



中大校園的合一亭，一般稱為天人合一，取意儒家學說的核心觀念，意謂人道、天道是相通不隔的。而在道家思想裏，天人合一便是指人應當以自然為法，順其自然而為之，以達到人與自然的和諧境界。

人對道的渴求，超越文化種族國家的界限。在芸芸中大學子之中，來自法國的景秀道姑，正是跨洲越洋而來的尋道者。這位全真道龍門派第三十二代弟子，用平易的語言，向我們闡述返璞歸真，法乎自然的體驗。

和諧境地，人皆嚮往。大學致力修訂家庭友善假期政策，就是希望讓員工在工作與家庭責任之間取得平衡。心境安穩，則無論在何崗位都能發揮正向能量，與同儕諧協並進。



The Pavilion of Harmony on campus is inspired by a core Confucius concept—the union of man and nature. In other words, heaven’s way and man’s way are interconnected. In Taoism, this union refers to the belief that human beings should follow the flow of nature in order to attain harmony with nature.

The pursuit of the way transcends cultural, racial and national boundaries. Among the Chinese University’s students there’s a Taoist nun ‘Jingxiu’—Karine Martin from France who had come to mainland China and then Hong Kong to study under Taoist masters. This 32nd generation disciple of the Longmen lineage tells us in plain language how to be simple, spontaneous and follow the ways of nature.

True harmony is everyone’s pursuit. The University has revised its family-friendly leave policy to enable staff to maintain a healthy work-life balance. Emotional well-being is conducive to performance at the job, and facilitative of workplace harmony.



景秀：我的人生完全改變了 (頁8) Karine Martin: My whole life has changed (p. 8)

Photo by ISO staff



大師琴音
Virtuoso in Action

由聯合書院與蔡冠深基金會合辦的「音樂聚會系列」，邀得著名大提琴家李垂誼4月17日蒞校演奏。
Renowned cellist Trey Lee performed on campus on 17 April in an event jointly organized by United College and Jonathan K S Choi Foundation.

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走進大學圖書館正門，通過入閘機後再往前走，迎面見到一組波浪狀的書架，前方放了幾張色彩繽紛的凳子。書架上有約二百本書，有些書脊朝外垂直插放，有的封面朝外，誘惑讀者翻開內頁，一看究竟。

這個地方是好書角。如果你厭倦了課堂的指定讀物，想拋開繁忙的研究生生活稍事休息，或者純粹想找本好書讀一讀，那就來對了地方。圖書館館長李露絲女士說：「除了為學業而看書，閱讀也可以純粹是為了樂趣和享受。上課學習時看的書愈多，學業成績大概也愈好，但大學生活除了學業成績，還關乎全人發展。閒暇時多閱讀，對於自己的人生方向，也會有透徹的領悟。這就是我們設立好書角的目的。」

好書角是在2005年設立，目的是在校內推廣閱讀文化，鼓勵師生閒暇時多看書。這裏的書本每六個月會換上新一批。

李露絲說：「好書角的書是由圖書館學習支援組的同事挑選。

我們會參考國際和本地書獎，並根據暢銷書排行榜為選取標準。這裏有中英文的小說和非小說類書籍，嘗試包羅各種領域，所以你會找到熱門的科普著作，還有經典文學作品。」

學習支援組的圖書館副主任陳展邦先生補充：「我們還會留意社會上的熱門話題。例如曼德拉去世時，我們就把他的傳記放到好書角。」馬拉拉·優薩福扎伊獲得諾貝爾和平獎時，她所寫的《我是馬拉拉》也出現在這裏的書架上。

圖書館每六個月會統計好書角借出數字，以便掌握讀者的口味和需要。你知道在最近期的統計數字中，哪本書最多人借閱嗎？答案是《飢餓遊戲》三部曲。

除了紙本書，圖書館還有預載了好書角電子書的Kindle閱讀器，供喜歡享受科技便利的人借出。李露絲說：「我們最初試驗Kindle借用服務，是預載通識教育科的書籍，結果大獲成功。所以決定擴大計劃，把好書角的書籍也納入。」

不過，電子書和紙本書的館藏不完全一致。陳先生解釋：「我們接到同事推薦的好書清單後，會同時嘗試獲取印刷版和電子版，但不是所有書都可以在亞馬遜（Amazon）買到Kindle用的電子版。」

現在圖書館有二十部Kindle可供借出，除了大學圖書館，崇基學院牟路思怡圖書館也有Kindle借用服務。

好書角的書籍不斷在變化充實。圖書館很想知道讀者愛看哪些書，以免有滄海遺珠，所以歡迎讀者填寫放在書架上的表格，或在網上填寫電子表格推薦好書。李露絲館長說：「我們要時刻留意流行文化中有哪些受學生歡迎的事物。」

她覺得好書角是成功的，但認為要推廣閱讀，還有很多工作可做。「我們有一個構思，就是邀請校內的學術領袖推薦和討論曾經啟發他們的書。我想這會是很吸引人的活動。」



時還讀我書 The Pleasure of Leisure Reading

Go straight after walking through the turnstiles at the University Library entrance, and you'll find an area with free-form bookshelves and some colourful stools. About 200 books are available on the shelves. Some are vertically stacked with their spines facing out, some are displayed in a face-out style, tempting you with a mere glance of their covers.

This is the Good Reads Corner. If you need a break from course readings, an interlude in your hectic life of research, or if you are simply looking for a good book to read, this is the place. As Ms. Louise Jones, University Librarian, says, 'Besides reading for academic purposes, you can read just for sheer pleasure and enjoyment as well. We know that the more you read for your course, the better your academic scores are likely to be. But actually university life is not just about your academic development, it's about your whole person development. As a person, you're going to develop greater insight into what you want to achieve in life with reading for pleasure. That's what we're trying to achieve with the Good Reads Corner.'

