



三年年報
Triennial Report
2016-19

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* 除特別註明外，本報告內所標示之年份均指學年，即 8 月 1 日至翌年 7 月 31 日。

* The denotation of year in this report refers to the academic year, i.e. 1 August to 31 July of the following year, unless otherwise specified.

前言 Preface

博群計劃於 2011 年成立，旨在提供非形式全人教育予同學，增強他們對社會問題的認識，學習敏於別人的需要，以及欣賞不同文化的特質。一直以來，博群計劃廣受歡迎，除培養同學積極參與本港、內地和海外的社會及公民服務，在不同領域發揮所長外，亦提升校園的人文氛圍。我們見證博群計劃在這些年茁壯成長，培育學生之餘更惠及社會，感到非常欣喜。

秉承中大「德智並重」的教育方針，博群計劃以「博思明志，群育新民」為宗旨，循著 I、C、A、R、E 五個英文字母所代表的不同範疇，為學生提供各式各樣的體驗式學習活動，讓他們學會怎樣關心身邊人和事，以及運用所學回饋社會。自 2016 年 10 月起，博群計劃由博群全人發展中心統籌，本三年年報正是記錄此中心在 2016-19 期間的工作，包括博群計劃

The I-CARE Programme was launched in 2011 with an aim to offer non-formal whole-person education to students so that they will enhance understanding of social issues, become more sensitive to others' needs and learn to appreciate the differences of cultures. It has gained wide popularity so far, and facilitated students' release of their potential in different areas through social and civic engagements in Hong Kong, the Mainland and overseas countries. We are pleased to witness the thriving development of the I-CARE Programme as well as the benefits it brings to students and the community throughout the years.

To echo with CUHK's equal emphasis on the intellectual and moral aspects of education, the I-CARE Programme provides students with a variety of experiential learning activities under the personal traits represented by five alphabets namely I, C, A, R, E. In line with its motto "Aspiration through Reflection; Renewal through Civility", the I-CARE Programme inspires students to care about people and the surroundings, and to contribute to the society what they have learnt. Since October 2016, the I-CARE Programme has been administered by the I-CARE Centre for Whole-person Development. This triennial report documented the work of this centre during 2016-19 which includes not only the eight flagship projects under the I-CARE Programme, but also a sketch of the University's

的八個旗艦項目，以及大學電子平台「學生發展組合」和其他豐富學生生活之活動的概況。

展望未來，博群計劃會繼續秉持全人發展的教育理念，培育年青一代成為重視品格、關心社會與具備國際視野的公民。我們謹此衷心感謝各贊助者、同道人與校友一直以來對博群計劃的慷慨捐贈，以及所有顧問與歷任「社會及公民參與督導委員會」成員的匡扶指正，讓同學能夠從中獲得充滿啟發的學習體驗。

沈祖堯教授

博群計劃始創人

社會及公民參與督導委員會聯席主席

陳浩然教授

社會及公民參與督導委員會聯席主席

electronic platform "Student Development Portfolio" and other activities for enriching student life.

Looking ahead, the I-CARE Programme will continue to foster students' holistic development so as to nurture the youth to become well-rounded citizens with character strengths, serving hearts and global outlook. Taking this opportunity, we would like to thank the patrons, friends and alumni for their generous donation towards the I-CARE Programme. We are also greatly indebted to all programme advisors and members of the "Steering Committee for Promoting Personal Development through Social and Civic Engagement" for their support and counsel which offers students an inspiring learning experience.

Professor Joseph Sung

Founder of I-CARE Programme

Co-Chairman, Steering Committee for

Promoting Personal Development through Social and Civic Engagement

Professor Edwin H. Y. Chan

Co-Chairman, Steering Committee for

Promoting Personal Development through Social and Civic Engagement

關於博群 About I-CARE

所謂「博群」，即是 I-CARE，它是香港中文大學（中大）培育學生達致「博文約禮」的體驗式學習模式；I-CARE 五個英文字母所代表的元素，正是中大期望其學生擁有的素質與能力：

“I-CARE” is an experiential learning model introduced by The Chinese University of Hong Kong (CUHK) to nurture its students to “acquire virtue through learning and temperance”. The alphabets in I-CARE stand for five traits of a holistic person. They are the qualities that CUHK strives to instil into its students:

- I 人格與德育
Integrity and Moral Development
- C 創意與知性
Creativity and Intellectual Development
- A 生活藝術與美學
Appreciation of Life and Aesthetic Development
- R 人際關係與群育
Relationships and Social Development
- E 活力與身心健康
Energy and Wellness



博群計劃於2011年成立，建基於 I-CARE 發展模式，為學生提供非形式全人教育。博群計劃以「博思明志，群育新民」為規訓，旨在鼓勵學生積極參與社會及公民服務，並促使他們發揮所長，以滿足本港、地區，以至全球的社會需要。

博群計劃自 2016-17 起由博群全人發展中心統籌，該中心同時與大學各部門合作，推動學生的全人發展。

Launched in 2011, the I-CARE Programme has been committed to offering informal whole-person education to students based on the I-CARE Framework. In line with its motto “Aspiration through Reflection; Renewal through Civility”, the I-CARE Programme aims to inspire students to actively partake in social and civic services. It also facilitates the release of students’ holistic competencies so that they will become able to enhance the wellness of people in the local, regional and global communities.

The I-CARE Programme has been administered by the I-CARE Centre for Whole-person Development since the 2016-17. This Centre also collaborates with other University units to motivate all-round development of students.

數說博群 Let Numbers Speak I-CARE

資料及數據 Facts and Figures

對學生發起項目之資助

Funding support to student-initiated projects

項目總數 (包括：社會服務計劃及社會企業起動計劃)

Total no. of funded projects

(including Social Service Projects Scheme and Social Enterprise Startup Scheme) **68**

參加學生人數

No. of student participants

1,213

資助金額 (取至近萬元)

Funding amount (round to the nearest ten-thousand dollars)

HK\$2,770,000

博群統籌之長期項目

(包括：社區研究計劃、非牟利團體實習計劃及本地扶貧項目)

Long-term projects organised by the I-CARE

(including Community Research Scheme, NGO Internship Programme and Local Poverty Alleviation Initiative)

參加學生人數

No. of student participants **773**

博群舉辦之展覽、講座、工作坊及文化活動

Exhibitions, talks, workshops and cultural activities organised by the I-CARE

參加者人數

(包括中大員生、校友及公眾人士)

No. of participants

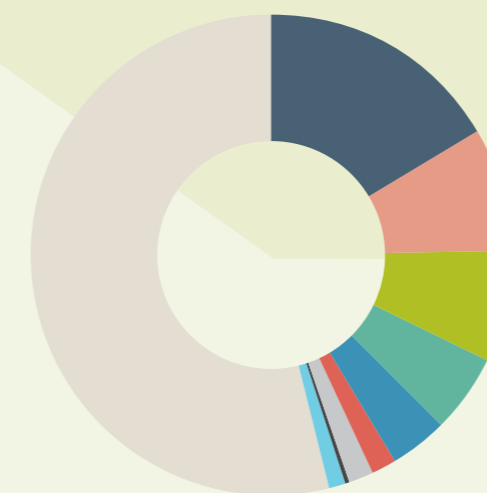
(including CUHK students, staff, alumni and the general public) **32,552**

財務狀況 Finances

2016-17

項目 Project	估計金額 Amount Estimate (HK\$)	百分比 Percentage
社會服務計劃 Social Service Projects Scheme	1,536,850	16.5%
本地扶貧項目 Local Poverty Alleviation Initiative	779,000	8.4%
博群大講堂 University Lecture on Civility	700,000	7.5%
社會企業起動計劃 Social Enterprise Startup Scheme	478,490	5.1%
非牟利團體實習計劃 NGO Internship Programme	360,000	3.9%
社區研究計劃 Community Research Scheme	162,000	1.7%
無止橋 Wu Zhi Qiao	157,240*	1.7%
學生發展組合 Student Development Portfolio	35,000	0.4%
其他活動 Other Activities	84,400	0.9%
常務及行政開支 Office Expenses	5,009,200	53.8%
總預算 Total Budget (HK\$)	9,302,180	100%

* 2016-17 之實際支出 Actual expenses in 2016-17



社會服務計劃 Social Service Projects Scheme	16.5%
本地扶貧項目 Local Poverty Alleviation Initiative	8.4%
博群大講堂 University Lecture on Civility	7.5%
社會企業起動計劃 Social Enterprise Startup Scheme	5.1%
非牟利團體實習計劃 NGO Internship Programme	3.9%
社區研究計劃 Community Research Scheme	1.7%
無止橋 Wu Zhi Qiao	1.7%
學生發展組合 Student Development Portfolio	0.4%
其他活動 Other Activities	0.9%
常務及行政開支 Office Expenses	53.8%

2017-18

項目 Project	估計金額 Amount Estimate (HK\$)	百分比 Percentage
社會服務計劃 Social Service Projects Scheme	1,465,500	13.9%
博群踐行者計劃 I-CARE Achievers Programme	880,000	8.3%
博群大講堂 University Lecture on Civility	450,000	4.3%
全能有情教育促進及研究計劃 UGC Project on Holistic Competencies	423,730	4.0%
社會企業起動計劃 Social Enterprise Startup Scheme	401,460	3.8%
非牟利團體實習計劃 NGO Internship Programme	374,000	3.5%
本地扶貧項目 Local Poverty Alleviation Initiative	328,270	3.1%
社區研究計劃 Community Research Scheme	170,500	1.6%
學生發展組合 Student Development Portfolio	35,000	0.3%
無止橋 Wu Zhi Qiao	17,470*	0.2%
其他活動 Other Activities	163,000	1.5%
常務及行政開支 Office Expenses	5,867,720	55.5%
總預算 Total Budget (HK\$)	10,576,650	100%

* 2017-18 之實際支出 Actual expenses in 2017-18



2018-19

項目 Project	估計金額 Amount Estimate (HK\$)	百分比 Percentage
社會服務計劃 Social Service Projects Scheme	1,550,000	13.3%
博群踐行者計劃 I-CARE Achievers Programme	880,000	7.6%
社會企業起動計劃 Social Enterprise Startup Scheme	798,300	6.9%
博群大講堂 University Lecture on Civility	750,000	6.5%
本地扶貧項目 Local Poverty Alleviation Initiative	539,250	4.6%
非牟利團體實習計劃 NGO Internship Programme	397,000	3.4%
全能有情教育促進及研究計劃 UGC Project on Holistic Competencies	250,533	2.2%
社區研究計劃 Community Research Scheme	171,600	1.5%
無止橋 Wu Zhi Qiao	47,403*	0.4%
學生發展組合 Student Development Portfolio	36,260	0.3%
其他活動 Other Activities	10,000	0.1%
常務及行政開支 Office Expenses	6,180,760	53.2%
總預算 Total Budget (HK\$)	11,611,106	100%

* 2018-19 之實際支出 Actual expenses in 2018-19



本地扶貧項目 Local Poverty Alleviation Initiative

本地扶貧項目旨在引領中大同學探討本港貧窮成因，以及建構舒緩匱乏情況的有利環境。參加者更可從不同形式的體驗活動及直接服務中，親身了解社會議題，並培養應對貧窮的決心。

在本地扶貧項目下，「貧窮」不僅被視為一種缺乏基本資源以維持生計的狀態，亦指向比主宰社經的群組遜色之生活模式。因此，本項目的活動及服務既照顧本港的貧窮人士（例如物質短缺與收入低微者），亦關懷弱勢社群（例如殘疾人士與少數族裔）。

The Local Poverty Alleviation Initiative aims at bringing CUHK students to address the underlying causes of poverty in Hong Kong as well as to build an enabling environment for penury moderation. Through engaging in different forms of experiential activities and direct services, participants gain first-hand experience about societal issues and nurture resolve to tackle poverty.

Under the Local Poverty Alleviation Initiative, “poverty” is not only perceived as the insufficiency of essential resources to maintain a citizen’s living but also one’s relative disadvantages as compared to the members of a dominant socioeconomic group. The activities and services under this initiative have, therefore, reached out to both impoverished people (e.g. those in short of material possessions or income) and vulnerable members (e.g. disabled persons and ethnic minority) in Hong Kong.

體驗活動

Experiential Activities

I-CARE 1001 社會參與實驗室

此項目乃一系列由非政府組織協辦的工作坊，讓接近 70 位同學學習如何利用創新方法，介入各項公共議題。

I-CARE 1001 Social Engagement Workshop

This programme manifested itself as a series of workshops held in collaboration with the non-governmental organisations. It facilitated the learning of around 70 students about the innovative tactics to intervene in public affairs.

日期 Date	主題 Topic	協辦機構 Co-organiser
2016 年 9 月 22 日 22 September 2016	認真談性 —— 從中大論到網上 Let's Talk about Sex Openly, and Seriously	糖不用 Sticky Rice Love
2016 年 9 月 24 日 24 September 2016	良心共購 —— 支援本地手製食物 Support Local Mini Stores through Collective Purchasing	山城士多 CU UniStore
2016 年 9 月 29 日 29 September 2016	資源共享 —— 營造社區網絡 Weaving a Community Network of Sharing Economy	山城角樂 x 綠活地圖 CU Happy Corner x wherevergreen.hk
2016 年 10 月 1 日 1 October 2016	組織基層 —— 促進多元地區經濟 A Bottom-up Approach to Boost Community Economy	社區發展陣線 Community Development Alliance
2016 年 10 月 9 日 9 October 2016	藝術介入 —— 反思城鄉共生 Community Art as a Medium to Reflect on Urban-rural Development	港青創意藝術教育計劃 YMCArts in Education Project

博群帶你入社區

此項目定期帶中大同學走訪不同社區，讓他們了解多元社會議題，從而探索透過何種途徑參與公民事務。

A Walk in Community with I-CARE

This programme introduces community engagement activities to students regularly so as to facilitate their understanding of various social issues, and explore with them by what means they can take part in civic affairs.

讀跑青春 —— 跑步 + 讀書會 + 亞公角山社福小區導賞 Running + Book Sharing@A Kung Kok Shan Road

2017 年 9 月 30 日
30 September 2017

此乃博群大講堂下主題講座「青春迷惘後發現的十三件事」之關聯活動。9 位同學由中大出發，經翠榕橋跑上亞公角山路，沿途加插附近小型社福機構的導賞，以突破青年村為終點，全程 4 公里。參加者最後在終點進行讀書會，分享有關青春及面對迷惘的經驗。



This is a tied-up activity of the keynote lecture on “The 13 Things Learnt from the Adventure of a Perplexing Youth” under the University Lecture on Civility. Nine students had a 4-km run from CUHK to the Breakthrough Youth Village via Banyan Bridge and the A Kung Kok Shan Road, along which a docent tour on the small-scale welfare organisations was conducted. A sharing session took place at the destination to let the participants exchange their reading experiences about youth and perplexity.

單車新生命，社區載連結 Creating Social Cohesion through Revived Bikes

2017 年 11 月 15 及 18 日
15 & 18 November 2017

此活動與「軸物行者」及「新生精神康復會」合辦，讓 13 名同學與 10 位精神病患康復者攜手將廢棄單車升級再造。他們學習了基本的單車維修技巧後，合力翻新三輛舊單車，更為其裝上重用紅酒木箱，方便使用者盛載物品。參加者最後把翻新單車轉贈予土瓜灣社區，供坊眾作共享單車使用。



This activity was organised with *Wheel Thing Makers* and *New Life Psychiatric Rehabilitation Association*. 13 students and 10 persons in recovery of mental illness learnt together the basic repair skills and fixed three abandoned bikes. Each of the bikes was then upcycled by being attached with a renewed wine crate as carriage. Participants finally handed all revived bikes out to the To Kwa Wan community to serve as shared vehicles.

探訪嘍囉山村

Visit to Mou Lou Shan Chuen

2018 年 1 月 17 及 27 日
17 & 27 January 2018

參加此活動的 18 位同學到訪屯門區嘍囉山村，認識其發展情況，以及了解坊眾的生活模式，例如他們一般會自備容器，按需要的數量購買物品。參加者更協助服務該村的雜貨社企——「良由集貨」售賣日常用品，藉此與村民互動，關心他們的需要。



A total of 18 students visited Mou Lou Shan Chuen, Tuen Mun to gain a grasp of the history of the village and its residents' lives. One of the routines of the villagers is buying on-demand quantity of goods with their own containers. By assisting the social enterprise *Goods Co-Share* in the sale of groceries and household necessities to the Mou Lou Shan Chuen's residents, participants had a chance to interact with them and address to their needs.

探訪天姿作圍

Visit to Tin Zi Zok Wai

2018 年 3 月 3 日及 10 月 6 日
3 March & 6 October 2018

此活動兩次內容一樣，各帶領 10 名同學到訪位於天水圍的「天姿作圍」，了解這個由基層婦女創立的社區協作平台之運作，並藉著跟其成員一起製作果醬（首次探訪）及藍染用品（第二次探訪），聆聽她們的經驗。整體而言，此活動締造機會予參加者學習如何結合基層婦女的智慧與技能，創造一個可持續發展的社區經濟系統。



Content of the two sessions of this activity is identical. Each time there were 10 students visiting *Tin Zi Zok Wai*, a community-based cooperation platform formed by a group of grassroots women at Tin Shui Wai, to understand its daily operation and collaborate with its members to produce fruit jam (in the 1st visit), as well as indigo-dyed handicrafts (in the 2nd visit). Participants gained a good opportunity to learn about how women from the grassroots make use of their own skills and experience to create a sustainable economic system in the community.

探訪香港傷健協會
Visit to Hong Kong PHAB Association

2018年11月10日
10 November 2018

10位同學到訪「香港傷健協會」轄下九龍西傷健中心，親身體驗輪椅使用者所遇的困難，並了解社區無障礙設施的重要性。參加者在認識傷殘人士常用的各種輔助工具後，便在導師指導下化身輪椅使用者，於麗閣邨購物及使用提款機，以及檢視該屋邨的無障礙設施。

10 students visited Kowloon West PHAB Centre which is one of the service units of Hong Kong PHAB Association. Not only did they earn first-hand experience of the challenges encountered by wheelchair users, but they have also enhanced knowledge of universal accessibility. After having a grasp of different assistive tools used by the physically handicapped, participants simulated wheelchair users to shop around Lai Kok Estate and to use the automatic teller machine under the guidance of the instructors. They also reviewed the barrier-free facilities in that community.



認識元朗少數族裔社群
Understanding the Ethnic Minority Community in Yuen Long

2019年3月16日
16 March 2019

此活動聯繫了社會企業「愛同行」的「少數族裔文化大使」，由其帶領25名同學認識元朗的少數族裔社區，並到訪由他們經營的小店。參加者透過與店主交流，了解到該社群來港後的生活變遷，以及他們在語言不通、文化不同的環境下所面對的各種障礙。

This activity lined up the “Ethnic Minority Cultural Ambassadors” of the social enterprise WEDO Global to lead 25 students to understand the ethnic minority community in Yuen Long and to visit their retail shops. Through interacting with the shop owners, participants learnt how the daily life of this community had changed since their immigration to Hong Kong and the difficulties they had been encountering due to language barrier and cultural differences.



探訪鄉師自然學校
Visit to RTC Gaia School

2019年4月11日
11 April 2019

位於屯門的鄉師自然學校乃一所提倡「體驗式自然教育」、奉行綠色生活價值的非主流私立小學。參加此次探訪活動的10名同學除遊覽校園外，亦走進課室，親歷該校學生之日常學習生活。

RTC Gaia School is a non-mainstream private primary school which advocates “experiential nature education” and upholds the value of green living. Participants of this visit, comprising 10 students, toured around the campus at Tuen Mun and joined the classes to experience the daily school life of the students.



