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University MarketPlace 大學廣場

Be Thankful and Appreciative

對中大教與學的讚揚和建議

讚嘆上海世博會的豐盛

來自南非津巴布韋的感謝



Office of Student Affairs
The Chinese University of Hong Kong

From the Editor

Heading towards the end of the year, students are usually busy studying for examinations, working on projects, doing part-time jobs to pay bills and hunting for full-time jobs, etc. Actually a student's life should be much more than those hassles. Let's take a few minutes to sit back and relax. Try to go into a time machine, think about those joyful moments that you spent with your family or friends, those difficult times when others helped you out, even the last dessert that you enjoyed or the little puppy that you played with the other day. You will notice that your life is full of happiness. It's just that you are too busy to be aware of them or feel embarrassed to express your appreciation.

Flipping over the pages, you will hear lots of appreciation: the commendations on CUHK's fitness for purpose in teaching and learning by the Quality Assurance Council, a student who was impressed by the dynamic development of mainland China after joining the promotional campaign of the Shanghai World Expo 2010, an international student from Zimbabwe who treasures the opportunity to study in Hong Kong, and many more.

Starting from today, uncover yourself. Let us all be thankful and appreciative towards our lives and surroundings. It does not take much to say "Thank you" but in return, it gives you more satisfaction than you can expect.

Lilian Pang

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

Telephone: 2609 7323

Fax.: 2603 7705

Email: marketp@osa.cuhk.edu.hk

Be Thankful and Appreciative

對中大教與學的讚揚和建議

張琳欣（英文系，二年級）

自從大學教育資助委員會轄下的質素保證局在本年九月初發表香港中文大學（中大）的《質素核證報告》後，中大教與學的質素一時成為城中話題。傳媒更報導中大在報告的建議部分中被指有待改善之處。

其實該《質素核證報告》原文有三大部分，包括讚揚，贊同和建議。

讚揚：褒揚中大的良好教與學質素保證措施及肯定其成果

全面致力保證和提高修課課程的質素

闡明畢業生應有的特質

推行嚴謹的課程檢討制度

設計課程的方針

學生必須通過資訊科技能力測試

高水平的學術支援和關顧輔導

提供範圍廣泛而又多元化的體驗學習機會

表揚和獎勵優秀教學表現

給予教師支援

致力奉行雙語政策

為研究式課程學生提供和保證優質學習經驗

本刊今期特地就《質素核證報告》的內容採訪了來自不同學系的中大學生，研究生和老師，瞭解他們作為中大人對這報告的看法。

徐家莉 新聞與傳播學院一年級生

很欣賞校方清楚說明中大畢業生的特質，「既博且專」，特別是課程設計，包括主修、副修、選修、體育、語文、通識及資訊科技，使中大生於同儕間更為突出。可是我在申請參加活動時卻感到相當麻煩。究竟這活動是什麼部門負責的？學系？學院？書院？學會？還是校方？他們的職責有什麼分別？校方應釐清這些單位的角色，特別是同學如何取得服務，避免不必要的誤會。

贊同：贊同中大自行提出的措施以進一步提升教與學質素

計劃把本科課程所有部分納入本科「課程發展及檢討綜合架構」內

擬備「效果為本方針路線圖」

以院長委任制取代選舉制的做法

持續調查學生在生活 and 學習上使用科技的情況

計劃把重新檢討語文自學中心的角色列入行動方案

決定實行教務會教與學委員會評核工作小組的建議

借助模範教學獎得獎者在所屬學系推廣優良教學方法

擬落實因應自我檢視結果制訂的行動方案

吳敏詩 日本研究學系二年級生

中大課程檢討在一定程度上確可以監察課程質素，但如果有大學高層參與監察應可使課程檢討更準確。我個人不太認為IT test（資訊科技能力測試）對學生的資訊科技能力有很大影響，因為IT test不可能涵蓋日新月異的資訊科技知識，其實很多知識和網上的資源很視乎個人需要而有待自己發掘和學習。

