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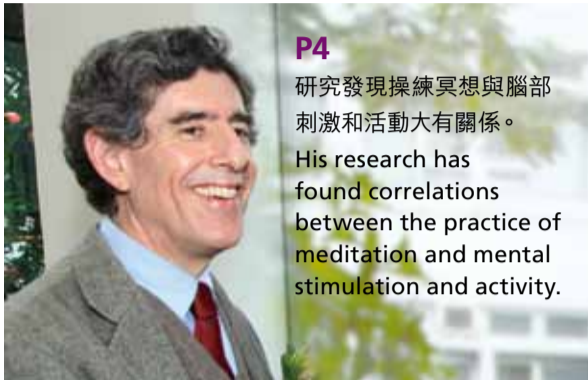
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「村裏沒有商店，各家都過着自給自足的生活。」
'There is no shop in the village but people are self-sufficient.'



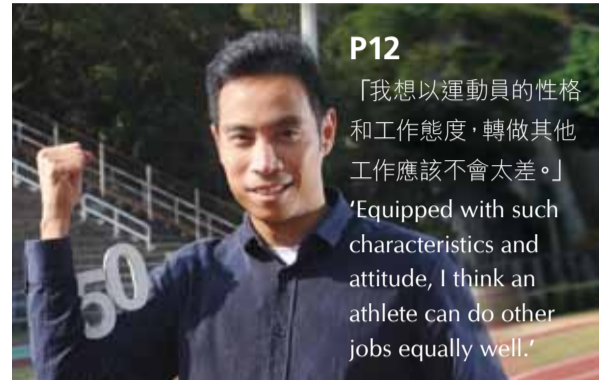
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研究發現操練冥想與腦部刺激和活動大有關係。
His research has found correlations between the practice of meditation and mental stimulation and activity.



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「我想以運動員的性格和工作態度，轉做其他工作應該不會太差。」
'Equipped with such characteristics and attitude, I think an athlete can do other jobs equally well.'



多元文化校園

十多位作非洲民族打扮的學生在文化廣場表演非洲鼓，讓觀眾感受源於非洲的動感節奏。學生事務處於3月13日舉辦文化節，當天其他節目還包括韓國學生大跳《江南Style》和漢服時裝表演，可謂將各地文化共治一爐。

Cultural Diversity on Campus

A dozen of CUHK students in African costumes and make-up gave an African drum performance in the Cultural Festival held by the Office of Student Affairs at the Cultural Square on 13 March. Attendees of the event were fascinated by the pulsating beat of the drums. Other performances that day included the Gangnam Style dance by Korean students and a Hanfu (Chinese clothing) fashion show, making the campus a cultural crucible.

有句俏皮話是這樣說的：所謂真正的鄰居，是你能夠穿著拖鞋去見的人。

說雖如此，但在我們這個富裕卻有點冷漠的社會，會去拜訪鄰居的人已經不多；而在世界其他地方，人們從一處走到另一處，卻可能連拖鞋都沒有，一雙可穿。

去年夏天自願到中國各個偏遠地區當義工的中大學生，一定也有類似體驗。想像一下他們所受到的文化衝擊。

中大素來鼓勵學生走出校門助人，近年更致力令這方面的工作更有組織，協調更完善。I-CARE博群大中華實習計劃就是一個好例子。本期特寫會介紹這個計劃，看看參與計劃的學生的故事，他們到中國大陸的非政府組織實習，負責的工作由為內蒙古的農民提供小額貸款、保存貴州少數民族村落的文化，以至照顧廣東的麻瘋康復者。

如果中大是一條鄉村，那麼在這裏土生土長的**李致和**結束戰績彪炳的全職運動員生涯後回來，可說是還鄉。他的新角色是培養下一代的中大體壇健將。他在「……如是說」告訴讀者轉換跑道後的心情，這場新比賽對於耐力、堅毅和靈活的要求，實不亞於他以前三項鐵人的競技場。



There is a witty saying which goes: A true neighbour is someone you can visit in your slippers.

Well, in our affluent but somewhat alienating society, not too many people have neighbours to visit in the first place. But in other parts of the world, people might not even have slippers to put on when they go anywhere at all.

The CUHK students who volunteered their services in different remote areas of China last summer must have experienced something like that. Imagine their culture shock.

CUHK has always encouraged its students to go out and lend a helping hand. In recent years, such effort has become more organized and better coordinated. The I-CARE NGO Internship Programme in Greater China is a good example. The feature story of this issue will introduce this initiative and look at some of the participants of this programme who did internship work with NGOs on the mainland. Such work ranges from arranging small loans to farmers in Inner Mongolia, cultural preservation in Guizhou's minority villages, to caring for ex-leprosy patients at a Guangdong rehabilitation centre.

Mr. **Lee Chi-wo Daniel** is a native of CUHK who has returned after an illustrious career in professional athletics. His new role is that of a teacher to help groom the next generation of CUHK athletes. In 'Thus Spake...', he will tell us how he feels at the starting line of another race which would take no less of his stamina, resilience and agility.

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從心出發： 神州實習啟蒙之旅 The Heart's Journey: An Enlightening Internship in China

2012年的暑假，廿一位學生參與首辦的I-CARE博群大中華實習計劃，前往內地非政府組織（NGO）實習，以此作為平台，走進中國農村，與基層居民一起生活，了解NGO的服務如何回應社會發展過程中的各種問題，從而培養人文關懷和社會承擔的情操。

計劃主題為「回到原點」，希望學生可重新思考讀大學的意義和個人理想，也反思人與人關係的重要，藉此帶來生命的改變。參加者於去年6月至8月赴陝西婦女研究會、廣東綠耕社會工作發展中心、廣東省漢達康福協會、北京樂齡合作社、內蒙古敖漢婦女發展協會和貴州鄉土文化社六所NGO實習。

負責計劃的是中大公民社會研究中心。項目統籌**施德安**表示，一般人對內地的了解，多只來自媒體和短期交流的體驗，會知道內地經濟崛起及發展帶來種種的迫切社會問題，卻未聞NGO如何以有限資源去解決。

