

# University MarketPlace

## 大學廣場



## Towards Your Career Aspirations 向理想出發

- 求職達人秘笈
- Small Talks on Careers
- 正向心理，求職得利



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協理副校長兼大學輔導長吳培基教授(右)致送感謝狀予簡文樂博士(左)感謝他多年來對中大學生的栽培。

## 求職達人秘笈—— 訪中大就業諮詢委員會主席 簡文樂博士

學生記者：曾嘉堯

大學生活轉瞬即逝，對於畢業在即的同學而言，前途出路以及求職準備等都是切身之問題。在現今社會，競爭激烈、經濟環境又未見改善，同學們該如何自處呢？簡博士\*作為上市公司主席，對於處理畢業生之前景問題經驗豐富，也對畢業生準備就業時可能面對之困難饒有心得。簡博士承認現今經濟環境的確不平，但認為畢業生仍然可以在態度、經驗及外表方面裝備自己，提升個人競爭力。

態度是僱主在選拔人才時最重視的一環；「很多人在面試時，一開口就標榜自己是名校生、高學歷，要求僱主提供極高的底薪和待遇，從不打算由低做起或以獲取經驗為先。這種自大的態度如何說服僱主去信任？」簡博士坦言，現今許多畢業生自抬身價，忽略自己其實只是初出茅廬，動輒向僱主討價還價，造成僱主的反感。

另一方面，雖然大學畢業生人數越來越多，但對某些提供初階職位的僱主而言這批並非他們的錄取對象，「僱主不肯聘請你，是因為怕過份自信的大學生會騎牛搵馬，隨時跳槽。」簡博士反覆強調，大學畢業生雖有高學歷，但其實沒有任何實質工作經驗，在找工作的時候應該從僱主的角度思考，並不應該獨善其身或「獅子開大口」。他也鼓勵畢業生應該把經驗看的比工資重要，因為豐富的工作經驗可有助他們在職場上長遠穩步發展。

簡博士閱人無數，認為現今大學畢業生比起七八十年代的有很大差別。「現在的大學生都很有學問，甚至每每懂得幾種語言」，在知識水平上要領先於從前的大學生。不過，簡博士亦直言，在求職方面，「現今大學生在外表打扮和待人接物上都頗有改善空間，性格比較自我，例如沒有時間觀念，有時令僱主難以忍受。」由此可見，畢業生若希望在應徵或實習期間給予僱主良好印象，謙卑、每事問的虛心態度以及乾淨得體的裝扮也是不可或缺的。

那麼，在現今世道下，畢業生應如何加強訓練和準備才能保持競爭力呢？「多投身於團體，學習與人合作，累積處理人事關係的經驗。懂得與人相處，無論在個人或是工作上，都是百利而無一害的。」不少畢業生都有在大學時期積極參與學生組織以及各種大學團體活動，如上莊和住宿舍一類的體驗，確實可以為畢業生帶來幫助。同時，簡博士又鼓勵大學生多參與社會服務，例如做義工或慈善工作，因為不少僱主都會看重畢業生在學業以外的貢獻和能力。



非本地畢業生對於人才市場的衝擊也是許多同學關注的問題。簡博士認為，非本地生的自律能力和獨立能力比起本地生要高，而且學問也處於高水平。近年來部份僱主對於此類人才可謂趨之若鶩，造成部份本地畢業生需面對更大的挑戰。然而，簡博士強調，其實這是良性競爭，本地生可以從非本地生身上學習如何獨立及自理；另一方面，非本地生也能從本地生處學到與人相處的方式和語言技巧。由此可見，非本地生和本地生都可在互相學習的情況下改善自己的不足，而僱主也樂於看見不同文化及人才之間的交匯。故此，簡博士認為本地畢業生可多與非本地畢業生合作，相輔相成。

總括而言，簡博士對於現今大學畢業生抱有很大的信心，寄語這批即將投身社會的年輕人要好好裝備自己，謙虛求進，努力賺取經驗，慢慢力爭上游，並衷心祝福來年的大學畢業生會擁有美好的將來。

\*簡文樂博士為冠軍科技集團有限公司創辦人及主席

# Social Entrepreneurship – Discovering a Better World

Student Reporter: Anvesha Saha



**HKSEC**  
香港社會企業挑戰賽  
HONG KONG SOCIAL ENTERPRISE CHALLENGE

involved and how it has evolved since its launch six years ago. When asked about the objectives, he said, “the main aim of HKSEC is to promote and spread awareness about social entrepreneurship and nurture entrepreneurship among the younger group.” Students participating in this challenge are expected to construct a business plan and try to bring their ideas to life. To guide them through the process of setting up a business, HKSEC organizes workshops that teach students how to assemble a business plan and equip them with the essentials in starting up a business. The winners of HKSEC are rewarded with an internship in the organization. The prize money is in form of an investment fund to help the implementation of the idea and growth of the business and in turn enhance the social benefits it provides. “The government and NGOs cannot solve social problems so we need social innovation to solve it.” Professor Au said.

## Innovations to Sooth Social Problems

So what leads to the formation of HKSEC? “Serendipity and entrepreneurship” replied by Professor Au. In one part of the city, Professor Au and the entrepreneurship committee at CUHK were determined to promote entrepreneurship because many people do not recognize small business as a business option, quoted from Professor Au. In another part of the city, initiated by our previous Chief Executive, a Commission on Poverty was set up in 2005, aiming to handle poverty issues in Hong Kong. One of the ideas generated from the committee meeting to solve poverty predicament is social entrepreneurship. Although this Commission was dissolved in 2007 due to poor economy, the suggestion still lingers. The entrepreneurship committee therefore decided to take the lead and facilitate social entrepreneurship through a competition, hence, leading to the formation of HKSEC.

“Money-minded”, “self-centered” and “callous” are three adjectives that many people often depict and perceive the qualities of a businessman. However, the way social entrepreneurs make their business have altered these assumptions. A social enterprise, as defined by Nobel Peace Prize winner Professor Muhammad Yunus is, “a non-loss, non-dividend company dedicated entirely to achieve a social goal. All profits, or “surplus revenue”, are ploughed back into the venture for expansion and improvement.”

## Bringing Ideas to Life

The Hong Kong Social Entrepreneurship Challenge (HKSEC), organized by the Center for Entrepreneurship of The Chinese University of Hong Kong, currently leads by Project Director Mr. Mingles Tsoi, intends to discover budding social entrepreneurs from universities across Hong Kong and guides them in fostering their social dreams into reality.

The founder of HKSEC, Professor Kevin Au, was kind enough to squeeze some time from his busy schedule to share with us the objectives of this Challenge, the activities



Over the years, HKSEC has matured drastically in both magnitude and quality. It attracts highly ambitious, passionate participants and welcomes anyone who harbors an entrepreneurial spirit, with a drive to make social changes with a simple idea. "Students don't end their journey here," Professor Au said. "HKSEC picks students up at an idea stage, coach them and brings them to a point where they have their plan sorted out and have testing customers. But then they need to expand by themselves. For this, they need more money and more assistance. HKSEC shows them the ways to scale up and use resources wisely in order to get bigger and make a larger impact."

### Inspiration Beyond an Entrepreneurial Career

Students who do not plan to pursue an entrepreneurial career can also benefit from this programme since it gives them more insights on how an entrepreneur thinks, what an enterprise is and how an enterprise functions. This knowledge will eventually help them to advance in their future career.

HKSEC allows students to grasp that big organizations are not the only career option that prevails in today's world. They have alternatives. "Students may originally think there are only the government and profit-making corporations (businesses) in the world. But now they realize that there are also other types of organizations - social organizations can provide an alternative career prospect."

On a concluding note, Professor Au encouraged that, "People and students of this generation can have very diverse career options. You can work not only for large corporations, you also have choices to work for start-ups and small firms. Making a lot of money shall not be the only objective. There are a lot of interesting things you can do for your career."



A HKSEC participant - a start up social enterprise that produces watches out of coke cans.

