


善衡 四季

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S.H. HO COLLEGE



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四季更替，風物長新。人在這奇妙的節奏中經歷生命的成長，埋首苦幹有時，遵時養晦有時。同學甫入讀香港中文大學（中大），就會成為書院的一員，每天在鳥語花香的校園遊走於課堂之間；下課後沿著林蔭大道步行返回宿舍，與同窗共晉晚餐，談天說地，彼此分享學習見聞，或相約參與舍堂活動。春夏秋冬，各有景象；校園生活四時，也各有所得。

Seasons change and so does everything else. Amid the dynamic rhythms of life, there is a time for hard work as well as for rest and recovery. When students are admitted to The Chinese University of Hong Kong (CUHK), they will be assigned to its constituent Colleges. Every day, they will pass through the idyllic campus ground while shuttling between classes. When lessons are finally over, they will walk back to their residential halls, through the tree-lined avenue. At the communal dinners, they chat freely with their campus mates and exchange what they have learned and seen or arrange to participate in the hostel activities together. As the seasons alter, different scenarios are played out. Every new season on the campus heralds a unique blend of occasions, events and experiences that its students will certainly savour.





Growth

成長的節奏

The Rhythm of

世界上書院制度最成功的牛津大學、劍橋大學，書院平均有三百至六百名學生，學術氣氛濃厚，師生交流密切，教育有時更發生在課堂外。作為中大九所成員書院之一，善衡書院悉力營造親切融和的群體，透過全宿共膳凝聚師生，與學生共建一個六百人的「家」。學生均出席每星期三次的師生共膳，並參與每月舉行一次的高桌晚宴。共膳最能體現出「家」的氛圍，善衡學生在各自忙碌的生活中聚首一堂，交流校園生活與學習點滴。這群來自不同學術背景的朋輩在何添堂和利國偉堂兩所宿舍居息一堂，一起在學系課堂以外接受全人教育，在同一屋簷下留下青春的泥爪。

Both the Universities of Oxford and Cambridge run on a collegiate system considered to be the most successful around the world. Each of their colleges has an average population of 300 to 600 students. Faculty staff and students share a close intellectual bond and interact frequently. Some of the education there takes place outside the classroom. As one of the nine CUHK Colleges, S.H. Ho College is dedicated to building a closely-knit community, through full residential and communal arrangements to bring faculty staff and students together. Efforts are made jointly with its students to foster a home-like environment on campus. Thrice a week, the students attend communal dinners with their peers and faculty members. A high table dinner with the same turnout is held once every month. Under the family-like atmosphere of communal dining, S.H. Ho students take time off their busy schedules to gather under the same roof, to exchange their insights into campus life and learning. Hailing from different academic backgrounds, they reside at Ho Tim Hall and Lee Quo Wei Hall and are collectively exposed to whole-person education outside their disciplines, as a part of their youthful progression.

‘Engage actively in

College Life

and become an all-rounded student!’

「積極投入書院生活，
做個才德兼備的學生。」

書院院長辛世文教授

Professor Samuel Sun, College Master



入大學最重要的是獲得所屬範疇的知識和專業技巧，當然這對廿一世紀的學生而言並不足夠。你需要致力成為才德兼備的學生，以致有能力應對前面各種艱難、甚至乎是充滿未知數的挑戰。中大的書院教育制度提供形式多樣的非正式全人教育，例如海外交換計劃、文化考察、實習、社會服務、領袖訓練、體育及才藝發展等。透過如此的體驗式學習，你的全球視野、領導才能、人際技巧、社會服務經驗、人際網絡，以至於工作經驗就可以有所拓展。每一位善衡書院的學生更可以特別享受全宿共膳的生活、實踐創新的計劃，以及家一樣的學習群體，促進你的全面發展。

The most fundamental goal of entering university is to acquire the knowledge and professional skills of your chosen discipline. This, however, is no longer sufficient for students of the 21st century. You need to strive towards becoming all-rounded students, equipped with both the expertise and ethics, to overcome the various difficulties ahead, including unforeseen challenges. CUHK colleges adopt an education system that provides non-formal whole person education programmes, such as overseas exchanges, cultural exploration trips, internships, social services, leadership training, as well as sports and talent development. It is through such experiential learning that you can further broaden your global perspective, leadership and interpersonal skills, social service experience, social networks and work experience. S.H. Ho College students are offered the opportunity to experience a university life with full residence and communal dining, put innovative programmes into action, be part of a home-like learning community, and to further their holistic developments.

多姿多采的大學生活展開了，
我的人生也不再一樣。

*Stepping into the kaleidoscope of university life,
I've made my life different.*

Vibrant

活力盛夏 summer





The Story of an

一位善衡新
生的歷程展開了……

HH



fresher begins...

盛夏八月，陽光明媚，加入善衡書院的本地、內地及海外的「新鮮人」身穿色彩繽紛的襯衣，在高年級同學的帶領下接受迎新營的各項挑戰，成群結隊在中大校園穿梭，非常熱鬧。迎新營中，同學了解到宿舍生活和書院通識教育課程，更參與了書院別具特色的入學禮，我穿上書院禮袍，在院長和學生輔導長的見證下簽署誓章，正式成為「家」的一分子，也為精采的書院生活拉起序幕。這件院袍將會伴隨我幾年的大學生涯，包括出席高桌晚宴，藉着不同領袖人物的演講與交流，提高自己的社會觸角，放眼世界。

It was the height of summer in August, with abundant sunshine. Freshmen enrolled into S.H. Ho College from Hong Kong, the mainland and abroad were dressed in bright, vivid colours, ready to accept the many challenges at the Orientation Camp under the guidance of senior students. The university came alive as groups of them crisscrossed the campus area. Not only did the new students gain a better understanding of hostel life and the College General Education programme, they also took part in the College's distinctive Matriculation Ceremony. Donning the College gown, I signed the Matricula in a ceremony witnessed by the College Master and the Dean of Students, to officially become part of this big family and embark on an exciting college life. This College gown will accompany me through the rest of my university days. I will be wearing it on various college occasions, like the high table dinner, where keynote speeches by leaders of different professional fields are given and exchanges with them are held, which will sharpen my social awareness and expand my global outlook.



- 1 我們在高年級同學的帶領下接受迎新營的各項挑戰
We accept different challenges in the orientation camp under the guidance of College seniors
- 2 我正式成為「家」的一分子!
I am officially admitted to this home-like College!