他續稱，這活動雖名為實習，其實是一個全人發展的計劃。學生須接受培訓，實習期間要交周記，實習後須撰寫報告、製作小冊子和準備分享會等，均講求個人反思和團隊合作。項目助理**池衍昌**補充，中心同事一直與學生討論和探索，協助他們將所經歷的重新思考、沉澱和發酵，帶來生命的轉化。

「予人玫瑰，手留餘香」，中大副校長**侯傑泰**教授這樣形容計劃帶給學生的幫助。他說：「學生透過這些服務，不單認識這世界，也更了解自己，明白自己的價值觀，比受助者得益更多，何止百倍。」



侯傑泰教授
Prof. Hau Kit-tai

經過是次實習，學生發現內地NGO受政府的制肘很大：由於政府甚少資助，NGO要自行申請海外資金；願意投身社會服務的人不多，人手經常緊張。但在裏外交困的夾縫下，NGO仍然努力求存，服務有需要的一群，展現對社會的一份責任感。

活動去年共有八十多人報名，今年第二次舉行，反應更踴躍，接獲二百多個申請，提供實習名額的合作夥伴亦延至台灣的NGO，讓同學學習另一個華人社會的NGO經驗。

In the summer of 2012, 21 students joined the first I-CARE NGO Internship Programme in Greater China. The programme aimed at cultivating the students' humanistic spirit and nurturing their sense of responsibility to the community. Through working in the NGOs, the students went to remote villages on the mainland and lived with the villagers to take a closer look at how NGOs respond to social issues arising from the country's rapid development.

With the theme 'To Start from the Origin of Life', the programme encourages students to rethink the value of university education and their dreams, reflect on the importance of human relationships, and consequently, transform their lives. The students worked from June to August in six NGOs, namely, Shaanxi Research Association for Women and Family, Guangdong Green Farming Social Work Development Centre, Handa Rehabilitation and Welfare Association in Guangdong, Senior Citizen Cooperative in Beijing, Aohan Women's Development Association in Inner Mongolia, and Guizhou Institution for Indigenous Culture Development.

Mr. **Sze Tak-on**, project coordinator of the Centre for Civil Society Studies which organized the programme, said, 'Many of us learn about mainland China only from media and short-term exchanges. We see the rise of China's economy and the entailing social problems, but seldom know how NGOs deal with these pressing issues with limited resources.'

According to Mr. Sze, the programme is more of a whole-person development scheme rather than an internship. Apart from placement, students have to fulfil the requirements of attending training sessions, writing weekly reports during internship, submitting post-internship reports, producing booklets and attending sharing sessions. All these place emphasis on personal reflection and team cooperation. Mr. **Chi Hin-cheong**, project assistant, added that the centre colleagues discussed with and guided the students throughout the programme. He expected this would help them to rethink their experiences and subsequently lead to change.



施德安
Sze Tak-on

池衍昌
Chi Hin-cheong

Prof. **Hau Kit-tai**, Pro-Vice-Chancellor of CUHK, summed up the programme with a saying 'Give roses to others and the lasting fragrance will remain in your hand'. He explained, 'Through serving the others, the students will learn about the world and themselves. They will understand their own values. What they get is indeed more than the beneficiaries.'

The students learnt about the difficulties the NGOs are facing. Their developments are highly restricted by the government, and as there is little subsidy from the government, they have to work hard to seek overseas

sponsorships. Moreover recruitment of staff is hard because people are reluctant to join the rank of social services. Despite huge obstacles, the NGOs still strive for survival and to serve the needy, demonstrating their strong sense of social responsibility.

Last year, the programme received about 80 applications and the number reached over 200 this year. NGOs from Taiwan also joined the programme to offer placements which means that students can go to Taiwan for the experience this year. 📍

小額貸款助貧困婦女 Small Loans for Women in Poverty

政治與行政學系黃雅怡與三位同學選擇在內蒙的敖漢婦女發展協會落腳，協會主要透過給予貧困婦女小額貸款，協助她們做小生意自力更生。

接待雅怡等人的是這協會創辦人尹向麗女士，她談到創立的原因，是簡單又理所當然的：

「現在已經一把年紀，不再打算在公職上向上爬，那就想想怎樣獻愛心好了。」

八周的實習工作主要是與協會的信貸員下鄉，訪問借貸的農戶，了解其需要，以及小額貸款對他們的幫助，務求協會的服務更切合所需。

與信貸員傾談後，雅怡發現他們一般每年可獲借六千元，其實搖不着癢處，他們仍要到其他單位籌措款項。信貸戶要提供收入證明作為還款保證，換言之，他們須有工作或生意已起步，而最需要協助的亦貧，往往不符合借貸條件而不能受惠。

雅怡說：「理念上小額貸款是可幫助她們，但實際運作卻受不少其他因素影響，現實總不能如理想般完美。」她說此行尤如開了一扇窗，堅立了她將來專研社會發展這方向，希望可用新思維落實對貧困者的幫助。



黃雅怡
Rachel Wong

Rachel Wong from the Department of Government and Public Administration had her internship at Aohan Women's Development Association in Inner Mongolia with three other team members. The association helps women in poverty by providing them with small loans to run their own businesses.

When talking to the interns about the reason for setting up the NGO, Ms. Yin Xiangli, the founder of the association, gave a simple answer: 'I am old enough and it's not likely that I'll be further promoted in my work, so I focus on how to show my kindness to the needy.'



During the eight-week placement, the major duty of the students was visiting the borrowers with the association's staff. They interviewed the debtors to know whether the loan scheme can help these peasant households and relayed their feedback to the association. In general, each woman can borrow RMB¥6,000 per year. Rachel found that the amount was only a drop in the bucket. They still have to borrow money from other parties. Moreover, the women have to provide income proof, that is, they must have a job or business. This means that the most underprivileged cannot benefit from the scheme. Rachel said, 'In theory, small loans can help women in poverty. But in the real world, there are many constraints which make situations less than ideal.' The experience gave her new insight and reassured her to pursue her study in the field of development study. She hoped she can help the needy by implementing remedial measures with a new mindset.

