



香港中文大學
The Chinese University of Hong Kong

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University MarketPlace 大學廣場



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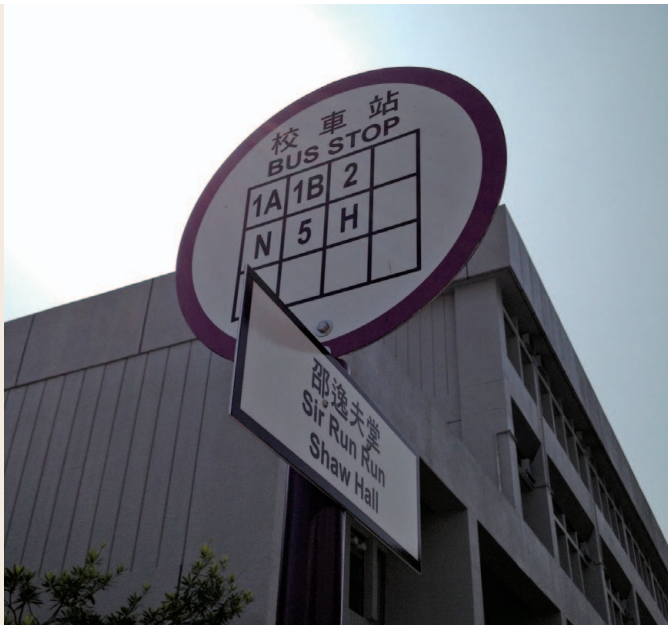
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「中大新貌」

新學年伊始，中文大學景象煥然一新，不論是樹木花草，還是荷塘景色，都是生氣盎然，賞心悅目。更不同的是，今年中大新增了不少設施，在照顧大學發展之餘亦盡力保護自然景致，令同學享受在大學裡漫步健行徜徉於其間，沉浸於學海之中。在中大遊走，不妨發掘身邊有什麼不同的景物……



邵逸夫堂校巴士班次緊密，覆蓋了大部分上山下山的路線。



此乃大學火車站之最新出入口，設計與眾不同，惟只通往羅湖/落馬洲方向的列車。



在保健路的職員會所外賣亭，供應即製薄餅，套餐由\$30至\$48不等，絕對是一個享用歐陸美食的好地方！



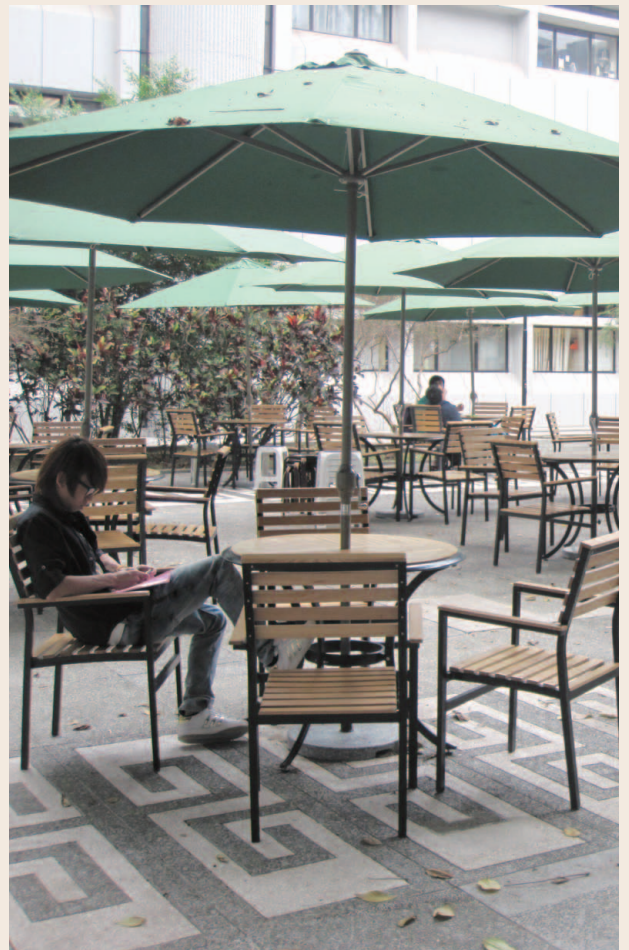
最新教學大樓康本國際學術園，毗鄰伍何曼原樓，興建了中大首部扶手自動電梯，是由崇基通往本部之捷徑。



晨興書院內的這片空間不但令人感到舒適，適合同學們散步談天，更能俯瞰整個夏鼎基運動場。



羅馬式圓形廣場「惠園」是最近才重新修葺好的景觀，是一處休憩談天，學術討論的理想地。



位於李卓敏基本醫學大樓外的進餐區，用上綠色的太陽傘和木紋椅子，感覺和諧舒暢。



新擴建的大學圖書館，空間感大增之餘，更增添了現代設計的品味，將來更會開放 24 小時。



位於康本國際學術園內的大學書店面積約 5,000 平方呎，學術上的書籍應有盡有。



位於伍何曼原樓六樓的學習共享空間(Learning Commons)現已正式啟用。學習共享空間由資訊科技服務處(ITSC)及大學圖書館系統(ULS)共同管理，每天二十四小時開放，為中大同學及教職員提供舒適、靈活及協作的學習環境和以下一系列服務：

- 特快服務站：用作更改中大通密碼或快捷電腦使用。
- 服務台：可向當值職員詢問有關資訊科技及圖書館服務。服務時間為星期一至五，上午9時至下午5時（公眾假期除外）。
- 個人學習間：提供多種寬敞舒適的座位，方便你的個人學習。
- 協作學習間：設有大型液晶體顯示器及白板，便利小組工作及討論。
- 小組研討室：設有一台電腦及液晶體顯示器或投影器。
- IT間：設有電腦、掃描器及列印機。影印服務將於12月起提供。其中一台電腦設於可調較高度的桌上，殘疾人士可優先使用。
- 無線網絡覆蓋整個區域：以便你使用智能手機及手提電腦享用Wifi服務。

詳情請瀏覽：www.cuhk.edu.hk/itsc/learningcommons

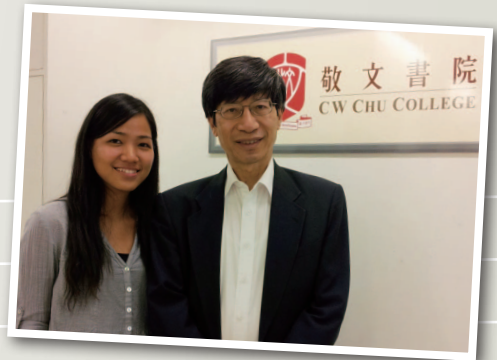
今年的中大校園，除了增加了教學樓、食堂、步行徑等，再有新書院投入收生，為校園注入新元素。今期，我們特為兩間新書院——敬文書院及伍宜孫書院，作了一個專訪，展示各自獨特之處。