建議：向中大就落實部份受讚揚的措施提出建議，令中大在該等範疇有更卓越的表現

應更清楚扼要闡明研究院畢業生應具備的特質

考慮為各科目大綱提供標準範本，強制全校使用檢討本科生和研究生共修同一科目的政策

(a) 制訂清晰的程序

(b) 考慮採用以時間序列表示的標準數據集，以每年監察課程和科目

(c) 採用更一致的程序監察和檢討本科課程和高級學位修課式課程

在課程發展方面吸納更多校外人士的意見

制訂和實施院校網上學習策略

釐清不同學術支援和學生關顧支援單位的角色和職責

推行適用於所有修課課程的評核政策

(a) 修訂科目及教學評估安排

(b) 制訂通用於全校的科目及教學評估程序

贊同中大修訂周年進度表格，建議中大在大學層面制訂程序，以監察和處理這些學生關注的事宜

在規範有關高級學位研究式課程學生的培訓、督導和管理的政策和程序時，應參照國際優良範例

余艷 歷史系二年級博士生

研究生主要為研究和事業費神，即使學校提供全人發展的平台，如交流活動等，也不會有太多時間參與。而且我不覺得研究生缺乏雙語能力和全人發展啊！單是歷史系的研究生便要修讀十二個外語的學分。此外，中大對學生在經濟上和資源上的支持也很全面，如圖書館的資源等均十分充裕。中大研究院唯一不足的是學制方面實施三年制，相比其他國際上實施四年制的院校對研究生的要求較嚴苛。

邱永強 體育部導師

體育部每年設有三個教學獎，獎勵體育部十九名老師中，在課程檢討表現最優秀的三位。課程檢討的確可以讓學生發表關於課程的寶貴意見，我亦很欣賞這種老師與學生之間的意見交流，這樣可令老師們得到更大的滿足感。

Be Thankful and Appreciative

感謝與讚美

李朗怡 (新聞及傳播學系, 三年級)

每年的十一月第四個星期四，就是美國一年一度的感恩節(加拿大的感恩節在每年十月第二個星期一)。感恩節的來源是印第安人感謝上天給他們在美國大陸有安穩的生活，後來的人就在這節日感謝上天給他們豐富的農作物收成。而現在的人就在感恩節的假期與家人團聚，吃傳統食品火雞，感謝上天給他們的一切。

上期我們簡介過「快樂七式」，而「快樂七式」第一式正是「感謝與讚美」，也是最基本的快樂之道。感謝的意思是指對恩惠和施予的回應，而我們感激和讚美的對象不一定是上天或神，也可以是人，或動物等。

每人都會喜歡得到別人的感謝和讚美。若我們常懷感謝和讚美的心，不但能與人建立和諧的關係，享受快樂和滿足感，也能減少憂鬱症狀。只可惜，在日常生活中，我們往往缺乏向人表達感激和讚賞的文化和習慣。有時候，甚至會因此而感到尷尬而難於啟齒。

其實，要向一些豐富你生命的人，如啟蒙老師，幫助過你的朋友，關心你的親人，表達欣賞和謝意絕非難事。大家不妨試試以下的方法為身邊人帶來鼓勵和喜悅：

- 衷心的說聲「多謝」
- 寫一封感謝信表達謝意
- 讚賞他人的努力
- 送上一點小禮物，
如朱古力、扭蛋玩具
- 約一次茶敘或午飯



Be Thankful and Appreciative

除了給別人帶來鼓勵和喜悅，我們也可以停下來數一數我們所享有的恩典，想想生命中值得欣慰之處，如健康、朋友、家庭、教育、校園、自由等；亦可以建立和定時填寫「感恩日記」，提升我們的感恩情懷和幸福感。

以下是一些同學分享他們所感恩的事情，大家看看自己有否同樣的體會：



「我很感激上星期我的感冒菌很快便走了!我的感冒不到一天便痊癒，令我有精神繼續為功課和考試搏殺!還有，我很感謝朋友送給我兩包紙巾抹鼻水呢!」

---郭加持 (日本研究系三年級)

「我很感恩能到亞洲，在香港住一個學期，認識一個完全不同的文化。而在這段時間，我很感謝能與家人維繫一段很好的關係，我們每天都會談一個小時長途電話。」

--- Lisa Bjoernstad (來自丹麥的交流生)



「嫻嫻剛離世，但我很感謝天父令喪禮進行得很順利，我也很感謝老師、同學、教會的弟兄姊妹都明白我的心情，照顧我，諒解我。」

---黃倩文 (新聞及傳播學系一年級)

