

UNIVERSITY MARKETPLACE

大學廣場

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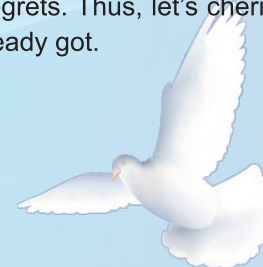
From the Chief Editor

Time flies. For the graduating class, the memories of freshman's experience are probably still fresh in mind. While the academic year is almost over with another lots of student's come-and-go, I believe our graduates would have mixed feelings. They might feel anxious to embark on a new journey while feeling sorry to have to say goodbye to their dear friends and university life. This issue, through the sharing of two alumni, you can see how the University has helped our students equip the necessary skills, knowledge and training in order to actualize their dream, i.e. to start up their business. Upon graduation, you will experience ups and downs in your career life. Yet, I am confident that the University has provided our students with lots of challenging exposures that will assist them along the way in overcoming difficulties.

Friends and family are great support throughout our lives. The Japan's catastrophe on March 11 reminded us how drastic a life can be changed. Within minutes, thousands of people were gone and millions of the rest are living in the terror of nuclear crisis. Support from family and friends is of utmost importance for these victims to triumph over these mishaps. Life is too short to wake up in the morning with regrets. Thus, let's cherish every moment with the persons who walk into our lives and treasure what we have already got.

Good luck to all our graduates in their future endeavours!

Dora Dai



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臨 行 且 回 望

春風吹拂，萬紫千紅的杜鵑花佈滿了校園的每一個角落，似乎在提醒著中大的學子，這一個學年又快終結了。每年的這個時期，我們的畢業生都忙於各種事務，提交畢業論文、參加招聘面試、和同學老師拍攝畢業照、安排背囊團的行程等等，時間好像不夠用……匆匆忙忙的生活，帶不走他們在這美麗的校園留下的足印，也無礙中大成為他們美好回憶的一部份。

在細閱以下畢業生的感受之餘，讓我們亦送上祝福，希望他們繼續中大人「博文約禮」的精神，並在人生路上百尺杆頭，更進一步！

學生記者：郭嘉欣

Emily 英文系 逸夫書院

最難忘的...

大一的時候，我在書院O'Camp認識了一班朋友，之後和他們一起住宿、一起籌辦書院的「千人宴」活動。那次是我第一次參與策劃這麼大型的活動，實在是獲益良多。記得「千人宴」那天晚上下雨，我們被迫臨場應變。雖然天公不造美，但在我們的努力下，當晚的氣氛非常熱鬧，大家都吃得很開心，讓我很有成功感和滿足感！

關於將來...

希望將來在努力工作之餘，也可維持和親友的關係。我希望自己能在工作、家庭、朋友和健康各方面都能取得平衡！



Emily 寄語：「希望每個畢業的同學都找到自己的目標和理想，並為它們努力奮鬥！」



Victor 計量金融系 聯合書院

最難忘的...

從海外交流回來後，我在學術交流處擔任學生大使，幫助新來港的交流生，帶他們認識校園和遊覽香港。這段期間，我不但認識了很多本地和海外的朋友，更跟該處的職員成了朋友，實是非常開心和有意義的回憶。

關於將來...

短期內我會努力做好現時的工作，積極認識會計業的工作環境。如果這個行業真的適合自己的話，我當然希望能夠繼續發展下去！希望有一天，我能實現環遊世界的夢想！

Victor 寄語：「當大家還沉醉在美好大學生活之時，亦是時候想想未來的路應該怎樣走。如果你還沒有任何想法的話，不妨想一想，有什麼事情能讓你有動力在每天早上準時起床呢？是工作、是創業、還是讀研究院呢？無論如何，不要害怕做錯決定，只要走出第一步，探索一下這個世界，一定會找到一個適合你的路向！」

Elaine 分子生物技術學 崇基學院

最難忘的...

中大最令我最捨不得的，是這三年內「陪伴」我渡過了無數日子的實驗室。在實驗室能自主地設計實驗，是一個非常特別的經歷。雖然實驗失敗是很常見的情況，但對我們這些「未來科學家」來說，是一個很好的磨練！

關於將來...

我希望自己將來能夠成為一個科學家。我將攻讀研究生課程，主力研究和學習障礙有關的領域。學習障礙不是性命攸關的問題，往往被科學界忽略，所以我更希望可以在這個領域有所貢獻。另外，我希望將來能把科學帶到公眾的生活裡去，拉近普通市民和科學之間的距離。



Elaine 寄語：「理想對我們的人生極為重要，希望大家都能盡快找到自己真正的理想。」

Ivy 專業會計學 崇基學院

最難忘的...

不經不覺就要畢業了，最讓我不捨得的是一班曾和我一起並肩作戰的莊員。三年前我參加了系莊——「CUSU」，當時大家一起工作、一起玩的日子，相信在工作後很難再重溫當時的感覺。真的很慶幸在大學能認識這一班好朋友！多謝我的莊員、「組爸組媽」和「組仔組女」，是他們豐富了我的人生色彩！

關於將來...

我希望盡快找到穩定又適合自己的工作，再在將來能夠置業、結婚、組織家庭，過著平凡但快樂的生活。

Jvy 寄語：「祝福畢業班的同學順利找到理想的工作！至於學弟學妹，要緊記大學短短數年是人生中最寶貴的時刻，一定要多作嘗試啊！」

Kinder 物理系 新亞書院

最難忘的...

我很慶幸能在物理系裡認識了很多朋友，並和他們共同經歷了大學的學習過程。即使課業繁多，大家都經常一起踢足球和玩電子遊戲。另外，到海外進行一年交流的經歷也令我眼界大開，接觸了很多不同的人和新奇的事。

關於將來...

我現正裝備自己，為即將投身社會工作後帶來的轉變作好準備。希望未來數年我能在不同的領域上多作嘗試，找到適合自己的範疇，大展身手。

Kinder 寄語：「如果有美好回憶，便好好保存；然後也要展望明天，因為世界上有很多美好的事。」



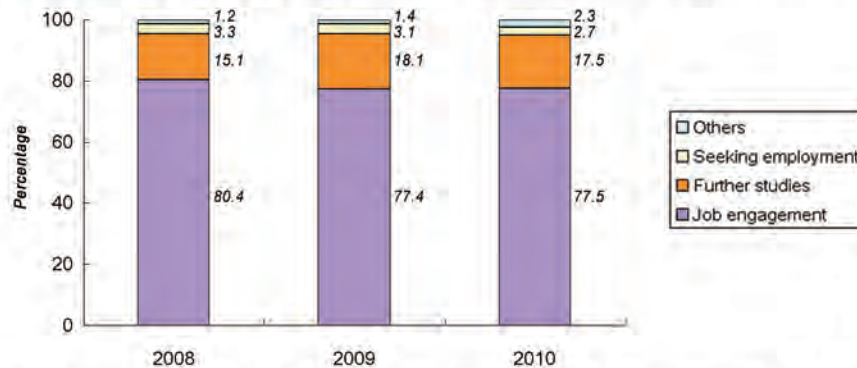


Graduate Employment Survey

The flower bloom on campus marks not only the arrival of the examinations season, but also a peak time for job hunting for both graduate posts and summer internships. Before embarking on an exciting career journey, are you interested in learning about some employment information of recent graduates of CUHK?