- 1 悅閱軒
Like Reading Room
- 2 宿生會的莊員正在鼓勵同學參與舍堂活動
Members of the Resident Councils are encouraging students to participate in hostel activities
- 3 我與一眾宿生一同歡渡中秋
I celebrate the Mid-Autumn Festival with my hostel mates



踏入九月中，我開始適應了大學上課的節奏，亦覺得書院的位置很好，毗鄰大學體育中心，俯瞰吐露港，景色優美，而且校巴站位於書院旁，亦可直接步行到火車站及附近多項教研和服務設施。我也漸漸與宿舍的鄰居混熟了，開始會相約到宿舍樓下的健身室做運動，或到陳震夏館三樓的悅閱軒靜靜的看書。我也愈來愈期待每星期三晚在何善衡館舉行的共膳，可以與迎新營結識的組長和朋友吃飯聊天，甚至與親切的院長和書院成員彼此認識。晚飯期間，何添堂和利國偉堂的宿生會的莊員分別上台鼓勵同學參與舍堂活動，包括當晚的中秋節活動。飯後，我與一眾宿生在善衡草坪上欣賞皎潔的月亮，在歡笑聲中渡過了愉快的晚上，我慢慢地發現自己認得的臉孔多了，甚至可以直呼他們的名字，開始對這個規模小巧的書院有一種「家的感覺」。

Entering mid-September, I started to get accustomed to the pace of learning at the University. I also felt the convenience of the College's location, adjacent to the Sports Centre and commanding a breathtaking view of Tolo Harbour. The College is just next to the campus bus stop. I can also walk straight to the train station with equally easy access to the various teaching, research and service facilities. Gradually, I became familiarized with my hostel mates and we started working out together in the gym on the ground floor of the resident hall or spending quiet time reading the books in Like Reading Room on the third floor of Chan Chun Ha Hall. Increasingly, I looked forward to our communal dinner, held thrice a week in Ho Sin Hang Hall. The occasion gave me the opportunity to eat and chat freely with the group leaders and friends I knew from Orientation Camp. I could even meet our friendly College Master and College members and get to know them better. During dinnertime, members of the Ho Tim Hall and Lee Quo Wei Hall Resident Councils went up stage separately to call on their fellow students to be actively involved in the hostel events, including the Mid-Autumn celebration later that evening. After dinner, I joined a group of my hall mates on the College Lawn to appreciate the beauty of the full, bright moon and spent the rest of the night with them in laughter. As I slowly discovered, I could recognize more faces increasingly and call them by name. And this was how I began to feel 'a sense of home' in our small but intimate college environment.



Inspirational

明志之秋 autumn

野外靜思的空間
重燃我對知識的渴求

*Solo contemplation in nature
rekindles my glow of learning*





1



1



1



2

書院通識教育（書通）是所有中大學生的必修課程，善衡的書通集極具挑戰的活動及發人深省的課題於一身，啟導課程分為「奮志」、「明志」和「明達」三個階段，幫助新生從中學過渡到大學。在秋意漸濃的十月，我們這群善衡新生參加了兩日一夜的野外露營，從搭建帳篷到露天煮食，組員之間都要合作無間，這團隊合作的經驗加深了彼此的友情，也幫助大家融入書院生活。除了群體活動，我也有機會在野外獨處靜思，思考對大學生活的期望，嘗試為自己的人生勾勒藍圖。「明志」源於反思，我回到教室和導師一起討論，將心聲創作出來，並陳列於「心聲共鳴」展。老師告訴我們，下學年大家會以寫作、戲劇、短片或表演等創意方式，把自己的思想感受展示於「明新達人」展，讓大家投入大學生活的同時，也反思個人與群體的關係。

The College General Education Programme is mandatory for all students studying at CUHK. At S.H. Ho College, the programme combines extremely challenging activities with thought-provoking topics carried out in three phases titled 'Adventure', 'Reflection' and 'Expression', to help smoothen the transition for freshmen from secondary school to university life. As autumn deepened in October, S.H. Ho freshmen joined an overnight camp in the outback. From tent pitching to outdoor cooking, the collaborative experience helped strengthen our bonds while facilitating our integration into college life. Besides the group activities, I also had the opportunity for tranquil introspection in the wild, reflecting on my own expectations of university life with attempts made to map out a blueprint for my life. Back in class, I had a discussion with my instructor and based on my thoughts and ideas, performed a creative undertaking to be showcased at Logos Fest in the second term. According to the instructor, each of us would demonstrate our thoughts and feelings, in the form of writings, drama, short videos or performance, which could help us settle into university life while enabling us to examine our individual relationship with the university community.

- 1 從搭建帳篷到露天煮食，組員之間都要合作無間
Teamwork is embodied from tent setting to outdoor cooking
- 2 野外獨處靜思
Tranquil introspection in the wild

高桌晚宴

*High Table
Dinner*

善衡書院的共膳文化最能體現「家」的理念，其中高桌晚宴是每月一次的西餐。書院聚會是中文大學的傳統，是各書院自設的不計學分通識教育活動。善衡書院別創新格將兩者合二為一，每月的高桌晚宴同為書院聚會，同學享用精緻美食之餘，亦有機會向獲邀演講的社會各界賢達學習。

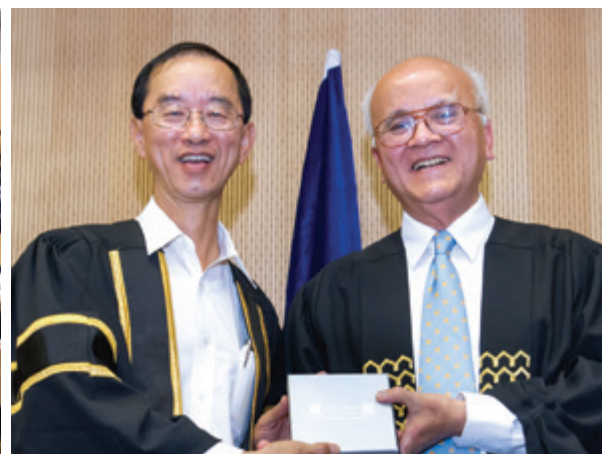
Communal dining is part of S.H. Ho College culture best exemplifies 'home' concept, at which a Western-style high table dinner is conducted once a month. College assembly is a unique CUHK tradition, whereby non-credit bearing General Education activities designed by its Colleges are held. Combining the two above-mentioned activities ingeniously into one, S.H. Ho College holds its college assembly in the form of a high table dinner for its students. While enjoying the culinary delight with elegant garnish, students are offered the opportunity to learn from the speeches of distinguished speakers from various sectors invited to such occasions.

嘉賓及講題舉隅 Examples of Speakers and Topics



香港中文大學校長沈祖堯教授
Prof. Joseph J.Y. Sung,
Vice-Chancellor of CUHK
與善衡學生對話
Dialogue with SHHO Students

前香港天文台台長林超英先生
Mr. Chiu-ying Lam,
Former Director of the Hong Kong Observatory
觀星、觀鳥：人生之窗
Stars and Birds - Windows to Life



香港中文大學榮譽院士及中國極地博物館基金創辦人
李樂詩博士

Dr. Rebecca Lee,
Honorary Fellow of CUHK and Managing Director and
Founder of China Polar Museum Foundation Limited

考察人生路

Life Expedition as a Polar Researcher



香港中文大學心理學系榮休講座教授彭邁克教授

Prof. Michael Harris Bond,
Professor Emeritus of Psychology,
The Chinese University of Hong Kong

從心理學理解圓滿的生命

What Psychology has Discovered about
Leading a More Satisfying Life

前任香港特別行政區律政司司長、
香港資深大律師黃仁龍先生

Mr. Yan-lung Wong,
SC, Former Secretary for Justice of Hong Kong

當律政司司長的隨想

A Few Thoughts from the Days as the Justice Minister



香港金融管理局總裁陳德霖先生

Mr. Norman Tak-lam Chan,
Chief Executive of
the Hong Kong Monetary Authority

「全球金融危機」教會我們甚麼？

The Global Financial Crisis: what can we learn?

