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Address : 1/F, Benjamin Franklin Centre, The Chinese University of Hong Kong, Shatin, New Territories

Telephone : 3943 4798 Fax : 3942 0807

Email : unimp@cuhk.edu.hk

Webpage : www.osa.cuhk.edu.hk/publication-statistics/university-market-place

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正向校園的先鋒

訪問新任學生事務處處長—何錦欣女士



隨著新學年的開始，校園處處迎來各項改變，新的餐廳、新的臉孔、新的挑戰，我們的學生事務處（OSA）同樣有一番新景象，何錦欣女士接替於上學年榮休的梁汝照先生成為新一任的處長。剛剛接任OSA的工作，何女士期待可以在新的崗位為中大的同學帶來豐盛而精彩的大學生活。

因緣際會 投身教育工作

原來何女士並非從小就決定投身於教育界，她在大學期間的目標是成為一位出色的記者。她於香港浸會大學傳理系畢業後一直從事新聞傳播的工作，正正是因為記者的工作流動性大，有助她適應不同的工作環境。及後她加入政府為政務主任，其中好些年在教育局工作，專責處理高等教育的事宜，所以對本港專上學院的情況有一定的了解。OSA的工作性質亦與她前一份在保良局的工作類近，目標都是為了造就學生享受學校的生活。過往在新聞界及教育界的工作經驗更讓何女士愛上學生事務的工作。

當提及OSA的工作環境，何女士笑言OSA的工作「好忙」。的確，OSA與中大學生的四年大學生活息息相關，由學生準備入學到畢業，無論是情緒支援、海外交流，還是領袖培訓、就業規劃，都離不開OSA所提供的全方位服務。何女士分享入職後的首要任務是了解和掌握OSA與各個行政部門和書院的關係，尋求合作的機會。何女士提到中文大學最特別的地方是書院制，而各書院亦有各自的學生事務工作，若能增強互動、整合資源，可望帶來協同效應，為學生造就更精彩的校園。

人傑地靈 遠離都市繁囂

何女士對中大學生的第一印象十分正面：「中大的學生都十分乖巧」，她亦有提及中大校園亦十分國際化，有來自全球各地到香港求學的同学。何女士認為中大有別於其他專上院校的是在於我們得天獨厚的地

理位置。中大校園坐享「地利」，何女士表示：「從教育的角度出發，環境是一個老師」，她鼓勵中大同學多與大自然交流：「(同學)可學習如何從自然環境中支取力量，平定情緒，緩解壓力」。何女士笑言中大的學生好幸福：「相比在城市入面讀書絕對是一個差天共地的經驗。」

大學之道 珍惜每個瞬間

重新踏進校門，何女士亦與我們分享她自己的大學生活：「大學是人生的開始，入大學前的基礎由爸爸媽媽、中學老師為你安排，但大學生活的精彩在於你握在手中的自由度及自主權。」何女士提到一個豐盛的大學生活在於找到自己，並找到一個讓自己醉心的地方，讓自己可以發揮所長，「玩得盡興，讀得開心，到畢業那天，知道自己是誰。」

尋找自己的過程未必一帆風順，但在試的過程中，一定要保持正向的態度。「正向態度並非要與自己說『我不可以不開心』或『我一定要開心』，而是認知和接受自己的情緒。」何女士期望可以將正向心理學帶入校園環境，「OSA的初步構思是引入靜觀（mindfulness），讓同學願意透過安靜的時間去認識及接受自己的情緒，將來面對逆境和挑戰，亦可以用一些內化了的特質和能力去應變。」

何女士最後有五個字送給中大的同學：「好好過日子」，提醒同學在享受大學生活的青春、自由和自主的同時，不忘要好好愛錫自己，活出豐盛的大學生活。

Pioneer of Positive Campus

Interview with the New Director of Student Affairs — Ms. Agnes Ho



學生事務處
Office of Student Affairs



With the commencement of new academic year, there are various changes on campus, including new canteens, new faces and new challenges. The Office of Student Affairs (OSA) also welcomes the new Director of Student Affairs, Ms. Agnes Ho, the successor of Mr. Raymond Leung. With a new role, Ms. Ho looks forward to bringing a rewarding and colorful university life to CUHK students.

Passionate in the educational field

Ms. Ho did not plan to be an educator initially. Her dream was to be an outstanding reporter. Upon her graduation from Hong Kong Baptist University with a degree in communications, she started her career as a reporter. The great mobility of the job had equipped her with the flexibility and adaptability to various working environments. Ms. Ho then joined the HKSAR Government as an Administrative Officer. During the tour in the Government she spent some years in the Education Bureau taking care of higher education policies, which allowed her to understand the landscape of tertiary sector. Her previous job in Po Leung Kuk shared similar job nature with the duties in OSA, with a common vision of creating a favourable learning environment for students. Her past working experience in the fields of journalism and education had strengthened her passion in pursuing a career in student affairs.

Ms. Ho shared that the working environment in OSA is really “busy”. Indeed, OSA is closely related to every font of CUHK students’ university life, including emotional support, overseas exchange, leadership training and career planning. OSA offers all-rounded services to students. Ms. Ho mentioned her first mission is to understand the relationship between OSA and other internal units, including administrative departments and Colleges. Ms. Ho emphasized that the uniqueness of CUHK lies with the college system. While each College will handle student affairs on its own, consolidating the resources together with a view to bringing synergies and creating greater benefits for students is on Ms. Ho’s wish list.

Great campus with perfect location

Ms. Ho commented that she holds a good impression towards CUHK students. What makes CUHK special is the great geographical location. “From the educational perspective, the environment is a teacher”, Ms. Ho added. She encouraged CUHK students to immerse

themselves in nature, “(students) can be benefitted a lot from nature, like getting refreshed, staying calm and relieving stress”. Ms. Ho further commented that CUHK students are really lucky, “When compared to those students studying in the city center, learning in CUHK campus definitely makes your university life memorable.”

