



香港中文大學
The Chinese University of Hong Kong

ISSUE 163

UNIVERSITY MARKETPLACE

大學
廣場

- ☐ *A Quick "Body Check" to Summer Employment*
- ☐ *Dream Career Comes True*
- ☐ *Enhancing Mental Health*

SUMMER
OUTLOOK



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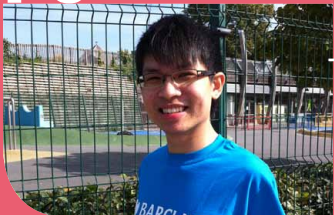
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Adjusting to living in Hong Kong has stressed me out in some ways...

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『成長通識站』暑期活動

暑假做咩好？

報讀Summer school?

暑期工?

交流團?

去旅行?

學外語?

Hea?...

本刊記者訪問了幾位同學，問問他們「暑假做咩好？」

淑明 二年級同學

「我一向都有做義工的，趁暑假期間會幫中心帶小朋友活動，例如宿營、行山等。我都想做暑期工架…搵到嘅話！」

Nelson 二年級同學

「我下年的暑假要實習，所以今年一定會去旅行！但礙於金錢的考慮，所以會去D近近地的地方，我計劃去台南墾丁，果度D風景好靚，去自遊行應該都會係一個不錯的選擇！」

Kathy 一年級同學

「入U後第一個暑假，梗係要參加多D之前未接觸過嘅活動啦！…其實我諗住報交流團或遊學團。不過兩者都要interview，希望我入選啦！…其他時間我諗我會“Hea”吓，同D朋友去玩吓！」

Vivian 三年級同學

「作為應屆畢業生，我而家已經開始搵工同面試，我又想去吓旅行！好似有好多嘢想做咁！回想之前的暑假，我覺得有部份時間係虛耗咗。如果可以時光倒流，我諗我會藉暑假進修下、參加多D不同的活動擴闊眼界，因為眨眼便畢業，再沒有這麼悠長的假期了！」

如果你…

- ~ 未有具體的暑假計劃…
- ~ 不希望浪費光陰，想參與一些有助個人成長的活動…
- ~ 已報讀中大暑期課程，希望時間更充實…
- ~ 希望有一個反思的空間、整理一下自己的過去以迎接未來的挑戰…

歡迎參與學生事務處學生輔導及發展組為你特意安排的暑期《成長通識站》。詳情如下：

主題	形式	對象	人數	舉行月份
★ 建立自信	小組形式 (四節)	本科生	20人	17/5, 24/5, 7/6, 14/6
★ 增強人際溝通	小組形式 (四節)		20人	21/6, 28/6, 5/7, 12/7

活動及報名詳情已上載於本組網站：<https://osantd.osa.cuhk.edu.hk/scdsmain/chihtml/>
查詢：3943 7208 (馬小姐)

Summer Job Attachment under Police Mentorship Programme

"A fruitful working experience with the police"

Have you ever imagined that you can work in the Police Headquarters when you are not a police officer yet? The Police Mentorship Programme (PMP) job attachment just brought me such fantastic working experience last summer holiday.

I worked in the Operations Wing (行動部) for eight weeks to conduct a research regarding the Hong Kong social movement development in the recent ten years. As we often talk about the "post-80s" activists and waves of demonstration nowadays, we seldom drill deeper to study the modes of transition and the rationales behind the scene. This job attachment surely widened my horizon by providing me with such a precious opportunity to analyze such social phenomenon through observation of demonstration, literature review and interviews with scholar and activist.

On the other hand, I provided another perspective, rather than the current police interpretation, for the police to study the local situation. Practical suggestions were made with reference to the foreign practices as well. So, this job is particularly meaningful since the research report was appreciated and the police would consider it when planning for future policing strategy.

From the daily conversation with the police officers, I could feel their professionalism and passion towards the police work. More than giving me advices on my research paper, they were eager to share their working experience such as how they prepared for the police recruitment process, their ups-and-downs and some impressive cases they have settled in the past. All these have deepened my understanding towards the police work indeed.

*Chan Wing Kwan, Julia
Government and Public Administration, Year 3
PMP Mentee 2011/12*

2010-11年度警隊學長計劃開展儀式 Police Mentorship Programme 2010/11 Inauguration Ceremony



The Police Mentorship Programme (PMP) was first launched in March 2004 as a proactive recruitment strategy to inspire high calibre undergraduates from local universities to join the Force as probationary inspectors (PIs) immediately after their graduation. In the past 9 years, over 180 CU students have been admitted to PMP and some of them eventually joined the Force.

In summer 2007, "Job Attachment" was added as a new initiative under PMP. The primary objective is to provide a platform for the PMP mentees to obtain work experience in their field of studies and appreciate the work of police through participation in projects. The Job Attachment is broadly divided into three categories, namely Research and Survey, Organizing Activities, and Designing Webpages and Databases. Very positive feedbacks are heard from participating mentees and students in the new batch are look forward to this valuable opportunity in the coming summer.



"Don't miss any chances around you"

The first ice-breaking event was held on the 10th February 2012, all the CU PMP mentees had a golden opportunity to get to know more about their mentors and the other mentees. Even it was just the commencement of the programme, the mentors have already shown their eagerness and enthusiasm for nurturing the new batch of mentees. Their passion motivates me to devote and contribute more to PMP in the future events. Besides, the summer internship is the most precious chance for the mentees to get the real taste of Police's work. Not only it develops us a deeper understanding of the Force, but also we can interact with the officers of the attached units for six weeks. The summer internship aims at providing jobs in research, organizing activities and IT techniques, which cater to mentees in any Majors in the University. The considerate and inspirational nature of the internship appeals to most of us and it must be very competitive to strive for a vacancy successfully.

I believe it must be my regret if I did not apply for this programme. Under the guidance of the mentors, I am confident that they can enhance my maturity and develop my potential to become an all-round person, so that my versatile ability would be useful in making any contributions in the society.

*Ng Mei Mei, Amy
English, Year 2
PMP Mentee 2012/13*



掃毒？反黑？飛虎隊？

Mission: Impossible V

Have you ever imagined working in the HK Police Force and crashing at triad meetings arresting bad guys? Well, the summer job attachment might not exactly provide a chance for this, but it is certainly a perfect platform to get a taste of working with various police officers. Through participating in one of the summer projects offered under the HK Police Mentorship Programme, I aspire to discover the ambience of this fascinating field of work, a potential future career to us mentee.

