

UNIVERSITY MARKETPLACE

大學廣場

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Merry Christmas &
Happy New Year

情繫一家

My Career Story

uBuddies 溫馨提示



Office of Student Affairs
The Chinese University of Hong Kong



29/11/2010

緣起

我自去年二月接任大學輔導長一職，轉眼已一年多了。在過去多年我曾在不同的大學崗位參與學生事務，相比之下，目前的工作更為繁重，既要協助大學制訂有關學生發展的政策，亦要協調各大學有關單位為同學提供更好的學習環境，有需要時幫助他們解決各種問題。當中的工作極具意義，亦充滿挑戰。

要把事情做好，其中一個關鍵當然是與同學的溝通。在過去一年多，我在不同的場合，透過不同的方式與不少同學會面交流，但一直希望設立一個更佳的溝通平台，與更多的同學接觸，分享個人對不同事情的看法，亦希望藉此聆聽同學的意見和需要。這個網誌就是在這個背景和期盼下設立的。我把它名字定為「情繫一家」，因為只有情才能把人與人之間的關係聯繫在一起，因為是一家我們應該彼此關懷，坦誠溝通，促進互相的了解。期望你會喜歡這個溝通平台。

為加強與學生溝通，大學輔導長設立網誌www.cuhk.edu.hk/osa/udeansblog.htm，歡迎同學與大學輔導長對話。

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From the Chief Editor

The East Asia Games 2010 is just over and people are overwhelmed by the joy of our athletes' achievements. Our cyclist Wong Wan-yiu's perseverance and her strong will in completing the race are highly praised and the heroine got a silver medal at the end. It is her goal of competing at the Olympic Games that keeps her going.

Yes, everyone has dreams and our dreams keep us alive and move forward. Yet, attaining our goals does not come easy. We have to work hard for our goals and of course, there would be ups and downs. For a sportsman, he learns to accept failure and; it takes years of hard work, indomitable spirit and disciplined training in order to be able to get a taste of success. We should all do the same, i.e. set our goals, prepare ourselves for the challenges, devise a plan for our dreams, work fiercely towards it and hopefully, actualize our dreams.

Year 2010 will come to an end soon. Let's revisit our goals and realign our efforts to prepare for the challenging 2011.

Merry X'mas and Happy New Year.

Dora Dai

My Career Story

Management Trainee is one of the dream jobs for many fresh graduates. It typically takes one to two years and involves job rotation among the organisation's departments. Upon completion of the programme, trainees are placed in management roles in individual departments that best suit their demonstrated talents and skills. Knowing more about what this job is about and how to equip ourselves to stand out from the competitors is essential. Ms. Carol Sun, a young alumna of CUHK is going to share with us her experience in working as a Management Trainee.



About Carol
SUN Yueyi, Carol
Bachelor of Social
Science in Sociology,
CUHK, 2008
Management Trainee,
John Swire & Sons
(H.K.) Ltd.

~At university ~

I majored in Sociology and studied one year in Georgetown University, Washington DC through CUHK's exchange programme. My major studies helped me build a solid foundation of knowledge on various aspects of society and provided me with strong analytical and multidimensional problem-solving skills which are highly applicable to my daily work. What I appreciate most is the great cultural sensitivity and open mindset I developed through the undergraduate programme, which are vital for a professional career in a multinational corporation with diverse businesses.

"Taking courses in different fields also equips one with additional skills that are not strongly emphasized in my major programme."

It's unreasonable to expect what we learned in three to four years in university will keep us excelling in a career for 30 plus years. It's therefore more important to develop skills on how to acquire knowledge than gaining the knowledge itself. For example, students majoring in humanities ought to take some courses to train their numerical skills, which are essential for all kinds of businesses.

~My company and job~

I am a Management Trainee in Swire, seconded to its subsidiary Cathay Pacific Airways. I worked with Personnel Director of Cathay Pacific as Personnel Officer during my 1st year, and after which, moved to Manila for a year as the Assistant to Country Manager and Chief Representative of Dragonair Philippines, liaising with Head Office and local community on various issues. Moving back to Hong Kong about three months ago, I just faced another challenge. I am the Assistant Manager of the department that looks after everything ranging from in-flight seats to ground facilities; from the latest movies on board to the newest overnight amenity kits. There is certainly no doubt that I'm still climbing my learning curve in this job.

~Getting the job~

Because of my previous internship with Swire, I was exempted from written test and 1st round HR interview and went straight to the assessment centre, followed by the interviews by HR panel and Directors panel. I believe I presented my confidence, enthusiasm, diverse experiences, sound academic achievement, open mindset, and strong will to learn new things in the recruitment process.

"More importantly, it is my attitude of always aiming to achieve excellence and strong motivation to develop a long-term career with the company that clinched the job."

~Be prepared for~

"One has to prepare to be consistently challenged culturally and physically, and professionally."

As a MT, we get to experience extensive job rotations. Sometimes, jobs in different positions can be completely different and out of one's comfort zone. A mindset of openness and mobility is essential to overcome challenges, transferring which to exciting and fulfilling experiences. Moreover, MT is expected to take immediate responsibilities sometimes. So one also has to be comfortable when interacting closely with a wide range of people, from internal senior executives to suppliers' top management, from government officials to media, from socialite to general public.

Some advice for MT candidates

Talk to the company's people to find out more about the corporate culture and evaluate if it fits you. It is vital that one's personal value and personality match the corporate culture.

Field of study is not an important concern but satisfactory academic result demonstrates one's learning ability.

Apply summer internship with the company to get first-hand experience.

Fruitful internship and diverse cultural experiences are bonus.

Be well prepared for assessment centre and interview. This does NOT mean looking for standard answers from tip books, but rather reviewing one's past experiences, analysing your strengths and weaknesses, and get a sound sleep before assessment centre.

Record Breaking Placements for Global Interns

What is GIP?

Global Internship Programme (GIP), an offshore summer internship programme, has been organized by the Office of Student Affairs to provide students with a diversity of internship and cultural exchange opportunities since 1997. A certificate presentation ceremony of GIP was held on 9 November 2010 to award a total of 280 students for their completion of internship offered by the programme in 2010.

