



ISSUE
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University MarketPlace 大學廣場



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Possibility
Opportunity
Creativity

學生事務處
Office of Student Affairs

Possibility • Opportunity • Creativity

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Dare to Innovate, Dare to Create – The Pre-Incubation Centre of CUHK

Student Reporter: Tse Tak Hei, Leo



Mr. Mingles Tsoi

Have you ever thought about turning your creative ideas into practice or starting your own business one day? Now there is a chance for you! The Pre-Incubation Centre (Pi Centre) of CUHK provides free workspace, facilities, development and mentoring support to selected teams or individuals. All CUHK students (undergraduate and postgraduate) are eligible to apply. Our student reporter Leo Tse sits down with *Mr. Mingles Tsoi, Project Director of Center for Entrepreneurship of CUHK* and *Hyperlink, one of the teams who currently stations in Pi Centre* to know more about Pi Centre.

Q: What is the objective of the Pi Centre?

A: The Pi Centre, which is located at Lady Ho Tung Hall in Chung Chi College, aims to stimulate creativity and entrepreneurship in CUHK. It offers up to one year of free working space, facilities and mentoring services to students to commercialise technologies and implement innovative business models. Secondly, we aim to increase the number of sustainable and socially responsible enterprises that integrate knowledge, enthusiasm and market discipline in the society.

Q: What are the services provided by Pi Centre to the selected teams?

A: The ground floor of the Pi Centre is a seminar and exhibition area. Trainings and workshops are

held regularly in this area. The second floor is the workplace area. It is a large open space with desks, computers, whiteboards and meeting rooms for teams to work on their ideas as well as exchanging ideas with other teams. The Centre also provides free internet services, 3D printer, scanner as well as a pantry.

On top of hardware, the Account Manager of Pi Centre together with other mentors will help the startup team on business planning and execution, and advise the team in various aspects of starting a venture ranging from technical support, business model development, marketing, community liaison, investment, to deal making. Teams are expected to graduate and leave the Pi Centre up to one year after admission.

Q: Are there any activities available for CUHK students other than the selected teams?

A: Of course, the Pi Centre also organizes regular training and workshops. Last year, we had a workshop introducing the Intellectual Property Rights for startups in Hong Kong. We also invited two successful entrepreneurs in Hong Kong, *Dr. Alan Lam, the CEO of Sengital Limited* and *Mr. Kelvin Fung, the CEO of Awespapp Limited* to share some tips to becoming an entrepreneur. All interested CUHK students are welcome to join.



2/F of Pi Centre



Q: How can students enjoy the services provided by Pi Centre? What are the criteria during the screening process?

A: There will be two intakes every year. Interested CUHK students can apply as individuals or teams and find a teaching staff in CUHK as supporting academic. Students have to briefly introduce their mission statement and project ideas and come up with the operation plan, marketing strategy as well as financial plan. Students also have to assess the market demand and feasibility of their ideas. Applications will be assessed by an Assessment Panel comprising core members of Center for Entrepreneurship, Centre for Innovation and Technology, Office of Research and Knowledge Transfer Services and entrepreneurs or experts in the relevant field.

Q: Can you share some tips for students who are interested in joining the Pi Centre?

A: Interested students should notice that priority will be given to students whose ideas and plans are backed by research or scientific discoveries. There will be advantages if the ideas and plans are recognized in open or university-wide competitions and if the team consists of interdisciplinary students. Students should place special attention to the feasibility and marketability of the proposed products or services. The products or services should also carry a substantial degree of social responsibility.

How do the users think about Pi Centre?

Pili Hu (MPhil in Information Engineering, CEO of Hyperlink Limited)

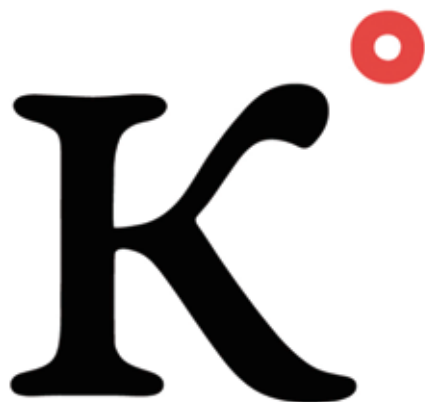
I have enjoyed the services in Pi Centre for around 3 months. The Pi Centre provides a comfortable working environment for my team to work on our business. We meet regularly with the account manager. He is very helpful and has given us useful advice on how to come up with better marketing strategies. He has also given us advice on the problems we encountered during the start up process. The workshops organized by the Pi Centre are very useful. I can learn some soft skills and problem solving skills which are essential to operate my business efficiently. After leaving the Pi Centre, I plan to apply funding from the Hong Kong Science & Technology Park and continue my business.



Pili Hu

The Kairos Society : You are never too young to change the world!

Earl Ng (China Studies and IBBA / Year 4), Regional President of Kairos Society Hong Kong



Kairos Society Logo

‘Kairos’ means the right or opportune moment in Ancient Greek, and given that there are now more ways to reach more people, raise more money, develop new technologies, and create impact than ever before, the Kairos Society is to help entrepreneurs take advantage of the right moments whenever they occur.

The Kairos Society is a global entrepreneurship fellowship. With its global headquarters in the heart of the international start-up community, San Francisco, California. The Kairos Society has built up a network that spans chapters established in 50+ different countries, 100+ universities, 400+ active fellows and 1,200+ alumni. And now the Kairos Society is very excited to be adding one more new chapter to that network - Hong Kong!

The society has one goal: ‘To solve the world’s problems’. It pursues a goal with the belief that entrepreneurship, specifically, young student-led entrepreneurship, is the greatest catalyst for innovation. Young people have the passion, the knowledge, and most importantly, the audacity to push the world forward. They are called young entrepreneurs and leaders of tomorrow, we call them Kairos Fellows. The Kairos Society acts as the facilitator for these young fellows by connecting them to the resources and mentors that they need to thrive. The society has extensive corporate backers such as Johnson & Johnson, Cisco, General Electric and Sprint. With mentors the likes of Bill Gates, Bill Clinton, Peter Thiel, and Tim Draper.

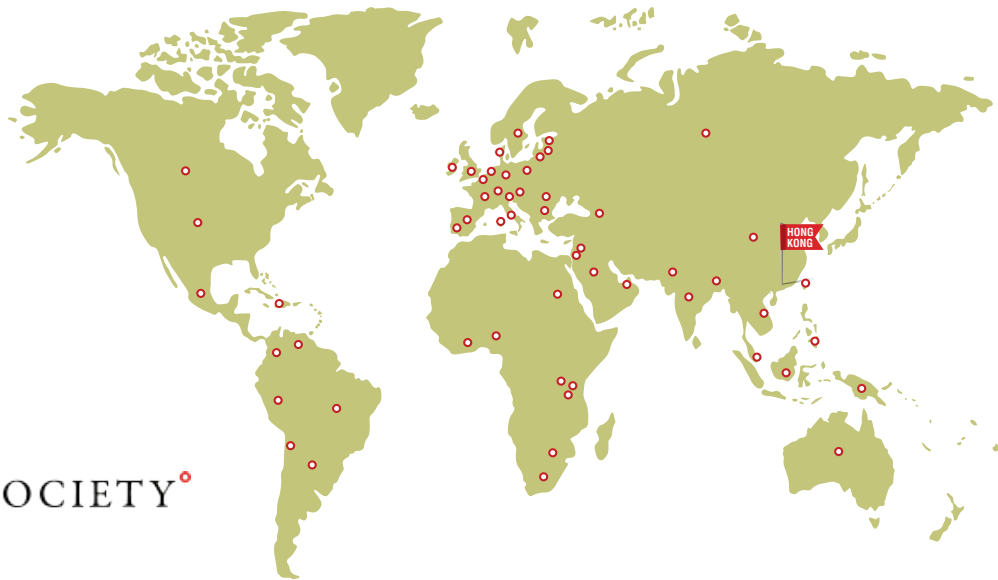
Collectively since the society’s inception in 2008, a cumulative funding of USD 43,312,000 has been raised for the fellows. Six of the fellows’ startups have been acquired by major companies, and 22 have joined top accelerators. This year, the Kairos Society has admitted some more new start-ups, such as ReVollt, Oncolinx, Grove Labs, etc. All of



Information Session in CUHK



Introducing Kairos Society HK to students



KAIROS SOCIETY

whom have introduced innovations such as batteries powered by dirt, indoor farming, and even a cure for cancer! If you would like to learn more about the stories of these companies, please visit www.KairosSociety.org.