「近日功課很忙，常在學校『通頂』；很感謝我的一班同學，我們就像一家人，互相幫忙，又可以一大班人互訴心事。真的很感激他們!」

---何浩恩 (建築系三年級)



感謝和讚美既可以令自己感到滿足快樂，又可以給別人鼓勵和喜悅，更可以增進人與人之間的感情。一舉三得，何樂而不為呢？我們都快來實踐這「快樂第一式」吧！

感恩日記

要得到幸福快樂感，就得學會數算你的恩典和福份。每早起床或每晚就寢時，可試回想當天/近日值得你感恩或讚美的事情，包括一些很平常的事，例如：

早上：今天天氣冷，可穿我喜愛的毛衫呵！

晚上：今天去看牙醫，補牙是有點痛，幸好一切順利。

每天的感恩/讚美：

每月的感恩/讚美：

歲首到年終的感恩/讚美：

In the Business World



The Turnaround Story of Mr. Philip Chen

Swani Wu (Final year, BBA)

Seldom did students know that Mr. Philip Chen had been the Chairman of Ocean Park from 1999-2003. At the invitation of the Office of Student Affairs, Mr. Chen talked to students recently about his experience. At a time when he was first engaged in the amusement park business, he faced a great challenge when Ocean Park lost nearly HK\$85 million. Nevertheless, Mr. Chen put the downturn to an end by the simple formula of $P=R-C$.

Profit = Revenue - Cost

The first mission of Mr. Chen at Ocean Park was to increase revenue by all means. Increasing entrance fee, organizing attractive seasonal events including 'Halloween Bash', and boosting visitors' in-the-park consumption such as purchase of souvenirs were effective in raising the revenue considerably. On the other hand, cost control was another significant issue to guarantee profit. Mr. Chen was able to show his decisiveness in ceasing the operation of the Water World, which failed in making profit and incurred an exceptionally huge loss.



You always have an opportunity to make profit.

When Mr. Chen left his position as the Chairman of Ocean Park in 2003, a remarkable profit of HK\$50 million was noted since he applied the " $P=R-C$ " formula into the operation of the Park. He leveraged limited resources and grasped every opportunity during the downturn to create an optimal profit to save Ocean Park, which was by then the only local theme park in Hong Kong. Mr. Chen had successfully written a turnaround story for Ocean Park by turning a significant deficit into an extraordinary profit.

Put your heart into it—Passion.

Though Mr. Chen is now a businessman who has proven ability and wisdom in various industries, he keeps striving for betterment. By sharing his stories, he encouraged students to pursue continuous improvement, no matter how good our performance already is. Filling ourselves with passion is the best way to strive for improvement continuously. The key to gaining unlimited motivation is, after all, to be fully devoted to our job.

Ask yourself, have you done your very best? Did you enjoy what you have done?

I was inspired by Mr. Chen's sharing that we were the only judge to ourselves, but not the others. Just simply ask ourselves, have we done our very best? If we can do our very best every time, I believe all of us, like Mr. Chen, can create our turnaround story one day!

上海世博局： 「世博會其實就是一場展示人類文明和創新成果的盛會。」

周芷澄 (經濟學系, 二年級)

中國將會是2010年世界博覽會的主辦國，地點為上海，於5月至10月舉行，主題為「城市，讓生活更美好」，目標是吸引七千萬人次參觀。截至10月，已有225個國家和國際組織確認參加上海世博會，向世界展現它們的最新科技和發展。而近期舉行的「走進世博會」是其宣傳活動之一，在國內各個城市巡迴展覽，介紹世博會的發展歷史、中國過往參展歷史和上海世博的籌備工作，目的在於引起群眾對世博的注意和關心，希望各地的民眾都能親身參與在中國第一次舉行的註冊類世博會。而我則有幸在香港的巡迴展覽中擔任義工，成為這國際性活動中略盡綿力的小角色。

在報名參加「走進世博會」活動時，其實我對世博會毫無認識，只是想藉著參加這大型活動來增廣見聞，與來自不同院校的同學交朋友。開幕前兩天，我們一班大學義工在培訓會上第一次與負責人見面。經過兩小時由上海世博局新聞宣傳部人員講解，以及到舉辦場地(舊中區警署)稍微參觀後，終於對這次的活動內容和工作有了實質的概念和認知。