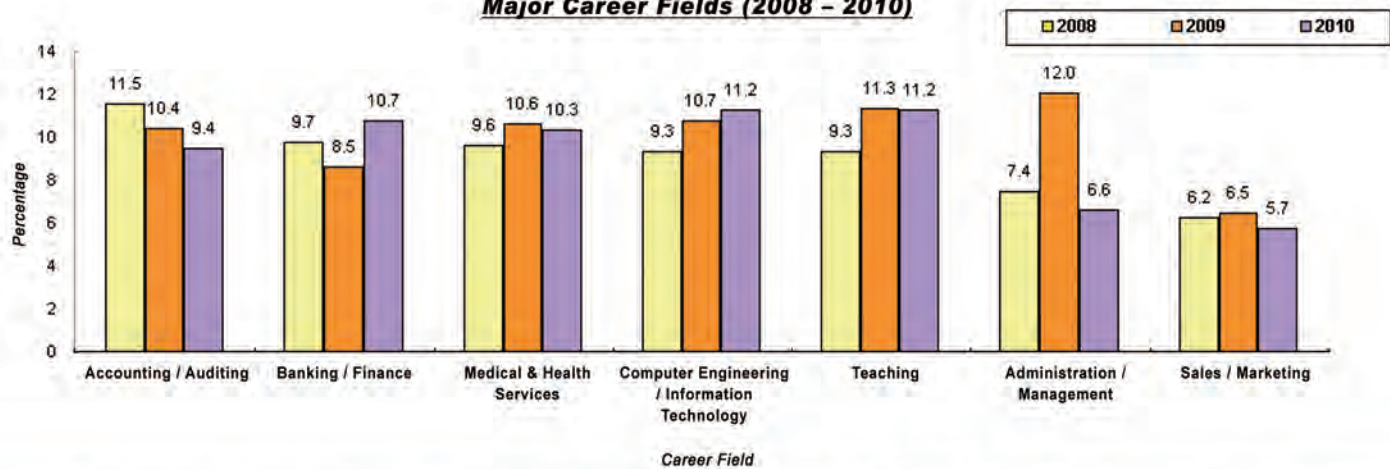
The graduate employment statistics in the past three years have been very encouraging. Over the years, our graduates were active in job hunting, sending out an average of 33 applications. They were welcome by employers and received an average of 7 invitations for first interviews. 95% of the graduates shared with us that they were, in general, satisfied with their jobs.

Destination of Full-time First Degree Respondents (2008-2010)



Over the past three years, an average of 78% of the graduate respondents were engaged in employment. The most popular career fields among our graduates were Teaching, Computer Engineering / Information, Banking / Finance and Medical & Health Services in Year 2010. Respondents told us that the Career Planning and Development Centre and internet were the major channels for job search.

Major Career Fields (2008 - 2010)



Are you still waiting for your dream offer? In a nutshell, some practical tips below are for your reference:

- ✓ Prepare a set of decent application letter and résumé and tailor them for each position.
- ✓ Get yourself well prepared for every interview and reflect on each of your performance.
- ✓ Expose yourself to opportunities outside classroom. Participation in internships and extra-curricular activities would make you a more rounded candidate.
- ✓ Don't be discouraged by past unpleasant experience. Each experience brings a lesson.

Please visit the website of Career Planning and Development Centre and logon Careers E-Coach at <http://cpdc.osa.cuhk.edu.hk/student/career/e-coach> for more career preparation information and practical skills.

Note

Source: Graduate Employment Surveys for 2008-2010.

Starting Up Your Own Business!!



Have you ever thought of becoming your own boss and starting up your own business? What are the challenges? How to get prepared for them? And should you start up immediately upon graduation?

The interview below with two alumni, **Mr Laurence Chan** and **Mr Martin Tsang**, who started up their technology business in 2006, may give you some insights.

Biography:

Mr Laurence Chan : MPhil in Electronic Engineering (2008), BEng in Electronic Engineering (2005)

Mr Martin Tsang : BEng in Electronic Engineering (2005)

Q1: Can you tell us something about your business?

Laurence & Martin:

We founded AMOS Enterprises Limited in 2006. AMOS is targeted at improving people's life by innovating tailor-made cost-effective automation systems that bring more convenience to our everyday life. Our business focuses on four major areas: green energy solution, healthcare system, process automation solution and wireless application system. We also invented a retail product called BoboLink, which helps people to keep their belongings from being left.

Q2: Did the training at CUHK help you in starting up AMOS?

Laurence & Martin:

During the undergraduate studies at CUHK, we spent time on doing research and learning technical knowledge. The training has enhanced our interest in and strengthened our knowledge of electronic product design and system development, which are what we are doing now.

Q3: How did you equip yourselves for the start-up of AMOS?

Laurence:

Since our undergraduate study, we already have had the dream of starting our own business shortly after graduation and producing our dream products.

After graduation in 2005, we chose two different paths. I continued studying and got an MPhil degree in Electronic Engineering. The postgraduate study has strengthened my research ability and equipped myself for setting up a

company which focuses on research and development (R&D).

Martin:

As for me, I worked for a company in the field of R&D and gained much experience in managing a business of such kind. By combining two major elements of a R&D company - research and management, we started up AMOS, and it gradually grows with our effort.

Q4: Have you faced any challenges in your business?

Laurence & Martin:

Definitely we did. Two major challenges that we faced were cash flow and tight project schedules. We managed to survive through the challenges with the trust of clients who gave us lots of opportunities. We are also very grateful to professors and departments of CUHK for their support to us, in terms of useful network and business advice.

In addition, we joined the Technology Incubation Programme of Hong Kong Science & Technology Parks (HKSTP) in 2008. Not only did HKSTP provide us with financial sponsorship, it also offered assistance in business management, business matching, promotion and development.

Q5: Do you have any advice for the students who would like to become their own bosses?

Laurence & Martin:

Plan your career path early and equip yourself towards your career goal. Apart from technicalities, it is important to get yourself familiar with the business and some management skills, as well as to expand your network.

