

UNIVERSITY MARKETPLACE

大學廣場

Issue 150

December 2009

校長與同學真情對話
大學輔導長暢談校園關顧情

See also: 7 Sins at Job Interviews
Be a Hong Kongese!



Office of Student Affairs
The Chinese University of Hong Kong

From the Chief Editor

Time flies. Christmas is just around the corner and I would like to share with you a little Christmas poem.

Christmas is forever
Norman W. Brooks

Christmas is forever, not for just one day,
for loving, sharing, giving, are not to put away
like bells and lights and tinsel, in some box upon a shelf.
The good you do for others is good you do yourself.

Christmas is not simply a season for exchanging gifts or partying but also a special occasion to show your care for others. The great charm of the season is that it is not a particular place or time but a spirit of warmth, generosity, and goodwill that is always welcome everywhere. Come and join our Caring Campus Carnival in January 2010 and help build a caring community together. You will find more details of the campaign at <https://osantd.osa.cuhk.edu.hk/scdsmain/chihtml/>.

Merry Christmas and Happy New Year!

Dora Dai

Content

Get Set for Career.....	Page 2
Voices.....	Pages 3 - 4
Caring Campus.....	Pages 5 - 10
International Corner.....	Pages 11 - 14
Gymboree.....	Pages 15 - 16
Congrats.....	Pages 17 - 18
Campus News.....	Page 19

The University MarketPlace (UMP) is published by the Office of Student Affairs, CUHK, in September, October, December, January, March and May. All contributions should be sent to the Editor of UMP at marketp@osa.cuhk.edu.hk. Please check with the Editor about the material deadline. The UMP reserves the right to decline contributions and to edit the materials.

Address: 2/F, Benjamin Franklin Centre, The Chinese University of Hong Kong, Shatin, New Territories
Telephone: 2609 7323
Fax: 2603 7705
Email: marketp@osa.cuhk.edu.hk

The UMP Editorial Board

Chairperson
Mr. Raymond Leung

Chief Editor
Ms. Dora Dai

Editor
Ms. Lilian Pang

Publication Secretary
Ms. Loretta Cheung
Mr. Thomas Kwan

Member
Ms. Grace Fung
Miss Carmen Hon
Ms. Wingy Lai
Ms. May Ngan





Get Set for Career

7

Unforgivable Interview Behaviours

Career Planning and Development Centre, OSA

Having the chance to attend an interview is half way to success in job hunting. Whether you leave the interview as a job seeker still or an employee depends very much on your performance at the interview. While most candidates may focus on how to sell themselves to potential employers, it is equally important to pay attention to the attitude strikeouts that discourage employers from hiring you.

According to a survey of over 150 recruiters, job coaches and hiring managers conducted by Mr. John Kador, author of "201 Best Questions to Ask on Your Interview", there is a long list of unforgivable interview behaviours. Let's avoid doing the top "seven sins" and take a look at our advice so as to increase your chances of being employed:

Top seven unforgivable interview behaviours	Advice
Doesn't ask questions	<ul style="list-style-type: none"> Asking right questions can show your knowledge on the company as well as its competitors and your interest in the position; Think about questions to ask the employer in advance to show your interest in the position/company; Think about questions in these areas, e.g., kind of achievement to expect during the first few months/first year, organizational structure of the company, major projects/achievements, etc. You can gain good understanding of the company from the information in its Annual Report.
Condemnation of past employer	<ul style="list-style-type: none"> Describe more on facts rather than people; Draw the interviewer's attention to the achievements made in the past job; Talk about the past employer positively and thankfully.
Inability to take criticism	<ul style="list-style-type: none"> Be humble; Admit to not having particular experience or skills, but tell the employer politely what you are doing to address your weakness in certain areas; Don't take criticism personal. Most of the time, the employers just want to see how you handle yourself when facing challenge/criticism.
Poor personal appearance	<ul style="list-style-type: none"> Dress professionally. Dressing conservatively is always better than dressing down. It shows your respect to the potential employer.
Indecisive, cynical, lazy	<ul style="list-style-type: none"> Avoid making jokes unless you are fully confident that the interviewer appreciates it; Sleep well the night before; Watch your posture during the interview, e.g., sit upstraight, don't get your arms crossed on the table.
Overbearing, overly aggressive, "know-it-all"	<ul style="list-style-type: none"> Avoiding using too-extreme wordings; Always use examples or evidence to support your opinion; Listen to others and be open to any idea/opinion; Be interactive, instead of keep talking about your own points; Encourage the relatively quiet candidates to voice out their opinions in a group interview.
Late to interview	<ul style="list-style-type: none"> Allow sufficient buffer in your travelling time; Arrive at the company 15 minutes earlier; In case you will really be late, call the employer to explain the situation politely in advance.

Of course, there are a lot more. But it would be a good start to be aware of the "sins" at the interview.

Voices

校長和同學的真情對話

學生事務處 學生活動及設施組

校長劉遵義教授偕同大學秘書長梁少光先生、教務長吳樹培先生和大學輔導長吳基培教授，於11月17日假富爾敦樓103室與同學公開會面。當天雖然寒冷天氣警告高懸，但仍不減各師生的興致，數十名師生在課餘時間齊集會場，聆聽校長講述學校最新發展，並把握機會就各項議題向校長提出疑問。

會面甫開始，劉校長即在致辭中披露大學正探討在深圳成立分校之可行性，有關消息令一眾師生乃至在場記者大感興趣。另外，校長亦表示關注到近日有關「導師」(Instructor)的正名問題，並表示個人覺得所有參與教學工作的人員均是教師，定義十分清晰；校長會與有關的同事繼續溝通，了解他們的訴求。校長又向大家報告了大學的其他最新發展。

進入答問環節，主持人林真如同學邀請在場師生向校長提問，同學遂陸續提出不同的問題，包括新書院成立的目的、書院精神和歸屬感的建立、本地生和來港生在宿位和其他資源上的分配、大學對研究生的支援等問題，即使偶然出現以前曾多次探討回應的提問，校長仍逐一詳細回答。此外，校長更應提問者的要求，分享了他對於中文能否取代英文成為世界語言的一些看法。

由於劉校長已宣佈明年六月底退休，同學遂又問及校長對中大和中大同學有何寄語，更有同學邀請校長會後留步合影留念呢！

當天一些關於書院及學術語言的提問及回應撮錄如下：

問

眾所周知，書院制是中文大學的特色。但我們現在新建了五所新書院，這五所新書院在規模上遠遠不及現在的四所書院，那麼以後這五所新書院的同學在文化氛圍上很難比得上現在的四所書院，會不會感到相對上有一種不平等的感覺。因為書院是個人身份的象徵、個人文化的代表，如果新書院的同學在這方面感覺不太強烈的話，會不會有什麼擔憂存在呢？

