

UNIVERSITY MARKETPLACE

大學廣場

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Office of Student Affairs
The Chinese University of Hong Kong

From the Chief Editor

We are blessed

Badly hit by the devastating earthquake on 12 January, Haiti has been in mourning. Thousands and thousands of people were buried in the rubble. It is estimated that up to 200,000 have died and millions of people are affected in the “serious humanitarian crisis” as referred to by Ban Ki-moon, UN Secretary-General. Looking at the heartbreaking news updates, apart from feeling distressed, I realize how blessed we are in Hong Kong, a city immune from natural disasters.

At the start of 2010, you may have already made your New Year’s resolution, be it to lose some weight, get higher grades or your dream job, please join me in having one more goal, i.e. to be more caring and sensitive to our friends, our fellow students as well as our community for there are many out there who are less fortunate or may need some assistance at times. The University, with the coordination of OSA, is promoting a caring campus now. Let’s show our love and care to them and extend our helping hands to a greater community, i.e. people in need, no matter who they are and where they are from. What we can offer is much more than we think we can.

Dora Dai

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「關顧校園」專訪系列（二）



香港健康情緒中心主管李誠教授分享： 精神健康與朋輩支援

學生事務處 學生輔導及發展組

李誠教授是中醫學院精神科學系教授，並為香港健康情緒中心及香港進食失調中心主管。李教授於華人社區從事精神病的臨床和學術研究及教育工作已有十多年。近年，李教授致力促進情緒健康，並推廣社區教育，以增加市民對情緒病的認識。

李教授唸中四時已對精神心理的科目萌生興趣。及後唸大學期間，更熱衷於服務他人，參與大學舉辦的朋輩輔導計劃，對他日後鑽研精神科皆有所裨益。

李教授對中大學生事務處學生輔導及發展組在本年度首次舉辦的uBuddies「朋輩輔導」計劃十分支持，不但對計劃提供寶貴意見，更鼓勵同學積極參與。

多年來，你從事精神健康工作，對香港就這方面的發展有何看法和體會？

我從事精神健康工作的層面不斷變化，從早年多為「一對一」看病，到現時在中大進行教育和研究工作。在教授他人的過程中，我發覺自己踏上一個不同的層次，並透過深入研究，對某些問題有更清晰的掌握。因為倘若沒有本土的研究基礎，我們只能參考外國或世界衛生組織的數據及研究，但這些外國經驗既不能幫助我們全面了解香港的問題，亦不能直接有助於本地有關政策或服務的發展。



過去十年，我投放了頗多時間在推動社會政策、服務質素等方面，所以大家可能在各大傳媒也留意到我在推廣精神健康方面的訊息。雖然資源有限，但以有質素的傳媒作教育是挺有效的渠道，且略見成果。譬如幾年前我在乘火車時，聽見兩位年輕人談及上司在辦公室無理取鬧地辱罵同事，他們認為他一定患上情緒病。這種情況，在十年前是沒有可能出現的，以往社會普遍只知道「精神病」、「神經衰弱」和「完全正常」三個組別的精神科名詞而已。

近年來，香港出現一種新現象——有精神及情緒問題的人越來越多，但不論是公立、私人或大學服務方面，都一直出現「求過於供」的現象。歧視精神病患者已不再是治療精神病的最大阻力，反而是服務供不應求的情況窒礙了病人得到適時的協助，不少輪候公立醫院精神或心理科服務的人士，往往要等上一一年多的時間才能得到治療。我希望我過往的工作能引領其他有關組織或大機構在這方面出一分力，使有需要的人能更快得到適切的幫助。

據悉李教授曾於讀大學時當朋輩輔導員 (peer counsellor)，可否分享當中的經驗？

當時大學第一次舉辦這計劃，我很高興能有機會參加。我學習到不少心理學的理論、人的性格成長、溝通技巧等方面的知識，不但深入，而且實用。我的收穫遠比我幫助的人所得的多。

當時大約有二、三十個同學參加這計劃。在完成整個課程後，學員被委派接聽求助電話，與來電求助的同學作即時交談或勸解。此外，我們會定期會見臨床心理學家，分享實習的經歷及感受。

這個計劃對我的影響很大。我不但學會怎樣聆聽、理解別人的說話和學會幫助別人，而且增加了對精神

健康方面的興趣，亦令我日後在醫學院畢業後也選修精神科。由於當時精神科不是熱門的專科，不大受歡迎，故此，很多同學選修精神科也只是暫時性，為的是等待轉修其他專科的機會。當時媽媽也曾問我：「其他同學都選擇內科、外科或眼科，為什麼你卻選擇精神科呢？」但我卻非常喜歡精神科，至今不知不覺已做了這麼多年頭。

你覺得作朋輩輔導員的經驗對現時的職業有沒有幫助？

對我現在作為精神科專家有一定的幫助。記得當年未受訓前，總以為幫助別人就是要給對方意見，例如說「一定有辦法解決」等的話。但當我完成朋輩輔導員的課程後，再加上往後的經驗，我發覺很多有情緒困擾的人士，最需要的不是其他人的忠告，而是別人的支持。課程教導了我怎樣說話、怎樣用心聆聽，讓求助的人覺得被了解。直到現在，我仍在不斷學習。

你認為中大成立「朋輩輔導聯網」，對同學的精神健康有何影響？

我相信中大舉辦這計劃對同學的精神健康有著重要的影響。近年，由於不少同學意識到自己的心理需要和懂得尋求專業支援，所以對輔導服務的需求不斷增加。可是，這些主動求助的同學可能只是冰山一角。從我所做有關情緒病的調查顯示，受訪的香港人中只有三成會主動求助，當中有不少只求助於未經情緒病治療培訓的一般醫生，他們只被處方服用止痛藥或安眠藥。所以，我們的服務不能接觸到大部份有問題的同學。

此外，資源分配也是我們所關注的問題。若求助的學生過多，醫生可能要縮短診症的時間，因而影響輔



導的質素。如果朋輩輔導計劃做得好，能為朋輩輔導員提供輔導技巧和相關知識的培訓，他們可初步支援一些有輕微情緒困擾或壓力的同學，而且亦可將有較嚴重情緒問題的同學轉介紹給一些專業人士跟進。

情緒問題如抑鬱、焦慮及壓力等帶來的間接影響可以很大。譬如說，一個很容易焦慮的同學，在正常情況下可以考取甲級的成績。但若他在考試前因情緒的問題而出現失眠、頭痛、拉肚子及不能集中精神的情況，而只能拿取丙級，這不單是個人的損失，更是家庭及大學的損失。如果我們能夠及早幫助這些同學，便能減少以上的不良影響。所以，朋輩輔導計劃是一項有回報的投資。

