

UNIVERSITY 大學廣場

MARKETPLACE

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我們畢業喇！



Office of Student Affairs
The Chinese University of Hong Kong

From the Chief Editor

There is rainbow after rain

Despite that the weather forecast is getting more and more accurate, there are times that we still experience sudden change of weather which catches us by surprise. So is life. Everyone of us surely have experienced ups and downs in life and we always face the unexpected. What we need to do is to stay positive and things would turn out just fine.

We have bad times and good times. At this time, you should be preparing for your examinations and you may have noted there were many smiling faces all over the campus, fellow students wearing gowns taking pictures with their dear friends and families. We hope our graduating students enjoy this very last month of university life and wish them all the best in their future endeavours. Let's send our warmest blessing to them and share their good times in life.

As for the bad times, please remember "there is rainbow after rain". Hang in there and be patient. We can, at the end, walk out of the mist and grow stronger every time we overcome a difficulty. Be confident, there is nothing that we cannot overcome as "when there is a will, there is a way"!

Good luck with your exams!

Dora Dai

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Crossing Cultures 跨越文化無疆界

When living at home, you probably had many support and resources to deal with problems. These supports may not be available to you now. Thus, when you are far away from home, you may feel that you are left all alone with your problems and that there is no one to turn to. Some may even have symptoms such as anxiety, depressive mood, social withdrawal, disturbances in sleep and appetite, reduced efficiency in work and study, etc. You should understand that most of your reactions are normal and transient. The duration of such reactions will vary from person to person but generally will not extend beyond the first few months. So be patient and give yourself some time to get over the initial stress and anxiety.



In case you do experience culture shock, the following are ways to ease the stress and help you gradually adjust and integrate into your new community:

- 1 Acknowledge the initial stress** induced by change and understand that your reactions are common but temporary.
- 2 Establish a daily routine** that can adequately attend to your physical and psychological needs.
- 3 Actively explore and learn** about the campus environment as well as the local culture and community.
- 4 Develop social networks and friendships** with other peers and senior students from your hometown.
- 5 Interact with local students** who can become your cultural informants.
- 6 Maintain a sense of humour** even if you blunder or make foolish mistakes.
- 7 Avoid making judgments** about aspects of the local culture that may seem strange, confusing or threatening at first; try to understand the underlying reasons and learn to understand, respect and accept such diversities.
- 8 Develop stress-management strategies** that are appropriate and effective for you.
- 9 Actively participate** in student groups and community activities.
- 10 Be informed of the support services** available to you in the University as well as local community and actively seek help when necessary. Please check out at www.cuhk.edu.hk/english/university/students.html?name=non-local-students.

遠離家鄉和母校，父母和老師再不能為你遮風擋雨。在展開獨立新生活的時候，你要獨自地處理種種瑣事，還可能發現自己和周遭的人和事均格格不入。你或會感到焦慮、抑鬱、不願與人接觸、睡眠欠佳、食慾不振、辦事效率驟降等等。如你發現自己有上述情況，不用驚慌，它們只是人類在適應文化差異時會產生的自然反應。隨著你對新人事多了認識後，這些反應通常會慢慢消失。因應個人的差異，每人所需的過渡期會有所不同，通常不會超越一個學期。你所需做的，就是給自己一點時間去克服和適應它。



如你或你身邊的朋友需要文化調適，以下是一些既簡單又有效的秘訣。大家不妨予以參考，終身受用並助人自助！

1. 陌生的環境難免會產生壓力，但謹記這只是暫時的。
2. 建立良好的生活習慣，讓你可以有足夠的精神去滿足自己的生理和心理上的適應需要。
3. 校園內的學習和生活資源都很豐富，抽些時間去探索它們並好好加以利用。
4. 懷念家鄉的人和美食嗎？多和同鄉的同學聯誼，一解思鄉之愁。
5. 本地同學會告訴你買衣服、覓美食、看音樂劇的好去處，多些和他們「傾偈」吧！
6. 人生路不熟，難免會磕磕碰碰，保持幽默和微笑，這些不起眼的小錯誤只會讓你後面的路更順暢。
7. 新事物、新文化、新價值觀，它們一開始會衝擊你，使你困擾甚至害怕。嘗試了解它們的主要成因，以開放及接納的態度面對它們。
8. 建立一套適合你個人的減壓心法，有需要時它可助你渡過難關。
9. 積極參與學生組織或社區團體的活動，可使你一展所長、服務他人。
10. 學校多個部門都共同合作為你提供多方面的支援服務，知多一點點，讓你在有需要時幫助自己和身邊的朋友。有關詳情，可瀏覽 www.cuhk.edu.hk/chinese/university/students.html?name=non-local-students

「下一站：大學」— 非本地生的甜酸苦辣

校園生力軍

在香港教育政策的配合下，大學漸漸推進國際化，而非本地生的名額也逐步增加，讓校園學習環境更豐富；亦讓所有學生能夠欣賞及適應多元文化，為將來投身本地、內地或全球社會的生活和工作做好準備。至今，校園內已有超過一千位內地本科生及二百位國際本科生(包括澳門)。來自世界各地超過三十個國家的研究生，人數更超越兩千人，是中大研究院其中一個重要的生源。

新生活的挑戰

在香港這個多元化且生活步伐急速的都市，即使是本地同學也未必能掌握她的生命脈搏，也會有喘不過氣的時候。來自外地的朋友，少不免需要更多的時間去認識和融入香港——一個他們有機會繼續在此生活、工作、做研究的地方。擁有廣闊校園的中大，是非本地同學(包括內地生及國際生)來港的第一個歇腳點，但他們在校園的新生活也不簡單。從下面四位非本地生的分享中，大家可了解到他們在中大所面對的挑戰和心路歷程。

點滴分享



王威 (計算機科學及工程學系 / 一年級內地研究生)

研究生的學習壓力比本科時期要重得多，但適當的壓力在進行研究工作時會轉化為推動力，再加上來自朋友的鼓勵和支持，我對自己在適應中大的學習、交友和生活多方面都很滿意。剛來港的時候，朋友是我最大的支援，他們有相近的經歷，可以和我互相分憂。在美國讀書的同學告訴我，他們的生活配套極不方便，人際圈子也很狹窄，相比之下，我們在香港則可享受著便捷的交通和消閒設施，更不用提學校內強大的人際網絡了。當我和系裡其他同樣來自內地的同學熟絡起

來後，才慢慢感覺到在中大紮下根來。

來到異地，本應與本地人多些接觸，但不習慣參與活動的我，在看了CUPSA和CSSA的那些文娛活動宣傳後仍未鼓起勇氣，期望稍後會有所突破。



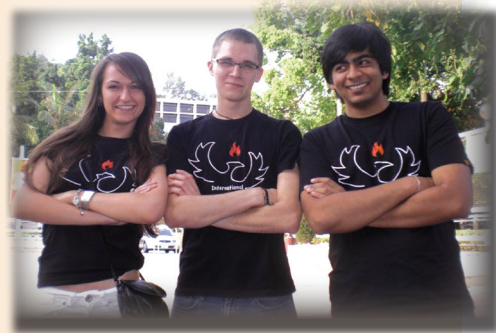
Shroff, Aditya Sujal (Systems Engineering and Engineering Management / Year 1 International Undergraduate)

I chose to study outside India to get international exposure.