答

這問題問得很好。我想大家也明白為什麼要辦新書院，我是最支持書院制的，因為書院制是中大的傳統，也是中大的優勢。但是中大的書院在九零年代前不是很大的，以前崇基只有七百至一千多人；到了九零年初期，香港大量增加大學生的名額，所以當時書院就膨脹起來，現在平均每所書院人數是超過二千五百人。我覺得二千五百人是非常龐大的組織。我跟一些老校友談過，那時候是四年制，他說他們上識三屆，下識三屆，現在做不到。假如我們不設立新書院的話，到2012年，現有的書院會變成三千三百多人，比嶺南大學的學生還要多，這就失去原來書院制的優點。

此外也要參考外國的做法。劍橋、牛津是最早推行書院制的大學，劍橋、牛津都有八百多年的歷史，劍橋大概有三十一間書院，牛津大概有三十九間書院，有大有小，最大的有一千二百多人，小的一百多人，各有各的特色，但同學加入後都會以自己的書院為榮。每個人可以選擇加入哪所書院。我們現在嘗試的新書院比現有書院較小，也要求新書院的院長住在裡面，這是英國的傳統，所有的院長(Master)都住在書院裡面。有同學可能希望選一所小型書院，有機會和院長一起吃飯，大家都可以自由的選擇。但不是說大家都要有同樣的書院，現有的書院也不是一樣，各有各的特色。

新書院會有文化氛圍培養的措施，以協助建立歸屬感和認同感。但每所書院有自己的發展，每所書院有自己的院長及師生，每位院長都不一樣。書院的歸屬感和認同感是要自己來發展的，不是大學指定這個書院要什麼風格，那個書院要什麼風格。

我們考察過很多地方，還有同學一同參加，建新書院不是一個容易的決定。再跟大家講一件事，澳門大學準備重建，派人來中大取經；他們一建就是十家書院，用書院制。西安交大也是要改成書院制，復旦、北大、南大等，他們都來考察我們的書院制。

問

很多人談到中國的經濟發展，校長認為中文會否取代英文成為學術語言 (academic language)？如果會，有關轉變會如何影響中大的雙語政策？如果不會，那麼繼續堅持雙語政策又是否明智？

答

我認為一種語言要變得國際性，是一個演進過程；當中並不單視乎該國家有多強大，亦關乎整個人類文明的發展過程。唐朝時日本、南印度等很多地方派學生到中國學習、修讀漢語；如果看看歷史，更不難看到外國人在中國中央政府擔任高官。再看近代，二十世紀初，如果你學習數學、物理等，第一主要語言是德文，愛因斯坦以德文發表著作，英國的數學家也以德文發表著作。直至1945年第二次世界大戰德國戰敗，很多科學家包括愛因斯坦均移居美國，於是英文變成主要的學術語言。二十世紀初的外交語言一直是法文，每一個外交人員均需要學習法文，但現在即使法國人也放棄堅持所有人都要學習法文了。

這是一個過程，一個演變，我看目前英文作為一個人的第一或第二語言的地位，看來不可能被打倒，很明顯英文是中國、日本、印度、拉丁美洲等地的第二語言。我個人認為，中文不大可能在短期內成為全世界的學術語言。如根據諾貝爾獎得獎人楊振寧教授的說法，在二十年內中國本土會產生一個諾貝爾獎得獎人，也許將來中文會成為全世界最主要的學術語言，但我看最少需要五十年，甚至更長的時間。

關於語言，還有一樣稱為網絡效應 (network effect) 的情況，第一語言(母語)不需選擇，但通常會選擇最多人說的其他語言作為第二語言，因為學習第二語言的目的，正是要與不會說自己第一語言的人溝通。要使中文作為世界性的語言，是一件長遠的事。我不是說沒有可能，在美國的幼稚園、小學及中學都已經開始教授中文。

這些與雙語政策都沒有太大關係，我認為所有中大學生均應掌握好兩文三語，因為廣東話是地區方言、普通話是國家語言，所有中國人都應懂得普通話，英文則是世界語言。要與其他非中國人溝通則必須用英文，所以兩文三語十分重要。在廣東省，所有學校均以普通話教學，這個做法已有五六十年，但所有廣東人均會講廣東話，到上海也是一樣，所有上海人均會說流利的普通話和上海話。其實這裡面並沒有任何矛盾，每個人都應該掌握好地區方言、國家語言和世界語言，否則只會局限了自己的發展空間。



Caring Campus



「關顧校園」專訪系列（一）

大學輔導長吳基培教授暢談校園關顧情

學生事務處 學生輔導及發展組

要建立一所充滿關顧氣氛的校園，有賴校內每一位成員的投入和參與。那麼，中大要怎樣才能稱得上為「關顧校園」呢？學生事務處學生輔導及發展組早前特意訪問了具豐富學生事務經驗的大學輔導長吳基培教授，分享了他對建立「關顧校園」的意見和看法。

吳教授與中大淵源深厚，他早年在中大求學時期已熱衷於參與校園活動。他笑言，當時的學生活動雖沒有現在的那麼多元化，但他也積極參與系會和其他活動；及至現在，他於中大任教、身兼舍監及大學輔導長等職務，對中大有深厚的感情。以下是他由衷的分享：

可否分享一些你在中大求學時期與朋輩相處的樂事？

記得當年入讀大學時，課程為期四年，我在第二及第三年才開始投入大學的生活，除了參與舍堂的活動外，我亦籌組內閣推動系會的活動，這使我認識了不少朋友。那時，我們的活動不像現在的那麼多元化，沒有「dem beat」或跳舞，但亦有不少類似的活動，如一起籌辦形形色色的活動、到大埔宵夜、在宿舍大堂聊天等，同學間關係非常密切。

除了大夥兒的活動外，你有沒有幾個知心的朋友？

我有一個同學兼室友，大家不但唸同一個學系，我們更一起「上莊」、一起溫習和做研究，感情非常要好。可惜畢業後大家身處異地而少了聯繫。另外，我跟幾位知心朋友到現在還保持聯絡，在畢業二十年後的聚會中，大家仍然很投契，有說不完的話題。



吳教授樂於向同學分享他的真知灼見

現在除了行政的職務外，你還要兼顧教學及科研等工作，你怎樣騰出心力和時間關顧他人？

這的確是一件很難的事情。我想同學也面對類似的情況，同一時間要兼顧很多事情，有些事情並不容易處理，有時也會感到很大壓力。至今，我仍在不斷學習如何安排事情的優先次序及妥善分配時間。在做不完的工作中，必須對事情有緩急先後之分。

正如你所分享，你怎樣舒緩工作上的壓力？會否找人傾訴？

我是從求學時期開始學習如何面對壓力的。及至現在，當面對困難時，有時我也會與同事傾談，藉此尋找理想的解決辦法。縱然最終問題不容易解決，這卻有助舒緩在工作上面對的壓力。我想每個人都應該學習面對壓力，因為在人生中這是不能避免的，但必要時也需要尋求專業人士的幫助。當我們已盡力做好工作，對未能做到的事情只好放鬆心情去面對，我相信這種想法可以幫助同學減壓。

