



ISSUE
185
MAY 2019

University MarketPlace

大學廣場



學生事務處
Office of Student Affairs

Live a Happy Life

p.2

- 關注·支持·推廣——世界精神健康日

Gain a Broader Insight

p.3-10

- 從「點、線、面」探索香港文化
- 2019 學生領袖培訓計劃花絮
- 「看不見的水足印 - 峇里原始生態考察團」
- Getting to Know about CUHK English Debating Team

Get Ready for the Workplace

p.11-17

- “Where do you picture yourself in 10 years?”
- 大灣區考察團
- My Three GIP Journeys

Stay Tuned

p.18-19

- A sneak peek into the newly renovated International House
- 2019年暑期運動訓練班報名

The University MarketPlace (UMP) is published by the Office of Student Affairs, The Chinese University of Hong Kong, twice a year. All contributions should be sent to the Editor of UMP at unimp@cuhk.edu.hk. Please check with the Editor about the material deadline. The UMP reserves the right to decline contributions and to edit the materials.

Address : 1/F, Benjamin Franklin Centre, The Chinese University of Hong Kong, Shatin, New Territories

Telephone : 3943 7323 Fax : 3942 0807

Email : unimp@cuhk.edu.hk

Webpage : www.osa.cuhk.edu.hk/publication-statistics/university-market-place

Copyright©2019, Office of Student Affairs, The Chinese University of Hong Kong. All rights reserved.



Find us at the following locations:

- | | | |
|---------------------------------|------------------------------------|---|
| • G/F, Benjamin Franklin Centre | • G/F, Lady Shaw Building | • G/F, Wong Foo Yuan Building |
| • 1/F, Benjamin Franklin Centre | • G/F, Mong Man Wai Building | • G/F, Yasumoto International Academic Park |
| • LG/F, Lee Shau Kee Building | • 1/F, Pommerenke Student Centre | |
| • LG1/F, Lee Woo Sing College | • G/F, North Block, Science Centre | |

關注·支持·推廣·

世界精神健康日



世界精神健康聯盟 (World Federation for Mental Health) 倡議訂定每年的10月10日為世界精神健康日 (World Mental Health Day)，並設定2018年的主題為「在瞬息萬變的時代，關注青年人的精神健康」(Young People and Mental Health in a Changing World)。

為表關注及支持，學生事務處心理健康及輔導中心舉辦了一系列的活動響應，包括精神健康推廣攤位、主題展覽、互動有獎遊戲、「分FUN拍照」、精美填色卡派發等。此外，我們亦特設了一個Facebook專頁 (#World Mental Health Day at CUHK)，藉以推廣精神健康的訊息，延續對精神健康的關注。早前的推廣攤位縱然在驟雨中舉行，仍吸引不少同學前來熱心參與。希望大家持續關注自己和身邊人的精神健康，對有需要人士給予支持，不論晴天或雨天。



有關校園內的精神健康推廣，請瀏覽以下網站：



Sunshine at CUHK
www.sunshine.cuhk.edu.hk



World Mental Health Day at CUHK



WACC
www.cuhk.edu.hk/osa/wacc



WMHDAY1





從「點、線、面」探索 香港文化

你有否想過為什麼在商業大廈林立的中西區會有壽衣店和棺材舖的蹤跡？提到空中纜車，你或會想起昂坪360，但你又知不知道香港曾有吊車系統連接鯉魚涌和柏架山？在新聞常常看到有關立法會和終審法院的消息，你又可曾有機會走進這兩棟建築物參觀？

由學生事務處學習輔導及文化共融組設計的「探索香港系列」於本學年已進行十場活動，涵蓋不同類型的體驗學習，包括博物館導賞、立法機關參觀、傳統手藝工作坊和專題式社區導覽，帶領同學到訪「點」、走過「線」、認識「面」，一同探尋香港歷史，細味本土文化。

同學們參與活字實手作坊並製作印上自己名字的活字實筆記簿。

參加者分享



陳凱欣（人類學 / 四年級）

在柯式印刷的普及下，傳統活字印刷業逐漸式微。參加活字實工作坊讓我有機會走進香港舊式印務公司，親睹古董手動印刷機的運作，並從一盤盤鉛製字粒中尋找自己的名字製作筆記簿。活動讓我深刻感受到社會發展和文化保育之間的矛盾；而印務公司的傳人任先生以工作坊的形式繼續守業，展現了營商的靈活性之餘，讓傳統技術能得以保存，令我重新反思各種保育方式的可能性。



