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# University

# MarketPlace

# 大學廣場



**Cover Story: "Do what you love and love what you do" in your U Life**

**A Happy U Life**

**Memorable Moments**



Office of Student Affairs  
The Chinese University of Hong Kong

# Greetings from the Office of Student Affairs

Dear students,

I would like to offer my heartiest greetings to all of you. At the start of the new academic year, I encourage you to seize every opportunity and strive to enjoy your university life. The Office of Student Affairs (OSA) works with you so that you can truly maximize your potential.

To enhance our communication with students, we have changed the format of the University MarketPlace as from this academic year. A new face of OSA website will also become effective in September. Please have a look at it: [www.cuhk.edu.hk/osa](http://www.cuhk.edu.hk/osa). Your inputs and views will be most welcome.

Best regards,

Raymond Leung  
Director, Office of Student Affairs

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**Address:** 1/F, Benjamin Franklin Centre, CUHK, Shatin, New Territories  
**Telephone:** 2609 7323  
**email:** [marketp@osa.cuhk.edu.hk](mailto:marketp@osa.cuhk.edu.hk)

## “Do what you love and love what you do” in your U Life

Jennifer Sun (Professional Accountancy, Year 3)

The Inauguration Ceremony for Undergraduates 2008 was successfully held on August 28, 2008 when all new students, including local and mainland students, as well as exchange students from other parts of the world gathered together in the Sir Run Run Shaw Hall.

Entering the university signifies a new stage of life. How do the new students feel about CUHK? What do they expect for the future? After the ceremony, we interviewed a number of them.



“CUHK is very clean and beautiful,” said Salla Mikkonen, an exchange student from Finland who will study Asian Studies in the coming year. “Everything for new students is well prepared and student helpers are helpful in introducing new students to the campus and its facilities.”

Annie from the Faculty of Arts said that some students were inspired by the speech of Prof. Lawrence Lau, Vice-Chancellor of CUHK, at the Inauguration Ceremony. Prof. Lau said that it is important for students to maintain a balance between study and extra-curricular activities and to find a university life that suits them best.



That is why on their expectations for future campus life, most new students interviewed anticipated that they will not only strive for good academic performance, but also actively take part in various activities or programmes to broaden their horizons and improve their hard and soft skills.

Nursing student Phonix Ma was impressed by the large and scenic CUHK campus and the wide variety of personal development programmes available such as the overseas exchange programme.



Serene Jiang from Shanghai, on the other hand, was interested in taking translation as major study. She said the subject has a longer history and better reputation in CUHK comparing to the universities in mainland China.

At the starting line of the university life, the new students are faced with both opportunities and challenges. As Prof. Lau said in the Inauguration Ceremony, new students should do what they love and love what they do.

May all new students find their own dreams, strive for them and live the university life to the fullest.

### 2008-09 Undergraduate Admission (as at September 1, 2008)

Faculty	Local	Non-local	Total
Arts	453	14	467
Business Administration	577	128	705
Education	67	0	67
Engineering	473	57	530
Medicine	346	1	347
Science	489	52	541
Social Science	481	42	523
Law	64	3	67
Others*	40	9	49
<b>Total</b>	<b>2990</b>	<b>306</b>	<b>3296</b>

\* include interdisciplinary, inter-institutional programmes  
Source: Office of Admissions and Financial Aid, CUHK

## 快樂其實好簡單

學生事務處學生輔導及發展組

相信每個人也希望能享受正面和快樂的人生。美國心理學家Martin Seligman於一九九八年提出發展正向心理學的重要性。上一世紀的心理學側重於研究人的精神、心理、行為等問題，而正向心理學則著重於探討正面情緒、個人長處及美德，和如何幫助人們追求真正快樂及建立正面的人生目標。



### 快樂的泉源

快樂一般指積極正面的心理狀態，大致可分為兩類：幸福感和享樂感。幸福的來源包括自主的感覺、生活目標、個人成長、良好人際關係、自我接納及成就感；而享樂感源自所有帶來正面情緒的體驗，如買一些喜歡的東西，吃一頓美味的晚餐等。研究顯示，這兩種快樂的體驗是互為影響，但本質上仍有分別的。

英國心理學家Michael Eysenck認為「快樂=滿足感+快樂程度」。Ed Diener跟其他學者則進一步演譯「滿足感」，將之分為「人生（整體）滿足感」和「生活範疇（工作、家庭和自我等）滿足感」兩個不同部分。而快樂不一定來自物質的享受，精神上的滿足感亦能為我們增添快樂。

此外，正向心理學亦指出，快樂人生可分三個層次：

1. 愉快人生（pleasant life）：爭取愉快的生活經驗，維持正面情緒。
2. 美好人生（good life）：全情投入各種生活環節，包括學業、工作、家庭、愛情、人際交往及閒暇活動等，並善用自已的長處和美德建立豐盛的人生。
3. 意義人生（meaningful life）：積極發揮個人的品格長處，為貢獻人類社會和追求崇高的理想而努力奮鬥。

