數據，Murph 解讀訊息。愛幫 Cooper 決定怎樣聯絡她。太空站讓人類有未來，但錯過的時間始終回不來。

D · Subie · STAY → promise → final scene — Cooper tries to send STAY through the bookshelf, but his younger self still leaves. Later he sends the data. Elderly Murph is with her family. Amelia visits Edmunds' grave and sets up camp; Cooper leaves with TARS to find her.

Cooper 試着透過書架傳出『留下』，但年輕的他還是走了。後來他把數據傳出去。年老的 Murph 有家人陪伴。Amelia 去看 Edmunds 的墓，然後搭建營地。Cooper 帶着 TARS 出發去找她。

Scene reminders · Q5–Q6

Reference for the four speakers. Skip these notes when timing the discussion.

Q5. How does the film relate to your own life or the world around you?

A · Leader · Time → DSE; space versus Earth — The water-planet scene gives you a concrete image for limited study time. If C already covers imported food, use time as your contribution. Ask whether the two priorities can coexist.

B · Vincent · Leaving → child's view — Cooper's intention is to save his children's future, but Murph experiences the departure immediately. Challenge C on uncertainty. The overseas-work example is a comparison, and regular calls are your practical adaptation.

Cooper 是想挽救孩子的未來，但 Murph 當下就感受到爸爸離開的痛苦。可以問 Kelvin，Cooper 當時有多大把握。用到外地工作的例子作比較，再說定期通話是你可以做到的改變。

C · Kelvin · Blight, corn, dust → food supply — The film's blight is a crop disease. Use climate extremes as a real-world parallel, not as the stated cause of the fictional blight. A typhoon memory illustrates disruption; one storm alone doesn't prove a climate trend. 香港依賴進口，海外失收或運輸受阻也可能影響本地供應。

電影裏的枯萎病是一種作物病害。可以用現實中的極端天氣作比較。電影沒有說枯萎病是由天氣造成的。一次打風的經歷可以說明供應怎樣受阻。要判斷氣候趨勢，需要更多資料。

D · Subie · Textbook → AI clips → source check — The school uses a revised account of the Moon landings. Your modern point is how authority and repetition can make false claims feel credible. The Observatory is suitable for local weather claims. Your middle position on Cooper separates leaving from guaranteeing a return.

學校教的是改寫過的登月歷史。你可以連到現實：有權威的人這樣說，或者同一說法出現很多次，都可以令假消息聽起來可信。香港的天氣消息可以查天文台。你對 Cooper 有兩個判斷：出發有道理，保證回來卻不公平。

Q6. To what extent do you think the film is worth watching?

A · Leader · 8/10 → weigh both sides — Give a verdict with degree. Pair one strength with one limit. Zimmer's ticking adds urgency and the organ gives a sense of scale. Dialogue clarity is your listening criticism. Ask about a target viewer or trailer clip if the discussion needs another turn.

B · Vincent · 7/10 → long and difficult, still visually strong — Keep the distinction between disliking the length and appreciating the experience. The messages are your trailer example because the emotional point comes through without a physics explanation.

你覺得片長是一個缺點，同時也欣賞觀影體驗。你選影片留言作宣傳片段，是因為觀眾即使不懂物理，也能感受到當中的親情。

C · Kelvin · 9/10 → science worth exploring — Kip Thorne advised the film and later won a Nobel Prize. Real concepts informed the story; some devices are speculative. The giant wave gives you a clip that shows scale and danger immediately. 真實物理令故事有說服力，部分情節仍是科幻想像。

Kip Thorne 是電影的科學顧問，後來獲得諾貝爾獎。電影參考真實的科學概念，也加入一些科幻想像。巨浪片段很快就能讓觀眾感受到規模和危險。

D · Subie · Family audience → messages; docking → easy clip — The messages show what the father missed. The docking sequence gives you a second example: an unsafe docking attempt damages the Endurance, then Cooper matches its rotation. Subtitles can help with dialogue.

影片留言顯示爸爸錯過了甚麼。你也可以用對接作第二個例子：一次不安全的對接令 Endurance 號受損，之後 Cooper 要跟上它的旋轉速度。聽不清對白時可以開字幕。

Movie recap when you lose the thread

1. **Earth and the school.** Blight reduces the available crops, dust storms threaten health, and farming dominates daily life. Murph challenges the school's account of the Moon landings. The staff steer Tom toward farming. In Murph's room, a strange pattern in the dust gives Cooper coordinates to NASA.
2. **The two plans and the promise.** Professor Brand's Plan A is to solve gravity and move people off Earth. Plan B is to start a colony using embryos. Cooper agrees to pilot the mission and gives Murph a watch before leaving. Amelia Brand is the scientist on the mission and the professor's daughter.
3. **Miller's planet and the messages.** The planet is close to Gargantua. Time passes much more slowly on its surface. A giant wave and the delay getting back to the ship cost about 23 years for Romilly and the people far from the planet. Cooper catches up with his family through recordings.
4. **Tom and the farm.** Back on Earth, Tom refuses to move despite the dust making his family sick. Murph sets a fire to draw him away while she goes back to the house. Tom's loyalty to his home can be read alongside the losses he's suffered.
5. **Mann and the damaged Endurance.** Mann's promising reports are false. When confronted, he attacks Cooper. The trap on his robot KIPP kills Romilly. Mann attempts to dock without a secure seal and dies when the airlock blows. Cooper matches the damaged Endurance's spin to dock safely.
6. **Gargantua, the bookshelf and the watch.** Cooper and TARS detach to help Amelia continue. Inside the tesseract, Cooper can interact with different moments in Murph's room. He tries to send STAY and later encodes TARS's data in the watch. Adult Murph recognises the message and solves the gravity equation.
7. **The station and the new planet.** Cooper wakes on Cooper Station near Saturn and meets elderly Murph, who tells him to go to Amelia. Amelia is at Edmunds' grave and beginning work on the new colony. The ending pairs one family's goodbye with a second chance for humanity.

Three details to keep straight

- The visit costs about 23 years. The time ratio is about seven years per hour.
- Amelia's intuition about Edmunds and TARS's measurements do different jobs in the story. Feelings guide decisions; data enables Murph's calculation.
- Professor Brand and Amelia Brand are different characters. Mann fakes the planet data. Professor Brand withholds the obstacle to Plan A.

Sources used for this rehearsal edition

The six questions, roles, cue points and timing are from the live Claude Interstellar plan's final Script and A6 cue-card sections dated 11 November 2026. Film details were checked against the credited screenplay where needed. The dialogue here is original rehearsal wording for your group.

Original Claude discussion · Christopher and Jonathan Nolan's screenplay