There are lots of differences between the cultures of India and Hong Kong. India is still conservative and not as safe as Hong Kong. However, Indians are more outgoing than Hong Kong people. I think local people are very friendly. Talking with them individually is fun and not difficult.

After having lived here for 8 months, I am used to the University and have found many ways to mingle with people around and enjoy the university life. However, I was disappointed at first as CUHK was not as internationalized as I expected. There are still occasions that I don't understand what is happening in activities and events because they are conducted in Cantonese. Interaction with other participants becomes difficult which make me feels that I don't belong here. Most international students have the same difficulty in participating in social gatherings because of language barrier.

The University has been doing a lot of things for the community of international students, but more can be done. More activities can be arranged to foster interaction between local and non-local students. Before English becomes an official language in dormitories and departments, special efforts by someone around to speak English would be of great help.



劉琳瑜 (酒店及旅遊管理 / 一年級國際本科生)

能說一口流利廣東話的我，沒想到也花了近一個學期才融入到本地生的群體當中。因我沒有參加「細O」和「大O」，以致和本系同學「傾Pro」時未能和他們進行深入探討，更沒有「組爸媽」指點我如何去安排選課、住宿、證件申請等大小事宜。一切都要獨自摸索，最終影響在學業上的表現亦未如預期理想，令我曾

有一刻懷疑選擇來香港讀書是否一個正確的決定。在那段期間，爸爸媽媽常常聽我傾訴，並一直鼓勵和支持我。

到了下學期，我調整心態，明白到只有開放自我才會有所突破。學業上，我每遇到困難就主動向授課老師求助。多番相處後，本地同學們也成了我的朋友。我們一起做功課、看電影。我現在很享受和他們一起讀書的時間！





楊杰東 (地理與資源管理學系 / 二年級內地本科生)



從山西農村來到香港的時候，我深刻感受到來自各方面的挑戰。發現自己與在內地城市長大的同學沒有太多的共同話題，讓個性內向的我更加沉默；宿舍周遭都是陌生的同學；全新的教學選課制度、大量的資訊，這一切都讓人無所適從。苦惱之際，學生輔導員有天來電，指我在迎新營期間填寫的心理健康問卷指數讓她們很擔心，邀請我去和她們聊聊天。這真是場及時雨！為時一個月的幾次談話，雖然沒有針對該如何解決問題，但能夠與輔導員傾訴，我逐漸排解了心中的困擾情緒！

在調整心態的同時，我也要克服學習上的障礙。比較明顯的是應用資訊科技和寫論文。第一次接觸電腦，從打字到上網和文字處理，我整整用了一個學期才能純熟地使用電腦。當時學習輔導主任Kathy鼓勵我一步一步來，又向我介紹了很多與學習有關的資源和訊息，讓我漸漸對大學的學習有了具體的概念。寫論文方面也是同樣情況，記得第一個學期有一門課就要求我們用英語寫十頁的文章，這讓毫無經驗的我極為害怕和茫然。授課的老師是政治及行政學系的黃鉅鴻教授。他看了我第一篇草稿，和靄地對我說：“不緊要，你還有很多練習的機會！”在黃教授耐心的指導下，我多次嘗試修改那篇文章，最後終於掌握到其中的竅門。非常感謝黃教授和Kathy給我的教導和幫助！

今年我入讀地理與資源管理學系，常常要進行實地考察的工作。去年暑假參加“內地文化考察計劃”時的經驗正好給了我很好的訓練。在計劃獎學金的全費支持下，我和組員去到西藏拉薩，訪問當地人民和學子，以了解西藏獨特的寺院教育和現代教育的不同之處。在過程當中，我們驚訝地發現“寺院”竟是大部份受訪者不願提及的話題。這讓我明白到香港有言論自由的可貴。和僧人學生們比較，我覺得自己非常幸運，因能獲得獎學金來到中大這個條件非常優良的環境去學習！我希望未來有機會繼續關注中國西部地區的教育，甚至為其盡一點綿力。

多方位支援

一直以來，中大都密切關注所有學生的需求。面對非本地同學的特別需要，學校不同部門均提供多方面的服務，以協助他們盡快投入到新的學習和生活環境中。

生活適應：學生事務處來港生組分別協助內地本科生聯合會和國際學生聯合會，為內地本科生及國際本科生舉辦迎新活動，幫助新來港的同學了解大學的學制、服務和生活環境。此外，學生事務處學生活動及設施組亦為研究生舉行迎新活動，除大學服務介紹外，亦安排學長向新生分享在大學的生活情況。

住宿需要：所有非本地本科生都被安排住宿。因研究生宿舍宿位有限，學生事務處提供“校外住宿資訊網”，以協助非本地研究生尋找合適的租賃資訊。

學習適應：大學的所有學系皆設有學業輔導老師，為同學提供學業輔導。各學院亦安排至少一位副院長指導與非本地本科生有關的學業事宜。學生事務處來港生組更設有五位學習輔導主任，為所有非本地本科生提供個人輔導服務，並通過工作坊、分享會等協助同學掌握有效學習模式，解決學習和生活上的疑難。

認識香港：由書院、學生事務處、學生團體舉辦的各種外遊或介紹本地文化活動，是非本地同學認識香港文化及結交本地朋友的好機會！

心理健康：學生事務處學生輔導及發展組每個學年都會為所有非本地本科及研究新生進行身心健康普查，根據調查結果邀請有需要的同學接受個別輔導。該組亦在迎新營期間為他們舉辦適應及心理健康講座，幫助他們了解文化適應的心理轉變。此外，各書院亦設有輔導處，為所有本科生就生活和情緒方面為同學提供服務。

就業發展：學生事務處就業及發展組為所有學生提供個人就業輔導服務，舉辦就業準備、實習及招聘的活動，協助同學增加日後的就業機會和發展空間。為配合非本地同學的需要，該組曾特別舉辦過「餐桌禮儀」工作坊、「內地生在港的就業政策」講座等。

