

I-CARE

Centre for
Whole-person
Development

博思明志 · 群育新民
Aspiration through Reflection;
Renewal through Civility

博群

全人發展中心



香港中文大學
The Chinese University of Hong Kong



I-CARE Centre 博群全人發展中心
for Whole-person Development

博群全人發展中心於 2016 年 10 月成立，除策劃及推行博群計劃外，亦管理「學生發展組合」及支援其他促進學生全面發展的服務，轄下還有中大尤努斯社會事業中心。

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 — 人格與德育
- C — 創意與知性
- A — 生活藝術與美學
- R — 人際關係與群育
- E — 活力與身心健康

Established in October 2016, the I·CARE Centre for Whole-person Development mainly plans and implements the I·CARE Programme. It also manages the Student Development Portfolio and renders support to other services which aim to facilitate students' all-round development. The Yunus Social Business Centre at CUHK is also placed under it.

“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 instill into its students:

- I — Integrity and Moral Development
- C — Creativity and Intellectual Development
- A — Appreciation of Life and Aesthetic Development
- R — Relationships and Social Development
- E — Energy and Wellness

博群計劃 | I-CARE Programme

博群計劃於 2011 年成立，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。博群計劃的活動為下列八個範疇所涵蓋：

Launched in 2011, the I-CARE Programme aims to inspire students to actively partake in social and civic services in accordance with its motto "Aspiration through Reflection; Renewal through Civility". 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. Activities under the I-CARE Programme are carried out through eight areas as follows:

1 非牟利團體實習計劃 | NGO Internship Programme



同學在香港、內地及台灣的非牟利團體實習，不僅可把公民社會理念融入工作，更能服務社群及為世界帶來正面改變。對同學自己而言，他們的投入感及能力亦會提升。

Working for a non-governmental organisation provides students with the opportunity to put theories into practice, support others in need, and create positive changes in communities. The placements in Hong Kong, the Mainland and Taiwan are expected to take students' dedication and strengths to new heights.



2 社區研究計劃 | Community Research Scheme

此計劃讓不同學科的學生以團隊合作形式，在專責導師帶領下，深入社區研究各項公共議題。學生會進行資料搜集、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。此計劃的研究課題包括「公共屋邨隱蔽長者行動模式」及「基層家庭兒童照顧者」等。



The Scheme allows students from different disciplines to work together on rigorous studies of various public issues under the guidance of professional tutors. Students collect and analyse data, carry out research and present findings that become blueprints for community and social reforms. Topics of research include, inter alia, “Pattern of Hidden Elderly in Public Estates” and “Child Caretaker in Grass-roots Families”.

3 精益扶貧項目 | Lean Poverty Alleviation Initiative

此項目旨在引領同學探討貧窮成因，以及建構舒緩匱乏情況的有利環境。「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。在此項目下，學生可從不同體驗活動及直接服務（例如「社會服務日——讓長者／青年當一天大學生」、「香港文化導賞計劃」、「健體 x 友伴」計劃），親身了解社會議題，並培養應對貧窮的決心。



The Programme aims at bringing students to address the underlying causes of poverty as well as to build an enabling environment for penury moderation. "Poverty" is seen as not only 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. Under this Programme, students gain first-hand experience about societal issues and nurture resolve to tackle poverty through being engaged in experiential activities and direct services like the "Social Service Day - Let Elderly / Youth be a University Student", "Hong Kong Cultural Tours Project" and "Fitness x Mentorship" Scheme.



4

社會服務計劃 | Social Service Projects Scheme



大學鼓勵同學積極參與在香港、內地及海外的可持續社會服務項目，以協助有需要的人士改善生活。此計劃除作出撥款資助外，亦為同學提供培訓（如「撰寫計劃書工作坊」及「學習成果分享會」），以及協助他們構思和落實服務內容。



The University encourages students to engage in social and civic services in Hong Kong, the Mainland, and overseas countries. While funding has been set aside for students to design, initiate and implement sustainable development projects in local and impoverished areas to enhance people's well-being, they will also be trained (through the "Proposal Writing Workshop" and "Sharing Session on Learning Outcome", etc.), coached and monitored under the Scheme.



5 社會企業起動計劃 | Social Enterprise Startup Scheme

在此計劃下，同學（以及年輕校友）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。透過此計劃所提供的資金，參加者可望試行、成立，甚至擴大其社會企業。



The Scheme not only funds students (and also 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. With financial support of the Scheme, participants validate, establish or scale up their social enterprises.

6 博群大講堂 | University Lecture on Civility



此項目包含多類講座、論壇及文藝活動，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，與學生切磋思想、砥礪人生。此項目的講者包括禪修大師詠給·明就仁波切、著名作家龍應台及開放資源運動先鋒 Marcin Jakubowski 等。



This Programme consists of seminars and cultural activities 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 students and catalyse them to reflect on the meaning of life. Speakers of this Programme include, inter alia, Yongey Mingyur Rinpoche (master of Buddhist meditation), Lung Ying-tai (renowned writer), and Marcin Jakubowski (pioneer of open source movement).