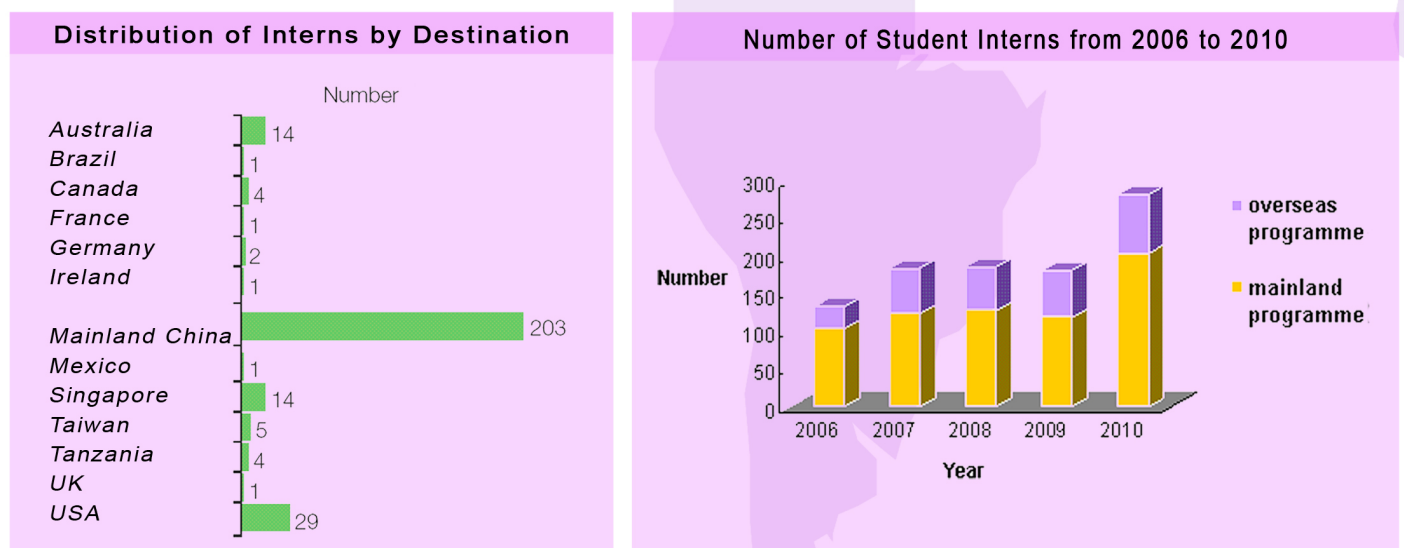
Under GIP 2010, intern students were offered 4 – 18 week summer internships which are classified into 10 modules.

- Internship Opportunities in Overseas Cities, e.g. L’Oreal, HSBC, WIT
- Internship Opportunities in Asia Pacific Region – Singapore, e.g. KPMG, Crown Worldwide
- CGCC Summer Interflow Programme for University Students 2010 - Internship Exposure at Beijing Xuanwu Hospital
- Internship Opportunities in Technology Companies in Nanjing, e.g. Nanjing Pharmaceutical Co., Ltd.
- Internship Opportunities in Multinational Companies on the Mainland, e.g. Jones Lang LaSalle, KPMG, BEA
- Internship Exposure in Beijing Museums / National Library, e.g. The Palace Museum
- “HKUYA New Youth, New World” Summer Internship Programme, e.g. Chow Tai Fook Jewellery, China Railway
- Internship Exposure at Non-Commercial Organizations, e.g. Expo Group Shanghai Foreign Service Co., Ltd.
- Internship Opportunities in Cultural Industry in Xi’an, e.g. Daminggong National Site Park
- Internships under Colleges / Faculties / Departments, e.g. California Institute of Technology, United Daily News

All non-final year undergraduate students are eligible for GIP, with some modules also open to final year undergraduate students and postgraduate students.

Where can the interns go?

With vigorous effort made, the University has solicited 100 more internship places this year with a total of 280 students, i.e. an increase of 56% in internship number. And the distribution of interns by destination is as follows:



In addition to more common internships offered by companies from the business sector, the University has made an effort in seeking internship opportunities in other sectors to cater for students of diverse interests, e.g. scientific research and technology field, cultural industry and non-commercial organizations. Internships from various companies were solicited, including BGI, a scientific research institute in Shenzhen; the cultural industry in Xi’an; and non-commercial organizations on the mainland and in Singapore.

What do the interns say about GIP 2010?



An intern at BGI majoring in Molecular Biotechnology, Chan Yee Yan, now having her postgraduate studies in London, highly recommended the internship to Life Sciences students. She stated, 'BGI is a top bioinformatics institute both inside and outside of China, and has published in many top journals such as Nature and Science. As an intern there, they gave you a surprising amount of responsibilities, along with trust. **I feel that I could truly use my knowledge in biotechnology.**'



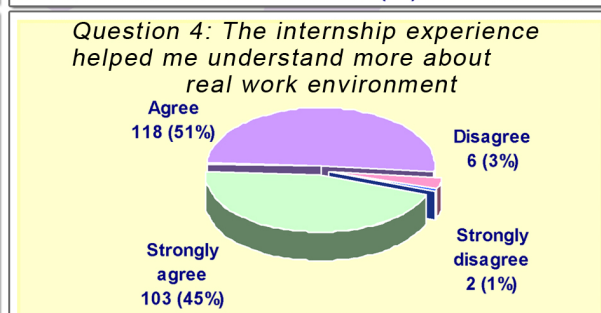
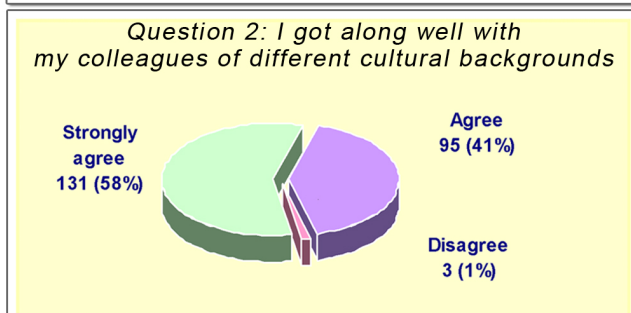
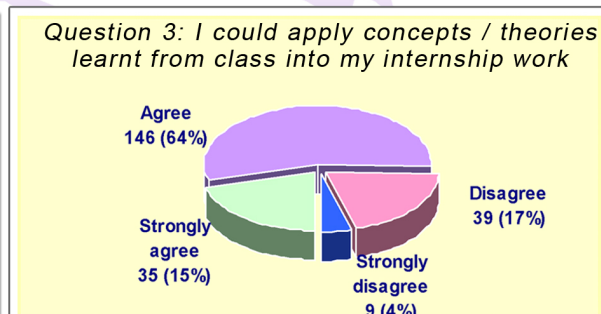
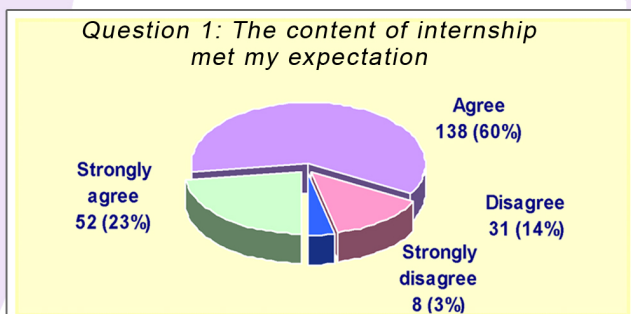
The World Expo 2010 also offered interesting internship exposure to our students. Wong Chin Leung, a Year 3 History student who interned in Expo Group · Shanghai Foreign Service Co., Ltd., said, '**I went to the World Expo three times during the 4-week internship.** I assisted in arranging Expo trips for working partners of the organization and guiding them in their visits. We used the VIP channel and visited over 100 pavilions, which allowed me to gain eye-opening exposure.'