香港中文大學洗為堅中國文化講座教授李歐梵教授

Prof. Leo Ou-fan Lee, Sin Wai Kin Professor of
Chinese Culture, CUHK

為什麼要做另類的知識份子

Why to Become an Alternative Intellectual



香港大學前校長徐立之教授

Prof. Lap-chee Tsui,
Then Vice-Chancellor and
President of the University of Hong Kong

運氣與意外收穫，但不可少的是熱忱

A Little Bit of Luck and Serendipity but Lots of Passion



這個月的高桌晚宴全場掌聲四起，同學一個一個的上台從院長和書院院監會主席何子樑醫生手中接過獎學金嘉許狀，坐在我附近的師友計劃導師告訴我：「善衡書院向來鼓勵學生追求卓越，為我們提供多元化的獎學金，以表彰學術成就出眾，以及在創意、社區服務、體育與領袖計劃、品格和貢獻書院方面具優秀表現的同學。」頒獎禮完畢，我和幾位組隊在「善衡達人秀」表演的朋友前往書院的音樂室「jam歌」（彈奏不同的樂器練習樂曲），一想到可以在這個學生自主籌辦的院慶活動表演，與其他參賽同學一展才藝與創意，內心就更加興奮，繼續踏着輕快的節拍與隊友一同練習。

Our high table dinner this month was filled with loud applause. One by one, each of the scholarship recipients appeared on stage to receive a Certificate of Commendation from the College Master and Dr. Tzu-leung Ho, Chairman of the Committee of Overseers. My mentor, who was seated nearby, told me, 'S.H. Ho College has always encouraged pursuit of excellence among its students, providing a wide array of scholarships to honour those with outstanding academic accomplishments; excellent performances in creativity, community services, sports and leadership and with a strong moral character and contributions to the College.' Following the award ceremony, a few of my fellow band members and I went to the music room to practise our musical instruments for our performance scheduled at The SHHOW. The thought of performing in this event, organized by the students themselves, to show our talents and creativity alongside other contestants, filled me with excitement as we continued the rehearsal.



善衡書院向來鼓勵學生追求卓越，為我們提供多元化的獎學金

S.H. Ho College has been offering a wide range of scholarships and awards in recognition of students' academic excellence and outstanding performance

SHOW



「冬天是人安在家中樂享暖衣飽食的季節，也是感受友情的
滋潤，圍在爐邊聊天的季節：這就是家的季節。」

*'Winter is the time for comfort, for good food and
warmth, for the touch of a friendly hand and for a
talk beside the fire: it is the time for home.'*

特亨爾 Edith Sitwell

Heartwarming

暖暖冬日 winter





面對大學生涯第一次的考試，心裡難免忐忑不安，想起了樓導師曾告訴我今晚會在宿舍安排學科指導的環節，我即時拉着同房的手，帶同課本與筆記走到宿舍地下。舍監和樓導師各有不同的學科背景，他們十分耐心地聆聽宿生在學科上的疑問並一一解答，最意想不到的是他們竟然預備了各式水果給我們打氣。考試完畢，我參加了書院舉辦的敬老活動，到耆康會何善衡夫人敬老院與長者慶祝聖誕，而且展開為期四個月的探訪，細聽長者的生命歷程，了解他們如何渡過人生起伏，為他們製作獨特的「人生閱歷冊」。我知道這種服務體驗會引領我踏進生命的課堂，教曉我如何與長者溝通，建立互信的關係。

Facing my first university examination made me jittery. When I remembered the academic guidance sessions scheduled for the evening, I grabbed my roommate's hand immediately and together, we took our textbooks and notes to the ground floor of the hostel building. Wardens and resident tutors of various academic backgrounds were there to listen patiently to the questions we raised about our studies. Least expected of all, an assortment of fruits were prepared for our enjoyment, to offer the encouragement we needed. When the exams were finally over, I joined the Christmas celebrations held at the SAGE Madam Ho Sin Hang Home for the Aged. Over the next four months, I would continue to visit the elderly home to see its residents and listen to their life stories to understand how they coped with their ups and downs. I would also compile a 'Journal of Life Experiences' based on the personal accounts narrated. I knew that the service experience would be enlightening, teaching me how I should communicate with the elderly and establish a relationship of trust with them.

在耆康會何善衡夫人敬老院與長者慶祝聖誕
Celebrating Christmas with the residents at SAGE Madam
Ho Sin Hang Home for the Aged



中環歷史文化考察之旅
Heritage and Cultural Study Tour in Central

冬日的陽光灑在我們的臉上，我們踏着輕快的步伐展開了中環歷史文化考察之旅，書院一位歷史系教授帶我們在花園道一帶遊走，參觀香港現存最古老的教會建築物聖約翰座堂，在富有殖民地時代氣息的終審法院外駐足觀賞，一邊聽着教授講解建築物的歷史價值，一邊觀察這獨特的建築群如何與現代化的商業金融名廈形成對比。沿着這條漫遊路線，我看着身邊的書院友伴，這半年在書院的生活片段一一浮起。透過參加書院各式各樣的活動，我發現到書院的良師益友比比皆是，無論是宿舍的生活夥伴或是書院的典範良師。適逢臨近歲晚，我們一起回到何善衡館吃盆菜晚宴，彼此噓寒問暖，除了豐富的菜色讓人飽足，還有書院中人與人之間的暖暖溫情。

With our faces basking in the winter sunshine, we set off on a heritage and cultural study tour in Central with a spring in our steps. Led by a history professor from our College, we walked along Garden Road and visited St. John's Cathedral, the oldest church in Hong Kong. We also stood outside the Court of Final Appeal, housed in a colonial-era building. While the professor explained to us its heritage value, we studied how the building cluster provides a contrast to the backdrop of modern commercial high-rises. Continuing our exploratory trail, I eyed my fellow companions and vignettes of college life over the past six months, surfaced in my mind. I found that by participating in the College's wide array of activities, one would be in the company of great mentors and helpful friends, be they one's college mates or exemplary teachers. With the year-end approaching, we returned to Ho Sin Hang Hall from the trip and enjoyed a sumptuous Big Bowl Feast. Apart from the delectable cuisine, what I relished most was the atmosphere of mutual care and concern prevailing in our College.





