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馮安娜的訪問安排在10月某個週五早上。我慣常會在訪問前一天向受訪者發電郵溫馨提示，但這次我並沒這麼做——馮安娜是德國人，守時（Pünktlichkeit）的觀念理應流淌在血液裏。

我們在梁銶琚樓語言學及現代語言系狹長幽暗的走廊相遇，差點都認不出對方——我倆早前在有氧健身舞班相識，印象中對方都是穿運動裝、紮馬尾。今天二人不約而同換上連衣裙放下長髮。「你個樣唔同咗嘅！」馮安娜以廣東話驚訝。

這位中大的德語高級講師本名Annette Frömel，出生在德國西部一個叫Wachenheim的小鎮，人口只有約五千。和許多歐洲人一樣，她中學已習兩門外語，當時選的是英文和法文。受惠於Wachenheim與法國同為釀酒之鄉的Cuisery建立的友好關係，她自十四歲便常赴法國寄住在當地家庭學法文。「所費無幾就能出國度假，而那家庭的女兒也會來我德國的家寄住。」她用英文憶述。

為提升英文水平，高中畢業後她在英國和美國待了一年，同時決定到大學繼續修讀語言。「我父親一直希望我讀醫，他說如果我真想主修語言，就不應選法語或英語，因為在德國會這兩門的人多的是。因此我申請了一個西班牙語課程和一個中文課程，後者先錄取了我。」

她說熱愛外語是因為每學一種就等同打開一扇通往別國的大門，所以在德國美茵茨大學修中文三年後，她拿着這把新鑰匙來到了北京師範大學。抵埗那天，學校工作人員讓她填表，而且必須填寫中文名一欄。「我馬上回憶自己從書本上學過哪些中文名字——安娜、彼得、瑪麗……，然後填上跟Annette最接近的安娜。」

我問她，是否德國人特別虛心學習他國語言？安娜以廣東話回答：「我覺得是歐洲人的特色，因為每個國家被許多鄰國

包圍，很自然想知道自己的鄰居在說甚麼。」頓了一頓又補充道：「可能德國尤為如此吧，因位處歐洲中部。」

從北京回德國繼續學業後，她曾在德國的展銷會替一家香港公司翻譯德文、英文、普通話，表現出色，獲該公司聘往香港工作。申領香港身分證時，她認為是時候給自己一個中文姓了，於是聽從北京朋友的建議，取了和Frömel押頭韻的「馮」。

她的廣東話是跟同事們午膳學來的。不久後她認識了現時的丈夫，是位地道的香港人，當然也是令她廣東話突飛猛進的重要原因。

誕下大兒子後（她有兩子一女），安娜希望找份時間更自由的工作，於是開始在香港歌德學院受訓成為德文老師。「此前我沒想過要走教書的路，因為我爸爸、媽媽、哥哥、舅舅、姑母都是老師，我不想跟他們一樣，哈哈。」安娜的笑聲很洪亮。「但試過以後我又覺得教書很開心，彷彿找到了自己的天職。」

說到這裏，她問我要不要喝茶，隨之拉開辦公室正中間一個大抽屜，裏面有大大小小的盒子。她推薦西湖龍井配菊花，邊打開一個鐵盒子邊說：「呢個係我舊同事送畀我嘅。你有冇見過咁靚嘅菊花啊？」有一下子我幾乎忘記自己正在跟一位德國人交談。

安娜十六年前起在中大教德文，她說最喜歡這裏的學生。「他們好學、有禮、見聞廣博。雖然有點腼腆，不敢多言，但德文有句諺語『靜水流深』——話不多的人往往天資聰穎，見解深刻。和他們一起上課得益良多。」

英德夾雜的說了一段後又轉以廣東話續道：「我也很喜歡語言學及現代語言系的國際化團隊——現代語言組的十七位全職教師來自四個國家，語言學組的華人語言學家也來自五湖四海，要是把兼職教員算在內大概涉及十五個國家。」

她接着向我簡介，現代語言組提供共九門歐洲及亞洲語言的課程，包括阿拉伯語、法語、德語、香港手語、意大利語、漢語、俄語、西班牙語和泰語。課程面向所有本科生，他們既可以選修形式報讀，也可挑德、法、韓、西語其一作為副修科。

就報讀人數而言，最受歡迎的是西班牙文課程，大概因為西語是僅次於漢語的世界第二大語言。法文和韓文一直不分上下，但近年受「韓流」影響，韓文稍微領先。德文則排名第四。

為了吸引更多學生選德文，安娜盡力令課堂變得有趣、互動，好讓學生能堅持學下去，不致半途而廢，甚或向身邊朋友推薦課程。她的碩士論文探討利用語文藝術，例如歌曲、童話、戲劇、詩歌等，融入德文課堂，寓教於樂；現時她在中大教的其中一科正是「看童話學德文」，學生閱讀格林童話，看相關視頻，聽相關歌曲，到學期末自創一則童話，於堂上以戲劇方式演出來。

剛於7月卸任現代語言組主管的安娜說一直很希望中大能提升對中英以外語文的重視。「我最大的願望是幫大學發展一項主修課程，結合一門外語和一個學科，譬如音樂或酒店管理，令學生既掌握專業知識，又通曉多國語言，在全球化職場勝人一籌。」

今年是安娜在港生活第二十五個年頭。她是崇基學院成員，每年暑假陪同書院學生參加「德國社會探索之旅」後，會稍作停留，與家人故友重溫舊夢。

和安娜聊天時她多次提及自己並非大教授，也無改變世界的發明，不值報道。但好故事並非要有多驚天動地的成就來支撐。一個樂天知命、虛懷若谷接受異域文化和語言的靈魂不也很值得傳頌嗎？

My interview with **Annette Frömel** was set up for a Friday morning in October. Usually, a day before an interview, I remind the interviewee of our imminent meeting. But this time I did not do so—Annette is German. *Pünktlichkeit* (punctuality) must be in her blood.

