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University MarketPlace 大學廣場

Do you Lead well? 「你」想领袖

學生事務處 Office of Student Affairs

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University MarketPlace 大學廣場

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Message from the Office of Student Affairs

At the start of the new academic year, I would like to express our warmest welcome to you all.

CUHK places importance on the holistic whole-person development of our students. We expect our students to excel not only academically, but also to develop essential qualities and values like competent communication skills, international perspective, critical thinking as well as a sense of social responsibility. In the delivery of our diverse services, the Office of Student Affairs aims at facilitating our students to equip and consolidate these core assets, thus preparing them to become future leaders of the global village.

In this first issue of the University MarketPlace in 2013/14, we explore the theme of "leadership". Our Vice-Chancellor shares with you his invaluable insight and experience in preparing for leadership roles as well as his vision in developing our students. A recap of the activities organized or coordinated by the Office of Student Affairs enables you to have an idea on what students have learnt about "leadership".

Good leaders are made, not born. If you have the desire, skills and mindset, you can become an effective leader. But it is important to note that good leaders develop through a process of self-reflection, hard work and selfimprovement.

We place a lot of emphasis on communicating with students and all sectors of the University community. We are here to share your concerns and also to share our thoughts with you. You are always welcome to share your views with us.

I sincerely wish you a fruitful university life!

Warmest regards,

Raymond Leung Director of Student Affairs

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Stay Tuned

The University MarketPlace (UMP) is published by the Office of Student Affairs, CUHK, four times à year. All contributions should be sent to the Editor of UMP at marketp@osa.cuhk.edu.hk. Please check with the Editor about the material deadline. The UMP reserves the right to decline contributions and to edit the materials.

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- Science Centre
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- Wong Foo Yuan Building (G/F lobby)
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Leadership

Interview with the Vice-Chancellor Student Reporter: Cheng Ho Chi, John

The Art o

With the commencement of the new academic year, the *University MarketPlace* is honoured to have invited Professor Joseph Sung, Vice-Chancellor of CUHK, to share with our readers his understanding on leadership and leadership experiences.

Q: How would you interpret the word "leadership"? What qualities or talents do you think a good leader should possess?

A: A leader is someone who has a vision about the group he is leading and can see things in broader terms. He would have some additional inspirations as for how his group or organization should go forward. A good leader should also have the ability to convey and share his vision to the group of people he is leading. Therefore, the communication skills of the leader are very important. On the other hand, a good leader should consider all the time what is the best for the whole group of people. When doing so, sometimes he may not get everybody to agree with what he is doing or saying. Yet, it is important for the leader to try his best to convince the people, to bite the bullet, to make the decision and hoping that in the long run people will understand why he made such a decision at that time.

Q: Personally, what are the experiences in your career which have helped to build your leadership style?

A: After my graduation and practice as a medical doctor for several years, I went to Canada to study for my PhD degree. It was at that time that I read a lot of books of different kinds and interacted with people from all walks of life. I improved my visionary horizon. Being the head of the Shaw College in 2008 opened up a great opportunity for me to interact with students from all faculties and that was a wonderful experience. From there I took up the Vice-Chancellor's job. To me this is a much more challenging job because I am not only dealing with teachers and students, but also the public, the government, other universities, and sometimes even politics. I can only say that I am learning every day in my job in order to know where we should go to and how to convey my vision to my fellow students and teachers.

WELL?

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Q: What are some of the unforgettable challenges you have faced as the Vice-Chancellor of CUHK?

A: There have been lots of ups and downs for me as the Vice-Chancellor. In fact, even before I took up the job, the challenge had already come. I must say that I started not on the easiest footing, actually taking up a fairly hot seat. An example is that when I was nominated as a candidate for the Vice-Chancellor post, I had to face students asking very critical questions. One of them put a clock there, symbolizing that they wanted to have a countdown on my predecessor's tenure in the university, and asked me to unveil the clock. I thought this was getting very personal and not respecting individuals. At certain points you have to decide what the right thing to do is and what is not, according to your conscience. As a leader, sometimes on certain principles, or with your knowledge and experience, when you know that this is something we should not go for, you have to put up a hard face in order not to lead the whole group in a wrong direction.

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Q: Recently there is a student who wrote to you asking to build a Muslim restaurant in CUHK. Yet, people have different views on this issue. How do you demonstrate the qualities of a leader with regard to this incident?

A: Talking about the vision of leaders, this is an opportunity for us to learn to respect cultural difference and that we should not force others to conform to our way of living and thinking. Only when we have such accommodating attitude can we attract all kinds of talents to come to this university or Hong Kong at large. In this case, though I may not get 100% support from students, staff and the public, I would have to try to listen to everybody's voice and explain to them why I am doing this. My purpose is to use this as a lesson for everybody to learn how to accommodate each other's need.

Q: People say university is a miniature of society. How does the University prepare young people as aspiring leaders in society?

A: University education has the most important role of preparing young people from an adolescent who still rely on their parents to becoming an independent and responsible adult. The university should give teenagers exposure to global issues to make our students be aware of these things so that they can become global citizens. The other thing I think the university is mandated to do is to allow students to learn to work with other people. Nowadays everything has to be accomplished by a team of people who are willing to put their best talents together in order to produce a result that is of greater impact to the world.



Q: What tips would you give to our students in order for them to become successful leaders in the future?

A: The first thing is that they should read broadly. Read books that may not be related to their major studies but anything they can put their hands on. Recently we had a survey and found that university students rarely read any books other than the notes and powerpoints they are given, which is quite disappointing. Secondly, meet many more people, especially people from different walks of life. I strongly encourage our students to interact with non-local students. I know that our students are sometimes a bit shy and feel that their command of English may not be that good. But try to talk to them and only through interactions like these will you start to feel comfortable with using English.



During the interview, Professor Sung revealed a secret to UMP – recently, the university has been engaging the Manchester United to give us some opportunities for training in order to establish a strong football team in CUHK. He thinks that football is very special



since it is not a one-man sport as good organization in the team is required. Also, he believes that a good football team can connect the whole university together to build up the university spirit. A good football team can even benefit society as they can do some charity work and community work which can bring the university's core values to the public. Hopefully we will see a world-class football team in CUHK very soon.



关學的其中一個功能,就是為社會培養未來的領袖。作為大學生,大家有較多機會在大大小小的組織中擔當領袖的角色。然而,具有甚麼特質的人才能成為出色的領袖?你具有這些特質嗎?

