



UNIVERSITY MARKETPLACE

大學
廣場

 *A Closer Look at Social Enterprise*

 *Time to Build! Time to Fly!*





A Snap Shot



1st Student Consultative Forum (2011-12) cum Council Chairman's Meeting

The Student Consultative Forum was set up last year with an aim to provide a platform for student leaders, staff representatives and the University management to meet regularly, exchange ideas and build up stronger mutual understanding.

This year, the 1st Forum is honored to have Dr. Vincent Cheng, Council Chairman of the University, as its guest host. Dr. Cheng, along with Prof. Jack Cheng (Convenor of the Forum) and Prof. Michael Hui (Pro-Vice-Chancellor), enjoyed a tea buffet with the staff and student representatives from various colleges/faculties/student organisations on 18 November at the cozy Si Yuan Amenities Centre. The group chit-chatted on topics ranging from Dr. Cheng's personal experience at work and study, to the recent Europe debt crisis and the role of Hong Kong in global economy. Prof. Hui also gave an update on the progress of the celebrative activities for the 50th Anniversary of the University.

Dr. Cheng's charisma and sense of humor has won the hearts of the participants and they all look forward to joining similar activities again!



Contents

2-6 Feature Story

- A Closer Look at Social Enterprise
- DÉJÀ VU CREATION
- Green Collar Social Enterprise
- 《水泥地上的養份》

7-14 Student Services

- Strike!
- New Ways to obtain Career Planning Information and Advice
- Career Services for postgraduates
- Pursuing Wellness
- Time-Management and Balanced Lifestyle
- Enhancing the Life of postgraduate students

15-18 Activity Recap

- Exploring Local Culture
- CLOVER
- Enhancing Ethnic Minority Health
- Careers Fair 2011

19-20 Action

- Time to Build! Time to Fly!

21 Congrats

- Trade Ambassador Programme by HKTDC
- Achievement in "The 48th Annual Aquatic Meet"

22 Campus News

- Student Leader Training Scheme 2012
- Refurbishment of Student Amenities on Main Campus

23 Stay Tuned

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A Closer Look at Social Enterprise



Interviewee:
Prof. Chan Kin-man (C)



Student Reporter:
Miss Wang Feng (R)



The I•CARE Programme in CUHK, launched with the aim of promoting our students' whole-person development through social and civic engagement in Hong Kong, mainland China and overseas countries, comprises five elements of whole-person development, one of which is "Relationships and Social Development". Social enterprise, an organization that applies business strategies to achieve philanthropic goals, serves well for it, and let's take a closer look through a dialogue with Professor Chan, who is heavily involved in the "R" part of the I•CARE programme.

R: I know that the social enterprise internship programme is put into practice under the I•CARE programme, so could you briefly introduce the background?

C: We would like to initiate and foster students' long-term interest and commitment to serve the local, regional and international communities as a form of experiential learning, leading to sustainable personal growth and cultivation of social elites as global citizens through the I•CARE programme. CUHK is purchasing services in many aspects such as the supermarket, the canteens and the barber shop and so on, thus we are concerned about whether the services we purchase are environmentally friendly and protecting the labours.

R: How will social enterprise facilitate social and civic engagement of the students?

C: We intend to make our university "a big classroom", not only inside the class, but also outside the class. To achieve that goal, we have made some efforts. One successful example is the Hong Kong Women Workers' Association in our campus. This small shop is open with the purpose of providing snacks to students, while at the same time, offers working opportunities to those middle-aged women. What's more, students volunteers are recruited to help managing the shop at nighttime because those women workers have to go back home early to take care of their families.

R: I am wondering whether there are some other ongoing projects?

C: Yes, of course. The University is making use of a small field in the United College to grow vegetables by using the leftovers in the canteen as fertilizer. The harvest will be made into organic salad. In fact, this idea is put forward in the Hong Kong Social Enterprise Challenge. In addition, we also come up with an idea to "upcycle" used banners into souvenirs such as phone chains, bags and so on. In this way, we are making our campus more environmentally friendly.

R: That's good! I have the last question. How to encourage the participation of our students?

C: Objectively speaking, it won't take a lot of time and energy to participate. Put it another way, everyone of us can contribute. Take the "leftovers" as an example, if all of us help to classify them after having meals, it will be much easier to recycle them. Apart from the projects above, we also hope to promote the use of recycled paper. However, it is not easy because it will increase the cost by 5% -10% and not everyone wants to bear this cost. So now we are still at the stage of cultivating the sense. Then we try to direct and we could make it a rule in the end. It is a huge project involving different departments, so we have to be patient and make progress step by step.

R: Yes, I do agree with you. As the old saying goes, "Rome was not built in a day". Only if everyone of us acts to make a small change, will our society make a big difference!

DÉJÀ VU CREATION

DÉJÀ VU CREATION is the result of the two founders' passion and persistent commitment to sustainable development in Hong Kong. It attempts to explore the potential of reusing wasted materials through design, and how to benefit the society throughout the process.

In CUHK, DÉJÀ VU CREATION is developing souvenirs from wasted materials like vinyl banners, lightbox paper, foam boards, paper, CD for the CUHK gift shop. Upcycling workshop will be organized for students to transform wasted materials into useful products.

Be creative and start to live a green life! All of us can treat waste in a new way for the goodwill of our environment!





Green Collar Social Enterprise

Green Collar Social Enterprise started with a serious concern of the food waste problem in Hong Kong, aiming at turning food waste into fertilizers/compost, and grows fresh, healthy and environmentally friendly salad as a market offering. This business leverages on new technology and business model to make food waste recycling professional and profitable.

Green Collar expects a positive, sustainable and green lifestyle for the market can be created.

Green Collar is now working with a student group called 中大農業發展小組 on the whole composting process. The products, various kinds of vegetables and salad boxes will be sold on campus. The scale is expected to expand which uses city food wastes to grow nutritious organic salad and sell the salad boxes to offices, hotels and residences.

Student interested in local agriculture, farmers' life and the nature can obtain relevant information in green collar's facebook (www.facebook.com/pages/Green-Collar-Social-Enterprise/235411233178476).