Though most entrepreneurs have good ideas and products, 90% of new start-ups are closed within 3 years. One major reason may be the lack of network and experience. They run out of cash before being able to survive through the challenges. Gaining experience and network by working in a related business before the start-up would definitely help.

And before the actual start-up, there are three important factors to be considered, timing (天時), environment (地利), and people (人和).

For timing, it depends on your business sense. There is no standard answer as to when the best time is, but a detailed and complete market analysis must be in place before action. You are the one who best understands your whole business idea. Therefore, apart from seeking advice from professionals, it is important that you have strong trust in your own idea.

We would suggest students to start their business in a location where they are familiar with, so that they could get information and seek support more directly and easily.

Finally, network is always the most important factor in a business.

Getting Support

For those of you who would like to explore more about becoming an entrepreneur, the following links may be useful:

- CUHK Centre for Entrepreneurship:
<http://entrepreneurship.baf.cuhk.edu.hk/>
- Business Start-Up Centre:
www.hkbsc.org
- Hong Kong Productivity Council:
www.hkpc.org
- Small Entrepreneur Research Assistance Programme:
<http://itf.gov.hk/l-eng/SERAP.asp>
- Support and Consultation Centre for SMEs:
www.success.tid.gov.hk
- Youth Business Hong Kong:
www.yen.hkfyg.hk/ybhk/new/index_e.html
- Hong Kong Science & Technology Parks Incubation Programmes:
www.hkstp.org/HKSTPC/en_html/en_full1_1.jsp

CU Alumni Census of Entrepreneurs

The CU Alumni Census of Entrepreneurs, conducted by the Chinese University of Hong Kong Centre for Entrepreneurship in 2010, revealed some valuable details about the backgrounds of alumni who have entrepreneurship experience and their experiences in entrepreneurship.

Below are some interesting findings of the census:

1) Personal background

- Male (75%)
- Aged 20-39 (83%)
- Single (54%)
- Having no children (71%)

2) Fields before starting a new business

- Sales-related & Marketing (48%)
- General management (40%)

3) Major reasons for starting business

- Possessed industry experience / knowledge (over 68%)
- Optimism towards the business prospect (over 57%)

4) Difficulties encountered in running the business

- Seeking quality employees (64%)
- Seeking quality partners (62%)

5) Fields of business

- Sales, retail and catering services (40%)
- Finance, insurance and property (35%)

6) Major sources of capital in the first year

- Themselves or co-founders (78%)
- Relatives, friends and bank loans (5%)

7) Benefits that the entrepreneurs have obtained

- Freedom in work (77%, average score: 4.08)
- Satisfaction and sense of achievement (77%, average score: 4.07)
- Courage, determination and patience (78%, average score: 4.06)

(The average score ranges from 1 for "Completely unimportant" to 5 for "Extremely important")

For full version of the report on "CU Alumni Census of Entrepreneurs", please visit the website of Chinese University of Hong Kong Centre for Entrepreneurship (<http://entrepreneurship.baf.cuhk.edu.hk/cuaen/cuace>).

Making your international dream come true!

Student Reporter: Miss Karen Kwok



Professor Jane Jackson from the English Department has been working abroad for years. She has worked in North America, the Middle East and for the past sixteen years in Asia. Like many of us, as a university student, she always has the dream of travelling around the world, exploring places and making friends across cultures. Specializing in the fields of intercultural communication and student international experiences, and with ample experience of working abroad, she is certainly the person to turn to!

Q1: How can I convince my parents and friends to support my decision to go abroad?

Before you have “the big talk”, you have to convince yourself of what you want to do. Try to understand what your parents’ worries. It could be about security, financial concerns, or the career path that they want you to follow.

This is an opportunity for you to sell your vision. You can demonstrate your maturity and independence by presenting all the necessary information to them. Research on the internet and working out your budget show that you are prepared and know what lies ahead. You can even invite a friend who had worked abroad to talk to your parents



You will build up independence and maturity from self-organized short trips

Q 2: I am really unsure about going on a working holiday, what should I do?

Going on a big trip abroad can be pretty scary. If you are unsure, why not try to do some short trips and see if you like it? You can join trips organized by the university and colleges so you can go abroad with professors and friends. If not, you can even try to organize a trip with your friends to a nearby country. Remember you don’t have to do the big trip at once. Be realistic and get some experience first.



Working abroad helps making new friends and new connections both overseas and locally.

Q3: I want to go but I don’t have the money, what can I do?

If you don’t have enough money now, you can work in Hong Kong for one or two years and save up with a purpose. It really depends on what your priorities are. A designer handbag is worth a round-trip ticket to Bangkok!

Q4: What if my experience abroad is irrelevant in Hong Kong or my future employers do not recognize my work experience?

You will be surprised, especially as the years go by, at the impact your time abroad can have on your personal and professional lives. Also, international work experience can be very attractive to employers. Being able to communicate successfully across cultures is increasingly important nowadays, not to mention second language skills.

Your international experience will also open up opportunities for yourself. It may lead to a new change in career path. You may develop a new interest, a life outside your job, etc. Going

abroad is more than just adding things to your CV because you are more than just a piece of paper.

(This article is a sequel to the article of “畢業之後…不如一邊工作、一邊旅遊! Working Holiday 大熱!” in Issue 158 of UMP, P4-6. For details, please visit www.cuhk.edu.hk/osa/marketp/UMP_158.pdf)

Taking by Giving; Serving makes gaining



Many of our students are dedicated to community services and have a warm heart to serve fellow students, schools and the society as a whole. Two CUHK students, who were just granted the Outstanding Service Awards for Tertiary Students for 2010/2011, are happy to share their experience in their provision of service. With their sharing of wonderful memories of serving the needy, we hope that more students will be motivated to devote themselves in constituting a caring and loving community!

Tong Hiu Ying, Anne
(Laws / Year 4)



Anne has been a devoted volunteer since the age of six. Serving others has brought her incomparable joy and satisfaction. She started organizing an array of service projects since Form One. She assisted the District Council in planning activities and services and took part in service programmes organized by various charitable organizations.

Since University, Anne has committed herself to the service hosted by the Millennium Leo Club of Hong Kong, serving the needy in the community with the motto "We Serve". Anne is particularly concerned about two issues: relationships between the elderly people and the youngsters, and the rights of ethnic minorities. She is determined to utilize her legal knowledge to help people who are not able to get professional legal advice due to financial difficulties or other obstacles. She looks forward to using her knowledge to serve the community, promoting the "We Serve" spirit and utilizing her life to light others' lives.



