

UNIVERSITY

大學廣場

MARKETPLACE

Issue 147

April 2009



解困攻略

如何跨障礙、創未來

Quick Tips for Interview



Office of Student Affairs
The Chinese University of Hong Kong

From the Editor

I believe we all have had enough of coping with the financial turmoil. Sounds dreadful, doesn't it. Let's look at this in another angle, in a positive way. In this difficult time of the year though the business seems to be a little stagnant, there lies a golden opportunity for a thorough self review and development.

First, review your priorities. Have you been able to strike a balance among those many demands in your different life roles? Very often we heard from students that they feel regret that they spend only little quality time with their families. In this issue of UMP, we discuss family as an important source of support and happiness. Learn to appreciate your always-available family, be sensitive to its needs especially in time of adversity.

It is also high time you reviewed your potentials. While most employers have stopped or scaled down the staff recruitment, other than your dream jobs that you have longed for, what else would/could you do? What else are you interested in? Find out and stretch your potentials. Be open to new opportunities. If you are puzzled, find out more through campus recruitment talks, career seminars where professionals come to introduce their areas of expertise. Understand different industries,

companies, corporate cultures, requirements, etc. You will be able to see what you have to offer then what you need to equip yourself. Read "Get Ready for Challenges" for a consultant's advice.

Review your skill set. It is never too early to practice for a job interview. Do you manage the required skills and even the seem-to-be trivial techniques? See "Surviving the Interview" for the do's and don't's observed in the selection interview of OSA's Global Internship Programme. Also enrich your experience by participating in community services which are often overlooked by students. With Corporate Social Responsibility (CSR) on the trend, employers are looking for staff members who are ready to contribute to the community. Better utilize your time on some meaningful community works. You will experience something eye-opening and rewarding, guaranteed.

Opportunity does not knock. You knock, opportunity answers. So get yourself recharged and prepared, then knock on the doors of opportunity. You will eventually find your way to success.

Lilian Pang

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新任大學輔導長吳基培教授 寄語中大同學珍惜大學時光

孫若瑜〔專業會計系三年級〕

化學系吳基培教授於2009年2月1日成為新任大學輔導長。吳教授過去曾參與多項與學生事務相關的委員會工作，有著豐富的學生事務經驗。他說，擔任大學輔導長是個新的挑戰，期盼著同學們能培養獨立思考的能力，勇於表達意見，在學業或生活上遇到難題的時候主動與學院，書院輔導處或學生事務處等部門的教職員反映和溝通。

談到學生的發展，吳教授表示，大學方面正在整合各項活動，讓同學能達致全人發展。面對金融危機，校方正積極聯絡僱主、校友，為學生爭取更多本地與海外的各種實習培訓機會，同時亦籌備一系列工作坊以進一步提升學生的素質。大學各書院及學院也將全力推動海外交流計劃、大學互訪及各項暑期活動，務求全面增強中大畢業生的競爭力。

除學術發展方面外，吳教授特別推動校園文化的融合，他鼓勵本地學生、內地學生與國際生互相交流，彼此以開放包容的態度認識及欣賞多元文化，擴闊視野。

他說，人生的路要靠自己開拓；希望同學好好珍惜轉瞬即逝的大學時光，認真地規劃大學生活。他建議學生理智地分配時間、多嘗試新的事物去豐富人生經歷，並以積極的態度及充足的信心面對未來。

吳教授寄語中大同學：「大學就像一個寶庫，別讓當中的寶藏擦身而過，應細意體驗，撿拾適合自己的寶藏，好好裝備自己，走往後的人生路。」



從上任大學輔導長何培斌教授（右）手上接過學生事務處的門匙，吳基培教授於2月1日正式接任大學輔導長一職。

積極務實迎挑戰

劉關莉施女士、劉雪慧女士（學生事務處 學生輔導及發展組）

一年之計在於春，現在本是奮起為今年訂下新目標的好時候。奈何目前的國際金融危機卻為社會帶來了經濟寒冬。各行業減薪、裁員甚至倒閉之聲此起彼落。在社會持續的負面氣氛和不明朗的前境下，憧憬在大學畢業後能一展所長的同學們，難免會為個人的就業和前途感到憂慮和迷惘。然而，古語云：「玉不琢，不成器」，人生旅途中各項大大小小的際遇可以成為鍛鍊個人心智的寶貴機會。要駕馭人生的各種挑戰，化危為機，就得先檢視自己處身困境時的慣常反應，然後努力培養更奏效和理想的處理方法，好讓日後能因時制宜。

