



香港中文大學  
The Chinese University of Hong Kong

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# University MarketPlace 大學廣場

A Significant  
**LANDMARK**  
新里程



- 中大校長沈祖堯教授專訪
- 2012 - A Significant LANDMARK:  
from a Provost's perspective

學生事務處  
Office of Student Affairs

## Message from the Office of Student Affairs



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

The Year 2012-13 marks a significant LANDMARK for both the University and our students: The 3+3+4 academic reform not only brings in a

double cohort of students to the University this year, it also brings out an enhanced meaning of university education. It stimulates betterments in academic curriculum, University infrastructure, students' experiential learning programmes and student support services. All these enhancements are for our students.

For the new students, I assure you that life at CUHK is full of excitement and challenges. Be ready to embrace all the new experiences and changes as you embark on a new chapter in your life. As you can see from this publication, e.g. under 'Spotlight' and 'CU Scope', various programmes are now made available on campus to assist you to settle into your life in CUHK more efficaciously.

For the students who are coming back after the long summer break, do spend some time to explore the new buildings and facilities on campus. As was in the past, many interesting activities are waiting for you. I sincerely hope that you would continue the momentum in self-development which you started sometime back when you first joined the University.

Indeed, the University has so much to offer to you. The Office of Student Affairs (OSA), Colleges, Faculties, and many other units of the University have put together a variety of programmes and activities for the all-round development of our students as they advance along the educational path at the university. So, stay tuned and get the most out of your university life! To benefit from all that the University offers, be proactive and open-minded, and do plan in advance.

I sincerely wish you a rewarding and SIGNIFICANT year ahead!

Warmest regards,  
**Raymond Leung**  
Director of Student Affairs

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## 中大校長沈祖堯教授專訪

**眾**所周知，本學年揭開了香港學制的新里程。

中大為了迎接「三三四」新學制帶來的挑戰，作出了甚麼部署和安排？

一眾新生剛踏入大學，對一切都感到陌生，他們能如何適應各種轉變，對其大學生活又應有何規劃？

中大校長沈祖堯教授在以下的訪問分享了他的教育理念，並勸勉學生如何在大學學習及經驗裡獲得最大裨益。

**問：中大為了迎接「三三四」新學制帶來的挑戰，作出了甚麼部署和安排？**

沈：中大就著推行「三三四」新學制的籌備，可分為硬件及軟件兩個層面。由於今年要多收三千名學生，大學在過去兩年已不斷興建新設施，在班房、圖書館、宿舍、校巴、飯堂等硬件上積極作好準備。然而，我認為在軟件上的預備更為重要。

大學教育應有其深度和闊度。故此，在四年的學制裡，我們不會將原本的學科課程內容增多，反而希望加強不同範疇的教育。其一包括中、英文方面的語文訓練，因為溝通能力對學生將來的事業發展很重要，所以很值得加強相關培訓。

此外，中大亦會加強一直備受重視的通識教育課。表面看來，通識教育是學習一些與同學將來就業沒有直接關係的知識。然而，通識教育課程能為同學提供寶貴的學習機會，讓同學接觸跨越

學術領域的知識，打破學科的界限，擴闊視野、成為更成熟及通達的人。所以我們特別設計了基礎課程，無論學生是主修科學或人文學科的，也需要對其他領域有多少認識。

**問：校長向來關注學生的全人成長。你對大學的發展及培育學生方面有何願景？**

沈：對很多年青人來說，三 / 四年的大學教育是求學的最後一個階段，亦是他們由受父母照顧的少年人，變成能獨立生活、作出抉擇的成年人的階段，是非常重要的過渡期。我希望同學在大學的日子裡，能夠更充分地體驗大學生活，除了關注學業外，也積極參與大學及書院所舉辦的活動，從而達致更整全的個人發展，建立正確的價值觀，保持心理健康和懂得欣賞世界美好的事物等。同時，我希望學生有獨立思考能力，懂得判斷甚麼是對、甚麼是錯，亦知道自己喜歡及適合的路向是甚麼。判斷能力並非單靠上課或考試可以學懂，而是要透過大學生活，多方面的體驗，



與老師、同學和其他人的接觸等，才能慢慢培養出來。

我期望同學對於身邊的人、對社會、國家、以至世界都有責任感及有所關顧。在群體內，能與別人配合、懂得關心他人的需要，並透過服務在不同地方及不同文化背景的人而獲益。對社會問題有更深入的了解，並不是膚淺的認知，而是懂得發掘及更深層次地理解社會的現象、問題及需要，從而得以在思想及學術方面有所發展，促進自己及社會進步。

**問：校長可否為我們介紹一下去年大學推行I·CARE Programme的情況？**

沈：I·CARE Programme「博群計劃」\*是一個全面而整合的計劃；內容包括支援學生廣泛參與各種社會及公民服務及研究調查、推廣社會企業及企業社會責任、舉辦博群大講堂及非牟利團體實習計劃等，為學生提供全人教育。自去年推出以來，我們為同學營造更多討論的平台，並讓同學透過投入社會服務，有親身的體驗及學習。

我希望同學除了學術外，也注重毅力、心理健康，亦懂得欣賞世界美好的事物。此計劃不只著重社會服務，也關注參與同學的個人成長和價值觀，因為要具備健全的心理狀況和價值觀，才能對世事有正確的判斷。

我亦期望同學對社會發生的問題有更深入的了解，所以「博群計劃」其中一個項目是鼓勵，甚至資助同學深入探討一些社會議題，例如貧窮、歧視、單親家庭等。讓同學能有建設性地幫助社會作出改善。

同學也會有機會在香港、中國內地，甚至在世界的其他地方，透過服務體會當地人的生活環境和所面對的問題。這些經驗，相信對於同學來說，較看書或聽別人談論會更為深刻。在香港，大多數人生活得相當富裕，同學未必能體會自己的富足，很多時是透過到訪落後的地方，年青人才會作出反省，領略到身處香港這環境，其實是很大的祝福。

\* I·CARE Programme「博群計劃」網頁：  
[www.cuhk.edu.hk/icare](http://www.cuhk.edu.hk/icare)

**問：校長對新生有何寄語，勉勵他們善用三 / 四年寶貴的光陰？**

沈：當大學轉為四年制時，我希望同學可以有更多機會參與不同活動，例如書院所舉辦的項目，或是大學安排的講座，認識世界級知名學者、或香港舉足輕重的人物，甚至是平民百姓的奮鬥史等。這些活動在大學教育很重要。因為它們正正為同學提供了良好的機會培養獨立思考能力和探索自己的個性與潛能。所以，我鼓勵同學在中大這麼美麗的校園和多元化的環境裡，盡量利用及把握各種機會及設施。

同時，我深深盼望同學張開眼睛、打開耳朵、敞開心靈去接觸不同的人，讓自己在這三、四年的大學生活裡，可以充實地成長，以至踏足社會工作時，可以成為一個負責任、有獨立自理能力的成年人。我由上任到現在都不斷提醒自己不要當一個「辦公室校長」。所以我積極參與學生活動，也樂意和他們討論和分享。我希望同學不要覺得校長與學生有很遠的距離，其實我也是學生的朋友、導師。下次見到我時，不妨主動跟我打個招呼！

# 2012 – A Significant LANDMARK: from a Provost's perspective

## An Interview with Professor Benjamin Wah

Student Reporter: Mr. Ng Yan Kin

Professor Benjamin Wah, Provost, chaired the University's task force to prepare for the four-year curriculum. We have invited him to share with us the challenges of the new academic structure. His sharing and advice are summarized below.

### From Strength to Strength

A new four-year curriculum is redesigned to encourage students to apply the knowledge they learn and gain lifelong benefits. Under the new curriculum, students are given opportunities to explore more about their major programmes as well as generic competencies. One of the most significant steps taken in developing this curriculum is to introduce the general education foundation programmes, in which through the study of classics of different cultures or periods, students engage in the discussion of critical issues of human society.

Students will also receive more language enhancement opportunities such that they can be equipped with a higher level of bilingual proficiency. Both English and Chinese courses for professional and practical use are offered in the new curriculum.