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博群踐行者計劃

I-CARE Achievers Programme

本計劃透過精選活動（例如「品格對談」、「退修日」、「廣泛閱讀計劃」、「價值審視工作坊」、「領袖才能培訓日營」、「農耕暨遠足」、「善意溝通課程」及「重塑營」）推廣各種品格強項，從而提升同學的自我認識及良好質素，以促進社群及世界的正面發展。本計劃尤希望培育參加者成為服務社區、尊重他人、愛護環境、堅持不懈應對逆境、熱心服務人群，以及擁有國際視野以應對問題的公民。



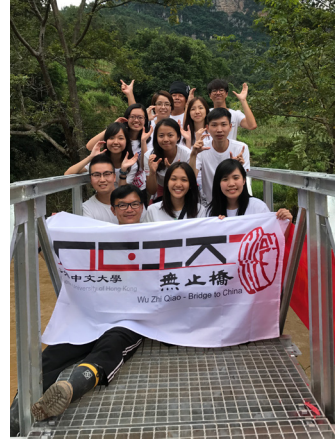
This Programme promotes various character strengths through well-designed activities like “Dialogue on Character”, “Retreat Day”, “Extensive Reading Scheme”, “Workshop on Value Clarification”, “Day Camp on Leadership Training”, “Farming cum Hiking”, “Course on Compassionate Communication” and “Remoulding Camp”. It aims to enhance the self-awareness and positive value of students, so as to promote healthy development of the community and the world. The Programme specifically hopes to help participants respect others, treasure humanity’s shared environment, be perseverant to cope with adversity, embrace passion to serve the needy, and possess a global outlook to address the world’s complicated issues.



豐富學生生活之活動

Activities Enriching Student Life

博群全人發展中心不定期舉行或與其他大學部門合辦多種豐富學生生活的活動，包括「弦夢成真音樂會」、「中大校園導賞團」、「賽馬會高錕腦伴同行流動車義工活動」、「芬蘭聖誕老人探訪活動」、「同校長着顏 TEE 遊鞍山」、「活·在中大 —— 探索生活的無盡可能」、「書送熱血 —— 接力捐血挑戰」及「博群在野」等。



From time to time, the I-CARE Centre for Whole-person Development hosts or collaborates with other University units to run various activities to enrich student life. They include, inter alia, “Music Dreams Come True Concert”, “CUHK Campus Tour”, “Jockey Club Charles Kao Brain Health Services Project”, “Creating a Magical Moment for Children in Need”, “Go Hiking in CUHK Style with Vice-Chancellor”, “Life@CUHK - Exploring the Plentiful Possibilities of Life”, “Blood and Book Giving - A Challenge of Blood Donation Relay”, and “Mother Nature Rocks”.

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

此中心得到 2006 年諾貝爾和平獎得主穆罕默德·尤努斯同意，以他的名字命名。它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；亦藉研究（例如開發「社會影响評估工具」），進行扶貧工作。



Permission from Muhammad Yunus, 2006 Nobel Peace Laureate, was obtained to name this Centre after him. It aims to encourage real action from the youth of Hong Kong in social business through a series of training activities and incubation programmes. The Centre also facilitates poverty alleviation through research such as developing the “Toolkit for Social Impact Assessment”.



The University is committed to the whole-person development of its students. Different units in the University provide a variety of student activities and services to cultivate students' overall quality and competitiveness through non-formal education. To this end, the Student Development

Portfolio (SDP) has been established. Not only does it provide a roadmap for students on the experiential learning opportunities on offer but it also specifies the roles and responsibilities of various student support units on campus.

The SDP is a university-wide computer system for capturing and presenting students' participation in the Experiential Learning Activities (ELA) under the I-CARE framework. You can view and enrol for the activities and services in the SDP provided by different student support units in a systematic way. Besides, your participation in activities organised by student bodies or external organisations can be recorded in the system as these activities are also deemed instrumental and form an integral part of non-formal education. Then, you will be able to create your own log of ELA, and produce the corresponding ELA Report when necessary.

The SDP is expected to facilitate you to affirm your motive in participating in activities and services, and hence better manage your experiential learning opportunities during your study in the University. On the other hand, the framework enables relevant departments to review their deployment of resources, and maximise their impact on their offering of non-formal education.

You can login the e-Platform via www.cuhk.edu.hk/sdp. For more information, please visit www.sdp.cuhk.edu.hk.



更多資訊
More information



電子平台
e-Platform

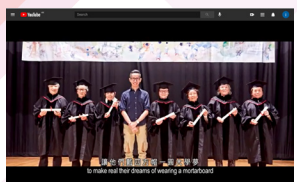
博群短片 | I-CARE Trailer



2021 博群短片
I-CARE Trailer 2021



2017 博群短片
I-CARE Trailer 2017



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 www.cuhk.edu.hk/oia/icare/donatenow 填妥網上表格。謝謝。



捐款表格
Donation Form

Your support to us will further the advancement of I-CARE Programme and other non-formal education 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 www.cuhk.edu.hk/oia/icare/donatenow. Thank you.

買物 | Purchase

博群全人發展中心自訂禮品銷售，本校傳訊及公共關係處與拓展及籌募處亦推出特定賣物項目。凡以上收益均會撥捐博群計劃，惠澤莘莘學子。這些紀念品包括：博群 LED 裝飾燈及中大月曆等。

Proceeds from the sales of designated items produced by the University's Communications and Public Relations Office and the Office of Institutional Advancement, as well as souvenirs tailor-made by the I-CARE Centre for Whole-person Development will go to I-CARE Programme contributing to the sustainable growth of our students. These items include, inter alia, I-CARE LED Ornament Lamp and CUHK Calendar.





<http://www.icare.cuhk.edu.hk>



<http://www.facebook.com/icareprogramme>



<http://www.youtube.com/icarecuhk>



博群全人發展中心

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