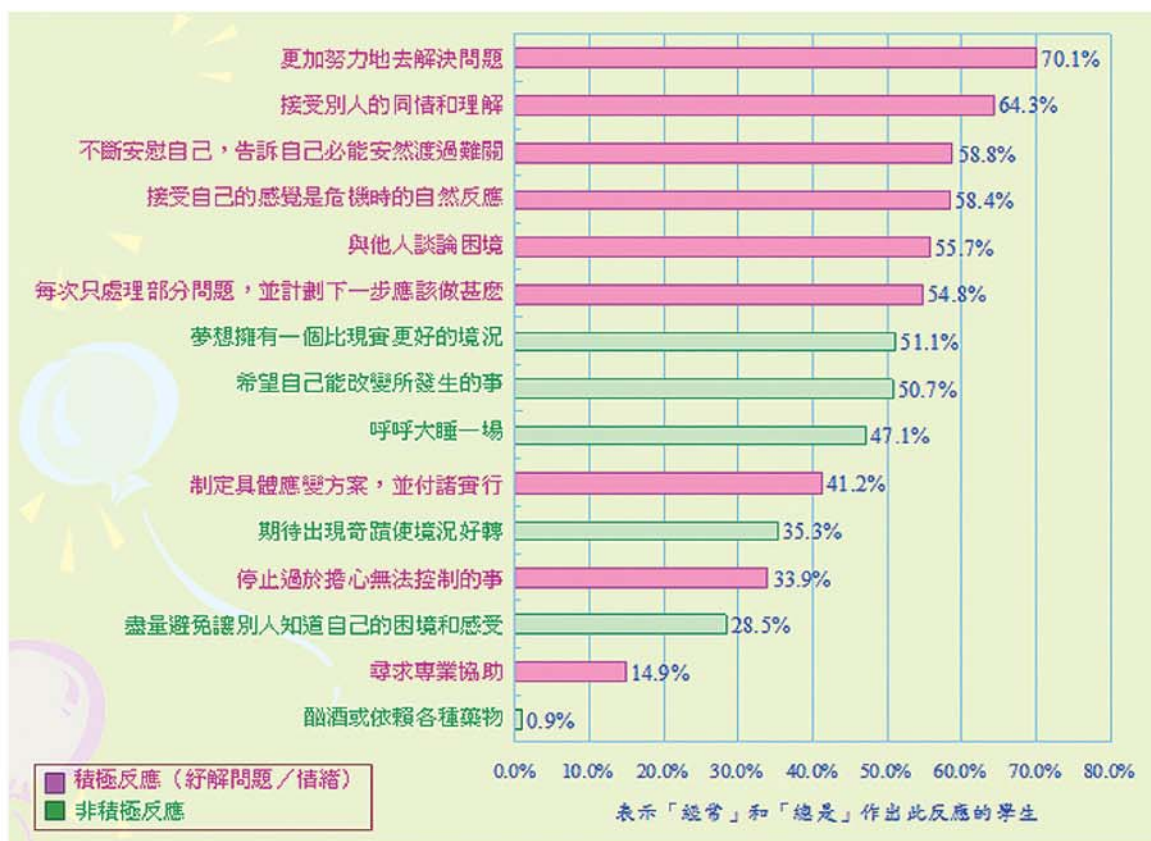
大一生解困攻略

學生輔導及發展組於上學年度曾邀請分別來自醫科及護理學的一年級學生參與問卷調查，以了解他們當遇到困難或壓力時所作出的反應，護理學學生亦同時回答有關主觀快樂感的題目。是次調查共收回236份問卷，除去其中15份沒有註明性別或回應個別題目的問卷，則醫科生有99人，護理學學生有122人，男女生分別佔總回應人數28.5%及71.5%。

是次調查問卷列出了15項人們面對困難或壓力時普遍出現的反應，大致上可分為積極與非積極兩大類。其中傾向積極的包括「更加努力地去解決問題」，「接受別人的同情和理解」等有助紓解問題或情緒的反應，而傾向非積極的則包括「夢想擁有一個比現實更好的境況」，「呼呼大睡一場」等不切實際的反應。學生可選擇以「不曾」、「間中」、「經常」或「總是」作答。

調查結果顯示，受訪學生遇到困境時都曾作出所列出的各種反應。當中，差不多全部受訪者（99.5%）都曾「更加努力地去解決問題」，而只有5%學生曾以「酗酒或依賴各種藥物」這消極的方法來面對困境。出現個別反應的情況則如下：

面對困境的慣常反應
（受訪人數：221人）



Coping Strategies Survey

綜觀以上結果，受訪學生在面對困境時主要抱持積極的心態，務實地處理問題和相關的情緒。不過，若能多以「制定具體應變方案，並付諸實行」及「停止過於擔心無法控制的事」來面對，定必有更佳效果。此外，學生亦傾向憑藉個人的方法去面對困境，較少選擇經常尋求專業援助。

快快樂樂跨障礙

是次調查中，護理學學生亦回答有關主觀快樂感的題目。結果顯示，積極的反應與主觀快樂感有著正面的關連：自覺快樂的學生（1至7分之間選擇5分或以上）在遇到困難及受壓時更懂得紓解情緒，亦較少刻意隱瞞所處的困境。相反，自覺不快樂的學生（1至7分之間選擇3分或以下）則較多採取非積極的反應。以下是兩組學生面對困境時，差異尤為顯著的項目：

