

十年衡跡

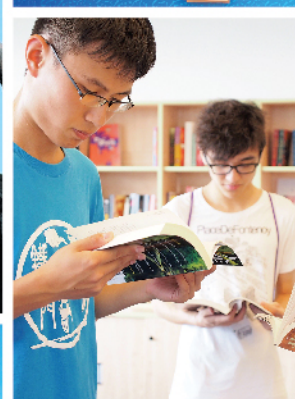
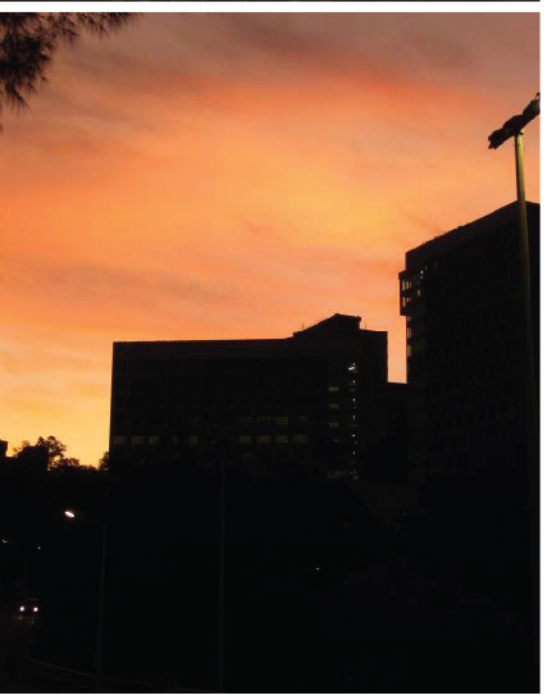
善衡書院創立十年回顧

Imprints

First Decade of S.H. Ho College



S.H.HO
COLLEGE



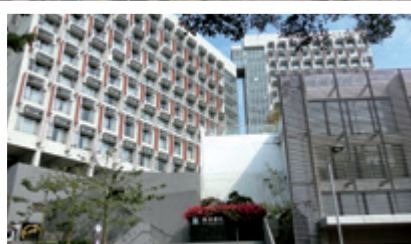


S.H.HO

COLLEGE

善衡書院
走過十個年頭了。

A decade has passed since the
founding of S.H. Ho college.



I. 全書序 Preface

善衡書院走過十個年頭了。

猶記得2006年，香港中文大學校董會在十年策略計劃中，明確表示要豐富書院制度，以容納因本科課程恢復四年制而增加的三千多名本科生。大學期盼成立一些規模較小的新書院，為學生提供親切融和的學習環境，推動全人教育。善衡書院秉承此願景，採取「全宿共膳」的途徑，確立以「家」為基的理念，讓不同背景的同學和教職員更多互動，關係有如家人一樣。書院致力提供林林總總的非形式教育項目，與正規課程相輔相成，以「文行忠信」為院訓，訂立創新、卓越及服務精神為目標，培育學生的文化修養品格，建立別樹一幟的優良精神，鼓勵他們發揮所長，成為明日領袖。

2010年8月，書院錄取首批新生，2013年誕生首屆畢業生，2016年成立首屆校友會。十年路途，書院一步一步穩步走來，從當日嫩芽新發，到今天繁花盛開，一年又一年見證學生的蛻變成長，並在中大校園建立獨特的書院風格，豎立優秀的傳統，為未來發展奠定穩固的基石。

這本特刊記載書院的十年歲月，從組建團隊、設計校園、訂立典章，到落戶中大、招募學生、推行各項計劃及活動，所有片段都呈現在字裏行間。此外，特刊也收錄了教職員及學生的心聲和想法。因為「家」聚合了不同的「人」，才能譜出如此精彩的故事。

A decade has passed since the founding of S.H. Ho College.

In 2006, The Chinese University of Hong Kong Council expressed the need to enrich its collegiate system when it met to discuss its 10-year Strategic Plan in order to accommodate more than 3,000 first-year students due for enrolment upon the university's reversion to a four-year undergraduate curriculum. It was the university's hope to establish smaller new colleges to provide these students with a harmonious and inclusive learning environment in the push for a whole-person education. Inheriting this vision, S.H. Ho College adopted a 'full-residence and communal dining' approach to put in practice the basic concept of 'home', promote interactions between students and teaching staff and reinforce their ties with each other like family members. It has also strived to provide a diverse array of non-formal education programmes to supplement the standard curriculums taught. Under the motto of 'Culture, Morals, Devotion, Trustworthiness', the College upheld the spirit of innovation, excellence and service, endeavouring to cultivate moral character in its students and their appreciation for culture, steer them towards pursuing excellence and encourage them to develop their strengths to become tomorrow's leaders.

In August 2010, the first cohort of its students was admitted. In 2013, it saw the graduation of the first cohort of students. In 2016, the inaugural committee of its alumni association was formed. Through its decade-long journey, the College moved steadily forward, one step at a time, to become a flourishing institution. Each passing year witnessed how its students grew and evolved, with a unique collegiate style established on CUHK campus and excellent traditions taking shape, to lay a sturdy cornerstone for the College's future developments.

This special album chronicles the College's first ten years on many fronts, from committees formation, campus design, the promulgation of decrees and regulations to gain a firm foothold in CUHK, enrolling students and launching various programmes and activities. All such episodes are recollected in words and images in this publication. The views and feelings of teaching staff and students are also documented. Different 'people' are congregated in a 'home' and it is through them that interesting stories unfold.

©2018香港中文大學善衡書院

S.H. Ho College, The Chinese University of Hong Kong, 2018

通訊地址：香港新界沙田香港中文大學善衡書院

S.H. Ho College, The Chinese University of Hong Kong
Shatin, New Territories, Hong Kong

電話 **Tel** : (852) 3943 1441

傳真 **Fax** : (852) 2603 5441

電郵 **Email** : shho-college@cuhk.edu.hk

網址 **Website** : <http://www.shho.cuhk.edu.hk/>

出版日期 **Edition** : 2018年1月 January 2018

編採人員 **Editorial Staff** : 張惠珊小姐、劉婉瑜女士、陳虹莊女士

Ms. Maggie Cheung, Ms. Jenny Lau and Ms. Agnes Chan

督印人 **Publisher** : 辛世文教授 Prof. Samuel Sun

《十年衡跡——善衡書院創立十年回顧》

Imprints—The First Decade of S.H. Ho College

國際書號 ISBN: 978-988-13605-1-9

本書所提供的細節以截至2017年4月為準。

版權©2018為香港中文大學善衡書院所擁有·不得翻印。

The details provided in the book are accurate as at April 2017.

Copyright©2018 reserved by S.H. Ho College, The Chinese University of Hong Kong



善衡書院
S.H. HO COLLEGE

善
衡

善
衡

I.	全書序 Preface	P. 03
II.	安身立命 Settling Down and Undertaking One's Life Pursuit	P. 16
III.	管理組織 Management Structure	P. 22
IV.	標誌設計 Insignia Design	P. 40
V.	學生群象 Student Profile	P. 43
VI.	家事點滴 Vignettes of Our Home	P. 99
VII.	衡跡拾絮 Events and Initiatives	P. 153
VIII.	立人達人 Establishing Oneself and Others	P. 173
IX.	行政組織 Administrative Structure	P. 190
X.	善衡景觀 S.H. Ho College Scenery	P. 201
XI.	重要紀事 Chronology of Major Events	P. 210
XII.	贊助捐贈 Sponsorship and Donations	P. 222
XIII.	展覽出版 Exhibitions and Publications	P. 225
XIV.	展望未來 Looking to the Future	P. 242

Contents 目錄

人物身影 (一) : 開拓者 People Profile (1) : Pioneers	P. 30
人物身影 (二) : 好學同窗 People Profile (2) : Diligent Peers	P. 89
人物身影 (三) : 生命師傅 People Profile (3) : Life Mentors	P. 136
人物身影 (四) : 同行者 People Profile (4) : Companions	P. 143
人物身影 (五) : 心靈農夫 People Profile (5) : Soul Nurturers	P. 149
人物身影 (六) : 探險員 People Profile (6) : Explorers	P. 159
人物身影 (七) : 創業者 People Profile (7) : Entrepreneurs	P. 162
人物身影 (八) : 自我挑戰者 People Profile (8) : Self-challengers	P. 168
人物身影 (九) : 誨人良師 People Profile (9) : Inspiring Teachers	P. 180
人物身影 (十) : 幕後職員 People Profile (10) : Unsung Heroes	P. 195



松苑視野：十年樹木 View from the Pine Lodge: Ten Years of Nurturing Talents

香港中文大學校董會在2006年3月23日通過成立善衡書院。2016年，書院走過十年里程。瞭望松林外，吐露港與馬鞍山，白雲悠悠，書院十年人事，浮上腦海心頭。

書院始創時，厚蒙何善衡慈善基金會有限公司、何添基金有限公司、偉倫基金有限公司、陳震夏慈善信託基金，以及楊志雲慈善基金與伍宜孫慈善基金等機構贊助。直至現在，他們依然鼎力支持書院，在書院的不同場合，何善衡博士後人何子焯博士、何子樑醫生及其夫人；何添夫人及何厚浣先生；及利國偉博士、其夫人及家族成員，均參與及督導書院，他們為教育默默付出的身影，令人感動。中大前校長劉遵義教授具備遠見，創立新書院，時至今日，每當他訪問或談及善衡書院，總是表達出無限關懷及愉悅之情。參與善

It was on 23 March 2006 that The Chinese University of Hong Kong Council approved the establishment of S.H. Ho College. 2016 therefore marked the College's ten-year milestone. Gazing out at the pine forest, the spectacle of Ma On Shan and Tolo Harbour, with fluffy white clouds scudding overhead, comes into view. Upon this moment, memories of the people and happenings in our College from the past decade start to surface.

Soon after it was founded, the College had already secured sponsorship support from organizations including the S. H. Ho Foundation Limited, Ho Tim Foundation Limited, Wai Lun Foundation Limited, Chan Chun Ha Charitable Trust and Wu Yee Sun Charitable Foundation. Until now, their backing remains unshaken. On different occasions at our College, the descendants of Dr. Sin-hang Ho, including Dr. and Mrs. Tzu-cho Ho as well as Dr. and Mrs. Tzu-leung Ho; Mrs. Ho Tim and Mr. Hamilton Ho; Dr. and Mrs. Lee Quo Wei and their family members still show up to offer their support and supervision. Their silent contributions to education move us deeply. Prof. Lawrence Lau, the former Vice-Chancellor and President of CUHK, is to be credited for his foresight of establishing new colleges on the university campus. Even now, whenever he visits or mentions S.H. Ho College, the concern and joy



衡書院籌劃委員會的一眾開拓者，及後來院監會成員與榮譽院務委員，為書院獻謀決策，睿智非凡，令人難忘。我尤其感激何子樑醫生，十年來，無論以院監會主席或個人身份，對書院大小事情，他都一一放在心上，往往自新加坡來電，就他在社會上豐富的人際關係網絡，提出新想法及計劃，力求卓越，並對學生提供懇切的幫助。而其夫人更常與學生會面，聆聽他們的心聲，提供輔導及分享經驗，關懷備至。歷年以來，我見證這些贊助者及開拓者為書院不辭勞苦，奔走四方，我願意自科學界步入書院，兼任創院院長，亦正因為有這群出色的教育者及領航員。我常覺得，獲邀出任善衡書院創院院長，何其幸運！

自始以來，書院同事員工，一直都認真為全人教育的理念，熱心投入院務。他們付出額外時間及心力，把

he feels for us is amply evident. Equally unforgettable are the pioneers of S.H. Ho College's Planning Committee, members of the Committee of Overseers and Honorary Fellows, who have guided the College's decision-making with their remarkable wisdom. My thanks, in particular, go to Dr. Tze-leung Ho. As Chairman of the Committee of Overseers and in his personal capacity, he has demonstrated extraordinary concern for the College on matters both large and small, and often called us from Singapore. Drawing on his extensive network of people and social contacts, he would suggest fresh ideas and plans that reflected a quest for excellence and assisted our students. His wife also meets our students regularly, listens to their views, counsels and shares her experiences with them. Over the years, I have seen how our sponsors and pioneers went the extra mile for our College, travelling everywhere on its behalf. It is due to all these excellent educators and leading lights that I agreed to leave behind my career in scientific research to become the College's founding master. I always consider myself fortunate to be invited to take up this leadership role at S.H. Ho College!

From the very beginning, all of our College staff and colleagues have worked



工作做好，獲得學生的尊重及愛戴。我不止一次聽到書院成員表示，在教研繁忙、人事錯綜的大學單位，抽身回到書院，有如置身綠洲。作為院長，我感到極度欣慰。

善衡書院以「創新」作為主軸精神。十年來，書院敢為先鋒，構思及策劃的活動均銳意新穎，力求鼓勵及培育學生的新思維，推陳出新，例如：

由第一屆新生入學營起，在中大首倡混合本地及非本地（中國內地及國際）學生一起活動，以貫注融合的理念；

書院通識課程，首以野營方式為始，予學生有利的環境及機會，思索其入讀大學的目的及夢想，進而參與小組討論，再以自由創作表達想法作結；

現存書院的星期五中午集會，我們改以高桌晚宴方式進行，宴後設嘉賓演講及問答交流環節。整體來說，高桌晚宴的氣氛雖正式莊嚴，但不失有趣與輕鬆，在餐桌上師生得以暢所欲言，交換想法；

assiduously towards achieving our vision of whole-person education. They have put in extra time and efforts to get their work competently done, winning student respect and support in the process. I have heard more than once of how our College members occasionally took time off their busy teaching and research schedules and extricated themselves from their university endeavours to return to our College, only to find it a welcoming oasis. As the College Master, I feel extremely gratified to hear this.

S.H. Ho College prides itself on its spirit of innovation. In the past decade, the College has dared to break new grounds in lining up novel events, with the aim to encourage and train our students to embrace a new mindset. There are many examples to enumerate.

Starting from our inaugural orientation camp, we were the first in CUHK to suggest holding events that bring local and non-local (mainland China and international) students closer together, to ease their integration.

Our College General Education Programme was launched with a wild camp, held to provide students with a positive environment and the opportunities for self-reflection on their objectives and dreams of pursuing a university education, before joining a group discussion where they could freely express their views.

The College Assemblies we used to hold every Friday afternoon have been replaced with a high-table dinner. This evening event precedes a speech

PINE Lodge

2012年，書院及學生希望增設咖啡店，星巴克咖啡在考慮之列，但遭遇反對聲音。最後，書院學生會在院內公投，以78%贊成票通過提案，成為中大唯一售賣星巴克咖啡的地方：

在中大及各書院之間，首次創立青年創業計劃，以實體店模式，讓學生親身嘗試營運，累積創業經驗：

書院崇尚開放融合，每年新生入學面試，邀請書院學生參與甄選工作，而每年入學典禮安排在高桌晚宴舉行，除本院學生外，亦邀請各書院學生會代表出席，以廣交流。晚宴首由本院學生會會長致辭歡迎新生及作學生事務演講，再由院長作「院情報告」，總結過去一年的院政及活動，並提出未來一年的書院運作計劃，讓學生及同事，對書院事務了然於胸：

每年院長盃由學生主辦，兩所宿舍互相較勁，比拼體力及智力。而其開幕及閉幕儀式在高桌晚宴期間舉行，旨在鼓勵學生自由發揮，表達創意，與所有學生同事分享巧思：

from an invited guest and a Q & A segment. Despite the formal ambience in which the high-table dinner is carried out, there are some interesting and light-hearted moments, when our teaching staff and students could freely speak up and exchange views.

In 2012, our students voiced the hope of having a café opened on the College campus. Starbucks was on the list for consideration but the choice was met with some opposition. Finally, the student union ran a referendum and the motion of allowing Starbucks to open was passed with a 78% vote. Now, the College has become the only place in CUHK with a Starbucks outlet.

S.H. Ho College is also the first among the colleges of CUHK to initiate a Youth Entrepreneur Programme, where students can personally operate a bricks-and-mortar store to gain and accumulate entrepreneurial experiences.

Our College values transparency and inclusiveness. At our student admission interviews held every year, representatives of the College's existing student population are invited to sit in the selection panel. Every year, our annual matriculation ceremony is held during a high-table dinner. Apart from S.H. Ho College students, student representatives of other colleges are also invited to join the event to facilitate inter-college exchange. The high-table dinner begins with a welcome address by the president of our College's student union, followed by the College Master's latest 'State of the College' Report that sums up the college policies and activities implemented over

每屆畢業典禮，除院長、主講嘉賓與學生代表致辭及頒發畢業證書外，亦由院長向每人致送書院領呔（男）及絲巾（女），作為告別留念，成為學生期待的畢業典禮；

其他以創新為出發點，大力發展書院的獨有項目，不勝枚舉，包括：與美國布朗大學、英倫劍橋大學、中國北京大學元培學院的交換生計劃；首次派出香港大專生到北極實地探險，體驗嚴峻環境，進行科學實驗；到非洲烏干達為愛滋孤兒服務；成立中大首個書院醫學生協會；由學生籌備每年祝賀院慶的才藝晚會（THE SHHOW）；及由雅各臣藥業集團（Jacobson Pharma Group）捐助舉辦Jacobson Awards for Digital Storytelling創意比賽等等。書院撥款成立學生基金，支持學生各種興趣活動，潛移默化，啟迪學生的創新精神。

創院十年以來，書院欣見四屆共439名畢業生不負所望，學有所成。在畢業典禮上，看着他們充滿喜悅、自信及期望，上前領取文憑，我既感到快慰又不捨。最新一屆（2016年），共154名學生畢業，除了15位醫科（MBChB）畢業生不屬大學一般榮譽學位制度，其餘全部都取得中文大學榮譽學士學位，包括25%甲等、31% 乙等一級、26% 乙等二級及9%丙等榮譽學位！善衡學生成績斐然，教我至感驕傲。在學期間，與學

the past year and outlines its operational plans for the year ahead, to keep teaching staff and students abreast of the new developments.

Each year, the Master Cup is organized for residents of our two hostels to compete in physical strength and intelligence. Both the opening and closing ceremonies of this event are held during a high-table dinner to encourage students and teaching colleagues to freely share their creativity.

Our graduation ceremony every year is marked by speeches from the College Master, guest speakers and student representatives, along with the presentation of academic certificates to the graduates. In addition, the College Master also presents each graduate with a College tie (for male students) and a silk scarf (for female students) as a farewell souvenir. This has become a much-anticipated highlight in our convocation events.

Countless other initiatives, which are unique to the College and innovatively designed to support its developments, have also been put in place. These include the exchange programmes lined up with Brown University (USA); Emmanuel College, University of Cambridge (UK) and Yuanpei College, Peking University (mainland China). Our College has also sent the first-ever expedition of Hong Kong university students to the North Pole for Arctic explorations and to conduct scientific experiments in a harsh environment. Our students have also travelled to Uganda, Africa, and offered their services to AIDS-stricken orphans there. We have also set up the first medical student association at CUHK. Every year our students organize an annual talent show (THE SHHOW) to mark the College's anniversary. In addition, the Jacobson Awards for Digital Storytelling event was also held with the generous donation of the Jacobson Pharma Group. The College has allocated funds to form a Student Foundation in support of various student hobbies, to foster an innovative spirit among our students.

Over the past decade, the College has seen the graduation of 439 students

生共膳、下午茶共聚，及參加他們各種活動，期間真切感到他們在體能、學識及智能上有所躍進。更為可貴是他們都培養了高尚的品行，成為青年才俊，對書院心存情感及歸屬感。十年樹木，終出棟材，真為善衡書院欣慰！

但教育事業，百年樹人，未能稍怠。期望書院全人及後來者，心懷「文行忠信」院訓及書院「創新、卓越、服務」精神，以「家」為基，憑藉穩固的基礎及優良傳統，更上層樓，極目千里，為中大、香港、中國以至世界，培育英才。

辛世文教授
善衡書院創院院長

from four cohorts. During the graduation ceremonies, I could tell that they were filled with happiness, confidence and anticipation as they stepped forth to receive their certificates. I felt happy yet reluctant to part with them. There were 154 students graduating from the latest cohort (2016). Besides the 15 MBChB graduates who were not part of the honorary degree award system, all the others graduated with a CUHK honours degree, including the 25% awarded with First Upper Division, 31% with Second Upper Division, 26% with Second Lower Division and 9% with Third Division! S.H. Ho College students have done me proud with their outstanding results. During the academic semesters, I had dined with them, met them over tea and joined them in various activities and it was apparent to me that they were making significant progress – physically, academically and intellectually. Above all, they have developed a noble character with an emotional attachment and a sense of belonging to the College. I am glad to note that the decade-long efforts of S.H. Ho College at grooming talents have borne fruit!

It takes 10 years to grow a tree but 100 years to nurture a talent. As we strive towards achieving this educational mission, we need to remind ourselves that there is no room for complacency. I hope everybody from the College and our successors will bear in mind the College motto, 'Culture, Morals, Devotion, Trustworthiness', continue our spirit of 'Innovation, Excellence and Service' and be firmly anchored in our core concept of 'home'. Leveraging on our strong foundation and outstanding legacy, it is my ardent hope that the College will scale greater heights of success and nurture talents for CUHK, Hong Kong, China and the world.

Prof. Samuel Sun
Founding Master of S.H. Ho College

松苑



院監會主席的話

Message from Chairman of the
Committee of Overseers

十年漫漫，繼往開來 Continuing Beyond the First Decade

中大善衡書院成立十周年了，十年來我見證着它穩步發展，茁壯成長。回溯創院之初，筆路藍縷，艱苦開荒，到今天總算見到纍纍碩果，可以嚐到果實的甘甜。正如先父何善衡博士當年創業般，書院一路走來殊不容易，須面對多種挑戰，但只要目標堅定，意志不懈，則成功可期。

先父生前每以造福社會，兼濟天下為念，希望能貢其綿薄，栽培下一代成為有學識、有責任感及有修養的人。歷年以來，何善衡慈善基金會秉承先父仁風，不遺餘力支持香港、國家及海外的教育事業。在2006年，中大時任校長劉遵義教授向何善衡慈善基金會介紹中大成立新書院的計劃，並解釋小型書院全宿共膳的概念，基金會非常認同中大獨特的書院制度及理念，故此樂於與中大合作，捐資協助成立善衡書院，藉以紀念先父何善衡博士對社會、教育的貢獻，並為莘莘學子提供更佳的學習環境和條件。

S.H. Ho College is marking its tenth anniversary year. Over the past decade, I had seen it moving ahead in gradual but steady steps towards robust growth. Starting from humble beginnings, the College went through a pioneering period and its hard work is now rewarded with a bountiful harvest. Echoing my late father Dr. Sin-hang Ho's entrepreneurial struggles at the start of his career, it has never been easy for the College to have come this far. The odds it faced were challenging, but with clear objectives and an ironclad resolve, success has proven possible.

My late father worked for the good of the society in his lifetime. By offering what he considered his modest contributions, he aspired to help the next generation become learned, responsible and cultivated people. Through the ensuing years, S. H. Ho Charity Foundation has perpetuated my late father's philanthropic spirit, sparing no efforts in supporting education in Hong Kong, mainland China and abroad. In 2006, Prof. Lawrence Lau, then CUHK Vice-Chancellor, disclosed the university's plan to establish a new college and explained the small college's 'full-residence and communal dining' concept to the Foundation. CUHK's collegiate system and concept resonated with us deeply. Therefore, the Foundation agreed to collaborate with CUHK and pledged donations for S.H. Ho College's establishment, in memory of my late father Dr. Sin-hang Ho's contributions to the society and education, coupled with his efforts to provide students with a better learning environment.

劉遵義教授向基金會介紹新書院的計劃時，曾提出一項原則，就是新書院將實行全宿共膳，促進學生之間的緊密連繫。據此，乃有「家」的構思。我們希望將要成立的善衡書院能提供像「家」的環境，宿生彼此情同手足，學習和諧共處，互讓互助，孕育出善衡書院的特質和精神，日後能以曾為善衡書院一份子而自豪。書院的生活體驗，有助他們建立正確的處待人態度。今天我很高興見到善衡書院能夠將當年的目標付諸實踐，成為香港中文大學眾書院中重要的一員。其培育出來的學生，在學術、專業及其他領域上，均展現出卓越的成就。

在踏進第二個光輝十年之際，我期望善衡書院能夠繼往開來，扎根十年基業，堅守一貫理念，春風化雨，作育英才。

善衡書院院監會主席
何子樑醫生

When Prof. Lau first introduced the new college plan to the Foundation, he highlighted a principle that will see the college implementing a 'full-residence and communal dining' approach to foster closer ties among students. Hence, the concept of 'home' was conceived. We hope the new college can provide an environment akin to 'home', where hostel residents treat each other like siblings and learn to get along harmoniously with mutual support, forming a culture and spirit unique to S.H. Ho College. We also hope the students will be proud to be part of the S.H. Ho College family. Their residential experience on the college campus will help them develop the right attitude and outlook in life. Today, I am happy to note that S.H. Ho College has achieved its original objectives and become an important member of CUHK's college network. The students it nurtured have made outstanding achievements academically, professionally and in other ways.

Now that S.H. Ho College is entering its second golden decade, I hope that it will continue moving ahead on the strengths of a solid foundation paved in the past ten years and stand by its educational vision in grooming the next generation.

Dr. Tzu-leung Ho
Chairman of the Committee of Overseers, S.H. Ho College



II. 安身立命

Settling Down and Undertaking One's Life Pursuit

院訓

善衡書院院訓為「文行忠信」，取自儒家的重要經典《論語》。書院深深認同孔子施教的四大綱領，即學習典籍、修治品行、為事盡力、做人誠實，故訂立為院訓。儒家看重德行教育，強調反省的工夫及實踐的需要，書院亦以此教導學生。

「子以四教：文、行、忠、信。」《論語·述而》

College Motto

S.H. Ho College's motto of 'Culture, Morals, Devotion, Trustworthiness' is drawn from the *Analects of Confucius*. The College identifies with the four major outlines in Confucius' teaching – studying the classics, refining one's moral conduct, doing one's best and be trustworthy – which encapsulates the core values of its motto. Confucius emphasized moral education, stressing the need for introspection and actual practice, a teaching that the College similarly imparts to its students.

“The Master [Confucius] instructs under four heads: culture, moral conduct, doing one's best and being trustworthy in what one says.” (*Analects VII, 25*)

LIFE Pursuit

精神

善衡書院確立「創新、卓越、服務」為書院精神，培育學生的新思維、新策略、新方法、新技術，藉以面對及克服時刻的挑戰及困難，回應社會、經濟、政治、文化、環境、健康、糧食等議題，而且鍥而不捨，追求卓越，以達致最大效益及最高境界，為自身亦為他人謀求福祉。

院徽

善衡書院院徽由享負盛名的設計家、畫家靳棣強博士構思，由充分了解善衡書院「家」的理念而達致簡潔鮮明的圖案。構圖由商周時代甲骨文、金文「家」字部首為主幹，以現代幾何手法表現，象徵校園予師生宛如在家的感覺，大家一起生活，互相學習，教學相長。院徽左右兩旁線條向中心伸展，形成「人」字形，比喻東西方文化融會，由粗至幼的「人」字形線條則寓意向上進取。至於院徽的顏色，則由藍色及金色組成，藍色代表國際化，同時有海闊天空之感，金色則體現書院追求精進的目標。

Spirit

S.H. Ho College is founded on the spirit of 'Innovation, Excellence and Service' reflecting its efforts to help students cultivate a new mindset, new strategies, new methods and new skills that they can draw on when faced with challenges and to address the issues of society, economy, politics, culture, environment, health and food supply. In addition, they should undertake a relentless pursuit of excellence to yield the greatest good for themselves and others.

College Emblem

Our emblem, conceptualised by celebrated designer and artist Dr. Kan Tai-keung, features a streamlined and vibrant motif based on his understanding of S.H. Ho College's notion of home. The composition is dominated by the bronze script and oracle bone script character of 'home' dating back to the ancient Shang and Zhou dynasties. Rendered in a modern geometric form, it symbolises a home-like campus environment, where teaching staff and students can live, learn and grow together. Two lines converge in the middle to form the Chinese character of *ren* (people), which alludes to the cultural confluence of East and West. The gradation in their thickness suggests progress. The emblem colour is represented in blue and gold – blue signifying a wide ranging spirit, while gold underscores the College's desire to achieve the highest possible goals.



抱負

書院期望教導出來的學生，具有文化素養，展現高尚情操，持守盡力及有誠信的品德。

使命

書院致力營造「家」的環境與氛圍，提供全宿共膳的模式、書院通識教育課程、全人關顧教育，讓同學從書院生活中，力行院訓「文行忠信」及「創新、卓越及服務」的精神。

Aspiration

The College expects its students to be imbued with cultural refinement and lofty sentiments, ready to attempt their best and conduct themselves with integrity.

Mission

The College endeavours to create a 'home' environment and ambience. Embracing a 'full residence and communal dining' model, it provides students with a General Education Programme and whole-person education for them to put in practice the College motto of 'Culture, Morals, Devotion, Trustworthiness' and exemplify the spirit of 'Innovation, Excellence and Service' as they experience college life.

文行忠信

Culture, Morals, Devotion, Trustworthiness



通過書院生活而達致使命
To learn and achieve through living

家
HOME

Harmony 融和

Openness 開放

Maturity 成熟

Enrichment 充實

- Full residence 全宿
- Communal dining 共膳
- College General Education Programme
書院通識教育課程

- Campus life 書院生活
 - Student exchange programmes 交換生計劃
 - Social services 社會服務
 - Non-formal educational activities,
e.g. multicultural, sports and green programmes
非形式教育活動，例如：多元文化、運動及綠化計劃

院歌

善衡書院院歌的中文歌詞由辛院長、中國語文及文學系周建渝教授、信息工程學系及時任書院通識教育主任吳偉賢博士合撰。院歌由英文系羅炳良教授譜曲，而英文系Andrew Parkin教授和翻譯系金聖華教授則譯為英文歌詞。歌詞內容描寫書院四時景色，肯定「家」的觀念和院訓，鼓勵莘莘學子追尋夢想。

College Anthem

The Chinese lyrics of the S.H. Ho College anthem are jointly penned by College Master Prof. Samuel Sun, Dr. Zhou Jiayu from the Department of Chinese Language and Literature and Dr. Ng Wai-yin from the Department of Information Engineering. Prof. Andrew Parkin of the Department of English and Prof. Serena Jin of the Department of Translation provided the English version. The lyrics depict the College's scenery through the four seasons, endorse its concept of 'home' and college motto and encourage students to chase their dreams.

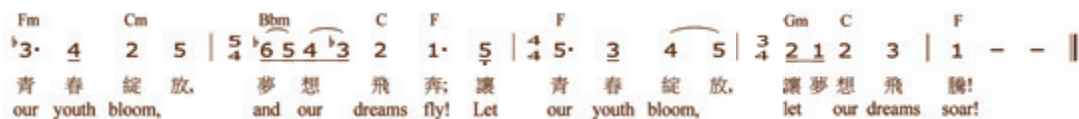
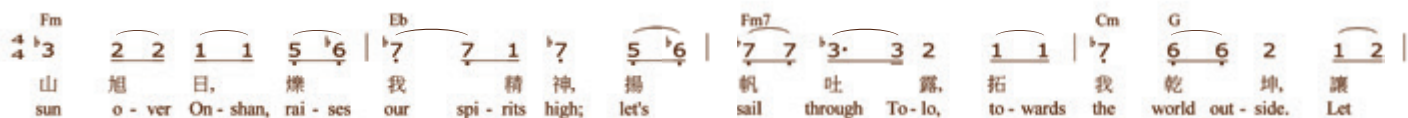
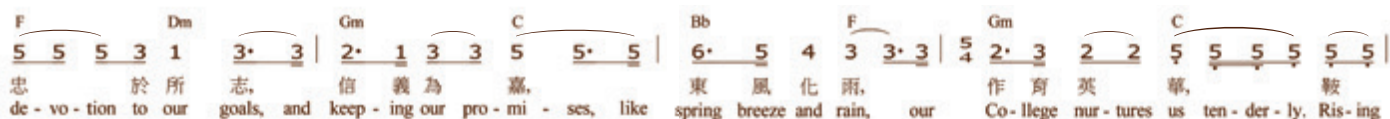
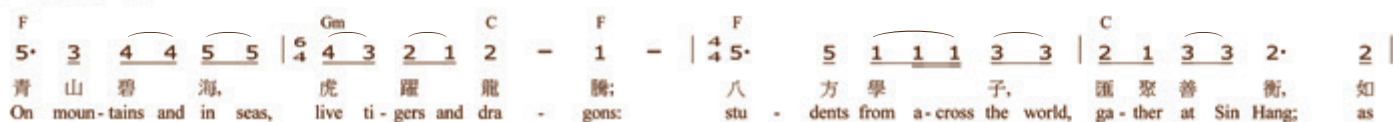
善衡書院院歌

Alma Mater of S.H. Ho College

曲：羅炳良 2012 詞：辛世文 周建渝 吳偉賢

English translation by Prof. Serena Jin and Prof. Andres Parkin

1 = F $\frac{4}{4}$ ♩ = 96



家的理念

「家」由教授、導師、六百位學生組成，「家」的成員各有不同的專業背景，而年齡、閱歷、性情稟賦各異，在互相影響下，大家的眼界見識都變得豐富。同學在多元環境中生活，更能發揮創意，自由地交流知識思想，對校園生活抱持期待及歸屬感，在穩健、關愛、和睦的氣氛裏成長。

Concept of 'Home'

Our 'home' is formed by professors, tutors and 600 students of various professional backgrounds and who are equally diverse in age, exposure, personality and strengths. They have gained an enriched perspective from their mutual influence on each other. Living in this multifaceted environment, our students have found more room to exercise their creativity as well as exchange knowledge and ideas freely. Life on the college campus has also offered them a sense of belonging, along with the opportunity to grow amid an atmosphere of stability, caring concern and harmony.

HOME

家的氛圍

家不只是一座房子，家可以遮風避雨，同桌吃飯，同甘共苦。疲累時，成員可以在家裏休息；受挫時，可以在家裏療傷；飛揚時，可以分享喜悅。善衡書院「家」的理念，讓學生入讀香港中文大學時，來到的不只是一所學府，更是一個能得到支持及愛護的地方。

書院通識教育課程

書院通識教育課程是書院教育中不可或缺的一環，也是書院生活重要的一部分。課程佔六個學分，乃書院唯一的正式課程。學生衝出課室，以互動方法學習，接受人文及群體教育。書通課程分為兩大類，即「GESH1010明新達人」以及「GESH4010圓工立人」，前者為新生設計，後者為即將畢業的學生設計。

The Atmosphere of 'Home'

A home is more than a house. A home is a place we can seek shelter from rain, eat together and share our joys and hardship. When feeling drained, we can rest and recharge at home. When defeated, we can heal our wounds at home. When feeling joyous, we share our happiness. Under the concept of 'home' in S.H. Ho College, students feel that they are not just stepping into an academic institution upon enrolment, but find themselves in a place where they can receive support and care.

College General Education Programme

S.H. Ho College's General Education Programme is an indispensable part of the college education it provides and an integral part of college life. As the College's only formal curriculum, it bears six course credits and is designed to facilitate students' immersion in interactive learning outside the classroom to receive a humanities-based and group education. This General College Education Programme falls into two parts – *Induction Course GESH1010 Orientation and Outreach* for incoming freshers and *Capstone Course GESH4010 Work and Productive Life* for senior students about to enter the working world.

III. 管理組織 Management Structure

善衡書院的奠基工作由籌備委員負責，團隊來自不同的專業領域，由時任校長劉遵義教授擔任籌備委員主席。2006年8月開始，籌備委員一步步奠下善衡書院的基石，如訂立院訓「文行忠信」、尋找專業設計師設計院徽、撰寫書院組織章程、確立院監會及院務委員會的職能、在校園中選擇院址及邀請校園設計師與建築師。

籌備委員會

主席

劉遵義教授

成員

何子樑醫生、李民斌先生、辛世文教授、陸觀豪先生、程伯中教授、馮國培教授、梁少光先生、陳鎮榮先生、何培斌教授、張洪年教授、盧煜明教授、盧乃桂教授、蘇芳淑教授、黃永成教授

秘書

李美華女士

The foundation work for S.H. Ho College was overseen by its Planning Committee, chaired by Prof. Lawrence Lau, then Vice-Chancellor of CUHK, and whose members hail from different professional backgrounds. Commencing from August 2006, the Planning Committee took gradual steps to lay a foundation for S.H. Ho College, such as formulating the college motto 'Culture, Morals, Devotion, Trustworthiness' entrusting the college emblem to a professional designer, drafting the college's Articles of Incorporation, finalizing the duties of the Committee of Overseers and Assembly of Fellows, identifying a site on CUHK campus for the new college and commissioning a college campus designer and architect.

Planning Committee

Chairman

Prof. Lawrence Lau

Members

Dr. Tzu-leung Ho, Mr. Brian Li, Prof. Samuel Sun, Mr. Roger Luk, Prof. Ching Pak-chung, Prof. Fung Kwok-pui, Mr. Jacob Leung, Mr. Terence Chan, Prof. Ho Puay-peng, Prof. Samuel Cheung, Prof. Dennis Lo, Prof. Leslie Lo, Prof. Jenny So and Prof. Wong Wing-shing

Secretary

Ms. Melody Lee



籌備委員會成員，攝於2010年7月16日。
左起為：李美華女士、陳鎮榮先生、梁少光先生、黃永成教授、程伯中教授、辛世文教授、沈祖堯教授、何子樑醫生、李民斌先生、馮國培教授、何培斌教授、劉貽琦先生。

Planning Committee members, photographed on 16 July 2010: (from left) Ms. Melody Lee, Mr. Terence Chan, Mr. Jacob Leung, Prof. Wong Wing-shing, Prof. Ching Pak-chung, Prof. Samuel Sun, Prof. Joseph Sung, Dr. Tzu-leung Ho, Mr. Brian Li, Prof. Fung Kwok-pui, Prof. Ho Puay-peng and Mr. Andrew Lau.

創院院務委員

成員

辛世文教授、王平安教授、李漢良教授、梁榮能教授、
盧煜明教授、黃永成教授

院監會

院監會負責督導、支援及制定書院政策，如舵手一樣為善衡領航，促進書院發展。院監會為書院的目標及理想建構有利環境，營造社會網絡；也協助院長和院務委員作出有效決策，監督捐贈基金的運作，核准書院憲章任何修改並呈交大學校董會審批。此外，院監會亦審查並核准書院的預算，籌募款項及其他資源。

主席

何子樑醫生

成員

何乃康先生、何厚浚先生、何厚鏘先生、何乃威先生、
李民斌先生、李國寶爵士、梁祥彪先生、陸觀豪先生、
鄧日燊先生、楊秉樑先生、辛世文教授（當然委員）

秘書

劉貽琦先生

Initial Fellows

Members

Prof. Samuel Sun, Prof. Heng Pheng-ann, Prof. Vincent Lee, Prof. Albert Leung, Prof. Dennis Lo and Prof. Wong Wing-shing



2011年5月5日第一次院監會會議：（左起）劉貽琦先生、楊秉樑先生、陸觀豪先生、辛世文教授、何子樑醫生、何厚浚先生、梁祥彪先生、鄧日燊先生、李民斌先生、霍泰輝教授。

First meeting of the Committee of Overseers convened on 5 May 2011: (from left) Mr. Andrew Lau, Mr. Howard Yeung, Mr. Roger Luk, Prof. Samuel Sun, Dr. Tzu-leung Ho, Mr. Hamilton Ho, Mr. Thomas Liang, Mr. Richard Tang, Mr. Brian Li and Prof. Fok Tai-fai.

Committee of Overseers

The Committee of Overseers is responsible for guiding, supporting and formulating college policies, acting like a helmsman to chart the right direction for S.H. Ho College and facilitate its developments. The committee seeks to foster a favorable environment for the College, in line with its objectives and beliefs, and create a social network on its behalf. Committee members also help the College Master and College Assembly of Fellows to make effective policy decisions, supervise the management of donation funds it holds, endorse any amendments made to the College Constitution and submit them to the University Council for final approval. In addition, the Committee reviews and approves the College's budget, fund-raising efforts and other resources.

Chairman

Dr. Tzu-leung Ho

Members

Mr. David Lai Ho, Mr. Hamilton Ho, Mr. Norman Ho, Mr. Thomas Ho, Mr. Brian Li, Dr. The Honourable David Li, Mr. Thomas Liang, Mr. Roger Luk, Mr. Richard Tang, Mr. Howard Yeung and Prof. Samuel Sun (ex officio)

Secretary

Mr. Andrew Lau

院務委員會

院務委員會從關顧及學生為本出發，提供學術及行政指導；也協助書院與其他大學合辦學生交流計劃，籌劃及參與書院活動，部署及督導書院學生入學及住宿事宜，監督書院設備與設施管理。院務委員會轄下設立八個工作委員會，發展及檢討不同範疇的書院事務。

主席

辛世文教授

成員

陳家亮教授、陳家樂教授、招志明博士、霍泰輝教授、王平安教授、李漢良教授、盧煜明教授、吳兆文教授、汪正平教授、黃錦波教授、黃永成教授、周建渝教授

秘書

劉貽琦先生

Assembly of Fellows

Acting in the best interest of students, the committee provides academic and administrative guidance, helps the College organise student exchange programmes jointly with other universities, plans and participates in the college events, prepares and supervises the college's student admission matters and oversees the management of college equipment and facilities. Eight working committees are formed under the Assembly of Fellows to develop and review the college's affairs in different areas.

Chairman

Prof. Samuel Sun

Members

Prof. Francis Chan, Prof. Kalok Chan, Dr. Lawrence Chiu, Prof. Fok Tai-fai, Prof. Heng Pheng-ann, Prof. Vincent Lee, Prof. Dennis Lo, Prof. Simon Ng, Prof. Wong Ching-ping, Prof. Wong Kam-bo, Prof. Wong Wing-shing and Prof. Zhou Jianyu

Secretary

Mr. Andrew Lau

2009年6月25日院務委員會第一次會議：（左起）盧煜明教授、黃永成教授、辛世文教授、梁榮能教授、李漢良教授、王平安教授。

First meeting of Assembly of Fellows on 25 June 2009: (from left) Prof. Dennis Lo, Prof. Wong Wing-shing, Prof. Samuel Sun, Prof. Albert Leung, Prof. Vincent Lee and Prof. Heng Pheng-ann.



院務委員會轄下工作委員會

收生委員會

主席：劉國智教授

成員：范瑞欣小姐、莫啓聰教授、吳本韓博士、黃錦波教授、余小彬教授、李明博士、袁志樂博士、韓彤宇小姐、吳兆文教授、彭珏璇博士、寇志暉博士

秘書：陳碧珊女士

餐飲、高桌晚宴及文化晚宴委員會

主席：鍾珮琦教授

成員：鄭尚策教授、劉國智教授、劉貽琦先生、李姍姍小姐、李漢良教授、黃錦波教授、葉珮詩小姐

學生代表：曾彬鉞同學、楊可欣同學

秘書：蔡靜婷小姐

書院通識教育委員會

主席：招志明博士

成員：黃錦波教授、劉國智教授、周建渝教授、李明博士、袁志樂博士、曾勁峰教授、張善婷小姐、劉貽琦先生、吳本韓博士、劉潔玲教授、呂自成教授

秘書：陳碧珊女士

體驗式學習活動委員會

主席：黃錦波教授

成員：陳廷峰教授、張善婷小姐、周潔瑩女士、馮穎茵小姐、劉貽琦先生、李潔冰教授、蔡靜婷小姐、胡達昌先生、袁志樂博士

學生代表：范愷意同學、曾彬鉞同學

秘書：陳楚筠先生

Committees under Assembly of Fellows

Admissions Committee

Chairman: Prof. Victor Lau

Members: Ms. Shally Fan, Prof. Wallace Mok, Dr. Ng Pun-hon, Prof. Wong Kam-bo, Prof. Sidney Yu, Dr. Kenneth Li, Dr. Andrew Yuen, Ms. Hon Tung-yue, Prof. Simon Ng, Dr. Iris Pang and Dr. Christy Kou

Secretary: Ms. Carrie Chan

Catering, High Table and Cultural Dining Committee

Chairman: Prof. Chung Peichi

Members: Prof. James Cheng, Prof. Victor Lau, Mr. Andrew Lau, Ms. Li Shanshan, Prof. Vincent Lee, Prof. Wong Kam-bo and Ms. Peggy Yip

Student Representatives: Ms. Zeng Bincheng and Mr. Yang Kexin

Secretary: Ms. Gloria Tsoi

College General Education Committee

Chairman: Dr. Lawrence Chiu

Members: Prof. Wong Kam-bo, Prof. Victor Lau, Prof. Zhou Jianyu, Dr. Kenneth Li, Dr. Andrew Yuen, Prof. Dicky Tsang, Ms. Juanita Cheung, Mr. Andrew Lau, Prof. Ng Pun-hon, Prof. Dinky Lau and Prof. John Lui

Secretary: Ms. Carrie Chan

Experiential Learning Committee

Chairman: Prof. Wong Kam-bo

Members: Prof. Philos Chan, Ms. Juanita Cheung, Ms. Kristie Chow, Ms. Winnie Fung, Mr. Andrew Lau, Prof. Icy Lee, Ms. Gloria Tsoi, Mr. Clement Wu and Dr. Andrew Yuen

Student Representatives: Ms. Fan Kaiyi and Ms. Zeng Bincheng

Secretary: Mr. Emery Chan

善衡書院獎學金、獎項、資助及助學金委員會

主席：關健明教授

成員：夏秀禎教授、劉貽琦先生、羅思女士、黃錦波教授、袁志樂博士、周建渝教授、趙暉教授

學生代表：朱令筠同學

秘書：周潔瑩女士

學生交換計劃委員會

主席：黃永成教授

成員：陳志敏教授、范瑞欣小姐、關健明教授、葉旭立教授、余小彬教授

秘書：周潔瑩女士

學生宿舍管理委員會

主席：劉國智教授

成員：羅思女士、李明博士、盧吳美娟女士、曾勁峰教授、黃錦波教授、葉珮詩小姐、陳楚筠先生

學生代表：朱令筠同學、黃嘉浩同學、韋有稷同學

秘書：陳楚筠先生

學生紀律委員會

主席：徐江教授

成員：陳志敏教授、程鴻教授、劉國智教授、劉貽琦先生、盧吳美娟女士、曾勁峰教授、黃錦波教授、趙暉教授

學生代表：范愷意同學、謝駿諾同學

秘書：蔡靜婷小姐

S.H. Ho College Scholarships, Awards, Financial Aids and Grants Committee

Chairman: Prof. Kwan Kin-ming

Members: Prof. Amy Ha, Mr. Andrew Lau, Ms. Ida Law, Prof. Wong Kam-bo, Dr. Andrew Yuen, Prof. Zhou Jianyu and Prof. Zhao Hui

Student Representative: Ms. Chu Ling Kwan

Secretary: Ms. Kristie Chow

Student Exchange Committee

Chairman: Prof. Wong Wing-shing

Members: Prof. Michael Chan, Ms. Shally Fan, Prof. Kwan Kin-ming, Prof. Kevin Yip and Prof. Sidney Yu

Secretary: Ms. Kristie Chow

Student Hostel Management Committee

Chairman: Prof. Victor Lau

Members: Ms. Ida Law, Dr. Kenneth Li, Mrs. Eva Lo, Prof. Dicky Tsang, Prof. Wong Kam-bo, Ms. Peggy Yip and Mr. Emery Chan

Student Representatives: Ms. Chu Ling Kwan, Mr. Wong Kar Ho Toby and Ms. Wai Yau Chik

Secretary: Mr. Emery Chan

Student Discipline Committee

Chairman: Prof. Xu Jiang

Members: Prof. Michael Chan, Prof. Cheng Hong, Prof. Victor Lau, Mr. Andrew Lau, Mrs. Eva Lo, Prof. Dicky Tsang, Prof. Wong Kam-bo and Prof. Zhao Hui

Student Representatives: Ms. Fan Kaiyi and Mr. Tsah Chi Pang

Secretary: Ms. Gloria Tsoi

常務委員會

常務委員會主要負責協助院長作出適時及有效的管理決定，參與定期會議，就緊急事務或影響學生及教職員的事務作出決策；也就書院發展方向及宏觀議題作出建議，促進及制定策略性計劃。常務委員會向院務委員會負責，就書院重要政策及行政事務提出建議。

主席

辛世文教授

成員

招志明博士、鍾佩琦教授、王平安教授、關健明教授、劉國智教授、李漢良教授、黃錦波教授、黃永成教授、袁志樂博士、周建渝教授

秘書

劉貽琦先生

Cabinet

The Cabinet primarily helps the College Master make timely and effective management decisions, participate in regular conferences and undertake final decisions on emergency issues and other matters that impact students and teaching staff. They also offer recommendations on the college's development direction and other macro-level issues as well as promote and formulate strategic plans. The Cabinet is held accountable to the College Assembly of Fellows and make recommendations on significant college policies and executive matters.