For some, the exposure did not end with the summer internship. Wan Tak Yan Phoebe, a Year 2 Music student interning in an NGO in Singapore, attended a conference in Tokyo with representatives from the NGO in late November. 'I was assigned to prepare a 5,000-word report for a project which was submitted to a competition held by the Consortium of Institutes on Family in the Asian Region, and we got selected to the final round of the competition. **We went to Tokyo for a conference in November,**' she said.

Feedbacks from interns of GIP 2010

A post-internship survey was conducted with the interns to understand more about their views on the internship. Below are some of the major findings:



Joining GIP

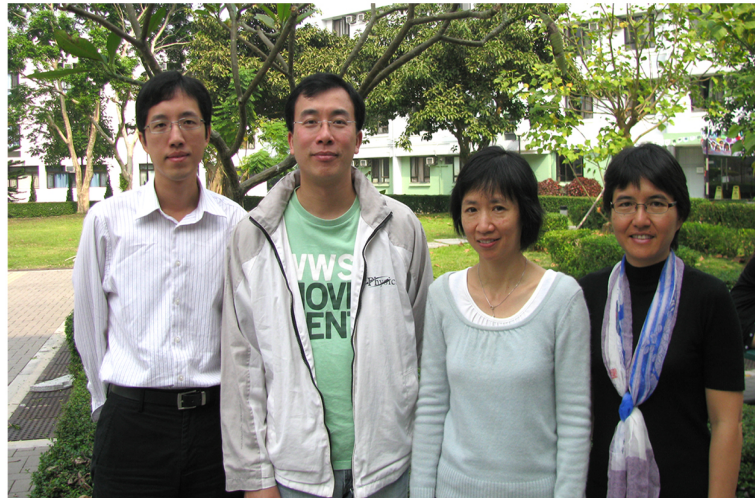
The recruitment for GIP 2011 will start in early 2011. Stay tuned for the promotion and know more about GIP at www.cuhk.edu.hk/osa/gip.

通識課，新里程！

學生記者：周源源

「通識課？我都知道，就是四個範圍嘛！」如果你也有同樣的反應，那就證明你還沒有掌握中大通識教育的第一手資訊，這個專題你非看不可！

香港中文大學的通識教育隨著時代、社會、大學整體學制的轉變而變遷，而為了迎接2012年的3+3+4新學制，通識教育將於2012年由15學分增加至21學分，當中包括6學分的必修通識教育基礎課程「與自然對話」和「與人文對話」。而目前少部份中六入學的已經「先讀為快」！緊貼最新資訊，快來看看通識課的老師們為新課程揭開神秘面紗，以及同學們的「讀後感」！



左至右：陳志宏博士、王永雄博士、趙茱莉博士、梁美儀博士

通識課老師為你解構

☞ 從選修到必修

一直以來，通識課程被劃分為四個範圍，主要是希望同學能以開闊的眼光接觸到不同範疇的事物；但科目眾多，反而令同學難以選擇。全新的通識教育基礎課程就是希望幫助同學在「人文」及「自然」兩大方面都建立基礎，明白人類知識的深與廣，讓同學可以接觸到真正對人類發展有影響的著作。同時，「人文」及「自然」是人類學問的兩大範疇，同學亦可以透過這兩個課程，將這兩種被學術界視為割裂的文化融會貫通。

☞ 從宇宙到經濟

通識教育基礎課程雖然只佔 6 學分，但內容卻十分廣泛。「與自然對話」主要分為三個部分：物理宇宙、生命世界、對科學尋索的反思，希望同學從中可以明白到科學方法也有限制，並沿著思想家柏拉圖、科學家牛頓及達爾文等的足跡，重新審視人類求知的歷程。而「與人文對話」則帶領學生從「個體」及「作為社會一員」兩個不同的角度，思考「什麼是人生」，讓同學跨越中西文化、不同宗教、相異的經濟及社會模式的界限，在劃時代的著作典籍、文化與文化相互衝擊中反思當下，並獲得啟示，不再人云亦云。

☞ 從聽課到討論

通識教育基礎課程每週不單有一個小時的大班授課，還有兩個小時的小組導修課。每星期同學在閱讀經典著作後，便與同學、老師進行緊密而互動的交流，這也是大學課程中十分重要的一環。透過和別人的討論，同學可以刺激思考，脫離固有的思考模式，開放思維，亦同時可以明白到大學與中學在教學上顯著不同之處。

☞ 老師寄語：「願意思考、願意表達」

「與自然對話」、「與人文對話」只是兩把開啟思考之門的鑰匙，期望同學在接觸更多科學家、思想家、哲學家的著作後，明白到自己在知識上仍然只是起步，在知識的汪洋中學會思考，因為知識的產生正是一次又一次的探索歷程。在這個歷程當中，同學在自己不熟悉的領域裡可能不知所措，但只要願意跨出一步、擴闊視野、融會貫通，進而表達所思所想，便是一次學習的進化。

讀後感：與學生對話

看過了教授對課程的解說，相信大家都對通識教育基礎課程有了一定的了解，但畢竟課程是為學生而設計，快來看看各位同學對課程的反應吧！

《與自然對話》



王策

(內地生－商科基礎班)

“是以前沒有接觸和思考過的東西，讓我很受啟發。”

課堂氛圍很輕鬆，兩個小時的導修課也不會累。老師在備課時特別周到，他為每節課的主題安排了一些很好的問題讓我們去思考。「與自然對話」中有很多生物學和物理學的理论，有些文科生可能會擔心跟不上。但其實課堂讓我們有機會去思考和討論，並非要達到一個特定的結論，無論文、理科生在過程中都會有獲益。對於內地學生來說，課堂的內容讓我們很受啟發，因為很多都是以前沒有接觸或思考過的東西，對學生的思考方法、觀念都帶來很大衝擊！



何文諾

(本地生－保險、財務與精算學)

“我發現古人的政治智慧在現代亦十分適用！”

課程讓我有機會接觸十三篇本來不太可能主動去翻閱的文章，我認為是它們的最大意義。大家都會聽過柏拉圖等名人，但當真正閱讀他們的思想時，我發現古人經常用有趣的比喻來討論抽象的思想，他們的政治智慧在現代更是十分適用。導修的內容十分吸引我，在備課時，我會上網和去圖書館翻查作者的資料和其他讀物，嘗試了解更多。個人覺得這是一個文理兼備的課程，有助培養我們的思考能力，使我看待事物有更新的觀感和層次。

以經典作鑰匙，開啟

你和科學、你和人文的

對話



《與人文對話》



馬佳妮

(內地生－文科基礎班)

“如果這一生沒有去接觸到它們，將是一件非常遺憾的事！”

每星期我們都閱讀和探討不同的經典，從西方的社會概念、到各種宗教的。其中有一些是我們以前接觸過的經典，但隨著閱歷的增加，我們再從不同的角度看，就會得到不同的啟發。而另一些久聞其名的經典，讀完了我才知道如果這一生沒有去接觸到它們，將是一件非常遺憾的事！導修課真的很有獲益，每一次的討論都讓我們有了反思，不過一定要好好讀材料，否則會浪費了一次學習和思考的機會。「與人文對話」雖然不是專業課，但有的時候能學到一些比專業課更深入、更深層次的事。導修課很有趣，不過，如果人數減少到十幾個人一組的話，我認為效果可能會更好。



