

UNIVERSITY MARKETPLACE

大學廣場

Issue 154

September 2010



回到校園時



Office of Student Affairs
The Chinese University of Hong Kong

Greeting from the OSA

From the Director of Student Affairs

Dear students,

Welcome (back) to the University! This year we witness a number of changes: a new Vice-Chancellor, new students from two new Colleges, a new CUSIS system, new buildings and improvement works, new areas of studies and research, and... The list can go on and on.

Some people welcome change as something that brings variety to their lives. But many more resist change, as change generates threats to their normal pattern of life. As Alvin Toffler said, "change is not merely necessary to life – it is life". Life indeed is full of changes. With all the changes in life, you may feel excited, energized or puzzled. Just look at the big picture and the long-term goal. We should be alert to changes and developments, and equip ourselves in meeting new challenges. There are many services and activities on campus which will facilitate your growth and development.

I do hope you will have a fruitful and enjoyable 2010-11 academic year on this caring and vibrant campus!

Warmest regards,

Raymond Leung
Director of Student Affairs

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The University MarketPlace (UMP) is published by the Office of Student Affairs, CUHK, in September, October, December, January, March and May. All contributions should be sent to the Editor of UMP at marketp@osa.cuhk.edu.hk. Please check with the Editor about the material deadline. The UMP reserves the right to decline contributions and to edit the materials.

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校長贈言



求學與做人，貴能齊頭並進

九月，是新學年的開始，校園又湧進了新一批大一同學。偶然翻開蔡元培先生於一九一七年就任北京大學校長的演說，發現字字珠璣，沒想到差不多一百年前的一篇演說，於今天香港的大學生仍然十分適用。蔡先生的演講詞有三大重點。

一、抱定宗旨。「諸君來此求學，必有一定宗旨……大學者，研究高深學問者也……所以諸君須抱定宗旨，為求學而來……宗旨既定，自趨正軌。」大學的意義，在於培育懂得獨立思考、對社會負責任的人才。時下一些大學生不是忙於兼職賺外快，就是無所用心（「潮語」所謂hea），這樣讀大學實在令人失望。其實，大學是我們增進知識學問、解開思想界限的地方，大學生理應把握機會，向前輩先進請益，與同儕交流切磋，以求成長進步。

二、砥礪德行。蔡先生謂：「方今風俗日偷，道德淪喪……諸君肄業大學，當能束身自愛……卓絕之士，以身作則，力矯頹俗，諸君為大學學生，地位甚高，肩此重任，責無旁貸。」偶然讀報，看到大學生荒誕玩樂、行為越軌的報導，我都覺得不是味兒。大學生的品格和學府的尊嚴，似乎日漸式微。還記得錢穆老師的教誨，新亞學規裡的首兩條：「求學與做人，貴能齊頭並進，更貴能融通合一」、「做人的最崇高基礎在求學，求學之最高旨趣在做人」，大家應該念茲在茲，以此為座右銘。同學努力追求知識，有時也需要消遣娛樂，輕鬆一下。但大學生身在玩樂的時候，亦應該體現應有的素養。同學在組織活動、參與遊戲的過程中，應該互相尊重，互助互愛，不可以罔顧別人的尊嚴和意願，更要懂得適可而止，否則耽於玩樂，作息無常，對學業身心只會有害無益。

三、敬愛師友。蔡先生認為大學生對教職員應該「以誠相待，敬禮有加」。今天在美國某些大學，學生變成「顧客、消費者」，教師淪為「售課員」。在學生心目中，老師用心備課、講解清晰、筆記詳盡、試題合理都是老師「應有的表現」，但用心上課、恭敬發問、踴躍討論、溫習功課等學生「應有的責任」，卻鮮人提及。我認為理想的師生關係莫過於「亦師亦友」，老師應該抱有關愛學生之心，但「亦師亦友」的另一面，是為人師表者能夠保持尊嚴，學生則應該保持對老師應有的尊敬。清華大學前校長梅貽琦先生有名言：「所謂大學者，非謂有大樓之謂也，有大師之謂也。」教師樹立楷模，學生自謀修養，這是大學精神之所寄，願與我全體師生共勉之。

沈祖堯

剛於7月履新的沈校長為加強與學生、教職員及校友溝通，特別設立網誌。

想一睹為快或與校長對話，可瀏覽www.vco.cuhk.edu.hk/js_blog/

精英感言



「今年的“新紀元”活動有一個突破，參加同學獲安排到北京人民大會堂與國家領導人賈慶林先生會面，更特別安排我們參觀很少對外開放的北京市人民法院、燕京啤酒和現代汽車，全都是一生人難得的見聞。」

[陳樂禧 香港中文大學 專業會計學系 (新紀元行政管理精英學會會長)]

「在這次旅程中，我感受到年青的可貴，讓我學會珍惜現有的時間、身邊的朋友等等。我希望將來有機會再次參加由新紀元學會舉辦的交流活動。」

[于萃茵 香港科技大學 金融及市場學系]

「“少睡覺，多交流”，這是舊生告訴我們的一句忠告。新紀元的時間安排得很緊，活動非常充實，讓我們獲到很多知識；讓來自兩岸四地同學相聚在一起；讓大家感受不同文化的沖擊，了解彼此，理解彼此；讓大家建立了深厚的感情。」

[劉旭龍 四川大學 測控技術與儀器系]

「通過這次的活動交到了很多朋友，同時也消除了對台灣及香港的一些誤解。特別是在台灣和大陸的政治關係上，有了更客觀的認識。了解到香港經濟高速發展的原因，也看到了內地的教育在某些方面和香港的差距，深受鼓舞。」