I caught her arriving for this interview in the dim, narrow corridor in the Leung Kau Kui Building where the Department of Linguistics and Modern Languages is situated, but we barely recognized each other—we had become acquainted in an aerobics class in which we would wear sports outfit and ponytails. Today we both put on our nice dresses and let our hair down. ‘You look completely different!’ Annette exclaimed in Cantonese.

The senior German lecturer of CUHK was born in Wachenheim, a small town located in western Germany with a population of just 5,000. Like many other Europeans, she took on two foreign languages in high school, her choices being English and French. Since the age of 14, she availed herself of a partnership between Wachenheim and France’s Cuisery, both villages in wine regions, and often travelled to France to learn its language while living with a host family. ‘It was quite a cheap way to have a holiday. The daughter of the family would in return come and visit me in Germany,’ she recalled in English.

After high school she stayed in England and then the US for a year to improve her English. By this time, she had made up her mind to study languages in university. ‘My father, who had always wanted me to study medicine, said if I really wanted to major in languages, I should not choose French or English which many people in Germany can speak. So I applied for a Spanish and a Chinese programme, and the latter gave me an offer first.’

She loves learning languages because, in her words, ‘a language is a key to the country where it is spoken.’ Three years after she had learned Chinese at the University of Mainz in Gernersheim, she used this newly forged key to open the door to Beijing Normal University. Upon her arrival, she was asked to fill in a form where her Chinese name was required. ‘I immediately combed through my memory for Chinese names I had learned from textbooks, and settled on *An Na* which sounds closest to Annette.’

I asked whether it’s true that German people are particularly open to learning other languages. She answered in Cantonese: ‘I would say it’s a propensity of most Europeans, because each of our countries is surrounded by many others. It’s only natural that we want to understand what our neighbours are talking about.’ After a short pause she added, ‘Maybe Germany is especially so; it’s in the middle of Europe.’

After coming back from Beijing to continue with her studies in Germany, she worked temporarily in a trade fair to interpret German, English and Putonghua for a Hong Kong company, and was later invited to continue working in Hong Kong. When applying for a Hong Kong identity card, she thought it was time to give herself a Chinese surname. Following the advice of her friends in Beijing she took the Frömel-alliterating *Fung*.

Every lunchtime she would pick up some Cantonese phrases from her colleagues. Before long she met her husband, a local Hongkonger, which of course contributed significantly to her attainment of fluency in Cantonese.

After giving birth to her first son (she has two sons and a daughter), Annette looked for a new job with more flexible



▲ 為吸引更多學生選讀德文，安娜盡力令課堂變得有趣、互動

To get more students interested in German, Annette tries to make her class as fun and interactive as possible

hours, so she began training as a German teacher at the Goethe-Institut Hong Kong. ‘I had never thought of going down the path of teaching, as my father, mother, brother, uncle and aunt are all teachers. I didn’t want to be like them,’ she said with a hearty laugh. ‘But then I discovered I love teaching. I’ve found my calling.’

At this point she asked whether I wanted some tea, and pulled open a bureau drawer in the centre of her office, revealing boxes in all shapes and sizes. She recommended West Lake Longjing with chrysanthemum, and opened a tin box filled with dried yellow buds: ‘My former colleagues gave me this. Have you ever seen anything so beautiful?’ she spoke in mildly-accented Cantonese.

For 16 years Annette has been teaching German in CUHK. She said what she likes most is the students here. ‘They are interested, polite and knowledgeable. Sometimes they are modest and dare not speak much, but *stille Wasser sind tief* (still water runs deep). People who don’t speak much are often very intelligent and have deep insights. They make lots of meaningful contributions to my class.’

Defly, she switched to Cantonese and continued, ‘I also love my international team of colleagues in the Department of Linguistics and Modern Languages. The 17 full-time lecturers of the Modern Languages division come from four countries. Even linguists of Chinese descent in the Linguistics division are from around the world. Including part-timers we are talking about more than 15 different countries.’

She went on to give me an overview of the Modern Languages division: it offers programmes in nine European and Asian languages, including Arabic, French, German, Hong Kong Sign Language, Italian, Korean, Russian, Spanish and Thai. The courses are open to all undergraduate students who have a choice to take the courses as electives or to declare a minor in either French, German, Korean or Spanish.

In terms of student enrolment, the most popular language is Spanish, in part because it is the second most spoken language in the world after Chinese. French has been on a

par with Korean, but under the influence of K-pop in recent years, slightly more students are opting for the latter. German came in fourth.

To get more students interested in German, Annette tries to make her class as fun and interactive as possible so students will keep learning and recommend the course to their peers. She wrote her master’s dissertation on using language arts, e.g., songs, fairy tales, dramas and poems, in the German classroom, and one of the courses she now offers in CUHK is Learning German through Fairy Tales, in which her students read the Brothers Grimm stories, watch videos and sing songs about them, and, at the end of the term, create their own fairy tales and act them out for the class.

Annette, who has just taken off her hat of Deputy Head of Modern Languages in July, said she has always wanted to increase the awareness of other languages besides Chinese and English at CUHK. ‘My ultimate wish is to help the University develop a major programme that combines a language with a discipline, say music or hotel management, so that students can become multilingual in their areas of profession and more competitive in a globalized environment.’

It has been 25 years since Annette moved to Hong Kong. She is affiliated with Chung Chi College. Every summer she accompanies a group of College students on a study trip to Germany, after which she will stay behind and catch up with old friends and family.

During our conversation Annette brought up more than once that she’s neither an eminent professor nor a world-changing inventor who would merit media coverage. But a good story does not have to be about earth-shattering achievements. Someone who simply makes the best out of life and embraces different languages and cultures with open arms can connect to and inspire an audience all the same. 📖

Christine N.