梁彤蔚

(本地生－專業會計學)

“有時同學們對某個題目有激烈的討論，甚至下課時間到了都不願結束！”

作為一名理科生，「與人文對話」的確有一定的難度，亦是一個挑戰。但正如課程的名字所說，只要把「古人」當成「朋友」，與他們「對話」就會輕鬆點。此外，導師每次都預備了經典或作者的背景資料，並在討論時作出引導，我們可以抱著「了解」的心態去讀它，就會發現上這個課其實是一種享受。導修課是導師及同學自由討論的時間，有時同學們對某個題目有激烈的討論，甚至下課時間到了都不願結束，十分有趣！看導修資料時會有自己的一些想法，但當與人交流時就會發現大家的意見原來十分不一樣，整個過程加深了我對課題的認識。

看完這篇關於通識基礎課程的報導，你是不是意猶未盡呢？那就趕快瀏覽以下網址，獲得更多最新資訊吧！

通識教育基礎課程專頁	想知道更多課程資料？請即登入 www.cuhk.edu.hk/oge/gef/
PASS友儕輔學時間	成績優異的「友儕領袖」為你支援！詳情請向課程老師或大學通識教育部查詢 (電話：2609 7103, 電郵：oge@cuhk.edu.hk)



「在中大，可持續發展不是夢」

近160位來自5間書院和66個部門的職員和學生參加了由校園環境委員會於11月初舉辦的「**持續發展環保大使**」計劃 (Environmental Sustainability Ambassador Program) 下稱“ESA Program”。在一天半的活動中，參加者除了對中大校園削減碳排放的路線圖、碳審計、節約能源、綠色採購、零廢物和校園步行文化等議題有更深的認識外，更討論和反省自己在日常生活中能如何推行持續發展的環保概念。看看參加者及工作人員怎想——

“講座的内容非常豐富及全面”

~ 蔡上正 (二年級學生)

我不但了解到中大校園內的環保政策，講題更拓展到有關香港的空氣污染、全球暖化等全球性的環保議題。然而，關於「碳審計」一環，如明年這個計劃仍會繼續舉辦的話，我建議可增設短期的工作坊，並邀請有關方面的專家來主講碳審計的技巧，讓參加者有更深入的學習機會。

“在中大，可持續發展不是夢…”

~ 李漢文 (工作人員)

「持續發展環保大使」站在環保這令人畏懼的道德高地上，確實任重而道遠。作為工作人員，我起初還頗擔心同事會被這名銜所嚇怕。慶幸中大有的是願意承擔的同事和師生，單單從課程前後查詢電話的數目，已能看出各人對持續發展及環保的熱心。短短一天半的課程中，窺見同事及同學對減碳的關注，還有師生對和諧校園的傳承，頓然感到何等的一碧千里。

“I now prefer walking more frequently instead of taking school bus all the time.”

~ Law Fung Tuen (Year 2 Student)

After attending the ESA Program, I have gained much more knowledge about environmental issues on campus and in the world. The most provoking part to me is the talk about Walking for Health. After notifying the campus walking culture, I realize that I used to over-use and rely too much on the school bus service. I can help reduce the carbon emission simply by adjusting my walking habits.

“Being a Geography student, this is a valuable experience for me to participate in the ESA Program.”

~ Chan Kin Ho (Year 2 Student)

It seems that environmental issue is not very popular to CUHK students despite the university's great effort. It is apparent that not many know about the Campus Master Plan or understand CUHK's green actions that are in progress. I appreciate that the ESA Program provides a platform for staff and students to knowledge of current contentious environmental issues. I hope that the program can continue to provide transcendent channel to more CUHK members to understand the environmental sustainability in CUHK.

由上至下：

- 1及2：香港通用公證行有限公司的何偉倫先生和中電控股有限公司的張寶中先生擔任其中兩位主講嘉賓。
- 3：校園環境委員會主席朱利民教授（前左四）頒發委任狀和嘉許狀給各大使。
- 4：參加者獲得一份實用又環保的紀念品——「無釘釘書機」。
- 5：充實的講座內容，令眾人獲益良多。



「持續發展，由你實踐！」

根據聯合國環境與發展世界委員會的報告，可持續發展是「既能滿足我們現今的需求，又不損害子孫後代能滿足他們的需求的發展模式。」¹ 根據可持續發展的概念，我們要改變觀念及生活習慣，平衡經濟、社會發展與保護環境的需要，實踐可持續發展的生活模式。

衣飾 / 購物

- * 不追逐潮流，減少購買新衣物、波鞋和手提包。
- * 不追逐最新型號的無線電話、攝影機和各類電子產品。
- * 穿著輕便裝束，如脫去領帶和外套。
- * 購物時先選擇本地產品，購買進口產品時先計算運送距離，選擇短運送距離的產品以減少碳排放。
- * 過節送禮，不用花紙。

食

- * 量少的話，買飯時記得叮囑「少飯」。
- * 外出用膳時用「公筷」，「打包」剩餘食物回家享用

家居

- * 離開房間時關掉電燈、冷氣機、電暖爐等電氣用品。
- * 選用貼有1級或2級能源標籤的電器，長遠而言更可省錢。
- * 把沒有需要使用的照明關掉，並在開關掣附近貼上「節約能源」的貼紙，以作提示。
- * 煮食時將煲或鍋蓋好，既可煮得較快，又可減少四倍的燃油費。
- * 減少使用冷氣，可以選用內置通風系統或在較低速時打開窗戶。

行

- * 少搭校巴，多步行。
- * 高速行車時應關窗，可減低氣流阻力，減少耗油量。

辦公室

- * 影印前三思，只影印所需份數，並盡量作雙面影印。
- * 參與「綠色辦公室」。



環保4R：
 Recycle (回收)
 Reduce (減量)
 Reuse (重複利用)
 Rescue (拯救)

想知道更多？

可持續發展生活小貼士
www.susdev.gov.hk/resourcecentre/tipsforsdlivingchi.pdf

中大校園環保消息
www.cuhk.edu.hk/greencampus/en/

「持續發展環保大使」計劃及講座內容
ihome.cuhk.edu.hk/~b109137/esa

參考資料1：
 (World Commission on Environment and Development (1987) Our Common Future. Retrieved from www.un-documents.net/wced-ocf.htm)

活動 = 學習

校內院會、系會、屬會及興趣小組的總數超過二百，它們很大程度影響著廣大同學的課外生活。從以下活動及隊伍的介紹裡，你會窺見部份學生團體的面貌，以及同學在參與這些團體的活動中，他們如何提升領導才能、加強人際網絡、認識自我及擴闊視野。