Treasure every moment

Working on campus reminded Ms. Ho about her good old days as a university student. “Entering university marks the start of your life. Before being admitted by a university, your life is still well-planned by your parents and secondary school teachers. Being a university student means you now enjoy the freedom and autonomy to plan your own university journey.” Ms. Ho believed that a rewarding university life implies a journey in which a student can develop their genuine self-identity through finding their true passion. “Work hard, play hard. Upon your graduation, you can proudly answer the question “who am I?”

The journey of finding one’s true-self is never smooth. Through the way of trial and error, it is important to stay positive. “A positive attitude does not mean you have to force yourself to be happy, but to understand and embrace your emotion”. Ms. Ho hoped to promote positive psychology in the campus. “OSA plans to bring in the concept of “mindfulness” into CUHK as one of the initiatives. Through practising mindfulness, student should learn how to get along well with oneself, to face one’s emotion and listen to inner voices. When they face adversities in the future, they can use the internalized qualities and resilience to lift up from failures.”

“Live a good life!” Ms. Ho shared a final remark to CUHK students. While enjoying the energy, freedom and autonomy as a university student, don’t forget to love yourself!

She wished every student to have a fruitful and rewarding university journey.

STRESS

正念如何協助 大學生減壓

學生的學習壓力十分沉重，最近一項研究調查顯示，平均每兩個中學生便有一個受抑鬱困擾。大學生亦然，上了大學發現身邊高手如雲，成績好的猛人比比皆是，同時又要學習未接觸過的學科等，精神受到重大打擊。此外，大學生在校園裏參加不同類型的活動、擔任不同的崗位；在生活中，他們需要擴闊圈子、建立不同的關係、尋求新的體驗；在社會裏，他們為不公義的事情發聲、為堅守信念勇往直前。他們似乎有用不盡的精力、無限的體力。然而，壓力的巨浪正在一次又一次地侵襲他們，將他們捲起又擲下，令他們遍體鱗傷而不自知。故此，若他們能早一點察覺到個人的身體及情緒狀態，就能夠及早處理壓力，減低筋疲力竭狀態出現。練習正念是一項不錯的選擇，它能使人注意到當下身體或情感上的反應，並接納這些反應，不加絲毫批判。

年青人在實踐正念的過程中，最難的部份是初期練習，他們往往因未能體會正念練習帶來的正面影響，

而放棄或視之為無用。但是若果得到合適的提點、鼓勵或邀請朋友一起練習，他們便較能持之以恆，面對各方面的壓力。阿聰是一個好例子。他是個出眾的學生，成績優異，身兼三個學會的要職。此外，他能言善辯，時常獲邀分享心得或主持講座。每天，他的時間表總是排得密密麻麻的。漸漸地，他開始失眠、時常頭痛。後來，他發現自己無法集中精神做事，而且時常感到疲倦。輔導員提供正念的資訊給他，並鼓勵他參加有關的講座和每天練習。經過一段時間之後，阿聰洞悉到身體的不舒服源自太大工作量產生的壓力。而讀書壓力是源自怕被別人奪去光環，不再受同學愛戴。然而，他發現大多數同學都面對不同程度的讀書壓力，他引導同學們一起練習正念。大家都學懂了多一種有效的方法管理壓力，並十分感謝他。此刻，阿聰才發現受同學歡迎不只單靠優越的成績，別人的尊重與否，亦關係到他自己有沒有與同學展現真誠的關懷。這項新的認知大大地減輕了他在學習上的壓力。

正向心理

美國心理學家 Martin Seligman 於一九九八年出任美國心理學會會長時提出發展正向心理學的重要性。正向心理學著重於探討正面情緒、個人長處及美德，和如何幫助人們追求真正快樂及建立正面的人生目標。

品格長處

正向心理學提出每人都有自己的品格長處，如對人的關愛、勇氣、美感、堅毅、智慧等。雖然品格長處受到先天因素所影響，但後天的培養是更為重要。如果運用在生活的不同範疇上，如學校、家庭、人際交往等，便可體驗到富滿足感和意義的人生。

正面人生

相信每個人也希望能享受正面和快樂的人生。而正向心理學指出，快樂人生可分三個層次：

1. 愉快人生 (pleasant life)：爭取愉快的生活經驗，維持正面情緒。
2. 美好人生 (good life)：全情投入各種生活環節，包括學業、工作、愛情、親友的交往及閒暇活動等，並善用自已的長處和美德建立豐盛的人生。

3. 意義人生 (meaningful life)：積極發揮自己的品格長處，為貢獻人類社會和追求崇高的理想而努力奮鬥。

快樂七式

怎樣才能取得真正的快樂？根據有關研究顯示，物質享受所帶來的快樂是短暫的。要取得持久及穩定的滿足感，則可參照以下的快樂七式：

第一式：感謝與讚美

第二式：健康樂悠悠

第三式：敬業樂業

第四式：嘉言善意

第五式：為善最樂

第六式：常懷寬厚

第七式：天倫情話

只要將快樂七式融入你的心態和生活，必能建立充滿真正喜悅和意義的人生。

快樂要訣： 明智選擇活動， 讓快樂更持久

忙碌之餘，想給自己放鬆，你會選擇做些什麼？看書、踩單車、看電視劇、流連各類網上論壇或社交媒體如 Facebook / Instagram / WeChat / Snapchat，還是乾脆給自己什麼都不做？你可能不知道，你的選擇對你的快樂感覺及長遠的心理健康有莫大的影響。

早在 20 多年前已有心理學研究證實運動或戶外探索等的心流活動 (Flow Activity) 能為人帶來更持久的快樂體驗。但為何多數人總是偏向選擇上網或看電視劇這類看似輕鬆容易，但卻是被動式的活動？

最近的研究 “The paradox of happiness” (Schiffer and Roberts, 2018) 指出，人們很容易有一種錯覺，認為這類被動式的活動相對心流活動更讓人放鬆。這正正因為被動式的活動幾乎隨手可得，不需要額外的能量和動力去開始，同時也能讓人獲得即時滿足。但是，這類被動式的活動對於壓力的釋放和快樂感覺的建立，並沒有太大的益處。要想提升整體快樂水平、有效釋放壓力以及讓快樂更持久，心流活動才是最佳的選擇。