Chairman

Prof. Samuel Sun

Members

Dr. Lawrence Chiu, Prof. Chung Peichi, Prof. Heng Pheng-ann, Prof. Kwan Kin-ming, Prof. Victor Lau, Prof. Vincent Lee, Prof. Wong Kam-bo, Prof. Wong Wing-shing, Dr. Andrew Yuen and Prof. Zhou Jianyu

Secretary

Mr. Andrew Lau



前排左起：金聖華教授、辛世文教授、沈祖堯教授、何子樑醫生、何厚浹先生、

後排左起：梁祥彪先生、楊秉樑先生、劉明康教授

Front row from left: Prof. Serena Jin, Prof. Samuel Sun, Prof. Joseph Sung, Dr. Tzu-leung Ho and Mr. Hamilton Ho

Back row from left: Mr. Thomas Liang, Mr. Howard Yeung and Prof. Liu Mingkang

榮譽院務委員

善衡書院榮譽院務委員於2012年正式設立，表揚成員在知識、思想、社群、學術文化及其他方面，對整體社會及善衡書院作出寶貴貢獻。

成員

何厚鏘先生、何厚浹先生、何乃威先生、何乃康先生、何子樑醫生、饒宗頤教授、金聖華教授、李樂詩博士、李民斌先生、李國寶爵士、梁祥彪先生、劉明康教授、陸觀豪先生、梁定邦博士、伍月柳教授、白先勇教授、鄧日樂先生、楊振寧教授、楊秉樑先生、周其鳳教授

Honorary Fellows

S.H. Ho College's Honorary Fellowship was officially established in 2012, to commend its members for their valuable contributions made to the larger community and the College in knowledge, ideas, community, academia, culture and other fields.

Members

Mr. Norman Ho, Mr. Hamilton Ho, Mr. Thomas Ho, Mr. David Lai Ho, Dr. Tzu-leung Ho, Prof. Jao Tsung-I, Prof. Serena Jin, Dr. Rebecca Lee, Mr. Brian Li, Dr. The Honorable David Li, Mr. Thomas Liang, Prof. Liu Mingkang, Mr. Roger Luk, Dr. Anthony Neoh, Prof. Ng Yuet-lau, Prof. Pai Hsien-yung, Mr. Richard Tang, Prof. Chen-ning Yang, Mr. Howard Yeung and Prof. Zhou Qifeng

善衡聘請著名學者饒宗頤（左圖）及著名作家白先勇教授（右圖）任榮譽院務委員。

SHHO invited the world-renowned scholar Prof. Jao Tsung-I (left photo) and writer Prof. Pai Hsien-yung (right photo) to become its Honorary Fellows.



特邀院務委員

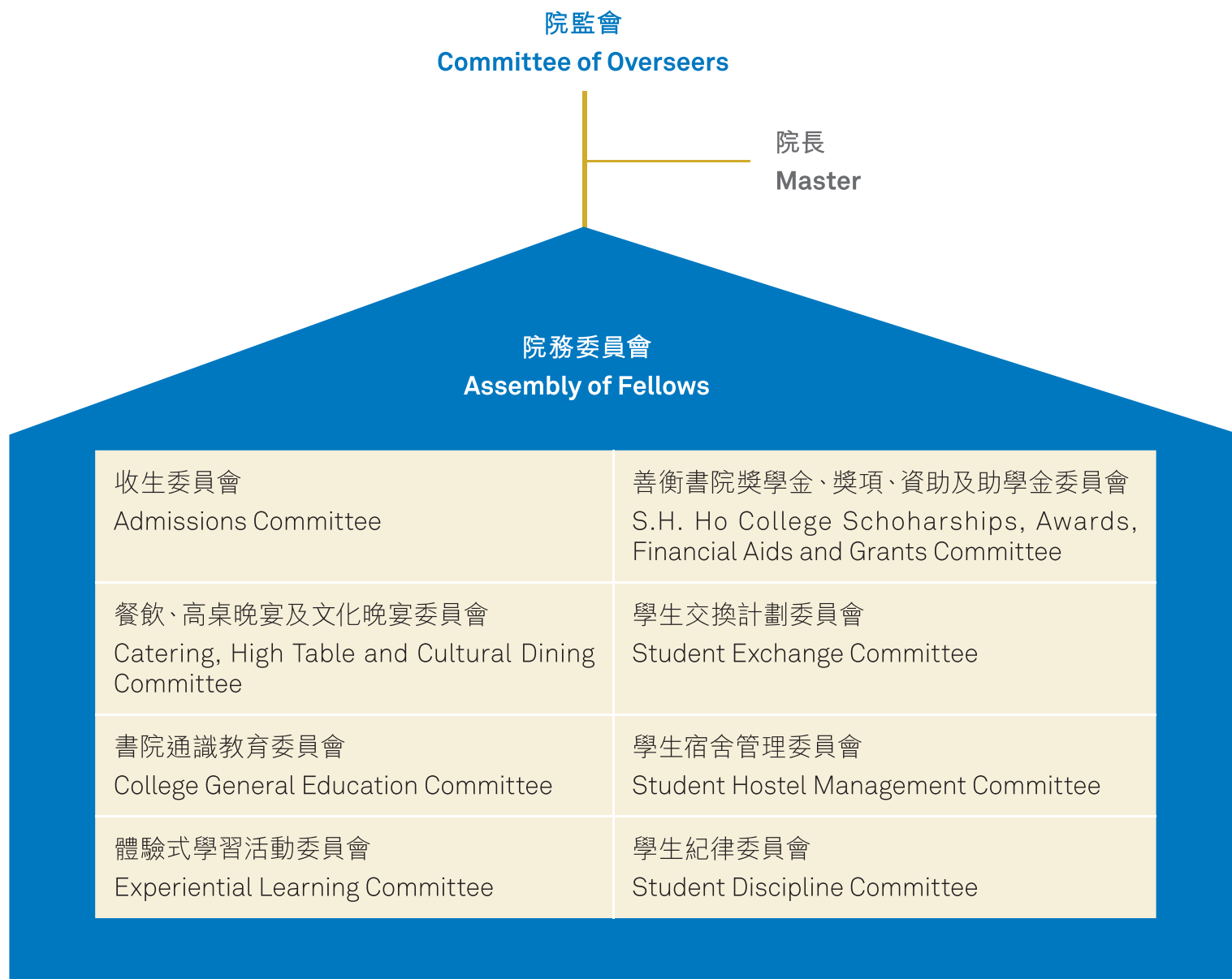
成員

朱達誠先生、葛偉教授、許焯權教授、吳偉賢博士、
容浩然先生

Affiliated Fellows

Members

Mr. Chu Tat-shing, Prof. Ge Wei, Prof. Desmond Hui, Dr. Will Ng and Mr. Yung Ho-yin



人物身影 (一) : 開拓者 People Profile (1): Pioneers



劉遵義教授

時任中大校長
善衡書院籌劃委員會主席

Prof. Lawrence Lau

Then Vice-Chancellor and
President of CUHK

Chairman of the Planning
Committee for S.H. Ho
College

劉遵義教授說：「剛剛成為中大校長的時候，大學準備要轉三三四學制，要由三年制改四年制，那學生人數將會突然增加三分之一，即三千人左右，如果沒有新書院，舊有的書院規模就不能承受。當時我覺得書院規模變得那麼大，便會難以為學生提供一個融和的環境增進師生關係，有見及此，我們決定開辦新書院，以應付新需求，同時優化書院制度。」

由於香港特區政府不會為成立新書院提供額外資源，所有額外資源必須來自私人捐款。當年由時任校長劉遵義教授領導書院籌劃委員會，找到何善衡慈善基金會主席何子焯博士，向他介紹中大成立新書院的計劃，解釋小書院全宿共膳的概念，得到何子焯博士和何子樑醫生的認同及對書院制度的支持。何氏家族同意與中大合作，捐款成立善衡書院，栽培青年求學與做人。

籌建書院之初，因為預算的問題，得出來的設計藍本不是現在的多功能大飯堂，而是要把學生分成兩組，分別在兩個樓層用膳。劉遵義教授和何子樑醫生商榷，說這樣便失去了共膳的原意。後來何醫生答應了增加資助，最終設計了現有的何善衡館，能夠容納全部六百名學生。

開拓者

Prof. Lawrence Lau said: ‘Just after I became CUHK Vice-Chancellor, the University was preparing for conversion to the 3-3-4 academic structure, with its three-year curriculum to be replaced with one of four years. When this happens, the student population size would suddenly surge by a third, to around 3,000 odd students. If there were no new colleges, the existing ones on our campus would find it hard to absorb such a large intake, given their limited capacities. Back then, I felt that expanding the scale of our colleges would also make it difficult for us to provide an inclusive environment to further the ties between teaching staff and students. For these reasons, we decided to set up new colleges to address the new demand while taking the opportunity to enrich our collegiate system’.

As the Hong Kong SAR Government would allocate no additional resources for the new college, all the extra resources required would have to come from private donations. At the time, the Planning Committee for S.H. Ho College led by the then Vice-Chancellor Prof. Lawrence Lau approached Dr. Ho Tzu-cho, Chairman of The S. H. Ho Foundation, and introduced to him the University’s plan to establish a new college. He also explained the ‘full residential and communal dining’ concept to be adopted by this new college. These plans won over Dr. Tzu-cho Ho and Dr. Tzu-leung Ho, who supported the new collegiate system. The Ho family clan agreed to work with CUHK and donated to the establishment of S.H. Ho College, with the objective of grooming young people and shaping their characters through education.

Initially, the budgetary problems encountered meant that the large, multipurpose dining hall in use today could not be included into the campus design blueprint. Instead, students of the new college would be required to split into two groups and dine at two separate floors. As Prof. Lau explained to Dr. Tzu-leung Ho, this arrangement was contradictory to the original idea of communal dining. Subsequently, Dr. Ho agreed to increase financial sponsorship and the existing Ho Sin Hang Hall eventually became incorporated into the blueprint to provide a dining venue large enough to accommodate 600 students.





何子樑醫生

善衡書院院監會主席


Dr. Tzu-leung Ho

Chairman of the Committee of Overseers, S.H. Ho College

何子樑醫生原為新書院籌劃委員會成員，從頭開始規劃新書院，及後繼續擔任善衡書院院監會主席，按書院的使命和抱負，聯同院監會成員督導書院之策略發展。

何子樑醫生表示：「我們何氏家族認同書院制度，樂意與中文大學合作，以新書院、新理念來紀念家父對社會、教育的貢獻，故此以父親的名義捐款成立善衡書院。我以父親何善衡博士的名義接受了挑戰，一定會要求自己做到最好，努力將善衡書院辦成一流的書院。」何醫生認為，善衡書院成立之初，萬事從頭起，像一個初生嬰兒，最初幾步需要各方扶持。於是何善衡慈善基金會幫助善衡書院聯繫上英國劍橋大學伊曼紐爾學院、美國布朗大學、北京大學元培學院，商討建立關係，旨在讓三所世界知名學府與善衡書院互派學生交流，學習對方擅長之處，再把學到的東西帶回自己的國家。





Dr. Tzu-leung Ho was originally a member of the Planning Committee overseeing the planning of the new college from start to finish. Subsequently, he continued his role at S.H. Ho College as Chairman of the Committee of Overseers and steered the College's strategic developments, according to its mission and aspirations, jointly with other members of the committee.

Dr. Tzu-leung Ho said, 'Our Ho family clan identified with the collegiate system and was willing to collaborate with CUHK to start a new college and new concept, in memory of my late father's contributions to the society and education. That was why the donations were made in my late father's name. I embraced the challenge in the name of my father Dr. Sin-hang Ho too with the determination to do my best, in a concerted effort to turn S.H. Ho College into a first-rate academic institution.' Dr. Ho likened the early period of S.H. Ho College's inception to a newborn infant, requiring the support of all in making its first few steps. Soon, The S. H. Ho Foundation helped the College to liaise with Emmanuel College of the University of Cambridge, Brown University and Yuanpei College of Peking University, to build inter-college ties with them. The ultimate aim was to facilitate future student exchanges between S.H. Ho College and these world-renowned universities, so that the students concerned could learn from each other and bring back what they have learned to their own countries.



辛世文教授

善衡書院創院院長

Prof. Samuel Sun

Founding Master of S.H. Ho
College

「書院」二字可上溯唐末五代時期的書院傳統，辛世文院長指出古代書院教育以育人為本，規模不大；現代大學則以課程為主，以專科專業聚合及分隔學生，而師生人數眾多，學生在偌大的校園來去匆匆，師生難有緊密交流。他認為善衡書院「全宿共膳」、規模小巧的定位，及招收不同課程學生的策略，能讓學生回到書院之時，其學習及生活環境，有置身家中的親切感。

家最重要的元素是「人」，辛院長積極物色對書院教育有抱負的中大老師加入善衡書院，遂逐一約見老師面談，精誠所至，現在不少在善衡書院盡心付出的書院成員，皆由辛院長親自邀請而來。辛院長更與太太一起舉辦學生松苑茶聚，關心他們的成長，他認為要學生信任書院，就要一切以學生為先，他們感到關懷與尊重，才會心悅誠服，親聆教誨。

人類有二萬個基因，99.9%都是一樣，性格卻萬別千差。六百位背景不同的學生住在一起，必須經過磨合，學會彼此尊重。書院崇尚及奉行民主、開放及公平的原則，每年入學高桌晚宴期間，院長以「院情報告」形式，回望過去一年的書院工作，也分享未來的書院計劃。學生會會長亦從學生角度發言，向全體書院成員及學生表達想法。此外，書院邀請學生參與制定舍堂規則，約法三章，遵守規則。書院也每年舉辦論壇，收集學生對書院政策的意見，讓政策的推行更合理、更人性化。畢竟，書院是社會的縮影，朝向多元化發展，接受不同思想，才可以豐富團體生活，互相擦出新火花，啟發新思維。

PIONEERS

Shu Yuan (書院), the Chinese equivalent of ‘college’, can be traced to the tradition of literary academies during the Five Dynasties period of the late Tang dynasty. Master Samuel Sun pointed out that these academies were dedicated to cultivating talents by a people-centred approach and operated on a small scale. By comparison, modern universities primarily provide course programmes and their students are segregated by the academic disciplines they specialise in. They are also populated by large numbers of teaching staff and students. However, since students are always on the rush on a large campus, the chances of them interacting with their lecturers and tutors are limited. He believes that S.H. Ho College’s positioning of itself as a small, agile college operating on the ‘full residential and communal dining’ concept, together with its strategies of taking in students from different disciplines, provide for a learning and residential environment that makes its students feel at home, upon their return to the college.

‘People’ are the most vital element in a family. Master Sun has actively sought CUHK lecturers and tutors with aspirations for college education, to join S.H. Ho College and invited each of them for a face-to-face talk with him. S.H. Ho College is now staffed with teaching professionals totally devoted to education, all of whom were personally invited by Master Samuel Sun to join the College. Prof. Sun and his wife even hosted tea gatherings for students at their residence Pine Lodge to let them feel they were being cared for. He believes that in order for students to place their trust in the College, it is necessary for the College to put their interests first and make them feel cared for and respected. Only then would the students reciprocate the respect and listen to the College’s advice with attentiveness.

The human body has about 20,000 genes, of which 99.9% are identical. Despite this, people vary greatly in personality. For 600 students of different backgrounds to live together, they must first understand and get used to each other and learn mutual respect. The College runs by the principles of democracy, transparency and equality. Each year, at the matriculation dinner held in a high-table format, the College Master delivers a ‘State of the College’ report to recap the work of the College undertaken in the past year and share its plans for the coming year. The Student Union President also voices student views and feedback, delivered to the entire staff and all other students. In addition, the College invites its students to join in and set hostel rules and regulations to be obeyed by all. Every year, the College holds a forum to gather student feedback on its policies to enable rational and personalised implementation of these policies. After all, the College is a microcosm of society. Only by embracing multifaceted developments and diverse views will it be possible to enrich college life, generate synergies and inspire new thinking.

書院教育與大學教育相輔相成，幫助學生從生活中學習。善衡書院提供的形式與非形式教育，包括通識課程、高桌晚宴、文化交流、社會服務和師生互動，都着重加強學生的溝通能力、團隊精神、視野的開拓，讓他們成為才德兼備的人。辛院長分享說，善衡書院有三項重要的特質：創新、卓越和服務精神。「每一年都有新的學生加入善衡，社會也不斷轉變，書院必須與時並進，努力做到最好，才可以顧及學生所需。『創新』已成為善衡書院的傳統，我們不單要創新，更要比別人走得更前（out-innovate others）。」

辛院長是全球首位成功複製植物基因的科學家、中大生物學榮休講座教授。辛院長談及自己為何接受挑戰成為善衡書院首任院長時，表示是自己性格使然，身為科學家的他追求創新，喜歡新思維、新突破，愛探索未知。此外，他覺得中國一千年前的書院以及牛津劍橋八百年來的書院，都是師生居息一堂，重視全人教育。創辦同宿共膳的小書院可以補足近代大學分科精細、趨向專業化帶來的缺點，這點打動了辛院長。

書院自2006年成立以來，一步一足印，至今已有十年，辛院長欣然見證書院的各項建設與設施齊備，書院也建立了具備自己特色的教育項目，例如學生交換計劃、實習計劃、文化體驗，甚至極地考察。本地生與非本地生都積極投入書院活動，舉辦院慶 The SHHOW，策劃院長盃時也想到別出心裁的開幕禮和閉幕禮。「學生的投入很重要，要他們投入，先要給予空間，讓他們知道你重視、尊重他們的意見，這樣，學生便會放膽去試，這是培養學生創新精神的重要過程。」

善衡書院以家為基，育人立人，集形式與非形式教育於一身，踐行「文行忠信」院訓。辛院長展望未來十年，認為善衡人要繼續銳意創新，希望每個家人都用心營造親切融和的群體，讓創新、卓越和服務精神繼續培育及傳承下去。

開拓者

College education and university education support and supplement each other to help students learn from real-life experiences. S.H. Ho College provides both formal and informal education, encompassing a general education programme, high-table dinners, cultural exchanges, social services and teacher-student interaction, with an added emphasis on promoting communication skills, team spirit and broadening the horizons of students to groom them into people with both intellectual skills and a moral character. In his sharing, Master Sun highlighted three core attributes championed by S.H. Ho College: **A spirit of innovation, excellence and service.** 'Every year, new students are being admitted into S.H. Ho College and the society is constantly changing. Our College must be in step with the times and do our best to look after our students' needs. "Innovation" has become a S.H. Ho College tradition. We must not only innovate but also out-innovate others'.

Master Sun is the world's first scientist to successfully clone plant genes and currently the Emeritus Professor of Biology, CUHK. Asked why he accepted the challenge to become S.H. Ho College's Founding Master, he attributed the decision made to his personality. As a scientist, he always strives for innovation, novel thinking, new breakthroughs and a desire to explore the unknown. Furthermore, he felt that the literary academies of ancient China a thousand years ago and the 800-year old Oxford and Cambridge university colleges share something in common. Both provide for their teaching staff and students to reside under the same roof and they take whole-person education seriously. Setting up smaller colleges with a 'full residence and communal dining' experience can make up for the shortcomings of modern universities caused by their academic specialisation and move towards professionalism. It was this insight that moved Master Sun.

Since being founded in 2006, S.H. Ho College has moved forward, one step at a time, and with a ten-year history behind it now, Master Sun has witnessed the completion of various comprehensive architectural projects and facilities onsite. Similarly, it has launched educational initiatives bearing the College's unique characteristics, which include, for instance, the student exchange programme, internship programme, cultural explorations and even an Arctic expedition. Both local and non-local students participate actively in the college activities, such as The SHHOW, to celebrate the College's anniversaries, and when planning the Master Cup, both the opening and closing ceremonies were carried out with a creative twist. 'Student immersion is a must. For them to devote themselves completely, it is necessary to give them ample room to manoeuvre and let them know you care for and respect their views. This way, students will give things a try with courage and this is a part of an important process to cultivate the spirit of innovation in them'.

S.H. Ho College anchors itself in the concept of 'home' as its foundation and is dedicated to nurturing people and enabling them to establish themselves through both formal and informal education, while putting to practice its 'Culture, Morals, Devotion, Trustworthiness' motto. Looking ahead to the coming decade, Master Sun reiterates the importance for S.H. Ho College people to continue to innovate and hopes that every member of this large family could devote themselves to fostering a closely-knit and inclusive group, where the spirit of innovation, excellence and service will continue to gather strength and be passed on to posterity.



辛世文教授

Prof. Samuel Sun

- 全球首位成功複製植物基因的科學家
- 善衡書院創院院長
- The world's first scientist to successfully clone plant genes
- Founding Master of S.H. Ho College



靳棣強博士

Dr. Kan Tai-keung

- 善衡書院院徽、院旗設計師
- Designer of College Emblem and Flag



嚴迅奇先生

Mr. Rocco Yim

- 善衡書院校園設計師
- Campus Architect of S.H. Ho College



朱達誠先生

Mr. Chu Tat-shing

- 善衡書院「家」字雕塑設計師
- Designer of S.H. Ho College Sculpture inspired by the theme of 'home'

留影

Snapshots



容浩然先生

Mr. Yung Ho-yin

- 為善衡書院石碑題字的書法家
- Calligrapher who carved inscriptions on S.H. Ho College stele



鍾耀華先生

Mr. Chung Yiu-wa

- 第二屆善衡書院學生
- 第一個來自新書院的中大學生會會長 (2011-2012年)
- Student admitted to S.H. Ho College from the second cohort
- First CUHK Student Union President to come from a new college (2011-2012)



唐熙先生

Mr. Oscar Tong Hei

- 善衡書院石碑設計師
- Designer of S.H. Ho College stele



洪浚偉先生

Mr. Hung Chun-wai

- 第一屆善衡書院學生會會長 (2011-2012年)
- Inaugural President of Student Union from S.H. Ho College (2011-2012)

IV. 標誌設計 Insignia Design



院徽

以甲骨文、金文的家字部首為主幹，再展示多個線層，造型既像一個人字，又像中大校園一重重的青山綠水；既可以說是人才的聚集，也可以說是重山萬里，山外有山，從一個台階邁向另一個台階，再創高峰的卓越要求。再加上院訓「文、行、忠、信」的四個文字，圖案簡潔又有個性。色彩方面，院徽用了藍色來代表國際化，而明朗的藍色也顯得年輕。金色則是中國人喜歡的尊貴顏色，同時金子代表千錘百鍊得出的精進成果。

Emblem

Featuring the character of *jia* (home) from bone oracle and bronze inscription scripts as its core design, the emblem incorporates several layers of lines to form the Chinese character of *ren* (people) to visually evoke the CUHK landscape of green mountains and emerald waters. While alluding to the congregation of talents, the image also calls to mind a rolling mountain range, reminiscent of the ascending steps of a ladder, to symbolise the College's pursuit of excellence. Four Chinese characters – *wen* (culture), *xing* (moral conduct), *zhong* (devotion) and *xin* (trustworthiness) – adorn the minimalist yet characterful emblem design. Blue is one of the emblem colours representing internationalization and youth. Another colour is gold, traditionally favoured by the Chinese people for its connotations of nobility and prestige. In the College emblem, gold symbolises the fruits of success following meticulous hard work.



權杖

書院權杖象徵權威與卓越精神，在開幕禮、畢業禮及其他重要典禮舉行時，權杖帶領隊伍進入會場。

Mace

The College Mace is a symbol of authority and excellence. At matriculation, graduation and other major ceremonies, the mace is carried during the process to lead the various teams entering the venues where the ritual is held.



院旗

院旗融合了院徽的設計，用以鼓勵書院士氣，宣揚書院精神，增強書院成員身份認同。

Flag

Bearing the College emblem motif, the College Flag is used to boost the morale of College members, showcase the College spirit and strengthen the sense of belonging among members.

書院袍

書院袍共有七款，分別為院監會主席、院長、榮譽院務委員/特邀院務委員/主講貴賓、嘉賓、書院成員、學生、職員而設計，讓他們在正式場合如入學禮、高桌晚宴及其他重要慶典活動時穿上。院袍是書院成員重要的身份象徵。

Gown

There are seven styles of College gowns, designed respectively for the Chairman (Committee of Overseers); Master; Honorary Fellows/ Affiliated Fellows/ Keynote Speakers; guests; College members, students and staff. The College gowns are worn for formal occasions such as matriculation, high-table dinner and other important ceremonial events. These gowns are an important identity symbol for college members.

榮譽院務委員/
特邀院務委員/
主講嘉賓
Honorary Fellows/
Affiliated Fellows/
Keynote Speakers



院監會主席
Chairman
(Committee of
Overseers)



嘉賓
Guests



院長
Master

書院成員
Members



學生
Students



職員
Staff

「家」字雕塑

「家」字雕塑由著名雕塑家朱達誠先生創作，以藝術方式演繹中文「家」字，表達善衡書院是六百名學生的大家庭。雕塑立於書院宿舍外的草坪上。

Sculpture of HOME

The Sculpture of HOME, created by renowned sculptor Mr. Chu Tat-shing, is an artistic rendition of the Chinese character *jiā*, meaning home, to convey the message that S.H. Ho College is a large family and home to its 600-odd students. The sculpture stands on the lawn outside the College's hostels.



V. 學生群象 Student Profile

1. 統計資料 Essential Statistics

a. 申請入讀善衡書院的學生 (以人數計)

Students who applied for admission to S.H. Ho College (based on headcount)

年度 Year	以善衡書院為首選 S.H. Ho College as the First Choice	以善衡書院為二選 S.H. Ho College as the Second Choice	合共 Total
2010-2011	110	18	128
2011-2012	195	159	354
2012-2013	832	457	1,289*
2013-2014	635	322	957
2014-2015	589	281	870
2015-2016	696	308	1,004
2016-2017	763	371	1,134

* 大學由三年制轉為四年制 The curriculum structure of universities has been changed from three to four years of study

b. 在學的本地生及非本地生 (以人數計)

Local and non-local students admitted (based on headcount)

年度 Year	本地生 (人數) Local Students	非本地生 (人數) Non-local Students	合共 (人數) Total
2010-2011	96	50	146
2011-2012	109	49	158
2012-2013	182	52	234
2013-2014	68	49	117
2014-2015	83	46	129
2015-2016	107	53	160
2016-2017	104	45	149

c. 錄取新生學院分佈 (以人數計)

Distribution of admitted students by faculty (based on headcount)

年度 Year	文學院 Arts	工商管理學院 Business Administration	教育學院 Education	工程學院 Engineering	法律學院 Law	醫學院 Medicine	理學院 Science	社會科學院 Social Science	其他 Others	合共 Total
2010-2011	6	32	1	31	4	25	25	21	1	146
2011-2012	7	47	4	28	4	25	23	20	0	158
2012-2013	25	66	5	25	9	42	29	32	1	234
2013-2014	8	43	3	11	5	19	18	10	0	117
2014-2015	5	44	2	11	5	30	16	15	1	129
2015-2016	11	33	6	12	5	46	25	19	3	160
2016-2017	16	33	1	14	6	40	18	19	2	149

d. 短期交流生 (以人數計) Short-term exchange students (based on headcount)

年度 Year	善衡學生往外地作交流生 Outbound	外地學生往善衡書院作交流生 Inbound
2011-2012	8	65
2012-2013	39	105
2013-2014	61	59
2014-2015	85	63
2015-2016	68	85
2016-2017	52	81

e. 畢業生獲頒授的學位等級 (以百分比計)

Classification of degrees conferred on S.H. Ho College graduates (percentage)

年度 Year	榮譽甲等 First Class Honours	榮譽乙等一級 Second Class Honours Upper Division	榮譽乙等二級 Second Class Honours Lower Division	榮譽丙等 Third Class Honours	內外全科 醫學士學位 Degree of MBChB	內外全科 醫學士榮譽學位 Degree of MBChB with honours
2012-2013	0%	23%	51%	26%	0%	0%
2013-2014	14%	35%	39%	11%	1%	0%
2014-2015	17%	32%	32%	12%	7%	0%
2015-2016	25%	31%	26%	9%	9%	<1%

2. 學生組織

首屆善衡學生在2010年入學，其後迅即在第一學期籌組代表會，草擬善衡學生會會章，並推選第一屆幹事會成員。隨着兩座學生宿舍何添堂和利國偉堂相繼落成，學生也陸續籌組宿生會。本地生及非本地生一同踴躍參與，顯示善衡學生融和及熱心服務的決心，努力及創新的精神。此外，善衡學生亦參與書院不同的工作委員會，以學生代表的身份提供寶貴意見，有助書院制定合宜政策。

Student Bodies

The first cohort of S.H. Ho students was admitted in 2010, following which the Representative Council was swiftly formed to draft the S.H. Ho College Student Union Constitution and elect its first Executive Council. Along with the successive completion of two residence halls, Ho Tim Hall and Lee Quo Wei Hall, the Resident Councils were formed by the hostel residents. Active participation of local and non-local students in these activities reflected their inclusive spirit and dedication to student service. In addition, S.H. Ho College students also joined the College's different working committees to offer valuable views in the capacity of student leaders, which has helped the College formulate timely and relevant policies.

a. 學生會 Student Unions



2011-2012學生會「伴你衡」
Student Union 'Stand by yoU' (2011-2012)

代表會

主席	趙榮耀
副主席	高爽
文書	盧明丹
成員	鄭欣宜、許霆鈞、梁研、王策、桌壯

Representative Council Members

Chairman	Chiu Wing Yiu
Vice-Chairman	Gao Shuan
Secretary	Lu Mingdan
Members	Cheang Ian I, Hui Ting Kwan, Liang Yan, Wang Ce and Zhuo Zhuang

幹事會

會長	洪浚偉
副會長	黃庭婧
外務副會長	朱樹強
秘書	沈綽璣
外務秘書	陳倩彤
財政	郝若彤
學術幹事及本地生事務	陳諾民
福利幹事及非本地生事務	譚玉琪
體育幹事	莫紫政
群育幹事	鄭琦嵐
社會及校政幹事	朱福全
宣傳幹事	陳麗珊、許逸宇
出版及資訊科技幹事	羅熙婷
總務幹事	孫富衡

Executive Council Members

President	Hung Chun Wai
Internal Vice President	Huang Ting Lillian
External Vice President	Chu Shu Keung
Secretary	Jackie Shum
External Secretary	Chan Sin Tung
Financial Officer	Hao Ruotong
Academic Affairs and Local Student Affairs	Rockman Chan
Welfare Officer and Non-local Student Affairs	Tan Yuqi
Physical Education Officer	Mok Tsz Ching
Recreational Officer	Cheng Yee Laam
Social and University Affairs Officer	Chu Fuk Chuen
Promotion Officers	Chan Lai Shan and Gabriel Hui
Publication and Information Technology Officer	Law Hei Ting Serene
General Administrator	Suen Fu Hang

2012-2013學生會「起衡」

Student Union 'Navis' (2012-2013)

代表會

主席	呂晨碩
副主席	方商
文書	黃曉君
屬會管理	何卓雅
代表	徐爽、卓壯、洪浚偉、李成熙、 梁穎瑤、黃怡然

幹事會

會長	駱其希
副會長	張金鋒
外務副會長	劉宜劍
秘書	吳凱欣
外務秘書	林世傑
財政	曾彥喬
常務幹事	朱浩思
非本地生事務幹事	牛卓文
福利及本地生事務幹事	劉穎匡
宣傳幹事	周文婕
總務幹事	張思揚

Representative Council Members

Chairman	Lu Chenshuo
Vice-Chairman	Fang Shang
Secretary	Wong Hiu Kwan
Overseer of Affiliated Societies	Ho Cheuk Nga
Councilors	Xu Shuang, Zhuo Zhuang, Hung Chun Wai, Li Chengxi, Leung Wing Yiu and Huang Yiran

Executive Council Members

President	Lok Ki Hei Vincent
Internal Vice President	Cheung Kam Fong
External Vice President	Lau Yi Kim
Secretary	Ng Hoi Yan
External Secretary	Lim Sai Kit
Financial Officer	Tsang Yin Kiu
General Officer	Horace Chu
Non-local Student Affairs	Niu Zhuowen
Welfare Officer and Local Student Affairs	Lau Wing Hong
Promotion Officer	Zhou Wenjie
General Administrator	Zhang Siyang



2013-2014學生會「衡昇」
Student Union 'Rise' (2013-2014)

代表會

主席	劉穎匡
副主席	張金鋒
秘書	余卓昇
財政	駱其希 / 馬家聰
屬會管理	蘇俊匡
代表	譚劍弘、方商、趙榮耀、 張欣桐、吳萍湘

Representative Council Members

Chairman	Lau Wing Hong
Vice-Chairman	Cheung Kam Fong
Secretary	Yu Edwin
Financial Secretary	Lok Ki Hei Vincent / Ma Ka Chung
Overseer of Affiliated Societies	So Chun Hong
Councilors	Tan Jianhong, Fang Shang, Chiu Wing Yiu, Cheung Yan Tung and Wu Pingxiang

幹事會

會長	陳盈
副會長	李富威
外務副會長	簡樂怡
秘書	許樂軒
外務秘書	劉偉佳
財政	李宛澤
本地生事務、出版及設計幹事	李嘉泰
出版及設計幹事	朱鳳翎
福利幹事	蘇曉肸、鄭浩智
非本地生事務幹事	宋劍寒
總務幹事	黃偉珞

Executive Council Members

President	Chan Ying
Internal Vice President	Li Fu Wai
External Vice President	Kan Lok Yi
Secretary	Hui Lok Hin
External Secretary	Liu Weijia
Financial Officer	Li Wanze
Local Student Affairs, Publication and Design Officer	Li Ka Tai
Publication and Design Officer	Chu Fung Ling
Welfare Officers	Su Xiaoxi and Cheng Ho Chi
Non-local Student Affairs Officer	Song Jianhan
General Officer	Wong Wai Lok

2014-2015學生會「天馬衡空」 Student Union 'Pegasus' (2014-2015)



代表會

主席	鄭嘉倫 / 張梓鋁
副主席	張梓鋁
秘書	阮康穎
財政	李富威
屬會管理	馬嘉聰
代表	謝昀臻、陳杞君、 胡凱婷、許樂軒、 陳毓雋、劉穎匡

幹事會

會長	陳希旻
副會長	梁义元
外務副會長	張泰禎
秘書	張天玉
外務秘書	潘妙
財政	袁方
出設	冷雨遙、曾福祥
總務	潘樂琛
康樂	蘇俊匡
福利	湯容

Representative Council Members

Chairman	Kwong Ka Lun / Chang Tsz Kwan
Vice Chairman	Chang Tsz Kwan
Secretary	Yuen Hong Wing
Financial Secretary	Li Fu Wai
Overseer of Affiliated Societies	Ma Ka Chung
Councilors	Tse Regina, Chan Kei Kwan, Wu Hoi Ting Dianna, Hui Lok Hin, Chan Yuk Chun and Lau Wing Hong

Executive Council Members

President	Chan Hey Man
Internal Vice President	Leung Yee Yuen
External Vice President	Zhang Tai Zhen
Secretary	Zhang Tianyu
External Secretary	Pan Miao
Financial Officer	Yuan Fang
Publication and Designer Officers	Leng Yuyao and Tsang Fuk Cheung
General Officer	Poon Lok Sum
Recreational Officer	So Chun Hong
Welfare Officer	Tang Rong

2015-2016學生會「衡跡」 Student Union 'Silhouette' (2015-2016)

代表會

主席	陳杞君
副主席	胡凱婷
秘書	周嘉俊
財政	周樂晴
屬會管理 代表	周天諾 陳希旻、劉婉儀、 許文聰、簡樂怡

幹事會

會長	余卓霖
副會長	程惠鏗
外務副會長	林子健
秘書	廖蔚然
財政	李亮德
出設	韓曙憶、梁敏莊
福利	陳穎欣
總務	王佳琪
康樂	何宇環
公關	陳嘉敏

Representative Council Members

Chairman	Chan Kei Kwan
Vice Chairman	Wu Hoi Ting Dianna
Secretary	Chow Ka Chun
Financial Secretary	Chau Debby Lok Ching
Overseer of Affiliated Societies	Chow Tin Nok
Councilors	Chan Hey Man, Lau Yuen Yee, Hui Man Chung and Kan Lok Yi

Executive Council Members

President	Yu Cheuk Lam Sharon
Internal Vice President	Ching Wei See
External Vice President	Lam Tsz Kin Stanley
Secretary	Liu Frances Valerie
Financial Officer	Li Liangde
Publication and Designer Officers	Han Shuyi and Leung Man Chong Larissa
Recreational Officer	Chan Wing Yan
General Officer	Wang Jiaqi
Recreational Officer	He Yuhuan
Public Relations Officer	Chan Kar Man Clare



2016-2017學生會「峯衡」

Student Union 'Pinnacle' (2016-2017)

代表會

主席	余卓霖 / 陳家朗
副主席	黃梓維
秘書	陳巧華
財政	江紫晴
屬下團體管理委員	周天諾
代表	張曉瑩、余卓霖、 林港、梁顯維

幹事會

會長	吳天恩
副會長	杜曉婷
外務副會長	屈祉進
秘書	鄧楚賢
財政	王子儀
出設	黃天蒼、謝京蓉
宣傳	林玥瑩
福利	馮正樺、呂顯榆
康樂	張崇志
總務	陳飛揚

Representative Council Members

Chairman

Yu Sharon Cheuk Lam /
Chan Ka Long

Vice Chairman

Wong Tsz Wai

Secretary

Chan Hau Wah Brenda

Financial Secretary

Kong Charlie

Overseer of Affiliated Societies

Chow Tin Nok

Councilors

Cheung Hiu Ying,
Yu Sharon Cheuk Lam, Lam Kong
and Leung Ho Wai Ian

Executive Council Members

President

Ng Tin Yan Angela

Internal Vice President

To Hiu Ting Agnes

External Vice President

Wat Tze Chun Timothy

Secretary

Tang Chor Yin Wesley

Financial Officer

Wang Zi Yi Bob

Publication and Design Officers

Huang Tianhui Daisy and
Xie Jingrong Jojo

Promotion Officer

Lam Yuet Ying Catalina

Welfare Officers

Fung Ching Wa Watson and
Loi Kit Yue Samantha

Recreational Officer

Zhang Chongzhi Twilight

General Officer

Chen Feiyang James



2017-2018學生會「逆水衡」
Student Union 'Sailor' (2017-2018)



代表會

主席	陳家朗
副主席	屈祉進
秘書	劉暉楠
財政	梁曉恩
屬下團體管理委員	陳毓雋
代表	翁彩冰、鍾汶穎、 湯俊熙

幹事會

會長	朱令筠
副會長	許真榮
外務副會長	黃千愉
秘書	曾彬鉞
財政	楊可欣
宣傳	范愷意、老綽禧
設計	丁麗雯、侯錦浩
福利	段玥
康樂	王群之

Representative Council Members

Chairman	Chan Ka Long
Vice Chairman	Wat Tze Chun
Secretary	Lau Wai Nam
Financial Secretary	Leung Hiu Yan
Overseer of Affiliated Societies	Chan Yuk Chun
Councilors	Yung Choi Ping, Chung Man Wing and Tong Theodore Jeremy

Executive Council Members

President	Chu Ling Kwan
Vice President	Hur Jinyoung
External Vice President	Wong Chin Yu
Secretary	Zeng Bincheng
Financial Secretary	Yang Kexin
Promotion Secretaries	Fan Kaiyi and Lo Cheuk Hei
Design Officers	Ding Li Wen and Hou Jinhao
Welfare Officer	Duan Yue
Recreational Officer	Wang Chun Chih

b. 何添堂宿生會

Residence Councils of Ho Tim Hall

2012-2013何添堂宿生會「開創先河」

Resident Council of Ho Tim Hall – 'Ho Tim Mate' (2012-2013)

宿生會成員

堂主	蘇俊匡
內務副堂主	戴沛恆
外務副堂主	梁依珩
文書	鄭婉儀
財政	江嘉煒
康體	鄭穎琪、邱偉平
福利	溫震東、李業成
宣傳	許健威
出設	張欣桐、吳宛容、談穎怡
總務	周健邦、馮銘慧

Resident Council Members

President

So Chun Hong

Internal Vice President

Tai Pui Hang

External Vice President

Leung Yee Hang

Secretary

Cheng Yuen Yee

Financial Secretary

Kong Ka Wai

Recreational Officers

Cheng Wing Kei and Yau Wai Ping

Welfare Officers

Wan Chun Tung and Lee Yip Shing

Promotion Officer

Hu Kin Wai

Publication Officers

Cheung Yan Tung, Ng Yuan Yung
and Tam Wing Yee

General Officers

Chow Kin Pong and Fong Min Whui



2013-2014何添堂宿生會「添之驕子」

Resident Council of Ho Tim Hall – ‘Tim Spirit’ (2013-2014)



宿生會成員

堂主

黎子禾

內務副堂主

張曉瑩

秘書

翁維愷

財政

蘇衍安

康體

麥傲冬、陳卓賢

福利

莫佩玲、謝昀臻

宣傳

張梓鋸、陳樂庭

出設

郭銘豐、李奕

總務

鄭康炫、楊曉莉

Resident Council Members

President

Lai Tsz Wo

Internal Vice President

Cheung Hiu Ying

Secretary

Yung Wai Hoi Rex

Financial Secretary

So Hin On

Recreational Officers

Mak Ngo Tung and Chan Cheuk Yin

Welfare Officers

Mok Pui Ling and Tse Regina

Promotion Officers

Chang Tsz Kwan and Chan Lok Ting

Design and Publication Officers

Kwong Ming Fung Thomas and Li Yi

General Officers

Cheng Hong Yuen and Yeung Hiu Lee



2014-2015何添堂宿生會「獨步添下」
Resident Council of Ho Tim Hall –
‘Ultimate’ (2014-2015)

宿生會成員

堂主	劉婉儀
內務副堂主	陳雅蓉
外務副堂主	溫穎彤
秘書	余組輝
財政	許真榮
康樂及體育	任梓豪
宣傳	李欣瑩
福利	許晉傑、陳珮柔
出版及設計	陳詩瑩
總務	潘卓基

Resident Council Members

President	Lau Yuen Yee
Internal Vice President	Chan Nga Yung
External Vice President	Wan Wing Tung
Secretary	Yu Cho Fai
Financial Secretary	Hur Jinyoung
Recreational and Sports Officer	Ren Zihao
Promotion Officer	Li Yan Ying
Welfare Officers	Hui Chun Kit and Chan Pui Yau
Publication and Design Officer	Chan Sze Ying
General Officer	Poon Henry Arthur



2015-2016何添堂宿生會「翺添翔」
Resident Council of Ho Tim Hall –
'HoLbatross' (2015-2016)

宿生會成員

堂主	黃子駿
內務副堂主	林港
外務副堂主	蔡俊杰
秘書	劉劍鋒
財政	林坤緯
宣傳	楊可程
福利	鄭富謙、李翠怡
出版及設計	李凱晴、鄧學柔
總務	梁穎維、勞駿諾

Resident Council Members

President	Wong Tsz Chun
Internal Vice President	Lam Kong
External Vice President	Choi Chun Kit
Secretary	Liu Jian Feng
Financial Secretary	Lam Kwai Wai
Promotion Officer	Yeung Ho Ching
Welfare Officers	Cheng Fu Him and Li Chui Yi
Publication and Design Officers	Lee Hoi Ching and Tang Hok Yau
General Officers	Leung Ho Wai and Lo Chun Lok



2016-2017何添堂宿生會「添下為家」

Resident Council of Ho Tim Hall – 'Intimate' (2016-2017)

宿生會成員

堂主	梁曉恩
內務副堂主	陳奕安
外務副堂主	郭穎圖
秘書	何仲明
財政	李永然
康樂	曾子添
宣傳	李穎琪
福利	郭家駿、謝宛恩
出版及設計	林焯堃、陳浩璋
總務	蔡佳勳

Resident Council Members

President	Leung Hiu Yan
Internal Vice President	Chan Yik On
External Vice President	Kwok Wing To
Secretary	He Zhongming
Financial Secretary	Li Yung Ran
Recreational Officer	Tsang Tsz Tim
Promotion Officer	Lee Wing Ki
Welfare Officers	Kwok Ka Chun and Tse Yuen Yan
Publication and Design Officers	Lam Cheuk Kwan and Chan Ho Cheung
General Officer	Tsai Chia Hsun

2017-2018何添堂宿生會「皓月添里」

Resident Council of Ho Tim Hall – ‘Optimal’ (2017-2018)

宿生會成員

堂主	黃嘉浩
內務副堂主	潘貴磊
外務副堂主	萬凱慧
秘書	曾梓欣
財政	陳穎雯
康樂	張家明
宣傳	張浩霖
福利	黃梓婷
出版及設計	鍾焯鈴、朱柏熹

Resident Council Members

President	Wong Kar Ho Toby
Internal Vice President	Pun Kwai Lui
External Vice President	Mang Hoi Wai
Secretary	Tsang Tsz Yan
Treasurer	Chan Wing Man
Recreation Officer	Cheung Ka Ming
Promotion Officer	Cheung Hou Lam
Welfare Officer	Wong Tsz Ting
Publication and Design Officers	Chung Chuek Ling and Chu Pak Hek



c. 利國偉宿生會 Resident Councils of Lee Quo Wei Hall



2013-2014利國偉宿生會「建國偉業」 Resident Council of Lee Quo Wei Hall – 'PioLeer' (2013-2014)

宿生會成員

堂主	陳毓雋
內務副堂主	阮康穎
外務副堂主	高成傑
文書	李浩蓉
財政	鄭嘉倫
康體	鄔尚儒、余中涵
福利	張珊、鄧睿君
宣傳	謝俊森、周晉陞、陳欣
總務	周嘉俊、寧千洋

Resident Council Members

President	Chan Yuk Chun
Internal Vice President	Yuen Hong Wing
External Vice President	Ko Shing Kit
Secretary	Li Hou Yong Ingrid
Financial Secretary	Kwong Ka Lun
Recreation Officers	Wu Shangru and Allen Yu
Welfare Officers	Zhang Shan and Deng Ruijun
Promotion Officers	Tse Chun Sum, Chau Chun Sing Andrew and Chen Hsin
General Officers	Chow Ka Chun and Ning Qianyan



2014-2015利國偉宿生會「雄才偉略」

Resident Council of Lee Quo Wei Hall – ‘Eagle-Eye’ (2014-2015)

宿生會成員

堂主	周天諾
內務副堂主	陳珮春
外務副堂主	曾曉真
秘書	唐倩
財政	曾奕輝
福利	余德雄、金慧婷
宣傳	許文聰、蘇詠怡
總務	吳瑾、張巍瀚

Resident Council Members

President	Chow Tin Nok
Internal Vice President	Chan Pui Chun
External Vice President	Tsang Hiu Chun
Secretary	Tang Qian
Financial Secretary	Zeng Yihui
Recreational Officers	Yu Tak Hung and Jin Huiting
Promotion Officers	Hui Man Chung and So Wing Yi
General Officers	Wu Jin and Zhang Weihan



2015-2016利國偉宿生會「國士無雙」
Resident Council of Lee Quo Wei Hall –
‘UniQuo’ (2015-2016)

宿生會成員

堂主	陳巧華
內務副堂主	有川奈奈
外務副堂主	徐慧心
秘書	崔宏銳
財政	楊森
福利	陳家豪、尚迪
宣傳	吳焯熙
出版及設計	楊鵬、張樾
總務	江紫晴、許麗娜

Resident Council Members

President	Chan Hau Wah Brenda
Internal Vice President	Arikawa Nana
External Vice President	Hsu Huei Shin
Secretary	Cui Hongrui
Financial Secretary	Yang Sen
Welfare Officers	Chen Jiahao and Shang Di
Promotion Officer	Ng Cheuk Hei
Publication and Design Officers	Yang Peng and Zhang Yue
General Officers	Kong Charlie and Kho Rina Khoeswandy

2016-2017利國偉宿生會「經國之才」

Resident Council of Lee Quo Wei Hall – 'eLEEte' (2016-2017)



宿生會成員

堂主	翁彩冰
內務副堂主	呂依哲
外務副堂主	許耀元
秘書	劉暉楠
財政	曹家銘
福利	閻汐萌、朱澤坤
宣傳	車以琳、陳靖怡
出版及設計	趙文靖
總務	都知行、過靖

Resident Council Members

President	Yung Choi Ping
Internal Vice President	Lyu Yizhe
External Vice President	Hsu Yau Yuen
Secretary	Lau Wai Nam
Financial Secretary	Cao Jiaming
Welfare Officers	Yan Ximeng and Zhu Zekun
Promotion Officers	Char Yee Lam and Chan Ching Yee
Publication and Design Officer	Zhao Wenjing
General Officers	Du Zhixing and Guo Jing

2017-2018利國偉宿生會「經天偉地」

Resident Council of Lee Quo Wei Hall – ‘Vox PopuLEE’ (2017-2018)



宿生會成員

堂主	韋有稷
內務副堂主	鄧旭誠
外務副堂主	朱敏彥
秘書	蘇恒岳
財政	陳俊謙
康體	謝駿諾
福利	劉殷因、汪成周
宣傳	傅齊葳、林昕嵐
出版及設計	鄉世洲、梁心瑜
總務	蔡志鵬

Resident Council Members

President	Wai Yau Chik
Internal Vice President	Tang Yuk Shing
External Vice President	Chu Man Yin Jacqueline
Secretary	So Hang Ngok
Treasurer	Chan Chun Him
Recreation Officer	Tsah Chi Pang
Welfare Officers	Liu Yin Yin and Wang Chengzhou
Promotion Officers	Fuh Chi Wei and Lam Yan Lam Eos
Publication and Design Officers	Heung Sai Chau and Leung Sum Yu
General Officer	Tse Chun Lok



3. 獎項及嘉許

Awards and Recognitions

善衡學生屢獲社會各界的嘉許和肯定，以下為當中的主要獎項：

a. 創新科技獎學金計劃

「創新科技獎學金計劃」由香港青年協會主辦，在本地大學主修科學、工程及醫科學系的學生經提名、甄選、評審，可獲頒十五萬港元獎學金參與一系列項目，以擴闊國際視野及增加專業經驗，包括海外/國內暫讀計劃、本地實習生計劃、導師計劃及服務項目計劃。善衡學生在過去數年均獲頒創新科技獎學金。

S.H. Ho College students have received commendations and endorsements from diverse sectors in society. The major awards they have been honoured with are provided below:

Innovation and Technology Scholarship Award Scheme

The 'Innovation and Technology Scholarship Award Scheme' is organised by The Hong Kong Federation of Youth Groups. Local science, engineering and medical undergraduates stand a chance to be offered a scholarship of HK\$150,000, upon nomination, selection and deliberation. Awardees are required to participate in a series of projects, designed to broaden their international exposure and industry experiences, including overseas/mainland attachment programmes, local internship programmes, mentorship programmes and service project programmes. S.H. Ho College students have received the 'Innovation and Technology Scholarship Award' over the past years.