Food waste collected from the campus canteens were decomposed

《水泥地上的養份》

何莉莉 (護理學/四年級)



2011年10月4日，華人社會首個當代舞團雲門舞集的創辦人林懷民，於博群大講堂舉行了一次大演講，為講堂揭開了序幕。林懷民引人入勝，給予人心靈的觸動。你會被他所編的舞震懾，你會對這位迸破水泥而生的老先生生起興趣來。這天，他向講堂內擁擠得有點過份的花苗証明了：「造夢者就是要在水泥地上種花。」

我的夢想

讀大學時，林懷民的父親問他：「你的人生夢想是甚麼？」他直言：「其實我沒有多想，我只希望將來我能有個房間，有很多書，然後我可以有個唱機，播放著貝多芬的交響樂，泡著一杯熱茶，這就是人生最高的境界了。」父親立刻痛斥：「你這丟臉的傢伙！」這番話令林懷民無法不憎恨父親，卻又慚愧、難受。

後來，他到美國留學，親歷多場學生運動。他猶記起甘迺迪的一句話：「不要問你的國家可以為你做什麼，問你自己可以為國家做什麼。」當時青年紛紛被號召到落後國家做服務。幾年前，他與一名友人偶遇：「在往尼泊爾的飛機上，我認識了一個青年工作團的團員。他說他要去尼泊爾。我問他要做什麼呢？原來他去照顧麻瘋病人。大一的暑假他去過兩次，到了大三，他更休學了一整年全心全意地照顧他們。」這一件事情這一個精神一直在影響著林懷民，也令他再次想起當年父親訓斥他的那番話。這次的萍水相逢，加上文革期間，年輕人背著藥袋到偏遠山區當赤腳醫生的事，再一次觸發他對夢想這回事的思考。

乞丐夢？

從小林懷民就喜歡跳舞，可是當時舞者於台灣的地位低如乞丐，更被喻為等同在水泥地上種花般困難，故此他都不敢多想。年輕時，他只能寫作表達自己的叛逆，而小說《蟬》就是他當時的代表作。他由法律系轉到新聞系，再棄文從「舞」，已是四十多年前的事了。他熱愛舞蹈，喜歡以身體擺動表達感受。他認為：「藝術永遠可以安慰和鼓舞人，不需要理由。講什麼也不太重要，但重要的是你講到了一種感覺，使觀眾有所領悟。」

1973年，林懷民創立台灣第一個現代舞團「雲門舞集」，帶動了華語世界的藝術發展。他憶起當時激昂的情懷：「美國人有，我們都要有。要是做得不比他們好，也要是一樣好。」始料不及，才剛成立的雲門門票大賣，林懷民活生生地證明了發展舞團並不是一個乞丐夢。他笑說自己當時開心到不得了，簡直當場崩潰！

1988年，雲門欠債兩百萬。2008年排練場付諸一炬。於最艱苦的歲月，林懷民靠著老百姓的鼓勵捱了下來。三十八年來，雲門從未背離初衷。今天，雲門已成為亞洲最佳的當代舞蹈團，更對台灣的藝術生態作出不可多得的貢獻。雲門舞集堅持每年巡迴台灣各城鄉演出，把藝術推動下鄉，駐縣駐校、醫院災區等，許多更是免費公演。每年的戶外演出，群眾反應都十分熱烈。看見舞者在台上台下帶動觀眾參與舞蹈，連年少至五歲的小孩子都手舞足蹈地開懷大笑，你就發現，雲門給予我們的不仅是藝術上的享受，更是精神上的富足。這，就是林懷民所追求的梦想。



要讓工地的人也能聽著貝多芬

林懷民說：「舞蹈不單是美與藝術，更是社會的參與。」他有一個人類無法達到的理想，他要追求人類精神上的均富。「我常常幻想，一個收入不高的年輕工人，買不起iPad，買不起漂亮衣服，一定覺得不舒服。但如果他回到家裡，戴上耳機，陶醉在貝多芬的音樂裡，他卻可以飛翔。」「我希望有一天，一個工地上的工人也能聽著貝多芬，在那一刻把所有的委屈都洗刷掉。」他相信，經濟能力的差距不應令貧與富的人有精神上的距離。因此，不論到大劇院還是到農村，雲門都表演一樣的舞蹈。這始終基於一個信念：貧或富有同等的權利去接觸、選擇藝術。「如果鄉下的孩童覺得雲門好看，他們就會隨著那個舞蹈及音樂去找他們心目中的藝術，進而從生命中找到世界的美好。」

林懷民—勇敢的造夢者

林懷民提出許許多多的問題，他竭力在水泥地上滋養一朵朵失落的花苗：「我們需要思考一下，人要怎樣生存？要怎樣關心社會？我們又如何可以追尋到這些遙不可及的夢想？」這些問題，足夠令人想得頭昏腦脹。不要緊，我們可以用一生的時間去找尋，因為雲門舞集迸出水泥而生的過程，就正正告訴了我們：「年青另一個名字叫勇敢。」我們就要去找尋，找尋我們的夢想，成為一個勇敢的造夢者！



STRIKE!

Understand Your Strength
Set Your Target
Strike For Your Career Success

Have you ever thought about what to do after graduation? Actually, there are quite a number of options you may consider. If you are thinking of taking up a full-time graduate job, the "Strike", an industry-focused career preparation programme, organized by the Career Planning and Development Centre (CPDC) may be helpful to you.

Students with a specific or technical background always wish to integrate their academic knowledge into their future career. However, information about such specific fields is hard to be obtained. Therefore, CPDC organized this programme with the aim of providing students with job information of these industries. Such companies also target at grooming experienced professionals within the job function, and normally may not offer a general management trainee programme.

Ms. Vanessa Fan, career advisor of CPDC, mentioned: "We have come across a lot of students who have a keen interest in the subject that they study, and are eager to take up a graduate job in which they can make use of their academic background. The Strike programme is therefore generated to address the students' needs, which specifically helps them understand these specific job markets, career options, business operations, and at the same time help them pick up the soft-skills sought by employers in graduates. The programme serves perfectly as an information niche and gears to enhance the students' career planning and interview skills practically."