心流活動

- 體力活動類 (例如跑步、跳舞、健身等)
- 戶外挑戰類 (例如爬山、獨木舟、露營等)
- 藝術創作類 (例如繪畫、寫書法、雕刻等)
- 音樂類 (例如創作歌曲、玩樂器、唱歌等)
- 其它 (例如攝影、寫作、木工、園藝、烹飪、軟件開發、剪貼簿、針織毛冷編織、自己動手家居裝修等)



今天開始，選擇一個或兩個心流活動，建立自己的心流活動習慣。過程中，你可結合運用以下幾個小技巧：

1. 習慣的形成需要 21 日至三個月的時間，謹記要堅持
2. 配合運動，提升整體能量水平
3. 投入感受活動帶給自己的樂趣，形成正向循環
4. 讓朋友或家人參與到其中，讓自己更有動力開始及延續

L. Parker Schiffer & Tomi-Ann Roberts (2018). The paradox of happiness: Why are we not doing what we know makes us happy?, The Journal of Positive Psychology, 13:3, 252-259

聲色背後—中大學生報與校園電台莊員參訪廣播電台

中大學生報與校園電台是中大會下的文化媒體，負責為校內同學傳播資訊和探討重要議題。他們一行人於2018年6月30日參訪了香港商業電台與香港電台，對平日需負責編採報導的莊員來說，想必是個增進專業知識、加強對傳媒業整體發展認知的機會。兩家廣播電台風格鮮明，在莊員踴躍的提問下，資深職員除了詳盡講解電台節目製作流程、網上新聞運作及器材技術等，亦分享了機構文化和工作上的心得。以下是同學的分享：

中大校園電台「聲軌」 台長黃雋逸同學

非常感激學生事務處的安排，促成這次「朝聖團」。廣播道一直是我們心中「最神聖」的地方，商台更是夢寐以求的烏托邦。在這個年代，會扭開收音機的人很少，除了DSE聆聽卷那兩天外，根本沒有人會留意電台節目。但我們這一班中大電台的莊員，或多或少都是電台的忠粉（收聽《早霸王》成為我每天的習慣）。參觀那天，由新聞部同事帶領我們到處走，親眼目睹他們直播報新聞，在直播室外聽著熟悉的聲音朗讀新聞稿（原來主播的外表這麼俊俏）。還有新聞部對新聞的執著，例如某官員發言後數分鐘，便已上載到新聞網，再過十數分鐘便會出現於大氣電波上，工作效率超級高。

最讓我們深刻的，就是走進商業二台錄音室的一剎那，我們所有莊員都尖叫起來，嘩聲不斷——這裡便是森美小儀、少爺占當奴日常做節目的地方，雖然從未踏進此地，但卻陪伴我們成長多年。感受一下錄音室的氣氛，器材雖不算新，但自由的空氣更讓我們嚮往商台的工作，再一次肯定這是屬於年輕人的樂園。

中大學生報「秋毫」 秘書李沛姿同學與資料主任黃雪晴同學

文字的力量是無窮的，聲音更是鏗鏘有力。

我們常執筆寫字，卻對聲音媒體了解有限。這次活動讓我們有幸參觀了商業電台和香港電台，讓我們大開眼界。活動中，我們大致了解了電台的基本運作，同時通過與電台職員的交流也明白了聲音媒體工作的苦與樂。

當天我們參觀了兩電台的錄音室和會議室，旁觀了播音員播報準點新聞，也了解到兩電台風格不同的製作：前者較為活潑輕鬆，後者較為嚴肅。從收料、採訪、寫稿再到錄音室播報，我們明白了新聞工作從來都是分秒必爭，與時間競賽，在資訊爆炸的年代下，更要嚴肅確保報導不會出現任何差錯。

其實，每一位新聞從業員都懷著熱誠，跨過一個又一個難關，緊守崗位，揭露黑暗，展現光明。當天帶領我們參觀的電台職員，分享了她對媒體前景的看法，令我們有感在變幻莫測的傳媒業，傳統媒體少不了作出適應新時代的改變。而作為當中的一份子，也必須要時時增值自己，在工作時與同事們互補不足。只有新聞從業者正直認真並樂於迎接挑戰，才能讓新聞報導不失本真，傳播市民所感。

中大校園電台「聲軌」 外務副台長黃心怡同學

還記得兒時也有機會一訪電台，但當時年少無知，大抵印在腦海中的都是在港台大堂依傍著主持台拍照的畫面。今年作為中大校園電台的一員，今次再訪兩大電台，絕對賦上不同意義。

還記得早前受報社訪問，問起上電台莊的緣故，少不了的就是真·電台對我的耳濡目染。時間久了，我也不得不承認這次參觀才慢慢喚起了那些在上學路途上的記憶：聽著新聞、林海峰、潘小濤等人充滿睿智但也令中學的我一頭冒水的對話。

當我們青年人所享受的是社交媒體上色彩繽紛的短片，講求的是簡短、搞笑的內容。而電台則孜孜不倦，提供著精確、即時又恰好的報導內容，看著電台內的職員們為著主播、DJ們的一字一句花盡腦汁，高官看似穩如泰山，但面對著直播的壓力、主持的尖銳對立，高官也並非無堅不摧。

在規模不至十分龐大，但能炮製出經歷風雨的製作的電台裡，我看見的不是具歷史價值同時又五臟俱全的錄音室，而是聲音的力量。



A Cultural Medley of the Mediterranean on Campus

The Mediterranean Sea was a rich history. It connects as well as separates different countries surrounding it. Given such geographical uniqueness, the Mediterranean region is home to diverse cultures which share similarities yet retain their distinctiveness. To introduce the vibrant Mediterranean cultures, the Office of Student Affairs organised its first Mediterranean Festival on campus from late September to late October.