First set up in 2005, the Good Reads Corner is intended to promote a wider reading culture and encourage more leisure reading within the CUHK staff and student body. This rotating selection of popular reading materials is updated every six months.

Ms. Jones explains, 'The selection is made by colleagues of the Library's Learning Support Team. We also use international and local book awards, bestseller lists as our criteria. There are fiction and nonfiction titles of the Chinese and English languages. We try to appeal across the board. So you'll find the most popular science books there, as well as classical literature.'

Mr. Chan Chin-bong Dominic, Assistant Librarian of the Learning Support Team, adds, 'We also pay attention to hot topics. For example, when Nelson Mandela died, we put his biographies on the Good Reads shelves.' *I am Malala* was also put on the Good Reads shelves when Malala Yousafzai won the Nobel Peace Prize.

The Library produces check-out statistics every six months to gauge the tastes and needs of its patrons. Guess what tops the list of the most borrowed Good Reads Books in its latest statistics? It's *The Hunger Games* trilogy.

In addition to print books, those who are more willing to embrace new technology can check out Kindles loaded with Good Reads titles in e-book format. 'We started the Kindle development with the general education collection books and that proved very popular. So we decided to extend and include Good Reads titles,' says Ms. Jones.

But the e-book collection is not the same as the print collection. Mr. Chan explains, 'When we receive the recommended titles from our colleagues for the Good Reads Corner, we'll look for both print copies and Kindle e-books. But not all titles are available from Amazon.'

Now 20 sets of Kindle are available for borrowing. They are also available at the Elisabeth Luce Moore Library at Chung Chi College.



李露絲女士與陳展邦先生
Ms. Louise Jones and Mr. Dominic Chan

The books at the Good Reads Corner are an evolving collection. The Library is interested in learning what its patrons are eager to read and wants to ensure that relevant titles are not inadvertently omitted from the collection. So it welcomes its patrons to suggest additional titles by using paper forms available at the Good Reads Corners bookshelves or the e-form on its website. 'We need to keep in touch with what is popular with our students in terms of popular culture,' says Ms. Jones.

Though she considers the Good Reads Corner a success, she believes that there is always more they can do to promote reading. 'One idea we have is asking our academic leaders to recommend and talk about the books that have inspired them. I think that would be appealing.'

家庭友善假期

——可能是存而未聞的員工福利

Family-friendly Leaves

——Staff Benefits You May Not Have Heard Of

男士侍產假在港討論多時，終於今年寫入《僱傭條例》，從2月27日起，私人公司的新任爸爸有三天支薪五分之四的法定侍產假，陪伴妻子分娩，迎接小生命誕生。這是香港就業法例一大突破，但也許這喜訊對中大職員而言不會引起太大感覺，因為早在2008年，中大的男職員已可享五天的全薪侍產假，相同福利在政府公務員體系也要到2012年才施行。

更讓其他打工一族羨慕的是，中大七年前推出的「家庭友善假期」除侍產假外，還包括領養假和喪親假，是大學在法定要求以外，向員工提供的額外福利，以方便職員照顧家人，應對人生不同階段的轉變和需要，在履行工作與家庭的責任上，取得平衡。

因應《僱傭條例》的修訂，中大也優化了三種「家庭友善假期」的實施細則。

侍產假：五日

子女出生，爸爸怎樣才可放五日全薪侍產假？首先要於支取侍產假之前連續全職受僱四十週，即大約十個月，比修訂前要求的一年服務期減少逾兩個月限制。

舊安排下，侍產假適用於「合法配偶懷孕」情況，現按新法例修訂，只須出示僱員是嬰兒父親的出生證明。若嬰兒在香港以外出生，僱員同樣受惠。

新任爸爸可於預產期的「前四」至確實出生日期的「後十」週內任擇日子，自選一次過或分期支取五日侍產假，每次最少半天。準爸爸要在預產期前三個月向上司表明打算放假，並在確定日子後盡早遞交正式的假期申請，為工作調配作好安排。

據人事處統計，2013和2014年分別約有九十和六十位全職中大爸爸迎來家庭新成員的降臨。

領養假：三日

和侍產假一樣，連續受僱滿四十週的全職職員可申請領養假，領養兒童的年齡需為十二歲以下，並將與有關僱員於香港同住。

申請領養假的僱員要提早一個月向上司表明意向，並及早提供證明文件，遞交正式申請。三天的有薪領養假可於領養日起的三個月內分期或連續支取，每次最少半天。

喪親假：兩日

新安排下，喪親假的服務年期限完全取消，不論入職長短，痛失近親的全職僱員均可申請，而近親指的是配偶、父母、子女、兄弟姊妹或配偶之父母。

兩天的有薪喪親假可以分期支取，每次最少半天。

想了解更多修訂後的家庭友善假期規例，請瀏覽人事處網頁 (www.per.cuhk.edu.hk) 內的僱員手冊。

After years of debate, a law granting employees paternity leave has finally been passed and written into the Employment Ordinance. From 27 February, new dads employed by private firms are able to claim three days' leave on four-fifths of their usual pay. This policy represents a breakthrough for Hong Kong's employment regulations. However, it doesn't bring much change to people working at CUHK. Since as early as 2008, male staff of the University have been entitled to five days of paternity leave on full pay under a family-friendly leave policy, whereas Hong Kong's civil service introduced the same only in 2012.