直接服務
Direct Services

博群香港文化導賞計劃

此計劃培訓中大同學親自策劃主題導賞團，並以導賞員身份帶領鮮有課外活動機會的中學生深入認識香港，追尋歷史足跡。2016-19期間，111位參加者出席了一系列培訓活動，內容包括：多角度資料搜集法、導賞路線建構策略，以及導引語言技巧等；之後分成小組舉辦59個主題導賞團，其中7團專為中大員生而設，共吸引逾1,500位中學生及157位大學成員參加（詳見下表）。導賞員最後把導賞路線設計成地圖，傳承及宣揚香港的獨特文化。

I-CARE Hong Kong Cultural Tours Project

This project provided training for CUHK students to design theme-based cultural tours by themselves, and to serve as docents in leading the secondary students with less co-curricular activities to gain in-depth knowledge about Hong Kong. In 2016-19, a series of training programmes which covered research techniques, strategy of itinerary design, and presentation skills, etc. were organised for 111 participants. They were then divided into groups to lead a total of 59 theme-based tours, of which seven were exclusive for CUHK staff and students. The tours attracted participation of over 1,500 secondary students and 157 CUHK members (details are set out below). To promote the unique culture and heritage in Hong Kong, the docents had also designed and published maps of the theme-based tours.



	2016-17	2017-18	2018-19
導賞主題及路線 Theme and Route of Guided Tours	<p>保築香港 —— 香港歷史建築的保育及活化 The Heritage Conservation in Hong Kong</p> <p>藝趣遊蹤 —— 香港藝廊及藝術之旅 The Local Art of Hong Kong</p> <p>房不勝房 —— 香港房屋發展之路 The Housing Development in Hong Kong</p> <p>流金歲月 —— 香港流行文化與身份認同 Hong Kong's Pop Culture and Sense of Identity</p> <p>馬路的事 —— 香港交通的發展歷程 The Stories of Hong Kong's Transportation</p>	<p>國際薈萃 —— 全球化與香港的社會發展 Globalisation in Hong Kong</p> <p>平民之境 —— 香港草根生活 The Grassroots' Lives in Hong Kong</p> <p>「遺」所欲為 —— 香港非物質文化遺產的保留及傳承 The Preservation of Intangible Cultural Heritage in Hong Kong</p> <p>大業興衰 —— 香港中式行業的發展 The Survival and Revival of Chinese Old Trades and Industries in Hong Kong</p> <p>「墟」購生活 —— 香港的街市故事 The Story of Hong Kong Markets</p>	<p>細味龍城 —— 民創小店之守業傳奇 Survival Strategies of Traditional Business Operators in Kowloon City</p> <p>遊走旺角 —— 新舊交替之鬧市變遷 Formation and Transition of Markets in Mong Kok</p> <p>解密油麻 —— 市井民間之三大隱秘 Three Hidden Cultures in Yau Ma Tei</p> <p>緣聚北角 —— 花果飄零之僑民社區 Immigrant Community at North Point</p> <p>情繫筲箕 —— 漁灣文化之昔日光景 Life of Fishermen at Shau Kei Wan in the Past</p> <p>灣隅空談 —— 土瓜灣區之公共空間 Public Space in To Kwa Wan District</p>
擔任導賞員之中大同學數目 No. of CUHK Student Docents	40	35	36

	2016-17		2017-18		2018-19	
導賞團數目 No. of Guided Tours	中學 Secondary Schools 19	中大 CUHK 2	中學 Secondary Schools 20	中大 CUHK 2	中學 Secondary Schools 13	中大 CUHK 3
培訓活動 Training Activities	<p>工作坊(一): 資料搜集技巧 Workshop I: Content Research</p> <p>工作坊(二): 導賞團建構 Workshop II: Tour Development</p> <p>工作坊(三): 演說及敘述技巧 Workshop III: Presentation and Story-telling</p> <p>工作坊(四): 導賞團演練 Workshop IV: Tour Presentation Practice</p> <p>工作坊(五): 帶領中學生之導賞技巧 Workshop V: Tour Skills for Leading Secondary School Students</p> <p>模擬導賞團 Mock Tour</p> <p>分享會 Sharing Session</p>		<p>工作坊(一): 資料搜集技巧 Workshop I: Content Research</p> <p>工作坊(二): 導賞團建構 Workshop II: Tour Development</p> <p>工作坊(三): 演說及敘述技巧 Workshop III: Presentation and Story-telling</p> <p>工作坊(四): 帶領中學生之導賞技巧 Workshop IV: Tour Skills for Leading Secondary School Students</p> <p>模擬導賞團 Mock Tour</p> <p>分享會 Sharing Session</p>		<p>工作坊(一): 資料搜集技巧 Workshop I: Content Research</p> <p>工作坊(二): 導賞團建構 Workshop II: Tour Development</p> <p>工作坊(三): 演說及敘述技巧 Workshop III: Presentation and Story-telling</p> <p>工作坊(四): 導賞團演練 Workshop IV: Tour Presentation Practice</p> <p>導賞示範團 Demo Tour</p> <p>模擬導賞團 Mock Tour</p> <p>分享會 Sharing Session</p>	

博群跨代共融計劃

此計劃旨在促進長者與青少年交流，達致跨代理解與尊重，順道擴闊不同年齡層人士的視野。

I-CARE Cross-generational Integration Programme

This programme aims at facilitating interaction between senior citizens and young people, so as to promote mutual understanding and respect across generations. It, at the same time, offers an opportunity to the people in different age groups to broaden their horizon.



長者大學體驗日 Elderly University Experiential Day

2017年3月25日
25 March 2017

此活動招募了38位中大同學組成籌備委員會，在引導下策劃及推出一天節目供100位來自北區的長者參與，以親身體驗大學生活。節目內容非常豐富，包括中醫課堂、校園導賞、共晉午膳，以及長者與學生交流等，並由模擬畢業典禮作結，讓每位長者穿上畢業袍，化身大學畢業生在台上領授證書。

This activity recruited 38 CUHK students to form an organising committee in planning and implementing, under guidance, a whole-day event for 100 elders from the Northern District to experience university life. It was filled with a variety of programmes consisting of the lecture on Chinese medicine, campus tours, communal dining, and elder-student exchange. A mock graduation ceremony took place at the end in which the elders had dressed in academic gown to receive their certificates on the stage.



「當一天大學生」活動 “Playing a University Student for a Day” Activity

2018年3月18日及2019年3月17日
18 March 2018 and 17 March 2019

此活動連續兩年舉行，每次均由約50位中大同學組成籌備委員會，然後邀請20位長者合作策劃及推出一天節目，供約100名中學生參與，以親身體驗大學生活。節目內容多姿多采，包括由現任中大教員主講的物理課堂、於大學飯堂共膳及交流、遊覽校園美麗景致等。此外，參加者參觀了各項具特色的專業教學設施，例如酒店及旅遊管理學院的凱悅培訓中心及法律學院的模擬法庭；部份設施更由相關課程的學生進行介紹，令參加者了解該科目的內容及大學生的學習經驗。

This activity was held in two consecutive years, with around 50 CUHK students recruited to form an organising committee each time. The committee then invited 20 elders to partner them in planning and implementing a whole-day event for around 100 secondary students to experience university life. Programmes in the event were multi-faceted. They included the physics lecture taught by incumbent CUHK teachers, a group lunch for exchange at the university canteen, and a campus tour to enjoy the beautiful scenery, etc. In addition, participants paid visits to special teaching facilities on campus e.g. the Hyatt Learning Centre of the School of Hotel and Tourism Management, and the Moot Court of the Faculty of Law. Some of the visits were introduced by students who had first-hand experience of using the facilities, which enabled the participants to gain a thorough understanding of the corresponding subject.





客家文化體驗營 Hakka Cultural Camp

2019年4月13至14日
13-14 April 2019

此活動為青年及長者提供一個立體的平台作平等交流，讓他們學習互相尊重及欣賞，同時提升青年對客家文化之認識，因這些北區傳統極具價值。兩日一夜的營會於粉嶺宣道園舉行，20位中大同學與來自「香港基督教女青年會秀群松柏社區服務中心」的長者結伴，進行不同類型的體驗活動及互動遊戲，包括到街市挑選食材烹調傳統客家菜，以及在「健康長者農場」學習耕種等。

This activity served as a platform to promote effective communication between youngsters and elderly and to facilitate mutual respect and appreciation among them. The youth were also allowed to learn about the traditions and history of the Hakka that are worth preserving. The two-day-one-night camp was held in Suen Douh Camp, Fanling where a total of 20 CUHK students paired up with members of the *Ellen Li District Elderly Community Centre of Hong Kong Young Women's Christian Association* to be engaged in various experiential activities and interactive games. They bought fresh produce from the wet market for their preparation of authentic Hakka dishes, and tilled the land at the *Y Farm for Healthy Ageing*, etc.



「健體 x 友伴」計劃

此計劃結合「運動」與「義工」元素，讓中大同學透過運動認識社區，學習關心及服務他人。參加者獲安排接受運動項目的基本訓練，之後成為不同社區人士的運動夥伴，一起享受健體樂趣。過程中既加強同學及其夥伴所代表群體的彼此了解，亦促使大家建立定期運動的良好習慣，藉以強健體魄、提升自信及培養毅力。

“Fitness x Mentorship” Scheme

This scheme associates “exercising” with “volunteering” to foster a serving heart of CUHK students and strengthen their knowledge of the community. Participants are trained with basic skills of a sports item and given chances to partner various members of the community in pursuing sports and developing regular exercise habit. In the course of interaction, mutual understanding between students and the circle of their counterparts will be facilitated. They are also expected to build up healthy lifestyle so as to bolster their physical wellness, self-confidence and perseverance.

運動項目 Sports Item	運動夥伴 Sports Partner	合作單位 Collaborating Unit	訓練節數 No. of Training Sessions	參加者人數 No. of Participants	
				中大學生 CUHK Student	運動夥伴 Sports Partner
2016-17 (只於下學期舉行 <i>Conducted in the 2nd term only</i>)					
街跑 Street Run	中學生 Secondary School Students	全城街馬 Run Our City	8	25	25
		樂善堂楊葛小琳中學 Lok Sin Tong Young Ko Hsiao Lin Secondary School			
花式跳繩 Rope Skipping		香港聖公會何明華會督中學 HKSKH Bishop Hall Secondary School	8	12	12
	大學體育部 University Physical Education Unit				
乒乓球 Table Tennis	小學生 Primary School Students	天主教聖安德肋小學 St. Andrew's Catholic Primary School	8	14	14
		大學體育部 University Physical Education Unit			

運動項目 Sports Item	運動夥伴 Sports Partner	合作單位 Collaborating Unit	訓練節數 No. of Training Sessions	參加者人數 No. of Participants	
				中大學生 CUHK Student	運動夥伴 Sports Partner
2017-18 (只於上學期舉行 <i>Conducted in the 1st term only</i>)					
街跑 Street Run	中學生 Secondary School Students	全城街馬 Run Our City 樂善堂楊葛小琳中學 Lok Sin Tong Young Ko Hsiao Lin Secondary School	8	17	16
花式跳繩 Rope Skipping		香港聖公會何明華會督中學 HKSKH Bishop Hall Secondary School 大學體育部 University Physical Education Unit	8	8	8
羽毛球 Badminton		東華三院李嘉誠中學 TWGHs Li Ka Shing College 大學體育部 University Physical Education Unit	8	24	20
2018-19					
跑步 Running	智障人士 People with Intellectual Disabilities	東華三院李恩李銻麟父子樂活熙庭 TWGHs Lee Yen & Lee Yuk Lun, BBS, JP, Father & Son Lohas Villa	上學期 / 下學期 1st Term / 2nd Term		
			9 / 9	12 / 10	10 / 10
遠足 Hiking	少數族裔青少年 Ethnic Minority Youth	香港聖公會麥理浩夫人中心 —— 賽馬會「TREE」少數族裔青少年發展中心 HKSKH Lady MacLehose Centre - Jockey Club TREE Youth Development Centre for Ethnic Minorities	上學期 / 下學期 1st Term / 2nd Term		
			4 / 4	12 / 12	12 / 12
保齡球 Bowling	聽障人士 People with Hearing Impairment	龍耳 Silence	上學期 / 下學期 1st Term / 2nd Term		
			2 / 1	20 / 10	18 / 12



社會服務計劃 Social Service Projects Scheme

博群社會服務計劃鼓勵中大同學自發組織於本地、內地及海外開展的可持續社會服務，貢獻社會之餘促進個人成長。本計劃除向上述項目提供財政資助外，亦為籌劃者安排培訓，以及個別輔導他們構思和落實服務內容。

2016-19 期間，博群社會服務計劃撥款逾港元 2,210,000 資助 62 個服務計劃（本地：26；內地或海外：36），單一項目資助額由港元 2,500 至港元 110,000 不等。這些項目服務不同弱勢群體，包括來自低收入家庭的兒童、長者、少數族裔、無家者、以及東南亞國家的村落和學校等。

The Social Service Projects Scheme encourages CUHK students to design and implement sustainable social services in Hong Kong, the Mainland and overseas countries so as to enhance people's wellbeing and personal growth. In addition to financial subsidies, the scheme offers training opportunities and individual guidance to the project teams.

In 2016-19, the Social Service Projects Scheme set aside over HK\$2.21 million to 62 service projects (local: 26; mainland or overseas: 36), each of which received funding ranging from HK\$2,500 to HK\$110,000. All these projects benefited various vulnerable groups including children from low-income families, elderly, ethnic minorities, homeless people, as well as rural villages and schools in Southeast Asia countries, etc.



資助項目名單

List of Subsidised Projects

2016-17

本地 Local
一家·童樂：專注力不足 / 過度活躍症 多家庭活動服務學習計劃 Quality Time for Families with Children with Attention Deficit Hyperactivity Disorder (ADHD): Service Learning Project
老少咸宜之我的名字 H.E.Y. Project
預防·糖尿病 PREVENT.DM
醫然無家者探訪 Lumos Homeless Visits
社區勞工服務計劃 Community Worker Service Scheme
一家·自然樂：專注力不足 / 過度活躍 症多家庭活動服務學習計劃 Quality Time for Families of Adolescents with Attention Deficit Hyperactivity Disorder (ADHD): Service Learning Project
友凝·友義 CLOVER

本地 Local
同「文」共濟 —— 了解弱勢青年群體的 服務計劃 Understanding Socially Disadvantaged School Youths through a Social Service Endeavour
我住曬 I Live It All
社創青年訓練營 Young Social Change Maker 4-day Camp
內地 Mainland
童心·同夢 Chung Chi The Suns Trip to China
貴州義教活動寒假考察 Fujia Pre-trip for Guizhou Program
雨後彩虹服務計劃 Rainbow After Rain
扶藪深圳項目「荔」 Fujia Shenzhen Program "Lychee"
性別視角的社會工作 —— 廣州女社工 成長陪伴計劃 Female Social Workers for Grassroots Women



海外 Overseas
拓荒·高棉 Pathfinder - Cambodia Volunteer Service
尼泊爾醫療社會服務 —— 納姆塔計劃 (II) Nepal Medical Service Trip: Project Namtar (II)
災後有你·栽後有里 Sri Lanka: Natural Disaster Management and Relief
Light up Myanmar (只有英文名稱)
農村健康優化計劃 Rural Village Health Enhancement Project
勞托卡社區培力 Lautoka Community Empowerment

2017-18

本地
Local

兒童閣
Kinderland

糖尿日
DM Day

透過科技締造可持續發展的義補項目
—— 傑科 (v1)

Extending and Enabling
Continuous Volunteer-tutoring
through App - Smartcheck (v1)

Lensational 課程 (攝影與性別議題)
Lensational Academy (Photography
& Gender Issues)

與你童行
Act for a Comprehensive Tutorial
Project

愛・無限
Love • Care • Boundaryless

樂在新「耆」中 Senior Joyful Camp

一家自然樂：專注力不足 / 過度活躍症
多家庭活動服務學習計劃

Quality Time for Families of
Adolescents with Attention Deficit
Hyperactivity Disorder (ADHD) :
Service Learning Project

關愛外籍家傭健康檢查及展覽
Health Fair and Screening for
Foreign Domestic Helpers

內地
Mainland

廣州「穗」義教項目
The Guangzhou Tassel Voluntary
Project

同心・童步・同行
Chung Chi The Suns Trip to China

曙光中同行 —— 提升 ADHD 兒童家庭
之幸福感的社會服務與醫療機構的跨
專業及跨地域的服務學習計劃

Accompany Families of Children
with ADHD Moving Forward To
Dawn

深圳扶葭項目
Fujia Shenzhen Program

扶葭武漢「曦」項目
Fujia Wuhan Seed Program

同建・童健
Health Behaviour and Disaster
Preparedness Promotion in Shanxi



海外
Overseas

崇基雲上太陽服務團 —— 載耀晨曦
Chung Chi The Suns Trip to Nepal

尼泊爾醫療社會服務 ——
納姆塔計劃 (III)
Nepal Medical Service Trip: Project
Namtar (III)

「拓荒高棉」柬埔寨義工服務團
Pathfinder Cambodia Volunteer
Service

農村健康優化計劃
Rural Village Health Enhancement
Project

斯里・思你 —— 衛生由你做起
Hygiene is the Key - A Better Sri
Lanka to See

2018-19

本地
Local

後生女齊預防 —— 子宮頸癌
Gather Youth Power, Bye Cervical
Cancer!

童行
Childibs

勇敢的階梯 —— 運用認知行為治療及
虛擬實景技術於支援受社交焦慮困擾
的特殊學習需要學童介入計劃
Bravery Ladders - a Subclinical
Group for SEN Students Comorbid
with Social Anxiety with Application
of CBT and VR Technology

同心童行彩虹橋
Hand in Hand We Across the
Rainbow Land

「求真・尋欣」同行濕疹
Searching for Authenticity and
Appreciation - in Company with
Eczema

友庇・無患
Love • Care • Boundaryless 360



內地
Mainland

廣州「穗」義教項目
The Guangzhou Tassel Voluntary
Project

扶葭深圳項目
Fujia Shenzhen Programme

「江」好遇上你
Chung Chi The Suns Trip to Jiangxi

扶葭武漢種子項目
Fujia Wuhan Programme

泉州「春泉」項目
Fujia Quanzhou Spring Project

流動學童寄宿學習中心 (福建・三沙)
Boarding & Learning Center for
Commute Schoolchild in Sansha

醫心四川醫護教育及服務團
Medical Outreachers Sichuan
Medical Education and Service Trip

海外
Overseas

「簡」單愛 —— 柬埔寨暹粒國際服務團
Cambodia Siem Reap Voluntary
Teaching Service Trip

尼泊爾醫療社會服務 ——
納姆塔計劃 (IV)
Nepal Medical Service Trip: Project
Namtar (IV)

醫心耀暹粒
Doctor of Excellence Cambodia
Service Trip

「拓荒・高棉」柬埔寨義工服務團
Pathfinder Cambodia Volunteer
Service

「柬」樸歸真
Sunshine in Cambodia

回收高質二手衫祝福清萊阿卡族
Blessing the Akha Communities
with High Quality Second-hand
Clothes

培訓活動概覽

Summary of Training Activities

日期 Date	活動 / 講者 Activity / Speaker	參加人數 No. of Participants
2016年10月5日 5 October 2016	計劃書撰寫工作坊 Proposal Writing Workshop	15
2017年2月9日 9 February 2017	計劃書撰寫工作坊 Proposal Writing Workshop	16
2017年2月14日 14 February 2017	「服務計劃之評估方法」分享會 Sharing Session: "Evaluation Methodology of Service Projects" 講者: 陳永豐先生 (嶺南大學服務研習處) Speaker: Mr. Chan Wing-fung (Office of Service-learning, Lingnan University)	15
2017年2月21至23日 21-23 February 2017	賞臉 —— 博群社會服務計劃巡禮 2017 The Face Story - I-CARE Social Service Project Showcase 2017	1,500
2017年9月25日 25 September 2017	計劃書撰寫工作坊 Proposal Writing Workshop	12
2017年10月26日 26 October 2017	「在發展中國家促進個人健康」分享會 Sharing Session: "Improving Health in Developing Countries: A Service Learning Perspective" 講者: 洪磯正醫生 (香港中文大學醫學院意外及急救醫學教研部) Speaker: Dr. Kevin Hung (Accident and Emergency Medicine Academic Unit, Faculty of Medicine, The Chinese University of Hong Kong)	45
2018年1月23日 23 January 2018	計劃書撰寫工作坊 Proposal Writing Workshop	8
2018年10月16日 16 October 2018	計劃書撰寫與實用資訊工作坊 Workshop on Proposal Writing & Useful Information	12

日期 Date	活動 / 講者 Activity / Speaker	參加人數 No. of Participants
2019年1月9日 9 January 2019	計劃書撰寫與實用資訊工作坊 Workshop on Proposal Writing & Useful Information	15
2019年3月13日 13 March 2019	計劃書撰寫與實用資訊工作坊 Workshop on Proposal Writing & Useful Information	12
2019年3月19日 19 March 2019	名師分享會 —— 變化的時代: 探索社會服務新需求 Master Sharing Session - Exploring Changing Social Service Needs in a Changing Trend 講者: 陶兆銘教授 (香港中文大學社會工作學系) Speaker: Prof. To Siu-ming (Department of Social Work, The Chinese University of Hong Kong)	6



博群大講堂 University Lecture on Civility

博群大講堂包含多類講座及論壇，邀請各地知名學者、藝術家和不同界別的卓越人士，分享其對社會、人文價值等方面的看法，與中大成員切磋思想、砥礪人生。

2016-19 期間，博群大講堂之活動包括主題講座、博群電影節、博群影院、博群書節及思托邦，啟發中大成員過一個充實有意義的人生。

The University Lecture on Civility consists of seminars and forums that explore the relationship between men and society/ nature. Scholars, artists and luminaries from around the world share their unique humanistic points of view with CUHK members and catalyse them to reflect on the meaning of life.