踏入二月，書院的體育氣氛濃厚，身邊不少朋友紛紛出戰中大聯書院比賽，在領隊老師和隊長的帶領刻苦鍛練。同房是書院網球隊隊員，我到現場為球隊打氣時，深受健兒的體育精神吸引，在比賽中無論面對勝利或挫折，他們都全情投入和尊重賽事，彼此欣賞大家在參與過程的努力，甚至對方是比賽對手亦然。觀賽完畢，我應邀跟善衡Runner Force隊員一同備戰馬拉松賽事，從宿舍跑到科學園，在跑的過程中，我很享受與跑伴一同追求目標，在途中彼此砥礪，這份友誼也是我堅持下去的原動力。我發現到原來跑步對我而言不是競賽，而是在尋求突破的過程中認識自己的途徑，我決定申請善衡海外賽跑資助計劃，報名澳洲黃金海岸馬拉松，希望在海外賽事中跑出新境界。

The sports atmosphere got intensified at our College in February. Many of my friends joined the intercollegiate sports competitions, for which they would undergo stringent training under the guidance of team coaches and leaders. My roommate was a member of the College's tennis team. When I turned out at the tournament to show my support, I became deeply impressed with the sportsmanship exemplified by the team members. Whether they were victorious or suffered setbacks, they gave their all and respect for the game. The same can be said of their opponents. After watching the competition, I was invited to join the College's Runner Force and train with the members for the upcoming marathon. Racing from our hostel buildings to the Science Park, I enjoyed being with the other runners pursuing the same goal, encouraging and egging each other on. The spirit of camaraderie motivated me to persevere. As far as I was concerned, running was never a competition but a means by which I could gain self-understanding and breakthroughs. I decided to apply for the Overseas Running Subsidy Scheme offered by the College to join the Gold Coast Airport Marathon in Australia, with the aim of scaling newer heights in marathon competitions abroad.



- 1 中大聯書院比賽
CUHK Intercollegiate Sports Competitions
- 2 我跟善衡Runner Force隊員一同出戰馬拉松賽事
I participate in the local marathon race with SHHO Runner Force members

松苑 飄香

*Aroma from
the Pine Lodge*



逢星期五·松苑都會舉行下午茶聚



松苑是善衡書院院長辛世文教授及辛太太的住所，毗鄰學生宿舍，方便學生與院長和辛太太交流。松苑面向吐露港，由於處在松樹叢中，所以命名為「松苑」。逢星期五，松苑都會舉行下午茶聚，每次招待約十五位善衡學生，至今接待了超過七百位學生，多於整體學生人數。辛太太會做曲奇、蛋糕、小吃，辛院長也會自製賓治、茶點，大家談大學、書院、學業，以至生活任何方面。跟辛院長一樣，辛太太對善衡學生關懷備至，她特別注重學生的飲食健康，希望他們身心健康成長。除了透過下午茶聚關心學生的近況，她會在松苑開曲奇班，向學生親授自己改良過的健康曲奇食譜，例如以蜜糖取代白糖，她亦會加入提子乾和合桃之類的有益食材，所製作的曲奇美味又健康。「無論是下午茶聚或是曲奇班，我都享受與學生分享生活點滴，善衡學生可說是我的兒女，也是我的朋友。有些學生本來互不認識，但在松苑的活動交到朋友。」辛太太冀望松苑的活動讓學生彼此認識，甚至可以打破本地與非本地生的文化隔閡，建立友誼。

Pine Lodge is the residence of S.H. Ho. College Master Professor Samuel Sun and his wife. Situated next to the resident halls, it offers a convenient location for them to interact with the students. Overlooking Tolo Harbour, the building is nestled among pine trees, from which its name 'Pine Lodge' has been derived. Every Friday, an afternoon tea gathering is held at the Pine Lodge. Every Friday, an afternoon tea gathering is held and there 15 S.H. Ho students are received in each such occasion. More than 700 students have attended the gatherings so far, a number exceeding the entire student population of the College. Mrs. Sun would prepare cookies, cakes and snacks, while Master Sun would make fruit punch and other refreshments. At the gatherings, the conversation would touch on the University, the College, academic studies and any area of life. Like Master Sun, Mrs. Sun cares deeply for S.H. Ho students, particularly their diet and health. Besides the tea receptions, Mrs. Sun also holds cookie classes at the Pine Lodge, sharing the healthy cookie recipes she has modified with her guests. This includes substituting white sugar with honey. She also adds in healthy ingredients like dried currants and walnuts to make the cookies tastier. 'Regardless of the afternoon teas or cookie classes, I treasure the moments spent together with the students and sharing with them my insights of life. I treat S. H. Ho students like my own children and they are my friends too. Some students did not know each other before but after attending the activities together at the Pine Lodge, they have eventually become friends.' Mrs. Sun hopes that the activities would continue to bring them together and even remove any cultural barriers between local and non-local students to help promote their friendship.

辛太太會在松苑開曲奇班，
向學生親授自己改良過的健康曲奇食譜
Mrs. Sun conducts Cookie Classes at the Pine Lodge
to share with students the healthy cookie recipes
she has developed



校園處處百花盛放，
仿如年青人煥發出青春的氣息
*The flourishing flowers on campus
reinvigorate our youthful souls*

Blooming

明媚之春 spring



1 透過書院不同的學生組織群策群力，
善衡書院獨有的文化慢慢建立起來了
It is the concerted efforts of the
College's student bodies that help
us gradually build our unique home
culture



2 宿生會就職禮
Inauguration ceremony of the new
Resident Councils

3 我們在舍監宿舍暢談善衡的校園生活
We chat about campus life of SHHO at
the Warden's apartment



剛剛出席了宿生會就職禮，新一屆的何添堂和利國偉堂宿生會由多位本地及非本地生組成，他們在院長和舍監的見證下宣誓就職，將會為宿生組織各類聯誼及康樂活動，增進宿生之間的感情，建立對書院的歸屬感。典禮完畢，舍監邀請我們到她的宿舍聊天，當中有善衡學生會幹事，我們當晚主要談及善衡的學生組織，原來善衡學生向來積極參與中大和書院的學生活動並擔任領袖角色。於2010年入學的首屆善衡學生，迅即在第一個學期籌組代表會，草擬善衡學生會會章，並推選第一屆幹事會成員，第二屆學生鍾耀華更是第一個來自新書院的中大學生會會長。人的確是「家」最重要的元素，沒有家人的互相支持、沒有對家的承擔，就不能稱為家，只是一座房子。



I had just attended the inauguration of the new Resident Councils, formed by several local and non-local students from Ho Tim Hall and Lee Quo Wei Hall. Taking the oath at the inauguration ceremony witnessed by the Master and Wardens, the new council members dedicated themselves to organizing various social gatherings and recreational activities to deepen the friendship of students and strengthen their sense of affiliation to the College. Following the ceremony, we were invited by a warden to her hostel apartment for a casual conversation. An executive committee member of the Student Union was also among those invited. Our discussion centred on S.H. Ho student associations. We learned that S.H. Ho students are actively involved in the student activities of CUHK and its Colleges and a number of them have been assuming leadership roles. In 2010, after the first batch of students was admitted to the College, a Representative Council for the students was rapidly formed in the first academic semester. The Student Union Constitution of S.H. Ho College was drafted and the first Executive Council elected. Chung Yiu Wa, one of the second-intake students, became President of CUHK Student Union, the first to hail from a new College. People are the most critical element of a 'home'. Without the mutual support of family members and their commitments for one another, home is at most a house.



