



UNIVERSITY MARKETPLACE

大學廣場

-  *Exchange Abroad: Level Up Your Life Experience*
-  *We are "Not Exchange Students"*
-  *Color our University Life, Make our Interests Shine!*



Contents

ISSUE 162

P3



People in Tanzania can do their work equally well, but at their own pace ...

P5



有缺陷的孩子就像上天只給了他們半杯水...

P7



Benjamin was honored to coach the vice-chancellor for Mexican Salsa Dancing ...

P13



希望...關顧文化能夠「一傳十，十傳百」地傳遍校園，讓中大同學都能守望相助...

P16



Prof. Joseph Sung, "... warm water environment could be positive for the growth of bacteria but negative for our health."

P17



詹Sir先請同學化身成為電影「那些年，我們一起追的女孩」的女主角沈佳宜...

P20



「青暉遠眺赤子情」單車隊浩浩蕩蕩地穿越公路，小鎮和鄉村...

2-6 Global Expedition

- Exchange Abroad: Level Up Your Life Experience
- Tasting Cultural Diversity Around the Globe - Global Internship Programme
- 關愛遍地 - I•CARE 博群計劃
- 下課鐘聲中的領悟 - 「香港青年服務團」札記

7-10 Cultural Fusion

- We are "Not Exchange Students"
- Take the Oath

11-15 Life with CUHK

- Color our University Life, Make our Interests Shine!
- 新莊解讀 ~ UNI-CARE
- Life Coach Beyond the Campus Setting

16-22 What's On

- Usual Chat - Genuine Concern
- 詹Sir 同你 Live Chat - "Life is Online"
- 朋輩交接，uBuddies 薪火相傳
- Festive Moments of Postgraduate Students
- 青暉遠眺赤子情 2011
- 2012 Economic Outlook - CGCC Forum
- Take Pride in our Exemplary Service
- 星火燎原 火炬傳承
- 以球會友，滬港師生齊砌磋
- 網上傳心意·校園展關懷

22 Action Time

- 香港中文大學「國際暑期課程」2012

23 Stay Tuned

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Exchange Abroad :

LEVEL UP



Wong Man (left) enjoyed matches with her friend

YOUR LIFE EXPERIENCE

Wong Man
Translation, Year 3
Exchanged at Monash University, Australia
in Fall semester 2011-12

My exchange destination was Monash University, Australia and I studied there for one semester from July to November 2011. This was absolutely one of the best experiences I have ever had. Not only did I make many new friends, I also got the chance to study in a renowned university in Australia. The few months I spent in this beautiful country changed my perspectives towards my studies and life in a very positive way.

The most interesting one among the four courses I took at Monash University was about Australian society. I learnt about issues concerning Aborigines of Australia, which intrigued me a great deal. Apart from studying, I also enjoyed my life at student halls. There I made friends from all over the world. I learnt cooking Malaysian cuisine and baking cakes. My awareness towards cultural difference was also enhanced because there were student tenants of different religious beliefs. By interacting with them, my English has been improved and so did my understanding of the world.

The best part of my exchange experience was travelling around in Australia. The beauty of the natural landscapes is beyond words. I saw the Uluru, the Great Barrier Reef, and the million-year-old Daintree Rainforest. As much as I was amazed by the beautiful scenery, I was impressed how well nature is protected in Australia. This invaluable experience I have gained will stay with me and will benefit me throughout my life.

Tasting Cultural Diversity Around the Globe - Global Internship Programme

Every year, the Career Planning and Development Centre organizes the Global Internship Programme, sending out students to intern at different organizations in diverse industries around the world. In summer 2011, 288 student interns were placed to over 30 cities in more than 10 countries. Students not only gained on-site work experience, they also had a taste and experience of distinct cultures around the globe. Let's hear some sharing from students interning at different continents.

Leung Dik Ka interned at YMCA Fairthorne Manor Campsite @Southampton

Working in the UK as camp instructor for nearly three months provided me an insight of the British culture. It was respectful that the British embraces the disabilities with a very positive manner. In the day camp, there were some children with Down Syndrome or other disabilities, and they were grouped together with other normal children. With my anticipated difficulties in leading the group, I was surprised that the kids were willing to play with each other and some even took care of the diseased ones.



Yuen Wan Yin Wenis interned at Solera Capital @New York

While most of the people in Hong Kong like tapping on their own computers to finish the work, New-Yorkers like discussions and meetings. I joined a meeting which lasted for six hours! Besides, the working environment was cozy, with wine, coke and snacks in the kitchen. Working in New York was less stressful than in Hong Kong.

Yick Alice interned at Nutrilite Farm @Ubajara

Brazil is a country rich in natural resources and Nutrilite is a very large farm. From preparation of seedlings, compost, pest control, irrigation, harvesting to industrial process, everything was my job during the internship. It was an eye opening experience. Brazilians are very warm and friendly. Although I did not speak Portuguese, they always wore a smile on their face. I could easily make friends there. They liked to share about themselves. My colleagues invited me to stay at their house as guest every weekend.



Leung Ki interned at YMCA @Tanzania

People in Tanzania, East Africa, may not have the efficiency Hong Kong people have. They can do their work equally well, but at their own pace. I learnt from them that there was no point to hurry. The key was to keep patient, at the same time, to show your concern. In the internship, I found out that the African seniors loved to talk to the younger ones. They said that this made them young again. I'd rather say, by talking to them, I did gain a lot of insightful inspirations.

**Cha Fei Cherry interned at
The Bank of East Asia @Urumqi**

作為新疆維吾爾自治區的首府，烏魯木齊是一個有著多民族多元文化的城市。烤羊肉、大巴黎、美麗的維族姑娘，這個陽光充沛、充滿活力的現代城市總是不斷地給我驚奇。

七月底的全行組織活動，我們到江布拉克草原進行拓展活動。在江布拉克草原，我看到大片大片的麥田，遠方的雪山閃爍著清冷光芒，牛羊溫馴地伏在地上。晚上大家躺在草原上仰望整個夜空的星星，我人生中第一次看到那麼多、那麼亮、那麼大的星星，清楚地看到了銀河，而且找到了自己的星座，在天穹下感覺到自然永恆的力量。



**Lee Kin Keung Douglas interned at
Office of the Government of HKSAR @Beijing**

在這短短一個月，我所學到的，體會到的不只是工作上的事，而是中國北京正在發生的事。北京發展的速度很快。作為一國之都，政府如何去使這個都市更加便民、利民及代表中國呢？為甚麼地鐵車費可以一律兩元？為甚麼四毛可以坐公交車呢？璀璨的都市下的老百姓又有甚麼想法呢？不來北京，不和當地人談一下天，了解一下，是不會明白的。了解之後，便會感到如果我們要強加自己的想法或規則於對方上，對雙方也不公道。這種體會教會我尊重不同地方的文化。交流之中，體會的更深切。

**Leung Oi Yan Janice interned at
Crown Worldwide Pte. Ltd. @Singapore**

It was a valuable experience for me to work with people of different races, including Chinese, Malaysian, Indonesian, Indian and Singaporean. I learned how to appreciate and embrace different cultures. When I was there, it happened to be the Malay New Year. On the last day of the internship, I decided to treat my colleagues with cake and curry puff. Then I learned that during Malay New Year I had to buy the food which had a certificate to prove that it could be eaten by Malays. Learning all these and making friends with people of different nationalities were what I treasured the most in this internship.