In 2016-19, the University Lecture on Civility had run keynote lectures, I-CARE Film Festival, I-CARE Theatre, I-CARE Book Festival and I-CARE Salon to inspire CUHK members to lead a fruitful and meaningful life.

主題講座 Keynote Lectures

逍遙天地寬 (2016 年 9 月 21 日)

主講嘉賓為著名藏傳佛教法師詠給·明就仁波切；雖他獲譽為「世界上最快樂的人」，然而其修行並非一帆風順。他藉此講座與 1,300 位參加者展開一趟心靈之旅，向他們傳授快樂的秘訣。

寂寞沙洲冷 (2016 年 11 月 24 日)

主講嘉賓乃來自台灣的知名畫家、詩人兼作家蔣勳先生。他為逾千位參加者導讀蘇東坡的名作《寒食帖》，彷彿回溯近千年前的時光——從書法中看蘇東坡的美學，從他的寂寞中領略豁達之感悟；亦借鑑蘇東坡的際遇，與即將畢業的同學分享面對人生順逆的心境。

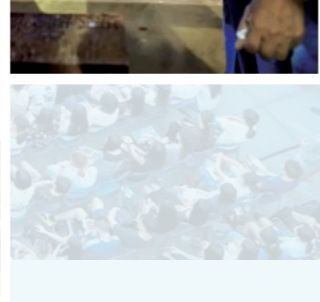


The Journey to Joy (21 September 2016)

The speaker Yongey Mingyur Rinpoche is a renowned Tibetan teacher and master of the Karma Kagyu. Although he is dubbed “the happiest person in the world”, his journey was not as smooth as one might think. During the lecture, he walked through his spiritual journey with 1,300 participants and revealed to them the essence of happiness.

In Solitude I Learn..... (24 November 2016)

The speaker, Mr. Chiang Hsun, is a prominent painter, poet and writer from Taiwan. Under his guidance upon Su Shi's masterpiece *The Cold Food Observance*, more than a thousand participants had travelled back to a millennium ago to appreciate the aesthetics of Su's calligraphy and the virtue of open-mindedness. He also shared, based on the misery of Su, with the would-be-graduates how to tackle the ups and downs of life.



青春迷惘後發現的十三件事 (2017年9月22日)

主講嘉賓龍應台教授乃著名作家，她在主體講座上與近千名參加者分享其對年青這個時期的看法。關聯活動包括：1. 紀錄片《目送一九四九——龍應台的探索》放映暨座談會（主講嘉賓親臨現場與200多位觀眾看戲及交流）；2. 跑步讀書會；3. 作品精句展；及4. 書展暨購書優惠。

The 13 Things Learnt from the Adventure of a Perplexing Youth (22 September 2017)

The speaker, Prof. Lung Ying-tai, is a renowned writer. She shared at the mass lecture with a thousand participants her view of the period from adolescence to adulthood. Tied-in activities included: 1. Screening and Debriefing Session of the Documentary *Seeing Off 1949 - Lung Yingtai's Journey* (viewed and discussed by some 200 audiences with the speaker); 2. Street Running cum Book Reading; 3. Exhibition of Quotes in Lung Yingtai's Literary Works; and 4. Book Exhibition cum Preferential Sale.



組裝未來：一個物理博士的社會實驗 (2018年10月24日)

主講嘉賓 Marcin Jakubowski 為物理學博士，也是「開源生態計劃」創辦人兼執行總監。他於主體講座中分享其推動社會創新的歷程，以及勉勵各界於硬件方面透過共享組件設計與製造方案，讓世界得以持續發展。關聯活動包括：1. 「跟 Dr. Marcin Jakubowski 交流可持續發展」聚會（由主講嘉賓、中大員生及校外人士以小組形式探討環保、社會創新及可持續發展等議題）；及2. 參觀大學圖書館的 Maker Bubble 及天台有機菜園。

Assembling the Future: A Social Innovator's Intriguing Project (24 October 2018)

The speaker, Dr. Marcin Jakubowski, is a Ph.D. holder in nuclear fusion and the Founder and Executive Director of *Open Source Ecology*. During the mass lecture, he talked about his journey towards being a start-up entrepreneur on innovation. He believed optimising the development, production and distribution of hardware would facilitate the world's sustainable development. Tied-in activities included: 1. "Exchange with Dr. Marcin Jakubowski on Sustainable Development" session (discussion among the speaker, CUHK students and staff, and members of the public on issues related to environmental protection, social innovation and sustainable development); and 2. Visit to the University Library's Maker Bubble and the rooftop organic farm.



博群電影節 I-CARE Film Festival

此項目與藝術行政主任辦公室合辦，以「時代的註腳」為題，除放映多齣精選電影（見下表）外，亦舉行了九場分享會及一場閉幕講座，讓觀眾與嘉賓（例如導演）一同探討相關電影所反映的社會議題，吸引逾8,800位中大員生、校友及公眾人士參加。

This programme was co-organised with The Office of the Arts Administrator and themed “Once Upon Our Times”. Besides screening a fine selection of films (set out in the following table), nine sharing sessions and a closing lecture were held for the guests (e.g. film directors) to launch in-depth discussion with the audiences on social issues as reflected by the films. It drew an attendance of over 8,800 CUHK students, staff, alumni and members of the public.

日期 Date	電影放映 / 講座 Film Screening / Lecture	分享會 Sharing Session
2017年3月6日 6 March 2017	《甜蜜蜜（修復版）》 <i>Almost a Love Story (Restored Version)</i>	嘉賓：陳可辛先生 Guest: Mr. Peter Chan 主持：李立峯教授 Host: Prof. Francis Lee
2017年3月7日 7 March 2017	《香港製造》 <i>Made in Hong Kong</i>	/
2017年3月8日 8 March 2017	《消失的檔案》 <i>Vanished Archives</i>	嘉賓：羅恩惠女士、程翔先生、梁文道先生 Guest: Ms. Connie Lo Yan-wai, Mr. Ching Cheong, Mr. Leung Man-tao

日期 Date	電影放映 / 講座 Film Screening / Lecture	分享會 Sharing Session
2017年3月9日 9 March 2017	《父子情》 <i>Father and Son</i>	/
	《忌廉溝鮮奶》 <i>Cream Soda and Milk</i>	/
2017年3月10日 10 March 2017	《音樂人生》 <i>KJ Music and Life</i>	嘉賓：黃家正先生 Guest: Mr. Wong Ka-jeng 主持：潘達培教授 Host: Prof. Eric Poon
2017年3月13日 13 March 2017	《最好的時光》 <i>Three Times</i>	/
2017年3月14日 14 March 2017	《山河故人》 <i>Mountains May Depart</i>	/
2017年3月15日 15 March 2017	《孔夫子》 <i>Story of Confucius</i>	嘉賓：金聖華教授 Guest: Prof. Serena Jin Sheng-hwa
2017年3月16日 16 March 2017	《大同》 <i>The Chinese Mayor</i>	/
	《翡翠之城》 <i>City of Jade</i>	/
2017年3月17日 17 March 2017	《鐵人父子》 <i>The Finishers</i>	嘉賓：李致和先生 Guest: Mr. Daniel Lee 主持：陳浩然教授 Host: Prof. Edwin Chan Ho-yin
2017年3月20日 20 March 2017	《刺蝟的優雅》 <i>The Hedgehog</i>	嘉賓：趙榮莉博士 Guest: Dr. Julie Chiu Chu-lee
2017年3月21日 21 March 2017	《大地之鹽》 <i>The Salt of the Earth</i>	/

日期 Date	電影放映 / 講座 Film Screening / Lecture	分享會 Sharing Session
2017年3月23日 23 March 2017	《周日皇后》 <i>Sunday Beauty Queen</i>	嘉賓：陳如珍博士 Guest: Dr. Chen Ju-chen
2017年3月24日 24 March 2017	《變種異煞》 <i>Gattaca</i>	嘉賓：羅玉成博士 Guest: Dr. Klaus Colanero
2017年3月27日 27 March 2017	《爭氣》 <i>My Voice, My Life</i>	嘉賓：沈祖堯教授、何力高先生、黃希靖女士 Guest: Prof. Joseph Sung, Mr. Nick Ho, Ms. Coby Wong
2017年3月28日 28 March 2017	《池之魚》 <i>An Odd Fish</i>	/
	《伴生》 <i>Snuggle</i>	/
2017年3月29日 29 March 2017	《一念無明》# <i>Mad World</i> #	/
	閉幕講座：「現在就是未來」 <i>Closing Lecture: "The Future is Now"</i>	嘉賓：黃進先生、黃飛鵬先生、黃肇邦先生 Guest: Mr. Wong Chun, Mr. Wong Fei-pang, Mr. Wong Siu-pong 主持：曾慶宏先生 Host: Mr. Eric Tsang
	《情約半生》 <i>Before Midnight</i>	/
2017年3月30日 30 March 2017	《日落巴黎》 <i>Before Sunset</i>	/
	《情留半天》 <i>Before Sunrise</i>	/
2017年4月21日 21 April 2017	《牯嶺街少年殺人事件》 <i>A Brighter Summer Day</i>	/

只限中大員生參加 *Exclusive for CUHK students and staff*

博群影院 I-CARE Theatre

承接博群電影節之理想反應，此項目續與藝術行政主任辦公室合辦，於教學日的每月播放精心挑選的電影（見下表），吸引逾4,700位中大員生、校友及公眾人士參加。

Following the enthusiastic response to the I-CARE Film Festival, this programme continued to be co-organised with The Office of the Arts Administrator. Selected films (set out in the following table) were played in every month during term time which attracted participation of over 4,700 CUHK students, staff, alumni and members of the public.

日期 Date	主題 Theme	電影放映 Film Screening	映後座談 Post-screening Discussion
2018年1月23日 23 January 2018	黑暗中的美好時光 Glitter in the Gloom	《我·不低頭》 <i>I, Daniel Blake</i>	/
2018年2月12日 12 February 2018		《殘影》 <i>Afterimage</i>	/
2018年3月12日 12 March 2018		《月黑高飛》* <i>The Shawshank Redemption</i> *	主持：周保松教授、區家麟博士 Host: Prof. Chow Po-chung, Dr. Allan Au
2018年4月13日 13 April 2018		《甜味人間》* <i>An</i> *	/
		《誰知赤子心》* <i>Nobody Knows</i> *	/
		《一奏傾情》* <i>Once</i> *	/

* 只限中大員生及校友參加 *Exclusive for CUHK students, staff and alumni*



日期 Date	主題 Theme	電影放映 Film Screening	映後座談 Post-screening Discussion
2018年10月8日 8 October 2018	新鮮浪潮 The Pristine Craze	i) 《艷陽天》 <i>Bright Spring Days</i> ii) 《白沙堆》 <i>The Bridge</i> iii) 《下雨天》 <i>The Umbrella</i>	嘉賓：葉嘉麟先生、楊兩全先生、曾慶宏先生 Guest: Mr. Yeh Ka-lun, Mr. Yeung Leung-chuen, Mr. Eric Tsang 主持：潘達培教授 Host: Prof. Eric Poon
2018年10月11日 11 October 2018		《瘋劫（修復版）》 <i>The Secret (Restored Version)</i>	/
2018年11月9日 9 November 2018	相約落葉時 When They Met in the Fall	《晚秋》* <i>Late Autumn*</i>	/
2018年11月20日 20 November 2018		《秋天的童話》* <i>An Autumn's Tale*</i>	/
2019年1月10日 10 January 2019		《傘上：遍地開花》 <i>Umbrella Diaries: The First Umbrella</i>	嘉賓：梁思眾先生、舒琪先生 Guest: Mr. James Leong and Mr. Shu Kei 主持：潘達培教授 Host: Prof. Eric Poon
2019年2月11日 11 February 2019	博群影院 2019 I-CARE Theatre 2019	《阿飛正傳》* <i>Days of Being Wild*</i>	/
2019年3月13日 13 March 2019		《讀愛》* <i>The Reader*</i>	/
2019年4月17日 17 April 2019		《頤和園》* <i>Summer Palace*</i>	主持：周保松教授 Host: Prof. Chow Po-chung

* 只限中大員生及校友參加 Exclusive for CUHK students, staff and alumni



博群書節 I-CARE Book Festival

此項目以「閱讀是一場又一場的穿越」為題，涵蓋「漂書園」、14場「讀書會」、「新書選購優惠」及「《讀愛》電影欣賞」。持續三週的書節成功為校園營造閱讀氛圍，讓中大成員的情懷以書連結。

Themed “Reading is Voyaging through Time and Space”, this programme consists of a “Book Crossing Pavilion”, 14 “Book Talks”, “Preferential Offer of New Books” and the “Film Screening of *The Reader*”. It had lasted for three weeks and was believed to have successfully fostered a culture of literacy on campus and connected different CUHK members through the sharing of books.

漂書園 (2019年3月11至18日) Book Crossing Pavilion (11-18 March 2019)

日期 Date	地點 Venue	有關數字 Relevant Figures
2019年3月11至16日及18日 11-16 & 18 March 2019	邵逸夫堂大堂 Foyer, Sir Run Run Shaw Hall	徵集圖書逾 30,000 冊 Over 30,000 books were collected 送出圖書近 25,000 冊 Nearly 25,000 books were despatched 超過 5,000 位中大員生受惠 More than 5,000 CUHK students and staff were benefitted

讀書會 (2019年3月6至28日)

Book Talks (6-28 March 2019)



日期 Date	講者 / 主持 Speaker / Moderator	題目 Topic
2019年3月6日 6 March 2019	講者：林在山女士 Speaker: Ms. Joyshan Kung 主持：朱順慈教授 Moderator: Prof. Donna Chu	翻譯是一次又一次的越軌：翻譯林行止政經短評的得與失 Translation as Transgression: What I Learned and What was Lost in Translating "Conjecturing Hong Kong's Future"
2019年3月12日 12 March 2019	講者：賴明珠女士 Speaker: Ms. Lai Ming-chu 主持：吳偉明教授 Moderator: Prof. Benjamin Ng	漫談村上春樹中文翻譯 (in Chinese only)
2019年3月13日 13 March 2019	講者：伍桂麟先生 Speaker: Mr. Pasu Ng	無言老師——遺體捐贈者給我的生死教育課 Silent Teachers - The Lecture on Life and Death Education Given to Me by the Body Donors
2019年3月14日 14 March 2019	講者：由受訓中大同學擔任之「日常生活靜觀推廣大使」 Speaker: "Mindful Flourishing Ambassadors" (assumed by trained CUHK students)	讀在當下 [△] Mindful Reading [△]
2019年3月15日 15 March 2019	講者：張婉雯女士、陳嘉銘先生、趙曉彤女士、洪永起先生、葉曉文女士、鄧小樺女士、陳燕遐博士 Speaker: Ms. Cheung Yuen-man, Mr. Chan Ka-ming, Ms. Chiu Hiu-tung, Mr. Hung Wing-hei, Ms. Ip Hiu-man, Ms. Tang Siu-wa, Dr. Chan Yin-ha	危險閱讀：動物與我 (in Chinese only)
2019年3月18日 18 March 2019	講者：好青年荼毒室 Speaker: Corrupt The Youth	遺忘之必要——從哲學的觀點看 (in Chinese only)
2019年3月19日 19 March 2019	講者：彭玉文先生 Speaker: Mr. Pang Yuk-man 主持：區家麟博士 Moderator: Dr. Allan Au	追憶的風景——香港自然寫作對本土的定位 (in Chinese only)

[△]只限中大同學參加 Exclusive for CUHK students

日期 Date	講者 / 主持 Speaker / Moderator	題目 Topic
2019年3月20日 20 March 2019	講者：Michael O'Sullivan 教授 Speaker: Prof. Michael O'Sullivan	Superheroes in Graphic Novel, Comics and Film (只有英文名稱)
	講者：沈祖堯教授 Speaker: Prof. Joseph Sung 主持：陳啟泰醫生 Moderator: Dr. Chan Kai-tai	活在 21 世紀人工智能革命的時代 Living in the AI-revolution of the 21st Century
2019年3月22日 22 March 2019	講者：傅月庵先生 Speaker: Mr. Fu Yu-an 主持：陳燕遐博士 Moderator: Dr. Chan Yin-ha	孤獨國裡的國王 —— 我知道的清貧詩人周夢蝶 (in Chinese only)
2019年3月25日 25 March 2019	講者：Peter Ferretto 教授 Speaker: Prof. Peter Ferretto	The Space Where We Read: Designing with Books (只有英文名稱)
2019年3月26日 26 March 2019	講者：陳方正教授 Speaker: Prof. Chen Fong-ching 主持：區結成醫生 Moderator: Dr. Derrick Au	為何現代科學出現於西方？ —— 談李約瑟問題 (in Chinese only)
2019年3月27日 27 March 2019	講者：唐亞明先生 Speaker: Mr. Tang Ya-ming 主持：甘琦女士 Moderator: Ms. Gan Qi	文革時期的輿論是怎樣形成的？ (in Chinese only)
2019年3月28日 28 March 2019	講者：梁文道先生 Speaker: Mr. Leung Man-cao 主持：周保松教授 Moderator: Prof. Chow Po-chung	歷史記憶之必要 (in Chinese only)

思托邦 I-CARE Salon

此項目透過定期講座探討重要的學術、文化和社會議題，期望成為大學的思想沙龍。2016-19期間，此項目共舉行 17 場，吸引逾 3,600 人參加。

This programme offers a platform for exchange of insights on significant academic, cultural and social issues. In 2016-19, 17 sessions were conducted under this programme, which attracted over 3,600 participants.