作為朋輩，同學可以怎樣從他人的言行舉止看到他/她是否需要輔導呢？

早期的持續壓力、一般焦慮和抑鬱等大多無法從表面看到。治療情緒問題的方法跟治療身體疾病的不同，例如：醫生可以直接看到臉上的暗瘡或從X光片看到骨裂，但當一個人的心理、精神和情緒的問題

還未到達極嚴重的程度時，當事人很可能因各種原因而隱藏了這些問題，如對精神健康的意識及認知不足，或害怕別人的負面反應等。

同學在完成這個朋輩輔導聯網的課程後，不代表擁有一雙像X光機般的眼睛，素描一下便能知道別人的問題。我的調查顯示，在我們身邊認識的人中，十個人之中可能有兩至三個患有不同程度的焦慮、抑鬱症，甚至嚴重精神病。所以，我們需要耐心聆聽朋友的傾訴，絕不要聽兩句話後便隨便給予他們意見或忠告。

大學生最普遍的健康問題不是慢性的身體疾病，而是在情緒心理方面的問題。一般來說症狀較嚴重的人可以有以下的表徵，比如人沉默了、消瘦了、上課遲到或缺席、不能如期交功課、學業退步、自己一個人躲起來哭等。值得一提的是，有問題的人多數是以身體不適來表達，例如持續頭痛、經常疲累、沒有動力、胃口欠佳、腸胃不適等。所以，精神健康出現問題的人通常會透過身體傳達不適的訊息。

長遠來說，若能成功發展一套完善的朋輩支援機制，相信情緒問題較輕微的同學會得到及時的支援。大專院校每隔一年半載就出現學生自殺身亡的個案，估計每個自殺身亡的個案背後，可能存有十至二十個曾經嘗試自殺但不成功的人。而每個有自殺行為的人也可能曾經有過最少數十個的自殺念頭。計算下去便會發現，我們知道有情緒問題的同學只是冰山一角。我相信同學們在完成朋輩輔導技巧的培訓課程和實習後，一定會對情緒問題有更深的體會。



你會怎麼鼓勵同學參加朋輩輔導計劃？

由於現今的同學較崇尚個人主義，所以，要有效地鼓勵他們參與其中及幫助他們發揮所長，計劃便需要加入個人參與的元素和避免太大型的群眾活動。我建議朋輩輔導計劃以小組形式進行，藉以發掘和培養那些有心於輔導服務方面的同學。參與的同學不但能找到自己的興趣，更能將所學習到的推己及人；在過程中更了解和充實自己，在幫助別人時，亦會少一點偏見，更曉得客觀對待有需要的人。所以，我百分百支持這個計劃。

訪問後記：

李教授不但擁有精神科專業知識及豐富經驗，他對精神健康教育的熱情更溢於言表，令人敬佩。再者，筆者多謝他對「中大朋輩輔導」計劃的大力支持，讓我們更積極地推動校園的關顧文化。



分享〈校園關顧情〉

學生事務處 學生輔導及發展組

多謝各同學及教職員對〈校園關顧情〉的投稿支持，我們整理了部份的〈關顧情〉與大家分享。

我的關顧軼事……

- Almost every day I walk past the construction site for underground pipe work at the back of the main campus library. I would like to say how impressed I was by the workmen and women there who had worked during the baking heat of summer. They have to cope with getting in the way of motorists and pedestrians, but it all seems to run very smoothly. Their work place is always very tidy and, as a pedestrian, I never feel in danger of walking through this construction area.
- 在中大讀書也不時到中醫學院看病，我感覺到中醫學院的中醫師是關心病人的。那位中醫師也是中大的舊校友。她不但細心地給我診症，更不厭其煩地關心我的近況。她常常叮囑我「不要想太多、不要急、不要為明天的事憂慮、不用太擔心等……」她更拍拍我的手以示鼓勵。她的關懷備至真的令我覺得中大是一個很有「情」的地方。
- 有一次在飯堂獨自吃飯，有些不認識的師兄師姐主動邀請我與他們一起用膳，令我覺得所屬的學系很關懷我們這些新生，令我有更深的歸屬感。

我期望的關顧校園是……

- I expect a safe and healthy campus with a harmonious relationship among students that encourages the development of true friendship.
- 當發現別人有需要幫助時，大家會主動及不猶豫地伸出援手。
- 我希望能把溫暖帶給同學，使中大校園成為一個溫馨的地方。

我可以做的事……

- 在日常生活中細心留意別人的需要，再主動幫忙，便可以促進校園內的關顧文化。
- 為建立「關顧校園」出一分力其實一點也不難。我相信同學或同事之間以禮相待，會令彼此關係更和睦。縱使只是一聲「謝謝你！」，別人聽見也會覺得幫助別人是一大樂事；一句「不好意思！」可以讓人減少怒氣。有三個禮貌法寶對每人都很有用的，就是多說“Please”，“Thank you”和“Sorry”。即使功課有多忙；工作有多大壓力，我們都要緊記：若每個人都保持基本禮貌，便能更有效推展校園的「關顧文化」。

以上及其他的分享內容已上載到本組網頁 <http://www.cuhk.edu.hk/osa/scds>，歡迎各位瀏覽閱讀。如您對「關顧校園」有任何體驗或分享，歡迎將稿件交回范克廉樓一樓或電郵至 caringcampus@cuhk.edu.hk (本組將保留來稿的修改及編印權)，讓更多中大人得以分享您的「校園關顧情」，一起締造彼此關顧的校園文化。

Caring Campus 嘉年華 暨 uBuddies 啟動禮

為建立一所充滿關顧氣氛的中大校園，學生事務處學生輔導及發展組已於2009-2010年度展開一連串關顧校園的行動，精彩節目包括將於本年一月二十九日（星期五）舉辦的Caring Campus嘉年華 暨 uBuddies啟動禮。

日期	: 二零一零年一月二十九日（星期五）
時間	: 嘉年華 - 上午十一時三十分 至 下午三時三十分 開幕及uBuddies啟動禮 - 下午十二時四十五分 至 下午二時
地點	: 中大文化廣場

分享嘉賓： 前警務處處長李明達校友

演出嘉賓： - 心理學系張謙教授及The Academia Winds

- 「中大歌神」中醫學院蔡梓銘同學（電視歌唱比賽季軍）

- 音樂系African Drum Ensemble

- 精武武術學會

豐富節目： - 李明達校友示範製作節日小點 (12:15 pm - 12:45 pm)

- 攤位遊戲（心理學系系會、社會工作學系系會、學生會社會服務工作隊、學園傳道會、醫學院院會）

- 精美小食（酒店及旅遊管理學院）

- 「關顧之路」資訊展

- 「校園關顧情」短片首映禮

- 精品展銷

- 入場人士可贏取精美中大「關顧」文件夾



歡迎全校學生及教職員出席及參與！

大學校董會主席鄭海泉博士會見學生領袖

學生活動及設施組

大學校董會主席鄭海泉博士於2009年12月11日（星期五）於大學賓館會見包括本科生及研究生等共14位學生領袖，當中亦包括本地生及內地生。鄭博士以師兄的身份與同學分享自己的個人經歷，表示自己在學生時代亦曾參與學生會工作和關注社會的活動。畢業後在社會上亦有機會從建制派和反對派的角度考慮不同議題。鄭博士又指出，成功的定義並不在於是否擁有金錢和勢力，而且每個人都可以有自己的對成功的定義和標準。



鄭博士強調，校董會的功能是確定大學核心價值的策略性方向，而帶領大學的發展則是校長和其他全職教職員的工作。鄭博士又與同學就學位頒授典禮中的示威行動、各種社會問題及政治議題交換意見。會面氣氛輕鬆融洽。

International Student Association is coming to Campus!