Versatility is one of the objectives of the new curriculum. Students are expected to be versatile in terms of their knowledge and talents. Therefore, the faculty package is introduced, in which students are allowed to take courses outside their Majors but within the Faculty, thus broadening their knowledge beyond their chosen fields of specialization.

Furthermore, to ensure the students can apply the knowledge learned in the new curriculum and start a promising journey after they leave campus, students will enroll in the capstone course before their graduation to consolidate their learning outcomes, which is hoped to be the cornerstone of their future endeavours.

### Capitalizing on opportunities

So what can the new students expect from this new curriculum? Among all, critical thinking shall be the ultimate learning outcome, considering the new curriculum aims to advocate a global perspective among students. What comes with critical thinking is the capability of self-learning. Students are encouraged to rise to the challenges laid out before them and work out their own solutions. Facing the keen competition in the globalised world, knowledge from a single discipline will not suffice and students should

focus more on the versatility of their skills and translate what they acquire at university into enduring values and knowledge.

### Aim High, Fly High

As beneficial as the new curriculum is, how much one would gain still lies in their personal initiatives:

*Be Proactive.* Entering university is like embarking on a new journey, along which many things are waiting to be explored. Students should be proactive, looking for the original and discovering their own interests.



*Be Curious.* Not only is university education about knowledge transferred from teachers to students, but also the self-motivated academic pursuit. It is therefore important to be curious, as students can then be motivated to seek for answers to the questions they encounter.

*Be Open-minded.* University is an encapsulation of society where a myriad of people and cultures exists. University life is multifaceted. Students should be open-minded enough to embrace various opportunities and avail themselves of the advantages offered.

*Be Balanced.* University acts as a platform on which students can arrange their activities and direct their personal journeys. With more diversified choices in lifestyles, students should try to achieve a well-balanced life, in which academic achievements and extra-curricular activities are equally important.

*Be Mature.* University also provides students with a valuable opportunity to mature themselves. Students have to face possible defeats and challenges and learn to cope with them in the university life. It is always true that with greater freedom it comes greater responsibility. When students can deal with their academic pursuit as well as their social life, they would reap the fruitful rewards brought by an all-round personal development.

Do enjoy university life, a new phase of their life, where they are at the liberty to explore and determine their future path and direction.

While CUHK is undergoing unprecedented changes under the 3-3-4 academic structure, newly admitted students are also stepping into a realm where academic inspiration, social interaction and personal growth can greatly enrich their life experiences, eventually leading them to a bright future.

# 手牽手、心連心

## 九書院會師百萬大道



百萬大道上充滿了青春澎湃的吶喊聲，聲威震天。

學生記者：曾嘉堯

本 年度的書院新生輔導營於九月四日至七日舉行。承接過去的傳統，各書院於營期的第三天齊集於林蔭大道（即百萬大道）進行會師。活動當天，崇基、新亞、聯合、逸夫、晨興、善衡、和聲、敬文及伍宜孫共九書院的新生分批出發，浩浩蕩蕩地前往百萬大道。在「組爸組媽」落力打氣下，新生也被熾熱的氣氛感染，為自己書院大聲鼓掌及吶喊。

當中千多名新生更參與了別具心思的打手印活動。他們在一副長達135尺的巨型對聯上，以顏料印上自己的掌印。對聯「中外古今 書中自有入人意、大江南北院內常存兄弟情」更是由沈祖堯校長教授親自撰寫，寓意各中大學生手牽手、心連心，體現團結一致的精神。

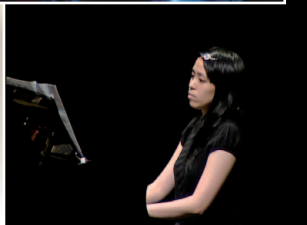


五彩繽紛的掌印，象徵中大各書院一家親，新生紛紛在對聯前留影。



有新生表示很喜歡打手印的安排，認為它代表了中大學生的團結和共融，更舉起沾滿顏料的手，一臉自豪。

# The CUHK's Lookout



學生記者：吳欣鍵

每年新生迎新日 (New Student Orientation Day)，大學為了讓新同學了解大學生活之多面性，均會邀請不同教職員分享心得及略述學習重點 (例如通識教育要旨)，勉勵新生充實大學生活。今年大學為此項目加入新元素，並命名為「中大多面睇」(The CUHK's Lookout)，以話劇形式呈現多姿多采的大學生活。活動不但有教授與在校同學對話，分享大學生活的點滴，包括海外交流、學會活動、義工服務及適應生活、亦邀得中大魔術學會、中大現代舞學會及音樂系同學表演。新同學對此項目反應踴躍，參與籌備的同學亦樂在其中；其中，短片「給大學生」更在 Youtube 網站獲得 146,352 點擊率。

如欲重溫以上項目，可進入新生迎新網頁：[www.osa.cuhk.edu.hk/orientation2012](http://www.osa.cuhk.edu.hk/orientation2012)

在新學年，本刊特別訪問了兩位同學，了解他們對中大校園及大學生活的看法。

- Q1 你對校園的轉變有甚麼看法？  
 Q2 在新學年你希望達成甚麼目標？  
 Q3 你覺得新生如何能夠獲得充實的大學生活？

## 鍾莉筠 / 法律 / 研究生

- (1) 因為我曾經擔任崇基學生會會長，所以對校園近年來的發展項目尚算清楚，但今年暑假回到校園，變化之大真有點意想不到呢！特別是新增的巴士線路，遠比過往複雜，需要摸索一番才能清楚路線。
- (2) 我剛剛完成了四年的法學士課程，來年將會攻讀 PCLL 課程，希望將來可以成為一位律師。
- (3) 大學生活中未必事事如意，但當中遇到的壓力將來投身社會亦有可能面對，最重要的是在大學裡能夠把握磨練自己的機會。



## 甘禧嵐 / 翻譯 / 四年級

- (1) 我去年到美國當交換生，回到香港後覺得中大校園變化十分大，甚至令人困惑，例如校巴士站位置更改，新餐廳開設，加上營業時間各有不同，相信要一段時間才可適應。
- (2) 我將於來年畢業，在大學的最後一年希望多花時間在學習上，以較好的成績畢業，找到理想的工作。
- (3) 身為大學生應該擴闊個人眼界，過去一年在美國交流的體驗令我獲益良多，所以我認為大學生應該參與交流計劃，才能充實大學生活。



# Turn over a new leaf

Thousands of miles away from home, Hong Kong, so different and so new, will be the place which non-local students may consider home. Here, four new students from far-flung corners of the world are sharing their excitements, expectations and views on the life here, as they embark on the new journey and start taking the helm.

Hong Kong is a big change from South Africa, my home country, but a very pleasant one. The public transport is amazing. The people are so friendly and one will soon come to feel as if you are part of a big family. Coming to study in Hong Kong from overseas may be a daunting prospect at first, but it is well worth it. CUHK has a unique philosophy as a university, and one that puts its students first. There are organisations within the University, which aim to help new students adjust and make the most of the start of their new lives in Hong Kong. My college is a very comfortable environment, which I have already considered home. Friends can be made quickly, and they will be friends worth keeping. I have been interested in Chinese culture for a long time and grew up learning about it and being exposed to it, so I didn't really experience any culture shock here. I was driven to pursue my studies in Life Sciences because of my desire to help treat illnesses with (and perhaps create new uses for) gene therapy. I hope to achieve this through genetics research, and there is no place I would rather study than Hong Kong.

BARLOW, J. St. Clair  
(from South Africa / Life Sciences / Year 1)



This is my first time in Asia and mostly everything is new to me. However I do not really feel that it is hard to understand the culture here. If you move abroad, you have to be patient in the first phase and start to learn how to be a member of this community. It is better to free your mind about preconceptions and avoid any stereotypes. I am rather curious about the habits and needs of the people here. So I am trying to learn the local language, which is Cantonese, as it has a strong relation with the way of thinking of its native speakers. At the university too, I try to learn as soon as the new learning and grading systems, because they are completely different than the ones we have in Hungary. I really enjoy learning new things and that is why I am very excited to start my study and research work at CUHK.