承傳少數民族文化 Conserving the Culture of Ethnic Minorities

貴州雖是專業會計學內地生袁文穎的家鄉，然而，她卻從未嘗踏足貴州少數民族的聚居地。在貴州鄉土文化社實習，使她有機會走到僻遠村落，了解世外桃源的生活。

文化社致力保育貴州本土文化，例如替村莊修葺戲台，讓以侗戲馳名的貴州侗族有地方表演他們的民族歌舞。文化社又將村民擅長的刺繡藝術，轉化成工藝品出售。該社調研人員常要訪村了解村民需要，文穎和兩同學隨他們往不同的村落，其餘時間就協助文化社把文件翻譯成英文，好向外國申請資金。

文穎等人曾從貴陽到約六小時車程外的村落雀鳥。她說村民生活簡樸，自有一份寧靜與安逸。「村裏沒有商店，各家都過着自給自足的生活。他們一大清早便會落田耕種，午餐自備以樹葉包裹的飯團，傍晚就回家。」村民即使物質不充裕，卻活得簡單開心，這種生活模式令她心生嚮往。

是次實習還令她明白要找適合方法保存文化的重要。當地年輕一輩多往外打工或求學，村莊餘下的是年紀稍長者或兒童，要承傳歌唱文化，不能如過往般一代繼一代口耳相傳，而是要有系統的整理戲本、歌本，方可妥善保存，這亦是文化社的工作之一。



Angelia Yuan, a mainland student of Professional Accountancy, came from Guizhou. However, she had never visited the remote areas of the province where the ethnic minorities live before her internship at Guizhou Institution for Indigenous Culture Development.

The institution is committed to the conservation of indigenous cultures. For instance, it helped the inhabitants to repair a broken stage so the villagers could perform Dong ethnic songs and drama. It also assisted in promoting the villagers' embroidery by packaging it as saleable commodity. Staff members of the institution visited the villages regularly. Angelia and other two team members joined them on several visits. For the rest of the time, they helped to translate overseas funding applications.

Once, they visited Queniao Village which took them on a six-hour ride from Guiyang. Angelia said the people there lived a simple and happy life even though they were not wealthy in terms of material possessions. 'There is no shop in the village but people are self-sufficient. They farm in the early morning, eat their self-packed lunches and come back home in the evening.' She found that this was the life she desired.

Angelia also learnt the importance passing on one's culture. After youth and middle-agers leave the village to work or study, only the elderly and the young children remain. It is difficult to pass on songs orally, so a systematic way of recording scripts, lyrics, and scores was required. This was one of the institution's projects.



袁文穎
Angelia Yuan

與麻瘋康復者同行 Walk with Ex-Lepers

廣東省漢達康福協會是內地一個服務麻瘋康復者的團體，選擇在那裏實習的政治與行政學系周穎珊表示：「麻瘋康復者是在香港甚少接觸的一類弱勢社群，很有挑戰性。」

在上世紀八十年代治療麻瘋藥物發明之前，麻瘋是高度傳染病，患者會遭親友和社會遺棄，只可在麻瘋村與其他患者生活。協會扶助這被忽略的一群自力更生，例如購買麻瘋村民的蜂蜜，包裝出售，所賺的用作改善村民生活。

穎珊和兩同學在實習期間隨協會職員先後造訪三條村落，她謂康復村的村民，雖然部分有肢體傷殘，且感官較為遲緩，但生活卻很快樂。實習生又在中國慈善展覽會的漢達攤位負責推廣，更協助漢達籌辦慈善拍賣會。

麻瘋病有藥可治後，康復村已沒有新來的村民。協會雖然開始嘗試發展其他項目，但仍然視麻瘋康復者為主要服務對象。於1999年加入漢達的理事長陳志強醫生更對實習生說：「即使只剩下最後一個麻瘋康復者，漢達的麻瘋康復項目，還是要做下去。」簡單一句話，裝載多少堅持。



周穎珊
Markiana Chau

The Handa Rehabilitation and Welfare Association is a mainland NGO established to serve ex-lepers. Markiana Chau from the Department of Government and Public Administration said, 'This is a minority group that can rarely be reached in Hong Kong. I think this is challenging.'

Leprosy was an incurable infectious disease before the 1980s. Sufferers were abandoned by their families, friends and society. They lived in rehabilitation villages with other lepers. The association helped them to fend for themselves. For example, the association would buy honey produced by the villagers and sell it. The money gained would be used to improve living standards in the village.

Together with staff of the association, Markiana and other two students visited three rehabilitation villages. She found the villagers were generally cheerful, though some of them were physically handicapped or with sensory deprivation. The students also helped in the association's booth in China's charity expo, and worked in an auction held by the association.

No newcomer had joined the village subsequent to the invention of leprosy medicine. The association started to develop other projects, but still stuck to its primary target clients. Dr. Chen Zhiqiang, director of the association who joined in 1999, claimed, 'Even if there is one ex-leprosy patient, Handa will continue to serve them.' What dedication and resolve!



笛卡爾提出身心二元論以來，西方的爭議和研究一直未有停下過。過去一百年來的科學發展，已揭示了身體，以及較少程度上人腦思想的運作。但兩者連繫之處，仍是科學上沒法說清楚的事。傳統的東方靜觀冥想方法，結合現代神經科學的理論和方法，卻可能為研究身體和思想間微妙奧秘的連繫帶來一道曙光。

美國威斯康辛大學麥迪遜分校威廉占士及維拉斯心理學及精神科學研究教授**理查·大衛遜**教授，是舉世知名的心理學家及神經科學家，是這個嶄新科學範疇的先驅研究者。大衛遜教授獲邀為2012-13年度邵逸夫爵士傑出訪問學人，於3月6日親臨中大逸夫書院主持講座「改變思想 改變大腦」，與出席者分享他有趣的研究結果。

講座甫開始，大衛遜教授憶述他於1970年代中期在哈佛大學修讀心理學時，已堅信研究情感對理解人類的重要性，甚至較研究認知更甚。同時間，他開始學習和操練靜觀冥想，並相信這會為西方心理學的發展帶來一番新景象。在該段時期，他認識很多對自己影響深遠的朋友，其中一個是**達賴喇嘛**，大衛遜教授稱達賴喇嘛為「神經科學迷」。在達賴喇嘛啟發下，他開始有系統地進行相關研究，其後更拓展至研究情緒與快樂和生理健康的關係。