During the summer job briefing in February 2012, a former PMP summer attachment prize winner shared with us his work experiences at the Police Headquarters. Nonetheless, I gathered that the reason for his award was not an ordinary good standard of work, which I am sure many other mentees duly satisfied. He, instead, demonstrated an aptitude in being a modest learner who would not back out of a task because he was not assigned to it. I have great admiration for his motto which centralized his speech, which is an attitude that has driven him to always contribute more.

*Angela C Lau
Legal Studies, Year 1
PMP Mentee 2012/13*



A Quick "Body Check" to Summer Employment

Are you in the midst of projects and assignments and at the same time looking for internship and job opportunities to enrich your summer experience? If you haven't activated your summer plan yet, a big hurry up perhaps is necessary as spring has almost gone. Let's see what you may need to catch up and take action by now.

Dusted off your résumé and covering letter!



- Your résumé is your marketing portfolio, keep it up-to-date
- Think about what you have accomplished during the period from your last update and add them in
- Make sure your résumé and covering letter are concise, organized and give the employer a sense of relevancy to the position requirements
- Always spell check, grammar check and make your résumé and covering letter error free, in order to show the employer that you are attentive to details

Get your interview skills polished!



- Show the interviewer(s) you are knowledgeable about the organization, the job position, and the industry in general
- Prepare for the popular interview questions and think over your personal examples and evidences to support your answers
- Communicate with positive impact: keep eye contact, speak clearly and confidently, smile and avoid negative messages
- Respond effectively to interviewer's questions
- Close the deal nicely

Self-appraise your interview experience and move forward!



- Self appraise and find ways to overcome difficulties and seek ways to improve
- Don't despair. Stick to your positive values, stay upbeat in your search, and move forward with confidence

Got the offer! Tune yourself to the "working world mode" before your first day of work!



- Have the right work attitude and work ethics
- Think about what you want to learn, set achievable and reasonable goals
- Be pro-active, well communicate with your supervisor(s) and make contribution to the organization
- Tune in yourself with the workforce

Last Minute Help!?



Career Planning and Development Centre's (CPDC) online resources can help you out anytime around the clock. Here are some of the choices:

Careers E-coach

It is an e-learning platform to guide you through the essential elements in career planning, résumé and covering letter writing and interview skills.

<http://serverfarm.elearningpro.com/cuhk/careercentre/Careers%20E-coach/login/index.html>



CPDC website resources

Apart from information on upcoming career seminars and workshops organized by CPDC, it also consists of useful information and quick links to free Personality Test, Careers Guides, Job Hunting Booklet, Graduates Employment Survey, Toolkit for Non-local Students, and so on.

<http://cpdc.osa.cuhk.edu.hk/>



Dream Career Comes True

Working at Investment Bank as Graduate Trainee is one of the dream jobs of many fresh graduates. Mr. John Cheng, CUHK graduate in 2011, shares with us his experience on how his summers and university life lead him to his current position as a Graduate Analyst at a renowned investment bank.

*John Cheng
BSc in Quantitative Finance, 2011*

My University Life

I majored in Quantitative Finance in CUHK. With my remaining credits I also obtained a minor degree in Economics. Despite having tough school work and tight deadlines for assignments and projects, I spent my spare time in various extra-curricular activities. I was the Vice-President of Chung Chi College Student Union, from which my leadership skill was enhanced. I also joined the exchange program to University of Southern California, where I polished my communication skills and expanded my cultural perspectives. I also participated in Joint-University case competitions and further developed my interest in the financial market and business world. All these experience are as important as the knowledge that I have acquired from lectures and textbooks.

My Fruitful Summers

Getting a job that I love is not just by chance.

I worked for four companies as summer intern before I joined Barclays as Graduate Analyst last year. I insisted applying for internship every summer, not just because it can “enrich” my résumé with working experience. Internship, in fact, is the best way to learn about whether I like the job and does the job suit me or not. I intentionally chose companies from very different fields, ranging from government, conglomerate to banking, in four summers during my university study. It is not until I worked at an investment bank I found where my real interest lies.

So, spend the summer time wisely and do not waste any bit of it! Getting a job that you love is not just by chance.

Find what you love to do, and go for it

“The only way to do great work is to love what you do.” Steve Jobs

For me, what I get most from university life is to figure out a career to pursue. As I have strong passion in financial market and structured products, I chose to join banking, one of the most competitive industries, among other job offers. Being a Graduate Analyst in Product Control Team at Barclays, I have chances to learn a lot more about financial products and how banks exploit market opportunities and make profit.

The greatest thing about working for a multi-national company is that one can gain significant global exposure in the industry. As soon as I joined Barclays, I attended a five-week training workshop with my fellow graduates in London. We travel to Singapore twice a year for further on-the-job training. Moreover, as part of my daily work, I hold conference calls with colleagues in different regions such as Tokyo, India, London and New York. I love what I am doing and I am grateful for the ample opportunities and resources provided for my career development.

It is important to think about what you really want before applying for your graduate job.



My Internship Experience with the World Health Organization

WU Ka-Yan, Ellery
MSSc in Clinical Psychology, 2011

A window of the headquarters of WHO provides a worldwide fascinating view of the world.



Internship in the WHO widened the horizons of Ellery. (The second right at the fifth row)

What is the World Health Organization (WHO) about? Public health? Avian Flu? Guidelines? Developing countries? Dr. Margaret Chan? Driven by the curiosity to know how mental health is conceptualized in a public health perspective, I applied for an internship with the headquarter of the WHO when I was studying the Master of Social Science in Clinical Psychology in CUHK. This simple curiosity created an opportunity for me to understand this leading global public health non-government organization that may in turn change my future career path.

I flew to Geneva in Switzerland right after the completion of my master study and started my internship in September 2011. During the four-month internship, I was placed in the Mental Health Policy and Services Development Team within the Department of Mental Health and Substance Abuse. Having a psychologist from Australia as my supervisor, I worked with a multi-national team on various projects related to mental health promotion on country or global level. For example, we researched various countries' mental health profile, conducted country visits (e.g. Greece) to implement a project aiming at improving quality of mental health facilities, developed the Global Mental Health Online Platform, drafted fund-raising documents and researched best practices in mental health service as part of the department's strategic plan to improve mental health care in the globe. These tasks are not what

a clinical psychologist would typically do in Hong Kong. Nevertheless, these experiences opened up many possibilities of what and how a person with clinical psychology training can contribute to Hong Kong's mental health. Preventive work is as important as, if not more important than, remedial care. Mental health service that is integrated in primary care is the world trend and is something that is urgently needed in Hong Kong.