學校的全力支持

同學在參加學生團體的過程中可認同自我和擴闊視野，有助成長。學校亦十分支持學生團體繼續健康發展，並鼓勵性質多元的新團體陸續成立。校長沈祖堯教授早前和各位屬會代表見面與交流，了解同學參與課外活動的情況及屬會的運作。



“當天與校長和各屬會負責人享用了一個愉快的下午茶。除更了解學會的工作外，言談間還得悉校長現正學習書法，真叫我意外！”

--許智恩 中大書畫社 社長

“校長對各屬會耐心的聆聽、了解及回應令我印象特別深刻。他鼓勵屬會多些關心和服務社會上有需要的群體。我們有幸被校長邀請到聖誕派對獻唱。希望將來有更多機會與時間跟校長交談。”

--朱葆婷 中文大學基督徒詩班
教育及推廣

團隊生活中的得著

祝山珩同學（電子科學系3年級）入大學前從未接觸過划艇運動，經過兩年多的努力，以男子划艇隊隊長的身份，成功帶領隊友獲得多個比賽冠軍。以下是祝同學跟大家分享他在划艇運動中的一些體驗。



“我們的暑假操練時間表是每周6天、每天8小時，真的需要很強的意志力才能堅持下來。很多人認為陸上拉機很沉悶，但我卻認為它可以磨練我們的意志和耐力。在自己拼盡全力的同時，我相信艇上其他7位隊友也都努力爭標。正是這種珍貴的互信和團隊精神支持著我，教我不可放棄！在其中一場比賽中，我與隊友跟隨舵手的指示，改變掌速，從本來落後到最後超前一條艇身的長度，我體驗到只有隊友和舵手那種不能言喻的成效，才會有這個成效。”

學生團體新力軍

香港中文大學和富領袖網絡(CUWLN)是中大大新成立的學生團體之一，致力於舉辦活動予中大不同文化背景的學生。和富領袖網絡認為活動如領袖培訓、社會服務等的推廣應該更全面，讓不同國籍和背景的學生有機會接觸及體會。今年11月9日，和富領袖網絡在中大舉行首個活動 - Cultural Vigour，並由校長沈祖堯教授主禮啟動。

來自廣西省的韋騰捷同學在Cultural Vigour認識了來自韓國、美國、臺灣等地的朋友，他們的小團隊還取得了速食比賽遊戲的冠軍！他在閒談中提到家鄉人民經常食用狗肉的事，才發現這個飲食習慣在幾位國際友人眼中是那麼的不尋常！韋同學希望會有更多這類的活動把不同文化背景的人聯繫起來。



校園外的活動機會

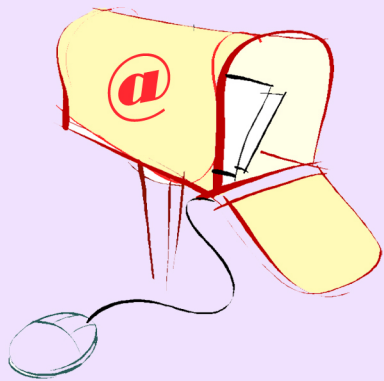
參與校外活動亦是其中一種體驗式的學習。大學經常為同學發掘這類學習機會，統籌活動給同學參與。

早前應中華人民共和國政府駐港聯絡辦公室的邀請，本校三十多位同學參加了於解放軍駐昂船洲軍營舉辦之「2010年度駐港部隊與大學生互訪聯誼活動」。當日活動節目包括駐軍樂隊表演、軍事課目表演、特種部隊獵人戰鬥演示、參觀軍艦、直升機和槍炮武器等。經駐港部隊講解和互相交談，同學對不同的武器裝備有了初步認識，並更了解駐港部隊的訓練和日常生活。

就讀工商管理碩士課程的廖奕智同學除了出席此活動外，更有幸獲邀代表所有參與學生於歡迎儀式致辭。廖同學認為有「威武文明之師」美譽的駐港部隊是一支優秀隊伍，除履行防務職責外，更積極參與本港的公益活動。另外，法律學院的阮兆松同學則從活動中感受到軍隊和香港社會有著密切的關係。他說，「軍隊不再是鐵絲網後面的荷槍實彈；不再是讓人望而生畏的裝甲火炮，而確確實實是我們社會的一個組成部分，和我們一起共同參與社會的運作和建設。」



從以上的介紹與分享，可見同學在參與學生團結及課外活動中獲益良多。希望同學珍惜在課堂以外的大學生活，寓學習於活動中！



溫馨提示@ uBuddies Email Box



2010年初誕生的首屆朋輩輔導聯網(uBuddies)在過去一年接受了一連串有系統的培訓，在今個學期已開始為同學提供服務。其中，「uBuddies電子信箱服務」自十月份開始運作至今，每天都收到不少同學的電郵，內容既有與大學生活息息相關的查詢，亦有關於升學就業以及個人成長的分享。uBuddies（中大朋輩輔導員）根據在「中大朋輩輔導聯網」受訓時所獲取的輔導知識和技巧，再加上個人的經驗，以同路人的身份為同學的查詢提供適切的回應和建議，以作參考。

同時，uBuddies亦主動「出擊」，定期以中英雙語撰寫富鼓勵性的「溫馨提示」(Caring Reminders)，透過電郵向所有中大本科生發放正能量和傳遞關顧之情。以下是部份內容：

大學生活Smart Tips

各位中大同學：

你好！我們是來自「中大朋輩輔導聯網」的uBuddies，盼望這電子郵件能成為與你初步接觸的橋樑。

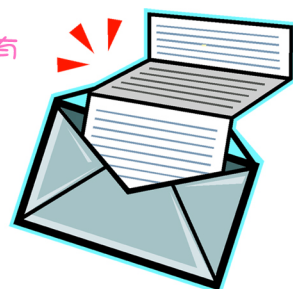
隨著秋風送爽，轉眼便踏入十月，對很多中大人來說，是忙碌季節的開始。或許你已在Mid-term tests的洪流中，開始感受到課業如潮水般向你湧前來的「震撼」。來自學業以及其他日常生活的要求和轉變有時會讓我們倍添衝勁，有時又會令我們累積壓力。不論是學業、人際關係、家庭等與大學生活或個人成長有關的困惑，你都可以考慮透過電郵向我們傾訴你的心聲或疑難，我們樂意聆聽及提供適切的意見或協助。

附上大學生活Smart Tips：

- 1 及早記下各個考試、Presentations日期，做好心理準備
- 2 每晚定下「目標睡覺時間」，避免通宵達旦工作
- 3 要寫Mid-term papers的同學，記緊提早到圖書館借書！（中大圖書借閱期一般只有一個月，這裡沒有的館藏可以嘗試透過「港書網」向其他大學查詢及借閱）
- 4 多吃蔬果，多做運動，保持健康，忙裡偷閒
- 5 與新知舊友互勉互勵，煩惱消滅，快樂倍增