[文布帆 北京大學 城市規劃系]

「“兩岸四地”這四個字真的很大、很遼闊。從北京到香港，我們參觀了那些一定要看過的名勝，也體會到各地的文化異同，交流不同的用語、經驗、觀念，有些習以為常的事，在另一人眼中卻很不可思議，這是文化交流最有趣的一點。出發之前，其實有很多的憂慮，會不會語言不通、沒有話題、水土不服，或者因為政治議題而交惡……結果一切的擔心都是多餘的！」

[張譽鐘 台灣成功大學 經濟學系]

「能有這樣的交流經驗很開心，能在輕鬆的氣氛相互分享意見，比較學習的不同、認識朋友、了解文化，希望以後還能提供這樣的機會給學生。」

[賴若凡 台灣大學 經濟系]

「很高興可以認識台灣、香港及內地的同學，這是一個非常難得的機會。短短十天裡，大家都建立了深厚的感情，了解不同地方的文化，學習各地的方言，令人非常感動。」

[澳門大學參加者之一]



於北京人民大會堂留影

有關「新紀元行政管理精英培訓計劃」



「新紀元」計劃自一九九八年首辦以來，每年均會邀請內地、台灣及澳門的精英大學生參加，與中大學生一起接受多元化和多文化的培訓，以達到「拓展國際視野、交流中華文化、認識當代社會、學習現代管理技巧」的目的。本屆計劃首次邀請其他九所香港高等院校參與，連同二十四所內地、十所台灣及一所澳門的大學，共一百三十五名來自四十五所大學的學生一起接受精英培訓。由九龍總商會主辦、香港中文大學與新紀元精英會協辦之第十二屆「新紀元行政管理精英培訓計劃」已於七月十八日至二十八日假北京和香港圓滿舉行。



新紀元精英 行程一覽

18/7 ~ 23/7
@北京

- 參觀人民大會堂及與全國政協主席賈慶林先生會面
- 到訪長城、天安門廣場、第二中級人民法院、中華航天博物館，以及內地著名企業
- 參與由清華大學舉辦的「國際形勢與中國的和平外交」講座

24/7 ~ 28/7
@香港

- 「與CEO對話」（香港生產力促進局主席陳鎮仁先生及消費者委員會總幹事劉燕卿女士）
- 訪問機構（香港交易所、廉政公署、鳳凰衛視電視台）
- 參與由嶺南大學張泊匯教授主講的「二零零八年全球經濟危機之後的中美關係及其對香港的影響」專題討論

實習=? 好工?



越來越多同學認為到內地實習是擴闊眼界及為將來就業作好準備的好機會。對僱主來說，具實習經驗的同學在實戰及職場認識方面都具優勢。然而，部分同學卻持不同的意見。在剛過去的暑假，超過200位中大同學經「寰宇暑期實習計劃」的安排到內地實習，不知一班過來人又有什麼體驗？



呂嘉俊 (數學三年級)
於南京誠邁科技有限公司實習

據說內地工作及生活的節奏比較慢，說實話最初我對這個實習沒抱太大期望。出乎意料的是，上班一個星期後，導師不時分派工作給我。在導師的教導下，我學到了測試軟件的流程、開發部門及測試部門之間的工作連貫性及關係。這個實習計劃讓我了解內地的工作文化，亦加深了我對資訊科技行業的認識。

陳可 (工商管理學士(綜合)一年級)
於上海複欣物業發展有限公司國金中心分公司實習

來實習的時候，我心裡一直記著學長的一句話：「同學於實習時不會做太多事情，你的收穫是由你自己決定的。」所以我總是留意公司中的每一個細節。我的工作主要是跟導師見客戶，觀察他們如何處理客戶關係、日常工作中遇到的各種問題和突發情況，從中學到待人接物的技巧和提高工作效率的方法。對我來說，此行最重要的收穫是學會了「怎樣去學習」。即使沒有特別工作安排，觀察同事工作的情況也是一種學習的好方法。每個人、每件事、每次對話、每份文檔都可以成為你學習的對象，這便是實習的魅力所在。



楊婉 (專業會計學一年級)
於恒生銀行(中國)有限公司實習

我的工作比較繁瑣，從查詢企業信用記錄和財務報表修改計劃書、到送檔案和叫快遞等大大小小的事宜都曾經涉獵過。最初我有些沮喪，因為我只是一個助理，忙閒不定，較少用到學校學到的知識。而同事們需要專業協助時，我卻因為沒有學過金融方面的知識而幫不上忙。然而，在我的小小幫助後，同事和老闆總會誠心地說聲「謝謝」；在我的工作出現紕漏時，他們總是耐心和我一起解決，並予以指導，給我鼓勵。我從同事身上學到一些和專業知識同等重要的東西——保持微笑，積極對待自己的工作，身居高位而勤勉謙遜。

王玉 (專業會計學四年級)
於畢馬威華振會計師事務所實習

在實習期間，我參與了客戶公司的IPO審計和中期審閱。從中，我了解到整個審計的流程，實踐了許多曾經在審計課中接觸到的審計步驟，如盤點、做截止性測試、處理詢證函及對客戶進行查詢，加深了我對課本知識的理解和掌握。在過程中，我意識到自己在工作中的一些可改善的地方，如與客戶溝通的技巧及工作態度等，提醒我以後要注意加強這些方面的訓練。這次實習令我對審計這個行業有更深入的了解，這對我將來策劃就業亦極有裨益。