Welcoming Dinner

The curtain of the month-long festival was raised with the Welcoming Dinner, which officially kicked off the festival on the one hand, while showed the Chinese University of Hong Kong's warm welcome to new students on the other. The Dinner proved to be a feast for all ears and eyes with incredible student performances related to the Mediterranean. The belly dance originating in Egypt firstly cast a spell over the audience with dancers' intriguing body movements and its exotic music. The dancers, all CUHK students, had already mastered the dance in a 4-hour workshop. A CUHK MBA student also brought the house down by her beautiful singing of Italian opera - Un Bel Di Vedremo. The Dinner was further lightened up with an Instagram photo contest, in which three awards were presented to the participants whose photos added colour to the event.

Zhamilya Zhirenova (Year 1 student from Kazakhstan)

As a newcomer to CUHK, I am grateful for the opportunity to attend this wonderful event. The Welcoming Dinner managed to convey the uniqueness of the Mediterranean world, its culture, beauty, vitality, and breath. There were stunning and extraordinary performances which showed that Mediterranean life whirls around the rhythm of an Arabic expressive dance as well as of the incredible melody of an Italian opera. Thank you for organising the memorable event!

Cultural Booths

The main campus was transformed into a piazza filled with lively Mediterranean vibes at the Festival. The cultural booths run by CUHK students from some Mediterranean countries including Egypt, France, Italy, Morocco, Spain and Turkey showcased their vibrant cultures on campus. The two-day event drew big crowds to the booths where language learning, useful leaflets, artwork display, snack tasting, games, were available.

Salma Rahmouni (Year 1 student from Morocco)

The Mediterranean Festival was a new experience for me. It was the first time I ever participated in this kind of events, and I certainly don't regret it. Honestly, I was worried at first that I might not meet everyone's expectations, or people might not be that interested in my country's culture. However, thanks to my Moroccan friend Nidhal who had helped me enormously, and to the continuous efforts of the OSA staff, I was able to live one of the best experiences at CUHK. I became aware of how much people were interested in Moroccan culture, and I was really happy to be able to tell them a little bit more about it. Besides, I have also been able to make a lot of friends from diverse nationalities and to know more about the other Mediterranean countries' cultures.



Other Events – Experiencing the Mediterranean through hearing, taste, sight and sports

Spain boasts about its year-long festivals with a wide variety. Ms. María Consuelo Vega León, a Spanish teacher at the Department of Linguistics and Modern Languages, gave an interesting and delightful sharing session on the speciality of her country's festivals which were more than merrymaking fiestas.

Culinary delights have always been a popular option at cultural festivals, and the workshop on cooking the Turkish style breakfast – menemen, was no exception. Two CUHK postgraduate students from Turkey presented their culture on the plate, which was enjoyed by all the participants.

The mini book fair with the theme of the Mediterranean at the University Bookstore was a new initiative to allow readers to know more about the region through reading. In spite of its small scale, the fair covered books of various genres, from history to travel, society and art.

Along with the cultural events, the iBond-lympics was an opportunity to stretch the body while having connection with the Mediterranean. Including this event at the Mediterranean Festival was in resonance with Greece – one of the Mediterranean countries – being the birthplace of the modern Olympics. Nine non-local and postgraduate student associations competed for five games such as 3-on-3 basketball, kabaddi and dodgeball at full strength. The event proved that sportsmanship and friendship were more valued than championship.

雲野仙蹤—— 感受雲南民族風貌

說起雲南，大家有什麼聯想？雲南白藥？雲南鮮花餅？抑或雲南的少數民族？大學青年會（中大）及大學青年會（中大崇基）於2018年6月在中國雲南合辦「雲野仙蹤」- 雲南生態文化體驗團，帶領十多位熱愛大自然的同學，深入森林並體驗雲南少數民族的多元性。

- 出發前活動 -

參加者到馬屎州地質公園及大埔滘進行生態及地質考察，認識香港的植物生態及地質風化情況。



參加者到馬屎州地質公園進行考察



參加者走進森林，認識鳥類及植物的多樣性



參加者親身分辨岩石種類、構造、侵蝕及風化速度

- 「雲野仙蹤」- 雲南生態文化體驗團 -

我們一行 16 人，於短短 8 天到訪昆明、大理、麗江及巴拉格宗 4 個地方，透過參觀各個生態景區、玉湖村落、蒼山國家地質公園、紮染工作坊及與古城保護管理局進行座談會，認識各民族獨特的習性，以及不同地理形勢所形成的生態地理特點。透過導賞員的講解，藉此認識雲南少數民族的多元性及可持續發展在全球的重要性，反思生態旅遊的看法。

文化交流



與麗江古城保護管理局進行座談會，討論生態旅遊的可行性



與白族村民一同製作紮染

生態考察



前往蒼山國家地質公園考察



參加者騎馬前往玉湖古村落

- 團長分享 - 朱恩圖 (生物學 / 四年級)

這次體驗團帶給我有關貧窮問題與文化的價值等反思。雖然中國在國際上已有舉足輕重的地位，有龐大的經濟儲備及軍事實力，但中國仍是一個發展中國家。過往，我常質疑國際對中國的定位是否已過時，但這個旅程令我看到中國真實的一面。中國實在有太多城市及其地理因素，所有城市不能同時發展，一些生活在偏遠、交通不便利、地理位置高的鄉村地方，人民就只能過着貧窮的生活。

我在玉湖村初次了解到中國農民貧窮的生活，整個村落只有放牧、耕作及收費騎馬這幾樣經濟活動。如整年天公做美，村民可靠前者過着自及自足的生活，但如農作物失收或家畜生病，只能靠後者微薄的收入保貼生活。牽馬的老村民每次都會悄悄地問遊客要不要讓馬「跑一跑」，但要收取一點「飼料費」以幫補生活。我反思即使原居民生於高原，但年紀老邁的他要牽著馬匹奔馳，仍是十分吃力，可就是為了這三十元的小費，他們仍不辭勞苦盡力地賺錢，可見生活確實逼人。在香港，我們普遍會「責怪受害人」，認為貧窮人士是因為懶、沒有上進心才會變得貧窮，但其實亦有不少人即使多麼的努力工作，基於不同的地理形勢、交通、政策、經濟發展等等外在因素，生活仍然困苦。



CUHK Mentorship Programme (CUMP) - A journey to enrich your university life!