沒想到，其後兩天的當值工作就讓我對世博會有更深的了解。

義工的工作包括解答市民疑問、向他們講解展覽內容、維持秩序和控制人流，工作量並不算多。在當值的兩天裡，我在場館裡裡外外走了好幾遍，對展覽品都熟悉得很，不但對世博的發展和上海世博的籌備工作有了深入的認識，亦知道了不少歷史往事，像是水晶宮和艾菲爾鐵塔的由來、一百年前的中國國旗原是一條龍，和茅台酒在世博會上一炮而紅的故事，還看到了古董留聲機、長城磚和1909年美國世博會的紀念品真跡，確是令我大開眼界，也對上海世博有了很多憧憬。

此外，在工作過程中我觀察到大眾對世博和展覽品的反應，有好奇，有疑惑，更多的是覺得有趣；年老的長者看見舊時的照片都不禁回想起往事，年青人對古董展品都相當感興趣，市民正面的反應讓我感到這次活動的成功。更有市民在參觀完後在留言處稱讚義工們的熱心講解，無疑是對我們的一大鼓勵！讓我印象最深刻的是有一位好心的婆婆，擔心我們站太久會腳痛，教我們用熱水加鹽敷腳，想不到我們這樣的小角色都有人關心呢。

參加「走進世博會」，讓我有機會面對群眾，增強自信心，又能認識新朋友，同時為社會服務，增添人生經驗和知識，獲益良多。北京奧運後，上海世博讓我再一次感受到中國的強大和驚人的發展速度，很希望能在兩年後到上海親身參與其中。最後，祝願中國2010上海世界博覽會取得空前的成功！

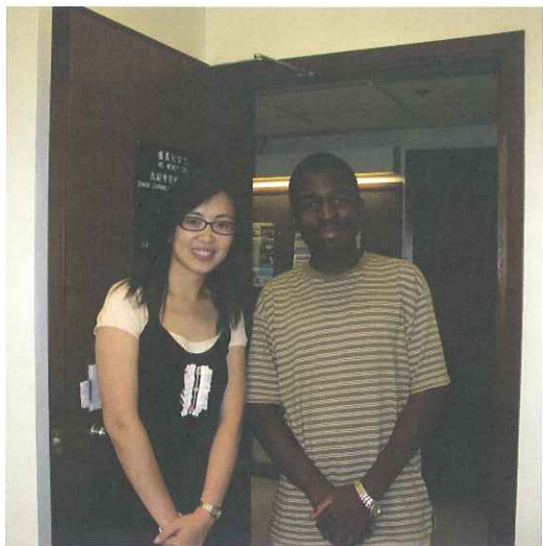
意外收穫

這次活動也給我一次機會踏進舊中區警署這歷史建築物。第一次到那裡，不但留意世博巡迴展覽的內容，對警署的內部擺設更是好奇，現時裡面還保留著過往的裝潢，連警司督察的名牌都沒除去，熱心的保安叔叔趁空閒時更帶我們參觀羈留室和槍房，真是一項意外收穫。最驚喜的是這活動讓我與沒聯絡四年的中學同學相遇，真正體驗世界真細小！

Around the Globe

Hello! I am from Zimbabwe.

Katsande, Danai Rukudzo (Year 1, BBA)



All too frequently I am asked questions like 'What brings you here to The Chinese University of Hong Kong (CUHK)?' or 'Are you an exchange student?' Of course, people would wish to know what brought me all the way from Zimbabwe, which was in Southern Africa, to a distant land like Hong Kong. I could say that I came to know about CUHK via the Internet and CUHK's website. After being quite impressed by the University's academic and non-academic activities, coupled with its international rating, I knew that I could not miss out on such an opportunity to interact and relate to people from all over the world.

Having arrived in Hong Kong two weeks into the semester, getting settled and focused proved a challenge at first. However, after making new friends and hanging out with classmates and block mates, I slowly began to be

grafted into the CUHK environment. At present, I already feel at home because of the warm welcome I received from the staff and students alike, and the continual benevolence that I am treated with at CUHK. Within my first few weeks I got to partake in various activities and to join some social clubs. I was also introduced to the Mid-Autumn Festival early into the semester, and such events actually serve to bridge the cultural gap that exists between Hong Kong students and myself. I am also learning Cantonese to be a more effective communicator at CUHK.