林琳（音樂二年級） 於香港特別行政區政府駐北京辦事處實習

我的實習工作主要是搜集資料和籌辦活動，以協助一份有關中國中西部發展的研究報告和一個推廣香港的項目。我還獲派到天津和哈爾濱出差，參加了兩個商務洽談會及會見黑龍江省副省長，令我大開眼界！



莫淑雯（法學士二年級） 於上海市對外服務有限公司實習

我在上海一家法律服務中心實習，跟隨其中一位律師學習。期間，我看了到很多關於內地勞動合同法和勞動法的書籍，學習了如何撰寫答辯書和案例分析，還到法院旁聽以及跟老師一起討論案情。在過程中，我對內地有關勞動保障方面的法律有了進一步的認識，更了解到內地在勞動保障和調解等方面都已發展得相當成熟。

盧文峰（計量金融學三年級） 於西安曲江國際會展（集團）有限公司實習

西安市有句隨處可見的口號：「態度決定一切；思路決定出路；細節決定成敗。」雖只是十八個字，卻總結了我的實習經驗。一開始公司未有預先為我安排太多工作，但我主動向部長及主管爭取學習機會，爭取到閱讀內部文件、跟隨部長外出工作、洽談生意、出席會議的機會。憑著積極的態度，我在一個本是悠閒的實習中，認識到一間國家企業機構的營運及發展方針、企業架構、團體氣氛等。此行讓我體會了「態度決定一切」這句說話的真義。



李灶妍（中醫學四年級） 於北京宣武醫院實習

「希望愈大，失望愈大」是很多人在我出發前對我的忠告，我也是抱著這個心態參加實習。然而，一切都是我的誤解。在醫院的實習中，我了解到把書本上的知識運用到臨床實踐是一件很不容易的事，醫護人員需要仔細的觀察、全面的思考及經驗的累積，才能有效及全面地醫治病人。

林婉婷（語言學四年級） 於北京宋慶齡同志故居實習

「故居」的老師在我們到來前就為我們訂下了四個「一」的目標：做一次講解、編一本書、向遊人做一個問卷調查和為北京小學生準備一節英語課。對我來說，其中印象最深刻的工作就是當講解員。工作以外，「故居」的老師也為我們安排了不少參觀的活動，讓我們多體驗一下北京城的魅力。



實習安排及工作性質可能因機構而異，而同學在內地的短短幾星期亦未必被委派重任，但這卻是一個很好的體驗，讓同學在正式投身職場前，觀察別人如何工作，了解內地工作環境、有關公司的運作及自己的不足，並加以改善。「苦樂全在主觀的心，不在客觀的事。」若有幸得到實習機會，你會如何選擇你的心境呢？

環球盛夏遊

「讀萬卷書不如行萬里路」，這句話說得好！漫長的暑假，正是增廣見聞的好時機。讓我們看看同學留下的足跡，一起感受他們多姿多彩的暑期生活！

香港



「這七天外展訓練課程中，我感到突然有一股強大的力量催促住自己，要我向前。我做了很多平時不能接觸的事情，不但成功挑戰自己，亦得到勇氣及力量，令我以後的生活更有動力。」
~房小婷

倫敦



到倫敦學英語之旅中，同學體會了徐志摩先生的詩句中「河畔的金柳」和「波光裡的艷影」是如何令人陶醉，更一嚐「撐一支長篙，泛舟河上的滋味！」

日本京都



同學到日本京都參加暑期日語研修課程，內容包括日語訓練、書法、茶道、日本武術、體育活動等。修畢課程後，同學更有機會在日本見學旅行一周，體驗日本風土民情。

北京



「下普通話課後，我們就展開北京生活精彩的一天……探究過胡同、見過老北京的生活，難以想像它的殘破與蕭瑟，至少不是想像中的浪漫；上一刻享受過砍價的成功感，下一刻又不忿自己嘗了「水魚」；上過大館子，也嘗過不過幾元的一餐；經常抱怨處處都要收入場費，卻又抗拒不了風光名勝……」~戴朝枝

甘肅省蘭州市



在一個「民族與宗教」為研討題目的文化考察團中，同學到訪甘肅省蘭州市考察當地宗教文化的發展和少數民族的生活習俗。行程中，他們參觀了藏族佛教、伊斯蘭教、天主教和基督教的寺廟或教堂，更乘坐駱駝在鳴沙山沙漠上漫步。

日本東京琦玉縣



本校男子划艇隊赴日本東京琦玉縣進行集訓及參加「第三十二屆全日本國際輕量級賽艇錦標賽」。大軍行程都十分緊湊：早午兩輪操練、黃昏拜訪友校、晚上舉行檢討會議。期間，隊員與多間當地大學的教練及運動員進行交流，獲益良多，對提高他們的水平極有幫助。

澳洲大陸 夢想起飛



Wong Kwok Wai (Year 4/Hotel and Tourism Management)
(RMIT University/Australia/Spring semester 2009-10)



在著名地標悉尼歌劇院前
與友人合影

交流不只是旅遊，還需要把握機會好好學習。對航空學非常熱衷的我，澳洲正是我一直夢寐以求的地方，因為眾多著名的飛行學校都在這裡。在短短的五個月裡，我學會了許多航空業內的運作，還親嘗了駕駛飛機的滋味。另外，我也跟不同種族的同學穿州過省、一起旅行、一起露營，這些經歷都令我非常難忘。他們有著不同的背景，細聽他們的故事，實在引人入勝。希望在不久的將來，我可以環遊世界，到不同的地方去探望他們呢！



在阿得萊德飛行學校
駕駛飛機

Life in the fairyland - "Czech" it out



Chan Pui Yee, Polly (Year 4/Hotel and Tourism Management)
(University of Economics, Prague/ Czech Republic/Fall semester 2009-10)

With her fascinating well-preserved buildings, I was captivated by her charm as soon as I arrived in Prague. Czechs appreciate cultural art and music and they enjoy a more relaxing lifestyle. Staying in this relaxing and artistic city, I had moments of introspection on the hectic lifestyle in Hong Kong and the meaning of life.