### 快樂七式

相信每個人也希望擁有快樂人生。究竟怎樣才能取得真正的快樂？根據有關研究顯示，物質享受所帶來的快樂是短暫的。而中文大學學生輔導及發展組去年的「新鮮人快樂指數調查」亦顯示，**朋友及家庭**為中大新鮮人首兩項的快樂泉源。大家要取得持久及穩定的滿足感，可參照以下的快樂七式：

- 第一式：感謝與讚美
- 第二式：健康樂悠悠
- 第三式：敬業樂業
- 第四式：嘉言善意
- 第五式：為善最樂
- 第六式：常懷寬厚
- 第七式：天倫情話

接下來，我們將於未來數期的《大學廣場》逐一介紹快樂七式，大家若能將七式融入恆常的心態和生活，定可建立充滿真正喜悅和意義的人生。

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## 遊記．長州

黃帥 (數學及訊息工程，二年級)

沒想到暑假第一次出校門是去長州。

期末考試剛過，在終年不見陽光的明華堂宅的都快發霉了，正想外出散散心。於是報名參加這次LEO組織的“悠遊長州行”活動。

參加人員多是一、二年級的內地生，人數五十左右，頗有些中學時代春遊的感覺——一個班級四、五十人帶上炊具去野營，或是去公園聊聊天，散散步，席地而坐打撲克，好像是一個大家庭一樣。大學裏卻總是少了這種集體的感覺，大家各自為戰，寧願在宿舍裏打Dota也不願出席系裏的免費糖水會。

一下船，清涼的海風吹走了我們身上嘈雜的城市氣息，整個人都輕鬆了。香港就是這麼一個地方，既有高樓林立的城區，又有令人心曠神怡的離島。我們從北帝廟逛到關公忠義亭，吃完生猛海鮮又去品嚐島民自製的風味小吃，只可惜我們來晚了幾天，錯過了長洲島一年一度的盛事“搶包山”。不過看那包山的架勢，可以想像當時的場景跟《黃飛鴻之獅王爭霸》裏的獅王大會一樣隆重。

雖說是“悠遊行”，我們遊的並不清閒，步行了整整3個小時。我們幾個男生非但沒有昏昏欲睡，反而愈加興奮起來，組成了臨時的“樂隊”。於是步行時間雖久，但有人耍寶，便減少了幾分勞累感。極好的LEO們在回程時買了很多長洲平安包給我們，豆沙餡相當的好吃。在船上，雖然顛簸卻睡去了一大片人。玩了一天，大家都累了。令我欣慰的是，這次不是因為熬夜打機累，不是因為「通頂」趕功課累，而是在大家的歡聲笑語中散步累了。

“悠遊長州行”由學生事務處學習輔導組(Learning Enhancement Service)舉辦。學習輔導組專為內地本科生提供學習輔導服務。



中途休息期間，大家不忘搶鏡。

## 迎新營有感 -- 不枉此行

語文教育迎新營主席 魏佩珊

在籌備迎新營這五個月來，父母朋友不時對我作出埋怨：為什麼要為一班素未謀面的「新鮮人」傾注心血，花掉整個暑假去籌備一個被外界理解為「色情且無聊」的迎新營呢？面對這些指控，通常我都不置可否。無疑，「花掉整個暑假」是鐵一般的事實，問題只是在於值得與否的疑問。

無論對於新生抑或是籌委來說，迎新營都是成長的催化劑。從開始籌備工作以來，最難忘的，是基於課程的變更所帶來的矛盾和爭議性。得到的同時亦會失去，是我在這件事上領悟最深的。那段日子，可以說是我人生中最長得最快的時光。感激一路上給予我無限支持和信任的人，和你們並肩作戰的日子很令人懷念。雖然迎新營的籌備過程十分艱辛，但希望你們和我都有同樣的感覺——不枉此行。



## Non-local undergraduate and postgraduate students all set for a new Life

Incoming Students Section, OSA

### Orientation Programme for Incoming Undergraduate Students

A tailor-made 13-day orientation programme was held for 254 mainland freshmen in the last two weeks of August. Through the multi-faceted programme, students received essential information and training to kick-start their university life. Activities ranged from academic advising, introduction to university policies and services, cultural adjustment workshop, language enhancement programme to city tour and many recreational activities.



International students having lunch in a Chinese restaurant



Mainland students on the city tour

Another orientation programme was conducted for the international undergraduate students. The students from different countries participated in a city tour on 23 August to gain some basic knowledge of Hong Kong. In addition, an experience sharing session was held on 4 September when the senior international students vividly described their university life and gave useful hints to the freshmen.