Sounds interesting? Here's a snapshot of the programme details, stay tuned to the latest announcement from the CPDC website! (<http://cpdc.osa.cuhk.edu.hk>)

Purpose

- Help students envisage career options related to their academic training
- Engage students in soft-skill training to enhance their job hunting skills

Key Industry Focus	Period	Relevant Studies Programs
Life Science Medical & Pharmaceutical Laboratory, R&D	November – January	Students from: Life Science Pharmacy Chemistry Physics, Statistics & Mathematics
Charity & Non-Profit Organization Marketing & Public Relation Media & Advertising	February – March	Students from: Arts and Language related programmes Journalism & Communication Social Science & Sociology Social Work

Programme Elements:

The programme consists of a series of seminars and workshops, so as to provide an all rounded career advice to our students:

1. Seminars on Key Steps in Career Preparation & Résumé Writing Skills

With the aid of Careers E-coach*, our career advisors in the seminars will visualize for you the essential attributes and experience that employers seek from a graduate, and suggest how you should prepare for your career during university life, such as various activities that you should participate in so as to enhance your employability in the graduate job market.

Besides, specific skills like résumé writing will also be shared and discussed in the seminars.

2. Industry Topical Seminars

These seminars provide related job information of specific industries to help students obtain better knowledge on the prospective career path of different fields, and the types of job that require their specific academic background.

3. Career Talks and Workshops

In addition to the perennial specific company recruitment talks, CPDC also conducts talks and workshops about general knowledge and skills set needed in the job hunting process. The centre invites company representatives and alumni of respective career fields to do sharing with students in person about their job searching experience as well as give a board view of the industry too.

Come and join us to get the first hand job market information as well as job hunting tips, keep an eye on our CPDC website and emails, then there you go for your career.

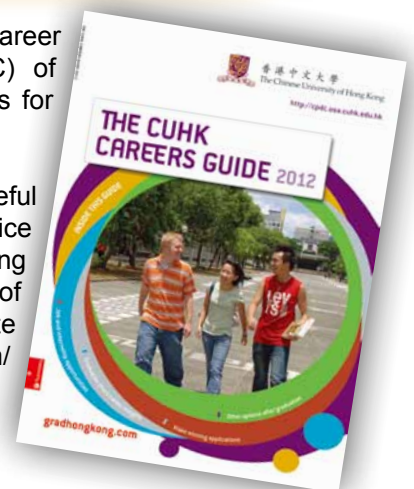
* Careers E-coach is designed to guide students online to go through the 4 different stages in the job hunting process. Each of the 4 modules (stages) gives you an overview of respective process and offers advice on the techniques to succeed accordingly. You are welcome to gain the guidance by E-coach at <http://cpdc.osa.cuhk.edu.hk/student/career/e-coach>.

New Ways to Obtain Career Planning Information and Advice



To help you with better career planning, the Career Planning and Development Centre (CPDC) of the Office of Student Affairs has prepared various publications for students to guide you through the career preparation process.

CPDC issued the CUHK Careers Guide which provides you with useful information to work towards your career goals, and gives practical advice on job hunting and career preparation skills. It is available to all graduating and postgraduate students at the Student Services Centre, Office of Student Affairs. An online version is also placed at the CPDC website at <http://cpdc.osa.cuhk.edu.hk> or via <http://viewer.zmags.com/publication/d47aeaf8#/d47aeaf8/1>.



Apart from traditional ways such as publications and workshops, CPDC also helps students in career planning and preparation via new technology. Through CUHK Careers E-coach system, students can choose any time around the clock and any location to access the training modules online. You can learn the basic skills in career planning, résumé and covering letter writing and interview skills through the platform. Try it out today at <http://cpdc.osa.cuhk.edu.hk/student/career/e-coach>. To supplement the online module, a Career Planning Handbook which guides you through the different stages of career planning is also made available to you at <http://cpdc.osa.cuhk.edu.hk/student/career/planning>.



To cater for the needs of non-local students, CPDC prepared an online webpage that highlights relevant information for non-local students. A “Toolkit for Non-local Students – Working in Hong Kong” is also produced currently to address the key areas that non-local students should pay attention to when planning to seek job in Hong Kong. A pdf version can also be downloaded from <https://cpdc.osa.cuhk.edu.hk/student/non-local-students/toolkit>.

CPDC collaborates with Hong Kong Association of Mainland Graduates and organizes various events such as Alumni Sharing Sessions. A session named “Finding Good Jobs in Hong Kong” for non-local students was held on 21 September 2011. Guest speakers, Ms. Jessica He and Mr. Geng Chunya, shared their personal experiences in studying and working in Hong Kong. 150 students attended and had an enjoyable and inspiring night.

Students found the sharing interesting and useful and commented:

Great to highlight those differences on mindset, culture and society in Hong Kong.

Rather than just “thinking by ourselves”, they gave us more than just superficial information.



Stay tuned with us, you will find more useful information, advice and training activities throughout the academic year.

Career Services for Postgraduates

Throughout the academic year, the Career Planning and Development Centre (CPDC) of the Office of Student Affairs organizes a wide spectrum of career guidance and enrichment programmes, recruitment talks, summer internship programme and career counselling services to all full-time undergraduate and postgraduate students, such as those mentioned above. In view of the unique career service requirements of postgraduate students, CPDC has also tailor-made exclusive career guidance services and activities to cater for their needs.

Take CUHK Careers E-coach as an example. It is our online e-learning platform for career planning and hunting skills. CPDC has prepared a special section for postgraduates which provides them with specific advice that are suitable to them in accordance with their level of study. You can find out the important tasks you should focus on in order to achieve a fruitful career planning and preparation process. CPDC also regularly organizes Careers E-coach workshops for postgraduates to help them understand more about the E-coach system and CPDC's services. During the first semester, five workshops were organized. More are to come in the second semester.



Sharing from E-coach users:

It is an interesting E-learning resource.

The workshop is useful to me especially on resume writing and related examples.



In addition, CPDC collaborates with external organizations to tailor career guidance programmes for postgraduates. For example, the Global Business Ethics Programme held in this November was a collaboration with Junior Achievement Hong Kong. This 3-session course aimed to help our postgraduates to explore personal core values and universal values, understand the steps for ethical decision-making in business and its connection to business itself, society as well as the world.

Many of the postgraduates are non-locals. Starting from last academic year, Cantonese training courses have been organized by CPDC for non-local postgraduates. We wish students can be better prepared to meet local employers' expectations. This year, organization of Cantonese course will continue.