Hong Kong, as a leading international financial centre has the potential to be a major hub for entrepreneurship and innovation in the near future. That is also why the Kairos Society has recently established a Hong Kong chapter.

The Kairos Society Hong Kong is now working closely with various universities in Hong Kong, Cyberport, the Hong Kong Science and Technology Parks and many other startup resources so as to seek out the highly skilled, passionate young people, best entrepreneurs and future world leaders. The society seeks to organize more events such as hackathons, panel discussions, workshops, seminars and conferences, for young entrepreneurs to participate in and cultivate their skills and passion and ultimately to help cultivate the startup ecosystem in Hong Kong.



Kairos Society HK Hardware Summit in November 2014



Earl Ng, pitching the Kairos Society HK to students of HKU

Several pitching sessions and information sessions have been conducted in local universities to let more students know about the society and its establishment in Hong Kong. The Kairos Society has co-organized a Hardware Summit with the Hong Kong Science and Technology Parks Corporation where students could have a chance to learn how to transform great engineering ideas into successful products from the founders of some of the top hardware companies in Hong Kong.

If you are interested in joining Kairos Society Hong Kong, please visit www.facebook.com/KairosSocietyHongKong.

You are never too young to change the world!

提升果效新嘗試 突破成規展創意 品格長處——創意

創意是甚麼？創意與身心健康有何關係？我們可以如何提升創意？

創意是……

創意是指創造新思想、新意念的能力。根據 Tayyab Rashid (2005)，創意是指一個人使用他的創造力、以新穎的方式為自己或他人的生活帶來正向改變的一個過程。具創意的人能夠想像新奇及有效的方法來思考及做事。富創意的人不會默守成規，反之，他們能突破框框，運用想像力解決困難，提升效能，以及為生活添上新鮮感及色彩。此外，具創意的人能夠善用他們的想像力，以嶄新的方式解決他們所遇到的難題。傳統上創意的概念較局限於藝術表達以及科學探索方面，然而，我們也可以在生活不同的範疇裏發揮創意，清除阻礙，以致更圓滿地完成事情。如果我們未能好好地運用創意，便可能會變得故步自封、枯燥乏味，或過於妥協。反之，假若我們過份地使用創意，我們的行為便可能會變得很怪異、甚或令人莫名其妙。

根據心理學家 Peterson & Seligman (2004)，創意是廿四種品格長處 (Character Strengths) 的其中一種、被歸類於「智慧」(Wisdom) 這種美德 (Virtues) 內。六種美德分別為：智慧、勇毅、人道精神、正義、謙恭節制，及靈性。創意，與好奇心、批判性、好學、洞察力一樣，都歸納於「智慧」——關於如何獲取及運用知識的美德。

創意與身心健康

研究顯示，創意活動不但具有治療效果，更能增強我們的身心健康。根據賓夕法尼亞州大學 (University of Pennsylvania) 正向心理學中心 (Positive Psychology Centre) 的研究，創意思考能夠加強我們認知事物的靈活性及解決問題的能力、為我們產生控制感，以及協助我們體會經歷逆境可帶來的益處，從而促進我們的身心健康。

此外，創意和靈性都是人類與生俱來、自然而有的。兩者皆對精神疾病的復康過程作出正面的貢獻。(Raab Mayo, 2009)

故此，我們很值得運用創意思考，開拓不同的方法待人接物，以幫助加強我們的創意思維技巧，並且體驗創意為身心健康所帶來的好處。

提升創意小貼士

「創意不能窮盡，相反，你越加以運用，越有創意。」美國專名作家、詩人、舞蹈家、演員兼歌手 Maya Angelou 說。

怎樣可以運用創意，以致創意能得以提升？試參考下列的建議：

多思想 以多角度思考解難方法：

- 清晰地界定一個問題，並尋求多個解決方案。
- 在自己感興趣的事物中，構想一些更完善的做法。
- 為你和朋友都會遇到的難題，提供原創又實際的解決方案或小貼士，完成後編製成清單，在社交平台與人分享。

多參與 以藝術培養創意：

- 每天預留時間進行創意思考或創作活動，例如寫詩、攝影。
- 修讀攝影、陶瓷、玻璃彩繪、雕塑、繪畫或插花等藝術課程。
- 享受創意之旅，包括逛工藝品店或到大自然遠足。
- 按自己的興趣，寫作文章、短故事、詩或畫，並與同道中人分享。
- 按自己的興趣參與劇社或合唱團的演出，或嘗試做舞台設計或工作人員。
- 設計一張獨一無二的賀卡、並寫上個人化的句子，送給親友。

多閱讀 欣賞別人的創意：

- 閱讀一些能啟發創意的書籍，例如設計書籍、心靈小品等。
- 閱讀有關富有創意的人士的文章，欣賞他們的獨特性。從而思考自己的特別之處，以及如何別具創意地運用自己的特點。

多反思 在熟悉的景物中發掘新元素：

- 突破舊有思維，用創新的方法做你最擅長的工作，並嘗試在其中尋找樂趣。
- 重新設計你的房間或家居、重新擺放傢俬。
- 在拋棄廢物之前，思考它們的用途。例如運用無用的文具等剩餘物資來製造具實用或藝術價值的新產品。
- 以不同的方法做功課。如果沒甚改變的空間，可以嘗試改變環境。

多對談 在互動中增添創意：

- 與朋友集思廣益，研討一件具挑戰性的工作，或討論一些新穎和富創意的意念或解難方法，並觀察他們的創意。

創意的基本功由多思想、多參與、多閱讀、多反思、多對談開始。

今天便發揮創意、享受跳出框框、求新求變、發掘新點子的樂趣吧！

有關品格長處

美德有那六種？品格長處又有那廿四種？請參考以下表列：

美德	品格長處
智慧	創意、好奇心、批判性、好學、洞察力
勇毅	勇氣、堅毅、真誠、幹勁
人道精神	關愛、仁慈、社交智慧
正義	公民及團隊精神、公平公正、領導才能
謙恭節制	寬宏大量、謙虛、審慎、自律
靈性	對優美事物的賞識、感恩、希望、幽默感、靈性



智慧



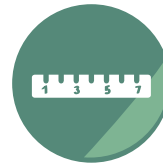
勇毅



人道精神



正義



謙恭節制



靈性

你想知道自己最強或最弱的品格長處嗎？你可以於VIA Institute on Character 網頁 (www.viacharacter.org) 登記，並填寫免費的VIA問卷，以取得相關報告及資訊。