面對困境的慣常反應與學生的主觀快樂感
(受訪人數：122人)

學生表示「經常」或「總是」：	主觀快樂感5分及以上 (77人)	主觀快樂感3分及以下 (13人)
積極，紓解情緒的反應		
☉ 接受自己的感覺是危機時的自然反應	62.3%	38.5%
☉ 與他人談論困境	57.1%	38.5%
☉ 不斷安慰自己，告訴自己必能安然渡過難關	57.1%	30.8%
非積極，不切實際的反應		
☉ 夢想擁有一個比現實更好的境況	51.9%	76.9%
☉ 希望自己能改變所發生的事	37.7%	76.9%
☉ 期待出現奇蹟使境況好轉	40.3%	61.5%
☉ 盡量避免讓別人知道自己的困境和感受	16.9%	61.5%

奮迎挑戰創未來

總括而言，是次調查的結果顯示受訪學生普遍以積極的態度及有助紓解問題和情緒的行動去面對困境和挑戰。此外，自覺快樂的學生看來更能疏導情緒，亦較少出現欠積極和不切實際的反應。

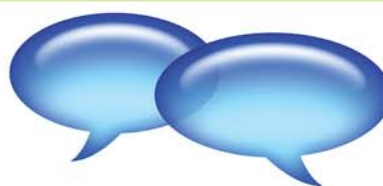
事實上，我們若保持樂觀，放眼未來，靈活及積極地採取實際可行的對策，必能奮迎挑戰，跨越困境。同時，成功克服挑戰所帶來的紓緩，滿足感和自我肯定亦能成為快樂的泉源。相反地，逃避的心態以及不切實際的行動和空想，對紓解困境並無幫助，更可能衍生其他問題。有需要時，主動尋求專業協助亦可有效避免問題惡化和累積。

你已經培養好積極樂觀和自強不息的心態，迎接人生路上的挑戰嗎？



快樂七式 之 天倫情話

學生事務處 學生輔導及發展組



家庭 - 生命支柱與快樂泉源

家庭重要嗎？相信大多數同學的答案是肯定的。大家不妨再反思一下，你投放了多少時間和精力於家庭呢？你對家人的關心足夠嗎？

中文大學學生輔導及發展組於早前發表的「新鮮人快樂指數調查」顯示，朋友及家庭為中大新鮮人首兩項的快樂泉源。家庭在我們生命中確實擔當著重要的角色，如果家庭生活能夠多一點和諧，多一點關愛，對我們身心健康會有正面的效果。當面對困難，就如應付當下的經濟逆境的時候，家庭更是我們的重要支持系統。然而，在忙碌的生活中，我們往往忽略了身邊的家人。

對一般大學生來說，由於功課繁忙或入住宿舍的關係，跟家人接觸的機會會相應減少。其實，建立融洽的家庭關係是需要多方面的配合：時間的投入、坦誠和互諒互讓的態度都是其中不可或缺的重要元素。

親親家人檢測站 - 你做得足夠嗎？

要與家人建立良好的關係，第一步可看看自己在態度和行為上有什麼需要作出改善的地方。

請根據你過去的實際經驗，選出你認為最能代表你的答案，在適當的o格內塗上黑色。

	一點都不像我			非常像我	
和家人談話過程中，會積極聆聽及瞭解對方的想法。	○	○	○	○	○
自發性地完成所分配的工作及家務。	○	○	○	○	○
懂得珍惜和爭取與家人相聚的時間。	○	○	○	○	○
當家人感到煩惱時，會主動給予支持和慰問。	○	○	○	○	○
能夠直接用說話或行動表達對家人的關心和愛意。	○	○	○	○	○
不會隨意批評或提及對方的缺點。	○	○	○	○	○
願意和家人分享自己的經驗或擔憂的事情。	○	○	○	○	○
遇有意見分歧時，懂得運用適當的溝通技巧，表達自己的感受和想法。	○	○	○	○	○

若上述句子很能代表你對家人的態度和表現，恭喜你！相信你的快樂指數必定很高。假若你的實際情況跟上述的仍有距離的話，也無須氣餒。你可嘗試以下的建議，在思想行為上作出一些改變。你會漸漸發現要建立一個和諧家庭並非遙不可及的事。

天倫情話表愛意

以下是如何與家人建立及維持良好關係的一些建議：

- ▶ 定時安排與家人共聚的時間，嘗試培養共同興趣；
- ▶ 在功課繁忙時亦跟家人保持聯絡，通電話，發放短訊或 e-mail；
- ▶ 多些聆聽各家庭成員的心聲，並尊重彼此的感受；
- ▶ 爭取機會直接表達對家人的欣賞、感激和愛意，不要隨意作出批評或指責；
- ▶ 團結一致地面對困境；遇有衝突時，以理智有建設性的態度表達自己的感受及想法，並善用各種支援來解決問題；
- ▶ 明白和接納彼此的差異，不會將自己的意見強加於對方身上。