全人發展：除可參加由學校不同部門和學生團體舉辦的非形式教育活動，同學更可擔任各學生團體的骨幹成員。從“參與者”和“組織者”的經驗，他們可學習到多種軟性技巧，更可以服務其他中大同學及社會大眾，對日後發展有莫大的裨益。

他們的融入 你的參與

在一個陌生環境中學習、生活和成長，並非一件簡單的事。在學校努力優化非本地生服務、使本地生亦能享受更多元化的學習體驗的同時，我們誠意邀每一位中大人一起參與，為這些來自外地的朋友獻上關懷。在宿舍走廊上的微笑和招呼、討論功課或活動進行時的邀請或翻譯，都可為他們帶來溫暖！「關顧校園」運動，真正需要你的參與！



「關顧校園」專訪系列〈四〉 前警務處處長李明達先生專訪：



情之所繫，心之所在

每當提起「警隊一哥」這個名稱，大家少不免會聯想到不苟言笑、嚴肅等字眼，可是，又有誰知道，原來鐵漢背後卻埋藏著一顆重情的心呢？這次很榮幸可以邀請到前「警隊一哥」李明達先生接受我們的專訪，分享他對中大的真摯之情。

李明達先生在一九七二年畢業於香港中文大學新亞書院歷史系（當時仍位於土瓜灣農圃道），同年加入警隊，展開了長達三十四年的警隊生涯。他在二零零三年獲任為警務處處長，並在二零零七年榮休。事實上，李先生退而不休，生活有時甚至比之前更忙碌，繼續積極回饋社會。

李先生特別喜見朝氣勃勃的年青人，他認為我們現在的一小步，就是將來的一大步，故勉勵我們要珍惜光陰、不畏艱辛、奮發向上。李先生情繫中大，對中大人與事都記憶猶新，充份流露他對中大的深厚情誼。



中大讓您印象最深刻的地方是哪裡？

我想農圃道的校園是令我印象最深刻的地方。因為我是在那裡修畢大學課程，反而未曾在沙田校舍上學。那時候的農圃道校園給我一種很親切的感覺，因為校園面積小，同學、老師或教職員等常常有機會在校園裡見面，彼此之間因而多了機會建立情誼，我也因此認識到不少其他學系和年級的同學，大家的關係都很好。



與您同屆的同學中，有不少著名的校友，譬如鄭海泉先生、徐立之校長等，當年校園環境乏善可陳，大家的日子是怎樣過的呢？

當年同學主要聚集在圖書館或籃球場上，當然餐廳和圓亭也是大部份同學集中的地方。那時候在餐廳吃一碟牛肉飯只消一元，如要多加一顆蛋只須幾毛錢。如果午飯時候餐廳人太多，同學們都會往籃球場活動，所以不同學系、年級的同學都有機會互相認識，多年的情誼也是從那時建立起來的。當年學生會的辦公室外有一張乒乓球桌，記得鄭海泉先生當時最喜歡在那裡打乒乓球，他的球技十分精湛；而徐立之先生則樣樣精通：足球、排球、籃球等都會打。



你如何開展警隊的生涯？

當年我是在體育老師潘克廉先生的鼓勵下，先加入警察籃球隊，及後再到警務處工作。潘先生是聯合書院的體育主任，也是中大的籃球教練，我們有時候會一起打籃球，他對我的影響也最深遠。雖然他的作風硬朗，卻很有人情味，從他身上我獲益良多。我一直很喜歡體育運動，記得有次代表中大出外作籃球比賽，我在比賽前半場扭傷了腿部，原本想到場外休息，但潘教練卻鼓勵我要堅持打下去。縱使當時我們沒有室內場地或名牌球鞋，但教練及同學的關係都很要好。



除了潘先生外，當時還有哪些老師對您的影響比較深遠？

許多老師都令我印象深刻，惜如今健在者已經不多。除了潘克廉先生外，還有兩位良師對我的影響很大，他們包括孫國棟教授和蘇慶彬教授。

孫國棟教授是我在新亞歷史系就讀時的系主任，當年就是他取錄我入讀的。孫先生曾參軍，戰後才投身學術工作。他總予人寬宏大量的感覺，這點深刻地影響著我。現在孫先生年紀大了，這些日子，我一有機會，便會與他見面聚舊。

而蘇慶彬教授是我在大一、大二時的導師，他常帶領我們上導修課及幫助我們解決問題（如經濟、選課等）。蘇先生是個很和善的人，他時常主動關心我們。即使我們有時候搗蛋，他也會原諒我們，循循善誘。他比我們大七、八歲，就好像我們的哥哥，與我們十分投契。



今天中大人和事已經變化了不少，舊地重遊，你有何感受？

中大現在建了偌大的校園，環境和設施都改善不少。當年整個農圃道校園只有一個籃球場，大部份的體育運動都在那裡進行；此外，當年宿舍的設備很簡陋，宿位也極少，有些同學曾試過八個人「屈」在同一個房間裡。現在我看到新的學生宿舍，感覺環境真的改善了很多。

此外，我覺得中大整體的學生質素，仍然保持一定水準。雖然外界時有「大學生水準下降」的說法，我卻不盡認同。我曾在牛津大學讀書，即使這些頂尖學府有很多精英學生，但也不乏一些渾噩渡日的學生。就我個人與本地大學生接觸的經驗而言，他們的水平一點也不遜色。



你多年來熱心服務中大，你可有甚麼信念？

我一直都覺得，既然自己受惠於社會和中大，現在有機會就要作出回饋。在任職沙田警署主管期間，我時常應邀回中大介紹警察的工作。回歸後至退休前一、兩年，我亦偶有出席中大的活動和協助參與中大Mentorship Programme的工作。退休以後，我的時間比從前多了，可以常回到中大，所以我應邀擔任新亞書院和中大的校董，希望可以幫助更多中大的同學及校友。



退休後，有否進一步發展個人興趣？

我一向都很喜歡烹飪，因為這是最基本的求生技能之一。我們亦可以透過烹飪認識很多朋友。我很鼓勵年青人學烹飪，這是邁向自立的第一步。長遠來看，烹飪是改善生活質素的舉措之一：既能吃得健康，也可維繫家庭及朋友之間的關係。

退休後，我一方面學習一些較有系統的烹飪基本功夫，另一方面正在嘗試撰寫食譜。我的烹飪師傅是公開大學校長梁智仁教授的太太—梁許安璞女士。她要求甚高，認為烹飪是一門藝術。跟她學習數個月後，我學到了很多基本功，之後自己再加以研究。我的烹飪原則是煮的食材要便宜、美味又健康。現在，我偶爾會出席一些與烹飪有關的宣傳活動，例如新亞校友會、個別政府部門的職工會等。

訪問後記：

李師兄在是次訪問中，處處皆表現了其對中大人和事的關顧之情，也分享了很多昔日他在中大的故事。筆者尤其感受到李學長的一顆熱心，不管是對同學、對中大、對社會事務，李學長都盡力關心與支持，這份無私的精神，實在令人敬佩。



採訪：成博文校友 09新聞與傳播



撰稿：劉一俐校友 09哲學



我們畢業喇!