身兼大學輔導長及舍監職務，與學生關係密切，可否分享與他們相處的體驗及感受？

與同學相處是一件非常愉快的事，透過彼此的溝通和交流，讓我更了解這一代年輕人的文化。由於我和家人都在校園居住，可以說與同學一起生活，平日碰面時大家會打招呼問好，晚上我也會參與他們的聚會。難忘的事情很多，好像宿舍的大小事務、緊急事故、還有最令人感動的就是每年畢業禮期間的熱鬧場面，同學們都爭相拍照留念，對宿舍的一切流露出依依不捨之情。假如不是住在宿舍裏，也許我未必能經歷到這一切。

你有甚麼與青年人相處的技巧？

人與人之間相處之道在乎互相尊重。我們可多從別人的角度出發，想想他們行為背後的原因。另外，與人相處時應保持友善及坦誠的態度，並多關懷別人，這樣會更容易建立彼此的信任。

你與同學溝通的過程中曾否擔當過輔導者的角色？

這方面的經驗，通常是當我解答同學關於學業上的問題，例如學習上的適應、升學與就業的選擇和在甚麼地方繼續進修等。在宿舍內也有同學找我傾訴，主要有關大學生活及學習等問題。與同學建立密切的關係是重要的，這樣可以增強雙方的信任，當同學感到困惑時會主動找你傾訴。

你認為應該怎樣進一步加強中大的「關顧文化」？

我相信我們從小便知道要關心別人，在小學、甚至幼稚園，我們已經接收了這個信息。問題並不在於我們是否知道，而是我們選擇是否實行，以及有沒有一個環境或文化，提醒我們去維持這類關顧之心。要傳揚和持續關顧的信息，不能單憑個人的力量，而是要各人具共同的意識，營造一個關顧的文化和環境。透過一些看似簡單微小的行動，例如一個微笑、一份小禮物；或是一句問候或一個拍肩膀的簡單動作，都能拉近人與人之間的距離，使人不感到孤單。再者，有能力幫助別人是一種福氣。當你看到別人有需要時，自然明白到自己其實很富足，應該感到開心和滿足。

在「關顧校園」的運動中，學生輔導及發展組將推行「uBuddies」朋輩輔導計劃，你對這計劃有何看法？

「uBuddies」是一項很有意義的計劃，對推動關顧文化很有幫助。人與人之間需要互相關懷。況且，我們在同一所校園裏生活和學習，大家的關係不是應該更密切嗎？記得在中大求學時期，我不大曉得在遇到困難時尋求專業的輔導；就如現在的同學一樣，當面對問題時，可能只會將問題放在心裏，甚少主動與人傾談。因此，朋輩間的支援更顯重要。同學往往不會主動找老師傾談，老師也未必很了解同學的情況，但朋輩間會比較了解對方，所遇到的問題亦有類似之處。所謂二人行總比一個人好。透過朋輩輔導員與同學的交流，我們易於找到有需要幫助的同學，給他們適當的輔導及建議。朋輩輔導員不但能向身邊的同學表達關懷，幫助他們解決問題；也可以學習到有關精神健康及朋輩輔導的技巧等實用知識。對輔導員及被輔導者都很有益處。

你對中大同學有甚麼勸勉？

同學可多點觀察別人的需要，多從別人的立場出發，不主觀看待事物。人與人之間多一點鼓勵、欣賞和包容，世界會更美好。這些生活的態度不單在求學時合用，將來投身社會時也應牢記著。因為在職場上，我們要接觸不同的人，所以除了要有良好的工作態度外，也要重視身邊人與人之間的關係。總括而言，我們應多作反思，並多留意周遭發生的事物及關心身邊的人。

訪問後記：

在訪問的過程中，吳教授給人一種親切真摯的感覺，言談間流露出他對學生的關懷。從他身體力行的典範中，筆者體會到要建立關顧校園，每一位中大人均需出一分力。

Caring Campus

培養品格長處 邁向豐盛人生

學生事務處 學生輔導及發展組

假如豐盛的人生是以成功、健康、快樂為指標，處於大學求學階段的你，會就這三方面如何自評？此外，心理學家認為每個人都擁有與生俱來又有助達致豐盛人生的**品格長處 (Character Strengths)**，你對自己的品格長處有多少認識？

為提升同學對個人品格長處的關注和認識，學生事務處學生輔導及發展組於上學年向一年級學生進行有關的問卷調查。參照外國相關研究，是次問卷調查列出二十四項良好品格，包括好奇心、勇氣、關愛之情、領導才能、謙虛、感激之心等，由學生評估個人展現這些品格的頻密度以及選出渴望多加培養的品格。此外，學生亦評定他們感到成功、健康與快樂的程度。是次問卷調查報告已上載於本組網頁(www.cuhk.edu.hk/osa/scds)特設的「喜樂泉源—品格能源庫」專欄，以下簡報其中的一些重點。

常展真誠互愛，共建關顧校園

整體而言，調查結果顯示在受訪的1263位中大一年級學生當中，超過九成有至少一項較突出的品格長處。其中，學生較普遍展現的品格長處包括「真誠」、「關愛之情」、「感激之心」、

「公民及團體精神」及「寬宏大量」（見表一）。這些既是促進和諧人際關係的良好態度和行為，亦是本組今年開展的「共建關顧校園」行動 (Caring Campus Campaign) 所致力推廣和表揚的個人素質。

另外，各項品格長處與學生主觀的成功、健康和快樂指數都有著正面的關聯 (correlations)，特別是「活力/幹勁」和「樂觀」。換言之，時常充滿活力並對未來抱持美好期待的學生似乎較易體驗到成功、健康和快樂。

表一：學生通常／經常展現的品格長處（首十項）

1. 真誠Honesty (72.5%)
2. 關愛之情Capacity to Love and Be Loved (58.7%)
3. 感激之心Gratitude (55.3%)
4. 公民及團體精神Teamwork (52.8%)
5. 寬宏大量Forgiveness and Mercy (51.7%)
6. 幽默感Humor (51.5%)
7. 審慎Prudence (49.2%)
8. 仁愛Kindness (48.1%)
9. 謙虛Modesty and Humility (46.6%)
10. 公平公正Fairness (45.1%)