學生記者：古美苑



修己澤人 儲才濟世

敬文書院



楊：敬文書院院長楊綱凱教授

記：敬文書院院徽呈盾形，以篆書寫上書院名稱，並有拉丁文和中文院訓。這是否有特別的含意？

楊：院徽選取了較通用的盾形狀，篆書和拉丁文皆是很長歷史的文字，有古雅的感覺；另兩種文字來自東、西方，也互相呼應。

記：提倡學生自治是敬文書院的主要理念之一，請問自治的概念是怎樣，以及書院是如何推動學生自治？

楊：這是不是叫做自治，其實還有商榷的餘地。而準確來說就是我們的「誠信誓章」(Honour Code)，是學生們承諾在學習和日常生活中均秉持正心誠意、剛直不阿、謙恭有禮之原則。學生還會互選七個代表組成一個學生委員會 (Student Honour Code Committee) 以實踐誓章中的理念，與其他的管理機構雙軌並行，執行學生紀律。這是一個屬於同學之間的誓章，他們互相做出承諾，彼此理解和尊重，學習瞭解誠信誓章背後的意念，並從生活中實踐出來。在開學後，書院還舉行了一個宣誓儀式。

記：聽說書院有一個「學人圓桌聚餐」，參加者坐在一起，一邊吃飯，一邊聽教員分享學術和專業的課題等，這是一個怎樣的活動？

楊：這是書院上學年舉辦的活動，主要是聯繫教員。而在學生方面，則會以全宿共膳來代替。全宿共膳是書院制大學的傳統，在客觀條件許可下現在中大推行。這個傳統可加強書院師生間的交流，提高學生對切磋學問、討論知識的興趣，在晚膳後，每星期會有一次約二十分鐘時間，由不同的講者和學生深入淺出地分享不同題目。而書院鼓勵不同文化的交流，藉著全體同學共膳的機會，可使不同學科，不同文化的同學，無論是本地生、內地生，還是外國學生互相融合，加強溝通。





陽光 調皮 創新 承擔

伍宜孫書院



李：伍宜孫書院輔導長李雅言教授

記：「創意實驗室」乃伍宜孫書院獨特的學習設施，這個實驗室有甚麼特別之處？

李：書院鼓勵學生從『玩』中學習，創新是書院教育理念中最重要的部份之一。我們書院所設的創意實驗室，並不只是一項設施，其背後的理念——培養學生勇於試驗，敢於創造才是最重要的，這個實驗室是提供一個空間給學生發揮創意的平臺。

我們在之前亦組織過「香港夜遊」的活動，帶領同學隨意到處走，看似漫無目的，但從中更發掘了很多平日想不到的事情，是課堂上，書本上學不到的。我們希望同學在外發掘到有趣的東西，可以透過這個實驗室和其他同學分享和討論。

記：書院的使命是「彰顯創新志業、承擔社會責任」，書院有甚麼計劃去推動 / 培養同學的社會責任？

李：我們書院重視與學生的溝通，教學和學生事務並不應該只是傳授和監管的模式，反而應該是互動的，讓學生有較大的參與空間，佔主導的位置，而書院則是一個協調的角色，如書院認識一些社會服務的團體，從而為同學作聯繫，令同學參與社區服務更有效率。例如書院之前便向學生宣傳一個專門推廣保護眼睛的慈善機構，為同學提供義工服務機會，書院亦非常鼓勵同學們自發組織義工活動。



齊來探索晚上的中大校園吧！

記：「創出我天地！」是書院特別設立的學生資助計劃，和一般的資助計劃有甚麼分別？

李：伍宜孫書院重視培養學生對社會的承擔，鼓勵學生主動參與有益社會的創意計劃，現正推行的「創出我天地」學生資助計劃就是一例。這個計劃的獨特之處是我們除了資金上的支持，還有書院背後的支援如有導師參與等等，可以引導學生發展。

記：原來伍宜孫書院有一個別名是The Sunny College，這有甚麼意思呢？

李：Sunny College是我們書院的藝名，是來自伍宜孫博士的名字「孫」的英文Sun，以傳達書院有青春活力，正面，開心和玩的訊息。書院的中文名字可能比較難記，而sunny又容易記，又有我們書院的元素，一舉兩得。

Thrilled with the new

A couple of new undergraduate degree programmes at CUHK commence this year and the major students of some of the programmes are telling us more about the subjects and sharing with us their views and expectations.

Student Reporter: Ku Mei Yuen

The programme is a good mix!

Zaw Htet Thiha, From Myanmar/ Global Economics and Finance

Thiha is interested in finance and development economics. "I want to get in-depth knowledge of finance, and if possible, I can also learn more about development economics," he says. As a result, Thiha decided to apply for Global Economics and Finance (GLEF), one of the University's new programmes jointly offered by the Faculty of Business Administration and the Department of Economics of this year. Moreover, Thiha chose this programme at CUHK because Hong Kong is an international financial hub which can give him opportunities to get hands-on experiences of economics and finance.

"It's quite different here from my hometown where university students are mainly local." He feels so good because the students of his major programme, though no more than 25, are from different places like Hong Kong, Thailand, Taiwan and mainland China, and of course, Myanmar. The international environment breeds an exchange of views and discussion for students.



"How to manage cultural activities will be a trend!"

Chik Ho Ning, Georgia, From Hong Kong/ Cultural Management

Georgia is intrigued by culture, dramas and novels. She also believes how to manage cultural activities will be a trend in the future; therefore, she chose the Bachelor of Arts in Cultural Management as her major. "Cultural management is a new discipline which is about studying how to maximize the value of culture through management and planning, so as to generate economic benefits and social impacts. It is not only the study of management skills, but also the holistic mode of thinking behind it," she says. Also, the programme provides her opportunities to study courses from different disciplines, such as anthropology, cultural studies and Japanese studies. "That is out of my expectation, because in this programme you can get a broader scope of knowledge!" she says with excitement. Even though this is a new programme and the prospects may be an unknown since Hong Kong is labeled as a "cultural desert", Georgia still oozes confidence. She says, "I believe there will be a lot of opportunities in the future, like the West Kowloon Project and the new television companies."