家庭和諧其實是需要各成員的共同努力和付出，缺一不可！與此同時，當我們遇到挫折逆境時，不妨與家人傾訴個人想法與感受，讓他們明白我們的處境。相信在家人的鼓勵和支持下，大家會更有能力跨越挑戰！

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Get Ready for Challenges

Get Ready for Challenges

Career Planning & Development Centre, OSA

Given the current economic situation, it is obvious that there will be tough times ahead for fresh graduates as job seekers. Everybody knows that he should equip himself and be prepared for the challenges. The ultimate question is – HOW?



To help students answer the question, Career Centre has recently interviewed Mr. Raymond Yu, an experienced management consultant. Mr. Yu is a CUHK alumnus who delivered a talk "Preparing for Diverse Approaches to Selection Interviews" which was attended by over 300 CUHK students in January this year. Mr. Yu shared his views on how students can cope with the challenges, how they should position themselves in the job market and what should be watched out for in the job seeking process.

C – Career Centre R - Mr. Raymond Yu

C: What specifically are the challenges that fresh graduates will face in the near future?

R: Overall speaking, the number of job vacancies is decreasing. Companies have stopped recruiting traditional "preferred jobs" or "white-collar office jobs". In terms of job nature, a large proportion of vacancies involve sales responsibilities, even though they may not carry the title of sales representative. More new jobs impose unstable working environments and longer working hours. "Willing to travel frequently" has become a common prerequisite. As a result, inexperienced fresh graduates will get lost in figuring out the qualities exactly required by employers.

Moreover, graduates need to adjust their expectations on the starting salary which may be much lower this year.

C: As you have mentioned, there will be a lot less "popular" jobs and the salary is lower for fresh graduates this year. How should graduates prepare for the cruel reality?

R: The head of a major local utility company once pointed out that fresh graduates often have a biased perception, for or against particular lines of jobs. We often heard graduates saying they are not interested in particular jobs. In fact, many people have developed successful career in fields that they knew very little about in the first place and that they could hardly imagine interest and even a career could be developed. So my advice is "if you never try, you will never know." If you are eventually certain that you have made a wrong choice, you are still young for a switch.

C: How can graduates stand out from hundreds of other candidates during a selection interview?

R: In an interview, try your best to project a professional image and an assertive character within the first few minutes. This involves good eye contact with the interviewer, upright posture, appropriate gesture, proper way of answering questions, etc. Thorough preparation is a must. Practice beforehand and get advice from seniors and experts. Remember, it is your job, not the interviewer's, to demonstrate that you are unique and are a potential contributor to the company.

C: What are the common qualities required by employers. How would employers assess these desired qualities?

R: Not many candidates are aware that the majority of employers look for "common sense" on top of technical knowledge specific to the job. I would recommend graduates to read as much as possible the debate forum of decent newspapers in preparation for job interviews. They should think through the rationale behind every argument presented.

For the assessment, graduates should at least find out from senior students or recruitment seminars the various approaches adopted by different employers. They will be amazed by the great variety of assessment approaches in addition to the traditional form of interview.

C: Do you have any other advice for our graduates who will soon enter the labour market during this tough time?

R: I suggest that graduates should focus on long-term rewards rather than the immediate starting salary. As Mr. Vincent Cheng of HSBC once remarked, employers should always practise "pay for performance". But employees should never practise "performance for pay". For example, even if you feel that you are being paid for only half of what you deserve, do not reduce your performance to half. Instead, you should always perform at the highest level of your capabilities. This is the recipe for a fast-track career. I don't think I need to elaborate on the rationale behind.

After all, bear in mind "Tough times never last, but tough people do."

Surviving the Interview

Quick Tips for a Successful Interview

Career Planning & Development Centre, OSA

A total of 685 students attended the in-house selection interview of Global Internship Programme (GIP) 2009 in January. The following observations and suggestions are based on the candidates' performance, and they may serve as some general interview tips!

1. Arrive 10 – 15 minutes earlier

We were happy to see that most of the interviewees arrived 10 – 15 minutes earlier. This allowed you to get physically and mentally prepared for the interview.

A few of you were late though, or even forgot your interview slot. This did create a very bad impression.



2. Dress smart

No casual wear like jeans, please. The right clothes help you project a professional image to the interviewers.

With a small number of you being the exception, we were glad to see most applicants observed this basic interview convention.

3. Watch your posture

One or two of you had your arms crossed during the interview. This is a definite no-no! It creates an impression that you are arrogant or you do not care.

Marks were deducted for a candidate who chewed gum after entering the interview room as well.



4. Maintain good eye contact

To the minority of you who kept staring at the question sheet during the interview, you may like to know that good eye contact helps project an image to the interviewers that you are confident. Know what to look at next time – the interviewers and your fellow interviewees.