三月的校園，杜鵑花和宮粉洋躑躅紛紛爭相報導春天來臨的消息，也預告著我們在校的時光即將完結。老友的笑臉、氣球製成的彩橋、泉頭的香檳、美味誘人的燒豬，我們享受著學弟妹為我們精心準備的盛宴。我們相擁；我們歡呼大笑；我們舉著勝利的手勢；我們懶理路人的眼光穿著黑袍再一次「Dem Beat」，因為，這一天我們就是主角——我們畢業喇！

我們在校園的每一個角落拍照，記錄那歡愉的時光。在光影中，我們再次懷緬在中大的點點滴滴。火車站張宣傳單張的經歷，改變了我怕羞的性格；嶺南場不單是籃球發燒友的好去處，在那裡我交到了來自世界各地的朋友；百萬大道上第一次牽手至今，我倆已走到第三個年頭；經聯合梯和小橋流水趕到信和樓上真修課、從蒙民偉樓遠眺吐露灣畔、在碧秋樓通宵趕功課、每周一次的檸檬批、咖啡罌的人龍、擠逼的校巴、文廣、水塔……在這裡，我們迷失過；也在這裡，我們重新振作，找到新的方向！我們從這裡畢業，從這裡走向社會，但在這裡的事和物，都將在我們未來的生命繼續閃出光彩！



祝願所有畢業生擁有美好的前程！



It is more blessed to give than to receive

Many of our students are dedicated to serving their fellow students and the society as a whole. In the year of 2009/2010, among 20 awardees presented with Outstanding Service Awards, 5 are CUHK students. They are going to share with us their experience in their provision of service. With their wonderful memories of serving the needy, we hope that more students will be motivated to devote themselves to constituting a caring and selfless community!

Chan Ho Ting, Mac (Laws / Year 2)

"I have been devoted to voluntary work since I was in Primary Three and got to understand more about the spirit of community services as I grew older. Engaged in various key duties in my secondary school, I have never forgotten my alma mater and served as the President of the alumni association since then. As the President of the Rotaract Club of New Asia College of CUHK, I organized various community and international service projects. And now I am serving as the Presidents of the Tuen Mun Outstanding Students' Association and the Social Service Team of the Student Union of CUHK. From these experiences, I realize that new challenges in every service programme are actually gifts to my life. I hope everyone can utilize their knowledge

in a way that best demonstrates the spirit of self-help and mutual-help in the community. In future, I will definitely make greater effort in promoting social services and the message of **'It is more blessed to give than to receive'**.



Mac (middle) set a counter in CUHK to sell second-hand daily commodities to raise fund.

Cheung Ho Mei, May (Laws & Integrated Business Administration / Year 2)

"With the encouragement from teachers of my secondary school, I have been committed to community services since Form One. In those years, I not only participated in various types and scales of community services, but also organized two China service projects. These experiences heightened my awareness of the unfair situations in the world and the needs of the neglected groups. As the President of the Social Service Team at CUHK, I lead service projects of which the formats and contents were even more challenging than before. Despite the great effort and time required of me, I insist on devoting myself to community service with my belief: **Only if one pays love forward can love be spread in geometric progression.**"



May (right) with a local student in Guangxi.

Ng Kai Ting, Nettie (English Studies and Education / Year 4)

"Serving people is always one of my greatest 'interests' as I believe **'what counts a great deal in life is what we do for others'**. At my very young age, I started my volunteer life in a youth centre and began to realize the importance and need of facilitating students' growth and development. During my secondary and university study, I was involved in various services, training projects and international events like Rotary Vitarobics, Rotary Model United Nation Assembly and Rotary Youth Leadership Awards etc. I believe that there are a lot more that I can do for the society and make it a better place to live. I hope my passion and heart in serving the community will continue to sparkle, and ultimately motivate and influence people around me to expend their efforts."



Nettie Ng (3rd from right, first row) is one of the cross-cultural organizing committee members for the Rotary Youth Leadership Awards 2009-2010.

Leung Lok Hang (Medicine / Year 5)

“I was a volunteer of the Community Youth Club in my primary school days. Apart from academic pursuit, I was fully occupied with various extra-curricular activities and was awarded the Grantham Scholar of the Year in Form six. After being admitted to the CUHK Faculty of Medicine, I have kept my passion and devotion in community services despite the heavy workload of medical studies. I am involved in a wide range of academic and non-academic services in collaboration with a number of non-governmental organizations including the YWCA Ming Yue Elder Academy, Hong Kong Family Welfare Society, CUHK Medical Society, Hong Kong Student Service Association Joint Institutions Mental Health Ambassador, Hong Kong Schools Sports Federation, the alumni associations of my primary and secondary schools etc. Such all-round development is valuable as it serves an integral part of my medical professional training.”



Leung Lok Hang (2nd from right) is one of the Joint Institution Mental Health Ambassadors of the Hong Kong Student Service Association

Leung Ting Yan (Laws / Year 4)

“I had my first volunteer work in 1999 and have been serving different groups, including the disabled, the elderly and children. I was the head prefect in secondary school and was subsequently a founding student of CUHK Faculty of Law, where I took the initiative in establishing the student association for undergraduates. I am currently the vice-president of the Hong Kong Model United Nations Club which aims at promoting world peace and enhancing the awareness of global issues among students. I devote my time to organizing international conferences which involve both local and overseas students for the stimulation of United Nations conferences. In addition, I joined the Friend of Mediation which promotes better understanding among the community of new legal moves that are closely related to the society. **‘Helping others helps yourself’** as my motto, I will continue to serve the community as a way to pursue life-long learning.”



Telling from the smiling face, teaching children to dance as a volunteer teacher (middle, back row) is great fun!