The programme is like a family to Georgia as only 25 major students are enrolled this year. Everybody knows each other and they have a strong attachment to one another and the programme. They always have dinner together after class. "We have similar thought and we all have aspirations for cultural management," she says. Being in a new programme, Georgia admits that they face challenges. "Many things are new to us, so we encountered some problems at the beginning but we all faced and solved them together. It is a good opportunity for us to experience and learn."

Have the best of both worlds at URSP

Bae Gijong, From South Korea/ Urban Studies

Before transferring his university study to CUHK, Gijong studied social sciences at the Polytechnic University of Hong Kong for a year. During that year, he travelled around the city a lot, which developed his interest in tourism and its related fields. "Instead of changing the major to hotel and tourism management, I opted for something more academic," says the Korean student. He wanted to learn about cities first, so Urban Studies (URSP), a programme co-offered by the School of Architecture and the Department of Geography and Resource Management, was what he was looking for.

For this is an interdisciplinary programme, while taking major courses related to Urban Studies, it is also possible to take those courses provided by the two offering departments. This is the most exciting feature of URBS to Gijong.

"I am expecting to study urban areas, cities, and their current issues so that I can relate them to the study of tourism," Gijong says. "Tourism and cities are closely related, so I will learn how to manage tourism by looking at the structures and characteristics of individual cities. I hope to apply my major knowledge to my future career in tourism."



Did you know?

- Apart from Global Economics and Finance, Cultural Management and Urban Studies, Energy Engineering and Earth System Science are all newcomers to the undergraduate degree programmes at the Chinese University.

The former three programmes admit their first batch of students in 2012, while the last two are broad-based programmes, which means the major students' lists will not be confirmed until the faculty students declare their major at the end of their first year of study. ■

殘障學生眼中的 無障礙校園

學生記者：吳欣鍵



殘障同學常要面對難以想像的困難，在大學生活中極需校方的支援。本刊訪問了中大其中一位殘障同學 Gloria，讓大家了解他們眼中的無障礙校園。

現為心理學三年級學生的 Gloria，多年前因為一場高燒導致肌肉萎縮，失去走動的能力，需依靠輪椅代步。



除了復康巴士服務外，電動輪椅亦大大提高了 Gloria 的活動能力和範圍。

想當年選擇升讀中大，Gloria 說：「除了課程設計合意，中大對殘障學生的協助亦很充足。」Gloria 曾經在中五暑假時於中大修讀暑期課程，體驗到中大的無障礙設施，覺得中大可以給予殘障學生足夠的支援，令他們也能享受正常的大學生活。

交通安排

當時升讀中大，Gloria 先向校方登記，方便校方日後為她安排特別服務。其中最為重要的便是復康巴士。於偌大的校園內上課，一般同學也要坐校巴，殘障同學更不在話下。當普通同學趕往校巴士站乘車的時候，Gloria 可改乘復康巴士。



中大為殘障同學提供復康巴士服務。

每星期 Gloria 都要填妥表格，註明上下課時間，以便復康巴士接載。復康巴士空間不大，但設施相當周全，能協助乘坐輪椅的同學上落。然而，由於服務需要預約，所以在時間和行程的安排上稍欠彈性。Gloria 就曾經臨時需要從崇基校園趕往本部，乘坐輪椅駛上斜路，令她疲憊不堪。Gloria 還分享了另一經歷：「有一次因為行人路太狹窄，所以我要將輪椅駛在馬路上，途中回頭一看，發覺許多車跟隨在後面，但並沒有按喇叭催促我。」這次經歷令 Gloria 印象頗深。幸而，當遇上特殊情況時，Gloria 仍可致電交通組要求安排接載。

校園建設

在中大度過三年的 Gloria，早已習慣在校園內使用輪椅出入。不過，中大校園在新一年變化甚多，加添障礙，令 Gloria 不甚適應。例如校巴改變行駛方向、班次增多，加上池旁路變得狹窄，Gloria 不能像以往般把輪椅駛在馬路上；再者，從崇基學院教學樓到池旁路的一段路上加了欄杆，Gloria 更需繞路把輪椅駛上行

人路。Gloria對於新建築物的設施亦有意見。她需經常到康本國際學術園上課，儘管建築物內的設施能滿足殘障同學的需要，但厚重的玻璃大門卻成為障礙，每每需要同學協助才能內進。Gloria直言希望中大所有主要的建築物都能在入口安裝自動門，方便殘障同學出入。

宿舍生活

為免長途跋涉，Gloria三年來都居住在聯合書院的湯若望宿舍（湯宿）。宿舍中亦有特別輔助殘障同學的設施。因為Gloria行動不便，所以被安排住在宿舍的一樓。提及新生入宿的時候，Gloria說：「入住湯宿的還有其他殘障同學，當時舍監以及宿舍內的工作人員也向我們特別講解宿舍內的設施。」除了專為殘障人士而設的洗手間，門把和電話的高度亦較低，方便坐在輪椅上的宿生使用。此外，因為起居生活難以完全自理，Gloria亦獲准與媽媽同住於宿舍。對於大部分宿生，舍堂生活可謂多姿多采，可惜即使獲其他宿生邀請參加活動，Gloria坦言自己體力不足，間接局限了她的宿舍生活。

學習支援

消耗體力的活動，Gloria無法參與，新生輔導營固然亦不例外，新生必修的體育課也需另作安排。「有輕度殘障的學生，校方仍會為他們安排體育課，可作簡單的肢體活動，但因為我本身行動能力較低，完全無法修體育課，所以課程就只能由導師講解各種體育運動。」

雖然行動不便，但Gloria於學習上並未受到太大的局限。就殘障同學上課時的特別需要，中大會盡力提供所需支援，如安排可以調較高度的桌子以及特別的座位等。升讀三年級後，Gloria亦能夠參加實習計劃。

共建無障礙校園

提及中大的殘障學生，Gloria說現時並沒有一個學生組織專門負責殘障學生之間的聯誼和活動。雖然並不需要特別設立組織，但她認為假如有一個機制，可以容許殘障學生互相認識和聯繫，亦是可取的構思。

身為殘障同學，Gloria於中大內感受最深的並非各種服務及設施，而是中大同學的體貼和關心。縱使校園內的無障礙設施已頗為齊備，許多細微的地方仍對部份殘障同學構成困難，如當出入課室或乘坐升降機時，Gloria都需要依靠同學的協助。回想這些生活上的細節，Gloria十分感謝中大同學的關顧情。由此看來，在殘障同學眼中最為重要的不單是設施和服務，其他同學的關心及協助在真正的無障礙校園亦不可或缺。