Truth be told, CUHK is a culturally diverse institution, bringing together many different people from various walks of life from all corners of the globe. I particularly enjoy such a setting because I am able to make acquaintances with my peers and other students. These early contacts may prove vital in the future, be it in the professional arena or even the social arena. I believe in the richness of diversity at all levels as this enables me to enhance my communication skills when it comes to dealing with other members of the society. My stay here has started off on a very cheerful note and I hope I will be able to interact with even more students and get more involved in various other activities that are essential for tertiary education. God bless CUHK!!!!!!



Particulars of Zimbabwe

Capital:	Harare
Official languages:	Shona, isiNdebele and English
Area:	390,757 square kilometres
Population:	13,349,000

Zimbabwe

As a Human Resources personnel at UNDP China Internship Programme

Maggie Lin (Final year, MPhil, Anthropology)



I worked as an intern in the Human Resources Department in the United Nations Development Programme's (UNDP) Beijing office from July to September 2008. The internship gave me much satisfaction for I had to handle the whole process of personnel recruitment by myself - from posting the job description to screening resumes, arranging and attending interviews and writing up notes. I also had to organize some profiles before the auditors came. Compartmentalizing files and data has always been my major weakness. But the internship has trained me and I feel my organization skills have improved.

I have learnt that I indeed have the patience to handle matters in a meticulous manner, a skill of crucial importance to working in any company. This experience not only offered me a glimpse of how Human Resources functions on a daily basis, it gave me real hands-on experience in working in a big international organization, which is beneficial for my career development no matter where I am heading in the future.

On top of working in the field of human resources, during the last 70 days, I have had the chance to take up different roles and help out at various departments. This exposure offered me a well-rounded perspective of this organization as I could better understand the daily functioning of the office, how different departments operate and cooperate.

Human Resources may not be directly related to what I am studying in university. It nonetheless allows me to get in touch with people from different cultures and diverse background and this is essentially what anthropology is about. My anthropological training in university has trained me to communicate with a wide range of people, and being in the HR department gives me the opportunity to fully utilize my interpersonal skills.

On top of that, I have also had the chance to see many Olympic and Paralympic events, which added much excitement to the Beijing experience. I love the blend of old and new in Beijing. I felt like half a foreigner but also very much at home there. I love Beijing and would like to go back again for work or travel.



About The UNDP China Internship Programme

The UNDP China Internship Programme offers a small group of outstanding postgraduate students the opportunity to acquire working experience in the United Nations system each year. The Programme provides a compact understanding of UNDP's development policies, thematic priorities, and technical cooperation activities. Interns will specialize in the areas of international political science, legal studies, human resources, public administration, information technology, communication, marketing, languages and other activities related to sustainable human development. In summer 2008, three out of the seven internship places were offered to CUHK postgraduate students.

Memorable Moments

Vice-Chancellor Meets with Mainland Students

Jennifer Sun (Year 3, Professional Accountancy)

On September 23, 2008, Prof. Lawrence J. Lau, Vice-Chancellor, met with mainland students in University Guest House. Thirty mainland students, including the representatives of all years of study, the first-year scholarship recipients, and the executive committee members of Mainland Undergraduate Association (MUA), spent a great time sharing their university life with the Vice-Chancellor.

Prof. Lau mentioned that more than 250 outstanding mainland undergraduate students from 25 provinces were admitted to CUHK this year, and extension of student recruitment to every province was planned for the future. Based on the mission "to combine tradition with modernity and to bring together China and the West", Prof. Lau encouraged students to learn about various cultures and strive to be well-rounded individuals.

Most of the year-one students showed that they were able to adapt to the new environment and get along with local students very well. As for the senior students,



they paid close attention to the employment trends for mainland students and hoped to get more career guidance. Besides, MUA members opined that the cultural make-up of mainland students needed nourishment. They also reflected that some students were trying hard to manage stress from both daily life and studies.