發揮才智創意，追求成功卓越

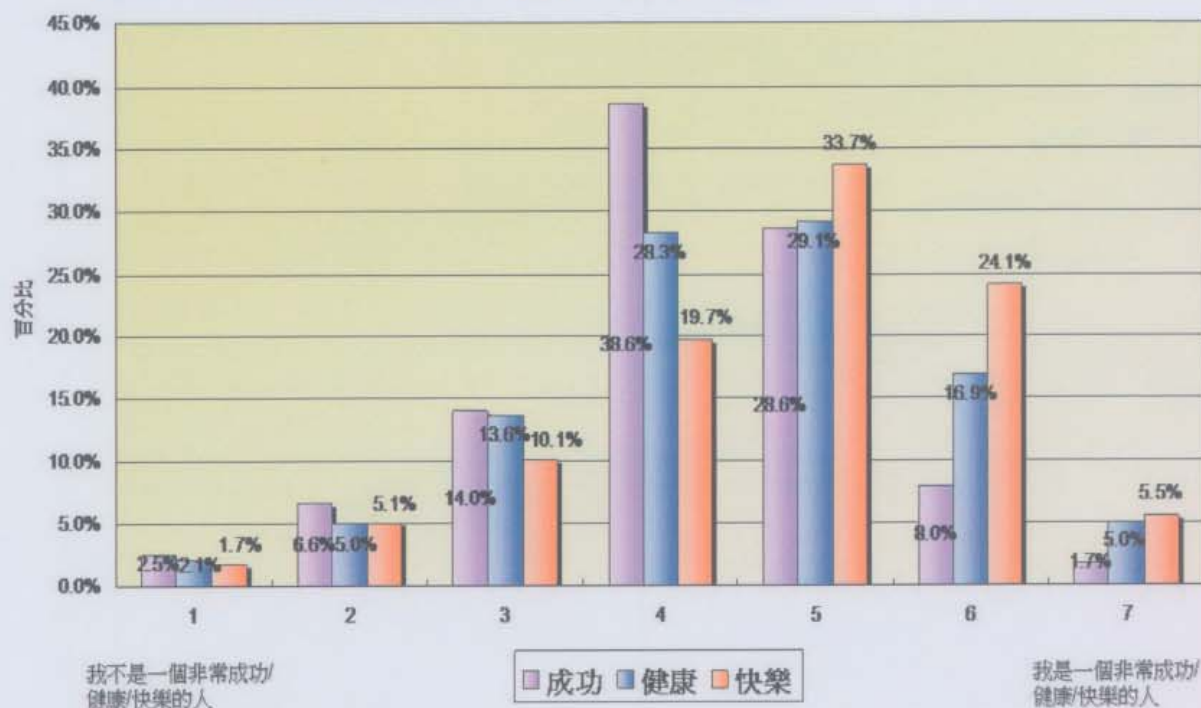
學生渴望多加培養的品格長處則與個人才智和成就相關，如「創意」、「領導才能」、「洞察力/智慧」、「勇氣」及「活力/幹勁」（見表二）。此外，認為自己相當成功的學生（選擇5分及以上；見圖一）亦不足四成(38.3%)。由於受訪學生仍在求學階段，對個人成就未感滿意可算是意料中事。幸而，學生似乎都能意識到自己的不足之處。若能積極訂立自我改進的目標，並付諸行動，必可為將來的成功打好基礎。

表二：學生渴望多加培養的品格長處（首十項）

1. 創意Creativity (52.2%)
2. 領導才能Leadership (41.7%)
3. 洞察力/智慧Perspective (37.8%)
4. 勇氣Bravery (32.6%)
5. 活力/幹勁Zest (31%)
6. 自制Self-Regulation (31%)
7. 幽默感Humor (27.2%)
8. 堅毅Perseverance (26.8%)
9. 好學Love of Learning (22.2%)
10. 樂觀Hope (19.2%)

Character Strengths

圖一：學生的主觀成功、健康、快樂程度



兼修品行學識，開創精彩人生

大學階段的各種挑戰既能為同學帶來成功與滿足感，亦可為同學增添壓力和衝擊。要克服挑戰以至達成個人目標和理想，同學除了要努力掌握新知識和技能外，亦需培養良好品格與德行。為此，同學需要多閱讀有關自我認識和品格培養的文章，多聽取親友及師長對自己的評價和建議，並且多參與有利個人健康成長以及社群發展的活動。同學亦可隨時瀏覽「品格能源庫」內的「品格探測器」（見圖二）和「品格提煉站」（見圖三），進一步拓展個人內在資源。

祝你享有理想的大學生活，逐步邁向豐盛的人生！

圖二：「品格探測器」（例題）

請根據你的實際經歷，選擇你認為是真實的答案：

在過去一個月（四星期）內，我（我有）：
說實話，待人以誠，為自己的言行負責。

從不/甚少 間中 一半時間 通常 經常

做事全力以赴，懷著興奮的心情迎接每一天，時常感到充滿活力。

從不/甚少 間中 一半時間 通常 經常

放眼未來，期待美好的事情，相信憑著努力可以達成理想的將來。

從不/甚少 間中 一半時間 通常 經常

- 節錄自「品格探測器」

圖三：「品格提煉站」（例：創意）

創意是指創造新思想、新意念的能力。富創意的人不會墨守成規，反能突破框框，運用想像力解決困難，提升效能，並為生活添上新鮮感及色彩。

提煉建議

創意的基本功由多讀、多聽、多看、多談、多想和多寫開始

- 閱讀一些能啟發創意的書籍
- 考慮修讀攝影、陶瓷、繪畫、插花等課程
- 享受創意之旅，包括逛工藝品店或到大自然遠足
- 從新的角度細觀熟悉的事物和環境，發掘其中的新元素
- 與朋友一起討論一些新鮮和富創意的意念或解難方法

- 節錄自「品格提煉站」

Caring Campus



分享《校園關顧情》

學生事務處 學生輔導及發展組

自上期<大學廣場>刊登了同學就「關顧校園」的一些體驗和本組的徵稿呼籲後，我們得到不少同學及教職員的響應和支持。這回繼續將已收集的「關顧情」與大家分享。

我的關顧軼事……



When I prepare for tutorials and Q & A sessions, my seniors and classmates always provide me with documents, which guide me to carry out adequate preparations.



今天約了同事往范記午膳，誰知路上突然下起滂沱大雨。我因沒帶雨傘，所以不能前進。看見兩位女同學拿著雨傘路經，原想請求她們幫忙，她們卻充耳不聞，急趕上路。正當我繼續呆站的時候，竟然有位從對面走過來的男同學主動問我是否需要雨傘，甚至不介意向原路折返，護送我到達目的地。這「溫文有禮、樂於助人」的同學真的給我留下深刻和良好的印象！



大病初癒，復工時適逢開學在即，上班的感覺如同上戰場。雖然已休息了一段日子，但體力還未完全恢復，要應付手頭的工作，實在感到吃力。幸好，有一班很細心、很體諒和很有愛心的同事，不只一個、而是幾個都分別主動提出分擔一些工作，使我頓時感到輕鬆得多了，心中亦深深感受到這份情、這份暖。我想在這裏說聲：「謝謝！」。

我期望的關顧校園是……



我希望各同學有一顆包容和體諒別人的心，大家互相支持和關懷；不要單以追求高GPA為目的，反而重視全人發展和建立友好的關係。



我希望大學可以舉辦多一些切合「關顧」主題的講座或工作坊，同學之間可以玩「秘密天使」(Secret Angels) 的遊戲來增加大家的感情，這樣或者能夠令大家了解「關顧」的重要性。

我可以做的是……



Caring for others, showing my love to others as well as communicating with them frequently are the basic things that I can contribute to a "Caring Campus".