Khoo May Yee (Year 3, English Studies and English Language Education, President of ISA)

In order to provide peer support and strengthen the connection among international students on campus, a group of international students is going to officially form the International Student Association (ISA) in near future. Last term, they organized the “Social Night” and the “Election + Movie Night” to have some fun and networking. Let’s listen to their sharing and joyful experience in our campus.

Social Night



On 24 October, 2009, the ISA organized a gathering, “Social Night”, to foster friendships among international, mainland and local students. More than 20 students from many different countries: Germany, South Korea, Indonesia, Macau, Mainland China, Malaysia, Netherlands, Poland, Singapore, Thailand, and the United States, took part in it.

Through the event, the participants got the opportunity to socialize with one another. Some of them did not realize that they were classmates of the same class even after weeks into the semester! Some of the others met students coming from the same countries - they are not alone! Senior international students, and alumni Arief Law from Indonesia, also shared their ‘surviving’ experiences with the freshmen.

It was interesting to see students from different countries uniting together in this ‘Social Night’. We felt more at home meeting other international students. Though we speak different mother tongues, everyone was able to use English to share home countries’ culture and the unique experiences of studying in Hong Kong.

International Student Association’s Election and Movie Night

In conjunction with the ISA’s Election, the ISA held a ‘Movie Night’ to help international students get to know more about the Association and its members. More than 30 participants attended the event.

Being the first cabinet of the ISA, committee members were both excited and anxious about their being elected to represent and serve other international students at CUHK. The preparatory committee is formed by students from diverse nationalities: May and Ivan from Malaysia, Angela and Cecilia from South Korea, Phil and Sarah from United States, Aditya from India, Qiqi from Thailand, Dovile from Lithuania and Witek from Poland. With the great assistance of the election committee members, including Annemarelle, Robert and Katherine, the election was a success. 22 eligible members voted in support of the new committee as well as a number of amendments to the constitution of the ISA.



The election was then followed by a movie show. To cater to different tastes on movies, the movie shown was chosen by showing of hands. This garnered much laughter as the students were interested in all three DVDs prepared for the night. The pizzas were shortly delivered, but they disappeared quickly too. As expected, the event ended long after the scheduled time as everyone continued taking photos and chatting.

The ISA would like to thank all participants. Don’t feel bad if you missed these gatherings! More are coming soon—after the official formation of the first committee of the ISA!



An Adventurous Trip in the Wilds of Hong Kong - Tap Mun

Cultural exchange can take place anywhere in any format. This time, 17 local students, 4 mainland students and 2 exchange students mingled into groups and took up challenges like orienteering and cooking contests on Tap Mun Island on 22 November 2009. They not only enjoyed the beauty of Hong Kong's wilderness with new friends, but also discovered themselves from a new perspective.

Incoming Students Section, OSA

Sharing from Zora Li (Year 1 Science Stream student from Guizhou Province, Mainland China)

Standing on the board in front of the gorgeous sunset and under several stars twinkling gently in the sky, I recalled the joyful day trip to Tap Mun. The excursion was not only made up of adventure, exploration, marvelous sceneries, but was also about teamwork, friendship, cooperation, determination and trust.

Tap Mun gave me the first impression of being small but lovely. We started our challenging trip once we set foot on this island. After group discussion, we decided to go to the toughest checkpoint first. We successfully located our position with the compass and map at the beginning but we still got lost during the trip. Even though not everything went as smoothly as planned, my impression of the island remained the same.

At lunch, we enjoyed the meal prepared by ourselves as well as reviewed our group's experiences of being bound in the woods and making our way through coarse stones and shallow swamps in the morning. I suddenly felt so lucky to be with my group-mates, Iiro, Francesco, Jenny, Abe and Regina, cooking and chatting together on the grass. We began to understand the truth that the path we chose might never lead us to the destination. But we would find our way at the end. Also it was unavoidable to make decisions that were not wise enough and might make us feel tired and embarrassed. However, learning from experiences during the process was far more important than getting to the destination.

Lastly, I would like to thank those who were always with me when I felt lonely, our dear LEOs together with the officers of the Incoming Students Section for their care and support all the way.



Showing-off our cooking skills on the island!



Zora (3rd from the left) and her local and exchange group-mates

Sharing from Liu Man Wai (Year 3, Sports and Physical Education student from Hong Kong)

Before the trip, I just thought it was an easy outing like picnic. But I changed my mind dramatically once I got lost with my team in Tap Mun.

The paths on the hill were not clear enough. We just walked along the surrounding landscape. We kept moving forward but then we found ourselves at a dead end. Although we got a map and a compass, we were not able to locate ourselves as there was nothing around us but trees. With our can-do spirit and courage, we hacked our way through the woods. Finally, we passed through three checkpoints successfully and became one of the champion teams.

During the trip, I really learnt a lot from my group members, especially the importance of effective communication. In fact, one of the reasons we got lost this time was my self-centeredness. I only trusted my wrong interpretation of the map. If I had been more willing to listen to the others, we would not have got lost all the time.

On the other hand, I realized the value of teamwork. When I was cooking, my group members surrounded the stove with some stones to prevent the fire from being put off by the wind. With the efficient division of labour, we were the group who made the most delicious dishes.

From the bottom of my heart, I enjoyed this trip very much and it was a valuable experience for my personal growth.



Man Wai (middle) at the pre-trip workshop on map reading and cook set usage

Winning through Assessment Centre

Career Planning and Development Centre, OSA

“Finding the right talent for the right job” is one of the agenda items of human resources practitioners in their daily life, especially for big companies, for they spend much resources on their recruitment exercises. More and more often we see multinational companies or prestigious firms using Assessment Centres for assessing their candidates. In order to enable our students to have a better understanding on Assessment Centre, Mr. Simon Gluyas, Practice Leader for Kenexa, a global leading provider of assessment content and software, was invited to tell us more about it.