Law Hiu Pong (Government and
Public Administration, Year 2 (PhD))

Hiu Pong serves as a docent at the Hong Kong Heritage Museum. Over the years, he offered docent services on various permanent and thematic galleries to people of all ages and from all walks of life. Last year, he also took part in the blockbuster exhibition of the "River of Wisdom - the Animated Version of the Riverside Scene at Qingming Festival" to introduce the exhibition to visitors. Through his docent services, he encourages visitors to appreciate the beauty of Chinese culture from multiple perspectives by facilitating them in developing their own interpretations on the exhibitions.

Hiu Pong also rendered volunteer services in the Athens Paralympics, the Beijing Olympics and Paralympics, the 5th East Asian Games, the 10th National Games of China, the 6th Ministerial Conference of the WTO, as well as the 10th IAVE Asia-Pacific Regional Volunteer Conference. Having interacted with people from diversified backgrounds, he strongly believes that all individuals have their unique talents and that if we could cooperate whole-heartedly, we would be able to strive for some common ideals like peace and benevolence.



About the Outstanding Service Awards for Tertiary Students

The Outstanding Service Awards for Tertiary Students was established in 1991 with the sponsorship of the Innovations Fund. It aims at encouraging students' leadership development and life-long commitment in community services. The Awards are administered jointly by the Hong Kong Student Services Association and the Hong Kong Outstanding Tertiary Students' Services Association. All full-time university students in Hong Kong with demonstrable record in the provision of services, proven leadership and organizational skills, active participation in extra-curricular activities and satisfactory academic performance are eligible to apply. The award presentation ceremony of the year 2010/11 was held on 26 March 2011 at HKBU and a total of 21 awards were presented.



姜曉敏

(新亞/中國語言及文學、中國語文教育/三年級)

憑著優異的成績獲得共9個獎學金，包括「尤德爵士紀念基金獎學金」和「李實椿本科生獎學金」。

「要

發掘讀書的樂趣和激發讀書的動力，關鍵在於認真看待自己的興趣和能力。在中學時代我們要兼顧很多不同的科目，畢業後又要面對工作等現實的限制，或許只有在大學裡，我們才能專心研讀自己喜愛的科目。所以，我們在選擇科目時，應該更重視自己的興趣，方會有追尋知識的動力和面對挑戰的勇氣，得到學習的樂趣。另外，清楚瞭解個人的能力，可以幫助我們訂立目標和實踐的方法，避免走迂迴曲折的路。

現實環境的限制雖多，但我認為我們應該敢於有夢，這樣才能有清晰的方向和更多努力向前的動力，推動我們突破現實的限制。大學的生活只是匆匆數載，但足以讓我們向夢想邁進一步，實在應該好好珍惜這段寶貴的光陰。

順著自己的興趣和能力走、以夢想為目標，並全情投入，就自然會找到學習的樂趣。中大是個宜於學習和思考的地方，只要我們用心求學，必有所得。探尋夢想的道路或會遇上重重困難，但過程中的得益卻是肯定而美麗的。願與各位同學互勉。」

今年年初，校長沈祖堯教授假大學教職員會所舉行茶聚，邀請了一些「能人異士」分享，當中既有成績優異的高材生，又有屢獲殊榮的運動健將和參與社會服務的中堅份子。《大學廣場》特別邀請了其中幾位同學，和大家分享他們的經驗。

學生編輯：王欣欣

「能人異士」，

陳冰玲

(新亞/心理/二年級)

積極投入義務工作，曾獲「義務工作嘉許金狀」、「龍的文化慈善基金薪火相傳獎學金」及「傑出服務榮譽獎狀」



「大」學生活最令我印象深刻的是新亞書院的第一條學規——『求學與做人，貴能齊頭並進，更貴能融通合一』。在這三年的大學生活中，我與不同性格的人相處、幫助社會上有需要的人士，讓我親身體會了這學規的意義。

有些朋友會說他們忙於學業，根本沒有時間去參加義工服務。雖然我參加義工服務所花的時間比上課學習多，但我從前者的收穫卻遠遠超於在後者所得到的。義工服務是投身社會前的磨練，它不但讓我們學到求學與做人的道理，更讓我尋找到一些前所未有的滿足感。我十分珍惜每一個服務的機會：殘障人士的堅毅不屈、獨居老人家的做人智慧、癌症病人的堅強意志……他們帶給我的感動和反思實在難以用言語表達。

希望大家能多關心社會上有需要的人，做到求學與做人齊頭並進，過有意義的大學生活。」

吳楚筠

(聯合/體育運動科學/二年級)

活木球選手，曾代表香港參與逾十個國外賽事



「活

木球(woodball)發源自台灣，其擊球動作和球員的思考方式與高爾夫球相類似，惟活木球的用具比較簡單，場地也比較有彈性。

我自十歲便練習高爾夫球，因為這個優勢，五年前就被老師推荐轉往練習活木球。半年後，我入選亞洲大學生代表隊，並展開了為期五年的活木球球員生涯。這五年裡，這項運動帶給我很多難忘的回憶和體驗。

2006年，我跟隨台灣木球協會代表香港到非洲烏干達推廣活木球，對好客的非洲人留下了深刻的印象。四年後，我再到烏干達參與第三屆世界大學生錦標賽(世大)。如此大型的比賽能在非洲的土地上舉行，證明活木球慢慢在非洲成熟起來。回想起來，我覺得自己好像農夫見到自己的收成一樣，十分感動。

另一方面，世大比賽也讓我們港隊成員成長不少。由出發到適應當地的天氣、文化等，我們都能互相照顧、勉勵，體驗了團隊精神，留下了獨一無二的寶貴回憶。

活木球不需要很多的體力，而是要求選手長時間思考、集中和作出準確的判斷。喜歡挑戰的你，一定要嘗試打活木球的滋味！」

潘藝敏

(逸夫/工商管理/三年級)

2009年度十大青少年藝術家，曾於多個大型音樂比賽中的聲樂組獲獎，包括全國青少年科學與藝術大會聲樂類「新星獎」



「談到唱歌，我真的很感激我所遇見的兩位伯樂。首位是我在小五時的音樂科老師——葉韻婷。在葉老師的鼓勵下，當時剛滿十歲的我參加了校際音樂節獨唱比賽，但我誤報了十五歲組別的比賽。那次雖是我第一次參加獨唱比賽，料不到竟以九十五高分得到冠軍。那時家人及自己才意識到我有一點唱歌的天份。

第二位要感謝的是我的聲樂老師——著名花腔女高音歌唱家饒嵐。在一個中學校際歌唱比賽中認識後，我有幸成為饒老師的學生。在她毫無保留及嚴格的教導下，我的歌唱水準得到很大的提高。饒老師更善於因材施教，大膽地教授我一些高難度的作品，令我得以更上一層樓，不僅在本港多個聲樂比賽中奪冠，更在多個國際比賽中取得佳績。故『使驥不得伯樂，安得千里之足？』」

就在你我身旁!

