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身·心·活計劃

學生活動組將推出「身·心·活計劃」，一系列活動旨在鼓勵同學養成良好生活習慣，活出精彩人生。計劃詳情如下：

活動	日期及時間	地點	內容
健康生活展覽	2015年3月2日至6日	范克廉樓地下展覽大堂	<ul style="list-style-type: none"> 一般健康資訊 毒品資訊
戒毒康復者分享會	2015年3月4日 下午7時至8時30分	綜合教學大樓 G06 室	<ul style="list-style-type: none"> 毒品冷知識 經驗分享及交流
Fit 身行動	2015年3月5日 下午7時至8時	大學體育中心乒乓球室	<ul style="list-style-type: none"> 體適能介紹 高強度間歇式訓練 (HIIT)
身體檢查站	2015年3月5日至6日 上午11時30分至下午2時	范克廉樓地下展覽大堂	<ul style="list-style-type: none"> 毒品與精神健康攤位 身體檢查(血壓、肺活量、血含氧量及血糖)
戒毒康復者義工服務	2015年3月6日 下午7時30分至9時30分	灣仔修頓中心 12 樓明愛樂協會	<ul style="list-style-type: none"> 由參加者策劃合適的活動

如欲參與以上活動，請登入 <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=618251> 報名，截止報名日期為 **2015年2月27日(星期五)**。如有查詢，請電 3943 7253 與學生活動組方先生聯絡。

春城單車傳愛心 2015

將於 2015 年 4 月 3 日至 9 日舉行的春城單車傳愛心 2015 現正接受報名！是次活動由大學青年會（香港中文大學）計劃協調，透過單車籌款活動，旨在服務雲南偏遠山區的學校，並參與當地興建水窖工程，身體力行改善灌溉及貧困的問題，而參加者所使用的單車，亦會送贈當地學生上學代步之用。是次活動詳情及報名表格可從 <http://www.cuhk.edu.hk/osa/uniyproject/ridehk2015.pdf> 瀏覽及下載，填妥的報名表格須連同報名費 HK\$3,500 交回范克廉樓一樓學生事務處學生服務中心，截止報名日期為 **2015年3月2日(星期一)**。

如有查詢，請致電 3943 7253 或電郵 frankyfong@cuhk.edu.hk 與學生活動組方先生聯絡。

台灣「原」味行 — 聯校台灣原住民服務體驗團

大學青年會（香港中文大學）計劃將舉辦《台灣「原」味行 — 聯校台灣原住民服務體驗團》，藉前往彰化、台南、台東及台北進行服務體驗，了解當地原住民的生活狀況，並探討文化保育與發展之間的平衡。是次活動詳情如下：

日期：	2015年6月1日至13日
報名費：	HK\$7,500（包括來回機票、食宿、當地交通及保險），另需繳交按金 HK\$1,000（凡表現良好、並出席團前及團後籌備會議達八成或以上者，可獲退回按金）。
活動內容：	原住民服務、探訪原住民部落、與當地大學生交流
報名方法：	於 http://www.cuhk.edu.hk/osa/uniyproject/jutrip2015.pdf 下載報名表格，填妥後交回范克廉樓一樓學生事務處學生服務中心，入選者將獲邀出席面試。
名額：	8人
截止報名日期：	2015年2月27日(星期五)
查詢：	學生活動組方先生 - 3943 7253 / frankyfong@cuhk.edu.hk

「誠信挑戰與實踐 — 新聞工作者的體會」分享會

香港中文大學 2014-15 廉政大使邀得新聞與傳播學院兼任講師、無綫電視前新聞主播、廉政公署前高級新聞主任、校友方健儀小姐，分享她過往擔任不同工作的得著、曾遇到有關誠信的挑戰，以及個人對實踐廉潔的體會。是次活動詳情如下：

日期：	2015 年 3 月 9 日 (星期一)
時間：	下午 7 時 30 分至 9 時 (下午 7 時 15 分開始登記)
地點：	康本國際學術園 6 號演講廳
對象：	大專院校學生
語言：	廣東話
費用：	全免
報名方法：	請於 http://goo.gl/forms/WslEAvRsKa 登記。
名額：	140 人 (先到先得，額滿即至。)
查詢：	香港中文大學 2014-15 廉政大使陳小姐 - 9609 5711 學生活動組林小姐 - 3943 1595

Activities for Non-local Students

Questions or comments?