光華印務公司第二代傳人任偉生先生協助同學拿取鉛製字粒。



本地歷史學者鄧家宙博士為同學講解中上環區的華人喪葬歷史。



李振勇（經濟 / 四年級）

生於斯，長於斯。於香港土生土長的我素來對本土歷史文化有濃厚興趣，閒時到處穿梭大街小巷，但卻未有太多途徑去深入認識香港。學生事務處舉辦的「探索香港系列」讓我能從獨特的角度去了解這個城市。以中上環喪葬服務導賞團為例，導賞員就以精闢的講解和充實的分享，從香港昔日的環境推及至大眾社會文化和華人傳統觀念。



易水涵 （歷史 / 研究生一年級）

立法是跟每個人關聯密切、同時又專業性高的事務。隨著導賞員看過了立法程序、議員組成和各種規格的會議廳，印象最深的還是立法會綜合大樓入口處影映著各界人士身形輪廓的帷幕。立法過程雖精密繁複，其初衷和內核，卻是最平凡的大眾以及最細碎的生活。每一次法條的修訂，都呈現著社會聲浪的微妙角力和權衡。知曉法治精神如何在時代變遷中傳衍，方見我們同每條細則之制定都息息相關，呼吸與共。



45名同學在立法會職員的帶領下參觀立法會綜合大樓的會議設備及教育設施。



中大文物館職員為同學介紹明代正統、景泰、天順三朝（1436 - 1464）的御窯瓷器。

2019 學生領袖 培訓計劃花絮

由學生事務處舉辦的「學生領袖培訓計劃」Student Leader Training Scheme (SLTS)，旨在透過一系列活動，讓大家：

S – 認識自我 (SELF)：學習聆聽自我內在聲音，了解自我性格，明白內心的真正需要；

L – 聯繫溝通 (LIAISON)：掌握與人溝通的要訣，加強同理心，從而提升處理人際關係的能力；

T – 建立團隊 (TEAM)：提高團隊精神及領導才能；

S – 掌握技能 (SKILLS)：加強演說、危機處理、財務管理及短片製作技巧。



詳細內容：
www.cuhk.edu.hk/osa/slts.pdf

單元一：認識自我 (SELF)

「Zentangle® 靜觀減壓」工作坊

日期：2019年1月28日

地點：校園內

目標：認識Zentangle的起源及理念；以正念的方式，透過一筆一筆地繪畫充滿生命力的圖案，體會如何放下執著、突破自己的限制。

導師：陳進耀先生 (Visible Invisible 創辦人)



「戲劇減壓」工作坊

日期：2019年2月15日

地點：校園內

目標：將「正念」融入劇場遊戲；透過由動到靜的活動遊戲及大笑瑜伽從而傾聽及覺察情緒，掌握轉化情緒的做法，增加抗逆力，強化正面開心經驗。

導師：周煥傑先生 (戲像學堂藝術總監)



單元二：聯繫溝通 (LIAISON)

「口述電影」工作坊

日期：2019年1月26日

地點：校園內

目標：認識電影口述影像基礎理論與技巧；建立同理心，了解視障觀眾的需要及如何與他們有效溝通。

導師：梁凱程博士 (香港口述影像協會行政總監及首席導師)



「香港導盲犬服務中心」體驗日

日期：2019年3月2日

地點：香港導盲犬服務中心

目標：透過視障體驗遊戲、導盲犬領路體驗、視障朋友分享及「黑暗中午餐體驗」等活動，認識正確與視障人士相處的要訣，全面體會及感受視障人士的生活



單元三：建立團隊 (TEAM)

歷奇領袖訓練營

日期：2019年1月12-13日

地點：突破青年村及馬鞍山馬大石澗

目標：參與具挑戰性的歷奇訓練，從而認識自己、挑戰自我、提升領導、解難、抗逆三大能力、學習管理團隊，以及體驗團隊精神。



單元四：掌握技能 (SKILLS)

「危機處理之有效應對網絡抨擊」工作坊

日期：2019年2月21日

地點：校園內

目標：參與解難訓練，加強個人應變能力，掌握臨危決策的技巧。

導師：黃錦翔先生
(盈力僱員服務顧問之高級培訓顧問)



「看不見的水足印 - 峇里原始生態考察團」

說起峇里，大家是否立即聯想起陽光與海灘？大學青年會（中大）於2018年12月28日至2019年1月4日舉辦「看不見的水足印 - 峇里原始生態考察團」，帶領十多位熱愛大自然的同學，透過一系列的歷奇活動，令大家可以挑戰自己，體驗峇里人的生活和文化。