路漫漫其修遠兮

莫樹錦論抗癌之道

And Miles to Go before I Sleep

Tony Mok on the quest to defeat cancer

人生在世，情願與否，都要踏上種種征途，而對一些不幸的人來說，抗癌之路正是其一。腫瘤學系系主任兼李樹芬醫學基金腫瘤學教授莫樹錦便借用披頭四樂隊《漫漫長路》一曲，於10月14日以「抗癌漫長路」為題演講，為中大五十五周年校慶節目「智慧的探索」公開講座系列畫上句號。當日，莫教授以其一貫瀟灑撇脫的形象示人，向聚精會神的觀眾娓娓道來醫者如何與病人同行，邁向征服癌症的大門。

征服也者，所謂何事？

莫教授先解釋何謂「征服癌症」。「征服」除有根治之意，亦指預防和抑制。當然，三者皆以延年益壽為宏旨。他先談預防，指其分為主次兩種：前者旨在阻止癌症發生，後者意在及早發現病症。他以自己專攻的肺癌為例，指禁煙乃上世紀中葉起主要的預防手段，而最新戰線是管制電子煙；若不幸患病，則可透過X光檢查或更為有效的電腦斷層掃描，從速診治。近年，醫學界亦發現鼻咽癌可在早期藉驗血診斷，惟此方法尚未能用於所有癌症。

莫教授繼而講解根治癌症之法。切除腫瘤固然是主要方式，而癌症手術自七十年前確認有效至今，大有進步。現時醫生已可借助機械臂施刀，如庖丁游刃，中大正是以此蜚聲東南亞。這項技術將來更可與

5G科技結合，令醫生得以實時遙距操縱手術機械人，在千里之外救治病患。不過莫教授強調，醫生仍未能偵測細微的腫瘤，進而除之，而癌細胞亦可能早在腫瘤切除之前，已循血管轉移陣地。故此，手術須有化療輔助。學者正研究利用病人自身的免疫系統，清理殘留的癌細胞。

最後，莫教授談到抑制癌症、與癌共存之道。現在化療之外，還有精準治療，後者成效更為顯著，副作用也較少。對準致癌基因、阻礙腫瘤生長的標靶藥物，正是精準療法的一例，而協助免疫系統辨認和消滅癌細胞，亦屬精準療法。未來的抗癌方向之一，是利用CRISPR基因剪接技術，賦予免疫細胞攻擊癌細胞的能力。

車與車手

在演講中，莫教授主要從技術角度論抗癌，來到答問環節，他以妙喻道出抗癌另一關鍵。在場有人替家人發問，謂不同醫生對其肺片中的結節判斷各異，有說良性、有說惡性，不知孰是孰非。莫教授打趣反問他是否有在網上交友，接着拋下精警的一句：「相片並不可靠。」他告誡道，面對任何事物，都不能單憑外形或某一指標而下定論。

莫教授所言，提醒我們醫學如何昌明，也需醫者嚴謹的工作態度配合。有人問到，一般人能否透過公共醫療系統，享用講座提及的先進科技。教授再用比喻回答：「同一款汽車，有人開得很慢，有人開得很快。」他指公立醫院已備各種抗癌技術，接下來便要靠醫護人員盡心運用。

上下而求索

在談及標靶療法時，莫教授已點出人與技術同樣重要。標靶藥的誕生，還是有賴學者孜孜不倦、積極找出致癌基因。由是觀之，驅車在征服癌症，以至從事其它學問的長路上，學者要由剛毅的心帶領，方能奔馳到智慧的大門。

To live is to embark on all sorts of journeys, willingly or not. For the unfortunates, one of these journeys is that of fighting cancer. Adopting the title of a song by The Beatles, Prof. **Tony Mok**, Chairman of the Department of Clinical Oncology and the Li Shu Fun Medical Foundation Professor of Clinical Oncology, gave the talk 'The Long and Winding Road to Conquer Cancer' on 14 October. The talk marked the end of 'The Pursuit of Wisdom' public lecture series, an event celebrating CUHK's 55th anniversary. With his iconic, debonair demeanour, Professor Mok shed light for a fascinated audience on how medical professionals walk with patients on the road to overcoming cancer.

漫漫長路
通往你的大門
永不消失
我見過那條路
它總是把我帶到這裏
請你把我帶到你的門前
——披頭四《漫漫長路》

*The long and winding road
That leads to your door
Will never disappear
I've seen that road before
It always leads me here
Lead me to your door*

—The Beatles, 'The Long and Winding Road'

What Does It Mean to 'Conquer Cancer'?

Professor Mok began by unpacking the concept of 'conquering' cancer. It can mean getting rid of the disease, but it also means preventing and controlling it. Certainly, though, they all point to the idea of extending the patient's life. He first dealt with prevention and noted that it comes in a primary kind and a secondary one: the former aims at stopping cancer from happening, while the latter is about early diagnosis. Focusing on lung cancer, his area of expertise, he named tobacco control as the main preventive measure since the mid-20th century and regulating e-cigarettes as the latest front; in the unfortunate case of having the disease, one will benefit from an X-ray or more so, a CT scan, through which the disease may be detected and treated at an early stage. Recently, experts have also discovered that nasopharyngeal cancer can be diagnosed early on through blood tests, though for now this method does not work with all types of cancer.

Professor Mok then illustrated the means of getting rid of cancer. Tumour removals are one method, and since its verification some 70 years ago, cancer surgery has come a long way. Doctors can now operate with the help of robotic arms and therefore, with greater accuracy and efficiency—CUHK is well-regarded in Southeast Asia precisely for its robotic surgery. This can even be coupled with 5G technology and allow surgeons to operate from a distance in real time using robots. However, Professor Mok pointed out that it is still impossible to detect small tumours and thereby remove them. Also, cancer cells could have migrated via blood

vessels before a tumour is resected. For these reasons, surgery must come with chemotherapy. Researchers are looking into using the patient's own immune system to eradicate any remaining cancer cells.