當杜鵑花長滿中大校園，就意味著這是畢業生拍攝日之時，而善衡書院應屆畢業生的重要日子在花香處處的四月舉行。善衡應屆畢業生穿上代表不同學院的畢業袍，手執鮮花、氣球和畢業公仔，一起迎接這個重要時刻。他們切乳豬，放花炮，開香檳，在系莊設置的波波橋前開懷拍照，書院到處洋溢一派喜氣洋洋的氣氛。院長在典禮上致辭，肯定畢業生對書院所作的貢獻，以致書院發展到現今的規模。他希望學生享受這四年全宿共膳的時光，與書院的家人建立深厚的關係。畢業生在中央梯放花炮，歡笑聲此起彼落。各系莊設計了繽紛奪目的裝飾來配合拍照，我走到善衡草地找學系的師兄姊一起留下倩影，與他們分享畢業的喜悅。

When azalea flowers are in full blossom all over the CUHK campus, it would be the time for taking graduation photographs. Occurring in April, it is an important day for the graduands of S.H. Ho College and one filled with the scent of flowers in the air. Immersed in the celebratory atmosphere, S.H. Ho graduands were clad in the graduation gowns representative of the different faculties, carrying bouquets, balloons and stuffed toys in their hands, to welcome the momentous occasion together. A roast suckling pig was carved, coloured confetti was fired and champagne popped. The students also took photographs in front of the balloon arches set up by their departments. Speaking at the ceremony, the College Master acknowledged the contributions of the graduands to the College, in facilitating its developments and growth to its present scale. He hoped that they had enjoyed the full residence and communal dining experiences in the past four years, while building an in-depth friendship with other members of the College family. At the Central Steps, they shot confetti and shared laughter together. Colorful decorations had been set up by the various faculties to create an attractive backdrop for photo-taking. I walked to the College Lawn to have photographs taken with my faculty seniors and shared their joy of graduation.



我走到善衡草地找學系的師兄姊一起留下倩影，與他們分享畢業的喜悅

Sharing the joy of my department seniors, I go to the College Lawn to take photos with them

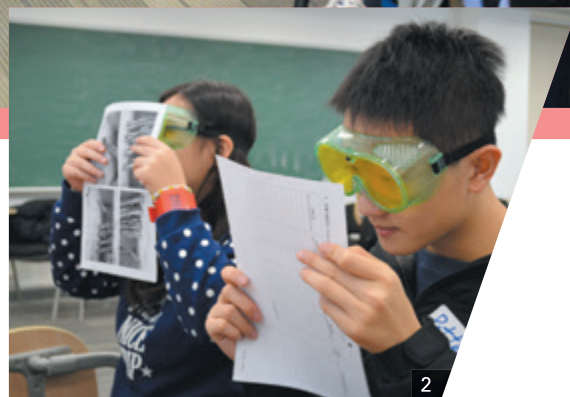
我剛完成了一個由社會企業安排的活動，體驗長者機能退化的感受。穿上十四磅重的體驗裝束在陳震夏館爬樓梯可不簡單，但我十分欣賞這年青年社企創業者想出的妙點子。走過陳震夏館三樓的Learning Commons，我碰見同系的師兄身穿筆挺的西裝好像在準備面試似的，原來他最近在書院安排的暑期實習面試中脫穎而出，獲推薦到一家公司進行第二輪面試。從他口中得知，善衡書院每年都安排暑期實習計劃，使學生在課餘能接觸實際的工作經驗，在職場建立人際網絡，培養良好的工作態度，以致將來成為各行各業的專才。書院亦會在實習前舉行「性格透視」訓練和職場講座，讓學生知己知彼，為步入職場作好準備。今年暑假與善衡書院建立實習合作的機構包括恒生銀行、景福珠寶集團、雅各臣藥業集團、中大出版社和本地社企等。我下年都想參加！

I had just finished an event organized by a social enterprise to experience the lives of the elderly. Donned in the elderly simulation suits which weigh 14 pounds to climb up the leaders in Chan Chun Ha Hall was exhausting. I, however, was very appreciative of the inspiring ideas brainstormed by the young social entrepreneurs. While walking past the Learning Commons in Chan Chun Ha Hall, I ran into a senior student from my department, who was immaculately dressed in suit and tie, looking as though he was ready for a face-to-face job interview. It turned out that he had been offered a second interview with a local company for a summer internship programme, after being chosen in an interview arranged by the College. He told me the College has an internship programme lined up in summer every year, to let students acquire real-life workplace experience outside the usual classroom hours, build network at workplace, shape proper attitude at work, and prepare them to become competent professionals of the various vocations. The College also holds a 'Personality Dimensions' training and career seminars, for students to gain a better understanding of themselves and their future employers, in order to brace themselves for the working world. During summer vacation this year, the business organizations partnering the College for its Student Internship Programme included Hang Seng Bank, King Fook Jewellery Group, Jacobson Pharma Group, the Chinese University Press and local social enterprises. I looked forward to joining the programme next year!

- 1 書院每年都安排暑期實習計劃，使學生在課餘能接觸實際的工作經驗
The College arranges its summer internship programme every year to expose students to the real world workplace context
- 2 我們戴上模擬黃斑病的眼罩閱讀
The blurry goggles we wear simulate the effects of macular degeneration
- 3 我們要戴上肩膀和膝蓋繫上約束帶，以致走路時有駝背的效果
The straps bestow a 'humpback' effect when fastened, causing all of us to stoop



3



善衡極地考察員在2015年夏季
遠赴北極考察，並向公眾展示考察所得

*SHHO polar researchers explore the Arctic
in 2015 summer, and present to
the public their findings*

Exploratory

探索初夏 summer





踏入初夏，我為人生第一次的海外馬拉松賽事進行最後階段特訓，而我兩位朋友參加了書院舉辦的夏季海外體驗活動。那位剛從柬埔寨回港的朋友，雀躍地跟我分享她探訪貧民窟居民和孤兒院的體驗，以至為村民義診的經歷，她發現居於垃圾山的居民縱然面對劣境，仍對改善生活滿懷希望，其樂觀的生活態度十分鼓舞人心。另一位朋友剛考察完夏威夷玻里尼西亞文化，也告訴我體驗原住民文化的見聞，在火山區親手觸摸冷卻了的熔岩，以及親臨珍珠港感受二次大戰時戰爭的殘酷。千里之行始於足下，服務體驗和文化考察實在是開拓視野的好機會，有助我們了解弱勢社群和多元文化的社會，讓我們更懂得如何在求學階段裝備自己，學習做個有承擔感的知識青年。