**Yau Hong Yin Beverly interned at
Special Broadcasting Service @Melbourne**

I loved my work experience in Australia, especially because I was in Melbourne, the city which was full of arts. Every morning, what welcomed us was the inducing scent of hot coffee, it didn't only energize us, but also created a friendly and relaxing atmosphere for us to enjoy and work in. People in Melbourne are experts in enjoying life, arts, coffee, and also work. Interning at SBS in Melbourne with laughter, coffee and warmth was my greatest moment in the university life.

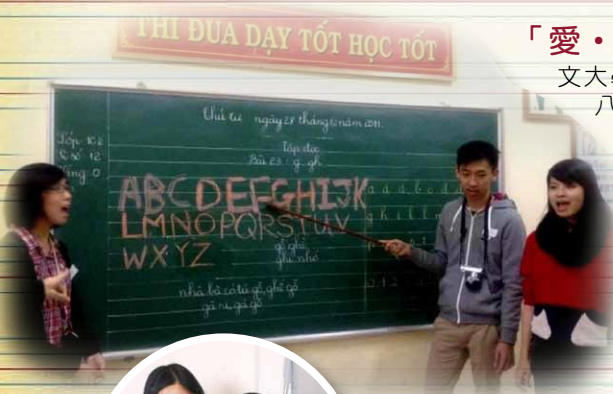




關愛遍地一

I-CARE 博群計劃

香港中文大學「I·CARE 博群計劃」積極資助校內一些有意義的服務計劃，讓同學貢獻世界。其中兩個項目「愛·在乎越南國際服務團」及「義工旅行 — 西安，我們的文化之都」已於2011年12月至2012年1月成行。透過服務計劃，同學們除了能幫助當地有需要的人士外，他們亦有所得著，在事前準備及與受助人士的接觸之中增廣見聞，得到啟發，反思自己的人生。



「愛·在乎越南國際服務團」由香港中文大學新亞書院扶輪青年服務團主辦，一連八天前往越南首都河內的一所復康中心Hai Duong Welfare Center作義工服務。該中心收容18歲以下身體或精神上有缺陷的兒童。是次服務團的目的，主要是與這些兒童進行英文教學、手工藝製作指導及文化交流，同時亦協助中心的日常運作，如班房佈置、打掃等，讓同學們體驗復康機構的工作。



同學分享

或許，幫助是雙向的。在越南，我們都體驗到一些香港未必有的東西 — 小朋友的純真熱情，和越南義工難忘的笑臉。（蔡安琪）

做義工時能夠思考得更深入，記住每一刻鐘每個國度都有人生活得比我們差，將來諸位有能力時思考如何長遠解決這些問題。（陳俊傑）

我們借了別人的視野，發現世界很大，我們懂得謙卑，懂得感恩，懂得快樂原來很簡單。（吳宏怡）



「義工旅行 — 西安，我們的文化之都」由香港中文大學學生會香港基督教青年會主辦，到西安的福利院當義工。由於當地福利院人手不足，同學們需照顧院內嬰幼兒的起居飲食及協助修復校舍。除了中大的同學外，活動亦邀請了一批西安的大學生共同參與。同學們在不同的文化背景和價值觀下合作完成各項義務工作，學懂了協商和互相遷就。

同學分享

其實有缺陷的孩子就像上天只給了他們半杯水，只要好好珍惜，他們也能活出比一杯水更好的人生。（鄧馥儀）

除了照顧孩子、做菜等技能的鍛鍊，更重要是心靈的感悟。什麼是幸福？有一個家，身體健康就是一種幸福，或者還懂得笑就是一種幸福。（林舒穎）



請別小看打掃宿舍、清洗衣服、餵奶，這些不起眼的工作，其實這才是福利院最需要的。我們須放下「尊貴」的大學生身份，提供合適的協助，才能令受助者真正受益。（劉彥靈）

從他們身上，我看到健康的可貴，幸福的簡單。「珍惜所有，活在當下」這八字真言背後的意義，我深深地從他們身上體會到。祝福這群小孩能有幸福的人生，也希望日後有機會重臨此地！（林楚雲）



下課鐘聲中的領悟 一

「香港青年服務團」札記

香港特別行政區行政長官於2010年施政報告中提出設立「香港青年服務團」，資助十八至二十九歲的高中畢業生、大專生及在職青年到內地貧困地區服務六至十二個月，服務範圍包括提供教育、衛生、環保等知識訓練。「香港青年服務團」的宗旨為鍛鍊香港青年的意志，發展他們的潛能，鼓勵他們服務他人，貢獻國家。第一屆「香港青年服務團」在云云報名者中挑選了中大黃嘉瀛同學。以下是她的體驗和分享：

半年過去了。下課鐘聲的旋律都能倒背了。被學生簇擁著回宿舍的時光剩下不多了。美好的事總在過去以後的回憶裡突顯珍貴。曾經頑劣的我今天竟當起小學教師來，有莫名其妙的感覺。現在角色對調了；當年老師們的苦口婆心，一下子如雷灌頂，都重演在自己身上；我是切切實實地上了人生的一課。

小時候的我是老師眼中的「百厭星」，凡事對抗，凡事頂撞；現在面對稍為有個性的學生，時而「火遮眼」，時而灰心氣餒，感覺愛心都快煙消殆盡了；偏在這時想起對我不離不棄的恩師們，彷彿眼前的學生都是自己，立時氣都消了。知道不是沒法子的，知道日子有功的，知道他們終有明白的一天，那怕是數十年後，那怕只是靈光一秒的想起，那怕只是一個學生，就已夠值得了。

剛抵達韶關龍歸鎮，舉目遍地盡是碧翠嫩綠的秧苗；秋風初起，田間轉眼已變成了金黃禾穗；現在農家都將穀撒在太陽底下密麻麻的曬烘，立冬以後便是收割的季節，農地只剩光禿一片。這樣的週而復始，很快便是下一個循環；翻土，播種，澆灌，施肥，收割；一分耕耘一分收穫，我相信這自然的定律，亦期盼今天所作的，農夫的生活會有收成的一天。

黃嘉瀛
香港中文大學藝術系三年級
香港青年服務團外務幹事



We are "NOT Exchange Students"

Student Reporter: Zheng Zhengiu, Sam

Every year, there are over 100 international students admitted to CUHK for three or four years' study. Coming from different parts of the world, they encounter different degrees of challenges adjusting to the new environments. At the beginning, these may include language, food, weather, home sickness, etc. In the latter period, the challenge may be related to culture, interpersonal relationship, and independent hostel life. You may know some of their names, but you may not know how they have gone through these obstacles. After reading the following stories, you may understand our international students better in many ways.