5. Relax and be natural

During the self-introduction, a few of you looked like you were reciting a speech. Some even took out a "cheat sheet".

Relax! And in preparation of the interview, don't memorize your answers to potential questions by rote. Instead, form a mental outline of the answers by jotting down the key points. Rehearse along the skeleton. You would sound more natural this way.



6. Speak with energy and confidence

With a car park downstairs, we had a difficult time in hearing what some of you said during the interview.

Voice projection and articulation ensure you to be heard and help you to demonstrate confidence.

Don't get shy in selling yourself. When being asked on why you should be selected, tell us about your strengths. Shallow answer like "I am not outstanding, but I am very interested in the programme" will not do you any good.

7. Keep abreast of current affairs

Watch the news more often. Include English newspaper in your daily read. If you do not know what a topic is about, it would be difficult for you to make any meaningful comments. For example, in the GIP interview, a few candidates did not seem to understand what "Domestic Violence Ordinance", "domestic maid levy", "idling vehicle engines" and "functional constituencies" are. On the other hand, some candidates demonstrated leadership by trying to clarify the misinterpretations of their teammates and steering the discussion.



About Global Internship Programme (GIP)

Under GIP, selected non-final year undergraduate students are offered offshore internship positions in countries like mainland China, Australia, Belgium, Canada, France, Ireland, the United Kingdom and the United States in summer.

The programme was first launched in 1997 with internships offered mainly in mainland China, and over 2,000 students have benefited since then. Last summer, 185 students were placed to different organizations around the world. Through the offshore internship, students have gained workplace exposure and cross-cultural experience, thereby polishing their interpersonal skill and language skill. The experience has better equipped them for their career development. For students' detailed sharing, please visit www.cuhk.edu.hk/osa/gip.

Shall we talk?

Incoming Students Section, OSA

Three Get-together Gatherings for the first-year non-local postgraduate students were successfully held in January 2009, aiming to enhance the understanding between students and the university management on the former's adjustment to and concerns on university life. How do students find the gatherings?



Shelly Liao (PhD student, Education)

Despite the fact that participants are from different graduate divisions and provinces in mainland China, the feelings and worries expressed during the gathering in regard to university life, academic research, future plans and interpersonal communication are shared by us all. Facing the totally unfamiliar environment of Hong Kong, sometimes I do feel a sense of isolation and loneliness. It is good to have such an opportunity to share as well as seek advice and comfort from my peers and university offices, and learning from people's experiences is indeed a pleasant, lifelong journey.



Sophie Li (MA student, Global Communication)

When I was a year-2 undergraduate student in Nanjing, Professor Ambrose King (the former Vice-Chancellor of CUHK), together with some CUHK students, visited my university. I was so lucky to be one of the student representatives greeting them. It was the fruitful sharing with them that catalyzed my plan to pursue postgraduate studies here at CUHK. During the past six months in Hong Kong, I have gone through some difficult times and learned to face up to challenges in adjusting to a new environment, my university life and academic studies. I am glad that the University has a platform for mutual communication, which most mainland universities lack.



A Real Spree for the Spring Festival

Jennifer Sun (Year 3, Professional Accountancy)

The Lunar New Year is one of China's most important festivals, during which people gather with families and friends. On January 23, 2009, the Office of Student Affairs organized a social gathering for about 70 students from mainland China and foreign countries to celebrate the coming of the Year of the Ox.

The Learning Enhancement Officers thoughtfully prepared several games for participants. Besides the well-received charades and guessing the names of the songs, students had the chance to write 'hui chun', that is auspicious words (吉祥話) on red papers. Following the New Year feast came the most exciting part – raffle. Every student

went home with a beautiful present for the New Year. At the end of the gathering, a list of festivities and related information about the Chinese New Year in Hong Kong was given out to the participants for their reference.

Participants expressed that the gathering brought them the warm blessings of the Spring Festival and made them feel like being home.



Postgraduate Students Exchanged Views with the Vice-Chancellor

Jennifer Sun (Year 3, Professional Accountancy)

On February 19, Professor Lawrence J. Lau, Vice-Chancellor, met with postgraduate students to exchange views on an array of issues about their university life. Professor Wong Wing-shing, Dean of Graduate School, and Professor Dennis Ng, University Dean of Students, accompanied the Vice-Chancellor to meet with students.

This is the first time for the postgraduate students to have such an open exchange of ideas with the Vice-Chancellor. Under the relaxing atmosphere, the participants actively voiced out opinions related to university life, academic studies, career prospects and campus facilities.

During the exchanges, a postgraduate student asked a question about the choice between academic research and career development. In response, Professor Lau advised students to make lifelong career choices based on individual interests, i.e., to do what you love is the most important. He also indicated that the university would put in greater efforts with respect to the placement of students.