究竟,領導才能是天賦的?還是後天培育的?心理學家指出,領導才能既受個性特徵影響,亦為後天的學



Insight高膽遠矚

有遠見的領導者能夠選擇正確的方向及策略,能夠平 衡短期與長期利益;這往往也是團隊能否達到目標的 關鍵。

Integration 凝聚

團隊成員往往有意見不合或遇到溝通障礙時,此時領 導者便需要兼容並蓄、了解及聆聽多方聲音,並凝聚 各方,找出能服眾的解決方案。

Inspiration 激勵

具激勵能力的人能夠激發團隊的潛能、提高士氣、帶 領跟隨者發揮最佳表現。



Instruction 教導

領導包含了「引導」和「教導」之意。好的領導同時擔 當好導師的角色、重視人才培訓、增強團隊成員的能 力與信心。

Integrity 誠信

領袖如能在領導過程中言行一致、誠實可信,便能獲 得團隊成員信任,更能增加對團隊的影響力和凝聚 力,更有助於緩和內部矛盾。 習及培養所能提升。不少領袖亦會透過不斷的學習及 進修以增潤自己的領導技能。

有關領導才能的理論如雨後春筍、百家爭鳴。其中台 灣學者廖肇弘先生曾經提出領導力的七個"I",言簡 意賅;現摘述如下,大家不妨作為參考,看看自己已 經掌握哪幾項、在哪些方面需要加強學習。

Influence 影響力



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影響力來自對理念的堅持、對他人的關心、對願景的 認同,以及對改變現狀的渴望等。這是作為領導者最 為基本及重要的特質。個人的聲望、魅力、熱情可帶 來短期的影響力;而長期的影響力則靠共同的理念、 及因誠信所累積而來的信賴。



要帶領團隊改變現況、實踐理想,往往需要創新的思 維來配合、並以勇氣及毅力作出改變。

參考資料:

作者: 戴國良博士

書名:圖解領導學(2012)

出版社:五南(臺北市)



UMP 大學廣場

「領導才能」?我有話説。

プロラ大學生認為(1)「領導才能」是甚麼?(2)一位具有領導才能的人擁有甚麼特質?(3)與「具有領導才能的人」
 プロ交往有何體驗?(4)大學生作為未來的領袖,將面對甚麼挑戰?學生輔導及發展組透過以下簡短的訪問可
 讓讀者了解部份同學的心聲。

I)「領導才能」是甚麽?

- 把適當的人安排在適當的位置工作,讓所有人能發展所長,有效地達到目標。
- · The ability to lead a team and to achieve more as a team than as separate individuals.
- · 能帶領團隊合作、讓成員得以各展所長,從而成功達到目標的能力。
- · 一種讓一起共事的人信服、果斷卻親和的魅力。
- 在團隊中驅動成員協作的能力;領導才能的效果是使事情圓滿順暢地進行。

2) 一位具有領導才能的人擁有甚麼特質?

- 發掘他人才能的洞察力、目標清晰,心思細密、鼓勵團隊,重視創意。
- Honest, Democratic, Energetic, Sociable, Smart, Eloquent and Sympathetic.
- 成熟、善於溝通、果斷、清晰、堅韌、會反省、包容、有原則、會規劃、細心。
- 有遠見,通人和,抱有開放的心胸和幽默感。
- 有主見、謙虛且不偏不倚。

3)與「具有領導才能的人」交往有何體驗?

- 他往往推舉部下發揮、表達、不自視過高、經常與部下交流和分享。
- 她常以笑面迎人、對小組各成員的態度很親切、消除隔膜。她關心組員的感受,令組員感到自己的重要性;
 她了解工作的進展和難處之餘,亦能及早發現和解決問題。
- 她能清晰目前進度、對將來的計劃也想得詳細,令人放心。她知人善任,亦不介意「包底」。此外,她處事圓 滑得體、社交儀態合乎情理。
- 他在交談時總能舉出相關領域的有趣知識。他傳達了每個人都有發揮自己性格優點的信息,並能使人樂於與他相處。
- 他會廣納不同人的意見,並作出一個令大家都滿意的決定。

4)大學生作為未來的領袖,將面對甚麼挑戰?

- 現在很多大學生只為了享受生活、賺錢而忘記了自己的理想。另外,很多人喜歡與自己的思維模式相似的人相處,容易抗拒一些外來的意見,使自己故步自封。
- Nowadays, the general public demands more and more from university students, especially in academic excellence, critical thinking, global vision, cultural exposure, interpersonal communication skills, EQ as well as social contribution. University students, as the leaders in the future, have to step out from their comfort zone and better equip themselves with professional knowledge, leadership skills, communication skills etc., and to keep abreast of the latest development worldwide.
- 現代大學生大部分都在溫室中長大、待人接物有欠成熟、難以經得起挫敗和困難,生活圈子跟眼界也被死板 的教育制度壓得很狹窄。所以大學生要鍛鍊自身的個人素養、成熟處事、管理情緒、增強自我認識、開闊思 維、突破自己。
- 要有心理準備與自己立場或見解不同的人溝通及共事,要了解自己所處的境況有何可以加以利用的機遇。
- 社會上有各種不同的聲音,如何兼容並包,理解、明白持相反意見的人,便是最大的挑戰。

受訪同學

- · 林港深 / 中醫學 / 三年級
- 馮金花 / 專業會計學 / 二年級
- ・陳瑋彤 / 英文 / 二年級

- 陳美如 / 社會工作 / 三年級
- 湯港樑 / 歴史 / 二年級
- ・ 賴慧妍 / 工商管理 (綜合) / 二年級

DO YOU LEAD WELL? OCT 2013

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「你」想領袖

小同學在暑假期間都會參與各式各樣的活動,當中不乏領袖潛能 發展項目。在你眼中,領袖應具備甚麼條件?讓我們來看看以下 幾位同學對於「領導才能」的領悟及演繹:

我是一個非常慢熱的人,所以我在「新紀元」計劃被 選為領袖,是一件挑戰性很強的事情。慢熱的性格對 於我來說是一個社交大障礙,當我面對陌生的面孔, 我會變得被動內向,遑論要領導十多人。我認為作為 一個領袖,正面的心態是十分重要。回想新紀元計劃 的旅程,我一心只想著如何令組員順利和開心地完成 旅程。於是,我決心踏出第一步,主動地帶領氣氛, 說說笑,跟他們玩玩遊戲,久而久之,大家不再沉 默,團員之間開始熟絡和熱鬧起來,我很喜歡這和諧 的團隊氣氛。大家有了默契後,帶隊就很得心應手。 我從來沒有想過踏出第一步會帶來什麼成果,組員間 會否配合,更想像不到的是其他組員竟然被我們澎湃 和愉快的氣氛吸引過來,真是意外的收穫,也引證了 我踏出第一步是對的。

由九龍總商會主辦、香港中文大學協辦之第十五屆 「新紀元行政管理精英培訓計劃」已於二零一三 年七月九日至十八日假北京、天津及香港圓滿舉行。

今屆「新紀元計劃」主題為「環球經濟下兩岸四地發展 的挑戰與機遇」,共一百三十一名來自中、港、台、 澳大學之精英參加(詳見參與院校名單)。十天旅程 中,參加者透過不同的培訓活動,促進兩岸四地的文