Sharing from Cantonese Course students:

We can interact with the instructor individually. It's very helpful. It helps my pronunciations.

Interesting and useful in daily life. Helpful for our job hunting.

Very enjoyable!

My Cantonese is improving. I can understand more.

Pursuing Wellness

A booklet on "Wellness for Postgraduates" has recently been published by the Student Counselling and Development Service of the Office of Student Affairs. How useful is it for postgraduates? A student who has read the booklet was interviewed for some feedback.

Student Reporter: Miss Chan Ka Po
Student Interviewee: Mr. Loo Fong Chuen (Graduate School, Biochemistry, Year 1)

Q1 What are your expectations towards entering graduate school?

I hope to achieve good academic results and publish my work during my four years in graduate school, and of course pursue a stable career in my area of specialization in biochemistry after graduation.

Q2 How does the booklet "Wellness for Postgraduates" address your expectations?

There is a Chapter entitled "Managing Studies" in the booklet that I found most relevant to my academic expectations. Due to the different learning mode in graduate school as compared with undergraduate studies, students need to keep in close contact with their supervisors, learn to communicate with colleagues and assist their supervisors in completing readings and research work. All these require more than merely studying textbooks or lecture notes. Thus, the advice given in this Chapter, such as "Collaborate with your supervisor", "Organize your work" and "Socialize with your peers", are all good reminders of how I can fulfill my expectations.

Q3 Which other parts of the booklet do you find helpful or applicable?

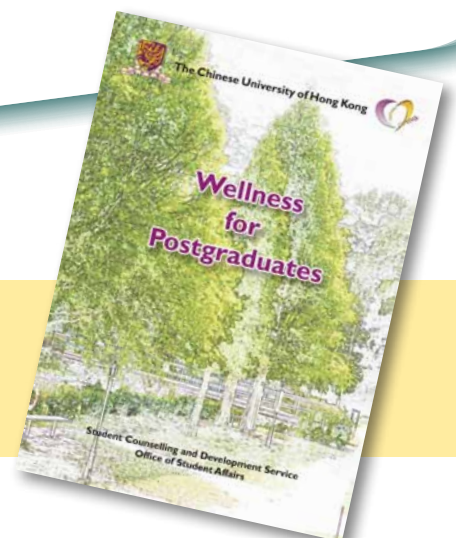
To me, "Handling Stress" is also useful. Courses provided by graduate school mostly require students to study on their own. For example, with only a project title given, a postgraduate is expected to take the initiative to search for information through libraries or internet on one's own. Although I can consult my supervisor, it can still be a challenging and demanding process. Also, since we have only a few years to complete a project, the pressure can be overwhelming. In this regard, I can look for some guidance in the Chapter. The Section on "Identify Stress Reactions" reminds me to pay close attention to my health condition and I shall certainly try to apply the stress-management techniques suggested in my daily life.

Q4 Do you have any suggestions on the mental health services for postgraduate students?

I think we can benefit from programmes to help us understand more about mental health risks and ways to maintain our mental well-being since postgraduate studies are more stressful and demanding than I had expected.

The "Wellness for Postgraduates" Booklet can be obtained from:

- (1) Postgraduate hostels;
- (2) Student Services Centre, Office of Student Affairs, 1/F, Benjamin Franklin Centre



Time-Management and Balanced Lifestyle

In order to enhance the psychosocial development and mental health of postgraduates, the Student Counselling and Development Service will organize a series of workshops on 'Wellness for Postgraduates' in 2011-12. The first Workshop on "Time-Management and Balanced Lifestyle" was held on 27 October, 2011. Here are some participants' feedback:

I got some ideas that are really useful for me. I realize that I have a great problem of procrastination. Based on what the instructor introduced, I shall try the tools to improve my performance. Add oil!

(Lily, Postgraduate Year 1 student)

I was reminded to set goals and priority in my daily life, and to take action instead of just think or worry. This workshop is quite helpful for me. Similar kind of workshops should be organized more frequently.

(Shirley, Postgraduate Year 1 student)

Very interesting and well organized! I gained some practical tips to put my goals into practice.

(Hu, Postgraduate Year 1 student)

Further details of upcoming Workshops will be announced in due course. Postgraduate students can stay tuned and enroll early to secure a place.

研究生



唔易做

嘉嘉 (教育/二年級/研究生)

越來越多人闖進研究生的行列。有的胸懷大志，想將來幹一番事業；有的如我，自求多福，但願順順利利如期畢業。不論甚麼原因，我已是中大研究生的其中一員。我現將過去的体验整理綜合，跟各位準備入讀或現正修讀研究院的同學分享一下。

1 做好準備功夫

縱使在選擇報讀研究院前，我已盡力搜集資料，多了解課程要求。可是真的親歷其境時，卻可以是兩碼子的事。因此，各位不妨多向老師和過來人請教，做好心理準備，定出合理期望。

2 有失亦有得

研究生不再屬於任何書院，書院福利隨之消失。生活範圍可能只限於圖書館和系內辦公室，系內的碩士朋友、教授和辦公室職員的照顧，變得十分重要。友情，總在缺乏的情況下顯得更為可貴！然而，事情總有兩面，暫時可見的福利增長是：借書限期是兩個月，限額增至六十本，還可借出VCD回家看足一星期呢！

3 孤獨而不寂寞

認識和了解自己的人了，連至親都不明白自己在苦幹些甚麼，卻仍要憑堅毅的意志埋首苦幹，孤獨感不禁隨之而來……但，我可以不愁寂寞，皆因走在這研究道上仍有不少同路人，每次見到系內的碩士朋友時，大家不用多說話，總有一種默然的共鳴。

4 困境中求生趣

困境，可以分為客觀和主觀兩種。

- 客觀的困境：見教授的時候將至，還對討論內容毫無頭緒……一年已過，還沒有定好研究範圍……。尚有兩個月就到限期，論文只寫了一半……。
- 主觀的困擾：在「時日無多」之際，仍鬧情緒，看了一小時書，還是呆在那兩行……老是被完美主義所影響，想不到一個非凡的題目決不罷休……大限將至，論文還未動筆，卻偏在這時候思考人生的哲理問題……。

然而，絕處也可逢生。遇上客觀的困境，可先安靜下來，想一想可解決問題的方法，或主動尋求教授和師兄師姐的意見和協助。處理主觀情緒上的困擾則可以透過小睡休息、運動、向朋友傾訴等來鬆弛一下，亦可以正向思維調整主觀感受和看法，積極鼓勵和推動自己。

我常以此自勵：只要能衝過去的話，看到的將會是更廣闊更美麗的天空。懷著這種信念，共勉之！

Enhancing the Life of postgraduate students

– Efforts by CUPSA and CSSA

Student Reporter: Miss Lam Ka Ting, Liz

Taking experiments, doing research and visiting libraries are the activities that come up to our mind when we are talking about postgraduate students (PGs). What do they do in the leisure time? With the help of two postgraduate student societies, the Postgraduate Student Association of CUHK (CUPSA) and Chinese Students and Scholars Association of CUHK (CSSA), postgraduates' life becomes more colorful.