What is more enviable is that in addition to paternity leave, the family-friendly leave policy introduced seven years ago also consists of adoption and bereavement leaves. They are extra benefits provided by the University, exceeding statutory requirement, to help employees manage their family responsibilities, and cope with changing circumstances and needs at different stages of life.

For better compliance with the statutory provision, CUHK has taken the opportunity to review its three types of family-friendly leaves and adjust their regulations.

Paternity Leave: Five Days

To be eligible for the five-day leave on full pay, new fathers need to have completed 40 weeks' full-time continuous service at the University before taking time off. That amounts to about 10 months, over two months shorter than the previous one-year service requirement.

Under the old regulations, the leave only applies to childbirth given by the male employee's legal spouse. It has now been revised to any individual whose name is entered as the new-born's father in the birth certificate. The leave is also applicable to births outside Hong Kong.

It allows fathers to take the leave at any time from four weeks before the expected birth date to 10 weeks after the baby's arrival. Leave may be taken in one go or on separate days on a half-day basis. The father has to inform his supervisor three months in advance that he will be taking time off, and submit his leave applications once the days are confirmed to facilitate staffing arrangement.

According to the Personnel Office, there were 90 and 60 male full-time appointees who had new family members born in 2013 and 2014, respectively.

Adoption Leave: Three Days

As with paternity leave, the service requirement of adoption leave has been reduced to 40 weeks of full-time continuous employment. The adopted child should be under 12 years of age, and will be living together with the appointee in Hong Kong.

Applicants should give their supervisors notice of their intention to take adoption leave one month ahead, and submit supporting documents and leave applications as early as practicable. The three-day leave can be taken consecutively or separately, within three months from the adoption date. The leave may be taken on a half-day basis.

Bereavement Leave: Two Days

Under the new regulations, bereavement leave is available without any required minimum length of service to all full-time staff who have lost a close relative, that is, spouse, parent, child, brother, sister, or parent-in-law.

The two-day leave on full pay can be taken separately, with a per-application minimum of half a day.

Information on the updated leave policy is available on the online Staff Handbook at www.per.cuhk.edu.hk.

「同事需要支取家庭友善假期時，亦是工作團隊互相表示關懷體諒的機會。我們鼓勵同事多些溝通，因應需要，互相支持，為工作團隊締造和諧正向的工作環境。團隊成員受惠於此，得以妥善兼顧工作與家庭，工作效率自然高，對工作也會更用心、更投入。」

'When a colleague needs to take family-friendly leaves, it is also time for his/her team to show support. We encourage open communication and mutual understanding among colleagues. It contributes to a harmonious, positive work environment. Team members who can manage work and family responsibilities effectively tend to become more productive and committed at the workplace.'

人事處處長
利順琮女士
Ms. Lee Shun-king Corinna,
Director of Personnel

Photo by ISO staff



八名中大生獲頒創新科技獎學金

Eight CUHK Students Awarded Innovation and Technology Scholarship

由香港青年協會主辦，並獲滙豐銀行贊助及香港特區政府創新科技署支持的創新科技獎學金計劃，本屆共頒發二十五個獎項，中大本科生表現超卓，獲當中三分之一的獎項，每名得獎者可獲得高達港幣十五萬元之獎學金。

該獎學金計劃旨在嘉許傑出的理工科本科生，並透過海外暫讀計劃、導師計劃、服務項目計劃及本地實習生計劃開拓他們的視野，從而鼓勵得獎人以科學及科技作為終生職業。

於頒獎典禮上，沈祖堯校長獲邀在真情對話環節中與得獎者分享他在香港爆發沙士疫情期間面對逆境的經驗，並勸勉獲獎學生要定立長遠的人生目標。

應屆得獎者陳瓏也在真情對話環節中與嘉賓交流。陳同學現已遠赴美國耶魯大學分子生物物理和生物化學系進行暑期研究實習。



CUHK students have won a third of the 25 awards under the Innovation and Technology Scholarship Award Scheme organized by the Hong Kong Federation of Youth Groups with sponsorship from HSBC and support from the Innovation and Technology Commission of the Hong Kong SAR Government. They will each be awarded up to HK\$150,000.

The scheme aims to give recognition to outstanding undergraduates in science and engineering fields, and broaden their horizons through different opportunities, including overseas attachment programmes, mentorship programmes, local internship programmes and service project programmes. It is intended to encourage the awardees to pursue science and technology as their lifelong career.

CUHK Vice-Chancellor Prof. Joseph J.Y. Sung was one of the guest of honour of the award presentation ceremony. In the Heart-to-Heart Talk session, he shared his experience of facing difficulties during the SARS outbreak in Hong Kong with some of the awardees, and advised them to set long-term goals for their life.

Mr. Chan Long, one of the awardees participating in the Heart-to-Heart Talk, has just embarked on his journey to join a summer research attachment in the Department of Molecular Biophysics and Biochemistry at Yale University.