Hiring Graduates through Assessment Centre

Companies use many different ways to assess a candidate’s suitability for graduate positions. Traditional methods involve examining the candidate’s CV and interviewing. However, the concept of Assessment Centres is also an approach that is now regularly used.

“The challenge that every company faces when hiring new graduates is to select those that they think will be high performers in the future,” says Gluyas. Research consistently shows that Assessment Centres are one of the most effective ways to predict future performance and more companies are adopting this approach to selection.

“Every job has a behavioural requirement and it is important that a company can get objective information on the qualities of the candidates to determine who to hire. For example, for sales staff, certain qualities are essential, such as being outgoing and persuasive, and an ability to establish relationships with other people.” And such personal qualities are not shown in the academic qualifications on the CV. Gluyas reveals that many companies have screened out candidates holding unappealing CVs but do have the natural talent for being top salespeople.

What is an Assessment Centre?

Assessment Centres consist of a variety of assessment tools such as a structured interview, group exercises, presentation exercises, case studies, personality questionnaires and cognitive ability tests. Gluyas says that an Assessment Centre is typically conducted over a one-day time period. “An Assessment Centre allows an individual’s qualities to be measured by multiple trained Assessors by a variety of different assessment techniques. They provide a very objective and in-depth way of understanding an individual’s qualities,” he says.

Who uses Assessment Centres?

Assessment Centres can be used in any job sectors, but they are especially suitable for companies that regularly hire new graduates, Gluyas says, adding that Assessment Centres have been successfully used in some countries for the past 30 years. Some of Kenexa’s global clients include Credit Suisse, British State Health Service, Merrill Lynch, Deloitte, Abbey Bank, Airbus, Cadbury Schweppes, Ernst & Young, and Toyota. Gluyas says that to a certain degree, Assessment Centres are still emerging as a new approach to selection in Asia as companies understand the concept and that Assessment Centres are becoming quite popular.

How to prepare for an Assessment Centre?

Participating in an Assessment Centre is mentally demanding, where you need to be focused for a long period of time,” Gluyas says. “An Assessment Centre is designed to provide a candidate with multiple opportunities to display the behaviour and qualities that the company is looking for. Whilst it is difficult to know exactly what the required behaviour and qualities are, there are some simple things that a candidate can do to prepare,” Gluyas says.

- ★ Make sure you carefully read the administrative instructions and supporting material when completing the Assessment Centre activities.
- ★ Think about specific examples of when you have displayed important behaviour so you can use these in the structured interview.
- ★ Make sure you get involved in group exercises and find a way to express your opinions.
- ★ Manage your time well on the day to ensure that you give yourself the opportunity to complete all of the exercises.
- ★ Ask questions if you are unsure about anything.
- ★ Get a good night’s sleep before the day of your Assessment Centre to ensure you have plenty of energy.
- ★ When completing personality questionnaires, be open and honest in your answers.
- ★ When completing cognitive ability tests, answer the questions as quickly as you can and as accurately as you can.
- ★ Practise tasks that require you to use your reasoning abilities i.e. crosswords, brain teasers, numerical problems, etc.

“It is important to reflect on what you are naturally like as a person and what you feel your strengths and limitations are,” says Gluyas. “It is a good idea to complete a personality questionnaire to learn more about your behavioural preferences and then discuss these with other people. This helps someone to understand what behaviour does not come naturally for them and being aware of this will definitely increase their chances of being successful in an Assessment Centre.”

Try out an Ability Test

Students who are interested to practise ability test and get more tips for attending assessment centre, please pay attention to the email announcement of Career Planning and Development Centre. A series of programmes related to assessment centre and ability tests will be launched soon. Don’t miss it!

我♥愛上莊

學生事務處 學生活動及設施組

根據資料顯示，現時約每4名學生中，便有1名現任或候任莊員。「傾莊、砌莊、上莊、搞莊」簡單的八個字包含了多少人的笑與淚？甜、酸、甘、苦、辣，五味泡製出來的回憶是如何的呢？

Frank，地理系的2009年畢業生，離開大學後當了地理科老師。「我對日本文化有濃厚的興趣，所以，上了日文學會，當了主席。」Frank彷彿進入時光隧道，沉醉地說：「日本文化祭是重頭戲。首次跟學生事務處(OSA)合作，搞一個真正大型的文化祭。還記得當時我們差不多一口答應OSA的邀請。當然，接大show不是常有的機會。」Frank跟莊員緊密地準備，幾乎隔天就進行會議。當時適逢mid-term季節，壓力很大。最後，活動受到日本領事讚賞，辛苦都值得。Frank認為開會是一門藝術：

「我強調理性討論，但莊員之間有時候愛『鬥咀』，討論常常離了題。我通常會請比較沉默的莊員發表意見，圓滑地讓『鬥咀』的莊員冷靜一下。」

從時光隧道回到現在，Frank認為『上莊』經驗豐富了他的人生：「即使第一天上課，面對學生們也不會手忙腳亂！」學以致用，真好！



劉驥翀 (Frank)
地理系的2009年畢業生



張詠松 (Devil)
中醫學系五年級生

Devil，中醫學系五年級生。驟眼看，這位準中醫師似乎跟中醫扯不上半點關係。當過中醫系莊主席、大Ocamp的大組長、書院活動的搞手，Devil每天都停不下來。他指出，幸好中醫是五年學制，否則，時間真的不夠用。在系莊裏，他認為主席跟莊員沒有上司下屬關係，不可能用命令式方法來管理團隊。他說：「曾經有一位莊員常缺席會議，令其他莊員不滿。我獨立處理事件，以朋友的關係，先跟那莊員溝通，了解他的情況，再鼓勵他在會議上向大家交代，事情不但順利解決，莊員之間更多了點體諒與包容。」不論是當主席或大組長，也要面對人事上的挑戰：

「最難也最重要的，是團隊意志和士氣，士氣一減，什麼也做不好。」

Devil深有體會表示：「我們日以繼夜地準備Ocamp，大家身體都已經很疲累，意志沉了下來。作為核心份子，我們即使身體何其累；黑眼圈何其大，樣子也要精神奕奕，這樣才能叫人振作。」他表示，那一年中醫系的迎新營，飯堂的爐全壞了，他跟另一位莊員立即飛奔到其他飯堂：「從來也沒有跑得那麼快。在Ocamp期間，飯堂座位供應十分緊張，我們走遍新亞和逸夫飯堂，幸好，最後都找到座位，最終沒有影響行程。」看來，當領袖首要的條件是身體好。Devil想了一會，說：「上莊搞活動讓我學會了放下自我。大學一年級時，我比較自我中心，認為有道理就要堅持，黑著面地堅持；現在，看事情的角度闊了，回想從前，覺得以前處事方式太幼稚了！」人是從經歷裡長大的。