殘障沒有阻礙Gloria追求學術成就的動力。

殘障學生支援服務

為了支援殘障學生的學習和校園生活，大學因應個別同學的需要，提供不同的服務及設施，例如：校內交通安排、學生宿舍、樓宇通道、輔助學習的器材、上課及考試安排、圖書館、電腦及資訊科技設施等。詳情請致電3943 4766 或電郵至 heidihui@cuhk.edu.hk，聯絡許小姐。



博群社區市集 綻放協作之美



中秋及國慶長假過後，一連兩天(十月四日及五日)於文化廣場舉行的博群社區市集，為校園添上秋收的歡愉氣息，洋溢互動共融、永續栽培，以及升級再造的情懷。

社區市集的開幕禮——「廚餘剩宴」，便是由「食德好」食物回收計劃提供的低碳午餐。而整個市場的攤檔及場地佈置，亦是以回收的木材、紙皮、紙筒及布料所搭建而成，出自本地社企「似曾相識」的手筆，重新給予廢棄物另一生命。

至於參與市集的團體方面，分別有有機農戶、小生產者、婦女合作社、中大書店，以及本地社企組織，共十四個團體，他們除了售賣自家產品外，並與學生團體分享農業及土地發展，永續栽培及合作社概念，將公平貿易、社區合作精神帶入校園，反思生活，推動良心消費，與社企共融。

社區市集的另一主題活動，於十月四日下午舉行的「博群社區市集公共政策研討會」，便是專門探討於公營部門推廣責任採購及良心消費之機遇與挑戰，共邀得八位來自地本地社企界別的嘉賓講者，分享由大學、社區團體層面，到公營部門，甚至倫敦奧運的採購政策，以提升社企可持續發展的可行性。



校長參觀社區市集的攤檔



同學們在工作坊用廢棄物製作裝飾品

博群大講堂

盛世求真

— 胡舒立的新聞理想路



沈校長致送紀念品予胡舒立女士



• CARE 博群大講堂今年邀得中國著名傳媒人胡舒立女士以「盛世求真 — 胡舒立的新聞理想路」為題，分享她在新聞界對真相的探索和追求。她現時為財新傳媒與《新世紀周刊》總編輯、中山大學傳播與設計學院院長。講座特意請來資深傳媒工作者、中大新聞與傳播學院博士生區家麟先生作主持。

胡舒立在講座提到常被問及的題目，即如何在內地這個複雜的環境下堅守專業操守？她的回應很簡單：讓事實說話。因為探索和報導真相正正是傳媒人的本份。胡舒立最後亦勉勵學生要聽聽自己內心的聲音，去做自己想做的事情；堅守普世價值、堅持獨立思考。



胡舒立分享她三十年來的種種經歷



同學可瀏覽以下網址了解博群計劃及博群大講堂：

www.cuhk.edu.hk/icare

你亦可讚好博群計劃的 facebook 專頁，收取最新資訊。

博群計劃 facebook:

www.facebook.com/icareprogramme

博群大講堂 facebook:

www.facebook.com/cuhkcivility



胡舒立與區家麟跟現場同學對話交流

The New Bonds

As the CUHK campus is getting more and more culturally diversified, some new student bodies have been set up to meet students' different needs. Let's hear what the two new non-local undergraduate student associations serving the students from Macau and South Korea have to tell the *University MarketPlace* readers.

The Federation of Joint Universities Macau Students in Hong Kong



The Federation of Joint Universities Macau Students in Hong Kong (FMSHK), consisting of the Macau students studying at Hong Kong universities, aims at providing

admission information of the local universities for Macau high school students and assisting the Macau students in the territory in adapting to the new life, such as organising an on-campus tour, an informative briefing session and some other social gatherings. To provide tailor-made services to the Macau students at CUHK, we are especially setting up our branch at the University as a society registered under the CUHK Student Union.

In order to promote friendship and improve communication with different student bodies at CUHK, like the International Student Association, we will also hold a variety of activities like the New Year banquet, leadership training programme for our members. Furthermore, joint-university football matches and short-term exchange programmes are also



regularly held to broaden the members' horizons and better equip them with a wider exposure.

In view of the trend that more Macau students are pursuing studies at the Hong Kong universities, we are committed to keeping providing the most updated and useful information for the potential and existing students from Macau.

You can always reach us on Facebook:
www.facebook.com/fmshk.

Facts and Figures

As at 30 September 2012, there are 102 Korean undergraduates and 117 Macau undergraduates studying in CUHK.

The Association of Korean Undergraduate Students

The Association of Korean Undergraduate Students, or AKUS in short, is established to serve the Korean students at CUHK so as to facilitate their adjustment to the new life here and to strive to become a community where our members can enjoy university life.

AKUS first started out as a small group consisting of only around 50 Koreans. However, it has doubled over the past two years and now is a big group with a membership of more than 100.

As non-local students, we do not only try to strengthen the bonds among Korean students but also work hard to integrate well into the Hong Kong society and to enhance the sense of belonging to CUHK. Koreans comprise a great percentage of the international students at the University and we believe that it is part of our responsibility to represent Korea and to mingle with the whole CUHK family.



As the University is ever-changing and becoming more internationalised, we expect the size of AKUS to grow together. With a larger Korean population on campus, we will join our hands and try our best to meet our goals of AKUS, take up the potential challenges, and to become a better member of CUHK.

AKUS is always open to everyone, so don't hesitate to approach us and ask us any questions or Korean words you are curious about: akus.cuhk@gmail.com

A Greener

CLOVER



Re-run in its 4th year, this year's CLOVER (Community + Local & Overseas students + Volunteers = Everlasting Relationships) grows green with the focus on raising green awareness.

Being a campus-wide cultural diversity cum voluntary service programme in which local, mainland and overseas students join hands in the provision of community services to the needy people in the society, CLOVER 2012-13 has recruited 80 students from 11 countries/regions, e.g. Nigeria, Korea, Switzerland.

Comprehensive training was provided to better prepare the participants for the upcoming social service. On the kick-off cum training day in early October, the line-up included inspiring and sharing talks from the Agency for Volunteer Service and Green Sense. After getting to know the theories of volunteering and how to cultivate a green sense, the visit to the



HKFYG Organic Farm in Yuen Long in the afternoon was a practical experience. For example, the students had a healthy lunch and tried making recycled paper.

During another training programme - the two-day eco-camp on Cheung Chau, the "Green Orienteering" activity enabled the students to explore the landmarks related to green living and environmental protection on the island. The "Seacoast Tour" gave students an excellent opportunity to appreciate the natural seacoast, landscape and plantation on Cheung Chau. Students were excited to realize the importance of green awareness in daily life through these activities.