About the Outstanding Service Awards for Tertiary Students

The Outstanding Service Awards for Tertiary Students was established in 1991 with the sponsorship of the Innovations Fund. It aims at encouraging students’ development of leadership and life-long commitment in the provision of services to the community. The Awards is jointly administered by the Hong Kong Student Services Association and the Hong Kong Outstanding Tertiary Students’ Services Association. All full-time students from CityU, CUHK, HKBU, HKIEd, HKSYU, HKU, HKUST, LU and PolyU with demonstrable record in the provision of services to fellow students, schools/tertiary institutions and/or the community, proven leadership and organizational skills, active participation in extra-curricular activities and satisfactory academic performance are eligible to apply for the Awards. The award presentation ceremony of the year 2009/10 was held on March 20, 2010 at CityU.



CUHK awardees with guests at the award presentation ceremony



運動精英 再創佳績

中大多個運動代表隊最近於多項大專運動比賽中均獲得優異表現。

女子田徑隊在第49屆「大專陸運會」奪得了4金1銀2銅的驕人成績，其中隊員姚潔貞同學更打破了大會紀錄(800米和1500米)，田徑隊僅以2.5分之差，屈居女子團體亞軍。



男子欖球隊勇奪今屆大專欖球賽亞軍，在決賽中與對手在法定時間內打和，只在加時下半場最後一分鐘於突然死亡階段下落敗，此場乃為今年各項大專賽中落敗的唯一一場，希望來年有更好的成績！



女子劍擊隊隊員在大專劍擊賽中奪得兩亞一季的好成績，令中大女子劍擊隊奪得女子團體總季軍。



希望來年中大運動精神繼續努力不懈，共創佳績。



空手道隊在大專空手道錦標賽中奪得2金、3銀、4銅、女子組團體總亞軍及團體總季軍的佳績，其中馬文心同學和郭伊妮同學分別在女子高級組及初級組奪標！



女子跆拳道運動員岑迪樺同學，在今屆大專跆拳道女子黑帶蠅量級FLY組中獲得一面金牌的佳績。



不一樣的香港



探秘香港 — 城市遊蹤

繁華的大都市景象，古老殖民地時期的青石板路，聞名世界的環球美食區，以及隱居在忙碌生活節奏中的西式教堂等等，中西文化在香港的完美交匯深深吸引著大家的目光。

在一個陽光和煦的三月周日中午，我參加了一個名為“城市遊蹤”的活動。活動在中上環區以尋寶探秘的形式進行。它不僅加深了我們對香港的認識和瞭解，更鍛煉了我們基本的生活技能：一張地圖、一雙鞋子，怎樣找到一個個陌生的角落？怎樣在極短的時間內探訪到最多的“寶藏”？怎樣找到隱藏的資訊？靠的是組員們的團結協作、相互信任、齊心協力；對路線的規劃選擇；以及戰勝疲憊、懈怠等困難的決心與毅力。



整個活動中，我和小組組員—來自香港的

Lina和同樣來自山東省的玉佩共同努力。我們聚在一起看地圖研究路線；一起享受著一個個“尋寶”任務帶給我們的快樂。我還記得Lina在全世界最長的戶外有蓋行人扶手電梯上給我和玉佩介紹的一間間美食店鋪……一路的交談、探討，加強了我們的相互瞭解，也加深了我們之間的友誼。

這一個美妙的探秘遊歷拉近了我們跟這個城市的距離，也讓我們更想再去探索不一樣的香港。

陸宣羽(工科基礎班一年級 來自中國山東省)



星語心願- - 梅窩水燈天燈之旅

當收到梅窩水燈天燈節的活動消息時，我立刻想到三個要參加的理由：踏足大嶼山，感受香港離島之美；體驗香港的傳統特色，品嚐盆菜；實現親自燃放天燈的夢想。

這次活動有來自不同地方的同學參加，包括本地和內地同學，還有美國同學。非本地同學大多是第一次品嚐香港特色菜式——盆菜，都覺得這個晚宴挺特別。之前在簡介會中認識過盆菜的由來與結構，我們都紛紛要看看這個盆菜是否正宗。

晚餐後即進入這個旅程的高潮—放水燈和天燈。我們湧到沙灘上，便已看到無數水燈漂浮在海上，雖沒有想像中璀璨奪目，但淡淡的冷色光點連成一片，卻自有一種安詳平和的祈福氛圍。之後是放天燈，來自不同地方的同學都使用自己熟識的文字與各種不同的圖案來寫上願望，期盼日後在生活 and 學業上都事事順利。五顏六色的孔明燈滿載著大家的美好祝願與期盼冉冉升上夜空，煞是好看，更傳遞了一種傳統的祈福文化。能夠親身參與其中，與各同學一起祈願，更是難忘。

這次遠離現代文明的旅程，我們見識了香港傳統的文化習俗，看到了怡人的自然風光，品嚐了美味可口的盆菜，認識了不同背景的同学。雖然疲憊，但的確怡然自樂。

王馥(理科基礎班一年級 來自中國安徽省)



為了增進非本地同學和本地同學的交流，也讓同學們以有趣的形式去認識香港的文化景點和傳統習俗，學生事務處來港生組於2010年3月21日及27日帶領共70位同學往中上環區和大嶼山梅窩參加了「城市遊蹤」及「梅窩水燈天燈之旅」的活動，讓他們以不同的形式和角度去認識香港這一個集傳統與現代、繁華與恬靜於一身的魅力都市。

CLOVER – Spread the Seeds of Love

“CLOVER is an unusual programme which is a wonderful combination of buddy programme and voluntary service. I was paired with one local buddy, Janice, and one non-local buddy, Zephyr from Malaysia, to provide voluntary teaching classes to some local primary students. Through our close cooperation in designing class contents and teaching materials, we got to know each other personally and culturally better.



The teaching experience was very unforgettable. All the 10 junior primary students in our group were very active and eager to learn. We taught them some simple English words, played games, sang songs and danced with them. We made beautiful lanterns together to celebrate the Chinese New Year and showed them around the campus of CUHK. It seemed all the kids enjoyed the excursion a lot, especially when they saw the Nobel Prize Medal of Prof Charles Kao within striking distance at the University Library! The four weeks' teaching passed quickly; however, lots of happy memories live on.”

Yuki Wan (Year 4/Professional Accountancy & Integrated BBA)

“I was the only boy who signed up for CLOVER, and wasn't really sure what to expect at first. I did some volunteer work before and taught English to teenagers a month before CLOVER started. This time, however, the kids were younger, louder and less attentive, the things you can expect from 7 or 8 year-old kids. Regardless, I had a wonderful time with them. They were happy to speak in Cantonese with me (which I'm learning right now) and always had something to say.