# 廚餘創未來 — 實踐社企創業夢



學生記者：吳欣鍵

不少大學生畢業後會選擇投身商界，但中大工商管理學士(綜合)畢業生鄭營啟(Jack)選擇了一條與別不同的道路。他投身了社會企業(即企業以所得利潤主要用作再投資於本身業務，以達到既定的社會目的的行業)，更創辦了回收廚餘和相關環保教育的社會企業。以下 Jack 會與同學們分享創業路上的一點一滴。

### 初見商機 確立目標

在 2008 年，仍在中大就讀的 Jack 與一位環境科學系的朋友傾談，覺得廚餘是一個嚴峻迫切的問題，於是萌生了以社企模式解決廚餘問題的創業念頭。為了豐富自己在該方面的知識，他積極搜集相關資料。Jack 為尋找機會進一步實踐理想，參加了由香港中文大學創業研究中心舉辦的香港社會企業挑戰賽。勝出比賽後的獎金便成為了 Jack 創業的第一筆資金。此後

Jack 亦參加了香港社企投資論壇及中國大學生創業計劃競賽，憑著出色的表現獲獎，贏得多個獎項，成功踏出創業的第一步。

除了資金外，相關技術對於 Jack 創辦的廚餘回收社會企業亦不可或缺。勝出香港社會企業挑戰賽後，Jack 和拍檔前往台灣取經。他們曾到中興大學請教該校教授，學習處理廚餘的技術，將有機廢棄物轉化為肥料。此外，商業運作亦是創業的重要關鍵。為了瞭解由廚餘轉化的肥料在香港的市場潛力，Jack 亦親身到各有機農場與具潛力的銷售對象交流。

### 以毅取勝 實踐理想

在創業路上，Jack 獲得不少扶持。中大創業研究中心於比賽後繼續提供不少協助，為 Jack 介紹了工程學院的教授，令 Jack 不但能夠獲得專業的技術意見，



更拓展了人際網絡。食肆是廚餘的主要來源，經商學院的教授介紹下，Jack獲得食肆的支持，免費運送廚餘給他的回收社會企業。中大的博群計劃(I·CARE Programme)亦為Jack的社企提供支持，並以聯合書院餐廳作為試點，推動廚餘回收；在聯合書院餐廳，廚餘回收後會放置於聯合校園的農田，經轉化後成為有機肥料。憑藉各方的支持和自身的努力，Jack得以創辦和經營社企，實踐理想。

提及創業的成功秘訣，Jack認為不外乎「恆心」二字。創業艱難，創辦社企更是困難重重，一年半載難以指望有顯著的成績，但Jack一直的目標就是將廚餘全部循環再用，並轉化為有價值的商品及農產品，

例如透過護膚產品更廣泛地推廣環保訊息。這個目標令他堅持創業夢。「回望三年前，真想不到會走到這裡，所以我覺得最重要的是不要否定事情的可能性，要努力嘗試才有成功的機會。」

### 勉勵同學 迎流而上

身為年青的社會企業家，Jack對有志投身社會企業的同學也有一番忠告：「其實香港不乏各種機會，最重要的是主動尋找，才不會落後於人。例如香港民間社企高峰會為年輕人提供了一個很好的機會認識社企，也可藉此拓展人際網絡。長沙灣的『好地方』(The Good Lab)是一個社企大本營，我也是其中一分子，有興趣的年輕人可以連繫彼此，踏出創業的第一步。」Jack亦鼓勵同學多參與學校的活動，透過實際經驗了解個人的興趣、事業的目標和路向。至於創業，Jack則相信這個抉擇視乎個人的心態。「相對很多地方而言，香港是一個成熟的市場，對創業來說有利有弊。在這種環境下，創業前必先了解行業的發展空間，集中一個特定行業才更容易成功。」創業路上困難重重，Jack提醒有意創業者應要有充分的心理準備，應對可能遇到的挑戰，不要期望在短期之內會有回報。雖然Jack堅持自己的創業理想，並取得成績，但他寄語同學，個人興趣才是首要考慮，只要選擇合適自己的路，總會尋找到實踐理想的機會。

由學生事務處來港生組於2月2日舉辦的「香港 Explorer系列」之川上農莊社會企業體驗共吸引了二十多位同學參加。活動旨在讓非本地同學對香港的環境保護及社會企業有更多瞭解。企業的創辦人Jack也直接與參加者分享了他的創業之道！以下是參加者的分享：

### 張弛（可持續旅遊社會科學碩士課程） .....

Jack對廚餘變食物的探索啟發了我，使我認識到生態農業技術除了為人們提供更健康的食物外，還可以更廣泛地為社會作出貢獻，開創新的商業模式。而Jack的理想和對創業的熱情也深深感染了我，堅定了我將來創業的決心。



### 莊士冠（工商管理碩士課程） .....

一個從中大畢業的年輕人，憑著在社會企業競賽中獲獎的方案，畢業後從零開始，努力和堅毅地一點一點做起了回收廚餘的生意。在他身上，我看到的是香港人為理想而打拼的堅持，同時心懷社會的感念。



### 徐媛媛（社會工作碩士課程） .....

在農莊裏，我感受寫意和閒適，尋回了被急速的都市節奏和繁重的課業所漸漸吞噬的平靜。無論是農莊主人，還是Jack，他們都用行動為社會、為地球作出貢獻，實在令人敬佩！





# Small Talks on Careers for non-local students



Three non-local graduates from different countries of origin, after receiving their bachelor's degrees at CUHK, have chosen different career paths. Here, they share with us their jobs and tips on career planning.

## Xiang Ya-Yang

(From mainland China / Graduate in Hotel and Tourism Management, 2011)

Summer Xiang Ya-Yang, a girl who was always tempted by gourmet food and the less pressured environment of the back of the house, was determined to join the Food and Beverage Department of a hotel while she was still a student at the School of Hotel and Tourism Management. Her dream came true when Four Seasons Hotel hired her as a Management Trainee. Now, being an Assistant Chief Steward at the Hotel, Summer's major duty is to handle administrative tasks like catering, purchasing, supervising operations, analysing the data of leftovers and garbage, etc.

"I think the knowledge of food and beverage management acquired at university laid a solid foundation for my work. The hands-on experience as an intern and a management trainee well translated theories into practice and determined my zeal for food and beverage service. Although my job is stressful, I do enjoy it – it has efficiency and team work. Also, I have a feeling of satisfaction because I can see my hard work being paid off here. I am grateful that I am working at such a caring and trustful company.

As a high performer at work, I think the following tips on career planning and job hunting might help current students:

- **Practise your languages.** As a non-local person



working in Hong Kong, I have a strong feeling on this issue: It's not just English. Cantonese is also substantial for non-local students to learn, and to speak it well. Better language skills mean more opportunities.

- **Develop your interpersonal skills.** I think being humble and willing to listen is important. Leadership is also an essence which can be sharpened by joining more student activities or societies.
- **Find your interest.** Participating in internship, exchange or mentorship programmes provides you good opportunities to know more about your own characteristics. Only when you are doing something you really like, you can work in enjoyment and perform well."

## Benjamin Obeso

(From Mexico / Graduate in Economics, 2012)

I'm currently the General Coordinator of Institutional Revolutionary Party's (PRI) Social Media in the Mexican Senate. My job is to ensure that the senators of our party get the important messages across with the public through different media, both traditional and digital. I enjoy my work very much, as it gives me the opportunities to know how my country is being shaped

through reforms. Besides, I can also meet those significant people who are in charge of making such changes, such as ministers, governors, senators, and congressmen.

Although I would love to stay in Hong Kong which is such an amazing place, right after my graduation last

year, Mexico had the presidential elections in July, so I chose to get back and work in my home country. Besides, as I had been working for years with PRI before, the Party asked me to participate in the political campaign too. After PRI won the campaign, I voluntarily worked for it for a 6-month transition period before the new government took power last December. Then, I was given the job opportunity to work in the Senate.

My advice to current students is: Prepare early if you know what you want to do after graduation. While you are still a university student, most of you do not need to worry much about earning a living, so do more voluntary work and in as many aspects as you can. I believe successful people are ordinary people with extraordinary determination.