Email the Incoming Students Section (ISS) at isso@cuhk.edu.hk or call 3943 7945

Academic Success Workshop (IV) – Succeeding at Interviews

As Louis Pasteur said, "Chance favours the prepared mind". Being ready for an interview is more than dressing properly and showing up on time.

Part I: Workshop

Date:	12 March 2015 (Thursday)
Time:	4:30pm – 6:30pm
Venue:	An Integrated Teaching Building G02 (AITG02)
Format:	Introduction of interview skills and practice in groups
Content:	i. Purpose & types of interview ii. Common questions iii. Tips on an effective interview & answering questions
Speaker:	Ms. Polly Cho (Director of People Passion Consulting Ltd.)
Language:	English
Target:	All non-local undergraduate and postgraduate students
Enrollment:	Sign up at Incoming Students Section of the Office of Student Affairs on 1/F, Benjamin Franklin Centre by 6 March 2015 (Friday) and pay a refundable deposit of HK\$50

Part II: Sharing Session on campus interviews

Date:	16 March 2015 (Monday)
Time:	7:00pm – 9:00pm
Venue:	Sino Building Lecture Theatre 2 (SB LT2)
Format:	Sharing by senior students on major transfer, internship and exchange opportunities
Speakers:	Senior students
Language:	Putonghua
Target:	All non-local undergraduate students
Enrollment:	Sign up at Incoming Students Section of Office of Student Affairs on 1/F, Benjamin Franklin Centre by 11 March 2015 (Wednesday) and pay a refundable deposit of HK\$50

Enquiry: leos@cuhk.edu.hk / 3943 1533

回國就業升學講座

研究式課程畢業生回內地工作／讀博的現狀和前景如何？一年制修課式碩士又如何？

哪些專業、學制的同學比較受到內地企業歡迎？

內地企業對招聘留學生有哪些基本標準？

這個講座將解答上述有關問題！

主講：	中國教育留學交流（香港）中心有限公司 董事長 總經理鞏萬先生
日期：	2015 年 3 月 6 日（星期五）
時間：	下午 3 時 30 分至 4 時 45 分
地點：	康本國際學術園劉佐德演講廳（一號演講廳）
對象：	內地生
報名：	請於 3月2日（星期一） 前於網上報名 https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=645825
查詢：	leos@cuhk.edu.hk

名額有限，先到先得。

內地本科畢業生交流會 — 分享經驗 裝備自己

數位不同專業之內地本科畢業生，將與同學們分享讀研、職場經驗，讓同學們掌握在港進修、求職及工作需注意事項及實戰技巧，裝備自己。

是次交流會將邀請校友現身說法，並安排問答及小組交流等環節，務求令同學們對自己未來的方向有更實在的了解，為自己定下更清晰的目標。交流會詳情如下：

日期：	2015 年 3 月 20 日（星期五）
時間：	晚上 7 時至 9 時
地點：	伍何曼原樓 304 室
講者：	數位不同專業之內地本科畢業生
對象：	內地本科生（「薪夥計劃」2014-15 之學長及學友可獲優先報名）
語言：	普通話
費用：	全免，但需繳交按金 HK\$ 50（將於活動當天退還）
參加辦法：	請親臨范克廉樓一樓報名，並繳交按金
報名日期：	即日起至 3 月 13 日
查詢：	leos@cuhk.edu.hk / 3943 1533
活動海報：	www.cuhk.edu.hk/osa/iss/news.html

名額有限，先到先得。

CUHK FAA Student Activity Fund and UGC Block Grant Student Activities Fund – Result Released

The vetting of applications for the Student Activity Fund of the Federation of the Alumni Associations of The Chinese University of Hong Kong (2nd term, 2014-15) and for the UGC Block Grant Student Activities Fund (2nd term, 2014-15) by the Office of Student Affairs are expected to be completed in mid-March 2015. All successful applicants will receive the result and the amount granted from the Student Activities Section under separate cover by the end of March 2015.