細心觀察同學或朋友的情緒，多留意身邊的事情。抱著一顆觀察入微的心主動提出幫助。這樣不但可以幫助有需要的人，更可以促進校園內的關顧文化。

除了以上的分享內容外，還有更多的「關顧校園」稿件已上載到本組網頁 <http://www.cuhk.edu.hk/osa/scds>，歡迎各位瀏覽閱讀。如您對「關顧校園」有任何體驗或分享，歡迎將稿件交回范克廉樓一樓或電郵至 caringcampus@cuhk.edu.hk (本組將保留來稿的修改及編印權)，讓更多中大人得以分享您的「校園關顧情」，一起締造彼此關顧的校園文化。



Caring Campus

索取中大學生事務處2010「關顧校園」海報年曆



學生事務處 學生輔導及發展組

在兩旁林蔭的百萬大道上，一群活力充沛的中大人，團結一心為建造關顧校園而努力，宣揚「關顧校園攜手創」(Building a Caring Campus)的訊息——這正是學生事務處2010年年曆所描繪的意景，也可能是各中大人的願望。

學生事務處特意邀請了以「滋潤心田，傳遞關愛」為使命的〈芥菜種〉製作公司，設計了2010海報年曆，藉以鼓勵各中大成員結伴攜手，共建關顧校園。

有意索取年曆的同學或教職員，可於辦公時間內憑學生証或職員証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領取)。每人限領一份，數量有限，送完即止。查詢請致電2609 7208江小姐。

OSA 2010 'Caring Campus' Poster Calendar

Student Counselling and Development Service, OSA

At our tree-lined University Mall, a group of cheerful and energetic people gather in a heart-shaped formation, uniting as one and sharing the vision of **'Building a Caring Campus'** — this image is vividly portrayed in the OSA 2010 Poster Calendar and probably reflects the wish of every member of our campus community.

As part of our Campaign to promote a 'Caring Campus' in CUHK, the Office of Student Affairs commissioned the special production of an A-3 size Poster Calendar for 2010 by Kelvin Collections, a design house with 'nurturing the soul and conveying care' as its own motto.

The calendars are now ready for collection. By presenting your student or staff I.D. card, you can obtain a complimentary copy from the Student Services Centre (for students) or the Student Counselling and Development Service (for staff) respectively on 1/F and 2/F of the Benjamin Franklin Centre. One for each while stock lasts. For enquiries, please call Ms. Kong at 2609 7208.



International Corner

Life-changing experience at Global Internship Programme 2009

Career Planning and Development Centre, OSA

Last summer, 181 CUHK students gained valuable opportunities to receive internship training under Global Internship Programme (GIP) 2009. They were placed to cities in Mainland China, Australia, Canada, France, Germany, Ireland, Malaysia, Singapore, South Korea, United Kingdom and United States. All student interns returned home with exciting cross-cultural experience and polished practical skills.



Bonnie Cheung, Christine Kam (Journalism and Communication)
Interns at Special Broadcasting Service, Melbourne

"We were fortunate enough to take an internship at the Special Broadcasting Service (SBS) Radio. SBS is an Australian company specially established to cater for the interest and needs of 68 nationalities with different cultures and languages... And it is true that you have to learn how to take care of yourself when you are living in an entirely different place."

Alice Mok (Law), Derek Sin (Global Business Studies)
Interns at Aon Asia, Sydney

"We worked at the Legal and Compliance Department and the Corporate Planning Department respectively. As Aon is a multinational company, the internship not only gave us exposures to knowledge in the real business world, but also granted us a glimpse of the culture, behaviour and values of people in a global working environment. The relaxing lifestyle, the enjoyment of life, the appreciation of the nature and the meeting with people are the things we are going to miss so much."



Anthony Cheung (Integrated BBA)
Intern at L'Oreal, Paris



"With more than four office buildings in Paris alone, L'Oreal is, undoubtedly, one of the most prestigious companies in France, and working there is immensely tough. It is normal that you will be very stressed after a day of work. The company, though, is so sensitive to employees that it organises activities, such as after-work party, to alleviate our pressure. It is not difficult to strike a work-life balance here... Through different projects, I have learnt a lot about marketing after this internship."

Nikki Au (Economics)
Intern at Hong Kong Economic and Trade Office, London

"I was actively involved in the daily operation of the office during my ten-week internship, covering everything from media monitoring to preparation for government official visits. I was assigned some preparation work for the visit of Mrs. Rita Lau, JP, Secretary for Commerce and Economic Development. I drafted the opening speech for Mrs. Lau at the London Hong Kong Dragon Boat Festival 2009 and also conducted a research on the Arabian District in Finland."



International Corner



高韻妮(政治與行政學)、譚健榮(工商管理學(綜合))
北京 - 香港特別行政區政府駐北京辦事處實習生

「我們的主要工作是負責兩個研究報告，分別是研究港人在環渤海經濟區的商機和中國邊境貿易給予港人的機遇。此外，我們分別出差到天津和哈爾濱，參加了兩個商務洽談會議，見識到中國各省各地商務發展的最新情況。於七月一日，我們還協助駐京辦舉辦一個慶祝回歸十二週年的圖片展覽，這些經歷都是十分寶貴且難忘。」

鄭瑞群、楊茹玉(中國語言及文學)
北京 - 北京魯迅博物館實習生

「『各位朋友，歡迎您跟隨我的解說，一起追尋魯迅的足跡……』暑假裡，我們獲得在北京魯迅博物館實習的機會，在短短一個月裡跟隨社會教育部的老師學習，認識魯迅的生平、文學作品和思想。我們還學習講解技巧，並擔任講解員，帶領訪客追尋魯迅的足跡。」



何璧好(專業會計學)
上海 - 畢馬威華振會計師事務所實習生



「在這六星期內，我被分派到其中一個審計部門。這個部門的主要客戶是銀行及房地產公司，而我有大約三星期的時間有機會到客戶的公司協助進行審計工作。我分別到過兩間房地產公司，我看到我的同事怎樣靈活地進行審計；他們亦會按照我的能力分配工作給我。」

To join GIP

The recruitment for GIP 2010 will start in January next year. Keep an eye on our promotion when you are back from examinations!

About Global Internship Programme

First launched by the University in 1997, GIP aims to equip students with knowledge of and an early exposure to the culture and working environment in Mainland. Arrangements were made for our students to take up internship positions in various cities of Mainland China in summer. In 2006, in line with the University's mission on internationalization, the Programme was expanded to overseas cities.

GIP not only helps enhance our students' language and interpersonal skills and workplace exposure, but also broadens their horizons outside Hong Kong that are conducive to their personal growth and career development. In the past 12 years, around 2,200 students have benefited from the programme.

For details, please visit the website <http://www.cuhk.edu.hk/osa/gip>.

International Corner

UNDP China Internship Programme – My 10-week Internship in Beijing

Erica Chan (MSSc, Corporate Communication)

I worked in the Energy and Environment (EE) Team of the United Nations Development Programme's (UNDP) Beijing Office from June to August this year. During the internship, I was engaged in a variety of jobs including project management, administrative support, translation work and organization of campaigns. Not only have I gained abundant environmental knowledge from the team, my horizon has been broadened by having a glimpse of the vision and mission of the United Nations (UN). And by assisting in the management of the launching ceremonies of regional projects, my communication and public relations skills were polished. The diversified cultural dynamic and all-embracing working environment of UN were very impressive as well. With people of different nationalities, the organization respects diversity, and I have learnt to be adaptive and flexible in this dynamic and enjoyed the harmonious working environment.