June，護理系四年級生，曾是宿舍會宣傳幹事。她以「燃燒青春」來形容上莊的一年：「當年，1月份是宣傳期，每星期一至五都為數百名宿生煮早餐和糖水。黃昏5時許開始煲糖水，9時至凌晨12時到每層宿舍派發糖水。完成後，立即準備早餐配料，回到宿舍，已經3時許，稍作休息後，早上5時開始煮早餐，7時45分至11時派發早餐。同時，我負責設計宣傳海報和小冊子，連睡覺都沒有時間。」June讀護理學，功課繁重。密集式的宿舍宣傳攻勢令她取得很多支持，但同時，亦令她的成績一落千丈，由第一學期GPA 3.7，跌至第二學期的2.7，情況令June十分擔心。「正式上莊後，活動有增無減，回家的次數不斷減少，很多週末都要在宿舍處理莊務。偶爾回家，樣子很疲倦，媽媽都不明白我在幹什麼。」即使面對挫折，June依然很喜歡上莊：

「上莊讓我認識很多朋友，我愛熱鬧、愛與人溝通……經過那一年的挫折後，我學會了時間管理，大學第二年成績已追上了。」

如果時光可以倒流，我會最少每週末都回家吃飯。」

後記

筆者很喜歡June的一句話「每一個人都可以multi-tasking，都可以當領袖。」莊員為會員，甚至大眾服務。他們不領薪水，沒有津貼。誰說他們不是領袖呢？領袖不是天生的，經過學習、培訓和實踐，你也可以是出色的領袖！



林慧嫻 (June)
護理系四年級生



學生領袖培訓計劃

「上莊搞活動」都是大學生活的重要一環。同學們齊心努力，正所謂「過五關斬六將」後才順利「過莊」。常聽說「上莊容易，搞莊難」。面對「創業難守業更難」的局面，各位新莊領袖，你又如何裝備自己？

有見及此，學生事務處學生活動及設施組將於本學年下學期推行「學生領袖培訓計劃」，藉不同講座、工作坊、個案分析和實地考察等活動，協助新莊領袖掌握管理團體的技巧，擴闊視野，讓學生團體能茁壯成長，達致薪火相傳的目的。

「學生領袖培訓計劃」內容

2010年2月26日 (五)	· 專業講座：學生團體實務理財、行政管理及防止貪污資訊
2010年3月20日 (六)	· 個案分析與機構參觀 I：成功婦女團體 (上午) · 溝通技巧工作坊：如何與“惡搞”的人合作？ (下午)
2010年3月25日 (四)	· 專業講座：如何有效組織本港或海外義工活動？
2010年4月初 (復活節假期後)	· 專業講座：「有活動，冇人知?!」如何創意推廣活動？ · 個案分析與機構參觀 II：成功社會企業 (上午)

培訓內容以廣東話為主

獲取資格

完成培訓的領袖將可：

- ✦ 獲取香港中文大學學生領袖培訓計劃證書* (中大首張證書確認及記錄參加者的學生團體名稱及職位)；
*參加者必須達七成或以上出席率

完成培訓的學生團體將可：

- ✦ 獲取香港中文大學學生領袖培訓計劃證書*；
*團體必須達十成出席率
- ✦ 出席結業晚宴 所有報名參與培訓計劃之團體均會獲邀；及
- ✦ 接受學生事務處所出版刊物「大學廣場」訪問以宣傳及介紹所屬團體。

參加者資格 (以學生團體名義報名)	<ul style="list-style-type: none"> ✓ 香港中文大學學生會屬下院/系/屬會的現任或候任幹事 ✓ 校方認可的研究生學生團體的現任或候任幹事 ✓ 參加團體可派不同的莊員出席上述的活動
名額	40個學生團體
費用	全免
索取報名表格	1. 親臨范克廉樓一樓學生事務處學生服務中心； 2. 於學生事務處網頁下載表格： http://www.cuhk.edu.hk/osa/slts.pdf
查詢電話	2609 7947 (羅小姐)
截止報名日期	2010年2月12日 (星期五)



Promoting cultural exchange

Incoming Students Section, OSA

The HSBC Diversity Grant is a grant offered to students of local universities to conduct projects facilitating integration and mutual learning between local and non-local students from different cultural backgrounds. In the year 2008-09, two projects received the Grant of a total of HK\$40,000.

TECC Summer Institutes 2009

The TECC Summer Institutes 2009 organized by Technology & Education: Connecting Cultures (TECC) was a success. It attracted more than 100 university students from Hong Kong, Beijing, Shanghai and the US, as well as some 600 teachers from mainland China. With its mission "Technology facilitates education", the Summer Institutes aimed to develop and enhance the teachers' technological skills in eight provinces, like Qinghai, Gansu, Anhui, etc. The project proved to be a meaningful and rewarding experience to the organizers and participants alike. Helen Miu, the project manager, advised that their time management, teamwork and communication skills have been enhanced.



Rotaract Club of Chung Chi College

In order to have a deeper understanding of the disadvantaged in Hong Kong, the Rotaract Club of Chung Chi College cooperated with Ngau Tau Kok Caritas Centre to organize activities, including English Fun Day, visits to Kadoorie Farm, Botanic Gardens, etc., for the South Asian kids in town. The Club members regarded the project a valuable experience of showing love and care to the underprivileged, and an opportunity to sharpen their leadership and communication skills.



CUHK Team named the Best in UN Climate Change Treaty Simulation

Student Activities and Amenities Section, OSA

CUHK's team of six students won the award for the Best Overall Team Performance and Mr. Ip Mau-ki, Kelvin won the Best Role Player in the Copenhagen - Hong Kong Simulation of the UN (United Nations) Climate Change Treaty. The CUHK team represented the Russian Federation in the deliberations at the Hong Kong Baptist University (HKBU) on 14 November 2009. The CUHK team received their award at the live "webinar" with the Copenhagen Business School (CBS) held (in HK time) on 19 December afternoon. Universities from China, India and Cambodia also participated in the global webinar reporting on the outcome of the Copenhagen meeting just hours after the actual UN conference concluded its two-week meeting. 15 students from the CUHK's global MBA program were at the CBS in the fall semester, and attended the webinar from the Copenhagen side. The CUHK team included students who played roles of government, businesses and non-profit environmental NGO groups. Over 100 students participated in the simulation. Thanks to Prof. Jimmy Yu, advisor of the CUHK team for his great support and valuable guidance. The simulation was co-sponsored by the Hong Kong America Center, the National Democratic Institute, and HKBU.

"It was not easy to come up with our own version of the UN treaty on climate change. Through regular team meetings and thoughtful preparation in the two weeks before the simulation, we eventually performed very well in the one-day conference on 14 November.

After the actual UN treaty conference in Denmark, which ended on Friday, 18 December, ten university teams gathered again through a live "webinar" online from the Copenhagen Business School (CBS) directed expressly to the HK students. We heard directly from a panel of experts who followed the real conference.