日期 Date	講者 Speaker	題目 Topic
2016年9月30日 30 September 2016	關子尹教授（香港中文大學哲學系研究教授） Prof. Kwan Tze-wan (Research Professor, Department of Philosophy, The Chinese University of Hong Kong)	哲學的公共性 (in Chinese only)
2016年11月1日 1 November 2016	曾金燕女士（《中國女權 —— 公民知識分子的誕生》作者、香港大學博士候選人） Ms. Zeng Jin-yan (Author of <i>Feminism and Genesis of the Citizen Intelligentsia in China</i> ; Ph.D. candidate, The University of Hong Kong)	網絡中國的公民知識分子 (in Chinese only)
2016年12月9日 9 December 2016	陳曉蕾女士（獨立記者） Ms. Leila Chan (Independent journalist)	香港人的最後一程 (in Chinese only)



日期 Date	講者 Speaker	題目 Topic
2017年1月13日 13 January 2017	<p>王偉雄教授 (美國加州州立大學哲學系教授、《宗哲對話錄》合著者) Prof. Wong Wai-hung (Professor, Department of Philosophy, California State University, USA; Co-author of <i>Dialogues on Religion and Philosophy</i>)</p> <p>劉創馥教授 (香港中文大學哲學系教授、《宗哲對話錄》合著者) Prof. Lau Chong-fuk (Professor, Department of Philosophy, The Chinese University of Hong Kong; Co-author of <i>Dialogues on Religion and Philosophy</i>)</p> <p>關啟文教授 (香港浸會大學宗教及哲學系教授兼系主任) Prof. Kwan Kai-man (Professor and Head, Department of Religion and Philosophy, Hong Kong Baptist University)</p> <p>陳文豪博士 (香港教育大學科學與環境學系助理教授) Dr. Chan Man-ho (Assistant Professor, Department of Science and Environmental Studies, The Education University of Hong Kong)</p>	宗教與科學 (in Chinese only)
2017年2月10日 10 February 2017	<p>羅永生教授 (嶺南大學文化研究系副教授) Prof. Law Wing-sang (Associate Professor, Department of Cultural Studies, Lingnan University)</p>	再思火紅年代 (in Chinese only)
2017年4月8日 8 April 2017	<p>錢永祥先生 (中央研究院人文社會科學研究中心兼任研究員、《思想》總編輯) Mr. Chien Sechin Yeong-shyang (Adjunct Research Fellow, Research Center for Humanities and Social Sciences, Academia Sinica; Chief Editor of <i>Reflexion</i>)</p> <p>陳冠中先生 (華文作家) Mr. Chan Koon-chung (Chinese writer)</p>	自由主義與左翼 (in Chinese only)
2017年10月6日 6 October 2017	<p>許寶強教授 (嶺南大學文化研究系客座副教授) Prof. Hui Po-keung (Adjunct Associate Professor, Department of Cultural Studies, Lingnan University)</p>	資本主義的未來 The Future of Capitalism



日期 Date	講者 Speaker	題目 Topic
2017年11月7日 7 November 2017	金雁教授 (中國政法大學人文學院教授) Prof. Jin Yan (Professor, China University of Political and Law)	社會主義國家的誕生——1917-1918年俄國的兩次驚世巨變 The Birth of a Socialism Country - the Two Periods of Transformation in Russia during 1917-1918
2017年11月8日 8 November 2017	秦暉教授 (清華大學歷史系教授) Prof. Qin Hui (Professor, Department of History, Tsinghua University)	俄國革命的歷史定位 Historical Positioning of the Russian Revolution
2018年1月26日 26 January 2018	王邦華博士 (香港中文大學通識教育基礎課程講師及政治與行政學系兼任講師) Dr. Baldwin Wong (Lecturer, General Education Foundation Programme and Department of Government and Public Administration, The Chinese University of Hong Kong)	什麼是國家 What is "Country"
2018年3月1日 1 March 2018	吳靄儀博士 (執業大律師) Dr. Margaret Ng (Practising Barrister)	什麼是法 What is "Law"
2018年4月10日 10 April 2018	盧傑雄博士 (香港中文大學哲學系高級講師) Dr. Alex Lo (Senior Lecturer, Department of Philosophy, The Chinese University of Hong Kong)	什麼是道德 What is "Morality"
2018年9月21日 21 September 2018	潘鳴嘯教授 (法國巴黎社會科學高等研究院教授、香港中文大學政治與行政學系客座教授) Prof. Michel Bonnin (Professor, School of Advanced Studies in the Social Sciences, France; Visiting Professor, Department of Government and Public Administration, The Chinese University of Hong Kong)	反思法國六八學運 The Rethink about the 1968 Student Revolt in France
2018年11月14日 14 November 2018	陳健民教授 (香港中文大學社會學系副教授) Prof. Chan Kin-man (Associate Professor, Department of Sociology, The Chinese University of Hong Kong)	毋忘燃燈人——向啟蒙者致敬 A Tribute to the Enlighteners

日期 Date	講者 Speaker	題目 Topic
2019年1月25日 25 January 2019	區結成醫生 (香港中文大學生命倫理學中心總監) Dr. Derrick Au (Director, CUHK Centre for Bioethics)	基因編輯嬰兒——揮之不去的疑慮 Gene-edited Babies - A Haunting Question
2019年3月1日 1 March 2019	鍾永豐先生 (台灣詩人、社區工作者、音樂專輯製作人、文化行政工作者) Mr. Chung Yung-feng (Taiwanese Poet; Community Worker; Music Album Producer; Cultural Administrator)	歷史裂縫的張合——一個寫詩者的政治實踐與反思 Historical Fissures - A Poet's Political Practice and Reflections
2019年4月12日 12 April 2019	朱學勤教授 (上海大學歷史系教授及和平與發展研究中心主任) Prof. Zhu Xueqin (Professor, Department of History and Director of Peace and Development Studies Centre, Shanghai University)	百年反思——1919 A Hundred Year's Reflection towards 1919



社區研究計劃 Community Research Scheme

社區研究計劃讓不同學科的中大同學以團隊合作形式，在專責導師帶領下，深入社區研究各項公共議題。參加者會進行資料搜集、撰寫及分析研究報告，並就有關議題提出建議及解決方案，為社會制訂改革藍圖。2016-19期間，社區研究計劃一共推動了七個研究課題，臚列如下：

社區經濟發展 Community Economic Development

這是 2016-17 的研究計劃，其中一環乃成員於校園設立合作社「山城角樂」，讓中大同學以「時分」換取二手衣物和家品。「山城角樂」的衣物部於 2016 年 11 月 10 至 17 日，聯同「綠色和平」在校內舉辦「時裝覺醒週——衣物的第二人生」；此活動共吸引近 500 位師生和公眾人士參與，並獲六間傳媒報導。

The Community Research Scheme allows CUHK students from different disciplines to work together on rigorous studies of various public issues under the guidance of professional tutors. The participants are required to collect and analyse data, carry out research and present findings that become blueprints for community and social reforms. In 2016-19, seven topics were chosen for study under the Community Research Scheme; they are set out below:



This is a research project of 2016-17 which consisted of, inter alia, the establishment of a cooperative *CU Happy Corner* by the team members. The cooperative enabled CUHK students to exchange second-hand clothes and daily commodities by “community currencies”. During 10-17 November 2016, the Clothes Section of the *CU Happy Corner* co-organised with *Green Peace Hong Kong* the “Fashion Awakening Week”, which had drawn an attendance of nearly 500 CUHK students and staff, and members of the public. It was also covered by six media.

無家者精神健康 Homeless and Mental Well-being

此研究計劃於 2015-18 進行。成員於 2016 年 2 月至 2017 年 12 月期間探訪逾 80 位無家者、訪問其中 8 位精神病患者及 12 位非精神病患者、諮詢 9 位為無家者提供服務的醫護界及社工界人士，同時透過參考文獻及去信相關政府機構等，從多角度探討在本港現行的醫療及社會服務下，精神病患無家者被雙重邊緣化的現狀。成員於 2018 年 2 月 25 日假上環荷里活道公園舉行新聞發佈會，藉「香港無家者精神健康服務研究報告」（參看 <https://bit.ly/2QK2Qu5>）建議政府發展流動外展醫療車服務，以縮窄服務斷層情況及促進跨專業合作；發佈會和有關報告獲九個媒體報導。



This research project was carried out in 2015-18. Between February 2016 and December 2017, the team members visited over 80 homeless people among which eight with mental illness and 12 with normal mental functioning were interviewed. Members also consulted nine medical and social service providers, reviewed related literatures, addressed letters to the relevant governmental departments, etc. to investigate from multiple perspectives how the existing medical and social welfare systems have double-marginalised the homeless with mental illness. A press conference was held at Hollywood Road Park of Sheung Wan on 25 February 2018 to announce the “Report of the Mental Health Services for Homeless People in Hong Kong”. The report (vide <https://bit.ly/2QK2Qu5> - available in Chinese only) suggested that the government should develop mobile outreach medical service to narrow down the service gap and to facilitate inter-disciplinary collaboration. The press conference was reported by nine local media.



研究報告
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社會房屋 Social Housing

涵蓋 2016-18 的這個研究計劃之負責團隊名為「So How?」，它分別就三個機構所推行的社會房屋計劃進行個案分析，包括：

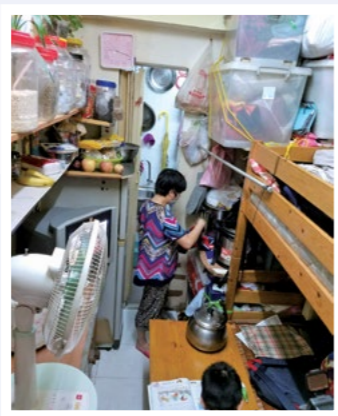
1. 由「基督教關懷無家者協會」為無家者推行的過渡性共住宿舍計劃；
2. 由「善導會」推出為協助更新人士重投社會的「甦屋計劃」；
- 及 3. 由「香港聖公會麥理浩夫人中心」為基層劏房住戶推行的房屋中介服務。

成員透過訪問計劃推行者、服務使用者和社區人士，從多角度研究相關社群的需要及各項計劃的成效，並定期在團隊的臉書專頁 <https://www.facebook.com/sohow.icare> 發佈研究結果，包括詳盡報告（參看 <https://bit.ly/2WHpgjz>）。

This research project spanning 2016-18 was conducted by the team “So How?”. It conducted case analyses based on the social housing schemes launched by three organisations namely 1. The transitional housing scheme for the homeless, launched by *Christian Concern for the Homeless Association*; 2. The “SOUK Project” for the rehabilitating ex-offenders, implemented by *The Society of Rehabilitation and Crime Prevention, Hong Kong*; and 3. The housing intermediary service for grassroots living in sub-divided units, introduced by *HKSKH Lady MacLehose Centre*. Through interviewing the service vendors and users, as well as relevant district members, the team members investigated the community needs and the effectiveness of different schemes from multiple perspectives. The findings, including the detailed report of the research project (vide <https://bit.ly/2WHpgjz> - available in Chinese only), were announced regularly via the Facebook page of the team at <https://www.facebook.com/sohow.icare>.



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長者友善房屋 Elderly-friendly Housing

這是 2017-18 的研究計劃。成員訪問共 60 位居於粉嶺祥華邨的獨居長者，按所得數據和資料進行分析，發展一套評估公共屋邨長者在家發生意外而引致失救風險的方法；接著，在評估中被識別為風險較高的長者，獲安排試用結合「鄰舍支援網絡」的「智能家居安全警報系統」，期望增強他們的居家安全。最後，成員為研究計劃撰寫了詳盡報告（參看 <https://bit.ly/2UgHdDW>）。

馬鞍山社區發展 Ma On Shan Community Development

此研究計劃亦於 2017-18 進行。成員採用「資產為本社區發展」模式，深入馬鞍山的公共屋邨，發掘被忽視的社區資產，加以善用，為社區累積更多社會資本。成員除透過實地考察和問卷調查，研究如何善用區內公共空間，引發更多社區互動；亦舉辦活動讓該區長者與中學生互相教授各自擅長之生活技能，藉此促進跨代共融。此研究計劃更以短片形式記錄和分享社區人物的口述故事，增強他們對社區之歸屬感。



This is a research project of 2017-18. The team members paid home visits to 60 live-alone elderly residing in Cheung Wah Estate, Fanling and analysed the data collected from the interviews with these people so as to formulate an effective risk assessment tool of home injury death. The elderly who have been identified from the assessment as the high-risk group were invited to join the trial of a merger of the “Smart-home Security System” and “Neighbour-assisted Network” to enhance their home safety. The team members finally produced a detailed report (vide <https://bit.ly/2UgHdDW> - available in Chinese only) on this research project.



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This research project also took place in 2017-18. The team members adopted an “Asset-based Community Development” approach to explore and leverage underused community assets in the public estates of Ma On Shan to accumulate more social capital for the community. They explored alternative uses of public space to foster more community interaction, with the help of questionnaire and on-site survey; and tailored activities for the elderly and teenagers of that district to exchange life skills to facilitate cross-generational integration. By taping and screening the oral history interviews of the community members, their sense of community belonging was enhanced.

基層家庭兒童照顧者

Study of the Child Caretakers in Grass-roots Families

此研究計劃於 2018-20 進行，以居於觀塘區劏房的兒童照顧者為對象。成員先與該區 10 位兒童照顧者進行家訪，探討其心路歷程，再於 2018 年 12 月 2 及 22 日參與「照顧者體驗日」，親身感受照顧者所面對的困難。為應對這些困難，成員分成小組針對三方面作出改善：1. 開放有效途徑，讓照顧者獲取社福資訊；2. 提高照顧者對預防職業勞損的認識；及 3. 加強大眾對照顧者工作的認知。成員除於 2019 年 10 月 30 日假「循道衛理觀塘社會服務處神愛關懷中心」發佈詳盡報告（參看 <https://bit.ly/2WITQJz>）外，亦把成果轉化為多媒體作品及公眾教育活動，讓大眾更關注基層兒童照顧者的處境，思考如何營造對其友善的社區。



This research project was conducted in 2018-20 focusing on a group of grassroots child caretakers residing in the sub-divided flats in Kwun Tong. The team members learnt the stories of 10 child caretakers through home interviews, and took part in the “Caretaker Experiential Days” on 2 and 22 December 2018 to gain first-hand experience of the challenges encountered by the caretakers-at-large. Three groups were then set up to explore solutions for improvement of these caretakers’ lives on the following aspects: 1. To open up effective channels on social welfare information for the caretakers; 2. To enhance the caretakers’ knowledge of prevention of strain injury; and 3. To increase public’s understanding of the work of the caretakers. A detailed report (vide <https://bit.ly/2WITQJz> - available in Chinese only) was released on 30 October 2019 at the *Agape Community Care Centre, Kwun Tong Methodist Social Service*. Members also converted their research outcome into multi-media works and public education activities to arouse public concerns about the caretakers and to build up a friendly environment for them.



研究報告
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公共屋邨隱蔽長者行動

Pattern of Hidden Elderly in Public Estates

這個橫跨 2018-20 的研究計劃旨在探討大專生可如何透過社區服務，提升公共屋邨長者的生活質素，詳盡報告尚在撰寫中。首先，成員與粉嶺祥華邨內逾 60 位隱蔽長者進行家訪，並挑選當中 19 位作深入訪談。之後，由於社區活動乃介入長者社群的其中一個有效方式，故成員於 2018 年 11 月 17 日協助由食物回收團體「綠膳派」和明愛粉嶺陳震夏中學合辦的「社區長者剩食宴」，接待逾百位長者，藉此吸取相關經驗。他們亦於 2019 年 4 月 20 日在祥華邨社區會堂舉行了「長者安康日」，內容包括食物安全講座、防跌工作坊及互動遊戲等，讓區內長者了解更多日常起居應注意事項。

This research project conducted in 2018-20 aimed to shed light on how tertiary students may improve the quality of life of the elderly residing in public estates through community services. Formulation of the detailed report is underway. At first, the team members paid home visits to over 60 hidden elderly in Cheung Wah Estate of Fanling, and selected 19 of them for in-depth interviews. Subsequently, they assisted in the “Zero-waste Community Lunch” co-organised by a food saving agency *ChariGreen* and Caritas Fanling Chan Chun Ha Secondary School on 17 November 2018 which drew participation of over 100 elderly. Given that community activities are deemed an effective means for social intervention, the team members further organised an “Elderly Well-being Day” at Cheung Wah Community Hall on 20 April 2019 with a range of activities like food safety talk, fall-prevention workshop and interactive games, etc. to enhance the elderly’s awareness of safety in daily life.



非牟利團體實習計劃 NGO Internship Programme

非牟利團體實習計劃挑選香港、內地及台灣的非政府組織 (NGO) 作為合作機構，為中大同學提供實習機會，讓他們以行動實踐社會關懷。本地計劃的參加者可親身體會社區工作中人與人之間的連結與互動，從而引發對個人和社會議題的反思；而內地及台灣計劃的參加者除可深入社區工作，更能體驗當地風土人情。

The NGO Internship Programme collaborates with the non-governmental organisations (NGO) in Hong Kong, the Mainland and Taiwan to offer internship opportunities to CUHK students. It provides participants with a better understanding of the services of the NGOs and enables them to reflect on their values and their connection with the communities from a wider perspective. Participants of the Hong Kong programme are furthered to gain first-hand experience of interacting with different people of the local community so as to stimulate ideas in positive social changes; whereas participants of the Mainland and Taiwan programme will experience the culture and livelihood of the places, in addition to gaining knowledge of community work.



2016-19 期間，非牟利團體實習計劃透過面試甄選出 114 位同學，分別到多間不同性質的 NGO 實習；他們不僅把公民社會理念融入工作，期望為世界帶來正面改變，更能直接服務社群。

In 2016-19, 114 students were selected through interviews by the NGO Internship Programme for attaching to the NGOs with different natures as interns. They were not only allowed to put the concept of civic society into practice thereby creating positive changes to the world, but had also obtained an opportunity to render direct services to different communities.