GROF, Patricia Piroska  
(from Hungary / PhD in Mechanical and Automation  
Engineering)







我一直渴望著去認識更大更廣闊的世界，而毫無疑問的，中大把我的世界又拓寬了很多倍，給了我更多想要去追求的東西，這裡是上一個夢想的終結，更是下一個夢想的起航。作為一名西藏考生，能夠考到這裡是我的榮耀，西藏的生活是很緩慢、休閒的，這裡的生活則充滿著挑戰和快速節奏，而改變和挑戰會讓一個人原本波瀾不驚的生活變得沸騰。我期待我的大學生活，期待著獲得更寬闊的眼界與認識，期待著一個新的世界展現在我的面前。

李澤如（來自西藏 / 人文類 / 一年級）



來香港讀書的最初動力是對於香港文化的熱愛。這種多元文化的環境對我來說有很大的吸引力！同時，我覺得作為一名朝鮮族學生有很多優勢，因為我會朝鮮語，而多掌握一門語言可以更方便地與更多不同背景的學生交流，也會有更多的機會，例如實習等。生活上，我想我們和漢人沒有特別大的區別，當然飲食上還需要慢慢適應。最後，希望我能有個豐富多彩的大學生活，除了學習知識之外，還希望能多參加活動，為理想繼續前行！

鄭春旭（朝鮮族 / 來自遼寧 / 商科 / 一年級）



### Did you know?

The 302 mainland students admitted into CUHK's undergraduate programmes this year come from 31 provinces/municipalities/autonomous regions. It is the first time that CUHK has admitted students from Tibet, Qinghai and Xinjiang.

Among all the students, 25 are from Guangdong, which makes up the biggest number of place of origin, while 13 students are of eight ethnic minorities (滿、壯、白、回、納西、土家、朝鮮、錫伯).

# CUHK's new "members"

## Completion of International House (I-House) Block 3



In coping with the increasing demand of student hostel places under the 334 academic reform, an additional block of International House (I-House), namely I-House Block 3, was completed this August.



Situated at Village Path near Mong Man Wai Building of the Central Campus, I-House Block 3 provides 71 shared rooms comprising 181 hostel places. The good mix of local, mainland and exchange students nurtures cultural diversity and makes I-House Block 3 a unique and ideal place for students to share, live and learn.

**In 2012-13, students of CW Chu College will be accommodated in I-House Block 3 before completion of their College hostels.**

## CW Chu College 敬文書院

CW Chu College is a small College of the CUHK family which has a student membership of 300 when it becomes full-fledged. The College has welcomed its Founding Students in September 2012. You may catch a glimpse of the characteristics of the College through the brief introduction below.

### Vision

Intimate, international, intellectual, involved

### Full Residence and Communal Dining

Hostel residence for *all* students for *4 years*. Communal dinners 3 times per week; several High Table dinners each year.

### Scholarships and Bursaries

25 scholarships for the entering class. Bursaries for needy students.

### Small and Intimate

75 students each year. Students will build enduring bonds.

### Exchange Opportunities

At least 12 one-term exchange opportunities will be assigned to the College in 2013-14.

### International Character

Including exchange students, nearly 40% of students will be from outside Hong Kong. College Fellows and teaching members likewise come from many different backgrounds.



Façade of the College Campus



College Booth at the Academic Planning Day for Secondary 5 Students 2012

### Honour Code

The College encourages character formation, personal responsibility, honesty, mutual respect and support through a student honour code, on the basis of trust.

### Mentorship Scheme

Mentors drawn from many walks of life offer advice and guidance on students' educational and professional development.

### Service

Opportunities to take part in service programmes and become involved in the community.

### General Education

(a) Credit-bearing component: induction and capstone courses; (b) non-formal non-credit-bearing component: required extended orientation, communal dining, High Table dinner and voluntary social service.

### Contact Us

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Facebook Page: [www.facebook.com/cuhkcw](http://www.facebook.com/cuhkcw)

# A New Chapter for Mentorship

With the many mentorship programmes organized by the university, the question is probably not on the means to get yourself a mentor, but how to make the most out of a mentorship opportunity. Jenny Tang and Sokie Lo, mentees under the CUHK Mentorship Programme 2012, share with us their mentorship experience, and beyond.

## From Mentorship to Internship

Have you ever thought of interning at your mentor's company? Well, I am one of the examples. I joined the CUHK Mentorship Programme (CUMP) 2012 and was matched as one of the mentees of Mr. Joseph Koc, Director, Strategic Marketing of Jardine OneSolution (JOS). And this summer, I was given the opportunity to work in the Human Resources Department of the company.

During the internship, I coordinated recruitment activities and assisted in matters related to compensation and benefits. I enjoyed working there. I have learnt new things which were not taught in classes. In addition, Mr. Koc introduced me to his working partners and subordinates. This has really broadened my network and will be crucial to my future career.

Having such a good mentorship and internship experience, I would say credit must go to CUMP. Having a strong interest in marketing, I find myself fortunate to be assigned as the mentee of a senior executive in the field. However,



good matching does not work on its own. As mentees, we should make efforts to maintain the relationship. As an illustration, I meet my mentor every month to update him about various matters. During the gatherings, he also shares his stories and gives me advice. Every meeting is an important lesson.

To conclude, it would be very beneficial for university students to get a mentor. And once you have got a mentor, make sure that the mentorship goes well. Don't be shy nor wait for the mentor to arrange meetings for you. Instead, you should take the initiative to update him/her about your recent activities. Email the mentor when he/she is too busy for meetings. After all, communication is of utmost importance in a relationship. In this way,

I am sure you will make the most of the mentorship! Good luck!

*Jenny Tang (Integrated BBA / Year 3)*

*Mentee of Mr. Joseph Koc, Director, Strategic Marketing, Jardine OneSolution*

## The Only Prerequisites for Turning Mentorship to Friendship

The mentorship is definitely an inspiring and rewarding experience. I have enjoyed the meetings with my mentor, given his exclusive global vision and expertise in the business field.

There are nothing like tips or hints that build a heart-to-heart bridge between your mentor and you, simply because both your mentor's time and your efforts to maintain a connection are the only prerequisites. Devoting your efforts to constituting meaningful talks makes the relationship an inspiring one for both your mentor and you. It is also important that your mentor and you identify common interests so that the mentorship will be relaxing yet fruitful, and you two become friends.



*Sokie Lo (LLB / Year 2)*

*Mentee of Mr. Nicholas R. Sallow-Smith, Chairman, The Link Management Limited*

To learn more about CUMP, visit <http://cpdc.osa.cuhk.edu.hk/student/programmes-workshops/CUMP>.

# An Exposure to Explore the World - Global Internship Programme

**B**osnia, Egypt, Ghana and mainland places like Guiyang and Inner Mongolia may not be the popular destinations for holidays, not to mention internship. Last summer, with the new collaboration between the Career Planning and Development Centre and various organizations, e.g. AIESEC-LC-CUHK, The Centre for Civil Society Studies, Hong Kong Institute of Asian Pacific Studies and Youth Civil Society, around 500 students have stepped out of Hong Kong to explore these places, and many others around the globe, through internship under the Global Internship Programme (GIP) 2012.

We are glad that students found their internship experience fruitful and memorable. Some of them would like to share with you about their offshore exposure below:

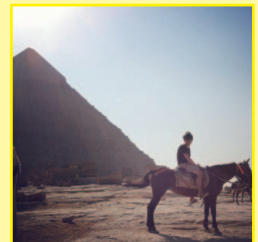
The internship in MTR Corporation Limited was an eye-opening experience. As Hangzhou Line 1 was still at the stage of construction and system testing during my internship, I was lucky enough to have the chance to witness the implementation of the project and gain a better understanding of the operation of MTR. I also experienced the cultural difference between companies in Hong Kong and on the Mainland. Communicating with colleagues, who come from all around China, has not only improved my Putonghua but also communication skill. I really enjoyed the internship and learnt a lot.