體驗峇里人的生活，傳統泥漿摔角



自己動手紮竹筏



體驗峇里人原始生活



一起執拾垃圾，服務峇里

團員分享 余綺琪 (護理學 / 二年級)

「環保」是近年來人們常常掛在嘴邊的一個熱門話題。而在我們表面的認知中環保不外乎就是減少塑膠製品的使用、節省能源等。環保亦往往和可持續發展扣連在一起；但又有多少人清楚知道可持續發展的意義和實踐方法呢？其實有很多人都是「說一套，做一套」。為了方便，懷著僥倖的心態生活，逐少逐少在不知不覺間破壞環境。在峇里考察團中，首四天在 Green Camp 的行程中透過不同活動例如行山、環保磚製作和分享會等，讓我真正正地了解到環保的意義和世衛的十七個可持續發展目標，讓我對種種議題有更加明確的了解。

其中一個令我很深刻的是在 Green Camp 中我們每天用作盛載食物的「碟子」。它可分為兩部份，一是可循環再用，以竹片所編織而成的盤子，而另外一部份則是一片芭蕉葉。我們都認為整個設計非常好，因為整個碟子都是由有機、來自大自然的物料所組成，這相對會造成污染的機會也被減到最少。其次，也同時節省了清潔碗碟所用的水，一舉兩得；而且很有當地傳統特色，使我們都能夠融入他們的文化之中。



認識世衛的十七個可持續發展目標



峇里原始的馬桶，利用椰子殼代替沖水，既環保又節省用水



Getting to Know about CUHK English Debating Team

Debate may appear to be a daunting activity for many students who believe this activity is only suitable for the outspoken or students studying law. But debate is simply a discussion on the many possible perspectives towards a particular issue and attempting to demonstrate that one perspective is more important or encompassing than the other. Potential newcomers may also feel unfamiliar about the rules for debate, but have no fear, there are many experienced seniors who will guide you through the process. In CUHKEDT, we value cooperation, growth, open mindedness. Our members will tell you how debate has made them more confident individuals, assisted in their examinations with new critical thinking skills and most importantly, earned a tight group of friends in the HK circuit.

Our achievements

CUHK English Debating Team has had a terrific year so far.

Participated in Hong Kong Debate Open (HKDO) and North East Asian Open (NEAO) in November 2018



HKDO is the most difficult open debate tournament (open means anyone can join) in Hong Kong. This year Joshua Yeung and Ivan Chan broke to the Grand Finals – the first time a CUHK institutional team has made it to the Grand Finals.

NEAO is the most prestigious institutional tournament in North East Asia, with teams hailing from Korea, Japan, Taiwan, mainland China, Macau and Hong Kong. 92 teams from 45 institutions participated in this year's NEAO. Ivan Chan and Ooi Hon-Son emerged as Semi-Finalists.



Participated in the Worlds University Debating Championship (WUDC)



WUDC is the world's largest debating tournament. This year the 39th edition of WUDC is held in Cape Town, with over 260 teams from over 160 institutions around the world.

Ivan Chan and Ooi Hon-Son made history as the first team from Hong Kong (and the second team in North East Asia) to break into the Open category.



Freshers' achievement in local and novice tournaments



At Hong Kong Pro-Ams, Hayton Au, Abbie Leung, Innocent Mutanga, Andrius Budiono emerged as Quarter-Finalists, and Sonder Li and Joshua Yeung emerged as Grand Finalists. At University of Macau Novice Cup, Andrius Budiono (in an open team), Ananya Sony and Alex Huang were Quarter-Finalists, Abbie Leung and Warwick Chan bowed out at Semi-Finals, and Sonder Li and Hayton Au represented CUHK at the Grand Finals. At Shenzhen Debate Open, Sonder Li and Hayton Au were Semi-Finalists and Sonder Li was crowned Overall Best Speaker at the tournament.

What we do in our regular training sessions

For our new members who have just been recruited into the team, our senior debaters usually give a series of lectures and drills to ensure they know the basics of debating, like how to make arguments and cases, rebuttals and speeches. For regular trainings with current members, our trainings usually have two rounds of debate, or one round of debate followed by either some drills focusing on specific debate skills or a lecture on typical debate topics like politics, feminism, international relations etc.