Lastly, Professor Mok explicated the ways of controlling and living with cancer. Apart from chemotherapy, there is precision medicine, which is more effective while having fewer side effects. Stymieing tumour growth by attacking only genes causing cancer or simply, oncogenes, targeted drugs are one example of precision medicine. Another example is immunotherapy, which helps the immune system to identify and eliminate cancer cells. A way forward in cancer treatment, according to Professor Mok, might be giving immune cells the power to attack cancerous ones through the use of CRISPR.

The Car and the Driver

In his presentation, Professor Mok talked about cancer mainly from a technical angle; in the Q&A session, he clarified some commonly held conceptions of cancer with some apt analogies. A member of the audience said that one of his relatives was found to have a nodule in the lung through imaging. He was confused by the different interpretations of it by different doctors, some suggesting that it was benign and others, malignant. Professor Mok asked light-heartedly if the man had ever dated online. He then quipped, 'Photos are unreliable.' One should never come to a conclusion based solely on appearance or any single factor, he cautioned.

With this analogy Professor Mok made us see that however advanced our medicine has become, there must be professionals who are serious about their work to harness it. Another member of the audience asked if ordinary people can benefit from the cutting-edge technology highlighted in the presentation through the public health system. Professor Mok answered with another analogy, 'The same car can go either painfully slow or incredibly fast—depending on who's driving it.' He suggested that the technology is available at public hospitals; what must follow is the dedication of the people—medical professionals—who use it.

Promises to Keep

Professor Mok had actually touched on the fact that the people are every bit as important as the technology in his explication of targeted therapy. Targeted drugs are, after all, the hard work of scholars who tirelessly searched for oncogenes. Cruising on the long and winding road to a solution to cancer or indeed, any kind of knowledge, scholars must be driven by a strong will to reach the gate of wisdom. 📖

Jason Yuen



八傑青得主中大人佔半

Four CUHK Members Honoured as Outstanding Young Persons

本年度十大傑出青年選舉結果於10月21日公布，八名得主中，中大人佔其四：生物醫學學院解剖室經理、資深遺體防腐師伍桂麟多年來推廣遺體捐贈和生死教育，啟導大眾知死知生，從死亡悟出生命的意義；環球商業學課程校友陳君洋創辦良師香港，培訓老師往基層學校任教，促進教育平等；眼科及視覺科學學系副教授、國際小兒眼科評議會教育委員會主席任卓昇研發迄今最有效並廣獲全球採用的近視療法，更走進社區推動兒童護眼及公眾教育計劃；音樂系校友鄭勵齡多年備嘗艱苦追逐歌劇夢，終成本港首位入選羅馬歌劇院青年藝術家計劃的女高音，在歐洲殿堂唱出一片天。評審稱，本屆傑青雖來自不同界別，然而共通點是熱愛生命、克服困難挫折，最終成就自己、照亮社會。

The results of this year's Ten Outstanding Young Persons Selection were out on 21 October. Among the eight honourees on the bill, four were from CUHK. Pasu Ng, Dissecting Laboratory Manager and Senior Embalmer of the School of Biomedical Sciences, is a crusader for body donation and life and death education, whose work inspires members of the public to rediscover the value of life through death. Arnold Chan, an alumnus of the Global Business Programme, founded Teach4HK, where he recruits teachers to teach at grassroots schools to push for educational equality. Having developed by far the most effective treatment for myopia, Prof. Jason Yam of the Department of Ophthalmology and Visual Sciences spares no effort to campaign for eye health through running children eye care schemes and public education programmes. An alumna of music, Louise Kwong fights the uphill battle of establishing herself as a virtuosic bel canto singer in the European operatic scene. Her hard work paid off as she became the first soprano from Hong Kong to enrol in the 'Fabbrica' Young Artist Program at the Teatro dell'Opera di Roma. The selection committee remarked that though hailing from vastly different backgrounds, the honourees all share a love of life and an indefatigable spirit, which enable them to rise above trials and setbacks, fulfil their calling and bring light to the society.

中大年輕學者榮獲教資會傑出教學獎 CUHK Young Scholar Awarded UGC Teaching Award

機械與自動化工程學系劉達銘教授10月10日榮獲大學教育資助委員會頒授2019年度教資會傑出教學獎（新晉教學人員），表揚他以學生為中心及以體驗為基礎的學習理念上作出的貢獻及成就。

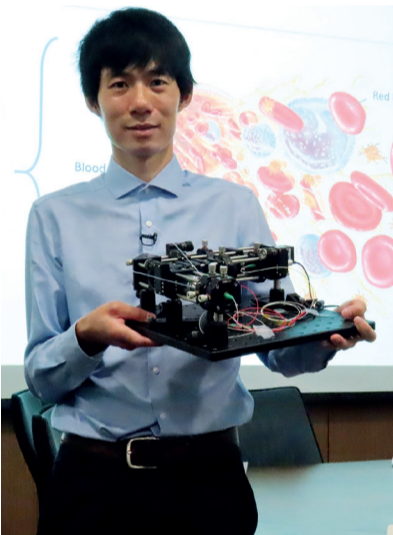


劉教授對獲獎深感榮幸。他表示：「我的目標是令學生能夠透過『學生—教學—體驗—朋輩』模式有效地學習，故此我嘗試把課堂變得有趣及難忘。」劉教授引入「親歷」的全新課堂體驗，讓學生透過放在他們眼前的機械臂，分組學習機械人學的基本知識，並配合特別設計的平板應用程式，幫助學生更有效地理解抽象概念。

Prof. Darwin Lau of the Department of Mechanical and Automation Engineering was awarded the 2019 University Grants Committee (UGC) Teaching Award (Early Career Faculty Members) on 10 October, in recognition of his dedication and achievements in his learner-centred and experience-based learning ideology.