The panel gave us opinions and advice on our performances. At the end, our team was awarded the Best Overall Team Performance Prize and the Best Role Play Prize. The process was difficult yet challenging, but we finally made it! We believe that it is us who made the revolutionary model UN negotiation!"

Wong Tsz Yuen Jenny (Year 4, Fine Arts)



Dr. Jason Czarnezki of Vermont Law School presented the Best Overall Team Performance award to the CUHK team (from the left to the right: Dr. Jason Czarnezki, Cheung King Yip Martin, Cheung Yuen Ki Justina, Wong Tsz Yuen Jenny, Ip Mau-Ki Kelvin)



Ip Mau-Ki Kelvin (right) received the Best Role Player award from Prof. Michael DeGolyer of Hong Kong Baptist University (left)



Becoming Intellectual Leaders through Exchange Scholarship

Li & Fung Scholarship

The Li & Fung Scholarship was established by the Victor and William Fung Foundation in 2006 to support university student exchange programmes with the goal of nurturing intellectual leaders. By 2009-10 academic year, some 100 CUHK students were awarded the Scholarship. The scholarship recipients, known as Fung Scholars, received generous support from the Foundation to defray cost of living and studying at one of CUHK's student exchange partner universities.

Each individual scholar joins a network of Fung Scholars from which they share, gain and prosper. The Foundation has established a website as a platform for Fung Scholars to network amongst themselves, with the Li & Fung Group and other prominent business leaders. The Foundation organizes events and activities for the Fung Scholars. These include gatherings for scholars, company visits, lectures and the annual Fung Scholars Leadership Conference.

Fung Scholars Leadership Conference 2009

Over 60 Fung Scholars, including four from the Chinese University of Hong Kong converged in Shanghai in October 2009 for the Fung Scholars Leadership Conference 2009 entitled "Entrepreneurs, our Hope for Economic Recovery. True?". The scholars heard from industry leaders and exchanged views on how the world was to recover from one of the worst economic downturns in the century. Fung Scholars from the USA, Singapore, Hong Kong, and Mainland China were inspired by the sharing of Dr. Victor Fung, Chairman of the Li & Fung Group and the Victor and William Foundation, and two distinguished guest speakers, Mr. Po Chung, Co-founder and Chairman Emeritus of DHL International, and Ms. Mary Ma, Partner and Managing Director of TPG Capital Limited, Former CEO and Executive Director of Lenovo Group. The conference served as an exchange platform to inspire the Fung Scholars in their future pursuits. The four Fung Scholars from CUHK all see the conference as a great opportunity to learn from successful entrepreneurs and interact with fellow world scholars.

Experience of 2008-09 Fung Scholars

So far, nearly 100 Fung Scholars from CUHK have traveled to some 20 countries around the world. See what they have to say about their experiences.



Cheung Chung Yan Jessica, Professional Accountancy student exchanged to USA

It was definitely a precious opportunity to expose myself to a different academic environment. Wharton School is one of the best business schools in the world. I experienced a very different teaching and learning style which emphasized analysis and understanding of data. I was also impressed by the interactive approach of the lectures in which professors and students exchanged ideas and points of view freely.

Lam Chak Man Jacky, Government and Public Administration student exchanged to Australia

This has been the most relaxing yet fruitful year. Things that occurred this year not only became my precious memories, but also changed my life plan and attitude towards life for the days to come. I gained a lot in the year despite the cost involved. My English skills have been improved. I was also exposed to different cultures and have learnt a better way of treating different cultural perspectives.



Leung Tsz Yan, Linguistics student exchanged to France

It was a miraculous year in France, where I met competitive international students and explored another part of the world. It has definitely broadened my cultural and global horizons. In this half year, my competence in French has greatly improved and I can now feel at ease communicating in French.



Tam Tan Ni, BBA student exchanged to Denmark

Most of the time, lessons turned out to be class discussions rather than lectures. Discussions were not confined to the assigned chapters and readings, but were open topics we found interesting during the discussions.

About Victor and William Fung Foundation Limited

The Victor and William Fung Foundation Limited, a charitable organization, was established to commemorate the centenary of the Li & Fung Group in 2006. The Foundation is funded personally by Dr. Victor Fung and Dr. William Fung, respectively Group Chairman and Group Managing Director of the Li & Fung Group. The mission of the Foundation is to promote (i) leadership development principally through university students exchange programmes in universities and internships and (ii) thought leadership principally through think tanks and education institutes.

For more information:

Fung Scholars and Fellows: <http://www.fungscholars.com/>

Application for Li & Fung Scholarship: (under CUHK Student Exchange Scholarships & Financial Aid Scheme)

http://www.cuhk.edu.hk/oal/navigation_student.exchange/how_much/sfa.htm

Enquiry: 2609 7597

Global Internship Programme (GIP) – Looking back and moving forward

Career Planning and Development Centre, OSA

Looking Back - GIP 2009

Under GIP 2009, 181 students gained valuable opportunities to receive offshore internship training in major Mainland cities, Australia, Canada, France, Germany, Ireland, Malaysia, Singapore, South Korea, United Kingdom and United States. Employers' feedbacks on our student interns were very positive, some of which are as follows:



"The student was exposed to all the various departments under our Records Management Division and gained a better understanding of the services we provide, the functions of each department and how each department complements each other. We are happy to have Hygeia's help in the drafting of all work flows. From an external point of view, she was able to provide us with comments and insights which we could have probably missed."

~ Crown Worldwide Pte. Ltd. (Singapore)



"The student is a clever girl with nice character. During her 4-month internship, she got along with the colleagues very well and participated in our regular team-building activities proactively. Under supervisor's guidance, she worked as an assistant to the whole cash team in Operation Department."

~ Citibank (China) Co., Ltd. (Guangzhou)



"Both students expanded their knowledge, writing skills and translation abilities. For our organization, they provided insights and energy that contributed to an exceptional summer internship programme. Our intern team was exceptionally integrated this summer and also exceptionally intelligent. The students were significant members of our team."

~ World Information Transfer, Inc. (New York)



"The student's performance in all aspects was outstanding. She was punctual, hard working, imaginative, excellent at following directions and able to work independently as well as fit in extremely well with our office team. We very much enjoyed having the student worked with us over the summer, both on a professional level for the excellent work she did as well as on a personal level for her friendly and cheerful personality."