I spent most of my weekends indulging myself in trips in Europe. Instead of joining tours, I planned my trips with friends and we set off every week with just a backpack. I visited over ten European countries! Even my European friends made fun of me and said I was more familiar with Europe than a European!



Polly and friends
travelling in
Vatican City

On your mark, get set, GO!



CUHK Student Exchange Programme



Wanna create your own exchange experience just like Kwok Wai and Polly? Student Exchange Programme arranged by Office of Academic Links (OAL) offers you the best opportunity!

To explore more, join the International Exchange Week, Briefing Sessions and Regional Information Sessions, starting from mid-October. Details will be available soon at www.cuhk.edu.hk/oal or talk to Study Abroad Advisor at OAL (Lady Ho Tung Hall, Clinic Road) through email at iasp@cuhk.edu.hk or at 2609 7597.



中大朋輩輔導聯網 uBuddies 2010起動!

2010年初誕生的首屆朋輩輔導聯網 (uBuddies 2010)，在過去一年接受了一連串有系統的培訓，包括基本心理輔導技巧、精神健康急救基礎課程、歷奇為本訓練營及輔導實習培訓等。過程中，一群uBuddies不但掌握到實用的輔導技巧和知識，他們更從多姿多采的學習體驗裡對自己和他人的需要有更新的領會和了解，真正達到助人自助的目標。未來一年，他們將在校園內進行各項服務計劃，攜手共建關顧校園。



以下節錄了部份uBuddies的心聲：

Chelsea

這次活動不單讓我們實踐了在訓練課程中學到的朋輩輔導技巧，更讓我們親身體驗向朋輩輔導員求助的經歷。其實我們不一定要遇到情緒問題的時候才去求助，即使是日常生活遇到的煩惱，找朋輩輔導員去聊聊天，亦是百利而無一害！

Kowloon

uBuddies給我機會跟各不同院系的人接觸。雖然在我們學習和成長的時候偶然會跌倒，但每個人都樂意敞開心窗分享自己的經歷，讓其他組員參考與學習。遇到朋友失意時，我們亦可嘗試運用所學到的技巧伸出援手。就在這個溫暖的環境中，我覺得自己成長了。

Christine

The supervision sessions were inspiring as we shared about ourselves, learnt to listen to others and to give feedback in taking turns to be the client, counsellor and the observer. The uBuddies peer counselling team is now preparing a series of activities in the upcoming semester, especially for our freshmen. It will be a great opportunity where we can apply theories and skills we learnt in the past months to serve our fellow schoolmates.



第二屆朋輩輔導聯網 (uBuddies 2011) 現正接受報名!

如果你想幫助他人又期望能充實自己，促進自我成長，那就把握機會，加入第二屆朋輩輔導聯網，成為一位uBuddy，以「同路人」的角色與同學分享你的成長體驗與智慧，一起共建關顧校園。

完成培訓的uBuddies可獲取的資格包括：

- ✓ 中大uBuddies證書 (CUHK uBuddies Certificate)
- ✓ 精神健康急救基礎課程證書 (Certificate of Mental Health First Aid Standard Course，證書乃聯同香港心理衛生會簽發，並獲澳洲墨爾本大學精神科學系ORYGEN研究中心認可)
- ✓ 參選Best uBuddies



報名詳情：

參加者資格：	全日制非畢業班本科生
名額：	40人
按金：	\$400 完成全部訓練課程及督導環節者 (出席率達80%或以上)，將獲退還按金
查詢：	2696 1804 江小姐

詳情及索取報名表格：

1. 於學生輔導及發展組網頁下載 www.cuhk.edu.hk/osa/scds
2. 親臨范克廉樓一樓學生事務處學生服務中心
3. 各書院輔導處

截止報名日期：2010年10月15日 (星期五)



關顧校園有心人 大學道上結伴行

有關uBuddies 2010的其他受訓花絮、心聲分享和uBuddies 2011的報名詳情，可瀏覽學生輔導及發展組的網頁 www.cuhk.edu.hk/osa/scds。

CAMPUS NEWS

政府資助專上課程學生資助計劃2010/11

「資助專上課程學生資助計劃」(TSFS) 及免入息審查貸款計劃 (NLS)的申請人，必須於政府學生資助辦事處網頁 www.sfaa.gov.hk 下載電子申請書，以電腦輸入申請資料，然後列印已完成輸入的電子表格，連同證明文件於9月15至17日交回大學本部富爾敦樓103室。如有查詢，請聯絡政府學生資助辦事處 (電話：2150 6000)。

大學助學金及貸款計劃

此項計劃旨在補充政府的資助計劃，同學須先向政府申請學生資助。申請表格可於2010年9月1日起於入學及學生資助處處網頁 www.cuhk.edu.hk/adm/sfas 下載。交表詳情如下：