"It is true that PGs are really busy with research work and course study, but they are also very willing to get involved in social services," says Jackie, the vice-president of CUPSA. Therefore, to bridge PGs to the community, CUPSA had organized different charity services like New Territories Walk in 2011. The programme received a warm welcome by students. Participants were required to seek donation and to complete a 10-km walk. All the money raised was donated to the Community Chest. They also organized Tree Planting Day and visit to the Society for the Prevention of Cruelty to Animals (SPCA). Jackie said they planned to organize similar activities in the coming year because of the great support from PGs.

To help PGs maintaining a balanced school life, both CUPSA and CSSA organized a variety of recreational activities, such as hiking, boat trip, cuttlefish fishing, cycling, war game, etc. Not only one can enjoy the fresh air and beauty of the nature, students can also meet new friends through these kinds of outdoor activities in a relaxing environment.

It is always said that your happiness would be double if you are willing to share it with others, but it is very important to find the right person. A joint-university Halloween party is held by CUPSA in October every year, last year with City University and this year with University of Hong Kong. Joey, another vice-president of CUPSA, said that he was very glad that the participants enjoyed the nights. "They were encouraged to dress up in scary costumes, through playing interesting games, everyone got a chance to broaden their social network."

To make the purpose more specific, CSSA organized the "Miss Right" programme. Kenneth, the president of CSSA, says "Students feel lonely when they leave their home city, they need companion. Most PGs are occupied by their course work or just too shy to make friends. So we come up with the idea of organizing the programme". As implied by the programme's name, PGs who are single and interested in finding a partner would first register via the internet. Then, they can join the group activities arranged by CSSA once every two months. This ensures participants can have a closer interaction with the one they like. This activity receives high response and successfully brings several of two parties together every year.

New Territories Walk 2011 (CUPSA)



Boat trip (CUPSA)



Halloween Party (CUPSA)



尋找你心中的
MISS RIGHT

你是我的
另一半



詳情請查閱 CSSA 官方網站 www.cuhkcssa.com

Miss Right (CSSA)

Individual's capability is more emphasized in Hong Kong and person-in-charged system is adopted in our society. At the very beginning, I was stressed when I handled my first duty alone. When I tried my best to overcome it, I found myself more independent. The satisfaction is double!

Huang Ruolan, Jackie
Vice-president (general affairs) of CUPSA

Studying abroad is a precious experience to us. We should never lock ourselves in the room. The more you are willing to get involved in something, the more you can gain in return.

Wei Zhongyu, Joey
Vice-president (internal affairs) of CUPSA

We may get lost sometimes in the change of life from undergraduate to postgraduate study. For me, I tried to take the challenges. Don't be afraid of the challenges as you will be thankful to those obstacles when you look back in the future. They enhance your growth without a trace.

Ye Rong, Kenneth
President of CSSA

It is really my pleasure to have joined CSSA. It shines my exchange life. Sometimes it is tough to organize a new activity and we need to plan for every detail. The challenges will be overcome if the team shares a common goal and everyone is committed to help each other. And finally, it feels really great to see that participants enjoy the activity.

Mao Renxin
Program Director of CSSA



As the living style and culture in Hong Kong is very different with that in the mainland and other countries, it is not easy for non-local postgraduates to get used to their new life in Hong Kong. Life may become easier if they get support and useful tips from senior students. A forum called "RenJianXianJing" (人間仙境) was managed by CSSA to enhance students' communication and mutual support. Users can ask a wide variety of questions like tips of living in Hong Kong and usually prompt response would be received from the others. This kind of invisible yet instant support helps students overcome harsh and lonely study life.

To have a balanced study life, one has to work hard and play hard at the same time. CUPSA and CSSA are of important roles to organize these activities at which love, care and support are presented! To know more about their services, take a visit to their websites.

Society	Target members	Website
CUPSA	All postgraduates	www.cuhk.edu.hk/student/cupsa
CSSA	Mainland Chinese postgraduates and scholars	www.cuhkcssa.com

Cocktail party (CSSA)



Exploring Local Culture



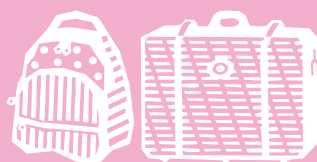
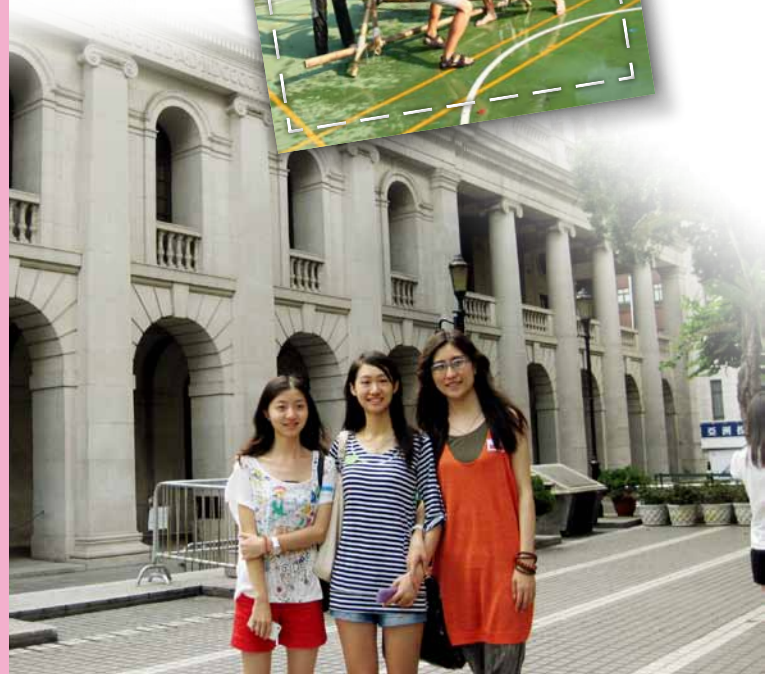
City tour is always an important step for one to know more about the new place where he or she is about to stay. Apart from CUPSA and CSSA, the Incoming Students Section of the Office of Student Affairs also offers a series of exploring Hong Kong activities for non-local postgraduate students to enhance their better understanding about this new home!