The debating formats we do

British Parliamentary

- Adopted at most international tournaments
- 4 teams (to imitate the British Parliament's bicameral structure) - 2 teams on Proposition, 2 teams on Opposition
- Each team has 2 debaters
- 7 minutes speeches
- 15 minutes preparation
- Electronic devices not allowed
- Points of Information (i.e. other debaters can offer questions, rebuttals or statements during speeches, which the speaker may accept or reject) are allowed

Asian Parliamentary

- Adopted in Asian tournaments
- 2 teams (Prop and Opp), 3 speakers on each team.
- 7 minutes speeches
- 30 minutes preparation
- Electronic devices not allowed
- Points of Information allowed
- Each round has 3 motions and teams get to decide which one they want to debate.

What we do for the community

Our team doesn't only debate in tournaments but we're also one of the most active debating teams in giving back to Hong Kong's debating community. A lot of our members coach debate at Hong Kong high schools, and our senior members serve as independent judges or even on Adjudication Cores (Adjudication Core refers to a group of senior judges who are in charge of setting motions and inviting adjudicators for a tournament) for tournaments around Asia.

Just this year alone, Acca Sum and Florence Choy was on the Adjudication Core for North East Asian Open, Ivan Chan was on the Adjudication Core for Hong Kong Pro-Ams and Hong Kong British Parliamentary Debating Championship (a high school tournament), and Ooi Hon-Son and Acca Sum were co-Chief Adjudicators at Shenzhen Debate Open.

“Where do you picture yourself in 10 years?”

Otto Cheung (Biomedical Science / Final Year)

Masters of Ceremony in the campus recruitment talks

We have all encountered this seemingly common but meaningful question during interviews, but it bemused me every single time. Uncertainty is my friend and I always long for a life where I can deal with new challenges, solve unconventional puzzles and explore the world. Pursuing a PhD in Biomedical Sciences was apparently the best option I could think of after getting my undergraduate degree. Not only could I apply my biological knowledge in a research career, but it also provides me a golden opportunity of continuous learning and taking project ownerships. My PhD life comprised experiments, presentations and scientific conferences and I really enjoyed the intellectual growth out of it. However, as a young adult, I wish to broaden my horizon to becoming an expert in one topic and I have realized that academia expects you to develop your expertise early in your career. Given my limited knowledge on the job market for my academic background, I applied for the ***Campus Recruitment Ambassador Scheme** in my penultimate year in hope of exploring career opportunities.

In the ambassador scheme, I volunteered to be the Masters of Ceremony in campus recruitment talks for a number of consulting firms including McKinsey & Company and I found my calling in a management consulting career where I could get paid to learn in a highly dynamic working environment. While mingling with the recruiters before and after the events, I gained industry insights and learned about employers' expectations towards job applicants. The programme provided me with chances of public speaking, networking and receiving career coaching, including CV preparation and mock interviews arranged by Career Planning and Development Center. I also received kind support from CPDC colleagues and fellow ambassadors. All these have helped me realize my strengths and weaknesses and build myself towards the goal of being a management consultant.

From academic research to management consulting, growth starts outside my comfort zone in the biomedical field. While it may seem an abrupt change on my career path, I feel very grateful for the lessons I have learned all the way through my preparations for entering the consulting industry. I would never have thought of devoting myself in the consulting industry had I not explored my interests and embrace the uncertainty. If you still have no concrete answer for the captioned question, it is high time for you to scrabble around in your university life.

**Campus Recruitment Ambassadorship Scheme has been organized since 2012. Student Ambassadors appointed assist the Career Planning and Development Centre (CPDC) of the Office of Student Affairs in organizing graduate recruitment events on campus. Representing CUHK at employers' events is a trusted role. The ambassadors will have the chance to know the employers, explore career options in different industries, enhance their presentation, social and communication skills as well as gaining hand-on experience in events management.*

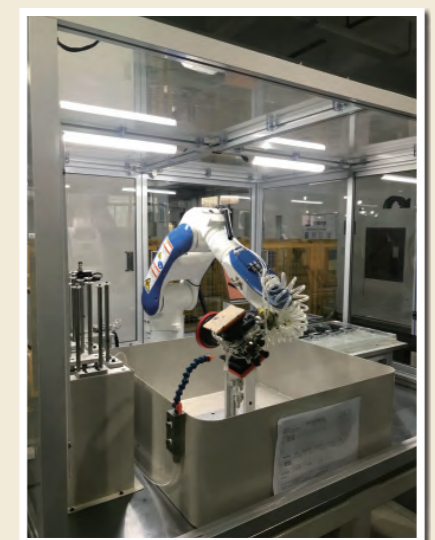


考察團從香港乘坐高鐵出發，前往廣州南站。



大灣區考察團

國際潮青聯誼年會於2018年11月26至27日舉行了兩日一夜的大灣區考察團，並提供四個名額予香港貿易發展局商務大使參加，香港中文大學共有三名同學有幸獲得這個難得的機會。