In response, Prof. Lau encouraged students to establish positive outlooks on life and personal values; students could learn about various fields and to make personal choices according to individual interest and needs. Students were also encouraged to participate in different activities so as to get immersed in the local environment better. Showing great concern to students under pressure, Prof. Lau suggested that senior students could help the year-one students by sharing experience or organizing suitable activities. On the other hand, students could seek help from the University when they encountered any difficulties in life or studies.

In conclusion, the meeting promoted an open exchange of ideas between Vice-Chancellor and mainland students. It received warm welcome and many students showed appreciation of such meeting opportunities.

Learn Cultures from Joyful Cooking

Bryan San (Year 3, Journalism)

A dainty dessert not only brings joy to people, but also breathes the fine essence of culture into those who love it. On October 24, 2008, 20 students had a wonderful time while immersing themselves in the aroma of Earl Grey Tea; they learned a British-style delicacy - Earl Grey Tea Mousse Cake – in the first class of the English and American Dessert Workshops organized by the Incoming Students Section of the Office of Student Affairs.



Participants learned the steps of making the cake in a two-hour lesson, from stirring eggs and flour to the final decoration. The essential ingredient - Earl Grey tea leaves - was brewed before mixed into the mousse. Named after the 2nd Earl Grey, British Prime Minister in the 1830s, the Earl Grey tea is a tea blend with a distinctive flavour and aroma derived from the addition of oil extracted from the rind of the bergamot orange, a fragrant citrus fruit*.

For an excellent dessert, an appealing appearance is essential. Every student showed their creativity in decorating their cakes. Some of them said preparing cream for adornment was the most challenging. "It is difficult to grasp the skills of stirring it," said Mandy Wong, "but it is the most interesting part of the process. I

gained a sense of achievement after I have successfully decorated my cake with cream. See how lovely it is!"

What the participants carried home from the workshop was not just a tasty, British-style mousse cake, but also an enjoyable experience and a sense of achievement. "It is great to cook with someone who loves cooking," said Lee Yeuk Yu, a delighted participant.

* Information cited from Wikipedia

A Simple Recipe of Earl Grey Tea Mousse Cake

Ingredients (make 6 servings):

Base: 8 eggs, 200g flour, 160g sugar, 100g milk, 40g butter

Mousse: 100g grape juice, 1 teaspoon sugar, 3 gelatine sheets, 1 teaspoon rum, 35g Earl Grey tea, 80g cream

Cooking Tips:

1. Preheat oven to 200°C.
2. Bake for 25 minutes.
3. Pour mousse after the base is cooled down.
4. Refrigerate before serving.

Recipe provided by The Chef

金融海嘯襲全球 逆境自強莫低頭

金融海嘯的衝擊，對社會、家庭及個人均造成廣泛的影響。加上功課、測驗、考試、求職的壓力，大家不免產生焦慮、不安的負面情緒。有見及此，學生事務處學生輔導及發展組將推出正向心理系列，幫助同學紓困減壓和提升抗逆力。

詹瑞文 Stand By 'U'

首先我們特意邀請表演藝術家詹瑞文先生分享他的個人體驗和對金融海嘯的觀感，亦透過他的文化藝術理念 — PIP (Pleasure · Imagination · Play — 喜悅 · 想像 · 遊戲)，為各同學紓壓打氣，Cheer You Up!

詹瑞文先生集劇場導演、編劇、演員於一身，獲獎無數。他以別樹一格的幽默感和形體風格，建立一系列單人表演作品：《男人之虎》、《萬世歌王》及《萬千師奶賀台慶》等。大家萬勿錯過與詹Sir一起cheer up的機會！

報名方法：請登入學生輔導及發展組網頁
www.cuhk.edu.hk/osa/scdsreg/seminar/ibform.htm

「防止性騷擾」 推廣活動資助計劃

「防止性騷擾」推廣活動資助計劃現已接受教職員及學生團體申請，目的是鼓勵教職員及學生團體舉辦活動，以推廣對預防性騷擾及性別平等的認識。申請資助的活動應符合以下其中一項目的：