參考資料：

VIA Institute on Character: www.viacharacter.org

Ways to Use VIA Character Strengths :
www.viacharacter.org/resources/ways-to-use-via-character-strengths

The Authentic Happiness website: www.authentichappiness.sas.upenn.edu

夢想的溫度

(葉曉慧 社會學/三年級)

「喺香港？啲租咁貴點得啊！」每次說起我的夢想是在香港開設一家屬於自己的咖啡廳，大部分人都如此反應。或許這正是因為我們都明白在香港創業的困難和制肘，但我卻是這樣想：正是因為難成，才需要我更加努力去追求。

大概每人都有夢想，或大或小，都盛載著我們對這世界的希冀。我們抱著萬分憧憬地踏上這條夢想路，或許困難重重，步伐越來越蹣跚，越走，便越喪失夢想的溫度……但在令人疲倦無力的現實中，旁人那令人灰心的口吻下，夢想就更值得我們去堅持。就如馬雲先生早前來港出席講座時所說：「若路途盡是苦和總是有欠缺，便證明這更需要自己去奮鬥，去發掘迎面而來的機遇、機會。」

若我們的人性、幸福和生命的溫熱慢慢被這講求物質、速度卻欠缺靈魂的社會所吞噬，我想築起的，就是在這冷漠都市中的一片綠洲——一家讓營營役役的靈魂得到休息，重新愛上生活的有理念的咖啡廳。

我知道在香港擁有一家咖啡廳並不容易，但趁我們還年輕，就做年輕時能做、該做的：不要輕易被現實擊倒，讓我們盡情去發夢、追夢、築夢，用我們擁有的一切可能和熱誠去感染、改變這社會。

不要成為在小說《牧羊少年奇幻之旅》中那害怕實現夢想帶來的失望而未曾踏出過一步的水晶店老闆；趁我們還年輕，試試當一回勇敢出走的牧羊少年吧。正是這份夢想的溫度，帶給我們生命的熱度、動力和意義。沒有失敗，因追夢所留下的足跡已是成功的印記。



二月初，葉曉慧參加了一個名為《馬雲與青年有約：從夢想到成功創業》的講座。阿里巴巴主席馬雲先生跟青年人分享他在創業路上的得與失，苦與樂。



傳承 啟孜

—— 一個協助學生尋找出路的網上平台

啟孜 (The Heritage) 是由來自伍宜孫書院的陳子熙及另外6位中大同學組成的。他們深明中學生對前途感到迷惘，也知道大學生希望能夠一展所長但苦無機遇，於是成立了一個網上平台，讓過來人支援後輩，希望做到薪火相傳。

創辦人陳子熙指，成立啟孜的目的，一方面是希望啟發中學生對學習的興趣，孜孜不倦，為將來貢獻社會作準備，同時亦成為他們努力的目標。他們為幫助學生訂立未來目標，特別設立 Facebook 專頁提供升學及公開試準備的支援。「有不少人可能會為追求校譽而入讀某幾所大學，但這真的是他們真正追求的東西嗎？我們希望幫他們找到最佳選擇。」除不時更新應試準備貼士及提供免費補習服務，他們亦分享大學聯招資訊，根據同學的成績及興趣，提供最切身的聯招選擇建議及輔導，減輕同學面對的壓力。專頁上亦不時上載輕鬆的資訊，讓同學可以鬆一鬆。

另一方面，他們希望為大學生提供平台，發揮長處。「例如一位希望教畫畫的大學生，就可以在這平台上尋找希望學畫之人。」他們期望啟孜能成為大專生與中學生的交流地，最重要的是能夠薪火相傳。「現時啟孜專頁的『粉絲』多為中學生，我們期望他們入讀大學後，能加入我們，以過來人身份幫助新一批考生。」

陳同學坦言成立至今遇過不同困難，由於資訊科技方面支援不足，啟孜還未能設立網站，現暫以 Facebook 為基地，有約四千名「粉絲」。幸運的是他們遇到許多志同道合的人士及機構給予不同機會，也有熱心人士捐出書籍予他們，之前更獲邀到電台節目分享公開試小貼士。面對未來，陳同學指他們將向社會企業的方向發展，除補足坊間提供的升學資訊，他們希望設立公開試題目資料庫，並讓同學於平台上投稿。他們除了以廣告及刊物作宣傳，更考慮與學校及補習社合作。公開試將至，他們希望能幫助更多同學，來年繼續傳承！有興趣加入的同學亦歡迎到 Facebook 專頁了解更多。

啟孜 (The Heritage)

www.facebook.com/Inheritagers



啟孜成員陳子熙



DBC 8910 Good Morning 電台節目訪問

EXPLORE THE START-UP NATION — TECHCRACKER LAB @ TEL AVIV, ISRAEL



Does Israel sound special to you? What is the word that comes to your mind at the first place when you think of Israel? Mysterious? Unstable? War? That might not be the whole picture! Let us tell you more!

Ten CUHK students have recently participated in the Techcracker Lab at Tel Aviv, Israel which was jointly organized by Li Ka Shing Foundation and the Technion-Israel Institute of Technology. It was a 6-day programme aims to empower and enrich students and the greater community through technological, cultural and social exchange between schools, students and startup communities. Before the departure, all participants were invited to a talk by Professor Dan Shechtman, a Nobel Laureate from the Technion-Israel Institute of Technology, discussing the importance of technological entrepreneur for the well-being of societies, countries and the world.

During the trip, students were given the opportunities to explore Israel through experiencing military training and visiting historical sites, to taste the entrepreneurial culture and journey through the birth and growth of a start-up through interacting with insightful entrepreneurs. Students were greatly inspired through the trip!



A talk by Professor Dan Shechtman, Nobel Laureate from the Technion-Israel Institute of Technology (Photo: Li Ka Shing Foundation)



Ten CUHK students, led by Mr. Raymond Leung, Director of Student Affairs visited Ginger, a start-up in Israel that produces proofread software



JEFFREY CHAN (BBA & JD / YEAR 3)

When we talked about start-ups, many would immediately associate them with the Silicon Valley in the States. However, have you ever noticed that there is a tiny country with only seven million population is ranked second in the world in term of number of start-ups. Nevertheless, it has the largest number of overseas companies listed on NASDAQ. Yes, that is the start-up nation — Israel.

Israel was established after the World War II. With little natural resources and enemies surrounding by, this start-up nation requires innovation to sustain both militarily and economically. With this background, entrepreneurship is nurtured and promoted so as to generate more creative solutions to tackle the challenges.

'Listen, this is an order,' when talking about the army, you may possibly think of obedience and orders. In Israel, national service is mandatory and most citizens have served for at least 2 years in different military units. Instead of one-way teaching, soldier are welcome to challenge



Military Training at Caliber 3

their seniors. Thus, with minimum emphasis on hierarchy, Israeli people are open to question the traditional ways of working and welcome innovation to improve the living. Israeli entrepreneurs' desire to make a better world has encouraged them to come up with innovative ideas and thus outstanding start-ups.

Apart from being guided to shoot real gun and learnt their unique self-defense system, Krav Maga in Caliber 3, we also had chances to explore the culture and famous spots in Israel. The 'coolest' part of the trip to me was definitely swimming in the Dead Sea (I would say floating instead). As we know, it is the world's saltiest bodies of water that the density is high enough for us to float on it as we jumped into the sea. Even though it was only 3 °C, we were so excited that we jumped straight to the Sea. The Dead Sea is also famous for being the Earth's lowest elevation on land which is 429 metres (1,407 ft) below sea level.