**Kelvin Lau (Mechanical and Automation Engineering / Year 3)**  
Intern in MTR Corporation Limited, Hangzhou, mainland China



My experience in Egypt was probably a story different from others, and I feel so blessed to have this exposure. I ran into people on the other side of the globe, and they come from all walks of life. Finding accommodation was also quite an experience, especially when I could not read nor speak the local language. Some of the hard experiences were launching myself into new situations and forcing myself to adapt, but the payoff turned out to be one of the biggest rewards. The exposure has changed how I see the world - a great and big one waiting to be explored. I do not settle for following the path others set for me. Instead, I love that I am writing my own story.

**Hanley Li (Integrated BBA / Year 4)**  
Intern in InterMark Marketing and Advertisement Agency, Cairo, Egypt



I worked as an intern in Ghana in Western Africa for six weeks. I joined a group of interns from around the world to organize the ASK project, which aimed at educating local students the basic knowledge about HIV and ways to prevent them from getting the disease. We conducted training sessions in several schools and organized a closing ceremony for the whole project. The children there were optimistic, passionate, energetic and eager to learn. They were active in class and willing to raise questions. After the trip to Ghana, I realized that happiness depends on your choice, but not your conditions.

**Amine Yau (Biology / Year 2)**  
Intern in AIESEC Kwame Nkrumah University of Science and Technology, Kumasi, Ghana



Through the internship, I learnt a lot and started to have a better idea of what I would like to do in my future career. As a lobby manager, I helped to solve problems for clients in various matters, e.g. preparation of supporting documents and filling of forms. The position allowed me to meet people of different backgrounds and broaden my horizon. I am happy to have been exposed to the unique culture of Chongqing, known more about the city as well as the country and made a lot of new friends.

**Jaco Yeung (Integrated BBA / Year 1)**  
Intern in Agricultural Bank of China, Chongqing, mainland China



## Global Internship Programme (GIP) at a Glance

Programme history	: Since 1997
Variety of industries	: Business, cultural industry, education, government, medicine, non-government organizations, technology
Recruitment period	: January (ALL disciplines are welcome)
Website	: <a href="http://cpdc.osa.cuhk.edu.hk/student/gip">http://cpdc.osa.cuhk.edu.hk/student/gip</a>

## Figures of GIP 2012

No. of participants	: Around 500
No. of host countries	: Over 20
No. of host organizations	: Over 190



Internship in the HKSAR government widened the horizons of Brian.  
(The second left from the first row)

## Invaluable Experience from the Administrative Service Summer Internship Programme

*Yu Wang Lung, Brian  
LLB/Year 3*

It was a Friday afternoon in March 2012. I was walking back to my hostel after lessons, checking my email with my phone. A notification popped up and I received a pleasant surprise from the Civil Service Bureau: I was selected to participate in the Administrative Service Summer Internship Programme 2012. I can still vividly recall how excited I was getting the good news. Without hesitation, I accepted the offer. Looking back, it was indeed one of the wisest decisions that I have ever made in my university life.

The Administrative Service Internship Programme provides a platform for university students to experience first-hand the work of administrative officers in the government. Due to the nature of their work and the regular rotation to different bureaux, administrative officers in the HKSAR government are all multi-skilled professionals actively involved in policy formulation, resource allocation and implementation of major Government programmes. Indeed, administrative service interns were scattered in different bureaux and hence involved in work quite unique to his/ her bureau.

Perhaps having regard to my educational background as a law student, I was assigned to the Financial Services and the Treasury Bureau to assist in the drafting of two pieces of legislation concerning the insurance industry of Hong Kong. Although I have had my fair share of internship experiences in law firms in previous summers, the work that I was exposed to in the government was like nothing I have experienced before. Indeed, law firms are seldom involved in the drafting of legislation. During my

stay at the Bureau, I had the rare opportunity to engage in various stages of the legislative process, from conducting legal research to attending meetings with representatives from the Department of Justice. I was even given access to confidential documents! I was as well extremely lucky to have a really down-to-earth and friendly Senior Administrative Officer as my mentor, constantly giving me feedbacks and advice on my work. Overall, it has been a fulfilling experience as I was treated as an integral part of the team, completing challenging tasks along the way of legal drafting.

Besides work, the internship programme was packed with various activities, which were again quite meaningful and interesting. For instance, visits to LegCo, District Offices, Hong Kong Jockey Club Drug InfoCentre and the Independent Commission Against Corruption were arranged, enabling interns to have a better understanding of various public policies and the respective mechanisms which make the policies work. Among all, the visit to the Office of the Commissioner of the Ministry of Foreign Affairs was the most unforgettable one, as we had the privilege to be received by Jiang Yu (姜瑜), the former spokesperson of the Information Department, Ministry of Foreign Affairs of PRC.

All in all, I highly recommend the Administrative Service Internship Programme to anybody who wishes to pursue a career in the Administrative Service in the future. With challenging work, interesting activities and the fostering of friendships, the summer programme is an unbeatable choice to spend your summer in a meaningful way.

# 博群大中華實習計劃

## 深入社區 體驗人生



剛過去的暑假，博群計劃籌辦了博群大中華實習計劃，21名中大同學到訪六間中國內地的非政府組織進行為期六至八個星期的實習。實習的特色在於同學不只是在辦公室內工作，他們會深入當地社區服務，體驗各地風土人情。

「我於六至七月在貴州鄉土文化社進行實習，主要工作是到訪侗族的聚居村落進行訪談，記錄他們的知識，習俗及傳統技藝，將內容整理，保存及推廣，讓少數民族的資料有系統的保留下來。」

其中，我對侗族一段以口相傳的攔路歌印象最為深刻。一般侗族人歡迎來客時會把客人攔在村門外，不斷問問題，客人就要唱歌回答，希望令客人高高興興的入村。我訪問那天遇上了一班侗族婦女，她們知道我想聽攔路歌，就打發姊妹們一起唱，一唱就是一個多小時。其他婦女聽到歌聲都走進來湊熱鬧，我雖然聽不懂侗語，但也感受到她們當中的興奮感覺。這是課堂上體驗不到的東西。」

張浣琪（電子工程學 / 2012 畢業生）



「在今年暑假，透過廣東綠耕社會工作發展中心，我們被分配到從化境內一個叫仙娘溪的鄉村的社工站。仙娘溪是一個比較偏遠的鄉村，缺乏全村性的活動，村民少有外來娛樂。因此，考慮到村民的需要，我們在鄉村內籌辦各類型社區活動，例如電影會、綜藝晚會、球類比賽、糖水會等。當我們舉辦這些活動時，村民都十分支持，令我們鼓舞。我們也跟隨社工站的工作人員與村內的生態種植小組開會，又與管理鄉村旅舍的婦女小組商討旅舍事宜。對於機構推動的城鄉互助和公平貿易，有了一些認識。」



在整個過程中，工作人員的熱誠和人情味常常令我感動。他們放棄了其他外界人眼中更有前途的職業，主動承擔幫助弱勢社群的工作，在今日浮躁的社會內實屬難能可貴。

農村生活與城市生活截然不同，在這裡的幾星期，除了讓我多了解中國前線民間組織的工作外，更讓我思考人生。正是在這裡，我可以抽離煩囂的生活，思考自己的過去、現在和將來，同時學習謙卑，欣賞每個人和每件事的美好。」

張紫瑤（通識教育 / 四年級）



### 這正實踐了博群大中華實習計劃的目標：

「不只是為了豐富履歷表，更是擴闊遊歷的意義，讓我們深入中華地區，在社區組織的實踐中，體驗『一方水土一方人』，感受人與人之間互助關懷之情。從心出發，讓生命有所成長。」

詳情請瀏覽「博群計劃」網頁：[www.cuhk.edu.hk/icare](http://www.cuhk.edu.hk/icare)