Our group organised a get-together before the service started. During the classes, we wrote Chinese New Year wishes on red paper and even baked chocolate chip cookies. In another class, I introduced my country – Belgium a little, and we had one activity where the children were asked to link countries and buildings or people. You can imagine we had lots of fun! At the closing ceremony, we presented our activities to the kids' parents and other participants. Our group performed a drama where I was a tree, a talking tree actually! It was a remarkable experience to work with the kids and my local buddies, Tinny and Michelle.



All in all, I believe the CLOVER programme is a very exciting platform to meet new people, kids as well as fellow students, where friendships can be made and are meant to last.”

Achill Van den Broeck (from Belgium; Year 1/Chinese Studies)

About CLOVER

Children + **L**ocal + **O**verseas students as **V**olunteers = **E**verlasting **R**elationships

The buddy programme cum voluntary service project, CLOVER, made its debut this academic year. As the programme name suggests, the local and non-local students become friends and then join hands to provide volunteer service to the children at a local youth centre. The three parties literally represent the three leaves of a clover, which carries the symbol of love. And the ultimate goals are that all the participants can benefit and everlasting relationships will be formed.





Apart from social service, CLOVER also covered a CUHK campus visit for the children which was guided by the university students. Lastly, the closing ceremony in which all the five groups gave remarkable performances in the presence of the guests and some kids' parents brought down the curtains on the entire programme.



Must-have Qualities in Banking

Citibank University Banking Course 2009 - 2010, jointly organized by Citibank and CUHK, was capped off at the Graduation Ceremony on 13 April 2010. Mr. Weber Lo, Chief Executive Officer & Country Business Manager, Citibank Global Consumer Group, and Prof. Michael K.M. Hui, Pro-Vice-Chancellor, CUHK, officiated at the ceremony and shared the happiness with the graduating students. The top four students, Ho Ka Ho Karl (QFN), Leung Wing Yin Winnie (IBBA), Li Hei Tung Elton (ECO) and Tang Kwan Ho Michael (BBA-JD), were presented with the Outstanding Achievement Awards and would have internship opportunities at Citibank in the Asia Pacific Region.

To show their gratitude to the course speakers, i.e. all seasoned Citibankers, the course participants prepared a sharing and a souvenir to Citibank at the Graduation Ceremony. The 4 sharing students, representing all 60 participants, concluded their reflections upon completion of Citibank University Banking Course by 4 words:

- 
Caliber *"I am impressed by the caliber of the speakers. They are all seasoned banking professionals, who are able to share with us industry knowledge and real-world experience, which cannot be learnt from books." ~ Connie Fan (IBBA)*
- 
Innovation *"From the lectures, we gained a better idea on the importance of innovation in the banking industry. Considering the competitive nature of the banking industry, there are always needs for new products and new services. The final project also required us to think out of the box - to develop a new banking product / service." ~ Sampras Yi (SEEM)*
- 
Teamwork *"We understood more about the importance of teamwork in the banking industry and working environment from the sharing of the speakers. The course also offered opportunities for us to learn to be a better team player." ~ Lily Mou (IBBA)*
- 
Inspiration *"The sharing of personal experience from the speakers was inspiring. During the final presentation, the judges also inspired us by asking us challenging questions, which provoked our thoughts." ~ Elton Li (ECO)*

We believe all participants have gained a great deal of banking knowledge from the course and wish the four recipients of Outstanding Achievement Awards a fruitful internship experience!





高鐵 - 率先體驗

為擴闊同學在新世紀的視野，經濟動力與香港中文大學、香港大學及科技大學舉辦“世紀新視野”計劃，以「變革以求發展？發展以求變革？」為主題，透過研討會、與知名企業的CEO會面、考察及實習等連串活動，讓學生了解最新的中港經濟、企業及就業形勢。

“世紀新視野”計劃其中一項活動「珠三角考察行」已於四月六日舉行，參加的同學當天乘坐武廣高鐵作親身體驗；並到港資大型合金玩具生產企業—美昌集團的廣東廠房參觀，了解如何抓緊CEPA機遇謀求發展，亦與在內地工作的港人接觸，領略心得。同學們不單親身體驗了高鐵的舒適便捷、其興建對於交通、民生及經濟所帶來的效益與影響，還實地考察了解兩地的發展與機遇，對他們日後開拓新發展出路有很大的幫助。

高鐵體驗

考察

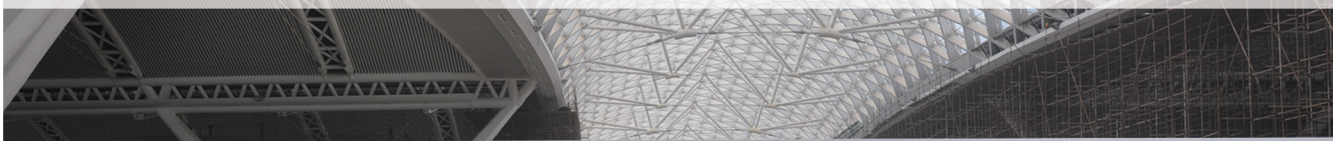


馮文浩 (經濟系 二年級)

今個學年，常常找機會參與課外活動的我特別留意到“經濟動力”所舉辦的“Meet the Entrepreneurs”一系列活動，這可能跟我主修經濟學有關，更重要的是請來的嘉賓往往是商界巨頭。去年十月，匯豐銀行執行董事王冬勝先生分享其應付金融海嘯的深刻體會及成功秘訣，及後香港迪士尼行政總裁金民豪先生為我們分享米奇老鼠的誕生和樂園的未來發展，皆令我獲益良多。於四月六日，經濟動力“世紀新視野”計劃讓我們親身體驗到國內高鐵的重要，乘坐舒適潔淨的第三代和諧號列車，從廣州到韶關只需四十分鐘的車程，讓我深深體會到高速鐵路的省時便捷。

是次考察即日從香港來回韶關，真的是「一日千里」。我們先參觀韶關城市規劃展示廳，了解這個將成為具影響力及競爭力的粵北城市，而其高科技多媒體展示手法更令我們嘆為觀止；亦到訪了當地優秀的港資企業，了解到如何在注重生產效率的同時，節能減排，走上綠色企業之路。

高鐵所帶來的一小時生活圈讓城市間距離拉近，讓經濟加速發展。唯現時票價稍貴，我希望將來千千萬萬的香港人互都能乘搭高鐵回鄉，讓國民乘著國家騰飛的經濟動力，未來的生活更美好！