Leadership Development

AIA Foundation Young Leaders Development Programme 2015

AIA Foundation Young Leaders Development Programme 2015 is now open for enrolment. This programme aims to train up young people to become future leaders with social consciousness through, inter alia, a career workshop, a 6-day leadership training adventure camp and a 7-day overseas service trip. The theme of this year is "A Hand to Lead, A Vision to Serve".

Eligibility of the applicants, programme details and the enrolment form can be viewed through <http://www4.cuhk.edu.hk/sacs/index.php/en/information-gallery/external-activities>. The completed enrolment form, together with all necessary documents, should be submitted to the Student Services Centre of the Office of Student Affairs on 1/F, Benjamin Franklin Centre by **2 March 2015 (Monday)**. Selected students will be invited for an interview from late-March to late-April.

For enquiries, please contact Ms. Lau of the Student Activities Section at 3943 7203 or email to aprillau@eservices.cuhk.edu.hk.

學生領袖培訓計劃 — 三月活動預報

「學生領袖培訓計劃 2015」三月份的活動詳情如下：

參觀內地設廠之跨國企業及香港中文大學（深圳）校園（暨專題講座）

日期：	2015年3月7日（星期六）
時間：	上午8時至下午6時
地點：	深圳沙井鎮及龍崗區

「成功演說」講座

日期：	2015年3月12日（星期四）
時間：	下午6時45分至8時45分
地點：	陳國本樓3號演講廳

「經營創意事業」分享會

日期：	2015年3月17日（星期二）
時間：	下午6時45分至9時30分
地點：	綜合教學大樓 G01 室

獲確認具資格參加活動的計劃成員，務必準時出席。

如有查詢，請電 3943 1978 聯絡學生活動組李小姐。

Open Forum

Questions or comments?
Email the Student Activities Section (SACS) at sacs@cuhk.edu.hk or call 3943 7323

Vice-Chancellor Meets Students

The University places great emphasis on its communication with students. To foster mutual understanding, Professor Joseph Sung, the Vice-Chancellor, meets students in an open forum arranged by the Office of Student Affairs every year. You are cordially invited to the forum to have exchange with Professor Sung on topics of your interest, like the University's development, policies, and even your campus life and experience. Details of the forum are as follows:

Date:	4 March 2015 (Wednesday)
Time:	4:30pm - 6:00pm
Venue:	Science Centre Piazza

No registration is required. For enquiries, please contact Ms. Tsang of the Student Activities Section at 3943 4702 or email to phoebetsang@eservices.cuhk.edu.hk.

Don't miss the chance to have a face-to-face dialogue with the Vice-Chancellor!

Student Counselling and Development

Questions or comments?
Email the Student Counselling and Development Service (SCDS) at scds@cuhk.edu.hk or call 3943 7208

Student Development Programmes

In March, the Student Counselling & Development Service will conduct the following events for students to facilitate their personal growth and self-enhancement:

Activity : Mental Health First Aid Certificate Course for uBuddies 2015

Date:	6, 13, 20 & 27 March 2015
Time:	5:00pm - 8:00pm
Venue:	Room 302, Lee Shau Kee Building (LSK)

Mental Wellness Promotion Weeks 24 February – 6 March 2015

For All

Activity : Resilience & Disability Board Display

Date:	2 - 6 March 2015
Venue:	Exhibition Area, Benjamin Franklin Centre

Activity: Stress Management Board Display

Date:	16 - 23 March 2015
Venue:	Wu Yee Sun College

Date:	23 - 30 March 2015
Venue:	Lee Woo Sing College

For Undergraduate Students

Activity : Workshop on Understanding Your Attributional Style

Date:	2 March 2015
Time:	3:00pm - 5:00pm
Venue:	Room 515, Lee Shau Kee Building

Activity : Workshop on Increasing Self Awareness through NLP for Undergraduate Student