Wendy Ho

(Chung Chi College/Law/Year 3)

Interned at the Hang Zhou People's Intermediate Court, also an awardee of the Sir Edward Youde Memorial Scholarship

“Studying law is challenging and painstaking given the tremendous amount of workload. It is not only about reading and eciting, but also constructing logical arguments, responding quickly to challenges and working under great pressure.



I am very grateful for my friends' accompany in lectures, tutorials and self-organized study groups where we exchange ideas. My fellow schoolmates and the professors from my faculty, who are all very friendly and helpful, have made my major courses hugely enjoyable!

One of my most memorable experiences in these years of legal study is taking the Mooting elective course, which is similar to debates. In a moot court, students argue on hypothetical cases as lawyers do in practice. We have to prepare error-free written submissions and give persuasive oral submissions in front of the judges, who are usually our professors. The course stretches me intellectually and professionally. It's an extra bonus for me to win with my mooting partner in the Faculty's LLB Moot Competition in 2009!

I find the skills of critical thinking and persuasive speaking acquired from the Mooting course very useful, especially when I was given a mock trial exercise working as a summer intern in the Hang Zhou People's Intermediate Court. However, the exercise has been exceptionally challenging since I had to argue in Putonghua instead of English. Completing the task gave me a great sense of satisfaction.

I thank God for giving me a valuable opportunity in doing the LLB in CUHK! ”

融入。 交流

學生事務處的來港生組一直致力協助非本地生融入大學生活，以及推動校園的多元文化交流。繼今年初的新春盆菜宴和義工服務「CLOVER」後，來港生組在剛過去的三月份亦辦了多項活動，參加者包括非本地的本科生和研究生，活動更由在校內舉辦有效學習工作坊及來港生籃球比賽、遠至到鯉魚門舉行的文化之旅，三月底更舉辦了一項大型的國際美食節「International Food Festival」，吸引很多本地及非本地同學參加，且讓我們來聽聽其中一些參加者的活動後感。

ISS-League Basketball Competition — Miss Queenie Lui, Learning Enhancement Officer of ISS

“The players’ perseverance has shown us how ‘twistable’ they are.”

More than 40 basketball players coming from four student associations (MUA, CSSA, ISA and I-House*) joined the ISS-League Friendly Basketball Competition held in late February. This competition aimed at facilitating interactions among the 4 student associations through their favourite sport activity and providing an opportunity for the students to take some time off from the overwhelming coursework and examinations.

In order to boost players’ morale and create a livelier atmosphere, a cheering team competition was also held before the Champion Game. Not only the enthusiasm of the players was impressive, but also there were lots of student supporters who came to University Sports Centre at 9:30am sharp on Saturdays!



It's delightful and encouraging to see the basketball players playing with all their strength throughout the match, which was well received with the audience's applause, cheers and chants. The students' full participation, support and help also added flavour to the event and made it a great success.

The players have shown their perseverance throughout the game. When facing adversity, they still insisted, tried hard and sustained until the end of the games! At the end, Mainland Undergraduates became our first ISS League Champion. Well done, folks!

* Remarks: MUA-Mainland Undergraduate Association
CSSA-Chinese Students and Scholars Association
ISA-International Student Association
I-House-International House Resident Association

有效閱讀，好的開始 —— 阮兆松 (文科基礎班，一年級)

“工作坊一開始，我們便被問及一些個人的閱讀習慣，一針見血地讓我了解自己閱讀效率不佳的問題所在。”

作為一個文科學生，閱讀大量的文章是我日常要做的。對於目前每週約一百頁的閱讀量，雖然我能按時完成它，但效果並不理想。這也成為我參加這個工作坊的動機。

讓我很高興的是，「有效閱讀工作坊」能針對性地提供閱讀的指導和技巧。工作坊一開始，我們便被問及一些個人的閱讀習慣，一針見血地讓我了解自己閱讀效率不佳的問題所在。之後，講者再透過直接明確的例子和練習，向我們介紹了一些閱讀的方法和技巧，極之實用，令我要堅持照著做。誠然，正如工作坊中所說，提高閱讀能力不是一朝一夕的事情，但這兩小時的工作坊的確是一個非常好的開始。



不再奧妙的記憶 —— 方佳寧 (商科基礎班, 一年級)

“我想記憶法之所以奧妙的地方，是很多人都可以做到卻不願意持續去做。”



記憶工作坊

或許很多人會把記憶方法看得很奧妙，但其實參加「記憶工作坊」後，經過一系列有趣的活動，我漸漸明白了楊老師所說，學習最重要的是方法與恆心的意思。這次活動令我印象最深刻的，是楊老師帶領全班同學學習「地點法」。二十個毫無關聯的物件，在愉快幽默的氣氛中與教室中的事物聯繫在一起。同學們積極地聯想，最終在短時間內成功記住並能倒背如流的時候，所有人都為發現了自己的潛力而歡呼起來。

我想記憶法之所以奧妙的地方，是很多人都可以做到卻不願意持續去做。世界上有很多美好的東西，都需要我們堅持下去才能夠得到的。

意外的感動 —— 柴明明 (教育心理學碩士, 一年級)

“臨走時，我們留下了一大包速食麵作為禮物。那時我突然感覺到什麼叫「物輕情意重」了。”

原本我以為「鯉魚門文化遊」只是一個吃海鮮、曬太陽、看海景、買土產和與當地人聊天的活動，抱著感受一下香港過春節氣氛的打算，我參加了這個一天遊的活動。出發的時候，天公不造美，小雨加上低溫，令人感覺份外陰冷。我們又被告知會去探訪住在當地的老人家，也許是因為覺得這個是一種走訪的形式而已，也許是因為天氣的原因，我們都覺得有些意外和不情願。但接著就是一連串「意外的感動」……

在出發之前，我們收到一張有關探訪老人家時的注意事項。資料上列出了一些簡單而明確的建議，我們頓時感覺到這次探訪活動的意義，而且了解到一些香港人的辦事風格。和內地的探訪活動不同，我們沒有被建議讓老人家憶苦思甜（這是內地常做的事情，目的是為了讓人能謹記過去的苦難而更珍惜當下的生活），而是應和他們聊聊生活的變化、鼓勵他們積極樂觀地生活等等。

車子停在一塊高高大大的牌坊前，紅色的鯉魚門牌坊看起來是那麼的喜慶。一路走在老街上，本地海鮮的「體型」給我們帶來極大的視覺衝擊。「哇，這個蝦蛄^{**}比我家鄉的大三倍呀！」，「你瞧，這個長得像石頭的東西是什麼？」，「是石頭魚啦，你們下次看到的時候千萬別隨意去觸摸，他的外面是有毒的哦！」導遊也被我們的大驚小怪感染，好心地向我們解釋。