Professor Lau is deeply honoured to receive the award. He said, 'My goal is to ensure that students can learn effectively through the Student-Teacher-Experience-Peer modality and I try to make my lectures enjoyable and memorable.' Professor Lau has introduced a new form of lectures, known as 'hands-on lectures', where students learn robotics fundamentals in groups with a physical robot arm in front of them. With a tailor-made tablet application, these learning tools aid students in better understanding abstract concepts.

人工智能結合血液測試 AI-powered Blood Tests



由生物醫學工程學系周仁杰教授領導的團隊，研發了全球首部人工智能便攜式定量相位顯微鏡，能分辨健康血液樣本中形形色色的白血球，使血液測試變得便宜快捷。測試結果可在數分鐘內得出，準確度超過九成。顯微鏡重量不過五公斤，大小與公事包相若，可輕易帶到任何地方使用。

Led by Prof. Zhou Renjie of the Department of Biomedical Engineering, a CUHK research team developed a first-of-its-kind AI-enabled portable quantitative phase microscope that can differentiate between the many types of white blood cells in a healthy volunteer's blood sample and make blood tests cheaper and faster. Results can be offered in a matter of minutes with over 90% accuracy. The microscope weighs less than 5 kg and is around the size of a briefcase, meaning it can easily be carried to any place for use.

宣布事項 / ANNOUNCEMENTS



續任社會科學院院長

Reappointed Dean of Social Science

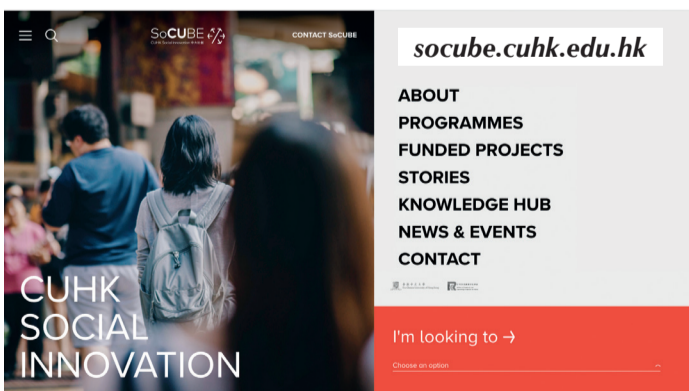
趙志裕教授獲續任社會科學院院長，任期五年，由2019年11月11日起生效。

Prof. Chiu Chi-yue has been reappointed as Dean of the Faculty of Social Science for a further period of five years with effect from 11 November 2019.

社創平台SoCUBE面世

Launch of SoCUBE Platform

研究及知識轉移服務處推出社創平台SoCUBE，以推動教研人員及學生活用其專業知識，通過創新項目解決社會問題。SoCUBE提供一個中央平台，網羅相關資訊，包括資助計劃及項目、中大社創故事、知識庫、消息及活動等。



The Office of Research and Knowledge Transfer Services has launched a social innovation platform named SoCUBE to facilitate CUHK members who would like to apply their expertise to tackle social issues with innovation projects. As a centralized platform, SoCUBE features fund programmes and projects, as well as stories of CUHK's social innovation, knowledge hub, and relevant news and events.

公積金計劃投資回報成績

Investment Returns of Staff Superannuation Scheme

基金 Fund	9.2019		1.10.2018 – 30.9.2019	
	未經審核數據 Unaudited	指標回報 Benchmark Return	未經審核數據 Unaudited	指標回報 Benchmark Return
增長 Growth	1.77%	1.71%	0.28%	1.38%
平衡 Balanced	0.11%	1.08%	1.90%	3.29%
穩定 Stable	0.07%	-0.26%	4.19%	6.26%
香港股票 HK Equity	0.47%	1.56%	-4.83%	-2.92%
香港指數 HK Index-linked	1.67%	1.87%	-3.01%	-2.71%
A50中國指數 A50 China Tracker	0.41%	0.91%	11.69%	13.79%
港元銀行存款 HKD Bank Deposit	0.19%	0.09%	2.19%	0.97%
美元銀行存款 USD Bank Deposit*	0.22%	0.14%	2.90%	1.36%
澳元銀行存款 AUD Bank Deposit*	0.25%	0.21%	-4.72%	-5.90%
歐元銀行存款 EUR Bank Deposit*	-0.96%	-0.95%	-6.01%	-5.96%
人民幣銀行存款 RMB Bank Deposit*	0.34%	0.27%	-1.39%	-2.03%

強積金數據請參閱：

www.cuhk.edu.hk/fno/chi/public/payroll_benefits/mpf.html

For MPF Scheme performance, please refer to:

www.cuhk.edu.hk/fno/eng/public/payroll_benefits/mpf.html

* 實際與指標回報已包括有關期間內之匯率變動

Both actual and benchmark returns include foreign currency exchange difference for the month

宣布事項 / ANNOUNCEMENTS

第八十七屆大會特別安排

Arrangement for the Eighty-seventh Congregation

第八十七屆大會（頒授學位典禮）將於11月7日（星期四）上午10時正在林蔭大道舉行，由大學校長段崇智教授頒授碩士及學士學位及主持卓敏教授席就職典禮，同時頒發傑出教學和研究獎。同日下午，各書院將為所屬學士學位畢業生舉行畢業禮，詳情如下：

The Eighty-seventh Congregation for the Conferment of Degrees will be held at 10 am on 7 November (Thursday) at the University Mall. At the Congregation, Prof. Rocky S. Tuan, Vice-Chancellor, will confer bachelor's and master's degrees and officiate at the Inauguration of the Choh-Ming Li Professorships and present awards for teaching and research excellence. The graduation ceremonies held by the nine Colleges for first-degree graduates will take place in the afternoon of 7 November. The schedule of the ceremonies is as follows:

成員書院學士學位畢業典禮

First-degree Graduation Ceremonies Held by Nine Colleges

書院 College	時間 Time	地點 Venue	主禮嘉賓 Guests of Honour
伍宜孫書院 Wu Yee Sun College	12 nn – 1:30 pm	逸夫書院大講堂 Shaw College Lecture Theatre	羅乃萱女士（家庭發展基金總幹事） Ms. Shirley Loo General Secretary, Family Development Foundation
逸夫書院 Shaw College	12 nn – 2:15 pm	邵逸夫堂 Sir Run Run Shaw Hall	黃鳳嫻女士（消費者委員會總幹事） Ms. Gilly Wong Fung-han Chief Executive, Consumer Council
敬文書院 C.W. Chu College	12:30 pm – 1:00 pm	敬文書院朱謝玲玲樓 多用途禮堂 Multi-purpose Hall, Marina Tse Chu Building	陳偉儀教授（敬文書院院長） Prof. Chan Wai-ye Master of C.W. Chu College
晨興書院 Morningside College	12:30 pm – 1:00 pm	晨興書院宴會廳 Dining Hall, Morningside College	汪寧笙教授（晨興書院院長） Prof. Nicholas Rawlins Master of Morningside College
新亞書院 New Asia College	1:30 pm – 3:15 pm	林蔭大道 University Mall	高美慶教授（前藝術系講座教授及 前文物館館長） Prof. Mayching Kao Former Chair Professor of Fine Arts and Former Director of Art Museum
善衡書院 S.H. Ho College	2:00 pm – 4:00 pm	何善衡館 Ho Sin Hang Hall	黃永成教授（善衡書院院長） Prof. Wong Wing Shing Master of S.H. Ho College
崇基學院 Chung Chi College	2:00 pm – 4:30 pm	崇基禮拜堂 Chung Chi College Chapel	陳偉光教授（崇基學院榮譽院務委員及 前院長；音樂系榮休教授） Prof. Victor Chan Wai-kwong Honorary Fellow and Former Head of Chung Chi College; Emeritus Professor of Department of Music
聯合書院 United College	3:30 pm – 5:45 pm	邵逸夫堂 Sir Run Run Shaw Hall	劉雅章教授（地理與資源管理學系研究教授）及 王英偉博士（香港藝術發展局主席） Prof. Gabriel N.C. Lau Research Professor, Department of Geography and Resource Management; and Dr. Wilfred Y.W. Wong Chairman of Hong Kong Arts Development Council
和聲書院 Lee Woo Sing College	4:00 pm – 5:30 pm	林蔭大道 University Mall	李和鑫博士（和聲書院創辦人） Dr. Lee Woo-hing College Founder, Lee Woo Sing College

碩士學位課程畢業典禮則於11月8日（星期五）及9日（星期六）按學院分八節舉行：

The master's degree graduation ceremony will be held on 8 and 9 November in eight sessions:

學院 Faculty	日期/時間 Date/Time	地點 Venue	主禮嘉賓 Guests of Honour
第一節（文學院） Session 1 (for Faculty of Arts)	8.11.2019 10:00 am – 12 nn	林蔭大道 University Mall	羅炳良教授（音樂系名譽高級研究員及 兼任教授） Prof. Daniel Law Ping-leung Senior Research Fellow (Honorary) and Adjunct Professor, Department of Music
第二節（工程學院） Session 2 (for Faculty of Engineering)	8.11.2019 11:00 am – 12:15 pm	邵逸夫堂 Sir Run Run Shaw Hall	李偉光先生 (ASM Pacific Technology Limited 行政總裁) Mr. Lee Wai-kwong Chief Executive Officer of the ASM Pacific Technology Limited

學院 Faculty	日期/時間 Date/Time	地點 Venue	主禮嘉賓 Guests of Honour
第三節（理學院） Session 3 (for Faculty of Science)	8.11.2019 2:30 pm – 3:30 pm	邵逸夫堂 Sir Run Run Shaw Hall	陳漢夫教授（香港城市大學理學院院長） Prof. Raymond Chan Hon-fu Dean of College of Science, City University of Hong Kong
第四節（社會科學院） Session 4 (for Faculty of Social Science)	8.11.2019 3:00 pm – 5:00 pm	林蔭大道 University Mall	譚贛蘭榮譽教授（新生精神康復會執行 委員會主席及勞工及福利局前常任秘書長） Prof. Annie Tam Kam-lan Chairperson of Executive Committee, New Life Psychiatric Rehabilitation Association, Former Permanent Secretary for Labour and Welfare, HKSAR
第五節（教育學院） Session 5 (for Faculty of Education)	9.11.2019 10:00 am – 11:45 am	邵逸夫堂 Sir Run Run Shaw Hall	阮邦耀博士（田家炳中學校長） Dr. Yuen Pong-yiu Principal of Tin Ka Ping Secondary School
第六節（工商管理學院） Session 6 (for Faculty of Business Administration)	9.11.2019 10:00 am – 12 nn	林蔭大道 University Mall	張極井先生（中信泰富有限公司、中信泰富 礦業管理有限公司及大昌行集團有限公司 前董事長） Mr. Zhang Jijing Former Chairman of CITIC Pacific Ltd., CITIC Mining International and Dah Chong Hong Ltd.
第七節（醫學院） Session 7 (for Faculty of Medicine)	9.11.2019 3:00 pm – 4:30 pm	林蔭大道 University Mall	徐德義醫生（食物及衛生局副局長） Dr. Chui Tak-yi Under Secretary for Food and Health, HKSAR
第八節（法律學院） Session 8 (for Faculty of Law)	9.11.2019 3:00 pm – 4:30 pm	邵逸夫堂 Sir Run Run Shaw Hall	鄧國楨先生（終審法院非常任法官） The Honourable Mr. Justice Robert Tang Kwok-ching Non-Permanent Judge of the Court of Final Appeal, HKSAR

泊車安排

Parking

邵逸夫堂對面之停車場將作畢業生座席，該停車場將由10月13日至11月26日暫停開放，以便搭建帳篷。11月7日典禮當日，富爾敦樓、大學行政樓、邵逸夫夫人樓及田家炳樓等部分車位，將保留予嘉賓及公務車輛專用。

The car park opposite Sir Run Run Shaw Hall, to be used as a seating area for graduates, will be temporarily closed from 13 October to 26 November for the erection of a canopy for the ceremony. Some parking spaces at John Fulton Centre, University Administration Building, Lady Shaw Building and Tin Ka Ping Building will be reserved for guests with special parking labels on 7 November.