Date:	17 & 19 March 2015
Time:	4:30pm - 6:00pm
Venue:	Room 501, Yasumoto International Academic Park

Activity : Workshop on Overcoming Procrastination through Mood Regulation for Postgraduate Student

Date:	4 & 9 March 2015
Time:	4:00pm - 6:00pm
Venue:	G01, Y C Liang Hall (4 March) Room 707, Mong Man Wai Building (9 March)

Stay tuned to the latest news on upcoming counselling programmes and activities at www.cuhk.edu.hk/osa/scds.
Enquiry: 3943 7208 (Student Counselling and Development Service)

Career Planning and Development

Questions or comments?

Email the Career Planning and Development Centre (CPDC) at cpdc@cuhk.edu.hk or call 3943 7202**Career Guidance Programmes and Recruitment Talks in March 2015**

The Career Planning and Development Centre (CPDC) is going to organize a number of guidance programmes and recruitment talks in March 2015. The following are the programme lists:

Guidance Programmes

Date	Workshop/Seminar	Time	Venue
March 15	(Re-Run) Pre-Summer Career 101- Planning and Preparation via Careers E-coach for Undergraduates and Postgraduates Undergraduates : 5, 10 & 19 March Postgraduates : 3, 12 & 17 March	11:30am –12:30pm / 2:30pm – 3:30pm	Training Room 102, Pi Chiu Building (HCA)
2 March 15 (Mon)	Career Seminar - Testing and Certification Industry	4:30pm – 5:30pm	LT2, Yasumoto International Academic (YIA)
2 & 7 March 15	Workshops for AO Final Round Selection Interview AO Final Round Interview Workshop: 2 March 2015 AO Mock Interview Workshop: 7 March 2015	7:00pm – 9:00pm / 9:30am – 4:00pm	5/F, Wong Foo Yuan Building (FYB) / 306, Lee Shau Kee Building (LSK)
3 March 15 (Tue)	AW Coaching Workshop - Preparation for Investment Bank Insight Programs	3:30pm – 5:00pm	106, Y C Liang Hall (LHC)
4 March 15 (Wed)	Career Talk - A Career in Project Management	3:30pm – 5:00pm	103, Y C Liang Hall (LHC)
6 March 15 (Fri)	Information Session - Study at London School of Economics and Political Science (LSE)	4:30pm – 5:30pm	LT8, Yasumoto International Academic Park (YIA)
9 March 15 (Mon)	Career Seminar - Getting along with Your Boss and Colleagues for a Happy Working Life	3:30pm –5:00pm	515, Lee Shau Kee Building (LSK)
10 March 15 (Tue)	Career Workshop - Walking into the Wardrobe of G2000	2:00pm – 5:00pm	G2000 Shop at Tsim Sha Tsui
13 March 15 (Fri)	就業講座 — 香港青年工業家協會青年教育培訓計劃 2015 - 「廠出驕陽」	3:30pm –5:00pm	514, Lee Shau Kee Building (LSK)
16 & 23 March 15 (Mon)	J A Ethics Business Program - March 2015	3:30pm –6:30pm	211, Cheng Yu Tung Building (CYT)
19 March 15 (Thu)	Career Seminar – Your Career Prospects in the Office of Communications Authority	3:30pm –5:00pm	LT4, Lee Shau Kee Building (LSK)
20 March 15 (Fri)	Mock Interview Workshop with HR Professionals	2:30pm – 5:30pm	LT8, Yasumoto International Academic Park (YIA)
25 March 15 (Wed)	LinkedIn- Forum with top employers	4:00pm – 6:00pm	LT6, Yasumoto International Academic (YIA)
28 March 15 (Sat)	Mock Interview Workshop for Prospective Secondary and Primary School Teachers	2:00pm –5:30pm	LT1, Yasumoto International Academic (YIA)