On top of these lessons which are greatly related to mental health, I also learned a lot from all kind of free seminars, lessons and workshops for staff. I had so much fun taking part in all different kinds of activities organized by the very active intern community in the WHO as well as the UN system. I met some very interesting people and had some extremely inspiring conversations with people from different professions and from all over the world. If that is still not appealing enough, maybe the chance of travelling around the pretty Switzerland (also Europe) would make you start to plan seriously for your own United Nation internship.

I still remember the words written on one of the posters in my office in Geneva. "Those who make difficult choices in life often make lots of mistakes. But those who avoid difficult choices make the biggest mistake of all." I think that is the spirit we need to make a difference in life.

Two Summers, Two Experiences - From IT to Investment Banking



Last summer, I interned in 4PM Limited, a web services company in Ireland, through the Global Internship Programme. Interned in Ireland during the harshest economic downturn since its establishment in 1922 was a very special experience to me. It gave me a valuable international exposure and threw me out of my comfort zone. 4PM is an international company, which provides internship opportunities for students from various countries such as Spain, China, France, Germany and Turkey. The company has a rich variety of job roles, from which staff could make contributions and actualise their potential. As a programmer, I worked with my colleagues to make sure the coding is sound and easy to maintain. I also needed to pick up new technologies in a short period of time. It is good to see that Ireland is now recovering from the debt crisis and the economy is gaining traction.

With the fruitful offshore internship experience, I managed to secure a summer internship at an investment bank and will be joining her Technology Department. I am a business and engineering double degree student. I yearn to work in fast-paced environment. Investment banking industry seems to be a perfect match for me. With computerized program-trading gaining prominence and increasing number of exotic derivatives in the global financial market, it makes investment banking even more dynamic and exciting than ever. I applied for a number of investment banks and finally received this internship offer. I believe this is a good start to my profession. I look forward to a laborious and fruitful summer.

*Chu Tin Hang, Hugo
Double Degree Programmes: Engineering and Business Administration, Year 3*



THE UNIVERSITY'S PREPARATION FOR "3+3+4 NEW ACADEMIC STRUCTURE"

Student Reporter: Ng Yee Man Margaret

To accommodate the coming additional 3,000 undergraduate students due to the "3+3+4 New Academic Structure" in the coming fall semester, the University has been busily engaged in reviewing and revamping the campus infrastructure development and the undergraduate curriculum. Task Force committee members have been holding meetings and consultation forum frequently to update all stakeholders, including staff, students, and alumni, on the University's preparation for the 334 transition.

An open forum was held on 29th March to share with students updates on the University's development in various aspects. Some new plans like the development of the new buildings, betterment of bus services, a double increase of canteen capacity and staggering approach of class scheduling, etc. were reported.



Development of New Buildings

Professor Fung Tung, Associate Pro-Vice-Chancellor, said to meet the surging needs for additional space for teaching, learning, research, library and student facilities, five capital projects are currently in active building stage. They are the Centralized General Research Lab Complex, Two Integrated Teaching Buildings, Third Integrated Teaching Building, University Library Extension and Student Amenity Centre.

New Transportation Service

Our University is hilly and the campus shuttle has been the heart pulse of our school. Students rely on campus shuttle for their transit within campus.

Professor Fung assured that the number of campus buses and routes would be increased to provide adequate service for the enlarged community.

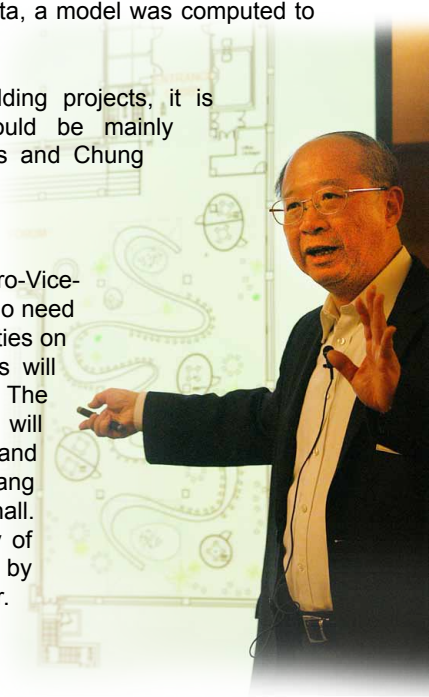
Class Scheduling

The location of classrooms, scheduling of courses and shuttle bus service are inter-related. Our University is adopting a staggering approach in handling classes among different Faculties. Based on actual data, a model was computed to reduce inter-zonal movement.

Upon the completion of building projects, it is anticipated that classes would be mainly scheduled on central campus and Chung Chi campus.

Canteen Capacity

Professor Michael Hui, Pro-Vice-Chancellor, told the students no need to worry about the dining facilities on campus. Some new canteens will be built at the new colleges. The seat capacity at NA canteen will be increased to 500 seats and the upper floor of Chung Chi Tang will be converted to a dining hall. As a result, the total capacity of canteens would be increased by 60% in the new academic year.





On the other hand, take-away lunch store is always an option to meet the students' need.

Health Services

Professor Hui also announced that the University Health Clinic would hire one more doctor and a pharmacist. In addition, more equipment would be installed. The University is also planning to apply smart phone applications to help new students to receive University announcements and adapt to school life.

Credit-Unit System

Professor Hau Kit Tai, Pro-Vice-Chancellor, explained the new Credit-Unit System to the audience. Normative 4 year program should include 39 credits of University Core subjects. Together with Major, Minor (optional) and Free Electives subjects, a student should take at least 123 credits in order to graduate. Professor Hau further mentioned some exemption mechanisms.

Orientation Camps

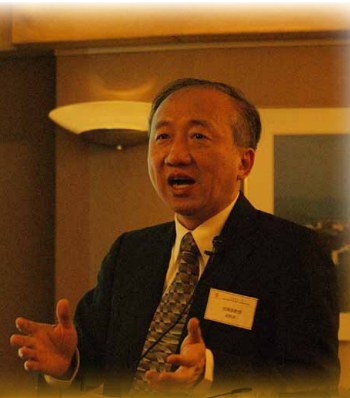
Professor Dennis Ng, Associate Pro-Vice-Chancellor, mentioned that different Orientation Camps would be tailored for AL and DSE students, but the College Orientation Camp would accommodate two groups of students at one time.