	日期	地點
全日制本科生	9月20日至22日	所屬書院輔導處
全日制研究生	9月27日至28日	入學及學生資助處 獎學金及經濟援助組 (碧秋樓332室)

查詢電話：2609 7205

迎新領訓

O'Camp是新生踏入大學生活的重要一環。每年大學都為籌辦O'Camp的籌委同學提供多元化的培訓活動，包括不同的工作坊及培訓日營，啟發同學主動了解自己的角色和責任，以正面積極的態度迎接「新鮮人」。現讓大眾回味一下當中的片段，也給「新鮮人」知道師兄師姐們為O'Camp所付出的努力吧！



團隊精神又豈止叫叫口號那麼簡單呢？包容和信任，領袖們做到了！



迎新領袖們透過設計遊戲和親身試玩創意遊戲，思考如何控制人群情緒、安全設計、表達手法及突發事件的處理方法。

5大工作坊



參加迎新領袖培訓日營同學的心聲

- ※活動很有啟發性，令我思考O'Camp對新生的意義和舉辦O'Camp的目的。我也學習了帶領遊戲和分享環節的技巧和要點，很實用！
- ※導師很幽默，活動很好玩！
- ※如果可以是兩日一夜的培訓營就好了！

培訓活動節目一覽

1. 迎新營實務理財技巧
2. 應對傳媒全攻略
3. 意外應變及處理
4. 防止性騷擾
5. 迎新營中新生常見情緒問題之處理

培訓活動特別介紹 -- 迎新營中新生常見情緒問題之處理

迎新營期間，新生需要一段時間去適應這個全新生活環境，當中不少不免會有些焦慮或擔心的情緒。為協助新生盡快投入和適應大學生活，一群迎新營籌委在迎新營之前學習了處理新生情緒問題的技巧，內容包括有效溝通的元素、情緒問題的辨識方法、基本助人的技巧等。培訓活動後，這一群籌委都成為了更加善解人意的「組爸/組媽」，成為「新鮮人」的「指南針」和好榜樣！

「新鮮人」的第一課

炎炎夏日，三百多名來自不同國籍、文化背景的研究式研究生「新鮮人」聚首一堂，參加了由學生事務處舉辦的「研究生迎新日」。透過一系列的活動，他們認識了多方面的大學政策和為研究生提供的服務，包括學業誠信、大學生活的啟示，以及學生事務處、大學圖書館和資訊科技服務處等單位的服務簡介等，為新學年踏出重要的第一步。



就讀政治與行政學博士課程的庄文嘉同學是其中一個參加者。雖初到新環境，但文嘉認為香港跟廣東沿岸的大城市在飲食習慣和購物方面差別不大，加上他的太太懂得廣東話，所以他們在適應新環境方面沒有太大問題。說到迎新日的活動，「學業誠信」的介紹讓文嘉最為印象深刻，使他時刻警惕「誠信」對進行學術研究的重要性。文嘉還即場報名加入了「內地學生學者聯誼會」，希望藉此多與在港的內地學者交流聯絡，擴闊人際網絡。

我的開飯日記 by Anna Ding

Coffee Corner 的「是日焗意粉」向來是我的最愛。蜆肉、牛柳、雞皇...每天有不同的口味，每天都有驚喜。意粉上面鋪滿芝士，經烤焗後，芝士的金黃、熱氣和香濃，令意粉成為我的開飯首選！另外，Coffee Corner的沙律特別多水果，我也很喜歡。

至於**Franklin**的蒸飯屬「平靚正」之選，想省錢又想吃好東西的同學不妨試試。另外，日式金菇肥牛飯和日式炸帶子飯，配有凍鮮橙汁，味道都很不錯。

喜歡吃肉的同學則不容錯過**Snack Bar** (玻璃房)的鐵板套餐，量很大，好多肉...放在雪櫃裏的那些蛋糕都很好吃，我推薦其中的栗子船！



A Taste of Local Culture

The city's real attraction is not just those glistening skyscrapers.

One of the best ways to unwind yourself after final exams is to just walk freely and experience the rural scene. You may say it seems difficult to find such a place in Hong Kong. After all, Hong Kong is the synonymous of “modernization”, and most people are used to its modern image. Yet, the excursion to Tai O fish village has completely changed my thoughts.

Tai O fish village, a rare example of a Chinese stilt-house community, is located in the Northwest of Hong Kong. Built on coast edge of Lantau Island, it is more like a Xanadu. It is the home of the Tanka people, a community of fisher folks who built their homes on stilts above the tidal flats for generations because they do not feel safe on land.

Their enchanting world is a peace-seeker's paradise. Interestingly, a new manually-operated drawbridge, Sun Ki Bridge, spans the narrow creek that divides the town and replaces an old-fashioned rope-drawn “ferry” that operated for over 85 years.

I had a lot of fun when browsing the stalls and shops around Tai O. It was definitely a unique culinary experience for checking out the locally produced shrimp paste and salted fish. My recommendation was the home-made Tau Foo Fah (bean-curd jelly, a kind of dessert made from beans). Even though it was a common dessert in Hong Kong, Tau Foo Fah in Tai O had a special taste, the original flavor of beans and sesame. In some shops, we could even participate in the production process of local foods. It was really satisfying and exciting to eat the food made by one-self.



and simple.

With a full stomach and a close encounter with the nature, what do you still look for? Don't get overwhelmed with all the action – take a deep breath, and enjoy it. The Tai O fish village is one of a kind.