Recruitment Talks

Date	Workshop/Seminar	Time	Venue
2 March 15 (Mon)	The Hong Kong Jockey Club	12:30pm	LT1, Lee Shau Kee Building (LSK)
3 March 15 (Tue)	Nbition Development Limited	12:30pm	Room G18, Basic Medical Sciences Building (BMS)
3 March 15 (Tue)	Union Medical Healthcare Group	5:00pm	LT5, Lee Shau Kee Building (LSK)
5 March 15 (Thu)	Fuji Xerox (Hong Kong) Limited	12:30pm	LT6, Lady Shaw Building (LSB)
9 March 15 (Mon)	Apple	5:00pm	Room 104, Y.C. Liang Hall (LHC)
11 March 15 (Wed)	DFS Group Limited	4:30pm	L1, Institute of Chinese Studies (ICS)
12 March 15 (Thu)	AmorePacific (Hong Kong) Co., Ltd	4:30pm	Room 104, Y.C. Liang Hall (LHC)
16 March 15 (Mon)	Ericsson	12:30pm	LT1, Lee Shau Kee Building (LSK)
16 March 15 (Mon)	Shoptline	5:00pm	Room 104, Y.C. Liang Hall (LHC)
17 March 15 (Tue)	Sogo Hong Kong Co., Ltd	5:00pm	LT5, Lee Shau Kee Building (LSK)
18 March 15 (Wed)	Goodwell Property Management Limited	12:30pm	LT4, Lee Shau Kee Building (LSK)
19 March 15 (Thu)	Guru Online	12:30pm	LT6, Lady Shaw Building (LSB)
19 March 15 (Thu)	OPG Human Resources Limited (東方報業)	4:30pm	Room 104, Y.C. Liang Hall (LHC)
23 March 15 (Mon)	AEON Stores (Hong Kong) Co., Ltd	12:30pm	LT1, Lee Shau Kee Building (LSK)
24 March 15 (Tue)	Teach Unlimited Foundation	12:30pm	Room G18, Basic Medical Sciences Building (BMS)
26 March 15 (Thu)	Muji (Hong Kong) Co., Ltd	12:30pm	LT6, Lady Shaw Building (LSB)
27 March 15 (Fri)	HNA Tourism (海航旅遊集團)	2:30pm	LT7, Lee Shau Kee Building (LSK)

Do grasp the valuable opportunities to equip yourselves and make the most out of the events!

For programme details, please visit <http://cpdc.osa.cuhk.edu.hk/event>.

For registration, please visit <https://cloud.itsc.cuhk.edu.hk/wrs/public/Login.aspx?AppID=13>.

Services for Students with Disabilities

Questions or comments?

Email the Student Disability Support Services at heidihui@cuhk.edu.hk or call 3943 4766

Arrangement of Support Services for Students with Disabilities

To ensure timely arrangements, students in need of support services are strongly encouraged to contact the Disability Services Coordinator as early as possible. Personal information of individual students will be treated as confidential.

uShine SEN Service Team

Students with special educational needs (SEN), for example, hearing impairment, physical disabilities and learning difficulties, may need extra support for their studies. In order to promote mutual support among students, the "uShine SEN Service Team" is established. By becoming a uShiner and providing support service, you may help lighten up SEN students' university life, and facilitate to bring their ability to shine!

Details: http://www.cuhk.edu.hk/policy/disability/uShine/uShine_details.pdf

Application form download (MS Word format): http://www.cuhk.edu.hk/policy/disability/uShine/uShine_AppForm.docx

Stay tuned to the latest information and activities at www.cuhk.edu.hk/osa/disability.

Enquiry: 3943 4766 / heidihui@cuhk.edu.hk (Ms. Heidi Hui, Disability Services Coordinator)