### Danai Katsande

(From Zimbabwe / Graduate in Insurance, Financial and Actuarial Analysis, 2012)

Having pursued my undergraduate studies at CUHK for four years, it seemed natural for me to seek employment in Hong Kong upon graduation. For one thing, as a graduate of the CUHK Business School's Insurance, Financial and Actuarial Analysis (IFAA) programme, there would be no better place to begin my finance career than Hong Kong - the financial hub of Asia. Moreover, under the "Immigration Arrangements for Non-local Graduates" (IANG) Policy, a non-local graduate can apply to stay and work in Hong Kong after graduation, and it does not require an offer of employment upon application. This made me eligible for employment here. I was also attracted to the idea of working in the multicultural and pluralistic city that is Hong Kong. Thus, such an auspicious confluence of factors led me to decide to take up employment in the city.

However, in terms of job searching, I think that the year 2012 was not particularly comforting for finance graduates. I expended a non-trivial amount of time and considerable effort to finally obtain my current job. In essence, I can say that my job search consisted in leveraging the key professional networks and relationships that I had developed during my studies and internship. At present, I am a Research Analyst of CASH Financial Services Group Limited and my job principally appertains to high-frequency trading (using quantitative techniques and programming technologies to trade financial securities). I find the job intellectually stimulating, nay demanding, and what's more, my department comprises a host of diverse and amiable individuals. Therefore, my working life in Hong Kong has been a most enjoyable one thus far.



As regards career planning, my advice to non-local students is threefold. In the first place, right at the outset you have to prioritise establishing professional contacts in your field of interest. Such an approach might consist of, for example, seizing any opportunity to take up internships and part-time employment, or even just attending career talks. Secondly, being well-read and thoroughly familiar with the current pertinent matters of your field is an absolute must. You have to make an effort to keep abreast of the most important issues and news that relate to your professional interests. Last, but by no means least, you ought to exercise academic discipline and should maintain a good GPA. Simply put, competition amongst fresh graduate job-seekers in Hong Kong is exceedingly fierce and intense. In fact, for certain industries, outstanding academic performance is a *sine qua non*.

In the final analysis, one starts to build one's career as early as possible. Judicious planning is the chief ingredient of any recipe for career success and fulfilment.



# 工作假期 — 「另類」選擇

工作假期(Working Holiday)近年漸趨流行。當你看見朋友在外國農場工作、著名景點或大型節慶的照片時，你可曾想過自己成為相中的主角？本刊邀請了香港背包達人(HKBackpacker)，一個由青年人自發組成旨在推廣工作假期計劃和背包旅行的非牟利組織幹事 David 和成員明仔與我們作簡單介紹和分享：

David 指工作假期計劃其實是香港特別行政區政府與新西蘭、澳洲、愛爾蘭、德國、日本、加拿大及韓國政府分別簽署的雙邊安排協議，透過此計劃增強雙方在文化方面的交流，及推動旅遊業發展。持有有效香港特別行政區或英國國民(海外)護照並通常居住於香港，年齡介乎十八至三十歲的年青人，皆可申請參與此計劃，逗留在上述國家最多一年。申請人可以於該國家工作、四處旅遊、度假、或修讀短期課程。申請方法十分簡單，申請人只要有有關國家領事館的網址申請，提供健康證明文件，持有回程或繼續行程的交通票以及出示經濟證明便可以出發！

香港背包達人成員明仔曾於2011年9月辭去工作，決心到澳洲工作假期一年。他表示這旅程令他大開眼界，學懂了更多。工作假期帶給他「朋友」、「工作」以及「遊歷」經驗：

## 「朋友」

在工作假期中，我認識的不止於香港人，還有來自其他國家的朋友，如台灣、中日韓、馬來西亞、澳洲、美國、德國、巴西等。透過互動交流，我對不同地方的文化、言語、趣聞加深了了解。舉例澳洲人有很多俚語：例如「macca's」是麥當勞的意思、「Barbie」則指燒烤(barbecue)，等等。

## 「工作」

工作方面，令我印象最深刻的要算是在凱恩斯(Cairns)當旅行社導遊，一個人帶著十多個遊客上山下海，「山」是熱帶雨林，「海」是大堡礁。這份工作增強了我的危機處理能力和決策能力。還有在農場工作，採摘、篩選和包裝水果，與一班農場工友變成好朋友！

## 「遊歷」

工作之餘，我亦到過澳洲多個城市遊玩，如十二門徒石、企鵝島、雪梨的歌劇院、海港大橋、三姐妹山，黃金海岸的遊樂場、衝浪者天堂，等等。此外，我亦欣賞了澳洲的大型活動，如澳網(Australian Open)、一級方程式賽車(Formula 1 Grand Prix)，但我首選的要算是澳洲雪梨的跨年煙火。當天空的煙火和海港大橋的煙火同時發放，夜空變得金碧輝煌，令人目不暇給。

這一年間，我眼界擴闊了，而且算是完成了一個小夢想。

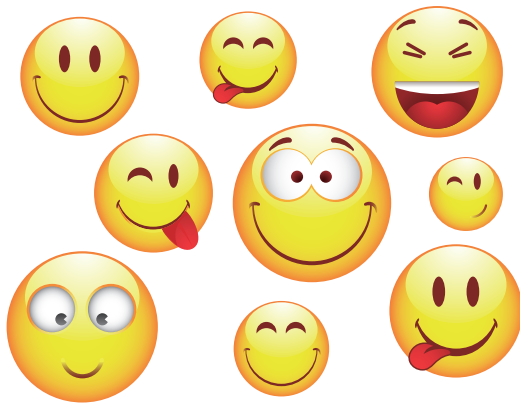
有關工作假期詳細資料，可瀏覽工作假期官方網站：<http://whs.esdlife.com>



# 向心理 求職得利



工作是維持心靈富足的重要食糧，工作上得到滿足的人是快樂的。因此，每個人都渴望找到理想的工作，相信應屆畢業生亦不例外，並已為求職擇業準備就緒 - 包括撰寫履歷、搜集公司資料、參加求職講座和面試工作坊等等。那些尚未爭取到一份聘書的同學，亦難免會感到徬徨、焦急、沮喪。在求職待業這高壓階段中，同學需要重新調整心態和對策，嘗試以正向心理和積極行動紓緩負面情緒，克服過程中遇到的障礙。為此，學生輔導及發展組特意就着畢業生應如何面對相關的疑慮，提供以下一些建議。



## 【案例一】

**Jason：** 我已發了幾十封求職信，亦參加了幾次面試，但都被僱主拒絕了。雖然身邊的同學都很鼓勵我，但眼看他們都找到工作，我還是感到自責和難過，看來我的個人能力真的不及其他同學。

**輔導員：** 遇到上述情況而感到焦慮，是人之常情。但若因此而自責或感到自卑，甚至覺得自己一無是處，那麼情況就比較嚴重了。面對這種消極想法，建議你客觀地重新評估自己的能力：

- 拿出紙和筆，列出那些場合和經驗能展現你的長處與值得強化的地方。例如你在兩年的莊務中，察覺到自己的口才有待改善，但處事有條理，適應力很強，對新事物持開放的態度等。
- 辨識自己與別不同的地方，欣賞個人特有的素質或條件，並仔細分析如何在求職和面試的過程中顯現出來。因為那些獨特之處，可能正正是你的賣點，千萬不要輕視或否定！

## 【案例二】

**Shirley：** 家人對我有很大期望，也反對我以興趣作為未來事業的方向，我不想令他們失望，也下不了決定，感覺矛盾，不知如何是好。

**輔導員：** 曾經有一位歷史系的畢業生，父母期望她成為一位老師，因為覺得這職業較為穩定，但是女兒卻希望從事媒體設計。雖然女兒表示尊重父母的意見，但並沒有輕易放棄自己的想法，反而走訪了幾位前輩，收集了不少相關資料，然後心平氣和地跟父母討論當中利弊和自己的人生規劃。父母縱然不明白媒體設計是什麼，不過看到女兒似乎懂得如何在理想和現實之中找到平衡，也感受到她的積極和決心，所以亦不再加以阻止。幾年後的今天，當他們知道智能電話的一個 Apps，是女兒所屬的工作團隊所設計時，他們就開始對女兒的選擇多了一份理解和接納。