善衡學生陳嘉鴻
Chan Ka Hung,
S.H. Ho College student

2013年得獎者
2013 awardee



善衡學生陳龍
Chan Long,
S.H. Ho College student

2015年得獎者
2015 awardee



善衡學生梁雅媛
Leung Ya Yuan Rachel,
S.H. Ho College student

2016年得獎者
2016 awardee



善衡學生沈頌恩
Sung Chung Yan Joanne,
S.H. Ho College student

2016年得獎者
2016 awardee



善衡學生黃翠姮
Wong Chui Hang,
S.H. Ho College student

2017年得獎者
2017 awardee

獎項

b. 香港賽馬會獎學金

香港賽馬會獎學金旨在嘉許學業成績卓越，並熱心服務社區的學生，得獎者可獲全面資助學費及生活費。善衡學生梁雅媛在2013-2014年獲頒獎學金。

c. 香港十大再生勇士選舉

香港十大再生勇士選舉由慈善復康服務機構「再生會」主辦，以表揚病患者積極勇敢抗病，推廣正面的人生觀。善衡學生譚永亨在2014-2015年度獲選為再生勇士。

d. 紀律部隊職工子弟獎學金

紀律部隊職工子弟獎學金讓就讀中大的在職或已退休紀律部隊職員之子女申請，每年由獎學金委員會選出五名品學兼優的得獎生。善衡學生陳穎妍在首屆甄選中勝出獲獎。



The Hong Kong Jockey Club Scholarship

The 'Hong Kong Jockey Club Scholarship' is aimed at recognizing students for academic excellence and those dedicated towards serving the community. Awardees are offered comprehensive financial assistance to cover their tuition fees and living expenses. S.H. Ho College student Leung Ya Yuan Rachel was awarded the scholarship in 2013-14.

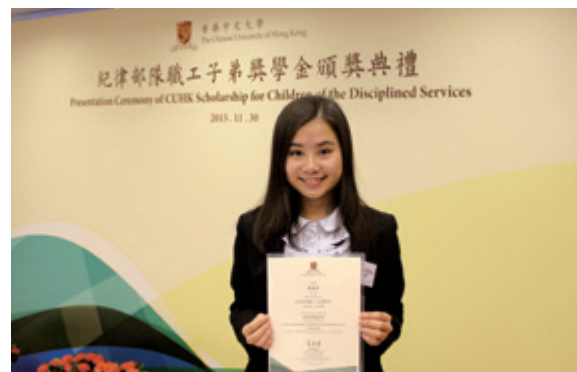


Hong Kong Ten Outstanding Warriors of Regeneration Award

The 'Hong Kong Ten Outstanding Warriors of Regeneration Award' is organised by Regeneration Society, a charitable rehabilitation service organisation, to commend those afflicted with chronic diseases for their brave efforts in overcoming their limiting conditions and promoting positive life values. S.H. Ho College student Tam Wing Hang Henry received this award in 2014-15.

Scholarship for Children of the Disciplined Services

The 'Scholarship for Children of the Disciplined Services' is open to application from CUHK undergraduates who are the offspring of in-service or retired employees of the disciplined services. Every year, the scholarship committee selects five awardees with excellent academic results and conduct. S.H. Ho College student Chan Wing Yin was a recipient during the inaugural year of the scholarship.



4. 獎助學金 Scholarships and Financial Aid

為鼓勵及表彰學業成績優秀和才藝表現傑出的學生，善衝書院每年均頒發多項全額及非全額獎學金。獲獎同學若學業成績達指定要求，可獲續頒獎學金至正常修業年期。何善衝基金會董事何子樑醫生伉儷更慷慨捐贈六十萬港元，獎勵一名品學兼優的本地醫科新生。

Encouraging and recognising students with outstanding academic results and talents, S.H. Ho College presents numerous full and partial scholarships to deserving candidates. Students who fulfil the designated criteria in academic performance will be eligible for scholarship renewal until their normal graduation years. Director of The S. H. Ho Foundation Dr Tzu-leung Ho and his wife have generously donated HK\$600,000 in recognition of a local medical undergraduate with outstanding academic achievements and moral character.



陳奕璇

Chan Yik Shuen

2010-2011年度得獎者
2010-2011 awardee



梁穎瑤

Leung Wing Yiu

2011-2012年度得獎者
2011-2012 awardee



周彥婷

Chow Yin Ting

2012-2013年度得獎者
2012-2013 awardee



黃雪儀

Wong Suet Yee

2013-2014年度得獎者
2013-2014 awardee



林嘉慧

Lam Ka Wai

2014-2015年度得獎者
2014-2015 awardee



林栢豪

Lin Pak Ho

2015-2016年度得獎者
2015-2016 awardee



葉鳴弦

Yip Ming Yuen

2016-2017年度得獎者
2016-2017 awardee

善衝學生若在學期間成績優異及課外活動表現活躍，可獲頒年度院長榮譽獎，而應屆畢業生若在學業、品行及貢獻書院均表現超卓，可獲頒書院「文行忠信傑出獎」。

The College Master's List Awards are awarded annually to S.H. Ho College students who have excelled academically and actively participated in extracurricular activities at the College. Current undergraduates are eligible for the S.H. Ho Eminent College Scholarship if they demonstrate academic excellence, exemplary conduct and outstanding contributions to the College.



譚玉琪
Tan Yuqi

2013-2014年度得獎者
2013-2014 awardee



吳皓妍
Ng Ho In

2014-2015年度得獎者
2014-2015 awardee



張樂陶

Cheung Lok To Samantha

2015-2016年度得獎者
2015-2016 awardee

為擴闊同學的國際視野，善衡書院鼓勵學生與世界一流的學府接觸，特設多項學術文化交流獎學金。此外，書院也設立各類全人發展獎學金，以鼓勵於體育、音樂、藝術創作、領導才能和社會服務方面表現優異的學生，全面配合書院全人教育的理念。

S.H. Ho College has established several academic and culture exchange scholarships to broaden the international outlook of its students and encourage them to connect with leading universities in the world. In addition, the College has also set up various whole-person development scholarships to encourage students with outstanding performances in sport, music, artistic creativity, leadership and social service, in line with its whole-person development education concept.

獎學金 Scholarships	金額 (港元) Amount (HK\$)
何子樑醫生伉儷傑出學生獎學金 Dr. and Madam Tzu-leung Ho Scholarships for Distinguished Students	
何子樑醫生伉儷傑出醫學生獎學金 Dr. and Madam Tzu-leung Ho Scholarships for Distinguished Medical Students	上限為 Up to \$600,000
何子樑醫生伉儷全額獎學金 Dr. and Madam Tzu-leung Ho Full Scholarships for Medical Students	\$55,750
何子樑醫生伉儷傑出護理學生獎學金 Dr. and Madam Tzu-leung Ho Scholarships for Distinguished Nursing Students	\$10,000
新生入學獎學金 Matriculation Scholarships	
善衡書院傑出新生獎學金 (本港) S.H. Ho College Matriculation Scholarships for Academic Excellence (Local)	上限為 Up to \$80,000
善衡書院傑出新生獎學金 (內地) S.H. Ho College Matriculation Scholarships for Academic Excellence (Mainland)	上限為 Up to \$80,000
善衡書院傑出新生獎學金 (海外) S.H. Ho College Matriculation Scholarships for Academic Excellence (Overseas)	上限為 Up to \$42,100
善衡書院佛教善德英文中學畢業生專設獎學金 S.H. Ho College Matriculation Scholarships for Buddhist Sin Tak College Graduates	上限為 Up to \$42,100
何善衡全宿共膳國際新生獎學金 Ho Sin Hang Hall Full Room and Board Scholarship for International Students	上限為 Up to \$15,000
善衡書院新生才藝獎學金 S.H. Ho College Matriculation Scholarships for Talented Students	上限為 Up to \$25,000
善衡書院雙語傑出新生獎 S.H. Ho College Matriculation Scholarships for Bilingual Excellence	\$3,000
交換生獎學金 Student Exchange Scholarships	
善衡書院傑出海外留學獎學金 S.H. Ho College Exchange Scholarship for Outstanding Student	\$40,000
善衡書院楊志雲慈善基金交換生獎學金 S.H. Ho College Young Chi Wan Foundation Student Exchange Scholarships	\$15,000- \$20,000
善衡書院伍宜孫基金交換生獎學金 S.H. Ho College Wu Yee Sun Charitable Foundation Student Exchange Scholarships	\$15,000- \$20,000
善衡書院何善衡慈善基金會交換生獎學金 S.H. Ho College The S. H. Ho Foundation Student Exchange Scholarships	\$3,000- \$20,000

獎學金 Scholarships	金額 (港元) Amount (HK\$)
善衡書院海外學術交流獎學金 S.H. Ho College Scholarships for Overseas Academic Activities	\$3,000
善衡書院兩岸三地學術交流獎學金 S.H. Ho College Cross Strait Academic Exchange Scholarships	\$3,000
善衡書院外地服務學習獎學金 S.H. Ho College Overseas Service and Learning Scholarships	\$2,000
善衡書院海外交流計劃獎學金 (暑期交流計劃) S.H. Ho College Exchange Scholarships (Summer Institute)	上限為 Up to \$25,000
優秀學術獎 Scholarships for Academic Excellence	
善衡書院傑出學生獎 S.H. Ho College Outstanding Student Scholarships	\$3,000- \$42,100
善衡書院院長榮譽獎 S.H. Ho College Master's List Awards	\$25,000
善衡書院年度傑出學術表現獎學金 S.H. Ho College Annual Scholarships for Outstanding Academic Performance	\$10,000
善衡書院住宿獎學金 S.H. Ho College Residence Scholarships	\$12,000
善衡書院學業躍進獎學金 S.H. Ho College Advancement Scholarships	\$1,500-\$3,000
全人發展獎學金 Whole Person Development Awards	
善衡書院全人發展金章獎 S.H. Ho College Whole Person Development Gold Medal	上限為 Up to \$12,000
善衡書院卓越書院貢獻獎 S.H. Ho College Excellent Contribution Awards	上限為 Up to \$10,000
善衡書院學生活動獎 S.H. Ho College Student Activities Awards	上限為 Up to \$4,000
通識教育及展藝獎學金 General Education and Talent Scholarships	
善衡書院通識教育 (啟導課程) 獎學金 S.H. Ho College Scholarships for General Education (Induction Course)	\$1,500
善衡書院通識教育 (總結課程) 獎學金 S.H. Ho College Scholarships for General Education (Capstone Course)	\$3,000
善衡書院卓越才藝獎學金 S.H. Ho College Talent Scholarships	\$3,000-\$25,000
善衡書院社會服務獎 S.H. Ho College Social Service Awards	\$3,000-\$15,000
畢業生獎學金 Graduate Scholarships	
善衡書院文行忠信傑出獎 S.H. Ho College Eminent College Scholarships	\$80,000
Ho Tim Foundation Scholarships at Hughes Hall	英鎊 UK £34,270

5. 畢業禮 Graduation

經過數年的默默耕耘，善衡書院的學生畢業了。他們與書院一同成長，塑造「家」的氛圍，攜手創造書院歷史。書院一直努力為同學提供創新及獨特的全人教育，以及「家」的關懷。畢業禮是收獲的季節，書院欣見畢業生朝向夢想起飛。



S.H. Ho College students can look forward to their graduation after a few years of silent toil. Growing together with the College, they have contributed to the atmosphere of 'home' on campus and created a part of the college history. The College has worked hard at providing its students with an innovative and unique whole-person education, coupled with the caring concern of a 'home'. The graduation ceremony signifies the season of harvest and the College is glad to see its students reaching for their dreams.

2012-2013年度畢業生名錄 2012-2013 Graduates

文學院 Faculty of Arts	
陳安然 CHAN, On Yin	中國語言及文學 Chinese Language and Literature
陳藝珉 CHAN, Ngai Man Gloria	英文 English
工商管理學院 Faculty of Business Administration	
陳莉珊 CHAN, Lee Shan	酒店及旅遊管理學 Hotel and Tourism Management
PARK, Jeang Bin	酒店及旅遊管理學 Hotel and Tourism Management
羅熙婷 LAW, Hei Ting Serene	工商管理綜合課程 Integrated Business Administration Programme
黃永俊 WONG, Wing Chun	專業會計學 Professional Accountancy
工程學院 Faculty of Engineering	
鄭凱支 CHENG, Hoi Chi	生物醫學工程學 Biochemical Engineering
管尚邦 KOON, Sheung Pong James	生物醫學工程學 Biochemical Engineering
李惠枝 LEE, Wai Chi	生物醫學工程學 Biochemical Engineering
白韻如 PAK, Wan Yu	生物醫學工程學 Biochemical Engineering
張寶欣 CHEUNG, Po Yan	計算機工程學 Computer Engineering
何迪明 HO, Tik Ming	計算機科學 Computer Science
李藹恩 LEE, Oi Yan	計算機科學 Computer Science
朱樹強 CHU, Shu Keung	信息工程學 Information Engineering
李業成 LEE, Yip Shing	信息工程學 Information Engineering
葉柏豪 YIP, Pak Ho	信息工程學 Information Engineering
陳嘉言 CHAN, Chris Ka Yin	機械與自動化工程學 Mechanical and Automatic Engineering
朱福全 CHU, Fuk Chuen	機械與自動化工程學 Mechanical and Automatic Engineering
孫富衡 SUEN, Fu Hang	系統工程與工程管理學 Systems Engineering and Engineering Management



醫學院 Faculty of Medicine

張鈺坤 CHEUNG, Yuk Kwan	藥劑學 Pharmacy
吳煒榮 NG, Wai Wing	藥劑學 Pharmacy
蔡振慧 TSOI, Chun Wai Truda	藥劑學 Pharmacy
黃再欣 WONG, Joy Yan	藥劑學 Pharmacy

理學院 Faculty of Science

朱寶怡 CHU, Po Yi	生物化學 Biochemistry
魏昊 NGAI, Ho	生物化學 Biochemistry
洪浚偉 HUNG, Chun Wai	生物學 Chemistry
古雯婷 KU, Man Ting	化學 Chemistry
羅明慧 LAW, Ming Wai	食品及營養科學 Food and Nutritional Sciences
蘇錦昌 SO, Kam Cheong	食品及營養科學 Food and Nutritional Sciences
陳雋暉 CHAN, Chun Fai	物理 Physics
譚振南 TAM, Chun Nam	物理 Physics

社會科學院 Faculty of Social Science

盧譽心 LOO, Yu Sum	建築學 Architectural Studies
唐熙 TONG, Hei	建築學 Architectural Studies
黎健樂 LAI, Kin Lok	經濟學 Economics
莫紫政 MOK, Tsz Ching	經濟學 Economics
曾璐 TSANG, Lo	經濟學 Economics
陳麗珊 CHAN, Lai Shan	新聞與傳播學 Journalism and Communication
陳倩彤 CHAN, Sin Tung	新聞與傳播學 Journalism and Communication
何芍瑤 HO, Cheuk Yiu Jaye	心理學 Psychology
黃庭婧 HUANG, Lillian Ting	心理學 Psychology
潘璟誼 POON, King Yi	心理學 Psychology
彭樂欣 PANG, Lok Yan	社會工作學 Social Work
何健壽 HO, Kin Sau	社會學 Sociology

2013-2014年度畢業生名錄
2013-2014 Graduates

文學院 Faculty of Arts		
潘安奇 PUN, On Ki		文化研究 Cultural Studies
羅美玲 LAW, Mei Ling		英文 English
劉澤磊 LAU, Chak Lui		哲學 Philosophy
趙榮耀 CHIU, Wing Yiu		宗教研究 Religious Studies
工商管理學院 Faculty of Business Administration		
蕭俊生 SIU, Chun Son		酒店及旅遊管理學 Hotel and Tourism Management
冼淑韞 SIN, Shuk Wan		保險、財務與精算學 Insurance, Financial and Actuarial Analysis
陳凱雯 CHAN, Hoi Man Phyllis		工商管理綜合課程 Integrated Business Administration Programme
鄭欣宜 CHEANG, Ian I		工商管理綜合課程 Integrated Business Administration Programme
郝若彤 HAO, Ruotong		工商管理綜合課程 Integrated Business Administration Programme
何達文 HO, Tat Man David		工商管理綜合課程 Integrated Business Administration Programme
關慧賢 KWAN, Wai Yin Melissa		工商管理綜合課程 Integrated Business Administration Programme
劉宜劍 LAU, Yi Kim		工商管理綜合課程 Integrated Business Administration Programme
李昭熹 LI, Zhaoxi		工商管理綜合課程 Integrated Business Administration Programme
柳倩穎 LIU, Qianying		工商管理綜合課程 Integrated Business Administration Programme
吳靖文 NG, Ching Man Cynthia		工商管理綜合課程 Integrated Business Administration Programme
容琳 RONG, Lin		工商管理綜合課程 Integrated Business Administration Programme
申浣杉 SHEN, Huanshan		工商管理綜合課程 Integrated Business Administration Programme
SIGMUND, Ian Sebastian Garner		工商管理綜合課程 Integrated Business Administration Programme
孫陳帥 SUN, Chenshuai		工商管理綜合課程 Integrated Business Administration Programme
譚樹 TAN, Shu		工商管理綜合課程 Integrated Business Administration Programme
吳佳霖 WU, Chia-lin		工商管理綜合課程 Integrated Business Administration Programme
楊孝業 YEUNG, Hau Yip		工商管理綜合課程 Integrated Business Administration Programme
易沛昕 YICK, Pui Yan Candy		工商管理綜合課程 Integrated Business Administration Programme
石煒然 SHI, Weiran		專業會計學 Professional Accountancy
蘇琳 SU, Lin		專業會計學 Professional Accountancy
曾顯彰 TSANG, Hin Cheung		專業會計學 Professional Accountancy
陽光 YANG, Guang		專業會計學 Professional Accountancy
周倩凱 ZHOU, Qiankai		專業會計學 Professional Accountancy
CLEMENT, Christoffer		計量金融學 Quantitative Finance
教育學院 Faculty of Education		
韓寶儀 HON, Po Yee		英國語文研究與英國語文教育 English Studies and English Language Education
葉淑敏 IP, Shuk Man		運動科學與健康教育 Exercise Science and Health Education
彭文俊 PANG, Man Chun		運動科學與健康教育 Exercise Science and Health Education

工程學院 Faculty of Engineering

陳諾民	CHAN, Rock Man	生物醫學工程學	Biochemical Engineering
劉卓霖	LAU, Cheuk Lam	生物醫學工程學	Biochemical Engineering
黃翠姮	WONG, Chui Hang	生物醫學工程學	Biochemical Engineering
陳宇文	CHAN, Yu Man	計算機科學	Computer Science
許逸宇	HUI, Gabriel	計算機科學	Computer Science
林錦豪	LAM, Kam Ho	計算機科學	Computer Science
凌子健	LING, Tsz Kin	計算機科學	Computer Science
鄧偉明	TANG, Wai Ming	計算機科學	Computer Science
謝文鑄	TSE, Man Chuen	計算機科學	Computer Science
徐世和	TSUI, Sai Wo	計算機科學	Computer Science
許靈鈞	HUI, Ting Kwan	電子工程學	Electronic Engineering
張百帆	ZHANG, Baifan	電子工程學	Electronic Engineering
周健邦	CHOW, Kin Pong	信息工程學	Information Engineering
許健威	HUI, Kin Wai	信息工程學	Information Engineering
邱偉平	YAU, Wai Ping Tony	信息工程學	Information Engineering
陳凱耀	CHAN, Hoi Yiu	機械與自動化工程學	Mechanical and Automatic Engineering
陳子傑	CHAN, Tsz Kit	機械與自動化工程學	Mechanical and Automatic Engineering
盧貴良	LO, Kwai Leung	機械與自動化工程學	Mechanical and Automatic Engineering
譚爵棋	TAM, Cheuk Ki	機械與自動化工程學	Mechanical and Automatic Engineering
譚劍弘	TAN, Jianhong	機械與自動化工程學	Mechanical and Automatic Engineering
殷芷彤	YAN, Tsz Tung	機械與自動化工程學	Mechanical and Automatic Engineering
曹穎	CAO, Ying	系統工程與工程管理學	Systems Engineering and Engineering Management
劉宗沛	LAU, Chung Pui Patrick	系統工程與工程管理學	Systems Engineering and Engineering Management

法律學院 Faculty of Law

陳伯銘	CHAN, Pak Ming Darren	法學	LLB Programme
李倬勳	LI, Cheuk Yui	法學	LLB Programme
曾綺晴	TSANG, Yee Ching	法學	LLB Programme

醫學院 Faculty of Medicine

劉桂璋	LAU, Kwai Cheung	內外全科醫學	MBChB Programme
林詩敏	LAM, Si Man	護理學	Nursing
駱瑤	LOK, Yiu	護理學	Nursing
趙麗茵	CHIU, Lai Yan	藥劑學	Pharmacy
倪綺珊	NGAI, Yee Shan	藥劑學	Pharmacy
陳嘉鴻	CHAN, Ka Hung	公共衛生	Public Health

理學院 Faculty of Science		
馮銘慧 FONG, Min Whui	生物學 Biology	
麥均誥 MAK, Kwan Ko	生物學 Biology	
譚玉琪 TAN, Yuqi	細胞及分子生物學 Cell and Molecular Biology	
張嘉偉 CHEUNG, Ka Wai	化學 Chemistry	
宋凱 SUNG, Hoi	化學 Chemistry	
周穎彤 CHOW, Wing Tung Sheila	環境科學 Environmental Science	
鄭婉儀 CHENG, Yuen Yee	食品及營養科學 Food and Nutritional Sciences	
黃敬修 WONG, King Shou	食品及營養科學 Food and Nutritional Sciences	
梁康強 LEUNG, Hong Keung	數學 Mathematics	
孟庭葦 MENG, Tingwei	數學 Mathematics	
辛偉宁 XIN, Weining	數學 Mathematics	
鍾漢輝 CHUNG, Hon Fai	分子生物技術學 Molecular Biotechnology	
吳書琴 WOO, Theodosia	分子生物技術學 Molecular Biotechnology	
鍾顯持 CHUNG, Hin Chi	物理 Physics	
梁卓軒 LEUNG, Cheuk Hin	物理 Physics	
梁偉康 LEUNG, Wai Hong	物理 Physics	
田玲 TIAN, Ling	風險管理科學 Risk Management Science	
万里明 WAN, Liming	風險管理科學 Risk Management Science	
肖詩語 XIAO, Shiyu	風險管理科學 Risk Management Science	
社會科學院 Faculty of Social Science		
錢卓怡 CHIN, Cheuk Yee	建築學 Architectural Studies	
林建均 LAM, Kin Kwan Kenji	建築學 Architectural Studies	
吳倩婷 NG, Sin Ting	建築學 Architectural Studies	
吳宛容 NG, Yuen Yung Yuyu	建築學 Architectural Studies	
沈軍 SHEN, Jun	建築學 Architectural Studies	
蔡泳妤 CHOI, Wing Ue	經濟學 Economics	
高爽 GAO, Shuang	經濟學 Economics	
樓一霖 LOU, Yilin	經濟學 Economics	
王博雅 WANG, Boya	經濟學 Economics	
陳思恒 CHAN, Sze Hang	政治與行政學 Government and Public Administration	
梁國衡 LEUNG, Kwok Hang	政治與行政學 Government and Public Administration	
陳皓盈 CHAN, Ho Ying	新聞與傳播學 Journalism and Communication	
葉欣欣 YIP, Yan Yan	新聞與傳播學 Journalism and Communication	
曾嘉俊 TSANG, Ka Chun	心理學 Psychology	
張詩雨 ZHANG, Shiyu	心理學 Psychology	
金采源 KIM, Chae Won	社會學 Sociology	
顏超敏 NGAN, Chiu Man	社會學 Sociology	
袁子雅 YUEN, Tsz Nga	社會學 Sociology	



2014-2015年度畢業生名錄
2014-2015 Graduates

文學院 Faculty of Arts

張嘉琪 CHEUNG, Ka Kei	中國語言及文學 Chinese Language and Literature
葛偉俊 KOT, Wai Chun	中國語言及文學 Chinese Language and Literature
吳略 NG, Hawk	中國語言及文學 Chinese Language and Literature
吳皓妍 NG, Ho In	中國語言及文學 Chinese Language and Literature
尹佳熙 YOON, Gahee	中國研究* Chinese Studies*
朱鳳翎 CHU, Fung Ling	文化研究 Cultural Studies
陳靜儀 CHAN, Ching Yee	英文 English
陳曉君 CHAN, Hiu Kwan	英文 English
陳子楷 CHAN, Tsz Kai	英文 English
林紫微 LUM, Zee Mei Heather	歷史 History
賴靜瑜 LAI, Ching Yu	日本研究 Japanese Studies
杜美娜 TO, Mei Nor	語言學 Linguistics

工商管理學院 Faculty of Business Administration

鄭康炫 CHENG, Hong Yuen	酒店及旅遊管理學 Hotel and Tourism Management
張嘉怡 CHEUNG, Ka Yi	酒店及旅遊管理學 Hotel and Tourism Management
張欣桐 CHEUNG, Yan Tung	酒店及旅遊管理學 Hotel and Tourism Management
吳毅信 NG, Ngai Shun	酒店及旅遊管理學 Hotel and Tourism Management
施文 SHI, Wen	酒店及旅遊管理學 Hotel and Tourism Management
余心怡 YEE, Sum Yi	酒店及旅遊管理學 Hotel and Tourism Management
張才盛 CHEUNG, Choi Shing	保險、財務與精算學 Insurance, Financial and Actuarial Analysis
高漪彤 KO, Yee Tung	保險、財務與精算學 Insurance, Financial and Actuarial Analysis
戴卓敏 TAI, Cheuk Man	保險、財務與精算學 Insurance, Financial and Actuarial Analysis
周意 CHAO, I	工商管理綜合課程 Integrated Business Administration Programme
陳童 CHEN, Tong	工商管理綜合課程 Integrated Business Administration Programme
陳晔 CHEN, Zhuo	工商管理綜合課程 Integrated Business Administration Programme
崔燦 CUI, Can	工商管理綜合課程 Integrated Business Administration Programme
洪綺婷 HONG, Qiting	工商管理綜合課程 Integrated Business Administration Programme
胡瑜峰 HU, Yufeng	工商管理綜合課程 Integrated Business Administration Programme
黎迪燊 LAI, Dik Sun	工商管理綜合課程 Integrated Business Administration Programme
黎維軒 LAI, Nicholas Henry	工商管理綜合課程 Integrated Business Administration Programme
雷璟璨 LEI, Jingcan	工商管理綜合課程 Integrated Business Administration Programme
李成熙 LI, Chengxi	工商管理綜合課程 Integrated Business Administration Programme
劉朔君 LIU, Shuojun	工商管理綜合課程 Integrated Business Administration Programme
劉穎 LIU, Ying	工商管理綜合課程 Integrated Business Administration Programme
盧貴良 LO, Kwai Leung	工商管理綜合課程 Integrated Business Administration Programme

王策 WANG, Ce	工商管理綜合課程	Integrated Business Administration Programme
余瑋芯 YU, Wai Sum	工商管理綜合課程	Integrated Business Administration Programme
張歡 ZHANG, Huan	工商管理綜合課程	Integrated Business Administration Programme
張樞翰 ZHANG, Shuhan	工商管理綜合課程	Integrated Business Administration Programme
周文婕 ZHOU, Wenjie	工商管理綜合課程	Integrated Business Administration Programme
卓壯 ZHUO, Zhuang	工商管理綜合課程	Integrated Business Administration Programme
陳芷希 CHAN, Chee Hei Bowie	專業會計學	Professional Accountancy
陳智 CHEN, Zhi	專業會計學	Professional Accountancy
鄭正傑 CHENG, Ching Kit	專業會計學	Professional Accountancy
朱浩思 CHU, Horace	專業會計學	Professional Accountancy
李一未 LI, Yiwei	專業會計學	Professional Accountancy
劉雨宸 LIU, Yuchen	專業會計學	Professional Accountancy
麥仲賢 MAK, Chung Yin	專業會計學	Professional Accountancy
蘇卓臻 SO, Cheuk Tsun	專業會計學	Professional Accountancy
曾彥喬 TSANG, Yin Kiu	專業會計學	Professional Accountancy
黃俊霖 WONG, Chun Lam	專業會計學	Professional Accountancy
黃曉君 WONG, Hiu Kwan	專業會計學	Professional Accountancy
黃夢娜 WONG, Mung Na Doris	專業會計學	Professional Accountancy
尹璐兒 YIN, Luer	專業會計學	Professional Accountancy
袁文穎 YUAN, Wenying	專業會計學	Professional Accountancy
趙昊 ZHAO, Hao	專業會計學	Professional Accountancy
李永嘉 LI, Wing Ka	計量金融學	Quantitative Finance
李康男 LEE, Hong Nam	計量金融學及風險管理科學	Quantitative Finance and Risk Management Science*
教育學院 Faculty of Education		
鄭智敏 CHIANG, Chi Man	英國語文研究與英國語文教育	English Studies and English Language Education
工程學院 Faculty of Engineering		
盧博文 LO, Po Wen	生物醫學工程學	Biochemical Engineering
陳景笙 CHAN, King Sang	計算機工程學	Computer Engineering
陳嘉潤 CHAN, Ka Yun	計算機科學	Computer Science
朱文傑 CHU, Man Kit Leo	計算機科學	Computer Science
劉世澤 LAU, Shyh Tzer	計算機科學	Computer Science
蔡秉亨 TSAI, Ping Hang	計算機科學	Computer Science
陳樂軒 CHAN, Lok Hin	信息工程學	Information Engineering
周晉陞 CHAU, Chun Sing Andrew	信息工程學	Information Engineering
郝毅 HAO, Yi	信息工程學	Information Engineering
梁康強 LEUNG, Hong Keung	信息工程學	Information Engineering
蘇俊匡 SO, Chun Hong	信息工程學	Information Engineering
蘇坦 SU, Tan	信息工程學	Information Engineering



章文杰 CHEUNG, Man Kit	機械與自動化工程學 Mechanical and Automatic Engineering
高成傑 KO, Shing Kit	機械與自動化工程學 Mechanical and Automatic Engineering
王增越 WANG, Zengyue	機械與自動化工程學 Mechanical and Automatic Engineering
關浩彰 KWAN, Ho Cheung	系統工程與工程管理學 Systems Engineering and Engineering Management
吳越 WU, Yue	系統工程與工程管理學 Systems Engineering and Engineering Management
法律學院 Faculty of Law	
陳偉瑩 CHIN, Vui Ying	法學 LLB Programme
龔璇 GONG, Shannon Xuan	法學 LLB Programme
孟繁嶧 MENG, Lloyd Fan-yi	法學 LLB Programme
陳偉豪 TSAI, Ping Hang	法學 LLB Programme
嚴德琛 YIM, Tak Sum Rhys Timothy	法學 LLB Programme
醫學院 Faculty of Medicine	
林偉青 LAM, Wai Ching	中醫學 Chinese Medicine
呂國安 LU, Guoan	中醫學 Chinese Medicine
陳奕璇 CHAN, Yik Shuen	內外全科醫學 MBChB Programme
鄭加然 CHENG, Ka Yin	內外全科醫學 MBChB Programme
鄭妙怡 CHENG, Nicole Miu Yee	內外全科醫學 MBChB Programme
鄭綺嵐 CHENG, Yee Laam	內外全科醫學 MBChB Programme
馮靖淇 FUNG, Ching Ki	內外全科醫學 MBChB Programme
馮喬政 FUNG, Kiujing James	內外全科醫學 MBChB Programme
賴佩詩 LAI, Pui Si Percy	內外全科醫學 MBChB Programme
鄧凱珊 TANG, Hoi San	內外全科醫學 MBChB Programme
曾舒蘭 TSANG, Sharon	內外全科醫學 MBChB Programme
余淑媛 YU, Suk Woon	內外全科醫學 MBChB Programme
章惠琳 CHEUNG, Wai Lam Shirley	護理學 Nursing
趙慧渝 JIU, Wai Yu	護理學 Nursing
敖曉慧 NGO, Hiu Wai	護理學 Nursing
潘婷欣 POON, Ting Yan	護理學 Nursing
曾敏聰 TSANG, Man Chung	護理學 Nursing
周禮晴 CHOW, Lai Ching	藥劑學 Pharmacy
李少傑 LEE, Siu Kit	藥劑學 Pharmacy
李品賢 LI, Pun Yin Jerry	公共衛生 Public Health
阮檸檸 YUEN, Ning Ning	公共衛生 Public Health
理學院 Faculty of Science	
沈緯璣 SHUM, Jackie	生物化學 Biochemistry
林世傑 LIM, Sai Kit	環境科學 Environmental Science
黃偉珞 WONG, Wai Lok	食品及營養科學 Food and Nutritional Sciences
陳思穎 CHAN, Christine Si-wing	數學 Mathematics

郝毅 HAO, Yi	數學 Mathematics
潘昊 PAN, Hao	數學 Mathematics
唐浩然 TANG, Haoran	數學 Mathematics
徐鴻光 TSUI, Hung Kwong	數學 Mathematics
陳俊佳 CHAN, Chun Kai	物理 Physics
潘樂琛 POON, Lok Sum	物理 Physics
黃文譽 WONG, Man Yue Donald	物理 Physics
陳文心 CHEN, Wenxin	風險管理科學 Risk Management Science
劉夢穎 LIU, Mengying	風險管理科學 Risk Management Science
呂晨碩 LU, Chenshuo	風險管理科學 Risk Management Science
梁研 LIANG, Yan	統計學 Statistics
邱凌粵 QIU, Lingyue	統計學 Statistics
社會科學院 Faculty of Social Science	
陳煒芹 CHAN, Wai Kan	建築學 Architectural Studies
梁安裕 LEONG, On U	建築學 Architectural Studies
李金雯 LI, Jinwen	建築學 Architectural Studies
談穎怡 TAM, Wing Yee Winnie	建築學 Architectural Studies
張梓鋸 CHANG, Tsz Kwan	經濟學 Economics
何卓雅 HO, Cheuk Nga	經濟學 Economics
駱其希 LOK, Ki Hei Vincent	經濟學 Economics
陸沁 LU, Qin	經濟學 Economics
戴沛恆 TAI, Pui Hang	經濟學 Economics
溫震東 WAN, Chun Tung	經濟學 Economics
葉啟樑 IP, Kai Leung	政治與行政學 Government and Public Administration
陳家明 CHAN, Ka Ming	新聞與傳播學 Journalism and Communication
張曉莊 CHEUNG, Hiu Chong	新聞與傳播學 Journalism and Communication
方商 FANG, Shang	新聞與傳播學 Journalism and Communication
李韋瑤 LEE, Katrina	新聞與傳播學 Journalism and Communication
任嘉琪 YAM, Ka Ki Carol	新聞與傳播學 Journalism and Communication
鄭凱莉 CHENG, Hoi Lee Regina	心理學 Psychology
許庭璋 HUI, Ting Wai	心理學 Psychology
盧明丹 LU, Mingdan	心理學 Psychology
岑樂知 SHUM, Priscilla Lok-chee	心理學 Psychology
黃竣崧 WONG, Geoffrey Chun Sung	心理學 Psychology
黃錦雯 WONG, Kam Man	心理學 Psychology
徐菁 XU, Jing	社會工作學 Social Work
何子鍵 HO, Tsz Kin	社會學 Sociology
李文博 LI, Wenbo	社會學 Sociology

*跨學院課程

*Inter-faculty Programme

2015-2016年度畢業生名錄
2015-2016 Graduates

文學院 Faculty of Arts

歐嘉富 AU, Ka Fu	中國語言及文學 Chinese Language and Literature
李晶慈 LI, Ching Chi Crystal	文化研究 Cultural Studies
陳樂庭 CHAN, Lok Ting	英文 English
陳凱欣 CHAN, Hoi Yan	英文 English
楊國樑 YEUNG, Kwok Leung	英文 English
阮康穎 YUEN, Hong Wing	英文 English
楊潔思 YEUNG, Kit Sze	歷史 History
陳彩姿 CHAN, Choi Chi	日本研究 Japanese Studies
呂靜婷 LUI, Ching Ting	日本研究 Japanese Studies
薛頌平 SIT, Chung Ping	日本研究 Japanese Studies
馮正樺 FUNG, Ching Wa	語言學 Linguistics

工商管理學院 Faculty of Business Administration

陳欣 CHEN, Hsin	環球經濟與金融 Global Economics and Finance*
姚澤龍 YIU, Chak Lung	環球經濟與金融 Global Economics and Finance*
周雅君 ZHOU, Yajun	環球經濟與金融 Global Economics and Finance*
陳思羽 CHEN, Siyu	酒店及旅遊管理學 Hotel and Tourism Management
麥趣欣 MAK, Chui Yan	酒店及旅遊管理學 Hotel and Tourism Management
莫佩玲 MOK, Pui Ling	酒店及旅遊管理學 Hotel and Tourism Management
余中涵 YU, Allen	酒店及旅遊管理學 Hotel and Tourism Management
鄭中興 CHENG, Chung Hing	工商管理綜合課程 Integrated Business Administration Programme
張俊祺 CHEUNG, Chun Ki	工商管理綜合課程 Integrated Business Administration Programme
張金鋒 CHEUNG, Kam Fong	工商管理綜合課程 Integrated Business Administration Programme
趙家榮 CHIU, Ka Wing	工商管理綜合課程 Integrated Business Administration Programme
鄧睿君 DENG, Ruijun	工商管理綜合課程 Integrated Business Administration Programme
郝明 HAO, Ming	工商管理綜合課程 Integrated Business Administration Programme
李知胤 LEE, Jiyoan	工商管理綜合課程 Integrated Business Administration Programme
李青蔚 LI, Qingwei	工商管理綜合課程 Integrated Business Administration Programme
李宛澤 LI, Wanze	工商管理綜合課程 Integrated Business Administration Programme
藺少煜 LIN, Shaoyu	工商管理綜合課程 Integrated Business Administration Programme
盧曉鋒 LO, Hiu Fung Gilbert	工商管理綜合課程 Integrated Business Administration Programme
羅梓泓 LO, Tsz Wang Christopher	工商管理綜合課程 Integrated Business Administration Programme
莫紫晴 MOK, Tsz Ching	工商管理綜合課程 Integrated Business Administration Programme
宁千洋 NING, Qianyang	工商管理綜合課程 Integrated Business Administration Programme
SONG, Kunsup	工商管理綜合課程 Integrated Business Administration Programme
王映淘 WONG, Ying To	工商管理綜合課程 Integrated Business Administration Programme
楊景峰 YEUNG, King Fung	工商管理綜合課程 Integrated Business Administration Programme

張東婧 ZHANG, Dongjing	工商管理綜合課程 Integrated Business Administration Programme
張珊 ZHANG, Shan	工商管理綜合課程 Integrated Business Administration Programme
周樂恆 CHAU, Lok Hang	保險、財務與精算學 Insurance, Financial and Actuarial Analysis
鄭嘉倫 KWONG, ka Lun	保險、財務與精算學 Insurance, Financial and Actuarial Analysis
王采兒 WONG, Choi Yee	保險、財務與精算學 Insurance, Financial and Actuarial Analysis
陳偉傑 CHAN, Wai Kit	專業會計學 Professional Accountancy
何黎錦 HO, Lai Kam	專業會計學 Professional Accountancy
李嘉寶 LEE, Ka Po	專業會計學 Professional Accountancy
李富威 LI, Fu Wai	專業會計學 Professional Accountancy
李悠 LI, You	專業會計學 Professional Accountancy
林珈亦 LIN, Jiayi	專業會計學 Professional Accountancy
劉睿 LIU, Rui	專業會計學 Professional Accountancy
劉梳兒 LIU, Shuer	專業會計學 Professional Accountancy
盧卓毅 LU, Zhuoyi	專業會計學 Professional Accountancy
吳迪生 NG, Tik Sang	專業會計學 Professional Accountancy
潘星雅 POON, Sonia Sing Nga	專業會計學 Professional Accountancy
宋詩宇 SONG, Shiyu	專業會計學 Professional Accountancy
張笑寒 ZHANG, Xiaohan	專業會計學 Professional Accountancy
張尹琳 CHEUNG, Wan Lam Chloe	計量金融學 Quantitative Finance
CHO, Ara	計量金融學 Quantitative Finance
韓博文 HAN, Bowen	計量金融學 Quantitative Finance
康璟雯 KANG, Jingwen	計量金融學 Quantitative Finance
王國強 WONG, Kwok Keung	計量金融學 Quantitative Finance
楊展輝 YEUNG, Chin Fai	計量金融學 Quantitative Finance
盧倬廉 LO, Cheuk Lim	計量金融學及風險管理科學* Quantitative Finance and Risk Management Science*
吳嘉銘 NG, Ka Ming	計量金融學及風險管理科學* Quantitative Finance and Risk Management Science*
牛卓文 NIU, Zhuowen	計量金融學及風險管理科學* Quantitative Finance and Risk Management Science*
徐爽 XU, Shuang	計量金融學及風險管理科學* Quantitative Finance and Risk Management Science*
教育學院 Faculty of Education	
陳子聰 CHAN, Tsz Chung	通識教育 Liberal Studies
蔡穎妍 CHOI, Wing Yin Catherine	通識教育 Liberal Studies
吳凱欣 NG, Hoi Yan	通識教育 Liberal Studies
陳俊諺 CHAN, Chun Yin	體育運動科學 Physical Education and Sports Science
湯禮賢 TONG, Lai Yin Daniel	體育運動科學 Physical Education and Sports Science



工程學院 Faculty of Engineering

陳恩慈 CHAN, Yan Chi	生物醫學工程學 Biochemical Engineering
簡樂怡 KAN, Lok Yi	生物醫學工程學 Biochemical Engineering
PARK, Ji Hye	生物醫學工程學 Biochemical Engineering
金鵬 JIN, Peng	計算機科學 Computer Science
茅許霄 MAO, Xuxiao	計算機科學 Computer Science
張嘉揚 CHEONG, Ka leong	電子工程學 Electronic Engineering
蔣松浪 TSEUNG, Chung Long	電子工程學 Electronic Engineering
陳杞君 CHAN, Kei Kwan	信息工程學 Information Engineering
黃正元 HUANG, Zhengyuan	信息工程學 Information Engineering
莫寶峰 MOK, Po Fung	信息工程學 Information Engineering
謝俊森 TSE, Chun Sum	信息工程學 Information Engineering
郭銘豐 KWOK, Ming Fung Thomas	機械與自動化工程學 Mechanical and Automation Engineering
余卓昇 YU, Edwin	機械與自動化工程學 Mechanical and Automation Engineering

法律學院 Faculty of Law

陳霽榆 CHEN, Josephine Pui Yu	法學 LLB Programme
劉建彤 LAU, Kin Tung	法學 LLB Programme
邱藝 QIU, Yi	法學 LLB Programme
曾思如 TSANG, Sze Yu	法學 LLB Programme
謝昀臻 TSE, Regina	法學 LLB Programme
徐俊寧 TSUI, Chun Ning	法學 LLB Programme

醫學院 Faculty of Medicine

彭子芯 PANG, Chi Sum	中醫學 Chinese Medicine
陳卓忻 CHAN, Cherry Cheuk Yan	內外全科醫學 MBChB Programme
周鳴康 CHAU, Ming Hong	內外全科醫學 MBChB Programme
鄭穎琪 CHENG, Vicky Wing Kei	內外全科醫學 MBChB Programme
蔡思慧 CHOI, Sze Wai Michelle	內外全科醫學 MBChB Programme
許秀慧 HUI, Alice Sau Wei	內外全科醫學 MBChB Programme
許嘉詠 HUI, Ka Wing	內外全科醫學 MBChB Programme
江嘉煒 KONG, Ka Wai	內外全科醫學 MBChB Programme
林穎琪 LAM, Wing Ki	內外全科醫學 MBChB Programme
李淦暘 LEE, Elbert Kam Yeung	內外全科醫學 MBChB Programme
梁穎瑤 LEUNG, Wing Yiu	內外全科醫學 MBChB Programme
李詠芝 LI, Wing Chi	內外全科醫學 MBChB Programme
廖雋盈 LIU, Chun Ying Janice	內外全科醫學 MBChB Programme

廖芷霏	LIU, Tsz Chim	內外全科醫學 MBChB Programme
沈詠恩	SUNG, Winnie Wing Yan	內外全科醫學 MBChB Programme
王燕莉	WANG, Yin Lee Deborah	內外全科醫學 MBChB Programme
區志熊	AU, Richard	護理學 Nursing
陳敏儀	CHAN, Man Yee	護理學 Nursing
蘇善文	SO, Sin Man Peony	護理學 Nursing
黃慧欣	WONG, Wai Yan	護理學 Nursing
陳汝汶	CHAN, Yu Man	藥劑學 Pharmacy
何瑞康	HO, Sui Hong	藥劑學 Pharmacy
陳盈	CHAN, Ying Crystal	公共衛生 Public Health
理學院 Faculty of Science		
李倩婷	LI, Sin Ting	生物學 Biology
周睿澄	CHOW, Yui Ching	細胞及分子生物學 Cell and Molecular Biology
藍聖志	LAM, Shing Chi	化學 Chemistry
伍永軒	NG, Wing Hin	化學 Chemistry
薛心怡	XUE, Xinyi	化學 Chemistry
何鄒延	HE, Zouyan	食品及營養科學 Food and Nutritional Sciences
夏倩儀	HSIA, Cin Yee	食品及營養科學 Food and Nutritional Sciences
宋爽	SONG, Shuang	食品及營養科學 Food and Nutritional Sciences
呂嘉偉	LUI, Ka Wai	數學 Mathematics
田野	TIAN, Ye	數學 Mathematics
蔡承勳	TSAI, Daniel	數學 Mathematics
向梓岳	XIANG, Ziyue	數學 Mathematics
牛昊穎	NIU, Haoying	數學及信息工程學* Mathematics and Information Engineering*
李健綱	LI, Kin Kong Andy	物理 Physics
魯刊南	LU, Kannan	物理 Physics
謝天佑	TSE, Joshua Tin Yau	物理 Physics
陳可歆	CHEN, Kexin	風險管理科學 Risk Management Science
黃怡然	HUANG, Yiran	風險管理科學 Risk Management Science
邢悅	XING, Yue	風險管理科學 Risk Management Science
周志豪	ZHOU, Zhihao	風險管理科學 Risk Management Science
董曉靜	DONG, Xiaojing	統計學 Statistics
劉偉佳	LIU, Weijia	統計學 Statistics
彭雪妮	PENG, Xueni	統計學 Statistics
姚思遠	YAO, Siyuan	統計學 Statistics

社會科學院 Faculty of Social Science

陳晏如 CHAN, An Yu	建築學 Architectural Studies
梁依珩 LEUNG, Yee Hang	建築學 Architectural Studies
譚曉穎 TAN, Xiaoying	建築學 Architectural Studies
鄭浩智 CHENG, Ho Chi	新聞與傳播學 Journalism and Communication
鄭樂怡 CHENG, Lok Yi	新聞與傳播學 Journalism and Communication
張樂陶 CHEUNG, Lok To Samantha	新聞與傳播學 Journalism and Communication
林煒彤 LAM, Wai Tung	新聞與傳播學 Journalism and Communication
茅淑怡 MAO, Shuyi	新聞與傳播學 Journalism and Communication
余珈澄 YU, Ka Ching	新聞與傳播學 Journalism and Communication
周曉彤 CHOW, Hiu Tung	政治與行政學 Government and Public Administration
鍾耀華 CHUNG, Yiu Wa	政治與行政學 Government and Public Administration
鄭欣然 KWONG, Yan Yin	政治與行政學 Government and Public Administration
劉海棠 LAU, Hoi Tong	政治與行政學 Government and Public Administration
吳怡 NG, Yee	地理與資源管理學 Geography and Resource Management
張芷喬 CHEUNG, Tsz Kiu	心理學 Psychology
鄒韻茹 CHOW, Wan Yu	心理學 Psychology
蘇衍安 SO, Hin On	心理學 Psychology
張芸慈 CHANG, Yun Tzu	社會學 Sociology
江俊樂 KONG, Chun San Johnson	社會學 Sociology
鄧紹慈 TANG, Siu Chi	社會學 Sociology

*跨學院課程

*Inter-faculty Programme

GRADUATES

6. 校友會

S.H. Ho College Alumni Association

善衡書院校友會成立的目的是維持善衡校友之間的聯繫，增進畢業生與書院的友誼，從而延續書院的使命：從生活中力行「文行忠信」的院訓，以及創新、卓越及服務的精神。成立校友會的籌備工作早在2014年6月已展開，當時由校友會籌備委員會負責處理公司註冊、公眾諮詢、招募首屆幹事會成員等事宜。

校友會成立後，肩負了以下使命：招募首批會員，為未來發展建立穩固的基礎；建立一個輔助平台，讓校友互相聯繫，促進他們的事業發展；維持校友與善衡書院及其本科生的聯繫。

The objective of S.H. Ho College Alumni Association (SHHAA)'s formation is to maintain the relations of S.H. Ho alumni and promote friendship between graduates and the College in order to perpetuate the College's mission, that is, to put in practice the college motto of 'Culture, Morals, Devotion, Trustworthiness' and the spirit of 'Innovation, Excellence and Service' in their daily lives. Planning work for the formation of SHHAA started in June 2014. At that time, the Preparatory Committee was responsible for matters including company registration, public consultation and members' recruitment for the first Executive Committee.