Early summer was underway and I was in the final stage of training for my first-ever overseas marathon race. Two of my friends had also taken part in other overseas experiential activities arranged by the College. One of them, who just returned from Cambodia, was all excited as she shared with me the experiences she had from visiting the residents of a slum and an orphanage there. She also recounted how she provided the slum residents with free health consultations. She discovered that despite their deplorable living conditions, the Dumping Hill residents seemed hopeful of improving their lives, reflecting an optimism that moved her considerably. Another friend of mine who had just completed his Polynesian cultural exploration in Hawaii told me his observation of the aboriginals. In the volcanic region, he touched the cooled molten lava with his hands. He also visited Pearl Harbour where he contemplated on the brutalities of the Second World War. As a thousand-mile journey begins with a single step, the service experiences and cultural field trips are designed to provide us with valuable firsthand opportunities to broaden our horizons internationally. They also offer us a deeper understanding of marginal groups and the multifaceted nature of societies. Furthermore, they enable us to learn how to equip ourselves in our learning stage and become knowledgeable, socially committed youths.

1 柬埔寨社會服務計劃
Cambodia Social Service Programme

2 夏威夷玻里尼西亞文化考察
Hawaii Polynesian Cultural Exploration

'In midsummer
of my life, I run to

E**xplore**

a new horizon.'

「在盛夏中揮灑青春的汗水，

跑出新境界。」



學生透過參與交換計劃擴闊國際視野，
體味各地文化
Students participate in overseas
exchange programmes to gain
international exposure and
better appreciate the
specifics of another culture



生命是一趟可一不可再的旅程，年輕人總要趁青春追尋夢想。透過參與交換計劃，學生不僅可以擴闊國際視野、體味各地文化，更可以從世界各地學者身上汲取經驗及智慧。善衡書院致力與世界一流大學接軌，目前已與歐洲、亞洲、美洲及非洲等15所世界級著名學府建立交換計劃，每年互派學生進行學術文化交流。此外，學生都有機會參與書院獨有的交換計劃，例如中國北京大學元培學院、英國劍橋大學伊曼紐爾學院和美國布朗大學的交換計劃。書院更設有何添基金會劍橋大學休斯學院獎學金，為獲劍橋大學碩士課程取錄的善衡畢業生提供全額資助。我希望像其他善衡交換生一樣，帶著夢想揚帆出海，認識不同文化的朋友，在盛夏中揮灑青春的汗水，探索屬於自己的一片天。

Life is a journey with no turning back. For this reason, we should pursue our dreams while still in the prime of our youth. By participating in the College's overseas exchange programme, students will not only be able to expand their global horizons, experiencing the cultures of foreign lands first hand, but also imbibe the ideas and wisdom of many scholars around the world. Striving to foster close linkages with first-class tertiary institutions globally, S.H. Ho College has tied up with 15 world-class universities across the globe, in Europe, Asia, America and Africa. In addition, eligible students will be offered the chance to join the College's exclusive exchange programmes, such as that with Yuanpei College at Peking University, Emmanuel College at The University of Cambridge and Brown University. The Ho Tim Foundation Scholarships at Hughes Hall has also been inaugurated to provide full financial backing for S.H. Ho students who have been accepted for the Master's Programmes at The University of Cambridge. I hope to follow my dreams like other outbound exchange students of the College and meet new friends from different cultures. I aspire to make the most of my youth and explore the world of possibilities for my own development.

Partners of Overseas Exchange Programmes

歐洲 EUROPE

英國 UK	劍橋大學伊曼紐爾學院 Emmanuel College, The University of Cambridge * 劍橋大學休斯研究生書院 Hughes Hall, Graduate School, The University of Cambridge *
荷蘭 The Netherlands	烏德勒支大學 University College Utrecht, Utrecht University
德國 Germany	卡爾斯魯理工學院 Karlsruhe Institute of Technology (KIT)

亞太區 ASIA-PACIFIC

中國內地 Mainland China	北京大學元培學院 Yuanpei College, Peking University * 西北農林科技大學 Northwest A&F University*
台灣 Taiwan	國立中央大學 Central University
新加坡 Singapore	南洋理工大學 Nanyang Technology University
日本 Japan	名古屋商科學校 Nagoya University of Commerce and Business
南韓 South Korea	南韓梨花女子大學 Ewha Womans University 南韓延世大學 Yonsei University
澳洲 Australia	雪梨大學 University of Sydney