許多時候，父母為子女出主意，往往是出於關懷和愛護，希望子女能享受愉快安穩的生活。因此，當你和家人意見出現分歧時，不妨就着自己的取向或夢想做多點資料搜集，然後和家人好好商量，結果可能比你預期的理想。







## 【案例三】



## 【案例四】

**Ceci :** 我讀的不是專科，可找的工作好像很多，又好像很少，在求職上欠缺方向感，即使找到工作，也不知是否自己所長，因此感到十分無奈和徬徨。

**輔導員 :** 當就着事業發展欠缺方向的時候，請你先想想自己工作的目的是什麼？為了薪酬？為了事業？為了自我實踐？為了達到父母的期望？近代心理學的研究發現，當工作的性質與個人能力和理想相配時，所帶來的滿足感是最大的，亦會令你覺得人生更有意義。即使你讀的不是專科，相信多年來的教育和生活體驗都能讓你有多方面的學習和成長。正如前文所說，先評估自己的能力和優點，學習欣賞自己，也嘗試讓自己抱着開放和積極的態度，去接觸社會上不同種類的工作和崗位。可知在仕途上你只是踏出第一步，爭取的亦只是首份工作而非終身職業，所以不用太執着和過慮。事實上，尋找理想的工作是一個「配對」的過程，是僱主、職位和求職者的配對，要透過多方嘗試、摸索和實際經驗，才能慢慢釐清個人長遠的發展方向。

**Venus :** 朋友都說我消瘦了，看來我在這半年真的花了不少心力在學業和求職，忽略了個人健康。

**輔導員 :** 無論為了趕論文或找工作，忙碌和緊張的生活可能令你疲於奔命，忽略了身體健康，以下是一些保安康的溫馨提示：

- 當埋首工作了一段時間，便應起來走動一下，看看風景，或者沖調一杯飲品，讓自己鬆一鬆。因為有足夠休息和充電的機會，才能重新拚搏。
- 有好的健康才能抵禦生活上的壓力和挑戰，要健康便要從飲食着手：保持均衡飲食，三餐定時，早餐必吃，進食時不要過急，份量亦要適中，切忌空着肚子做事。
- 適量的運動是不可缺少的，每日三十分鐘的運動有助平衡情緒，也使身體和腦部得以鬆弛下來。

根據研究顯示，快樂和健康是息息相關的，當你身體欠佳的時候，心情亦會受影響。現時市面上許多小機械或智能電話，也有均衡飲食和計算運動量的提醒功能，而且你也可以邀請朋友一起行動。由此刻起，為健康立志，好讓自己在面試時能表現容光煥發，精神奕奕，留下好印象，以提升受聘機會。

以上的四問四答，只是針對一些較為普遍的情況，並未能解答每位同學的疑慮。然而，希望當中所帶出「自我肯定、有備而戰、坦誠溝通、勇於嘗試、活得健康、追求理想」等理念，能讓即將離開中大的畢業生抱着正向心理和積極態度踏入職場，日後在不同角落發光發亮，為社會作出貢獻。

## 活動推介

為了協助同學認識自己和增強自信，為求職及就業作出更佳準備，學生輔導及發展組將於六月舉辦以下工作坊。

### 「我有我型格」— MBTI 性格類型工作坊

Myers-Briggs Type Indicator (MBTI) 為全球著名性格傾向測試工具之一。於教育界、僱員招聘及培訓、領袖訓練及個人發展等領域均廣泛地被採用。本工作坊將透過MBTI 16型性格類型分析，助同學了解個人性格，發掘專長及潛能，進一步探索職業發展的方向。

日期：2013年6月18日及21日

### 「建立自信」工作坊

「自信的人是樂觀的，縱使面對挫折，依然相信自己能以努力和潛能去達成所設定的目標，又會經常從正面的角度去評價自己」。透過實例討論及經驗分享，本工作坊將協助同學掌握建立和鞏固自信心的要訣，以促進同學於學業、人際關係、就業等範疇的健康成長及全人發展。

日期：2013年6月6日、13日、20日及27日

#### 活動詳情及報名方法：

請留意學生事務處學生輔導及發展組網頁 <https://osantd.osa.cuhk.edu.hk/scdsmain/chi.html> 或致電 3943 1804 江小姐查詢。

# Diversity Spiced Up Campus: Cultural Months 2013

The CUHK campus from this January to March was not only coloured up by blossoms of azaleas, but also showed the vibrancy of a variety of cultural activities, or the Cultural Months organized by the Incoming Students Section (ISS), Office of Student Affairs (OSA). With the assistance of 15 Cultural Ambassadors, the ISS also joined hands with some non-local student associations to make the Cultural Months a ripe time for promoting cultural diversity and creating a harmonious campus!

## Taiwanese, Macau and Korean Cultural Corners

The Taiwanese Student Association, the Federation of Joint Universities Macau Students in Hong Kong and the Association of Korean Undergraduate Students were invited to co-organize their Cultural Corners with the ISS so as to promote their own culture and association at Cultural Square. Specialty food, fun games, attractive souvenirs and useful travel and cultural information drew big crowds.



Attractive Korean morsels



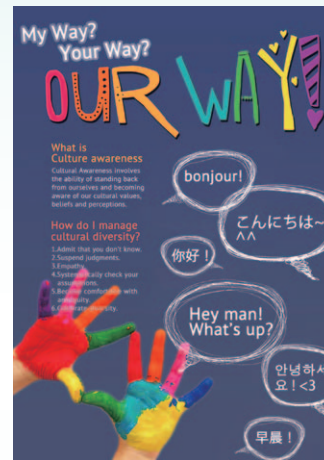
Experience Macau at CUHK



Taste Formosa!

## Cultural Awareness and Mutual Respect Poster Design Competition

The Competition aimed to enhance cross-cultural understanding on campus. The champion, Miss Zhang Xiaoli, explains her award-winning piece, "Here in Hong Kong, we are facing people from various cultural backgrounds, so I think it's important to describe briefly what cultural awareness is on the poster, and tips on how we should do to deal with it."

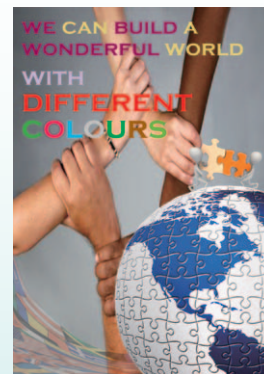


## Movie Screening Tours

The Tours took the viewers to see the cultures of Taiwan, Myanmar, India, Zambia and Hong Kong by eye, and to experience them in a deeper way by listening to the sharing from the students of these countries at the after-show sharing sessions.



The Myanmar Movie Night



From left and from top: The works of the champion, first runner-up and second runners-up of the poster design competition



### ISS League

The League, run in its third year, was a sports event for the associations of non-local and postgraduate students at CUHK. Unlike the previous two years, this year's programme was planned and carried out by an organizing team of eight local and mainland students for a total of eight student associations.



Jump in lines!



Cheering my team members on!

### Workshops

What the participants learnt from the workshops on *Hanfu* (漢服; Traditional Chinese clothing) and African drums was far beyond theories. They had a close touch with the real thing: the hands-on experience of making their own paper *Hanfu* and practising songs with the African drum.



Practice makes perfect!



Showing the real Hanfu

### Cultural Festival

The Cultural Festival in March marked the climax of the Cultural Months. Aided with the Cultural Ambassadors, the festival had a remarkably impressive opening and brought handicrafts DIY and food of different countries to campus. At the opening ceremony, the students of the Korean and Taiwanese student associations strutted their stuff; the performance from the participants and teachers of the African drum workshop was a real feast for the eyes and ears; the models in *Hanfu* outfits showed the elegance of

the traditional Chinese clothing on the runway.

Miss Nancy Law, a Cultural Ambassador, remarks, "The experience of organizing the festival was brand new to me and I was glad that our efforts paid off in promoting diverse cultures at CUHK. Given limited time, we encountered numerous obstacles during preparation. Nevertheless, team work and guidance from the OSA staff helped us overcome all difficulties and the event was a success!"