Jeffrey (left) was swimming in the Dead Sea

Six days passed in the blink of an eye, but it has been fruitful to let us have a taste of the Israeli entrepreneurship and innovation. However, the story has not yet ended. Although the start-up environment cannot be imitated, we will share the spirit with peers and utilize what we have learnt there.

JASON CHOI (ENGINEERING / YEAR 1)

Entrepreneurship was the first word I heard when I learnt about the Techcracker Lab. This word alone was striking to me — in a nutshell, it stands for the experience of life, the instance of dream catching. But as it turned out, this was only a small beginning of the programme. There has been a lot more.

For one-fifth of our lifetime, many have spent their days in a tiny city, seeing a one-sided picture of how a place can be. But when we realign our perspectives globally, there is a lot more, and that's one thing the experience in Israel has taught me. Cities abroad certainly could have much more land than Hong Kong, but every place has its own challenges. Needless to say, Israel has its geopolitical

challenge and its scarcity in natural resources. Yet it has found its way into one of the most technologically advanced countries. It is a miracle.

Notwithstanding, what is important is to believe that we can craft miracles. Only through the Israelis' belief and persistence did they come to the point they are in now. Be hopeful and not afraid of failures. Hong Kong may not foster small businesses and IT sector very much, but on a global scale it is already easier to launch a start-up here. We only need to believe we can, then we will make it. To have the faith in oneself is imperative.

The programme itself was very fun and enjoyable. The military training and the night spent in the desert were a unique experience. Meeting with entrepreneurs, listening to talks and eventually pitching our own idea taught me how start-ups were really about. Throughout the six days, we also constantly exchanged our ideas, and this is where creativity comes through.

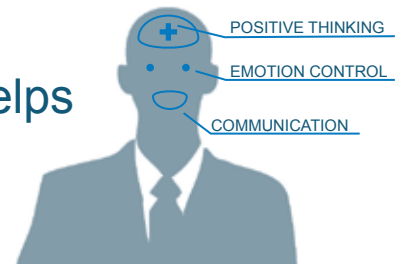
The experience in Israel is unique, and it has set my foundation for my future adventures to come. One day, all of us will find our roles and give back into the community.



A talk for building the innovation ecosystems

The Art of LEADERSHIP: How NLP helps

Mr. Alex Lam, Certified Trainer and Master Practitioner of NLP



Is a good leader always the most experienced person in the team? Are you going to apply for a management trainee position but not yet ready to be a team leader in the workplace yet? If you say 'YES' for both questions, you may wish to know more about Neuro-linguistic Programming (NLP)*. One's leadership does not solely depend on work experience; it could be developed while you are communicating with others. Leadership is not about authority, it is about consolidating the effort and strength of the team towards the goal. Many useful NLP skills can be applied in strengthening your leadership skills, for example:

- **Positive Intention Identification:** It is believed that all behaviours have a positive intention behind, these underlying concerns, or positive purposes, must be acknowledged and addressed in some way, in order to successfully handle a resistance or limiting belief.
- **Emotion Acknowledgement:** Awareness of acknowledging one's emotion can help creating rapport that brings trust, harmony, and confidence in a relationship.
- **Pace and Lead:** People are more willing to be led if they have been adequately paced by being acknowledged and recognized.
- **Sponsorship skills:** When people know that they have valued and being valued, they secure a strong sense of satisfaction and will be easily motivated. Offer 'Like' as generous as you are in Facebook!



At the workplace, it is common for us to encounter difficult team-players (e.g. dominant people, irresponsible people, emotional people, etc.), but the contribution of these team-players cannot be disregarded. A good leader can always:

IDENTIFY the needs of the team-players and motivate them accordingly

If a careless team-player always wishes to leave office on time, the leader may say: 'If we do the job carefully, we won't need to re-do and all of us can go home earlier.'

ACKNOWLEDGE the emotion of the team

If a team-player becomes emotional in a meeting, the leader may say 'I understand that you wish people to understand your concern. Shall we have some ice drinks before we discuss further?'

USE the most appropriate words to enhance the sense of belongings of the team-players and pass the glory on to the team

A poor leader may say: 'Finish all the work for me before tonight!'; An inspiring leader may say: 'Let's work together and finish our job tonight!'

Lastly, a good leader will unleash the potential of the team-players. Understanding the mindset and underlying needs of the team players will definitely help you to lead the team better, easier despite your limited working experience!

**NLP (Neuro-linguistic Programming) is a kind of behavioral psychology, which has a set of effective techniques related to communication, emotion control and positive thinking. It aims to generate more choices to reach a desired outcome by enriching our dimensions of thinking.*

Career Planning and Development Centre has collaborated with Mr. Alex Lam to conduct a series of NLP workshops on the campus all year round. Mr. Lam is a Certified Trainer and Master Practitioner of NLP, an Accredited Mediator, a Licensed Corporate Trainer and a Certified Hypnotherapist. He has been providing NLP trainings on interview skills, creative thinking skills, communication and leadership skills in various universities and professional organizations in Hong Kong. Stay tuned at <http://cpdc.osa.cuhk.edu.hk> for the upcoming workshops!

學生領袖培訓計劃 2015

學員人數創新高 多元活動增見聞



常聽說「生活要用心經營」，對不少同學而言，「上莊」是大學生活的重要一環，當然也需要用心經營。

學生事務處學生活動組自2010年籌辦首屆「學生領袖培訓計劃」以來，為超過200名學員提供平台，與來自不同團體的幹事交流。計劃提供一系列的活動讓學員認識自己、掌握領導及團隊管理技巧，以提高他們處理莊務的效率和能力。本年計劃原定招收80位學員，但由於反應熱烈，報名人數遠超預期，故計劃最終破紀錄錄取了100位同學成為學員，落空者仍有過十之數。

在本年「學生領袖培訓計劃」的首項活動——歡迎茶聚中，學員均獲發一件特製的拉鍊外套作為制服。制服前襟印有計劃的英文縮寫「SLTS」及五塊拼圖，後方則突出了計劃英文名稱「STUDENT LEADER TRAINING SCHEME」內的「T、E、A、M」，寓意即使學員來自不同團體、擁有不同背景、抱有不同期望，仍能在計劃中掌握經營團體的技巧，以至無論在計劃期間、在各自的團體內，或是在日常生活之中，都能像拼圖一樣，與不同的人組成合作無間的團隊，迎接各式各樣的挑戰。

全體學員在上述茶聚分成八支小隊後，已整裝待發，旋即開展了第二項活動——「敢作敢為」歷奇訓練日營。在餘下三個月的訓練裏，活動內容將圍繞激發領導潛能、危機處理、團隊教練及成功演說等。

未能參加本年「學生領袖培訓計劃」的同學也別失望，只要留意學生事務處的電郵或海報，下一屆「學生領袖培訓計劃」的畢業生可能就是你了。



農曆年宵初體驗 印度女權堪關注

馮嘉慧、陳美君、蕭佩瑚、陳智謙



「萬事起頭難」從不只是一句金石良言，我們於維園年宵擺檔後，始更體會這句說話的真正意思。

大學青年會（香港中文大學）第四屆學生幹事會——熾青，於去年聖誕節期間，以「女性充權」為主題舉辦了一個考察體驗團，前往印度南部班加羅爾探討當地婦女的權利問題。回港後，為了繼續推動印度女性充權，讓大眾關注發展中國家的女權情況，我們決定在 2015 年維園年宵進行慈善義賣，並將盈餘全數撥捐印度班加羅爾青年會，用以發展當地的女性充權項目。