獎學金得獎者名單 List of Scholarship Recipients

姓名 Name	課程 Programme	就讀年級 Year of Study
陳瓏 Chan Long	內外全科醫學士 MB ChB	三年級 Year 3
韓小澄 Han Siao-cheng Diana	內外全科醫學士 MB ChB	三年級 Year 3
郭偉業 Kuo Wai-yip	系統工程與工程管理學 Systems Engineering and Engineering Management	二年級 Year 2
林萃禧 Lam Ping-hei	內外全科醫學士 MB ChB	三年級 Year 3
李詩慧 Li Sze-wai	內外全科醫學士 MB ChB	一年級 Year 1
陸萃雯 Luk Sui-man	物理學 Physics	三年級 Year 3
謝非 Xie Phil-fei	內外全科醫學士 MB ChB	三年級 Year 3
葉志堯 Yip Chi-yiu	機械與自動化工程學 Mechanical and Automation Engineering	三年級 Year 3

社工系卓越督導獎

Social Work Exemplary Field Instruction Award



社會工作學系於3月30日舉辦了「卓越督導獎頒獎典禮暨機構講座2014-15」，向李麗珠女士（右二）、吳子樂先生（左二）及黃秀貞女士（左三）頒發卓越督導獎，以表彰三人表現傑出，在學生實習期間，促進他們的專業發展和個人成長。當日活動由社會科學院院長趙志裕教授主禮，逾八十名機構代表、實習督導、學系教職員、得獎者家人、畢業生及學生出席。

The Department of Social Work held its Exemplary Field Instruction Award Ceremony cum Agency Seminar 2014-15 on 30 March. The Exemplary Field Instruction Award is aimed at acknowledging the dedicated and excellent service of field instructors in maximizing students' professional growth and learning in field placement. With Prof. Chiu Chi-yue, the Faculty Dean of Social Science, as its guest of honour, the ceremony was attended by more than 80 guests, including heads and representatives of social service agencies, fieldwork supervisors, staff members, graduates, students and family members of the awardees, who were Miss Lee Lai-chu Leanna (2nd right), Mr. Ng Tsz-lok Gary (2nd left) and Miss Wong Sau-ching Dada (3rd left).

世界大學聯盟年度會議

Worldwide Universities Network Conference

中大於4月25至30日假校園舉辦世界大學聯盟 (WUN) 年度會議暨研討會。約四百位來自世界各地的聯盟領導層、研究員、管理人員、業內人士、政策制定者及專家雲集香港，一同審視聯盟之發展，並制定未來的研究計劃。多場學術會議於期間舉行。研討會以校長論壇作結，超過三十位聯盟領袖及來自中國內地的高等教育領導層匯聚於香港中文大學 (深圳)，一同探究中國以至全球之高等教育改革路向。

CUHK hosted the Worldwide Universities Network (WUN) Conference and Annual General Meeting from 25 to 30 April. The conference brought to Hong Kong 400 delegates comprising the network's leadership, as well as researchers, experts, administrators, practitioners and policymakers from all over the world, to assess progress of the network, review and plan its research programmes. A number of academic meetings and conferences were also held during the period. The event ended with a presidents forum held at The Chinese University of Hong Kong, Shenzhen, where over 30 WUN presidents and Chinese presidents considered the reform agendas for higher education in China and the world.



中大與WUN

CUHK and WUN

WUN是甚麼組織？它與其他同類型組織有何不同？對中大而言又有何重要之處？

What is WUN and what distinguishes it from other similar consortia? Why is it important to CUHK?

WUN是由來自十一個國家共十九所研究型大學組成之網絡。中大於2011年加入，是中大首次參與以研究為主導的學術組織。WUN以研究主導，促進跨學科合作及培育年輕研究員為大前提，而聯盟內許多成員皆為其國家內的學術權威。同時，中大與WUN擁有很多共同研究興趣。大學希望藉此策略平台與其他院校在教學及研究上推行多方面協作項目。

WUN is an exclusive network of 19 research-intensive universities in 11 countries. CUHK joined the network in 2011. Until then, the University had not formally been associated with any university network focused on research. WUN has a strong focus on research, fostering interdisciplinary collaboration and nurturing early-career researchers. Many WUN members are well respected within the academic jurisdiction in their own countries. Besides, CUHK shares common research interests with WUN. The University is keen to make use of this strategic platform to engage in multi-faceted collaboration for teaching and research.

中大在WUN擔任甚麼角色？

What roles does CUHK play in WUN?

大學一直積極參與聯盟中領導工作及研究事務。在領導層面，中大校長最近獲選為WUN合夥董事會副主席，並將於2016年出任主席，為期兩年。沈校長將會領導聯盟，制定未來策略及發展方向。研究方面，中大與盟友合作逾三十個WUN資助的研究項目。

The University has an active role at both leadership and research levels. At the leadership level, our Vice-Chancellor was recently elected as vice chair of the Partnership Board, the governing body of WUN, and will become chair in 2016 for a period of two years, leading the effort in setting strategic direction and vision of the network. At the research level, CUHK is engaged in over 30 projects supported by WUN and in collaboration with all members.

在校園內主辦會議有何意義？

What is the significance of hosting the conference on campus?

我們能藉此提升中大的國際形象，並加深眾人對世界大學聯盟的認識，更重要的是推動科研合作。是次會議促成了多項有關人口遷移、公共衛生，以及數碼文化領域的研究，不少中大教員亦有參與其中。

We were able to enhance the University's international presence and the awareness of WUN, and more importantly, facilitate research collaboration. A number

of projects in the areas of migration, public health, and digital cultures involving CUHK faculty members have emerged from the event.

WUN提倡跨學科研究，能為我們的教員帶來甚麼機遇？
WUN promotes interdisciplinary research. What opportunities are there for our faculty members?

WUN致力促進名為「環球挑戰」的四大跨學科研究（氣候變化、文化、高等教育和研究、公共衛生）。聯盟每年都會推出「科研發展基金」（RDF）計劃，為成員院校教員提供種子資金，以開展有關「全球挑戰」的科研合作，至今已有多位中大教員以首席研究員或合作研究員身份參與RDF項目。

WUN fosters interdisciplinary research activities in four key areas known as the Global Challenges (climate change, cultures, higher education and research, and public health). It runs an annual scheme called the Research Development Fund (RDF) which provides seed funding to kick-start research collaboration among members along the Global Challenges. Over 30 CUHK faculty members have so far been involved in RDF projects, either as principal investigators or participants.