Social service will take place from December to March, after the Cantonese lessons conducted by the local buddies and the social gatherings. The students will be serving one of the specific target groups: the developmentally disabled, the elderly, South Asian children or newly-arrived children.



大學生輔警計劃 — 一個讓你成長的經歷



何昌允 (專業會計學/二年級)

「本人謹以至誠宣誓，竭盡所能，忠誠依法，不畏懼，不徇私……」自小看到電視廣告，便覺得警察很「型」，維護法紀，保護市民，拯救生命，因此一直希望長大後能成為警察。在機緣巧合下，知道有「大學生輔警計劃」，便立即申請加入。

在訓練的第一天，班主任走進班房，關上房門，嚴厲地跟我們說：「在這幾個月的訓練裡，班主任就是我，我一定趕人走！」第二天，真的有一名同學因感到害怕而自動退出。在正式受訓前，我已經知道學警訓練要求嚴格，教官嚴肅，但想不到親身感受又是另一番感覺。我一直在想，我會不會捱不過這艱辛的訓練呢？

在受訓期間的生活，一切都變得很有規律。見到長官要打招呼，甚至敬禮；每天都要準時回到學校及到達正確的地點，準備上課；每天均要在有限的時間內完成用膳，並返回課室。一切都跟自己平常的悠閒生活相反。此外，無論甚麼行動，我們都要整班一起進行，一個也不能少。就連我們用的水壺，都要全部一模一樣。也許就是這樣的生活，我們學懂了互相幫助，一起面對及解決困難。

訓練初期的課堂，大概都離不開體康管理、警務工作及法例的認識和步操。體康管理課，其實就是體能鍛鍊。因為自己平時並沒有做太多的運動，初時我感到有點吃力。可是，在訓練的後期，發現自己體能進步了，朋友亦跟我說，認為我的身形健碩了，我知道我的辛苦鍛鍊沒有白費。溫習警務工作及法例的知識時，看到可以疊成比一個生日蛋糕還要厚的講義，我呆住了。自小一直想成為一個好警察，但想不到成為一個好警察前必須先背熟這麼大量的知識。

在整個訓練當中，我獻出了很多的第一次。第一次燒槍，第一次進行彩彈對射，第一次在遇抗控制訓練中運用所學技巧以一敵四，這一切都太新鮮。更有價值的是，我的思維第一次擴闊了。在課堂上聽到教官就一些事件的分享，說出以不同的手法處理同一件事，可能得出不同的結局，讓我反思自己在日常生活中的處事手法。以後每當我做一件事前，我都會想一想，這件事會不會有其他更好的方法解決呢？

「我畢業了，可以投考警察。」現在，我不用等到畢業，也能夠成為一名警察。今年夏天，我度過了一個最充實的暑假，因為我得到了很多其他地方不能有的得著，更重要的是我成長了！

冷知識

大學生輔警計劃二〇〇三年推出至今，共有千多名大專院校學生加入輔警隊。今年輔警隊招聘大學生的人數由每年一百二十八人增加至一百九十二人。

現時經大學生輔警計劃投考輔警的大學生，須先由大學方面篩選，再接受中文程度評核試、體能測試，小組和個人面試等四大關。獲招聘的大學生輔警學員會在暑假期間接受十二個星期的全日訓練，內容包括法例、警察實務、程序、警察規例、步操，以及武器及戰術訓練。

輔警主要工作是支援正規警隊進行日常街道巡邏，及在大型公眾活動及預先策劃的行動執行人群管理工作。他們亦會在天災及影響民眾的緊急事故時奉召提供支援。

資料來源：

www.info.gov.hk/gia/general/201211/03/P201211030408.htm
www.singtao.com/yesterday/loc/1104ao10.html

工作實習計劃

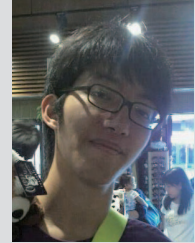
吳偉健（電子工程學/二年級）

我在剛完成大學二年級課程的暑假前，毅然申請了一個為期一年的工作實習計劃，因為我希望能在晉升至最後一年大學生活之前，先建立起自己的責任感，透過一年的工作實習去尋找自己的目標、興趣，再去決定最後的選科和FYP (Final Year Project) 題目，也想提早感受工作的氣氛，從而調整大學生活的態度。經過一輪面試及測試後，我成功受聘為香港上海滙豐銀行的臨時職員。

這次的工作實習計劃由工程學院舉辦，為全體工程學系學生提供了一個實踐所學的機會，到數十間參與公司中進行為期一年的實習。雖然實習機會難得，但因為期一年實習對大學生而言不短，所以我也花了兩個多星期搜集意見，考慮實習的期望及日後的就業方向，才下定決心延遲一年畢業，遞交實習申請。

實習剛剛起步時，我只能應付一些簡單的文書工作，漸漸地同事把手上的工作分配給我處理，我的工作變得愈來愈複雜，而當我遇上困難時，同事也不一定能抽身指導，所以必須學會嘗試獨立解決困難。由於我的隊伍負責技術支援，每天應付的案件多不勝數，而

且種類多變，經常要面對不同的挑戰，我試著從同事的建議和累積的經驗中尋找解決方法，現在我已經能夠獨立處理大部分常見的疑難，並得到同事們的認同。



除了一些實務工作外，我在滙豐銀行這間國際銀行工作，不僅有機會嘗試跨部門、跨區域工作，亦有機會處理一個大規模的電腦系統，學習不同的電腦語言、軟件，這不但豐富我的知識，亦讓我建立自信心，有助我日後就業。



從第一天踏入滙豐中心至今轉眼已有三個多月，我可以肯定工作實習比大學生生活要辛苦得多，尤其是在初起步時，不但作息時間起了大變化，在新環境又要建立人脈關係，工作上亦要面對新事物，身體和精神都面對沉重壓力，熬不過苦的人都趕在開學前離開了。而留下來的我們，工作開始上軌道，終於也等到回甘的時候了。

大家如果有興趣參加校外實習，不妨花一年的時間去嘗試下，收穫絕對比你預期的多。

Recruitment Ambassador Programme – A Chance to Greet the Prospective Employers Before Graduation

Cheng King Man Ben

IBBA (Finance & Management of International Business) / Year 4

You may be interested in why I joined this programme. My answer is fairly simple as it can render me a precious opportunity to network with potential employers in advance. When I saw the post on the Career Planning and Development Centre (CPDC) website back in August this year, I applied without hesitation because I firmly believed that there would be myriads of chances for growth and experiences lying ahead.