踏上無盡旅途

我們一行十八人，來自不同學系，誰都沒有舉辦年宵或營商的經驗，互聯網就成為大家的啟蒙老師。從入貨地點、過來人籌辦年宵的經驗到貨品種類等，我們無一不諮詢「谷歌」。但最重要的決定，還是要靠自己的觸覺去摸索。



年宵前期，我們就像百變魔術師般扮演著不同的身份。首先由消費者搖身變成經營者，希望貨品得到顧客垂青。然後，我們便以採購專員的身份，身體力行前往廣州選購貨品。從廣州回來後，一群「工廠女工」便把自己所設計的標籤繫上每一件貨品，希望消費者購買貨品後會用心細閱，與我們一同關注女權。轉過頭來，我們又要重新投入經營者的角色，揣摩普羅大眾的心理，以制訂各項貨品的銷售策略。



完成前期準備工作後，我們很快就要為一連六日的年宵擺出一副「戰鬥格」。我們成了銷售員，想盡辦法吸引人流，推銷手上的產品，從早到晚，手口不停，付出不少體力；凌晨時分，還得保持頭腦清醒，心明如鏡，計算銷情，調整策略，務求把存貨全數賣出。六天年宵檔期轉眼便過，我們也順利地把印度空運回港的飾物和主打貨品統統賣光。

若要總結籌辦年宵的心得，大概可分為兩點：（一）要有一人分身多個角色的心理預備；（二）要有打不死的精神，一個抵十個。兩者兼備，你便可考慮籌辦年宵。



「萬事起頭難」應該有下一句：「轉過身就過」。是的，籌辦年宵並不容易，尤其對於「初哥」而言，就難上加難。由坐著空想到競投年宵攤位、由上廣州採購到產品包裝及宣傳，直至維園年宵正式開始，我們一步一步地走過來。原來，當我們踏出第一步後，前面的路就可以慢慢地走出來，甚至走得比我們想像中更遠。我們期望印度的婦權發展也一樣，透過教育及職業訓練，一步一步地使婦女意識自身的權利，逐步邁向男女平等。



↓ 「由零開始」改變社會——社區研究計劃



大學的社會功能，在於生產知識以推動社會前進和發展。中大同學向來關心社會，積極參與各種社會事務，關注弱勢社群。近來流行「政治素人」、「自發行動」，不同的社區團體紛紛成立，關注各類議題深耕。面對社會上的弱勢，我們總有一種幫助他們的心願，但凡事起頭難，如何了解分析相關議題，然後組織起來以行動改變社會，成為了不少人的難題，因此博群推出社區研究計劃，讓同學可以參與社會事務。

計劃特別之處，在於其極具彈性的自由度，強調學生由零開始便參與研究的設計，建立一個完全屬於他們的研究。「計劃由學生自下而上提出感興趣的題目，導師會參與討論，整合不同題目，及提出研究方向及角度。」項目主任黃洪教授解釋。「學生有很大的自由度，但亦有得到一定的指引。」他補充。為期約一年的計劃可分為三個階段：第一階段是社會議題的認識及研究訓練，目的是打好同學的學術研究基礎；第二步就是讓同學自由選擇感興趣的社會議題，在顧問導師的指導下進行研究；最後就是發布成果，成果可以是嚴謹的文字報告，也可以是追蹤受訪者點滴的紀錄片、甚至是導賞團、行為藝術，一一由同學構思落實。

持續走入社區 與現實緊密扣連

在研究進行期間，計劃舉辦各種社區活動，讓同學對社會現況有更深入的認識。一月中，約五十位同學到深水埗探訪劏房戶及無家者。一行人先於深水埗街頭聽從教授的簡介，再作社區觀察，調查區內的物價及租金，了解貧富懸殊下基層市民的生活。教授分享小心得，教同學如何用「數抽氣扇」的方式估算樓層內的劏房數目，令他們嘖嘖稱奇。接著，同學分成若干組逐家逐戶叩門進行探訪。有參與的同學稱，親身對話的經驗，令他們學會用更多角度去了解弱勢群體的境況。「這個計劃讓我接觸到不同家庭，而每個家庭背後有著不同的故事與苦衷。」黃嘉琪同學說。



探訪居民後，同學一行人走到通州街天橋探訪無家者，在寒冬之中送上暖包等禦寒物資，了解他們被食環職員趕走的經過，以及成為無家者的經歷。社會觀念中的無家者是刻板的；通過訪談，同學看見到每個無家者都是有血肉的個體、有自己的故事。強調與人、與社群的接觸，這就是社區研究計劃。



有興趣了解？有社會議題希望介入而無從入手？同我哋傾下啦！

聯絡方法：johnsony.2014@gmail.com



博群劇團是甚麼？

博群計劃於2014年初成立博群劇團，與社區文化發展中心合作，為學生提供劇場藝術整合工作坊，透過藝術帶動對社會問題的關注。有別於一般劇團，博群劇團除了提供戲劇編作、舞蹈形體、社區音樂、文字詩作、視覺及裝置的工作坊以外，更與學生一起深入社區，體驗基層生活，從而在藝術創作的過程中，探索香港的貧窮議題。劇團招收三十名來自不同學系的中大學生，活動由2014年初開始至2015年2月完成，橫跨三個學期。

走進社區 參與藝術工作坊

博群劇團分為兩個階段。第一階段在2014年3月至6月舉行。三十名中大學生在經驗豐富的導師帶領下，參與社區體驗及藝術工作坊，走訪不同的基層社群，如外判清潔工、新移民婦女、深水埗劏房戶、無家者等。學生深入社區進行體驗後，再參與創作跨媒體戲劇。如以舞蹈形體反映基層人士的二十四小時生活、創作曲詞表演對貧窮議題的關注。

走進中學校園 傳承經驗

第二階段在2014年9月至12月舉行。中大學生化身導師，分為五組，分別走進四間鄰近地區的中學及一間青少年中心，成為中學戲劇工作坊的訓練導師，提供共十節的工作坊。中大學生與青少年在藝術創作的過程中建立良好關係，共同製作關注社會貧窮的短劇，從而進行社區推廣，傳承經驗。

博群匯演 推動關注弱勢社群

博群匯演在2015年2月7日於逸夫大講堂舉行。三十名中大學生與百多位青少年參與演出。各中學及青少年中心的創作過程運用劇場藝術整合的方式，包括：以貧窮為題寫詩，再配以音樂，轉化成歌曲；以劏房的細小空間啟發創作成舞蹈；以舊紙皮箱創作而成的繪畫作品；以想像和現實結合而成的故事所創作出的戲劇。各種形式互相呼應，成為一個個融合多個媒介的劇場演出。

演出內容以中大學生在深水埗探訪的經驗分享出發，再連結中學生的經驗，探討他們自身、身邊和社會中的貧窮現象，再濃縮成生活小故事，發掘弱勢社群如何積極面對生活。博群劇團不以匯演的落幕為結束，匯演以創意的方法將感受分享給觀眾，相信能將訊息帶進社區，引領更多對貧窮的討論。





散落社區的花 — 香港公民社會工作坊

記者：徐凱鳴



大學生每天在課堂上尋索學問，知識理論學習過後，卻總覺得自己與社會缺乏一種真實的聯繫。去年12月，公民社會研究中心首次籌辦「香港公民社會工作坊」，正正是讓我們深入社區體驗社會現況。我們十九位同學一星期裏走訪不同社區和非政府組織(NGO)，跟NGO工作者交流，從親身觀察、對話和反思中，學習NGO理念和手法。