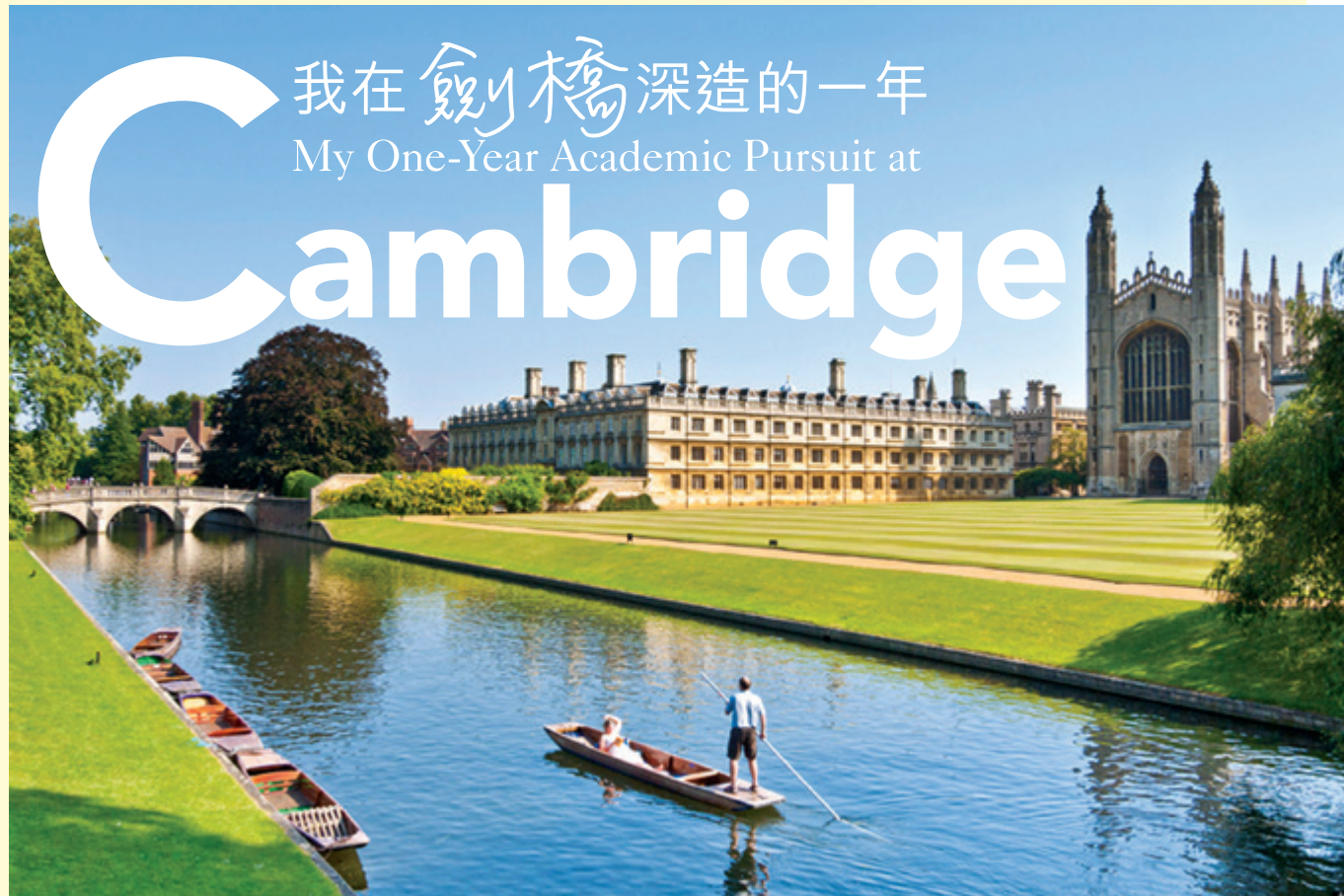
美洲 AMERICA

加拿大 Canada	多倫多大學 (士嘉堡) University of Toronto (Scarborough)
美國 USA	布朗大學 Brown University 巴克內爾大學 Bucknell University 聖地牙哥州立大學 San Diego State University

非洲 AFRICA

南非 South Africa	斯泰倫博什大學 University of Stellenbosch
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* 善衡獨有的交換計劃夥伴 Exclusive partners of S.H. Ho College's exchange programmes



吳靖文是首位獲頒何添基金會劍橋大學休斯學院獎學金的善衡畢業生，該獎學金為獲劍橋大學碩士課程取錄的善衡畢業生提供全額資助。她坦言：「完成環球商業學本科課程後，我驀然遠赴劍橋深造文化研究的碩士課程，我不少朋友均對這決定感到驚訝。」

Cynthia Ng, an S.H. Ho College graduate, is the first recipient of Ho Tim Foundation Scholarships at Hughes Hall. The scholarship provides full financial support for students from the College, who have successfully enrolled into a Master's degree programme in any subject at the University of Cambridge. 'After completing my bachelor's degree in Global Business Studies, I travelled to Cambridge to undertake a Master's programme in Cultural Studies. A lot of my friends were surprised by my decision,' she remarked.



吳靖文 (左四)
Cynthia Ng (4th left)

回顧大學本科的日子，靖文有感環球商業學的課程設計靈活，學生的文化背景多樣化，有助她更深入了解世界，欣賞不同的文化。「我發現要在商業社會或其他範疇追求卓越表現，了解別人的想法是關鍵，所以我決心成為謙遜的學者，學習理解不同的人、社會和文化。」出於對文化研究的熱忱，她考入劍橋大學亞洲及中東研究學院攻讀一年的碩士課程。

劍橋的學習生活既豐富又有啟發性。很多碩士課程以論壇形式進行，教師會要求同學在上課前完成指定閱讀，並且在課堂與同儕展開仁智互見的討論。起初，吳靖文覺得自己的社會科學根底不像其他同學一樣深厚，要在課堂中發言倍感掙扎。「上了過幾課後，我們才適應這種學習模式，而且從中得到啟發，課堂所涉獵的範疇廣泛，同學的求知慾強，我往往在深入的討論中獲益良多。學院的迎新日教我印象難忘，當時我遇見一位以色列同學，她侃侃分享對於《淮南子》中文修辭的研究，令我驚訝不已。」



休斯學院新生晚宴
Matriculation Dinner @ Hughes Hall

Looking back on her undergraduate days, Cynthia felt that the curriculum of the Global Business Studies course was flexibly designed and that its students came from diverse cultural backgrounds, which helped her to develop a deeper understanding of the world and appreciation of its myriad cultures. 'I realized that knowing how people think is key to success in business and other areas of life. This was why I decided to become an academician and endeavored to understand different people, societies and cultures.' Out of a passion for cultural studies, she succeeded in enrolling into a one-year Master's Programme at the Faculty of Asian and Middle Eastern Studies in The University of Cambridge.

At Cambridge, the learning experience is both enriching and inspiring. Many Master's programme courses are carried out in discussion format. Lecturers require their students to complete the reading assignments and engage in intelligent two-way discourses with their peers. Initially, Cynthia felt she lacked a strong foundation in the social sciences compared to her classmates, making it a struggle for her to speak up in front of everybody. 'It was only after a few lessons that we adapted to this learning mode and gain inspiration from it. Our tutorials covered a vast array of topics, matched by a strong quest for knowledge in the students. Invariably, I benefited immensely from the in-depth discussions. Orientation Day at my college left me with an indelible impression as I met a classmate from Israel who generously shared her insights into the finer details of rhetoric in Huainanzi (an ancient Chinese philosophical classic).'



在劍橋植物園舉辦的手工藝班
Arts and crafts class at the Cambridge Botanical Garden

至於劍橋大學的書院和社交生活，靖文最喜歡的是牛津劍橋的傳統——書院的高桌晚宴。「有別於善衡書院或中大其他書院的高桌晚宴，劍橋的舍堂文化是容許學生自由參與不同書院的高桌晚宴。」原來劍橋大學的理念是希望藉着學生互相出席各自的書院高桌晚宴，可以讓書院本身的學生廣結更多來自不同學術範疇的同學。她補充道：「在我甫抵劍橋，書院導師已刻意提醒我，要預先想好如何簡潔易明的介紹自己的學術範疇和研究興趣，原來每次與初認識的人打開話題，我們都要如此的自我介紹。」她臆度這個安排是為了鼓勵同學在既正規又輕鬆的場合彼此認識，同時分享知識。

學期期間，靖文與朋友參加了休斯學院和大學舉辦的活動，例如由劍橋畢業生樂團演奏的米迦勒節學期音樂會，以及在劍橋大學植物園舉行的蘋果日等。當地人也會慶祝英國節日「篝火之夜」，並且在草叢中燃點煙火慶祝。她說：「能夠在劍橋大學深造一年實在美好，我在這裡得到學術上的啟發。」



與人類學課程的同學合照
Taken with her Anthology classmates

As for college and social life at Cambridge, it is the distinctive Oxbridge tradition of high-table dining that Cynthia cherishes most. 'As opposed to the high-table dinners at S.H. Ho and other CUHK Colleges, the dining hall culture of Oxbridge allows students the freedom to join the high-table dinners of different colleges.' The rationale is that by letting students attend the high-table dinners of each other's colleges, they could broaden their own social networks and know more friends from different disciplines. She added, 'When I first arrived at Cambridge, my college tutor made a deliberate effort to remind me to think in advance about how I should introduce my own academic specialty and research interests in a succinct manner. This would be how carry out our self-introduction whenever we start a conversation with others we meet for the first time.' She surmised that such an arrangement is to encourage students to acquaint with each other in a proper yet light-hearted way, while enabling them to share knowledge meaningfully.