CUHK Mentorship Programme 2018 New Year Gathering

The CUMP is a one-year mentorship programme that invites seasoned professionals and senior executives from diverse fields and active recruiting companies to serve as mentors, and arrange mentor-mentee matching based on the career interests. Throughout this programme, students may:

- broaden social and personal perspectives
- obtain advice for career planning and development; and
- build up useful networks for future development.

Most of the CUMP mentors are Hong Kong professionals and senior executives with more than 15 years of work experience. They come from diverse fields including aviation, accounting, banking/finance, consulting, education, engineering, health care, HR, IT, marketing, public sector, etc.

In 2018, a total of 160 mentors and 316 mentees joined the programme and engaged in various activities, creating remarkable moments and precious memories.

Mentor: Sir David Akers-Jones (Former Chief Secretary of Hong Kong Government)

Mentee: Crystal Jia (Geography and Resource Management / Year 3)

Our mentor is knowledgeable about history and social sciences while keeping up with current affairs. My fellow mentees come from diverse backgrounds including biology, business, history, politics and translation. We met every Saturday morning at Sir David's home. Sitting by the window facing Hong Kong's bay and skyline, our minds wandered to stone-built settlements in ancient Europe, industrial and political revolutions in modern age, glory and scars of the Middle East. Besides history and current affairs, we also shared study or work experiences and future plans. The mentorship programme is genuinely rewarding.



Sir David receiving certificate at the New Year Gathering



Snapshot with Mr. Langridge

Mentor: Mr. Anthony Langridge (Executive Chairman of Jardine Lloyd Thompson Limited)

Mentee: Anny So (International Business and Chinese Enterprise / Year 1)

I got the precious opportunity to have Mr. Anthony Langridge, Executive Chairman of Jardine Lloyd Thompson Limited to be my mentor. I was invited to a firm visit and lunch with him. Mr. Langridge is humble and happy to share his career path and tips with me, as well as the market overview. Being the Executive Chairman, Mr. Langridge pays much attention to the strategies of the group with his solid work experience. He is eager to understand more about teenagers and shared some career tips with me. For example, being loyal is a good attitude that fresh graduates should have. It is not saying that you should stick to one company in the whole life. Instead, you should at least engage in a company for a certain period, i.e. one or two years, for gaining the required skills and experience. Another attitude is being proactive. We should reach out to learn and experience more, especially the things that sound new to you. I believe having a right attitude is the key to success. The inspiring conversation is something that I did not learn in my class.

Mentor: Mr. Nigel Leung (Managing Director of Aero Institute)

Mentee: Matthew Lau (Science / Year 1)

We visited Nigel's office in TST to have our meeting and had a look at those teaching materials and equipment such as the flight simulator and Airbus control stick.

We shared what we have done in the past few months and discussed quite a lot about the future of Hong Kong. Nigel has his thought about the history and the relationship between Hong Kong and China. His point of view is absolutely thought-provoking and makes me reflect on what a Hong Kong resident should do to help this society.



Visiting the Flight Simulator

Mentor: Mr. Ngai Man Fu (Chairman of Fullness Christian Vocational Training Centre)

Mentee: Anna Yuen (Psychology / Year 3)



Understanding the operation of social enterprises

Meeting with my mentor, Simon Ngai, was so much fun. We paid visits to his social enterprises, including Fullness Hair Salon and Fullness Auto Service Center. Simon shared a lot of his experience with us. He talked about how he started his career and how he overcame obstacles while operating the social enterprises. As a psychology student, I found it interesting to see how Simon, a businessman, has been working on similar goals for the betterment of the society. Simon's sharing was very educational and eye-opening as well, since it was my first time hearing hands-on experience on social enterprises' operation and management. Apart from career-related topics, we also shared our private lives and our plans for summer. Simon has been kind and extremely supportive of our plans. Also, thanks to another Malaysian mentee, I got to know bits of Malaysian culture and politics. The three of us often like to have discussion on different social issues, regardless of geographical boundaries. My mentorship experience has been enjoyable and fruitful.

Mentor: Mr. Marco Pavoncelli (Head of Asia Pacific, Diesel Pacific Limited)

Mentee: Joyce Lam (Science / Year 1)

We went hiking at the Peak and had dinner together. During the hike, Marco shared three of his strengths and developments. Then we had dinner at the park and shared our strengths and expectation as well. Marco gave us a lot of valuable opinions. He also took us to see the panoramic view of Hong Kong. Afterwards, he shared us with messages in the WhatsApp group, encouraging us to have positive minds.



Hiking at the Victoria Peak

CUMP 2019 Mentee Recruitment

All full-time non-final year undergraduate students and postgraduate students with graduation after December 2019 are welcome to apply for this one-year programme. For programme details and the latest mentee requirement, please visit the official website of the Career Planning and Development Centre at <http://cpdc.osa.cuhk.edu.hk>.

學在海南

博鰲亞洲論壇志願者之旅



行政長官林鄭月娥女士出席博鰲亞洲論壇，並與工作人員及志願者合照。

本 年度的博鰲亞洲論壇已於4月8-11日圓滿舉行。這次年會主題為“開放創新的亞洲，繁榮發展的世界”，來自各國的二千多位嘉賓，包括國家主席習近平聚首一堂，場面盛大。中大亦有三位同學參與了當中的志願者計劃，親身到海南島見證這難得的盛事。他們均表示獲益良多，並記下這次旅程的所思所感。

吳景熙（專業會計 / 四年級）

由香港出發前往海南島，到博鰲亞洲論壇正式落幕，這短短一星期於我而言就像一場夢。我從未想過能有如此難得的機會去一睹這國際盛事。

甫到達海南海口機場，我已感受到論壇規模的盛大。機場大樓放滿博鰲亞洲論壇的展覽板，甚至在乘坐旅遊巴前往酒店時，沿路也有論壇的旗幟。來自國內不同省份的志願者雖然彼此背景不同，但希望在論壇中見識世界發展的目標卻沒有分別。在論壇舉行的數天裡，我不但了解到籌備國際會議的要求，更聆聽到各國政商界領袖的講話，獲益良多。