「新紀元」- 兩岸四地的精英交流

『在「新紀元」裡面，來自全國20所名牌高校的不同專業的200名精英學子一起學習、一起生活。精心策劃的培訓課程、與商界精英零距離接觸、著名學者的精彩演講和機會難得的訪問參觀，所有的一切都是我們從未經歷過的。經過短短14天的培訓，我們相擁揮淚道別，不願離去，直至在11年後的今天，我對「新紀元」仍然充滿著深厚的感情。』



「新紀元精英會」華南分部於2009年之合照

我感激「新紀元」，因為她開闊了我的眼界，給我人生從未有過的精彩時光；因為她，讓我結識了一群中國精英青年，讓我們在短短十幾天建立起來的感情在10年之後仍然是那麼的純潔和親切；因為她，給我的不僅僅是14天的培訓，而是足以受用一生的寶貴財富。』

黃冬璋 1999年學員(汕頭大學)
「新紀元精英會」華南分部主席
現任廣州市地方稅務局第三稽查局副科長



「新紀元」舊生於2008年到上海參加十週年晚宴

『我有幸於2001年參加「新紀元」，經歷了為期兩周的磨礪與改變之旅。她帶給我們的是一次徹底的心靈歷練，讓我們這一群因在各自大學擁有輝煌經歷而「姿態頗高」的學生們學懂團隊協作、謙虛傾聽、換位思考、包容異見；讓我們內地這邊絕大多數的「獨生子女」們體會到了擁有「兄弟姐妹」的快樂和責任；更讓我們中港台三地雖是同根卻又較有差異的文化彼此交融；讓大家感悟到彼此尊重、相互學習、協作共贏的精神。「新紀元」之旅轉眼已過去9年，然而其對我人格與個性的重塑，團隊協作精神的領會至今仍發揮著作用，使得我在進入企業後能飛快成長，終可以為企業、為社會創造應有的價值！』

感謝「新紀元」、感謝中大和九龍總商會、感謝所有幫助過我的老師和志願者、感謝我所有的朋友們！期待「新紀元」能夠讓更多學生獲得成長！』

王鑫華 2001年學員(浙江大學)
現任頤高集團有限公司戰略合作部總經理暨億茂科技股份有限公司副總裁

『當我報名參加這個活動的時候，就覺這個計劃的名字很特別。「新紀元」，很前衛，與時進步。更加重要的是，參加的人全都來自各個大學的精英。』

計劃為我們這些新一代創造了一個交流的平台，讓我認識來自內地的學生，意會到內地的大學生跟香港的在本質上沒有什麼大分別，只是在文化、教育上有些分歧。「新紀元行政精英管理計劃」正正就能把這些分歧拉近。

曾參加這個計劃是否讓我們成為未來的行政精英呢？我不肯定。但是，我相信，這個計劃肯定在培訓未來精英方面發揮一定功效。希望大家能夠與時並進，走在時代尖端。』

郭佩雯 2005年學員(香港中文大學)
現任職於優質人才國際培訓有限公司

(上文節錄自二零零八年於上海舉行之新紀元行政管理精英培訓計劃十周年紀念晚宴中之分享環節)

『1998年夏季，我有幸被母校蘭州大學派往香港中文大學參加「新紀元行政管理精英培訓計劃」。在短短的十四天裡，所見、所聞、所感影響了我後來許多抉擇，可以說這次遠行是我求學求知歷程中的轉捩點。

香港廉政公署之行，讓我更全面且深刻地感受到法律作為天下之衡器、民生之屏障，對於一個社會的重要性。在廉政公署，我瞭解到該機構的權力歸屬關係和運作程式。廉政公署本身處在社會的監督之下，執法犯法更要受到嚴懲，這種互相監督的機制保障了法律的尊嚴，也給予廉政公署應有的威嚴和崇高的社會地位。一個社會法律的尊嚴得以伸張，民生利益自然得以切實保障。

臨行前一天晚上舉行集體娛樂活動，要大家講述此行的感受，我又自告奮勇地上台了。我說：「我想“精英”不是自封的，這次交流，使我覺得自己不配這個稱號，我願把自己在中大的所見、所聞、所得和中大師生的關愛帶回母校，認真做事，改正自身的一些缺陷，以期更好地為社會服務。」

讀書求學的歷程也不輕鬆。如今看來，年輕時期的磨礪是一筆財富。經常嚮往能與昔日的同學相聚，共話我們的心路。」

盧少鵬 1998年學員(蘭州大學)
現任教於湖南湘潭大學歷史系

(上文節錄自二零零八年新紀元行政管理精英培訓計劃十周年紀念特刊)

「新紀元行政管理精英培訓計劃」

「新紀元行政管理精英培訓計劃」於每年暑假舉行，計劃由九龍總商會贊助，並得到國家教育部及國務院港澳台事務辦公室支持。活動至今已舉辦了十一屆，每屆均邀請內地、澳門及台灣著名大學挑選學生精英，來港與中大學生一起接受多元化和多文化的培訓；除香港外，活動過去亦曾踏足廣州、台灣及上海。

本年度之「新紀元行政管理精英培訓計劃」將進一步擴大規模，除增加邀請其他香港高等院校參與外，亦將前往北京，讓各參加者透過講座、學術研討會、文化交流等活動對兩岸四地的新面貌和新發展有更深入的瞭解，學習和汲取跨文化的管理知識及經驗，發揮領導才能，以助其個人成長及畢業後的事業發展。



今年的「新紀元行政管理精英培訓計劃」已定於七月十八日至二十八日在北京及香港舉行，屆時將有三十名中大的同學與來自內地、台灣、澳門及香港其他院校的一百多位同學一起參與，預祝他們共享充實而愉快的文化交流經驗！

「上莊」？ Easy Job!