機構 Organisation	實習名額 Internship Quota			服務性質 Scope of Service
	2016-17	2017-18	2018-19	
內地及台灣 Mainland & Taiwan				
雲南連心社區照顧服務中心 Yunnan Heart to Heart Community Care	6	4	3	社區貧困群體服務；社區發展；勞工、婦女及兒童服務 Community poverty alleviation; community development; labour, women and children services
雲南武定縣正心社會工作服務中心 Wuding Sincere Heart Social Work Center	2	6	3	社區貧困群體服務；城鄉兒童老人服務；兒童教育 Community poverty alleviation; urban-rural elderly and children services; child education
南京社區互助會 Nanjing Community Mutual Association	3	/	/	社區營造；互助服務 Community building; mutual help services
陝西婦源匯性別發展培訓中心 Shaanxi Gender Development Solution	4	/	/	農村發展；婦女服務；兒童教育 Rural development; women services; child education
北京自然之友 Friends of Nature	1	/	/	環境保育；自然教育；可持續生活 Environmental conservation; nature education; sustainable living



機構 Organisation	實習名額 Internship Quota			服務性質 Scope of Service
	2016-17	2017-18	2018-19	
內地及台灣 Mainland & Taiwan				
大魚青少年公益發展中心 Beichuan Big Fish Public Welfare Development Center	3	2	3	災害應對; 青少年發展; 社區發展 Natural hazard prevention; youth development; community development
綠芽鄉村婦女兒童發展基金會 Rural Women Development Foundation Guangdong	/	1	3	婦女勞工; 性教育; 婦女兒童服務 Women labour; sex education; women and children services
同性戀親友會 PFLAG China	/	1	2	LGBT 及相關服務; 性別教育 LGBT and related services; gender education
世界宣明會 —— 雲南省攜手困難群體創業服務中心 World Vision China - Yunnan Xieshou Center	/	2	/	社區貧困群體服務; 勞工、婦女及兒童服務 Community poverty alleviation; labour, women and children services
台灣北投文化基金會 Taiwan Pei-Tou Culture Foundation	4	4	4	社區營造; 文化保育; 永續發展 Community building; cultural preservation; sustainable development
台灣新故鄉文教基金會 Newhomeland Foundation, Taiwan	4	/	/	社區營造; 社會企業; 生態保育 Community building; social enterprise; ecological conservation
高雄市旗美社區大學 Chi-Mei Community University, Kaohsiung	1	2	2	農業發展; 城鄉共生; 農業型社區大學 Agricultural development; urban-rural symbiosis; agriculture-based community college
台灣同志諮詢熱線協會 Taiwan Tongzhi Hotline Association	/	2	2	LGBT 服務; LGBT 政策倡議 LGBT service; LGBT policy advocacy
蘆荻社區大學 Ludi Community College	/	/	2	社群營造; 成人另類教育 Community building; adult alternative education

機構 Organisation	實習名額 Internship Quota			服務性質 Scope of Service
	2016-17	2017-18	2018-19	
香港 Hong Kong				
社區發展陣線 Community Development Alliance	2	2	2	社區發展; 社區服務; 政策倡議 Community development; community service; policy advocacy
聖雅各福群會 St. James' Settlement	2	2	4	社區經濟; 可持續發展 Community economy; sustainable development
香港婦女勞工協會 Hong Kong Women Workers' Association	2	2	2	婦女合作社; 勞工權益; 政策倡議 Women's cooperative; labour rights; policy advocacy
綠腳丫 Hapi School	2	3	2	親子教育; 繪本教育; 社群營造 Parent-children co-education; picture book education; community building
影行者 V-artist	3	2	3	社區組織; 社區藝術 Community organising; community art
Translate for Her (只有英文名稱)	/	3	2	少數族裔服務; 社會共融; 文化交流 Ethnic minority service, social inclusion, cultural exchange
關注草根生活聯盟 Concern for Grassroots' Livelihood Alliance	/	2	2	社區房屋; 社區經濟; 基層墟市 Community housing; community economy; grassroots bazaar

非牟利團體實習計劃會為參加者安排培訓，讓他們認識社區工作的理念和技巧，為歷時三至五週的實習期作準備。培訓活動還會偶爾開放予有興趣的公眾參加，促進知識共享。

To prepare participants for the internship that lasts for three to five weeks, the NGO Internship Programme organises training activities on the concept and skills of community work. These activities are occasionally made available to interested parties of the public so as to promote knowledge sharing.

社會企業起動計劃 Social Enterprise Startup Scheme

在社會企業起動計劃下，中大同學及年輕校友可從具有豐富經驗的導師身上獲得創業錦囊及商界網絡，繼而把具創意的業務意念轉化成富意義的起動項目。參加者更有機會從「中大社企基金」獲得高達港元100,000 的種子資金，以成立社會企業，幫助解決社會問題。

The Social Enterprise Startup Scheme not only funds CUHK students and young alumni to transform their creative business ideas into meaningful startup, but most importantly offers mentorship to them by the experts in real business sector. Participants may receive from the “CUSE Fund” a maximum of HK\$100,000 as seed money to set up an enterprise with social mission.



導師團隊 Array of Mentors



社會企業起動計劃之導師皆為資深校友，投身財金或社福界多年，成就超卓，亦對培育年青人充滿熱忱。他們包括：

All mentors in the Social Enterprise Startup Scheme are senior alumni who have been working in financial or social service sectors. Not only have they had outstanding career performance, but they are also passionate to nurture the youth. They include:

葉志釗先生

「毅恩(資本)有限公司」董事長

Mr. Eric Yip

Chairman of *AM Partners (Capital) Co., Ltd.*

林植良先生

前「花旗國際亞洲企業投資有限公司」
董事總經理

Mr. Gordon Lam

Former Management Director of
Citicorp China Investment Management Limited

陳祖民先生

前「中國工商銀行(亞洲)」企業部主管

Mr. Francis Chan

Former Head of Corporate of *Industrial and Commercial Bank of China (Asia) Limited*

周卓華先生

時任「環球實業科技控股有限公司」
執行董事兼執行總裁
(現任「俊達國際集團有限公司」執行董事)

Mr. Angus Chau

The then Executive Director and Executive Operation Officer of *Universal Technologies Holdings Limited*
(Now Executive Director of *Smart Express International Holdings Limited*)

魏文富先生

「香港社會企業總會」理事

Mr. Simon Ngai

Council Member of *General Chamber of Social Enterprise*

王家聰先生

前「奧地利奧合國際銀行香港分行」行長

Mr. Edmond Wong

Former Chief Executive of *Raiffeisen Bank International AG Hong Kong Branch*

中大社企基金資助項目
Projects Receiving CUSE Fund

項目名稱 Project Title	簡介 Synopsis	團隊人數 No. of Team Members
便利眼手機應用程式 iSEE Mobile Apps	此乃為視障人士而設的流動應用程式，其界面設計簡單易用，且能配合智能手機內置的讀屏功能。項目團隊由社工、程式員、教師、大學生和殘疾人士組成，旨在利用資訊科技打破隔膜，提供服務及機會以促進殘疾人士的平等參與。團隊亦為客戶提供一站式訊息無障礙顧問服務，包括測試及建議、編程、宣傳及培訓。 This is a mobile application with a simple layout design tailored for visually impaired persons and compatible with smartphone screen readers. The project team, comprising social workers, programmers, teachers, university students and people with disabilities, aims to break barriers through information technology and to provide services and opportunities to the disabled to promote their equal participation. The team also provides one-stop consultation services on web accessibility for its clients, which includes testing and solutions, development, as well as promotion and training.	5 (其 1 為中大學生 / 校友) (Of whom one is CUHK student / alumnus)
妳想煮意 Festyle	這是一項為顧客提供即煮燸盒的服務，旨在促進家庭主婦充權及就業，讓她們一展所長、發揮潛能，並藉彈性工作安排兼顧家庭生活。獲聘之家庭主婦均具資深煮食經驗，能為客人設計及預備有營養的菜式，推動健康飲食文化之餘，亦為忙碌都市人帶來一份家庭溫暖。 This business is selling ready-to-cook meal packages to customers with an aim to promote empowerment and employability of housewives by encouraging them to exercise their strengths and unleash their potential. It also offers flexible working hours to help these housewives achieve work-family life balance. All meal packages are prepared by experienced housewives through which busy households will be able to enjoy hassle-free, homey and nutritious meals at home.	5 (其 3 為中大學生 / 校友) (Of whom three are CUHK students / alumni)
瑜珈學堂 Yoga IN School	此乃一校本計劃，目的為鼓勵學生培養運動習慣，提升身心健康，從而幫助他們紓緩壓力及增強學習能力。同時，此計劃亦讓導師藉教授瑜珈發掘潛能、開拓視野。 This project provides yoga-based school programmes for students to encourage them to develop an exercise habit which helps relieve their stress and boosts their learning performance. It also enables the yoga teachers to bolster up their potential and horizon.	3 (其 1 為中大學生 / 校友) (Of whom one is CUHK student / alumnus)

項目名稱 Project Title	簡介 Synopsis	團隊人數 No. of Team Members
Your Wellness Partner (只有英文名稱)	此項目提倡透過動物輔助治療，讓有需要人士（包括學習障礙者、精神或情緒病患者、肢體障礙者、長期臥床人士等）在生理、心理、社會及靈性各方面達至圓滿的安適狀態。治療師會連同受訓犬隻（動物大使）為服務對象提供適切及具輔助性的治療程序。此外，項目團隊亦會舉辦講座及研討會，向大眾推廣動物福利。 This project bears a mission to promoting “animal-assisted therapy” which helps people in need (including those with learning disabilities, mental or mood disorders, physical challenge, and the chronically bedridden patients) to attain physical, psychological, social and spiritual well-being. The therapists, together with trained service dogs, will provide suitable and therapeutic intervention for the service recipients. The project team also promotes animal welfare to the general public through organising seminars and talks.	2 (其 1 為中大學生 / 校友) (Of whom one is CUHK student / alumnus)
V' air 低碳本地遊 V'air Hong Kong	此項目旨在推動大眾關注氣候變遷與本地環境問題，並從個人層面出發，身體力行減少碳排放，建立「低碳生活」的風氣，達致保護香港自然資源、推動可持續發展及對抗全球氣候變化的效果。此項目之核心理念有四：本地遊歷、公眾教育、青年充權及政策倡議。 This project aims at arousing public awareness of climate change and local environmental issues through local eco tours. By living a “low-carbon life”, individuals may contribute to environmental conservation, sustainable development and combating climate change. The core ideology of this project includes: local travelling experience, public education, youth empowerment, and policy advocacy.	4 (其 3 為中大學生 / 校友) (Of whom three are CUHK students / alumni)
ImpactX (只有英文名稱)	此項目藉「精實設計思維」作媒介，為團體及個人舉辦工作坊等活動或提供諮詢服務，以協助參加者認識各項社會議題，增進社會影響。 This project team organises activities like workshops and offer consultation services to corporates and individuals utilising the “Lean Design Thinking” tool. Participants are expected to understand different social issues thereby increasing their social impact.	4 (其 2 為中大學生 / 校友) (Of whom two are CUHK students / alumni)
感講 JUST FEEL	此乃情緒教育的項目，服務集中於預防層面。核心部份「善意溝通學校課程」乃通過與學校深入協作，在香港的教師培訓、學習環境與課程等方面，作系統性改變。 This is a project on emotion education which emphasises the preventive side. Its major section, namely “Compassionate Communication School Programme” aims to make structural changes on Hong Kong’s teacher training, learning environment and curriculum via in-depth collaboration with schools.	3 (全皆為中大校友) (All are CUHK alumni)

獲嘉許優異證書之項目

Projects Awarded the Certificate of Merit

項目名稱 Project Title	簡介 Synopsis
Hot Bath (只有英文名稱)	此項目期望以科技成就一個貼心、簡便及輕鬆的沐浴方案，協助行動不便的長者自行清潔身體，解決沐浴困難。 This project aims to utilise technology to invent a bathing device for the elderly with less mobility to perform self-care during their baths.
喜行 Walkpner	此項目打算推出新款智能拐杖，鼓勵認知障礙症患者安全地外出活動，讓他們增強自理能力、改善負面情緒。 This project plans to produce a smart crutch to help people with dementia to enjoy outdoor activities safely. With this hi-tech product, the users can enhance their self-care ability and improve negative emotions.
RE-LOOK (只有英文名稱)	這是一項鼓勵青少年參與社會活動、多與外界接觸的服務，藉此提升他們的自我認識和對社會的關注，從而找尋個人價值。 This is a service encouraging the youngsters to take part in community activities and to reach out, so that their self-awareness and understanding of social issues will be promoted. The ultimate goal of the project is to facilitate the youngsters' realisation of their own value.

培訓活動概覽

Summary of Training Activities

題目 Topic	參加人數 No. of Participants
2017-18	
香港社會創新：社會問題及社會經濟模式 * Social Innovation in Hong Kong: Social Issues and Exploration of Social Economic Models*	46
提升企業效益：精益創業 * Maximising Benefits with Minimum Resources: Lean Startup*	34
社會創新的全球與區域經驗 * Global Vision of Social Innovation - Sharing of Global and Regional Experience*	32
社會創想力 —— 腦力激盪工作坊 * Social “ImaginAction” - Brainstorming Workshop*	24
企業規劃 * Business Plan*	40
設計思維 * Design Thinking*	28

題目 Topic	參加人數 No. of Participants
香港貧窮問題及其現況 Poverty Issues in Hong Kong	12
精實創業 * Lean Canvas*	24
個案分享會 * Case Sharing Session*	11
社會影響評估 * Social Impact Assessment*	29
2018-19	
個案分享會 * Case Sharing Session*	23
反思香港貧窮成因 —— 弱勢社群為何弱勢? * Reflection on Poverty Issue in Hong Kong - the Vulnerable Groups*	29
深水埗社區導賞 * Community Tour at Sham Shui Po*	12
社會創新的全球與區域經驗 * Global Vision of Social Innovation - Regional & Global Experience*	20
深水埗社區導賞 * Community Tour at Sham Shui Po*	10
設計思維 * Design Thinking*	31
如何規劃你的企業? How to Plan Your Business?	43
策略性市場營銷及價值主張 Strategic Marketing and Value Proposition	22
如何撰寫營運計劃書? How to Write Your Business Plan?	28

* 以「社創領袖工作坊」為名，與中大尤努斯社會事業中心合辦。

* Grouped under “S.I. Leadership Workshop” which were co-organised with the Yunus Social Business Centre at CUHK.

博群踐行者計劃 I-CARE Achievers Programme

博群踐行者計劃於 2018-19 年度正式推出，分為「價值探索系列」及「核心小組培育」兩部份；前者面向所有本校員生，後者則針對 30 至 40 位特定中大同學。本計劃在全面推出前，曾舉辦少量體驗版活動，免費供全日制本科生及研究生參加，作為先導，以便評估及改良正式的計劃。

體驗版活動 Tryout Activities

價值審視工作坊 (2018 年 2 月 8 日)

此工作坊由博群全人發展中心主任伍慧明女士擔任導師，藉 Student Leadership Challenge® 裡「建立模範」一環的訓練工具，協助 11 名參加者釐清個人秉持的價值觀，從而把其信念跟行為統一，以發揮多元才能。工作坊以小組形式進行，以增加參加者間的互動。

Officially launched in 2018-19, the I-CARE Achievers Programme is divided into two parts namely “Value Exploration Series” and “Core Group Nurture”. While the former is open for all students and staff of the University, the latter serves a designated group of 30-40 CUHK students. Before the programme was fully fledged, a small amount of tryout activities had been rolled out for free participation of the full-time undergraduates and postgraduates. They served as a pilot to assess and improve the programme.

Workshop on Value Clarification (8 February 2018)

This workshop was led by Ms. Irene Ng, Director of I-CARE Centre for Whole-person Development. The training tool for “Modelling the Way” under the Student Leadership Challenge® was utilised to assist the 11 participants to clarify their own value system, as well as to develop their potential by aligning their belief and action. To enhance the interaction of participants, the workshop was conducted in a small group setting.



提升自信與堅毅訓練營 (2018 年 3 月 9 至 10 日)

此訓練營假突破青年村舉行，8 位參加者透過一系列歷奇訓練及解難活動，了解自己的強處與弱點，從而提升自信、堅毅與領導力；他們亦藉共膳及同宿，學習建立團隊精神。

Training Camp on Self-esteem & Perseverance (9-10 March 2018)

This training camp took place at Breakthrough Youth Village. Eight participants were involved in a wide range of adventure-based and problem-solving activities which had strengthened their self-esteem, perseverance and leadership. Through communal boarding and lodging, their team spirit was built up.

退修日 (2018 年 3 月 11 日)

27 位參加者到訪慈山寺，透過靜修、禁語午餐及摹帖等活動，學習以靜和定的心態觀察事物，藉此提升心靈的正能量。

Retreat Day (11 March 2018)

The 27 participants visited Tsz Shan Monastery where they practised meditation, joined a silent meal and experienced Zen calligraphy to achieve inner serenity and lift their spirits.



價值探索系列

Value Exploration Series

2018 香港品格日 —— 傳遞希望 (2018年9月26日至12月31日)

博群全人發展中心為響應全球品格教育的推行，代表中大登記成為「2018 香港品格日」之認可參與院校，鼓勵中大部門及學生團體籌辦至少一項與主題「傳遞希望」有關的活動，期盼提升師生的希望值和快樂感。

「AI 與我：我在何？何謂我？」講座 (2018年10月18日)

此講座由中大校友陳啓泰醫生（精神科專科醫生）主持，與近 50 位參加者（包括中大員生及校外人士）一起探討人類活在「數碼世代」下的「迷·思」，啟發他們反思人生意義，並重新檢視「萬物之靈」的價值。

Character Day Hong Kong 2018 - Bring Hope (26 September - 31 December 2018)

In response to the global efforts in promoting character education, the I-CARE Centre for Whole-person Development represented CUHK to register in the "Character Day Hong Kong 2018" as a recognised participating institution. CUHK units and student bodies were invited to complete at least one activity in relation to the theme "Bring Hope" so as to foster a higher degree of hope and happiness among the staff and students.

Talk on "AI & I: Where am I.....and Who am I?" (18 October 2018)

Presided by the CUHK alumnus Dr. Chan Kai-tai (a specialist psychiatrist), this talk examined the unprecedented impact of the "Age of Digitalisation" on the humankind and inspired participants of the meaning of life. The talk attracted attendance of nearly 50 CUHK staff and students as well as members of the public.



重塑營 (2018年12月19至21日)

此三日兩夜營會假二澳農作社及大澳香港少林武術文化中心舉行，旨在讓 40 位參加者從忙碌的大學生活中走進田野，在大自然裡重新認識自己及體驗生活的點滴。營會涵蓋多項活動，包括日間的虎山行、生態導賞、農耕體驗、少林早操和禪修。至於晚上則舉行電影《點五步》放映暨映後分享，以及專題討論；後者由博群全人發展中心主任伍慧明女士主持，邀得沈祖堯教授和前香港天文台台長林超英教授親臨營會，以「擇善固執」為題，與參加者分享人生起伏，探索自我價值。參加者在營會的最後一天以小組形式分享其所得所感，並把最能發揮的性格強項歸納與展示。

Remoulding Camp (19 - 21 December 2018)

Conducted in Yi O Agricultural Cooperation and Hong Kong Shaolin Wushu Culture Centre, Tai O, this 3-day-2-night camp enabled the 40 participants to enjoy a pit stop away from their busy campus life for re-recognising themselves and tasting the mother nature. The camp covered a wide range of activities including hiking at Fu Shan, eco-tours, farming, Shaolin morning exercises and meditation during the daytime. At night, not only did the screening of a local film *Weeds on Fire* cum the post-screening sharing take place, but a panel discussion on "Insistence on the Righteous Cause" was also held. The latter was attended by Prof. Joseph Sung and Prof. Lam Chiu-ying (former Director of the *Hong Kong Observatory*), with Ms. Irene Ng, Director of I-CARE Centre for Whole-person Development, as moderator. On the last day, participants were divided into groups to present their learning and gains from the camp. They also reviewed the character strengths they could best exercise through the various activities.



與陳奕迅 L.O.V.E. in F.R.A.M.E.S. (2019 年 4 月 2 日)

是次活動乃「《L.O.V.E. in F.R.A.M.E.S.》大學巡迴放映」之壓軸場，分為音樂紀錄片放映及映後座談兩部份，吸引逾千中大員生參加。播放音樂紀錄片《L.O.V.E. in F.R.A.M.E.S.》後，即由博群全人發展中心主任伍慧明女士主持映後座談，並得陳奕迅與 DUO 團隊隊長王雙駿、成員張傑邦（兼音樂紀錄片導演）、翁瑋盈、恭碩良、陳詠謙和 Charles Huntley 親臨，不但暢談他們的音樂旅程及相處點滴，亦鼓勵同學憑藉熱情追求理想。



與鍾逸傑爵士有約 (2019 年 4 月 30 日)

此活動安排不同課程的中大同學以小組形式在鍾逸傑爵士家中，跟他交流人生經驗及對不同事物的看法，並探索生命意義和價值。鍾逸傑爵士是港英政府時期的布政司，亦是留在本港最高級殖民地官員；自退休後，他出任多間機構的非執行主席及董事，並為香港工商專業聯會會長，繼續積極投身義工及慈善服務。

L.O.V.E. in F.R.A.M.E.S. with Eason Chan (2 April 2019)

Being the last station of the “L.O.V.E. in F.R.A.M.E.S. University Tour” which consisted of a music documentary screening and a post-screening discussion, this activity received overwhelming response of over 1,000 CUHK students and staff. The screening of the music documentary *L.O.V.E. in F.R.A.M.E.S.* was followed by the post-screening discussion. The latter was hosted by Ms. Irene Ng, Director of the I-CARE Centre for Whole-person Development, and was graced by the presence of Eason Chan, the DUO Band’s leader Carl Wong and other band members namely Cheung Kit-bong (also Director of the music documentary), Janet Yung, Jun Kung, Him Chan and Charles Huntley. Not only did they share the ups and downs in their music journey, but they also encouraged students to pursue their dreams with devotion.