Upon its formation, the SHHAA undertakes recruitment of the first cohort of members, build a firm foundation for its further developments, establish a platform to facilitate alumni networking and further their career development as well as maintain liaisons between S.H. Ho College and its undergraduate students.



善衡書院第一屆畢業生組成校友會籌備委員會。

The first cohort of the graduates at S.H. Ho College established the Preparatory Committee for the formation of S.H. Ho College Alumni Association (SHHAA).

善衡書院校友會首屆幹事會成員如下：

會長	洪綺婷小姐
副會長	張梓鋌先生、陳嘉鴻先生
秘書	錢卓怡小姐、吳書琴小姐
財務	何卓雅小姐、高成傑先生
委員	何健壽先生、陳子傑先生、潘樂琛先生

Members of the SHHAA's first Executive Committee:

Chairperson	Ms. Hong Qiting Eva
Vice-Chairpersons	Mr. Chang Tsz Kwan Jackin and Mr. Chan Ka Hung Peter
Secretaries	Ms. Chin Cheuk Yee Cherry and Ms. Theodosia Woo
Treasurers	Ms. Ho Cheuk Nga Zora and Mr. Ko Shing Kit Kenneth
Committee Members	Mr. Ho Kin Sau Jason, Mr. Chan Tsz Kit Kelvin and Mr. Poon Lok Sum Jason



人物身影 (二) : 好學同窗 People Profile (2): Diligent Peers



吳靖文小姐

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

Ms. Cynthia Ng

First SHHO graduate
awarded the Ho Tim
Foundation Scholarships to
study at Hughes Hall, the
University of Cambridge

吳靖文坦言：「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，我不少朋友均對這個決定感到驚訝。」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。「這門學科看似跟我一直所追尋的，或與我將來會投身的金融行業風馬牛不相及。於我而言，這完全是我隨心的決定。」

回顧大學本科的日子，吳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，我考入劍橋大學亞洲及中東研究學院，原來劍橋的學習生活既豐富又有啟發性。很多碩士課程都以論壇形式進行，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困難。「上了幾課後，我們才適應這種學習模式，並且從中得到啟發，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。」

至於劍橋大學的書院和社交生活，吳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學生藉着互相出席各自的書院高桌晚宴，可以廣結更多來自不同學術範疇的同學。對她來說，這一年的學習，是改變生命的一趟經歷。

'After completing my Bachelor's programme in Global Business Studies, I left for Cambridge to do a Master's course in cultural studies. A lot of my friends were surprised at my decision', said Cynthia Ng, the first graduate from S.H. Ho College to receive the Ho Tim Foundation Scholarships to study at Hughes Hall, the University of Cambridge. The scholarship covers the full expenses of SHHO graduates enrolled for a Master's programme at Cambridge. 'This subject was what I had all along dreamed of studying, though it has nothing to do with the financial career I will be entering into. For me, it was a decision I made with the heart.'

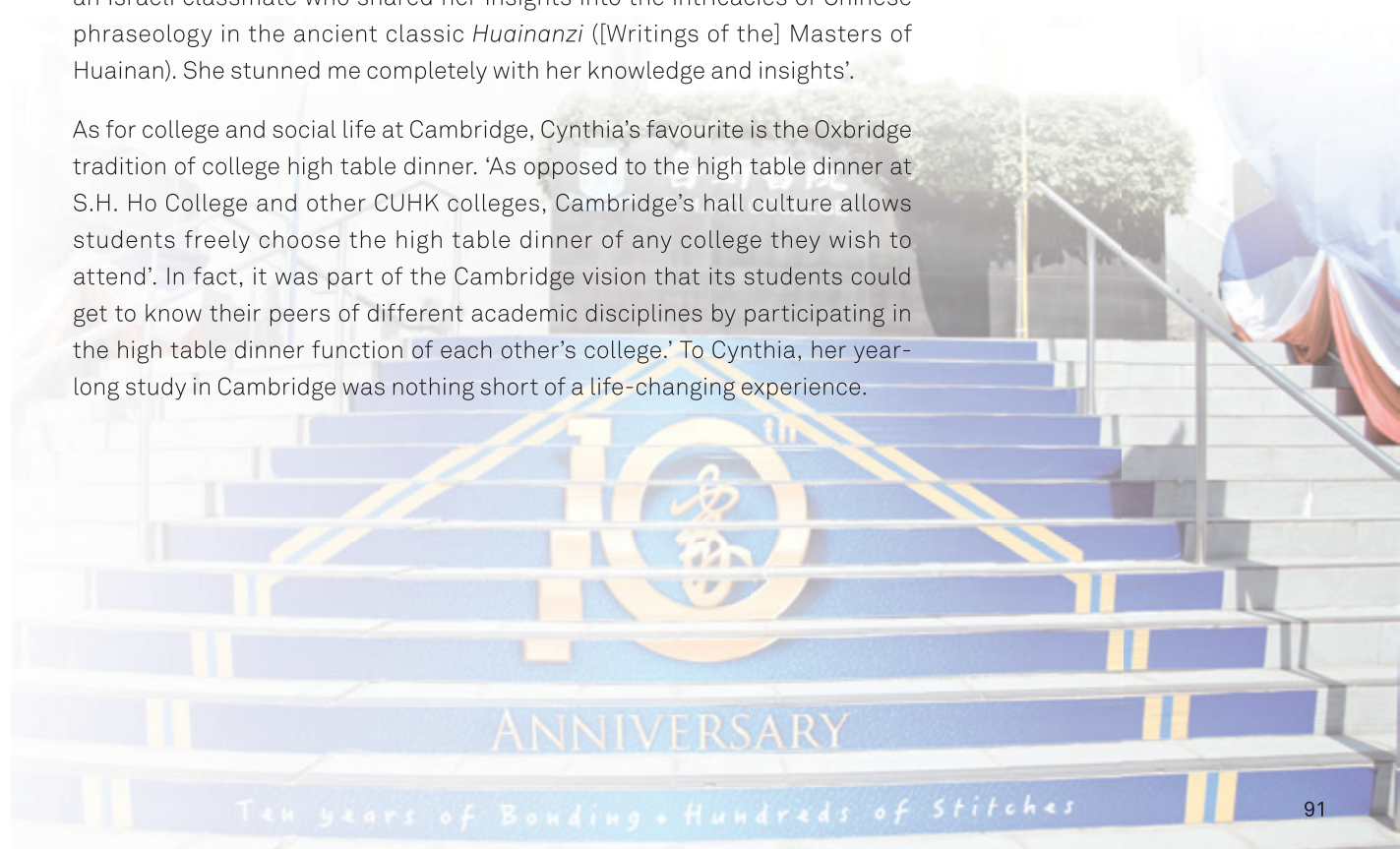
Looking back on her undergraduate years, Cynthia felt that the Global Business Studies she studied was flexibly designed and the diversity of its students' cultural backgrounds helped deepen her understanding of the world and appreciation of different cultures. 'I discovered that to excel in the business world or other areas, the key is to understand how others think. So I decided to become a humble academician to learn about and understand different people, societies and cultures. Out of my passion for cultural studies, I enrolled in the Faculty of Asian and Middle Eastern Studies at Cambridge. It turned out that the study life in Cambridge was both rich and inspiring. Many Master's programmes there are carried out in a discourse format, where students are required by their lecturers to finish the reading list before attending class, then launch into discussions with their peers in the classroom that revealed everybody's depth of knowledge'.



好學同窗

Initially, Cynthia felt her social science background paled in comparison with that of her classmates and found it difficult to speak up in class. 'It was only after a few lessons that we got used to the learning format, from which we later derived inspiration. Class lessons covered a considerably broad scope and my classmates had a thirst for knowledge. I often found myself benefiting from the in-depth discussions. The Faculty Orientation Day left an indelible impression in me because that's when I encountered an Israeli classmate who shared her insights into the intricacies of Chinese phraseology in the ancient classic *Huainanzi* ([Writings of the] Masters of Huainan). She stunned me completely with her knowledge and insights'.

As for college and social life at Cambridge, Cynthia's favourite is the Oxbridge tradition of college high table dinner. 'As opposed to the high table dinner at S.H. Ho College and other CUHK colleges, Cambridge's hall culture allows students freely choose the high table dinner of any college they wish to attend'. In fact, it was part of the Cambridge vision that its students could get to know their peers of different academic disciplines by participating in the high table dinner function of each other's college.' To Cynthia, her year-long study in Cambridge was nothing short of a life-changing experience.





譚玉琪小姐

首位獲頒善衡書院
「文行忠信傑出獎」的善衡畢業生


Ms. Tan Yuqi

The first SHHO graduate
awarded the S.H. Ho College
Eminent Scholarship

畢業生譚玉琪憑藉其超卓的學業表現、優異的品行及對書院的貢獻脫穎而出，成為首位獲頒善衡書院「文行忠信傑出獎」的畢業生。她認為書院通識教育的課程設計互動又有趣，教她獲益不淺，談到籌辦書院首屆院慶時津津樂道，覺得能與其他始創年代的學生一同創立氣氛濃厚的書院傳統，她感到很幸運。譚玉琪說：「我的夢想是自己成長之餘，又可以幫助他人成長，自己好好生活，又能幫助他人活得更好。從我們為四川地震災民提供醫療支援，到為烏干達Watoto的小孩建造居所；從我們探訪香港一所護老院的院友，到遠赴柬埔寨服務垃圾山的社群，善衡書院獨特的教育項目讓我有機會在不同的國家留下足跡，實踐抱負，培養學生的公民責任。」

她在畢業前參加了歐洲的研究實習計劃，在一個多元文化的研究環境裏學以致用，為她報讀研究院探究疾病背後的分子機制、投身科研行列鋪路。維也納生物中心暑期學校一共收到世界各地逾一千二百項實習申請，只從中挑選來自十五個國家共二十一名實習生，譚玉琪就是其中一位。她在是次實習跟隨頂尖學者學習，有機會使用先進的實驗設施，對不同的生物體模型認識更多，對她申請研究院有莫大的幫助。此外，譚玉琪與不同文化背景的科研人員共事，當中可能有文化衝擊或語言障礙，但她認為多元文化的接觸十分有趣，她表示：「善衡書院海外體驗計劃開拓了我的國際視野，讓我有機會鍛鍊跨文化溝通能力。」

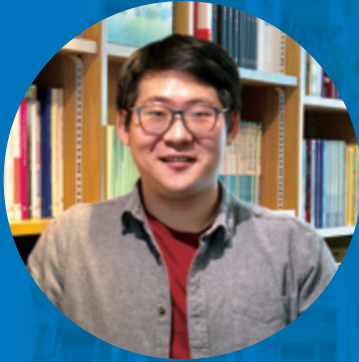
追求創新是科學家其中一個特徵，也是善衡書院一直提倡的精神。譚玉琪說：「書院教育無疑是改變生命的經歷，令我變得更有創意，更會憑着熱忱積極追尋夢想。生命不是一條靜止的路徑，走科研的道路亦然，要測試一個假設的真確性，科研人員需要創新的思維，訂立不同的研究進路。這個科研的追尋令我為人處事更有熱誠和更靈活，是我生命的珍貴的基石。」



Tan Yuqi stood out on account of her exceptional academic performance, exemplary conduct and contributions to the College to become the first SHHO graduate to be awarded the S.H. Ho College Eminent Scholarship. She thinks the College General Education Programme is designed in an interactive and interesting way that benefited her immensely. When speaking about planning the College's first anniversary, she counted herself fortunate for being able to team up with other students to collectively create and shape a college tradition. Tan Yuqi said: 'My dream is that while growing up myself, I could help others to grow too. As I am living my life well, I would like to help others make their lives better. From the days when we provided the Sichuan earthquake victims with medical support to how we built homes for the children of Watoto in Uganda; and from our visit to an elderly home in Hong Kong to offering our services to the slum residents of Trash Hill in Cambodia, this unique educational programme of S.H. Ho College has given me the opportunities to set foot on different countries, realize my aspirations and develop my citizen responsibilities as a student'.

Before graduation, Yuqi took part in a research internship programme in Europe, where she applied her knowledge in a multicultural research environment. The experience paved the way for her enrolment in a research institute to study molecular mechanisms of diseases. The Vienna Biocenter Summer School had received over 1,200 internship applications worldwide but only took in 21 interns from 15 countries. Yuqi was one of them. In this practical attachment, she was assigned to the mentorship of leading scholars, offered the opportunity to use the most sophisticated laboratory facilities and enriched her understanding of different bio-organism models. The experience was helpful in her application for a place at the research institute. In addition, Yuqi worked with scientific researchers of different cultural backgrounds. Culture shocks and linguistic barriers inevitably arose but she considers her multicultural exposure to be extremely interesting. 'S.H. Ho College's overseas experiential programme has broadened my global vision with the opportunity for me to hone my cross-cultural communication abilities'.

Pursuing innovations is one of the traits of scientists and this embodies the spirit that S.H. Ho College has long championed. Tan Yuqi said: 'College education is no doubt one of the life-changing experiences that have made me more creative and passionate towards chasing my dreams. Life is never a static path and the same applies to a scientific career. It is necessary to test a hypothesis to validate the truth. Scientific researchers need to have an innovative mindset to formulate different research paths. This scientific pursuit has made me more passionate and flexible in handling people and situations and constitutes a treasured cornerstone in my life'.



李文博先生

社會學系善衡畢業生
中文大學出版社編輯助理

Mr. Spike Li

SHHO graduate from the
Department of Sociology
Editorial Assistant at The
Chinese University Press

善衡畢業生李文博在本科最後一個學期參與書院的暑期實習計劃，在中文大學出版社編輯部擔任實習生，實習工作主要包括：文稿的編輯與校對、書稿評審提供意見，以及在微信平台介紹書籍。文博喜歡與文字打交道，出版社的實習計劃讓他對書籍編輯和出版流程有了初步認識之餘，也令他更加了解自己。

實習期間，文博雖然未曾體驗出版的整個流程，但透過與編輯交流，了解到要出版一本書，先要和作者溝通並商洽版權，經過編輯與校對後，把校好的稿件送到印刷廠出藍紙，才到最後的印刷程序。出版社為實習生舉辦了「編輯與出版」的工作坊，文博從中認識到書籍出版涵蓋裝幀設計、成本預算，以及書籍的定位，例如該出版項目是學術書還是知識普及書，是精裝還是平裝。此外，編輯需要顧及書籍開本的大小、紙質、封面的視覺效果等等。

在中文大學出版社實習，其實是文博的第一份工作，他感到很幸運。出版社每天的工作都饒有趣味，編輯部的工作氛圍也很輕鬆友善，同事都相當願意幫助他們這些初出茅廬的新人，給予他們不少建議。文博認為，對一本書負責，就是對「知識的積累與傳承」負責，他憶述：「在實習計劃中，我遇上工作認真的同事，讓我有深刻的反思：工作上的事情，做多少，做到哪裏，其實很多時候由自己決定，對自己要求高一些，就做多一些；要求低一些，就做少一些。工作態度本乎內心，人總要為自己的工作負全責，盡自己的能耐做到最好。」種種反思令文博獲益非淺，也奠下他工作生涯的重要基石。

DILIGENT PEERS

SHHO graduate Spike Li spent his final semester at the Department of Sociology participating in the summer internship programme lined up by the College. He became an editorial intern with The Chinese University Press, a role that involved copy-editing and proofreading, offering his views to manuscript review and introducing books on WeChat. Spike loves to work with words and while the internship scheme at the publication house offered him a basic understanding of book editing and the publication workflow, it also helped him gain a better understanding of himself.

During the internship period, Spike had no experience of the entire publishing process but through his exchanges with the editors, he began to understand that to publish a book, it is necessary to communicate with the author and negotiate copyright matters. Editing and proofreading must be completed, with the final proofs sent to the printing house to prepare the blueprint, in order to reach the final publication stage. A workshop called 'Editors and Publishing' was held at the publishing house for Spike and its other interns. As Spike learned, book publication entails a process including cover design, budgeting and the positioning of books, to ascertain whether they are academic publications or general knowledge books, paperback or hardcover. On top of that, editors must also consider issues like book size, paper quality, visual impact of book cover and other factors.

Undertaking an internship at The Chinese University Press was Spike's first job and he felt fortunate to be doing it. He found the daily work there interesting and the atmosphere prevailing in the Editorial Department friendly. Many colleagues were willing to help out the newcomers and offered them great advice. Spike believes that taking responsibility for a book is taking responsibility for the 'accumulation and transmission of knowledge'. He recalled: 'While doing the internship programme, I came across many colleagues who were very conscientious with their work. This made me reflect deeply on matters related to work in general, how much to do and to what extent. A lot of such decisions are made by oneself. If you demand more of yourself, you do more. If you demand less, you do less. One's work attitude comes from the heart. All of us must account for our own work and do it to the best of our capabilities'. The internship experience has promoted various self-reflections in Spike and laid an important foundation for his future career.



孫濤在善衡書院待了一學期，但是印象異常深刻。「家」是善衡的宗旨和理念，而他認為，善衡書院已經做到了這一點。他在善衡感受到的，正是那一種家般的舒適與溫暖。

要數一件印象最特別的書院活動，對孫濤來說，非共膳莫屬了。「在善衡，一周七日，其中星期二、三、四的晚上都有共膳。每週的這三天，我都會懷着滿滿的期待，期待着會有怎樣的美味與大家共嚐。共膳是一種大家在一起吃飯的形式，但絕不僅僅如此，共膳還給大家提供了一個交流見面、增進感情的平台。正如家人共進晚餐一般，共膳讓善衡所有的『家人』一起吃飯，『家』的感覺由此而生。」孫濤娓娓道來。

若要問，善衡誰讓他最難忘呢？孫濤說，那必然是院長和院長夫人了。「來到了善衡，我才明白，原來學生和院長可以有如此親切的關係：院長和院長夫人幾乎出席了每次共膳，和同學們一塊兒吃飯；院長和院長夫人和同學們住在同一棟樓，僅有一牆之隔；院長和院長夫人每週都會邀請一部分同學到他們家喝下午茶，共嚐院長夫人親自做的cookie（錯過了下午茶是我於善衡的一大遺憾）。在我們即將離開善衡、返回北大時，院長和院長夫人還親自請我們三人（三位交換生）吃了送別宴，讓我體會到了一份從未感受過的溫情。正是院長和院長夫人對同學的親切關心，使得善衡更有『家』的感覺了。」在異地生活，卻仍然有家的溫暖，孫濤非常珍惜能感受體驗到這一切。

Although Thomson Sun spent just one semester at S.H. Ho College, his impressions of the place run deep. He believes that S.H. Ho College has realized its objective and vision of being a ‘home’ to its students. While there, he experienced the comfort and warmth of a home-like environment.

If there is anything most unique about S.H. Ho College, it is communal dining, according to Thomson. ‘At S.H. Ho College, communal dining is held on the evenings of Tuesday, Wednesday and Thursday every week. I always looked forward to these three days in particular, wondering what delicious food would be shared among all. Communal dining allows everybody to eat together but more than that, it offers a platform for interactions and strengthening friendships. Just like a dinner shared among family members, communal dining at S.H. Ho College enables everybody in this “family” to eat together and cultivates the feeling of “home” in them.’

When asked who he considers the most memorable people from S.H. Ho College, Thomson said they are none other than Master Sun and his wife. ‘After coming to S.H. Ho College, I started to realize why the students could maintain such a close relationship with their College Master. Master Sun and his wife turned up for almost every communal dinner to eat with them. The couple resides in the same building with the students and what sets them apart is just a wall. Each week, they invited some students over to their home for afternoon tea, where the latter could taste the cookies personally baked by Mrs. Sun (missing the afternoon tea session was my biggest regret at S.H. Ho College). Just before I left S.H. Ho College for Peking University, the College Master and his wife even invited the three of us (three exchange students) for a farewell meal, where the feelings of warmth I experienced were unprecedented. It was the caring concern demonstrated by the College Master and his wife to students like me that fostered the feeling of “home” at S.H. Ho College.’ Living in a foreign land yet being able to feel the warmth of home has prompted Thomson to treasure all his experiences with the College.



孫濤先生

北京大學元培書院交換生

Mr. Thomson Sun

Exchange student from
Yuanpei College, Peking
University

留影

Snapshots



吳皓妍小姐

Ms. Ng Ho In Joyce

- 第二位獲頒善衡書院「文行忠信傑出獎」的善衡畢業生
- Second SHHO graduate awarded with the S.H. Ho College Eminent Scholarship



張樂陶小姐

Ms. Cheung Lok To Samantha

- 第三位獲頒善衡書院「文行忠信傑出獎」的善衡畢業生
- Third SHHO graduate awarded with the S.H. Ho College Eminent Scholarship



江俊樂先生

Mr. Kong Chun San Johnson

- 第二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
- Second SHHO graduate awarded with the Ho Tim Foundation Scholarships to study at Hughes Hall, the University of Cambridge

VI. 家事點滴 Vignettes of Our Home



黃錦波教授

中大生命科學學院院長
善衡書院學生輔導長

Prof. Wong Kam-bo

Director of School of
Life Sciences, CUHK
Dean of Students,
S.H. Ho College

2010年初，中大學生報訪問辛院長，那時我剛轉入善衡書院，正籌備第一屆招生和輔導營。辛院長邀請我一同會見中大學生報，我心裏滿是戰戰兢兢。當時，中大學生報對大學開辦新書院，抱持懷疑態度，問題也直接且尖銳：「善衡以『文行忠信』為院訓，其實中學也有類似院訓。那究竟善衡書院有什麼特色？」在院長跟他們解釋善衡「家」的理念後，我再由衷地說：「老師都希望學生品學兼優，對學生有相似的期望是正常的。但善衡書院有什麼特色，最終是要靠將來的善衡學生來展示。」因此，我們第一屆招生，就有「加入善衡，共創善衡」之口號。

籌備第一屆輔導營，首先要找其他書院學生當籌委。當年其他書院的輔導營雖然準備了非本地生環節，但主要還是本地生自己參與。善衡有別於其他書院，就是非本地生比較多，那怎樣融合來自不同地方的學生，實在是一個莫大的挑戰。我們數次聚首商討未來目標、方向及活動，然後終於遴選了一班熱心的學生。

做老師有一個好處，就是可以跟永遠年輕的學生合作，了解他們的想法，學習他們的作息習慣。籌委會議常要在晚上九時半開會，之後我當然義不容辭擔任司機，接送大家到沙田吃宵夜。跟學生共事，我學習了很多，最重要的是要相信學生。比如說，我發現學生自訂的規則，比老師所訂的還要嚴格，跟學生講理念，遠比對他們說教有效。這些體驗對我之後當上輔導長，跟學生相處，都有很大的啟示。

中大實行書院制，重視全人教育。我深信知識可以傳授，但育人則只能身教。我視與學生溝通是教育的一部份。比如說，你要教導學生講道理，在制訂政策時，就需要耐心地跟學生說明事情。如果你希望學生了解書院的立場，就必須聆聽學生的疑慮，再嘗試尋求解決方案。要良好溝通，先決條件是建立關係。我最不希望書院和學生異化成互相爭取的「對象」，變成「你」與「我」的關係，而不是從「我們」的角度考慮問題。幸好，因為善衡「家」的理念，再加上全宿共膳，學生人數不多，大家都比較熟絡，為互動帶來基礎。

善衡十周年，從第一屆收生一路走來，我看見書院的成長。最珍惜和最令人回憶的，是認識了很多學生，接觸很多精采的生命。在書院的課堂，我們鼓勵學生要有夢想，要思考工作及人生的意義。教學相長，我自己也獲益良多，猶記得2011年暑假，我和善衡學生到烏干達踏上服務學習之旅，親身體驗學生的成長，那時我有感而言：「當我們做每一件事，都不再是先考慮自己的利益，而是開始想想，做這件事對別人有沒有益處，或許大家都已成長了少許……」

In early 2010, the CUHK Student Press conducted an interview with College Master Prof. Sun. At the time, I had recently joined S.H. Ho College and was helping to organize the admission exercise for the first cohort of students and the Orientation Camp. When Master Sun invited me to accompany him for the interview with the student newsletter, I felt jittery. Back then, the CUHK Student Press harbored skepticism towards the University's move to open new colleges on its campus, so the questions it asked were pointed. One of them was this: 'S.H. Ho College has adopted the motto of "Culture, Morals, Devotion, Trustworthiness". Actually, some secondary schools have the same motto. So, what characteristics are to be considered unique to S.H. Ho College?' After the Master explained to them S.H. Ho's concept of 'home', I interjected: 'It is normal for teachers to share similar expectations as it is their common hope to see their students excel in academic studies and moral conduct. As to what unique characteristics S.H. Ho College can offer, much depends ultimately on how its students manifest what they have internalized'. Hence, when we were recruiting our first cohort of students, we added in the slogan 'Join SHHO, Create SHHO'.

Organizing our first Orientation Camp required us, first and foremost, to get students from other colleges to form a planning committee. Back in those years, the orientation camps of other colleges included an event for non-local students but in fact, the participants were primarily local students. As opposed to other colleges, the S.H. Ho College had a large number of foreign students and integrating them all from diverse places of origin was a great challenge for us. We met a few times to discuss our future objectives, direction and activities and eventually were able to select a group of warmhearted students to help with our organization work.

An advantage of being a teacher is that we can always work with the youthful students, understand what they think and learn their daily routine habits. The planning committee have often held their meetings in the evening at 9.30 pm, following which I would of course chauffeur them to have supper at Shatin. Working together with the students made me learn a lot but most of all, it is important to trust them. For instance, I found that the rules made by students are far more stringent than those formulated by their teachers and having rational talks with students is more effective than preaching to them. These experiences offered me great inspiration when I later became Dean of Students and needed to get along with them.

CUHK operates on a collegiate system and upholds a whole-person education. I strongly believe knowledge can be transmitted but the endeavor to nurture people can only be achieved through teaching by example. I view student communication to be part of education. For example, if you set out to teach students to be reasonable, so when formulating policies, it is necessary for you to explain to students patiently and in a clear way about the matter. If you wish students could understand the College standpoint, it will be necessary to listen to their concerns and try searching for a solution. The prerequisite in good communication is to build rapport. The last thing I want to see is the College and its students alienated from one another and becoming each other's 'target' in a mutual struggle, so much that their relationship becomes one of 'you' and 'I', instead of using a 'we' perspective to resolve issues. Fortunately, the College is steeped in the concept of 'home' and has fewer students. Everybody is on familiar terms with each other on campus and this provides the basis for their frequent interaction.

SHHO is marking its 10th anniversary year. Since enrolling the first cohort of students, the College has embarked on a dynamic journey and I have witnessed how it grew. What I treasure and find most memorable here is that I came to know many students, crossing paths with many wonderful lives. At classes held by our College, we encourage students to have dreams and reflect on the meanings of work and life. As teaching and learning are mutually reinforcing, I have reaped plenty of benefits myself. Recalling the summer vacation of 2011, some S.H. Ho College students travelled with me to Uganda on a service learning trip and I personally saw our students grew and developed. At that time, I was so touched by the experience that I said: 'When we do everything without considering our own interests and start thinking if it could benefit others, it probably means we have grown up a little'...



家事點滴

全宿共膳

Full Residence and Communal Dining

同學入讀善衡書院後，來到的不只是一所書院，而是一個「家」，一個實行全宿共膳、擁有六百名成員的大家庭。同學在學期間，除了全期住在宿舍外，更可以參與每星期共三次的師生共膳，藉此機會與院長及其他書院成員共聚，在輕鬆愉快的氣氛下學習，分享生活點滴。書院分別提供三種共膳，各有特色。

師生共膳

讓老師和學生輕鬆用餐，彼此分享日常生活的點滴和趣事，營造融和的氣氛，建立同學良好的人際網絡。每學期約三十次，每次聚餐約四十五分鐘。

After being admitted to S.H. Ho College, students will not only find themselves in a 'college' but also a 'home', a large family with a full residence and communal dining system and 600 members. While the academic semester is underway, students reside in the hostels over the full period and dine with the teaching staff and their peers thrice every week. This affords them the opportunity to get together with the College Master and other College members and learn from them in a casual atmosphere, while sharing snippets of their daily lives. The College provides three types of communal dining, each with its own characteristics.

Communal Dining

Both teaching staff and students eat together and share lighthearted moments in a casual and harmonious atmosphere, which help the youths build a network of social contacts. Every month, there are 30 such gatherings, each lasting around 45 minutes.





文化聚餐

以共膳為交流平台，以藝術、音樂、語言、健康生活、環境保育、社會融洽等為主題，豐富學生的文化體驗，鼓勵學生與演講嘉賓交流，從而發展自己的興趣及網絡。每月一次，每學期約四次，每次聚餐約九十分鐘。

Cultural Dining

Harnessing the platform of communal dining, this function aims to enrich student experiences with keynote speeches made on the themes of art, music, language, healthy living, environmental conservation and social harmony. Students are encouraged to engage in exchanges with the speakers as a way to develop their own interests and social networks. A cultural dining event is held once a month lasting around 90 minutes.



高桌晚宴

為正式的西餐宴會，也是書院聚會，藉着邀請不同界別的領袖人物蒞臨書院演講及答問交流，讓同學提升社交技巧，擴闊人際網絡，加強社會觸覺，明白自己與世界的關係。晚宴在星期三舉行，每月一次，每次約一百八十分鐘。學生的出席率約80%。

書院為晚宴訂下一整套儀式：院長、院監會主席、主講嘉賓、嘉賓、老師、學生、職員穿上設計不一的院袍；學生持旗手引領高桌隊伍進場，學生起立以示尊敬。隊伍上到高桌後，所有參加者高唱院歌，然後院長敲錘子、唸祝酒詞：「Please join me in a toast to Dr. S.H. Ho, to our College, our Home, to our fellowship and friendships. Cheers!」，以感謝何善衡博士，祝福這個家，並希望和在座所有參與者友誼長存。

High Table Dinners

High Table Dinner is a formal western dining tradition and is part of the College gatherings. By inviting leaders of different sectors to give speeches and engage in Q & A exchanges, the College hopes to enable its students to hone their social skills, extend their social networks, enhance their sensitivities to societal trends and happenings and understand how they relate individually to the world. This high table dinner function is held once every month on a Wednesday, lasting 180 minutes. A students' attendance rate of about 80% has been recorded.

The College has designated a set of ceremonial rituals for this function. The College Master, Chairman of the Committee of Overseers, guest speaker, guests, faculty members, students and College staff enter the venue in gowns of different designs. As a student representative bearing the College flag leads the procession, all the other students stand up to show respect. After the procession members return to their respective seats, all the participants will sing the College anthem, after which the Master will strike the gravel and offer a toast to the congregation, reciting: 'Please join me in a toast to Dr. S.H. Ho, to our College, our Home, to our fellowship and friendship. Cheers'.



接着，大家享用豐富的晚餐，再聆聽嘉賓演講。演講以英語、粵語或普通話進行，而中文演講設即時英語傳譯。一般來說，英語演講約二十分鐘，接下來為問答環節，由學生提問。

Following this, everybody will enjoy the delicious dinner served and listen to the speech of the invited keynote speaker, delivered in English, Cantonese or Putonghua. Simultaneous English interpretation will be provided for talks conducted in Chinese. Generally, speeches in English will each last around 20 minutes, followed by a Q & A segment, with the questions raised by students.





高桌晚宴暨書院聚會歷年演講一覽

Overview of Speeches at High Table Dinner and College Symposium

日期 Date	講者 Speaker	題目 Topic
15/09/2010	善衡書院院長辛世文教授 Prof. Samuel Sun, S.H. Ho College Master	善衡書院的發展 Development of S.H. Ho College
13/10/2010	善衡書院院監會主席何子樑醫生 Dr. Tzu-leung Ho, Chairman of the Committee of Overseers, S.H. Ho College	獎學金頒發典禮 Scholarship Presentation Ceremony
03/11/2010	香港中文大學校長沈祖堯教授 Prof. Joseph Sung, Vice-Chancellor of The Chinese University of Hong Kong	與善衡學生對話 Dialogue with SHHO Students
26/01/2011	怡園酒莊主席 Mrs. Judy Leissner 紅酒記者劉致新先生 Mrs. Judy Leissner, President of Grace Vineyard Mr. Lau Chi-sun, Wine Master	怡園酒莊與紅酒品評 Grace Vineyard and Wine Tasting Session
16/02/2011	香港中文大學冼為堅中國文化講座教授李歐梵教授 Prof. Leo Lee, Sin Wai Kin Professor of Chinese Culture, The Chinese University of Hong Kong	什麼要做另類的知識份子 Why to Become an Alternative Intellectual
16/03/2011	香港中文大學社會科學學院院長李少南教授 Prof. Paul Lee, Dean of Social Science, The Chinese University of Hong Kong	香港傳媒生態：如何減少煽腥色媒介的影響 Media Ecology in Hong Kong: Ways to Reduce the Influence of Sensational Media
28/09/2011	善衡書院院長辛世文教授 Prof. Samuel Sun, S.H. Ho College Master	善衡書院的精神 On the Spirit of S.H. Ho College
28/10/2011	香港中文大學校董會主席鄭海泉博士 善衡書院院監會主席何子樑醫生 Dr. Vincent Cheng, Chairman of the CUHK Council Dr. Tzu-leung Ho, Chairman of the Committee of Overseers, S.H. Ho College	書院開幕禮 Grand Opening of the College
23/11/2011	前香港中文大學校長劉遵義教授 Prof. Lawrence Lau, Former Vice-Chancellor, The Chinese University of Hong Kong	我對善衡的希望與期望 My Hopes and Expectations for S.H. Ho College
18/01/2012	棟篤笑演員Vivek Mahbubani先生 Mr. Vivek Mahbubani, Standup Comedian	幸福的角度 Angle of Happiness
15/02/2012	畢馬威中國香港辦事處稅務主管合夥人麥嘉軒女士 Mrs. Ayesha Lau, Partner in Charge of Tax Services, Hong Kong SAR, KPMG China	香港專業人士的機遇與挑戰 Opportunities and Challenges of a Hong Kong Professional
14/03/2012	香港金融管理局總裁陳德霖先生 Mr. Norman 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?

日期 Date	講者 Speaker	題目 Topic
26/09/2012	善衡書院院長辛世文教授 Prof. Samuel Sun, S.H. Ho College Master	新學年伊始之勉勵 Inauguration of Academic Year 2012-2013
31/10/2012	善衡書院院監會主席何子樑醫生 Dr. Tzu-leung Ho, Chairman of the Committee of Overseers, S.H. Ho College	何人何事何解·善衡書院 Who, What and Why of S.H. Ho College
28/11/2012	前中國銀監會主席劉明康教授 Prof. Liu Mingkang, Former Chairman, China Banking Regulatory Commission	我的藝術觀 My Points on Arts
23/01/2013	確進醫療中心總監唐俊業醫生 Dr. Tong Chun-yip, Medical Director of Qualigenics Medical Limited	對壞習慣說再見 Kicking the Bad Habits
20/02/2013	香港突破機構榮譽總幹事蔡元雲醫生 Dr. Philemon Yuen, Honorary General Secretary, Breakthrough	如何關顧有需要的人 Effective Ways to Serve Those in Need
20/03/2013	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. Wong Yan-lung, 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
17/04/2013	前香港天文台台長林超英先生 Mr. Lam Chiu-ying, Former Director of the Hong Kong Observatory	觀星·觀鳥·人生之窗 Stars and Birds – Windows to Life
18/09/2013	善衡書院院長辛世文教授 Prof. Samuel Sun, S.H. Ho College Master	院長年度院情報告 State of the College
16/10/2013	東亞銀行主席兼行政總裁李國寶博士 Dr. the Hon. David Li, Chairman and Chief Executive of The Bank of East Asia, Limited	服務社會的體驗 My Life in Public Service
13/11/2013	善衡書院院監會主席何子樑醫生 Dr. Tzu-leung Ho, Chairman of the Committee of Overseers, S.H. Ho College	獎學金頒發典禮 Scholarship Presentation Ceremony
15/01/2014	前香港大學校長徐立之教授 Prof. Tsui Lap-chee, Former 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
12/02/2014	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
12/03/2014	香港中文大學矯形外科及創傷學系陳啟明教授 Prof. Chan Ki-ming, Professor of the Department of Orthopaedics & Traumatology, The Chinese University of Hong Kong	從「站起來」看醫者父母心 Caring Doctors in Stand TALL Project
16/04/2014	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 The Chinese University of Hong Kong and Managing Director and Founder of China Polar Museum Foundation Limited	考察人生路 Life Expedition as a Polar Researcher

日期 Date	講者 Speaker	題目 Topic
17/09/2014	善衡書院院長辛世文教授 Prof. Samuel Sun, S.H. Ho College Master	院長年度院情報告 State of the College
15/10/2014	基督教正生書院創辦人兼校長陳兆焯博士 Dr. Chan Siu-cheuk, Founder and Principal of Christian Zheng Sheng College	永遠的改變 Change Forever
13/11/2014	善衡書院院監會主席何子樑醫生 Dr. Tzu-leung Ho, Chairman of the Committee of Overseers, S.H. Ho College	獎學金頒發典禮 Scholarship Presentation Ceremony
21/01/2015	香港公開大學校長黃玉山教授 Prof. Wong Yuk-shan, President of The Open University of Hong Kong	消費者委員會 Introduction to the Consumer Council
11/02/2015	香港理工大學客座教授及前香港天文台助理台長梁榮武先生 Mr. Leung Wing-mo, Adjunct Professor of The Hong Kong Polytechnic University and Former Assistant Director of the Hong Kong Observatory	我的氣候故事 My Climate Story
18/03/2015	廉政公署副廉政專員兼執行處首長黃世照先生 Mr. Ryan Wong, Deputy Commissioner and Head of Operations, Independent Commission Against Corruption (ICAC), HKSAR	與公眾共同打擊貪污—廉政公處 四十年工作回顧 Fighting Corruption with the Community – 40 Years in Operations Department
15/04/2015	新科實業有限公司榮譽主席梁少康博士 Dr. Raymond Leung, Honorary Chairman, SAE Magnetics (H.K.) Ltd.	勇闖人生路 The Courage to Persist
16/09/2015	善衡書院院長辛世文教授 Prof. Samuel Sun, S.H. Ho College Master	院長年度院情報告 State of the College
14/10/2015	香港中文大學善衡書院成員及生命科學學院講師鍾國昌博士 香港中文大學善衡書院北極考察團學生代表梁頌輝同學 香港中文大學善衡書院北極考察團學生代表張曉瑩同學 Dr. KC Chung, College Member of S.H. Ho College and Lecturer of School of Life Science, The Chinese University of Hong Kong Mr. Jonathan Leung, Student Representative of SHHO Arctic Expedition Team Ms. Zoey Cheung, Student Representative of SHHO Arctic Expedition Team	善闖北極 S.H. Ho College at Arctic
11/11/2015	善衡書院院監會主席何子樑醫生 Dr. Tzu-leung Ho, Chairman of the Committee of Overseers, S.H. Ho College	獎學金頒發典禮 Scholarship Presentation Ceremony
20/01/2016	資深大律師梁定邦博士 Dr. Anthony Neoh, QC, SC	「法治」的意思 What Does the Rule of Law Mean?
17/02/2016	香港中文大學醫學院副院長(研究)兼化學病理學系系主任盧煜明教授 Prof. Dennis Lo, Research - Associate Dean of Faculty of Medicine and Chairman of the Department of Chemical Pathology, The Chinese University of Hong Kong	我的科研路—如何構思方法?如何應用出來? My research – How I Conceived It And How It Has Been Applied?