Examination Period

Mr Eric Ng, Registrar and Secretary, also reported the new school term would start on 10th September, 2012, i.e. one week behind the usual schedule. There would be two separate registration days for AL and DSE students in coming August. Centralized exam period would last a bit longer, and some of the students may need to take their exam after the New Year's Eve.



39
21
(6 + 9)
2
1
- 72
(9)



11-12	2012-13	% Difference
840	15386 (expected)	+ 30%
97	263	+ 33.5%



Enhancing Mental Health

In preparation for the intake of the double cohort this coming September, the Student Counselling and Development Service has implemented as well as planned the following comprehensive range of programmes and activities to cater to the developmental and mental health needs of our new students.

Develop a caring community in CUHK through the 'Caring Campus' Campaign so as to provide a supportive environment for our students to live and learn.



'uBuddies' Peer Counselling Network

- Trained over 100 students as peer counselors since 2010 to serve and provide peer support to their fellow students

Orientation Activities

- Conduct talk for O'camp organizers on 'Handling Students' Emotional Problems During O'camp'
- Participate in orientation programmes for new incoming students
- Compile the Handbook for New Students: Journey@CUHK



Self-Enhancement Campaign for New Undergraduate Students

- Customize College-based presentations in September / October to address the psychosocial needs of the double cohort
- Conduct the mental health screening on new students and follow up as necessary

Campus-wide Road Show

- Launch a roving exhibition on campus starting from September, 2012 to promote mental wellness and various student support services within the University

Student Development Programmes

- Organize personal development workshops and courses on self-understanding, self-confidence, interpersonal skills, stress-management, Mental Health First Aid, etc throughout the year to raise students' mental health awareness and facilitate their self-enhancement.



Psycho-educational Resources

- Produced self-help publications on psychological counselling, university adjustment, mental wellness, time-management, stress-management, self-confidence, social and communications skills, etc
- Produced short videos on 'Tips on Happiness', 'Caring in CUHK', 'U-Adjustment', and 'Peer Support'
- Enrich the Section's webpage with promotional and educational information and resources relevant to students' psycho social development and mental health

中大學生會 新「莊」上任



協理副校長兼大學輔導長吳基培教授與選舉委員會

每年二、三月，大學校園都會特別熱鬧，因為這是大部份「莊」（即學生團體）選舉的季節。每支莊都會出盡法寶拉票，懸掛橫額、跳舞、「dem beat」等更是指定動作，令校園生色不少。其中最大規模的選舉，非中大學生會莫屬。由於全校所有全日制本科生都是中大學生會的會員，令這個一人一票的選舉，擁有超過一萬名選民。與此同時，當選內閣便承擔著代表過萬名同學的重任。

看到這裡，你或許會問：中大學生會除了每年派發記事簿、提供影印和福利品銷售服務，還有甚麼工作？它又如何代表我？其實中大學生會的工作，遠遠不止上述數項；其中大部份更和每位同學息息相關。

隨著二月份的中大學生會選舉完結，三支新莊（包括幹事會、學生報及校園電台）均已成功當選。就讓我們看看三莊的介紹，從而了解中大學生會的工作吧！

幹事會

中大學生會由代表會及三個負責行政的團體組成，我們日常所稱的學生會，其實為中大學生會幹事會。幹事會的工作，除了為同學提供福利，亦包括招募學生代表，參與校內不同校務委員會，從而了解校園事務，並代表同學提出意見。另外，幹事會也會主動關心校政，同時放眼世界、關心社會。

本屆幹事會「覓」，主要工作目標包括參與校園民主、大學國際化、教職員待遇、新書院、校園公共空間及深圳分校等校園事務，同時關心大學三改四學制及其他高等教育政策、香港社會及政治、中國事務及推動環保等。他們印刷的政綱最後一頁還印有「為環境著想，閱後請廣傳」字眼，貫徹他們的環保理念。

學生報

顧名思義，中大學生會學生報，就是負責出版以中大同學為對象的校園刊物。本屆學生報「鳴」，寓意「不平則鳴」，為追求公義而發聲。他們希望為一些因經濟能力、種族、性取向等社會差異而被體制壓迫、主流媒體忽略的弱勢群體發聲（鳴）。學生報將包括社會版、校園版、性別/情色版、生活版、文藝版及教育版，為同學帶來不同的資訊與視野。值得注意的是，學生報歡迎中大同學投稿。如果你有意見或想法想和其他同學分享，不妨聯絡他們！

校園電台

新一屆校園電台名為「迴」。「迴」包含兩個「口」，代表校園電台除了讓同學發聲外，亦讓社會上不同人士發聲。而不重疊的「口」，表示每個發聲者都可以有自己的立場，不受外力影響。校園電台尊重每一個團體和個人的立場，容納不同意見。「迴」了解同學生活忙碌，希望提供一個空間讓大家舒緩壓力、忙裏偷閒，因此會撥出部分資源製作校園趣事、藝術及廣播劇等消閒節目。與此同時，亦會關心時事和政治，加強同學的公民責任感。



學生會三莊政綱

中大學生會選舉結果

第四十二屆中大學生會選舉之點票工作及開票儀式已於2012年2月27日舉行，中大學生會幹事會「覓」、學生報「鳴」及校園電台「迴」均順利當選，並於3月1日正式上任，任期至2013年2月28日止。

開票儀式由協理副校長兼大學輔導長吳基培教授主持。唱畢中大學生會會歌及由吳教授致辭後，選舉委員會成員隨即展開唱票工作。點票結果如下：

總投票人數：4,042

法定票數：1,861（基本會員人數的六分之一）

	合法票	信任	不信任	棄權
幹事會	3,853	3,627	77	149
學生報	3,868	3,639	72	157
校園電台	3,850	3,600	38	212



為鼓勵同學於課餘時間關心社會時事，I·CARE 博群計劃今年資助支持14個調查不同社會問題的研究計劃。研究題材非常廣泛，從本地少數族裔、同性戀或雙性戀者遇到的困難，到「劏房」、傷殘兒童家庭等面對的問題都有所涉獵。部份同學已於三月提交研究報告，他們在調研過程中得到的快樂及滿足，往往超出一般課程內的研究習作。