### Orientation Programme for Postgraduate Students

The two sessions of the postgraduate orientation programme were attended by 560 students in total. From both research and taught graduate programme sectors, the local and non-local students had the opportunity to meet with colleagues and students from different units, as well as to learn about the university policies and services relevant to their university life.

The orientation programmes for incoming undergraduate students and postgraduate students were organized by the Incoming Students Section, Office of Student Affairs, with support from various units and associations.

### Guidebooks for New Students

To orientate the new students to university life and campus environment, two guidebooks namely “Journey@cuhk 2008-09” and “Compass for Incoming Students 2008-09” were issued and delivered to the students before they start the school term.

# Extraordinary Asian Experiences

## Tri-city visits enhance intercultural learning

Chung Chi College

79 student delegates from Chung Chi College and other prestigious universities such as Princeton University, University of California, Berkeley, National University of Singapore, Tsinghua University, Peking University, Fudan University, Zhejiang University took part in the 2008 Summer Programme of Lee Shiu Centre of Intercultural Learning from July 8 to August 5, 2008 first in Beijing, Singapore and then Hong Kong. The University Scholars Programme, National University of Singapore and Tsinghua University were the co-organizers of the Programme.

This year's main theme was "China Rising: In Pursuit of One World One Dream". Students were divided into small groups to research around five themes, namely, Public Governance, Rule of Law, Economic Development, Education and Culture, and Social Services. A series of seminars, organization visits, workshops, field trips and high table dinners were coordinated as part of their research sources and also for broadening their horizons during the month long Programme.



With the generous donation from Dr. and Mrs. Lee Shiu in 2001, the Lee Shiu Centre of Intercultural Learning was established by Chung Chi College aiming at nurturing future young leaders. It was the fourth time for Dr. and Mrs Lee to sponsor the summer programme.

*"The programme is very meaningful and we have learnt a lot. I especially like the workshop where each of us could both learn from and contribute to the fruitful discussion. I will never forget those happy moments."  
~ Michella Chiu, History, Year 2*

## 中國西北展示發展與保育的角力

薛健鋒 (新聞與傳播學系, 三年級)

從蘭州、天水、青海, 到河西走廊, 乘快艇遊黃河、踏入漢朝古墓、登嘉峪關, 親睹一望無際的大沙漠, 在莫高窟內驚嘆古壁畫之奇, 到最後快馬出陽關; 在明信片才見到的梯田就在眼前; 與藏民交流融和, 與19位同學策馬奔騰, 騎駱駝臨泉丘, 都是以前無法想像的事。旅程中了解到敦煌的月牙泉成為旅遊區, 水位在十年內下退了一半; 黃河兩岸也成了豪宅區。發展與保育的問題, 不禁令人深思。



一行人在沙漠騎駱駝成了我們的難忘回憶

## 日本企業考察體驗 港日文化異同

黃凱翹 (中文系, 三年級)

5月20至29日, 為逸夫書院日本企業考察團舉辦日期。同學在參與考察團後裨益極大, 從親到環球片場、豐田工場視其運作, 對港日企業文化異同、基本運作有所認識。此外, 是次考察兼有東京、大阪之旅, 讓同學可同時探討日本關東與關西之別, 獲益良多。

逸夫書院在2008年暑期舉辦了四項計劃, 包括日本企業文化考察團、中國西北歷史民情考察團、國際視野獎勵計劃 (法國里昂) 及國際視野獎勵計劃 (德國海德堡), 以擴闊同學的國際視野。

## 楽しかった – It was fun !

陳健樂 (數學, 二年級)

完成在日本京都產業大學為期三周密集式的日語訓練後, 再於日本遊學一周, 令人禁不住興奮說聲「楽しかった」。

我們一行十二位新亞學生, 於五月中下旬先在日本古都京都逗留三星期, 於京都產業大學研修日語, 領略日本地道文化, 嘗試了書道、茶道及柔道, 還體驗藝妓 / 傳統男士裝扮。

我與日本朋友建立的友誼、由關西到關東的所見所聞, 使這一個暑假變得不一樣!

上述暑期日語研修課程由新亞書院舉辦, 旨在提高同學之日語水平, 並讓他們瞭解日本的風土民情。



發佈會讓我更深入認識日本文化

## Reflection on Women's Health Summer Internship

Lissa Yu

I enjoyed the New Asia College/ Yale Summer Community Service Exchange Programme and have met some wonderful new friends. The road was not always easy and I certainly met some challenges, both personally and professionally, along the way. However, in the end, I feel that I have grown so much over the past two months. I am grateful to have had the opportunity to work and learn in a field that interests me. Regardless of whether I will in fact pursue a future career in women's health, I'm sure that the knowledge and skills I acquired will become useful assets for the rest of my life.