日期 Date	講者 Speaker	題目 Topic
16/03/2016	當代嶺南畫派大師伍月柳教授 香港中文大學醫學院助理院長趙偉仁教授 Prof. Ng Yuet-lau, Master of Lingnan School of Painting Prof. Philip Chiu, Assistant Dean, Faculty of Medicine, The Chinese University of Hong Kong	嶺南意象 Lingnan Images
20/04/2016	香港首席三項鐵人退役運動員·現任香港中文大學體育運動科學系講師 李致和先生 Mr. Daniel Lee, Male Triathlete of the Year 2006-2008, 2010 and Lecturer of Department of Sports Science and Physical Education, The Chinese University of Hong Kong	成功之道——從田徑場到講堂 From the Track to the Classroom: The Winning Formula
21/09/2016	善衡書院院長辛世文教授 Prof. Samuel Sun, S.H. Ho College Master	院長年度院情報告 State of the College
19/10/2016	香港中文大學校董會主席梁乃鵬博士 善衡書院院監會主席何子樑醫生 善衡書院院長辛世文教授 善衡書院校友會會長洪綺婷小姐 善衡書院學生會幹事會會長吳天恩同學 Dr. Norman Leung, Chairman of the CUHK Council Dr. Tzu-leung Ho, Chairman of the Committee of Overseers, S.H. Ho College Prof. Samuel Sun, S.H. Ho College Master Ms. Eva Hong, Chairperson of S.H. Ho College Alumni Association Ms. Angela Ng, President of Executive Council, S.H. Ho College Student Union	書院十周年高桌晚宴 The College's 10 th Anniversary Banquet
9/11/2016	善衡書院院監會主席何子樑醫生 Dr. Tzu-leung Ho, Chairman of the Committee of Overseers, S.H. Ho College	獎學金頒發典禮 Scholarship Presentation Ceremony
18/01/2017	元創光藝有限公司創辦人羅揚文先生 Mr. Teddy Lo, Founder of LED Artist Limited	射向星星——從事本土及國際燈光及藝術項目的心路歷程 Shooting for the Stars – Sharing Journey of Working in Variety of Local and International Lighting and Art Related Projects
15/02/2017	全人教育基金主席黃重光醫生太平紳士 Dr. Wong Chung-kwong, JP, Chairman of Whole Person Education Foundation	青年人的抗逆能力 Adolescent Resilience
29/03/2017	華文作家白先勇教授 Prof. Pai Hsien-yung, Renowned Chinese Writer	我的生平——從文學到文化 My Life – from Literature to Culture
12/04/2017	傳真製作有限公司創辦人曾景祥先生 Mr. Kinson Tsang, Founder of MBS Studios	30年傳真·永久的傳承 Passing on a 30-Year Legacy



沈祖堯教授
Prof. Joseph Sung

香港中文大學校長
Vice-Chancellor of
The Chinese University of Hong Kong



劉遵義教授
Prof. Lawrence Lau

前香港中文大學校長
Former Vice-Chancellor,
The Chinese University of Hong Kong



黃仁龍先生
Mr. Wong Yan-lung

前任香港特別行政區律政司司長、
香港資深大律師
SC, Former Secretary for Justice of
Hong Kong



陳德霖先生
Mr. Norman Chan

香港金融管理局總裁
Chief Executive of the
Hong Kong Monetary Authority



蔡元雲醫生
Dr. Philemon Yuen

香港突破機構榮譽總幹事
Honorary General Secretary,
Breakthrough



李歐梵教授
Prof. Leo Lee

香港中文大學洗為堅中國文化講座教授
Sin Wai Kin Professor of Chinese
Culture, The Chinese University of
Hong Kong



劉明康教授
Prof. Liu Mingkang

前中國銀監會主席
Former Chairman, China Banking
Regulatory Commission



林超英先生
Mr. Lam Chiu-ying

前香港天文台台長林超英先生
Former Director of the
Hong Kong Observatory



李國寶博士
Dr. the Hon. David Li

東亞銀行主席兼行政總裁
Chairman and Chief Executive of
The Bank of East Asia, Limited



徐立之教授
Prof. Tsui Lap-chee

前香港大學校長
Former Vice-Chancellor and President
of the University of Hong Kong



梁定邦博士
Dr. Anthony Neoh

資深大律師
QC, SC



陳兆焯博士
Dr. Chan Siu-cheuk

基督教正生書院創辦人兼校長
Founder and Principal of Christian
Zheng Sheng College



李樂詩博士
Dr. Rebecca Lee

香港中文大學榮譽院士及中國極地博物
館基金創辦人
Honorary Fellow of The Chinese
University of Hong Kong and Managing
Director and Founder of China Polar
Museum Foundation Limited



盧煜明教授
Prof. Dennis Lo

香港中文大學醫學院副院長(研究)兼
化學病理學系系主任
Research - Associate Dean of Faculty
of Medicine and Chairman of the
Department of Chemical Pathology,
The Chinese University of Hong Kong



伍月柳教授
Prof. Ng Yuet-lau

當代嶺南畫派大師
Master of Lingnan School of Painting



黃重光醫生太平紳士
Dr. Wong Chung-kwong, JP

全人教育基金主席
Chairman of Whole Person Education
Foundation



羅揚文先生
Mr. Teddy Lo

元創光藝有限公司創辦人
Founder of LED Artist Limited



趙偉仁教授
Prof. Philip Chiu

香港中文大學醫學院助理院長
Assistant Dean, Faculty of Medicine,
The Chinese University of Hong Kong



白先勇教授
Prof. Pai Hsien-yung

華文作家
Renowned Chinese Writer



曾景祥先生
Mr. Kinson Tsang

傳真製作有限公司創辦人
Founder of MBS Studios

海外交換計劃 Overseas Exchange Programmes

書院致力與世界一流大學接軌，目前已與歐洲、亞洲、美洲及非洲等地的世界級知名學府建立交換計劃，每年互派學生進行學術文化交流。每年，書院的學生都有機會到海外學習，藉以培養國際視野、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。書院學生也可以申請香港中文大學的海外交換計劃，到三十七個國家或地區共六百四十家院校進行交流。

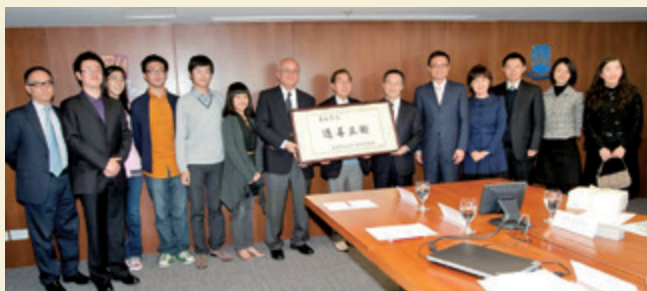
The College strives to connect with the world's leading universities. Presently, it has fostered student exchange programmes with renowned universities from Europe, Asia, America and Africa, through which mutual student exchanges are conducted for academic purposes annually. Each year, students from S.H. Ho College are offered opportunities for overseas learning, designed to help them develop a global vision, experience various cultures and learn from the experiences and wisdom of academicians all over the world. Students of the College can also apply for The Chinese University of Hong Kong's overseas exchange programmes, which facilitate exchanges with a total of 640 tertiary institutions in 37 countries or regions.



善衡書院合作伙伴一覽
Partners of S.H. Ho College

歐洲 Europe	
英國 UK	劍橋大學伊曼紐爾學院 Emmanuel College, The University of Cambridge
英國 UK	劍橋大學休斯研究生書院 Hughes Hall, Graduate School, The University of Cambridge
荷蘭 The Netherlands	烏得勒支大學 (烏特勒支大學學院) 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 China	北京大學元培學院 Yuanpei College, Peking University
中國 China	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	名古屋商科大學 Nagoya University of Commerce and Business
日本 Japan	一橋大學 Hitotsubashi University
韓國 Korea	南韓梨花女子大學 Ewha Womans University
韓國 Korea	南韓延世大學 Yonsei University
澳洲 Australia	雪梨大學 University of Sydney
新西蘭 New Zealand	奧克蘭大學 University of Auckland
美州 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
美國 USA	巴克內爾大學 Bucknell University
美國 USA	聖地牙哥州立大學 San Diego State University
美國 USA	東北大學 Northeastern University
非洲 Africa	
南非 South Africa	斯泰倫博什大學 University of Stellenbosch





2011年12月19日·時任北京大學周其鳳校長率領代表團前往善衡書院·藉以了解兩地教育的最新發展·深化相互的合作交流。

A delegation from Peking University, led by Prof. Zhou Qifeng, then President, visited S.H. Ho College on 19 December 2011 to understand the latest education developments in both Hong Kong and mainland China for deeper exchanges and co-operations.





由三人組成的布朗大學代表團在校長Dr. Christina Paxson的領導下，於2013年12月5日造訪善衡書院，以進一步加深彼此了解，深化合作關係。

A three-member delegation from Brown University led by Dr. Christina Paxson, President, visited S.H. Ho College on 5 December 2013 to further enhance mutual understanding and deepen collaboration.





2013年12月8日，時任北京大學王恩哥校長率領代表團前往善衡書院，旨在鞏固善衡書院及元培書院的合作關係。

A delegation from Peking University, led by Prof. Wang Enge, then President, visited S.H. Ho College on 8 December 2013 to consolidate cooperation efforts between S.H. Ho College and Yuanpei College.

2014年9月11日，伊曼紐爾學院院長Dame Fiona Reynolds率領訪問團到訪善衡書院，冀交流對書院教育的見解，進一步探討兩院在學生交換計劃的協作。

A delegation led by Dame Fiona Reynolds, Master of Emmanuel College, visited S.H. Ho College on 11 September 2014 to exchange views on collegiate education and exchange programmes.





善衡海外交換生從世界各地寄回了家書，以表達他們對這個家的問候、感激和喜悅之情。

Letters are received from SHHO students on exchange to different countries, expressing their gratitude, happiness and greetings to the College far away from HOME.

實習及職場體驗

Internship and Workplace Experiential Learning

善衡書院為學生安排各種各樣的實習及職場體驗的機會，使學生在課餘接觸各行各業的實際工作，培育他們成為專才，應對本地及全球化的挑戰。成功申請者每年六月至八月期間到機構學習，為期約四至八個星期。

S.H. Ho College offers plenty of internship and workplace experiential learning opportunities for students to equip themselves with practical working experience in the real world, preparing them to become competent professionals capable of coping with regional and global challenges. Successful students will be attached to different organizations between June and August each year, for a period of four to eight months.



實習機構一覽

List of Internship Organizations

類別 Category	機構名稱 Organization
金融 Finance	恆生銀行、香港金融管理局 Hang Seng Bank, Hong Kong Monetary Authority
汽車 Mobile	Pacific BMW
醫護 Medical	養和醫院、聖德肋撒醫院、浸會醫院、林順潮眼科中心、骨科-運動醫學康復中心 Hong Kong Sanatorium & Hospital, St. Teresa's Hospital, Hong Kong Baptist Hospital, Dennis Lam & Partners Eye Center, Orthopaedics - Sports Medicine - Rehabilitation Centre
教育 Education	善衡書院（「宿舍管理培訓生」實習計劃） S.H. Ho College (Hostel Management Trainee Programme)
媒體及出版 Media and Publishing	中文大學出版社 The Chinese University Press
媒體及出版 Media and Publishing	巴士的報 Bastille Post
媒體及出版 Media and Publishing	D100
創意媒體 Creative Media	元創光藝有限公司 LED ARTIST Limited
文化 Culture	服務單位：圖書館/博物館/劇院/美術館/畫院/樂團（「國家文化部北京暑期」實習計劃） Service Units: Library/ Museum/ Theatre/ Art Museum/ Gallery/ Orchestra (Summer Internship Programme in Beijing for Ministry of Culture of the People's Republic of China)
社會福利 Social Service	本地社會企業 Local social enterprises
零售 Retail	景福珠寶集團 King Fook Jewellery Group
藥劑 Pharmacy	雅各臣藥業集團 Jacobson Pharma Group
餐館 Catering	美心食品有限公司 Maxim's Caterers Limited



善衡學生曾到不同機構實習，獲取寶貴的社會經驗。

S.H. Ho College students are attached to different organizations for internship to gain valuable social experience.

社會服務

Social Service

書院與多個慈善機構合作，讓學生有機會參與不同類型的義務工作，關心弱勢社群，積極貢獻社會，成為有承擔感的明日領袖。目前為止，善衡學生的愛已傳到世界不同角落，包括香港、內地、澳門、柬埔寨、越南、烏干達。

海外社會服務——非洲烏干達

Overseas Social Service in Uganda, Africa

2011年，善衡十五名學生聯同沈祖堯校長到烏干達當起義工，為孤兒及婦女提供義診服務，出錢出力蓋建學生宿舍，並造訪Watoto兒童村莊、嬰兒中心及婦女中心。

The College works with several charity organizations to provide opportunities for students to participate in voluntary services, care for the disadvantaged groups, actively contribute to society and become the committed leaders of tomorrow. To date, SHHO students have spread their care and concern to different corners of the world, including Hong Kong, Mainland China, Macau, Cambodia, Vietnam and Uganda.



海外社會服務——柬埔寨

Overseas Social Service in Cambodia



自2012年起，善衡書院舉辦柬埔寨社會服務團，為這個遍體鱗傷的國度提供義工服務。善衡學生在教授陪同指導下探訪金邊垃圾山、愛滋病孤兒院和殘障兒童孤兒院，醫學生為村民提供義診服務。這是一次以生命影響生命的旅程，希望為世界弱勢社群出一分力。

Since 2012, S.H. Ho College has been organizing social service expeditions to Cambodia to provide voluntary services. Under the guidance of an accompany professor, SHHO students had visited the slum residents of Trash Mountain in Phnom Penh as well as the orphanages of HIV+/AIDS-infected children and disabled children. Medical students from the College also provided the villagers with voluntary clinical consultation services. Such expeditions were undertaken with the aim of contributing to vulnerable groups elsewhere in the world.





海外社會服務——越南

Overseas Social Service in Vietnam

2016年，善衡同學到了越南胡志明市服務一間盲人學校，他們幫助裝修工程，建立一個更好的遊戲室給孩子；製作手工藝，給盲人學校籌募基金；也教導他們學習英語。

In 2016, SHHO students visited a school for the blind in Ho Chi Minh City, Vietnam, where they helped with the renovation works to create a better playroom for the children and made handicrafts to raise funds for the school and teach its students English.



善衡學生到內地參與「無止橋」建橋項目。
SHHO students joined the Wu Zhi Qiao bridge-
building project in Mainland China.



社會服務——中國內地

Social Service in Mainland China



2010年年底，書院學生獲選與建築學院吳恩融教授到內地參與「無止橋」建橋項目，在聖誕假期，與多位來自內地、台灣及香港的學生共同經歷了一段寶貴的生活體驗。2011年夏天進行另一階段項目，為期九天，參與搭建一道連接雲南邊境與越南的大橋。

2011年，參與「站起來」計劃的善衡學生探訪四川省人民醫院地震傷員康復中心以及都江堰友愛學校。此次行程不但為地震傷者提供醫療服務和精神支持，一些同學更自發成為傷者的導師，以一輩子的朋友身份為他們打氣，鼓勵他們振作起來追求幸福生活。

Under the supervision of Prof. Edward Ng from the School of Architecture, SHHO College students participated in the Wu Zhi Qiao bridge-building project during the 2010 Christmas vacation period. They gained valuable life experiences from being together with other students from Mainland China, Taiwan and Hong Kong involved in the same project. In the summer of 2011, the project entered another phase and over a nine-day period, SHHO students helped build a bridge section linking the border of Yunnan province with Vietnam.

In 2011, a group of SHHO students also participated in the Stand TALL project to visit the Sichuan Provincial People's Hospital Rehabilitation Centre for Earthquake Victims and Dujiangyan Youai School. Besides offering medical services and morale support to the earthquake victims, this trip also saw some student participants take the initiative to counsel and encourage them to be positive and pursue a happy life.

社會服務——香港·澳門

Social Service in Hong Kong and Macau

2013年起，書院學生參與「情誼祖父母計劃」，定期到耆康會何善衡夫人敬老院關心長者，並為他們製作獨特的「人生閱歷冊」。探訪讓學生與長者建立深厚的關係，透過細聽長者的生命歷程，了解他們如何渡過人生起伏，更培養出面對逆境的能耐。

2013年起，書院亦每年舉辦為期一年的「善衡社會服務友師計劃」，「生命影響生命」是這個友師計劃的核心，由善衡學生擔任中學生的善師，指導中學生活動策劃技巧，藉着組織本地及海外的社會服務提升自信、改善溝通能力和人際相處技巧；透過啟導青少年，善師亦會變得更成熟。

Since 2013, students from the College have joined the Sentimental Grandparent Scheme whereby they pay regular visits to residents of the SAGE Madam Ho Sin Hang Home for the Aged and help each of them compiled a 'Journal of Life Experiences'. The visits have enabled the students to build an in-depth relationship with the residents. By listening attentively to the life stories of the elderly, SHHO students have understood how they handled the ups and downs in life, which, in turn, strengthened their own resilience in the face of adversity.

Since 2013, the College has been organizing the Social Service Mentorship Programme annually. The thrust of this year-long mentorship programme is life-on-life inspiration, in which SHHO students act as mentors for the participating secondary students to equip the latter with event organization skills. It is hoped that the secondary students could improve their communication and inter-personal skills through the local and overseas social service events they learn to organize. By providing mentorship to the youngsters, the SHHO student mentors themselves will also become more mature.



「情誼祖父母計劃」
Sentimental Grandparent Scheme



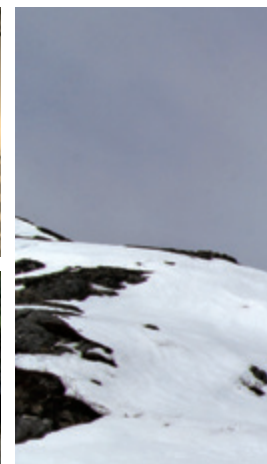
善衡社會服務友師計劃
Student Social Service
Mentorship Programme



文化探索 Cultural Tours

書院為學生提供文化探索之旅，讓學生有機會遊歷北極（格陵蘭）、南韓、美國、中國、台灣等地，藉以增廣見聞，探索及體驗不同國家的風土人情。他們走訪多個城市地方，發掘生命的不同面向，如遠征北緯66度的冰極世界，長途跋涉進行多項科學研究，發揮書院敢為先鋒的精神；或帶備畫具和畫本遠赴敦煌，在起伏不斷的山巒前、戈壁裏罕見的潺潺流水旁，隨心所至在畫紙上留下了墨跡；或放下在香港急速的步伐，在世界文化遺產中漫遊，在傳統的韓式農屋織草繩，在海雲臺遙觀釜山港口，用心去感受城市氣息；或考察珍珠港和夏威夷的歷史和地貌，留下足跡，完全投入兼容多元種族與生活習慣的文化熔爐；或到高雄、台中及台北三地認識台灣環保工作，探討綠色概念滲入大學生活的可能性，感受台灣自然與人文景觀之美。

The College organizes a number of cultural exploration tours for its students to visit destinations including the Arctic (Greenland), South Korea, the United States, Mainland China and Taiwan. The aim is to enhance their exposure by letting them explore and experience the customs of different cultures. This initiative also enables them to visit many different cities and uncover the various possibilities of life. Expeditions undertaken include travelling to the Arctic, located 66 degrees north of the equatorial plane; traversing great distances to conduct several scientific research studies that showcase the College's pioneering spirit and departing for the remote Dunhuang to sketch the gurgling streams seen coursing through the mountain range and caves in ink on a notepad. Alternatively, students could leave behind the hectic pace of life in Hong Kong and leisurely explore the world's cultural heritage, be it knitting straw in a traditional Korean cottage, appreciating the panoramic view of Busan port at Haeundae district or soaking up the ambience of cities. Or they could embark on study tours to Pearl Harbour of Hawaii to explore its history and landscape and totally immerse in the multi-ethnic lifestyles and cultures locally. They could also join a trip bound for Taiwan to deepen their understanding of environmental conservation work carried out in Kaohsiung, Taichung and Taipei, delve into the possibilities of blending the green concept into university life and experience the beauty of the island's natural and cultural landscapes.







善衡跑隊 SHHO Runner Force

善衡書院在2012年首辦Runner Force計劃，安排長跑導師，每兩星期到校，為參與馬拉松賽的學生及教職員提供定期長跑耐力訓練。計劃將健康生活與放眼世界結合，通過跑步促進同學身心健康，培養毅力和意志。書院支持同學用雙腳跑遍世界，除了擴闊視野，更可廣結跑友，彼此分享跑步心得和樂趣。馬拉松是一項不斷挑戰自我的運動，迎向更短的時間、更長的距離，這挑戰如大學生活一樣，需要不斷奮鬥以達成目標。到目前為止，Runner Force隊員已跑遍六大洲參與多項國際性賽事，包括香港馬拉松、廈門馬拉松、烏干達馬拉松、黃金海岸馬拉松、撒哈拉沙漠超級馬拉松等。

S.H. Ho College launched the Runner Force Programme in 2012. Marathon trainers are scheduled to visit the College twice a week, to provide regular long-distance stamina training to students and teaching staff participating in the marathon events. This programme combines the concepts of healthy lifestyle and seeing the world, with efforts made to strengthen students' health, resolve and determination through long-distance running. The College supports its students to run across the world. Apart from expanding their horizons, the initiative also enables them to meet running buddies with whom they could share insights into marathon performances. Running a marathon challenges oneself to strive for a shorter completion time and longer distances. This challenge is similar to the one in university, requiring students to always strive forward. To date, the Runner Force participants have set foot on six continents for several international races, including the Hong Kong Marathon, Xiamen Marathon, Uganda Marathon, Gold Coast Marathon and Marathon des Sables.



善衡達人秀

The SHHOW

「善衡達人秀」的英文稱為「THE SHHOW」，結合了「SHOW」（表演）和「SHHO」（善衡書院英文縮寫）。這個一年一度的活動由學生自主籌辦，書院配合支持，一直以來深受學生歡迎，現已成為書院傳統之一。每逢年底，同學會大展才藝與創意，如唱歌、舞蹈、樂器、功夫，盡情表達自我。

THE SHHOW is the English name for S.H. Ho College's talent performance combining the two words SHOW and SHHO (the abbreviated form of S.H. Ho College). Supported by the College, the annual event is organized by students once a year and enjoys huge popularity among the students to become one of the College traditions. At the end of each year, students will flaunt their talents in singing, dancing, instrumental playing and Chinese martial arts in this event.



個人發展與心靈健康

Personal Development and Mental Health

除了由大學提供的專業心理治療以外，善衡書院也有自己的學生輔導服務，包括一對一私人諮詢，學生輔導主任還會邀請相關專業人士，定期舉辦有關個人成長的工作坊，幫助學生發展身心健康，增強自信。高年級學生會鼓勵本地與非本地新生融入書院學生生活和宿舍生活，在社區環境中互相學習。透過通力合作，善衡書院漸漸建立一個關愛社區。

善衡學生可參與至少一期的「心理健康急救」與「性格透視」計劃，擔當領袖角色。「心理健康急救」證書課程的理念源自澳洲，在於提高對普遍心理問題的認識，如抑鬱、焦慮、藥物濫用、精神疾病等，以便及早轉介。善衡學生獲得認證，可在畢業後到迎新營幫忙，或在書院輔助籌辦心理健康推廣活動。「性格透視」則運用性格評估工具，幫助學生認識個人特性，以及在人際關係上的取向和強弱項。

2013年，善衡書院在陳震夏館301室設立「心泉」(The Wells)，供學生出席心理培訓課程或預約作自主活動。「心泉」設計別具匠心，氣氛親切溫馨，有咖啡閣、梳化區、閱讀區、許願櫃、美術檯、作品展。學生可使用房間配備的藝術材料，可寫作，可畫畫，可聽音樂，可在情緒低落時練習身心調節。學生也可以留下鼓勵字條，同學之間互勵互勉。

Apart from the professional psychological counselling provided by CUHK, S.H. Ho College also runs its own student counselling services, including one-on-one counselling, and regularly invites professionals to conduct personal growth workshops to help facilitate the healthy physical and mental developments of its students and boost their self-confidence. Senior students are also involved in encouraging local and non-local freshers to assimilate into college and hostel life and learn from each other. Through everybody's cooperation, S.H. Ho College has gradually become a caring campus community.

SHHO students could take up leadership roles in at least one semester of the Mental Health First Aid and Personality Dimensions programmes. The underlying concept of the Mental Health First Aid Certificate Course originates from Australia and is aimed at raising awareness of common psychological issues such as depression, anxiety, substance abuse and psychosis, so that early referrals could be made. Certified S.H. Ho College students could help with the Orientation Camp following the graduation ceremony or assist the College to organize mental wellness promotion activities. Personality Dimensions is a personality assessment tool that helps students learn more about their own personality traits as well as their inclinations, strengths and weaknesses in interpersonal relationship.

In 2013, S.H. Ho College opened The Wells in Room 301 of Chan Chun Ha Hall to provide a venue for students to attend psychological training and reserve for the activities they organize. Uniquely designed to convey a hospitable ambience, the room includes a coffee corner, a sofa area, a reading corner, a cabinet, an artwork table and an art showcase. Students can use the room for writing, drawing, listening to music and winding down when feeling depressed. Students can also leave motivational messages as a form of encouragement for others.





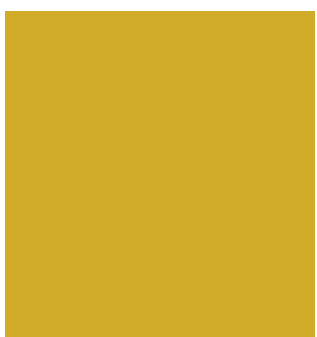
The 9th anniversary of S.H.Ho College
THE SHHOW 2015

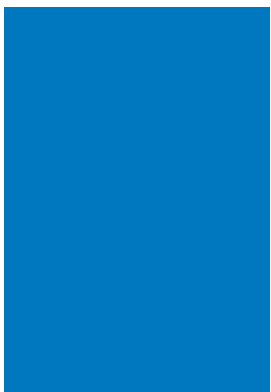
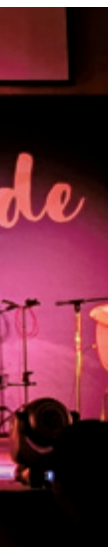
★ SHHOW LASTING ★

Time: 17/11 7:00pm
Venue: Ho Sin Hang Hall

記得15/11前reg dining呀!
Remember to register dining before 15/11

衡 不 息
玖





學生活動小組 Student Activity Clubs

大學是讓學生培育興趣及盡展潛能的地方。在書院及學生活動基金的支持下，學生可以組織不同的活動，藉以建立一個平台，互相交流經驗，令校園生活更添姿采。過去，書院曾資助形形色色的學生自主活動，促使更多學生組織的誕生，培養書院的創新氛圍。這些學生組織包括詠春國術訓練班、古琴社、網球班、英語閣、足球隊、樂隊、學生報等。

The University is a place where students can cultivate their interests and showcase their talents. Under the support of the College and its Student Initiative Fund, SHHO students have formed various activity clubs to provide a platform for the mutual exchange of experiences and enriching campus life. This has prompted the formation of more student groups and endowed the College with an innovative atmosphere. These student groups include Ving Tsun Martial Arts Society, Guqin Club, Tennis Class, English corner, Football Team, Band and Student Newsletter.

人物身影 (三) : 生命師傅

People Profile (3): Life Mentors



黃錦波教授

中大生命科學學院院長
善衡書院學生輔導長

Prof. Wong Kam-bo

Director of School of Life
Sciences, CUHK
Dean of Students,
S.H. Ho College

善衡書院學生輔導長黃錦波教授認為「書院」在大學教育中有獨特的位置，他說：「現代社會資訊發達，知識傳遞容易，不過，待人處事的學問可不容易，大學教育就是要教學生學做人。」錢穆先生指出中國的學問傳統向來有三大系統，第一系統是「人統」，主要用意在學習如何做人，如何做一個有理想有價值的人；第二系統是「事統」，即所謂「學以致用」；第三系統是「學統」，此即以學問本身為系統者¹。黃教授出於對「人統」的重視，無論教務和研究等工作多繁忙，都義無反顧地投入善衡書院「育人」的工作。

黃教授指出，教育是潛移默化的工作，做人的道理、人生智慧難以單靠課堂傳授，因此，善衡書院提供一個生活化的平台讓師生緊密互動，在這珍貴的空間，「教育」隨時隨地發生，不僅有老師春風化雨，書院不同崗位的員工都在發揮教育者的角色。「善衡的學生輔導處每天處理不少同學的訴求，前線員工與同學溝通，回應他們所需，當我們認真地與同學溝通，在互相尊重的基礎上表達對事情的看法，教育就會發生。」

善衡書院是一個充滿「對話」的地方，我們在共膳之時會圍在一起交流生活點滴，同學在宿舍或舍堂活動碰面時，也會聊天，深化彼此的認識。書院重視與同學溝通的機會，會舉辦院政論壇，了解同學對書院政策與事務的看法。黃教授說：「我認為最有效的溝通，就是真誠的交流，語言『偽』術對事情一點幫助也沒有，我們要講真話，講道理。只要認真聽學生的聲音，用心優化院政，同學就會心悅誠服。」對黃教授而言，大部分表達訴求的學生是出於善意的，書院和學生要圓滿解決問題，互信和平等對話是關鍵。

LIFE MENTORS

「創新」是善衡書院重要的理念，書院鼓勵學生提出創新的建議，例如學生活動 The SHHOW 的名字，也是善衡同學提議的，揉合了書院名字和才藝表演的意思。「在每年舉行的善衡新生輔導營，我都建議籌委檢視過往的做法，把好的保留，同時加入新的活動；他們也要反思迎新營口號的意思，不能一味盲目叫舊的口號，要創作有意思、合乎他們情景的口號。學生組織平日舉辦活動也不能『食老本』，他們要在計劃書中有創新的元素，我們才會批出活動經費。」

善衡書院以「家」為基，黃教授認為「家」是一個彼此之間有平等交流的地方，無論每位成員的背景是多麼不同，大家在此會互相尊重，互相信任。話畢，他指着 2010 年首屆善衡新生輔導營的合照，說道：「我們書院的學生來自五湖四海，你看到他們之間的分別嗎？我看到的只是一個身份：他們都是善衡書院的學生。」

S.H. Ho College's Dean of Students Prof. Wong Kam-bo thinks that the 'college' plays a unique role in university education. 'Information technology greatly facilitates the ease of knowledge transmission in modern society. However, interpersonal communication skills are not easy to master and a purpose of university education is to teach us how to conduct ourselves with others', he said. According to renowned Chinese scholar Mr. Qian Mu, the Chinese intellectual tradition is marked by three major systems of knowledge: the first primarily teaches us how to conduct ourselves as individuals in society; the second focuses on applying what we have learned and the third is to see knowledge itself as a system¹. Given the importance he places on the 'people system', Prof. Wong devotes himself totally to the task of 'nurturing people' at S.H. Ho College, regardless of how busy he gets with his lecturing responsibilities and research work.

Prof. Wong points out that education is to make imperceptible influence on students' thinking. However, it is hard to teach them how to conduct themselves as social being and impart interpersonal skills and wisdom in the classroom alone. Hence, S.H. Ho College provides a life-oriented platform for teachers and students to interact closely. It is in this valued space that 'education' occurs anytime and anywhere. Not only are teachers involved in educating students, other staff members through the different positions they hold in the College can also assume a similar educator role. 'The Dean of Students' Office handles lots of different student demands in S.H. Ho College every day. Our frontline employees interact with the students to address their needs. When we seriously communicate with the students and both parties express their views on the basis of mutual respect, education will occur', Prof. Wong said.

S.H. Ho College is a place filled with 'discourse'. During our communal dinners, we share the snippets of our lives with one another. When students run into each other in the hostels or during hall activities, they will also chat and get to know their peers better. The College highly values the opportunities for communication among its students and will organize college-wide forums to understand students' views on College policies and its happenings. Prof. Wong said, 'I think sincere exchange is the most effective form of communication. Linguistic trickeries do nothing to improve matters. We must speak the truth and argue with reason. So long as we listen to the views of students and make concerted efforts to improve our college administration, they will be convinced of our action'. To Prof. Wong, most student requests are made out of good intention and in order for the College to resolve problems with its students, mutual trust and conducting dialogues on equal terms are a must.

'Innovation' is an important ethos of the College, which encourages students to raise innovative ideas. For example, 'The SHHOW', the name of a College event combining 'SHHO' and 'talent show' was created by the students themselves. 'For the Student Orientation Camp held every year, I always suggest to the organizing committees to review what has done in the past, retain the good programmes and add new ones. They must also reflect on the meaning of the Orientation Camp slogan instead of rehashing the old one. It is necessary for them to create a meaningful slogan that is relevant to the times. When organizing daily activities, students should not just "follow the book". They must inject innovative elements into their event proposals in order to obtain our budget approval for their plans'.

S.H. Ho College is anchored in the basic concept of 'home'. Prof. Wong opines that 'home' is a place where everybody can exchange ideas and views on equal terms, regardless of how different their backgrounds. Here, everybody trusts and respects each other. Pointing at a group photograph taken at the inaugural Orientation Camp of S.H. Ho College, he said: 'Our students come from all over the world. Can you spot any differences in them? I can only see a single identity: they are all SHHO students'.

註1：錢穆：〈有關學問之系統〉·見《中國學術通義》（台北：台灣學生書局·1977）·頁225-226。

Note 1: Qian Mu, 'You guan xuewen zhi xitong' (*About the systems of knowledge*), in *Zhongguo xueshu tongyi (General principles of Chinese scholarship)* (Taipei: Taiwan xuesheng shuju, 1977), pp. 225-226.



辛梁淑莊女士
善衡書院院長夫人

Mrs. Piera Sun
Wife of S.H. Ho College
Master Prof. Samuel Sun

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，由於位處松樹叢中，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。辛太太會做曲奇、蛋糕、小吃，辛院長也會自製賓治、茶點，大家談談大學、書院、學業，以至生活的任何方面。久而久之，松苑的下午茶聚為善衡學生津津樂道，大家體會到辛太太精心預備健康美點背後的暖暖溫情。

辛太太向來以家庭為重，婚後主力照顧兒子，會烘焙兒子愛吃的朱古力曲奇。2007年，有一次辛院長夫婦接待劍橋大學伊曼紐爾學院院長Lord Wilson of Dinton及夫人，當時伊曼紐爾學院院長夫人分享到自己希望接待每一位學生，好好認識他們，令辛太太有感自己可以藉「院長夫人」的身份，為善衡書院六百個兒女營造一個不一樣的家，這也是松苑下午茶聚的由來。每當她收到下午茶聚的學生名單，都會按學生的分布預備不同的食物，內地生報名人數較多的話，她會預備意大利薄餅和西式麵條，如果較多外地交換生到訪，她會預備中式點心，讓他們體味中國飲食文化。

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，製成的曲奇美味又健康。辛太太刻意以小組形式教學，每星期開兩班，兩個學生一組共兩組，每次兩小時，讓教學更為互動，確保學生理解選用食材和製作步驟的原理，同時讓學生之間的交流更多。辛太太感謝負責統籌曲奇班的三位善衡學生。「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


生命師傅

的活動交到朋友。」她一想到這點就甜甜地笑起來。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。

辛太太盼望與辛院長和六百個善衡兒女一起建立溫暖的家，她亦希望自己的人生歷練可以啟發學生的成長。辛太太寄語善衡學生要珍惜在學的光陰，專心做學問，長大後要做到「財政上和情感上獨立」，過一個快樂自主的人生。松苑飄香，這不單只是傳自松苑的食物芳香，還有那教人難以忘懷的人情味。

As the residence of Prof. Samuel Sun and his wife, Pine Lodge is located next to the student hostels, making it convenient for the couple to interact with the students. Overlooking Tolo Harbour, Pine Lodge is nestled among pine trees, from which its name is derived. Every Friday, an afternoon gathering would be hosted at Pine Lodge, where around 15 SHHO students are received. Mrs. Sun would prepare cookies, cakes and snacks while Prof. Sun would prepare punch and other refreshments. Over this light reception, they would talk about the University, the College, studies and all other aspects of College life. With the passage of time, the afternoon tea at Pine Lodge has become an event students are fond to talk about and everybody appreciates Mrs. Sun for the healthy snacks she made and the care which she has prepared them.

Mrs. Sun has always considered her family as the top priority. After marriage, she devoted herself to looking after her son and would bake the chocolate cookies he liked to eat. In 2007, there was an occasion when Master and Mrs. Sun received the Lord Wilson of Dinton, Master of Emmanuel College, Cambridge University, and Lady Wilson. At the time, Lady Wilson expressed her wish to receive every student and get to know each of them. Inspired by Lady Wilson's words, Mrs. Sun realized that she could provide a family with a difference for S.H. Ho College's 600 children in her capacity as the 'Master's wife'. This was how the Pine Lodge afternoon tea sessions came about. Whenever she receives the name list of students invited to afternoon tea, she would prepare different snacks according to her guests' profiles. If mainland Chinese students form the majority on the guest list, she will make pizza and pasta for them. If the visitors are primarily exchange students from abroad, she will make Chinese-style *dimsum* to acquaint them with Chinese culinary culture.



Like Master Sun, Mrs. Sun demonstrates great care for SHHO students and is particularly concerned with whether their diet is wholesome, hoping they could continue to grow up healthily. Besides being concerned with how they fared recently, she also runs cookie classes for students at Pine Lodge and shares her modified recipes for baking healthy cookies with them. For instance, she would replace white sugar with honey and add in healthy ingredients such as raisins and walnuts to make the cookies delicious yet healthy. It is Mrs. Sun's deliberate intention to keep her cookie classes small, with two scheduled every week. A class is made up of two different groups, each consisting of two students, and lasts two hours. This ensures the teaching could be made more interactive and that students understand the rationale of ingredient choice and baking procedures. At the same time, it can enable greater interactions among the students. Mrs. Sun is thankful to the three students who help coordinate the cookie classes. 'Whether it's afternoon tea or a cookie class, I enjoy my sharings with students. I treat them like my children and friends. Some students were at first strangers to each other but became fast friends after meeting at a Pine Lodge activity', said Mrs. Sun, smiling sweetly. She hopes the Pine Lodge gatherings can let students know each other and even eliminate cultural barriers between local and non-local students so they could become friends.

Mrs. Sun hopes to build a warm home with Master Sun and their 600 SHHO children. It is also her hope to inspire them with her life experiences and accelerate their growth. She advises SHHO students to cherish their learning period at the University, focus on their studies and become 'financially and emotionally independent' when they come of age and lead a happy, autonomous life. The fragrance that the Pine Lodge exudes not only comes from the snacks served but also the unforgettable flavor of human touch.

留影

Snapshots



劉國智教授

Prof. Victor Lau

- 中大教育學院課程與教學學系助理教授
- 善衡書院何添堂舍監
- Assistant Professor, Department of Curriculum and Instruction, Faculty of Education, CUHK
- Warden, Ho Tim Hall, S.H. Ho College



盧吳美娟女士

Mrs. Eva Lo

- 中大社會工作學系高級講師
- 善衡書院利國偉堂舍監
- Senior Lecturer, Department of Social Work, CUHK
- Warden, Lee Quo Wei Hall, S.H. Ho College

人物身影 (四)：同行者

People Profile (4): Companions

2010年，善衡書院取錄第一批學生。書院作為「全宿共膳」的家，希望幫助新生好好適應大學生活，讓這個家成為給他們遮風擋雨的地方，書院立即舉辦「師友計劃」，把老師和新生連結起來，老師會循循善誘，與新生在適應期風雨同行。袁志樂博士就是善衡書院師友計劃的召集人。

袁博士指出，善衡的師友計劃重視學生之間的守望相助，除了由書院老師擔任導師，每組都有善衡學長協助導師構思及籌辦活動，「年輕人有活力，彼此之間的想法相近，可以舉辦對新生有吸引力的活動，例如到塔門觀星，相約行龍脊，一起在寒夜吃火鍋，這些活動有助加強師友小組組員之間的凝聚力。」袁博士每個月與師友小組學生相聚一次，話題不一定關於學業，也涵蓋書院生活、旅遊體驗和社會議題，他發現小組組員一建立了信任，就會更投入活動，並主動分享自己的事。

「善衡的師友計劃旨在提升新生對書院的歸屬感，讓他們在這個家有種親切的感覺。為了讓新生認識更多不同的善衡學生，新生加入善衡後，除了在書院迎新營的小組和書通課堂認識不同的組員，更會被安排在師友小組認識來自不同學院、不同文化背景的新生，我們相信不同的背景會激發更多話題，擴闊同學的思維，同時促進本地生與非本地生的融合，文化差異可以化為成長的機會。」袁博士說。他補充道，有一次組員探討書院的政策，不同學院的學生各有特別的觀點，例如法學院學生考慮政策背後的程序，商學院學生則着重政策的可行性。

袁博士分享了一個與新生同行的經歷：有位內地商學院學生初到中大，對於林林總總的選擇感到很困惑，透過師友計劃接觸到袁博士，發現原來老師平易近人，願意聆聽他的需要。學生初時問袁博士關於選科的意見，後來無所不談，升上高年級以後，也會問他關於實習和海外學習的看法，直到大學畢業也保持很好的關係。袁博士對這種亦師亦友的關係感到滿足，他認為要建立關係，真誠和聆聽都十分重要。



袁志樂博士

中大工商管理學院高級講師
善衡書院通識教育副主任
善衡書院師友計劃召集人

Dr. Andrew Yuen

Senior Lecturer, Faculty of
Business Administration,
CUHK

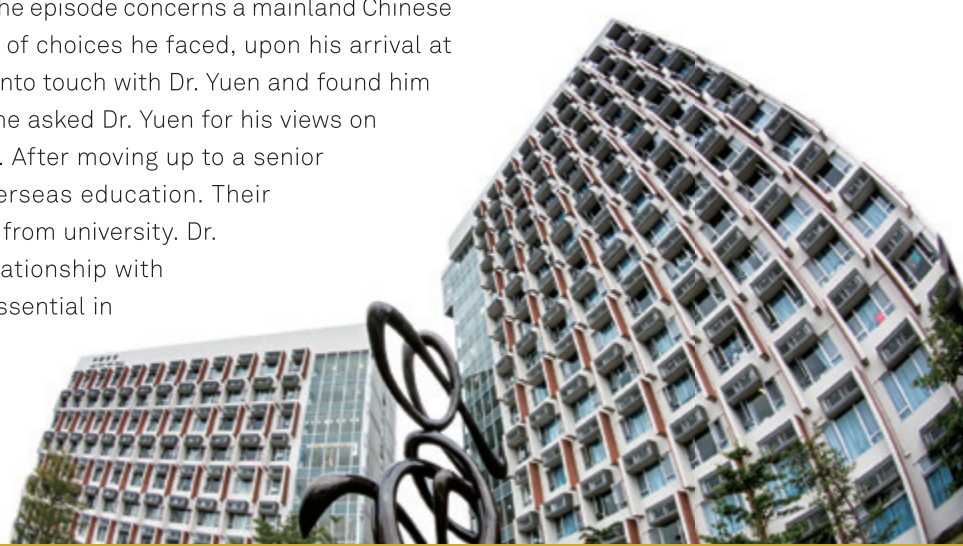
Associate Dean of General
Education, S.H. Ho College
Convener of the Mentorship
Programme, S.H. Ho College

In 2010, S.H. Ho College admitted the first cohort of students. Being a home providing ‘full residence and communal dining’, the College hopes to help the newcomers settle into university life and that this home can shelter them against the wind and rain. This was why the College immediately established a ‘Mentorship Programme’, where teachers and students can be paired together and that the former can provide the newcomers with guidance, while accompanying them every step of the way through the adaptation period. Dr. Yuen is Convener of the Mentorship Programme.

Dr. Yuen points out that the College’s Mentorship Programme emphasizes the mutual care and assistance of students. Besides having College teachers to act as their mentors, each group of newcomers is assigned a senior student to help the instructors conceptualize and organize student activities. He said, ‘Young people are energetic and think alike. Senior students can therefore organize activities that the freshmen find attractive, such as star gazing at Tap Mun, hiking along Dragon’s Back and enjoying a hotpot together in a cold night. These activities can help strengthen rapport among members of mentorship groups’. Every month, Dr. Yuen gets together with his mentorship groups to discuss not only studies, but also College life, travel experiences and social issues. He discovered that once students’ trust is established within a group, they will immerse in the activities more intensely and start sharing their stories on their own accord.

‘SHHO Mentorship Programme aims to raise the newcomers’ sense of belonging to the College and expose them to the intimacy of home. To enable the freshmen mingle more with other SHHO students, they are assigned to mentorship groups where they come into contact with other newcomers from different faculties and cultural backgrounds, besides interacting with various team members at the College Orientation Camp and the CGE Programme. We believe their background differences will ignite more talking points, stretch students’ mind and facilitate the integration of local and non-local students. Cultural differences can be turned into opportunities for personal growth’, Dr. Yuen said. He recalled an occasion when members of his group came together to discuss a College policy and students from different faculties expressed distinctively unique viewpoints. For example, law students usually focused on the procedures undertaken behind policy formulation, while their business school counterparts stressed more on the policy’s feasibility.

Dr. Yuen also shares his experience of mentoring a freshman. The episode concerns a mainland Chinese business student who found himself perplexed by the variety of choices he faced, upon his arrival at the University. Through the Mentorship Programme, he came into touch with Dr. Yuen and found him easygoing and willing to listen to his needs. In the beginning, he asked Dr. Yuen for his views on subject selection, but later, they discussed about everything. After moving up to a senior grade, he also sought Dr. Yuen’s views on internship and overseas education. Their good relationship has lasted beyond the student’s graduation from university. Dr. Yuen finds it satisfying to have built a mentor-and-friend relationship with his students and considers sincerity and attentive listening essential in building these ties.





胡達昌先生

中大體育部講師

善衡書院體育發展小組委員會主席

Mr. Clement Wu

Lecturer, Physical Education
Unit, CUHK

Chairman of Sports Development
Sub-committee, S.H. Ho College

「要改善泳術，最重要是放輕鬆，放慢呼吸和注意泳姿，水的阻力會因而減弱，你會省卻更多氣力，游得更遠。」胡達昌老師是中大游泳隊其中一位教練，也在善衡書院組織體育活動和院隊，少年時曾經代表香港參與巴塞隆那奧運會和北京亞運會。儘管胡先生在泳壇戰績彪炳，但為人謙遜敦厚，待人處事游刃有餘。

「作為中大體育老師，我着眼於與同學的溝通過程，重質多於重量。鼓勵同學訂立和追求個人目標，引發同學改善自身的動力，遠比『棒下出狀元』有成效，過於嚴苛的方式會妨礙學生的自我發展。我深信每位學生都有自己成長的步伐，不能操之過急，正如呼吸太快會令人喘氣。」胡老師如是說。

胡老師「重質」的訓練方針，並非每個學生都習慣，因為大多數的泳會都着重「量」的訓練，例如要求學員以既定的時間完成一百米。「量化表現固然令同學感到實在，然而，如果同學能以正確的泳姿和呼吸的速度練習，就更能提升泳術。通常泳手都被要求在兩小時內完成六、七千米的練習，但我只要求他們完成較短的、質素卻較好的練習。」胡老師明白「過猶不及」的弊病，他說：「以前有一位澳籍港隊游泳總教練採用量化的訓練方式，一位泳手因為操練過度累壞身體，得了腺熱病，於是錯過了1991年的泛太平洋游泳錦標賽。」胡老師寧願泳手操練少一點，起碼可以在不足之處慢慢調校，這想法源於當年一位英籍游泳教練，他了解每一位學員，胡老師從他的身教獲益不淺。

對胡老師而言，教學的樂趣莫過於幫助學生了解自身強弱，與學生一同成長。被問到怎樣才是成功的體育老師，胡老師笑呵呵地答：「能夠與學生建立信任的關係，幫助他們突破自己，這已算是成功。」

‘To improve your swimming skills, it is important to relax. Slowing down your breathing with a focus on your posture will help you reduce water resistance. Not only will you save more energy, you will also be able to swim farther’, Mr. Wu, one of the coaches in the CUHK Swimming Team, said. He also organizes sports activities and helps form sports teams at the College. In his teenage years, he represented Hong Kong at the Barcelona Olympic Games and the Beijing Asian Games. Despite his stellar swimming records, Mr. Wu maintains a humble demeanour but is adept at handling people and situations.

‘As a CUHK sports instructor, I pay attention to the process of communication with my students and value quality over quantity. I encourage students to set and pursue their personal goals and prompt them to improve their self-motivation abilities. This is far more effective than using the rod for discipline. Overly harsh coaching will hamper a student’s self-developments. I believe every student has their own learning pace and things cannot be rushed, just like excessively rapid breathing can induce one to become breathless’, said Mr. Wu.