Meet with Sir David Akers-Jones (30 April 2019)

CUHK students of different academic programmes were invited to a small-group discussion with Sir David Akers-Jones at his house on mutual life lessons, perspectives of various issues, and the meaning and value of life. Sir David Akers-Jones is the former Chief Secretary of Hong Kong and the most senior colonial official living in this territory. After retirement, he started serving as non-executive chairman and director of numerous companies, including as President of Business and Professionals Federation of Hong Kong, and has been engaging himself in voluntary and charitable services enthusiastically.

核心小組培育 Core Group Nurture

概念與形式

核心小組成員須完成啟導活動及指定任務，並面見由專家學者、社會賢達或知名人士擔任的師長，從中了解成敗起跌、學習規劃人生。核心小組以培育中大同學達致均衡整全的發展為目標，參加者可自行規劃學習深度及進程，以獲取相關「博群踐行者」名銜：

- 準備級博群踐行者
- 黃金級博群踐行者
- 白金級博群踐行者
- 桂冠級博群踐行者

活動與任務

2016-19 期間，只成立一個核心小組（因博群踐行者計劃於 2018-19 年度才正式開辦）。經甄選後成員共 30 名，按個人興趣分為 4 隊（包括：遠足、馬拉松、農耕和露營）。

Concept and Format

The core group members are required to complete the induction programme and some stipulated tasks, and to meet with mentors who are luminaries and acclaimed figures so as to make reference to their success and failure when managing personal development. This core group aims to facilitate CUHK students’ attainment of fine quality for all-round development. Participants enjoy flexibility to decide when and to what extent they will complete their learning and obtain the corresponding “I-CARE Achiever” titles:

- Cadet I-CARE Achiever
- Gold I-CARE Achiever
- Platinum I-CARE Achiever
- Grand I-CARE Achiever

Activities and Tasks

In 2016-19, only one core group was established (due to the kick-off of the I-CARE Achievers Programme being 2018-19). 30 members were selected and had been divided into 4 small teams in accordance with their own interest (namely hiking, marathon, farming and camping).

核心小組成員一起或分別參與的活動及履行之任務如下：

The activities joined and tasks performed by the core group members en bloc or separately are listed as follows:

日期 Date	地點 Place	項目 Item	內容 Content
2018年10月28日 28 October 2018	保良局賽馬會大棠渡假村 Po Leung Kuk Jockey Club Tai Tong Holiday Camp	啟導活動(一):領袖及團隊訓練日營 Induction Programme(1): Training Day Camp on Leadership and Team-building	成員透過一系列歷奇訓練及解難活動提升自信、堅毅與領導力,並建立團隊精神。 Members took part in a wide range of adventure-based and problem-solving activities to enhance self-esteem, perseverance and leadership, as well as to build up teamwork.
2018年11月4日 4 November 2018	屯門清山塾 Casphalt, Tuen Mun	啟導活動(二):退修日 Induction Programme(2): Retreat Day	成員透過不涉及宗教的靜坐及禪繞畫等活動,建構平靜心靈、客觀察看事物。 Through non-religious meditation and Zentangle etc., members achieved inner serenity and developed impartial eyesight.
2018年11月24日 24 November 2018	灣仔 Wan Chai	啟導活動(三):價值審視工作坊 Induction Programme(3): Workshop on Value Clarification	成員藉「VIA 品格強項」及「性格透視®」兩套模式,了解不同價值、加強自我認識。 Members gained an understanding of various values and raised self-awareness with the help of the <i>VIA Character Strengths</i> and <i>Personality Dimensions</i> ® models.
2019年1月18日 18 January 2019	博群全人發展中心 I-CARE Centre for Whole-person Development	馬拉松 Marathon	師長向小隊傳授籌辦馬拉松和測量賽道的知識。 The mentor shared with the team the knowledge of organising a marathon and measuring the racing course.
2019年1月20日 20 January 2019	布力徑及灣仔峽道 Black's Link and Wan Chai Gap Road	遠足 Hiking	師長帶領小隊遠足之餘,亦介紹警隊博物館,最後設午膳於香港會議展覽中心,讓大家作深度對談。 The mentor led the team to go hiking and visit the Police Museum. The trip was wrapped up by a lunch hosted by the mentor at the Hong Kong Convention and Exhibition Centre to allow in-depth exchange.

日期 Date	地點 Place	項目 Item	內容 Content
2019年1月31日 31 January 2019	香港童軍中心 Hong Kong Scout Centre	露營 Camping	小隊與師長首次會面,聽取籌辦露營活動的知識和技巧。 The team met the mentor for the first time to learn the knowledge and skills for organising a wild camp.
2019年2至4月 (每週) February to April 2019 (weekly)	荔枝窩 Lai Chi Wo	農耕 Farming	小隊定期跟師長學習農務(例如除草、翻土與施肥)。 The team paid regular visits to the mentor for acquiring farming skills (e.g. weeding, ploughing and fertilising).
2019年3月30至31日 30-31 March 2019	香港童軍總會洞梓童軍中心 Tung Tsz Scout Centre of Scout Association of Hong Kong	露營 Wild Camp	小隊在師長指導下,舉辦露營活動。 The team organised wild camp activities under the guidance of the mentor.
2019年5月11至12日 11-12 May 2019	香港童軍總會基維爾營地 Gilwell Campsite of Scout Association of Hong Kong	露營 Wild Camp	小隊把從師長處學到的舉辦露營活動技巧,付諸實行。 The team organised wild camp activities basing on the skills learnt from the mentor.
2019年5月13日 13 May 2019	荔枝窩至烏蛟騰 Lai Chi Wo to Wu Kau Tang	遠足 Hiking	小隊是次試行,乃為跟農耕隊合辦活動作準備。 The team conducted this trial run to facilitate collaboration with the farming team in launching a joint activity.
2019年6月9日 9 June 2019	荔枝窩及烏蛟騰 Lai Chi Wo and Wu Kau Tang	農耕暨遠足 Farming cum Hiking	兩個有關小隊合辦農耕聯乘遠足活動,藉以交流所學。 Two related teams co-organised a crossover of farming and hiking so as to exchange the knowledge acquired.



廣泛閱讀計劃

核心小組成員需要以不同程度參與廣泛閱讀計劃，方能獲取進階級別的「博群踐行者」名銜。書目如下：

Extensive Reading Scheme

The core group members are required to take part in the Extensive Reading Scheme to different extents in order to obtain respective "I-CARE Achiever" titles at a higher level. The bibliography is shown below:

書籍名稱 Name of Books	作者 Author
The 5 Languages of Appreciation in the Workplace: Empowering Organizations by Encouraging People	Gary Chapman & Paul White
Steve Jobs	Walter Isaacson
Unbroken	Laura Hillenbrand
View from the Summit	Sir Edmund Hillary
靈山	高行健
1434: The Year a Magnificent Chinese Fleet Sailed to Italy and Ignited the Renaissance	Gavin Menzies
孔子和他的弟子們	南懷瑾
感恩這一課 (增編版)	潘宗光
南京大屠殺	張純如
八十憶雙親·師友雜憶	錢穆
BEING ONLINE: 用「在線」的思維·探索數據新大陸	王堅
注意! 這是我的個人資料私隱	黃繼兒
郭鶴年自傳	郭鶴年



顧問

核心小組得到不同界別人士支持，2018-19 之名單如下：

Advisors

The core group has met with supporters from all walks of life. The list of 2018-19 is as follows:

姓名 Name	職銜 Designation	角色 Service Ambit
陳智思先生 Mr. Bernard Chan	香港特別行政區行政會議非官守議員召集人；亞洲金融集團總裁 Convenor of the Non-official Members of the Executive Council, HKSAR; President of Asia Financial Holdings Ltd.	讀物建議者 Book-proposer
張樹槐先生 Mr. Walter Cheung	時任恒生銀行傳訊及可持續發展總監 (現任恒生銀行行政總裁高級顧問) The then Head of Communications and Corporate Sustainability, Hang Seng Bank (Now Senior Advisor to Chief Executive, Hang Seng Bank)	讀物建議者 Book-proposer
鍾志平博士 Dr. Roy Chung	時任職業訓練局主席；創科實業聯合創辦人兼非執行董事 The then Chairman of Vocational Training Council; Co-Founder & Non-executive Director of Techtronic Industries Company Ltd.	師長(遠足) Mentor (Hiking)
馮宏德先生 Mr. Fung Wang-tak	國際田徑總會及國際馬拉松暨長跑協會之國際 A 級丈量員 Course Measurer (Grade A), International Association of Athletics Federations (IAAF) & Association of International Marathons and Distance Races (AIMS)	師長(馬拉松) Mentor (Marathon)
高永文醫生 Dr. Ko Wing-man	前香港特別行政區政府食物及衛生局局長；骨科專科醫生 Former Secretary for Food and Health, HKSARG; Orthopaedist	讀物建議者 Book-proposer
劉燕卿女士 Ms. Connie Lau	時任香港特別行政區申訴專員 The then Ombudsman, HKSAR	讀物建議者及導讀老師 Book-proposer and Tutor

姓名 Name	職銜 Designation	角色 Service Ambit
劉馬露明女士 Ms. Christine Ma-Lau	品格教育協會創辦人及主席；JEMS Character Academy 校長 Founder & Chairperson, Character Education Foundation; Principal, JEMS Character Academy	導師(品格培養) Trainer (Character Building)
麥欣欣女士 Ms. Anna Mak	暖窩有限公司顧問及創會董事 Consultant & Founding Director of HakkaHome-LCW Ltd.	師長(農耕) Mentor (Farming)
吳亞明先生 Mr. Ng Ah-ming	時任香港童軍總會總監 The then Chief Commissioner of Scout Association of Hong Kong	師長(露營) Mentor (Camping)
饒美蛟教授 Prof. Nyaw Mee-kau	前嶺南大學副校長 / 管理學榮休講座教授 Former Vice President / Emeritus Professor of Management, Lingnan University	讀物建議者及導讀老師 Book-proposer and Tutor
潘宗光教授 Prof. Poon Chung-kwong	香港理工大學榮休校長 President Emeritus, The Hong Kong Polytechnic University	讀物建議者 Book-proposer
沈祖堯教授 Prof. Joseph Sung	前香港中文大學校長 Former Vice-Chancellor and President, The Chinese University of Hong Kong	計劃監督 Programme Overseer
黃繼兒律師 Mr. Stephen Wong	時任香港特別行政區個人資料私隱專員；大律師 The then Privacy Commissioner for Personal Data, HKSAR; Barrister	讀物建議者及導讀老師 Book-proposer and Tutor
楊綱凱教授 Prof. Kenneth Young	香港中文大學物理學榮休教授 Emeritus Professor of Physics, The Chinese University of Hong Kong	導讀老師 Tutor

豐富學生生活之活動 Activities Enriching Student Life

博群中大校園導賞團 I-CARE CUHK Campus Tour

此活動於每年 9 月舉行，由訓練有素的高年級中大同學擔任導賞員，以粵語、普通話或英語向新生講述本校歷史，並介紹其中主要建築物及設施，以及分享各種實用的大學生活資訊。為達至理想效果，每個導賞團之參加人數上限為 20。

This activity takes place in September every year. The tours for freshmen were led by well-trained CUHK senior-year students using either Cantonese, Mandarin or English. Besides gaining knowledge of the school history, participants were allowed to tour around the key buildings and facilities on campus and to grab tips for a fulfilling university life. To achieve an optimal outcome, the quota for each tour was set at 20.



	2016 年 9 月 September 2016					2017 年 9 月 September 2017					2018 年 9 月 September 2018					
日 Sun		4	11	18	25		3	10	17	24		2	9	16	23	30
一 Mon		5	12	19	26		4	11	18	25		3	10	17	24	
二 Tue		6	13	20	27		5	12	19	26		4	11	18	25	
三 Wed		7	14	21	28		6	13	20	27		5	12	19	26	
四 Thur	1	8	15	22	29		7	14	21	28		6	13	20	27	
五 Fri	2	9	16	23	30	1	8	15	22	29		7	14	21	28	
六 Sat	3	10	17	24		2	9	16	23	30	1	8	15	22	29	

■ 粵語 Cantonese ■ 普通話 Mandarin ■ 英語 English ■ 粵語及普通話 Cantonese & Mandarin

活·在中大
Life@CUHK

此項目涵蓋 20 項活動，動靜俱備，共吸引逾 570 位中大同學參加。參加者可望體驗一種別樣的校園生活，並嘗試探索人生各式各樣的可能性。

This programme comprised 20 physical and sedentary activities which had drawn a gross attendance of over 570 CUHK students. Participants were brought to experience a vibrant campus ecosystem and to start exploring the plentiful possibilities of life.

日期 Date	活動 Activity
2018 年 1 月 27 日 27 January 2018	品·茗 —— 茶藝文化體驗 Experiencing Chinese Tea Culture
2018 年 1 月 29 日 29 January 2018	形體溝通工作坊 Body Language Expression Workshop
2018 年 1 月 30 日 30 January 2018	大笑瑜珈班 (共兩班)* Laughter Yoga Workshop (Two classes)*
2018 年 1 月 31 日 31 January 2018	戶外寫生在中大 Outdoor Painting @CUHK
2018 年 1 月 31 日 31 January 2018	講座：由 66 個馬拉松說起* Talk: The Voice of 66 Marathons* 主講嘉賓：張樹槐先生 Guest Speaker: Mr. Walter Cheung
2018 年 2 月 1 日 1 February 2018	DIY 橡皮印章基礎班 (第一班) DIY Rubber Stamp Workshop (Class I)
2018 年 2 月 2 日 2 February 2018	校園樹鳥蝶保育導賞團 (共兩團)* Campus Biodiversity Tour (Two classes)*
2018 年 2 月 2 日 2 February 2018	一齊來！有氧搏擊初體驗 Turbo Kick Experience Workshop



日期 Date	活動 Activity
2018 年 2 月 3 日 3 February 2018	西洋書法體驗工作坊 (第一班) Western Calligraphy Workshop - Brush Lettering (Class I)
2018 年 2 月 5 日 5 February 2018	DIY 橡皮印章基礎班 (第二班) DIY Rubber Stamp Workshop (Class II)
2018 年 2 月 6 日 6 February 2018	天然手工皂工作坊 Handmade Organic Soap Workshop
2018 年 2 月 7 日 7 February 2018	山城草地上……靜修體驗* On CUHK's Greensward - a Guide to Meditation*
2018 年 2 月 7 日 7 February 2018	中大觀星夜* Galaxy over CUHK* 協辦單位：崇基學院鄧雁玲科學普及教育中心 Co-organiser: Tang Ngan Leng Centre for General Science Education, Chung Chi College
2018 年 2 月 8 日 8 February 2018	手工皮革班 Handmade Leather Workshop
2018 年 2 月 9 日 9 February 2018	西洋書法體驗工作坊 (第二班) Western Calligraphy Workshop - Brush Lettering (Class II)
2018 年 2 月 10 日 10 February 2018	數碼排毒營 Digital Detox Camp
2018 年 2 月 12 日 12 February 2018	博群影院之《殘影》* I-CARE Theatre's <i>Afterimage</i> *
2018 年 2 月 13 日 13 February 2018	講座：當我們談論「愛情」時，我們在談論甚麼？* Talk: What is LOVE.....and what is not?*
	講者：劉保禧博士 Speaker: Dr. Lau Po-hei



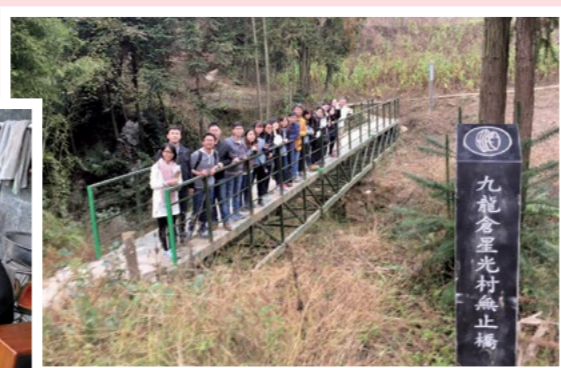
* 參加者包括中大教職員 *Participants included CUHK staff*

中大無止橋項目 Wu Zhi Qiao Project by CUHK

此項目透過成立與督導中大無止橋義工團隊，培養參加團隊的同學之服務精神及堅毅意志。團隊的核心成員每年換屆，而每屆團隊均參與或籌辦多個協助內地偏遠地區優化民生的項目，包括建設行人用橋、村落調查及推廣公共衛生等。

This project helps set up and offers guidance to the CUHK Wu Zhi Qiao Volunteer Team formed by students in order to strengthen their humanity, perseverance and resolve. A one-year term of service is enjoyed by the core members of the team, and all teams have been participating or organising numerous projects to improve livelihood of the rural areas in the Mainland e.g. footbridge construction, village investigation, and promotion of public health.

日期 Date	項目名稱 Project Title	地點 Location	合作院校 Collaborated Institution
2016年11月11至16日 11-16 November 2016	回訪重慶村落 Revisit to Villages in Chongqing	重慶市星光村及插旗村 Xingguang Village and Chaqi Village, Chongqing	重慶大學、重慶交通大學、清華大學 Chongqing University, Chongqing Jiaotong University, Tsing Hua University
2017年8月19至27日 19-27 August 2017	雲南建橋之旅 Yunnan Bridge-building Trip	雲南省六主村 Liuzhu Village, Yunnan	香港理工大學、同濟大學、昆明理工大學 The Hong Kong Polytechnic University, Tongji University, Kunming University of Science and Technology



健體與運動項目 Physical Wellness and Sports Programme

施我裝備・運動傳承 (2017年2月)

此活動跟體育運動科學系及大學體育部合辦，為有需要的年青運動員提供合適裝備，鼓勵他們傳承與發揚體育精神。捐贈用品者乃多位精英運動員和體育團體，結果共740件各類球衣、球鞋、泳具等給分配予600位來自14間中學的學生。

“GearSportsUp” Campaign (February 2017)

This activity was co-organised with the Department of Sports Science and Physical Education and the University Physical Education Unit aiming to provide suitable gear for youth athletes in order to encourage them to inherit and promote sportsmanship. It had received support from numerous elite athletes and sports associations. A total of 740 items of sports gear (including clothing, shoes, swimming utilities, etc.) was given away to 600 students of 14 secondary schools.



同校長一齊「著類 TEE・遊鞍山」 (2017年3月26日)

時任校長沈祖堯教授與近300位中大員生一起暢遊馬鞍山郊遊徑，沿途遠眺中大，從另一角度欣賞校園景色，各人更與同行友伴細說自己的中大故事。此活動與大學體育部合辦。

Go Hiking in CUHK Style with Vice-Chancellor (26 March 2017)

Prof. Joseph Sung, the then Vice-Chancellor and President, went hiking with approximately 300 CUHK staff and students through the Ma On Shan Country Trail. They enjoyed the panoramic views of the University's beautiful campus and shared with each other their profound memories about CUHK. The activity was co-organised with the University Physical Education Unit.