停課安排

Suspension of Classes

11月7日典禮當日，全日制本科課程（醫科三至五年級除外）及研究院課程將會停課。

On 7 November, full-time undergraduate classes (except MBChB Programme Years 3–5) and postgraduate programmes classes will be suspended.

惡劣天氣應變措施

Adverse Weather Contingency

典禮當日若遇惡劣天氣，大學將啟動應變程序，第八十七屆大會將移師至邵逸夫堂舉行，並直播到校園內多個演講廳；新亞書院畢業典禮則於晚上7時30分在邵逸夫堂舉行，而和聲書院畢業典禮將於晚上7時在崇基禮拜堂舉行；碩士學位畢業典禮之第一節（文學院）、第四節（社會科學院）、第六節（工商管理學院）及第七節（醫學院）將移師至李兆基樓六號演講廳舉行，並直播到鄰近的多個演講廳。在室內舉行的崇基學院、聯合書院、逸夫書院、晨興書院、善衡書院、敬文書院和伍宜孫書院畢業典禮，以及其餘四節碩士學位課程畢業典禮則不受影響。大學如需要啟動有關程序，詳情將在港鐵大學站及林蔭大道廣播，並在畢業禮網站 www.cpr.cuhk.edu.hk/cong 宣布。

In the event of adverse weather, the University will launch the contingency plan. Upon an official announcement, the 87th Congregation will be moved to the Sir Run Run Shaw Hall and simultaneously broadcast to lecture theatres on campus. Graduation ceremonies of New Asia College will take place in the Sir Run Run Shaw Hall at 7:30 pm and Lee Woo Sing College will take place in the Chung Chi College Chapel at 7:00 pm. The Master's Degree Graduation Ceremony, Session 1 (Faculty of Arts), Session 4 (Faculty of Social Science), Session 6 (Faculty of Business Administration) and Session 7 (Faculty of Medicine) will be moved to the LT6 of Lee Shau Kee Building and simultaneously broadcast to nearby lecture theatres on campus. The indoor ceremonies for Chung Chi, United, Shaw, Morningside, S.H. Ho, C.W. Chu, Wu Yee Sun and Sessions 2, 3, 5, 8 of the Master's Degree Graduation Ceremony will not be affected. If the contingency plan is to be implemented, details will be broadcast at the University MTR Station and the University Mall, and also announced at the congregation website (www.cpr.cuhk.edu.hk/cong) on the day.



如花 Flower Ladies



(局部)

以花比喻女性由來已久。除了單純作姿容上的類比（如李漁語「名花美女，氣味相同，有國色者，必有天香」），也有像麗娘與黛玉那種感傷花朵如同自己般美麗，卻也同樣無法自主的身世之嘆。

這幅文物館正在展出的《美人芳樹圖》題有「夢入羅浮，滿衣清露暗香染」之句，用上了「羅浮香夢」的典故，背後也是個美人與花的故事。唐代傳奇小說《龍城錄》記趙師雄在廣東羅浮山巧遇一位淡妝素服的女子，交談間但覺芳香襲人，語言清麗，於是邀她酒肆共飲，醉醒後卻發現自己孤身在梅花樹下，惆悵不已。旖旎的羅浮一夢成了仕女畫家常畫的題材「羅浮香影圖」，表現手法主要有兩種，其一接近故事畫，把在酒肆喝酒的趙師雄也畫進去，其二則如此作，只描繪靚妝女子立於梅花樹下。

「羅浮香夢」無疑是一個男性視角的綺夢，引用典故的這幅作品，卻出自女性之手，那又是另一個如花佳人的故事。作畫者金禮羸出生於世家大族，自幼跟隨祖母學習儒經和佛典，工詩善畫，書法晉唐，兼工漢隸，是位才女。她是藏書家王曇的繼室，二人常切磋詩書畫，後因家庭貧困，需賣畫維持生計，並因操勞過度，年僅三十六歲病逝，去世後葬於杭州散花灘梅林叢中。

畫下《美人芳樹圖》時，金禮羸三十一歲。之於現代女性，那大概是剛開始不再毛躁，有能力讓人信任依靠的黃金年歲，未來還有無限可能，但對於金禮羸來說已接近人生的尾聲。拈花微笑，眉眼含情的溫潤仕女，配以「千樹易老，怕紅顏旋減，芳意偷變」的淒婉詞句，讓我們看到畫裏畫外，佳人如花。

Heidi Wong



無事忙 Kicking Our Addiction to Busy

When I commute to work in the morning, I stand near the middle of the aisle away from the train doors. I do this not because I like getting cozy amidst somnambulists, but rather to save myself from the outpour of those eager bodies waiting to alight at full speed. I watch closely, curiously, as they stand nose-to-door, akin to athletes toeing the starting line of a sprint. The doors open; off to the races. Like a funnel, the rush narrows (without slowing) as people dart up the escalator and through turnstiles. Not since my secondary school track season have I witnessed such inspired speed, though the catalyst here isn't a brazen unsmiling coach, but an addiction to busy.