「新紀元」計劃對我自身來說尤其重要。當你決心要做好、真心地付出,收穫比我預期更大。除了得到珍貴的友誼外,我對自己作為「領袖」這一角色的信心 也增加不少。日後的活動,甚至是日常的人際社交, 我都願意先踏出第一步,盡我能力做到最好。我想, 「決心」是作為一個領袖不可或缺的一個元素。

化交流,並對世界最新發展有更深入了解。活動包括主題研討會、精英論壇、參觀(例如北京國家博物館、康師傅方便麵印象館、天津市規劃展覽館、于家堡金融中心及香港立法會綜合大樓)、遊覽(例如天安門廣場、天壇、天津石家大院及香港太平山頂)、機構考察(例如天津空中巴士總裝廠、廉政公署、生產力促進局及賽馬會藝術中心),以及歡送晚會暨結業 典禮等。

參與院校名單

内地

上海交通大學、中山大學、內蒙古大學、北京大學、 四川大學、吉林大學、東北大學、武漢大學、 中國海洋大學、南開大學、雲南大學、復旦大學、 貴州大學、清華大學、新疆大學、蘭州大學

澳門

澳門大學

香港

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る灣

天主教輔仁大學、台灣大學、台灣交通大學、 台灣成功大學、台灣政治大學、台灣師範大學、 台灣清華大學

OCT 2013 DO YOU LEAD WELL?

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Link up Others, Link up the World

(University & College YMCA International Youth Conference)

Chu Man Him / Psychology / Year 1

Being a group leader in the Link-Age: University & College YMCA International Youth Conference during this summer, I had the chance to discover different leadership skills and enjoy great moments in the Conference.

For a leader, it is very important to be active. Delegates came from different regions, they shared different cultures and languages. As a group leader, it is my responsibility and also my desire to let all group members enjoy the conference regardless of the country boundaries. On the first two days, delegates were quite timid. So my team held small games and grasped every chance to chat with our group members. We also did translation for those who had difficulties in understanding others' languages. With those actions taken, team spirit and friendship among

A True Participant

(The Providence Foundation Outward Bound Undergraduate Programme)

- Hon Chun Kwong / Integrated BBA / Year 3
- Tsang Hei Wah / Hotel and Tourism
- Management / Year 3

I learnt the "5Ps" concept in the Outward Bound Programme. 5Ps are our different attitudes, which stand for Passenger, Protester, Prisoner, Participant and Pilot. Passenger is the one who just follows other people and does not have own idea. Prisoner is a person who does his job unwillingly. Protester is a person who always complains but does not do his job well. Participant fully participates in an event and expresses his ideas. Pilot is a person who can guide other people and cooperate with others to complete a job. I think this concept is thought-provoking and can be applied in my daily life. I am a team member of University football team and sometimes I cannot perform well because I act like a passenger or a prisoner only. But now, I know what a true participant should behave in a team.



members and group leaders started to build up. Backup plans are also crucial to relieve stress and smooth the progress of the events in case any problem appears. One day, we were told to prepare programmes for children. As we did not know much about the exact age of the target group and the environment of the event venue, we finally decided to prepare extra games that did not require much equipment. With those extra preparations, we successfully held the games with the unexpected age groups.



A worthy message I obtained in the camp is one's role in a team. I was told it is not necessary for everyone to be a Pilot as conflicts may arise due to multi-leaders, and yet everyone should aim to be a Participant. An outstanding participant should not only be actively participating in all the decision making, but also commenting possible solutions, evaluating team performances as well as encouraging for betterments. The Outward Bound Programme dragged me out of my comfort zone and discovered more possibilities in my life.



學生領袖培訓計劃2013圓滿結束

全領袖培訓計劃2013已於四月圓滿結束。計劃 由學生事務處主辦,至今已舉辦四年,參加計 劃的學員達二百四十人。「經營有道」是第四屆學生領 袖培訓計劃的主題。六十八位學員在短短三個多月參 加了十項活動,包括領導技巧培訓日營、機構參觀、 工作坊及分享會等,探討如何有效地經營學生組織; 超過八成的學員達到計劃要求,成功取得證書。



據調查結果*顯示,學員認同領導技巧、溝通技巧、 處理投訴要訣、設計宣傳品竅門等**對處理「莊務」有一 定幫助**。





UMP 大學廣場

Take the **Leac**

Interviews with the presidents of three student associations

eadership may sound a big word to many people, but you may get a fuller picture of it after reading what the presidents of the Postgraduate Student Association of CUHK, the International Student Association, as well as the Mainland Undergraduate Association share with us their views on leadership and the challenges.

Student Reporter: Celia Chong

Xu Bing - CUPSA

Xu, President of the Postgraduate Student Association of CUHK (CUPSA), said he has become more caring, decisive, and less result-oriented after taking up the post.

There were many reasons why he decided to run for

President of CUPSA. He first felt the touch of CUPSA at the orientation prior to his MPhil-PhD programme, and was impressed by its style – "pragmatic and people-oriented", as he described. "Despite its low profile, it has been organizing many activities that many members enjoy, like hiking and boat trips." Having spent four years at CUHK for his undergraduate degree, he felt that he should be in the position to serve, make good use of his knowledge of both

CUHK and Hong Kong to "mediate the differences among the postgraduates from different regions, and introduce the postgraduate community to the other students at the University."

When asked about his views on leadership, Xu thinks a democratic, rather than authoritarian leader would be more desirable as student leaders share a similar level of knowledge and experience. "Everybody has a say in decisions, and committee members can make the most of their talents. Leadership is not inborn, and you need opportunities to train yourself, so we are also guiding potential leaders in our enlarging workforce to share the

> workload and carry on responsibilities. I am happy to witness the growth of every individual committee member," he believes. Other qualities that a leader should possess, as he presented, include visions, experience and the sense of responsibility, which would help make decisions that also consider the needs of various parties.

> Xu and his team have a motto in mind: "Be humble and down-to-earth." He

proudly illustrated, "The well-being of our members is our utmost concern." Committing themselves to the rights and welfare of their members, the committee is now reaping what they sowed despite previous difficulties. Talking about the key to leadership, Xu suggested that leaders value every member and opinions – "Be flexible, and take the initiative to look for more to better your service."



May Ku – ISA

"Belief" and "passion" were the two words that May, President of the International Student Association (ISA), mentioned the most during the interview. With belief in yourself and passion for your organization, along with experience, May said, you can be a good leader.

May first tasted the work of ISA as an orientation helper before joining the executive committee. She was the secretary of ISA last year, and many ideas about the development of the association were budding in her mind. This year, she decided to take up the position as president to try out her thoughts.



Her two years' experience at ISA gave her an idea about what leadership is – to have faith

in yourself, and to value individuality. "Before I became the president, I had never thought of how leaders should be like. Now I know I can lead people because I believe in myself. If you think this way, your team members will also believe in you," May said. To her, leadership is also to recognize the traits and talents of different team members. The key is to get the right person for the right job, and give full play to their abilities.