大衛遜教授的主要研究，是讓經驗豐富的冥想者（即有最少一萬小時冥想經驗的）和沒有相關經驗者，接受由專注力以至慈悲心的心理測試，並透過磁力共振技術，仔細檢視腦部的電波和化學反應，從而得悉兩者的差異。研究發現操練冥想與腦部刺激和活動大有關係。此外，即使冥想經驗很淺，但已足以察覺到參與者有利他的行為改變。

研究又證明，冥想有助加強對細節的專注。在心理學中，「注意瞬脫」是指當人專注於某一事物時，會錯過另一事物。因此，當連串夾雜英文字母和數字迅速展示給我們，而我們要留意其中的數字時，我們往往只注意到首個出現的數字而忽略其後的。我們對首個數字的注意力，模糊或阻礙了我們對其後數字的感知。當然，藉着練習，這是可改善的。在一連串的注意瞬脫實驗中，大衛遜教授測試了兩組參與研究人士（操練冥想者和對照組），發現操練冥想者較能夠注意細節，克服了注意瞬脫。

在另一個培養慈悲心的實驗中，實驗對象要依次想像一個人（順序是親人、自己、敵人、一個難纏的人，以及普世人類）受苦的情況，然後期望他們得到救贖。及後透過觀察，發現實驗對象的利他行為多了，這證明改變思想會改變行為，而且是向善的一面發展。

有關冥想造成其他生理影響的科學證據也愈來愈多，例如冥想對肺部炎症（很多時與哮喘有關）有顯著幫助。此外，負責控制頸部以下器官的腦部腦島皮層區，證實受到培養慈悲心的冥想訓練所影響。

教育工作者或許要注意大衛遜教授發展出的「善導課程」，這課程應用心靈培訓的技巧教導小童，發展他們的學習能力和情緒素質。大衛遜教授發現培訓有助提升學童的專注能力、平穩他們的情緒，以及實踐善行。冥想和行善的訓練，可培養他們的利他行為以及協作能力。

當天出席的有逾四百五十位學生和嘉賓，當中包括不少醫護界專業人士，大講堂座無虛設。大衛遜教授妙語連珠，使觀眾如痴如醉，在答問環節踴躍提問。大衛遜教授樂於解說，又引述更多他的經驗和見解。他在回答一條問題時，承認冥想並非對人人也有效，對精神分裂病患者和躁鬱症患者，更肯定無效。



靜觀—— 通往大腦的神秘之路 Mindfulness—that Mysterious Pathway to the Mind

The body-mind dichotomy has excited and puzzled the western critical faculty and imagination since **Descartes**. Scientific advances in the last hundred years or so have revealed the workings of the body and, to a lesser extent, that of the human mind. But the bridge between the two has remained one of the least accessible provinces of science. It is, however, the time-honoured oriental art of mindfulness meditation that, when coupled with the theory and methodology of modern neuroscience, might shed light on the tenuous and intractable pathway between the brain and the mind.

World-renowned psychologist and neuroscientist Professor **Richard J. Davidson**, William James and Vilas Research Professor of Psychology and Psychiatry of the University of Wisconsin-Madison, has been a pioneer in this area of scientific enquiry. On 6 March, he came to the Shaw College of CUHK to share some of his interesting

and original findings in a lecture entitled 'Change the Brain by Transforming the Mind' as the Sir Run Run Shaw Distinguished Visiting Scholar of 2012-13.

At the beginning of the lecture, Professor Davidson recounted how he, as a psychology student at Harvard in the mid-1970s, was convinced that the study of emotions, perhaps more so than cognition, was critical to the understanding of human beings. At about the same time, he started learning about and practising meditation and believed that it would be significant to opening up new vistas in western psychology. One of the many important friends he made during this period is the **Dalai Lama**, whom he called a 'neuroscience aficionado'. It is the Dalai Lama who inspired him to embark on a systematic research on the subject and later on the development of optimal emotional styles for happiness and physical well-being.



理查·大衛遜教授
Prof. Richard J. Davidson

What Professor Davidson primarily did was to study the differences between expert practitioners of meditation (those with at least 10,000 hours of meditation) and the uninitiated, with the aid of MRI technology and careful monitoring of the brain's electrical and chemical responses, in a range of psychological experiments from attention to compassion. His research has found correlations between the practice of meditation and mental stimulation and activity. It was also found that meditation results in observable altruistic or prosocial behavioural changes even for relatively short term of meditation practice.

attentional blink experiments, Professor Davidson tested two groups of subjects (one of meditation practitioners and the other a control group) and found that the meditation group consistently did better on spotting details, thus overcoming the effect of attentional blinks.

In another set of experiments on 'compassion training', subjects were asked to meditate on the suffering of their loved ones, themselves, their enemies, a difficult person and all human beings, in that order, and then wish for their deliverance from suffering. Positive altruistic changes in behaviour were observed in the subjects afterwards,

Meditation was found to have enhanced subjects' attention to details. In psychology, attentional blinks refer to the lapse of attention when one is too focused on one thing. Thus, when shown a quick succession of a mixture of letters and digits and told to pay attention to the digits, we often notice the first digit that appears but sometimes miss the digit that appears next. Our attention on the first digit is said to have clouded or blocked our perception of the second. One can of course be trained to do better on it. In a series of

providing proof that changing the mind changes one's behaviour, and for the better too.

Other scientific evidence has also accrued as to the peripheral biological effects of meditation. For example, meditation had been shown to have a positive effect on the inflammation of the lungs which is a common cause of asthma. Activities in the insular cortex region of the brain, which controls the organs below the neck, had been shown to be dramatically influenced by compassion meditation.

Educators should take heed of Professor Davidson's 'kindness curriculum' which was developed to apply the mind-training techniques to small children so as to develop their learning capability and emotional qualities. In his work done so far, it has been demonstrated that intervention has enhanced the children's ability to pay attention, regulate their emotions and practise kindness. Training in mindfulness and kindness has generally fostered prosocial and cooperative behaviour among the young children under study.