考察企業展示的人工智能機械臂和高端科技的應用範圍，同學們均大開眼界。



同學表示，參加考察團除了增廣見聞，最高興就是認識了一些來自不同界別的新朋友。



考察團參觀前海深港夢工場。



除了參觀活動，同學還有機會參加論壇，聆聽政商界名人從不同角度分享大灣區的機遇和政策。

同學分享

羅楠 (社會科學院 / 研究生一年級)

很榮幸也很高興能夠參加這次的粵港澳大灣區的兩日旅程，這次的旅程讓我感到很震撼，同時也體會到國家經濟的高速發展。

在這兩天的行程，我們考察了三個城市—廣州、深圳和東莞，主要圍繞著高新技術企業的參觀和學習，而學習的領域集中在製造業。兩天的行程讓我深刻的體會到內地企業正在通過運用互聯網對傳統的各行各業進行改造。例如，第一天參觀高新興企業，主要業務集中在交通領域，通過實時監控，能夠很好地把控各個路口的交通狀況，也能夠通過構建一個全國聯網的平台對犯罪分子實施監控和抓捕。第二天參觀的機器人製造公司，讓我了解到人工智能的實際運用。機器人對手機進行打磨清洗和拋光，相對於人工而言，每小時能夠將效率提高百分之五十！

除此之外，這次的行程在時間安排和住宿吃食上面也面面俱到，提供我們一個最好的旅行體驗，讓我們收穫良多。感謝有關單位給予這次寶貴的機會。

彭志成 (理學院 / 三年級)

是次旅程始於香港西九龍高鐵站，港鐵公司馬時亨主席早在站內親自迎接全體團員。馬主席除了和我們合照之外，更親自帶領我們參觀高鐵站的設施，並一一拆解很多關於高鐵站的謠言，我們了解到高鐵站運作的情況和工作人員的難處。原來境外的邊防人員為了到香港執法，天天早出晚歸；為了遵守規則不跨越邊界，他們的午餐是要用籃子從上層吊下來的。這些有趣的細節和高鐵站獨特的建築風格，都在我心中留下深刻的印象，然而這只是旅程的序幕。

南海一號，是從大海深處打撈出來的一艘古沉船。對於將一艘大船連同周圍岩石海水一起搬運上岸的浩大工程，我們無不感到驚訝。船中打撈出很多珍貴的文物，甚至這麼多天過去了，我們仍然能看見很多有待修復的文物，一箱一箱安靜地躺在船旁邊。這都讓我們對中國工程和考古工作開闊了眼界。

我們又參觀了不同的企業，了解了內地企業發展趨勢。有公司將高科技應用到交通上，利用數據收集和分析改善交通情況；也有公司將科技應用在節能減排上，並將其發展為一個產業，為其他公司進行節流。這些公司都有很好的願景和營銷方案，也建造出專門的展覽廳去讓我們了解企業。我們對內地企業的眼界大開，看到了更多的就業機會和發展前景。

考察團的最重要得著就是認識了不同界別的人。潮汕青年商會讓我們了解了一份濃厚的鄉情如何培養出一個龐大的商會，讓各地創業的潮汕人能夠互相幫助，培養出一個一個的企業。晚宴中我竟有機會與企業領導層直接交流，請教了如何管理團隊等等問題。他們也熱情地向我傳授心得，最後互相留下了聯繫方式，約好日後保持聯絡。

雖說當時已是功課很忙的期末，這次大灣區之旅仍然讓我收穫良多，實在不枉此行。

Sachiko Surjono (Business Administration / Year 2)

In November last year, I participated in a 2-Day Field Trip to the Greater Bay Area which was organized by Teochow Youth Convention. I was offered the opportunity to participate in this trip in my capacity of Trade Ambassador under the Hong Kong Trade Development Council.

The trip started in Hong Kong and within this 2-day trip, we have visited Guangzhou, Dongguan and Shenzhen, showing truly how accessible these cities are by the land transportation system. It took us less than an hour to reach Guangzhou from Hong Kong with the new High-Speed Train (it was my first time!) and I was impressed by the efficiency of crossing both borders in one building.