同學於課餘時間商討研究內容

I·CARE

博群計劃 研究和調查

大學生主觀生活質素與家庭關係研究報告

鄧皓文同學及其團隊作出了一項定量研究，調查大學生的自我形象及對生活質素的看法，與家庭、社會、價值觀等方面的關係。為了收集更廣泛的數據，他們在八大院校進行了問卷調查，成功訪問了逾500名同學。

研究發現，大學生普遍上非常重視家庭與自己的關係；同時，大學生對於生活的滿意程度，跟家庭因素有多方面的關聯。大學生覺得現時生活質素令人滿意的因素：

- * 與家人同住
- * 家庭生活和諧
- * 與家庭關係緊密
- * 打算未來經濟上支持家庭

有趣的是，大學生對社會環境（民主情況、經濟因素）的不滿與擔憂，跟對現狀、未來生活質素，以及自我形象的主觀看法，都沒有明顯關係。

我帶領一班來自中大和其他三間大學的同學作跨院校、跨學科的合作和討論，讓同學能夠透過親身參與研究工作，嘗試跳出書本的知識框架，走進社群，切身體會做研究所需要投入的努力。不論是過程中的樂趣，還是取得結果的成功感，對我們來說都是非常有意義的經驗。

鄧皓文 傳播學/一年級/博士研究生

最低工資條例對內地新移民婦女家庭關係的影響

另一組同學則研究最低工資條例對內地新移民婦女家庭的影響。同學透過社會服務機構，聯絡了11位內地新移民婦女接受訪談，了解在實施最低工資條例後，對家庭總收入、夫妻及親子關係的影響。

結果顯示，實施最低工資後，受訪婦女的家庭收入並沒有大改變。相反的是，日用品的售價上漲卻增加了她們的生活開支，讓家庭經濟更加窘迫，夫妻雙方因為金錢問題引發的衝突增多，往往帶來更多的生活問題。某程度上，研究反映了最低工資保障不了全部的低下階層，希望政府可定期檢視政策，提供相應的配套措施。

長久處於象牙塔中的我們，接觸社會的機會並不算多。在這次研究中，我們體會到社會的複雜、人生的艱辛、生活的無常，這些都是書本上難以得到的東西，彌足珍貴。

劉瑩 社會學/二年級/博士研究生

這個研究加深了我對包括新移民在內的弱勢群體的理解和同情。讓我體會到低收入家庭的生活困難和有關政策可能給她們生活帶來的巨大影響。

劉悅 社會工作/二年級/碩士研究生

由於調研課題跟我的日常生活距離較遠，我的理解不多。在研究初期常覺得沒有頭緒。在過程中，我感受到了學術的艱辛與樂趣。

陳曦 社會學/二年級/博士研究生





李歐梵教授 談 挫敗造就謙厚人生



I·CARE 博群花節 2012



I·CARE「博群花節」於三月舉行，共有三場講座及一次園遊會。3月8日的第一回邀得國際知名文化研究學者李歐梵教授以「挫而彌堅」為題主講，與中大師生一起回到他失意的日子，細味「失敗的高雅」，領會「挫敗造就謙厚人生」。

李歐梵教授擁有一張亮麗的履歷表：生於音樂家庭，進過的大學都赫赫有名；大學讀外文，成長階段深受藝術文化薰陶。

但原來，在他不同時期均遇上過不少挫折及失敗：自少的數學成績不理想；到美國留學原來只是跟隨同學而一窩蜂去報名，自己也不清楚是什麼的一回事；博士畢業之後完全不知道要做什麼…到最後如何應付種種挫折失敗。李歐梵教授也不避嫌地於太太面前提起以前的女朋友，像是告訴同學，失敗是要面對，不應逃避，最後才能成功！



周保松教授（左）致送紀念品予李歐梵教授（右）。

同學感言

失敗、成功？是一個人對自己行為生活的看法。別人看李歐梵是成功，他自己卻可以有著失敗的看法。因為他心裡有著某種追求、心裡有著某種尺度，去判斷、肯定自己的價值。

你或許會覺得那又何必呢？為何要自我要求太高令自己受苦？可是李歐梵當面對失敗時，並非要讓自己痛苦，而是把焦點放在如何「求存」、如何解決困局、如何改善。這就是失敗之作用，作為動力，把自己繼續推進至另一個世界，得到超脫。或許這就是失敗的高雅吧。

黃妙賢 社會學 / 二年級



李歐梵教授分享其「失敗」的經驗。



1. Newly-arrived children
2. South Asian minorities
3. The Developmentally disabled
4. The Elderly
5. Closing Ceremony

CLOVER

友凝 ❀ 友義



CLOVER, a combination of buddy programme and voluntary service in which local, mainland and international students join hands in the provisions of services to the needy people in society. The closing ceremony in mid April has drawn the curtains to the entire programme. Let us hear what our students think about their service target and their rewards in the programme.



Service for South Asian Children

I did hesitate before running the first activity, worrying that I could not communicate well with the kids, and they might not like the games we have prepared. However, out of my expectation, they were fluent Cantonese speakers, and they enjoyed chatting with older people, including myself. Like my younger cousins, yet they were quite naughty sometimes, they were also simple and unaffected. Their smiling faces are my best remembrance for the CLOVER programme.

Celia Wong
(Psychology / Postgraduate)



Campus Visit with Newly-arrived Children

This was an interesting activity. Unlike the other service days, we had spent a whole afternoon with the kids. They were energetic and curious about the CUHK campus. We had a good time exploring the campus with them. During the day, we had enough times and chances to chat with the kids. And I have learnt skills taking care kids being a "big sister". I was thrilled and touched, especially when one of the little girls smilingly walked over and held my hand. It is pleasing in being trusted.

Yvonne Chung
(Philosophy / Year 1)



On Exchange Being a Team Leader

Volunteering as a team leader has been a precious experience. Working with CLOVER volunteers who come from different countries and with different personalities has taught me how to be patient, understanding and respecting others.

I am very grateful to have worked with great individuals in my CLOVER team and the centre where I volunteered. I was able to meet inspiring people who give up their leisure time to make a difference to disabled people in Hong Kong and I am so glad that CLOVER gave me the opportunity to work alongside them.