My major responsibilities as a recruitment ambassador are to greet the prospective employers in campus recruitment events which can indeed develop and sharpen our networking skills and social manner that is of paramount importance when stepping into the society.

As a final year undergraduate, attending recruitment talks is one of the crucial steps in our job hunting process. However, more often than not, what springs up in our mind is usually the dullness and purely informative sessions that associated with them. Yet, joining this programme as an ambassador enable me to have more opportunities/potential interact with employers. Apart from these, serving as a Master of Ceremony on behalf of the university is a great honor for me. I was able to stand out from the crowd and impress the potential employers. This episode does not only enrich my personal résumés but also broadens my learning experience.

I strongly recommend you to join this programme not only to network with people from different backgrounds but also to understand various corporations from another perspective.

世界多面體 —

大學青年會(中大崇基)活動回顧



大學青年會(中大崇基)積極鼓勵同學透過學習及服務的體驗，走出校園，迎向世界。在剛過去的暑假，同學們便抓緊一連串的機會，或體會義務工作的樂趣，或體察異地的風土人情，體現世界大同的道理。參加者的分享摘錄如下：

「彰」愛帶動之旅@ 台灣彰化

- 在這地假偶像之風盛行，傳福音工作困難，但感謝主在團中決志的共有三人……
黃玉怡(中國語言及文學)
- 我十分感恩能夠參與這個短宣之旅，是一個很深的靈裡提醒及認識到一班很真誠的崇基同學，更重要是我們可以一起將愛帶到這個地方。
莫佩珊(護理學)
- 雖然我們的力量很微小，但我們相信播下的種子終有一天會發芽。
黃衍欣(系統工程與工程管理學)



「留」金歲月 — 留守兒童服務團@ 杭州

- 我想把夢想帶給他們，我希望他們學會發夢！
梁錦鴻(計算機科學)
- 雖然我們修讀不同科目，但因這個團令我們聚在一起，我覺得這是十分難得。
鄧穎姿(化學)
- 當歌聲在課室蕩漾時，我的淚水也開始在眼眶打轉。我那時才發現原來自己很不捨得這群可愛的小朋友……
李觀濃(中國語言及文學)
- 小朋友們亦提醒了我做人應敢於發夢，不要害怕困難與失敗，反應擁有像小朋友一般的衝勁。
龍奕彤(政治與行政學)



「斯SEE思」公平貿易之旅@ 斯里蘭卡

- 在香港的食品店，咖啡室，FAIRTRADE一詞意味新鮮、助人與品質，但於當地聽到那個關於農民因被賤價的收購農產品而自尋短見的故事，才知這詞原是會直接影響眾多人的生與死。
鄔悅康(醫學)
- 我認為這次旅程所學到的道理，不只是應用於公平貿易的概念上，而是作為一個生活無憂的人，應知道要如何定位如何看低下階層或者是第三世界國家，這是一種對人的態度。
李敏婷(法律)
- 在 Paradise Farm 我們遇到善良、能幹的堡主，他的一言一語啟發了我許多，不只是他對平等貿易的看法，也有他對生活的體會。
傅嘉穎(地理與資源管理學)



亞太區大學青年會地區會議@ 新加坡

- 我從當地其中一個講者的分享會中，得到很深的啟發……講者的經歷帶給我們這群年青人一個重要信息：A little step can make a great difference.
區樂明(工商管理)



他們走過的路，原來就是一個人成長的路；體驗、體察、體會過後，換來段段回憶，都在豐富他們的人生。等你，大學青年會(中大崇基)等你，來參與下一個值得你往後回味的活動。

International Youth Exchange Programme (IYEP) 2012

Reflection of students from CUHK

International Youth Exchange Programme (IYEP) is a programme jointly organized by the Home Affairs Bureau of the Hong Kong Special Administrative Region Government and the Commission on Youth. Hong Kong delegates will visit different places, such as the United Kingdom, Ireland, Japan and Singapore to have cultural exchange with local youths. Here are the reflections of delegates from CUHK.

Wong Ka Ying Crystal, Fine Arts / Year 4

Given the chance to be part of the IYEP 2012, travelling across the world to represent Hong Kong, is one of the most rewarding experiences for me in this summer. I can hardly forget the cool summer breeze and incredibly great moments we had in Liverpool, not to mention the helpful and passionate UK delegates and staff, with whom we still remain in close contact now. I was highly impressed by the topics we shared and discussed throughout the programme, like political issues, global economic crisis,

youth employment, welfare and social policy etc., it does remind me the old days of the British-Hong Kong but now we have come to a new page and the history thus makes our group a special one. By respecting and learning others' culture and languages, close bonds can be built no matter where we came from and what we believe. Thanks for the blissful and enlightened moment my teammates and the UK delegates had brought me, and I truly believe they will too discover the beauty of our beloved city - Hong Kong.

Law Wing Sze Nancy, Medicine / Year 1

I am honored to be selected as one of the Hong Kong delegates to visit Liverpool in UK, it undoubtedly broadened my horizon. "Quality life" is the theme of 2012. Throughout the trip, I observed and exchanged views with foreign counterparts on this topic. After the fortnight trip, I discovered that happiness lays the foundation of quality life. When we feel contented about our lives, quality life is achieved. By doing voluntary work, such as house-building, visiting elderly home etc., we gain happiness and add color to our life. In Hong Kong, we rarely have chance to help building houses and doing metal stripping. In UK, we did both of them. I found the UK delegates were very passionate in carrying out voluntary services! What

was more unexpected was that I was being interviewed by the BBC radio. It further boosted my confidence and is definitely a once-in-a-lifetime experience! After joining this programme, I learnt to be a more open-minded person, which helped me to listen and learn from others. Our discussions were filled with impressive thoughts, innovative ideas and ground-breaking suggestions. On the other hand, I was amazed by the newly-met UK friends. They talk confidently, think deeply and read widely. It was indeed enjoyable to talk with them!

All in all, I am glad to be one of the delegates of IYEP, it changed my life since the very beginning.



Peony So, Nursing / Year 1

Being selected as one of the 16 Hong Kong delegates of IYEP is my great pleasure. I brought with myself many expectations to UK, like knowing more new friends, exposing myself to a European country and learning Western culture. I also wanted to make good use of this chance to boost my English oral proficiency.

14 days passed in a blink of an eye, many wonderful scenes in UK kept arising in my mind. I remember how excited we were visiting Liverpool Football Club, how honorable we felt meeting with Mayors from Liverpool and Wirral, how fruitful our reflection was every night and so on.