Right after their orientation programme, more than 140 non-local postgraduate students had an opportunity to explore Hong Kong in mid September. They visited tourist spots including Charter Garden, Golden Bauhinia Square and the Avenue of Stars. The tour guide also shared with them some interesting local cultures on festivals, history and wedding. After having lunch at a local restaurant, the students were divided into small groups. Led by some senior postgraduate students, they had great fun of exploring the localities in Mong Kok and Tai Po. Participants found it was a good chance to meet new friends that day!

One month later, around 30 postgraduate students had a close encounter with the natural parts of Hong Kong. They had an eco and adventure tour at Tai O, known as the Oriental Venice. Let's hear what LI Chengjie, master student of Biomedical Engineering told us about his feelings after the trip.

"Tai O is a well-preserved fishing village with stilt-houses. There is a local market selling seafood and some distinctive artworks made by the local elderly. We also found some mangrove animals here, like mudskippers and fiddler crabs.

After the Tai O tour, we had lunch in the Sydney Leong Holiday Lodge and prepared for our adventure activity in the afternoon. We divided into two groups and learned how to assemble the "Rome Carriage". We started our "war" by using the "Rome Carriage" to shoot the other group with balloon filled with water. When the game came to the end, we all got wet but with lots of fun!"



CLOVER

Cultural Exchange and Community Services

CLOVER (Community + Local & Overseas students + Volunteers = Everlasting Relationships) is a buddy programme in which local and non-local students become friends and join hands to provide community service to different groups of needy people in the society.

Re-run in its third year, CLOVER received a funding support from the I•CARE Programme. The number of participants grew from 45 last year to 70 this year. Cantonese classes, outings, home visits and adventure-based training camp are offered in the Programme in the first semester.



Jérôme, Sally and Minxin, from the right to the middle in the photo, had fun in the Cantonese class.

Sally Jin

I had a better grasp of the phrases while enjoying the very relaxed, intimate and engaging learning atmosphere in the Cantonese classes.

Jérôme Naciri

I learnt some popular Cantonese slangs. Though remembering the characters was very difficult, I really thank for the great work prepared by my local partners. I never dare to order in Chinese before learning some daily Cantonese phrase!

Wang Minxin

We learnt team work, persistence and mutual trust in the adventure-based training camp. I have known more about my teammates from different backgrounds after the camp.



Jérôme was at the training camp with other CLOVER members. They will serve the South Asian minorities.

The groups are now preparing for the community services that will take place in the second semester. They will organize a wide variety of activities including interest classes (on language, culture and cookery), outings, funfair day, etc., for newly arrival children, the developmentally disabled, the elderly, and the South Asian minorities.



Enhancing Ethnic Minority Health

Miss Cheung Yee Lai, Eliza
PhD, School of Public Health and Primary Care (SPHPC)



photographer: Terry Wong, the Public Health Humanitarian Initiative (PHHI)

The Ethnic Minority Health Project was established in 2009. It aims to mitigate the adverse human impact of natural disasters through evidence-based health education campaign in remote, extreme poverty, disaster-prone or affected ethnic minority communities in rural China. About 50 CUHK students participated in this Project. Here we have sharing from one of the participants, Eliza Cheung.

Da Tan Village in Gansu Province, a Muslim-based community situated at a river basin, is definitely one of the most beautiful villages in China that I have ever been to. Of course, what makes my several visits there valuable and meaningful is not only the physical beauty of this community; it is the spirit of the villagers, despite having been affected by multiple disasters, foster toward life that humbled me. Rainstorms, snowstorms, mudslides are common in Da Tan Village. Yet, the villagers do not know how to cope with natural disasters; some even reported psychological distress whenever there was heavy rain or snow. Our team – the Public Health Humanitarian Initiative from the SPHPC – paid several visits to the village to conduct health education, including packing emergency bags, planning evacuation routes and working out a healthy lifestyle. We were so touched to see villagers displaying our health education materials in their houses and telling us how they still remember what we had taught them months ago. Though the visit only lasted a few days, what we have experienced and learned from them will continue to remain in our hearts for the rest of our lifetime.



photographer: Eliza Cheung, the Public Health Humanitarian Initiative (PHHI)



Careers Fair 2011

Student Reporter: Miss Ng Yee Man, Margaret

Brand New Careers Fair attracted more than 800 students, meeting with different corporations and seeking career insights.



On 24th and 25th October, a total of 26 companies from various fields joined the Careers Fair organized by Career Planning and Development Centre (CPDC), Office of Student Affairs in Sir Run Run Shaw Hall. Both the companies and students found the 2-day event very rewarding for the identification of potential candidates and employers respectively.

Aiming at offering diverse renowned employers and our elites students an opportunity to have face to face mutual understanding effectively, the fair successfully featured a wide range of organizations, e.g. non-government organizations, financial institutes, consulting firms, FMCG companies, and airlines, etc.

Prof. Dennis Ng, University Dean of Students, made a warm welcome to the participating companies and students at the beginning of the fair. He hoped that with the help of this Careers Fair, students could make a suitable choice for their career development in the future.

He also encouraged students who want to get a dream job to ask themselves frequently what their interest really is. "Only enthusiasm can motivate you and make you become impressive to employers. Only satisfaction can help you go through the ups and downs during the job search."

Lo Wing Man, a year 1 master student in Public Policy, found the fair helpful in letting her understand the career market in Hong Kong more. "The Careers Fair allowed me to explore potential employment and learn more directly

and conveniently about the active recruiters."