*Zachary, Zhang Xuanshen
(Year 2, Professional Accountancy student from Shanxi, Mainland China)*



Fusion in salad bowl

I am a sophomore in CUHK who came from the Mainland. In my first year study, I was deeply impressed by the rich diversity of Hong Kong, e.g. various food, various languages, various people. In a word, things are diverse.

At first, I was shocked by the overwhelming diversity and kind of against it. Fortunately my working experience in the Shaw College Student Union with the local students gradually made me realize the advantages of diversity.

Although language was an obstacle at the beginning, I had a great time working with local students. To be frank, my initial purpose of joining the SU was just to improve my Cantonese. Now I realize that as long as we are willing to communicate, language is not a problem at all. Everyone in the team was enthusiastic and helpful. By joint efforts, we held a series of activities successfully, such as the Graduation Ceremony of Shaw. I still remembered the exciting preparation work for the Graduation



Ceremony of Shaw. A local teammate and I worked for the whole night to make a wonderful balloon bridge. Despite of being tired and sleepy, we felt a sense of achievement when looking at “our own bridge”. Needless to say, the other members of our team also worked hard and made a magnificent billboard. Everyone of our team tried his / her best to manage the time to take care of our booth even though it was a

school day. Our efforts paid off and it turned out that our booth was the most popular one that day.

Through the experiences of working with my local teammates, I am deeply attracted by the local students' passion and creativity and have learned a lot from them. Apart from local students, I have also made friends with international students from different countries, e.g. the USA, India and South Korea. While communications with these students seem to be even harder, as long as we put aside our prejudice and political discrepancies, friendship can be built by understanding each other.

All in all, we should try to appreciate and accept differences and diversity. Finally, you will find that diversity is interesting and inspiring, and you will benefit a lot from it.

Zhao Zifeng
(Year 2, Risk Management Science student from Shangdong, Mainland China)

'Keep Caring' in CUHK

We believe that apart from academic achievements, satisfying interpersonal experiences and a nurturing social environment also form valuable aspects of our students' university life. In this regard, a campus-wide campaign focusing on the development of a 'Caring Campus & Culture' in CUHK was launched in 2009-10.

Following last year's success, the 'Caring Campus Campaign' will be continued in 2010-2011 with 'Keep Caring' as the slogan. Throughout the coming year, the theme 'Caring' will be adopted in activities like talks, training, publications, video production, survey, development of web-based and self-learning resources, etc. For further information, please visit www.cuhk.edu.hk/osa/scds.

Here are some students' personal sharing on their experiences of being cared for or supported by people around them on campus:




Our senior students gave us so much genuine advice to help us relieve the anxious feelings about academic study and university adjustment that many freshmen might experience.

Statistics is the most difficult course which I encounter in this semester. Thanks to my classmate, Jenny, who studied with me at the coffee shop and taught me the basic concepts.

The pre-exam period was very tough because I had to deal with projects, exams and presentations all at the same time. Luckily, my project group teammates shared my workload and worries. They even called me in the middle of the night to come up with the final report together so that I could have a few hours sleep before the presentation. They were really caring and considerate!

Building a Caring Campus – Collection of Caring Experiences and Inspirations

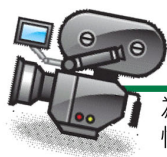
"Genuine caring" can be found anywhere. Whether you are the ones who receive or offer care, you are welcome to share your thoughts and experiences on the following:

-  Your personal experiences in which you felt being cared for and supported by the people around you on campus
-  Your expectations and demands of a "Caring Campus"
-  Your contribution in promoting a "Caring Culture" in CUHK



Submit your contributions via a collection box located in the Student Services Centre, 1/F, Benjamin Franklin Centre or email to caringcampus@cuhk.edu.hk. Student Counselling and Development Section reserves the right to edit and print your contributions.

Show your gratitude to those who care for you. Share your joy of caring for others!



中大「校園關顧情」短片分享

為推廣關顧文化，營造彼此關懷的校園環境，學生事務處學生輔導及發展組特意製作「校園關顧情」短片，喚起大家多關心身邊人。

短片由成博民校友（零九逸夫新聞傳播）執導，透過輕鬆細膩的手法描繪中大人的關顧情。片中訪問了不同背景的中大人，與大家分享了他們對「關顧」的看法和對中大人、事、物的情感，包括：

- 中大校董李明達校友
- 大學輔導長吳基培教授
- 宿舍（逸夫國楹樓）工友桂叔
- 女工合作社的阿葱
- 另有多位同學的真情分享

短片將上載於學生輔導及發展組網頁 www.cuhk.edu.hk/osa/scds 供大家觀賞。短片亦已製作成光碟，限量派發。

A Teacher and a Friend

At times, you may like to obtain some guidance from teachers and share your thoughts with friends. How about going to your mentor? With their knowledge, experience and dedication to the development of young people, mentors are there to be your teachers and friends. Read what the mentees of Personal Assistant Training Scheme (PATS) this year say about their mentorship!

Monica Tam (Year 3, Translation;
Mentee of Sir David Akers-Jones,
Former Chief Secretary, Hong Kong
Government)



“With only one year to go until graduation, I have many choices ahead of me. I need a friend to guide me through this crucial moment in my life. Sir David is the friend I need. It was fantastic to share my Saturday mornings with him, getting to know more about social affairs in Hong Kong, getting to know all his extraordinary experience, and from those conversations, getting to know more about myself.”