Not every student is accustomed to Mr. Wu’s quality-oriented coaching approach. This is because most swimming clubs subscribe to the quantity-oriented training method, such as demanding students to complete 100 metres within a designated timeframe. ‘Demands for a quantified performance might cause students to believe a training is substantial. But if they train with the correct posture and breathing, their swimming skills would be greatly enhanced. Swimmers are often pressured to complete 6,000 to 7,000 metres in two hours. However, I ask my students to complete a shorter distance but with performances training’. Mr. Wu understands the drawbacks of overtraining. ‘The quantitative training approach was once adopted by an Australian coach of the Hong Kong team. Due to overtraining, a swimmer found his health collapsing and caught glandular fever, which caused him to miss the Pan-Pacific Swimming Championships in 1991,’ he added. Mr. Wu prefers his swimmers to train less so at least, they could gradually step up their performances to make up for any deficiencies. The idea of this method came from a British coach, who understood every swimmer trained by him. Mr. Wu has benefited greatly from his insights.

To Mr. Wu, the greatest pleasure of coaching is to help trainees understand their own strengths and shortcomings and to grow together with them. When asked what it takes to be a successful sports coach, Mr. Wu replied with a laugh, ‘Building a relationship of trust with the trainees and helping them break through their limitations are what “success” is all about’.



陳楚筠先生本身是中大聯合書院舊生，讀書時期曾經住在恆生樓，畢業後有志於從事學生工作，輾轉在2010年回到中大，在善衡書院位於陳震夏館的學生事務處工作，在書院有多重身份，除了處理日常學生事務外，也是宿舍導師和書院跑隊 Runner Force隊長，學生通常直接稱呼他的英文名字Emery。

下班後，Emery回到何添宿舍，依舊是善衡職員身份，他說：「我本身喜歡接觸學生，與他們聊天時我不感到疲累，也沒有一種好像仍未下班的感覺。有段時期我工餘修讀課程，會特意在宿舍common area溫習，這讓我有點機會接觸宿生，與他們成為朋友。與宿生的相處其實很隨心的，我純粹出自關心而跟他們聊聊近況，並不是以職員的身份傳遞書院的訊息。宿舍是一個特別的空間，讓我在日常生活中與宿生個別接觸，建立信任。」

善衡學生每年最期待的學生活動之一The SHHOW，是Emery的好主意。2010年11月，他打算在其中一次的書院共膳舉辦才藝表演（SHHO's Got Talent），當年他把場地從范克廉樓餐廳移至逸夫體育館，這是他人生第一次舉辦的大型活動，學生樂在其中，想不到這個念頭，慢慢演變為學生每年自由籌辦的院慶活動The SHHOW，也是他們引頸以待、最自豪的事。

善衡Runner Force在2012年成立，由他和同事Ida一同協調跑隊的運作，隊員的投入感也很重要，如有本地賽事，他會找一位初入善衡跑隊的跑手統籌練習，讓他們慢慢積累經驗，培養自信。Emery也會發掘跑手的長處，例如在雅典馬拉松聯隊中，他找一位擅於設計的跑手設計聯隊的標誌和橫額，又會找熟悉社交媒體的跑手分享隊友的參賽心聲和雅典賽事的最新消息。Emery說：「交帶完任務，我不會全身而退，而是與同學同行，一起把事情做好。我選擇相信同學，同時在適當的時候留白，尊重他們發揮的空間。這種模式跟我起初在書院的處事截然不同，起初我會安排好每件事，盡量減低錯失的機會，現在我選擇留白，適時給予幫助，只要與學生好好溝通，以誠相待，事情會迎刃而解。」



陳楚筠先生

善衡書院Runner Force隊長

Mr. Emery Chan

Leader of Runner Force,
S.H. Ho College

Mr. Emery Chan was a former graduate of United College, CUHK, and resided in Hang Seng Hall during his undergraduate years. Upon graduation, he became involved in students' work but after some detours, he returned to CUHK in 2010 and joined the Dean of Students' Office located at Chan Chun Ha Hall in S.H. Ho College. Juggling different roles at the College, he handles routine student matters and doubles up as a Resident Tutor and the Leader of Runner Force, a team of runners from the College. Students often address him as Emery.

Whenever Emery returns to Ho Tim Hall after work, he regards himself a staff member of S.H. Ho College still. He said, 'I like interacting with students. I never feel tired chatting with them nor do I ever think myself as going off work. There was once when I studied a course in my off-work hours. But I intentionally studied in the common area to give myself more opportunities to get in touch with the hostel residents and befriend them. I made no deliberate effort to get along with the residents but merely chat with them out of concern. I passed them no special messages of the College in my capacity as a staff member. The hostel is a special space that allows me to come into contact with the individual hostel residents in my daily life and build trust with them'.

In S.H. Ho College, The SHHOW is one of the year's most-anticipated events among students and it was originally the idea of Emery. In November 2010, he wanted to put on 'SHHO's Got Talent' show for a communal dinner. In that year, he relocated the performance venue from Benjamin Franklin Centre Canteen to Shaw College's Sports Hall for what was to become the first-ever function he organized. The students enjoyed it thoroughly. Little did he realize that his idea would evolve into a major College anniversary event to be organized by the students themselves. The SHHOW is now one of the events they catch on and forward to most and take the greatest pride in.

The College's Runner Force was established in 2012. Emery and his colleague Ida together coordinate the operation of this running team. The dedication of its team members is important too. Whenever there is a local competition, he would get a newcomer of S.H. Ho College to coordinate the training sessions for the runners as a way to help him or her slowly gain experience and self-confidence. Emery is also able to identify a runner's other strengths. From the combined team training for the Athens Marathon, he spotted a runner who was skilled in graphic design so Emery entrusted him with designing the team logo and banner. He also identified another runner with social media savvy and got him to post entries to share the feelings of other runners in the competition along with the latest news of the Athens Marathon event. Emery said, 'After briefing students on a task, I would not leave it entirely to them but walk the talk with them and get it done together. I choose to trust my students. When appropriate, I give them a free hand and respect the space for them to exercise their creativity. This approach differs markedly from the way I did things when I first joined the College. Earlier, I would arrange things to perfection and tried to minimize any chance of them going wrong. Now I choose to leave some space for them and step in to offer them assistance when required. As long as I communicate well with my students and treat them with sincerity, everything will resolve by itself'.



COMPANIONS

人物身影 (五)：心靈農夫

People Profile (5): Soul Nurturers



施維恩博士

善衡書院榮譽學生輔導顧問

Dr. Angela Shik

Honorary Student

Counsellor, S.H. Ho College

家是一個為人遮風擋雨，讓人身心安歇的地方。施維恩博士獲辛院長邀請加入善衡書院之後，提出一項十分創新的建議——書院要聘請自己的輔導員，悉心呵護學生的心靈健康。「我本身喜歡學習，求學路上曾經經歷掙扎和壓力大的日子，我希望以過來人的身份給予學生扶持，讓他們有productive learning（有效學習），享受幾年的大學生活。畢竟，大學教育對人的成長很重要。」

來自五湖四海的學生在這「全宿共膳」的書院共同生活，難免會有陌生感，甚至有磨擦。有見及此，施博士引入性格透視工作坊，幫助學生知己知彼，合作籌辦舍堂活動、或在宿舍共同生活時可以「和而不同」。施博士除策劃心靈健康活動之外，也親自舉辦工作坊，例如以石膏作為藝術媒介，讓學生透過藝術創作舒展身心，減壓之餘，也藉此認識自我。「藝術是很好的表達媒介，學生在創作過程中如觸碰到內心傷痕，輔導員就會介入，另約他們個別見面，與他們同行，給予情緒支援。」

施博士也是「善衡社會服務師友計劃」的策劃人：在為期一年的計劃中，善衡學生會擔任初中學生的「善師」，共同籌辦活動，服務弱勢社群。透過啟導青年人，「善師」會變得更成熟，而青年人亦會透過參與籌辦社會服務改善自我效能感（self-efficacy），提高學習動機。在計劃推行的首年，她教導「善師」如何與初中生友伴同行，在籌備社會服務的過程中互相配搭，尊重差異。

成長並非一朝一夕的事，過程中總會經歷跌跌碰碰。施博士在善衡書院悉心為學生預備滋養心靈的土壤，讓學生藉着活動或個別面談，體會這條路並不孤單。

A home provides the individual with shelter while serving as a resting place for one's body and soul. After Dr. Angela Shik joined S.H. Ho College upon Master Sun's invitation, she raised a very innovative suggestion – the College should have its own counselors to look after students' mental health. 'I love learning myself and went through struggles and days of intense pressure in my learning process. As someone with the experience, I hope to offer students support and enable them to learn productively, so they could enjoy university life over the next few years. After all, a university education is critical to a person's growth'.

With students hailing from all over the world to live together in this College that practises 'full residence and communal dining', feelings of unfamiliarity and even conflicts are inevitable among them. In view of this, Dr. Shik introduced the Personality-Dimensions® workshops to help students understand themselves and others, collaborate to organize hostel activities or live alongside one another while maintaining 'harmonious yet diverse' views. Besides planning activities to promote mental well-being, Dr. Shik also conducts her own workshops. For example, she uses plaster as an artistic medium to help students unwind, physically and mentally, through the process of artistic creations. While relieving stress, it also enables students to know themselves better. 'Art is a very good medium for self-expression. If the students come face to face with their inner traumas in this process, the counselors would step in, meet them individually and keep them accompanied to provide them with emotional support along the way'.

Dr. Shik is also planner of the SHHO Student Social Service Mentorship Programme. Lasting a year, the programme lets SHHO students act as mentors to the junior secondary school students. They organize activities together and serve the underprivileged. By guiding the youngsters, the mentors become more mature themselves, while the former can improve their self-efficacy through this programme and enhance their learning motivation. In the first year when the programme was launched, she taught SHHO mentors how to support their junior secondary students on the counseling journey as well as collaborate with each other and respect their differences in planning social service programmes.

Personal growth cannot be achieved in a day as one is bound to stumble and fall during the process. At S.H. Ho College, Dr. Shik carefully prepares the fertile soil to nourish the spiritual health of students as they participate in the activities or face-to-face interviews, proving that they are not necessarily alone while walking their own individual paths.



馮穎茵小姐

善衡書院學生輔導員

Ms. Winnie Fung

Student Counselor,
S.H. Ho College

心 靈 農 夫

藝術是人類情感的呈現與延伸。善衡書院學生輔導員雲妮（馮穎茵小姐）說：「心的英文heart由he（人）和art（藝術）組成，其實一個人做藝術的時候，很能呈現內心的感覺。有時候，情緒難以透過邏輯的言語表達，卻可以藉着藝術尋找共鳴，把心中的情感釋放出來。」

雲妮既是註冊社工，也是表達藝術治療師，她在2013年加入善衡書院，希望與善衡學生同行，與他們一同發掘生命不同的可能性。雲妮認為善衡學生大都有不錯的學業表現，但礙於社會普遍對「成功」的標準過於單一，也十分推崇正向思維，令人習慣把內心的脆弱收起。有一位學生的分享教她驚訝，她告訴雲妮：「原來我是可以不快樂的，原來向別人展露自己的軟弱不是問題。」雲妮發現，部分學生考入大學之後，往往忙於打造自己亮麗的履歷表，努力累積實習或海外交流經驗，卻沒有空發掘內心的聲音。

「無論是舉行表達藝術工作坊、新來港學生適應計劃，或是一對一面談，我都希望用心與他們一同經歷成長，讓他們明白到每個人都有他的獨特性，生命本身充滿不同的選擇，我願意與他們同行，讓他們重新發現自己的本相，接納自己，為自己作合適的選擇。」雲妮如是說。

雲妮本身是新亞書院畢業生，她回憶起自己畢業那年，有感過得太倉促，而她觀察到不少準畢業生都忙於寫畢業論文，預備求職面試，沒有空間整合自己在大學的成長，所以她在善衡舉辦「我們是準畢業生」裝置藝術及攝影展，讓參與者透過藝術認識自己，並以獨特的方式作生命剖白，給自己不一樣的畢業禮物。

2015年參展的準畢業生都拿着一張大白紙拍畢業照，然後各自在自己的畢業照上進行藝術創作，按自己的步伐探索自己的夢想與堅持。在2016年，雲妮以「恐懼與信念」為題，逐一陪伴參展學生觸碰成長中的恐懼，以及面對未知的將來時所抱持的信念。這種陪伴需要不少時間與心力，但雲妮說：「我認為與學生同行的時刻彌足珍貴，雖然有身心疲憊之時，但能夠讓他們重新認識和接納自己，我覺得十分值得。」

Art is the manifestation and extension of human emotions. Winnie Fung, Student Counselor of S.H. Ho College, said, 'The English word "heart" is formed by "he" and "art". Actually, when people engage in art, it is easy for them to show their inner feelings. Sometimes it is difficult for a person to express emotions through the logic of languages. However, through art, one can find empathy and release for one's feelings'.

Winnie is a registered social worker and an expressive arts therapist. She joined S.H. Ho College in 2013, hoping to keep SHHO students accompanied on the journey of bringing the possibilities of life to light. Winnie believes that most SHHO students perform well academically but given society's singular benchmark of 'success' with an undue emphasis on positive thinking, people usually keep their fragile feelings under wraps. It surprised Winnie when a student told her, 'I didn't realize I could be unhappy and that showing my weakness to others is not a problem'. Winnie discovered that some students, after entering university, took great efforts to create an impressive resume and accumulate internship or overseas exchange experiences, but have no time to heed their inner feelings.

'Whether it is holding an expressive arts workshop, a one-on-one chat or a programme to ease the adaption of newly arrived non-local students, I hope to keep them accompanied on their growth journey, enabling them to know that each person is imbued with unique traits and life is filled with different options. I am willing to be with them as they rediscover their own true nature, accept themselves and make the right choice for themselves', Winnie said.

As a graduate of New Asia College at CUHK, Winnie recalled everything was in a rush during the year of her graduation and she noticed that a lot of prospective graduates were busy writing a thesis, preparing for job interviews and had no time to synthesize their growth experiences in university. So when she held a 'We are Graduates' installation art and photography exhibition in S.H. Ho College, she let the participants discover themselves through art and express their life stories in a unique way, as a different graduation gift for themselves.

In 2015, each of the prospective graduates who participated in this exhibition event held a large piece of blank paper to pose for a group photograph, then carried out artistic compositions, on their respective graduation photos, to explore their own dreams and persistent pursuits according to their own pace of development. In 2016, Winnie held another exhibition featuring the theme of 'Fear and Beliefs', where she accompanied every participating student in confronting their fears of growing up and the beliefs they held towards the unknown future. Rendering such support takes considerable time and emotional energy, but Winnie said: 'I believe the moments spent on accompanying the students on undertaking this inner journey were extremely precious. Although there were times I felt physically and emotionally drained, it was worthwhile spending time to help them rediscover and accept themselves'.



SOUL
NURTURERS

VII. 衡跡拾絮 Events and Initiatives

Watoto「希望之聲音樂會」

2010年，書院舉辦「希望之聲音樂會」，邀請Watoto兒童合唱團獻唱。Watoto兒童合唱團不時在世界各地作巡迴表演，代表非洲約五千萬因愛滋病、戰亂和貧病淪為孤兒的孩童呼喊。當晚，合唱團的二十位小朋友以真摯的歌聲及舞蹈，向中大師生呈現他們孤苦掙扎的生活經歷。

2012年至2013年，Watoto兒童合唱團再接再厲，先後兩次抵達善衡書院演出，每次也吸引逾八百名觀眾前往欣賞。音樂會揉合了當代音樂和傳統的非洲韻律，曲風充滿活力，並以原創音樂、舞蹈、生命轉化的故事、精彩的視聽效果及音樂錄像貫穿而成，合唱團冀藉此分享非洲的美麗。

Watoto's 'Concert of Hope'

In 2010, the College held a 'Concert of Hope' presenting the vocal performance of the Watoto Children's Choir, which travelled around the world to advocate for the estimated 50 million children in Africa inflicted by AIDs, war, poverty and disease. That evening, the 20 children of the choir presented their solitary struggles to CUHK staff and students with their heartfelt singing and dancing.

From 2012 to 2013, the Watoto Children's Choir performed again at S.H. Ho College twice, attracting more than 800 audiences in each show. Combining contemporary music and traditional African rhythms, their performances were filled with vibrancy, fused together by original music compositions, dancing, life-inspired stories, exquisite visual-audio effects and music videos. The Choir hoped to share the beauty of Africa with the audience through the shows.





北極考察

2015年5月10日，十七名善衡學生組成首個香港本科生北極考察團隊，在書院教職員鍾國昌博士和梁祐誠先生的引領下，浩浩蕩蕩地遠征北緯66度的冰極世界。對考察團的同學而言，北極風光如畫，令人嘆為觀止，當地的生態蔚為奇觀，在冰天雪地探險實在教人難忘。

考察團隊回港後，舉行「善闖北極」展覽並出版書籍《善闖北極》，冀與更多師生及公眾人士分享考察經歷。考察團員也剪輯了極地之旅紀錄片，真實紀錄現場情況和隊員的心路歷程。

Arctic Expedition

On 10 May 2015, the first Hong Kong undergraduates' expedition to the Arctic, formed by 17 students of S.H. Ho College, set off to the icy polar world located at a latitude of 66 degrees north, under the leadership of two teaching staff members Dr. K.C. Chung and Mr. Ivan Leung. For the students of the expedition, the picturesque Arctic landscape was breathtaking and the local wildlife was a rare spectacle. Embarking on an adventure to explore this ice-laden landscape made for an unforgettable experience.

Upon returning to Hong Kong, the expedition held an exhibition and published a book titled *The Arctic Explorers from S.H. Ho College*, to share experiences of the trip with more teaching staff, students and the general public. The expedition also produced a video documentary to chronicle the onsite conditions and how its members felt about the trip.

青年才俊計劃

善衡書院致力推動學生追求創新，並以創意回饋社會。書院2014年推出「青年才俊計劃」，鼓勵有志創業的學生和校友把創意轉化為商機，累積營商實戰經驗，實現創業夢。書院每年公開邀請書院學生及校友參加計劃，收到不同參選隊伍的創業計劃書後，會交由中大商學院教授、創業專家及著名社企管理人員組成的遴選委員會負責評審，評審準則包括創新精神、商業可行性、管理模式、贊助支持、財政規劃和社會關懷元素等。

優勝者可在善衡書院陳震夏館地下的實體店運作約一年，而商學院的教師更會擔當創業顧問，給予指導及意見，助學生取得營商經驗，拓展商界網絡。實體店面臨大學道，鄰近校巴士站，面積約300平方尺，有獨立門口和電力供應，交通方便，位置理想。

Young Entrepreneur Programme

S.H. Ho College is dedicated to encouraging students to pursue innovation and pay back society with their creativity. In 2014, the College launched the Young Entrepreneur Programme to encourage students and alumni to turn their creativity into business opportunities, accumulate entrepreneurial experience and achieve their start-up dreams. Every year, the College openly invites students and alumni to participate in this programme and entrepreneurial proposals from different teams have been received. These proposals are passed to a judging panel, consisting of a Faculty of Business Administration professor, entrepreneurship experts and a renowned social entrepreneur. The selection criteria include innovative spirit, business feasibility, management model, sponsorship support, financial planning and the social awareness.

The winner is eligible to operate a bricks-and-mortar store on the ground floor of Chan Chun Ha Hall over a one-year period. Teaching staff from the Faculty of Business Administration will act as business consultants to provide instructions and advice to help the student winners gain business experience and expand their business networks. Overlooking University Avenue, the physical store is close to the bus stop, with a floor area of about 300 square feet and equipped with its own separate entrance and electricity supply. The shop's location is ideal and offers convenient transportation access.



創業項目一覽
Entrepreneurial project

第一屆
The First Year
2014-2015

逢時書室
Timing Bookstore

「逢時書室」在中大校內經營首間獨立二手書店，嘗試以有別於主流書店的經營方式，豐富校內同學的閱讀體驗。書室着重「悅讀」經驗，鼓勵讀者以不同的主題分享書單，同時舉辦不同類型的活動，以及利用互動的網上交流平台推廣閱讀。

'Timing Bookstore' is the University's first independent second-hand bookstore, with a unique operational model that differs from that of mainstream bookstores, so to enrich the on-campus reading experience of students. It encourages readers to share their book lists under different themes, while holding diverse activities and harnessing an interactive online platform to promote reading.

第二屆
The Second Year
2015-2016

HeyHome

「HeyHome」致力推廣有機生活，集中售賣有機食品，將海外進口的健康美食帶進校園，如小球藻、大麥草、螺旋藻等混合而成的「有機超級綠色組合」、「有機芥蘭葉粉」等沖調食品。

'HeyHome' is dedicated to promoting organic living, focused on selling organic food products and bringing healthy food items imported from abroad, such as the 'organic green composite' product that featured a mix of chlorella, jubatum, spirulina and 'organic kale leaf powder'.

第三屆
The Third Year
2016-2017

香港製造
Hong Kong Produce

「香港製造」是一家清新簡潔的格子舖，貨品林林總總，塞滿一個個格子木架，如小盆栽、皮革製品、棉布及麻布袋子、小擺設、飾物等等。店內桌上也堆滿各式各樣的小手作和有機商品，琳瑯滿目。格子舖的合作單位主要為本地手作家和一些本地品牌，店舖沒有規定集中售賣某類貨品，讓顧客選擇更多。

'Hong Kong Produce' is a refreshing and tidy consignment shop stocked with a diverse array of products, from tiny potted plants to leather goods, cotton and linen bags, small decorative items and accessories. Its table top is also filled with various handicraft items and organic products. Collaborating with local manufacturers of handmade products and brands, the shop has no fixed product categories, in order to offer customers with more diversified choices.



逢時書室 (圖1及圖2)·HeyHome (圖3) ·
香港製造 (圖4) 為首三屆「青年才俊計劃」
的優勝者。

The operators of 'Timing Bookstore'
(photo 1 and 2), 'HeyHome' (photo 3)
and 'Hong Kong Produce' (photo 4) were
the winners of the Young Entrepreneur
Programme in its first three years.

衡跡絮拾



馬拉松賽事

善衡書院與基督教正生書院（正生）組成聯隊，派出師生參加馬拉松賽事。善衡與正生同學各有不同的成長背景和人生經歷，大家藉着跑步互相認識，一同經歷艱苦的訓練，感到氣餒時便互相勉勵，不幸受傷時便互相扶持，朝着共同的目標進發，以生命影響生命。2015年11月，聯隊到雅典馬拉松完成四十二公里的全馬賽事。2016年，善衡與正生聯隊再接再厲，在4月至8月期間接受全馬特訓，然後出發到南韓參加9月4日舉行的DMZ國際和平馬拉松，再度挑戰自我，以體力和意志力跑出人生新里程。2017年4月，Runner Force延續挑戰，完成「撒哈拉沙漠馬拉松」，賽程總長約二百五十多公里，是跑隊歷來最艱辛的一次征途，但也磨鍊出跑手頑強的意志。

S.H. Ho College Marathon Races

SHHO Runner Force combined forces with Christian Zheng Sheng College (Zheng Sheng) to form a joint team, through which teaching staff members and students are sent for participation in marathon races. The two groups of students, with different backgrounds and life experiences, get to know each other, undergo the same gruelling training, encourage one another when feeling dejected and offer mutual support in the event of injuries that exemplify life-on-life inspiration. In November 2015, the joint team completed a 42 km full marathon in Athens. In 2016, the SHHO-Zheng Sheng team continued the momentum to undergo a full marathon training from April to August before leaving for South Korea for the Cheorwon DMZ International Peace Marathon held on 4 September. Challenging themselves, the team members achieved a new milestone in their lives with their physical stamina and determination. In 2017 April, the Runner Force extended the challenge to compete in the Marathon des Sables, with a full race spanning 250 km, the toughest the team had ever tackled but also one that honed the runners' dogged determination.



人物身影 (六) : 探險員

People Profile (6): Explorers



鍾國昌博士

中大生命科學學院講師

善衡書院北極考察團的科學主任

Dr. K.C. Chung

Lecturer, School of Life
Sciences, CUHK

Science Officer of the Arctic
Expedition Team, S.H. Ho
College

鍾國昌博士主要帶領學生考察員研究北極的石灘、凍原、海水和活水等生態。鍾博士說：「正如首位攀登喜馬拉雅山的希拉里爵士的名言：『我們不只征服了一座山，更是征服了自己』，我十分欣賞考察隊員勇於挑戰個人極限，完成了艱鉅的極地考察之旅，並且在短時間內發表學術文章。」

Dr. K.C. Chung led the young explorers to study the Arctic's rocky shores, tundra, ocean and fresh water and other aspects of its ecology. Dr. Chung said, 'As the saying of Sir Edmund Hillary, the first person to reach the summit of Mount Everest, goes, "It is not the mountain we conquer but ourselves." I truly appreciate the courage of our young explorers to challenge their individual limitations, complete the arduous expedition to the Arctic and publish academic papers in such a short period.'



張曉瑩小姐

中國語言及文學系善衡學生
善衡書院北極考察團成員

Ms. Zoey Cheung

SHHO student from the
Department of Chinese
Language and Literature
Member of the Arctic
Expedition Team,
S.H. Ho College

張曉瑩回憶道：「善衡北極考察團隊每天要上岸做兩次考察，有一次天氣轉壞，到晚上十時才有機會上岸做考察，當時氣溫跌至零下，隊員惟有像企鵝般圍在一起取暖，一邊唱勁歌金曲來振奮士氣，好讓大家提起精神，奮力完成極地研究。又有一次當考察船駛近鞍山冰川，突然有大塊冰川崩裂跌入海中，讓我反思到，上千萬年才能形成的冰川，一旦崩壞只要一瞬間。這次親身經歷教我念念不忘。」

Zoey recalled, 'The S.H. Ho Arctic expedition team had conducted two on-shore studies twice a day. On one occasion, the weather deteriorated so much that we only had the chance to get on shore at 10 pm in the evening, when the temperature plunged to sub-zero degrees. Team members had to huddle together like penguins for warmth, belting out Cantopop songs to boost everybody's morale and strived extremely hard to complete the Arctic field study. There was another unforgettable time when an ice shelf collapsed into the sea, causing me to reflect on the fact that a glacier was formed over hundred thousands of years but took only a moment for it to collapse'.



麥傲冬先生、梁頌輝先生

醫學院善衡學生

善衡書院北極考察團成員

Mr. Dominic Mak and Mr. Jonathan Leung

SHHO students from the
Faculty of Medicine

Members of the Arctic
Expedition Team,
S.H. Ho College

探險員

麥傲冬和梁頌輝在格陵蘭進行人類生理狀態的比較研究，了解人類面對嚴寒氣候所引起的生理變化，研究對象為香港人、探險帆船倫勃朗號的旅客、船上的工作人員和因紐特人——他們各有不同的生理特徵，例如性別、種族、體重、身體質量指數、年齡和運動習慣。研究結果顯示，香港旅客的血壓升幅比倫勃朗號的工作人員高得多，這數據反映出因紐特人生理上適應了格陵蘭的嚴寒天氣。麥傲冬說：「這個研究令我獲益良多，因為我有機會實踐研究方法，例如以SPSS分析數據。我十分感激有這個探索世界的大好機會，希望這個研究可以對社會有裨益。」

對考察團的同學而言，在冰天雪地上探險，是一次難忘的經驗。麥傲冬喜歡穿上雪鞋遠足，因為一路上可以觀賞不同的地貌與野生動物。他補充道：「北極有很多特別的景觀，最棒的一次是在白雪紛飛的雪谷中漫步，每一個人都很安靜，我們只聽到飛鷹和滾石的聲音。這次行程對我最大的啟發，是認識到人的渺小，在浩瀚的大自然面前，人是無能為力的，我們不能控制甚麼；我們要尊重大自然，要在仍可挽救之時去好好保護她。」

Dominic Mak and Jonathan Leung conducted a comparative study on the human physiological state in Greenland, to find out the physiological changes people experience under a severely cold climate. The subjects of this study were Hong Kong people, the passengers of the exploration vessel Rembrandt Van Rijn, the crew on board and Inuit people, with different physiological traits such as gender, race, weight, body mass index, age and exercise habits. The findings indicate that the blood pressure of the Hong Kong subjects was much higher than the crew working on-board Rembrandt Van Rijn. The data shows that Inuit people are physiologically acclimatised to the harsh cold of Greenland. Dominic said, 'The study benefited me greatly as it offered me an opportunity to implement my research method, such as data analysis using SPSS. I am grateful I was given this wonderful opportunity to explore the world, and hope that this study of ours would benefit society'.

For other students of the expedition team, undertaking an exploration trip to Greenland was an unforgettable experience. Dominic loved to go long-distance hiking in his snow boots because he could view the different landscapes and wild life along the way. He added, 'There are lots of extraordinary sceneries in the North Pole region. The best experience I had was strolling in a snow-laden valley amidst swirling snowflakes. Every one of us remained silent. We could only hear the sounds of eagles flying and stones rolling down the slopes. What inspires me most in this trip is that mankind is so miniscule before the immensity of Mother Nature and so powerless are we that we could not control anything. We must respect Nature and protect it when it still can be rescued'.

人物身影 (七)：創業者

People Profile (7): Entrepreneurs



黃庭婧小姐

心理學系善衡畢業生

逢時書室創辦人之一

Ms. Lillian Huang

SHHO graduate from the
Department of Psychology

One of Timing Bookstore
founders

在2014年，首屆「青年才俊計劃」中脫穎而出的創業項目名為「逢時書室」，他們在陳震夏館地下一間小室經營校內首間獨立二手書店，為期一年。逢時書室的發起人來自不同學系，他們着重讀者的「悅讀」經驗，嘗試以有別於主流書店的經營方式，豐富校內同學的閱讀體驗。

黃庭婧說：「在善衡開書店是個浪漫念頭，我們受2013年中大博群書節啟發，有感山城從來不缺愛書人，但很少人跳出框框，我們希望提供一個平台打破局限。很多書本缺乏下個讀者，而『逢時』的責任，就是希望讀者能偶遇一本好書。逢時職員會在書中選出特別的句子寫在牛皮紙上，製造人與書的偶遇。『逢時』的出現，就是為了延續人與書浪漫的偶遇，畢竟，大學生應該是浪漫的。」

逢時職員深信書本可豐富讀者生活，而讀者可賦予書本新生命，書室鼓勵讀者以不同主題分享閱讀書單，同時會舉辦不同類型的活動，以及利用互動的網上交流平台推廣閱讀，希望在校園這個自由空間作出更多新嘗試，打破傳統的書店格局。創業計劃完結後，逢時書室遷出中大校園，落戶牛頭角工廈，繼續在城市一隅播下浪漫的偶遇。

創業者

In 2014, a start-up project that stood out in the Young Entrepreneur Programme as its winner was 'Timing Bookstore'. Following this, the founders were allowed to operate the College's first independent second-hand book from the ground floor of Chan Chun Ha Hall for a one-year period. As an entrepreneurial project, Timing Bookstore was initiated by a group of students from various disciplinary backgrounds. Stressing the importance of a 'pleasurable reading' experience, they ran the bookshop on a business model that differed greatly from that of their mainstream counterparts, in order to enrich the reading experience of their fellow students.

Lillian Huang said, 'The idea of running a bookshop in S.H. Ho College was romantic. Inspired by CUHK's I•CARE Book Festival in 2013, we felt there were no lack of book lovers in the University campus, but few ever tried to think out of the box. We hoped to provide a platform to break through the limitations. A lot of books are in need of the next reader and Timing Bookstore took the obligation to introduce good books to readers. Our staff would select special phrases from the books and wrote them on kraft paper, to arrange encounters between people and books. Timing Bookstore came into being to extend the romantic encounters of people and books. After all, university students are supposed to be romantic.'

Timing Bookstore staff firmly believed that books could enrich their readers' lives and in turn, the readers could offer books a new lease of life. The bookstore encouraged readers to share their book lists under different themes and it also held different types of activities to harness an interactive online platform to promote the reading habit. It hoped to make even more new attempts in the liberal campus environment. After its entrepreneurship tenure ended, Timing Bookstore had to move out of CUHK campus and it has since transplanted itself to an industrial building in Ngau Tau Kok, continuing to arrange romantic encounters in another corner of the city.



陳子傑先生

機械與自動化工程學系
善衡畢業生

HeyHome創辦人之一

Mr. Kelvin Chan

SHHO graduate from the
Department of Mechanical
and Automation Engineering
One of HeyHome founders



銅鑼灣羅素街曾被喻為全球最貴租的地段，但竟有三位初次創業的年輕人在樓上舖位開設有機食材店HeyHome，集中賣有機素食。由於品牌形象鮮明，加上HeyHome直接從英美等地採購有機食品，而店內九成產品在香港其他有機食品店都買不到，所以開店初期已漸受關注健康的顧客歡迎。

陳子傑在2014年見善衡書院首辦「青年才俊計劃」，優勝隊伍可以在校園經營實體店，於是找來兩位好友參賽。陳子傑說：「我們一開始着手找供應商，寄出近百封信，最後成功聯繫上十家本地有機食品店，見面時本是商談合作機會，後來卻變成了解市場現實的會談，因為幾乎每家供應商都勸我們不要入貨，原來就算不賺分毫，零售價仍會比大型超市貴。後來，我們還是熬兩三晚通宵寫了三十頁的創業計劃書，雖然最終未能脫穎而出，但我們沒有放棄，最後落戶租金不菲的羅素街。萬事起頭難，但摸着石頭過河的話，問題總可以迎刃而解！」

HeyHome成員認為沒有「青年才俊計劃」，就沒有HeyHome的誕生，對於在善衡書院經營實體店念念不忘，遂在2015年再次參與計劃，終於一嘗所願，在2016年上旬落戶善衡。

ENTREPRENEURS

Russell Street in Causeway Bay has been called the world's most expensive area for shop rentals. Nevertheless, three young people managed to set up their start-up in a building there, above the ground floor. It was called HeyHome, an organic food shop that retails organic vegetarian food. Due to its vivid brand image, coupled with the fact that they imported organic food items directly from the UK and the US and that 90% its merchandise was unavailable at other stores in Hong Kong, the setup was popular with health-conscious customers.

In 2014, Kelvin Chan learned of the inaugural Young Entrepreneur Programme rolled out by S.H. Ho College where the winner would be allowed to run a physical store on the campus. So he got two friends to participate in the competition with him. Kelvin said, 'We got around searching for suppliers right from the outset. Close to a hundred letters were mailed out and in the end, we successfully contacted over ten local organic food stores. When we met them, we talked about the possibilities of collaboration but later, it turned into a discussion about the market reality. Almost every supplier persuaded us not to make any product purchases for our shop. The reason is that even if we earned nothing, the retail prices of our products would be higher than those sold in the large supermarkets. Eventually, we burned midnight oil over two to three evenings to draft a 30-page business plan. Although we did not win the competition, we did not give up. We ended up setting up our store in Russell Street with its high rentals. Things were tough in the beginning, but as we made adaptations along the way, the problem was eventually solved'!

HeyHome members took the view that the shop would not materialise if there was no Young Entrepreneur Programme. Refusing to give up the idea of opening in S.H. Ho College, they participated in the programme in 2015 again and this time, they won. Finally their vision became reality and they opened the shop at the College campus in 2016.



林偉青先生

中醫學院善衡畢業生
香港製造創辦人之一


Mr. Peter Lam

SHHO graduate from the
School of Chinese Medicine
One of Hong Kong Produce
founders

「青年才俊計劃」每屆都有不少善衡同學和校友報名參加，要在眾多參賽者中突圍並不容易，林偉青認為「香港製造」能夠成功入選，原因可能在於他們的概念比較創新，也有很清晰的願景。「我們一方面希望幫助推廣本地手作和設計品牌，以及本土電影和音樂；另一方面，多元化和生活化的產品亦能迎合中大同學和教職員的需要。以日常用品為例，中大校園內的選擇只有超級市場的一般商品，而我們則提供天然有機肥皂和護膚品等，可以讓中大人有更健康的選擇。我們同時設有本地獨立電影和唱片專區，讓中大同學可以認識和欣賞本地獨特的文化藝術。」

「香港製造」的幾位創辦人並沒有經營格子舖或其他店舖的經驗，被問到為何選擇以格子舖的形式實踐第一個創業夢，林偉青回答說：「我們覺得這種營商手法可以和許多人一起合作，並與合作者共享經營成果。店舖內每個格子都是獨立的創作單位，集合起來便是一個恆常的手作市集，這種銷售方式能減輕手作家擺攤的負擔。」

林偉青慶幸格子舖得以在中大校園落戶，除了可以用較小額的資本經營實體店外，也因為中大人對於文化藝術的追求甚高，對香港本土事物又有非常濃厚的感情，跟「香港製造」的理念十分接近。



Young Entrepreneur Programme receives many applications from SHHO students and alumni in every year it is held. Getting ahead of the competition was not easy, but Peter Lam believes the successful outcome for Hong Kong Produce could possibly be attributed to its relatively innovative concept and its clear vision. ‘On the one hand, we hoped to promote local hand-made items and brands as well as local movies and music. On the other hand, the diversified and lifestyle-oriented products we sold could cater to the needs of CUHK students and teaching staff. Take daily necessities as an example. On the CUHK campus, the choices available are no different from the general merchandise of supermarkets but what we provided were natural organic soaps and skincare products, offering healthier choices for CUHK people. We have also set up a zone for local independent movies and music albums in our store to familiarise CUHK students with and enhance their appreciation of unique local culture and art’.

Hong Kong Produce founders had no experience operating consignment shops or other stores. Asked why they selected a consignment store format to launch their start-up, Peter replied, ‘We feel that this business practice can enable us to cooperate with many parties and share the fruits of success. Every compartment in our store is an independent production unit and when pooled together, these units make up a regular bazaar for hand-made items. This retail format can lighten the merchandise display burden for the individual hand-made item manufacturers’.

Peter is glad that the consignment shop could secure a foothold in the CUHK campus. Besides being able to operate a physical store with a smaller capital, another reason for the store’s operation relates to the pursuits of culture and the arts among CUHK people, together with their strong emotional attachment for all things local. This coincides with the operational concept of Hong Kong Produce.

人物身影 (八)：自我挑戰者

People Profile (8): Self-challengers



陳艷瑤小姐

善衡書院Runner Force成員

2015雅典全馬參賽者

Ms. Judy Chen

Runner Force Member,
S.H. Ho College

Participant of the Athens
Full Marathon 2015

參加雅典全馬之前，陳艷瑤沒有參加過任何全程馬拉松，但由於這個到馬拉松發源地參觀的機會千載難逢，於是她報名參加了人生首個全馬。陳艷瑤說：「當初我發現整個隊伍只有我一個女生，還懊惱如何跟男生打成一片。慢慢與團隊混熟後，便開始不太介意個人表現了，因為我已經對善衡與正生同學之間的友誼感到滿足，跑多快也不太重要了，能與他們一起完成第一個全程馬拉松已經是最好的結果。」

雅典馬拉松的確不輕鬆，比賽當天，一個又一個大斜坡，跑起來相當困難。她嘗試了Run-Walk-Run的方法，每三公里就休息半分鐘。就在她跑到差不多三十六公里的時候，看見了阿草在前面，她當時心裏很驚訝，因為阿草本應跑得很快的，原來他是受傷了。見阿草的表情很痛苦，她立刻過去陪他一起跑，沿途一直鼓勵他，最後，他們一起完成整個馬拉松。

「這個長跑計劃的主題是『殊途同歸』。其實我們並不是正生同學的指導者，我們是互相有正面影響的好朋友，一起在跑步路上奮鬥的好戰友。」

Before taking part in the Athens Full Marathon, Judy Chen had never run a full marathon before. Since the opportunity to visit the birthplace of the marathon was hard to come by, she decided to register for the full marathon, the first in her life. 'Initially, when I discovered I was the only female in the running team, I was vexed over how I should get along with the male runners', Judy said. 'Gradually, I became friends with the entire team and started not to bother about how I performed. That was because my friendship with the SHHO and Zheng Sheng students was enough to keep me contented, and it no longer mattered to me as to how fast I could run. Being able to run my first full marathon with them together was my best experience'.

Running the Athens Full Marathon was not easy. On the day of the race, the successive steep slopes Judy had to surmount were challenging. She found the course difficult, so she tried the Run-Walk-Run method, where she would take a break and walk half a minute for every three km she completed. When she almost completed 36 km, she saw her team mate Ah Tso in front. She was surprised because Ah Tso used to be a fast runner. It turned out that he was injured. Spotting the look of agony on his face, Judy immediately went over to keep him accompanied as they continued running. She encouraged him all the way and finally, they finished the marathon together.

'The theme of this long-distance running programme is "arriving at the same end by different means." Actually we were not the instructors of Zheng Sheng students, but good friends with a positive influence on each other. We are close comrades striving together on the running track'.



曾福祥先生

善衡書院Runner Force成員

2015雅典全馬參賽者

Mr. Ferdinand Tsang

Runner Force Member,
S.H. Ho College

Participant of the Athens Full
Marathon 2015

曾福祥說：「有人說，馬拉松中每個人的步伐也不同，這是一個人的運動。的確，一路上身邊多是陌生人，但每當想到我們有着共同的信念、共同的目標時，這就有如一種力量，一種推動着我不斷前進的力量。首三十公里是用體力來完成的，最後的十多公里依靠的，就是那股力量、那份堅持。到最後二百米時，我展開身上的善衡旗幟，奔向終點，讓旗幟在奧運歷史場館中隨風飄揚。最終，同行的每一位跑手都能堅持到最後一刻，衝過終點。」

曾福祥認為馬拉松可跟「堅持」劃上等號，他十分珍惜與隊友並肩而跑、聊天及互相打氣的時刻。每個人的故事不同，人生目標也不一樣。在其中一次長跑練習中，有人說了一番話讓他一直銘記至今：若果現在不堅持跑下去，之後一定會後悔，因為沒有人知道下一刻還會否有跑步的機會。

曾福祥有感這個友伴同行的計劃並不是單向地鼓勵正生同學向善衡同學取經考入大學，更重要的是讓大家結為生命上的友伴，互相欣賞、互相學習，以生命影響生命。

Ferdinand Tsang said, 'Someone said every person runs at a different pace in a marathon and this is a personal sport. Indeed, most people running alongside me were strangers. But whenever I thought of the common beliefs and goals we shared, there seemed to be an invisible force propelling me forward continuously. The first 30 km was completed with physical strength, but for the last 10 km, I relied on my perseverance. In the final 200 m, I spread out the SHHO banner wrapped over my body and dashed across the finishing line, setting the banner aflutter in the breeze inside historic Olympic Stadium. In the end, every runner from our team persisted till the last moment and dashed past the finishing point'.

Ferdinand thinks that running a marathon boils down to perseverance. He treasures the moments he ran with his teammates, shoulder to shoulder, chatting and egging each other on. Everybody's story is different, and so are their goals in life. He still remembers what someone told him during a long-distance running practice: 'If you do not persevere in running, you will surely regret later because nobody knows whether there is another opportunity for him to run'.

Ferdinand felt that the running buddy programme is not only to encourage Zheng Sheng students learn from their SHHO counterparts to enrol in a university. More importantly, it is to let everyone become each other's companion in the journey of life, to achieve mutual appreciation, mutual learning and life-on-life inspiration.





張健朗先生

善衡書院Runner Force成員

2015雅典全馬參賽者

Mr. Cooby Cheung

Runner Force Member, S.H.
Ho College

Participant of the Athens
Full Marathon 2015

張健朗說：「很榮幸能夠參加這次友伴同行計畫，不僅加深我對正生書院同學的瞭解，更擴闊眼界，結交了一群經歷日照雨灑的好朋友，實在得着甚多。還記得第一次合訓是在中文大學進行，初次見面的羞澀在汗水下洗褪，陌生的隔膜被一步一步的腳印打破，我深切地體會到運動作為世界共同語言的影響力是如此大。」

張健朗回想參賽當日，雅典人對跑手的鼓勵源源不絕，尤其當他們進入雅典市中心後的路段，兩旁吶喊歡呼未有中斷過，民眾自發性地協助分派能量飲品、海綿、水等，又或協助收拾地上的物資，公民素質之高實在令人驚訝。「希臘雖然被歐債危機的陰霾籠罩，人民生活亦未算自得其樂，但他們樂觀的心態着實體現出『路不轉人轉，人不轉心轉』的信念，加上他們對大自然一草一木的愛惜、對運動員的尊重、對國家舉辦盛事的支持與驕傲、對賽事的全城投入，實在值得我們學習。」

Cooby Cheung said, 'I was honoured to take part in this running buddy programme, which has not only deepened my understanding of students from Christian Zheng Sheng College, but widened my horizons and enabled me to know a group of friends who experienced running together through sunshine and rain. The benefits I gained have been plentiful. I still remember our first joint training at CUHK. The shyness we experienced in our first meeting evaporated with our perspiration and the barriers between us melted away with the footprints we left behind. I deeply feel the enormous power of sport as a universal language'.

Cooby Cheung recalled that on the day of the race, the Athenians were cheering their runners endlessly, especially when they came onto the road leading to Athens' city centre. Cheers from both sides of the road continued unabated and the residents, on their own accord, distributed energy drinks, sponges and water or helped pick up the provisions lying on the ground. Our team was amazed at the high caliber of their citizens. 'Although Greece was still engulfed in the gloom of the Euro debt crisis and the common livelihood was affected, the people there displayed an optimistic outlook with a readiness to be flexible. Adding to this was their love for Nature, their respect for athletes and their support and pride towards their nation holding a large-scale event. They were totally immersed in the occasion and the spirit they demonstrated is worth our emulation'.