論壇期間我與兩名志願者被分派至和聲廳服務，這個會議廳主要舉行閉門會議。與會者皆是擁有一定社經地位的人士，因此這裡的工作要求也格外嚴格，而且場館負責人沒有因為我們大學生的身份而降低要求。起初我們感到非常不習慣，後來就能慢慢明白到負責人背後的執著：我們不僅是代表菁英會、香港的大學生，更是肩負起中國人、東道主的身份。我們的一舉一動代表整個博鰲亞洲論壇給其他國家政商嘉賓的印象，因此做事需要格外謹慎，甚至比其他會議廳的要求更高，也是無可厚非。

在海南的時光轉眼即逝，這一星期不僅令我更了解世界經濟、科技、政治發展，更令我認識了一班志同道合的好友。雖然只有幾天的相處，但我們從身邊的軼事到世界的國際議題無一不談，使我對不少議題有了新看法，亦促使了我回港後仍要繼續關心社會及國家發生的大小事。我在這個論壇得益良多，實在非常感謝中大與香港菁英會提供了一個增廣見聞的機會，令我了解到世界之大。

也許，不是我服務了博鰲亞洲論壇，而是它幫助了我成長，使我的大學生涯生色不少。



年會間認識不少自願者

方暢程 (計量金融 / 四年級)

在香港菁英會的帶領下，我和其他香港大專學生代表一行三十人遠赴海南，在一年一度的博鰲亞洲論壇擔任志願者。我被安排在新聞中心工作，主要負責海鷗廳的場地管理及整理和派發書刊。論壇最受到媒體關注的會議項目，除了主會場的開幕式外，就要數海鷗廳的新聞發佈會了。會程首日下午，海鷗廳便打響頭炮，迎來中外媒體，會場內人聲鼎沸，氣氛熾熱；攝錄機整齊列隊，隨時候命。博鰲亞洲論壇秘書長周文重率領嘉賓進場，為論壇揭開序幕。會上發佈了三大學術報告，其中包括亞洲競爭力報告，又提出了亞洲貿易和金融現時所面對的困難，討論在美國帶領的貿易保護主義旗幟下，東盟的區域合作成為唯一可行的策略。

博鰲年會的規模之大，規格之高，令我大開眼界。這是我首次參與國際會議，見識到工作人員的專業。我特地拿起同傳耳筒聽聽中英翻譯，發現翻譯員句子流暢、用字地道，雖然台上講者用上不少中國的專用名詞，翻譯卻幾乎沒有延誤。除了同傳外，官方速記員的專業同樣令人驚嘆，速記員的十指如同鋼琴家在鍵盤上飛舞，原來他每分鐘可以打三百字，每天訓練長達十二小時，令我印象深刻。

不論是會議中心的分論壇，宴會廳的餐會，還是新聞中心的群訪和專訪，每個場地的議程緊湊，志願者都忙得馬不停蹄。雖然有些工作看似瑣碎，可能是為嘉賓代表引路，或是幫傳媒朋友找工作台，但香港和海南的每位義工都朝著為國家盛事共同目標努力，不怕辛苦。說到苦，不得不提整理書刊的工作。大會預備了百多箱有關中國政經思想的書刊和各國譯本贈予中外記者，我和另外幾位女生擔當倉庫管理的工作，把凌亂的工作室整

王輝陽 (工商管理 / 五年級)

如果要用言語去表達這次博鰲亞洲論壇的經歷，我會用「力有不逮」去形容。別誤會，我不是指在海南碰到的人能力不足，或是我未能在這次體驗中學得一二，而是這次經歷帶來的深刻體會，真的難以用三言兩語表達，與我同行的朋友們也身同感受。

此前我曾參與過不同的論壇，但這次海南之行對我的學習、成長影響之深，卻是前所未見，更啟迪了我日後事業發展的路向。回望此行點滴，幕幕珍貴的畫面在腦海浮翹：每朝豐盛的早餐、室友此起彼落的打鼾交響樂、人潮洶湧的訪客、來自各地的工作人員、秀麗的海南風光、嬉笑怒罵間建立的友誼、世界領袖的精彩分享等等。

時日如飛，即使我如何抓緊每個值得回味的時刻，離別的一日始終眨眼便來。如今我在家坐在電腦前敲出一字

理成書展攤位的格局，幾天以來搬箱子費的氣力好比上健身房！這些書籍當中最受歡迎的莫過於<<習近平的治國理念>>，它儘管厚如磚頭不便攜帶，但三百本中文版早早領完。對這套書有興趣的還不止國內媒體，遠至日本、法國的代表都有查閱。

在海南的最後一天，將卸任秘書長的周文重先生在博鰲亞洲論壇大酒店的中餐廳宴請志願者，為博鰲之行共奏尾聲。



於鏡頭前介紹年會



認識了一班志同道合的好友



有幸參與年會

一句，依然盼望這個美夢永不消逝。行文至此，我突然想到「妙不可言」四字可能是對此次行的最佳註腳。

Global Internship Programme 2018



Launched by the Office of Student Affairs in 1997, the Global Internship Programme (GIP) aims to complement the academic faculties' formal curricula and nurture students' whole-person development through hands-on experience in different work environments in the world.

In the summer of 2018, 653 student interns were placed in 44 countries. Through the internship, which

usually lasts for at least 4 weeks, students could polish their languages, strengthen their independence, and enhance interpersonal skills as well as enriching work exposure with a global perspective. All these are conducive to their personal growth and career development.

Below are the sharing from GIP 2018 interns.

📍 Wang Xiaoli (MSc in New Media, 2018) BestTop Consulting, Singapore

I started my amazing journey this summer with the internship opportunity offered by BestTop Consulting. As a Marketing and Operations Intern, my daily jobs, such as planning and execution of the online and offline marketing activities, etc. were aligned with the knowledge that I acquired in class. Through these, I have improved my event management skills and enriched my knowledge about the business practice in Singapore. This experience has given me a very good exposure to the current market trend in the business world.