The meeting also attracted a number of overseas students, some of whom showed great interests in Chinese studies and exchanged their opinions and feelings. Enquiries on student accommodation were also addressed.

In conclusion, this meeting was an attempt to foster a better mutual understanding between the postgraduate students and the University management. Many students showed their expectations of similar occasions again in the future.



香港大學生航天航空科技冬令營

學生事務處 學生活動及設施組

我校十位同學於1月9日至15日到北京參加了由北京航空航天大學主辦、香港中文大學協辦的「香港大學生航天航空科技冬令營」。

為期一周的「香港大學生航天航空科技冬令營」，同學除了參與航天航空知識講座和專家報告外，更參觀了平日難得一到的航天城、太空人培訓中心、航天航空博物館等。同學不但可以藉此瞭解航天航空知識，更能親身體驗祖國航天航空的發展歷程、取得的巨大成就以及航天航空人無私的奉獻精神。另外，同學遊覽了長城、鳥巢、天安門廣場、老舍茶館，感受博大精深中國文化，同學亦在北京航空航天大學的師生帶領下，參觀了北京航空航天大學的校園和實驗室，加深對該校的認識。

「我很高興，也很幸運，可以參與今次冬令營。雖然旅途的一點一滴可能會慢慢在我腦海消失，不過，從幾百張充滿回憶的相片裡，我總可以找著身在北京的感覺。對我來說，每次出門都是一個新的經歷。到北京，我第一次感受到零下低溫的滋味、第一次當好漢（登長城）、第一次看到結冰的湖、第一次看到太空火箭的返回倉、第一次吃烤蟲子……回想起來，真的是個很充實的旅程！而我印象最深的是，北航的本科生同學可以成功做出一架飛機（北京一號），真的了不起！多希望我也可以像他們那樣轟轟烈烈地幹一番大事！在未來的日子，我會立下目標，多去不同的地方，多見識，多經歷一下！」 - 李健敏(翻譯系,一年級)

「離開機場，首次踏足首都，呼吸著在香港沒可能擁有這溫度的空氣，北京給我的第一印象就是好冷啊!!!活動的安排很好，幾個專題報告和參觀不同的航空航天中心，不但使我們這些本來對航空航天知識一無所知的香港學生有些認知，更令我們了解到國家在這方面的未來發展和方向，而且我們還參觀一些特色的地方，接觸到北京獨有的風土人情。」

活動第四天，就是這次活動的重點節目——參觀太空人訓練中心，最令我們驚喜的是可以近距離目睹三位神七航天英雄，雖然他們只是匆匆忙忙出現十多分鐘，但可以和他們拍大合照、握手，大家都已經好開心，還笑說幾天不用洗手。參與這次冬令營不但令我認識到不同大學的同學，更認識到三位要好的北航學生，他們熱情地招待我們，令我親切地感覺到北京天氣雖冷，但人情味好溫暖，我已經喜歡上這個地方。」 - 莫永盛(電子工程系,三年級)

「今次冬令營節目豐富，行程安排得宜，不但給我們認識到中國航空航天發展的情況，也將北京現代化和古雅的一面都展現我們眼前。雖然北京的天氣很冷，但北航學生的熱情招待真的令我覺得很溫暖！負責帶領我們的北航同學在營期間都要考試，但都盡心盡力，無微不至地招待我們，不但為我們講解一些難明的航天問題，更帶我們認識不少北京的地道風土人情，真的令我們很感動，也是我認為香港學生很值得學習的地方。這次旅程令我重新感受到身為中國人的喜悅和驕傲，真是獲益良多！」 - 黃卓翰(語言學,三年級)



冬令營全體同學與航天員合照留念



遊覽長城



「鳥巢」前留影

Be Cultural Savvy

The Sound of Culture from DJ Bryan

Bryan Chan (Year 1, Psychology)

No matter how hard I tried, I have never come up with a specific definition of the word “culture” in my entire life. Not then, not now, and I am pretty sure, not ever. Before I started hosting the new

Well, I have to give full credit to the programme organizer because “Culture Blog” is meaningful to CUHK students. From what I have seen over my half-year university life, cultural exchange between local and foreign students seems not very active. I am not criticizing anybody, that’s just the way it is. Being a top university in an international city, the school authority of the CUHK needs to keep on encouraging local students to learn more about other cultures from those incoming students, and that is, I think, the very function of “Culture Blog”. I truthfully wish that this radio programme can at least draw the students’ attention on the above situation.



DJ Bryan (left), together with two guests at Episode 4 “Say You, Say Me” of Culture Blog on the Chinese University Campus Radio, talked about their overseas exchange experience.