When asked about the sweet and sour at ISA, May did

<u>Liu Dudu – MUA</u>

In the eye of Charlie Liu Dudu, President of the Mainland Undergraduate Association (MUA), a leader needs not to be flawless, but humble and confident.

Last year, Charlie joined the MUA orientation programme as a freshman, and felt its importance to the newcomers. Then he had the calling to pass on the warmth and kindness to his counterparts, and nourish their sense of belonging to the University as well as the local community. "One of our aims is to strengthen the connection between mainland and local students," he added, "and

being the president will realize my ambitions directly."

The position has inspired Charlie with a sense of leadership. "I did not have a clear idea about leadership previously," he admitted. Now, he believes a leader is not a boss who gives orders from the top, but one who takes action and leads others. Humbly acknowledging the room for improvement in his performance, for example, "a lack of experience" as he termed, he is confident that he will make it - "Only when you trust yourself can others trust and follow you." Along with vision, ambition and planning, he thinks a leader should be capable of bonding his team members and communicating with others. "Take me as an example. Part of my responsibilities is to meet and work



show her faith in the association and her passion. "The committee sometimes has different opinions, but we all love and know each other. Problems can be tackled with communication." Founded in 2009, ISA is still new. It is still building up a reputation for fun activities to attract

more people, but May is hopeful. "Every time we have events and whenever I see our members having fun, I feel it's worth it." Together with her cabinet, May has organized some events and activities, such as a farewell dinner for graduating international students and the just-ended orientation programme, from which they have gained invaluable experience for their leadership development.

Though confident in her performance, May admits she still has much to learn. She sought advice from former ISA cabinets, and would like to meet and learn from other student leaders. She concluded, "We learn our lessons when we fall. Experience will tell you how you can deal with problems." May also seized the opportunity to speak to local students, "Don't be afraid to talk to us. We love Hong Kong, and that's why we are here. We may not understand you well, but communication will solve this."

with people in and outside the executive committee. A high EQ is essential – so you get along with your members – so are language skills. To show respect to the staff at the

University, I speak Cantonese when we discuss school matters." Having arrived for only a year, Charlie already speaks Cantonese at a near-native level.

Meanwhile, Charlie takes challenges positively. Like many other student leaders, sometimes he finds it hard to please everybody, particularly when opinions still differ greatly despite attempts

to make the meetings as democratic as possible. "Just when we nominated group leaders for the orientation, there were some vigorous debates. This can be solved by respect, persuasion, and an understanding of each other's stance and difficulties," he explained. Soon he added with a glitter of firmness in his eyes, "There were arguments, but no distrust or hard feelings. We are a team."

While he welcomes opinions from other student organizations, MUA also looks for local and international students to join their upcoming activities like the Singing Contest and Chinese Culture Festival. "It is our hope that we can break cross-cultural misunderstandings through communication."

communication." Founded in 2009, ISA is still new. It is still building up a reputation for fun activities to attract more people, but May is hopeful. "Every time we have events and whenever I see our members having fun. I feel it's worth UMP 大學廣場

New Asia College Student Leadership Development Programme 2012-13



New Asia College organized a student leadership training programme in June with the aim to develop students' leadership skill through various activities in a 7-day Outward Bound camp. Let's listen to one of the participants' sharing!

Throughout the camp, we were required to manage our daily routines from cooking, cleaning to setting up tents. Two of us were selected to become leaders in turn so as to learn through practices. The jobs of leaders were increasing as we got familiar to what should be done. Model of 'plan, do, review' was extensively used to get ourselves always improving and working towards aim. Our instructor inspired us by telling that challenges include main activities (which were hiking and kayaking) and also the tiny parts which you sometimes do not notice. Everything can be a challenge. Nothing can be learnt until one leaves the comfort zone.

Training on leadership is not totally about being a leader. If there is an ideal group in which everyone is prepared for work to be done and understood the way to do it, leader is not even necessary. In contrast, we learnt to become a participant. People can only become participant when they get fully engaged by actively taking care about self, work and whole group. Throughout the camp, there was no room for you to leave jobs to others and just became passive followers. Everyone got to be efficient and helpful.

One more thing worth noticing is that communication is a big part

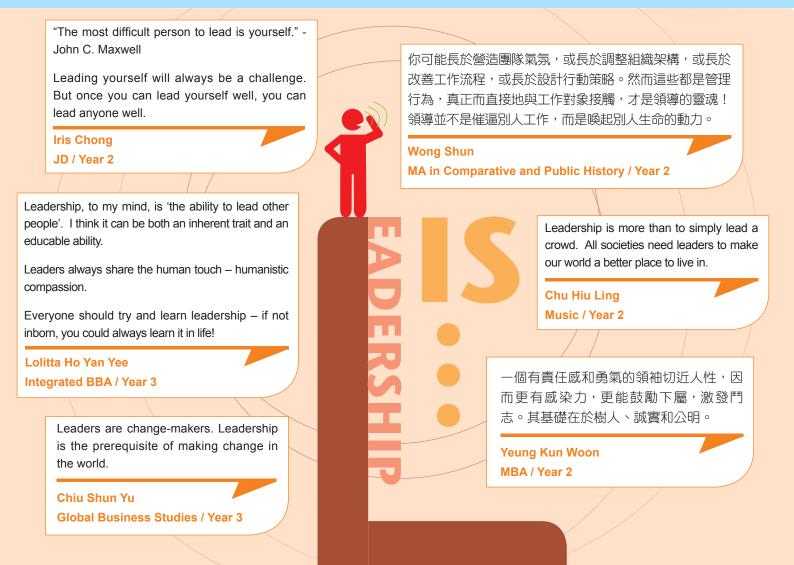


in leadership. We usually had some small tasks which we had to discuss among ourselves for practical methods which fit everyone. There were times of frustration when we tried and failed again and again. However, keeping

the morale and focusing on how we could improve is important. Smooth communication is needed in this case.

After the camp, we have learnt a lot more than leadership. We learn to recognize our weaknesses and improve on it. We become more open to experience because we know it is rewarding to step out from comfort zone and enter learning zone. We challenge ourselves as we never know our limits unless we go from strength to strength. It is satisfying as we have been improving.