There were plenty of learning opportunities. The company encouraged the employees to keep learning and improving. The co-founders and other colleagues took turns to share with us regularly on a wide-range of topics covering sales, management, and marketing, etc. Professional leadership advisor was also invited to introduce the strategic thinking method, the sharing inspired me a lot. Besides, making new friends from different cultures was one of the best experiences I gained from this internship.

My position in BestTop introduced me to the industry that I have been longing for. Almost every course I learnt in master's degree echoed with my job. That's why

when being offered a full-time position, I accepted decided to join the BestTop team in Fall.

Looking back to the beginning of this summer, I have never thought of getting a full-time job from this internship experience. This is intriguing, isn't it? It is like the saying "Life was like a box of chocolates, you never know what you're gonna get". To me, the opportunity provided by GIP is absolutely "sweet chocolates", and I hope more students can benefit from GIP in the future.



My soft skills were improved through organising the company events



With my wonderful bosses and colleagues



Gained valuable friendship with other interns and colleagues

📍 Chloe Chan (Integrated BBA / Year 2) Fieldeasy, Beijing

The internship in Beijing has been an emotional roller coaster for me - experiencing sadness, desperateness and later on satisfaction and exhilaration. This is my first time being in an unfamiliar city for such a long time. In the first few weeks, I felt insecure, lonely and to be honest a little regret as well since I would have to eat every meal alone and did not have much entertainment nor social life. Yet I started adapting to this new lifestyle and appreciating it gradually.

Everything happening here is brand new to me, including being alone for months. I would say if I had not joined this programme, I would not have had the chance to listen to my inner voice, heart and mind. Lessons, revision, hanging out with friends and all kinds of activities fill up my day in Hong Kong. Being in Beijing is like having a break from the hustle and bustle of Hong Kong. I explored the Hutongs and stayed in cafes for hours, just to read inspirational books, reflect and think

about my aspiration and future. The time in Beijing enabled me to focus on myself, to relax, meditate and question whether I am moving in the right direction.

"La vie, voyez-vous, ça n'est jamais si bon ni si mauvais qu'on le croit", meaning life is never as good or as bad as one thinks, written by Guy de Maupassant. From considering the internship in Beijing as a regretful decision to appreciating the time here, I realised whether it is good or bad is attached to how we think. We can always learn to appreciate every good or bad decision we make. This experience is worthwhile, and what you can gain is not only career development but also a golden opportunity for self-exploration and enrichment.



📍 Michael Lei (Psychology / Year 3) Qizhi Social Service Centre, Foshan

This internship placement was about educational service in which we had to lead different classes for children aged from six to twelve in Foshan. It was a precious experience for applying the principles, theories or perspectives in psychology to our teaching.

A highlight of mine is that it was my first time to be nominated to take interviews with local broadcast and newspaper media about our teaching experience and ideology. This was frankly a challenging task due to suddenness and hence my organisational ability and resilience had been well trained.

It was so memorable and touching that children were so kind to give us their hand-made gifts and showed their loving and gratefulness in the closing ceremony, which truly got us a deep rebound in heart. It was also very delightful when they told us they all have

learnt a lot and had a good vacation this summer with us. Feeling became complicated at that moment as we realised what the children have gained but soon we were going to leave and we are not able to meet for a long period of time. Education is always undoubtedly of profound meaning.



📍 Karen Ngai (Global Studies / Year 2) Southeast Asian Ministers of Education Organization Secretariat, Bangkok

With this opportunity, I have a better understanding about myself. Before the internship, I hated office work because I thought that it was repetitive and boring. During the internship, I found that the tasks could be indeed challenging and this changed my perception. I was fortunate to be assigned in the Department of Programme and Development which provided me opportunities to coordinate with different people and projects. Through handling my assigned tasks, such as taking minutes at 2018 SEAMEO Centre Directors Meeting, preparing materials for the online language courses, arranging logistics for SEAMEO-China TVET Cultural Twinning Programme and teaching at Outreaching Bahasa Indonesia Language Training Courses, etc., I was able to understand my strengths and weaknesses.

I have accomplished a lot this summer. This memorable internship allows me to gain valuable work experience and become a better person after all.



📍 Michelle Philip (Law / Year 2) District Office of US Congressman Joseph Crowley, New York

Apart from daily office work, I had the amazing opportunity to attend debates, rallies and press conferences. I also could explore the cultural side of New York City by visiting Central Park or Chinatown. Through serving the community, my work was rewarding to see the joy on a lady's face when I helped to find out if her house was in a designated landmark district. I could see how important for constituents to receive help from a district office. This experience was useful to me as a lawyer because essentially I would serve the needs of clients who seek legal assistance. My supervisor made great effort to allow me to participate in various activities and tasks. Therefore, this internship has provided me with insights into different aspects of the government and revealed what the true purpose of working in the US Congress was.



LOURISHING 心盛 FIRST YEAR @ CUHK 計劃

To facilitate new students' adjustment to university study and all-round personal development, the Office of Student Affairs launched the 'Flourishing First Year @ CUHK' programme in 2017. The programme aims to better equip students for the challenges ahead and embrace new experience as they embark on the new stage of university journey. By encouraging students to explore and experience different aspects of university life at CUHK, it is hoped that students not only will enjoy a fruitful first year but also be able to grow and develop as an independent lifelong learner.

Target Participants

All newly admitted CUHK students

Programme Details

Composed of four modules, the 'Flourishing First Year @ CUHK' programme offers different activities covering a wide range of topics throughout the year.

Module 1 – Mental Wellness

Module 2 – Experiential Development

Module 3 – Learning & Cultural Enhancement

Module 4 – Career Planning

Students who have attended at least one activity in each of the four modules throughout the year will be awarded a Café 330 coffee coupon.