Me (left 2) and other interns, assisting in the reception counter during a ceremony.

There were many memorable scenarios during my internship, and one of the most unforgettable moments would be the visit of the UN Secretary-General, Mr. Ban Ki-moon. He participated in the launching ceremony of one of our projects, bidding people's support to more efficient energy consumption and recognizing China's effort in promoting energy efficiency. He also visited our office and took group photos with us. I was very impressed by his humble and approachable attitude. At the talk, he shared with us his vision and plan as a leader of an international organization, and it was my great honour to shake hands with him.

Apart from work, I met good friends and colleagues during my internship. They all gave me considerable support. A strong bonding was developed among the interns. There were numerous gatherings and trips organized among the interns during weekends and holidays. I would never forget the friendship, especially with my flatmate who was also an UNDP intern. We shared our joy and sadness during the 70 days in Beijing.



Gathering with interns



My colleagues in the EE Team

I would also like to take this opportunity to express my gratitude towards my supervisor and colleagues, who provided me with generous support and guidance. They were kind and supportive, and I always sought advice from them, no matter on work or life experience. Their advice helped me to grow faster and better.

About the UNDP China Internship Programme

The UNDP China Internship Programme offers a small group of outstanding postgraduate students the opportunity to acquire working experience in the United Nations system each year. Through this programme, interns are exposed to UNDP's development activities, thematic priorities and technical cooperation practices. Interns will specialize in the areas of democratic governance, poverty reduction, environment and energy, HIV/AIDS, donor coordination, private sector development and other activities related to sustainable human development. In summer 2009, two out of the five internship places were offered to CUHK postgraduate students.

International Corner



Dolce Vita in Italy: Pizza

Bryan San (Year 4, Journalism)

Currently on exchange in Italy, Bryan will share his cross-cultural life experience in the country where people are characterized with a value to embrace life to the full.

What is your first impression of Italy? Luxury brands, The Leaning Tower of Pisa or Inter Milan? Italy is a really attractive country. Its fashion industry, heritages, and soccer are renowned in the world. Besides, Italian cuisine is another unforgettable experience during my stay in Italy for a four-month exchange.

There are thousands of famous Italian dishes, spaghetti, lasagne, tiramisu, etc. However, for people like me who do not want to spend more than €15 for a full course meal everyday, pizza must be your first priority in Italy. You can enjoy a basic normal size Margherita pizza (about 6 inches in diameter) for only €3! It is definitely one of the cheapest kinds of food available in this Western European country.

Naples in Southern Italy is the origin of pizza. The first modern pizza was born in this biggest Southern city 200 years ago. In Naples, it is nearly impossible to have a bad dining experience, especially when you see a "vera pizza" (real pizza) sign, which is a guarantee to serve the original Italian pizza.

Unlike people in Hong Kong who always want "innovative" ingredients in their pizza, Italians obviously prefer the traditional ones. Mozzarella cheese, salami, mushrooms and hams are some of those popular ingredients in Italian pizzas. Thick crust, thin crust and cheesy crust are weird for Italians. You can only find one kind of crust in a pizza restaurant, crispy crust in Rome or a soft bread-like crust in Naples.



Margherita is one of the most traditional Italian pizzas. It contains tomato, mozzarella and basil. It is believed that these represent the three colours on the Italian national flag.



Pizzas in Italy can be very creative too. I found this pizza with fries and sausages in an award-winning pizza restaurant in Naples. The pizza is in a heart shape and decorated with a "swan".



Cheese-lovers' all-time favourite, the Quattro Formaggi pizza (pizza with four kinds of cheese).



Montanara: a special kind of pizza with a fried, instead of a baked crust.



For Italian, it is usual to finish a whole pizza no matter you are a boy or a girl.

About Italian meals

While pizzas are generally considered the world-popular dish of Neapolitan origin, the traditional Italian meals are regarded as a quality time to be spent with family and friends instead of simply for immediate nourishment.

A characteristic of Italian meals is that the primo or first course is usually a more filling dish such as risotto or pasta. Modern Italian cuisine also includes single courses (all-in-one courses), providing carbohydrates and protein at the same time (e.g. pasta and legumes).

The followings are the terms commonly found on Italian menus:

Aperitivo -	apéritif ("alcoholic drink") usually enjoyed as an appetizer before a large meal may be Campari, Cinzano, Prosecco, Aperol, Spritz or Vermouth
Antipasto -	literally "before (the) meal", hot or cold appetizers
Primo -	"first course", usually consists of a hot dish like pasta, risotto, gnocchi, polenta or soup.
Secondo -	"second course", the main dish, usually fish or meat.
Contorno -	"side dish", may be a salad or cooked vegetables. A traditional menu features salad with the main course.
Formaggio e frutta -	"cheese and fruits", the first dessert. Local cheese may be part of the Antipasto or Contorno as well.
Dolce -	"sweet", such as cakes and cookies
Caffè -	coffee
Digestivo -	"digestives", liquors/liqueurs (grappa, amaro, limoncello, sambuca, nocino, sometimes referred to as ammazzacaffè ("coffee killer"))

Gymboree

Be A Hong Kongese!!

Incoming Students Section, OSA

With the aims of providing an opportunity for non-local students to have a real taste of Hong Kong people's lives in respect of the language, the people and their living environments, the two-week "Be a Hong Kongese" programme is the first of its kind launched on campus by the Incoming Students Section. A total of 26 students joined the programme this year, with 5 local students and the rest from other parts of the world, including mainland China, Malaysia, Singapore, South Korea and Taiwan.

After about a month studying in CUHK, I was excited to visit a local family for the first time. My host family, Bryan Chan and his mother were extremely nice and hospitable. I visited them with my group mates, Grace Kim from South Korea, as well as Carol Huang and Shaun Ying from Mainland China. Before our visit, we learned some basic Cantonese phrases. They came in handy when we ordered our food at a local Chinese restaurant near Bryan's home in Central. We had wonton noodles and steamed dumplings for lunch. They were very delicious and I was stuffed full! The waitress showed us the right way of eating wonton noodles with different types of chili and sauce. I also liked how they presented their wonton noodles in the most original way -- noodles on top and wonton at the bottom.



Polly (2nd from the left) enjoyed visiting Bryan and his mother (2nd and 1st from the right) with their new friends.

When we arrived at Bryan's home, the high-rise apartment shocked me. I almost had a heart attack when I learned that the local high-rise apartments can go up to 88 floors. Bryan's mother prepared afternoon tea for us. She even bought us the famous egg tarts from Tai Cheong Bakery. The egg tarts were delicious, especially when they just came out of the oven! According to Bryan's mother, the former British Governor of Hong Kong, Chris Patten was one of many well-known patrons of Tai Cheong. She also shared many stories of Hong Kong with us. I enjoyed talking to her on issues ranging from the public housing units of Hong Kong to its actors.