Jackie Yeung (Year 4, Law;
Mentee of Mr. Geoff Dixon;
Consultant in Facilities &
Procurement Management)



“He raised our awareness in the business field, by asking us to do researches and ‘report’ back to him about it. And he was kind enough to be my interviewee for the law project on Five Day Work Week at schools. Throughout the meetings, I was totally inspired by his insight in the finance and corporate real estate field, as well as his continuous effort in helping me to build my network with lots of talented people. He also invited me to work in the legal and compliance department of his firm!”



To be a Mentee

There are various mentorship programmes in the University, and PATS is one of them. The mentors of PATS are all senior executives who have solid experience and strong network, and they are ready to share their experience and offer guidance and advice to the mentees. The mentors of PATS include CEO, Chairman and senior managers of listed companies and multi-national corporations, and most of them are expatriates.

Full-time undergraduate students expecting to graduate in May 2012 are welcome to apply for PATS. To find out more about PATS, please visit <http://cpdc.osa.cuhk.edu.hk>. Recruitment information will be distributed to penultimate year undergraduate students via email in October. Stay tuned!

色彩繽紛的屬會活動

學生領袖培訓計劃2010已於本年四月圓滿結束，共五十五位來自十八個學生組織的幹事參加；計劃涵蓋七個活動，包括講座、工作坊、日營及機構參觀。除了二十多位幹事完成指定要求而獲頒證書外，另有五個學會完成所有七個活動，突顯團隊精神。一起來認識一下他們吧！

想學魔術?
快加入魔術學會
參加我也既迎新夜同
魔術班班拉!
I WANT YOU!
FOR THE SOCIETY OF MAGIC!
魔術學會電郵地址: CUMAGIC2010@GMAIL.COM

香港中文大學內地學生學者聯誼會
Chinese Students & Scholars Association @ CUHK

WELCOME TO CUHK!
WELCOME TO JOIN CSSA!

網上會員註冊: <http://tinyurl.com/cuhkcssa>

感受家庭般的溫暖
在這裏

- 香港中文大學內地學生學者聯誼會成立於1997年，是為來自內地的中大本科生、研究生和學者服務的非盈利非政治性組織
- CSSA is a non-profit and non-political organization, founded in 1997 and serving for CUHK students and scholars from mainland
- 為中大內地學子義務提供諮詢幫助和豐富的課外生活，是聯絡學生學者的紐帶
- Provide information and help students to enrich their campus life
- 構建內地學生和學校間的溝通橋梁，為廣大學生爭取權益
- Enhance the communication between students and university

Outdoor Activity Society
We're fans of joy
So are you!
Join us! Let's share the fun
Contact us: cuhkoutdoor@gmail.com
63081713 (Jimmy)

縱行者

We organize outdoor activities like hiking, camping and water sports for all CUHK people. Join us as a member and explore new places that you have never seen.

辯論學會
BE ONE OF THE ORGANIZERS OF
THE MOST AMAZING DEBATING CONTESTS,
2010-2011年度大專粵語辯論賽、第四十屆兩大大辯論賽、第二十屆港澳大專粵語辯論邀請賽

JOIN THE 10TH DEBATING SOCIETY, CUHKSU.
CONTACT: DEBATTRE.CUHK.1011@GMAIL.COM / 6744 8503 (CRYSTAL)

飛盤學會

frisbee, a rising sport, combines the elements of rugby, football and basketball in a game, played by seven players in a team, requires speed, agility, quick-mind and teamwork of every single player. interested? want to try? come join our practice in CUHK and experience the fun of frisbee together.

飛1盤
2010-2011
ULTIMATE
FRISBEE
UNI-FLY

請密切留意藝墟或聯絡DON(61568977)

第二屆學生領袖培訓計劃將於2011年初開始，各位「新鮮人」如想學習如何上莊及處理莊務，請密切留意日後的宣傳和資訊！

中大校友會聯會學生活動基金

香港中文大學校友會聯會為協助母校推動學生活動，特設學生活動基金，用以資助本校學生團體舉辦活動或個別學生參與地區／國際比賽或會議。該基金於每學年之上、下學期初接受申請。凡全日制本科生（只適用於應邀參加地區／國際比賽或於國際會議上宣讀論文者）及學生團體皆可申請。具備下列條件之計劃，可獲優先考慮：

- (一) 富創意；
- (二) 能使籌辦活動之同學增加識見及工作能力；
- (三) 可令全校同學或校外人士均有機會參與；或
- (四) 能增進大學與其他組織之聯繫。

校友會聯會學生活動基金現正接受申請，截止申請日期為2010年9月30日。

中大分店限定 超市特惠

位於富爾敦樓地下的百佳超級市場由今年七月起向所有中大員生提供兩項特別優惠：

- (一) 全年97折優惠：凡大學員工及學生持有效職員證或學生證到大學的百佳超級市場購物，均可享全單97折優惠。
- (二) 雙倍積分：大學員工及學生於付款時出示「易賞錢」卡，可獲雙倍「易賞錢」積分獎賞。
優惠條款及細節未能盡錄，詳情可參閱張貼於超市內的宣傳海報。

大學游泳池 - 9月1日至30日開放時間

第一節： 上午10:30至下午1:40 (逢星期五 上午11:30至下午1:40)
第二節： 下午2:30至下午8:15

十月和十一月的開放時間將稍後公佈，最新消息請留意學生事務處網站 www.cuhk.edu.hk/osa/stu_act_swim.htm

Underground Sub-soil Drainage Works for Library Extension

- * Expected completion date: mid-October.
- * Working hours: 7:00 am to 7:00 pm from Monday to Saturday
- * Temporary closure of Central Steps for safety measures: directional signs for temporary pedestrian were posted at various locations and railing/hoardings will also be erected at locations as necessary
- * More details are available at <https://www.cuhk.edu.hk/osa/saau/U-LibExt.pdf>



- Newly launched

When I first heard about CUSIS, I was worried whether it would just be a new online platform. Downloading notes from different platforms really bothers me a lot as I have to memorize and log-in different links. Surprisingly, I won't encounter this problem anymore with the newly launched CUSIS.