中大 10 公里夜跑 (2017 年 11 月 8 日)

此活動跟大學體育部及香港賽馬會運動醫學及健康科學中心合辦，分為挑戰組（10 公里）及健康組（4 公里）兩個級別，均以沙田白石角海濱長廊南廣場為起點及終點。近千位中大員生及校友獲難得機會一起舒展筋骨，並沿途欣賞新界區華燈初上的美景，享受放鬆的時光。

電影欣賞與座談

Movie Screening and Discussion

借電影探索人生不同議題，是博群計劃經常使用的模式，例如「博群影院」；其他校內外單位亦因此經常邀請博群全人發展中心合作，舉辦類似活動。2016-19 期間，便有兩項嘗試。

Project: CUHK 10K Night Challenge (8 November 2017)

This activity was co-organised with the University Physical Education Unit and the HKJC Sports Medicine and Health Sciences Centre comprising two types of entries for advanced runners (10 km) and beginners (4 km) respectively. Both groups started and finished their race at the South Square of Pak Shek Kok Promenade, Shatin. Nearly a thousand of CUHK students, staff and alumni gained a precious opportunity to limber up together. They also relaxed through enjoyment of the spectacular night scene of the New Territories.

The I-CARE Programme usually makes use of movies to help participants ponder over various issues about life. The iconic one is "I-CARE Theatre". Other units, both internally and externally, have therefore extended invitations to the I-CARE Centre for Whole-person Development for co-organising similar events. In 2016-19, two attempts in this respect were made.

電影梗概 Movie Synopsis	映後座談嘉賓 Guest for Post-screening Discussion	合辦單位 Co-organising Unit
<p>《搖搖晃晃的人間》 <i>Still Tomorrow</i></p> <p>此紀錄片描述出生於湖北農村的腦癱詩人余秀華與命運抗爭的心路歷程。 The documentary depicts the psychological journey of the poet Yu Xiu-hua, a village woman born in Hubei with cerebral palsy, while she is struggling with her life.</p>	<p>導演：范儉先生 主角：余秀華女士 主持：廖偉棠先生 Director: Mr. Fan Jian Protagonist: Ms. Yu Xiu-hua Host: Mr. Liu Wai-tong</p>	<p>2017 年 10 月 12 日 12 October 2017</p> <p>中國研究服務中心、當代中國文化研究中心 Universities Service Centre for China Studies, Research Centre for Contemporary Chinese Culture</p>
<p>《乘願再來九百年》 <i>The 17th Journey of Compassion</i></p> <p>此紀錄片講述兩位導演在 2010 年獲邀到印度拍攝所經歷的一趟奇特旅程；他們的拍攝目標為藏傳佛教噶瑪噶舉派領袖噶瑪巴（第十七世大寶法王）的九百週年慶典活動。 The documentary features the unexpected adventure undergone by the co-directors in 2010 when they were invited to India to film the celebratory activities of the 900th Anniversary of the 17th Karmapa.</p>	<p>導演：關本良先生及蔡貞停女士 主持：鍾小梅女士 Director: Mr. Kwan Pun-leung and Ms. Clara Choi Host: Ms. Ribble Chung</p>	<p>2018 年 3 月 23 日 23 March 2018</p> <p>晨曦青少年文教基金會 MLH Youth Cultural & Educational Foundation</p>



與校外組織合作之項目

Collaborative Projects with External Organisations

中大腦伴同行流動車服務（全年）

此項目為「賽馬會高錕腦伴同行流動車」所提供的服務招募義工，並統籌他們的受訓與當值事宜。「賽馬會高錕腦伴同行流動車」為有需要人士提供認知障礙症支援服務，包括專業評估及跟進，另舉行講座及工作坊等社區教育活動，藉以加強公眾對認知障礙症的認識。2016-19 期間，參與服務的中大員生共 58 人，總義工服務時數約 900。

「弦夢成真」師友計劃 (2016 年 11 月 10 日)

此項目甄選 21 位中大非專業同學接受香港弦樂團的訓練，其後與專業樂手在崇基學院禮拜堂舉行的「弦夢成真音樂會 @ 中大」合奏古典名曲。音樂會更邀得蜚聲國際的小提琴家（亦是香港弦樂團藝術總監）姚珏女士擔任獨奏嘉賓，吸引逾千位觀眾欣賞，座無虛席。

Brain Health Services by CUHK (All Year Round)

This project coordinates the recruitment of volunteers for the “Jockey Club Charles Kao Brain Health Services”, and draws up for them the roster of training and on-site duties. “Jockey Club Charles Kao Brain Health Services” offers numerous support on dementia, namely professional consultation and follow-up, to the people in need. It also runs community education programmes such as seminars and workshops in order to raise public awareness of dementia. During 2016-19, a total of 58 CUHK students and staff served as volunteers, contributing a sum of approximately 900 service hours.

“Music Dreams Come True” Mentorship Programme (10 November 2016)

A total of 21 CUHK non-professional students were selected to receive training by the Hong Kong String Orchestra (HKSO) before performing with the professional musicians in the concert at Chung Chi College Chapel. The concert was graced by the presence of Ms. Yao Jue, the world-renowned violinist and Artistic Director of HKSO, as soloist. The performance drew an audience of over 1,000 people.



「社創流動」互動展覽車在中大 (2018 年 2 月 27 日)

此項目安排社創基金推出的「社創流動」互動展覽車到訪中大校園，讓參觀者體驗及了解創新項目如何協助弱勢社群解決問題。展覽參觀人次接近 250。

書送熱血 —— 接力捐血挑戰 (2018 年 4 月 6 日及 10 月 29 日； 2019 年 3 月 21 日)

此活動旨在鼓勵中大員生發揮助人精神，並推廣閱讀。參加者在香港紅十字會設於博群全人發展中心之血液收集站捐血後，只需透過社交媒體推薦其中大朋友接受捐血挑戰，便可免費選取一本二手書籍。三個單日合共吸引 132 名人士參加。

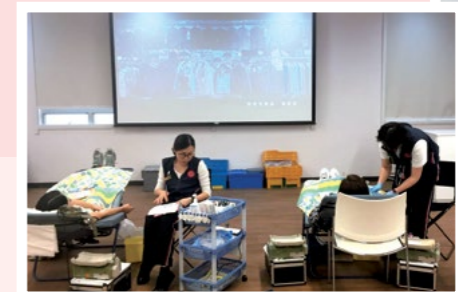


“Social Innovation Flow” Interactive Exhibition Truck at CUHK (27 February 2018)

Coordinated by this item, the “Social Innovation Flow” Interactive Exhibition Truck of the Social Innovation and Entrepreneurship Development Fund arrived at CUHK as one of its stops. Viewers had first-hand experience on how the innovative ventures assisted the underprivileged in solving their problems. The exhibition attracted nearly 250 visits.

Blood and Book Giving – A Challenge of Blood Donation Relay (6 April and 29 October 2018; 21 March 2019)

This activity aimed to encourage CUHK students and staff to lend a helping hand to the needy and to promote reading. Each blood donor at the booth set up at I-CARE Centre for Whole-person Development by the Hong Kong Red Cross won a second-hand book upon nominating their CUHK friends, through social media, to act likewise. A total of 132 persons were enlisted to take up the challenge in three respective days.



香港紅十字會人道牆展覽 (2018年12月3至6日)

此項目安排香港紅十字會的「人道牆」展覽於中大舉行。展覽以「為人道，我可以……」為題，旨在建立人道視野、培育人道關懷及採取人道行動，為身處苦難的人帶來希望與改變。「人道牆」印有知名人士的人道格言，也讓中大員生於其上發表感想或意見。

Exhibition of Hong Kong Red Cross's Humanity Wall (3-6 December 2018)

Coordinated by this item, the “Humanity Wall” exhibition namely “For humanity, I can……” was staged at CUHK. This exhibition aimed to cultivate humanitarian visions and induce humanitarian actions to bring hope to the people who suffer as well as to change their lives. The “Humanity Wall”, which had been imprinted with humanity quotes from luminaries, welcomed CUHK students and staff to leave messages expressing their thoughts and opinion.



學生全面能力發展計劃

Project on Student Learning in Generic Competencies

此乃一項為期三年的跨院校計劃，由大學教育資助委員會撥款支持。除中大外，香港大學、香港浸會大學、嶺南大學、香港教育大學及香港科技大學也是協作機構。中大方面，則由博群全人發展中心、工商管理學院與工程學院攜手負責。

2018-19 期間，上述中大主理單位邀請了校內本科生和教員進行共三項問卷調查，包括：「大學本科生對發展全人共通能力的觀感」、「大學本科生對全人共通能力評估的觀感」及「大學教職員對全人共通

This is a 3-year cross-institutional project funded by the University Grants Committee. The I-CARE Centre for Whole-person Development, together with the Faculty of Business Administration and the Faculty of Engineering, represents CUHK to work with The University of Hong Kong, Hong Kong Baptist University, Lingnan University, The Education University of Hong Kong and The Hong Kong University of Science and Technology.

In 2018-19, the aforesaid responsible units of CUHK conducted three surveys by questionnaire, namely “Undergraduate Students’ Perception of Holistic Competencies”, “Undergraduate Students’ Perception on Assessment of Holistic Competencies”, and “Teachers’ Perception on Assessment of Holistic Competencies” among the University undergraduates and academic staff.

能力評估的觀感」，亦安排了學生、教員、大學管理層及僱主參加焦點小組，以「共通能力」為題（即溝通技巧、團隊合作、批判思維、解難、創意、時間管理、正向價值及終身學習等）進行訪談。問卷調查及焦點小組訪談所得資料，將用於聯校詳盡研究，期望協助本地大學改善課程設計及向師生提供適切支援。

此外，所有參與計劃的大學於 2018 年 6 月 4 至 8 日舉行了「全能有情」聯校營會，活動內容除涵蓋針對「共通能力」的環節外，亦讓參加者一嘗傳統舍堂生活及體驗高桌晚宴的儀式。

Students, academic staff, senior management and employers were also invited to be members of respective focus groups to discuss issues regarding “holistic competencies” (i.e. communication skills, teamwork, critical thinking, problem-solving, creativity, time management, positive values and lifelong learning, etc.). The information collected from the questionnaire surveys and focus group interviews will be compiled with other universities’ to formulate an in-depth research. Its findings are expected to assist local universities in enhancing curriculum design and offering suitable support to students and academic staff.

Besides, all collaborating institutions organised the “HAVE, U Can” Joint-University Camp on 4-8 June 2018. The camp not only covered a wide variety of activities to enhance participants’ “holistic competencies”, but also offered them a taste of traditional hall life and high table dinner experience.



學生發展組合 Student Development Portfolio



學生發展組合是一個記錄學生體驗式學習活動，並將之歸納於 I-CARE 框架內的大學電子平台，旨在協助中大同學掌握非形式學習機會，從而為豐盛的大學生活作出規劃。其提供予學生的主要功能包括：1. 瀏覽中大各部門所舉辦之體驗式學習活動；2. 記錄曾經參與的體驗式學習活動；及 3. 編製「體驗式學習活動紀錄報告」，以全面展示學習經驗及成就。凡全日制本科生可以利用學生編號及 OnePass (CWEM) 密碼於 <http://www.cuhk.edu.hk/sdp> 登入系統。

The Student Development Portfolio is a university-wide electronic platform for capturing and presenting students' Experiential Learning Activities (ELA) under the I-CARE Framework. It provides CUHK students with an inventory of the informal learning opportunities on offer and facilitates their planning of a fruitful university life. The major functions of this platform for students include: 1. Viewing of ELA offered by various units of CUHK; 2. Updating and maintaining participation records; and 3. Producing ELA Report to showcase learning achievements. All full-time undergraduate students can login the system with their Student ID and OnePass (CWEM) Password on <http://www.cuhk.edu.hk/sdp>.

使用概況 Profile of Usage

2016-19 期間，學生發展組合的使用數字如下：

The utilisation statistics of the Student Development Portfolio in 2016-19 are set out below:

學生 Students	2016-17	2017-18	2018-19
登入次數 No. of Access	4,992	5,228	4,174
簽發正式「體驗式學習活動紀錄報告」之數量 No. of Official "ELA Report" Issued	279	276	316
編製非正式「體驗式學習活動紀錄報告」之數量 No. of Unofficial "ELA Report" Generated	556	465	467
大學部門 University Units	2016-17	2017-18	2018-19
登記為使用者之部門數目 No. of University Units with Accounts	59	62	64
成功上載之體驗式學習活動數目 No. of UELA Submitted Successfully	247	282	279



主辦單位 Organising Units	體驗式學習活動數目及其按 I-CARE 框架劃分之主要類別 Number of UELA and its Primary Category under the I-CARE Framework																	
	2016-17					總計 Total	2017-18					總計 Total	2018-19					總計 Total
	I	C	A	R	E		I	C	A	R	E		I	C	A	R	E	
書院 Colleges	26	19	8	15	4	72	27	31	8	16	9	91	23	25	7	17	12	84
學院 Faculties	1	10	0	2	0	13	1	13	0	2	1	17	1	7	0	2	2	12
學系 / 學院 / 課程 Departments / Schools / Programmes	2	11	0	10	27	50	1	9	0	3	29	42	3	12	0	7	32	54
專業及 行政服務部門 Professional and Administrative Services Units	5	52	8	38	3	106	7	29	21	61	9	127	6	31	21	58	7	123
其他 Others	0	3	0	3	0	6	0	3	0	2	0	5	0	3	0	3	0	6
總計 Total	34	95	16	68	34	247	36	85	29	84	48	282	33	78	28	87	53	279

用家體驗

User Experience

為檢討及改善學生發展組合，2016-19 期間曾安排與書院輔導長會面，並成立兩個同學焦點小組。前者於 2018 年 1 月至 2 月期間舉行，到訪了 9 所書院，商討如何加強學生發展組合的功能；後者則分別在 2018 年 5 月 14 日及 2018 年 11 月 13 日進行會談，讓使用者及目標用家分享他們就有關平台的操作經驗和意見。

To evaluate and enhance the Student Development Portfolio, meetings with College Dean of Students and two focus groups among students were held in 2016-19. The former took place during January and February of 2018 at 9 individual colleges to discuss possible add-ons to upgrade the features of the Student Development Portfolio. As for the focus groups, their meetings were conducted on 14 May 2018 and 13 November 2018 respectively to allow existing and potential users to share their operating experience and opinion of the platform concerned.



推廣活動

Publicity Events

為使更多同學受惠於學生發展組合，凡上學期初段均會推出每節 10 至 20 分鐘不等的簡介會，向尤其是新生介紹學生發展組合的原理及功能，並派發特製紀念品。2016-19 期間所舉辦的簡介會涵蓋 9 所書院，場合包括：迎新營、伸延迎新活動、書院月會、書院共膳、書院通識課、書院論壇及書院雙週會。

To promote the Student Development Portfolio and allow students to benefit from it, briefing sessions are organised in the beginning of the 1st term. Lasted for ten to twenty minutes each, these sessions introduce to students (particularly freshmen) the ideas and functions of the Student Development Portfolio. A specially designed souvenir is disseminated on the same occasion. The briefing sessions in 2016-19 were conducted at 9 individual colleges and in different occasions, including Orientation Camp, Extended Orientation, College Assembly, College Communal Dinner, College General Education Class, and College Forum.

中大尤努斯社會事業中心 Yunus Social Business Centre at CUHK

中大尤努斯社會事業中心於 2017-18 成立，獲格萊珉銀行創辦人及 2006 年諾貝爾和平獎得主穆罕默德·尤努斯教授同意，以他的名字命名。本中心透過一系列培訓活動及創業育成計劃，鼓勵本港年青人以實質行動開展社會事業，並運用尤努斯教授的豐富經驗和專業知識去啟發他們以創新意念扶貧。

The Yunus Social Business Centre at CUHK (YSBC@CUHK) was established in 2017-18 with permission from Prof. Muhammad Yunus, Founder of Grameen Bank and Nobel Peace Laureate 2006, to name this Centre after him. YSBC@CUHK aims to encourage real action from the youth of Hong Kong in social business through a series of training activities and incubation programmes. Benefitting from the ample experience and expertise of Prof. Yunus, this Centre facilitates poverty alleviation through innovative ideas.



活動概覽 Summary of Activities

社創領袖獎

此乃一獎勵項目，透過多元培訓、導師計劃及比賽，鼓勵不同學科的中大同學和校友組成隊伍，首先探討不同貧窮議題、分享個案及考察社區，然後認識社會事業的理論及其實踐技巧，最終提交運作計劃，競逐每隊高達港元 160,000 的種子資金，以開辦真實的社會事業。

此項目下的培訓以「社創領袖工作坊」之形式進行，跟社會企業起動計劃合辦，亦為該項目之部份訓練環節，詳情請參閱本報告第 64 至 65 頁。至於 2017-19 獲社創領袖獎之隊伍，其介紹則簡述如下：



S.I. Leadership Award

This is an award scheme comprising multi-faceted training, mentorship programme and a competition. Under this scheme, CUHK students and alumni of different disciplines are encouraged to form teams to first go through different issues about poverty, perform case studies and conduct community visits. They also gain knowledge and skills of running social business from the training and their mentors. After a period of incubation, the teams are entitled to compete for seed money (up to HK\$160,000 per team) to implement their social business initiative.

The training of this scheme are co-organised with the Social Enterprise Startup Scheme and carried out through "S.I. Leadership Workshop". Details of the sessions, which also constitute part of the training curriculum for the Social Enterprise Startup Scheme, are available at pages 64-65 of this report. Concerning the winning teams of the S.I. Leadership Award in 2017-19, their brief introduction can be found underneath:

隊伍名稱 Name of Team	項目簡介 Project Brief
2017-18 WeWah 音樂家 WeWah Music	向基層學童義教鋼琴或為他們提供再造樂器，讓其達成學習音樂的夢想，同時舉辦不同類型的藝術工作坊凝聚社區。 To offer free piano lessons or recycled instruments to the underprivileged students who are interested in learning music and to organise a variety of workshops on arts to strengthen social cohesion.
PhilHub (只有英文名稱)	與本土及人口販運活躍地區的機構合作，以銷售人口販運倖存者製作的產品為媒介，提升他們及高危群體的就業能力。 To collaborate with anti-human trafficking organisations, both locally and in the high risk regions, to strengthen the employability of the survivors from the trade of man and of those who are easily targeted as trafficking objects by selling their manufactured goods.
2018-19 滾動的書 Rolling Books	與不同機構合作舉辦各類體驗式學習活動予學生及弱勢社群，拓闊他們的眼界及增強其抗逆能力；尤重服務少數族裔，透過創新的閱讀計劃讓他們重新與書本知識、生活質素及自然環境連結，但保存其獨特文化。 To organise a variety of experience learning activities for students and the underprivileged through collaboration with different organisations, thereby broadening their horizons and strengthening their resilience. In particular, innovative reading schemes will be launched to reconnect the ethnic minorities with knowledge from books, lifestyle, and the nature while preserving their unique culture.
Plain Hiker (只有英文名稱)	藉接觸野外及鄉郊的活動，讓兒童及青少年重新體驗大自然的美好，建立對它的尊重。 To help the children and youth to appreciate the beauty of nature and foster their respect for the Earth through wilderness activities.



海外交流

本項目挑選合適的中大同學及校友，在導師帶領下參加海外交流，除考察不同地區的社會事業及探討各項有關貧窮的議題外，亦出席主題論壇或峰會；每團名額二至六人不等，為期約一週。

Overseas Exchange

This project selects CUHK students and alumni to take part, under the supervision of tutors, in overseas exchange. Not only do the participants get a chance to visit the social business in other countries and look into various issues concerning poverty, but they can also attend thematic forums or summits. Two to six quotas are offered in each trip which lasts for approximately one week.