The full-house of over 450 students and guests, many of them medical practitioners themselves, were mesmerized by Professor Davidson's presentation. This was evident in the succession of eager and admiring questions from the floor in the Q&A. Professor Davidson seemingly enjoyed the questions and regaled the audience with more of his experience and insights on related subjects. He did, however, in response to a question from an audience member, acknowledge that meditation did not work for everyone and definitely not for those diagnosed to have schizophrenia or bipolar syndromes. 📌

Mouth-watering Morsels

舌尖上的中大

暖胃夜粥

Stomach-warming Congee

晚上的崇基書院眾志堂，遠遠可看到收銀處附近懸着LED廣告牌，閃耀着「夜粥」兩字。對！在教學日每天晚上9時起直至零晨2時，該處有夜粥供應，在校園聚腳夜宵，現又多了一個選擇。

甚受同學歡迎的粥品之一是皮蛋瘦肉粥。師傅接單後，就將皮蛋和已醃的瘦肉加進粥底滾一會，然後熟練地連白粥舀起。由於粥底已煲上數小時，而且煮時加進了一點的薑汁和米酒，所以香滑軟綿，不太稀又不太稠。不消數分鐘，一碗熱騰騰的夜粥便端在面前，客人可按自己喜好，灑上蔥花和花生。吃過這碗夜粥，未必會懂得要功夫，但肯定讓你懷着一副暖胃腸。

When passing the Chung Chi College Student Canteen at night, a bright LED advertising sign near the cashier will catch your eye. Two Chinese characters '夜粥' (night congee) tells passers-by that congee is available if you fancy a late-night snack. It's served from 9:00 pm to 2:00 am nightly during term time.

According to the canteen, a popular congee is one cooked with salted pork and preserved egg. The congee has been boiled separately for hours until the rice becomes puffy. A bit of ginger juice and cooking wine are added to give it a subtle flavour. The cooking is done when it is neither too thick nor too thin. When the cook receives an order, he will put the ingredients in with the congee in a pot, boil it for a while and spoon everything into a bowl. It can be served with chopped spring onions and peanuts.



學者論大學教育的理念與現實 Scholars on Ideal and Reality of University Education



The first CUHK 50th Anniversary Public Lecture, entitled 'The Ideal and Reality of University Education', was held on 9 March at the Hong Kong Central Library. Presented by Prof. Lee Ou-fan Leo (*left*), Sin Wai Kin Professor of Chinese Culture of CUHK, and Prof. Kwan Tze-wan (*right*), professor in the Department of Philosophy, the lecture drew a full house of about 300 participants.

Professor Lee recalled his admiration for the spirit of New Asia College and the rich Chinese culture and humanistic spirit of CUHK which drove him to join the University in the early 70s. He gave an account of what a University spirit should be by quoting the definition of a university by Mr. Cai Yuanpei, former president of Peking University, drawing on the book *The Idea of the University* by Prof. Ambrose King, former CUHK Vice-Chancellor, as well as *Ten Lectures of Chinese University* by Prof. Chen Pingyuan.

Professor Kwan briefly introduced the much-discussed Humboldtian Model of university education, traced its historical background, discussed its basic tenets and ideals, and showed how it has influenced the development of university education worldwide. This Humboldtian backdrop was then compared to the reality of contemporary university education in order to arrive at some critical reflections on the educational practices in universities of our time, especially regarding the disinterested nature of education and research, and the solitude and freedom of a university.

The two scholars also engaged in a dialogue with the audience on the contradiction between business management model and the ideal of a university, as well as development under the system.

The 50th Anniversary Public Lecture Series consists of eight lectures (www.50.cuhk.edu.hk/anniversaryfair).

第一場五十周年博文公開講座於3月9日假香港中央圖書館舉行，由中大洗為堅中國文化講座教授李歐梵教授（左）及哲學系關子尹教授（右）主講，題目是「大學教育的理念與現實」，吸引近三百人出席。

李歐梵教授回顧七十年代因嚮往新亞精神而加入中大這中國文化氣息和人文底蘊豐富的大學，繼而談到前北大校長蔡元培定義的大學，以及前中大校長金耀基教授在《大學的理念》和陳平原教授在《中國大學十講》所述，帶出一脈相承的大學精神。關子尹教授則

重點介紹現代大學發展史中的「洪堡特模式」，除簡述其歷史緣起、基本理念、對後世各地大學教育的影響外，更就洪堡特的觀點對今日普世大學教育的實踐作出批判性的反思，特別側重教育與研究不涉利害的本質、知識的不確定性和大學的「清靜與自由」。兩位學者隨後與觀眾暢談，涵蓋時下公司管理模式與大學理念的矛盾，以及如何在制度裏尋求空間。

博文公開講座系列共有八講，詳情見網頁 www.50.cuhk.edu.hk/zh_tw/anniversaryfair

杜維明論全球華人的文化認同 Prof. Tu Weiming Speaks on the Cultural Identity in Chinese Community

「信興藝文講座」於3月7日於中大校園舉行，邀得北京大學高等人文研究院院長及哈佛大學研究教授杜維明教授主講，題目為「文化中國具有意義的『我們』如何可能」，吸引逾四百五十名中大員生、學術界及公眾人士參加。

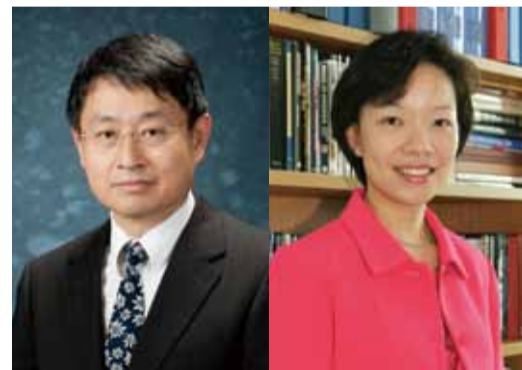
杜教授分享他對全球華人文化認同的看法。內地、香港、澳門、台灣、星馬及散布全球各地的華人力圖維護他們珍視的文化，營造繼往開來的文化認同。杜教授認為中華民族面向世界的自我定義應建立在開放、多元、寬容和深具自省能力的人文精神之中。這一願景的前提是群體的、批評的、理性的和仁愛的「自我意識」的呈現。

The first lecture of the Shun Hing Lecture Series in Arts and Humanities was held on 7 March on CUHK campus. Prof. Tu Weiming, director of the Institute for Advanced Humanistic Studies at Peking University and Research Professor at Harvard University, was invited to share on the topic 'A Truly Meaningful "We" in Cultural China: How Is It Possible?' The lecture attracted an audience of over 450, including CUHK staff and students, members of education and public sectors.