Read more details [HERE!](#)



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LEADERSHIP PROGRAMMES
People climbing icon

STRESS MANAGEMENT
Person with stress icon
ERROR 404 POSITIVITY NOT FOUND

**LOURISHING 心盛
FIRST YEAR @ CUHK 計劃**

Module 1
Mental Wellness

Module 2
Experiential Development

Module 3
Learning & Cultural Enhancement

Module 4
Career Planning

EARLY CAREER PLANNING
Briefcase icon

GPA
過三爆四

煥然一新的 中大游泳池

大學游泳位於范克廉樓地下低層

大學游泳池在中大已有 30 多年歷史，除了為學生提供不同體育課、水運會、師生游泳班等，還服務教職員家屬、校友和退休員工。今年初，大學游泳池進行了一次大型翻新，採用環保物料地板及更換了國際認可的出發台(俗稱「跳台」)，以提供一個更舒適及專業的泳池。

全新環保木塑地板

大學游泳池採用了環保木塑地板(下稱「環保木」)，環保木對環境無公害及 100% 可回收。

國際認可的「跳台」

「起跑式出發台」的台面是歐米茄專利台面，可兼容歐米茄計時系統。

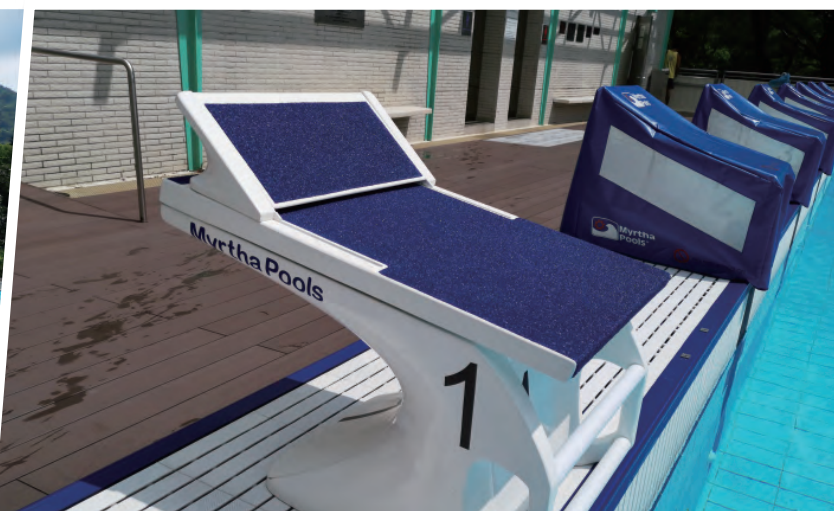
起跑式出發台的台面設計穩定性高，更利游泳運動員以起跑式技術出發。起跑式出發台的後斜坡板，允許運動員的後腿彎曲至 90 度，有利運動員達到起跑式出發的最佳預備姿勢。



環保木塑地板

跳台兼容歐米茄計時系統，可為游泳賽事作專業計時

「起跑式出發台」



The following schedules are subject to change. Please refer to the website of respective sections for the updated information.

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

Events	Organiser / speaker	Date
On-campus Recruitment Talks and Guidance Programmes	CPDC	Ongoing Events
Police Mentorship Programme (PMP) and Auxiliary Undergraduates Scheme (AUS) 2019/20 - Student Recruitment	HKPF	2 Oct - 21 Dec 2018
CUHK Mentorship Programme 2019 – a Career Oriented Initiative	CPDC	Please refer to CPDC for the details.

Recruitment Talks

Events	Organiser / speaker	Date
Citadel	CPDC	19 Nov 2018

Global Internship Programme

Events	Organiser / speaker	Date
Global Internship Programme 2019	The Bloom of Youth	Early bird discount deadline: 25 Nov 2018
Study Chile Internship Programme	Study Chile	30 Nov 2018
Summer Work and Travel USA	Intrinsic	30 Nov 2018
Cross Cultural Internship Programme (New York City) 2019	CCIP	30 Dec 2018
Year-round Internships in New York & Berlin	ArtBound Initiative	15 Feb 2019

Learning and Cultural Enhancement Section, OSA (Tel: 3943 7945 / E-mail: lces@cuhk.edu.hk)

Events	Organiser / speaker	Date
Hong Kong Explorer Series	LCES	18, 29 Jan 2019, 18, 28 Feb 2019
Afternoon Tea with LEOs	LCES	22 Jan 2019, 20 Feb 2019, 7 Mar 2019
Cultural Fun@i-LOUNGE	LCES	16 / 19 / 26 Nov 2018, 18 / 25 / 28 Jan 2019, 1 / 18 / 25 Feb 2019, 8 / 11 / 18 / 25 Mar 2019
Off-Campus Housing Sharing Session	LCES	19 Nov 2018
Academic Success Seminar III – Presentation & Communication Skills	LCES	21 Jan 2019
Celebrity Talk II	LCES	13 Feb 2019
Sharing Session on Major Declaration / Transfer Applications	LCES	1 Mar 2019
回國就業講座	LCES	6 Mar 2019
Alumni Sharing Sessions	LCES	8, 15 Mar 2019

Student Development and Resources Section, OSA (Tel: 3943 7323 / E-mail: sdrs@cuhk.edu.hk)

Events	Organiser / speaker	Date
High-Intensity Interval Training (HIIT) - Taspony	SDRS	22 Nov 2018
Student Leader Training Scheme	SDRS	Jan - Mar 2019
看不見的水足印 – 峇里原始生態考察團	Uni-Y (CUHK), SDRS	28 Dec 2018 - 4 Jan 2019
Joint University Mexico Cultural & Service Trip	Uni-Y (CUHK), SDRS	1 - 13 Jan 2019

Wellness and Counselling Centre, OSA (Tel: 3943 7208 / E-mail: wacc@cuhk.edu.hk)

Events	Organiser / speaker	Date
uBuddies' 2019 Training	WACC	Sept - Nov 2018
Mental Health First Aid Certificate Course for Postgraduate Students	WACC	16, 19 & 23 Nov 2018
Mental Health First Aid Certificate Course for Staff	WACC	Dec 2018 (TBC)
Wellness and Recovery Action Plan	WACC	Dec 2018 (TBC)
Hong Kong Mindfulness Expo 2019	WACC	12 Jan 2019
Circle Painting Workshop	WACC	23 Jan 2019
uBuddies Handover Ceremony 2019	WACC	15 Feb 2019
Mental Wellness Promotion Day	WACC	28 Feb 2019
Empathy Training Workshop for Staff	WACC	Mar 2019



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