Po Wing Ho (Psychology / Year 2)





去裝備新同學迎接2013-14學年,大學統籌了一系列迎新活動,包括新生迎新日、新生輔導營及本科生入學禮 等。新生不但在迎新活動中認識中大的文化及結識學習伙伴,更能投身社會服務,發揮互助互愛的精神。

新生迎新日

新生在聯招結果公佈後翌日參與新生 迎新日,3解中大各項資訊。

新生輔導營

本年度的書院新生輔導營於八月廿七至三十日舉行,營期的第三天,中大九書 院逾二千名新生和「組爸組媽」齊集於林蔭大道(即百萬大道),進行書院會師 活動。烈日高照下,同學都汗流浹背,但無損他們的熱情。他們高呼讚美書院 和中大的口號,然後合力砌出「CUHK50」圖案,為中大五十周年校慶送上真 擊的祝賀。



一沈祖堯校長探訪了逸夫書院和善衡書院的新生輔導營·與新作面對面的交流。親切的沈校長成為同學爭相拍照的對象。





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書院介紹是新生迎新日的其

項重要活動



本科生入學禮

OCT 2013



新生輔導營乃大學迎新活動的重頭戲,除書院新生輔導營外,還有為研究生及非本地生而設的迎新活動,讓 我們看看以下的介紹及幾位同學的分享:

The Talk of Orientation

To make an orientation camp (o'camp) a success, many efforts from different parties are contributed. Student helpers are definitely a driving force behind. The helpers from two non-local students' o'camps and the postgraduate students' o'camp are here to tell us their experience.



Aditya Shroff

(Systems Engineering & Engineering Management / Year 5):

As a helper of the International Student Orientation, my main duty was to take care of a team of 10-15 freshmen to make sure they felt comfortable during all the

activities and participated in them actively. It was also my job to encourage and help them to get out of their comfort zone and enter the new chapter of their lives.

Although I am a final year student, still I decided to be a helper because this was the best way of meeting most of the freshmen from all around the world and getting to know them well. I was a committee member of the International Student Association before, so this was not the first time for me to join the orientation. Back then I spent most of my time organizing activities and taking care of other matters. But being a helper I got to participate with all the freshmen and connect with them better.

This is the fourth o'camp I have attended and it just keeps on getting better. The o'camp helps freshmen's integration into university more smoothly and I feel happy that I got involved in it.



王江鵬 (電子工程/研究生):

雖然我是新生,但很高興能 為中大研究生第二、三期迎 新營貢獻一己之力。作為場 地組的工作人員,我主要負 責為迎新營的各項活動預訂

場地,以確保迎新營的順利進行。在此之前,我全程 參與了第一期迎新營,包括破冰遊戲、中大遊蹤、迎 新晚宴等,這也是我人生中的第一個迎新活動。期間 我不僅玩得很盡興,而且認識了不少朋友,所以我覺 得這是一項很值得新生去參與的活動。

迎新營的參與者更多是享受新生營所帶來的歡樂和認識 很多的朋友,整個過程中是一種很放鬆的感覺。而作為 一個工作人員絕不輕鬆,因為要幫忙做很多事情,所以 不能掉以輕心,而且有時候還會有壓力,但最後活動得 以圓滿舉行,那種成就感和喜悅感實在難以言喻。

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姚德印 (統計學/三年級):

經過了這為期八天的內地本科 生迎新營,我深深感受到作為 一個「組爸/媽」的辛苦與幸 福。記得去年我還是新生的時 候,什麽都不用想,「組爸媽」

會帶我們去做該做的事;今年換了我做「組爸」,才發現 要記得那麼多的事情,要做那麼多的準備,要了解各種 各樣的遊戲,各種各樣的故事,回答「組仔女」各種各樣 的問題……感到肩上扛著千斤重擔,這才更加體會到了 去年我的「組爸媽」的辛苦,也由衷地生發對他們的感激。

我也作為插組工作人員參與了研究生迎新營,原以為讀

研究生的學長學姐會一板一眼的,不夠投入,但經過幾 天的接觸後發現其實不然。我們教學長學姐玩一些內地 本科生迎新營的遊戲,大家也玩得很盡興,不同的是這 些學姐學長的獨立能力更強,很多事情都可以自己解 決,所以插組人員的工作會相對較輕鬆,但對我來說也 是很寶貴的經驗。

當初報名當「組爸」就是希望能為下一屆新生做點什麼, 能將我的「組爸媽」的奉獻精神傳承下去。 經過了這兩 個迎新營,我不僅收穫了滿載的歡樂,認識了很多好朋 友,更鍛鍊了人際交往能力。

The **newness** for the **new:**

This year's orientation programme for postgraduate students underwent quite a number of novelties. The most prominent one was, for example, in the past years, the programme mainly focused on a variety of orientation talks. But this year, under the organization of the Postgraduate Student Association of CUHK (CUPSA), on top of the talks, welcome dinner and mass games were newly added. To cope with the wider spectrum of activities, group leaders (「組爸媽」) and student helpers were recruited. Interestingly, they were comprised of both undergraduate and postgraduate students!

Did you know???

The first orientation programme for mainland undergraduates was held as early as in 1998, while the one for international undergraduates was back in 2007. Now, the two orientation programmes are co-organized by the Office of Student Affairs and two non-local student associations – respectively the Mainland Undergraduate Association (MUA) and International Student Association (ISA). This year, more than 300 newcomers joined the MUA orientation and some 120 undergraduate freshmen from around the globe had fun at the ISA orientation.

三亚) 国际不动 第八届全国木球锦标赛 (A) INTERNATIONAL WOODBALL INVITATIONAL TOURN D THE EIGHT NATIONAL WOODBALL INVITATIONAL TOURN D THE EIGHT NATIONAL WOODBALL



中大師生奪五獎 2013中國(三亞)國際木球邀請賽暨 第八屆全國木球錦標賽

中文比賽十分激烈,在 定芸芸選手下,隊員吳 差筠及蔡利利分別於全國賽 女子A組及國際邀請賽女子 組賽事勇奪兩面個人銅牌,而 女團亦在國際邀請賽中奪得第三 名;教練鄧子銘則於全國賽混合雙 打及男子B組賽事中奪得一金一銀的佳績。

蔡利利 (2011及2013⁻

(2011及2013大專活木球賽第一及第三名)

「能多參與香港以外的比賽,習慣適應不同比賽場地 及應用不同的打法,更可與其他高手作交流,是協助 自己進步其中一個十分有效的方法。」

吳楚筠

(2011及2012女子世界排名第一,2012年亞沙運代表)

「隨了對手的發揮我不能控制,只要其他元素我處理 好,即使未能獲得冠軍,我也認為自己成功了。因為 勝利是流動的,唯獨我能夠處理的元素,能夠讓我成 長,下次再有勝利的機會。」

鄧子銘

(中大活木球隊教練)

「要有好的表現,必須對自己有 充份的了解,加上充足的準備,這是步向成功必經的階 梯。」 SPOTLIGHT

博群——正生服務計劃 感受不一樣生活 鍛鍊更堅毅意志

▲ CARE博群計劃與基督教正生書院(正生)早前 舉辦「博群──正生服務計劃」,正生同學首先於6 月18日到中大一日遊;其後,二十位中大學生於6月 26至28日期間到訪正生書院參與體驗活動,兩校學 生更深入認識對方校園生活,互相學習,中大同學亦 從中磨練出堅毅意志。