Missed out the opening ceremony of the Cultural Festival or just want to review the highlights? Follow the QR codes below:



Performance from the Korean students



Performance from the Taiwanese students



Show of the African drum



Hanfu show

# 「從沉淪毒海.....到無家者世界盃」 深夜舍堂後記

學生記者：劉健愉

**學**生事務處學生活動組舉辦的「深夜舍堂」邀請了由十六歲開始沉淪毒海，到今日戒毒成功，成為無家者世界盃成員的Barry，於國際生舍堂三座向一眾宿生講述他的經歷。



## 敗也家人，成也家人

Barry憶述：「第一口毒品是我姐姐給我的。那時，我還未知道毒品是甚麼，只知道是姐姐給的，我便吞了下去。從那天起，毒品成為我生活的一部分。開始時吸毒的感覺令我很爽，但不久之後我的身體機能變差：每15分鐘便要上廁所，從此我不能前往太遠的地方，不能坐長途車。後來，我連工作都要丟了，更因藏毒被捕，被判感化令。我看見家人為我而傷痛，身體上的痛楚亦令我再承受不了，我於是決心申請正生書院的戒毒服務。可惜因書院的資源有限，我的申請並未成功。後來，在一個偶然的情況下，我得知住處附近有一所戒毒中心，這次我的申請終獲該中心接納了。」

## 尋找尊重與接納

Barry說：「我並不擅長足球。但得悉香港區無家者世界盃進行選拔時，為了得到朋輩的支持和接納，我決心去嘗試。我有幸被選中接受訓練，展開為期四個月的集訓，最後更被挑選成為正選隊員，代表香港參加在巴黎法國舉行的『2011無家者世界盃』……」



「深夜舍堂」其中一名參加者Jimmy聽過Barry的分享後說：「言談間，Barry多次重覆『尊重』和『接納』。他在戒毒中心找到接納，在無家者足球找到尊重，可是從他的眼中看到的還是不足夠。他仍需要社會更多的接納和尊重。」

## 長路漫漫

Jimmy續說：「Barry因借錢吸毒，現在仍欠下一身債務。吸毒的誘惑依然存在，那些販毒和吸毒的地方、舊日一起吸毒的損友，仍會偶爾燃起他的心癮。Barry忠告：戒毒其實是一生的事情，也許到了死亡才真正脫離毒海。衷心希望Barry和其他戒毒者能找到尊重與接納。」

## 禁毒支援工作坊

除了「深夜舍堂」外，於3月5日學生事務處學生活動組亦為宿舍前線人員安排禁毒支援工作坊。工作坊上安排了社工和護士介紹時下常見的毒品、教授如何辨識吸毒者及分享處理吸毒個案的對策。相關資訊可瀏覽明愛樂協會的網址：

[http://family.caritas.org.hk/ser/drug\\_lokhk.html](http://family.caritas.org.hk/ser/drug_lokhk.html)





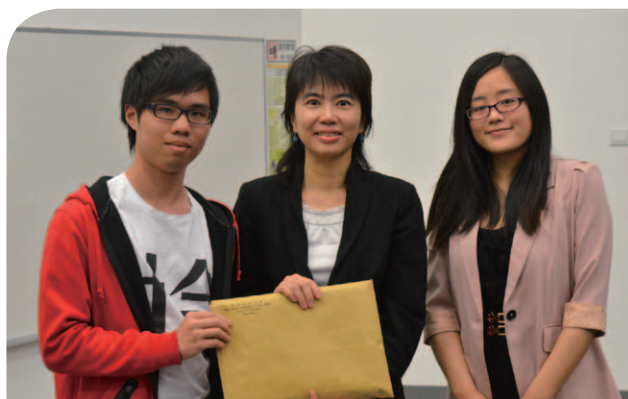


## 博群計劃

# 「誰的貧窮」講座

博群計劃新設的「貧窮·社會·香港」講座系列，邀請專業界別的人士和團體探討本地貧窮問題。第一講的主題為「誰的貧窮」，嘉賓有何珮玲女士及中大社會工作學系黃洪教授。何女士現擔任政務司司長轄下行政署副行政署長（特別職務），協助政府制定扶貧及人口政策。

講座中，何女士透露政府希望讓市民大眾易於明白，擬以入息中位數作制定貧窮線的準則，並將會從教育、房屋等多方面的政策去解決香港的貧窮問題，當中措施包括讓不同階層的學童均可接受優質的教育，提供足夠住宅予低收入家庭等。黃洪教授亦指出一人、二人的貧窮家庭較難被察覺，建議政府在這方面多下功夫，避免部份有需要人士得不到適當的支援。而政府的長遠計劃亦應以減貧為目標。



同學把他們對本地社會做的研究結果交予何女士，作政府參考之用



何女士與黃教授於講座中與同學互動交流

## 領博群領袖課程

博群領袖課程（簡稱「ILP」）是大學通識教育部轄下領袖培育組舉辦的課程。ILP前身為「領袖培育課程」（簡稱「LDP」），旨在培育關心社會的人文領袖。ILP課程為期兩年，共十二學分。今年，同學反應非常踴躍，共有一百二十名中大生報讀課程，大部分為一年級學生，來自不同學院，包括法律學院、社會科學學院、商學院等。

被ILP取錄的五十位同學將會於六月初參加迎新營。接著兩年，同學將會修讀有關政治、社會時事分析、全球文化等課題。課程中亦會訓練同學的領

袖才能，如於「Practising Leadership」單元中，同學會學習籌辦一個針對社會議題的活動。翌年暑假，他們將會到倫敦或台灣參與為期兩星期的學習團，了解其他城市的社會情況。

為鼓勵同學了解和正視社會問題，ILP更推出了「年輕領袖系列」短片。首集訪問了馬寶寶農場的蔡佳佳，片中描述她以另類生活方式一農耕，來鼓勵香港人要保護農村社會，勉勵年輕人當「人文領袖」並不是一件困難的事，只要我們以行動關心社會，人人都可以做領袖。有關短片可於ILP網頁和Facebook收看。

ILP網站：[leadership.uge.cuhk.edu.hk](http://leadership.uge.cuhk.edu.hk) Facebook：[www.facebook.com/icareleadershipprogramme](http://www.facebook.com/icareleadershipprogramme)

查詢：3943 3714（電話）/ [ldp@cuhk.edu.hk](mailto:ldp@cuhk.edu.hk)（電郵）





# CCOUC Needs Assessment Trip to Sichuan

Anabelle Ngachung Wong  
Pharmacy / Year 4

On August 31, 2012, a tremendous flooding hit Lianghekou Township in Xide County, Sichuan Province. Homes were destroyed and farmland became flood plains. Immediate disaster management and medical assistance are essential, yet the long-term health needs and recovery cannot be neglected. Unmet health needs could be identified through household surveys and focus groups, such that further interventions can be designed. Collaborating Centre for Oxford University and CUHK (CCOUC) for Disaster and Medical Humanitarian Response, School of Public Health and Primary Care, aims to investigate the health needs of post-disaster Hungyan Village, which consists of mainly Yi people; and hopefully to raise the ethnic minority's health and hygiene awareness.

We were a group of ten - 8 students led by 2 instructors. We have different education backgrounds and had different expectations before the start of this needs assessment trip. Some needed to fulfill the college graduation requirement; some expected to learn more about global health and surveying skills; some wanted to find out what humanitarian response could mean; and some simply wished to spend the holiday wisely and to conclude 2012

with a meaningful trip. Nonetheless, these 5 days and 4 nights showed us more than we could have imagined; and we all returned to Hong Kong with a full heart.

The first day was a day of settling in. Xide County was dry and cold in December; but the weather had been perfect and the crystal blue sky lit our spirit. We got up early in the morning and hit the road in small teams. The jeeps trembled on the damaged roads leading to the foot of the hill where Hungyan Village sat. The translators are young men from the village, led by the village head, they guided us through bridges across the roaring rivers. Hungyan Village is divided into 4 subgroups according to the distribution of the residences.