"I am happy when people around me are happy."

*Lim Yu Xuan from Malaysia
Geography and Resource Management, Year 2*

Yu Xuan, coming from Malaysia, feels a strong appreciation to local students. Just like most of the international students, he knew nothing about Cantonese or the culture here when he arrived in Hong Kong. The high-paced local life scared him at first. "I felt like being pushed when I took the escalator in Shatin," he recalled. Yu Xuan got used to the life here quickly with the warm help from his local classmates. They helped him a lot, like talking to him in Mandarin and English. They also helped him take notes when the professor spoke Cantonese in class. He is really grateful for their warm heart. "Some of my international friends don't like staying with local students because they are afraid of making mistakes in speaking Cantonese or don't understand the language. I practise a lot with my classmates and now I am able to handle the everyday conversation in Cantonese," he said. Sometimes his classmates made fun of his Cantonese, but he enjoyed the moment to see that everyone around him were happy.

The study in Geography and Resource Management not only helps Yu Xuan meet new good friends, he also gets to know more about Hong Kong and its culture through field trip studies. He likes communicating with the villagers when he goes to village. He finds Hong Kong a very diversified city and meeting with different people helps him know more about Hong Kong.



Yu Xuan and his classmates at a field trip.



In a gathering, Yu Xuan (right-most) and his classmates put on their secondary school uniforms.

After one and a half year's study, Yu Xuan fully fitted in the new life here. His key to success are an open-mind attitude and being active. "Cultural diversity and language are not our enemies, but valuable experience in our lifetime," he said. "Once finding out the consonance with locals, we can enjoy the time staying with them!"

"I am fond of Asian culture, so I chose to pursue my master's degree in Hong Kong!"



Mid-autumn Festival is one of the traditional Chinese festivals that attract Jérôme.

*Jérôme Naciri from France
MPhil in Electronic Engineering Programme, Year 1*

Jérôme fell in love with Asian culture when he was very young. Having learned Chinese martial art when he was 7-year old, later Judo, he has a strong affiliation towards Asian culture. He was the president of an Asian culture student society in France, but that did not satisfy his hunger for Asian culture. So he came to Hong Kong, one of the key cities in Asia, to pursue his master's degree. Jérôme also loves travelling and this helps him develop an ability to adapt to new environments quickly. Even though the life style in Hong Kong is a challenging one to most new comers, he got used to it quickly. Not only has he made many new friends here, he also served the minority groups in Hong Kong by engaging in CLOVER, a buddy cum social service programme organized by the Office of Student Affairs and funded by the I-CARE programme.

Jérôme started participating in social service in a trip to the United States. "I started to know that I can do more for those in need," he said. "The CLOVER Programme not only gives me a chance to do something I like, but also let me meet different people. There were mainland students and local students in my team. They taught me Mandarin and Cantonese." For Jérôme, it is interesting to work with people from different culture. He had never spent a whole weekend on working when he was in Paris. "We do have some hard-working people in France but most people would spend the weekend on relaxation. My friends here would like to devote a whole weekend into work," he amazed.

"I fell in love with this University when I was on exchange two years ago."

*Benjamin Obeso from Mexico
Economics, Year 2*

Benjamin started his university study in Mexico. Being a sinophile (lover of Chinese culture), he came to CUHK for exchange study as Hong Kong was the only city in China he might choose. In that whole year of exchange, he found that Hong Kong's amusement was far beyond his expectation. "This is a perfect place for all kinds of people. You can go hiking or sun-tanning on the beaches whenever you want. The fishery villages are attractive if you love the nature. For party-lovers, you may meet not only western people but people from different cultures. And most importantly, Hong Kong is one of a few cities that you feel safe to stay in. The life here is fun and amazing!" he said. So he transferred to CUHK in fall 2010.

(to be continued on next page)



Benjamin and his partners demonstrated salsa dancing to Prof. Joseph Sung, the Vice-Chancellor.

Benjamin is always eager to share Mexican culture with others through cooking and dancing. He taught his new friends how to make Mexican food and in return, he has learnt how to make Italian, French and Chinese food. On one occasion, he was honored to coach the Vice-Chancellor for Mexican Salsa dancing! But what he loves most about CUHK is the hostel life. He lived in International House (I-House) two years ago, later Hang Seng Hall and now moves back to I-House again. For him, I-House means a home rather than a hostel. He enjoys cooking and playing sports with his flat-mates. He also had great time in Hang Seng Hall and the local residents there were very kind to get him involved in their activities. So far, Benjamin is very satisfied with his life in Hong Kong.

After leaving his footprints and making friends in 18 countries, Benjamin was very grateful of the time he has had in the university. Thanks to the international environment of CUHK, he has made friends with students from all over the world. He plans to launch a career in Hong Kong after graduation, and if possible, he would like to set up his own company in mainland China!



“Dancing brings me and other members closer.”



Benjamin (left most) and Alex (right most) gathered in the International Travel Festival held in November 2011. Their dance performances in different styles added fun to the event.

*Alex Baek from South Korea
Computer Science and Engineering, Year 1*

Born in Korea, grown up in Guangdong, and now studying in Hong Kong, Alex is one of the few international students who do not encounter the language barrier nor cultural shock in his new life in CUHK. Reviewing his transition in the past half year, he is happy to find himself to have become more talkative and outgoing.

Alex loves dancing. He started to learn dancing three years ago and was very delighted to see there was a dance society in CUHK. When he first joined the society as a member, he was a bit shy. “Most of the members were new to me, but dancing

helped me break the ice. It is amazing to dance on the same stage with other young dance-lovers from different parts of the world!” He made lots of friends with other members including local, mainland and international students, so he has even become the committee member now.