College General Education 書院通識教育

VIII. 立人達人 Establishing Oneself and Others



招志明博士

中大生命科學學院高級講師
善衡書院通識教育主任

Dr. Lawrence Chiu

Senior Lecturer,
School of Life Sciences, CUHK
Dean of General Education,
S.H. Ho College

善衡書院締造了一個溫暖活潑的環境，學生仿如身在家中，彼此交流知識及意見，培養耐性，激發創意，開放思想。透過全人教育，我們期望學生力行院訓「文行忠信」，並將「家」的四顆小種子（融和、開放、成熟、充實）撒落在學生的身心靈之中。書院的通識教育課程，實在對推動全人教育至為重要。

最初，我們的通識教育課程由吳偉賢博士開展，歷經數年，交到施維恩博士、劉潔玲教授、袁志樂博士手中改進完善，以迎合學生不斷變遷的需要。現在，我們的通識教育課程主要有二：「GESH1010 明新達人」是啟導課程，旨在協助新生對大學和書院生活建立正向態度。課堂內外舉辦一系列精心設計的活動、工作坊、服務及習作，學生跨過考進大學的門檻，成為善衡一員時，即可從課程挑戰中審視一生定向。啟導課程成功兼顧兩項關鍵，即小組溝通及個人發展，還有內在省思及外在表達；「GESH4010 圓工立人」是總結課程，高年級的學生快將投身職場，課程以豐富工作的概念為目標，教導學生放遠目光，明白工作不僅是職業，深入了解工作性質，探索蘊藏其中的無限可能。經指導之後，學生可以欣賞到工作內外包含了各種各樣的體會，由此聚焦一個豐盛人生。課程恰好提供適切的框架，學生朝向大學終站時，審察到現實之中，大學教育所具備的意義和價值。

過去四至五年，學生早就習慣了校園生活的保護，但他們快要面對真實世界。是故除了傳授學術知識，在心態上好好裝備我們的學生，也是必須且要緊的。或許，大多數的學生想法成熟，但他們終究是青年人，可能欠缺人生經驗及抗逆力，未懂得面對及克服眼前的挑戰。有些學生寧可停留安舒區，繼續當個大學生，而對於畢業

後該如何駕駛人生列車，前往何處，他們實在不甚肯定。作為新一任的通識教育主任，我的理念是培育學生的心理健康及抗逆力。隨着通識教育課程逐步發展，我將新理念加到課程之內，變為要素之一。承蒙大學的教學基金資助，我們正推出一系列微電影，探討學生此刻主要面對的壓力及不同的逆境課題。這些微電影將用於通識教育課程，激發學生省察個人心理及生理狀態，保持警覺。透過小組研討及交流，學生向朋輩表達對逆境課題的想法，互相形成社群支援。書院成員，包括心理學家、輔導員及資歷深厚的師長，亦會跟學生傳遞專業知識，講述人生歷程，以此一路導引他們學會自立，蛻變為獨當一面的個體，也歸入書院、大學、社會的群體。

在入學典禮上，校長跟新生提到「每月讀一本書……你的人生必然充實起來……」除了微電影以外，我們也推出啟發人心的閱讀系列，師生推薦讀過的電子書，內容涵蓋正向、抗逆力、人生管理、性格模造等，由此集得一個清單：「書送真正的快樂」。此系列的電子書主張促進學生的閱讀興趣，改善自我。早有證明指出，翻開個人勵志的書籍，有助抵消負面思想，從而減少誘發焦慮，甚至憂鬱症的危機。此外，我們也構思改造「悅閱軒」這恬適空間，與文藝活動連接起來。那樣「悅閱軒」不但提供一個寧逸之所，供學生靜讀個人勵志書，也能提供分享會，比如說，觀賞發人深省的電影、細聽講者獨自踏上旅途的見聞，讓學生尋得個人的快樂及平靜。

要改善學生的心理健康，個人管理及社群支援二者不可或缺。有了上述的設施及活動，我們期盼學生能培養出正向思維及抗逆力，此後孕育出個人力量面對一生。健康的心理狀態絕對有助學生建立堅定的心態，保持靈活自如，做好畢業的準備，勇敢走進動盪洶湧的現實世界。生命影響生命，我們也期盼善衡學生抱持積極樂觀的生命態度，並將此分享至大學和社會。



立達人

S.H. Ho College provides a warm, vibrant and homey atmosphere for cultivating our students with patience, creativity, and open-mindedness in the exchange of knowledge and ideas. Through whole-person education, we hope our students could advance into the four virtues of the College's motto 'Culture, Morals, Devotion, Trustworthiness'. We also want to plant the seed of 'HOME' (Harmony, Openness, Maturity, Enrichment) in our students' heart, mind and soul. College General Education (CGE) Programme plays a very important role in our whole-person education.

Our CGE programme was first developed by Dr. Will Ng. Throughout the years, Dr. Angela Shik, Prof. Dinky Lau and Dr. Andrew Yuen have kept improving the programme and made it evolve in pace with the changing needs of our students. Currently, there are two courses in our CGE programme. As an induction course, *GESH1010 Orientation and Outreach* aims to help our freshmen develop a positive attitude towards their University and College life. Through a carefully sequenced and selected in-class and out-of-the-classroom activities, workshops, service and work projects, students are challenged to examine their orientation in life as they become our College members in the University. The success of the course hinges on balancing two axes of concern, one between teamwork and personal development and another between inward reflection and outward expression. For senior year students entering a life of work, the goal of our capstone course *GESH4010 Work and Productive Life* is to broaden their concept of work beyond vocation, by giving them a deep understanding of the nature of work and its broad array of possibilities. Throughout the course, students would be guided to appreciate the many realms of life experiences on and beyond work towards the focal concept of a productive life. As students are approaching the end of their university life, this course would be an opportune framework for them to examine the meaning and value of university education in real life.

Besides academic knowledge, it is not only necessary but also important to equip our students for the real world, as they are going to venture beyond the security of campus life that they have become so accustomed to during the past four to five years. Many of our students may be mature, but they are still young adults who may lack life experience and resilience to face and overcome the upcoming challenges. Some students even prefer to stay in the comfort zone as a university student, and feel

uncertain about how and to where they should steer their lives upon graduation. As the new Dean of General Education, I have the vision to put nurturing mental well-being and resilience in our students as one of the major components in our evolving CGE programme. Being financially supported by a teaching grant from our University, we are developing a series of mini movies to explore some major stress and adversity issues that our students are currently facing. These mini movies will be used in the CGE courses to stimulate our students to ponder over and stay alert on their own mental and physical conditions. Through group discussion and sharing, students are going to express their views on those issues with their peer and develop social support with each other. Our College members, including psychologists, counsellors and experienced teachers, will also share their expertise and life experiences with and guide our students along their way to independence, as an individual as well as a member of the College, the University and the society.

In an Inauguration ceremony, our Vice-chancellor shared with the freshmen: 'read a book every month... your life will be enriched...' In addition to the mini movies, we are developing our 'Book of Authentic Happiness', which is a collection of inspiring e-books read and recommended by our teachers and students about positivity, resilience, life management, character building, etc. The primary goal of this series of e-books is to facilitate our students to develop a reading habit for self-improvement. Reading self-help books has been shown to help us neutralise part of our negative thinking, which in turns reduces our risks of developing anxiety or even depression. We are also thinking about developing Like Reading Room (LRR) into a place where leisure crosses over with cultural activities. Other than being a calming place where students can read our self-improvement books, it is also somewhere they can find their own joy and serenity via attending sharing sessions of inspirational films and solo travelling, for instance.

Both self-management and social support are important in improving our students' mental well-being. Hopefully with the help of the above facilities and activities, students can nurture a positive mindset and resilience, and foster self-empowerment thereafter. A healthy mental well-being would certainly equip our students with a robust mindset that is both flexible and resilient, preparing them for the turbulent real world as they graduate. Life influences life. We also hope that our College students could share their positivity with others in the University and society.



啟導課程——GESH1010 明新達人

啟導課程旨在明新，引導書院新生了解大學環境，積極投入學習，適應書院生活。課程結合體驗與課堂學習，藉相連配合的團隊活動、工作坊、服務及習作，鼓勵學生發展學習社群，觀照自身，省思明志，內容分為「奮志」、「明志」、「明達」三個元素。

「奮志」包含戶外歷奇探險元素，老師帶領學生露營，令學生從群體戶外活動中學習團隊合作，並且在野外獨處靜思，以文字表述出來，製成「明新誌」。「明志」源於反思，學生回到教室和導師一起討論，用創新手法表達自己對夢想、學業、事業、大學生活的心聲。所有「心聲習作」會以「心聲共鳴展」的形式展出，供書院及中大的學生、老師一齊分享、欣賞。「明達」需要學生以寫作、戲劇、短片或表演為媒介，表達自己的思想感受，讓學生學會表達，打開心窗。通過數月共處，學生可認清方向及夢想，體會理想與現實、個人與集體的矛盾與磨合，引導學生投入大學生活的同時，反思個人與群體的關係。

Induction Course – GESH1010 Orientation and Outreach

The Induction Course is aimed at guiding freshers to understand the university environment, actively immerse in learning and adapt to college life. The curriculum combines experiential and classroom-based learning, supported by group activities, workshops, as well as service and exercises, encouraging students to form a learning community, as well as reflect on themselves and their aspirations. The three components of the curriculum content can be summed up as 'Adventure', 'Reflection' and 'Expression'.

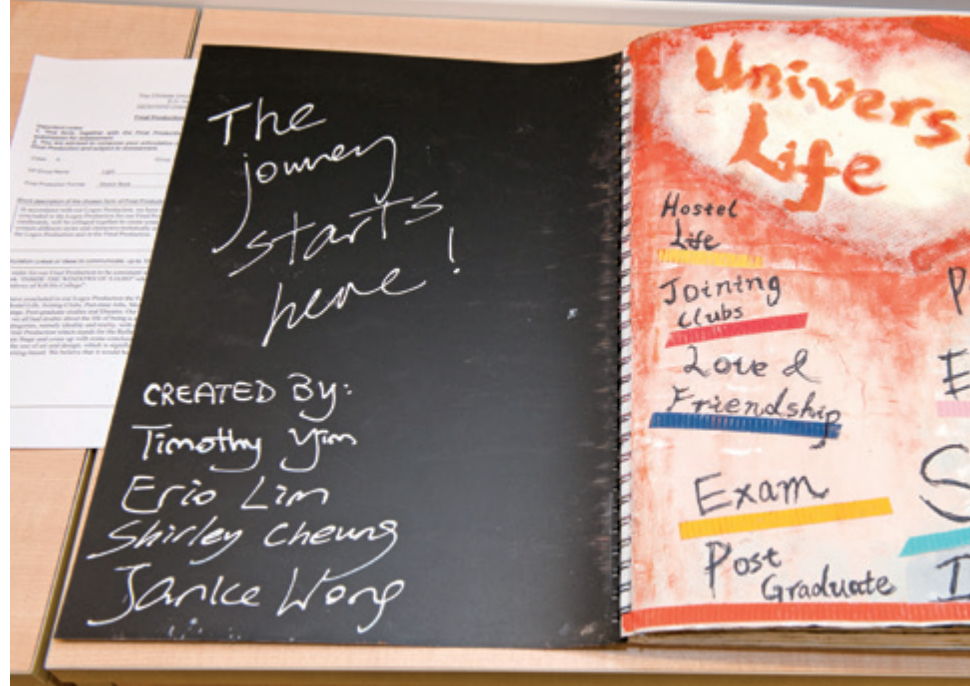
'Adventure' includes the elements of outdoor adventure, such as a wild camp led by teachers enabling students to learn cooperation through a group outdoor event, engage in solitary introspection amid the outback and write down their thoughts for a course journal. Under the 'Reflection' part of the programme, students return to the classroom for a group discussion together with their teachers and voice their dreams, career aspirations and feelings towards university life through novel ways of self-expression. All their exercises will be showcased in the Logos Fest exhibition, for the sharing and appreciation of other CUHK students and teaching staff. Under 'Expression', students are required to express their inner feelings through writing, drama, short videos or performances, as ways to learn self-expression and open themselves up to others. After months of being together, students are now better positioned to ascertain their direction and dreams, experience their ideals and reality, along with the contradictions and assimilation between themselves as individuals and the larger group. This is to guide students on fully immersing themselves in university life and contemplating on the relationship between themselves individually and the group.

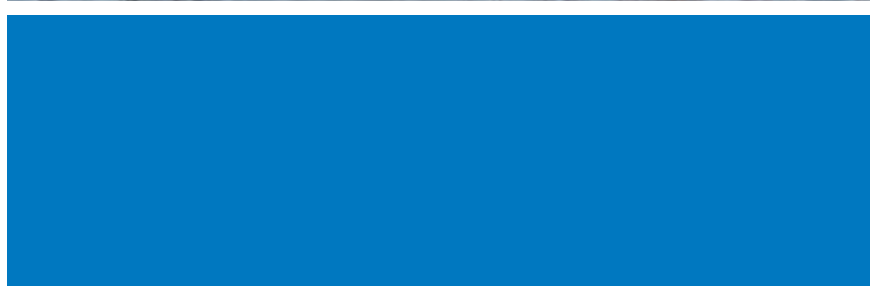
總結課程——GESH4010 圓工立人

總結課程旨在引導高年級學生，捉緊時機，檢視大學生活，前瞻一生。課程內容圍繞工作 (work) 與人生意義 (productive life)：工作實不限於職業，而學業的本質也是工作。工作成就一生事業，實現豐碩的人生；豐碩人生關乎價值與存在，範圍與層次又大大超越工作。透過閱讀、討論和寫作，師生將在課堂共同探討如何從學問之道走上豐碩人生之路。

Capstone Course – GESH4010 Work and Productive Life

The capstone course is designed to guide senior-year students on seizing opportunities, reviewing their university lives and developing a lifelong vision. The curriculum revolves around work and productive life: work is not limited to a job and university studies are essentially part of work too. Work helps accomplish one's lifelong career, realise a fulfilling life, enriches the value and purpose of life and in this regard, the scope and depths covered far surpass work. Through reading, discussion and writing, teachers and their students can jointly explore how they could transition from the pursuit of academic knowledge to an enriching life journey.





人物身影 (九)：誨人良師

People Profile (9): Inspiring Teachers



吳偉賢博士

中大學能提升研究中心高級研究員
善衡書院首任通識教育主任

Dr. Will Ng

Senior Research Fellow,
Centre for Learning
Enhancement and Research,
CUHK

First Dean of General Education,
S.H. Ho College

沈祖堯校長曾在《香港家書》撰文：「在今天的大學教育發展藍圖裏，我們應重科技與人文齊頭並進，符合世界的需要；我們更應捍衛人文精神、教導學生欣賞文化和明白哲理，和培養他們敏於體察別人的價值和需要。」這種「人文精神」就是對「人」生存狀態的關懷，所指的是對人及社會有所洞察，由了解，到反思，進而推動我們去改變現狀、貢獻社會。中大的通識教育與「人文精神」緊緊相扣。

辛院長當初邀請吳偉賢博士加入善衡書院時，對他講解「家」的理念，也說明善衡十分重視書通，深深打動了他。後來吳博士加入善衡團隊開荒，為書院設計通識課程，他說：「人是『家』不可或缺的元素，善衡的書通着眼於凝聚不同學科背景的同學，建立包容多元的學習群體，鼓勵學生抱着開放的態度對話，互相學習，正所謂『三人行必有我師』。書通課程本身着重學生的反思和表達，例如新生在奮志營經歷野外獨處靜思過後，會把所思所感帶回課室與師長同學討論，他們在期終也需要以寫作、戲劇、短片或表演為媒介，表達自己在投入大學生活的同時，反思理想與現實、個人與集體的磨合，讓學生打開心窗，勇於表達內心的思想與感受。」

德國哲學家海德格曾言：「學習的本義，當重要之事趨近，你必須盡力作出回應。」換句話說，學習是指以開放的態度聆聽週遭事物，並適度作出回應，仁智互見，這就是對話的本質，也是善衡書通的願景——透過對話建立學習群體，成為互相關懷的「家」。吳博士說道：「書通課堂仿若知識的盛宴，學生皆是赴宴分享知識的嘉賓。席間，老師尊重學生表達的空間和自由，師生藉着對話和文字交換觀點，學生用心表達，老師用心回應，由此提升彼此的了解，深化關係，這對書通老師來說，足以十分鼓舞。」

反思帶來「明志」，吳博士希望學生的大學生活不會白過，他刻意教導學生大學教育的起源和社會功能，也介紹中大創校先賢的教育抱負，啟迪學生思考作為大學生的使命感，從而回歸人文關懷的精神。

In the RTHK programme ‘Letter to Hong Kong’, Prof. Joseph Sung wrote: ‘In the development blueprint of university education nowadays, we should accord equal importance to technology and the humanities, in line with what the world needs. We should safeguard the spirit of humanity, teach students how to appreciate culture and understand philosophical reasoning and cultivate their sensitivities to the value and needs of others’. Such a spirit of humanity encapsulates our concern for ‘people’ conditions, meaning that we need to develop our own insights into people and society in the process from understanding to reflection, to drive us towards changing the status quo and contribute to society. CUHK’s general education is closely intertwined with this ‘spirit of humanity’.

When College Master Prof. Sun first invited Dr. Will Ng to join S.H. Ho College, he explained to him the concept of ‘home’ and the importance that S.H. Ho College placed on its General Education (CGE) Programme, which greatly moved Dr. Ng. Later Dr. Ng joined the SHHO pioneering team and started to design the CGE curriculum for the College. He said, “‘People’ are an indispensable part of a ‘home’”. SHHO’s general education focuses on bringing students of different faculty backgrounds together, build a diverse, inclusive learning community and encourage students to communicate among themselves with an open attitude as well as learn from each other. As the ancient sage Confucius said, “if three of us are walking together, at least one of the other two is good enough to be my teacher.” Our CGE curriculum attaches importance to students’ self-reflection and expression. For example, after our freshmen return from solitary introspection at the Adventure Camp held in the outback, they will bring back their thoughts and feelings into the classroom for discussion with their fellow students and teachers. In the final semester, they are required to express themselves through writing, drama, short videos and performances, on how they have engaged in university life, while reflecting on their ideals and the reality, their assimilation with the group, as a means to let them open up and boldly communicate their inner thoughts and feelings.

German philosopher Martin Heidegger once said, ‘To learn means to make everything we do answer to whatever essentials address themselves to us at a given time’. In other words, learning is about paying attention to things around us with an open attitude and make the appropriate responses, thereby reflecting humanity and wisdom. This relates to the nature of discourse, which is also the vision behind SHHO general education – build a learning community through discourse and become a home where mutual concern is exchanged and reciprocated. Dr. Ng said, ‘CGE lessons can be likened to a feast of knowledge and students are the guests attending the feast to share knowledge. During these sessions, teachers respect the room for and freedom of student expression. Both teachers and students exchange perspectives through discourse and words. Students put their minds to expressing their views and teachers address them wholeheartedly. This is how they could enhance their understanding of one another and deepen their relationships. Such an outcome is the cause of great rejoicing for CGE instructors.

Self-reflection brings clarification to one’s vision. Dr. Ng hopes that students will find their university life meaningful. He deliberately teaches students about the origin of university education and its social functions, while introducing them to the pioneering founders of CUHK, in order to inspire them reflect on their mission as university students and return to a spirit of humanitarian concern.



劉潔玲教授

中大教育學院課程與教學學系副教授
善衡書院第二任通識教育主任

Prof. Dinky Lau

Associate Professor, Department
of Curriculum and Instruction,
Faculty of Education, CUHK
Second Dean of General
Education, S.H. Ho College

劉潔玲教授認為書通是書院生活中不可或缺的一環：學生從箇中的群體活動深化信任、建立友誼，又透過閱讀、討論和反思，探索不同的價值觀、個人成長，以及思考生命的意義。她認同善衡書通教育的精神，在2013年接任善衡書院通識教育主任的職務。

劉教授說：「書院不僅提供獎學金和宿位等『硬件』，更是一個和而不同的家。善衡書通着重學生的團隊精神，希望學生通過討論和分組集作，學會尊重他人、積極聆聽、勇於分享，大家雖然來自不同的成長和文化背景，但經過溝通和磨合，學生基本上可以建立互信的關係。」她欣見有善衡新生投入「明新達人」的創作，把初嚙大學生活所經歷的掙扎化成一個扑傻瓜機，藉着遊戲本身的隨機性帶出大學生活種種轉瞬即逝的機會，學生如何在千百種選擇中尋找自我，突破自身狹隘，同時面對過程中期望與現實的落差。「這是大學教育當中難能可貴的經歷，你可以從課程習作中，與同路人一起經歷迷茫，互相支持，這個成長空間是無價的！」

「教育」一詞的英文education從拉丁文的ex和duco衍生出來，ex的意思是「出來」，duco的意思是「引導」，合起來就是「引導出來」，簡而言之，教育本身的涵意是啟導學生，釋放潛力。劉教授指出，書院通識是幫助學生反思和建立學習社群的平台，她說：「書通課程本身沒有模擬答案，也不在於灌輸知識，學生透過參與式學習激發思考，並在過程中砥礪互進，獲得寶貴友誼和學習經驗，收獲遠超過成績表上的評分。書通老師的角色，就是給予學生思考的空間，並且在過程中分享知識與人生經驗。」

Inspiring Teachers

Prof. Dinky Lau believes that general education is an indispensable part of college life. It is from group activities that students deepen their mutual trust, build friendships and it is through reading that they discuss, reflect and explore different values, personal growth and the meaning of life. She took over the position of Dean of General Education at S.H. Ho College in 2013 and identifies with its spirit of general education.

Prof. Lau said, 'The College not only provides "hardware" such as scholarships and boarding places, but is also a home of harmony yet diversity. CGE in the S.H. Ho College pay emphasis to the team spirit of students, hoping that through discussions and group projects, they learn how to respect, actively listen to and boldly share with others. While they have different growing-up experiences and cultural backgrounds, but after communicating and blending in with each other, students can basically build a relationship of mutual trust'. She is pleased to see how SHHO freshmen are dedicated to their creative projects in the *GESH1010 Orientation and Outreach* course. This has enabled them to leverage on the struggles they experienced when they first tasted university life and understood how rapidly the opportunities they encountered could slip away, as with the random nature of the games they joined on campus. Students also learn how to find

themselves in the face of endless choices and break through their narrow personal limitations, while constantly facing the gap between anticipation and the reality in the process. 'This is a valuable experience that a university education can offer. From the course projects you do, you can share the experience of disillusionment with your peers and support each other. Such a space allowed for personal growth is priceless!'

The Latin word for 'education' is a derivative of two Latin terms, 'ex' and 'duco'. 'Ex' means 'from, out of' and 'duco' means 'I lead, I conduct'. Combined together, it means 'lead (students) out of'. Simply put, the essence of education is to inspire students and unleash their potential. Prof. Lau pointed out that College CGE is a platform to help students reflect on and build a learning community. She said, 'The CGE curriculum itself has no model answers nor does it focus on instilling knowledge. Students gain precious friendship and learning experiences from learning how to stimulate their thinking through participation and advance together on the learning journey. The learning outcome far exceeds what one's examination grades show. The role of CGE instructors is to give students room for reflection, sharing their knowledge and life experiences in the process'.



招志明博士

中大生命科學學院高級講師
善衡書院第三任通識教育主任

Dr. Lawrence Chiu

Senior Lecturer, School of
Life Sciences, CUHK
Third Dean of General
Education, S.H. Ho College

招志明博士在2016年9月獲委任為善衡書院通識教育主任，招博士有豐富的大學通識教育經驗，他希望善衡書院兩門課程可以幫助同學適應新的生活模式，他說：「同學在中學時過着較規範的學習生活，但上了大學，無論在選科或出席課堂方面都享有一定的自由，面對這個轉變，有些學生會不適應，甚至感到有壓力。GESH1010課程的目的便是給予他們空間去反省過去的中學生活，並展望未來四年在大學、在書院的生活，例如，老師在課堂上會和同學討論怎樣在課外活動與學習之間取得平衡。」同學經歷四年的大學生活後，又要由一個受保護的環境，突然踏進一個可能不盡公平、不盡愉快的環境，招博士希望GESH4010課程可以幫助同學在踏入社會工作前心理準備，所以課程會討論「有意義的人生」和「令工作有建設性」等課題。

招博士對正向心理學有濃厚興趣，看了很多相關書籍，他想借助正向心理學的理念幫助同學提升心理質素。「我希望作為通識教育主任，可以將課程的正向思維的元素加強，幫助學生建立正能量，當他們遇到不如意事時，便懂得去調節自己的心態，度過每個難關，變得更加堅強。」善衡書院設有迷你圖書館「悅閱軒」，書室面向吐露港，有很美麗的景觀，招博士覺得悅閱軒除了讓同學借書看書外，還可讓他們在舒適的環境中思考，培養平靜的心境，他建議在書室播放輕鬆的音樂或自然的聲音如鳥聲、風聲或海浪聲，讓同學感受自然的氣氛，或在那裏閱讀正向心理學的消閒書籍，建立對抗逆境的能力。

Dr. Lawrence Chiu was appointed the Dean of General Education of S.H. Ho College in September 2016. With abundant experience in university general education, Dr. Chiu hopes the two College General Education (CGE) courses can help students adapt to a new way of life. He said, 'Secondary school students experience a more regulated study life. On entering university, they are given a certain measure of freedom, whether it is selection of subjects or class attendance, and some of them are unable to adapt or find it stressful. The objective of our GESH1010 course is to give them space to reflect on the secondary school life behind them and look ahead to life in the university and college over the next four years. For instance, the teachers will discuss with their students in class about how to achieve a balance between extracurricular activities and studying'. After experiencing the four years of university life, students suddenly find themselves stepping into a possibly not-so-fair and not-so-pleasant environment from a milieu where they were sheltered and protected. Dr. Chiu hopes the GESH4010 course will help students equip themselves psychologically before they step into the career world. That is why the curriculum will discuss the topics of 'a meaningful life' and 'making work constructive'.

Dr. Chiu has an intense interest in positive psychology and read widely about it. He hopes to help students improve their psychological qualities. 'As the Dean of General Education, I hope to strengthen the elements of positive thinking in the CGE programme, so as to help students develop a positive energy and enable them to know how to adjust themselves mentally in difficult situations and emerge stronger'. S.H. Ho College has a mini library called the Like Reading Room (LRR). Overlooking Tolo Harbour, LRR offers a beautiful view and Dr. Chiu felt that apart from enabling students to borrow books and read, the library also provides a comfortable environment for them to engage in self-reflection and cultivate a tranquil mind. He suggested broadcasting relaxing music or the sounds of nature, such as the chirping of birds or the sounds of wind and the waves, to create a natural atmosphere for students to soak up or read positive psychology or other books there to develop resilience against adversity.



張善婷小姐

中大教育學院體育運動科學系講師

善衡書院通識教育老師

Ms. Juanita Cheung

Lecturer, Department of Sports
Science and Physical Education,
Faculty of Education, CUHK

Teacher of General Education,
S.H. Ho College

善衡成員張善婷講師，除了任教於體育運動科學系，也有教授善衡書院通識教育課程和擔任善衡新生導師。她用心教學，曾獲嘉許中大「校長模範教學獎2014」。

張女士說：「從事教育工作以來，我時常反思教育真義，我深信教育的內涵在於引導學生探索知識的世界，透過不同的學習經驗認識自我，把知識和經驗活用於現實生活中，以致讓社會發展得更美好。老師應致力身教，為學生提供美好的學習經驗，啟發他們達成自己的夢想。」

張女士視教育為終身志業，時常反省自己的教學是否着眼於學生的好處。正因為教育深具影響力，她深信每一分努力都會引發漣漪效應，令世界變得不一樣。當今的教育的確難關重重，但只要大家眾志成城，以熱忱和韌力面對，教育定能帶領我們邁向美好的將來。

Ms. Juanita Cheung is a member of S.H. Ho College who apart from lecturing in the Department of Sports Science and Physical Education, also teaches College General Education Programme and mentors freshmen at the College. She devotes herself to teaching and has won The Vice-Chancellor's Exemplary Teaching Award 2014.

'Since I started embracing education work, I have contemplated on the meaning of education. I deeply believe the essence of education is to guide students in exploring the world of knowledge, help them reflect on themselves with their various learning experiences acquired and flexibly apply their knowledge and experiences in the real world. Teachers should strive to teach by example and provide good learning experiences to their students, inspiring them to reach for their dreams', she said.

Ms. Cheung views education as her lifelong pursuit and regularly reflects on whether her teaching could benefit students. It is the far-reaching impact of education that causes her to strongly believe that every effort everybody undertakes can create ripple effects to make the world different. Though modern education is full of problems, it can nevertheless lead us to a better future, so long as everybody works in unified effort and faces any situation with passion and resilience.

誨人良師

留影

Snapshots



黃錦波教授

Prof. Wong Kam-bo

- 中大生命科學學院院長
- 善衡書院學生輔導長
- Director of School of Life Sciences, CUHK
- Dean of Students, S.H. Ho College



招志明博士

Dr. Lawrence Chiu

- 中大生命科學學院高級講師
- 善衡書院通識教育主任
- Senior Lecturer, School of Life Sciences, CUHK
- Dean of General Education, S.H. Ho College



袁志樂博士

Dr. Andrew Yuen

- 中大商學院高級講師
- 善衡書院通識教育副主任
- Senior Lecturer, Faculty of Business Administration, CUHK
- Associate Dean of General Education, S.H. Ho College



陳廷峰教授

Prof. Philos Chan

- 中大生命科學學院副教授
- Associate Professor, School of Life Sciences, CUHK



劉國智教授

Prof. Victor Lau

- 中大教育學院課程與教學學系助理教授
- 善衡書院何添堂舍監
- Assistant Professor, Department of Curriculum and Instruction, Faculty of Education, CUHK
- Warden, Ho Tim Hall, S.H. Ho College



張善婷小姐

Ms. Juanita Cheung

- 中大教育學院體育運動科學系講師
- Lecturer, Department of Sports Science and Physical Education, Faculty of Education, CUHK



羅浩源教授

Prof. Law Huk-yuen

- 中大教育學院課程與教學學系前助理教授
- Former Assistant Professor, Department of Curriculum and Instruction, Faculty of Education, CUHK



盧吳美娟女士
Mrs. Eva Lo

- 中大社會工作學系高級講師
- 善衡書院利國偉堂舍監
- Senior Lecturer, Department of Social Work, CUHK
- Warden, Lee Quo Wei Hall, S.H. Ho College



施維恩博士
Dr. Angela Shik

- 善衡書院榮譽學生輔導顧問
- Honorary Student Counselor, S.H. Ho College



吳本韓博士
Dr. Ng Pun-hon

- 中大教育學院課程與教學學系專業顧問
- Professional Consultant, Department of Curriculum and Instruction, CUHK



葉珮詩小姐
Ms. Peggy Yip

- 中大生命科學學院助理講師
- Assistant Lecturer, School of Life Sciences, CUHK

IX. 行政組織 Administrative Structure

善衡書院設有院長室、院務室、學生輔導處、通識教育辦公室。

S.H. Ho College is equipped with the Master Office, College Office, Dean of Students' Office and College General Education Office.



院長室協助院長處理一切行政事務及接待訪客。

The Master's Office assists the College Master to carry out his administrative duties and receive visitors.

院務室負責支援書院之行政工作，日常要管理訪客單位、餐飲事務、校友組織、書院設施及建設、財政預算、人事任命、籌募捐款、電腦及視聽器材、宣傳出版，並回應一般查詢。

The College Office is responsible for supporting the College's administrative work, including management of visitor lodgings, catering services, alumni affairs, facilities management and developments, budgeting, personnel appointment, fundraising, computer and audio-visual equipment, publicity and publication and general enquiries.

學生輔導處協助書院安排學生事務，包括招收新生、管理宿舍、推行共膳、組織交流及海外體驗活動、提供實習機會、推出獎學金計劃、舉辦畢業典禮、促進精神健康。

The Dean of Students' Office helps the College with students-related matters, including admission, hostel management, communal dining, exchange programmes and overseas experiential learning, internship opportunities, scholarships and graduation events and the promotion of the mental health.

通識教育辦公室制定及推行書院通識教育課程。

The College General Education Office formulates and implements the College's General Education Programme.

行政人員名單

List of College Administrators

院長室 Master's Office

院長 Master 辛世文教授 Prof. Samuel Sun

院長助理 Personal Assistant to Master 周淑德小姐 Ms. Maggie Chau

院務室 College Office

院務主任 College Secretary 劉貽琦先生 Mr. Andrew Lau

高級書院發展主任
Senior College Development Officer 羅思女士 Ms. Ida Law

書院發展主任 College Development Officer 張惠珊小姐 Ms. Maggie Cheung

助理書院發展主任
Assistant College Development Officer 梁祐誠先生 Mr. Ivan Leung

文員 General Clerk 李穎儀女士 Ms. Wednes Lee

文員 General Clerk 倫永賢先生 Mr. Stanley Lun

學生輔導處 Dean of Students' Office

學生輔導長 Dean of Students 黃錦波教授 Prof. Wong Kam-bo

書院發展主任 College Development Officer 周潔瑩女士 Ms. Kristie Chow

書院發展主任 College Development Officer 蔡靜婷小姐 Ms. Gloria Tsoi

書院輔導員 College Counselor 馮穎茵小姐 Ms. Winnie Fung

助理書院發展主任
Assistant College Development Officer 陳楚筠先生 Mr. Emery Chan

文員 General Clerk 陳凱鈴小姐 Ms. Cat Chan

文員 General Clerk 李海倫女士 Ms. Helen Lee

文員 General Clerk 沈裕玲女士 Ms. Eva Shum

通識教育辦公室 College General Education Office

通識教育主任 Dean of General Education

招志明博士 Dr. Lawrence Chiu

書院發展主任 College Development Officer

陳碧珊女士 Ms. Carrie Chan

文員 General Clerk

劉雪茹女士 Ms. Fion Lau

以下人士曾支援書院行政服務，特此致謝：

The College conveys its thanks to the following people for having provided it with administrative service support:

歐知行小姐 Ms. Gigi Au

陳珈莉小姐 Ms. Karie Chan

陳德慧小姐 Ms. Winnie Chan

何婉芬小姐 Ms. Athena Ho

劉婉瑜女士 Ms. Jenny Lau

聶雅婕女士 Ms. Christine Nie

蕭詠芝小姐 Ms. Candice Siu

鄧凱祺小姐 Ms. Jacqueline Tang

邱沛瀝小姐 Ms. Pauline Yau

李敏剛先生 Mr. Chris Li

鄭富城先生 Mr. Eric Kwong

吳家榮先生 Mr. Kevin Ng



宿舍職工 Workmen

何添堂及利國偉堂各住三百名善衡學生，他們完成一天的課業，參與社團活動後，都會回到宿舍這個「家」，好好歇息。宿舍內的學生進出、設施使用、打掃清潔、夜間值勤，均由十四位工友負責，以協助施行「同宿」的理念。

300 S.H. Ho College students reside in Ho Tim Hall and Lee Quo Wei Hall respectively. They will return to the 'home' in the hostels for a rest after class and after joining the activities in the student societies. The concept of 'home' is implemented by 14 workmen. They are responsible for monitoring the incoming and outgoing of students, use of facilities, cleaning and evening duties.



工友名單 A List of Workmen

陳月佳女士 Ms. Chan Yuet Kai

周珍玫女士 Ms. Chau Chun Mui

莊翠芬女士 Ms. Chong Chui Fan

符燕萍女士 Ms. Fu Yin-ping

江小君女士 Ms. Kong Siu Kwan

李永妮女士 Ms. Li Wing Ni

李仲女女士 Ms. Li Zhongnu

林春桂女士 Ms. Lam Chun Kwai

吳國娟女士 Ms. Ng Kwok Kuen

謝玲燕女士 Ms. Tse Ling Yin

黃雪蘭女士 Ms. Wong Suet Lan

黃玉梅女士 Ms. Wong Yuk Mui

張萬江先生 Mr. Cheung Man Kong

張定喜先生 Mr. Cheung Ting Hei

以下工友曾支援書院服務，特此致謝：

The College conveys its thanks to the following workmen for having provided it with service support:

劉鳳和女士 Ms. Lau Fung Wo	羅彩雲女士 Ms. Law Choi Wan	梁艷萍女士 Ms. Liang Yan Ping
吳銀花女士 Ms. Ng Nga Fa	楊愛娣女士 Ms. Yeung Oi-tai	余小紅女士 Ms. Yu Siu Hung
袁紫豔女士 Ms. Yuen Chi Yim	李桂南先生 Mr. Lee Kwai Nam	

膳食夥伴 Caterer

書院通過「同宿共膳」的途徑，藉此推行全人教育。對六百名學生及書院全人來說，能提供優良的膳食服務，對執行「共膳」十分重要。自2011年啟用何善衡館以後，書院所有膳食服務由美心集團負責，包括每周三晚的共膳、每月一次的文化聚餐及高桌晚宴，以及教職員會所「雅薈」的粵式小菜。善衡學生及中大教職員均滿意何善衡館的膳食服務，稱其價廉物美，是以餐廳在校內極受歡迎，每到用餐的時間，總成為教職員及學生的去處。

The College embraces whole person education by the path of 'full residence and communal dining'. For the 600 students and College staff, it is important to provide excellent food services. Since Ho Sin Hang Hall was opened in 2011, the catering services at the College have been provided by Maxim's, including the communal dining on three evenings once a week, the cultural dining and high table dinner once every month and the Cantonese cuisine in the staff common room Connexion. The SHHO students and CUHK community are satisfied with the catering services in the Ho Sin Hang Hall. They find the price reasonable and the taste good. The canteen is popular in the campus. It has become a favourable dining place for both staff and students when it is time for a meal.



人物身影 (十)：幕後職員

People Profile (10): Unsung Heroes



羅思女士

善衡書院高級書院發展主任

Ms. Ida Law


Senior College Development
Officer, S.H. Ho College

院務室可說是書院的「大後方」，無論是書院的餐飲服務、宿舍及行政樓的維修事宜、成立善衡校友會、設計書院院袍、籌備各類展覽等，都與院務室息息相關。龍應台教授曾言：「人本是散落的珍珠，隨地亂滾，文化就是那根柔弱又強韌的細線，將珠子穿起來成為社會。」院務室的行政工作就是這條幼線，把書院的學生發展計劃、全宿共膳的生活、不同的人串連起來，形成富有動感的畫面。

Ida（羅思女士）是善衡書院的資深行政人員，由「全宿共膳」背後的行政工作、協調成立校友會、財務管理，以至「青年才俊計劃」，都有她的「衡跡」。宿舍管理比較複雜，牽涉到書院不同部門的協調工作，Ida侃侃而談：「書院一開始服務學生，不同部門的同事都通力合作，慢慢的摸索到自己的定位，例如學生事務處的同事會主力與同學溝通，把他們對宿舍設施等的訴求帶給院務室，而院務室的同事會協調人力物力，回應同學的訴求，也不時檢討宿舍事務的政策，讓事情的處理更人性化。後來，院務室的同事發現宿生的參與也很重要，便策劃『宿舍管理培訓生』實習計劃，使有志服務書院的同學累積院校工作經驗，同時改善宿舍服務。」

善衡書院的行政工作，激發了Ida敢想、敢試的潛力，「如果把工作比喻為『伴侶』，善衡書院的工作是我的真命天子，我有一種相逢恨晚的感覺。在香港上班，一般都是營營役役，但善衡的工作開創了我很多以前敢想、但不敢試的領域，例如我以前沒有長跑的习惯，但透過協調Runner Force，我有機會與年青的學生一同到雅典參加全馬賽事，一跑就跑五個小時，令我發現生命原來有很多可能性，也加強了我的信念——人在哪個階段都可以義無反顧地追夢！」

大學的行政人員通常都是默默地協調各類型事務，工作上不一定走在最前線，卻又對大學的日常運作十分重要。Ida說：「在一所新的書院工作，沒有傳統的包袱，我們一邊摸着石頭過河，一邊構想書院的大圖畫。最重要的是同事之間建立互信的關係和溝通，一起注意細節，互補長短。每一天，我們都揚帆出海，探索未知，學習新事物，發現更好的自己。」對她而言，在善衡書院的工作有苦有樂，每天總有新的問題要解決，但不同的人在書院走在一起，就會擦出新的火花，是美好的體驗。



The College Office provides a great backup for the College. Whether it concerns food and beverage catering, hostels, maintenance of the Administrative Building, formation of alumni association, design of College gowns or planning of exhibitions, the College Office is involved. Prof. Long Yingtai once said, 'People are like pearls that are scattered and rolling everywhere and culture is that soft but resilient thread that strings the pearls together to form a society'. Administrative work performed by the College Office is the fine thread that has the College's student development plans, its full residence and communal dining arrangement and different people bound together to form a dynamic scenario.

As Senior Executive of the College, Ms. Ida Law has left her mark across the College, responsible for the administrative work behind the full residence and communal dining operation, the coordination for the formation of the alumni association, finance management and the Youth Entrepreneur Programme. Hostel management is a more intricate task as it involves the coordination of different departments. Ida said: 'When the College starts providing a new service to students, colleagues of different departments will collaborate and gradually find their respective roles. For example, colleagues from the Dean of Students' Office will directly communicate with the students and forward their demands such as those related to hostel facilities to the College Office. And colleagues from this office will coordinate the people and material resources needed to address the student demands. They also regularly review our hostel policies to provide a humanized approach in handling the related matters. Later on, our College Office colleagues discovered that involvement of hostel residents is important too. Hence, the College Office recently organized the Hostel Management Trainee Programme, enabling students aspiring to serve fellow students from the College accumulate college

work experience, while helping to improve the hostel services we provide'.

Administration work at S.H. Ho College has ignited Ida's courage to think alternatively and try new ways. 'Comparing it to a life companion, I would consider the work I do at S.H. Ho College my "Mr. Right" and regret our mutual encounter could not have been earlier. Hong Kong employees generally work their tails off in office but my job at the College has opened up several possibilities I used to dream about but dared not try. For instance, I had never run marathons before, but through my coordination of Runner Force, I had the opportunity to join the youthful students for the full marathon in Athens, which we ran for five hours, leading to my discovery that there are many possibilities in life. It also strengthened my belief that people can relentlessly chase their dreams at any stage in life'.

It is often that university administrative staff coordinates various activities silently, without having to work at the frontline, but the roles they play are no less important to a university's daily operations. Ida said: 'Working for a new college means that we do not have the baggage of traditions. As we grope our way forward, what we have conceived in our minds is the large picture of the College. Most important, colleagues must build a relationship of mutual trust and communication, enabling them to look after the details together and make up for each other's shortcomings. Every day, we set sail on this new sea, exploring the unknown, learning new things and discovering better versions of ourselves'. For her, working in S.H. Ho College has its fair share of agonies and joys and each new day brings new problems to be resolved, but when different people work alongside each other in the College, the sparks of synergy will be generated and this is a wonderful experience.



江哥

善衡書院工友

Brother Kong

Workman of S.H. Ho College

善衡書院在2010年取錄第一批學生，江哥在當年獲聘到書院負責宿舍日常清潔工作，也為每星期的共膳安排場地。江哥工作至2015年退休，離開書院八個月期間，他不時想念善衡書院的人與事，後來在2016年再次申請回到書院工作，適逢書院踏入十周年。江哥可說是伴隨着善衡書院成長的人物。

「我在善衡工作時，感到這兒很有『家』的感覺，辛院長循循善誘，事事為學生着想，講得出做得到，為學生立了很好的榜樣，他對工友也很好，令我們感到家的溫暖。」江哥如此說。江哥認為大部分善衡學生都很好，不過，試過有時出現無理取鬧的情況，他會善意提醒學生要將心比己，不要純粹視職員為服務提供者，也要設身處地了解別人做工的辛苦，因為學生將來也會踏入社會工作。

江哥對新事物感到好奇，喜歡逛街和觀察身邊的人與事，他說：「在這個六百人的書院，我基本上認得一半的學生。在宿舍大堂當值時，我會留意學生的表情，一看就知他們是否善衡人，一般來說，回宿舍的學生走路時的步伐很平穩，往往直接回到利國偉堂或何添堂；但非善衡人（多從「五低」走來）會左顧右盼，神情有點茫然。」

由於書院比較少男工友，加上江哥時髦的打扮——短褲配搭leggings（內搭褲），令宿生對他印象不淺。原來江哥以前在工廠熨衣物時，因為久站而患上靜脈曲張，須要穿上壓力襪保護腿部。後來香港的製造業萎靡，他便另找工作，最終來到善衡這個家。問到他認為哪個書院活動最難忘，他立即答道：「是Watoto兒童合唱團的表演，他們的歌聲很有感染力，帶出正面的人生觀，令我感到有希望，哈哈！」

In 2010, when S.H. Ho College enrolled its first cohort of students, Brother Kong was employed to help with the daily cleaning work at the hostels and prepared the venues for the weekly communal dinners. He remained at the College until his retirement in 2015. For the eight months after his departure, he missed the College for the people and happenings he was acquainted with. In 2016, he applied to return to the College for work and as it was entering its 10th anniversary year, Brother Kong could be considered as someone who had been with the College in its growth trajectory.

‘When I work at SHHO, I feel at home. College Master Prof. Sun always takes into consideration student interests first, delivers on his promises and sets an example for them. He treats workmen like us well, offering us the warmth of a home’, remarked Brother Kong. He believes the majority of students conduct themselves well but occasionally, came across some who behaved unreasonably. Out of a good intention, he would remind these students to empathize with others and not see the College employees as service providers. He also urged them to put themselves in the shoes of others and understand the hard work the latter have put in. This is because the students themselves will step into the working world someday.

A curious person by nature, Brother Kong loves roaming the streets to observe the people and happenings around him. He said, ‘Basically, I know half of the College’s 600 students by face. When I am carrying out duties at the hostels, I could tell if someone is a SHHO student, with just one look at their facial expressions. SHHO students coming back to the hostel walk in steady strides, heading straight for the Lee Quo Wei Hall or Ho Tim Hall, but outsiders (mostly from the Low Block of Pentecostal Mission Hall Complex) look around vacantly’.

As the College has fewer male workers and that Brother Kong is always dressed trendily – he always wears leggings with short pants – the impression he has left on the hall residents is distinctive. But the truth is that he suffers from varicose veins due to long hours of standing to iron clothes at a factory in his previous job and now he has to protect both his legs by wearing compression stockings. When Hong Kong’s manufacturing industry went into decline, he had to look for other jobs and eventually, he came to the S.H. Ho College ‘family’. When asked which college event he found most impressive, he replied immediately, ‘The concert by the Watoto Children’s Choir. Their singing was very infectious and it invoked optimism. It filled me with hopes, haha!’

UNSUNG HEROES



雪蘭

善衡書院工友

Shirley

Workman of S.H. Ho College

善衡書院院務室的接待處擺放了不少植物，有綠意盎然的黃金葛，也有賞心悅目的紫羅蘭。雪蘭摸一摸紫羅蘭的葉子，說：「我初來到善衡工作時，這棵紫羅蘭奄奄一息，我看了很痛心，嘗試澆水時特別小心，盡量不碰到葉子，如是者，紫羅蘭慢慢的展現了朝氣，現在已經長出花兒朵朵，我感到好滿足！」其實雪蘭來善衡工作之前，從沒有園藝種植的經驗，這跟她先前在醫管局的工作風馬牛不相及，但雪蘭凡事着眼於細節，新任務難不到她。

雪蘭主要負責照料陳震夏館的植物、整理行政樓的貯物室、預備開會用的茶水、派遞信件等工作。學期間，善衡書院每個月都會舉辦高桌晚宴，雪蘭會默默地把書院成員的院袍熨得筆直；每逢書院舉辦大型活動需要招募學生工作人員時，雪蘭會預先把他們需要穿上的polo衫洗好。她說道：「書院同事信任我，把任務交給我，我就要盡心去做。做每一件事之前，我都會從別人的角度去想，嘗試走多一步，例如把物資更仔細地分類和擺放，好讓同事的活動進行得更順暢，他們放心，我亦會有滿足感。」

雪蘭的成長並不一帆風順，她體會到幸福不是必然，擁有的可以轉眼逝去，所以會好好珍惜身邊的人和事物。她認為父母的身教很重要，「我感謝我的父母凡事講道理，從不打罵我們兄弟姊妹，他們影響到我做事有條不紊，工作認真，我也會把這做人的態度教導女兒。」家，的確對人的成長至為關鍵。

善衡書院作為六百人的家，辛院長像父親一般以身作則，為事盡力，書院教職員也努力為學生締造「家」一樣的環境，潤物無聲。

The College Office reception desk is decked out with many potted plants, including the lush green devil's ivy and the visually aesthetic African violets. Touching the leaves of a potted plant, Shirley said: 'When I first came to work at S.H. Ho College, this pot of African violet was dying, which pained me, so I tried to resurrect it by watering the plant carefully, trying as much as possible not to touch its leaves. After some time, the plant showed signs of vitality and now, it is blooming with flowers and that gives me a great sense of satisfaction!' Before working at S.H. Ho College, Shirley had no gardening experience before and her job here is vastly different from the previous one she held at the Hospital Authority. But given Shirley's attention to details, she is competent in any new duties she has been entrusted with.

Shirley takes care of the plants in Chan Chun Ha Hall, tidies up the administrative building's storeroom, prepares tea for meetings and dispatches mails on the job. Ahead of the S.H. Ho College high table dinner held every month during the semester, Shirley would silently iron the College gown for each College member. Whenever the College needs to recruit student helpers for a large event, she would wash the polo shirts they will be wearing in advance. She said, 'My SHHO colleagues trust me enough to assign me with these tasks, so I have to try my best to get them done well. Before doing any task, I will think from the perspective of others and try to go the extra mile. For example, I will organize the material resources and put them in categories to help my colleagues implement their events more smoothly. When they go about doing it with peace of mind, I find a sense of satisfaction too'.