學術交流處處長范瑞欣女士
Ms. Fan Shui-yan Shally,
Director of Academic Links

女子羽毛球隊三連冠

Women's Badminton Team Champion for Third Year

中大隊在3月29日舉行的大專盃女子羽毛球決賽中與香港大學對壘，最終以三比零取勝，連續三年獲此項比賽冠軍。教練湯遠明（右二）說，雖然中大隊被各界看高一線，但從來沒有鬆懈，而且比其他人更努力。他說：「這種鴨子划水的態度，才是我們成功三年衛冕的關鍵。」

On 29 March, the CUHK team played against the University of Hong Kong in the final of the USFHK Women's Badminton Competition. CUHK players defeated their opponents by 3-0, making it the champion of the third year in a row. Mr. Tong Yuen-ming (2nd right), head coach of the team, said that though CUHK had a strong line-up of players, they worked harder than others and never slacked off. He said, 'We believe in working hard in silence and letting your success be your noise. This belief is the key to our victory for three consecutive years.'



醫科生奪「科學一叮」比賽冠軍 Medical Student Wins Grand Prize in FameLab Contest

醫學院三年級生羅詠詩(中)在3月14日憑出色表現,在英國文化協會舉辦的科學傳意比賽「科學一叮」香港區大賽2015勇奪冠軍,並獲現場觀眾票選贏得「觀眾心水大獎」。

羅詠詩以「我們內置的生理時鐘」為自選演說題目,講解人體內染色體末

端的端粒(telomere)縮短與細胞老化之關係。她將於本年6月代表香港到英國參加喬汀瀚科學節「科學一叮」國際總決賽,與來自超過二十個國家的選手一較高下。

此外,物理系四年級生羅育庭(左三)亦在是次賽事取得第三名佳績;中大更以最多參賽人數,連續第二年獲頒「最佳機構代表獎」。

Law Wing-sze Nancy (centre), a Year 3 medical student at CUHK, captured the grand prize at the FameLab competition Hong Kong 2015 on 14 March. The science communication competition was organized by the British Council. She was also voted by all audience as the winner of the Audience Choice Award.

Themed 'Our Internal Biological Clock', Nancy's winning performance was about the relationship between the shortening of telomere and ageing. She will represent Hong Kong to compete with students from over 20 countries in the FameLab International competition at the Cheltenham Science Festival in the UK in June.

Law Yuk-ting Albert (3rd left), a final year physics student, was the second runner-up in the competition. CUHK took home the Best Institution Award for having the highest number of participants among all local institutions for two consecutive years.



照片由英國文化協會提供
Courtesy of British Council Hong Kong

保育生物多樣性論壇 Biodiversity Conservation Forum

中大賽馬會地球保源行動於4月24日在尖沙咀香港童軍中心舉辦環境及氣候論壇系列之「保育生物多樣性」論壇,邀請來自不同界別的專家分享意見及觀點。論壇吸引了一百四十名來自公營部門、私營機構、各區學校和大專院校等人士出席並參與討論。



是次「保育生物多樣性」論壇由中大生命科學學院副教授朱利民教授擔任主持,邀得漁農自然護理署高級自然護理主任(生物多樣性)陳堅峰先生(上圖)擔任主題演講嘉賓,其他嘉賓講者包括香港大學生物科學學院首席講師侯智恒博士和開創綠家園創辦人左治強先生。

CUHK Jockey Club Initiative Gaia held a forum entitled 'Biodiversity Conservation' at the Hong Kong Scout Centre in Tsim Sha Tsui on 24 April. The forum as part of the Environment and Climate Change Forum Series, gathered experts from different sectors to share knowledge and insights on biodiversity conservation. One hundred and forty participants from public and private sectors, local schools and tertiary institutions were in attendance.

Mr. Simon Chan (above), senior conservation officer (biodiversity) of the Agriculture, Fisheries and Conservation Department, was the keynote speaker. Other guest speakers included Dr. Billy Hau, principal lecturer, School of Biological Sciences of the University of Hong Kong, and Mr. George Jor, founder of Grateful Green Group. The forum was chaired by Prof. Chu Lee-man, associate professor at the CUHK School of Life Sciences.

宣布事項 Announcements

哈佛燕京學社進修資助計劃 Scholarship/Fellowship at the Harvard-Yenching Institute

哈佛燕京學社現接受本校人文學科及社會科學教員申請2016至17年度進修資助計劃。詳情如下:

訪問學人資助計劃

此計劃資助教員前往哈佛大學進修或從事研究工作,為期十個月。資助項目包括單人來回機票、生活津貼(以十個月為限)、醫療、聘請研究助理及參加學術研討會津貼。

訪問研究員資助計劃

此計劃資助博士研究生前往哈佛大學從事研究工作,為期三個學期。從事有關東亞之比較研究之申請人將獲優先考慮。資助項目包括交通、訪問研究員津貼、生活津貼及參加學術研討會津貼。

訪問學人資助計劃申請人須把申請表格及有關文件,經有關學系系主任及學院院長送交培訓事務經理周偉榮先生,俾轉呈常務副校長考慮。申請截止日期為2015年8月3日。

訪問研究員資助計劃申請人則須把有關申請送交研究院助理主任蘇少嫻女士作內部篩選處理。申請截止日期為2015年7月3日。有關申請表格可於人事處網頁 (https://perntc.per.cuhk.edu.hk/personnel/stafftrain_ext.asp) 下載。

哈佛燕京學社之代表或會來港接見經大學推薦、通過初部甄選之申請人。查詢詳情可電郵至: per10@uab.msmail.cuhk.edu.hk。

Applications/nominations are now invited from faculty members in the humanities and social sciences for the following two Harvard-Yenching Programmes tenable in 2016-17:

Visiting Scholars Programme (VSP)

This programme allows young faculty members in the humanities and social sciences to study and conduct research at Harvard University for 10 months. The scholarship will cover round-trip airfare, a monthly stipend, fees for health insurance, and funding for hiring a research assistant or an editor and for participation in two academic conferences in North America.