Alex didn’t attribute it to knowing Cantonese or local culture when talking about his success of blending in with the campus life. “Some of my friends know nothing about Cantonese, but they still get along well with local students. It is fun and not difficult to make new friends of different cultures. Whether you are a local or international student, just take the initiative to talk to others and everything will be alright,” he smiled. “Life in Hong Kong is very different from that in mainland China or Korea. It is lucky for me to meet people from different walks of life! I think I have made the right choice to do my university study here.”

It is not easy to study abroad with family miles away. No matter why the students have chosen to study in CUHK, their presence not only has enhanced the cultural interactions on the campus. They have also shown that they can help in building a better community. Let’s come together, do not hesitate to render your help to make them feel like at home!

GUESS WHAT?

Circle those countries where our international students come from in the recent three years!

Kazakhstan
(哈薩克)

Poland
(波蘭)

Mexico
(墨西哥)

Belize
(貝里斯)

Belgium
(比利時)

Mauritius
(毛里裘斯)

Suriname
(蘇里南)

Zimbabwe
(津巴布韋)

Russian Federation
(俄羅斯)

Venezuela
(委內瑞拉)



Yes, bingo! Circle all of them!

In the recent three years, CUHK has international students from six continents out of seven:

Africa, Asia, Australia, Europe, North America, and South America, except Antarctica which is too cold for man to live.

Take the Oath

Inauguration of the International Student Association



The International Student Association (ISA) of The Chinese University held its third inauguration ceremony in early February. The new ISA cabinet is like a miniature of the global village, with the ten committee members originating from Taiwan, South Korea, India, Macau, Switzerland and the UK. They are confident that their diverse background will enable them to be open to different opinions and cater for the needs of the international students from all over the world.

As the number of international undergraduate students will be increasing, the ISA's role is getting more and

more essential. Just like what Miss Ariel Chou, the new president of ISA, put it at the inauguration, "The ISA aims to foster internationalization on the CUHK campus through providing a platform for international interests through events and activities. And we will guide and support the international students in integrating to CUHK and getting the most possible out of Hong Kong."

The activity plan introduced at the inauguration foretold that the coming year for the international students will be very likely punctuated with fun and fond memories as the ISA has an array of activities in store!

Color our University Life, Make our Interests Shine!

Student Reporter: Ng Yee Man, Margaret

Getting involved in student groups and interacting with other students who share the same interests or hobbies form a significant part of our university life. There are over 160 interest groups, clubs and associations in CUHK, covering all aspects of life, such as academic societies, arts and music teams, sports associations, religious groups, volunteer teams, etc. They create an atmosphere of diversity, excitement and mutual support on our campus, color our university life and make our interests shine. Among many other groups, we interviewed the Mandarin Debate Team, Society of Magic, Sin Hang Wing Tsun Martial Arts Society and Shaw Candy Society, which share a part in making our university life fabulous and interesting.



CUHK Mandarin Debate Team

The CUHK Mandarin Debate Team was set up in 1990 with an aim to promote Mandarin speaking culture in a Cantonese environment through the art of debate. The incumbent team leader Guo Chao Yu (Economics, Year 2) expressed that every year the Team sends 20 members to participate in four to five inter-varsity competitions in Hong Kong and mainland China. The main attraction for students to join the Team is the training part. Guo said, "Our communication and thinking skills are strongly enhanced via debate trainings. Our members have developed a strong sense of awareness in societal, historical, and economical issues through the competitions and preparation."



Society of Magic

The Society of Magic, established for seven years in CUHK and with around 330 members at present, aims at promoting the excitement of magic on campus. The Internal Vice President Lee Ngai Lung (IBBA, Year 2) indicated that the Society provides students with many opportunities to know more about magic techniques, ethics and learn how to perform magic in public. Many professional magicians were invited to teach students who have the interest. Lee spent quite a lot of time in handling administrative issues of the Society, but he deems it is worth taking this golden chance to meet schoolmates who share the same interest with him.



Sin Hang Wing Tsun Martial Arts Society

The Sin Hang Wing Tsun Martial Arts Society is dedicated to promoting the Chinese Martial Art of Wing Tsun. Founded by Wong King Sau (S.H. Ho College, Year 2) in 2011, the Society focuses on the practices and understanding of Wing Tsun Kung Fu as an art with rich traditions and culture. An experienced instructor teaches students about self-defense every Monday night. "Students of S.H. Ho College can explore Wing Tsun's techniques at a more convenient time and place. It is also an activity for students to mingle with others in addition to the regular communal dining," said Wong. More than ten S.H. Ho College students attend the regular lessons. Students from other colleges are also welcomed to join.



Shaw Candy Society

The Shaw Candy Society is a new student body on campus. Cheung Lei Man (IBBA, Year 3) found that there was no dessert club in CUHK, so she formed the club. The Society aims to gather students who have strong passion of making desserts through a variety of events, including dessert nights and festive events like baking gingerbread before Christmas, making chocolate in Valentines' Day, etc. Cheung said, "It is a unique learning opportunity for me to bear responsibilities and meet new friends."



We learn more by experiencing more in our daily life. Are you ready to join those interest groups on campus? Or you would like to build your own group to introduce something different?

新莊解讀~ UNI-CARE

不少人也認為，大部分的畢業班同學都會比較「潛」，只會奮力埋首於各項有效提高積點（GPA）的活動，或為前路作出各樣的籌劃。然而，有一班三、四年級的同學，卻密密張羅籌組新莊。究竟這支新莊有何理念？有何引人入勝之處？本刊邀得UNI-CARE會長譚凱丰（工商管理學系三年級生）及內務副會長黃舒蕾（公共衛生學系三年級生）為大家娓娓道來。

問—學生記者

譚—譚凱丰會長

黃—黃舒蕾內務副會長



精神抖擻的UNI-CARE莊員們

問：為什麼你們希望成立UNI-CARE這支新莊？

譚：香港健康情緒中心指出，統計資料顯示香港每五個人當中，就有一個受到情緒病的困擾，而中大近年亦曾發生不幸事故，反映我們應該要正視這方面的問題。雖然香港人對精神健康及情緒病日益關注，但仍有不少人對其缺乏正確的認知。

學生就讀大學期間會面對多方面的壓力和挑戰，如學業、人際關係、就業等問題，一不小心，就會掉進負面情緒的漩渦中。所謂「預防勝於治療」，UNI-CARE成立的目的是，以朋輩的身份協助同學加強對精神健康的關注和認知，學習情緒管理的技巧和建立正面的生活態度；亦為有需要的同學提供情緒支援，或作出轉介，讓同學得到適切的專業服務。