I also enjoyed the time when we shared our family visit experiences during the sharing session. The OSA staff prepared games for us to test our knowledge on Cantonese! I would never forget the facial expression of Shaun when he tried

to say 'I love you' in Cantonese to Bryan, my hard-working group member Carol, our Miss Afraid-of-Sunshine Grace, the very helpful organizers Eling, Kathy and Kelvin with his funny Putonghua accent and so on.

I feel that this programme was a good opportunity for me to understand the daily life of a Hong Kongese. Besides, I also gained international experience because I made some good friends with my fellow group mates. The interaction was not limited to intercultural exchange between Hong Kong and my country only, but also an integration of many parts of the world. Sharing our views and understanding others' perspectives and attitudes had enriched my cultural understanding and global perspective. Although our values and attitudes towards various issues might differ, we had become very good friends. I could still remember clearly the smiling faces and laughter of my group mates and my host family. Thanks for the warm welcome and hospitality!

Polly Chan (Year One, Electronic Engineering student from Malaysia)



Ivy (2nd from the left) and her non-local friends.

讀大學其中一個寶貴之處是，我們可以得到很多文化交流的機會。學生事務處舉辦了Be a Hong Kongese這個活動，不但可以讓我結識到更多的來自不同國家或地方的新朋友，更可以與他們作語言及文化上的交流。因此，當初朋友問我有沒有興趣參加的時候，我沒有多想就立即答應了。Be a Hong Kongese整個活動包括了由本地學生教授及安排的「廣東話班」和家訪。就「廣東話班」，我為組員選了大學生的常用語和購物作主題，我很高興看到我的組員們都很投入參與。同時，他們亦替我糾正了不少香港式的普通話。有趣的是，原來內地和新加坡的學生都會用「潛水」這個俚語。家訪時，我們有更多機會傾談，他們都分享了一些旅遊經驗和在香港讀書的感受，這都讓我對非本地學生有更深入的了解。

Ivy Lau (Year Two, Nursing student from Hong Kong)



Happy faces of "Be a Hong Kongese" programme.

「香港攻略」之夜使我不再迷茫

胡家庚（文科基礎班一年級，來自山東省）

9月份開學至今已經過了兩個多月，對於我們這些從內地五湖四海來的新生來說，基本已熟悉中大裡的學習和生活了。但是我們經常會有一種感覺，就是每次當我們走出中大時，感覺有一些迷茫，不知道該去哪兒。為了讓我們更加了解中大以外的香港生活，來港生組為我們內地新生組織了這次「香港攻略」之夜的活動。

當天晚上活動一開始，我們就被隨機分成紅、黃、藍、綠四個小組，我還被藍組的組員推舉為隊長。活動的主持是兩位本地學姐—Carol 和Claudia，我們在一個多小時內參與了三個豐富多彩的遊戲，包括“衣食玩路線設計”、“以訛傳訛”、“演繹俚語”等等。我們樂在其中，同時又進一步瞭解了香港的生活文化及生活中的常用語。通過這些遊戲，我知道香港還有很多好玩的地方，例如去西貢遠足和出海釣墨魚，而飲品可以“飛沙”（不加糖）和“走奶”

（不加奶）並且“打包”（外賣）。即使我們不能在遊戲中拿取滿分，但我們學懂了很多有趣的新詞彙，最後我們藍組也在齊心合作下勝出，可說是收穫甚豐！

我真的非常感謝來港生組為我們組織這次活動以及帶領我們進行遊戲的Carol和Claudia。這次活動不僅讓我認識了更多同學，而且加深了我對香港文化的認識。我衷心希望這個活動越辦越好，同時也希望這類活動越來越多。



我（中間）與藍組組員們



活動圓滿結束，我們已準備好出發去探索香港！

有關「香港攻略」之夜

為使新來港的同學更了解香港的生活，並鼓勵他們走出校園去親身接觸香港的文化，學生事務處來港生組在11月9日晚舉行了一個名為「香港攻略」的活動，共吸引了33個內地生參加。活動以遊戲形式進行，透過本地同學的主持和介紹，加深了內地生對香港的認識，為他們融入本地生活打了一枝強心針。

Congrats

內地文化考察計劃獎學金得主對內地發展的一份關心

學生事務處 學生活動及設施組

自2000年起，學生活動及設施組一直統籌「內地文化考察計劃獎學金」之得主選拔及計劃開展工作。有關獎學金由一名熱心匿名人士捐出，旨在鼓勵全日制本科生善用暑假到內地進行文化考察活動。今年暑假，六個小組分別以「四川地震災區青少年心理狀況考察 — 家園重建從心理重建開始」、「西藏高等教育系統考察 — 寺院教育系統與現代化學院之對比研究」、「甘肅交流考察團 — 從環境問題探索當地文化」、「商業旅遊對滇北自然和文化遺產的影響」、「三峽工程對三峽地區文化遺產影響研究」及「甘肅南部地區基督教現狀與發展考察」為題，運用獎學金到內地進行不同課題的考察研究。

「四川地震災區青少年心理狀況考察 — 家園重建從心理重建開始」組

四川大地震發生至今雖已一年了，地震災民中仍存在比較嚴重的心理危機，尤其災區的青少年，其心理素質影響著他們的未來世界觀和人格的形成，及至對社會的看法和態度。三位來自四川的中大同學，深感自己對家鄉的建設有著不可旁貸的責任，對於災民的苦難有著不可遏抑的同情，因此於地震周年祭之時，他們前往四川地震災區，進行關於青少年心理狀況的調查。



「西藏高等教育系統考察 — 寺院教育系統與現代化學院之對比研究」組

今年七月初，組員以綜合對比及評價現代化教育系統與本土寺院教育系統為目的，實地走訪了西藏自治區的哲蚌寺、沙拉寺、大昭寺、紮什倫布寺，西藏大學及藏醫學院，並重點考察了當地的一般僧侶、普通市民、大學生及教師，收集了大量第一手資料。組員整理與分析了資料，就兩個教育系統的建設及持續發展提出建議。

「甘肅交流考察團 — 從環境問題探索當地文化」組

在十四日的考察中，組員主要從自然、歷史與文化三方面認識甘肅省。甘肅是一個無論在自然或歷史上，均有豐富且具特色景觀的省份。在自然上有鳴沙山月牙泉、馬雅雪山等；歷史上則有黑水國遺址、嘉裕關、莫高窟等。此外，組員從甘肅的民族、民情和生活中，了解到與香港截然不同的內地文化。在短短兩個星期裡，組員所接觸的、所思考的、所了解的，均使他們在各方面有所成長。

「商業旅遊對滇北自然和文化遺產的影響」組

滇北有豐富的自然和文化遺產。這些遺產在旅遊業蓬勃發展的過程中，面臨了許多問題。今年暑假，組員進入滇北各個重點旅遊景區，考察當地的商業旅遊和自然文化遺產之間的關係。考察主要集中於滇北自然和文化遺產現狀、旅遊業開發的主要方式，以及旅遊業對文化遺產造成的影響，並通過這些分析，嘗試提出一些可行建議。