Visiting Fellows Programme (VFP)

This programme provides advanced PhD candidates an opportunity to do dissertation research at Harvard University for three semesters. Preference is given to those working in East Asian studies, especially with a comparative focus. The fellowship will cover round-trip airfare, the Harvard University Visiting Fellows fee, a stipend for a single scholar, and funding for taking an English Class or hiring an editor and for participation in two academic conferences in North America.

Application forms are obtainable at the Personnel Office's website (https://perntc.per.cuhk.edu.hk/personnel/stafftrain_ext.asp)

Nominees should submit a Summary of Submission (PO/SR3), also obtainable from the above website, together with the completed application forms and requisite supporting documents, with the endorsement of the Department Chairman/Unit Head and the Faculty Dean as appropriate, to Mr. Daniel Chow, Training Manager (for VSP application) on or before 3 August 2015 or to Ms. Vera So of the Graduate School Office (for VFP application) on or before 3 July 2015 for internal review. After the University has submitted its nominations to the Harvard-Yenching Institute, the nominated applicants shortlisted will be interviewed by an Institute interview panel in Hong Kong. For enquires, please email per10@uab.msmail.cuhk.edu.hk

2015教學人員評審及相關事宜 2015 Annual Staff Review Exercise and Related Matters for Teaching Staff

有關教學人員「晉升/教授級薪金組別提升」,以及「退休/屆退休年齡後延任」的年度評審現已展開。詳情可參考人事處通函編號(GC04/2015),或參閱人事處網頁 (<https://www.per.cuhk.edu.hk/PersonnelAnnouncements/tabid/72/Default.aspx>)。

The reviews on the 'advancement/crossing of pay bands', and the 'retirement/extension of service beyond statutory retirement date' for teaching staff have commenced. For details, please refer to the general circular (GC04/2015) of the Personnel Office. It is also available at the Personnel Office website (<https://www.per.cuhk.edu.hk/PersonnelAnnouncements/tabid/72/Default.aspx>).



變戲法似的3D打印技術

Creating Objects out of Thin Air:

3D Printing

去年12月，國際太空站上的太空人兼指揮官**巴里·威爾摩**需要一把套筒扳手，碰巧站上沒有這工具。不打緊，他就用站內的3D打印機打印一把，無須等待下次運補作業從地球運來，才有扳手可用。

除了這件尋常工具，航天工業也利用3D打印技術製造大型物件。最近美國太空總署的工程師就以3D打印出首件全尺寸的銅製引擎零件，那是能抵禦極度高溫和低溫的燃燒室內壁襯套。

製造業的生產方式也因3D打印技術而改變。汽車業比大多數其他工業更早應用這種技術，福特和寶馬早在1980年代末已採用，那時候它還稱為「增材製造」。

汽車業在過去二十年探索了這種技術的各種用途——由製造原型車至直接生產零件。寶馬以3D打印技術生產小型金屬水泵輪，裝在賽車上。這種技術最適合用於小批量生產高精度零件。

世上首台商業應用的3D打印機是在1986年發明，CNN最近訪問了發明者**查理斯·赫爾**，他說最令他訝異的是3D打印技術的某些醫學應用。

3D打印技術確實大大革新了醫療手段。現在外科醫生可以用電腦斷層掃描資料打印出病人的心臟、腎臟和肝臟模型，用來指導如何做手術。這些模型令醫生看得見實物大小器官的真實形態，有助在手術前準確規劃。

他們也利用3D打印，為器官受損的病人量身訂做植入物。芝加哥大學的研究人員為治療氣道有缺陷的嬰兒，根據每名嬰兒的情況，以可由人體吸收的物料，用3D打印機印出訂做的夾板。

3D打印也非常適合製造廉宜義肢。名為e-NABLE的志願團體就專門免費提供3D打印的義肢，造福缺少手指或手掌的兒童和成人。

有些3D打印機用特殊墨水混合生物材料和活細胞，打印出活組織和小型的人體器官。這些活組織暫時是用於研究和臨床前篩查，例如藥物試驗。長遠發展是可望利用人體細胞製造出替代器官，供細胞主人所用。



3D打印行業的權威刊物《沃勒斯報告》在2014年預測，3D打印業全球營收將從2013年的三十億七千萬美元，到2018年增至一百二十八億美元，2020年前會超過二百一十億美元。

礙於價錢，3D打印機暫時仍未普及至成為一般家庭的用品。但如果想試試自製3D產品，也無須是太空人。中文大學圖書館的進學園就有3D打印服務，供你隨時使用。

In December last year when astronaut and commander on the International Space Station **Barry E. Wilmore** needed a socket wrench which was not available on the Space Station, he just printed it with a 3D printer, saving him the trouble of waiting for the next resupply mission.

In addition to this ordinary tool, the aerospace industry is using 3D printing to make something bigger. NASA engineers recently have used 3D printing to produce the first full-scale copper engine part, a combustion chamber liner that can withstand both extreme hot and cold temperatures.

3D printing is also transforming the way manufacturing is done. The automotive industry began using 3D printing technologies long before most other industries did. Ford and BMW started using it in the late 1980s when the technology was still commonly known as 'additive manufacturing'.