AL-ABDALI, Abdulaziz O
(Exchange student from UK)





To facilitate interaction among various non-local student associations, the ISS League which included basketball, dodgeball, marksman and cheering team competitions was organized in mid March. Apart from the CSSA, ISA and MUA, who have participated since last year, the PGHRAs and CUPSA also joined as the new teams this year. All players and cheerers showed their full strength in the League. Let's see how they enjoyed the exciting competitions!

The league offered international students and mainland students the opportunity to meet in a friendly yet competitive environment and enjoy a variety of sports with the most popular of those being the basketball league. Not only we can meet and make new friends with the mainland students, they also enabled us as international students to bond together. Since the international students' network is not yet fully integrated, so through the ISS League we were able to meet new students that we previously would not have had the chance to meet!

Sigmund (Integrated BBA/Year 2/from United Kingdom)

Through this activity we share sportsmanship and friendship with students from all over the world. Although we have not met before, we formed as a team. We have different culture and academic backgrounds, but we fight for the same goal. What we have experienced is not only the happiness of victory or disappointment of failure. We are enjoying the process of competition itself, which brought us the meaning of competition and collaboration.

Yan Jianzhou (Information Engineering/PhD 1/from Mainland China)

Competition Awards

Dodgeball Competition: UG (ISA and MUA)

Marksman Competition: MUA

Cheering Team Competition: ISA

Basketball Competition Champion: CSSA / First Runner-up: ISA / Second Runner-up: MUA

Remarks

ISS: Incoming Students Section, Office of Student Affairs

ISA: International Student Association

MUA: Mainland Undergraduate Association

CSSA: Chinese Students and Scholars Association

CUPSA: Postgraduate Student Association of CUHK

PGHRAs: Postgraduate Halls Resident Associations



ISA and MUA teamed up as the UG Team to play against other three associations (PG Team) in the dodgeball game.



ISA won the cheering team competition.



The League was filled with dynamic atmosphere



Mr. Raymond Leung, Director of Student Affairs (centre) encouraged players to run their student association with the same enthusiasm and devotion as they did in the ISS League.

眾所周知，研究生是校園重要社群。除了優質的教育和研究培訓機會，大學亦注重對研究生多方面發展的培育，包括提高語言的訓練和對外交流的機會。

研究以外

粵講粵開心



雨坤(左)很感激導師Maggie(右)在課堂上的耐心指導和課後的分享

學習語言是融入當地社會的一個重要途徑。為增加研究生對廣東話的認識和練習機會，學生事務處來港生組和新家園協會動力789在二月至四月合辦「粵講粵開心」計劃，透過課堂和戶外實習的方式，讓研究生在輕鬆的環境下學習廣東話。

和其他粵語班有所不同，「粵講粵開心」是由以廣東話作為母語的同學擔任導師，他們授課時的表現都很專業，還要求我們回答和提問都要講粵語。因為同是學生，我們在課堂上是師生，下了課就是好朋友。在課餘我們會聊些課外的話題，甚至拓展課堂上的內容，學到更生活化和應用性高的粵語知識。如第一節課的主題是自我介紹，課後我們繼續交流在面試時應怎樣作自我介紹，恰好不久後便有一場粵語面試，真是大派用場！

學員 王雨坤
(資訊工程/一年級/研究生)

原來把自己熟悉的語言教授別人是很難的，你要非常細心地瞭解接收者的需要，如何把句子分割，如何清楚表達。看著內地同學認真地跟著我們這群義工導師一起朗讀，感覺大家都回到孩提時代，很是新鮮。我很享受和你們並肩學習的過程，希望每一位都能在這兒找到你的語言夥伴。

義工導師 陳蘭青
(教育/一年級/研究生)



有關新家園協會動力789

新家園協會為即將和新近移居香港的內地及其他國家的人士，提供一站式的優質和專業服務，協助他們適應和融入新的生活環境，並推動他們積極投入和參與香港的建設。

交流、「研」習

今年2月下旬，新加坡國立大學研究生會訪問中大，與中大研究生會(下稱「中大研會」)執委會進行研討會。在會面中，雙方代表互相介紹兩校研究生會的基本資訊，並深入探討研究生會的性質、結構、活動以及運作等項目。

中大研會一直致力拓展中大研究生的國際視野。除與其他香港高校聯合舉辦長期活動外，還經常與其他來訪中大的高校代表進行交流活動，如浙江大學、澳門大學、新加坡國立大學及荷蘭鹿特丹伊拉斯姆大學。通過上述的各項活動，中大研會希望改善現有的服務模式，為中大的研究生發掘更多機會和建設更完善的平台。

我們發現，新加坡國立大學的研究生學生組織為金字塔結構，各院系均設有屬會，各屬會在研會的帶領下組織活動，故此他們的會員基數大，參加人數亦比較多。而中大研會呈扁平化管理，僅由執委會成員組織活動，相比之下，我們的活動規模較受限制。

Linda
(醫學/一年級/研究生)





Appreciate the Beauty of Brushes and Ink @ I-House

International House (I-House) residents gathered in early March to experience the traditional Chinese calligraphy in the “The Beauty of Brushes and Ink” workshop with joy and fun. The workshop was held for the first time. Participants enjoyed a great moment to learn the Chinese culture with members of the CUHK Chinese Calligraphy and Painting Society.

Having various background and exposure to traditional Chinese calligraphy, participants range from green hands who had never held a Chinese calligraphy brush previously, to experienced ones with formal trainings. In the workshop, not only the history and fundamental techniques of Chinese calligraphy were introduced, participants could also practice “Lishu”, an excellent script for beginners. “I chose to study in CUHK because I want to learn more about Chinese history and culture and this workshop is a great opportunity to do so. I can learn the history and practice of Chinese calligraphy and it is really fun and interesting!”, one of the participants, Alice said.

Going beyond the purpose of learning and gathering would be the chance for ethnic Chinese to trace their roots. “As an ethnic Chinese coming from Indonesia, I don’t know much about Chinese Culture. This workshop sheds me some light on how my ancestors write.” Cindy expressed. One of the highlights in the workshop was that they can write their own name in Chinese calligraphy. “That was the most interesting part!” Cindy added. At the end of the workshop, each participant was given a piece of calligraphy with their names written by the teacher as a souvenir.

Most participants expressed that the workshop was worth-joining and that they would continue to support similar activities in future. With the success of the Chinese calligraphy workshop, it is considered to organize the activity at I-House on a regular basis.

Coming up the I-House will organize more activities in various interests. Please stay tuned and look forward to our promotions!