鯉魚門文化遊

最後就是和老人家聊天了，我們這一組是去拜訪一位來自廣東梅縣的婆婆。早年生活非常艱辛，所以婆婆才選擇了住在「鐵皮屋」。即使住宿環境簡陋，婆婆說她是一個生活態度很積極的基督徒，時常參加各種社區活動，努力讓自己的生活變得多姿多彩。當問及她為何不搬到政府公屋居住的時候，她說「我習慣這裡的生活了，這裡有我認識的人，有我喜歡做的事……感謝香港政府改善了我們的生活，這樣子已經很不錯了！」。一個懂得感恩、瞭解生命的婆婆，在鯉魚門這個地方有她的感情依戀。臨走時，我們留下了一大包速食麵作為禮物。那時我突然感覺到什麼叫「物輕情意重」了。和老人家真心實意的談心，不就是我們能帶給婆婆最好的禮物嗎？

^{**}蝦蛄，在本地被稱為「瀨尿蝦」

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大踏步，向前走！

學生記者：周源源

一年有三百六十五天，一個學年又有多少時間？從九月到現在，只不過是半年多的時間，就有不少同學即將要和過去說聲「再見」。可能升班、可能留學、可能求職……不同學系和年級的同學，各有新的計劃、新的前路。有人說「捨得」的意思是「有捨才有得」。今期我們就找來幾位來自不同年級的同學，跟大家分享他們過去一學年的「甜酸苦辣」，以及新一年的計劃。你，又會否在當中找到自己的影子呢？

“爭取「上莊」機會” — 馬佳妮 新亞書院 文科基礎班 一年級

我剛來香港讀書的時候，的確對這個全新的環境有點不習慣。幸好我家住在深圳，能經常見到家人。那時朋友不多，有時亦覺得挺寂寞的。當相處時間多了，才漸漸跟同學建立起良好的關係。今年我還參加了「Toastmasters Club」，學到了很多英語演講的技巧，計劃明年仍會繼續參加。

現在我讀的是文科基礎班，即將要為選主修進行面試。我的主修目標選定為Fine Arts，希望能夠多接觸藝術和感受她引人入勝的地方。當然，「上莊」是本地大學生活的特色之一，我也會爭取「上莊」的機會！



* 馬佳妮：希望能多感受藝術，亦會爭取上莊的機會！

“拯救GPA大行動” — Matthew Fong 崇基學院 保險、財務及精算學系 一年級



* 上莊：一個宣傳擺設會燃燒多少的GPA，以及帶來多少的美好回憶？

我選擇「上莊」，是因為身邊的朋友紛紛「組莊」，再加上與同系同學相處的時間太少，所以才在朋友的邀請下加入了精算系的系莊。回想起已過了一半的莊期，我發覺不論是難忘的就職典禮、日常的莊務、莊員之間的互相幫助，都有其象徵意義，缺一不可。

精算系的莊期橫跨兩個學年，會延續至明年初，所以來年我們仍要為莊務努力。但是太專注於莊務的話，讀書的時間就會相對減少。今年我的GPA已經有下滑的跡象，盡力去挽救我的GPA，亦是來年的大計之一。

“校園生活的終點，社會的起點” — 倪鴻影 企業傳播社會學碩士課程

捨不得中大優秀的教授和熱心的學系職員；捨不得中大繁花似錦的校園；捨不得在中大認識的一班朋友……即使心中有更多的「捨不得」，但踏出校園的時間已到了。

猶記得第一天上學時，我就大意地丟失了電腦，要勞煩教授幫忙尋找。雖然這個情景仍然歷歷在目，但已經要轉身向我的校園生活說聲「再見」。一段生活的終結就是另一段的起點，現在我會加緊努力，希望能夠爭取在香港找到一份安定的工作呢！



* 倪鴻影：難忘香港的海風味道，難忘香港的人情味道。

“為升學作準備” — 姚子建 聯合書院 中文系 二年級

以「前輩」的身份參與「與人文對話」這個通識教育課程的指導工作，算得上是過去一年來最值得我回味的事。這是一個非常難得的機會，它讓我延續自己去年在同一課程中學習到的知識，帶領新同學從那些經典名著中發掘更多和更深層次的意義，並幫助他們製造一個更廣闊的討論空間。

我很快就會面對大學的最後一年了，在「選課」或「論文撰寫」這兩個中文系的畢業要求當中，我選擇了較為辛苦的後者。除了給自己一個機會去接受挑戰外，亦希望這個經驗會對日後繼續升學有所幫助。這亦是我接下來會努力邁進的目標之一！



* 姚子健（左一）：帶領同學深入討論著名經典，亦為自己帶來深刻回憶。

“積極面對轉變” — 江思敏 新聞學文學碩士課程



* 江思敏（右二）：與同學相處的快樂時光不只限於校園內，可惜實在太短促。

在剛過去的一個學年，我經歷了很多難忘的事。因擔任實習攝影記者而有幸接觸到丹麥王子、劉德華等公眾人物；在《明報》實習工作而結識了很多優秀的前輩；與一位瑞士籍的同學整晚討論內地文化大革命時期興起的「老三篇」；和校長共進晚餐和交流；和老師「飲茶」聊天、說說笑笑……正因為這些美好的回憶，我當然十分依戀在中大的生活，但也沒有辦法，唯有積極面對即將來臨的轉變。

我很喜歡香港多元化的生活和文化，希望可以留下來尋找發展的機會。求學是為了能夠實現理想，我已為踏入人生的新階段作好心理準備！



* 拍過畢業照，大家就要各散東西，分道揚鑣了。



* 以後要走的可能是佐敦道、彌敦道，何時會再踏上百萬大道呢？



* 燴飯是中大人的集體回憶。

凡是走過，必留痕跡。在你的「中大學生」生涯中，或許你會覺得自己沒有做過什麼太特別的事情。但細細回想，不論是在課堂內外的活動，你的參與已成為整個校園生活的一部份！希望大家細味美好回憶之時，亦為未來訂下新目標，闖出光明的前路！

暑假將至，你有什麼計劃呢？
不妨考慮以下的 Campus Work：

- 工作單位：學生事務處學生輔導及發展組
- 申請資格：本科生或研究生
- 職責：協助影片拍攝和刊物製作
- 酬金：\$50/hr
- 查詢或報名：楊小姐 (2696-1804) 或電郵至 joannayeung@eservices.cuhk.edu.hk



by Sunny Sun Chuyi
(Year 1, Business Stream, from Mainland China)

The International Food Festival - "Foodie's Kitchen" organized by the Incoming Students Section of the Office of Student Affairs was held in late March. This festival, a fabulous event, attracted many local and non-local students on campus. One of the themes of this event was "offering support to Japan" as Japan was devastated by a magnitude 9.0 earthquake on March 11. All the monies received were donated for the relief of the apocalypse's victims.