*Dressed up for a banquet at Yale*

## 「母親的抉擇」給我的禮物

鮑穎思 (工商管理, 三年級)

透過新亞書院/耶魯大學暑假社區服務交流計劃, 我在「母親的抉擇」得到一份很寶貴的禮物, 它就是人與人之間的融洽相處、對別人處境的體諒和承擔後果的勇氣。它, 是女孩們送給我的禮物, 即使沒有美麗的包裝, 但在我心中, 它永遠都擁有很高的價值。

New Asia College/Yale Summer Community Service Exchange Programme was organized by New Asia College in summer 2008.

## 我就是幸運的一個

潘雪瑩

「荷蘭是一個怎樣的地方？」

「你這次到荷蘭會學到甚麼呢？」

快到七月的時候, 耳邊總是不停的聽到這些問題, 從未出遠門的我面對這簡單至極的問題竟感到有點吃力, 因為我真的甚麼都不懂。說真的, 我對荷蘭的認識也僅止於它的鬱金香和風車而已。談到歐洲的政治和經濟發展, 我更是一無所知。

或許, 我就是幸運的一個, 常被上天眷顧, 有機會跟二十五名同學前往荷蘭烏特勒支大學兩星期, 修讀有關歐洲文化的課程。

七月六日的早上, 我戰戰兢兢的出門到機場去, 到了關口才首次認識廿五位同團的中大同學。經過十二小時的機程, 終於到了荷蘭, 風吹草低見牛羊, 眼前明媚的風景叫人舒服得將煩惱忘記。

到了 Utrecht University 的宿舍後, 我們立即向黃教授報到, 黃教授立即雀躍的為我們介紹這大學的基本建設, 又一絲不苟地向我們講解這裡的飲食、天氣和交通, 如此細心的安排, 叫我心裡有著一份平安。

由於這次的暑期課程時間不多, 課程安排得比較緊密, 每天早上都有講課。起初密集式的歐盟知識真令人吃不消, 幸好黃教授爭分奪秒的為我們講解, 好讓我組織平日所學, 並鞏固了基本知識。記憶猶新的是第一份功課的來臨, 我們只有兩天的時間完成它, 但開課僅數天, 面對這篇文章的要求, 我們都不知所措。或許黃教授早了解香港學生的心思, 為我們準備了一課導修, 地點就在她的宿舍, 眾人都專心上課, 而窗外宜人的風景加上教授及同學們精心炮製的美食, 這一課導修來得認真而輕鬆, 叫人得著不少, 最後都能成功地完成功課。

總的來說, 這次的旅程, 我得好好感謝黃教授對我們的看顧, 要不然定會出不少的亂子。

這次課程包括到比利時的European Parliament 參觀, 這兩日一夜的比利時行程叫我大開眼界。過去三年在大學學習裡, 我總覺得好像只在紙上談兵, 文獻提到再有名、再具意義的機構或組織總是離我們遠遠的。但在這次歐盟的課題中, 我竟可以參觀各歐盟成員國代表開會的地方, 的確令人振奮。額外的收獲當然就是得嚐當地著名的巧克力及窩夫了。



同學們修畢課程後, 於結業禮接受證書。

除了課堂上學到的, 這次旅程更讓我認識了一班好朋友。我初時擔心沒有相熟的朋友在這團裡, 所以我亦曾擔心跟他們不能好好的相處, 畢竟人與人之間的相處總是複雜的事; 要是有些甚麼不快的事發生, 就令這次旅程蒙上污點。但幸運地, 這都是我杞人憂天, 我們不停的互相幫助、互相支持、互相鼓勵凝聚了每人的心。每天放學後, 大家都在商量安排晚餐, 一同到超級市場購物, 一同在廚房分工合作的煮食, 這都是難忘的時刻。而遇上週末或下午放假的時候, 我們都急不及待相約遊覽去, 一同享受這美麗的荷蘭。

到最後, 我們都完成了課程的要求, 做好了口頭報告, 也完成了最艱辛的考試。回到香港, 我敢說這次是滿載而歸的。我帶著學到的知識、跟書院同學建立的友誼和這一次難忘的人生閱歷回港。這一次聯合書院的短期暑假課程又為我的大學生活留下多一份色彩。

聯合書院於2008年設立了「邁進地球村計劃」, 以配合全球化及多元文化校園的趨勢。於2008暑期, 書院籌辦了多個短期學習活動, 包括與山東大學合辦的萌芽學者學術交流計劃、暑期法語及文化考察團、荷蘭烏特勒支大學暑期課程、美國首都華盛頓考察團、非本地語文及文化團(蘇格蘭愛丁堡大學與陝西師範大學)交流, 近一百五十名院內同學參加。書院另提供獎學金及經濟資助給超過六十多名書院同學參加由大學及校外單位籌辦的短期海外交流活動。

# Reach out around the Globe

## Global Internship Programme 2008

Career Planning and Development Centre, OSA

In summer of 2008, 185 CU students gained valuable opportunities to receive internship training under the Global Internship Programme. They were placed to cities in Mainland China, Australia, Belgium, Canada, France, Ireland, United Kingdom and United States. All returnees are full of unforgettable memories. Moreover, the workplace exposure, cross-cultural experience, interpersonal skills enhanced and languages skills polished are definitely valuable assets for their career development.