After a good long hike, we arrived at the village head's home in subgroup 1. Entering the big and empty house from the bright outside, we could not see a thing because it was too dark. When our eyes adapted to the dim light in the house, we saw people sitting around the fire above which dried old fatty pork and home-made sausages were hanging down from the ceiling. The villagers keep livestock but they only eat meat during big celebrations or when noble guests visit. We were a big group but the family insisted on cooking for us and they generously took a lot of old meat from the little they had. After lunch, we started the survey. Unlike people in the city, they answer all questions with patience even though many terms were unheard of in their lives and it took time for us to explain; for the translators convey the message; and for the interviewee to understand.





The next day, we carried on with the survey in subgroups 3 and 4 which were located high and deep in the mountain and thus even more difficult to reach. Through more home visits and interviews, we started to grasp the way of living in the village and understand more about their needs and the hazards they were facing. We also befriended the translators and enjoyed the interactions with the locals even more. When we were open enough to embrace the Yi culture and the unique nature of rural Sichuan, even the tough hikes on the edge of the cliff seemed more interesting and less scary. We filled out more questionnaires on the fourth day morning and left the afternoon for focus groups. A small group of villagers were stratified according to their genders and in-depth conversations were conducted under the mediation of two surveyors of the same gender as the group. It aims to open up a forum for discussion among the participants so



we can obtain a more detailed picture of the needs and development of the village as well as the way of life and belief or philosophy of the villagers.

Five days swiftly passed and friends must part. The simplicity of life and genuineness of the villagers have deeply moved us. Not only have the ten of us shared plenty of joyful moments and beautiful memories, but we have also tasted the sweetness of friendship and humanity in Hungyan Village. Eye-opening and mind-broadening are what our English teachers call cliché but no other words can more accurately describe such a memorable and inspiring trip. It stimulated us to reflect on our way of life in Hong Kong and to think more about different corners in the world. So long! Hungyan. May the warmth of the winter sun always remind us of this trip and let us not be ceased from telling the story about the Hungyan villagers.



## Table Tennis CHAMPIONSHIPS

Both CUHK men's and women's table tennis team clinched their championships in the Inter-university Table Tennis Competitions, which were held on 3 March, 2013. The competition is annually organized by the University Sports Federation of Hong Kong, China. Our teams won by means of better strategies, aggressive skill, consistent performance and high morale. CUHK Table Tennis Team finally made a glorious history. Mr. Ho Kwok Tai, coach of the team, gave his praise and encouragement to the team members. He attributed the success to the effort, hard work and team spirit of the team members. Besides, all team members thought the professional guidance of the coach was the ultimate reason for their success. He focused not only on the table

tennis skills of individual players but also cared about the psychological needs of the team members.



# 熱心服務 成長與啟悟

「傑出學生服務獎」由香港學生事務協會與香港傑出專上學生服務協會合辦，每年從香港九所大專院校中選出20位熱心社會服務並成績優異的大專生，表揚他們在義務工作、課外活動、學術表現及領袖潛能等方面的卓越表現。以下是2012年中大得獎者潘慧儀和葉梓聰的分享：



## 服務與成長

潘慧儀（法律二年級）

「人只有經歷過給予，才能領悟」。

早前我到扶康會做探訪，起初以為庇護工場只能處理簡單的工序，殊不知工場設有餅房，院友出品的曲奇水準專業並於酒店寄賣；我又以為自閉症小孩沈默內向，不願與人接觸，然而他們只是比平常小孩難於表達情感而已。種種經歷，都教我明白偏見只有經過體驗和認知，才能被釐清；施予他人的過程中，使人明瞭自身的愚昧，從而更謙卑地成長起來。參與社區服務讓我有機會從中發現社會不同的面貌，當中包括一些不平等的現象，例如智障人士所受的歧視、殘疾人士在生活上的不便，當中感受的未必輕鬆，甚至偏向沉重；但令我領悟到的是世上並沒有所謂理所當然的事，所以我會一直抱著感恩的心，繼續為社會服務，默默學習，不斷成長。



## 學業與課外活動：魚與熊掌？

葉梓聰（環球商業學三年級）

升到大學，可以參加的活動可謂五花八門，不論校內校外的，多得使人眼花繚亂。不少同學對學生活動滿懷熱忱，有些甚至不分晝夜投身「莊務」。當學業倍加繁重時，有人總會埋怨學生活動佔時過多，開始懷疑當初的決定。學業與課外活動，所具意義無庸置疑，但兩者莫非是魚與熊掌，不可兼得？

其實不然，我認為我們只需要一把尺，一把屬於自己的尺。在衡量是否參與課外活動時，要考慮的並不單是別人口中說得娓娓動聽的意義，也不是為應朋友結伴同行的邀請，而是從中自己得到的體驗和領悟有多少。以我個人而言，我每年總會為來年籌劃一下各類活動的參與程度，為學業、服務，以至其他活動訂下一些目標，按目標做好時間管理，以最有效的方法善用時間和資源。



大學生涯時光匆匆，我要以助人為快樂之本，及時行「樂」，日後回望的大學生活方能豐盛和無憾。

# 中大國語辯論隊續佳績

中大國語辯論隊於2012屢創佳績，以下是國辯隊長韓博文與其戰友的心聲：

## 國辯隊隊長韓博文（計量金融學二年級）

非常幸運，去年佔盡天時地利人和，國語辯論隊實現了一次大滿貫，從深圳大學主辦的深港穗三地辯論賽，到香港電台主辦的2012大專普通話辯論賽，直至拿下兩岸四地辯論邀請賽的冠軍，這一路我們走得磕磕絆絆但彼此攙扶，所有承諾過的光榮與夢想，終於再次在我們手中呈現。

## 龐礪（商學一年級）

「嶺南杯」之前，我們八位新成員每天從早上準備到深夜，陪伴我們的是大學三年級的學長：一位一臉稚氣，另一位則老氣橫秋；雖然是兩種截然不同的風格，但卻抱著同樣的心情。辯論稿一遍遍的改，每句話都如掰碎了篩。盤問的問題一步一步的設，假設對方如不掉進這個「坑」，那下一回必掉進去。從正襟危

## 中大國語辯論隊於2012戰績：

嶺南杯深港穗三地辯論賽冠軍  
 鑫茂杯兩岸四地辯論邀請賽冠軍  
 香港大專普通話辯論賽冠軍  
 香港兩大杯普通話辯論賽冠軍

坐靠著彼此呢喃，從義正詞嚴到夢話連篇……

「大專杯」更是如此。學長們不論是已畢業的還是將畢業的相繼出現，哪怕只是四十多分鐘的模擬辯論，也會耗上整整一晚的時間去討論，給予我們窩心的指導。

雖然這兩場比賽上陣的人數不超過二十人，但為此連夜的思考、爭辯的人卻不止其數。正如詩經《秦風·無衣》中說的「同袍」、「同澤」、「同裳」，「脩我甲兵，與子偕行」一樣，最重要的不單是「勝利」，還有「我們」。





## From International Internships to Worldwide Graduate Jobs – Global Internship Programme

University life is always a golden time for students to figure out their future, and to find out their real interest, capability and suitability to different industries. Internship is an effective and efficient experience. Therefore, to help students plan and develop their careers, the Career Planning and Development Centre (CPDC) of the Office of Student Affairs provides valuable opportunities via the Global Internship Programme (GIP) every year by sending out student interns to different organizations in diversified industries all around the world.

In 2012, 508 students received internship training in over 40 cities in more than 20 countries. Below are stories of three GIP 2012 participants: a non-local student who would like to stay in Hong Kong to work after graduation; a local student who would like to pursue his career in the US; and a business student who is looking for opportunities out of business field. Let's see how their internship experience helped them figure out their future career path.