努力，加油！

你的uBuddies



新學年了，你預備好了嗎？

中大同學們：

大家好，我們是來自中大朋輩輔導聯網的uBuddies。

開學已一個多月了，相信你跟身邊不少的同學一樣，都已逐漸投入大學生活：

- ▶ 一年級的你大概已向「大學五件事」（「住Hall」、「上莊」、「拖拖」、「讀書」、「兼職」）出發，務求善用大學的時光；
- ▶ 二年級的你經過一年的大學生活，或許已有自己的一班「組子女」又或是一群「下莊」，這些師弟妹需要你以過來人的身份與他們分享各種經驗；與此同時，你又可能正在計劃這一年需要做的和想做的事，向個人目標再進一步；
- ▶ 至於三年級或以上的你，過去兩年在大學可能都作出過在學業、人際關係等不同方面的嘗試和發展了，現在是時候面向更遠的將來，為畢業以後個人的就業生涯、人生路向甚至家庭計劃等好好規劃。

不論你屬於以上哪一個組別，你和我們一樣都是中大人。假如你在大學生活上碰上任何疑問，都可以考慮以電郵聯絡我們，讓我們替你分憂解困。當然，中大校園裡的良師益友也可以成為你的支持者呢！

祝 朝朝有衝勁，時時有笑容！

你的uBuddies





忙碌中的「休止符」

各位中大同學：

這個十月下旬，雖沒有了「鮎魚」的正面衝擊，卻有了深秋的蕭颯。繁忙的學業和其他事務，催促我們埋首應對種種大學與個人成長的挑戰，你可曾在不知不覺間亂了生活的步伐，陷入「忙、忘、茫」的漩渦之中？

在匆忙的節奏中，我們不妨為自己編一個休止符：每天找一個空檔時間，細味周遭的美好：聽聽秋葉，在清風鏗急間輕奏著清脆的樂韻；看看山頭，在盛夏陽光漸褪間披上微黃暗綠的輕紗；摸摸太陽，在熱鬧的人群中加添幾分柔和的暖意……

在匆忙的節奏中，讓我們的身心稍作休息，為面前漫長然而彌載希望與理想的成長旅途增添能量吧！

在紛雜的大學生活裡，你或許正經歷著人生的悲喜得失。歡迎你電郵 ubuddies@cuhk.edu.hk，與我們分享你的成長感想與體會。uBuddies 樂意聆聽及為你提供適切的意見或協助。😊

你的 uBuddies



Sky Beyond the Clouds

Dear CUers,

As we wait for the plane to take off and notice the cloudy sky through the window, we may feel worried that the flight will be affected by the bad weather. However, once the plane has taken off and soared high up through the thick dark clouds, we may suddenly find ourselves amidst an open clear sky!

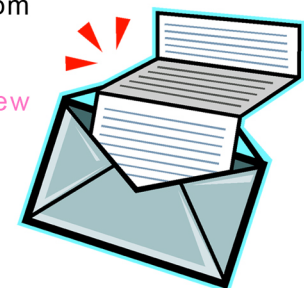
At the moment, maybe you are feeling trapped by midterms and tutos, worrying about upcoming papers and exams, or troubling over other personal affairs. No matter what, do remember one thing, **'the sky will clear' and your troubles may be over before you know it!**

Also, **you are not alone!** There are classmates, teachers/professors, o-mates, jong-mates, plus we u-Buddies by your side. We are always ready to listen and cheer you on as you journey through university. We look forward to hearing from you soon.

In the meantime, **let's take off on our journey of personal growth with a new outlook and renewed energy!**

Wishing you all the best!

uBuddies

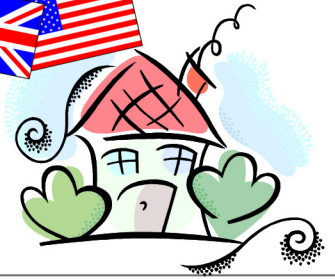


uBuddies「溫馨提示」發放以來收到不少同學的熱烈回應，讓 uBuddies 火熱的心繼續燃燒，他們在十二月考試期間將稍作休息，於下學期一月恢復運作。屆時 uBuddies 期待能繼續透過 ubuddies@cuhk.edu.hk 電子信箱與你結伴同行大學道！

在享受充實多采的大學生活期間，你也許會碰上一些困難和疑惑，不妨主動聯絡大學的教職員、宿友、同學等，讓他們成為支持你的良師益友。更可以使用你的中大學生電郵帳號（註明你的年級及主修課程）發郵件至 ubuddies@cuhk.edu.hk 與 uBuddies 聯絡。期待你的來信！



International House. My Home



Residents of the International House (I-House) joined the orientation night earlier and filled the night with laughter and fun.

After a warm welcome speech by the Warden, Prof Jimmy Yu, the CUHK Magic Society was invited to bring a magical moment to all the guests and residents. The dramatic magic performance surprised the audience especially when a hundred-dollar note from one of the guests unexpectedly disappeared in front of everyone's eyes! The night was lit up by various games such as "Limbo" and "Guesstures". Residents from different countries formed teams and got familiarized with others easily. The night ended when everyone enjoyed tasting the delicious cup cakes graciously prepared by the Lady Warden.



On the other hand, the newly formed 2010-11 cabinet of the International House Resident Association "iSon" is officially elected recently. Let's listen to their goals and wishes of the coming year!

"We are a group of enthusiastic residents from I-House who are devoted to serve the others. We join to create an enjoyable environment and promote a warm atmosphere for students in I-House. We aim at encouraging communication and cultural exchange between residents and developing a sense of belonging. We hope it will be an enjoyable year for all of us and believe that residents of I-House will be the future leaders of societies all over the world! To strengthen our friendship, there are many up-coming activities! Please pay attention to our promotions!"

iSon
We are sons and daughters of I-House



Back: Anthony Victor Kenji Ben Ison Stephen Jeff Tommy
Front: Rowling Cythia Sharon Chloe Queenie Ellie



On Air: "We are Salad Bowl"

The Culture Blog Radio Programme has been broadcasted since 2008. This year, students from various student associations, voluntary programmes and even different continents are invited as DJs to share their unique cultural experience in 6 episodes. Committee members of the International Student Association (ISA) were the guests in the first episode named as "We are Salad Bowl". ISA not only integrates students from different parts of the world, it also enriches the cultural exchange experience at the CUHK. Let's be a part of it by reading the sharing from Sarah, Recreational Officer of ISA, and listening to the programme at the CU Campus Radio's website (www.cucr.hk/programme/detail/culture).

We were very excited to hear that we had the opportunity to introduce the ISA to the CUHK community through the Culture Blog Radio Programme! The four of us—Angela, Cecilia, Ivan and I—walked into the recording room and casually chatted with the programme host, Kelvin Ko, about our background, the history and vision of the ISA.

Through this interview, I learned more about the other DJs, including where they grew up and how their backgrounds and experiences shaped them into the people they are today, because I had never personally asked them about these things. You can say that we are a mix of cultures—"salad bowl" —, since the members of the ISA come from various countries: Malaysia, South Korea, Indonesia, the United States, the United Kingdom, Russian Federation, the Mainland China, Taiwan, Thailand, and more. Although the



Period : Oct 2010 - Apr 2011
Time : 22:00 - 23:00
Website : www.cucr.hk

Culture Blog

Episode 3 25 Jan 2011



Episode 4 22 Feb 2011



Episode 5 15 Mar 2011



Episode 6 12 Apr 2011



a platform to network with people of this University and of Hong Kong in general.