What's more, let us not forget the theme of IYEP this year – Quality Life. I believe that in achieving quality life, we should not just focus on “physical” elements like food, housing, clothes and transportation, though they are

essential elements in maintaining basic living standard. What we should pay more attention on is “spiritual” elements. Vague as they may seem, spiritual richness can be achieved through loving your family and friends, doing good to the society by volunteering, aware of current issues and thinking of how to make a better society. With physical and spiritual elements together, it is quality life to me.

Last but of course not least, 16 of us have developed a strong bonding. We came from different backgrounds and we had different experiences in the past. To me, everyone of you is my teacher whom I find something to learn from. Also, I would like to give special thanks to my roommates, I enjoy spending these 13 nights with them truly. This is a friendship that worth-keeping!

香港法律你要知



在一國兩制的背景下，中港兩地存在不少文化差異，尤其在法律制度上更是大相逕庭。新到港的同學未必能充分理解不同條例的細節，因此往往觸犯了法例而不自知。在這個由學生事務處來港生組舉辦的「香港法律你要知」的講座中，聯合書院校友會顧問陳永良律師為近二百名來自內地的研究生介紹了香港的法制，讓他們知道居港身份對他們的行為限制，以及觸犯刑法的後果。

對內地情況十分瞭解的陳律師在中大主修政治與行政學，畢業後曾在警隊服務，其後攻讀法律成執業律師。透過案例，他跟出席的同學分享了內地生在香港常遇到的法律問題，並講

解相關條例，包括《版權條例》和《入境條例》等，使他們意識到一些可能會觸犯香港法律的常見行為，例如分租、課餘時教授普通話等等。同學們在問答環節中踴躍發問，再就他們關注的就業、租務、護照等問題取得一些初步的建議。活動完結後，不少參加同學皆表示講座內容非常實用，他們均希望能夠再參加同類型活動，增加他們對香港的認識。



參加同學在問答環節中踴躍發問



Student Development Portfolio

Planning • Experience • Learning

The University is committed to the whole-person development of its students. Different units in the University provide a variety of student activities and services to cultivate students' overall quality and competitiveness. In a bid to facilitate the whole-person development of students under the new four-year undergraduate curriculum, the Student Development Portfolio (SDP) has been established to provide a roadmap for students on the experiential learning opportunities on offer and to specify the roles and responsibilities of various student support units on campus.

What is SDP?

The SDP is a university-wide electronic platform for capturing and presenting students' participation in the Experiential Learning Activities (ELA) under the whole-person development framework namely I • CARE



Who can Use the SDP?

All regular full-time undergraduate students

What does I • CARE Stand for?



Major Functions of SDP

1. Overview of ELA
 - ELA in CUHK
 - ELA input by students
2. Use of on-line enrolment
3. Production of Report of Experiential Learning Activities (ELA Report)
4. Generation of statistics and reports

ELA Report

Enables students to present to interested parties their record of experiential learning achievements to supplement their academic attainment through formal syllabus and registered courses


The SDP is expected to facilitate students to affirm their motive in participating in activities and services, and hence better manage their experiential learning opportunities during the study in the University. On the other hand, I • CARE framework enables relevant units to review their deployment of resources, and maximise their impact in their offering of non-formal education.

從遊戲中成長

一位碩士生的分享

人生既是一場遊戲、也是一趟旅程，你抱著甚麼心態參與其中？

剛踏入研究院二年級的Jo，與我們分享他接受心理輔導及個人成長的經驗，娓娓道出他面對種種困難和挑戰的經歷及反思，以及拭去重擔的秘訣。

 想當初申請由內地到港修讀中大碩士課程，只是抱著不妨一試的心態，沒想到因此我的人生旅途添上了既新鮮又寶貴的經歷。

獲研究院錄取後，我面對不少難題。生活上，我忙於在大學附近找住處。開學後不久，碰上爸爸要動手術，我卻因為功課繁重而無法立即回家探望他，亦無法及時致電慰問他。從前未曾接觸的課程也叫我難以消化……在短期內面對來自多方面的各種難題，我無法一下子妥善地解決，更別說為我的家分憂了。心裏頓時充滿了挫敗感，認為離鄉別井到香港求學是我人生最灰暗的時期，我甚至懷疑當初是中大搞錯了才把我錄取。

經過多番反思，我逐漸發現痛苦的根源與跟別人比較有緊密的關連：當察覺到身邊的同學的求學態度和實際成績表現得很好的時候，我就不期然將自己比下去，覺得很難趕得上他們；我對自己的要求很高，要求自己凡事都可以做得完美，若有一件事做得不夠好，我就對自己很不滿意。更關鍵的是，我發覺自己對所謂「好」與「夠」並沒有具體客觀的標準，往往憑自己的感覺來判斷，結果我經常都處於不安和困擾的狀態。

因此，我到學生事務處的學生輔導及發展組尋求諮詢，期間我得到不少的幫助和意見。與此同時，我也開始以一些積極的方法幫助自己，包括閱讀關於心靈「修煉」的書籍。其中我認識到要解決自己的心態問題實在有賴自我調節。亦有一種說法讓我感到很有意思：「人生就像一場遊戲」，很多眼前的困境，我們可以看成人生的難題，也可以看成是上天賜予、讓我們從中學習和獲取滿足感的一場遊戲，若以參與遊戲的心態來面對眼前的困難，感覺就變得輕鬆多了。我對自己說，現在所面對的問題都是上天交給我的功課——我現在表面上是在應付大學各個課程的功課，實際上是積極面對和解決人生旅途中的種種困難和挑戰才是我的最大功課。

在中大除了修讀課程，我還有很多收穫，比如認識了許多新的好朋友、跟從博學多才的教授學習、享受校內外豐富的設施和有趣的文化等。在中大首個學期結束之際，我感受到自己的收穫遠比付出的多，亦讓我想起當初向研究院申辯時說的話：「我知道自己還有許多不完美的地方，這正是我要來中大學習的原因。」

現在，每次完成一項任務或解決一個難題（哪怕是再小的任務或難題）後，我都立時給自己鼓勵。每天我又會記下讓我感到幸福的事情，慢慢地增強了我的自信心。

假設人生是一場遊戲，你做好準備投入這場遊戲了嗎？

心理輔導及個人成長服務

學生事務處學生輔導及發展組每學年均為研究生提供多種服務和活動，包括迎新講座、心理健康評估、個人心理輔導、精神健康急救課程等。此外，亦致力推廣心理健康教育，以提升校園的心理健康意識。另亦舉辦以處理壓力、自我認識及情緒管理等為主題的工作坊，提升同學對心理健康的關注和自助能力。詳情請瀏覽本組網頁：www.cuhk.edu.hk/osa/scds。