From the bottom of my heart, I hope that after listening to my programme, when the term “foreign exchange” comes across your mind, don’t just think of it as the “foreign exchange of currency” anymore! Let’s take a right turn, treat it as the “foreign exchange of cultures”. Trust me, it’s always fun to know more about other cultures.

radio programme “Culture Blog” on the CU Campus Radio, the term “culture” had been linked up with different forms of art in my mind. That was probably a result of the direct intake of what the media had been offering me. No! Culture is definitely more than just art, I am now pretty sure about that. Just as J.C., one of my guests for the first episode of the radio programme, emphasized that culture includes everything other than the basics for humans to survive with. That is the first and most important thing I’ve learned from this whole fun and rewarding hosting experience.

About Culture Blog

“Culture Blog 文化博客” is a radio programme of seven episodes in total, running from November 2008 to May 2009. Student DJs who come from different parts of the world share their cross-cultural experience through the radio waves every month. See <http://www.cucr.hk/programme/detail/cultural-blog> for details.

中大學生會幹事會、中大學生報、校園電台及教務會學生委員選舉

學生事務處 學生活動及設施組

中大學生會幹事會、中大學生報、校園電台及教務會學生委員之選舉，已於2月25日（星期三）開票，中大學生會幹事會、中大學生報、校園電台及教務會學生委員（工商管理學院）候選人楊志濤同學均順利當選，並已於3月1日（星期日）正式上任，任期至2010年2月28日止。另外，是次學生會亦就會章修訂案作出投票，四項修訂案均於取得足夠票數下獲通過。有關會章修訂案之詳情，請留意學生會之公佈。



大學輔導長吳基培教授(右)、學生事務處處長梁汝照先生(左)及選舉委員會主席張少聰同學(中)主持開票儀式。

開票當日，大學輔導長吳基培教授代表校長蒞臨主持開票儀式，學生事務處處長梁汝照先生亦撥冗出席，表示支持。唱過中大學生會會歌及由吳教授致辭完畢後，選舉委員會主席張少聰同學隨即領導大家展開點票工作。現公佈結果如下：

	法定票數	合法票數	信任	不信任	棄權
中大學生會					
幹事會「廣翔」	1855	2759	2550	73	136
學生報「足下」	1855	2757	2517	88	152
校園電台「聽實」	1855	2761	2578	49	134
教務會學生委員					
工商管理學院 楊志濤同學	438	579	512	18	49

The AIA-Quest for the Champion Communicator Contest

Angie Leung (Year 2, Translation)

The AIA-Quest for the Champion Communicator Contest – Hong Kong, Shenzhen, Zhuhai and Macau 2009 was held on February 22, 2009. Organized by The Association of International Accountants, the competition aims to promote the importance of trilingual communication abilities in Cantonese, English and Putonghua. Participants are required to give speeches on assigned topics each for about five minutes. This year, participants are to comment on Chinese Aerospace Science in Putonghua, discovery of tainted milk powder in Cantonese, and construction of HK-Zhuhai-Macau Bridge in English. Among all the participants, the top three students will go to Jinan City of Shandong Province for the final round competition in April.

The competition requires each participating university to nominate one student representative to participate in this challenging competition. I am honoured to represent CUHK this year. Though I was not selected to compete in the final round, this competition granted me invaluable experience. Participants, coming from local and Macau's universities, are outstanding in analytical thinking and confident in presenting their ideas. I was inspired by the participants' sharing and exchange of ideas on international issues. The competition has also made me realize the importance of trilingual abilities and analytical skills in our personal development. Last but not least, I would like to thank CUHK for nominating me and enabling me to have such a rewarding experience.

New Excitement

Building a Pedestrian Friendly Campus

Selena Cheung (Year 2, English)

On March 14, 2009, for the first time in almost three weeks of gloomy weather, the warm sunshine and gentle breeze finally visited us. On that day, the "CU Culture Trail/ A Pedestrian Friendly Campus" Tour Escorts introduced to some students, staff members and alumni the concept of "Pedestrian Friendly Campus" and presented them with the planning principles of the Campus Master Plan (CMP).

As a collaborative effort of the Steering Committee on Campus Master Planning and the Office of the Arts Administrator, the Guided Tour was designed to take University stakeholders to the sites for potential development, the cultural facilities and picturesque spots on campus. Led by the CMP consultant and student docents, the tour introduced CMP's objective – to create a pedestrian friendly and low carbon campus as well as highlighted the campus's places of value.

According to the CMP consultant, a senior architect of Aedas Ltd., Mr. Tony Yeung, a pedestrian friendly campus can be achieved through providing more vertical elevation points (e.g. similar to the design of the express lift in the Engineering Building) on campus. Currently, there are proposed vertical connections facilities between the Chung Chi College and the Central Campus, as well as some between the Shaw College and the United College. A low carbon campus can be created by encouraging walking and cycling. Cycling path between the train station and the proposed research facilities and hostels (Area 39) parallel to the Campus Circuit East is suggested. Additional vertical connection facilities will bring walking convenience and reduction of school bus usage by students. Less school bus running on campus will eventually reduce the vehicles' emission of carbon.