問：UNI-CARE這個莊名有何意義？

黃：UNI-CARE的英文全名是University Caring Society, CUHKSU，中文全名是香港中文大學學生會校園關顧學會；簡稱UNI-CARE。而UNI-CARE有幾個解讀方法，第一是讀作“You And I Care”意即「我和你同關顧」，強調同學參與的重要性；其次，可讀作“You Need Care”提醒同學被關顧的需要；最後，“I Care”這部分是突出「我關顧」的精神，正正配合了中大“I-Care Programme”的理念。三個解讀方法，正好配合UNI-CARE的理念。



譚同學（左）和黃同學（右）
是彼此支持的好「莊友」

問：UNI-CARE的成立過程是怎樣的？

黃：我們七位莊員全都是2010年第一屆中文大學 uBuddies朋輩輔導計劃*的畢業生。在參加 uBuddies訓練後，我們希望學以致用，將關顧文化推廣至整個校園，於是便積極組莊。

譚：組莊的過程不算平坦順暢，我們資金不足、人手不足、時間也很有限，各莊員亦需兼顧多項事務。（為何仍堅持組莊？）因為我們看到同學的需要！亦希望在離開中大前，能為建立「關顧校園」多出一分力。



UNI-CARE舉辦的第一項活動——九月份的開學飯

問：你們未來有甚麼活動？對於UNI-CARE有何願景？

黃：希望透過我們的努力，關顧文化能夠「一傳十、十傳百」地傳遍校園，讓中大同學都能守望相助，享受校園生活，保持身心健康。

譚：我們今年的活動主題是「天天好心晴」，我們將舉辦不同的活動推廣校內關顧文化，關心同學的心理健康及推廣互相關愛的精神，活動包括：情緒管理及認知工作坊、中醫減壓講座、朋輩輔導服務小組及加油海報等。

如果同學有興趣成為UNI-CARE會員或參與UNI-CARE的活動，歡迎電郵至 unicare.soc@gmail.com 或致電60711067（聿）。

後記：

懷著愛心排除萬難、堅守理想的人，往往散發著一股感染力。訪問兩位同學的時候，筆者幾度被她們的承擔和使命感所感動。如果你也是被感動的一位，不妨立即申請入會及留意UNI-CARE所舉辦的活動，共同建立和投入關顧校園！

* 中大 uBuddies 朋輩輔導聯網

學生事務處學生輔導及發展組藉著uBuddies計劃，在校園推廣關顧文化，發揮朋輩互助的精神。透過一連串有系統的培訓，包括基本心理輔導技巧、精神健康急救、歷奇訓練等，uBuddies學習如何為有需要的朋輩提供支援。詳情請瀏覽學生輔導及發展組網頁：<https://osantd.osa.cuhk.edu.hk/scdsmain/chihtml/>。

Life Coach

Beyond the Campus Setting

Do teaching and learning always have to happen within the campus?

Under various mentorship programmes organized by the University, students are given the chance to meet coaches for their life outside classrooms. Their learning experience extends beyond the campus setting, and there is no limit to the syllabus.

The sharing from some of the mentees of CUHK Mentorship Programme, organized by Office of Student Affairs, may give you more insights on how the coaching is like:



Mrs. Hui did not only share with us about her work, but also her personal life. From her sharing, I realized that life is not just about working. There are lots of **other aspects which are more important, such as family**. Through our communication, I did not only learn about career-related information, but also gained insights on how to be a better person.

*Angus Lee (Quantitative Finance, Year 2)
Mentee of Mrs. Elsie Hui,
Human Resources Director, North Asia, Jones Lang LaSalle*



My mentor opened my eyes in the area of **social service** by showing me what he has been doing to help inmates rehabilitate. He has also told us about some of his stories and experiences in running different types of business.

*Veronica Lo (Linguistics, Year 2)
Mentee of Mr. Simon Ngai,
Chairman, Fullness Christian Vocational Training Centre*

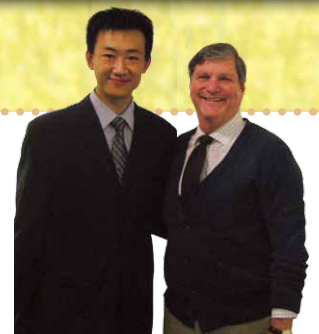


Eunice shared with me her previous **experience of being a law student, her work and her lifestyle** during our meetings. On one occasion, she introduced me to another successful mentor and her other mentees, and it allowed me to learn more about other disciplines.

*Carol Ng (Law, Year 2)
Mentee of Ms. Eunice Yung,
Barrister*

During the one-year mentorship period, I have had a lot of **first-time experience**. For the first time, I walked into a private equity company and saw how it works. For the first time, I visited Hong Kong Club and had a lunch there. For the first time, I knew I was capable of talking, socializing and working with a Chairman and Managing Director.

*Stanley Tian (Insurance, Financial and Actuarial Analysis, Year 3)
Mentee of Mr. Louis M. Bowen,
Chairman and Managing Director, Asia Capital Management Limited*



There is no boundary to learning experience. There are various non-formal education opportunities in the campus, make good use of them and enjoy a fabulous university life!

Usual Chat - Genuine Concern Meeting with Student Bodies

Apart from sharing their views with students at their blogs, the Vice-Chancellor, Prof. Joseph Sung, and University Dean of Students, Prof. Dennis Ng, are enthusiastic in communicating with students in gatherings that allow personal contacts and interactive feedbacks.

Vice-Chancellor's Dinner with Postgraduate Students on 12 January 2012

"It was really a great opportunity for us to have a dinner with the Vice-Chancellor and other professors. Some students expressed their concerns on job hunting and campus facilities. Besides, students also showed their interests in knowing Prof. Joseph Sung's view on success.

May be some questions were simple and immature. However, Prof. Joseph Sung, Prof. Wong Wing Shing and Prof. Dennis Ng answered all the questions in details and with patience. I asked about hot water provision in the library, and Prof. Joseph Sung replied it in a humorous way by telling us the warm water environment could be positive for the growth of bacteria but negative for our health."



Teresa Tan

MSc in E-commerce and Logistic Technology Programme, Year 1

University Dean of Students Meets Student Leaders

Every year, Associate Pro-Vice-Chancellor and University Dean of Students, Prof. Dennis Ng, meets with different student bodies regularly. Various topics concerning University development are covered, such as hostel fee, catering arrangement after implementation of new four-year undergraduate curriculum, facilities, orientation programmes, etc. Some associations voiced out their members' needs and concerns, like request for more Cantonese classes and internship programmes for postgraduate students, language issues relating to international students. While listening attentively to the students, Prof. Ng also shared his views and agreed to channel their needs and opinions to relevant units of the University.