This trip focused largely on the technological developments in the Greater Bay Area. We visited several technological and healthcare firms, among them, I was most impressed by the visits in Gosuncn (高新興) and Guangdong Tianji Robot (廣東天機機器人) Co Ltd. Gosuncn is a company that aims to build smart cities through the use of Internet of Things (IoT). They showcased several of their surveillance camera systems which were able to recognize faces and match them with a database to identify people. Guangdong Tianji Robot Co Ltd developed the world's fastest industrial six-axis robotic system. The robotic arms were waterproof and could perform complex tasks, e.g. production of phone parts, customized shoe soles. The company is exploring how to apply the robotic system in petrol stations for automatic petrol fill-up.

Towards the end of the trip, we participated in "The Greater Bay Area Development & Emerging Opportunities Forum". I was honored to be a part of this forum as there were important guests from different cities and different countries. Through listening to different speakers, I gained insight into different topics, from understanding Hong Kong's role in the development of the Greater Bay Area to the recent technological innovations in Greater Bay Area such as drones that are able to carry people and a new car-sharing platform, PonyCar.

Aside from gaining knowledge, I was so happy to have the chance to network and make friends from diverse backgrounds throughout the trip. Not only did I meet other students from CUHK, but also met a few from different universities in Hong Kong. Despite meeting for only two days, we've become good friends and just had our open semester dinner in January.

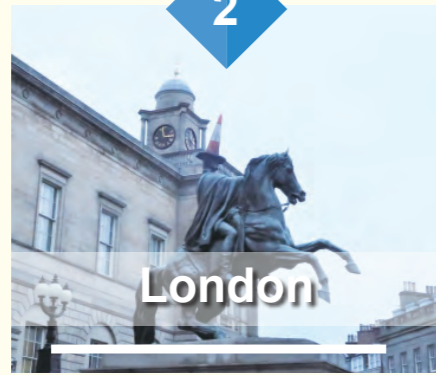
I am highly thankful to Hong Kong Trade Development Council and Career Planning and Development Centre of the University for giving me this invaluable experience and get to learn more about the recent developments in the Greater Bay Area, and of course for the good food provided!

My Three GIP Journeys

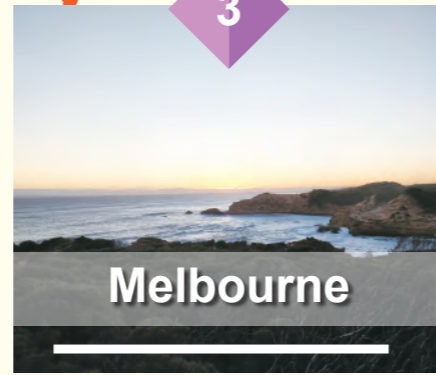
Aaron Kwong (Law / Year 4)



Shanghai



London



Melbourne

While most sharing by interns under the Global Internship Programme (GIP) is about workplace experience, this article is different – not a job description, not a travelling blog. With this article, I wish like to share with you how I grew over three overseas internship programmes in three locations spanning over three years. Having joined GIP in three consecutive years, I cannot stress enough how invaluable these experiences are in my personal development. With GIP, I made valuable connections outside Hong Kong, learnt how to cook decently for myself, and landed a graduate job offer. So you see, GIP is not only about internship or career development. It has so much more other than working and travelling overseas. Living in a foreign city, it is full of unexpected encounters and memorable moments.

To make this sharing more relatable, let me give you a little bit of my background. I am a local student attended a local boys' school. I took DSE and was then admitted to the law school of CUHK. I never had the chance to travel abroad until then, and the lifestyle back was a bit dull – studies, social, and games. In my first year, without connections and a remarkable transcript, my quest for internships failed miserably. In midst of struggles in studies and job applications, I wanted to escape from this environment for a while. Therefore, when an offshore internship opportunity in Shanghai was circulated by GIP, I signed up immediately.

1 Investigations, employment, technology – Simmons & Simmons Shanghai

This was my first offshore internship and my first internship at a law firm. It lasted for three months in Shanghai and I worked on exciting matters: investigating trade espionage and fraud, being involved in technology cases, and a bunch of translations and proofreading tasks. Although I no longer remember very well the tasks that I've done, I still recall the professionalism upheld by my supervisors and colleagues that motivates me to this day. They are proud of their deals and knowledge learnt from the job. Then I realized this kind of job satisfaction is one that I desire – learning something new every day about anything while advising clients. Having worked with them for more than three months, I became more determined to join the legal industry.