**Terence Chen** (*Integrated BBA / Year 4*)

**From Mainland to Hong Kong** interned in Hong Kong Economic Trade Office (HKETO) in Singapore (GIP 2012)

I am a non-local student with a plan to work in Hong Kong after graduation. I recognize that work experience is rather important to convince employer to offer us local job opportunity; yet being unable to communicate in Cantonese at my early stage of university, it was difficult for me to get an internship offer under keen competition. GIP provided me the chance to obtain precious offshore work experience. With such opportunity, I developed myself further with hands-on work experience and brushed up my CV. Paying much effort in picking up Cantonese during academic term time, I have much enhanced my employability in Hong Kong.

In the past three consecutive summers, I was glad to join GIP and intern in Shanghai, New York and Singapore respectively. In Shanghai, I was placed in a property management company, while in New York I worked in a marketing agency, which further developed my solution-oriented mindset and multi-tasking skills. Interning in the Hong Kong Economic and Trade Office in Singapore in 2012, I got many valuable opportunities to prepare the higher-end networking events.

The rewarding offshore internship training has developed me with a sound international portfolio with higher competitiveness. Now in my final year, I am grateful to notice a very positive progress during my job hunting in some large multinational corporations in Hong Kong.



**From Hong Kong to America**

**Ryan Cheung** (*Mechanical and Automation Engineering / Year 3*)

interned in Oddball Films in San Francisco (GIP 2012)

Being a student who studied in an international school during my teenage years, I am keen to look for job opportunities outside Hong Kong and in the melting pot (America) after my graduation. After setting this goal, I joined GIP and interned in the US for two summers, of which I received reference letters from my US employer and programme supervisor. I am extremely thankful and grateful for these chances, as they will assist me with my plan to get a job in the US while allowing me to experience working in America.

For my last summer as an undergraduate student, I was ecstatic to be given the opportunity to work in a media company, Oddball Films via GIP, which matches my true interests. I liked that in the company, employees had the choice to dress casually and truly helped run the company's business. I was able to log QuickTime clips, do research for clients, deal with 16mm and 35mm film reels, write press releases etc. I was even assigned my own project to organize the companies at risk collection of 16mm "vinegar syndrome" films.

With the great internship experience, as well as cultural visits and exploration of the area during my free time, I have deepened my understanding of the US work culture and environment which will surely help me with my career pursuit in the US and my future. Upon graduation, with the potential help from my previous employer in the US, I am dedicated to looking for a one-year internship in America and seeing how things go from there. I truly feels like the world is my oyster.



## From Business to NGOs

**Ho King Hay** (Integrated BBA / Year 4)

interned in 敖漢婦女發展協會 in Inner-Mongolia (GIP 2012)

With the prevailing commercial environment in Hong Kong, I chose to study business administration to broaden my horizon. However, I always have a doubt whether I should really go for the typical career path to work in a large multinational corporation as many other classmates dream for.

Personally, I feel that I do not quite fit into business environment, which requires a profit or money-oriented mindset. Instead, I am rather interested in taking a job which I could be more connected or contribute directly to the needy as well as the society. With this idea, I searched internship opportunity out of business field, and fortunately I landed in a Non-Governmental Organization (NGO) via GIP as my summer internship in 2012.



During the internship, I helped the NGO to run its microfinance service and thrift shop. I had face-to-face talk with the clients, which comprehended my perception on microfinance. Working on the daily operation of the thrift shop, including staff selection, sourcing, price setting, promotion, etc. allowed me to understand how to run a social enterprise. This precious experience provided me with a clearer picture about social enterprises, and ensured me the possibility to explore career opportunities beyond the business scope, such as working in an NGO in the future.

CPDC always strives hard to help with students' career planning and development. We are glad that opportunities brought by the Global Internship Programme make students explore and develop their future career. If you would like to explore the possibility via GIP, do come and join us: [www.cuhk.edu.hk/osa/gip](http://www.cuhk.edu.hk/osa/gip)!

# A Leap before Graduation

**Wong On Kei, Angel**  
Public Health / Year 3



2012 was a remarkable year to me and my fellow U-mate Belinda. We joined CUHK Mentorship Programme (CUMP) organized by Career Planning and Development Centre of the Office of Student Affairs. Both of us were assigned to one of the honorable mentors, Mr. Armstrong Lee, Director of Worldwide Consulting Group Co. Ltd..

Angel (left) together with Belinda (right) had an enjoyable time under Mr. Armstrong Lee's (middle) mentorship and guidance through CUHK Mentorship Programme.

As our graduation day is approaching, we are quite puzzled about our future career. Questions like "What kind of jobs is suitable for me?", "What are the career prospects of different industries?" float repeatedly in our minds. We are lucky to have Mr. Lee as our mentor. He shared with us his valuable experiences and gave us useful advice. In last September, Mr. Lee invited us to join the Career Development Symposium in which he was one of the guest speakers. He analyzed the challenges and opportunities in Hong Kong and Mainland job markets. He recommended that youngsters like us should be more open-minded to new markets and growing industries. We understood more about what are the elements most job interviewers are looking for from a potential candidate, the tips on effective interview skills, the importance of having positive attitudes, being confident, as well as having leadership skills, communication skills, language abilities, etc. from the symposium. All in all, Mr. Lee gave us valuable insights and handy tips to get prepared for our soon approaching graduation and future career.

We are also grateful to find out that Mr. Lee is a graduate from CUHK. He is very enthusiastic in telling us his university life in CUHK too. Besides his hostel's life and study, he told us a number of stories about CUHK. He promised to meet us again on campus, to be our tour guide and show us around with his interesting stories that we may never heard of. We can't wait to have the next enjoyable time together in the near future.

To learn more about CUHK Mentorship Programme (CUMP), please visit <https://cpdc.osa.cuhk.edu.hk/student/programmes-workshops/CUMP>.



# Life Abroad Starts from an Academic Exchange

**H**ave you ever imagined living abroad, developing your career and family away from your homeland after graduation? 2 alumni shared with us their experience and how their exchange experience changed their life.

## UC Berkeley - A Wonderful Start of My Life

Chris Chau (Graduate of 2005)

Spending a year abroad as an exchange student is an eye-opening and life-changing experience, which enlightened me to the world, to the countless possibilities the world has to offer.

I went to University of California, Berkeley as an exchange student in 2002. It was a fantastic opportunity to study at one of the most prestigious universities in the world. It was full of uncertainties and difficulties at the beginning but I got to meet wonderful friends from all over the world, studied the subject that I love (Film Studies) in the most mind-blowing environment. Most importantly, I learnt to be independent and realized that the world is full of new challenges and opportunities.



After graduating from CUHK, I decided to continue my journey and went to University of Edinburgh in Scotland to study Film Studies. It was pity that I never made it to the film industry since the competition is simply way too fierce, but I stayed in the United Kingdom and worked there, before meeting my future Swedish husband. I

continued my career in Europe and worked in international enterprises before settling down in Sweden.

The exchange experience made me determined to live an 'international life' and work within the international context. It was not always easy living abroad and I chose a path that is probably slightly different from my friends in Hong Kong.

So here I am, writing in my house with my husband and our three cats. I am able to speak Swedish (it is not an easy language) finally after a few years of learning! I am now working at the International Office at Uppsala University, one of the partner universities of CUHK. If I was ever to be given the chance to go to

Berkeley as an exchange student again I would definitely do so without hesitation!

I am grateful for the opportunity I got from CUHK and would urge any of you to seize the opportunity to go abroad!

## A Twist of (Academic) Fate

Jeremy Chiu (Graduate of 2004)

It may be easy to twist your girlfriend's words (or your boyfriend's arm). Have you ever "twisted" your own academic career? I have. Thanks to my experience as an exchange student, I went from a Translation major at CUHK to a graduate student in Economics. Incredible, isn't it?



Exhausted by science subjects such as Physics and Pure Mathematics at high school, I went on to major in Translation and minor in Economics at CUHK. My peers encouraged me to sign up for a one-year exchange programme starting from the fall of 2002. I counted myself lucky to receive a scholarship to go to the University of British Columbia (UBC) in Canada — few schools offered scholarships for exchange students at that time. After taking various upper-level economics courses at UBC, I was inspired to pursue graduate studies in Economics. I returned to UBC to do a Master's degree in Economics, followed by a PhD at Duke University in the United States. I recently landed a job as a research analyst in the United Kingdom.