Productivity once stood for doing more with less. Now, it's degenerated into perpetual busyness. A full-capacity schedule is touted as a measure of success while freetime remains something to admonish. How did we arrive at this awry conclusion? The same way we do everything: in a rush.

Expressions such as 'I don't have time to hang out, I'm far too busy,' or 'I'm too busy to exercise or sleep more' belong on a list of colloquialisms. It was likely just yesterday that, when you were asked 'How are you?' you answered with your typical 'Busy, real busy!' and it was received positively, admiringly even.

What does 'busy' really mean? Are we too busy to walk instead of run? To make time for friends and family? To take care of our health? With brimming schedules and minimal respite, priorities shuffle and productivity suffers—all in the name of being busy.

Our perception of success is closely aligned with the time we spend on something—how busy it keeps us—rather than what we achieve—our productivity. We move forward at a blistering pace and often indiscriminately, reflexively take on tasks. Meetings, assignments, emails—our most important tasks are shrouded by trifles. People have become addicted to busy and it's taken a toll on productivity.

As a student, I once prided myself on my ability to remain in the library for long hours. I'd book-end a full day of class lectures with hours in the library, thinking myself productive. Ten-hour stints in the library were ordinary for me; I would brag about these to friends. Yet, my 'productive' sessions were plagued with coffee breaks, social media distractions, and mindless reveries—all of which were (and remain) inevitable during marathon study sessions.

I was married to the hustle culture pervasive among university students—I was obsessed with busy. I focused on how much time I spent at the library rather than quantifying how much work I'd actually completed. With my only priority measured in hours, it became easy to fill the time. Was I busy? Undoubtedly. Productive? Hardly.

Remaining in this state for too long can prove detrimental to much more than our productivity. This summer, the World Health Organization classified workplace burnout as an occupational syndrome. Burnout can result in exhaustion, mental detachment and poor performance. As a student, these conditions can be overbearing atop existing academic pressures.

More with Less

In *The 80/20 Principle: The Secret to Achieving More with Less*, **Richard Koch** posits that the majority of our success stems from a disproportionately small portion of our efforts. He advocates focusing 80% of our energy on the vital 20% of tasks at hand—maximal effectiveness with minimal busy work. In other words: prioritize.

Make a list of your 10 most important tasks—homework, exams, lecture notes—and cut it in half. Then, cut it in half again. Prioritize your priorities. Eliminate the non-essential. Rather than spreading ourselves thin across a bevy of tasks, we can make better use of our time by targeting a select few items. This involves saying no to things that don't contribute to your overarching goal. When presented with something new, ask yourself if it pushes you closer to or further from your primary goal.

Productivity isn't about working at full speed all the time. It's about saying no to things and narrowing our focus; it's about working intentionally rather than indiscriminately. When we are too busy with things that don't matter, we neglect the things that do—mental and physical health deteriorate, relationships suffer.

It's time to break our addiction to busy.

Phil Rosen

的矢錄 / REMARKABLES 

‘The course delivers real social impacts and is popular among MBA students. A health tech startup adopted the suggested sales and market channel proposed by (our) students. This helped the startup to speed up its market launch, and they were able to create more impact at a faster pace.’

Prof. Elsie Tsui, an instructor of the Nurturing Social Minds programme
(‘Hong Kong: Unis must do less theory and more practice to create social change’, *Pioneers Post*, 17 October 2019)

「約一萬個納米機械人並列才相當於一條髮絲的寬度，把已脫水的螺旋藻浸於藥物中，就能吸收藥效成分，並於人體內分解釋放藥品；螺旋藻亦是天然發光物，便於追蹤；氧化鐵帶磁性，能以磁場操控它們，像鳥群、魚群般聚集和移動至特定部位。」



機械與自動化工程學系張立教授
(〈中大研納米機械人，體內遙控攜藥治中風，五毫米血塊20分鐘溶解〉，
《星島日報》，2019年10月22日)

「5G 時代即將到來，各地相關技術如雨後春筍般出現，雖然公司剛成立，但起步比他們早，技術亦更扎實。」

中大編碼有限公司首席執行官吳國聲
(〈中大網絡編碼技術增強雲端備份，攻5G應用市場〉，
《香港經濟日報》，2019年10月29日)

「我們結合壓縮感知演算法與數碼全息顯微鏡，開發了一種高速成像方法，一秒內即可完成對三維樣品的雙光子螢光成像，速度是傳統點掃描方法的三至五倍。相信這種新方法可以讓生物與醫學領域例如光遺傳學有新發現。」



機械與自動化工程學系
陳世祈教授
高速三維成像法開發者

「書院的教育理想，是希望大家除了求學，也能注重人格修養。身修家齊，方能治國平天下的任務，方能追求像『德先生』『賽先生』般珍貴的價值。」



新亞書院院長
黃乃正教授
於本年書院新生入學禮的講辭

‘(Hong Kong students) are interested, polite and knowledgeable. Sometimes they are modest and dare not speak much, but *stille Wasser sind tief* (still water runs deep). People who don’t speak much are often very intelligent and have deep insights.’



Ms. Annette Frömel, senior German lecturer

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「妊娠毒血症高風險患者在懷孕十六周前開始每日服低劑量阿士匹靈，可將患病率降低至少60%，如藥物依從性達90%，患病率更可降76%。未來將繼續研究更多與妊娠毒血症相關的生物指標，以增加三重檢測方法的準確度。」

醫學院婦產科學系潘昭頤教授
(〈三重檢測法驗早產妊娠毒血，檢出率高80%〉，
《明報》，2019年10月23日)

「近年各類醫療診斷技術突飛猛進，無論在準確性和靈敏度方面都有長足的進步。中大醫院將會引入醫療創新技術，設計出一系列個人化的健康管理計劃，透過創新的預防醫學改善香港人的健康。」

中大醫院營運總監胡志遠教授
(〈個人化的健康管理〉，
《am730》，2019年10月16日)