*Meeting
with Chinese
University
Postgraduate
Student Association
on 11 November 2011*



*Meeting with International
Student Association on
19 January 2012*



*Meeting with The
Chinese Students and
Scholars Association on
5 December 2011*



*Meeting with Student
Union of The Chinese
University of Hong Kong,
the Student Press and the
student unions of several
colleges on 18 January 2012*



詹Sir同你 Live Chat - “Life is Online”



WhatsApp, Facebook, LINE.....等透過科技的溝通方法，已成潮流，也改變了人的溝通模式。我們現在可以整天不發一言，也能達成溝通的目的。學生輔導及發展組於2011年11月4日邀請了表演藝術家詹瑞文先生跟中大同學現場“Group Chat”，分享“Sharing Life Online”這話題，讓同學輕輕鬆鬆地反思社交網絡對自己及當代人的影響。

詹瑞文（詹Sir）首先詢問同學參與社交網絡的情況。現場所見，大約全數同學都有使用“Facebook”、約九成同學有使用“WhatsApp”，而「微博」則約有一成出席的同學使用。簡單的提問與回答已經反映出社交網絡在我們當中的普及化。

接著，詹Sir跟同學們玩了一個小遊戲。在悠揚的音樂陪襯之下，他先請女同學化身為風靡一時的電影「那些年，我們一起追的女孩」的女主角「沈佳宜」回答男主角「柯景騰」透過“WhatsApp”問的問題：「我追咗你咁耐，我地一齊好嗎？」。其後再邀請男同學化身成為「柯景騰」回答「沈佳宜」另外一條問題：「我唔記得帶assignment @，你可唔可以借你果份俾我交呀？」在座的同學寫下答案以後，便以「i-拋」的形式把答案拋出台前！詹Sir及助手泰臣便隨即把問題及答案讀出。他們鬼馬的演繹方式加上同學們創意十足的回答，令在場同學都捧腹大笑！

接著，詹Sir邀請了六位同學上台分享他們對社交網絡的看法。同學娓娓道出使用社交網絡的好與壞、利與弊。例如社交網絡方便了人與人之間的溝通和交流，不但可以讓入即時分享生活的點滴與想法、認識朋友的生活動向，更有效地幫助失散多年的朋友恢復聯繫。此外，社交網絡也是一個讓人結交新朋友、擴闊社交圈子的平台。然而，參與社交網絡減少了人們面對面直接溝通的機會，改變了他們的生活模式，網迷甚至會出現「唔睇、唔留言唔安樂」、極渴望被人「讚好」（Like）、「關注」，甚至上癮的情況。

無論使用社交網絡是希望知道其他人的動向，或是希望被看見、甚至炫耀自己，社交網絡的普及，很可能反映出我們都渴望與人溝通、追求人與人之間的聯繫。

詹Sir透過輕鬆幽默的手法成功帶出社交網絡引申出來的各種現象，使同學在一片笑聲及掌聲中、反思自己與社交網絡的關係。



朋輩交接，uBuddies 薪火相傳

'uBuddies'朋輩輔導聯網交接禮已於2012年1月11日舉行，超過80名教職員和同學出席是次活動。期間，主禮嘉賓協理副校長吳基培教授接受即場訪問，分享他對「關顧精神」的經驗和想法。uBuddies'10及'11的代表亦簡述他們的個人收穫和成就。此外，最新招募的uBuddies'12在學生事務處處長梁汝照先生的帶領下，宣誓承諾促進中大的校園關顧。中大學生會校園關顧學會(Uni-Care Society, CUSU)創會會長譚凱丰同學則介紹了學會的使命和工作。



uBuddies：「那一年，我們受訓的日子…」

參與了uBuddies一整年，有甚麼感受及得著？我們特意邀請了uBuddies Jessie (J), Eunice (E)及Marcus (M)與我們作以下的分享：

問：快要畢業於uBuddies的時候，你的心情是怎樣的？

J：心情很是複雜，一方面為自己將要畢業而開心，另一方面，一年很快便要結束，但覺得自己還有很多事情需要學習；再者與大家相處得非常愉快，好像快就要分開了，心中充滿著留戀與不捨。

問：你最難忘的回憶是甚麼？

J：歷奇訓練營給我一段很難忘的回憶。之前雖然有和其他uBuddies一起上課，但交流並不多。通過短短的三天，大家一起完成具挑戰性的任務，加深了彼此的瞭解，也建立了深厚的友誼。

E：在營裡的「夜話」環節中，大家都將自己的經歷、內心感受與大家分享。此外，營裡很多活動都需要互相信任和支持才可以順利完成。令我最膽戰心驚的活動便是「巨人梯」及「空中飛人」。每個人都要單獨接受挑戰，旁人只可以提供精神上的支持。這就好像我們往往都需要獨自面對困難，幸而我們身邊有一班uBuddies互相扶持。

問：在輔導技巧訓練中，你又學到甚麼？

M：要幫人的話，不單要有心，還要有技巧。輔導技巧訓練正能夠好好裝備我們！

J：我們不僅學習了如何聆聽與培養同理心，更通過課堂練習與角色扮演，深入理解「尊重」受助者的含義，也將同行、同路等理念傳遞出去。

問：「精神健康急救課程」對你有幫助嗎？

E：最初完成了此課程，覺得學到的知識和技巧，未必可以常常應用到生活層面。但於偶然情況下，我和一個朋友傾談，發現他心情低落，還有一些抑鬱病的徵狀。我很慶幸自己上了這個課程，除了可以透過傾談紓緩朋友的情緒，更重要的是

可以及早發現，並鼓勵他尋求專業人士的援助。

問：在督導的實踐過程中，你掌握了甚麼技巧、又有甚麼發現？

M：Supervision（督導）就好像一個小結，讓我們透過扮演輔導員的角色來複習之前所學到的技巧。雖然我發現自己的技巧仍十分幼嫩，但亦令我更能掌握一些核心的要點，例如要留意用詞和語速等。

J：此外，在實踐的過程中，我們亦漸漸掌握了聆聽的技巧，學會注意對方的「話中之話」，了解他們的需要，分辨對方是想要找人傾訴，或是希望尋求建議，找到解困的方法。

短片速遞

以下是最新製作的短片，可於學生事務處學生輔導及發展組網頁(www.cuhk.edu.hk/osa/scds)觀賞：

<大學五件事>

短片是由一群uBuddies2011製作，主題以大學生普遍關注的五個範疇，分別是「住Hall」、「上莊」、「拍拖」、「讀書」和「兼職」，探討及反思個人目標和大學生活的真正意義。



<我們的成長>

短片是由學生事務處學生輔導及發展組製作。片中輯錄了過去兩個uBuddies朋輩輔導聯網的相關片段；從宣誓就職、接受輔導相關培訓，到在校園內為同學服務，實踐關顧別人的精神等，總括了uBuddies的成長經驗。

Festive Moments of Postgraduate Students

While all undergraduate students have fun during the semester break and Chinese New Year holidays, many postgraduate students still have to work on their research and studies. Two activities co-organized by the Incoming Students Section of Office of Student Affairs and the Postgraduate Halls Residents' Associations provided the opportunity for these postgraduate students to relax themselves and enjoy the bliss of holidays!