Professor Tu shared his views on the sense of cultural identity in the global Chinese Community. The Chinese in mainland China, Hong Kong, Macau, Taiwan, Singapore, Malaysia and in the global community have endeavored to embrace and to advocate their precious culture, while building a strong sense of cultural identity. He hoped such a cultural identity could be established in a humanistic spirit of freedom, diversity, inclusiveness and self-reflection, and most important, incorporating a vision of communal, critical, rational and benevolent self-consciousness.



兩教授獲選IEEE院士 Two Professors Elected IEEE Fellows



工程學院信息工程學系講座教授任德盛教授（左）及系統工程與工程管理學系系主任蒙美玲教授（右），獲電機及電子工程師學會（IEEE）頒授2013年度院士榮

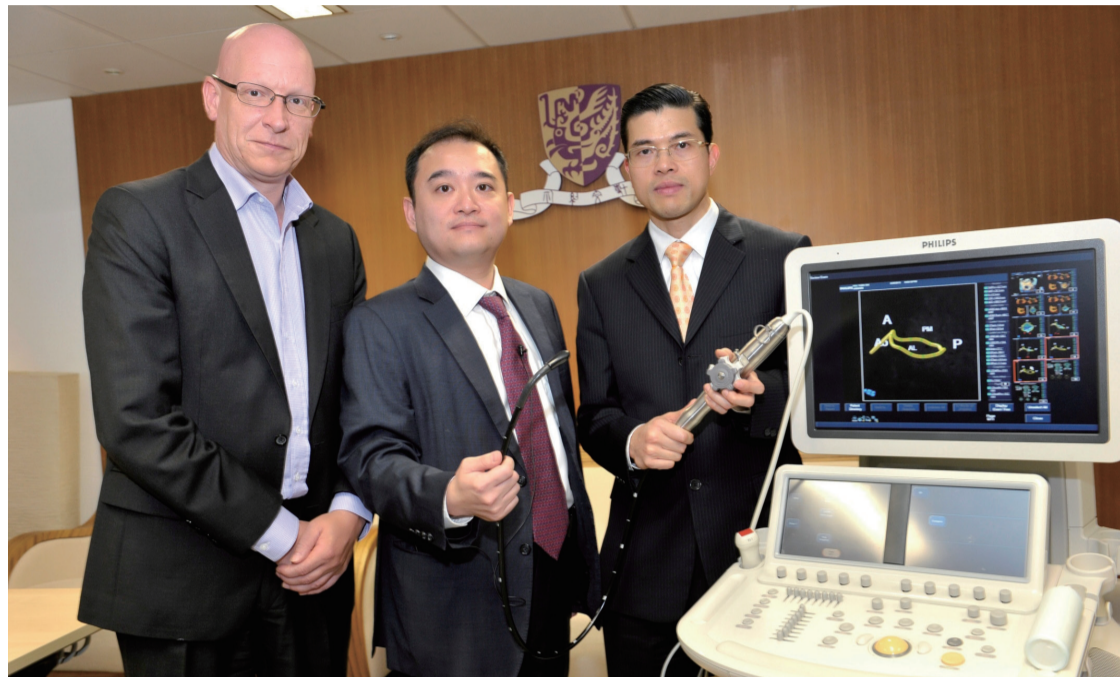
銜，以表揚他們分別在「通訊網絡的建構和資源管理」及「語音系統及多模態系統」上的重大貢獻。今年全球共有二百九十七位學者獲選，中大教授佔兩席，中大的IEEE院士總數至此增至三十位。

Prof. Yum Tak-shing Peter (*left*), Professor of Information Engineering and Prof. Meng Mei-ling Helen (*right*), chairman of the Department of Systems Engineering and Engineering Management, have been elected fellows of the prestigious Institute of Electrical and Electronics Engineers (IEEE) in 2013 for their remarkable accomplishments in 'architecture and resource management of communication networks' and 'spoken language and multimodal systems' respectively. This year, 297 scholars were elected IEEE fellows worldwide. With the two newly-elected fellows, the total number of IEEE fellows in CUHK has risen to 30.



新技術識別高風險二尖瓣脫垂患者

New Technology to Identify At-Risk Mitral Valve Prolapse Patients



中大內科及藥物治療學系系主任余卓文教授(右)、心臟科助理教授李沛威教授(中)及外科學系心胸外科組主管顏慕勤教授(左)率領的團隊,率先採用三維心臟超聲波技術以識別高風險二尖瓣脫垂患者,首次發現二尖瓣脫垂患者的二尖瓣環由馬鞍形變成了扁平結構,致使容易受磨損並演變為二尖瓣膜變形、瓣肌腱破裂,最終形成嚴重的二尖瓣返流,即血液返流到左心房及肺,患者症狀包括呼吸困難、疲勞、虛弱、腳跟、腿或腹部腫脹,甚至猝死。

研究結果有助醫生識別高風險的二尖瓣脫垂患者,採取相應措施如定期的經胸腔心臟超聲波檢查去監察。有關結果已刊載於2013年2月9日出版之國際心血管醫學權威期刊*Circulation*。

A research team led by Prof. Yu Cheuk-man (*right*), chairman, Department of Medicine and Therapeutics; Prof. Lee Pui-wai Alex (*centre*), assistant professor of Division of Cardiology; and Prof. Malcolm J. Underwood (*left*), head of the Division of Cardiothoracic Surgery, Department of Surgery, pioneer the use of three-dimensional echocardiography to identify at-risk mitral valve prolapse patients. The research team was the first to discover that the saddle shape of the mitral annulus (ring) becomes flattened in patients with mitral valve prolapse, making the mitral valve more susceptible to wear and tear, and predisposing a patient to develop mitral valve leaflet deformation, valve tendon rupture, and eventually severe mitral regurgitation (in which blood flows back into the left atrium and lung). Symptoms of mitral regurgitation include troubled breathing, tiredness, weakness, swelling in the ankles, legs, or belly, even sudden death.