## 你願意跳出香港，經歷不一樣的人生嗎？

學術交流處

短短三年的大學生活轉瞬即逝，誰都希望自己能成為一個具有國際視野的大學生。要真正瞭解國際，就先要鼓起勇氣跳出香港，親身體驗不同的文化。

無論你想到美加澳紐學好英語，還是想到歷史文化豐厚的歐洲，感受當地的藝術文化氣息；抑或是想進一步瞭解韓國、新加坡、台灣這三條亞洲小龍，以及急速崛起的中國，學術交流處舉辦的學生交換計劃必然是助你踏出第一步的良好機會。想知道更多有關交換計劃的資料，就不能錯過即將於文化廣場舉行的國際文化交流節 (International Festival)。國際文化交流節詳情如下：

日期：10月17日 (星期五)  
時間：中午12時15分至下午5時  
地點：文化廣場  
網址：[www.cuhk.edu.hk/oal/i-festival](http://www.cuhk.edu.hk/oal/i-festival)



## 我在UCLA變了一個敢學敢問，沒有缺課的好學生！

李朗怡 (新聞與傳播學院, 三年級)

到外國留學，一直是我的夢想。我自知是生長在溫室裡的植物，從小萬事都有家人照顧。亦因如此，我更想衝出這保護網，拿出勇氣，挑戰獨立生活。果然，UCLA (University of California, Los Angeles)這一年，一點也沒讓我失望。

美國的學習風氣與香港很不同，特別是傳播學這一科，重視自學，同學很喜歡發掘題目在課堂上展開討論，教授大多風趣幽默，平易近人。由於UCLA很多外國留學生，教授有經驗地明白不同學生的困難，令我很容易適應當地的當地的學習生活。在這樣的環境下，我漸漸變成了一位敢學敢問，沒有缺課的好學生！

在洛杉磯的一年，我有無數的新嘗試。由於上課時間比在香港少，學習自由度大，因此我有前所未有那麼多的時間參加課外活動，如學騎馬，大型中國舞表演和舞台劇演出。除此之外，我也善用假期，與志同道合的朋友到處遊歷，腳步踏遍美國東西岸，北上加拿大，南下墨西哥。當中由計劃行程到享受每一個旅程，以及一些危機處理，都令我很有成功感，擴闊了我的視野。

我在UCLA的美籍同房，自小習慣了那邊悠閒的生活，她曾笑說我總不能停下來安靜地享受一天，總要把自己的行程排得滿滿的，否則就渾身不自在。也許，這就是香港人了！一年的時間一點也不長，怎能不善用時間為自己的爭取寶貴的經歷呢？這樣才不枉此行吧。



## 交換計劃座談會

同學可於10月13日瀏覽學術交流處網頁<http://www.cuhk.edu.hk/oal>並遞交網上申請表，截止日期為10月27日。學術交流處將於十月舉辦兩場交換計劃座談會，為同學講解有關交換計劃的具體資料，如可供同學選擇的院校、生活費用、學分轉換等。欲知詳情，請瀏覽學術交流處網頁[www.cuhk.edu.hk/oal/i-festival](http://www.cuhk.edu.hk/oal/i-festival)。

如有任何疑問，歡迎致電3163 4034或2609 7590與學術交流處職員聯絡。

# Alerts on campus

## Campus Master Plan (CMP) Update!

The Consultant of the CMP project is launching in October a series of Stage 2 Engagement activities including Engagement Meetings, Workshops and a Forum. Details are now available on the CMP website: [www.cuhk.edu.hk/cmp/en/](http://www.cuhk.edu.hk/cmp/en/). Your participation and views are important to this Project.

## CUPSA's Recruitment of New Members

The Postgraduate Student Association of CUHK (CUPSA) is recruiting members for the new academic year. Students who are interested in becoming a member or in CUPSA's upcoming activities, please visit [www.cuhk.edu.hk/student/cupsa](http://www.cuhk.edu.hk/student/cupsa) for details.