我們首先探訪深水埗劏房戶。說到以劏房戶為服務對象的組織如關注綜援低收入聯盟，或許我們會認為他們的工作就是定期派發物資，間中為長者維修電器。原來這是他們介入社區問題的重要步驟。關綜聯更重要的工作是政策倡議，為低下階層發聲，從根本地改善他們的生活。

除了劏房戶，還有「悲情城市」天水圍。當外界為天水圍貼標籤，認為弱勢要接受援助之時，社區發展陣線則身體力行告訴街坊，每個人也可以憑自身力量改變現況。天水圍的社區發展陣線黃姑娘沒有居高臨下地「幫助」街坊，而是走進新移民社區，與街坊在對等的基礎上交流，一起為墟市發聲，爭取天光墟。

在香港說到經濟活動，我們只會想起GDP、消費和商品。而我們有否想像過，除了可量化的數字外，我們可以形成異於「市場經濟」的「社區經濟」消費模式，連結經濟活動背後的人和社區，而在聖雅各福群會籌組的社區經濟項目，我們親自見證到社區的潛力和溫情。NGO負責組織各街坊，開設土作坊、來墟和社區貨幣，更讓他們共同管理；街坊則以自己的技能和民間智慧參與，焗餅的焗餅，看店的看店，以彼此的勞動交換生活所需。吃著街坊炮製的限量薑餅，我們不禁想到街坊的人力和技能，又何嘗不是社會資本呢？

栽種有時，眼見NGO工作者在社區種出朵朵花兒，我們亦思考前路。探索了解過後，我們也可以成為下一個栽花人。



關綜聯同事大成帶領深水埗社區導賞



與天水圍街坊導賞員交流



參觀土作坊



聖雅各福群會出版的社區經濟刊物



土作坊街坊以本地食材製作的醬料



共製美味與溫馨

今年是學生事務處第二年舉辦中大接待家庭計劃(CUHK Host Family Programme)，目的是協助全日制非本地本科生適應香港的生活以及推動教職員與同學之間的文化交流。

接待家庭計劃今年共有七十多位來自內地、澳門、台灣、韓國、緬甸、印尼和吉爾吉斯斯坦的同學參加，亦獲得四十名來自不同學術與行政部門的教職員支持，為同學安排家庭聚餐、節日慶祝或觀光等充滿本土文化特色的活動。

為慶祝情人節和農曆新年的到來，本計劃於二月初舉辦了馬卡龍工作坊，讓參與計劃的教職員和同學相聚，一同度過一個溫馨又美味洋溢的下午。想重溫精彩片段，請瀏覽：<http://youtu.be/Oa7m23ad7JI>。



孔慶霞女士(入學及學生資助處)

「很高興可於春節前與中大接待家庭計劃的非本地同學一聚，參加由學生事務處舉辦的自製馬卡龍活動。數小時的短聚，除了共享午餐、與其他接待家庭交流，還有機會親手製作甜品。非本地生平日在宿舍裏偶爾會做簡單料理，但鮮有機會製作在器具及食材上要求較嚴謹的西式甜點，因此出席的同學在製作過程中十分投入，還把部份精心傑作帶回去跟室友分享呢！我和我接待的兩位同學亦趁此機會，相約於春節假期過後一起去郊遊燒烤。」



Rachel Hong from South Korea (IBBA/Year 2)

The CUHK Host Family Programme has allowed me to gain more insights into the local community. My host, Pyo In, is very enthusiastic to tell me about the people and culture here in Hong Kong. At the beginning, I hardly had any time to bond with locals after settling into CUHK and always thought it was quite difficult to assimilate into the local community. I found Cantonese especially challenging, which made me feel like there was a language barrier although a lot of locals can speak English. I shared such difficulties with Pyo In and she was kind enough to suggest that we should go on exploring together. We plan to visit local markets and undiscovered places of Hong Kong together rather than those targeted at tourists.

This programme has really changed my perspective and now I am better prepared to take part in local scenes and mingle with local people. It is a great stepping stone for me to know more about Hong Kong and I am very happy to build a relationship with my own host too. Last but not least, I feel grateful for CUHK for offering such a programme and cannot wait to explore more!





Bring More to Life

— CLOVER Service Projects

The some 150 participants of the cultural diversity cum voluntary service programme – CLOVER 2014-15 have started their service projects in the second term. By organizing different kinds of activities, the students have brought happiness and care to their service recipients' lives. They have also developed new friendships, fresh perspectives and personal growth in their own.

Tsang Kai Tik from Hong Kong

(Master of Public Health)

During my first visit to the Nesbitt Centre, it was like a shelter for English-speaking people with learning difficulties to receive education and have fun. For my next experience, I visited Café 8 in Central where some members from the Centre worked on shift. I was surprised to know they actually had jobs and could work, but I was immediately embarrassed about my skepticism of their working ability. I started on teaching a few of the members on duty that day about personal hygiene. The purpose of this educational choice was partly due to our team's public health background. Also, this topic was picked after thoughtful consideration behind the substantial benefits for these guys – personal cleanliness is essential for them to take care of themselves, to work as a normal employee, and to be understood by the general public. The lesson went well despite the stuttering of the members. They shook my hands and smiled at the end of the lesson before going back to work. I was moved by what I saw in their eyes – confidence, gratitude, and sincerity.

 The Nesbitt Centre of Hong Kong

 People with learning disabilities



Brian Lai Ka Chun from Hong Kong

(Cultural and Religious Studies / Year 3)

The first of the two service sessions we have conducted for the children was a birthday party. As our team members come from different regions or countries, we prepared Chinese and Korean food and played games together. We were very satisfied after this session since the children were all very excited.

In the second session, we organized an outdoor activity for them before the Lunar New Year. As the minority children had little knowledge of Chinese customs, we took them to the Lunar New Year Fair at Victoria Park. During the activity, we introduced some traditional customs to them and they had a chance to see what local people would do at the Fair. We thought that was a good experience for them to learn more about Chinese culture.

 The Boys' and Girls' Clubs Association of Hong Kong Jockey Club South Kwai Chung Children & Youth Integrated Services Centre

 South Asian children



Want to know more what the students do? Please visit www.facebook.com/CLOVERCUHK.

It's Easier Said than Done

– A Public Health Field Trip to Guizhou

(Daniel Lam, BSc in Public Health / Year 3)



In late January 2015, I joined the field trip organized by the Collaborating Centre for Oxford University and CUHK for Disaster and Medical Humanitarian Response (CCOUC) to Nanjiang (南江) Village in Guizhou Province to deliver a health education intervention on 'Food Choice'. This was my second time participating as a field volunteer of CCOUC. A friend asked me, 'Haven't you joined once before? Why again?' Yes, the works and settings were similar but what mesmerizes me to volunteer again is the process. The place I stayed, the people I met, the challenges I faced are always brand new experiences to me.

Before delivering the health education to the villagers, we needed to disseminate the news of the event in the village. What really amazed me was the hospitality of the villagers. Every time our team stepped into their houses, the first thing they did was not asking why we were there but taking chairs for us to sit; and when we were about to leave, they would invite us to have lunch with them. Not just one or two families but almost all families we had visited welcomed us in this friendly way. Hardly can you imagine the way they treat guests, especially total strangers, when you live in a prosperous urban area.