# 在生命轉彎的地方

大學生涯裡總有一些令人難忘的經歷，或許是雪泥鴻爪，或許是人生刻度。這期的《大學廣場》中，有兩位同學要跟我們分享他們在大學旅途中的一些所見所感所悟——一位休學兩年，回韓國服兵役；另一位則在連續兩年的暑假裡參加了書院組織的義工活動。無論是履行國民義務，還是進行義務工作；無論是長達一兩年的體驗，還是短暫的停留；無論是為個人成長感欣喜，還是被大愛無疆所感動，這些都是屬於他們的獨一無二的人生風景。

回想起暑假裡那九天的柬埔寨義工之旅中，從垃圾山、彩虹橋愛滋孤兒善終院舍到殘障孤兒院，一路走來，是文化體驗亦是心靈的救贖。

垃圾山的居住條件讓我感受到了人類是多麼渺小和卑微——污水灘上的房子，成群結隊的蒼蠅，令人窒息的熱氣和臭味以及遍地垃圾，在求生意識面前，連死亡的念頭都是一種奢侈。彩虹橋裡的孩子則大多數是患愛滋病的孤兒，他們雖然都時日不多，但卻可以接受完整的教育，得到充足的食物以及享有乾淨的生活條件。物質上，他們比垃圾山的孩子幸福，但精神上，他們卻少了父母的關愛。

最讓我感慨良多的是殘障孤兒院，這是我第一次接觸這樣一群特殊的孩子。有兩個畫面帶來了也許是我這輩子都無法磨滅的震撼。第一個畫面來自於一個五歲左右的孩童，他的直腸不夠長，所以無法排泄，父母大概一見到這個情況就把他拋棄了。到了孤兒院，醫生在他左側腹部上開了兩個口來代替肛門。當醫院阿姨打開他的裹布，那兩個鮮紅的血盆大口，讓我既揪心又害怕。究竟



這孩子在承受著多大的傷痛？！而他依然微笑。另一個畫面則來自於一個十歲左右的腦癱孩子，他的神經反射出現了問題，所以他的右臂一直會朝著相反方向彎曲，抽筋時面部扭曲的表情給我一種難以言喻的傷痛。

從去年的烏干達社會服務之旅到今年的柬埔寨，一直積極參加義工服務的原因其實很多。首先，作為一個快畢業的學生，我希望積極參加書院的各種活動來將自己與書院緊密聯繫。此外，那一份與世界連接的情感和貢獻社會的價值更是我選擇不停服務的重要因素。是關愛弱勢群體的機構及他們不計回報的付出讓我看到更溫柔、更美好的世界。

就烏干達和柬埔寨這兩個義工組織來講，它們改變當地社會的方法在我眼中是截然不同的。記得在烏干達時，看到在Watoto村裡的孩子，有親人、有足夠的食物、有學上，與街童形成了鮮明



對比的那一刻，曾經疑惑過 Watoto 的領袖培養是否真正適合當地的社群這個問題。當時就在想，如果將這些資源平分給所需要的群體，不再這麼精英培養，是不是可以更好地拯救這個國家呢？這個問題一直沒有答案。當今年去柬埔寨時，我的疑惑在這裡得到了回應。「開心樹」社會服務機構運用它們籌集的資源試圖幫補著垃圾山裡的居民的艱辛生活。糧食是為全部人準備的，儘管一家人一次可能只拿到 2 斤的白米。而此時，我又在擔憂，這樣子下去垃圾山的居民只能世世代代

在貧困線上徘徊，因為沒有人可以帶領他們脫離貧窮。為什麼不試著培養一些領袖來改變他們的政府以及社會？若沒有去年在烏干達的困惑，我想我今年的疑惑也許就沒有答案了。正因為有這由下而上和自上而下的服務方式的不同成效，兩者在對比中使我明白了一個簡單的道理：從來就不會有最完美的救世之方，只要你用心去做，無論哪一種方式都可以令世界更美。

譚玉琪 (細胞及分子生物學 / 三年級)

### When did you do the military service?

After completing the first year's university study at CUHK, I took two years' suspension from July 2009 to May 2011 for the compulsory military service for Korean adult male.

### Why did you choose to join the army in the middle of your university study?

I chose to make it before graduation because it would be very hard to self-study or apply the knowledge I had obtained in the army. I was afraid to lose my university life experience and knowledge after the military service. If I did the service after graduation, it would be much more difficult to find a job. That's why I went to the army in the middle of my university study.

### What were your duties in the army?

My main duty in the army was using GPS (Global Positioning System) coordinates for the artillery, so I was trained for it although I didn't need to do it all the time. More often, I was required to do many other chores like cleaning, taking care of storage or carrying out maintenance. And I had to guard in the daytime and at night.

### What did you think of the experience? The gain, and any loss?

I learned how to build up a good relationship with different people, because everyone in the army had a different background. That was one of the most difficult things, but it was also the biggest reward I gained from this unique experience. When I just returned to normal life, I was afraid to be part of society because I could speak English and Chinese before I went to the army, but I had forgotten most of those languages after I finished the military service. As I didn't study or speak English for two years, it



was very difficult for me to take English courses at university. It was hard to read or write in English either, which made it more challenging for me to adapt to normal life again. However, I had confidence in myself that I could adjust well because I have finished one of the most difficult duties in the world. I might have lost many things because of the military service, but it also gives me confidence which enhances my can-do attitude. So unlike my university life before the military service, I have become more mature, active and courageous now. This view is also shared by my family and friends.

Choi Youngjib (Architecture / Year 5)



# 體育捷報

## 中大划艇隊連續十一年冠軍

「成就是給予有準備的人！」，這一句說話正好說出中大划艇隊成功之道。

經過半年的艱苦訓練，充足的準備，終於得到理想的回報。本校划艇隊於2012年8月4及5日舉行的「成龍挑戰盃二零一二年全港大學賽艇錦標賽」中，橫掃男子團體和女子團體兩項總冠軍，並連續十一年奪得全場總冠軍殊榮，成功衛冕全場總冠軍，實至名歸。



## 中大女壘北京展現體育道德風尚

“我們有幸參加了倫敦奧運會前夕的國內最大規模的體育賽事—2012第八屆全國大學生棒球聯賽總決賽。共有41支來自全國各地的棒壘球隊隊伍，近900人共同參與到這為期7天的體育盛事。賽事舉辦地北京蘆城體育學校是中國棒壘球協會的基地，也是各棒壘球專業隊的培訓基地。這裡有剛完工的最為正規的棒壘球場地，有專為運動員們準備的營養合理而美味的膳食，更有一幕幕由為夢想熱血奮鬥的球員們演繹的精彩畫面。

比賽正直盛夏，烈日炎炎，我們在最重要的投手缺席的頭四場比賽中，不灰心，不喪氣，保持著高昂的士

氣。儘管我們頭三場都未能取得勝利，但是我們輸球沒輸士氣。每場比賽，隊友們時刻都在互相提醒，互相打氣，一起吶喊。經過三場失敗的歷練，我們靠著教練的巧妙策略和隊友們的共同努力，終於取得第四場比賽的勝利！

最後我們以三勝三敗的戰績取得小組積分排名第三，整體排名第九的好成績。我們更獲得大會頒發的『體育道德風尚獎』，這實在是對我們的體育精神的高度認可！”

郭斯瑤（計算機工程學/博士生）  
中大女子壘球隊隊長



# 處於同一高度上的對話

— 天宮一號與神舟九號代表團到訪中大



**天**宮一號與神舟九號載人交會對接任務代表團包括航天員景海鵬、劉旺和中國首位女航天員劉洋於8月12日到訪中大，帶不來星塵，但帶來了熱絡的氣氛。雖然太空旅行團還沒有發展出來，但藉著航天員與觀眾的互動，以及專家有關航天科技的講解，令在場人士眼界大開，「神遊」太空 1.5 小時！

「這次神舟九號航天員到訪中大的活動，我作為觀眾參與了整個過程，最直接的感受就是震撼！活動進行有序，場內的組織和互動都很精彩！」

之前神九升天的時候，我和爸爸媽媽全程都有看直播，現在能夠直接會面對我來說是一件很值得驕傲的事情！現場和航天員直接對話的互動過程中，聽到三位航天員談到各自喜歡的飲食時，我十分驚訝，因為之前會以為太空艙裡面的食物基本是真空壓縮的，沒有什麼好吃的，沒想到飲食條件那麼好呢！」