The Festival started off by a music performance conducted by a group of international students from different countries, such as Japan, China, USA, Finland and Zimbabwe. They used simple cooking utensils, including pans, pots and powder to perform a happy rhythm of "It's a small world" (世界真细小).

Then after a video showing the cookery classes conducted by the student chefs, a group of mainland students played another piece of sonata. They used bottles, bowls with water and chopsticks to perform an unchained melody "The Blue Danube" (藍色多瑙河). It was really a special and wonderful performance!

There were several counters selling different kinds of food in this "kitchen", such as Korean rice and beverage, Mexican steak, Chinese desserts, local snacks, e.g. egg puffs (雞蛋仔), cotton candy (棉花糖), etc. Volunteers from various parts of the world made efforts together to raise money for the victims in Japan.

This Festival showed us the diversity of University life and our concern for others in need. Students not only got a chance to taste delicious food from different countries, but also built a sense of responsibility to care for others.

Highlights of the Foodie's Kitchen...

Chef's Top 3 Recommendation Dishes:

- No.1 Mexican Tacos
- No.2 Sweet & Sour Spare Ribs
- No.3 Korean Rice Cake

All Sold Out! 熱賣! 熱賣!

- 120 pieces of Eggette (港式雞蛋仔)
- 102 pieces of Bibimbap (韓式拌飯)
- 40 pieces of Brownies (巧克力果仁蛋糕)

The World-class Stage Performance

Presented by students from Mainland China, Finland, Hong Kong, India, Japan, South Korea, US and Zimbabwe

Total sum donated for Japan's earthquake relief

HKD6785.7

Kanako Shono, an exchange student from Japan, also joined the Festival and shared her appreciation with others towards the University's support to people of her country.

"Joining this event was one of my amazing memories of CUHK's life! ", Kanako said. "I sincerely thank you for sharing my hope for speedy and smooth recovery of my country. 私は心から非常に感謝!"



About the photos above:

- 1: Audience enjoyed the music performance played by international and mainland students.
- 2: Students signed to show their support to the Festival.
- 3: Big applauses to ISA, Korean Students and CSSA for their effort of making the event a great success.
- 4: Kanako (middle) made a lot of new friends and tried various kinds of food at the Festival.

中大同學再奪殊榮！

8位中大同學在「ACCA全國就業力大比拼」香港區域的比賽中，經歷四重挑戰，在超過300多位參賽者中脫穎而出，其中區域決賽首5名的名次更由中大同學包辦。成績斐然，實屬可喜可賀！

以下3名中大同學將於6月和其他賽區（北京、上海、成都、廣州）的三甲選手爭奪全國總冠軍。祝願他們再接再厲、旗開得勝！

冠軍：何嘉雯(環球商業學, 二年級)
亞軍：梁浩鏘(環球商業學, 一年級)
季軍：李嘉敏(法律, 二年級)



賽艇健兒年聚

第七屆香港中文大學賽艇錦標賽已於三月底圓滿舉行，除原有四所書院外，晨興書院和善衡書院亦首次派出運動員參加。當日天氣雖然轉冷，但運動員仍然全力以赴，最後由逸夫書院獲得女子團體冠軍，崇基學院勇奪男子團體冠軍及全場總冠軍。

校長沈祖堯教授在致辭時勉勵同學要努力練習，因為划艇好比人生，都要為目標而奮鬥！

親密背後：「性」在健康

防止性騷擾委員會於三月中舉行題為《親密背後：「性」在健康》的晚餐研討會，邀請了東華三院芷若園的社工擔任主講嘉賓。透過短片和流行曲，講者讓學生認識何謂「情愛」，情愛在人際關係上的三大原素，即親情、激情和承諾，引導同學思考不同形態的愛和有關的問題，並深入淺出向同學講解何謂「性騷擾」及「戀愛暴力」。

其中一種「戀愛暴力」，是持續地作出令對方在精神上或心理上備受困擾的行為，包括無理批評、喝罵和侮辱。講者寄語同學：「一段健康的愛情關係，是需要互相包容及體諒，並非麻木地遵循及付出。愛一個人應該尊重及愛護她/他，不應強迫對方做一些不願意的行為。」



防止性騷擾委員會主席魏雁濱教授(右)致送紀念品予東華三院芷若園社工。





我眼中的“三三四”

王楓 理科基礎班 一年級

剛進大學的時候，我就聽聞“3+3+4”這項教育改革，可一直都不太清楚當中的內容。因此，我參加了大學於三月底舉行的“3+3+4”準備工作的學生論壇。通過這個論壇，我才知道原來學校為這項改革已經做了整整六年的準備工作。無論是學習方面，還是生活的各個方面，學校都做了非常詳細的規劃。以下是其中一部份內容：

- ① 為了確保課室有充足的供應，將會有三座教學樓陸續建成，使校園的實用面積擴大20%；
- ② 正在建設當中的大學圖書館部份地方將會二十四小時開放予同學，以提供更適切的學習環境；
- ③ 學校將推行鼓勵同學參與學習體驗的“1-CARE”框架，為每個人的課外活動、社會服務和成就作有系統地記錄；另外明年展開的「愛·關懷計劃」將資助同學參與社會服務；
- ④ 大學港鐵站將加設北閘口，以方便前往崇基學院上課的同學可以更快捷安全地到達目的地。

看到不同的部門在不同範疇都有所參與，我更加有信心迎接這改革所帶來的變化。那其他同學對這些新安排有什麼看法呢？

就讀商科基礎班的包佳晨同學表示，她很高興得知參與交換計劃的人數比例將會提高到30%以上，亦代表將會有更多的同學有機會到國外進行學習，擴闊視野。

另一位就讀政治與行政系二年級的秦晞輝同學亦樂見學校推行通識基礎教育課程，他認為同學可從經典讀物中學習到一些人生道理。他建議課程精選部份作品，使同學有更深入的感悟。另外，他得知學校亦會就學生用膳方面的事宜作安排，關注學校個別的食堂能否負荷中午用膳的人數。

“3+3+4”誠然是學校未來發展的一個重大議題，和每位同學都有密切的關係。如你亦想多了解學校在“3+3+4”準備工作的最新進展，可瀏覽相關網頁

www.provost.cuhk.edu.hk/prvo/index.php?option=com_content&view=article&id=75&Itemid=80&lang=en

Prof. Tsui Lap-chee shared his experience in research work to over 100 participants at Postgraduate Halls' High Table Dinner held in early March 2011.