Being involved in the ISA for a year made me learn more about various cultures, other people's perspectives and their lifestyles. I hope that everyone in this University can do so too, and one way is to meet our members and join our activities!

(Sarah Chiu from the United States, Year 3, Biology)



大學青年會 — 關懷本土，連繫國際

由大學和香港中華基督教青年會協辦的大學青年會(香港中文大學)(下稱Uni-Y®(CUHK))剛於今年9月成立，並於11月8日舉行簽約儀式，象徵大學正式與香港中華基督教青年會成為協作夥伴。簽約儀式活動當日，在超過150位嘉賓的見證下，校長沈祖堯教授、香港中華基督教青年會會長陳樹安博士等嘉賓共同將印有中大校徽與青年會會徽的絲帶綁上，最後加上大學青年會徽號，象徵該協作計劃正式展開。

Uni-Y® (CUHK) 第一屆候選學生幹事會

第一屆16人的候選學生幹事會已從三次「傾莊」活動中誕生了。他們將肩負一個重大的使命，以第一屆的莊員身份，為Uni-Y® (CUHK) 奠定良好的基礎，作個好榜樣。

「對於作為Uni-Y®(CUHK) 第一屆候任莊員的我們來說，要令新屬會在中大得到廣泛的身份確立和認同是一個挑戰。沒有上莊的樣板可跟從，或許會摔倒、碰釘，但我們充滿信心，因為我們有CYMCA總會、其他大學Uni-Y®和中大教職員的支持和協助。」

杜澤欽 候任主席

「我是莊內的唯一內地生，作為“外副”，我會把CYMCA的理念介紹給香港同學、內地同學以及國際生，一般的莊與這三個群體的聯繫並不是很緊密，但他們在中大的影響卻與日俱增。」

王旭楠 候任外務副主席

「成為Uni-Y®(CUHK) 的莊員前，我參加了Uni-Y®「我關心—寮屋體驗服務」，感覺不像是我們去探討當地村民、幫助他們，而是我們被村民的純樸風情所感動，深深體會到知足常樂的道理。」

廖嘉希 候任康樂及福利幹事

Uni-Y®(CUHK) 的精彩活動

- 2010年12月25至29日 青暉遠眺赤子情單車籌款2010
- 2011年1月6至8日 我放眼—澳門義工服務及大學交流
- 我放眼—暑期海外工作實習計劃
- ICCP (International Camp Counselor Program)
- Global Ys Trainee Program



成為Uni-Y®(CUHK) 會友

Uni-Y®(CUHK) 會友能夠優先參與Uni-Y®(CUHK) 屬下各會所的活動，憑證報讀課程及使用設施更可獲購物折扣優惠。歡迎各中大同學加入成為Uni-Y®，會友費用為\$30一年及\$90三年，每位參加者都會獲贈獨具特色的迎新禮物，數量有限，先到先得。有興趣的同學，請前往范克廉樓二樓 學生事務處辦理入會手續！

查詢電話：26097253或電郵：uniycuhk@cuhk.edu.hk

網址：www.ymca.org.hk



大學青年會(Uni-Y®)小知識

大學青年會(Uni-Y®)是香港中華基督教青年會(Chinese YMCA of Hong Kong)於大學及學院成立的組織，派駐註冊社工於大學校園，與校方共同培育大學生在靈、智、體各方面之均衡發展，透過各種培訓及海外交流，讓大學生學習關愛社群及開拓國際視野。

Uni-Y®遍及世界各地，最早於1858年在美国，及後在日本、韓國、印度、新加坡、菲律賓等亞洲地區陸續見其芳蹤。在香港方面，Uni-Y®事工於2003年由香港中華基督教青年會首次在浸會大學展開，後於2007年1月在本校崇基學院、2010年於香港科技大學及嶺南大學陸續成立。至今Uni-Y®重點培訓之學生幹事已超過二百名，並成功累積招募三千多名學生成為Uni-Y®會友。

如想對Uni-Y®或會友優惠有進一步了解，請瀏覽會友天地網址 www.ymca.org.hk。



為莊員度身訂造



終於有人教大家點搞莊!

學生領袖培訓計劃

你的態度決定整支莊的命運!

學生領袖培訓計劃現正接受報名!

歡迎中大本科生或研究生學生團體的莊員報名



www.cuhk.edu.hk/osa/sits.pdf

活動內容 (活動語言以廣東話為主)

- ▶ 工作坊：領導技巧及溝通技巧
- ▶ 專業講座：團體實務理財、私隱條例及防止貪污資料
- ▶ 個案分析與機構參觀 I：成功都市農夫 —— 一對手農舍
- ▶ 工作坊：「有活動，冇人知?!」 —— 設計海報要訣
- ▶ 工作坊：應對投訴及處理危機
- ▶ 個案分析與機構參觀 II：成功社會企業 —— 東華三院
- ▶ 專業講座：如何有效組織本港或海外義工活動?
- ▶ 結業禮暨分享晚宴

獲取資格 完成培訓的領袖將可:

- ▶ 獲取香港中文大學學生領袖培訓計劃證書 —— 個人證書* (中大首張確認及記錄參加者的學生團體名稱及職位的證書)
* 參加者必須達七成或以上出席率 (即最少參加五個活動)
- ▶ 獲取香港中文大學學生領袖培訓計劃 —— 團體證書**
**團體必須達八成出席率 (參加團體可派不同的莊員出席上述活動)
- ▶ 出席培訓結業禮暨分享晚宴 所有報名參與培訓計劃之團體均會獲邀; 及
- ▶ 接受學生事務處學生生活及設施組出版的「上莊手記」訪問、宣傳及介紹團體

名額 : 40 (如報名人數多於限定名額, 每個學生團體參加的莊員人數最多3位)

費用 : 全免

查詢電話 : 2609 7947 (羅小姐)



CUSIS
Chinese University
Student Information System

CUSIS: a life-time link between you and CUHK

CUSIS now enhances students' university experience throughout and beyond their studies with the implementation of CUSIS Release 2 on 22 Oct. The experience does not end upon graduation. Alumni can manage their contact information, register university events and enjoy other alumni services via their MyCUHK alumni accounts.

New features of the CUSIS Release 2

- ▶ Academic Advisement function to facilitate students to keep track of academic progress (postgraduate version will be available soon)
- ▶ Program Change function to declare or change of concentration;
- ▶ Online application systems for course and unit exemptions, exchange, scholarship and financial aid.

Learn more about CUSIS features at the CUSIS Project Website at www.cuhk.edu.hk/cusis.