香港中文大學學生事務處 學生領袖培訓計劃

(專為莊員而設的培訓計劃)



學生領袖培訓計劃

常 聽說「生活是要用心經營」。「經營」二字時刻在我們身邊出現，經營愛情、經營友情、經營家庭、經營事業、經營學習。字典是這樣說的：「經營」包含籌劃經營、組織計劃之意。作為新莊員，你有沒有想過如何好好經營你的莊呢？

「經營有道」是本屆學生領袖培訓計劃的主題。我們將以一系列活動，偕你一同探討如何有效地經營學生組織。

部份活動內容如下：

日營：「領袖唔易做?!」—— 領導技巧培訓

透過真實個案分析及不同的互動遊戲，讓成員了解領導技巧、如何提升團隊精神和能力、表達技巧等。日營其中一個環節是「成本效益工作坊」，此工作坊針對如何有效理財及制定財政預算，以真實的個案作分析及探討。

工作坊：教練技巧 (Coaching Skills) 培訓

不論你是總務還是康樂幹事，你總有機會擔任活動的負責人 (PIC — Person-in-charge)。如果你的團員中有「潛水員」、「是非精」、「卸膊王」、「抨擊王」及「火爆王」，你會如何技巧地提升各人的工作表現呢？掌握教練技巧，有助你處理困難莊員及激發各人動力，有效地完成任務。

分享會：社會企業創業學堂 - DIY 護膚乳液製作及創業苦樂話你知道

1. 社會企業創業學堂介紹
2. DIY 護膚乳液製作
3. 與創業學堂畢業生分享創業背景、經營的苦與樂、經營理念及現況、資源的考慮、如何在商業世界實踐個人理念等

工作坊：如何應對投訴

有人說：「香港是投訴之都，由三歲至八十歲的香港人動輒投訴。」你處理過投訴嗎？處理投訴不單是覆函投訴人，若投訴處理不當，隨時發生危機。透過真實個案分析及不同的互動遊戲，帶你了解應對投訴的不二法門。

▶ 培訓計劃還有其他活動，例如茶聚及參觀；內容豐富，未能盡錄。

參加者資格	<ul style="list-style-type: none"> • 香港中文大學學生會屬下院會 / 系會 / 屬會的現任或候任幹事 • 書院學生會或學生會屬下院會 / 系會 / 屬會的現任或候任幹事 • 校方認可的研究生或其他學生團體的現任或候任幹事
名額	40位
費用	全免 申請者將可能被安排會面，獲取錄的同學需繳付按金港幣 三百元正 。完成培訓計劃者（必須符合基本要求），將獲退還按金。按金將於計劃完結後兩個月內，以銀行轉賬方式退還。
報名方法	網上申請 http://cloud.itsc.cuhk.edu.hk/osa/saas/embed.php?id=8
查詢電話	3943 7947 (羅佩詩女士) / 3943 4702 (曾蔚茵小姐)
查詢電郵	cecilia@osa.cuhk.edu.hk / phoebetsang@eservices.cuhk.edu.hk
截止報名日期	2012年12月10日(星期一)晚上11時59分(名額有限，如已額滿，將提早截止)



一個免費的莊員培訓計劃 — 莊員們，你的態度決定你支莊的命運，請從速行動！

Career Planning and Development Centre, OSA (Tel: 3943 7202 / E-mail: cpdc@cuhk.edu.hk)(Please note that the following schedules are subject to change. Students may refer to <http://cpdc.osa.cuhk.edu.hk> for the updated information.)

Guidance Programmes		
Events	Organizer / speaker	Date
Career Seminar on Testing and Certification Industry	Hong Kong Council for Testing and Certification	End Jan 2013
「積金生活 由今日開始」講座	強制性公積金計劃管理局	Early Feb 2013
Seminar on Working Holidays Essentials	HKBackpacker	Early Feb 2013

Recruitment Talks		
Company		Date
The Link Management Limited		End Jan / Early Feb 2013
Christian Dior Couture		Early Feb 2013
Apple Inc.		Early Feb 2013
DFS Group Limited		End Feb 2013
The Hip Shing Hong Group		End Feb 2013

Careers Fair		
Events	Organizer / speaker	Date
Careers Fair	CPDC	End Jan 2013

CUHK Mentorship Programme		
Events	Organizer / speaker	Date
New Year Party	CPDC	End Jan 2013

Global Internship Programme		
Events	Organizer / speaker	Date
Board Exhibition on Global Internship Programme 2013	CPDC	14 – 22 Jan 2013
Recruitment for Global Internship Programme 2013	CPDC	14 – 27 Jan 2013
Briefing Session on Global Internship Programme 2013	CPDC	18 Jan 2013

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

Events	Organizer / speaker	Date
Christmas Fun at Postgraduate Halls	ISS & PGHRAs	19 Dec 2012
粵語初階課程	ISS, CLEAR	Dec 2012 – Feb 2013
VC's Dinner with Postgraduate Students	ISS, PGH, CUPSA & PGHRAs	23 Jan 2013
Cultural Awareness and Mutual Respect Poster Design Competition	ISS	Jan 2013
ISS League	ISS	Feb 2013
新春聯歡	ISS	Feb 2013

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

Events	Organizer / speaker	Date
學生領袖培訓計劃		
- 歡迎茶聚	SACS	18 Jan 2013
- 工作坊：教練技巧培訓	SACS	19 Jan 2013
- 日營：「領袖唔易做?!」領導技巧培訓	SACS	27 Jan 2013
- 工作坊：如何處理壓力及籌辦社會服務要訣	SACS	Jan 2013
- 分享會：創業學堂 - DIY護膚乳液製作及創業苦樂話你知	SACS	2 Feb 2013
- 工作坊：如何應對投訴	SACS	5 Feb 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
Mental Health First Aid 12-hr. Certificate Course A	SCDS	11, 13, 18 & 20 Dec 2012
Mental Health First Aid 12-hr. Certificate Course B	SCDS	11, 13, 18 & 20 Dec 2012

Student Development Programmes for Undergraduates		
Events	Organizer / speaker	Date
Workshop on 'Self-Understanding' for Medical Students	SCDS	13 Jan 2013
Workshop on 'Understanding Personality through the 16 PF Test'	SCDS	Feb 2013



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。
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