Born in Shanghai and awarded his bachelor and master's degrees in Biology from the Chinese University of Hong Kong, Prof. Tsui shared his experience in research work. Prof. Tsui shared with us his journey as a young graduate, being nobody at that time, struggling to find university to take on his research proposal and as the Head of a research institute, how he kept monitoring the quality and ethics of the research work, Prof. Tsui shared both the ways and attitude towards success, as well as the setbacks and difficulties along the way. The participants were deeply inspired by his sharing and lots of residents grasped the opportunity to have a photo with Prof. Tsui, a respectable expert with an everlasting passion for research work.

"My Unfinished Journey in Research"



01

中大學生會選舉



吳基培教授(右)與林芷欣同學主持開票儀式。

第四十一屆中大學生會選舉之點票工作及開票儀式已於2011年2月24日舉行，中大學生會幹事會內閣「同行」及中大學生報內閣「根」均順利當選，並於3月1日正式上任，任期至2012年2月29日止。

點票及開票當日由大學輔導長吳基培教授主持啟動儀式，而學生事務處處長梁汝照先生亦撥冗出席，表示支持。唱畢中大學生會會歌及由吳教授致辭完畢後，選舉委員會主席林芷欣同學隨即領導大家展開點票工作。有關結果現公佈如下：

法定票數：1,816* 得票總數：2,812
廢票：101 合法票數：2,711

	信任	不信任	棄權
中大學生會幹事會	2,488	69	154
中大學生報	2,484	68	159

學生事務處謹祝當選內閣在未來一年工作順利，並將致力與新內閣衷誠合作，共同為中大同學服務。

* 法定票數為基本會員人數的六分之一

02

中大深圳學院 師生齊表關注

香港中文大學一直致力為香港、珠三角及國家培育英才，推動香港及深圳兩地教育及科研持續發展，並本著這個信念，開展在深圳辦學的計劃。大學繼去年與深圳市人民政府簽訂教育合作備忘錄後，雙方於今年三月再就香港中文大學深圳學院的籌辦簽訂了框架協議。雙方將會成立籌建小組，商討具體合作事宜。

大學了解到同學對深圳學院的發展計劃極度關注，更提供了不少寶貴意見，故特別以此作為最近「師生交流會」的主題，並邀請校長沈祖堯教授，以及負責深圳學院籌辦工作的副校長徐揚生教授出席，向師生簡介項目進度，聆聽大家的意見。

交流會於二零一一年四月六日（星期三）下午四時十五分假教職員會所餐廳舉行，由副校長鄭振耀教授主持，出席同學共38人，教職員則15人。會上，沈校長闡述了深圳學院的辦學理念，而徐副校長則簡介框架協議的內容，並就中大學生會及四書院學生會早前提出的關注作出回應。除同學外，與會的教職員亦對深圳學院有了進一步了解。



凡對深圳學院課題有興趣的同學，可到有關深圳校園發展的網頁<http://www.szdo.cuhk.edu.hk>，瀏覽這次交流會的內容及相關資訊。

師生交流會 簡介

為促進與同學的溝通和交流，大學於去年成立了「師生交流會」，旨在通過定期會面，讓師生就校內共同關注的課題交換意見、增進了解。交流會由副校長鄭振耀教授出任召集人，成員包括書院、學院及研究院代表等；同學方面則包括中大學生會、書院學生會、學院院會／學生教務委員、內地本科生聯合會及研究生會的代表。

03

大學游泳池通告

大學游泳池將於2011年4月27日（星期三）重新開放，當日開放時間為下午3時至7時15分。除當日外，游泳池於本泳季第一階段(至6月中)的日常開放時間如下：

第一節：上午10時30分 至 下午1時40分
第二節：下午2時30分 至 下午7時15分

迎新營Local Helper大招募

你想認識中大的內地/國際本科生並且與他們交流嗎？

你想跟內地/國際新生分享中大的生活及香港文化嗎？

如果你回答“是”，誠邀你加入成為內地/國際本科新生迎新營的輔員，讓你的暑假變得更難忘、有趣！

WANTED!

內地本科生迎新營

營期 : 2011年8月22-30日
聯絡人 : 申肖女
電郵 : mua09ww@gmail.com

國際本科生迎新營

營期 : 2011年8月25-30日
聯絡人 : Cecilia
電郵 : s1009636901@mailserv.cuhk.edu.hk

Green Tips:

An invitation from Environmental Sustainability Team of EMO on behalf of Committee on Campus Environment

Dear all,

You are invited to take active part in building a sustainable campus.

Nuclear power is always considered as a clean energy with zero emission. The construction of nuclear power plants is based on the state-of-the-art technology at their planning stage. There are pros and cons of nuclear energy and its use is controversial. Japan's radiation crisis in the last month shocked the whole world and we are now realizing the true risk of nuclear energy!

In fact, the nuclear threat is NOT a single event that scarcely happens. In various parts of the world, some people have long been suffering from the threat of nuclear radiation, but their problem is neglected. Take a break now and think about the changes that you can make to benefit the planet!

Do we really need to choose nuclear power to meet our future energy consumption?

Is nuclear power the best power resource to combat climate change?

Can we reduce our consumption of electricity in our daily life?

Learn more about threat of radiation and more green tips at the following websites:

1) www.youtube.com/watch?v=ioRtzOWm07A&feature=player_embedded

2) <https://sites.google.com/site/cuhkesa/home/greentips>

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.)

Event	Organizer/Speaker	Date
Career Preparation Super Day for Non-local Students - Non-local Students Work and Live in Hong Kong	Miss Sarah Leung, Senior Director of Tim Robinson Group	4 May 2011
Career Preparation Super Day for Non-local Students - Understanding Résumé and Covering Letter via Careers E-coach	CPDC	4 May 2011
Career Preparation Super Day for Non-local Students - Grooming Workshop	Shu Uemura	4 May 2011

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

Event	Organizer/Speaker	Date
Post-Exam Activity: Trip to Cheung Chau	ISS	22 May 2011

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

Event	Organizer/Speaker	Date
Y世代越級挑戰營	Uni-Y Project	23-25 May 2011
Outward Bound Undergraduate Programme 2010/2011	SAAS	29 May-4 Jun 2011
「愛」清邁「滋」旅 - 聯校清邁服務團	Uni-Y Project	27 June-3 Jul 2011
「森心相印」印尼愛森之旅	Uni-Y Project	26 Jun-1 Aug 2011
New Student Orientation Day	SAAS	Late Jul 2011
Faculty / Department O'camps	Student societies of respective faculties / departments	Mid Aug 2011
College O'camps	Student societies of respective colleges	Late Aug 2011
「我愛低碳」國際青年營	Uni-Y Project	22-25 Aug 2011



救救地球：共享閱讀樂趣！ Save the Planet by Sharing and Recycling!

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