6月18日的中大遊,由中大同學帶隊,除了到訪天人 合一、百萬大道、烽火台等地標外,還包括兩校學生 的羽毛球和乒乓球友誼賽,以及到霍英東遙感科學館 上一節有關地球信息科學的課堂,讓正生同學感受大 學學習環境。



其後,中大同學則參與正生三日兩夜體驗活動,他們 早上充當教學助理,為正生學生解說,下午則一起參 與運動、建設院舍,以及倒糞、刷靑苔、除草等勞動 工作。中大學生亦需要遵循正生的日常時間表,於早 上六時半起床,共同清潔、煮食,睡在籃球場上,不 能使用智能電話和以冷水洗澡等。



翻譯系一年級生乳穎詩表示:「很多同學從來都不用 冷水洗澡,但我們都很享受辛勤過後的冷水澡!我們 感受到他們一路走過來的更新之路,縱然辛苦,也很 值得。與正生同學一起生活所學到的,是另類寶貴的 學習體驗。」

雖然與平日生活習慣大不同,但同學很快便能適應, 並視之為個人成長寶貴的一課。同學在刻苦而有規律 的生活中,鍛鍊出更強的意志和堅持,亦更珍惜所擁 有的一切。



A Trip to Wolong -Lee Woo Sing College Summer Exchange Programme 2012-13



As a student majoring in Chinese studies, I have a Astrong interest in Chinese culture and nature, as well as the preservation of the environment. I am deeply concerned with the issue of the balance between the human world and the natural world. Thus, the Wolong Trip was an exciting opportunity for me to try to explore this important question. It was also a chance to learn more about Chinese culture.

This trip to the Wolong Panda Base in Sichuan province was my fifth journey to Mainland China. Despite having travelled to China before, I had not had any encounters with the giant panda or experiences of working with wild animals. It was a challenging and an invaluable opportunity to take care of the pandas. The giant panda is a species unique to China, and also an endangered species driven to extinction due to human activity. The trip was a chance to reflect on the important question of whether human interests should come first, before the interests of other living beings or not, and at which cost.

The internship at the Hetaoping Panda Base was an enjoyable opportunity to interact with the pandas and to learn about their behavior and habits. Despite enjoying the time there, I am not very convinced by the Panda Base's principle of breeding the pandas through artificial insemination to reintroduce the young pandas into the wild. The giant panda became an endangered species due to the destruction of their natural habitat. However, the breeding-and-reintroduction principle does not tackle the main problem of protecting and / or regenerating the forests where wild giant panda species are found. Apparently, there have been only a few attempts of reintroducing the giant panda which so far were not very successful.

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My other concern is that the Wolong area is being rebuilt for touristic purposes that may be a hinder to the region's natural environment and pandas might end up being able to survive only in captivity. Possibly, other animal and bird species may be driven to extinction as well due to the touristic development.

On the other hand, the Wolong region is a beautiful natural site with astonishing mountain ranges and a very diverse flora and fauna. All of the hikes and trips to the natural sites, such as the Balang mountains, were very inspiring to me. We also spent a very warm time interacting with the local villagers, learning about their lifestyles, eating the local food and joining the village dance events. It made me want to learn more about their beautifully vibrant Tibetan culture.

It was also a great opportunity to travel around Sichuan and visit places such as Chengdu, Dujiangyan, the 2008 Earthquake Museum, the Sanxingdui Museum, etc. It increased my general knowledge of China's past and present and was a nice opportunity to spend time with my group mates. I may say that this trip was a reminder

about the importance of the preservation of delicate balance between humans and nature and about cultivation of considerate attitude towards the environment.

Kristina Primakova (Chinese Studies / Year 2)



As a Patrol Sub-unit Commander serving in Shatin Division right now, I am very glad that I joined the Police Mentorship Programme (PMP) since it made my childhood dream come true.

In 2010, I joined PMP to know more about policing in Hong Kong since I had always planned to join the Police after graduation. This was such a great experience because not only did I meet caring and inspirational mentors, who were senior police officers graduated from CUHK, the programme also offered me an opportunity to work in one of the most exciting police divisions, the Yau Ma Tei Police Station.

During the summer of 2010, I spent eight weeks in Yau Ma Tei Police Station working on research projects including "Street Management Issues in Yau Ma Tei" and "Bridging the Gap Between Non-ethnic Chinese (NEC) and the Community in Yau Ma Tei". While working on the projects, I had great opportunity to apply research skills on interesting topics. In addition, it was also very flattering as the recommendations I made from insights obtained by surveys, and interviews with community leaders, district councilors and scholars were well appreciated and adopted by the local Police for future planning.

After that summer, I was more determined to join the Police as I realized that policing was not only about "catching the bad guys" as depicted in TV shows, but also about community policing, which is crucial to make the local community a better, safer and more harmonious place for people. Therefore, I applied the position of Police Inspector after graduation and fortunately got the offer. In February 2012, I went into the Police College in Wong Chuk Hang and started the nine-month of demanding, memorable and rewarding training, which equipped me with Police knowledge, confidence and leadership skills.

If you are thinking about joining the Police, I highly recommend PMP since this is the best opportunity to know more about Hong Kong Police. I hope that one day, you will be working with me and others hand-in-hand on making Hong Kong the safest place to live in!



in March 2004 as a proactive recruitment strategy to inspire high calibre undergraduates from local universities to join the Force as probationary inspectors (PIs) immediately after their graduation. PMP provides a network which allows free interaction between selected police officers and elite undergraduate students of local universities. The Programme operates on a one-and-half-year basis. A Police Mentor will take care of a few Mentees and the recommended activities, accomplishes the objectives of PMP. To further promote the mentees' interest in joining the Police Force, mentees would be chosen to undertake projects / job assignments in various Police Formations. The primary objective is to provide a platform for the mentees to obtain work experience in their field of studies and appreciate the work of police through participation in projects.

Stay tuned with the news and events at http://cpdc.osa.cuhk.edu.hk for the upcoming intake of PMP!



Britney (right) participated at a big Non-ethnic Chinese (NEC) gathering in Yau Ma Tei community centre, for a project on "Bridging the Gap between NEC and the community". Surveys were conducted with the NECs who attended the gathering on their concerns of policing, satisfaction level on policing and suggestions on how to improve trust between NECs and the police.

Guidebooks for CUHK Students

The Office of Student Affairs (OSA) strives to assist students advancing along their educational path as well as in personal development. At the start of the new academic year, OSA has published various guidebooks for new students.