Over the last two decades, the automotive industry has been exploring the use of such technologies, from building prototypes to direct production of parts. BMW uses 3D printing to produce a light-metal water pump wheel for its racecars. The technology shows its greatest advantage in the production of small batches of high precision, high accuracy parts.

The first commercially available 3D printer was invented in 1986 by **Charles Hull**. When interviewed by CNN recently, he said that some of the medical applications of 3D printing technologies surprised him the most.

The ability of 3D printing technology to revolutionize medical care is indeed astonishing. Now surgeons can use CT scan data to create 3D-printed replicas of hearts, kidneys and livers to guide surgeries. These replicas allow surgeons to see the organ in its actual size and to carry out precise pre-operative planning.

They also use 3D printing to customize implants for patients to replace damaged body parts. Researchers at the University of Michigan have used 3D printers to create patient-specific splints with 'bioabsorbable' material to treat infants born with defective airways.

3D printers are also perfect for creating cheap prosthetics. A volunteer organization called e-NABLE specializes in providing free 3D printed prosthetic hands for children and adults born with missing fingers or hands.

There are 3D printers that use a special ink that can be combined with biomaterials and living cells to build living tissue and miniature human organs. At this point these 3D-printed living tissues are used for research and pre-clinical screening, such as drug testing. But developments in this area are heading towards 3D printing replacement organs from a person's own cells.

According to the *Wohlers Report 2014*, an authoritative publication on the developments of the 3D printing industry, the worldwide 3D printing industry is expected to grow from \$3.07 billion in revenue in 2013 to \$12.8 billion by 2018, and exceed \$21 billion by 2020.

Though 3D printers are not yet a household item because of their prices, you don't have to be a spaceman to try your hand at making your own 3D products. The CUHK Library offers 3D printing service at the Learning Garden.



西班牙珍寶船

Spanish Galleon

西班牙菜以用料新鮮、色彩鮮豔、香氣濃郁著稱，海鮮、豬、羊是常用素材。不過，為了響應「無綠不歡星期一」素食午餐計劃，晨興書院餐廳推出的「西班牙飯釀茄子」是全素的，讓我們吃得健康又環保。

餐廳負責人說，這道釀茄子製作需時，每天只能供應十數客。做法首先將茄子挖去中心部分，放入焗爐烤軟，將三色椒、番茄、蘑菇等與珍珠米飯炒成餡料，釀入茄子中烤熟，最後淋上茄汁和芝士粉，配上沙律跟吐司伴碟便大功告成。

西班牙飯釀茄子的造型別出心裁：一片墨西哥薄脆插在餡料滿載的茄子之上，猶如大航海時代的一艘蓋倫帆船，源源不絕地運送着美洲的寶物。如想增強代入感，不如取餐到餐廳的室外長廊，在馬鞍山和吐露港的美景前享用，感受一下撲面而來的海風。

Spanish cuisine is known for being flavourful and visually rich. Seafood, pork, and lamb are common ingredients. Nevertheless, in response to the 'Meatless Monday' campaign launched by 'Green Monday', the dining hall at Morningside College introduces the dish eggplant stuffed with vegetarian paella so members of the campus can enjoy Spain-inspired flavours in a more environment-friendly way.

According to the manager, the dining hall serves only a dozen portions of the eggplant dish every day because the cooking method is time-consuming. To prepare the dish, first scrape out the pulp of the eggplant then bake the boat-shaped eggplant until tender. Heat a little oil in a frying pan and slowly stir in short-grain 'pearl' rice, bell pepper, tomato, and mushroom. This will be the filling. When the filling is ready, stuff it into the eggplant and put it in the oven to bake again. When ready, top the eggplant with tomato sauce and powdered parmesan. The eggplant is served with a salad.



Photo by ISO staff

As a final flourish, a tortilla chip is stuck on the stuffed eggplant. This makes it look like a Spanish galleon in the Age of Discovery shipping treasures from the Americas. It is a good idea to enjoy the dish at the outdoor dining area of the said dining hall with the beautiful scenery of Ma On Shan, Tolo Harbour, and salt-scented breeze as your company.

景秀

文化及宗教研究系博士生

Karine Martin

PhD Student, Department of Cultural and Religious Studies

世界眾多宗教中，為何信奉道教？

我喜歡道教是因為它是性命雙修的宗教，同時關注身和心這兩個人生的重要層面。這是它與其他宗教不同之處，其他宗教有些關心身體，另一些則專注心靈。道教是非常古老的傳統，經典卷帙浩繁。如要學道，就會接觸大量材料。道教也是生氣蓬勃的傳統，有大師能引領你入門，這是我來中國的原因。道教源於中國，這裏有許多我可以追隨的大師。

道姑是做甚麼的？和其他宗教的修女或比丘尼有何分別？

道姑持守的清規戒律和其他奉行隱修制度的宗教大同小異。道姑須守五戒，即戒殺，戒盜，戒淫，戒妄語，戒酒。我們還有所謂三皈，即皈依道，皈依經，皈依師，因為道是萬物的本源，師引領我們修道，經則令你更了解自己、世界和大自然。

你有多少位師父？他們教了你甚麼？

我的第一位師父是**黃世真**，他收我為全真龍門派傳人，並賜我「景秀」這個道號。「景」是龍門法派詩第三十二個字。創派祖師在創派時寫了這首詩，每輩傳人順序選用一字。我這輩用第三十二個字。師父選了「秀」為我道號的第二個字。他教導我在道觀生活的規章戒律，以及如何適應這種生活方式。我在武漢追隨第二位師父**任宗權**，學習道教科儀和閱讀經典。我的第三位師父是雲南巍寶山的**劉圓通**，他教我打坐練氣，令我保持健康。