We carried out two education sessions in the village. We encountered some difficulties running the first session. After the debriefing at night to review the first day activities, all intervention team members held a meeting in a room to discuss the rundown of the next intervention and any improvement that could be made. This was the most memorable part of the trip. Despite the fact that it was already 11:30 pm and we had to wake up early next morning, 11 team members committed themselves to achieve the same goal of delivering a good education session the next day. It was the passion and team spirit that I love about this trip and also the reason I volunteered again. And it turned out that the second intervention ran with much improvement after lessons learnt from the previous one.

Lectures can give you knowledge and skill, but they cannot provide you with solutions to all problems that you

may encounter in the field. When you are in the field, you need to think about different sorts of things like security, site management and reactions of the audience, even the changing weather conditions. All these field experiences are unique and precious to my personal growth as well as future career in public health.

Joining these trips keeps reminding me the importance of public health and why I chose it as the major of my undergraduate study at the very beginning. Knowledge and skill may sometimes look simple on the book, but they are often easier said than done.

Ethnic Minority Health Project

Organized by the Collaborating Centre for Oxford University and CUHK for Disaster and Medical Humanitarian Response (CCOUC, www.ccouc.org), the Ethnic Minority Health Project is an excellent platform for ambitious students to transform knowledge gained in classroom settings into practical solutions for complex health problems in the real world. The project has five major objectives:

1. To empower vulnerable communities in rural and remote settings to prepare and mitigate the adverse impact of natural disasters;
2. To bring science to the people by adapting technical 'know-how' developed in academic settings to concrete practice in the field;
3. To develop human resources to work in rural and remote communities by offering practice and field-based trainings;
4. To raise global awareness of issues related to disaster impact and preparedness among remote communities in developing countries; and
5. To document empirical findings to support future development of related intervention for other rural, community-based health projects.



工作假期計劃 — 旅遊 · 工作 · 生活

HKBackpackers 香港背包達人

工作假期計劃自2001年推出至今已十四年，對象是為十八至三十歲年青人提供工作假期簽證，參與此計劃之國家已增至十個，當中包括新西蘭、澳洲、日本、韓國、加拿大、德國、愛爾蘭、法國、英國及奧地利。

隨著社會各界對工作假期計劃的積極推廣，年青人對此計劃已有一定認知度，亦成為不少大專院校學生畢業後的目標之一，藉著Gap Year到外地體驗生活及作文化交流。

工作假期計劃的特色就是讓年青人在外地以旅遊為主要目的，並允許在外地工作賺取旅費。而透過工作，更能加快令年青人了解當地勞動市場及工作方式，從而體驗外地生活文化。以下是普遍背包客在工作假期從事的工作種類：

餐飲類

侍應
廚房幫工
廚師

耕種類

採摘蔬果
播種
包裝



賣藝類

唱歌 樂器
話劇 畫畫

特別技能類

園丁 教授外語
育兒 照顧寵物
建築 外送服務

由於工作種類繁多，未能盡錄。上述例子只是普遍背包客會從事的工作，各位準背包客可以視乎個人才能尋找不同工作機會，創造不一樣的旅程。

住宿方面，背包客一般都會住進Share house、Hostel、Backpacker等，每種住宿方式都有著不一樣的特色。以Share house為例，Share house是能活現家的感覺，你可以選擇住進當地人家中，體驗當地人的生活模式及飲食習慣。而Hostel及Backpacker一般都會住進很多來自世界各地的旅客，是認識不同國籍朋友的最好方式。

工作假期除了工作外，享受假期固然是不可或缺的部份。旅途上總會遇上志同道合的旅伴，他們來自世界各地，大家說著不一樣的語言，但有著同一樣的夢想。工餘時一起在家製作家鄉著名小食，或自駕遊到處參觀旅遊景點，每天都在快樂的歡笑聲中度過。

背包客常言道「計劃趕不上變化」，旅途中總會遇上未能預料的人和事，均能在人生中增添歷煉、見識，在此祝願每位準背包客旅途愉快！為你的夢想啟航！



- 澳洲
- 英國
- 紐西蘭
- 奧地利 (未有統計數字)
- 日本
- 加拿大
- 法國
- 韓國
- 德國
- 愛爾蘭

香港背包達人

香港背包達人是由一群曾參與工作假期計劃的年青人自發組成的非牟利團體，旨在建立提供工作假期資訊的平台，讓準備出發的背包朋友得到更多資訊。我們透過舉辦座談會、工作坊、社交媒體及網上電台節目等媒介與公眾分享資訊。曾合作的單位包括香港專業教育學院（李惠利）、理工大學及勞工處青年就業起點等。



就業策劃及發展中心於本年2月邀請到香港背包達人親臨中大舉行講座，為同學提供工作假期的最新資訊。

如欲知道更多有關工作假期資訊，歡迎透過以下途徑與我們聯絡：

Facebook 專頁: [Working Holiday HKBackpackers](#)

網頁: www.hkbackpackers.org

Youtube: www.youtube.com/user/HKbackpackers

Radio: <http://radio.hkbackpackers.org>

電郵: info@hkbackpackers.org

沈校長與研究生交流中大新動向



農曆新年前，校長沈祖堯教授與一百多位就讀研究院的同學共進晚宴。雖然校長當晚身體抱恙，他仍非常專注地與在座同學就他們關心的議題交流意見，並分享了大學一些發展項目的進展。

首先，沈校長向同學公布大學教育資助委員會（University Grant Committee, UGC）已經批准大學興建兩座研究生宿舍，待立法會通過撥款後即可施工。由於研究生一直期望可以有自己的書院，因此大學建議該兩棟宿舍以書院的模式運作，為研究生提供全人教育；宿舍也提供健身房等文娛康體設施，方便學生交流及舉辦活動。新宿舍選址位於鄰近敬文書院的39區，面向吐露港，環境優美怡人，這個消息無疑令在場同學相當雀躍與期待！

另一方面，沈校長分享了他早前在美國加州矽谷及海灣區之行中，不但參觀了校友的科技公司，也為在校同學爭取了不少實習機會。大學將很快著手籌備有關實習計劃，讓理工科同學到科技聖地矽谷等地的高科技產業公司實習。他鼓勵同學善用機會增長見識、吸取前人創業經驗之餘，也期望他們日後有輝煌的成就並幫助未來的學弟妹。

沈校長也透露，大學正積極計劃在毗鄰港鐵大學站的校區內興建全港首間非牟利及自負盈虧的教學醫院，由中大全資擁有。教學醫院預計需時約五至六年興建，將廣泛採用一目了然的「套餐式收費」，以高透明度及可負擔的價格為本港市民提供優質、更多元化的醫療服務。

當晚也有同學關注到中大深圳分校的發展概況，沈校長說深圳分校已於去年九月招收第一批本科生，而2015-16年度開始將錄取研究生（包括博士生），預計十年內總收生人數逐漸達到一萬一千人，當中包括四千名研究生。沈校長重申深圳分校採用香港中大的學術品質控制和學位頒授標準，由中大教務會負責審批和監督，確保學術水準一致。

此外值得一提的是，有同學向沈校長提問對於校內男女學生比例不均的看法。沈校長強調，中大的收生以擇優而錄為原則，並不會設置男女生比例的限制。沈校長亦宣布將新成立「女性及家庭友善政策專責小組」，安排女性講座教授成立支援網絡，與其他女教員分享如何兼顧工作及家庭，並將於崇基、聯合及善衡書院設立哺乳室。