The results of the study will be useful for helping doctors to identify high-risk mitral valve prolapse patients, who should be monitored more closely by echocardiography. The findings have been published in the international cardiovascular journal *Circulation* (February 19, 2013, Volume 127, Issue 7).

中大首間社企咖啡店開幕

First Social Enterprise Café in CUHK



位於康本國際學術園一樓的Café 330於3月5日開幕,主禮嘉賓包括勞工及福利局局長張建宗先生(中)、中大校長沈祖堯教授(左二)、社會福利署促進殘疾人士就業諮詢委員會成員王佩兒女士(左一)、中大副校長兼新生精神康復會(新生會)主席張妙清教授(右二),以及新生會社會企業小組委員會主席楊國華博士(右一)。

Café 330是首間於中大校園開辦的社企咖啡店,為新生會的社企餐飲項目,提供健康輕食,包括本地烘焙咖啡、有機豆漿、有機意粉、三文治、沙律等,亦為精神病康復者提供工作訓練機會,促進他們康復及融入社會。

Located on the first floor of the Yasumoto International Academic Park, Café 330, the social enterprise of New Life Psychiatric Rehabilitation Association (New Life), opened on 5 March. Officiating at the ceremony were Mr. Cheung Kin-chung Matthew (*centre*), Secretary for Labour and Welfare; Prof. Joseph J.Y. Sung (*2nd left*), Vice-Chancellor, CUHK; Ms. Wong Pui-yee Catherine (*1st left*), member of Advisory Committee on Enhancing Employment of People with Disabilities, Social Welfare Department; Prof. Cheung Mui-ching Fanny (*2nd right*), Pro-Vice-Chancellor of CUHK and chairperson, New Life; and Dr. Allen Yeung (*1st right*), chairperson, Social Enterprises Subcommittee, New Life.

As the first social enterprise café operated in the University, Café 330 offers light refreshments such as locally roasted coffee, organic soymilk, organic spaghetti, sandwiches, and salads, etc. It also creates job opportunities and training vacancies for people recovering from mental illness to facilitate their reintegration into the community.

環保嘉年華推動綠色生活

Environment Fair Promotes Green Living



中大賽馬會地球保源行動於3月2日假太古城中心舉辦「環保嘉年華2013」,透過環保人士分享低碳和減廢生活、音樂表演、廚餘轉化介紹、互動資訊及遊戲等,傳遞環保信息,鼓勵市民加入綠色生活的行列。活動主禮嘉賓為香港特區環境局副局長陸恭蕙女士(右)、中大校長沈祖堯教授(中)和香港賽馬會人力資源及持續發展總監簡金港生女士。

CUHK Jockey Club Initiative Gaia held the Environment Fair 2013 on 2 March at Cityplaza, Taikoo Shing. It aims at raising public awareness of environmental protection through green pioneers' sharing on a low-carbon and less-waste living style, musical performances, demonstrations of food waste conversion, as well as interactive information and game booths. Officiating at the opening ceremony were Ms. Christine Loh (*right*), Under Secretary for the Environment, The Government of Hong Kong SAR; Prof. Joseph J.Y. Sung (*centre*), Vice-Chancellor of CUHK and Mrs. Mimi Cunningham, director, Human Resources and Sustainability of The Hong Kong Jockey Club.

兩建築生獲海外實習資助 Architecture Graduates Awarded Overseas Internship Grants

建築學院碩士畢業生潘樂芊(左)及陳俊宇，獲九龍倉建築設計資源基金成立的「建築設計實習計劃2012-2013」資助各三十五萬元，分別前往柏林的BE Berlin GmbH建築師事務所及日本SANAA位於東京的建築師事務所實習一年，接觸最時尚創新的建築設計和經驗。



「建築設計實習計劃」旨在讓本地建築系畢業生有機會到海外享負盛名的建築師事務所實習，從而提升建築設計的卓越水平，栽培業界明日之星。透過與頂尖設計師並肩工作，畢業生可拓展視野，了解外地建築業界的運作，以及不同文化背景的城市設計。完成實習後，畢業生將以他們所得的經驗，貢獻本地建築設計界。

Poon Lok-chin Ruth (left) and Chan Chun-yu Ricco, two fresh graduates of the Master of Architecture Programme, have been selected to enter the 2012-13 Architectural Design Internship Programme established by The Wharf ArchDesign Resource Trust of The Wharf (Holdings) Limited. Ruth and Ricco will undertake a 12-month internship with the architectural offices of Baumschlager Eberle Berlin GmbH in Berlin and SANAA in Tokyo respectively. The trust will provide financial support up to HK\$350,000 for each graduate intern.

The programme aims at fostering excellence in architecture and grooming future star architects by providing students with placement opportunities in internationally-renowned design firms. Working alongside distinguished designers in an atelier setting will broaden participating graduates' horizons and allow them a hands-on understanding of architectural practice and urban design with different cultural heritage. At the end of the programme, the graduates will be required to return to Hong Kong and contribute to architectural design in the territory with the experience gained abroad.

法語副修生奪演講賽季軍 Third Prize in French Speech Competition



語言學及現代語言系法語副修學生謝知秋(中)於2月23日假廣東外語外貿大學舉行的「粵港大學生法語演講比賽」中奪得季軍。是次比賽由法國駐廣州總領事館、法國駐港澳總領事館及港澳法語教師協會合辦，共有八位來自香港及珠三角地區的學生參加，演講題目為「在珠江三角洲尋找成功」。

Xie Zhiqiu Silvia (centre), a French minor in the Department of Linguistics and Modern Languages, won the third prize in the Pearl Delta Inter-university French Speech Contest on 23 February at the Guangdong University of Foreign Studies. A total of eight students from universities in Hong Kong and Guangdong took part in this regional competition, which is co-organized by the French Consulates of Guangzhou, Hong Kong and Macau, the Association of French Teachers in Hong Kong and Macau. The theme of this year was 'Finding Success in the Delta'.