CHRISTMAS PARTY (19 DECEMBER 2011)

It was the first time for most of the participants to attend a Christmas celebration party in Hong Kong. Everyone was very passionate to explore the Christmas culture of Hong Kong, share Christmas wishes and sing Christmas carols together. Gifts exchange and lucky draw brought the party to its climax! Everyone was delighted to receive a gift in this joyful season.



LANTERN FESTIVAL GATHERING (6 FEBRUARY 2012)

"I came from Russia and this Lantern Festival was my first submergence into Chinese Lunar Year celebration. Since I have never participated in such events before, I was greatly impressed.

The entertainment programme was tailored for Chinese speaking students. It is a pity that I cannot speak Putonghua, so I was unable to understand all the performance. But the mainland students were very kind that they tried their best to cheer me up. They taught me the ancient art of solving character puzzles, finding words of wisdom in the colorful lanterns, and making traditional sweet dumplings.

All in all, the event will stay in my memory forever as a series of pleasant reminiscences of welcoming people and their ancient traditions."



Oleg Tatarintsev
MBA, Year 1

Oleg (right-most) enjoyed sweet dumplings with his friends

青暉遠眺赤子情 2011



浩蕩與整齊的隊型



為五保戶送暖

給小孩一個特別聖誕



二零一一年十二月二十五至二十九日，三十六名大學青年會會員共赴內地清遠，參與第十四屆「青暉遠眺赤子情」單車籌款活動，為清遠的貧窮學生募集學習經費，完成理想。

整個車隊約一百五十人，而在大學青年會隊伍中，除了十七名來自中大和崇基學院的成員，還包括香港浸會大學、香港科技大學和嶺南大學的大學青年會會員。

雖然活動為期短短五天，但參加者需要完成約一百三十多公里的單車旅程，從增城經松化，最後到達清遠。車隊浩浩蕩蕩地穿越公路、小鎮和鄉村，就連我們校隊的運動健兒，也說這是一個新鮮和難忘的經驗。

除了踏單車籌款外，參加者還獻出他們的愛心，提供義工服務。大學青年會的隊伍分成四個小組，探訪了當地村落的「五保戶」和「特困戶」，從村民的分享中體會到他們堅韌的生命力和積極的生活態度。

此外，參加者也到訪了一所村校，以聖誕節為題跟學前班的小孩玩遊戲、製作聖誕樹和唱聖誕歌，共度了兩小時的愉快時光。

在離開清遠的一刻，參加者都依依不捨，有的不斷拍照留念，有的立即組織下一次單車之旅，也有相約來年並肩再戰的。是次活動，不但讓清遠的人民感受到來自香港同胞的支持，還增進了與參加者之間的友誼，為他們編造了一段美好回憶。



挑戰成功！

2012 ECONOMIC OUTLOOK - CGCC FORUM

Our university always strives for different enrichment opportunities for students. On 5 January 2012, a forum on Economic Outlook 2012 was organized by the Chinese General Chamber of Commerce (CGCC). A team of 12 CUHK students attended the forum and gained a lot of insights.

The forum, officiated by Mr. Stephen Lam, Chief Secretary for Administration of HKSAR, was very inspiring. Four other distinguished guest speakers were also invited to share their sophisticated opinions on different economic issues, such as RMB internationalization. I was glad to have the opportunity to learn about the potential challenges the Chinese government would be facing and how Hong Kong could grasp this chance to strengthen her position as an international financial center.

As one of the student participants, I found that this forum was thought-provoking and encouraged me to think out of the box. I wish I can join more similar events to enrich my knowledge and equip myself better for the future. Heartfelt thanks to CGCC which has been supporting CUHK students in many ways including the CUHK Global Internship Programme for six consecutive years, of which I was a student intern in Sydney in last summer.

*Leung Wing Yin Winnie
Integrated BBA, Year 4*



Take Pride in our Exemplary Service

The Office of Student Affairs has always placed students as the primary concern in our delivery of high quality services. Our outstanding customer services are recognized by the students

and the University recently. Two members of our Office were awarded the Exemplary Service Award by the University in two consecutive years for their appreciative contribution.



Mr Kelvin Kwok (2010-11 awardee)



Ms Carmen Hon (2009-10 awardee)

Mr Kelvin Kwok and Ms Carmen Hon, both from the Incoming Students Section of the OSA, are honored to receive an acknowledgment of their job from both colleagues and students they have been working with. At the award presentation ceremony, they remarked coincidentally that they were glad to be able to participate in facilitating students to develop their potentials at different stages of their University life.

星火燎原 火炬傳承

大學青年會（香港中文大學）學生幹事會交職典禮已於二零一二年二月九日舉行，當晚約有一百三十多位嘉賓出席，包括香港中文大學與香港中華基督教青年會的成員，還有來自香港浸會大學、香港中文大學崇基學院、香港科技大學、嶺南大學及恒生管理學院「大學及學院青年會」的學生幹事會成員。

這個交職典禮可說是大學青年會（香港中文大學）幹事和會員期待已久的大日子。第一屆幹事會選擇以「星火燎原」作為他們交棒予第二屆幹事會的口號，用意是說明他們在創始過程中力量雖微小，但憑著旺盛的生命力及鬥志，終於完成了他們的任務，將大學青年會介紹給中大同學，繼而聚集他們參與青年會運動；也體現中大的使命，即「致力於保存、創造、應用及傳播知識，以滿足香港、全中國，以至世界各地人民的需要，並為人類的福祉作出貢獻」。