My first offshore internship at Simmons & Simmons Shanghai



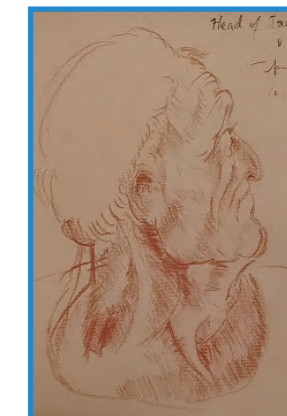
View from the office



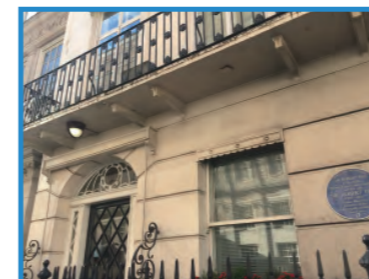
My weekend excursion to Liyang

2 International trade and the London culture – Hong Kong Trade Development Council London

Right after the internship in Shanghai, I went abroad in the UK for an exchange programme specializing in international commercial law. To maximize my exposure in the UK, I applied via GIP for an internship at the HKTDC in London, which holds trade fairs to draw commerce into Hong Kong. This experience furnished me with the backstory of behind the commercial contracts I studied at school – how company representatives meet each other and do business. Besides, the hours are decent and the working culture in London is not as intense as in Asia. I always had time do the things I like after work. Sometimes I would go to coffee shops, visit museums, get groceries and cook for myself. After visiting art museums for uncountable times, I developed an interest in paintings and art history. When I shared my new-found hobby with my colleagues, who are an ex-chef and a part-time illustrator, they encouraged me to start drawing. It appeared to me that behind the desk job, everyone has a pursuit, which keep them happy and balance off the stress from work. As such, I picked up a pencil and a piece of paper and started sketching.



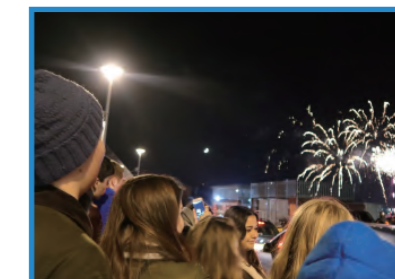
My sketch of Head of Jaden



The London office of the HKTDC is a historical place; Sir Robert Peel lived there.



The infamous cone-head – pranksters put traffic cone its head, council staff removes it, pranksters put it on again. This has been going on for decades.



Seeing fireworks with my flatmates on Guy Fawkes Day

3 Free trade and economics – The Lion Rock Institute and The Institute of Public Affairs

In the following summer, I signed up again for another overseas internship programme. Circulated by the GIP, the programme is organized by the Lion Rock Institute. It sends students to intern in think tanks abroad in California, Washington, Melbourne and other cities. It also involved training in economics and public with prescribed reading, delivered by business professionals and researchers. Having gone through the selection process, I was sent to Melbourne to work on a legal right project. Compared to the previous internships, this one was more theoretical and involved significant research. I provided research assistance and my colleagues would present their findings in the Parliament or on radio and TV. In joining this internship, I realized the power of networking. Thanks to the extensive network in these think tanks, I had the opportunity to talk to former Prime Ministers and distinguished businessmen around the world. At one of those business dinners, I also had the chance to talk to a renowned painter who kindly invited me to visit his studio. I could not have imagined how well these organizations treated me even though I was just an intern. Their international reach is impressive.



At the Institute of Public Affairs in Melbourne



The best coffee I've had in Melbourne

After spending three months in Shanghai, two months in London, and two months in Melbourne, I became more efficient and calmer in handling challenges in studies, work and personal life. The struggles I faced before were resolved one after another, with the attitudes and methods I picked up during the offshore internship programmes. This year is my final undergraduate year. I am now applying for PCLL, after which I will start my career as a trainee solicitor. Therefore, I am immensely grateful for the GIP and all the people I met at work. They all turned out to be better than one could imagine. The programme did not only bring friendships and work experience, its international nature also shaped and developed my perspectives.



Sorrento Beach in Victoria near Melbourne

Enjoying University Life

Very fortunately, CUHK provides many opportunities and funding that allows us to maximize our learning experience. Different ways work for different people. In general, I would suggest:

- Taking courses that you like beyond your major studies;
- Having International exposure, such as GIP, exchange, competitions;
- Playing sports;
- Developing hobbies or picking up new ones;
- Being flexible and open-minded to new ideas and cultures

All five years I spent in CUHK are pleasant and I really enjoyed university life. However, to be frank, I didn't seriously sort everything out at the start. Sometimes opportunities just swing by and the path is built bit by bit. Therefore, don't limit yourself to what you have planned for yourself. Better opportunities may come by.