姚昕（電子商貿與物流技術學 / 2012 碩士畢業生）

「有幸作為此次神九代表團蒞臨中大這個活動的學生組織者之一，我和其他團隊成員提早幾天就開始為航天員的到來做準備，從搜集資訊、安排學生志願者任務、最後到活動當天的執行，整個過程都非常緊密，大家都很專注，同時提高警惕，不希望出現任何失誤，畢竟這是全港八大高校一起參與的活動，作為中大學生，我更是和團隊的成員一起，希望做到最好最棒！」

作為學生志願者，我們也被邀請到場內觀看整個活動。神九團隊介紹的航太科技以及太空艙內的航天員生活讓我大開眼界，三位航天員的經驗分享讓我感受到景海鵬的幽默、劉洋的大氣、劉旺的樸實。出了太空艙，他們都是你我身邊的平凡人，只不過是從事的職業和我們不一樣而已。當然，俗話說『台上一分鐘，台下十年功』，他們三位可是經過了多年的刻苦訓練才能有今天的驕人成績。」

談潔（電子商貿與物流技術學 / 2012 碩士畢業生）

## CUHK Golden Jubilee Celebration Activities

The Chinese University of Hong Kong will celebrate its golden jubilee in 2013. The Anniversary Celebration Organizing Committee is working closely together with students, staff, alumni and different offices and departments of the University in planning some fabulous and colourful celebratory activities. The yearlong celebration will be held from January to December 2013. They include a walkathon, anniversary fairs, public lectures, a series of local and international conferences and symposia, university presidents' global forum, an exhibition and lecture by renowned sculptor Ju Ming, anniversary night, alumni homecoming day and the Gala Dinner.

To celebrate CUHK's golden jubilee, the University will form its own Marathon Team to take on the challenge of Hong Kong's major annual sports event – the Standard Chartered Hong Kong Marathon 2013. According to the Organizer, over 70,000 runners have taken part in the event and among them were CUHK staff and students. However, by forming the CUHK Marathon Team, our staff, students and alumni, or even their family members can be joined together in this meaningful event during the time of the University's golden jubilee. Our force and strength can then be united together, demonstrating CUHK's strong sense of solidarity and perseverance to the world. For those who are interested, please check out the website [www.50.cuhk.edu.hk/en/marathon.html](http://www.50.cuhk.edu.hk/en/marathon.html) for further information.

The second anniversary video "Love endures, 50 years and evermore" has already been uploaded to the anniversary

website. Several members of CUHK who have profound association with the University are invited to take part in the filming of this video. Luk Yiu-wing (Tony), a CUHK staff for 38 years, shares his fond memories of playing soccer with staff and alumni. Campus bus driver Law Kam-shing explains the origin of his nickname "Lu Xun". Amy from the Medical Building Canteen recommends all time favourite, lemon pie. Veteran staff at Shaw College Student Hostel Shui-king tells us about her 20 year-long relationship with the students. Ng Sze-kei talks about her family's association with CUHK that last for three generations. In the video, they take us back for a trip down the memory lane, reflecting the development of CUHK for all these years.

Participation of all students, staff, and alumni in these events is essential. Please visit our anniversary website [www.50.cuhk.edu.hk](http://www.50.cuhk.edu.hk) to get a foretaste of the celebration and to leave us your valuable ideas, helping us to make the celebration truly worthy of our memory.

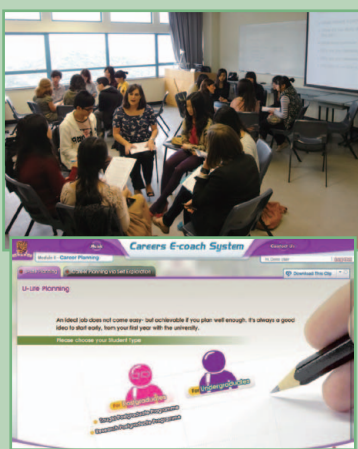
QR code of the video "Love endures, 50 years and evermore".



# Explore and Create Your Own Landmark for Career

Some people say, "University is the best place to explore life and possibilities; one should make full use of the time to experiment." Career exploration and planning is certainly one of the items you should put under your U-life agenda. New academic year marks a new start. Let's apply the classical 5W1H (What, Why, Who, When, Where, How) technique to see how you can make good use of the Career Planning and Development Centre's (CPDC) services to create your own career landmark in this academic year.

## Career Guidance Programme



## Recruitment Activities



## Offshore Internships



### What is it?

Guidance Programmes include a wide range of events and activities, such as:

- Personality Tests and Assessment Tests
- Resume Writing, Interview Skills and Grooming Seminars / Workshops
- Mock Interview Workshops
- Industry / Careers Talks
- Senior Executives Sessions
- CUHK Mentorship Programme (CUMP)
- Career Counselling Service

Recruitment activities include:

- Recruitment Talks
- Careers Fair
- Aptitude Tests, Campus Interviews
- Online job posting service at CU Job Link and JIJIS

Offshore internship is a valuable summer work experience in overseas countries, such as USA, UK, Australia, Germany, Ireland, Korea, Singapore, or mainland cities, like Beijing, Shanghai, Nanjing, just to name a few.

### Why do you need these?

Understand yourself, explore career possibilities and enhance your job hunting skills.

Get first-hand insights about the job market and renowned companies and to seek job opportunities.

Get a taste of work as well as some global perspectives in a cross-cultural setting.

### Who should join?

Students of any year of study and discipline are welcome to most of the activities.

- Final year students with an aim to launch a career upon graduation
- Students who plan to gain some working experience during study

All full-time CUHK undergraduate students who are able to apply appropriate visas to respective internship cities are eligible.

### When should you join?

Career exploration and planning should start early and well ahead of your graduation, since opportunities are around the corner but only given to those who are well equipped and ready. Guidance programmes are available throughout the academic year.

When you want to find a job particularly when you are about to graduate, you should seek opportunities actively and reach out to the job market. Recruitment talks are held on campus during semester time, while online job posting are regularly updated at CU Job Link, JIJIS and CPDC website.

Most internship programmes are scheduled from May to late August, while application and selection process starts in January or February each year.

	Career Guidance Programme	Recruitment Activities	Offshore Internships
<b>Where</b> can you find the information?	Guidance programmes can be taken online on campus and outside campus, from Careers E-Coach modules, workshops and seminars to networking with mentors and obtaining personalized career advices. Here are some important websites: Careers E-coach: <a href="http://cpdc.osa.cuhk.edu.hk/student/career/e-coach">http://cpdc.osa.cuhk.edu.hk/student/career/e-coach</a> Vault.com: <a href="https://osantd.osa.cuhk.edu.hk/CPDC_VOCL">https://osantd.osa.cuhk.edu.hk/CPDC_VOCL</a> Workshop/ Seminar: <a href="http://cpdc.osa.cuhk.edu.hk/event">http://cpdc.osa.cuhk.edu.hk/event</a> CUHK Mentorship Programme: <a href="http://cpdc.osa.cuhk.edu.hk/student/programmes-workshops/CUMP">http://cpdc.osa.cuhk.edu.hk/student/programmes-workshops/CUMP</a>	Information about upcoming recruitment talks and job openings can be found at the following websites: Recruitment talks: <a href="http://cpdc.osa.cuhk.edu.hk/event">http://cpdc.osa.cuhk.edu.hk/event</a> CU Job Link: <a href="http://cpdc.osa.cuhk.edu.hk/student/jobs/cu-job-link">http://cpdc.osa.cuhk.edu.hk/student/jobs/cu-job-link</a> JIIS: <a href="http://jjiis.org.hk">http://jjiis.org.hk</a>	Information about Global Internship Programme (GIP) can be found at: <a href="http://cpdc.osa.cuhk.edu.hk/student/gip">http://cpdc.osa.cuhk.edu.hk/student/gip</a>
<b>How</b> do students comment?	“The speaker of the workshop is very inspiring. The content is helpful and practical.” “The mock interview workshop allows me to practise and see how others perform, it also allows me to learn from the feedback of HR professionals.” “It is a priceless opportunity to be a mentee. Every conversation I have with my mentor is very inspiring and educational.”	“Insightful, it is good to know about the graduate programme of the company through the recruitment talk.” “The Careers Fair allows me to explore potential employment and learn more directly and conveniently about active recruiters through face-to-face conversation at the booth.”	“It is a valuable opportunity to work in a finance firm in New York, the financial centre of the world.” “Through my internship, I learned how to interact with other people and how to deliver my best quality of work.” “Above all, the best thing about working overseas is that you can meet people of different races.”