「三峽工程對三峽地區文化遺產影響研究」組

三峽工程完成至今，除了對不少文物有所影響外，還出現許多當時沒有預料到的問題，例如庫區漲落帶的變化導致周邊水土侵蝕嚴重，巴人文化也許因三峽工程的修建工程而被影響等。透過三峽考察之旅，組員探討工程對三峽地區的文化遺產影響及文物保護工程的情況。

「甘肅南部地區基督教現狀與發展考察」組

甘肅是一個擁有多個宗教背景的省份。甘肅人分別信奉伊斯蘭教、佛教、天主教、基督教和道教。其中以信奉伊斯蘭教和佛教的人佔大多數，相比上述兩個宗教，基督教直至十九世紀末才由陝西傳入甘肅，勢力可謂相對薄弱。考察計劃的目的就在於實地考察基督教在甘肅的發展現狀，並探討基督教為何及如何能在伊斯蘭教及佛教如此盛行的甘肅省得以發展，並進一步分析甘肅基督教發展的內在條件和面臨的障礙和探討基督教在甘肅擴張的前景。

新一屆「內地文化考察計劃獎學金」將於明年接受報名，參加者必須為全日制本科生（畢業班同學除外），並須自組考察團，或以已經註冊之學生團體名義申請。此外，所有參加單位均須提交計劃書及有關文件以作評審之用；有興趣者請留意稍後之公佈。

Congrats



「第五屆兩岸三校學生運動友誼賽」 中大奪三項亞軍

兩岸三校學生運動友誼賽是北京大學、香港中文大學和台灣大學三校之間的一項傳統體育文化交流活動。本屆賽事於2009年10月27日至31日假北京大學體育館(2008北京奧運乒乓球比賽場地)進行。中大隊伍由副校長黃乃正教授及大學輔導長吳基培教授帶領參加賽事，包括女子籃球、男女子羽毛球及男女子乒乓球比賽。儘管天氣寒冷，但體育場館內的比賽氣氛非常熱烈。在三項球賽中，本校的羽毛球隊、乒乓球隊及籃球隊的成績都是一勝一負，名列亞軍。無論勝敗，三方的隊員都展現了良好的體育精神，體現了兩岸三校學生的珍貴友誼！

成績總結如下：

項目	冠軍	亞軍	季軍
男女子羽毛球	台灣大學	中文大學	北京大學
男女子乒乓球	北京大學	中文大學	台灣大學
女子籃球	北京大學	中文大學	台灣大學

在緊張的賽事之餘，大會安排隊伍參觀多個旅遊點，既促進了文化交流，又把同學們的友誼更緊密連在一起。在北京的五天裏，中大隊伍與台灣大學的師生共遊覽過故宮、長城、798藝術區、王府井、奧林匹克公園等名勝。回程當日(11月1日)北京下了三十多年來最早的一場大雪。對生活在南方的同學來說，真是喜出望外，在鵝毛般的飄雪下，賞心悅目之餘，不用說又增添了一個難得的活動——玩雪。

這次友誼賽，作為東道主的北京大學招待無微不至，食住安排，妥善周到，兼且安排了多名志願者隨團照顧，除了使我們有賓至如歸之感外，同學間更平添了多份難得的情誼。在驪歌高唱的歡送晚會中，大家都期待下一屆友誼賽早日來臨，好讓三校友誼，再譜新曲。



不應啞忍性騷擾

防止性騷擾委員會



防止性騷擾委員會在11月5日於大學賓館舉行題為「戀愛教室」晚餐研討會，邀得東華三院芷若園社工主講。是次活動約有三十位來自不同學生組織

的幹事及同學出席。講者透過真實個案，引導同學思考，讓同學認識戀愛的特質及危機、學習預防性騷擾及戀愛暴力，並釐清同學在這方面的迷思，從而建立健康的戀愛關係。同學熱烈參與討論，把握機會踴躍與講者交流意見。

講者表示，她們處理的個案中，大部份都涉及相熟朋友之間發生的性騷擾。有些受害者雖然對此反感，但因顧慮到與對方關係熟稔，所以一直未有投訴。講者提醒同學如果遇到這些事件，要挺身而出：「相信自己的第一感覺。只要自己當時感到反感，無論雙方關係有多密切，都不應啞忍。」

解放軍駐港部隊的反恐演習令人眼界大開

學生事務處 學生活動及設施組

本校學生應中央政府駐港聯絡辦公室邀請，出席了2009年10月17日舉行之「2009年度駐港部隊與大學生互訪聯誼活動」。

活動於石崗軍營舉行，當日天朗氣清，同學除了欣賞駐軍軍樂隊之隊列行進表演、三軍儀仗隊操槍表演等精彩演出外，更有機會近距離觀看由駐港部隊特戰隊員上演一場逼真震撼的反恐演練，讓我們大開眼界！此外，同學又參觀了輕武器、裝甲車和直升機的展覽，在駐港部隊的講解下，同學對不同的武器有了初步認識。同學亦被安排與駐港部隊儀仗隊的官兵合影留念。



其後，同學與駐港部隊一起享用午餐，在輕鬆的環境下與駐港官兵交流。午餐後，駐港部隊為同學講授國防及軍隊知識，使同學受益匪淺。

「能夠參與是次活動實在令我十分高興，尤其是解放軍的落力演出更是令人讚嘆。直升機降落的一剎那，逼真的反恐演習正要上演，大家都看得咬牙切齒！之後還看到大學同學隊和解放軍隊的友誼足球賽，兩隊的認真令人佩服，大家都看得津津有味呢。」

謝采恩(新媒體碩士一年級)



CUHK Swimming Pool Meets World Standard with Aquatic Electric Timing System

Student Activities and Amenities Section, OSA

With the generous donation from Mr. Yeung Ming-biu, Chairman of Oriental Watch Holdings Limited, as well as the University Academic Equipment Grant and other funds, the University Swimming Pool has been newly equipped with an Aquatic Electric Timing System. While the manually-taken records of swimming competitions held in CUHK were not readily recognized in the past, the installation of the System has considerably enhanced the accuracy of timing and made this facility a competitive match with other universities, meeting the world standard. A light-up ceremony of the Inauguration of the system was held on 9 October 2009.



Upcoming OSA Activities

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

Events	Organizer / speaker	Date
Mental Health First Aid for CUHK staff	SCDS	1,3,8,11 Dec 2009
CUHK-OSA 2010 Calendar Distribution	SCDS	Dec 2009 onwards
Affect Regulation and Soothing Workshop	SCDS	12 Jan 2010
Caring Campus Carnival cum uBuddies Launching Ceremony	SCDS	29 Jan 2010

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

Events	Organizer / speaker	Date
"Culture Blog"- Radio Programme on CU Campus Radio	Incoming Students Section	Jan 2010
Workshop on Effective Learning II - Project Management Skills (To be conducted in Putonghua)	Incoming Students Section	Feb 2010

Share your good news

The University MarketPlace keeps the members of the CUHK community connected. Your news and sharing are important to the community. Share with us your latest stories about your achievement, honours and awards, research excellence, etc. Please email your stories and/or photos together with your name, major programme, year of study, mobile phone number and email address to marketp@osa.cuhk.edu.hk.