During the year of exchange at UBC, I received rigorous economics training and excellent mentoring from some caring professors. My smart and diligent classmates prompted me to work harder as well. I also became independent and resilient when moving to Vancouver by myself because I had no relatives or friends there. I was grateful for this experience when I later moved to the US and then to the UK. Moreover, interaction with students from different countries helped me appreciate and develop sensitivities towards cultural differences, which undoubtedly facilitated my collaboration with various colleagues later on. On the whole, this year of exchange prepared me well for the twist in my future academic career.

Are you courageous enough to take up the challenge of positively twisting your own fate by joining CUHK's exchange programmes? I look forward to reading your stories in a few years' time!



# Graduate life could be Different

## Graduate International Internship Opportunities by AIESEC in CUHK

Upon graduation, many students have been trying hard to look for local job opportunities. Instead of launching a career like most of the students, have you ever thought of making your life different, exploring the world by working in overseas countries? Have you ever thought of starting your career life overseas first to gain a year of valuable offshore experience before a start in Hong Kong? If yes, you will find more insights from the stories below by 2 AIESEC-ers who are now working in UBS in Australia and Universidad Iberoamericana Leon in Mexico respectively under the "AIESEC Global Internship Program".



AIESEC 

### Salina Cheng (LLB, 2011)

#### Interning in UBS in Australia

I am currently working as an intern with UBS in the Legal and Compliance Department in Australia. While most of my friends chose to pursue their careers right after graduation, I was hesitant to follow. I could hear my adventurous inner self calling for another glimpse of the world before submitting myself to work day and night in a tiny office cubicle. Therefore, I joined the AIESEC Programme and started to intern here in April 2012.

Life in Sydney has been great! At work, I am assigned with many responsibilities and I learnt much about the investment banking business. Nonetheless, it is the network of friends I developed here that I cherish most. With the friends via AIESEC Community, AIESEC alumni and daily life, I managed to get to know some close friends. We travel, listen to each other whining about work, try out new restaurants and bars together. Thanks to them all, my life in Sydney could never be any better.

Time flies. After my internship ends in April, I will be back to Hong Kong and find a job like any other candidates. However, this year of overseas experience stand me in good stead and I never feel

more prepared before to pursue my career. I am truly confident I will succeed at whatever I set my mind to.

I hope this piece of light-hearted writing will make you pause for a moment and listen to your heart. Don't be afraid of changes in life. Don't deny yourself of options that will lead to a more fulfilling life. Don't let your worries, which are unnecessary most of the time, hold you back from what you really want to do. Things will really just turn out fine. Just ask yourself - What do YOU really want?





### Kathy Tam (Translation, 2012)

#### Interning in the Universidad Iberoamericana Leon in Mexico

“You cannot join the points by looking forward; you can only connect if you look back. So we need to trust that all points will eventually connect in the future.” Steve Jobs.

It is one of my favorite quotes which also helped me to achieve what I have today. I am currently working at the Universidad Iberoamericana Leon in Mexico as a Mandarin teacher. There were so many decisions I made that took me to where I am now.

My story started when I first entered CUHK in 2007. At the time, I was eager to learn one more foreign language, which I finally landed in Spanish. In 2010, I came to Mexico for a one-semester exchange. With the eye-opening experience when I was in Mexico, I started to love the culture over here.

After graduation, I started my career life as a ground staff at the airport. With routine work and long hours, I barely had work-life balance. After much consideration, I



made a bold decision to return to Mexico and become a Chinese Teacher. I resigned and flew to Beijing to obtain a certificate of Teaching Chinese as a Foreign Language. Thereafter, I interned in centre of languages and foreign cultures in Mexico as a Chinese teacher via the AIESEC Programme.

Apart from giving mandarin class, I am glad that I work with colleagues of different nationalities, e.g. French, German, Japanese, Mexicans, etc., to organize cultural activities. With my all round skills and language capability developed via the internship, I am considering staying in Mexico after finishing this internship. Thanks to my enhanced Spanish through this

internship, a job in an international trading company or keep working as Mandarin Teacher are career choices opened for me.

These are options that I have never thought of before I come here! Life is full of possibilities only if we are willing to be bold and take the risks!

The “AIESEC Global Internship Program” offers opportunities from more than 110 countries around the globe. Welcoming both undergraduate and postgraduate students of year 2 or above, this programme becomes most popular among graduates.

If you would like to obtain such life-changing overseas internship experience, do visit <http://cuhk.aiesec.hk> to explore more!

## 龐萬倫學生中心現已啟用

座落於崇基學院眾志堂側的龐萬倫學生中心為課堂以外的非形式學習，提供多種不同的設施。中心已於三月初啟用，其中的多用途禮堂由中午十二時至晚上十時開放，同學們可根據禮堂的康體活動時間表，於有關時段自備運動器材進行籃球或羽毛球活動，無需預訂場地。時間表現已張貼於禮堂，並上載至學生事務處網頁：[www.cuhk.edu.hk/osa](http://www.cuhk.edu.hk/osa)。

此外，學生中心的健身室亦已開放供持有大學健身室使用證的同學使用。兩項設施均於星期一至六開放，歡迎同學使用。同學們請密切留意其他活動室的開放時間及借用手續！





**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.)

Global Internship Programme		
Events	Organizer / speaker	Date
Pre-trip Counselling	CPDC	Mid-May 2013
Mainland / Overseas Internship Exposure	CPDC	May - Aug 2013

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

Events	Organizer / speaker	Date
Social Awareness Tour to Tai O	ISS	24 May 2013
Wanchai Community Tour + Greenshops	ISS	27 May 2013
Eco-Art Workshop (CD Mosaic)	ISS	28 May 2013
Kowloon City Thai Tour	ISS	2 Jun 2013
Orientation Programmes for Postgraduate Students	ISS/CUPSA/CSSA/PGHRAs	Aug 2013
Orientation Programme for Mainland Undergraduate Students	ISS/MUA	Aug 2013
Orientation Programme for International Undergraduate Students	ISS/ISA	Aug 2013

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

Events	Organizer / speaker	Date
Outstanding Service Awards - Service Project	HKOTSSA & HKSSA (coordinated by SACS)	May - Aug 2013
Joint University Summer Trips - Indonesia: Ecosystem and Rainforest	Uni-Y Project, SACS	3 - 8 Jun 2013
新紀元行政管理精英培訓計劃 2013 (香港、北京、天津)	SACS	26 Jun - 4 Jul 2013
重慶郵電大學渝港大學生文化交流活動	重慶郵電大學 (coordinated by SACS)	Late Jun 2013
AIA Young Leaders Development Program	AIA Foundation (coordinated by SACS)	Jun - Aug 2013
2013 年港澳青年台灣知性之旅	台北經濟文化辦事處 (coordinated by SACS)	1 <sup>st</sup> Batch: 29 Jul - 2 Aug 2013 2 <sup>nd</sup> Batch: 5 - 9 Aug 2013
第三屆香港大學生軍事生活體驗營	香港大學生軍事生活體驗營籌委會	8 - 18 Aug 2013
Inauguration Ceremony for Undergraduates	SACS	2 Sept 2013

**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 'Understanding and Coping with Emotions'	SCDS	18 & 25 Apr 2013
Mental Health First Aid 12-hour Certificate Course	SCDS	22, 24, 29 & 31 May 2013
Workshop on 'Understanding Self through MBTI'	SCDS	18 & 21 Jun 2013
Orientation Talks for New PG Students	SCDS	Aug 2013

Student Development Programmes for Undergraduates		
Events	Organizer / speaker	Date
Workshop on 'Developing Healthy Relationship through Family Exploration'	SCDS	4, 7, 11 & 14 Jun 2013
Workshop on 'Building Self-Confidence'	SCDS	6, 13, 20 & 27 Jun 2013
Talk on 'Handling Students' Emotional Problems' for 2013 O-camp Organizers	SCDS	Jun 2013
Orientation Talks for New Non-Local UG Students	SCDS	Aug 2013
Self-Enhancement Campaign for New UG Students	SCDS	Sept - Oct 2013



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