A sneak peek into the newly renovated International House

The International House Blocks 1 and 2 have been standing in CUHK for over 40 years. Block 2 has just been renovated and furnished in 2018 to offer a better living environment for residents and being a hub to organize cross-cultural diversity activities.

The International House is an important platform in promoting integration and internationalization. With its unique set of two flats per floor and each flat equipped with a sea-view balcony, it enables residents to get together and mingle. The newly renovated common room, fitness room, and kitchen are excellent places for residents to build up their flourishing university life!!!



2019年暑期運動訓練班報名

為鼓勵同學及教職員善用暑假，培養運動習慣，體育部每年於暑期開辦多項運動訓練班供全日制學生及全職教職員報名參加。本年度之暑期運動訓練班將於2019年5月開課。暑期運動訓練班的項目及報名辦法於2019年4月4日(星期四)上午9:00上載體育部網頁(網頁啓動)，並於2019年4月8日(星期一)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。

<http://www.peu.cuhk.edu.hk/zh-tw/activities/summer-sports-courses> (中文版)

<http://www.peu.cuhk.edu.hk/en-gb/activities/summer-sports-courses> (英文版)

如有查詢，請致電 39436092 與 Tony 吳國輝先生聯絡。



The following schedules are subject to change. Please refer to the website of respective sections for the updated information.

Career Planning and Development Centre, OSA (Tel: 3943 7202 / E-mail: cpdc@cuhk.edu.hk)

Events	Organiser / speaker	Date
On-campus Recruitment Talks	CPDC	ongoing events

Global Internship Programme

Events	Organiser / speaker	Date
Study Chile Internship Programme	Study Chile	on rolling basis
Global Talent/Global Entrepreneur Internship Programme	AIIESEC in CUHK	on rolling basis
Global Volunteer Programme	AIIESEC in CUHK	on rolling basis
HENNGE Global Internship Programme	HENNGE	on rolling basis
Internship Opportunities - Think Tank in Belgium	ThinkYoung	on rolling basis
Overseas Internship Opportunities in Asia, Europe and America	GIP	on rolling basis
Year-round Internships in New York & Berlin	ArtBound Initiative	on rolling basis

Learning and Cultural Enhancement Section, OSA (Tel: 3943 7945 / E-mail: lces@cuhk.edu.hk)

Events	Organiser / speaker	Date
CUHK-Malaysian Student Cultural Exchange Programme	LCES	2 - 15 June 2019
Cultural Fun@i-LOUNGE	LCES	13, 20, 27 September 2019 (TBC)
Afternoon Tea with LEOs - Survival Kits@CUHK	LCES	25 September 2019 (TBC)
Academic Success Seminar - Academic Referencing	LCES	26 September 2019 (TBC)

Student Development and Resources Section, OSA (Tel: 3943 7323 / E-mail: sdrs@cuhk.edu.hk)

Events	Organiser / speaker	Date
The Providence Foundation Outward Bound Undergraduate Programme 2019	SDRS	27 May - 2 June 2019
KCC New Century Elite Development Program	SDRS	10 - 21 July 2019
「深入天府之國」四川環境考察團	Uni-Y (CUHK)	3 - 9 June 2019

Wellness and Counselling Centre, OSA (Tel: 3943 7208 / E-mail: wacc@cuhk.edu.hk)

Events	Organiser / speaker	Date
CUHK 330 Ambassador Scheme	WACC	21 March - 15 June 2019
uBuddies' 2019 Training and Service Projects	WACC	April - September 2019
Youth Mental Health First Aid Certificate Course for staff	WACC	May 2019 (TBC)
Mental Health First Aid Certificate Course for uBuddies	WACC	14, 16 May 2019
Mental Health First Aid Certificate Course for undergraduate students	WACC	May 2019 (TBC)
Wellness and Recovery Action Plan	WACC	June 2019 (TBC)
Mental Health First Aid Certificate Course for staff	WACC	June 2019 (TBC)
Mental Health First Aid Certificate Course for undergraduate students	WACC	June 2019 (TBC)



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，你亦可瀏覽網上版 www.cuhk.edu.hk/osa/ump.htm

Save the Planet by Sharing and Recycling!

Please share the magazine with others or put it into a recycle bin after reading!

You may also read the magazine at www.cuhk.edu.hk/osa/ump.htm



環保紙印製