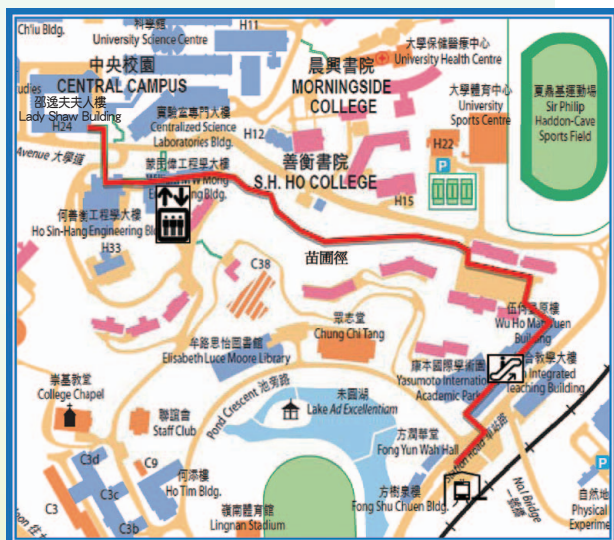
What have you achieved so far? Stay tuned with CPDC's website <http://cpdc.osa.cuhk.edu.hk> and mass emails, and start creating your own career landmark now.

# 新步行徑!

## 「火車站北出口」至「本部」步行路線



在新學年，大學除了有新的火車站北出口和全新的兩座綜合教學大樓外，還有一條新的步行路線（參閱地圖中的紅色路線）！全程需時約十三分鐘，沿途有橫額指示大家。在校園步行既有益身心，又能夠身體力行減少汽車廢氣排放，幫助緩和地球氣候變化！行兩步到本部，健康、環保你做到！





## 朋輩輔導聯網

**為**推廣關顧互助的校園文化，學生事務處自2010年初成立了中大朋輩輔導聯網 uBuddies，旨在培養一群熱心的本科生以同路人的身分，與朋輩分享大學生活和個人成長的經驗及智慧。以下是部分 uBuddies 的分享：

### 甚麼驅使你參加 uBuddies 朋輩輔導聯網？

「記得中學時參與一項探訪獨居長者的義工活動。看著他們簡陋的生活環境，聽他們拖著乏力的四肢分享生活的苦處和心靈的失落，心裡十分難受。望著他們的面孔，我可以做的就只有聆聽，卻未能為他們帶來一句適合的安慰說話。那時我想，我所懂的是那麼的皮毛，只有一股熱誠而沒有智慧，可以為受助者帶來甚麼呢？我想，只有充分的裝備，才可以幫助有需要的人。我們要學習的，不單是一雙會聆聽的耳朵，更需要一張會說合適話的嘴巴，一雙看進別人內心的眼睛和一個盛有智慧的腦袋。在各方的配合下，我們才可以更有效地幫助受助者。所以我參加了 uBuddies，希望裝備自己，為有需要的人帶來安慰及幫助。」

鄭美香（心理學/三年級）

### 透過 uBuddies 的訓練，你有何學習 / 反省？

「中學時期，我曾經受到情緒困擾，當時因為缺乏精神健康的知識，不懂如何尋找適當的幫助，嚴重影響了自己的學業和人際關係。故此，我尤其覺得 uBuddies 訓練中的「**精神健康急救課程**」非常實用。它令我認識了現今常見的情緒病和精神病，同時亦學到如何協助受情緒困擾的人。完成課程之後，我發現自己和身邊的人，過去對情緒和精神健康的知識不多。

uBuddies 課程有助我瞭解自己，讓我懂得更積極面對自己的情緒。此外，我亦會向家人、朋友分享所學的東西，希望大家都能用一種積極的心態面對和關注精神健康。」

譚凱丰（工商管理/2012 畢業生）

「己之所欲，亦施於人」是我人生中的座右銘，亦是我參加 uBuddies 的原因。生命中少不免會遇到不同的困難、困擾，但如果有人關心你、聆聽你的苦惱，定必可以重燃你的鬥志。我就是希望可以成為那個開解人，給人正能量的朋輩輔導員。

整個 uBuddies 課程使我明白了許多，改變了不少，成長了更多。我改變了我對求助的想法：每個人都會遇到不同的難題，找人幫助並沒有甚麼大不了的。沒有任何一個人是弱者，亦不會存在優越感。有的只會是助人帶來的心靈滿足感。再者，我的處事方式也改變了，現在我會細心聆聽，用心去看清楚對方的問題，關心他的需要。uBuddies 計劃的確令我學到如何成為一個有效的朋輩輔導員，令我認識到一班志同道合的知己。」

葉俊彥（中醫學/三年級）



「『一個人不懂得欣賞自己的，又如何懂得欣賞別人？』在三天的歷奇訓練營中，令我印象最深刻的便是這句話。我得到的，不只是真摯的友誼、寶貴的回憶和深刻的體驗；最重要的是，我尋回對自己的肯定！

從前的我十分在意別人的看法，並且活在別人的期望當中。自己的價值很大程度是取決於別人的評價。加

上自己不知足的性格，總令我不懂得欣賞自己，不懂得放下執著，使我在成長路上多次走進自製的死胡同。原來，否定自己價值的，不是別人，而是自己。訓練營令我明白，原來欣賞自己是需要學習的。我開始學習欣賞自己，建立自我價值。」

文加輝（經濟/2012畢業生）

# uBuddies Join the uBuddies 2013!

The 'uBuddies' Peer Counselling Network is now recruiting a new cohort of peer counsellors, "uBuddies 2013", to assist in the continuous promotion of a caring and supportive campus culture in CUHK.

## Training:

- 4 sessions totalling 12 hours on peer counselling skills
- Overnight adventure training camp to build team spirit and to enhance self-understanding and self-confidence
- 4 sessions totalling 12 hours on Mental Health First Aid Standard Course
- Practicum supervision
- Service projects

## Attainable Qualifications:

- 'CUHK uBuddies' Certificate
- Certificate of 'Mental Health First Aid Standard Course' (jointly issued by The Mental Health Association of Hong Kong and acknowledged by the ORYGEN Research Centre of the Department of Psychiatry, The University of Melbourne)
- Nomination for the Best uBuddies Awards



Quota & Criteria	50 full-time non-final year undergraduate students
Deposit	\$400 (Will be refunded upon completion of at least 80% attendance of all training components)
Information Sheets & Application Forms	1. Download from the Section's website ( <a href="http://www.cuhk.edu.hk/osa/scds">www.cuhk.edu.hk/osa/scds</a> ) 2. Hard copies are available at the Student Services Centre of the Office of Student Affairs at 1/F, Benjamin Franklin Centre
Application Deadline	21 October 2012 (Sunday)
Enquiry	3943 1804 Miss Kong

## 愛鄰社 服務學習計劃

給你豐富資助，讓你愛近鄰

對象：校內全日制本科生及學生團體  
參與本計劃的三種模式：

- 1** 由學生自行舉起的服務學習項目
  - 由學生自行發起
  - 同學可在社會服務機構的協助下設計活動
  - 本計劃透過社會服務機構提供資助，活動經費項目可高達港幣25,000元
- 2** 由學生發起、社會服務機構協助的服務學習項目
  - 同學可在社會服務機構的協助下設計活動
  - 本計劃透過社會服務機構提供資助，活動經費項目可高達港幣25,000元
- 3** 參與由社會服務機構提供的服務學習項目

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

主辦：周鳳霞基金會  
贊助：周鳳霞基金會

請登入愛鄰「社」網頁查詢詳細資料及報名：  
<http://www.cuhk.edu.hk/loveyn>  
查詢：葉小姐 (3943 5979 / [loveyn@cuhk.edu.hk](mailto:loveyn@cuhk.edu.hk))

# Outgoing Exchange Experiences

"Living in Beijing was one of the greatest experiences in my life. I was so grateful that I had this opportunity to learn more about the history and development of our own country."