~ University of British Columbia (Vancouver)

Moving Forward - GIP 2010

To continue GIP's success and meet students' diverse need, GIP has endeavoured to explore internship opportunities in different regions and fields. In summer 2010, we aim at sending students to major cities in Greater China, Asia Pacific Region and other metropolitans. Student applicants may choose from the following programmes in the joint recruitment:

Mainland China

Programme	Remarks
(A) Beijing Xuanwu Hospital Project	Tailor-made for students majoring in Chinese Medicine, Medicine, Nursing and Pharmacy.
(B) Nanjing Hi-tech Zone Project	<ul style="list-style-type: none"> Students will be given opportunities to work at renowned Mainland enterprises in the technology field Students majoring in Science and Engineering are preferred
(C) Multi-national Companies Exposure Beijing Museum / Library Project	Full-fledge internship training at MNCs in Beijing, Shanghai, Guangzhou, Shenzhen, etc.
(D) "New Youth, New World" Summer	Students will be placed to prestigious museums and the National Library.
(E) Internship Programme Exposure at Non-commercial	<ul style="list-style-type: none"> A joint-university project organized by the Hong Kong United Youth Association Structured training and eye-opening exposure in Beijing, Shanghai and Dalian.
(F) Organizations	Experiential learning opportunities will be arranged at host organizations like NGOs in Beijing, EXPO in Shanghai, etc.

Overseas Cities

Programme	Remarks
(G) Exposure in Metropolitan Cities	Cross-cultural experience and full-fledge internship training at Multi-national Companies, Hong Kong Economic and Trade Offices, universities, etc.
(H) Exploring Singapore / Asia Pacific	A variety of internship placements, including those at multi-national companies, small and medium enterprises and non-governmental organizations will be arranged.
(I) Disney International Programme	<ul style="list-style-type: none"> Internship training at amusement parks or resorts of the Disney Group in Orlando or California Subject to the placement quota granted to CUHK

Visit the GIP homepage (www.cuhk.edu.hk/osa/gip) for application and programme details.

Important Deadlines

- Selection of interview timeslot: 29 January (Fri)
- Submission of application form: 31 January (Sun)
- Submission of academic report: 31 January (Sun)
- Return of recommendation form: 5 February (Fri)

Deadline for Application
31 January 2010 (Sun)
 Don't miss this chance,
ACT NOW!

Your starting point of LEADING BEYOND – Leadership Development Programme (LDP)

Office of University General Education

Leading skills workshops, London and Beijing study tours, policy making workshops, knowing globalization and multiculturalism, doorway to art appreciation, Outward Bound experience... and activities of all kinds

Offering a total of 24 units in two years, LDP is an one of its kind programme in the region to cultivate your leadership potential and prepare you to meet challenges and drive changes in the new era.

Through LDP, you will:

- have the aptitude to translate imagination into reality;
- develop the commitment to bring out full potential of yourself and the team; and
- be competent to work across cultures and adapt to global changes.

Undergraduate students who are expected to graduate in May 2012 or thereafter and fulfill the following criteria are welcome to apply:

- a cumulative GPA of 3.0 or above at Term 1, 2009/10;
- endorsement obtained from the department of major study;
- leadership potential as evidenced in relevant experience in the University, at school or in other undertakings; and
- good communication skills with high proficiency in both Chinese and English.

ADMISSION TALK - mid February 2010 (time and place to be announced later)

APPLICATION DEADLINE - 26 February 2010

Application forms and programme details are available on our programme homepage.

Office: Rm G3, Fung King Hey Building

Phone: 2609 8621

Email: ldp@cuhk.edu.hk

Homepage: <http://www.cuhk.edu.hk/leadership>

The Leadership Development Programme is a life-changing experience. Going through this two-year programme is a process of self-transformation. It has offered us so much that it is going to take us a whole life to cherish and savor it. It is not just a programme that provides you with skills and knowledge; it is about value and mind, meaning and life, building of a whole person... Yes, the meaning of life is for us to make. All we need to do is to live self-consciously, and follow what we truly believe in. Leadership is a choice. Once you choose to lead, you embark on a course that guides you towards something that matters to you and the world. The most valuable thing the LDP has brought to me was a sense of care and mission, and it spurs me to strive for the meaning of life. If I can commit myself to the meaning and purposes of my life, I believe I will eventually be able to take the lead and contribute as much as I can to the world.

– Jerry Peng, LDP Class 2006, Integrated Business Administration

In addition to the actual academic knowledge and theories I learnt from the courses, I found this programme special because of the wide spectrum of students being admitted. The learning atmosphere and quality of discussions were the best ever, compared to many other courses. Moreover, I have become more confident in speaking up in front of a group since there were chances for us to give comments and opinions on a wide variety of subject matters. Under this highly interactive environment, I am able to communicate more with classmates and professors through a stimulating process of idea exchange... Upon completion of the programme, I have a new interpretation of the acronym of "LDP". It is "Let's Develop our Potential". LDP means that I have developed my potential together with my fellow classmates. With the group's support and interactions, all of us have gained new perspectives and learned from one another.

– Eddie Chong, LDP Class 2007, Psychology





WINNING CUSIS LOGO ILLUSTRATES OPENNESS AND COLLABORATION

Information Technology Services Centre

More than 30 designs of CUSIS logo were submitted to the CUSIS (CU Student Information System) Logo Design Competition. The highly competitive designs required the selection panel to take slightly more time than expected to review and determine the finalists. In late December 2009, the panel chose Zhang Xiaoli's design for it provides not only attractive aesthetics, but more importantly, it captures the essence of the CUSIS Project, i.e. openness and collaboration. 1st Runner-up (Yeung Ki Fai Frankie) and four other honourable mentions (Lai Tak Fat Jacky, Shum Jone-King, Sun Mengsha and Sun Ruoyu) were also selected.



Please visit <http://www.cuhk.edu.hk/cusis> for their designs and details.



2009至2010年度員工優異服務獎

齊來表揚優異服務員工

人事處

一年一度的大學員工優異服務獎現已公開接受建議提名。同學為大學職員之重要服務對象，希望同學們能踴躍建議提名服務表現出色的非教學職員(如校巴司機、宿舍工人、清潔工人、保安人員、圖書館助理、學系/部門之文職人員或技術員等)，以表揚他們的優異服務和向他們表示謝意。

建議提名方法：

1. 登入<https://perntc.per.cuhk.edu.hk/personnel/eawd/recommendation.asp>於網上填妥及傳送表格；或
2. 於網頁<http://www.cuhk.edu.hk/esa>下載或於校園多處包括學生事務處及人事處索取表格。填妥的表格可交往人事處2009至2010年度員工優異服務獎遴選委員會秘書周偉榮先生或投入范克廉樓地下之「建議提名表格收集箱」。

建議提名表格將被送交有關部門作提名參考，亦會成為遴選委員會評審時的依據。

建議提名的截止日期為2010年3月1日。如有查詢，歡迎致電2609 8607或 2609 7876。

請即建議提名!