健身、減碳、健康就是生活

健康促進及防護委員會舉辦的橫額及海報設計比賽已圓滿結束。是次活動目的為推廣校園健康生活訊息，鼓勵同學使用由大學港鐵站至大學本部新設的步行徑；並加強宣傳健康生活八大守則（多做運動、多吃蔬果、多攝營養、多作休息、多喝開水、多關心人、多展笑臉、勤多洗手）。得獎名單及作品如下：



部份比賽評審與得獎者合照。



得獎海報

海報設計得獎者：
何幸兒（宗教研究/一年級/本科生）



大學港鐵站
University
MTR station

Green

大學本部
Central Campus

齊走 新步行徑
建設 綠色校園

Use new Walking Route, Create a Green Campus



得獎橫額

橫額設計得獎者：
鄭詠欣（新聞與傳播/三年級/本科生）

如何使香港社會更公平？

第九屆中大演講比賽



第九屆中大演講比賽決賽已於三月七日在邵逸夫堂完滿舉行。活動由學生事務處、中國語言及文學系、英文系、英語教學單位、雅禮中國語文研習所、自學中心及藝術行政主任辦公室合辦。旨在推廣演講藝術，並為學生提供一個提升語言能力的機會。是次決賽吸引了九百多名觀眾，當中包括多間中學的同學及老師。

20位進入決賽的同學分別角逐粵語組（母語及非母語）、普通話（非母語組）及英語（非母語組）四個組別的冠、亞獎項。今年預備演講題目定為「如何使香港社會更公平？」。同學就此講題各有一番精闢的演說。除預備演講環節外，比賽更設即興演講，考驗同學的即時應變能力及口才。英語組勝出的同學將代表中文大學參加國內著名的全國英語演講比賽。比賽冠亞軍名單：

粵語(母語組)：



冠軍：李嘉傑
(崇基/英文研究及教育雙學位/四年級)



亞軍：吳漢輝
(逸夫/政治與行政學系/三年級)

粵語(非母語組)：

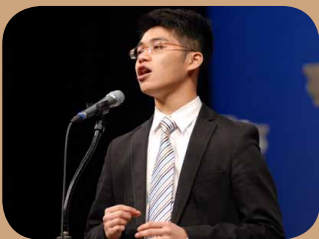


冠軍：翁臧曄
(聯合/工商管理學系/二年級)



亞軍：趙昊
(善衡/工科基礎班/一年級)

英語(非母語組)：



冠軍：鄧俊賢
(新亞/環球商業學/二年級)



亞軍：葉浩朗
(聯合/計量金融學/四年級)

普通話(非母語組)：



冠軍：黃寶儀
(新亞/英文/一年級)



亞軍：梁耀輝
(聯合/會計系/一年級)



Challenging and Fruitful

An Experience Sharing from a Postgraduate Student

Lily Chen | a postgraduate student from mainland China studying Global Communication shared her experiences living in Hong Kong and studying in CUHK. During the past few months, she found her life in Hong Kong both challenging and fruitful.



Lily photographed with Lorraine Chung, Annie Lui and Karen Chan (from left).

1. How do you find your postgraduate studies in general?

I think my postgraduate study is challenging and fruitful in general. I am glad that the programme provides me with substantial training in research skills which is important to lay a good foundation for my future study. On the other hand, my life here is challenging in terms of encountering initial adjustment difficulties. Adjusting to living in Hong Kong has stressed me out in some ways. For the academic side, I am not familiar with the teaching style in Hong Kong. As for daily living, at first I am not accustomed to the weather and it is hard to find off-campus accommodation. Besides, as I cannot speak Cantonese well, it is difficult for me to fit into the local culture. It took me around two months to get settled into the new life in Hong Kong.

2. What stress you out most in your postgraduate studies in Hong Kong?

Coping with studies is probably the major source of stress since studying in my university in mainland and CUHK is quite different. For instance, the lectures here are all conducted in English. It makes me feel nervous because I am not confident in communicating in English and it is hard for me to interact effectively with professors. Besides, the assigned readings are massive. I can hardly catch up with the progress and I sometimes feel lost without meeting the professors' expectations. Apart from studies, it is hard to find a suitable accommodation outside the campus. I am also burdened with the rent, which is the major portion of my total expenditure. Nevertheless, my postgraduate life isn't only filled with stress. It is rewarding when I am praised by professors because of good academic work. And I am really touched since I can make a lot of intimate friends in CUHK.

3. How do you alleviate your stress?

I have joined some clubs, such as the Anime and Comics Club, Dance Society and Philharmonic Society in order to reduce stress. I have met many nice and supportive friends and I can relax with them. At the same time, my Cantonese improved a lot.

Apart from participating to activities organized on campus, I like reading magazines and listening to music. Music helps me deal with stress. I have attended some piano concerts organized by the Hong Kong Arts Festival. I also like sightseeing a lot. I have been to Tsim Sha Tsui, Sham Shui Po, Tai Po Waterfront Park, etc. I especially like going to the waterfront adjacent to the Hong Kong Science and Technology Park. Hong Kong is so much fun and there are lots of places for me to explore!

During holidays, I would visit my family in mainland China. I can feel energized and less stressed when I am at home as my family and friends give me a lot of support. Chatting with them often makes me feel better.

4. What additional support have you received in adjusting to your new living and learning environment in CUHK?

Last October, I joined a Time Management Workshop held by the Student Counselling and Development Service. It was good as I learnt useful tips to manage my time. It would be nice if more workshops could be organized on topics such as emotion management, personal growth and stress management. I think many postgraduate students can benefit from them, especially non-local students like me. As mentioned earlier, non-local students have to face different challenges settling in Hong Kong and the learning environment in CUHK. Probably many of us would feel stressed and disappointed at the beginning and these workshops can prepare students to face the challenges ahead.

With an aim to meeting the needs of postgraduate students, the Student Counselling and Development Service of the Office of Student Affairs has organised a series of programmes on self-enhancement and mental wellness for postgraduate students. Details of upcoming programmes are as below:

Programme	Date	Time
Workshop on Understanding Personality (NLP)	24/4 & 27/4	6:30 – 8:30pm
Mental Health First Aid Course	8/5, 10/5, 15/5 & 17/5	6:00 – 9:00pm
Workshop on Understanding Personality (MBTI)	12/7 & 19/7	4:30 – 6:30pm
Workshop on Stress Management through Mindfulness Training	16/8 & 23/8	4:30 – 6:30pm

For more information, please visit www.cuhk.edu.hk/osa/scds.