Since the launch of CUSIS in July, the revamped MyCUHK webpage allows a handy single sign-on function. From now on, simply login to MyCUHK, I can access to most of the online platforms and applications directly such as CUSIS, eLearning platforms, medical appointment booking, etc.

Another change that CUSIS brought to me is the new experience of course selection. I can plan all my courses at anytime during the pre-enrollment period and save my selected courses in the system. The "validate" function helps me to check my eligibility instantly and results are known in real time. All these new features help me a lot in my course planning and eliminate the time gap.

All in all, I think having CUSIS in place is a great idea and surely there are still rooms for improvement for a new system. Yet it has made my life in CU easier!

Ma Kai Chun, Victor

Stay Tuned

Career Planning and Development Centre, OSA For enquiry: Tel: 2609 7202 cpdc@cuhk.edu.hk
(Please note that the following events are subject to change. Students may refer to our website: <http://cpdc.osa.cuhk.edu.hk/> for the most updated information.)

Events	Organizer/Speaker	Date
Guidance Programmes		
Briefing Session on Civil Servant Recruitment	Experienced ex-AO	15 Sep 2010
Seminar on How to Enhance Your Employability and Career Opportunities for Undergraduates	CPDC	16 Sep 2010
Seminar on How to Enhance Your Employability and Career Opportunities for Postgraduates	CPDC	18 Sep 2010
Proactive Job Hunting-Are You Ready?	Mr. Stan Ho, Fitch Ratings	20 Sep 2010
Up Close with Civil Aviation	Aviation Association	21 Sep 2010
Communicating to Impress the Interviewer	Mr. Raymond Yu, Talents Consulting Ltd.	27 Sep 2010
Job Hunting Skills Workshop	ILC	Sep 2010
NLP Career Preparatory Program	Mr. Alex Lam	Sep-Oct 2010
Recruitment Talks		
Civil Service Bureau HKSAR Government - Recruitment of Administrative Officer	CPDC	10 Sep 2010
Civil Service Bureau HKSAR Government - Recruitment of Management Services Officer	CPDC	13 Sep 2010
Civil Service Bureau HKSAR Government - Recruitment of Executive Officer	CPDC	13 Sep 2010
Deloitte Touche Tohmatsu	CPDC	14 Sep 2010
Nomura International (Hong Kong) Limited	CPDC	15 Sep 2010
PricewaterhouseCoopers Limited	CPDC	15 Sep 2010
Deutsche Bank AG	CPDC	16 Sep 2010
Ernst & Young	CPDC	17 Sep 2010
Bain & Company (Hong Kong)	CPDC	20 Sep 2010
Hang Seng Bank	CPDC	20 Sep 2010
Standard Chartered Bank	CPDC	21 Sep 2010
Credit Suisse	CPDC	21 Sep 2010
Royal Bank of Scotland	CPDC	22 Sep 2010
HSBC	CPDC	24 Sep 2010
KPMG	CPDC	27 Sep 2010
UBS AG	CPDC	28 Sep 2010
Goldman Sachs (Asia) L.L.C.	CPDC	29 Sep 2010
Morgan Stanley	CPDC	30 Sep 2010
Incoming Students Section, OSA For enquiry: Tel: 2696 1533 isso@cuhk.edu.hk		
Events	Organizer/Speaker	Date
Learning Enhancement Workshops	ISS	Oct - Nov 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 Chung Chi College	SAAS / CC College	27 Sep 2010
Orientation Day for Undergraduate Admission 2010	All departments / units	9 Oct 2010
VC Meeting with Students at New Asia College	SAAS / NA College	19 Oct 2010
Student Counselling and Development Section, OSA For enquiry: Tel: 2609 7208 scds@cuhk.edu.hk		
Events	Organizer/Speaker	Date
Talk on "Adjustment in CUHK" for CC Year 1 Students	SCDS	10 Sep 2010
Talk on "Adjustment in CUHK" for UC Year 1 Students	SCDS	24 Sep 2010
Workshops for Year 1 Medical Students	SCDS	29 Sep, 6 Oct 2010
Talk on "Adjustment in CUHK" for NA Year 1 Students	SCDS	8, 15 Oct 2010
Mental Health Programme for SC Students	SCDS	15 Oct 2010

WANTED!!

Do you want to have your work published in UMP?
Are you good at composing stories, illustration design or photo-taking?
Join our UMP editorial team as student reporter / editor / illustrator!

Student Reporter

Conduct interviews, take photographs and write stories or activities as assigned

Student Editor

Edit articles, design layout and compose the materials submitted to UMP

Student Illustrator

Draw picture or sketch and design layout

To apply, complete the application form (<https://www.cuhk.edu.hk/osa/marketp/Reporter1011.pdf>) and submit it together with your résumé and sample work to marketp@osa.cuhk.edu.hk or fax to 2603 7705. Short-listed applicants will be contacted and invited for an interview in September.

For further information about the requirement and remuneration, please contact Mr. Kwan at 2609 7323 or Ms Cheung at 2696 1731.