- 防止性騷擾
- 提高預防性騷擾的意識
- 推動兩性機會平等

截止申請日期

第一期：2008年10月15日

第二期：2009年2月28日

資助額最高為港幣五千元。成功獲資助活動的團體成員均可獲頒發證書。有關資助細則，請閱覽防止性騷擾政策網頁：

www.cuhk.edu.hk/policy/harass或致電2609 8716與陸燕芳女士聯絡。

聯合書院學生生活約章及德育活動

德育推廣是聯合書院於本學年的其中一項學生發展重點。聯合書院身心健康工作小組是以學生為主要骨幹的組織，經過半年時間計劃和籌備，小組將於未來推出不同形式的宣傳活動，致力協助同學成為才德兼備的新一代大學生。這些活動獲書院岑維休先生德育活動計劃資助，率先推出的是學生生活約章，為隆重其事，書院特別在9月19日舉行的書院聚會中，安排一個約章簽署儀式，在嘉賓校董會主席岑才生先生、校董暨校友會顧問殷巧兒校友、馮榮均先生伉儷、院長馮國培教授及書院輔導長王香生教授的見證下，由工作小組、學生會及六舍堂代表於台上簽署約章。學生在當日或以後，可登入www.cuhk.edu.hk/uc/studentcharter，於網上簽署一份屬於自己的約章。

樂步行(第三期) 步行活動開始啟動！

為了推行校園步行文化，健康促進及防護委員會為教職員及學生舉辦了「樂步行」活動。第一次樂步行於2007年3月16日舉行，在大學火車站出發，終點是新亞誠明館；第二次於2007年11月2日由大學鐵路站步行至逸夫書院。參加者都認同多步行有助減少汽車廢氣排放，令校園空氣清新，更符合環保原則；再者，步行對身體健康有莫大益處，不費分毫，往來校園的時間與乘車時間相若，沿途更可欣賞美景，一舉多得。

第三次的樂步行將會於2009年1月9日(星期五)舉行，由大學鐵路站，經過西部教學大樓的天橋直達聯合書院。參加者可獲得精美紀念品，詳情請留意網頁：

www.cuhk.edu.hk/healthpromotion/walking.html。



如有查詢，請致電2609 7570與聯合書院學生輔導處聯絡。

Stay tuned

Student Activities and Amenities Section, OSA For enquiry: Tel. 2609 7216 , or saau@cuhk.edu.hk		
Event	Organizer / Speaker	Date
CUHK 45th Anniversary Photo Competition	Student Activities and Amenities Section	Nov 2008 – Jan 2009
Application for Outstanding Service Awards for Tertiary Students	Hong Kong Student Services Association	Nov – Dec 2008
Learning Enhancement Service, OSA For enquiry: leos@cuhk.edu.hk		
Event	Organizer / Speaker	Date
Effective Learning Workshop on Presentation Skills (To be conducted in Putonghua)	Learning Enhancement Service	3 & 5 Nov 2008
Kick-off Gathering of Buddy Programme For Local and Year 1 Mainland Undergraduates (Recruitment begins in November 2008)	Learning Enhancement Service	Mid Jan 2009
Chinese New Year Gathering (For all non-local undergraduates)	Learning Enhancement Service	Late Jan 2009
Incoming Students Services, OSA For enquiry: Tel. 2609 7945, or isso@cuhk.edu.hk		
Event	Organizer / Venue	Date
“One-day tour to Aberdeen and Lamma Island” for international students	Incoming Students Section	15 Nov 2008
Radio programme on cultural interchange	Incoming Students Section	Nov 2008 – May 2009
“Get-together” for postgraduate students	Incoming Students Section	Dec 2008
Special cultural exchange activity	Incoming Students Section	Jan – Feb 2009
Career Planning and Development Centre, OSA For updated details: Tel: 2609 7202, cpdc@cuhk.edu.hk , or www.cuhk.edu.hk/osa/aps/seminar/ibform.htm		
Event	Organizer / Speaker	Date
Essential Interviewing Skills Workshop	The Nielsen Company	28 Nov 2008
Scholarship and Financial Aids For enquiry: Scholarships and Financial Aid Section Tel. 2609 7205, or sfas@cuhk.edu.hk www.cuhk.edu.hk/adm/sfas		
Event	Organizer / Speaker	Date
Application for loans, bursaries, scholarships, academic awards	Scholarships and Financial Aid Section	Announcements available starting from 1 Sep 2008