Keep Caring 同樂日 暨 uBuddies 交接禮 Buddies

承接2009-2010年度的「關顧校園」運動，學生事務處學生輔導及發展組將於本年度以「繼續關顧」為主題，籌辦多項活動，進一步推廣及實踐關顧文化。其中「Keep Caring」同樂日 暨 uBuddies交接禮將於明年1月13日舉行，歡迎大家參與！

日期: 13/1/2011 (星期四)
 時間: 12:00nn - 3:30pm
 地點: 中大文化廣場



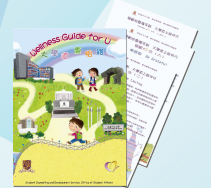
特備節目:

- uBuddies'10畢業禮 及 uBuddies'11啟動禮
- 精彩表演
- 「朋競賽 Team關愛」競技活動*
- 「關顧校園」資訊展
- 「朋輩輔導聯網」短片首映禮



*歡迎學生團體自行組隊參與「朋競賽 Team關愛」競技活動，參加細則如下：

- 活動目標：讓參與的同學及嘉賓透過娛樂性豐富的競技活動，建立團隊精神和釋放來自工作或學習的壓力，以營造精力充沛、團結一致的校園。
- 活動形式：以隊伍(每隊六至八人)形式參加競技比賽，勝出隊伍將獲贈精美獎品。
- 截止報名日期：30 / 12 / 2010 (星期四)
- 查詢：2696 1804 楊小姐



「關顧小錦囊」、文件夾及心意卡

活動當日將派發「關顧小錦囊」、文件夾及心意卡，歡迎大家親臨索取並共享當日的喜慶和歡樂。

以上活動詳情已上載於學生輔導及發展組網頁：

https://osantd.osa.cuhk.edu.hk/scdsmain/chihtml/index.php?page=latest_news



學生事務處送贈 2011 「Keep Caring」年曆

Come and get OSA's 'Keep Caring' Calendar 2011

為了在兔年延續校園的關顧文化，學生事務處特別以活潑生動和彼此關愛的小兔為構圖，製作了2011年的座檯年曆。大家可於辦公時間內憑CU Link Card到范克廉樓學生事務處索取（同學請到一樓學生服務中心，教職員請到二樓學生輔導及發展組）。每人限領一份，數量有限，送完即止。查詢請致電2696 1804江小姐。

In order to remind everyone to 'Keep Caring' in the Year of the Rabbit, the Office of Student Affairs commissioned the special production of a table-stand Calendar for 2011, with illustrations of lively bunnies expressing mutual care and affection throughout the year. The calendars are now ready for collection. By presenting your CU Link Card, you can obtain a complimentary copy from the Student Services Centre (for students) on 1/F or the Student Counselling and Development Service (for staff) on 2/F of the Benjamin Franklin Centre. One copy for each person while stock lasts. For enquiries, please call Ms. Kong at 2696 1804.



我的開飯日記之3



Med Can茶餐

By Gloria Emily Chan

逢星期四是最忙碌的一天。一連七節課，午餐時間只有半個小時。今天四點半上完所有課後，我沒有馬上回家，而是到了附近的Med Can吃下午茶，獎勵一下自己。選擇了我最愛的一號餐，既有漢堡包，又有飲品，只售十一元，以中大canteen食物的價錢來說也算超值！

因為天氣轉冷，我選了一杯**熱朱古力**暖胃，可惜它的味道有點淡。主角——「**魚柳包**」則完全相反了！用來夾餡料的麵包外脆內軟，還是暖烘烘的！那塊魚柳夠厚且脆，味道還挺新鮮，跟絕配的沙律醬一起吃，簡直是無懈可擊！魚柳再大塊一點的話，就更完美了。除了魚柳，兩塊麵包還夾著生菜絲和蕃茄片，挺豐富的。



值得一讚的，還有Med Can的環境。和午飯時間的熙攘情境完全不同。Med Can下午茶時段人流不算多。像我這樣隻身前往的，可以輕鬆地邊看書，邊「嘆」茶餐。而三五知己一起去的話，亦可以坐下長談。



總括來說，今天在Med Can的下午茶之旅，確實令我好滿足。除了會介紹朋友去試之外，我下次有空都一定會再來「嘆」過！



Outstanding Service Awards for Tertiary Students 2010/11

The Outstanding Service Awards aim to encourage students to develop leadership and life-long commitment in the provision of services to the community. Full-time students of University Grants Committee - funded sub-degree, undergraduate or postgraduate programmes are eligible for application. Details of the Awards and application form can be downloaded at www.cuhk.edu.hk/osa/FeatureNews/OSA_App_2010.pdf.

Application deadline: 21 January 2011

Enquiry: Ms Annie Ng (Tel: 2609 8652 ; Email: annieng@cuhk.edu.hk)
Miss Gladys Poon (Tel: 2609 7210 ; Email: gladys@cuhk.edu.hk)

WANTED!!

Student Reporter

Conduct interviews, take photographs and write stories or activities as assigned

Student Editor

Edit articles, design layout and compose the materials submitted to UMP

Student Illustrator

Draw picture or sketch and design layout

To apply, complete the application form (<https://www.cuhk.edu.hk/osa/marketp/Reporter1011.pdf>) and submit it together with your résumé and sample work to marketp@osa.cuhk.edu.hk or fax to 2603 7705. Short-listed applicants will be contacted and invited for an interview.

For further information about the requirement and remuneration, please contact Mr. Kwan at 2609 7323 or Ms Cheung at 2696 1731.



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

Events	Organizer/Speaker	Date
Guidance Programmes		
CEO Talk	Economic Synergy	Jan 2011
Experience Sharing on Job Hunting Journey	CUHK Alumnus	Mid Jan 2011
Briefing Session - YDC E-Challenge 2010	YDC	Mid Jan 2011
Business Plan Competition		
Career Talk – Banking industry	DBS	Late Jan 2011
Recruitment Talks		
Kerry Logistics (Hong Kong) Limited	CPDC	18 Jan 2011
UOB Kay Hian (Hong Kong) Limited	CPDC	19 Jan 2011
Hopewell Holdings Limited	CPDC	20 Jan 2011
Accenture Company Limited	CPDC	24 Jan 2011

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

Events	Organizer/Speaker	Date
Chinese New Year Gathering	ISS	Late Jan 2011
Culture Blog Radio Programme	ISS	25 Jan 2011

Student Activities and Amenities Section, OSA For enquiry: Tel: 2609 7216 saau@cuhk.edu.hk

Events	Organizer/Speaker	Date
VC's Meeting with Students of Shaw College	SAAS / SC	10 Jan 2011
VC's Dinner with Postgraduate Students	SAAS	13 Jan 2011

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

Events	Organizer/Speaker	Date
Mental Health First Aid Standard Course for Postgraduate Students (Class A/Class B)	SCDS	6, 8, 13, 15 Dec 2010
Mental Health First Aid Standard Course for Staff	SCDS	7, 10, 14, 17 Dec 2010
Exhibition on 'Keep Caring' Campaign and 'uBuddies' Peer Counselling Network	SCDS	11-14 Jan 2011
'Keep Caring' Fun Day cum uBuddies'10 Graduation and uBuddies'11 Launching Ceremony	SCDS	13 Jan 2011

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