協理副校長兼大學輔導長吳基培教授及香港中華基督教青年會「大學及學院青年會委員會」主席鄭卓生博士為交職典禮燃點啟動火炬



幹事親手製作以「星火燎原」火柴盒作包裝的曲奇餅，贈送蒞臨嘉賓



交職典禮出席者濟濟一堂，見證Uni-Y@大家庭的凝聚力

以球會友，滬港師生齊切磋

香港中文大學教職員羽毛球隊於2011年12月17至20日由副校長黃乃正教授帶領赴上海參加第一屆香港中文大學滬港師生羽毛球友誼賽，教職員隊與上海之中大校友切磋球技外，更有機會瞭解校友的生活及工作情況。是次交流大家也獲益良多，希望下年能繼續舉行。



網上傳心意·校園展關懷

學生事務處舉辦的網上心意卡設計比賽已完滿結束。頒獎禮亦於2012年1月11日順利舉行。我們共收到38份以「關顧願·校園情」為設計主題的參賽作品。學生組得獎者包括：黃嘉祺（冠軍）、張小黎（亞軍）、何佩琳（季軍）。教職員組得獎者包括：黃韻夷（冠、亞軍）、何巧仙（季軍）。所有得獎作品已上載於學生事務處學生輔導及發展組的「網上心意卡」系列 (<https://osantd.osa.cuhk.edu.hk/scdsmain/ecard/>) 供中大學生及教職員選用。



學生組



冠軍

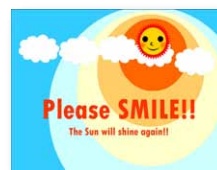


亞軍



季軍

教職員組



冠軍



亞軍



季軍

Action Time

香港中文大學「國際暑期課程」2012 CUHK International Summer School (ISS)

雖然距離暑假還有好幾個月，相信不少同學已開始為這個悠長假期作好安排！若你希望善用今年的暑假，跟來自不同地方的大學生作跨文化學習交流、擴闊國際視野，便不要錯過中大2012年的「國際暑期課程」。

香港中文大學「國際暑期課程」將於2012年6月27日至7月30日舉行。由於報讀「國際暑期課程」的學生六成以上為來自海外的國際學生，中大學生可與他們交朋友，並作學術及文化交流；更可利用暑假修讀大學通識教育科目，多修學分為雙主修或副修作準備，減輕平常學期的課業負荷和加快完成課程。

特色 師資優良：

除了中大的老師，還有來自美國、紐西蘭、英國、加拿大及中國等著名學府的學者。這些學者不但屢獲教學獎項，很多更是本身研究領域的學術先驅。

課程種類繁多：

科目全以英語授課，內容圍繞工商管理、工程、中醫中藥及中國文化等。



「國際暑期課程」現已接受網上報名，有關詳情，可瀏覽網頁 www.cuhk.edu.hk/osp 或致電3943 1826 向暑期課程辦公室查詢。

Events	Organizer / speaker	Date
Career Planning and Development Centre, OSA (Tel: 3943 7202 / E-mail: cpdc@cuhk.edu.hk) (Please note that the following schedules are subject to change. Students may refer to http://cpdc.osa.cuhk.edu.hk/ for the updated information)		
Guidance Programmes		
「積金生活由今日開始」講座	MPFA	13 Mar 2012
「國內工作須知」分享會	Recruit	14 Mar 2012
Workshops on Hairstyling for Working World	Mr Kim Chow and Mr Sammy Li	15 Mar 2012
Workshop on Networking Skills	Société Générale	16 Mar 2012
Workshop on Interview Skills	Graduate Foundations	20 Mar 2012
護膚及化妝班	Ms Yoko Tsang	21 Mar 2012
Career Seminar on Marketing Yourself towards Dream Career	Leader Builder	23 Mar 2012
Career Seminar on Asset Management Industry	Allianz Global Investors	26 Mar 2012
Career Seminar on Plan the Success Way	Quality People	29 Mar 2012
Opportunities and Challenges of the Logistics Industry in China	Mr Peter Lee	30 Mar 2012
Recruitment Talks		
Nestlé Hong Kong		8 Mar 2012
HNA Group Company Ltd		12 Mar 2012
The Commercial Press (Hong Kong) Ltd		13 Mar 2012
Office of The Ombudsman		14 Mar 2012
i-cable Communications Ltd		14 Mar 2012
Baleno Kingdom Ltd		15 Mar 2012
Sogo Hong Kong Co. Ltd		20 Mar 2012
ICBC (Asia) Ltd		21 Mar 2012
Hong Kong Seibu / Harvey Nichols (Hong Kong) Ltd		22 Mar 2012
Cathay Pacific Airways (Flight Attendant and Cadet Pilot)		26 Mar 2012
Lee Kum Kee		27 Mar 2012
Maxim's Caterer's Ltd		28 Mar 2012
Sun Hung Kai Financial		29 Mar 2012
Oxford University Press		29 Mar 2012
Incoming Students Section, OSA (Tel: 3943 1533 / E-mail: isso@cuhk.edu.hk)		
CLOVER - Social Services	ISS	Ongoing
「三人行」學友計劃	ISS	Ongoing
粵講粵開心 Fun Cantonese	ISS	Late Feb- Early Apr 2012
ISS League	ISS	10, 17 Mar 2012
Briefing Sessions and Sharing Sessions for Mainland Year-1 Students	ISS	14, 16, 19 & 20 Mar 2012
Discovery Tour @ Cheung Chau for Postgraduate Students	ISS	1 Apr 2012
CLOVER - Closing Ceremony	ISS	11 Apr 2012
Student Activities and Amenities Section, OSA (Tel: 3943 7323 / E-mail: saau@cuhk.edu.hk)		
VC's Open Forum	SAAS	8 Mar 2012
Outstanding Service Awards Presentation Ceremony	SAAS	31 Mar 2012
Gansu Joint University & College YMCA Social Service Trip 2012	Uni-Y(CUHK) Project & Wu Zhi Qiao	4 – 9 Apr 2012
Outstanding Service Awards Presentation Ceremony		
學生領袖培訓計劃 - 結業禮暨頒發證書晚宴	SAAS	12 Apr 2012
VC's Tea Gathering with the New Cabinets of 2012 CUSU and College SUs	SAAS	16 Apr 2012
Student Counselling and Development Service, OSA (Tel: 3943 7208 / E-mail: scds@cuhk.edu.hk)		
Student Development Programmes for Postgraduates		
Communication and Relationships	SCDS	21 Mar 2012
Understanding your Personality	SCDS	24, 27 Apr 2012
Student Development Programmes for Undergraduates		
Increasing Self Awareness through Neuro-Linguistic Programming (NLP)	SCDS	9 Mar 2012
Effective Management of Loss and Grief (for Year 2 Nursing students)	SCDS	11, 18 Apr 2012



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