隱修學道令你的人生有何改變？

外在而言，我的人生完全改變了；內在而言，我更為從容自在。這並非說我從前不快樂，而是我對人生有了更透徹的了悟，令我內心更為平靜。我們感到不快樂，通常是因為不了解自己、其他人和世界如何運作，但一旦你把道教無爭的道義應用出來，人生處世就會更悠然自適。

最大的犧牲是甚麼？

我不覺得有何犧牲，因為我所做的一切，都是我想要做的。就算不是我想做的，也是為了獲得重要的領悟而必須做的。

入道可以分不同程度。你可以偶爾上上道觀，讀讀道教經典，看看有關道教哲學的書籍。你也可以追隨師傅學道，並在家打坐，或者更常讀經，令道教成為人生中更重要的部分。或者你可以把人生全部專注於修道。你想要達到甚麼程度都可以，沒有人會加以論斷，因為只要這是你心意所屬，那就最適合於你。對於那些沒有我那麼投入修道的人，我不會覺得自己比他們更高等。我們應簡樸隨意，率性自然，隨心之所適。

你受過的神經科學訓練與你的宗教觀如何互相影響？

我學習神經科學和修道是出於相同目的，只是途徑不一樣。我學習神經科學，是為了更了解自己和世界，而我現在修道，也是為了這目標。神經科學的目標是了解人腦，以製造藥物治病。道教則是為了自我療愈，並達至能從容面對世間萬物的境界。

你在中大修讀甚麼？為甚麼會來？

我在中大師從**黎志添**教授研究當代隱修道教，這是我的博士研究。我可以利用我過去十年在中國大陸道觀生活的經驗。我也覺得關於道教世界的研究很少，很少人知道它是宗教，知道它可以是一種隱修宗教的人就更少了。

我希望見到道教典籍翻譯為其他語文。現存的道書有一千六百多種，但有翻譯的只有0.5%。你看看世上所有大宗教，只有道教沒有真正傳播到中國或華人社會以外的世界。

What moved you into Taoism among religions? Why Taoism?

What I like about Taoism is that it focuses on two important aspects of life—the body and the mind. This distinguishes it from other religions where some might focus on the body, while others might focus more on the mind. Taoism is a very ancient tradition with a wide range of scriptures. This means if you study Taoism, you'll have access to a wide range of material. Taoism is also a living tradition. There are masters who can guide you into the religion. That was why I came to China. Taoism originated in China and there are still many great masters in China whom I could learn from.

What exactly is a Taoist nun? In what ways do Taoist nuns live differently from other nuns?

A Taoist nun is subject to rules and regulations similar to those of other religions that embrace monasticism. Taoist nuns take five vows—not to kill, steal, lie, have sexual activities, drink alcohol. We also follow the three worships. We worship the Tao as the source of everything; worship the master because he's the one guiding us towards the Tao; the scriptures because they enable us to better understand ourselves, the world and nature.

How many masters have you had and what did they teach you?

My first master **Huang Shizhen** gave me my lineage and name Jingxiu. 'Jing' is the 32nd character of the Longmen lineage poem. The founder created the poem when he founded the lineage and each generation of disciples would choose a character in order. Mine is the 32nd character. My master picked the second character 'Xiu' for me. He taught me the rules and regulations of living in a temple, and how to adapt to this way of life. I followed a second master in Wuhan, **Ren Zongquan** from whom I learn how to practise the rituals and read the scriptures. A third master **Liu Yuantong** in the sacred Mount Weibao in Yunnan showed me how to practise meditation and circulate the *qi* in my body so that I'm always in good health.

What changes have your monastic existence brought to your life?

Externally my whole life has changed. Internally, I'm more relaxed. This is not to say I wasn't happy before, but that I've reached a deeper understanding of life and so it makes me much more at peace. Very often we get upset because we don't understand how we, others and the world work. But once you apply the practice of Taoism which is about non-contention, you go through life in a much more leisurely way.

What has been the greatest sacrifice?

I don't feel there's been any sacrifice because everything I've done was what I wanted to do. If it wasn't what I wanted to do, it was what was necessary for me to achieve something important.

You can enter Taoism at different levels. You can go to the temple and read the scriptures and about Taoist philosophy from time to time. You can choose to make it a



Photo by ISO staff

more important part of life by taking a master and practicing meditation at home, or reading the scriptures more regularly. Or you can devote your life entirely to the pursuit. And nobody would ever judge you for the level you decide to take, because if it's the result of your will, it's just right for you. I don't consider myself at a higher level than those without my level of commitment. Keep things simple, keep things spontaneous, and follow what your heart tells you.

How has your training as a neuroscientist shaped your view of religion and vice versa?

My aims of studying neuroscience and studying Taoism are the same although the tools are different. I chose neuroscience to better understand myself and the world, and now, I'm studying Taoism to do the same. Neuroscience studies the brain in order to produce medicine to cure diseases. In Taoism, you want to cure yourself and transform into a state where you are at ease with everything.

What are you studying at CUHK? Why?

I'm studying contemporary monastic Taoism with Prof. **Lai Chi-tim** as part of my PhD research at CUHK. This way I can use my experience living in temples in mainland China of the last decade. I also feel there's been very little research done in the world on Taoism. Very few people know that it's a religion; even fewer know it can be a monastic religion.

Something I'd like to see is the translation of Taoist texts into other languages. The Taoist canon contains some 1,600 texts but only 0.5% of these have been translated. When you look at all the big religions in the world, only Taoism hasn't really extended its reach outside China or the Chinese communities. 📖



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