A Guide for New Students 新生指南 - 大學 • 旅程 journey@cuhk

歡迎新同學加入中大之旅!請大家盡情投入全新體驗。

有些同學或許感到既興奮又緊張,心裡卻未有既定行程和目標,更對目的地所知不多。

為此,學生事務處已細心為你印製了<<大學,旅程>>新生指南 (journey@cuhk)。未來數年旅程中,你所需的資訊、各站好玩必去的景點、主要活動和注意事項 等全收錄在內。

如有興趣索取指南,歡迎親臨范克廉樓一樓學生服務中心、二樓學生輔導及發展組或龐萬倫學生中心,亦可登入 www.osa.cuhk.edu.hk/orientation2013 瀏覽指南之網上版。

祝各位有一個愉快充實的旅程!

Compass for Incoming Students《來港學生指南針》

The guidebook - *Compass for Incoming Students*《來港學生指南針》is specially designed for non-local students to assist them in starting a new chapter of life. Essential information about studying at CUHK and living in Hong Kong is covered.

Please visit the following websites for the e-version:

English: www.cuhk.edu.hk/osa/iss/PublicationP/Compass_Eng/Compass_Sthandbook_Eng.html Chinese: www.cuhk.edu.hk/osa/iss/PublicationP/Compass_Chi/Compass_Sthandbook_Chi.html

Career Guide for Non-local Students

"Career Guide for Non-local Students" is designed to serve as a general reference addressing the key areas that non-local students should pay attention to, prepare for and comply with when they seek job opportunities in Hong Kong. The e-version is now available at the website of Career Planning and Development Centre http://cpdc.osa.cuhk.edu.hk and you may pick a hard copy at the Student Services Centre at Benjamin Franklin Centre and Pommerenke Student Centre.

Enjoy reading!

Internationalization Activity Fund for Student Associations 2013 –

call for applications (Third Round)

PURPOSE

🌯 Career Guide for Non–local Students

2013-2014

香港中文大學

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旅程

The Internationalization Activity Fund aims to support student associations to organize activities which promote internationalization and inter-cultural exchange opportunities among members of the University community.

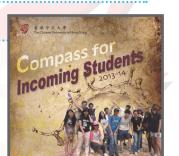
ELIGIBILITY

All registered undergraduate and postgraduate student associations will be eligible for applying for financial support from the Fund.

Student bodies representing non-local ethnic or regional origins are encouraged to apply for the funding to organize activities for promoting campus integration and cohesion.

ASSESSMENT CRITERIA

- Consideration will be given to the overall merits of each application, including innovation and impact of the activity in enhancing the internationalization exposures of students outside the association concerned.
- Priority will be given to activities which involve a larger number of students, whether as participants or organizers.
- Inter-association collaboration will be highly encouraged.
- The Fund would not cover expenses of overseas exchange activities organized by student associations for their members.
- The maximum amount of support for each application is capped at \$10,000.
- Application Deadline: **11 October 2013** For details, please visit: www.cuhk.edu.hk/osa/InternationalActivityFund.pdf









龐萬倫學生中心 全面開放

立 萬倫學生中心的多項設施現已全面開放,包括鋼琴室、音樂室、活動室、會議室、桌球室及樂隊室等,供 月日前生團體預約使用。同學可親臨中心或致電學生服務中心查詢,電話: 3943 8650 / 3943 9683。最新 資訊亦載於學生事務處網頁:www.cuhk.edu.hk/osa。

G01 禮堂











G03 樂隊室

G02 桌球室

書期一全五	上午九時全晚上十一時
副六	上午十一時三十分至 下午六時三十分
皇期日及公眾假期	關閉
一般設施	施開放時間
一般設在 期一至五	泡開放時間 上午十一時至晚上十時

中心開放時間

開放時間

G08, G09及G10 研討室開放時間 全日二十四小時







2014-15 CUHK Student Exchange Programme

(Summer 2014 / Regular Term-time 2014-15)

A fabulous experience awaiting you! Application opens: October 2013



CUHK has collaboration with some 220 institutions around the world to provide students with diversified exchange opportunities. Since August, the Office of Academic Links (OAL) has already introduced a series of outreach activities such as Roadshows, Information Sessions, International Exchange Week for you to understand the student exchange programmes offered by CUHK.

To learn more about student exchange programmes, you can

- Browse at OAL website www.oal.cuhk.edu.hk
- · Keep an eye out for our announcements in your email
- Talk to Study Abroad Advisors at the i-Centre (1/F, Yasumoto International Academic Park)
- · Email us at iasp@cuhk.edu.hk
- Call us at 3943 7597

Sharing from former exchange students



"Studying at Tsinghua University was an eye-opening experience, which I witnessed different aspects of local culture in Beijing every day. Like many other cities in Mainland China, Beijing is a melting pot of tradition and modernization.

I enjoyed studying with students at Tsinghua University. They were passionate and eager to learn. Through interaction with the local students, I gained valuable and inspiring ideas about life besides acquiring academic knowledge from the lectures."

Yeung Man Tik, Dicky (Quantitative Finance / Year 2) Tsinghua University / China / Spring semester 2012-13

"The most gratifying part of my exchange experience was meeting people from all over the world in such a short period of time. It was enjoyable for me to communicate with people of various cultural backgrounds. I got to understand that trying new things without fear is the only way to know more of a culture. During my time in Sweden, I learnt so much about the local culture by practising their traditions and taking part in the festivals."



Wong Kwan Yi (Medicine / Year 1) Orebro University / Sweden / Whole year 2012-13



"I participated in a wide range of activities such as American football, fraternity club and a study trip to Washington D.C. I was immersed into the central part of their culture. During the visits to the US Capitol, US-China Relations Office and a number of international corporations, my knowledge on its political, economic and social aspects, and its positioning in the world has been enriched. I have developed a new vision for the future – to treasure every moment in knowing the world."

Pang Ka Chun (Global Business Studies / Year 3) University of North Carolina at Chapel Hill / United States / Fall semester 2012-13

ост 2013



CU50 · Care 50 Service Hours Pledge

To celebrate its golden jubilee, CUHK launches the "CU50·Care" programme which encourages all members of the University, including students, staff, alumni and friends, to 50 hours of community service commitments within the jubilee year, assembling their power to contribute to our society. Please visit www.50.cuhk.edu.hk/cu50care for further details.