Another student, Chloe Sha, a final year student in IBBA, attended a few company recruitment talks, but this was the first careers fair she joined in CUHK. "I think it is very good to students that CUHK organizes this kind of careers fair." Bringing with herself her résumé, Chloe had paid attention to which companies would be participating in the fair beforehand. "I come to look for some business-related companies and banks, and it allows me to chat directly with a Talent Acquisition Specialist of the Standard Chartered Bank. Gaining more insights, I feel glad to be more sure about my interest in career development and path in the banking industry."

"We like the format of a careers fair, which favours reaching even more students, as recruitment talks in campus can only be held at a certain short period of time, students might not be able to attend them unfortunately due to classes, but a careers fair with booths adds much flexibility to the promotion time of the company to potential students throughout the days!" commended by one of the employers.

The careers fair came to a successful end and was found rewarding by both employers and our students. This is just one of the activities CPDC organizes to help students with their career planning. More career talks and workshops are available throughout the year.



Time to Build! Time to Fly!

Global Internship Programme 2012

Congrats to you all! After a semester of hard work, now you deserve a nice and joyful X'mas holiday! Yet signifying by the end of a term, you are one step closer to graduation and a new stage of life. Life can be very different out of the university. Have you started preparing for it? It should be time now. Take your X'mas break to think about joining the Global Internship Programme (GIP).

Organized by the Office of Student Affairs (OSA), GIP arranges summer internship overseas and in Mainland for full-time non-final year undergraduate students of

CUHK every year. Last summer, through the programme, 221 students were offered Mainland internship, while 67 were sent to work in Australia, Germany, Korea, UK, USA, etc. Host organizations ranged from Beijing National Museum to HSBC office in Australia, technology companies in Nanjing to Hong Kong Economic and Trade Office in UK, YMCA in Korea and Tanzania to an organic farm in Brazil. Opportunities are of high variety and cater for diverse needs. And in 2012, OSA targets to send more students to different cities and industries for exposure!



Interns, as camp counsellors, enjoy themselves in the camp



Interns teach English in Africa



An intern leads campers for outing in the US



Interns spend a fruitful summer in Hong Kong Economic and Trade Office in Shanghai

Thinking if you should/ can apply? Ask yourself the 4-H questions below, then the answer is there. (Just tick the box if you find the description fits your situation.)

1 Who: Should/ Can you apply?
CUHK full-time non-final year undergraduate students (mandatory requirement)

- Having a desire to strengthen your résumé
- Looking for a chance to experience a life out of homeland
- Planning to have a taste of work life and equip yourself with hands-on experience for future employment
- Seeking for insights on what kind of work life you really want in the future through offshore experience

If you have checked the first box and any of the boxes that follow,

➡ **Go to Question 2.**

2 Where: Do you want to experience a work life and the culture in the following parts of the world?

- Mainland China
e.g. Beijing, Nanjing, Shanghai, Xian, etc.
- Asia Pacific Region
e.g. Japan, Singapore, etc.
- Australia
e.g. Sydney, Melbourne
- Europe
e.g. Berlin, Dublin, London, etc.
- America
e.g. New York

If you have checked any of the boxes above,

➡ **Go to Question 3.**

3 How much: Can you afford the cost involved? (Average expenditure of interns in recent years is listed below for reference)

- Mainland China (~HKD 8000/ 4 weeks)
- Asia Pacific Region (~HKD 8000/ 4 weeks)
- Other overseas cities (~HKD 25000/ 4 weeks)

Subsidy, averaging to HKD5,000 per student, would be considered for student interns, taking into account the location and duration of internship, the availability of stipends and family financial situation, etc., to help alleviate their financial burden.

If you have checked any of the boxes above,

➡ **Go to Question 4.**

4 When: Are you available in the period below?

- May 2012 to August 2012 (actual internship period would depend on the need of the individual organizations)
- 4 weeks to 16 weeks in the above period (actual duration would depend on the need of the individual organizations)

If you have checked all of the boxes above,

➡ **You should seriously consider joining**

GIP 2012!

Application deadline of GIP 2012:
25 January 2012 (Wed)

**Don't regret!
Act now!**

Visit www.cuhk.edu.hk/osa/gip for more information and take your time during X'mas break to think of joining the programme. It is time to build your future, and it is time to fly.

Timeline for GIP 2012

Jan 2012	Briefing session of GIP 2012
	Application
Feb 2012	Campus interview
Mar / Apr 2012	Company interview
Apr 2012	Announcement of result
May – Aug 2012	Internship exposure
Sep / Oct 2012	Certificate presentation

Trade Ambassador Programme by HKTDC



The Hong Kong Trade Development Council (HKTDC) has been organizing the captioned programme since 2007. The programme aims at enhancing university students' understanding of Hong Kong and the global trade.

Jacki, the recipient of the "Outstanding performance award 2011" in the programme, would like to share with you about her precious experience.

"I joined the Trade Ambassador Programme of HKTDC in October 2010. It was very rewarding and meaningful that it provided me with much inspiration on my career path! In the Programme, I joined the "Field trip experience", "CEO interview" and several Entrepreneur workshops and seminars, which I found interesting.

I was assigned as the MC to introduce the Innovation Design & Technology Exhibition to all visitors. The 3-day on-site experience not only allowed me to know much more about HKTDC, but also



get to meet top designers and CEOs around the globe!

At the end of the programme, I was glad to be awarded the "Outstanding performance award" and will be representing HKTDC for an outbound mission in the coming year. Feeling greatly excited, I do look forward to helping promote Hong Kong's trade to other parts of the world. No matter what you study, I do highly recommend this programme to you, which gives valuable and unique experience."

*Jacki Fung
Sociology, Year 3*

CUHK Women's and Men's Swimming Team awarded Overall Championship in "The 48th Annual Aquatic Meet" of the University Sports Federation of Hong Kong, China (USFHK)

"The 48th Annual Aquatic Meet" of the USFHK was held on 23 October, at the City University of Hong Kong. Eleven institutions took part in this competitive event. Competition was so fierce that the champion was not known until the last minute. The CUHK swimming team had excellent achievement this year. It won the Championship in women overall, the 1st runner-up in men overall, and the Championship in men and women overall. Gold medalists included Kent Cheung, Joyce Lau, Gladys Ho, Vivian Lai, Janice Tong and Jamie Li. Among them, Kent broke the USFHK record of 100m backstroke at 1'00"41. The CUHK cheering team which includes team members and alumni provided ample support for the team during the competition.