Adventure Romania - People, Land & Natural Experience

Ten Chinese students from "University and College YMCAs", together with twenty German students, are paired-up in a Joint Missionary Trip to Europe this summer. They will live and work with the Romanian students to provide services for their country especially the low income gypsy community in Romania, preach the Gospel and promote cultural understanding.

Details of the Trip are listed aside. All members of "University YMCA (The Chinese University of Hong Kong Project)" are welcome to enroll.

Date: Aug 2 – 27, 2012 (26 days)

Activities:

- Pre-trip training in Nuremberg YMCA (Germany)
- Work and Service Camp for the gypsy community in Sighi Soara
- Workshops for low income Romanian children
- Hiking
- Experience Orthodox Culture
- Sight-seeing

Accommodation: Campsite, tent, home stay, 600-year-old castle and monastery

Enquiry: 3943 7253 / uniycuhkproject@cuhk.edu.hk

2012年暑期運動訓練班招生

為鼓勵同學及教職員善用假期，培養運動習慣，體育部每年於暑期開辦多項運動訓練班供同學及教職員報名參加。本年度之運動訓練班將於2012年5月開課，有關資料及報名方法將於4月9日下午2:00(網頁啓動)上載於體育部網頁，並於4月11日上午9:00起(首三天只接受網上報名)，先到先得。如欲報名，歡迎瀏覽下列體育部網頁。
www.peu.cuhk.edu.hk/summersports/indexc.htm (中文版)
www.peu.cuhk.edu.hk/summersports/indexe.htm (English)
 如有查詢，請致電39436092與吳國輝先生聯絡。



2011-2012 Summer Sports Programme
www.peu.cuhk.edu.hk



Staff Course
Staff and Student



Student Course
Staff Competition



Staff and Student



Staff Competition



Enrolment
Click for enrolment

體育部每年均開辦不同類型的暑期體育課程予全日制學生及全職教職員
 The PE Unit organizes a number of Summer Sports Courses to full-time students and staff.

Course Type		Course Code	Course Title	Section	Quota	Fee
Summer Sports	TEN_SD	Tennis	MF	14	2	
	TFS_SD	Table Tennis	MF	20	5	
	WBI_SD	A Basketball Improver	MF	20	10	
	FEN_SD	Fencing	MF	12	5	
	TNI_SD	A Tennis Improver	MF	18	5	
	SWM_SD	Swimming	MF	20	5	
	WBI_SD	A Basketball Improver	MF	20	10	
	MFC_SD	Archery	MF	20	6	
	WBI_SD	A Basketball Improver	MF	20	10	
	WBI_SD	A Basketball Improver	MF	20	10	
	SCW_SD	Women Soccer	F	20	10	
	YOGI_SD	Yoga	MF	12	5	1
	CLL_SD	Clubs Coaching	MF	16	7	
	CLL_SD	Clubs Coaching	MF	16	11	

* New Event
 # Swimming Pool entrance fee should be paid by the staff and stud
 A Participants for improver course are expected to have finished 60
 @ Participants for Yoga course should bring along their own Yoga



Events	Organizer / speaker	Date
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)		
Global Internship Programme		
Global Internship Programme 2012 - Pre-trip Counselling	CPDC	15 May 2012
Global Internship Programme 2012 - Internship Exposure	CPDC	May - Aug 2012
Guidance Programmes		
UBS Insight Programme Preparation Workshop	Mr. Alex Wong	14 May 2012
Incoming Students Section, OSA (Tel: 3943 1533 / E-mail: isso@cuhk.edu.hk)		
Orientation for Research Postgraduate Students	ISS, CUPSA and CSSA	3, 6 Aug 2012
Orientation for Taught Postgraduate Students	ISS, CUPSA and CSSA	3, 5 Sep 2012
Orientation for Mainland Undergraduate Students	ISS and MUA	26 Aug – 3 Sep 2012
Orientation for International Undergraduate Students	ISS and ISA	30 Aug – 3 Sep 2012
Post-exam Activity - Sai Kung Ecotour	ISS	12 May 2012
Student Activities and Amenities Section, OSA (Tel: 3943 7323 / E-mail: saau@cuhk.edu.hk)		
Global Y's Trainee Programme 2012	Uni-Y (CUHK) Project	Mar - Aug 2012
Net Y – UN Net Ambassador Competition	Uni-Y (CUHK) Project	Apr - Sep 2012
Joint University and College Ys Gospel Mission Trip to Germany and Romania	Uni-Y (CUHK) Project	2 - 27 Aug 2012
New Student Orientation Day	SAAS	27 Jul 2012 (HKALE) 18 Aug 2012 (HKDSE)
Faculty/Department O'camps	Student organisers of respective faculties / departments	7-10 Aug 2012, 13-16 Aug 2012 (HKALE); 27-29 Sep 2012, 30 Aug – 1 Sep 2012 (HKDSE)
CU Link Card Day	ITSC	17 Aug 2012 (HKALE) 3 Sep 2012 (HKDSE)
College O'camps	Student organisers of respective colleges	4 – 7 Sep 2012
Inauguration Ceremony for Undergraduates	SAAS	10 Sep 2012
Student Counselling and Development Service, OSA (Tel: 3943 7208 / E-mail: scds@cuhk.edu.hk)		
Student Development Programmes for Postgraduates		
Workshop on Understanding Personality (NLP)	SCDS	24, 27 Apr 2012
Mental Health First Aid	SCDS	8, 10, 15, 17 May 2012
Understanding Self through the MBTI	SCDS	12, 19 Jul 2012
Managing Stress through Mindfulness Training	SCDS	16, 23 Aug 2012
Orientation on Adjustment & Mental Health	SCDS	Aug 2012 onwards
Student Development Programmes for Undergraduates		
Building Self-Confidence	SCDS	17, 24 May; 7, 14 Jun 2012
Enhancing Interpersonal Skills	SCDS	21, 28 Jun; 5, 12 Jul 2012
Self-Enhancement Campaign for New UG students	SCDS	Aug 2012 onwards



救救地球：共享閱讀樂趣！愛護環境，閱讀後請傳給他人分享，或投入廢紙回收箱內。

此外，您亦可瀏覽網上版 www.cuhk.edu.hk/osa/market.htm

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Please also read the magazine at www.cuhk.edu.hk/osa/market.htm