Shirley's experiences of growing up were far from smooth so she does not take happiness for granted. Realizing that one's possessions could be lost in just moments, she treasures the people and things around her. She finds it important for parents to teach their children by example. 'I am thankful to my parents for being so reasonable in everything and never subject my siblings and me to corporal punishments. Due to their influence, I am able to do things in an orderly and organized manner, with a serious working attitude, and I will teach this to my daughter'. Indeed, the home is key to one's growth experiences.

As a home for its 600 students, S.H. Ho College is headed by College Master Prof. Sun who, like a father, teaches by example and does his utmost in everything, while the teaching staff also work hard towards fostering a home-like environment on the campus.

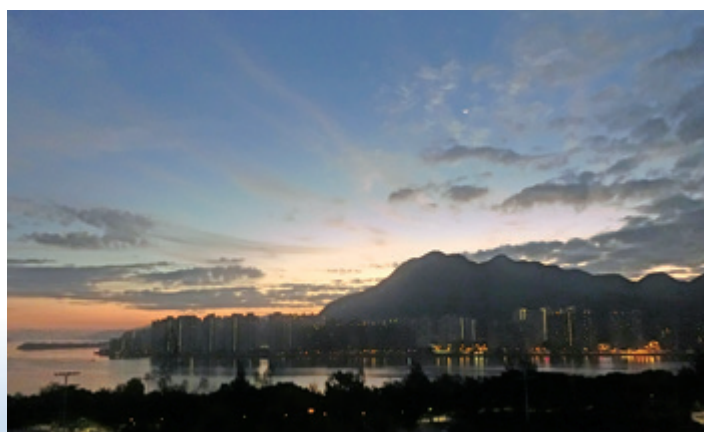
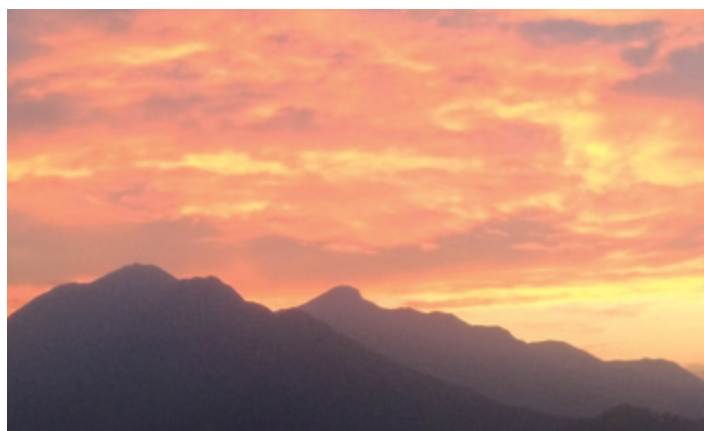
幕後職員

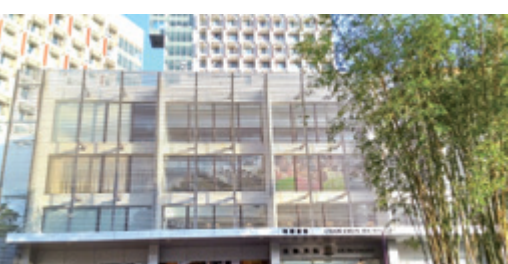
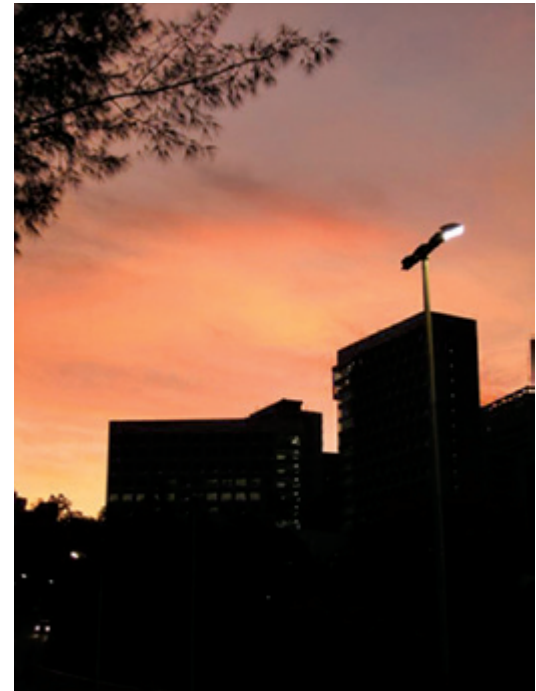


X. 善衡景觀 S.H. Ho College Scenery

善衡書院毗鄰大學體育中心，俯瞰吐露港，景色優美。書院位於大學校車站沿線，便於往返大學校園多處，師生亦可直接步行到火車站及附近多項教研和服務設施。書院院址在大學中心部，讓全宿共膳的學生出入方便，回到宿舍後即使經常外出參與活動，也不怕路途遙遠了。

S.H. Ho College is located next to the Sports Centre, overlooking Tolo Harbour with beautiful scenery. As the College is sited along the campus bus route, its students and teaching staff find it convenient to commute to several parts of the university campus and they can even walk directly to the train station and several teaching and research amenities and service facilities close by. The College is located at the heart of the university, making it convenient for students to be part of its 'full residence and communal dining' arrangement. Students are spared from commuting over a long distance to anywhere, though it is often that they need to go out again to participate in activities just after returning to the hostels.







書院設計加入本土色彩和中國特色，不同建築互相穿插，柳暗花明又一村。兩座宿舍互相緊扣，與行政樓一起包圍寬敞的餐廳，儼如一間六百人的大宅。餐廳樓頂是一個開放式庭院，可飽覽四周風光。兩座宿舍的學生活動空間特別設於樓層角落，互相對望。整個建築群散發濃厚的社區氣氛。

The College complex incorporates local and Chinese elements in its architectural design. Different buildings are connected to each other in subtle ways. Physically connected, the two hostels buildings adjoin the rebuilt administrative building to embrace a dining hall, as though it is a palatial home for the College's 600 students. Atop the dining hall's rooftop is a green podium offering panoramic views of the surroundings. Inside the hostels, the student activity zones are located at a building corner, overlooking each other. The entire cluster of buildings conjures a vibrant community atmosphere.

2009年，物業管理處搬離營修樓，這幢二十年樓齡的舊樓建築交到了校園發展處，改建成滿足善衡書院行政樓的功能，包括增加洗手間數量，改建樓梯等。原本物業管理處供維修車輛停泊的大停車場，也變成一個小廣場來滿足學生活動需要。

In 2009, the Estates Management Office (EMO) moved out of the Estates and Maintenance Building. Subsequently, this 20-year-old building was handed over to the Campus Development Office for conversion into a S.H. Ho College administration building, with additional restrooms and altered stairways among its facilities. The original parking lot of EMO was also converted into a mini plaza to cater for student activity needs.





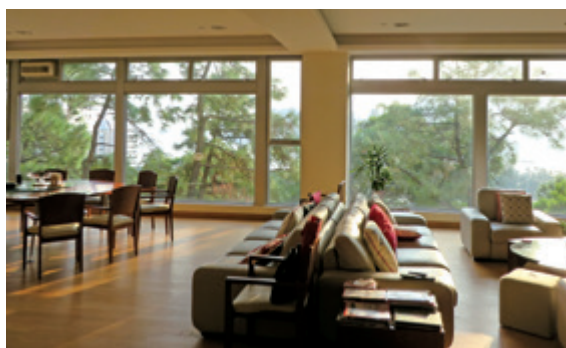
善衡書院以何善衡館連接行政樓及宿舍，這是一個多用途禮堂，既是師生飯堂，供六百位書院學生共膳，也是舉行論壇及會議等活動的理想場所，也可搖身一變化為舞台，讓學生展現才華。

Linking S.H. Ho College's administration building with the hostels, the Ho Sin Hang Hall is a multipurpose auditorium, which hosts communal dining with a capacity for 600 students and teaching staff and also serves as an ideal venue for forums and conferences. It can also be transformed into a performance venue, where students can showcase their talents.



善衡書院的院長居於松苑，面向吐露港，因處在松樹叢中，故取名「松苑」。松苑毗鄰學生宿舍，其客廳寬敞，可招待五十人。松苑的客廳體現了「家」的核心概念，善衡學生在這裏受到院長及院長夫人招待茶聚，暢談生活大小事。

The Pine Lodge is where Master of S.H. Ho College lives. Facing Tolo Harbour, the Pine Lodge is located amid pine trees, which inspired the building's name. Sited next to student hostels, its spacious living room can accommodate 50 people and embodies the core concept of 'home'. S.H. Ho students are invited to tea gatherings hosted by Master Sun and his wife at Pine Lodge who are willing to discuss everything in life, major and trivial.



2014年，善衡書院教職員會所「雅薈」開幕，為中文大學教職員及書院高年級學生提供粵式小菜餐飲服務。「雅薈」有「文人雅士匯聚一堂」之意，室內設計仿照中國傳統書室的佈局，餐廳傢俱採用溫暖、樸素的顏色，牆身木紋的質感，樸實自然。餐廳格局及氛圍雅緻，在悠揚的音樂聲中，客人一邊品嚐佳餚美饌，一邊交流慧見，拓展思維，品味生活。

In 2014, the College's new staff common room Connexion opened to serve CUHK teaching staff and senior-year students of the College, with Cantonese-style food and beverage. The Chinese name of Connexion suggests a place where the literati converge. Its interior decors are inspired by the layout of a Chinese traditional study room. The restaurant furniture embodies warm, basic colours, while the walls are highlighted with a wooden texture to evoke simplicity. In the exquisite restaurant surroundings, the guests enjoy fine gourmet food while exchanging views, amidst soothing piped-in music.





XI. 重要紀事 Chronology of Major Events

書院發展里程
College Milestones

2008

2008年12月15日·校園動土儀式舉行。

The Campus Groundbreaking Ceremony was held on 15 December 2008.



2010



2010年9月·善衡第一屆學生抵達中大·彼時新宿舍尚未落成·國際生舍堂成為臨時的家。

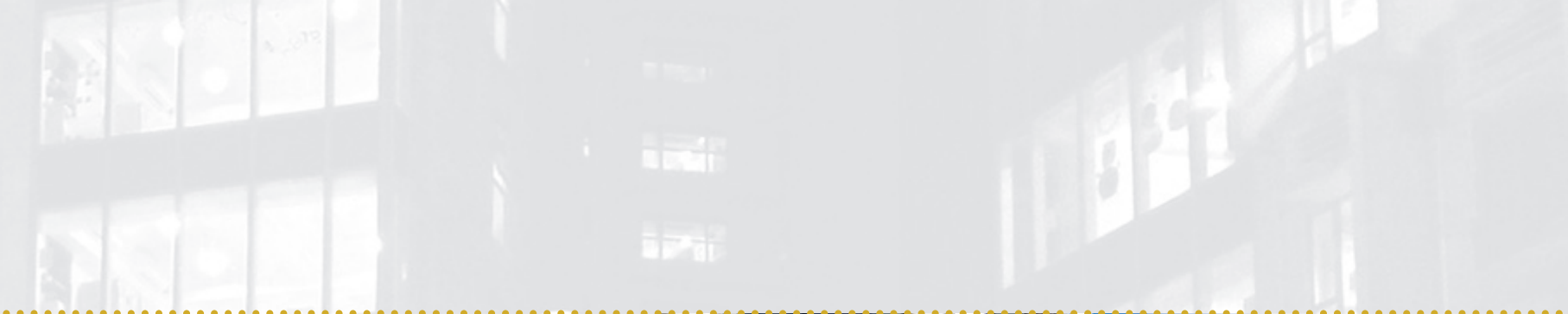
The first cohort of S.H. Ho College students descended on the CUHK campus in September 2010. As the residence halls were being built, they were offered temporary lodging at the International House.

2011

2011年·善衡學生舉行第一屆幹事會就職禮。

S.H. Ho College held an inauguration ceremony for its first Student Union Executive Council in 2011.





2010年9月3日·書院舉行第一屆入學禮。

The first Matriculation Ceremony of the College was held on 3 September 2010.



2010年11月·行政樓陳震夏館落成·書院辦公室隨之遷入。

Upon completion of the Chan Chun Ha Hall in November 2010, the staff of the College Office moved in.



2011年9月·善衡學生遷入何添堂·當家作主·利國偉堂也於翌年啟用。

Students moved into Ho Tim Hall in September 2011. Lee Quo Wei Hall was ready for lodging in the following year.

2011

2011年10月28日·書院舉行開幕儀式。

A Tree Planting Ceremony was held as part of the College's Grand Opening on 28 October 2011.



2013

S.H. HO COLLEGE
THE CHINESE UNIVERSITY OF HONG KONG
FIRST GRADUATION CEREMONY
21 NOVEMBER 2013



2013年11月21日·書院舉行第一屆畢業典禮。

The First S.H. Ho College Graduation Ceremony was held on 21 November 2013.

2016

2016年8月27日·書院校友會舉行成立暨就職典禮。

The Inauguration Ceremony of S.H. Ho College Alumni Association was held on 27 August 2016.





2016年10月19日，書院舉行十周年高桌晚宴。

S.H. Ho College's 10th Anniversary High Table Dinner was held on 19 October 2016.

十年磨一劍 S.H. Ho College's 10th Anniversary Celebrations

踏入2016-17學年，適逢善衡書院十周年慶典，師生積極籌備一系列活動，進一步凝聚書院師生及校友，並加強善衡人以及社會各界對書院的教育理念、起源及發展的認識。

Entering the 2016-17 academic year, S.H. Ho College celebrated its 10th anniversary with a series of events that would further enhance the cohesiveness of its students, teaching staff and alumni, while strengthening the understanding of the College's educational vision, origins and developments among the S.H. Ho College community and the general public.

1. 十周年標誌設計比賽 (2016年3月3日至4月12日)

Anniversary Logo Design Competition (from 3 March to 12 April 2016)

a. 「最佳設計」優勝者
工程學院學生 Mr. KLIER Lukas Emanuel
(來自瑞士的交換生)

'Best Design' Winner
Mr. KLIER Lukas Emanuel (an exchange student from Switzerland, Faculty of Engineering)

b. 「最受歡迎設計」優勝者
工程學院學生 Mr. ANDONOV Dimitar Metodiev
(來自保加利亞的國際生)

'Most Popular Design' Winner
Mr. ANDONOV Dimitar Metodiev
(an international student from Bulgaria, Faculty of Engineering)

2. 寫作及創意設計比賽 (2016年4月5日至9月23日)

Anniversary Writing and Creative Work Competition (from 5 April to 23 September 2016)





2

3



4a



4c



4d



6



7



9



10

3. 十周年高桌晚宴 (2016年10月19日)
Anniversary High Table Dinner (19 October 2016)
4. 十周年展覽:
Anniversary Exhibitions:
 - a. 盛唐珍器——麥繼強教授長沙窯陶器收藏展 (2016年8月12日至10月3日)
Treasures from Tang Dynasty—Prof. Kai-keung Mark's Collection of Chinaware from Changsha Kiln (from 12 August to 3 October 2016)
 - b. 百家·拾年情 (2016年10月19日至2017年1月3日)
Ten Years of Bonding • Hundreds of Stitches (from 19 October 2016 to 3 January 2017)
 - c. 「一墨相承」容浩然書法作品展 (2017年1月20日至3月10日)
Mr. Yung Ho-yin Chinese Calligraphy Exhibition (from 20 January to 10 March 2017)
 - d. 陳明君紫砂壺藝展 (2017年3月17日至6月2日)
Mr. Chen Mingjun's Zisha Teapot Exhibition (from 17 March to 2 June 2017)
5. 善衡健步行 (2016年11月4日)
SHHO Walkathon (4 November 2016)
6. 「善影·拾憶」才藝表演 (2016年11月15日)
SHHOW the Decade (15 November 2016)
7. 校友晚宴及時間囊封存儀式 (2016年11月26日)
Alumni Homecoming Dinner and Time Capsule Burial Ceremony (26 November 2016)
8. 環校跑 (2017年3月3日)
Round-Campus Run (3 March 2017)
9. 十周年刊物:《十年衡跡——善衡書院創立十年回顧》
Anniversary Publication: *Imprints—The First Decade of S.H. Ho College*
10. 十周年講座 (2017年3月27日):
演講嘉賓:白先勇教授
題目:白先勇導賞紅樓夢
Anniversary Lecture (27 March 2017):
Guest Speaker: Prof. Pai Hsien-yung
Topic: Introduction to *Dream of the Red Chamber*, by Prof. Pai Hsien-yung

善衡拾遺

More SHHO unforgettable moments













XII. 贊助捐贈 Sponsorship and Donations

藏品 Donated collections

1. 容浩然先生贈送書法墨寶，現陳列於「雅薈」。

Donated by Mr. Yung Ho-yin, this Chinese calligraphy is displayed at Connexion.

2. 伍月柳教授贈送彩墨畫，現陳列於「雅薈」。

Donated by Prof. Ng Yuet-lau, this ink painting in colour is displayed at Connexion.

3. 容浩然先生贈送書法墨寶，現陳列於「雅薈」。

Donated by Mr. Yung Ho-yin, this Chinese calligraphy is displayed at Connexion.

4. 饒宗頤教授為善衡書院親筆題書「家」字，現陳列於陳震夏館一樓。

This Chinese calligraphy, featuring the Chinese character of 'home', is penned by Prof. Jao Tsung-I as a gift to S.H. Ho College. It is displayed on the first floor of Chan Chun Ha Hall.

5. 金耀基教授贈送書法墨寶，現陳列於陳震夏館二樓院務室。

Donated by Prof. Ambrose King, this Chinese calligraphy is displayed in the College Office on the second floor of Chan Chun Ha Hall.

6. 伍月柳教授贈送彩墨畫，現陳列於陳震夏館三樓。

Donated by Prof. Ng Yuet-lau, this ink painting in colour is displayed on the third floor of Chan Chun Ha Hall.

7. 伍月柳教授贈送彩墨畫，現陳列於陳震夏館一樓。

Donated by Prof. Ng Yuet-lau, this ink painting in colour is displayed on the first floor of Chan Chun Ha Hall.

8. 劉明康教授贈送水彩畫，現陳列於陳震夏館201室「文心閣」。

Donated by Prof. Liu Mingkang, this watercolour painting is displayed in the Fellows Lounge located at Room 201 in Chan Chun Ha Hall.

9. 劉明康教授贈送水彩畫，現陳列於陳震夏館201室「文心閣」。

Donated by Prof. Liu Mingkang, this watercolour painting is displayed in Fellows Lounge located at Room 201 in Chan Chun Ha Hall.

10. 霍冠釗先生贈送陶藝作品。

Pottery artworks donated by Mr. Huo Guanzhao.

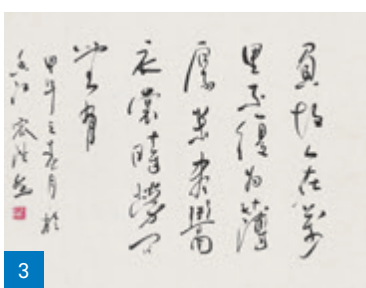
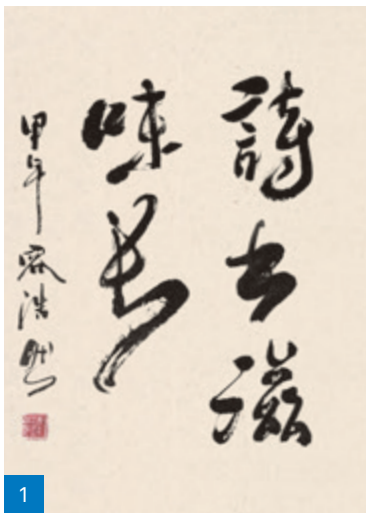
11. 麥繼強教授贈送唐代陶瓷、墨硯、和闐古玉。

Chinaware, inkstone and Khotan jade items from Tang dynasty donated by Prof. Kai Keung Mark.

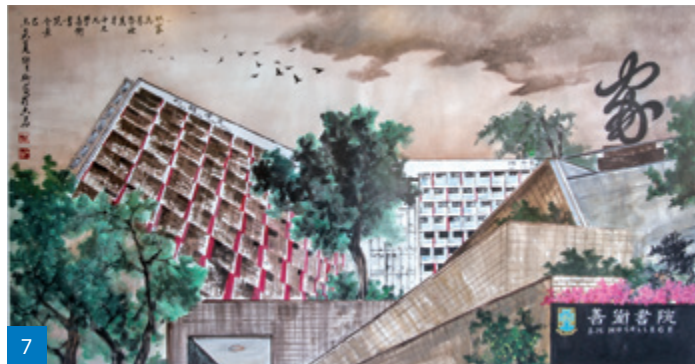
1

3

6



市丁衣暖
菜根香

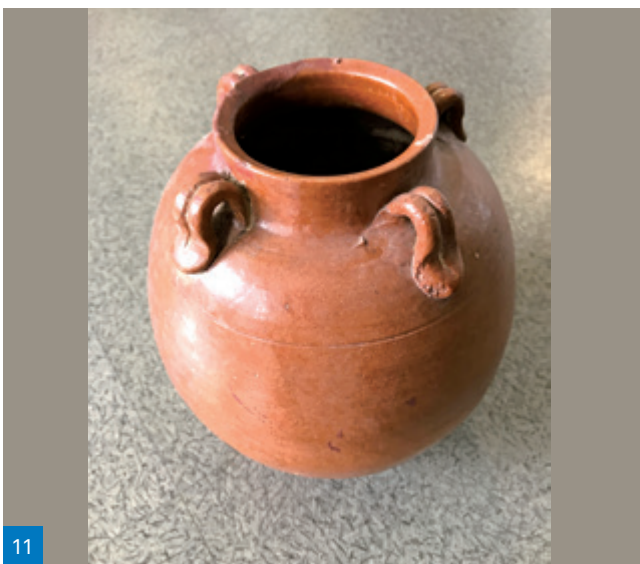


家在市辰大十也史... 香港中文大學 善衡書院



文行忠信

5



捐贈芳名錄 Donations

何善衡慈善基金會有限公司
The S. H. Ho Foundation Limited

何子樑醫生慈善基金
Dr. Tzu Leung Ho Charitable Foundation

何添基金有限公司
Ho Tim Foundation Limited

偉倫基金有限公司
Wei Lun Foundation Limited

陳震夏慈善信託基金
Chan Chun Ha Charitable Trust

楊志雲慈善基金
Young Chi Wan Foundation

伍宜孫慈善基金
Wu Yee Sun Charitable Foundation

Jacobson Group Management Limited

利生慈善基金有限公司
Lee Sang Charity Foundation Company
Limited

Dr. Don Jaffe

Mrs. Martha Morrison Jaffe

劉遵義教授
Prof. Lawrence Lau

吳偉賢博士
Dr. Will Ng

唐柏泉醫生
Dr. Patrick P. C. Tong

XIII. 展覽出版 Exhibitions and Publications

書院展覽 Exhibitions

2012



展覽名稱： 憶舊——劉明康教授美術作品展
Exhibition Title: Reminiscence of the Past—Art Exhibition of Prof. Liu Mingkang

時間： 2012年11月28日~2012年12月12日
Dates: 28 November 2012 ~ 12 December 2012

地點： 陳震夏館地下
Location: Ground Floor of Chan Chun Ha Hall

介紹：
Highlight: 劉明康教授透過二十九幅畫作，以細膩筆觸勾勒出他於七零年代，在內地的生活和近年在各地的心路歷程。其中《擁抱靜謐》及《山水明心》乃是他於2012年秋天入住善衡書院期間描繪的校園風貌，並贈予書院作紀念。劉教授曾擔任中國銀監會主席，現為善衡書院榮譽院務委員。

Through 29 paintings, Prof. Liu Mingkang depicts his life in mainland China in the 1970s and over the recent years in different parts of the world, with fine delicate brushstrokes. Two of these works, 'Embracing Tranquility' and 'Nature and Reflections', portraying the campus landscape during his residence at S.H. Ho College in the fall season of 2012, were presented to the College. Prof. Liu is former Chairman of the China Banking Regulatory Commission and current Honorary Fellow of S.H. Ho College.



2013

展覽名稱： 教育的年輪——善衡書院七年簡史
Exhibition Title: Growth Rings of Education: A Brief History of S.H. Ho College

時間： 2013年10月16日~2013年10月29日
Dates: 16 October 2013 ~ 29 October 2013

地點： 陳震夏館一樓
Location: First Floor of Chan Chun Ha Hall

介紹： 展覽記錄善衡書院自2006年以來的教育軌跡和最新發展，刻劃書院各階段成長，包括記述創始成員促成新書院從無到有的努力，透視書院各座建築的別具匠心，記載在第一個有學生的學年，書院師生初建歷史與傳統，概括一系列特色項目，從學生角度描述書院。

Highlight:

The exhibition traces the educational trajectory and latest developments of S.H. Ho College since 2006 to chronicle its growth at every stage, including the hard work of its founding members behind the College's establishment from scratch, the unique architectural features of its building cluster, the year of its inaugural student intake, the early development of its history and traditions started by teaching staff and students, an overview of a special project series and the description of the College from a student perspective.

2014



展覽名稱： 「我是畢業生」藝術裝置及攝影展
Exhibition Title: 'I am a Graduate' Art Installations and Photo Exhibition

時間： 2014年4月10日~2014年5月12日
Dates: 10 April 2014 ~ 12 May 2014

地點： 陳震夏館三樓
Location: Third Floor of Chan Chun Ha Hall

介紹：
Highlight: 應屆畢業生通常忙於畢業論文、預備求職面試，眼光放在長遠的將來，善衡書院卻有十三位應屆畢業生透過拍畢業照和創作裝置藝術，回顧自己在書院三至四年的生活，尋找自己的夢想與堅持。他們在「玩」藝術創作的過程中放鬆心情，藉此探索生命的多個可能性，重新認識自己。

Graduating students are usually busy writing dissertations, preparing for job interviews and envisaging the long-term future. At S.H. Ho College, 13 graduating students choose to look back on the three to four years of their campus life by taking graduation photographs and creating installation art. It is in the play process of artistic creation that they slow down and explore the various possibilities in life and rediscover themselves.

2014



展覽名稱： 「澄明致遠」國畫藝術展
Exhibition Title: 'Sublime Tranquility' Calligraphy Art Exhibition

時間： 2014年4月9日~2014年5月2日
Dates: 9 April 2014 ~ 2 May 2014

地點： 陳震夏館地下
Location: Ground Floor of Chan Chun Ha Hall

介紹：
Highlight: 展覽精選出容藝文小姐四十多幅畫作，包涵水墨畫和瓷板畫等。容藝文小姐是第一位北上前往中央美術學院攻讀花鳥畫碩士的香港人，她的畢業作分別為中央美術學院和廣州美術學院收藏。她的國畫風格題材，以花鳥為主，以工、寫結合，筆觸靈活多變，賦色精煉清雅，畫風自然生動，其筆下的花鳥都平靜愉悅、有靈氣。

The exhibition displayed more than 40 artworks by Ms. Yung Ngai-man, inclusive of Chinese ink and wash paintings and porcelain paintings. Ms. Yung Ngai-man is the first Hongkonger to pursue a Master's degree specializing in flower-and-bird paintings at the Central Academy of Fine Arts in mainland China. Her graduation compositions have been collected by the Central Academy of Fine Arts and Guangzhou Academy of Fine Arts. The themes of her Chinese paintings centre mainly on flowers and birds, integrating both meticulous and freehand styles, that demonstrate brushstroke agility and a refined application of plain colours. Exuding a natural and lively style, her works capture flowers and birds in serenity.

2015



展覽名稱： 「善闡北極」展覽
Exhibition Title: Arctic Expedition

時間： 2015年10月14日~2015年11月30日
Dates: 14 October 2015 ~ 30 November 2015

地點： 陳震夏館地下
Location: Ground Floor of Chan Chun Ha Hall

介紹：
Highlight: 2015年5月10日，來自不同學系的善衡學生遠征北極，他們是第一支由中大派出的本科生北極考察團，旅程為期十二天。他們分別進行遠洋生態、氣候、地理、愛斯基摩人原住民文化等十項研究。考察團隊回港後，悉心製作成資訊豐富的極地考察展覽，展出一系列行程當中曾使用之工具、儀器、考察結果及見聞，好讓中大師生與公眾人士親歷北極白雪皚皚的情境，了解同學如何搜集樣本和研究數據。

On 10 May 2015, a group of S.H Ho College students of different faculties set off to the Arctic, to become the first Arctic exploration expedition team formed by CUHK undergraduates on a journey that lasted 12 days. The expedition members carried out ten field studies on the trip, covering ecology, climate, geography and Inuit cultures. Upon its return to Hong Kong, they put together an information-rich Arctic exploration exhibition, showcasing a series of tools, equipment, study findings and their observations from the trip, to expose CUHK teaching staff and students and the general public to the pristine-white Arctic snowscapes and enable them to understand how the students collected samples and research data.



2016

展覽名稱： 隨心一手藝——冠釗陶藝原創展
Exhibition Title: **Untrammelled Craftsmanship—Huo Guanzhao's Pottery Exhibition**

時間： 2016年1月20日~2016年2月28日
Dates: 20 January 2016 ~ 28 February 2016

地點： 陳震夏館地下
Location: Ground Floor of Chan Chun Ha Hall

介紹：
Highlight: 近代陶藝大師霍冠釗先生年少時愛好美術，常動筆作畫，熟看齊白石、李可染等畫家畫冊。他不圖名利，默默創作，擅於捕捉靈感，意到手到，行雲流水，其作品特點以抽象寫意為主，講究作品釉色的運用，追求作品的「神似」、樸拙，隨心性與感悟，盡顯文人神韻。霍先生極力探索「正宗」的石灣公仔藝術原貌，並努力將國畫的寫意精神融入公仔塑造表現中。展覽展出霍老師獨一無二、悠然自得的陶藝創作。

Contemporary pottery master Mr. Huo Guanzhao loved art in his childhood, often practised drawing and read the art albums of the great Masters to familiarize himself with their works. Free from the cravings of fame and materialism, he is adept at capturing inspiration to create pottery works freely as it strikes. Emphasizing the use of ceramic glaze colour, he pursues the goal of life-like art forms to convey simplicity, free expression of the heart's desire and enlightened insights, reflecting the nuances of classic literati tradition. Mr. Huo strives to capture the original essence of Shiwan figurine art, while injecting the free-style elements of traditional Chinese paintings into his portrayal of these figurines. The exhibition showcases the one-and-only ceramic works of Mr. Huo, all created in a carefree manner.



展覽名稱： 嶺南意境——伍月柳、趙偉仁教授國畫聯展
Exhibition Title: Lingnan Images—Paintings by Prof. Ng Yuet-lau and Prof. Philip Chiu

時間： 2016年3月2日~2016年3月24日
Dates: 2 March 2016 ~ 24 March 2016

地點： 陳震夏館地下
Location: Ground Floor of Chan Chun Ha Hall

介紹：
Highlight: 中國水墨畫始於唐代，崇尚創新的嶺南繪畫，注重寫生，題材廣泛，用色絢麗，風采雅豔。香港馳名女畫家、嶺藝會會長伍月柳教授聯同兒子趙偉仁教授於善衡書院舉行聯展，作為其巡迴展覽的首站。是次展覽作品合共超過五十幅，陳列伍教授母子倆的山水、花鳥和風土人情等題材之精選作品，以及嶺藝會成員的畫作。為延續嶺南畫風，伍教授更親身指導善衡書院和基督教正生書院的學生，部分學生更有幸跟隨伍教授往國內寫生，兩家書院學生的畫作亦在是次展覽展出，增添傳承的意義。

Chinese ink-and-wash paintings date back to the Tang dynasty. Artists of the Lingnan style champion innovation and focus on painting from life or nature. Extensive theme choices, vibrant colour application and an elegant style are part of this artistic school. Renowned Hong Kong female painter and President of Ling Ngai Association Prof. Ng Yuet-lau and her son Prof. Philip Chiu jointly showcase their works at this exhibition in S.H. Ho College as the first stop of their roving exhibitions. More than 50 paintings are exhibited, all of them exquisite paintings of the traditional Chinese landscape, flowers and birds and local culture and customs by mother and son and that of other artists from Ling Ngai Association. To spread the legacy of the Lingnan style, Prof. Ng even offered personal instructions to S.H. Ho College and Christian Zheng Sheng College students, some of whom followed her to mainland China on painting trips. The paintings of students from both colleges are also on display at the exhibition.



2016

展覽名稱： 盛唐珍器——麥繼強教授長沙窯陶器收藏展
Exhibition Title: Treasures from Tang Dynasty—Prof. Kai-keung Mark's Collection of Chinaware from Changsha Kiln

時間： 2016年8月12日~2016年10月3日
Dates: 12 August 2016 ~ 3 October 2016

地點： 陳震夏館地下
Location: Ground Floor of Chan Chun Ha Hall

介紹：
Highlight: 展覽精選出八十多件麥繼強教授在1990年代初期收集的唐代陶瓷器，主要為唐代長沙窯出產的各式酒壺、碗碟、瓶子、小擺設等。唐代長沙窯陶瓷系列花樣百出，可以較全面地反映唐代陶瓷的形制特點、出色的工藝技術和創新方向，亦可窺探當時生活華麗的程度。麥繼強教授為中國文物收藏家，具三十多年鑒賞和收藏中國古董、文物方面的經驗。他曾於中大生物系任教三十載，至1995年正式退休。

This exhibition showcases over 80 pieces of Tang dynasty chinaware from Prof. Kai-keung Mark's collection, assembled in the early 1990s. Created from the Changsha Kiln of the Tang dynasty, they include various wine utensils, bowls and dishes, vases and tiny decorative items. These exhibits comprehensively reflected the unique shapes and forms of Tang-dynasty chinaware, their outstanding craftsmanship and creative directions. They also offer a glimpse into the opulent lifestyle of that period. Prof. Kai-keung Mark is a collector of Chinese cultural relics, with over three decades of experience appreciating and collecting Chinese antiques and cultural relics. He taught at the Department of Biology, CUHK for 30 years until his retirement in 1995.



展覽名稱： 「百家·拾年情」展覽
Exhibition Title: Ten Years of Bonding • Hundreds of Stitches

時間： 2016年10月19日~2017年1月3日
Dates: 19 October 2016 ~ 3 January 2017

地點： 陳震夏館地下及一樓
Location: Ground Floor and First Floor of Chan Chun Ha Hall

介紹：
Highlight: 展覽展示書院過去十年的主要發展和一些標誌性活動，希望藉此機會與大家分享書院所珍視的價值和信念，進一步促進這個「家」的成員間之情誼。展覽以「百家」為主題，當中最有特色的「百家衣」是中國傳統為新生嬰兒縫製的服裝，從各家取一塊布片縫製而成，取其集眾人力量之寓意，嬰兒穿上了百家衣，有受百家祝福、茁壯成長的含義。展出的百家衣是由書院歷屆學生活動的T恤拼合而成，象徵同學們對書院的祝福。

This exhibition showcased the College's major developments and some of its landmark activities over the past decade, with the aim of sharing its highly-prized values and furthering the bonding of members in this 'home'. The exhibition theme centres on 'a hundred households' represented by the 'hundred-family garment', a traditional Chinese infant wear and a patchwork of cloths taken from various families. By wearing the garment, the infant is considered to have received blessings from a hundred families and is primed for healthy growth. The 'hundred-family garment' on display is formed by the T-shirts designed for various student activities in the past years, symbolizing student blessings for the College.

2017



展覽名稱： 「一墨相承」容浩然書法作品展
Exhibition Title: Mr. Yung Ho-yin Chinese Calligraphy Exhibition

時間： 2017年1月20日~2017年3月10日
Dates: 20 January 2017 ~ 10 March 2017

地點： 陳震夏館地下
Location: Ground Floor of Chan Chun Ha Hall

介紹：
Highlight: 是次書法展覽以「一墨相承」為題，展出容浩然先生珍貴的書法作品共四十幅。容先生博通篆、隸、草、行、楷書五體，近年開創現代水墨書體，前無古人，其書法作品一氣呵成，筆隨意轉，中無間斷，落筆前後，讓人感觸到他的從容不迫、瀟灑與輕鬆。

Under the theme of 'The Spirit of Ink from Generation to Generation', this exhibition features 40 precious calligraphy works by Mr. Yung Ho-yin, a master of the 'seal', 'clerical', 'cursive', 'running' and 'standard' calligraphic scripts. In recent years, he invented a contemporary ink-painting script. Administered in a continuous brushstroke, each of his calligraphic works is imbued with an uninterrupted and free-flowing quality, dictated by the evolving desires of the artist's heart, and reflects his calm, unrestrained and relaxed ways before and after he puts painting brush to paper.



展覽名稱： 陳明君紫砂壺藝展
Exhibition Title: Mr. Chen Mingjun's Zisha Teapot Exhibition

時間： 2017年3月17日~2017年6月2日
Dates: 17 March 2017 ~ 2 June 2017

地點： 陳震夏館地下
Location: Ground Floor of Chan Chun Ha Hall

介紹：
Highlight: 展覽展出陳明君先生、陳夫人、陳公子一家三口製作的茶壺，展品達五十多件。從藝多年，陳老師展現了過人的專注力和恆心，還有一份誠摯的執着，將生命力傾注在一雙手，成就一門驕人的紫砂壺藝。

The exhibition displays 50-odd teapots handmade by Mr. Chen, his wife and their son. Devoted to the art for many years, Mr. Chen has translated the power of his amazing concentration, persistence and handicraft skills into the unique craft of Zisha teapot making.

書院出版刊物 Publications

2010 年至今
- Present

書院電子通訊

College e-newsletter

自2010年迄今，善衡書院定時推出電子快訊，向中大全體員工、善衡學生、善衡校友報導書院最新動態。電子快訊記錄書院每個特別時刻，如分享善衡成員獲獎的榮譽，重溫高桌晚宴發人深省的演講，刊載善衡學生撰寫的深情家書，歡送善衡畢業生向夢想高飛等等。

Since 2010, S.H. Ho College has published a e-newsletter regularly to keep the entire staff, students and SHHO alumni abreast of the college developments. The newsletter records its every special moment, such as sharing the honours and awards conferred on SHHO members, recapping the inspirational speeches made at high table dinners, reviewing the heartfelt letters penned by SHHO students and sending off SHHO graduates in pursuit of their dreams.

2014

《以家為基，啟迪英才：善衡書院2006-2014年回顧》

Inspiring Young Minds in a Home-like College— SHHO's Review 2006-2014

頁數 Pages: 107

簡介：光陰荏苒，善衡書院成立於2006年，於短短幾年間在中大的土壤扎根成長，就好比一顆樹，從種子長出嫩芽，經過悉心呵護、細心關懷、提供養分，這樹開始長出花兒朵朵。本書回顧善衡書院成立於新學制下大學新生人數激增之時，一切都要從零開始摸索，但透過管理層、職員、學生投入參與，互相砥礪，敢於創新及不守舊，善衡書院建立了完善的設備和規模，散發獨有的氣質，在中大作育英才。

Established in 2006, S.H. Ho College has gained a foothold on the soil of CUHK, much like a tree that has grown from a seed and sapling, nourished by the care, meticulous concern and nutrients provided to it and is now flowering beautifully. This publication looks back on the establishment of S.H. Ho College at a time, when the University's student population increased sharply under the new academic structure. At the time, it started from scratch but with the involvement and contributions of the management team, staff and students, along with the courage for innovation and departure from tradition, S.H. Ho College has established its own comprehensive facilities and unique operations to undertake talents grooming in CUHK to a new level.



2015



《善衡四季》

Four Seasons at S.H. Ho College

頁數 Pages : 41

簡介：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。春夏秋冬，各有景象；校園生活四時，也各有所得。本書描寫一位善衡新生在盛夏八月加入書院，展開精彩的宿舍生活，透過參與不同的活動，如共膳、書院通識活動、高桌晚宴、善衡達人秀、文化考察、義工探訪、體育賽事、松苑茶聚，漸漸融入溫暖的「家」，豐富自身的體驗，踏出成長的一步。

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. Every new season on the campus heralds a unique blend of occasions, events and experiences that its students will certainly savour. This book follows the experiences of a new SHHO fresher joining the College in August to begin an exciting hostel life and participate in various activities such as communal dinners, College General Education Programme events, high table dinners, the SHHOW, cultural explorations, social service visits, sport and Pine Lodge tea gatherings. Gradually, the newcomer joins in the warm embrace of 'home', taking the first step in personal growth and enriched experiences.

2015



《善闖北極》

The Arctic Explorers from S.H. Ho College

頁數 Pages : 215

簡介：極地展現了大自然的力量，也是地球生態重要的一環。2015年暑假，善衡書院舉辦北極考察活動，共十七位來自不同學術領域的本科生參與是次遠征，他們回港後傾盡心思，把考察時所得的研究思維及計劃，寫成令人眼前一亮的論文，並結集成書。此外，隊員亦以文字及影像，一點一滴捕捉及記錄整個旅程。本書是一個重要印記，顯示善衡書院敢於作先鋒的精神，在極地大放異彩。

The polar region reveals the power of nature and is a core part of our planet's ecosystem. During the summer vacation period of 2015, S.H. Ho College held an Arctic exploration expedition which saw a team of 17 undergraduate students from different academic backgrounds setting off for a remote adventure. Upon their return to Hong Kong, they penned essays based on their research findings and observations for compilation into a book. Besides, they also captured precious moments of their journey in text and images. This book serves as a significant milestone and showcases the innovative spirit of S.H. Ho College in the Arctic.

書院海報 College Posters

步出港鐵車站，往未圓湖方向走，必定會經過一排長長的巨型海報。在中間位置，擺放了善衡書院製作的海報。海報文字簡潔，意念豐富，讓匆匆的行人來往中大之時，捕捉到書院年青活潑的氣息。

After stepping out of the MTR station, head for Lake Ad Excellentiam, and you will walk past a long row of posters. In the middle of it is a beautifully designed poster produced by S.H. Ho College. Scant in words but rich in meaning, the poster impresses pedestrians entering or leaving CUHK campus with a distinctive whiff of youthfulness.

2012



2013



2014



2015



2016

2017



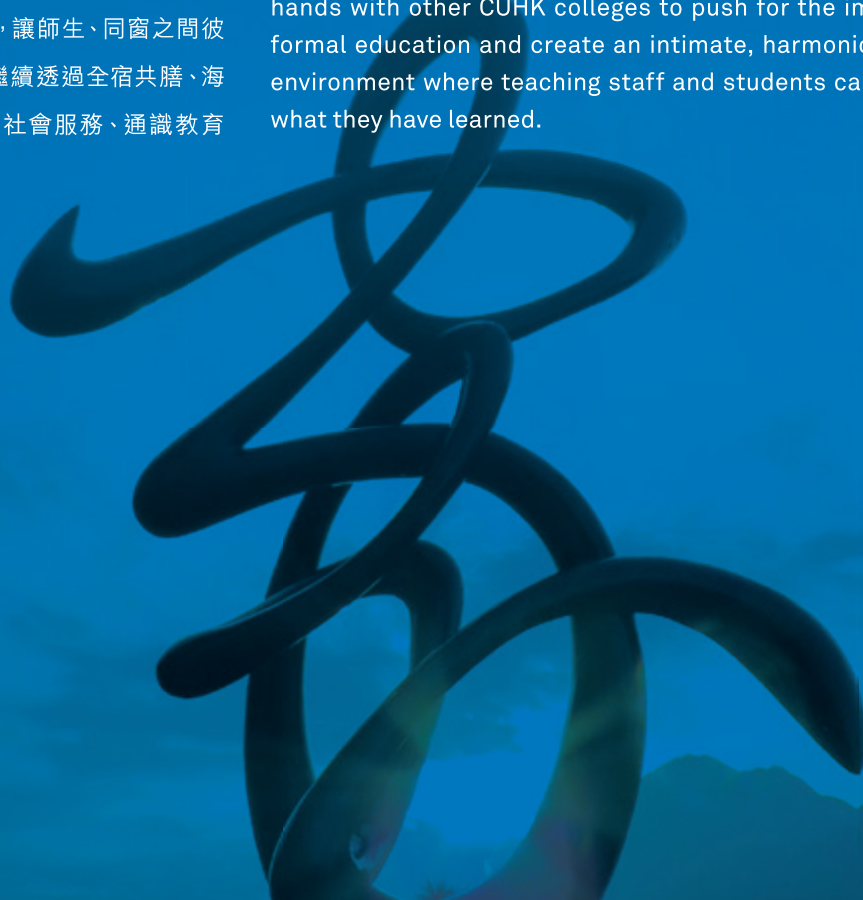
XIV. 展望未來 Looking to the Future

回顧過去短短十年，善衡書院從無到有，創造歷史，立足中大，成為一所大受學生歡迎及愛戴的新書院。這些都有賴我們的贊助者、支持者、開拓者、書院成員及學生深信書院制度的優點，大家胸懷理想，敢於創新，追求卓越，付出心血，努力耕耘，才能取得豐富的成果及收穫。

展望未來，善衡書院將繼續及進一步鞏固書院制度，維護已建立的善衡優良傳統，以及開放、民主及公平的處事作風，和中大各書院攜手推行非形式教育，創造親切和睦的學習及生活環境，讓師生、同窗之間彼此分享學習心得。善衡書院將繼續透過全宿共膳、海外交流、實習體驗、文化探索、社會服務、通識教育

Over the past decade, S.H. Ho College had risen from nothing to create its own history, established itself in CUHK and become a new college popular and much-cherished among students. All these can be attributed to the deep conviction of our sponsors, supporters, College members and students in the strengths of our collegiate system adopted. It is with the aspirations harboured by everybody, together with the courage of their innovation, pursuit of excellence, painstaking efforts and hard work that the bountiful fruits of success come about for the College.

Looking to the future, S.H. Ho College will continue to augment its collegiate system further and safeguard the SHHO traditions established. Embracing an open, democratic and fair approach, the College will join hands with other CUHK colleges to push for the implementation of non-formal education and create an intimate, harmonious learning and living environment where teaching staff and students can share the insights of what they have learned.



課程等，實踐院訓「文行忠信」，培養學生創新、卓越及服務的書院精神。面對未來社會的種種挑戰，書院會把握時代脈搏，適時調整方向，與時並進，以新思維、新眼光及新策略，探索及迎接未來。期盼書院下一個十年，胸懷百年樹人的信念，更上層樓，極目千里，碩果纍纍。

S.H. Ho College will continue to put in practice its motto 'Culture, Morals, Devotion, Trustworthiness' to cultivate the innovative mindset of students and foster the College spirit of 'Innovation, Excellence and Service' through the initiatives of its 'full residence and communal dining' model, overseas exchange programmes, internship programmes, cultural explorations, social services and College General Education courses.

Confronted by various social challenges, the College will continue to feel the pulse of society, adjust its direction appropriately and progress with the times to embrace the future with a new mindset, new perspective and new strategies. The College is setting its sights on the future upon its aspirations to nurture talents and scale greater heights of excellence, towards a rich harvest.





S.H. Ho College
1st High Table Dinner
Prof. Samuel Sun
Member of S.H. Ho College
19 November 2022

S.H. Ho College
1st High Table Dinner
Prof. Samuel Sun
Member of S.H. Ho College
19 November 2022

香港中文大學
S.H. HO COLLEGE
S.H. HO COLLEGE
S.H. HO COLLEGE