第一屆學生領袖培訓計劃已順利舉行！數十位中大莊員參加了一連串活動，包括專題講座、工作坊(日營)及機構參觀(暨個案分析)，以提升籌劃莊務時的能力。現在，就讓我們分享一下他們在這些日子的得著和點滴吧！



莫銘臻

研究生 / 計算工程 中大研究生會營運幹事

此次培訓不單是一次領導技巧、活動組織能力的學習過程，更是一次從不同角度認識自我、認識社會的機會。我感受最深的是溝通技巧工作坊。嘉賓生動的演繹解說，使我迅速掌握了從深層次認識自我、認識別人的途徑—九型人格理論，從而進一步的體會到在接著下來的社團活動中對我的積極的影響，例如洞悉溝通對象的需求、選擇恰當的溝通內容等等。雖然花了一些原來玩樂的時間來參加這個培訓計劃，但心底依然覺得值得。

顧銘恆

本科生 / 工商管理 魔術學會總務

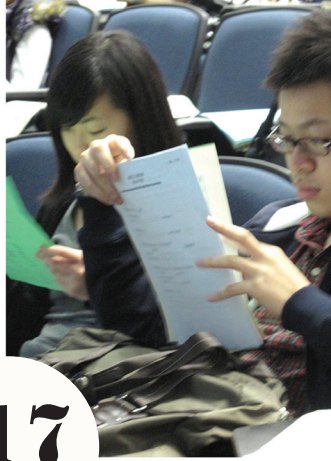
以前我認為自己已了解上莊各種工作中的細節，參加了學生領袖培訓計劃後，我才意識到其實自己對於莊務的處理方法還需要改善。這個計劃擴闊了我的眼界，令我學到了一些我以前並不了解的處理莊務的方法。



陳婉滢

本科生 / 生命科學 分子生物技術學系系會主席

學生領袖培訓計劃令我更了解如何以會長的身份帶領系會成為一個成功的團體，明白到上莊絕對不是一件容易的事。透過參與不同的講座和參觀，我學懂如何更有效地解決上莊經常遇到的困難及和莊員融洽地相處。



六分鐘就學懂的「關顧心法」!

學生輔導及發展組網頁現已更新(www.cuhk.edu.hk/osa/scds), 同學可登入「關顧心法」細閱「品格長處」的文章,

包括「常寬大」、「常感恩」、「多表達」、「多為善」、「多細心」、「多投入」等六方面關顧別人的資訊, 為

促進校園的關顧文化出一分力。此外, 同學可登入以上網頁, 回顧早前舉辦的「Caring Campus 嘉年華暨 uBuddies 啟動禮」精彩花絮。



關顧之路



活動花絮

Now Open!

Study Area at Teaching Complex at Western Campus

西部教學大樓學生溫習區

寧靜
Tranquility

舒適
Comfort

Venue 地點:

2nd floor foyer of Teaching Complex
at Western Campus (TCWC)
西部教學大樓二樓門廳

For enquiry 查詢請電 26096462 (EMO 物業管理處)

Opening Hours 開放時間

Mon-Fri 星期一至星期五

8:00am - 9:30pm 早上八時至晚上九時三十分

Sat 星期六

9:00am - 6:00pm 早上九時至下午六時

Sun and Public Holidays 星期日及公眾假期

Closed 停止開放



CUSIS Go-live Arrangement

The Chinese University Student Information System (CUSIS) will be launched in early July 2010. To facilitate student data conversion from existing systems to and create student profiles in CUSIS, some CUHK computer systems and network services will be shutdown / suspended for short intervals between late June and early July. A list of systems concerned and their status will be published at CUSIS website in due course.

In addition, interfacing with CUSIS will be made through the revamped MyCUHK to be launched on 5 July 2010. You can log into MyCUHK by inputting your 6-digit staff ID or 10-digit student ID and CWEM password. More details about CUSIS go-live arrangement can be found in its project website at www.cuhk.edu.hk/cusis/.

A Life-Saver: Mental Health First Aid



Similar to First Aid, **Mental Health First Aid (MHFA)** is the help given to someone developing a mental health problem or in a mental health crisis before appropriate professional treatment is received. You will be able to acquire this basic skill and help others or even yourself, simply by joining our 12-hour MHFA training course.

In this course, you will learn about...

- basic knowledge of mental health problems such as depression, anxiety disorders, psychosis and substance use disorder.
- possible crisis arising from these problems and necessary intervention.
- community resources that the person involved can make use of.

Target participants	: Postgraduate Students
Date	: June 8, 10, 15 & 17, 2010 (Tuesdays and Thursdays)
Time	: 2:15p.m.-5:15pm.
Venue	: William M.W. Mong Engineering Building, Main Campus
Instructor	: Mrs. Eunice Yip, Student Counsellor, Student Counselling and Development Service, OSA
Language	: Cantonese
Quota	: Max. 25 (First come, first served)
Course fee	: HK\$ 60.00 (Including Manual and Certificate)

Interested students please register at www.cuhk.edu.hk/osa/scdsreg/seminar/ibform.hts. For enquiry, please contact Ms Flora Kong at 2609 7208.

Participants who complete the course will be awarded a "Mental Health First Aid Course Certificate" issued by the Hong Kong Mental Health Association and acknowledged by ORYGEN Research Centre of the Department of Psychiatry at the University of Melbourne, Australia.

Stay Tuned

Career Planning and Development Centre, OSA For enquiry: Tel. 2609 7202 cpdc@cuhk.edu.hk
(Please note that the following events are subject to change. Students may refer to our website: <https://www.cuhk.edu.hk/osa/aps/seminar/ibform.hts> for the most updated information.)

Events	Organizer / speaker	Date
Entrepreneurship Talk for Postgraduates	CUHK Center for Entrepreneurship.	late May 2010
Career Talk for Postgraduates	Alumni, CUHK	early/mid Jun 2010
Seminar on How to Enhance Your Employability and Career Opportunities	CPDC	Sep 2010
Career Seminar - Commercial Banking	HSBC	Sep 2010
Opportunity for free Personality Test	Talent Q	Sep 2010

Incoming Students Section, OSA For enquiry: Tel. 2696 1533 isso@cuhk.edu.hk

Events	Organizer / speaker	Date
Excursion to Tai O	ISS	15 May 2010

Student Activities and Amenities Section, OSA For enquiry: Tel. 2696 7216 saau@cuhk.edu.hk

Events	Organizer / speaker	Date
Student Forum - CUHK explores establishing a second campus in Shenzhen	SAAS	17 May 2010
Management Leadership Training Programme for the New Century	SAAS	18 – 28 Jul 2010
New Student Orientation Day	SAAS	30 Jul 2010
Postgraduate Student Orientation	SAAS	3 & 31 Aug 2010
Faculty/Department O'Camp	Respective faculty/departmental societies	11 – 14 Aug 2010 (Phase I) 16 – 19 Aug 2010 (Phase II)
CU Link Card Day	ITSC	19 Aug 2010
College O'Camp (CC, NA, UC & SC)	Respective college SUs	25 – 28 Aug 2010
College O'Camp (MC & SHC)	Respective colleges	25 Aug & 3 – 5 Sep 2010
Inauguration Ceremony for Undergraduates	SAAS	6 Sep 2010

Student Counselling and Development Section, OSA For enquiry: Tel. 2609 7208 scds@cuhk.edu.hk

Events	Organizer / speaker	Date
Mental Health First Aid for Postgraduate Students	SCDS	8, 10, 15 & 17 Jun 2010