「中大五十・人」錄像系列網上首播

大五十・人」錄像系列內容圍繞不同年代的中大人,當中有些為塑造中大成為今天面貌的先賢, 有拓荒者,有矢志服務社會之士,有活出中大人文精神之輩,亦有具備金禧校慶主題「傳承,開創」個性的人士。

系列首四集內容分別講述了李卓敏博士、盧瑋鑾教授(小)思)、高錕教授及吳恩融教授的故事。

李博士是中大的創校校長,他敢於打破傳統,堅信「沒有研究就不成大學」,另外他亦勇敢捍衛四年制大學課程。

而盧教授從早年已立志追隨錢穆、唐君毅及牟宗三等人文 學者,並以身為一位老師為榮。 高錕教授於二零零九年憑藉將光纖應用於通訊 的研究,獲頒諾貝爾物理學獎,但他並沒為此 申請專利,反而把技術開放,造福世界。

吳恩融教授因一次看到國內的學生冒着生命 危險涉水過河上學,因而想找方法幫助他 們,促成了他成立無止橋這個理念。



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服務沙田、大埔及馬鞍山的弱勢社群

計給你豐富資助,讓你愛近一點

參與本計劃的三種模式:

由學生自行發起的服務學習項目:

- · 同學自行組成小組,提交建議書
- · 資助金額每項目可高達港幣25,000元, 申請者可同時申請其它資助

由學生發起、社會服務機構協助的服務學習項目

- ・同學可在社會服務機構的協助下設計活動
- ·本計劃透過社會服務機構分配所得資助, 活動經費每項目可高達港幣25,000元

參與由社會服務機構提供的服務學習項目

以此計劃滿足相關書院通識科目要求

同學可以此計劃中的服務學習經驗作為滿足相關書院通識 科目(如專題討論、具服務學習元素的科目等)的服務學習 要求,唯同學必須事先徵得該科老師同意。

對象:

校內全日制本科牛及學牛團體

以此計劃滿足相關書院服務獎勵計劃要求

同學可以此計劃中的服務學習經驗作為滿足聯合書院社 會服務獎勵計劃及新亞書院通才獎勵計劃的服務學習要 求,唯同學必須事先徵得書院的同意證明。

報名請到愛鄰「社」網頁:www.cuhk.edu.hk/loveyn 查詢:葉小姐(3943 5979 / loveyn@cuhk.edu.hk)

督導委員會聯會主席 沈祖堯教授 校長 盧龍光教授 崇基學院神學院院長 OCT 2013

STAY TUNE

UMP 大學廣場

Career Planning and Development Centre, OSA (Tel: 3943 7202 / E-mail: cpdc@cuhk.edu.hk)

(Please note that the following schedules are subject to change. Students may refer to http://cpdc.osa.cuhk.edu.hk for the updated information.)

Guidance Programme		
Events	Organizer / speaker	Date
One on One Career Coaching with an Experienced HR Profession cum Alumnus	Ms. Magdalen Chan & Ms. Florence Tse	5, 12,19, 26 Oct & 2, 9,16, 23, 30 Nov 2013
Career 101: Planning and Preparation via E-Coach	CPDC	Concurrent sessions on 7 or 8 Oct 2013
Career Seminar on Handling Difficult Job Interviews with NLP skills	Mr. Alex Lam	9 Oct 2013
Career Seminar on Winning in Assessment Centre	Ms. Sarah Leung, Leadingenes	10 Oct 2013
Career Seminar - How can non-local students be employed legally in HK?	CPDC	11 & 18 Oct 2013
「積金生活 由今日開始」講座	MPFA	16 Oct 2013
Career Seminar - Land your dream job!	LIBBLER	17 Oct 2013
Career Seminar on In-house Legal Professions	In-house Legal Counsels from Zurich Insurance	25 Oct 2013
在港內地畢業生分享會2013	Hong Kong Association of Mainland Graduates	Oct or Nov 2013
JA Business Ethics Program	Junior Achievements	8 & 15 Nov 2013

Recruitment Talks		
Events		Date
Standard Chartered Bank / BlackRock / Fidelity / P&G / Citadel / Sun Hung Kai Properties / Tower Watson / Societe Generale / Citi		Early Oct 2013
OC&C / Bloomberg / Hong Kong Correctional Services / Nomura / PCCW / Pernod Ricard		Mid Oct 2013
HAECO / Hang Lung / HK Police Force / Unilever / Intertrust / New World Group / Cathay Pacific (Cadet Pilot) / Accenture / Hopewell / Wyeth Nutrition / CIMB / Securities and Futures Commission		Late Oct 2013
IBM / ICAC / HKTDC / AlphaSights / Uniqlo / GP Electronics		Nov 2013
Global Internship Programme		
Events	Organizer / speaker	Date
Global Internship Programme Board Exhibition	CPDC	Nov 2013

Incoming Students Section, OSA (Tel: 3943 7945 / E-mail: isso@cuhk.edu.hk)

Events	Organizer / speaker	Date
粵語初階課程 – Class E & F (for Postgraduate Students)	ISS / CLEAR / CUSCS	28 Oct & 4, 11, 18, 25 Nov 2013
粵語初階課程 – Class G (for Postgraduate Students)	ISS / CLEAR / CUSCS	31 Oct & 7, 14, 21, 28 Nov 2013
Academic Success Workshop on Academic Referencing	Prof. Paul Lam	11 Oct 2013
CLOVER Training: Workshops on volunteering	ISS	8, 10, 16, 18 Oct 2013
CLOVER Training: Green visit to HKFYG Organic Farm	ISS	20 Oct 2013
CLOVER Training: Eco- & Heritage tour to Long Valley	ISS	27 Oct 2013

Student Activities Section, OSA (Tel: 3943 7323 / E-mail: sacs@cuhk.edu.hk)

Student Development Programmes for Postgraduates			
Events	Organizer / speaker	Date	
乘風破浪 — 「乘風航」海上訓練計劃	Uni-Y (CUHK) Project, SACS	27 Oct 2013	
Blood Donation Campaign	Hong Kong Red Cross, SACS	Oct 2013	
Application for Hsin Chong - K.N. Godfrey Yeh Education Fund Joint Student Project	Hsin Chong - K.N. Godfrey Yeh Education Fund (Coordinated by SACS)	Late Oct 2013	
Application for ICAC Youth Integrity Project - Team Competition	ICAC, SACS	28 Oct 2013	
獵夢者 ― 解謎・定向・服務日	大學及學院青年會協會 (Coordinated by Uni-Y (CUHK) Project, SACS)	2 Nov 2013	
「無止行2013」慈善步行籌款	無止橋慈善基金, SACS	17 Nov 2013	
Joint-U Programme : Go Green with the Grain	Uni-Y Projects, SACS	Nov 2013	

Student Counselling and Development Service, OSA (Tel: 3943 7208 / E-mail: scds@cuhk.edu.hk)

Student Development Programmes for Postgraduates			
Events	Organizer / speaker	Date	
Workshop on 'Stress Management'	SCDS	Nov 2013	
Student Development Programmes for Undergraduates			
Events	Organizer / speaker	Date	
Recruitment for 'uBuddies 2014'	SCDS	Sept - 20 Oct 2013	
Talk on 'Adjustment in CUHK' for NA Year-1 Students	SCDS	11 Oct 2013	



救救地球:共享閱讀樂趣!愛護環境,閱讀後請傳給他人分享,或投入廢紙回收箱內。 此外,您亦可瀏覽網上版www.cuhk.edu.hk/osa/market.htm Save the Planet by Sharing and Recycling! Please share the magazine with others or put it into a recycle bin after reading! Please also read the magazine at www.cuhk.edu.hk/osa/market.htm