## 2008年度本地生迎新營退款通告

2008年度院系會迎新營(細0)及書院學生會新生輔導營(大0)的營費將於第二期學生繳費單中安排退還。除非獲院系會迎新營及書院學生會新生輔導營籌委會同意,否則曾報名參加迎新營而缺席者(在8月3日或以前已通知退出者除外)將不獲有關退款,而退款與否,最終由所屬迎新營的籌委會決定。

如有任何問題,請於10月13日或之前電郵至 [ocamp2008@osa.cuhk.edu.hk](mailto:ocamp2008@osa.cuhk.edu.hk),並請列明下列資料:中、英文姓名、學系、學號、聯絡電話、聯絡電郵、退款項目(大0或細0)及申請退款的原因等,逾期查詢恕不受理。有關內地生迎新營,請電郵至來港生組: [isso@cuhk.edu.hk](mailto:isso@cuhk.edu.hk)。

## 成為校園保健大使 推廣健康生活

校園保健大使計劃已踏入第六個年頭,計劃透過招募有志傳播健康訊息的學生,給予他們不同健康知識的訓練,再讓他們運用所學到的知識舉辦適合學生及職員的健康推廣活動。計劃除了加強大使們的健康意識外,更可感染周邊的朋友及同學實踐健康生活,再擴展至全校園及社區。

訓練計劃由資深導師任教,提供多元化健康知識,如食物營養、控制體重、預防子宮頸癌、精神健康等等,及溝通技巧訓練,費用全免!完成計劃的保健大使將獲發證書,計劃亦會選出傑出保健大使,有機會免費參與到內地大學的交流計劃!

有興趣成為保健大使的同學可到保健處一樓健康教育組或書院輔導處索取報名表格,或於保健處網頁([www.cuhk.edu.hk/uhs](http://www.cuhk.edu.hk/uhs))下載,填妥後交回或電郵至 [heidihui@cuhk.edu.hk](mailto:heidihui@cuhk.edu.hk),獲選的同學將獲個別通知,截止日期為10月2日。

有關計劃的詳細資料,請瀏覽 [www.cuhk.edu.hk/healthpromotion/chap.htm](http://www.cuhk.edu.hk/healthpromotion/chap.htm),查詢請致電2609 6428與許小姐聯絡。

## 中大校巴服務

雖然政府不贊成中大使用公帑資助校車服務,大學認為學生及教職員在校園內應可免費乘搭校車。大學在符合各有關規例下,提供適切的校內校車服務予學生和教職員,並在可行的情形下,作出合適安排,希望亦能方便其他使用者。

### 服務類別

1. 學生及教職員:凡持有中大的學生證或教職員證者可於大學港鐵站旁的校車站乘搭學生及教職員專用校車。
2. 學生及教職員以外人士:可於學生及教職員專用校車站毗鄰(即方樹泉樓對面)乘搭由外間租車服務公司提供的巴士服務。

### 憑證登車的安排

1. 學生及教職員如在大學港鐵站旁的校車站上車,須出示學生證或教職員證。
2. 如在校內其他車站上車,則不用出示學生證或教職員證。
3. 學生及教職員不用憑證登上轉堂校車。



**校園保健大使計劃**  
Campus Health Ambassadors Programme

**日期**  
10月10日(星期五4:30pm)、  
10月11日(星期六全日)、10月12日(星期日1:00pm)

**特色**  
- 每所書院會挑選十位學生訓練成為「校園保健大使」  
- 酒店式場地訓練,包括膳食及講義,費用全免,訓練課程邀請資深導師任教,包括基本急救、食物營養、體重管理、預防子宮頸癌等等  
- 數千元的資助以籌備健康推廣活動  
- 完成計劃的學生獲頒發「校園保健大使」證書,並舉辦「傑出保健大使」選舉,有機會免費參加到國內大學的交流活動

**授課語言** 廣東話

**參加對象** 所有中文大學本科生(研究生也可報名參加)

**報名方法**  
學生可向所屬書院輔導處、保健處索取「校園保健大使計劃報名表」或從保健處網頁下載(<http://www.cuhk.edu.hk/uhs>)。填寫後請交回或寄回保健處或書院輔導處,被選中的參加者獲個別通知。

**詳情查詢**  
歡迎致電 2609 6428 與許小姐聯絡或電郵至 [heidihui@cuhk.edu.hk](mailto:heidihui@cuhk.edu.hk)

**截止報名日期: 10月2日**

# Stay tuned

**Recruitment Talks** Dates are subject to change. Please visit Career Planning and Development Centre (OSA) website at <https://www.cuhk.edu.hk/osa/aps/seminar/ibform.htm> for latest updates on date/time/venue.