交流團日期 Date of Trip	論壇 / 峰會主題 Theme of Forum / Summit	地點 Place
2017年7月28至31日 28-31 July 2017	2017 社會事業日 —— 可以停止財富集中嗎? Social Business Day 2017 - Can Wealth Concentration be Stopped?	孟加拉達卡 Dhaka, Bangladesh
2018年6月28至7月2日 28 June - 2 July 2018	2018 社會事業日 —— 三零世界：零貧窮、零失業、零淨碳排放 Social Business Day 2018 - A World of Three Zeros: Zero Poverty, Zero Unemployment, Zero Net Carbon Emissions	印度班加羅爾 Bengaluru, India



交流團日期 Date of Trip	論壇 / 峰會主題 Theme of Forum / Summit	地點 Place
2018年11月6至9日 6-9 November 2018	2018 全球社會事業高峰會 Global Social Business Summit 2018	德國禾夫斯堡 Wolfsburg, Germany
2019年6月17至22日 17-22 June 2019	2019 孟加拉考察交流團 Bangladesh Learning Tour 2019	孟加拉達卡 Dhaka, Bangladesh



論壇與講座

本項目下的區域論壇每年舉行，招待來自內地及台灣的學者、學生及相關機構員工來港，跟本地相應人士進行兩天交流，以了解社會事業與社會創新等議題，並切磋經驗，每次參加者約 70 人。至於講座，則會不定期邀請國際知名專家赴港，向聽眾闡述有關貧窮、持續發展、創造共享價值等概念。

Forum and Seminar

The regional forums under this item are held per annum inviting scholars, students and related personnel from the Mainland and Taiwan to Hong Kong to exchange knowledge and experience of social business and social innovation with their counterparts in this city. Some 70 participants are catered each time. As for the seminars, audiences are able to explore issues about poverty, sustainable development and creating shared value, etc. under the guidance of world renowned experts.



日期 Date	活動 Activity	主題 / 講者 Theme / Speaker
2018 年 4 月 11 日 11 April 2018	尤努斯社會事業講座 Yunus Social Business Seminar	開發視障人士手機應用程式之個案分享 Case Sharing on Developing Mobile Apps for the Visually Impaired 馮廣照先生 (「iSEE Mobile」創辦人) Mr. Michael Fung (Founder of <i>iSEE Mobile</i>)
2018 年 4 月 13 至 14 日 13-14 April 2018	2018 社會事業區域論壇 Social Business Regional Forum 2018	社會創新學習 Learning in Social Innovation 葛振蘭女士 (康愛公社深圳運營中心) Ms. Ge Zhen-lan (Shenzhen Operation Centre, Kang Ai Community Centre) 曹軍先生 (深圳市智家喜憨兒成長關愛中心) Mr. Cao Jun (Shenzhen Zhijia Xihaner Growth Care Centre) 夏璇先生 (深圳市社創星社會企業發展促進中心) Mr. Xia Xuan (Star of Social Innovation)



日期 Date	活動 Activity	主題 / 講者 Theme / Speaker
2018 年 5 月 19 日 19 May 2018	尤努斯社會事業講座 Yunus Social Business Seminar	內地社創事業分享 Sharing of Social Innovation Projects in Mainland China
2018 年 7 月 23 日 23 July 2018	2018 社創領袖獎頒獎典禮暨尤努斯社會事業講座 Presentation Ceremony of S.I. Leadership Award 2018 cum Yunus Social Business Seminar	三零世界：零貧窮、零失業、零淨碳排放 A World of Three Zeros: Zero Poverty, Zero Unemployment, Zero Net Carbon Emissions 穆罕默德·尤努斯教授 Prof. Muhammad Yunus
2018 年 10 月 9 日 9 October 2018	社創領袖沙龍 S.I. Leaders Sharing	鄭穎臻先生 (「軸物行者」及「GAAU1 UP」聯合創辦人) Mr. Cheng Wing-chun (Co-Founders of <i>Wheel Thing Makers</i> and <i>GAAU1 UP</i>) 梁雯蕙小姐 (「無事無事研究所」創辦人) Ms. Comma Leung (Founder of <i>Mosi Mosi Design Lab</i>) 薛文諾先生 (「Made in Sample」創辦人) Mr. Clive Sit (Founder of <i>Made in Sample</i>) 盧善姿小姐 (「Translate for Her」創辦人) Ms. Gigi Lo (Founder of <i>Translate for Her</i>)
2019 年 3 月 11 日 11 March 2019	社創領袖沙龍 S.I. Leaders Sharing	柯佳列先生 (「綠腳丫」創辦人) Mr. Kenny Or (Founder of <i>Hapischool</i>)
2019 年 3 月 18 日 18 March 2019	社創領袖沙龍 S.I. Leaders Sharing	小閒姨姨、啤梨叔叔 (「河邊有隻羊」聯合創辦人) Ms. Chiu Siu-han and Mr. Benny Wong (Co-Founders of <i>Rivergoats</i>)

日期 Date	活動 Activity	主題 / 講者 Theme / Speaker
2019年4月5日至7日 5-7 April 2019	2019 社會事業區域論壇 —— 包容性社會創新與大學社會責任 Social Business Regional Forum 2019 – Inclusive Social Innovation and University Social Responsibility	向榮教授 (雲南大學民族學與社會學學院社會工作研究所所長) Prof. Xiang Rong (Director, Social Work Research Institute, School of Ethnology and Sociology, Yunnan University)
		宋世祥教授 (國立中山大學西灣學院人文暨科技跨領域學士學位學程助理教授) Prof. Sung Shih-hsiang (Assistant Professor, Program in Interdisciplinary Studies, Si Wan College of National Sun Yat-sen University)
		楊士奇教授 (國立中山大學西灣學院服務學習教育中心助理教授) Prof. Yang Shi-chi (Assistant Professor, Center for Service-learning Education, Si Wan College of National Sun Yat-sen University)
		江明修教授 (國立政治大學社會科學學院院長) Prof. Chiang Min-hsiu (Dean, College of Social Sciences, National Chengchi University)
		王信實教授 (國立政治大學經濟學系副教授) Prof. Wang Shinn-shyr (Associate Professor, Department of Economics, National Chengchi University)
		梁鎧麟教授 (國立暨南國際大學社會政策與社會工作學系助理教授) Prof. Liang Kai-lin (Assistant Professor, Department of Social Policy and Social Work, National Chi Nan University)
		沈建文教授 (國立中央大學尤努斯社會企業中心主任) Prof. Shen Chien-wen (Director, Yunus Social Business Centre at National Central University)
黃洪教授 (中大尤努斯社會事業中心主任) Prof. Wong Hung (Director, Yunus Social Business Centre at CUHK)		
王泳博士 (中大尤努斯社會事業中心執行秘書長) Dr. Claire Wang (Centre Administrative Secretary, Yunus Social Business Centre at CUHK)		
陸德泉博士 (中大尤努斯社會事業中心項目統籌) Dr. Luk Tak-chuen (Project Co-ordinator, Yunus Social Business Centre at CUHK)		

資源開發 Capacity Building

社會影響評估工具

此項目期望協助由青年所開創的社會事業更有效地設計及執行扶貧項目，方法是建立並向他們提供一套科學化的測量方法，以評估其扶貧計劃的成效及對社會的影響。有關工具已在積極發展中，快將完成。

社會創新 / 社會事業減貧項目資料庫

此項目旨在建立一個記錄國際機構（例如聯合國及世界銀行）有關減貧模式與評估的資料庫，同時收載優秀的本地案例和良好規範，以供全球社會創新 / 社會事業團隊參考和應用。有關檔案已在積極整合中，快將完成。

Toolkit for Social Impact Assessment

This project aims to help the social business launched by the young to design and implement their poverty alleviation initiatives by devising for and introducing to them a toolkit which can scientifically measure the effectiveness of their poverty eradication efforts and assess the social impact of their projects systematically. The development of this instrument is actively underway, and will be completed shortly.

Database on Poverty Alleviation Projects of Social Innovation / Social Business

This is a database set-up project aiming to archive information from international organisations (e.g. the United Nations and the World Bank) on the methods and evaluation of poverty alleviation. Outstanding studies of Hong Kong cases and local best practices will also be incorporated. This repository is hoped to be of use to the social innovation/ social business teams from all over the world. The compilation is in the pipeline, and will soon be full-fledged.



管治架構 Governance

顧問 Advisors

姓名及職銜	Name & Designation
鄭家成先生 周大福慈善基金主席	Mr. Cheng Kar-shing, Peter Chairman, Chow Tai Fook Charity Foundation
蔡廉明先生 突破機構文化及創意事工總監 自 2019 年 1 月 1 日起	Mr. Choi Lim-ming, Andrew Director, Cultural and Creative Ministry, Breakthrough Limited from 1 January 2019
蔡海偉先生 香港社會服務聯會行政總裁	Mr. Chua Hoi-wai Chief Executive, The Hong Kong Council of Social Service
何力高先生 香港培正中學校長 自 2019 年 1 月 1 日起	Mr. Nick Ho Principal, Pui Ching Middle School from 1 January 2019
盧思騁先生 世界自然基金會（中國）行政總裁	Mr. Lo Sze-ping Chief Executive Officer, WWF-China
莫華昇先生 莫華昇律師行	Mr. Mok Wah-sing Solicitor, Edwin Mok & Co., Solicitor
魏華星先生 香港社會創投基金創辦人及行政總裁 至 2016 年 12 月 31 日止	Mr. Ngai Wah-sing, Francis Founder and Chief Executive Officer, Social Ventures Hong Kong until 31 December 2016
王培麗博士 Managing Director, TYW Holdings Corporation	Dr. Eleanor Wong, JP Managing Director, TYW Holdings Corporation
楊釗博士 旭日集團有限公司董事長	Dr. Charles C.K. Yeung, GBS, JP Chairman, The Glorious Sun Holdings Ltd.

社會及公民參與督導委員會

Steering Committee for Promoting Personal Development through Social and Civic Engagement

聯席主席 Co-Chairmen		
沈祖堯教授 Professor Joseph Sung 自 2018 年 7 月 31 日止 until 31 July 2018	馬麗莊教授 Professor Joyce Ma 自 2018 年 7 月 31 日止 until 31 July 2018	陳浩然教授 Professor Edwin Chan 自 2018 年 8 月 1 日起 from 1 August 2018
成員 Members		
區家麟博士 Dr. Allan Au 自 2018 年 8 月 1 日起 from 1 August 2018	陳浩然教授 Professor Edwin Chan 自 2018 年 7 月 31 日止 until 31 July 2018	陳英凝教授 Professor Emily Chan 自 2019 年 7 月 31 日止 until 31 July 2019
周保松教授 Professor Chow Po-chung	朱順慈教授 Professor Donna Chu	方永平教授 Professor Fong Wing-ping
高永雄教授 Professor Ko Wing-hung 自 2017 年 7 月 31 日止 until 31 July 2017	梁汝照先生 Mr. Raymond Leung 自 2018 年 3 月 31 日止 until 31 March 2018	吳基培教授 Professor Dennis Ng
陶兆銘教授 Professor To Siu-ming 自 2019 年 3 月 20 日起 from 20 March 2019	黃洪教授 Professor Wong Hung	
陳姿君小姐（學生代表） Miss Chen Tzu-chun (Student Representative) 自 2016 年 8 月 1 日至 2017 年 7 月 31 日止 from 1 August 2016 to 31 July 2017	吳海瑩小姐（學生代表） Miss Ng Hoi-ying (Student Representative) 自 2017 年 8 月 1 日至 2018 年 7 月 31 日止 from 1 August 2017 to 31 July 2018	孫綺彤小姐（學生代表） Miss Suen Yee-tung (Student Representative) 自 2018 年 8 月 1 日至 2019 年 7 月 31 日止 from 1 August 2018 to 31 July 2019
陳璧瑩女士（秘書） Ms. Cindy Chan (Secretary) 自 2016 年 10 月 3 日至 2017 年 3 月 31 日止 from 3 October 2016 to 31 March 2017	伍慧明女士（秘書） Ms. Irene Ng (Secretary) 自 2017 年 8 月 1 日起 from 1 August 2017	溫滴霖女士（秘書） Ms. Adele Wan (Secretary) 自 2017 年 4 月 1 日至 2017 年 7 月 31 日止 from 1 April 2017 to 31 July 2017

捐贈者芳名錄 List of Donors

按英文字母順序排列 In alphabetical order

港元 10,000,000 或以上	HK\$10,000,000 or above
周大福慈善基金	Chow Tai Fook Charity Foundation
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TYW Holdings Corporation 王培麗博士	Dr. Eleanor Wong, TYW Holdings Corporation
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陳志海先生	Mr. Chan Chee-hoi, Warren
陳力旋先生 (經 Goldman Sachs Gives)	Mr. Chan Lik-shuen, David (via Goldman Sachs Gives)
陳瑞球博士	Dr. Chan Sui-kau
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港元 100,000 或以上	HK\$100,000 or above
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香港全人藝術發展協會楊詠欣女士 (中大校友)	Ms. Manda Young, Pleasure In Art Association Limited (CUHK alumnus)

支持博群 Support I-CARE

捐賞 Donation

你的支持，將深化博群計劃，以及博群全人發展中心的其他非形式教育工作，令中大學生以至廣大社群皆能受惠。如欲贊助經費者，請到 <http://www.cuhk.edu.hk/oia/icare/donatenow> 填妥網上表格。謝謝。

Your support to us will further the advancement of I-CARE Programme and other non-formal educational activities under the I-CARE Centre for Whole-person Development, which will benefit both students of CUHK and the wider community. To sponsor our operation, please fill out the online form via <http://www.cuhk.edu.hk/oia/icare/donatenow>. Thank you.

捐款表格
Donation Form



買物 Purchase

以下由本校傳訊及公共關係處、拓展及籌募處，以及博群全人發展中心製作的物品之銷售收益，將撥捐博群計劃，惠澤莘莘學子：

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2. 中大愛心月餅
3. 中大畢業證書套
4. 中大畢業熊
5. 中大畢業班襟針（刻有畢業年份）
6. 中大鋁質咭片盒
7. 中大環保布袋
8. 中大明信片及文具套裝
9. 博群平板電腦套

如欲了解上述銷售詳情，歡迎電郵 icare@cuhk.edu.hk 作出查詢。

Proceeds from the sales of the following items as produced by the University's Communications and Public Relations Office, the Office of Institutional Advancement, and the I-CARE Centre for Whole-person Development will go to I-CARE Programme contributing to the sustainable growth of our students:

1. CUHK Calendar
2. CUHK Mooncake for Charity
3. CUHK Certificate Holder
4. Teddy Bear in CUHK Graduation Gown
5. CUHK Pin (Engraved with Class Year)
6. CUHK Aluminium Card Holder
7. CUHK Tote Bag
8. CUHK Postcard & Stationery Gift Set
9. I-CARE Tablet Computer Case

Concerning the above sales, please obtain details by emailing to icare@cuhk.edu.hk.



結語 Epilogue

博群全人發展中心於 2016 年 10 月成立，是大學制訂「I·CARE 全人發展框架」的七個年頭之後，也晚於博群計劃的誕生約五個寒暑。我雖非博群全人發展中心的創始主任，但有幸後來加入，迄今陪伴中心成長已三載；得覩博群計劃繼續廣受歡迎、發展蓬勃，而團隊成員一貫勤勉盡責、互相砥礪，我感到非常欣喜。事實上，我與「I·CARE」頗有淵源，當 2008 年甫加入大學的中央學生事務行列時，便受命了解及草擬有關學生發展的系統，供教務會採納以回應大學教育資助委員會質素保證局的其中一項建議。當時，我參考了很多海外大學的模型，還到過一些本港院校觀察別人做法，可謂千頭萬緒；最後還是選擇回歸基本，把五育——德、智、美、群、體界定為中大學生的整全學習目標，那便是 I、C、A、R、E 的起源。我今天能夠

The I·CARE Centre for Whole-person Development was established in October 2016, seven years after the University's formulation of the "I·CARE Framework". It is also younger than the I·CARE Programme for about half a decade. Although I am not the founding director of the I·CARE Centre for Whole-person Development, I feel blessed to have had three years' wonderful time with it to witness the sustained prosperity and vibrancy of the I·CARE Programme as well as the dependability and good rapport of the team members. In fact, there is a subtle affinity between "I·CARE" and me. Shortly after I was taken on board for the university-wide student affairs in 2008, I had to study and draw up a system concerning student development for the Senate's consideration in a bid to address one of the recommendations laid down by the Quality Assurance Council, University Grants Committee. I made reference to many models abroad and visited some local colleges to gain an understanding of their practices. Amid a myriad of concepts, I finally decided to be back to square one and hence proposed adopting the five dimensions of life namely, morality, intellect, aesthetics, sociality and physique, to orientate CUHK students in pursuing holistic education. This is the fountainhead of I, C, A, R, E. With a chance to pass on the spirit of humanistic care and civic engagement to our next generation, I find

工作於博群全人發展中心，讓人文關懷及公民參與的精神在年青一代間傳承，固然覺得十分榮幸；惟論到個人成長與收穫之豐，卻是千萬珍寶也難以媲美的。

面對近年全球的民粹主義泛濫、族群矛盾激化、貧富不均加劇、氣候問題嚴峻及虛擬溝通頻仍，且在疫情肆虐及經濟蕭條的打擊下，博群計劃的推展就如許多其他大學項目或社區計劃一樣，困難重重；正因如此，博群全人發展中心更自覺在啟迪思想、造福人群及融和環境方面，任重道遠。可慰的是，博群計劃一直得到志同道合者或機構關顧、大學的「社會及公民參與督導委員會」扶持，以及大學不同部門配合，最重要是從不缺乏同學及校友的愛護，故在培育學生全人發展的道路上，並不孤單。

我期望這本三年年報可讓中大成員及社會人士更加明白博群計劃的理念，繼續支持博群全人發展中心的工作。你們的認同及鞭策，是我們傳揚正能量、好價值、同理心、服務志的最大動力。

伍慧明

博群全人發展中心主任

my current engagement with the I·CARE Centre for Whole-person Development a great honour. The weight of it is on a parallel with my personal growth and rewards.

In recent years, we have been surrounded by an upward populism, intensification of ethnic conflicts, a surge of income inequality, severe climate problems and the rise of virtual communication. Coupled with the raging epidemic and economic depression, many University projects and community ventures are suffering hardships to proceed further. The I·CARE Programme is no exception. Permeated by such an idle mood, the I·CARE Centre for Whole-person Development sees itself specifically obligated to catalysing the exchange of ideas, doing the human race good and living up to environmental friendliness. All these will help nurture our students to become all-rounders. In this respect, the like-minded people and institutions, the "Steering Committee for Promoting Personal Development through Social and Civic Engagement" and different units of the University are always our solid backers. Moreover, the support from our students and alumni are in every sense the impregnability to us.

I hope this triennial report will enable CUHK members and the public to better understand the mission of the I·CARE Programme and to sustain their passion for the work of the I·CARE Centre for Whole-person Development. To promote positivity, virtue, empathy and philanthropy, your recognition and encouragement are of utmost importance to us.

Irene Ng

Director, I·CARE Centre
for Whole-person Development



香港中文大學博群全人發展中心
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The Chinese University of Hong Kong



(852) 3943 8621



(852) 3942 0937



香港 新界 沙田
香港中文大學
王福元樓 5 樓 501 室

Room 501, 5/F, Wong Foo Yuan Building
The Chinese University of Hong Kong
Shatin, New Territories, Hong Kong



icare@cuhk.edu.hk



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