良好活動環境 鼓勵非形式學習

學生事務處 學生活動及設施組

上學期，學生事務處學生活動及設施組為同學添置了一批共25張長檯。又因應同學需要，於范克廉樓梯間添置數塊佈告板。此外，亦翻新維修了幾個活動室的油漆、天花、間隔板、窗簾、窗台、白板等。亦計劃更換部份活動室的傢俱及鋼琴、以及在部份活動室內添置桌椅等。進入下學期，同學會繼續發現場地、設施的翻新和更換，譬如范克廉樓大門對出「大字報欄」的新展板、范克廉樓地庫女工合作社旁洗手間的新標示牌等……



種種設施及場地的維修管理和更新，目的只有一個：為同學提供更優質的活動環境，鼓勵同學參與各類型課外活動，全面實踐非形式學習。部份維修翻新項目，如范克廉樓306室、地庫梯間的油漆工程及富爾敦樓103室的間隔板維修，更是得蒙各師兄師姐慷慨捐助的「中大校友關愛基金」(CUHK Caring Alumni Fund)撥款始能成事。希望同學能善用且珍惜資源，並互相提醒愛護公物、保持場地整潔。如需借用場地設施或器材，請與學生事務處聯絡電話 2609 8650/8652；電郵 saau@osa.cuhk.edu.hk。

Career Planning and Development Centre, OSA For enquiry: Tel. 2609 7202 cpdc@cuhk.edu.hk

Please note that the following schedule is subject to change. Students may refer to our website: <https://www.cuhk.edu.hk/osa/aps/seminar/ibform.htm> for the most updated information.

Guidance Programme	Organizer / speaker	Date
Critical Thinking Test	Centre for Learning Enhancement And Research	Week of 25 Jan 2010
Assessment Centre Introduction Workshop	Kenexa	Week of 25 Jan 2010
Briefing Session: YDC E-Challenge 2010 Business Plan Competition	Young Entrepreneurs Development Council	29 Jan 2010
Earn your CFA@Charter: The Most Respected Credential in the Global Financial Community	Stalla	Week of 1 Feb 2010
Experience Sharing with CEO	Sun Hung Kai Properties Limited	9 Feb 2010
Hong Kong Securities Institute (HKSI) – Gateway to Financial Profession	HKSI	Week of 22 Feb 2010
Career Talk for Department of Japanese Studies	CPDC	24 Feb 2010
CV Writing Skills Workshop	JobsDB	Week of 1 Mar 2010
Mock Interview Workshop for Prospective Secondary and Primary School Teachers	Faculty of Education	6 Mar 2010
Mock Interview Workshop	CPDC	13 Mar 2010
Sharing of Entrepreneurs	CPDC & HKTDC	Week of 8 Mar 2010
Recruitment Talk	Organizer / speaker	Date
Kerry Logistics (Hong Kong) Ltd	CPDC	25 Jan 2010
Sun Hung Kai Financial	CPDC	26 Jan 2010
Canon Hong Kong Company Limited	CPDC	27 Jan 2010
CLP	CPDC	2 Feb 2010
Bank of Tokyo-Mitsubishi UFJ, Ltd	CPDC	3 Feb 2010
Wharf T & T Limited	CPDC	4 Feb 2010
Accenture Company Limited	CPDC	8 Feb 2010
Ogilvy Public Relations Worldwide	CPDC	8 Feb 2010
Securities and Futures Commission	CPDC	10 Feb 2010
Career Fair	CPDC	Week of 22 Feb 2010
CASH	CPDC	22 Feb 2010
BOC Group	CPDC	23 Feb 2010
Dah Sing Bank Ltd	CPDC	24 Feb 2010
The Nielsen Company Limited	CPDC	1 Mar 2010
DFS Hong Kong Limited (Duty Free Shoppers Hong Kong Ltd)	CPDC	2 Mar 2010
AEON Stores (Hong Kong) Co., Ltd	CPDC	3 Mar 2010
DKSH Hong Kong Limited	CPDC	4 Mar 2010
TW Coffee	CPDC	8 Mar 2010
McDonald's	CPDC	9 Mar 2010
Tricor	CPDC	10 Mar 2010
Recruit Express	CPDC	15 Mar 2010
CHIEF Securities	CPDC	22 Mar 2010
Schindler Lifts (HK) Ltd	CPDC	23 Mar 2010
City Telecom (HK) Ltd / Hong Kong Broadband Network Ltd	CPDC	24 Mar 2010

Incoming Students Section, OSA For enquiry: Tel. 2696 1533 isso@cuhk.edu.hk

Events	Organizer / speaker	Date
Chinese and Korean Cultural Festival	ISS	26-27 Jan 2010
Workshop on Effective Learning III – Project Management (To be conducted in Putonghua)	ISS	3 Feb 2010
Chinese New Year Gathering Night (For all non-local undergraduates)	ISS	11 Feb 2010
"Culture Blog"- Radio Programme on CU Campus Radio @www.cucr.hk	ISS	Feb 2010

Student Activities and Amenities Section, OSA For enquiry: Tel. 2609 7216 saau@cuhk.edu.hk

Events	Organizer / speaker	Date
VC meeting with Students at United College	UC & SAAS	26 Feb 2010
Student Leader Training Scheme - Two talks on (1) basic accounting and administrative management skills for student associations; and (2) youth integrity and best practices of corruption prevention	SAAS	26 Feb 2010
- Student Leader Training Scheme - Field Visit 1 - Student Leader Training Scheme - A workshop on communication and interpersonal skills	SAAS	20 Mar 2010
Student Leader Training Scheme - A talk on the attributes/attitudes of students who are going to organise voluntary services/activities	SAAS	25 Mar 2010

Student Counselling and Development Section, OSA For enquiry: Tel. 2609 7208 scds@cuhk.edu.hk

Events	Organizer / speaker	Date
Caring Campus Carnival cum uBuddies Launching Ceremony	SCDS	29 Jan 2010
uBuddies Training on Peer Counselling Skills	SCDS	5, 26 Feb & 12 Mar 2010
Personality Assessment Workshop	SCDS	Mar 2010



Caring Campus 嘉年華



暨 Buddies 啟動禮

日期：2010年1月29日(五)

時間：11:30 am - 3:30 pm

開幕及 buddies 啟動禮 12:45 pm

地點：中大文化廣場

精彩節目：

李明達校友示範製作節目小點 (12:15 pm - 12:45 pm)

「朋輩輔導聯網」啟動禮

「校園關顧情」短片首映禮

「關顧之路」資訊展

攤位遊戲、精品展銷、精美小食

《關顧情未了》分享嘉賓：

前警務處處長李明達校友

表演嘉賓：

心理系張謙教授及 The Academia Winds

「中大歌神」蔡梓銘同學(電視歌唱比賽季軍)

音樂系 African Drum Ensemble

精武武術學會

參與攤位：心理學系系會 社會工作學系系會

酒店及旅遊管理學院

學生會社會服務工作隊 學園傳道會

醫學院院會 HosannArt

* 入場人士可贏取精美「關顧」文件夾