During semester time, Cynthia and her friends joined the activities organized by Hughes Hall and the university, which included attending the Michaelmas Term Concert performed by the Cambridge Graduate Orchestra and the Apple Day at the Cambridge Botanical Garden. The locals also celebrated Bonfire Night, a British tradition, with firework displays. 'Pursuing my further education at The University of Cambridge for a year has been a great experience for me. It was there that I found academic inspiration,' she said.

獎助學金

Scholarships and Financial Aid

善衡書院每年均頒發多項獎助學金予本地及外地生，以表彰學業成績優秀和才藝表現傑出者，包括於藝術創作、社會服務、體育、領導才能、品格、貢獻書院等方面表現優異的學生。書院悉力讓所有追求卓越的學生都得到嘉許的機會。除了嘉許表現傑出的學生，書院也希望讓有經濟需要的學生受惠。

Each year, S.H. Ho College awards a wide array of scholarships and bursaries to local and overseas students, in recognition of the outstanding academic results they have achieved and their accomplishments in several other areas, including artistic creativity, community services, sports, leadership performance, moral character and contributions to the College. In addition, the College ensures its deserving students are offered recognition for their pursuits of excellence. Besides commending the outstanding learners, the College hopes that the financially needy students can benefit as well.

獎學金一覽 Overview of Scholarships

請瀏覽書院網站了解詳情 Please browse the College website for details (www.shho.cuhk.edu.hk/scholarship)

獎學金 Scholarships	宗旨 Objective
何子樑醫生伉儷傑出學生獎學金 Dr and Madam Tzu-leung Ho Scholarships for Distinguished Students	頒予學術表現卓越的醫學及護理學新生 To award medical/ nursing freshmen with distinguished academic performance
新生入學獎學金 Matriculation Scholarships	頒予在公開試或非聯招計劃中學術表現卓越的本地、內地及海外新生 To award JUPAS/ non-JUPAS local, mainland and overseas freshmen with excellent academic performance
善衡書院院長榮譽獎 S.H. Ho College Master's List	頒予學業表現卓越、在全人發展（包括社會服務、書院貢獻和創新精神）方面表現優秀的學生 To award students with outstanding academic performance and all-rounded development including social services, contributions to the College and innovation
交換生獎學金 Student Exchange Scholarships	鼓勵學生參加書院舉辦的交換計劃，以及自行籌辦或參加海外學術活動、文化考察和社會服務計劃 To encourage students to participate in the College exchange programmes, and to initiate or join overseas academic activities, cultural visits and social service programmes
全人發展獎學金 Whole Person Development Awards	頒予具領導才能、對書院和社會貢獻良多的學生 To award students demonstrating excellence in leadership, and making contribution to the College and society
通識教育獎學金 General Education Scholarships	頒予在書院通識教育表現最優秀的一年級和應屆畢業生 To award Year One and Final Year students with the best results in the College General Education Programme
卓越才藝獎學金 Talent Scholarships	頒予才藝表現卓越的學生 To award students who have good performance in talents
社會服務獎 Social Service Awards	頒予積極參與社會服務，並且有顯著和傑出貢獻的學生 To recognize students with significant and well-recognized contributions in social services
畢業生獎學金 Graduate Scholarships	鼓勵畢業生遠赴海外著名學府深造，獎學金包括何添基金會劍橋大學休斯學院獎學金 To encourage graduates to pursue postgraduate studies in eminent overseas institutes (e.g. Ho Tim Foundation Scholarships at Hughes Hall, The University of Cambridge)

“ 2013-14 學年獎學金得獎者代表黃雪儀說：「獎學金不僅是獎勵，更給予我們責任。我們會善用獎學金去實現目標，例如在來年參與交換計劃和服務之旅等。我希望這些獎學金可以促進我們的個人成長、豐富自身生活體驗、鼓勵我們去幫助人，甚至有一天可以回饋社會。」

'Scholarships are not only incentives and awards, but they also assign us responsibilities to fulfill. We will make good use of the scholarships to realize our goals, such as taking part in the exchange programs and service trips in the coming years. I hope that the scholarships will facilitate our personal growth, enhance our life experiences, enable us to help others and even pay back to society some day in the future,' said Zoe Wong, Student Representative of scholarship recipients in 2013-14.

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春夏秋冬各有風貌，儼如生命不同的階段。書院為學生提供全人發展的平台，在成長的蛻變過程中給予幫助，讓年青人在尋夢的旅途遇上同路人，一同尋覓自己成長的節奏，在風雨中迎難而上，在編織理想之時抓緊堅持的理由。你願加入這個家，一同揚帆出海嗎？

Whether it is Spring, Summer, Autumn or Winter, each season has its own unique characteristics, akin to the different stages of life we go through. The College has provided its students with a platform for whole person development and the assistance they may need for smooth transitions in their growth paths. It also lets its students meet like-minded individuals, with whom they could partner in their personal growth. All these will help them stay on track with resilience and move ahead in the face of adversities, to reach for their dreams and ideals. Are you ready to undertake this voyage of adventure with us?

關於善衡書院

About S.H. Ho College

善衡書院是香港中文大學(中大)九所成員書院之一，厚蒙何善衡慈善基金會捐款，在2006年成立，致力與學生共建一個六百人的「家」。「文行忠信」為善衡書院院訓，期望培養具文化素養、高尚品格、為事盡力、為人有誠信的同學，這是他們將來做人處世和服務社會的根基。書院以育人為本，設有通識教育課程、獎助學金、海外交流計劃、境外服務體驗，另設有活動基金鼓勵學生自主舉辦活動，培養成績優秀、勇於創新，樂於服務社會的同學。

S.H. Ho College, one of the nine constituent Colleges at CUHK, was incepted in 2006 with the generous donations of The S.H. Ho Foundation. The College has been dedicated to building a home with its 600 students. With the motto of 'Culture, Morals, Devotion and Trustworthiness', S.H. Ho College aims to help students to develop a profound sense of culture, high moral standards, trustworthiness and a strong sense of personal responsibility which are root of students' life attitude and social contribution. Striving to provide students with whole person development opportunities in addition to provision of the College's General Education Programme, Scholarship and Financial Aids, Overseas Exchange Programmes, Cross-border Social Service Programme and Student Initiative Fund, S.H. Ho College has been igniting students' pursuit of academic excellence, innovativeness and readiness to social services.

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