Event	Date	Time	Venue
PricewaterhouseCoopers	8 Sept 2008	4:30pm - 6:00pm	Shaw Lecture Theatre
Citi	9 Sept 2008	5:00pm - 6:30pm	LT1, Lady Shaw Building
HKSAR Government - Administrative Officer	11 Sept 2008	4:30pm - 6:00pm	Shaw Lecture Theatre
HSBC	12 Sept 2008	2:30pm - 4:30pm	Shaw Lecture Theatre
Monitor Group	16 Sept 2008	5:00pm - 6:30pm	LT1, Lady Shaw Building
Morgan Stanley	17 Sept 2008	5:00pm - 6:30pm	LT1, Lady Shaw Building
Standard Chartered Bank	18 Sept 2008	4:30pm - 6:00pm	Shaw Lecture Theatre
Macquarie Bank	19 Sept 2008	4:30pm - 6:00pm	LT1, Lady Shaw Building
UBS Investment Bank	22 Sept 2008	4:30pm - 6:00pm	T. Y. Wong Hall
HKSAR Government - Executive Officer	24 Sept 2008	5:00pm - 6:30pm	LT1, Lady Shaw Building
DBS Bank (Hong Kong) Limited	25 Sept 2008	4:30pm - 6:00pm	T. Y. Wong Hall
Goldman Sachs	26 Sept 2008	2:00pm - 4:00pm	LT1, Lady Shaw Building
KPMG	29 Sept 2008	4:30pm - 6:00pm	Shaw Lecture Theatre
Deloitte Touche Tohmatsu	30 Sept 2008	4:30pm - 6:00pm	Shaw Lecture Theatre
The Royal Bank of Scotland	2 Oct 2008	4:30pm - 6:00pm	T. Y. Wong Hall
BNP Paribas	6 Oct 2008	4:30pm - 6:00pm	T. Y. Wong Hall
McKinsey & Company	8 Oct 2008	4:30pm - 6:00pm	LT1, Mong Man Wai Building
HKSAR Government (The Hong Kong Police)	10 Oct 2008	2:00pm - 3:00pm	LT1, Esther Lee Building
Barclays Capital	13 Oct 2008	4:30pm - 6:00pm	T. Y. Wong Hall
Bain & Company	14 Oct 2008	4:30pm - 6:00pm	LT1, Lady Shaw Building
Johnson & Johnson	15 Oct 2008	4:30pm - 6:00pm	Shaw Lecture Theatre
John Swire & Sons	16 Oct 2008	5:00pm - 6:30pm	T. Y. Wong Hall
Sun Hung Kai Properties	21 Oct 2008	4:30pm - 6:00pm	LT1, Lady Shaw Building
Shui On Land (China)	23 Oct 2008	4:30pm - 6:00pm	T. Y. Wong Hall
Bloomberg L. P.	24 Oct 2008	4:30pm - 6:00pm	LT, William M. W. Mong Erg. Bldg.
Bank of China	27 Oct 2008	4:30pm - 6:00pm	T. Y. Wong Hall
Fubon Bank	28 Oct 2008	4:30pm - 6:00pm	LT1, Mong Man Wai Building
PCCW	29 Oct 2008	4:30pm - 6:00pm	LT1, Mong Man Wai Building
Merrill Lynch	30 Oct 2008	4:30pm - 6:00pm	LT1, Mong Man Wai Building
The Boston Consulting Group	3 Nov 2008	4:30pm - 6:00pm	To be confirmed
Hang Lung Properties	4 Nov 2008	4:30pm - 6:00pm	To be confirmed
NWS Holdings	5 Nov 2008	4:30pm - 6:00pm	To be confirmed

**Scholarship and Financial Aids** For enquiry: Scholarships and Financial Aid Section Tel: 2609 7205, [sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk) or [www.cuhk.edu.hk/adm/sfas](http://www.cuhk.edu.hk/adm/sfas)

Event	Organizer/Speaker	Date
Application for loans, bursaries, scholarships, academic awards	Scholarships and Financial Aid Section	Announcements available starting from 1 Sep 2008

**Campus Master Plan** For enquiry: [cmp@cuhk.edu.hk](mailto:cmp@cuhk.edu.hk) or [www.cuhk.edu.hk/cmp/en/](http://www.cuhk.edu.hk/cmp/en/)

Event	Date	Time	Venue
Engagement Meeting - College related proposals	2 Oct 2008	2:30pm - 4:00pm	109 Chen Kou Bun Building
Engagement Meeting - The 6 Key Planning Issues	2 Oct 2008	7:00pm - 8:30pm	G04 Y.C. Liang Hall
Engagement Meeting - Teaching, learning and research facilities related proposals	3 Oct 2008	10:00am - 11:30am	LG04 Hui Yeung Shing Building
Engagement Meeting - The 6 Key Planning Issues	3 Oct 2008	7:00pm - 8:30pm	G04 Y.C. Liang Hall
Workshop - The 6 Key Planning Issues of the Conceptual Planning	6 Oct 2008	9:30am - 12:30pm	103 John Fulton Centre
Workshop - The 6 Key Planning Issues of the Conceptual Planning	8 Oct 2008	2:30pm - 5:30pm	103 John Fulton Centre
Workshop - The 6 Key Planning Issues of the Conceptual Planning	9 Oct 2008	6:30pm - 9:30pm	Rm 104, School of Continuing and Professional Studies, CUHK
Forum	11 Oct 2008	3:00pm - 4:30pm	LT4, Wong Foo Yuan Building

# Stay tuned - Activities of the Office of Student Affairs

**Career Guidance Programmes** For updated details: Career Planning and Development Centre Tel: 2609 7202, cpdc@cuhk.edu.hk or <https://www.cuhk.edu.hk/osa/aps/seminar/ibform.htm>