Student Leader Training Scheme 2012



To enhance office bearers' efficiency and effectiveness in managing their associations, the "Student Leader Training Scheme" was launched in 2010. This year, more experts from different disciplines will be invited to offer useful and interactive training to our participants. You are cordially invited to join the Scheme.



(*Mandatory; ** Optional; *** Voluntary)

Training Package

- A Day Camp on Leadership Skills and Team Building*
- A Workshop on Budget Control*
- A Workshop on Poster Design**
- A Workshop on Handling Complaints and Conflicts**
- A Workshop on Communication Skills*
- Two Field Visits to Social Enterprise / Medium-Small Business**
- A Talk on Integrity by ICAC and Privacy by PCPD***

Incentive Plan

- A unique certificate presented to the participants who will have completed at least 5 out of 7 activities. (The position held by the awardees in their associations will be marked on the certificates.)
- The awardees will be invited to the Dinner Gathering cum Certificate Presentation in April 2012.

For enquiries, you are welcome to contact Ms. Cecilia Law at 3943-7947. We look forward to seeing you in the training.

Refurbishment of Student Amenities on Main Campus

Acknowledgement

CUHK CARING
ALUMNI FUND
中大校友關愛基金



With the full support of CUHK Caring Alumni Fund, the Student Common Room at Room 208-210, John Fulton Centre and the Student Activity Room at Room 306, Benjamin Franklin Centre have been refurbished since this summer. These rooms open from 9:00 a.m. to 11:00 p.m. from Monday to Sunday to CUHK students for free. For the Student Activity Room at Benjamin Franklin Centre, all registered student organizations can also

make reservation for student functions via the Online Booking System managed by the Office of Student Affairs (https://osanta.osa.cuhk.edu.hk/booksys/login.asp?which_page=6). We are sure that upon refurbishment, students would be able to organize more quality activities and make good use of these facilities in the coming years.



Student Common Room at Room 208 - 210, John Fulton Centre



Student Activity Room at Room 306, Benjamin Franklin Centre

Events	Organizer / speaker	Date
Career Planning and Development Centre, OSA (Tel: 3943 7202 / E-mail: cpdc@cuhk.edu.hk) (Please note that the following events are subject to change. Students may refer to http://cpdc.osa.cuhk.edu.hk/ for the updated information)		
Guidance Programmes		
Career Seminar on Well Presenting Yourself at Job Hunting	Quality People Resources	12 Jan 2012
Career Seminar on Entrepreneurial Spirit	Education First	13 Jan 2012
Career Seminar on Corporate Social Responsibilities	SGS	16 Jan 2012
Workshop on Handling Difficult Group Interviews with NLP Skills	Mr. Alex Lam	18 Jan 2012
Career Seminar on Make-up Techniques for Job Interviews	to be confirmed	Jan 2012
Global Business Ethics Program	Junior Achievement Hong Kong	4, 11, 18 Feb 2012
Career Seminar on Financial Industry	Rabobank International	8 Feb 2012
Career Seminar on Communication Skills for Problem Solving and Mediation in Workplace	Mr. Alex Lam	7 Mar 2012
Career Seminar on Mandatory Provident Fund	MPFA	Mar 2012
Mock Interview Workshop	CPDC	Mar 2012
Workshops on Hairstyle for Job Interviews and Working World	Mr. Kim Chow and Mr. Sammy Li	Mar 2012
Careers E-coach Workshops	CPDC	Throughout the semester
Recruitment Talks		
The Bank of Tokyo-Mitsubishi UFJ, Ltd.		Jan 2012
Kerry Logistics (Hong Kong) Ltd		Feb 2012
Innopage Ltd		Feb 2012
Coach Hong Kong Limited		Feb 2012
DHL International (HK) Ltd		Feb 2012
NTK Learning Center		Feb 2012
Ogilvy Public Relations Worldwide		Feb 2012
Uniqlo (Fourth Valley Concierge Corporation)		Feb 2012
Lane Crawford		Feb 2012
Chow Tai Fook Jewellery		Mar 2012
Global Internship Programme		
Briefing Session on Global Internship Programme 2012	CPDC	17 Jan 2012
Incoming Students Section, OSA (Tel: 3943 1533 / E-mail: isso@cuhk.edu.hk)		
Christmas Party for Postgraduate Students	ISS & PGH Resident Associations	19 Dec 2011
VC Dinner with Postgraduate Students	ISS, CUPSA & PGH Resident Associations	12 Jan 2012
Dumpling Night for Postgraduate Students	ISS & PGH Resident Associations	Mid Jan 2012
Lunar New Year Gathering for Mainland Undergraduate Students (To be conducted in Putonghua)	ISS	19 Jan 2012
I-House O'Night	ISS & I-House Resident Tutors	Late Jan or Early Feb 2012
Workshops on Effective Learning	ISS	Late Feb and Early Mar 2012
ISS League	ISS	Feb 2012
CLOVER - Social Services	ISS	Early Jan to Late Mar 2012
Student Activities and Amenities Section, OSA (Tel: 3943 7323 / E-mail: saau@cuhk.edu.hk)		
VC's Christmas Party	CPRO	19 Dec 2011
Ride-a-Bike for Children in China Marathon 2011	Uni-Y(CUHK)	25 – 29 Dec 2011
Student Activities Fund (UGC Block Grant) – open for application	SAAS	3 – 31 Jan 2012
The Student Activities Fund of the Federation of the Alumni Associations of the Chinese University of Hong Kong – open for application	SAAS	3 – 31 Jan 2012
Student Leader Training Scheme	SAAS	Jan – April 2012
Global Y's Trainee Programme 2012 Interview	Uni-Y(CUHK)	Mid Jan 2012
The 9th CU Speech Contest(1st Round)	SAAS & 6 Other CU Units	13 – 16 Feb 2012
Student Counselling and Development Service, OSA (Tel: 3943 7208 / E-mail: scds@cuhk.edu.hk)		
Workshops for Postgraduate Students		
Stress-Management	SCDS	23 Feb 2012
Communication and Relationships	SCDS	21 Mar 2012



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