在晚宴劃上圓滿句號前，沈校長贈送中大五十周年校慶特刊予同學，讓他們可以更瞭解大學從建校初始至今的情況。禮尚往來，舉辦這個晚宴的研究生會及研究生宿舍宿生會也致送禮物感謝沈校長的到來。



范克廉樓膳堂新面貌

范克廉樓學生膳堂及教職員餐廳已於本年一月五日由新的承辦商經營。學生膳堂分為六個不同區域，提供不同類型的快餐，包括：西式焗飯/意粉、雲南米粉、日韓拉麵及便當、中式燒味飯、兩餸飯及西式精品咖啡吧。而教職員餐廳方面，則以中式酒家模式營運，提供廣東點心、炒粉麵飯及精美小菜。



香港中文大學「國際暑期課程」2015 CUHK International Summer School (ISS)

香港中文大學「國際暑期課程」將於2015年6月8日至8月3日舉行，課程範疇廣泛，涵蓋工商管理、中醫中藥、工程、環境研究、社會科學和中國研究等，旨在讓中大學生與來自世界各地的大學生一同於中大校園上課，作學術及文化交流。授課學者來自香港中文大學及海外著名學府，這些學者不單屢獲教學獎項，很多更是本身研究領域的學術先驅。

「國際暑期課程」更會推出全新的6月份課程，中大學生可於五個科目之中選修其中一科，利用暑假多修學分為雙主修或副修作準備，減輕上、下學期的課業負荷。

6月份課程一覽：

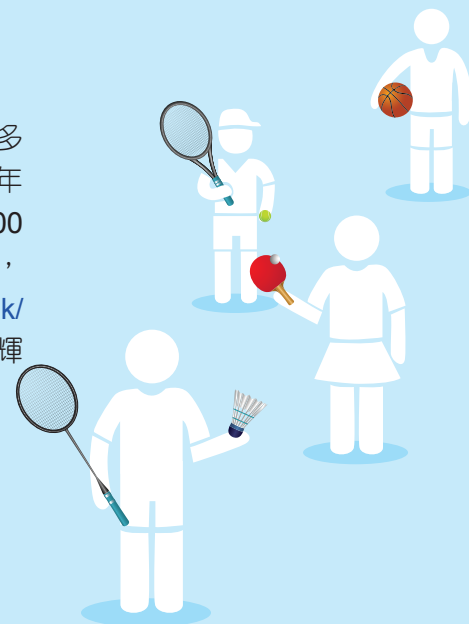
- 中國文化及其宗教
- 中國文化導論
- 中國政府與政治
- 中國文化的性別分析
- 管理原理

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



2015年暑期運動訓練班招生

為鼓勵同學及教職員善用假期，培養運動習慣，體育部每年於暑期開辦多項運動訓練班供同學及教職員報名參加。本年度之運動訓練班將於2015年5月開課。運動訓練班的項目及報名辦法將於4月10日(星期五)下午5:00上載於體育部網頁，並於4月15日(星期三)上午9:00起接受網上報名，先到先得，額滿即止。詳情請瀏覽下列體育部網頁：www.peu.cuhk.edu.hk/summersports/indexc.htm，如有查詢，請致電3943 6092與Tony 吳國輝先生聯絡。



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.)

Recruitment Programme	
Events	Date
Summer Internship in Testing and Certification Industry 2015	Mar – Jun 2015
Post-Secondary Student Summer Internship Programme 2015	Apr – Jul 2015
Maritime and Aviation Internship Network 2015	Apr – Jul 2015

Global Internship Programme		
Events	Organizer / speaker	Date
Pre-departure Briefing Session on Global Y Trainee Programme 2015	Uni -Y (CUHK) Project, SACS	19 Apr 2015
Global Y Trainee Programme 2015	Uni -Y (CUHK) Project, SACS	May – Aug 2015

Incoming Students Section, OSA (Tel: 3943 7945 / E-mail: isso@cuhk.edu.hk)

Events	Organizer / speaker	Date
Legal talk on Off-campus Housing Rental Information	Mr. Stanley Chan	Early May 2015
Orientation for International Undergraduate Students	ISS / ISA	Aug 2015
Orientation for Mainland Undergraduate Students	ISS / MUA	Aug 2015
Orientation for Postgraduate Students	ISS / Relevant postgraduate student associations	Aug 2015

Student Activities Section, OSA (Tel: 3943 7323 / E-mail: sacs@cuhk.edu.hk)

Events	Organizer / speaker	Date
Blood Donation Campaign	SACS	31 Mar – 17 Apr 2015
Ride a Bike for the Children in Kunming 2015	Uni -Y (CUHK) Project, SACS	3 – 9 Apr 2015
The Providence Foundation Outward Bound Undergraduate Programme 2014 – 15	Outward Bound Trust of Hong Kong Limited (coordinated by SACS)	23 – 29 May 2015
Joint University Study and Service Trip – T.A.S.T.E Taiwan	Uni -Y (CUHK) Project, SACS	1 – 13 Jun 2015
Yunnan Natural and Cultural Study Tour	Uni -Y (CUHK) Project, SACS	8 – 15 Jun 2015
Joint University Germany Cultural Service Trip 2015	Uni -Y (CUHK) Project, SACS	3 Jul – 3 Aug 2015
九龍總商會新紀元精英培訓計劃 2015	SACS / 九龍總商會	6 – 17 Jul 2015
2015年粵港學生領導力訓練營	SACS / 中山大學學生處	12 – 18 Jul 2015
Inauguration Ceremony for Undergraduates 2015	SACS	7 Sep 2015

學生領袖培訓計劃		
Events	Organizer / speaker	Date
活動十三：結業晚會	SACS	9 Apr 2015

Student Counselling and Development Service, OSA (Tel: 3943 7208 / E-mail: scds@cuhk.edu.hk)

Student Development Programmes for Postgraduates		
Events	Organizer / speaker	Date
Workshop on Communication and Interpersonal Relationships	SCDS	12 & 14 May 2015
Workshop on Understanding Personality for Self Development	SCDS	Jun 2015
Workshop on Ways to improve my social life – conflict resolution, forgiveness and self-compassion	SCDS	3 & 5 Jun 2015
Mental Health First Aid Certificate Course	SCDS	16, 18, 23 & 25 Jun 2015

Student Development Programmes for Undergraduates		
Events	Organizer / speaker	Date
'Stress Management' board display and information booth	SCDS	13 – 20 Apr 2015
Workshop on Understanding Personality for Self Development	SCDS	13 & 20 May 2015
Workshop on Developing Healthy Relationships through self exploration	SCDS	19, 22, 26 & 29 May 2015
Workshop on Self-Exploration through Arts	SCDS	5 & 12 Jun 2015

Social and Civic Engagement Section, OSA (Tel: 3943 7980 / E-mail: sces@cuhk.edu.hk)

Events	Organizer / speaker	Date
社區深度 – 博群文化導賞計劃	I · CARE	Mar – Jun 2015
博群花節 – 未種的花	I · CARE	2 Apr 2015
I · CARE NGO Internship in Greater China	I · CARE	Jun – Aug 2015



救救地球：共享閱讀樂趣！愛護環境，閱讀後請傳給他人分享，或投入廢紙回收箱內。
此外，您亦可瀏覽網上版 www.cuhk.edu.hk/osa/market.htm
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Please share the magazine with others or put it into a recycle bin after reading!
Please also read the magazine at www.cuhk.edu.hk/osa/market.htm