Event	Organizer/Speaker	Date
Orientation Programme - How to Enhance Employability and Career Opportunities	Head, Career Planning & Development Centre	4 Sept & 10 Sept 2008
Personal Grooming Class	An international image consultant	18 Sept 2008
"Get the Concepts - Discover the World of Commercial Banking"	HSBC	20 Sept 2008
ICAC Talk	ICAC	Late Sept 2008
Career Talk: Development & Career Opportunities in Treasury Market	HK Treasury Market Association (TMA)	3 Oct 2008
Mock Interview Workshop	Human Resource Professionals	11 Oct 2008
CEO Talk: John Swire and Sons (China) Limited	John Swire and Sons (China) Limited	14 Oct 2008
CEO Talk: Hong Kong Monetary Authority	Hong Kong Monetary Authority/TMA	17 Oct 2008
Personal Grooming Class	An international image consultant	Mid Oct 2008
Citibank University Banking Course	Citibank	From late Oct 2008
MPF Information Session	Mandatory Provident Fund Authority	Late Oct 2008
Talk on Labour Law	Labour Department, HKSAR Government	Late Oct 2008
Goldman Sachs Interview Skills Workshop	Goldman Sachs	21 Oct 2008
Firm Visit to 3M: "From Innovation to the Marketplace"	3M	6 Nov 2008
Seminar on Cover Letter and CV Writing	Human Resource Professionals	Early Nov 2008
HK Student Trading Trophy Competition in trading of Financial Instruments		10-14 Nov 2008
AO & EO Writing Workshop	Career Planning & Development Centre	Late Nov 2008

**Cross-cultural Activities** For enquiry: Incoming Students Section Tel: 2609 7945 or [isso@cuhk.edu.hk](mailto:isso@cuhk.edu.hk)

Event	Organizer/Speaker	Date
International Dessert Workshops	Incoming Students Section	Late Oct 2008
Cultural Activity for International Students	Incoming Students Section	Late Nov 2008
"Get-together" for Postgraduate Students	Incoming Students Section	Late Nov 2008
Radio Programme on Intercultural Communication	Incoming Students Section	Nov 2008 - May 2009

**Learning Enhancement Service for Non-local Undergraduates** For enquiry: Learning Enhancement Service [leos@cuhk.edu.hk](mailto:leos@cuhk.edu.hk)

Event	Organizer/Speaker	Date
Adventure-based Training (For Year-1 students only)	Learning Enhancement Service	21 Sept & 28 Sept 2008
Effective Learning Workshop on Time Management (To be conducted in Putonghua)	Learning Enhancement Service	22 Sept 2008
Effective Learning Workshop on Presentation Skills (To be conducted in Putonghua)	Learning Enhancement Service	5 Nov 2008

**Vice-Chancellor's meeting with Students** For enquiry: Student Activities and Amenities Section Tel: 2609 7216 or [saau@cuhk.edu.hk](mailto:saau@cuhk.edu.hk)

Event	Venue	Date
VC meets with Mainland students	University Guest House	23 Sept 2008
VC meets with the new 2008 CUSU and Colleges SU Cabinets	University Guest House	End Sept 2008
Lunch with students from each academic programme (Session 1)	Dragon Lounge	Early Oct 2008
Tea gathering with representatives from student bodies (faculty/departmental societies and affiliated clubs)	University Guest House	Early Oct 2008
VC meets with students at Chung Chi College	Chung Chi College	Early Nov 2008
Lunch with postgraduate students	Dragon Lounge	Early Nov 2008
VC meets with students (co-organized with CUSU)	Cultural Square	End Nov 2008

**Psychological Counselling & Development Programmes** For enquiry: Student Counselling and Development Service Tel: 2609 7208, [scds@cuhk.edu.hk](mailto:scds@cuhk.edu.hk) or [www.cuhk.edu.hk/osa/scds](http://www.cuhk.edu.hk/osa/scds)

Event	Venue	Date
Talk on "Adjustment to CUHK" for CC Year 1 Students	Chung Chi Chapel	12 Sept 2008
Talk on "Adjustment to CUHK" for UC Year 1 Students	Sir Run Run Shaw Hall	19 Sept 2008
Talk on "Adjustment to CUHK" for NA Year 1 Students	Sir Run Run Shaw Hall	26 Sept 2008
Talk on "Wellness in CUHK" for Shaw Students	Sir Run Run Shaw Hall	3 Oct 2008
Workshop on "Sensitivity Training" for Clinical Psychology Students	Benjamin Franklin Centre	14 Oct 2008
Workshop on "Enhancing Self-Understanding" for Medical Students	Choh-Ming Li Basic Medical Sciences Bldg	17 Sept & 8 Oct 2008
Workshop on "Effective Stress Management" for Psychology Students	To be confirmed	3 Nov 2008