Apart from environmental issues, the places of value were introduced throughout the tour. Unavoidably, some buildings may give way to the new developments for academic and recreational facilities for the benefits of students. But that does not necessarily mean that conservation of many culturally significant places and monuments will be overlooked. According to the CMP consultant, the University has been placing a lot of efforts in striking a balance between development and conservation, and the CMP report to be released soon will give the University recommendation in this aspect.

齊來表揚優異服務員工

一年一度的大學員工優異服務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://permtc.per.cuhk.edu.hk/personnel/eawd/recommendation.asp>於網上填妥及傳送表格
2. 於網頁<http://www.cuhk.edu.hk/esa>下載表格或於校園多處包括學生事務處及人事處索取。填妥表格可交往人事處2008至09年度員工優異服務獎遴選委員會秘書周偉榮先生，或放入范克廉樓地下之「建議提名表格收集箱」。

建議提名表格將送交有關部門作提名的參考，亦會成為遴選委員會評審時的依據。

建議提名截止日期為4月15日。如有查詢，歡迎致電26098607或 26097876。

請即建議提名!

「國際暑期課程」2009-集合世界各地的大學生， 擴闊國際視野

離暑假還有約三個月，相信部分同學也開始計劃暑期活動！如果你希望利用今年的暑假，跟不同國家/種族的人士作跨文化學習交流、擴闊國際視野，便不要錯過中大2009年的「國際暑期課程」。

「國際暑期課程」將於2009年7月2日至8月3日舉行，旨在讓來自世界各地的大學生集合在香港這個著名的國際城市及香港中文大學多文化的學習環境中一起學習。由於報讀「國際暑期課程」的學生約半數為國際學生，中大學生可與他們交朋友，並作全面的學術及文化交流；更可利用暑假修讀大學通識教育科目，多修學分為雙主修或副修作準備，減輕平常學期的課業負荷和加快完成課程。

特色

師資優良： 科目由香港中文大學、牛津大學、美國著名學府如紐約大學及伊利諾大學等卓越學者授課，這些學者不單屢獲教學獎項，很多更是本身研究領域的學術先驅

課程種類繁多： 課程種類繁多：全英語授課，科目內容圍繞工商管理、中醫/中藥、中國經濟及文化等多個專業範疇

「國際暑期課程」於2009年2月起開始接受網上報名，有關詳情，可瀏覽網頁：www.cuhk.edu.hk/osp或致電2696-1826向暑期課程辦公室查詢。



學生暑期運動訓練班招生

體育部每年於暑期就各同學的興趣開辦多項運動訓練班供同學選擇，鼓勵同學善用假期，定期參與運動，培養運動習慣。此外，體育部亦開設多項師生運動訓練班供教職員及學生參加，藉此加強教職員與學生的聯繫。暑期運動訓練班將於5月開課，並於4月16日上午9:00起(首三天)只接受網上報名，名額先到先得。詳情請瀏覽www.peu.cuhk.edu.hk/summersports/indexc.htm。

如有查詢，請致電26096092與體育部陳超雄先生聯絡。

Stay tuned

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

Event	Organizer / Speaker	Date
Recruitment Talk: Yip's Chemical Holdings Ltd	CPDC	1 April 2009
Recruitment Talk: Tencent Computer Systems Co Ltd	CPDC	2 April 2009
Displaying Your True Colours in the Recruitment Process – Learn more about Aptitude Test	The RealU Foundation Limited	2 April 2009
Recruitment Talk: SGS Hong Kong Ltd	CPDC	6 April 2009
Recruitment Talk: Sun Hung Kai Financial	CPDC	7 April 2009
Career Talk: Property Management	Hang Yick Properties Management Limited	7 April 2009
Recruitment Talk: Non Government Organization	CPDC	8 April 2009
Summer Volunteering Intern (ORBIS, UNHCR & more)	Various Financial Planning Organizations	8 April 2009
Information Day - Financial Planning Industry	CPDC	9 April 2009
Recruitment Talk: Securities and Futures Commission	CPDC	9 April 2009
CUHK 45th Anniversary Lecture- "Rhodes Scholars at CUHK" (下一站牛津：羅德學人在中大)	Office of Student Affairs and Alumni Affairs Office	16 April 2009

Incoming Students Section, OSA. For enquiry: Tel.2609 7945 isso@cuhk.edu.hk

Event	Organizer / Speaker	Date
"Culture Blog" – Radio Programme on CU Campus Radio	Incoming Students Section	Mar – May 2009

Learning Enhancement Service, OSA. For enquiry: leos@cuhk.edu.hk

Event	Organizer / Speaker	Date
Post-examination outdoor activity	Learning Enhancement Service	12 May 2009

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

Event	Venue	Date
Photo Gallery for CUHK 45th Anniversary Photo Competition	Sir Run Run Shaw Hall	20-31 March 2009

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

Event	Organizer / Speaker	Date
Workshop on Vocational Assessment	SCDS	7 April 2009