CHAN Chi Pui (Business Administration/Year 3) Tsinghua University/China/  
Spring semester 2011-12



"Going on exchange was definitely an exhilarating experience for me. I have left footprints over many renowned tourist destinations."

BOOK Sau Lai (Economics/Year 3) University of Alberta/Canada/Whole year 2011-12

"It's been one of the most unforgettable years of my life. The new environment provided me with unlimited opportunities to experience new things. I even farmed for an organic vegetable company in Scotland."

TSANG Sin Man (Molecular Biotechnologies/Year 3) University of York/United Kingdom/  
Whole year 2011-12



"Studying in the University of California Education Abroad Programme was a new experience to me. The wide variety of courses has enriched my knowledge and contributed to my future study."

SU Zhan (Journalism and Communication/Year 4) University of California, Davis/USA/  
Spring semester 2011-12

## CUHK Student Exchange Programmes in 2013-14

An exchange experience is more than just studying away from the University for a period of time. It is an opportunity to gain an elevated awareness and broadened understanding of the world. Learning beyond the classroom through studying in another country can be an eye-opening and enriching journey. It helps you to look at intercultural understandings in new ways.

At CUHK, more than 240 student exchange programmes at 29 destinations around the world through colleges, faculties, academic departments and the Office of Academic Links (OAL) are available. You will find the following information useful when considering to apply for exchange.

**Who is eligible?** – CUHK full-time students with a minimum cumulative GPA (CGPA) of 2.7, good disciplinary standing and satisfactory TOEFL or IELTS score (if required by the individual exchange programme) can apply.

**How to apply?** – Applications for university-wide exchange programmes and most faculty/academic department programmes in summer 2013 and academic year 2013-14 are submitted through an online system administered by OAL, and will open in mid to late October 2012. Below is a timeline of the major activities for the application. Dates and deadlines will be updated and posted on the OAL website in mid-October 2012.

Dates	Major activities
Mid-October 2012	Road-shows and information sessions on student exchange
Mid to late October 2012	Online application open
Early November 2012	Announcement of shortlisted applicants
December 2012	Interview (if applicable)
Early February 2013	Announcement of first placement round results
February – March 2013	Second placement round

For more information, please visit the OAL website [www.cuhk.edu.hk/oal](http://www.cuhk.edu.hk/oal) or contact the Office of Academic Links, CUHK.  
Tel: (852) 3943 7597, Email: [iasp@cuhk.edu.hk](mailto:iasp@cuhk.edu.hk)

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

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

Guidance Programmes			
Events	Organizer / speaker	Date	
IB Interview Workshop	Entrenet	5 Oct 2012	
Case Interview for Consultant and MTs Workshop	Entrenet	5 Oct 2012	
Workshop on Career Planning and Preparation via E-coach (for Undergraduates)	CPDC	10 Oct 2012	
「我們，香港，成長 — 在港內地畢業生分享會」	HKAMG	11 Oct 2012	
Workshop on Career Planning and Preparation via E-coach (for Postgraduates)	CPDC	12 Oct 2012	
Career Seminar on Treasury Market	Treasury Markets Association	16 Oct 2012	
Mock Interview Workshop	CPDC	20 Oct 2012	
Hairstyling Workshops for Job Interviews and the Working World	Mr. Kim Chow	1 Nov 2012	
Career Seminar on Auction Industry	Sotheby	2 Nov 2012	
Career Seminar on Social Media and Business Writing Essential for Job Hunting	E-quip Training	End Nov 2012	

Recruitment Talks		
Company	Date	
DBS / Boston Consulting Group / Shai On Group / Societe Generale CIB / Bank of America Merrill Lynch / Citi / Blackrock / HSBC (Target for non-final year) / Sun Hung Kai Properties Ltd / Accenture / Tower Watson / McKinsey & Co Inc	3-12 Oct 2012	
Unilever Hong Kong Ltd / Hang Seng Bank Ltd / Hong Kong Police Force (Auxiliary Police Scheme and Police Mentorship Programme) / Bloomberg L.P. / Nomura International (Hong Kong) Ltd / OC&C Strategy Consultants / Sino Group	15-19 Oct 2012	
ICBCI / Bank of East Asia / The Royal Bank of Scotland plc / New World Development Company Limited / Hang Lung Properties Limited / Hopewell Holdings Ltd / PCCW / Intertrust	22-31 Oct 2012	
Cathay Pacific / Hong Kong Aircraft Engineering Co Ltd / Allianzgi / Hong Kong Police Force / Airport Authority / CSL	Nov 2012	

Offshore Internship Programme			
Events	Organizer / speaker	Date	
Global Internship Programme: Programme Evaluation	CPDC	Sept - Oct 2012	
Global Internship Programme: Exhibition	CPDC	15 - 20 Oct 2012	
Global Internship Programme: Certificate Presentation Ceremony	CPDC	25 Oct 2012	
Intrinsic: Trainee Programme in USA (Internship) / Voluntary Services in Vietnam / Thailand – Information Session	Intrinsic	Early - Mid Oct 2012	
Intrinsic: Work and Travel USA/ Singapore Programmes – Information Session	Intrinsic	Early - Mid Oct 2012	

CUHK Mentorship Programme			
Events	Organizer / speaker	Date	
Programme Application for 2013	CPDC	Nov 2012	

### Incoming Students Section, OSA (Tel: 3943 1533 / E-mail: isso@cuhk.edu.hk)

Events	Organizer / speaker	Date
CLOVER Training Day	ISS	7 Oct 2012
Talk on HK Law for Postgraduate students	ISS	10 Oct 2012
Academic Success Workshop on Adjustment to University Study	ISS	12 Oct 2012
CLOVER Eco Camp	ISS	13 - 14 Oct 2012
Academic Success Workshop on Academic Referencing	ISS	2 Nov 2012
Hong Kong Explorer Series	ISS	11 Nov 2012
Academic Success Workshop on Exam preparation and taking skills	ISS	16 Nov 2012
CHATs Café	ISS	26 Nov 2012

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

Events	Organizer / speaker	Date
Blood Donation Campaign	Red Cross, SAAS, CCC	8 – 10 Oct (John Fulton Centre) & 11 – 12 Oct (Chung Chi Tang)
Briefing/Training on Student Development Portfolio	SAAS & ITSC	Oct - Nov 2012
飯聚現場	Uni-Y (CUHK) Project, SAAS	Oct - Nov 2012
行行重行行 — 重慶大廈生活體驗	Uni-Y (CUHK) Project, SAAS	Oct - Nov 2012
Briefing on Global Y's Trainee Programme 2013	Uni-Y (CUHK) Project, SAAS	Nov 2012
Wu Zhi Xing 2012	SAAS & Wu Zhi Qiao (Bridge to China) Foundation	25 Nov 2012

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

Events	Organizer / speaker	Date
Talk on "Adjustment in CUHK" for NA Year-1 Students	SCDS	5 & 12 Oct 2012
Talk on "Adjustment in CUHK" for SHHO Year-1 Students	SCDS	5 & 12 Oct 2012
Talk on "Adjustment in CUHK" for LWS Year-1 Students	SCDS	5 & 12 Oct 2012
Talk on "Adjustment in CUHK" for SC Year-1 Students	SCDS	30 Oct 2012
Recruitment for "uBuddies 2013"	SCDS	Oct 2012
Workshop on "Understanding and Coping with Emotions" for Postgraduate Students	SCDS	Nov 2012



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