Arts and Leisure 藝文雅趣



《車廂》

2012·水墨設色紙本

一組三件，每件175 x 96厘米

賴筠婷，2008年中大藝術系畢業，2011年獲藝術碩士學位，憑此作品奪得2012年香港當代藝術獎。

Car Compartment

2012, Ink and colour on paper

Set of three, 175 x 96 cm each

Lai Kwan-ting, an alumna of the University (Bachelor of Fine Arts 2008, Master of Fine Arts 2011), has won the Hong Kong Contemporary Art Award 2012 with this set of Chinese painting.

Then vs Now

昔與今



1983

中 大人戲稱為「范記」的范克廉樓，於1969年開幕，是中大校園首座建築物。其時三所書院校舍分散全港，范克廉樓為不同書院的學生提供一個聚腳點。建築物前方的停車場於2000年改建為文化廣場後，成為學生舉辦論壇、音樂會、展覽和文化節的熱門場地。

Opened in 1969, the Benjamin Franklin Centre was the first University building on CUHK campus that served as a meeting place for the staff and students of the three founding Colleges when their buildings were scattered throughout Hong Kong. The Cultural Square outside the centre, which was a car park before 2000, is a popular place for student activities including forums, concerts, exhibitions and cultural festivals.



2013

Announcements

宣布事項

五十周年傑出學人講座 50th Anniversary Distinguished Lectures

中大將舉辦五十周年傑出學人講座，資料如下：

The University will present a 50th Anniversary Distinguished Lecture. Details are as follows:

講題 Title	中日能否和平共處? Can China and Japan Make Peace?
講者 Speaker	哈佛大學Henry Ford II 社會科學榮休講座教授傅高義教授 Prof. Ezra F. Vogel, Henry Ford II Professor of the Social Sciences Emeritus, Harvard University
日期/時間 Date/Time	28.3 (星期四 Thursday) 2:00 pm
地點 Venue	李兆基樓一樓六號演講廳 LT6, 1/F, Lee Shau Kee Building
查詢 Enquiries	3943 8893

登記網址 Online Registration: www.cuhk.edu.hk/cpr/lectures/ezravogel

五十周年校慶博文公開講座系列 50th Anniversary Public Lecture Series

大學將舉辦五十周年校慶博文公開講座，4月的講座資料如下：

The University will present 50th Anniversary Public Lecture Series. Details of the lecture in April are as follows:

講題 Title	以科學依據為基礎的健康與醫療干預：如何在中國農村及少數民族地區開展工作？ Evidence-based Health & Medical Intervention: How do We do our Work in a Rural Ethnic Minority Community in China?
講者 Speaker	CCOUC災害與人道救援研究所所長陳英凝教授 Prof. Emily Chan, Director, Collaborating Centre for Oxford University and CUHK for Disaster and Medical Humanitarian Response
日期/時間 Date/Time	19.4 (星期五 Friday) 7:00 pm
地點 Venue	銅鑼灣高士威道66號香港中央圖書館演講廳 Lecture Theatre, Hong Kong Central Library, 66 Causeway Road, Causeway Bay
查詢 Enquiries	3943 8893/2921 0285

輕度認知障礙治療計劃招募研究對象 Subject Recruitment for the Study of Treatment of Mild Cognitive Impairment

輕度認知障礙是正常老化及老人認知障礙症(老人痴呆症)間的過渡階段，患者發展成老人認知障礙症的機會比一般長者高五至十倍。中醫學院現正進行一項為期半年的電針治療輕度認知障礙研究計劃，以了解電針治療對改善老人輕度認知障礙的功效。參加者需要先接受篩選評估；確認為合適的長者，將接受針灸治療。

該研究計劃現正招募符合以下條件的參加者：六十五歲或以上中國籍香港居民；長者或其家屬投訴有記憶力衰退；非認知障礙症患者；願意接受電針治療並遵照治療計劃者。

查詢請致電3943 1231曾小姐，或瀏覽www.facebook.com/scmccu。

Elder adults with mild cognitive impairment (MCI), a transitional stage between normal aging and dementia, have a higher risk of dementia. The School of Chinese Medicine is conducting a clinical study to investigate the effectiveness of electro-acupuncture on the elderly with MCI.

The School is now recruiting subjects for the half-year study with the entry criteria as follows: Hong Kong residents who are ethnic Chinese, aged 65 or above; with subjective memory complaints and objective memory impairment; in the absence of diagnosed dementia; willing to have acupuncture treatment and follow the treatment plan.

Please call Miss Tsang at 3943 1231 for enquiries or refer to the facebook below for further information: www.facebook.com/scmccu.

東亞銀行遷址 Removal of Bank of East Asia

原於李慧珍樓LG01的東亞銀行香港中文大學分行已遷往池旁路龐萬倫學生中心一樓108室，如有查詢，可致電該分行：3609 3787/3609 3788。

The Bank of East Asia CUHK Branch has moved from LG01 Li Wai Chun Building to Room 108, 1/F, Pommerenke Student Centre, Pond Crescent. For enquiries, please contact 3609 3787/3788.

哈囉中大 Hello CU

由博群計劃主辦的「三月博群·哈囉中大」將舉行兩場講座和一場音樂會，詳情如下：

Organized by the I-CARE programme, Hello CU will hold two forums and a concert. Details are as follows:



講題 Title	故事·人生 Stories and Life
講者 Speaker	吳念真 Mr. Wu Nienjen
日期/時間 Date/Time	22.3 (星期五 Friday) 7:00 pm-9:00 pm
地點 Venue	邵逸夫堂 Sir Run Run Shaw Hall
講題 Title	沙士十年——不思量·自難忘 SARS: A Decade On
講者 Speaker	沈祖堯·馮泰恒·高永祥·楊冠昇 Prof. Joseph J.Y. Sung, Dr. Fung Tai-hang, Mr. Ko Wing-cheung and Dr. Yeung Koon-sing
日期/時間 Date/Time	26.3 (星期二 Tuesday) 7:00 pm-9:00 pm
地點 Venue	李兆基樓一樓六號演講廳 LT6, 1/F, Lee Shau Kee Building
活動 Event	哈囉未來! 露天工地音樂會 Hello CU Music Concert
嘉賓 Guests	張懸·樂隊RubberBand主音歌手繆浩昌·Supper Moment·林二汶 Deserts Xuan, Mau Hou-cheong, vocalist of RubberBand, Supper Moment, and Eman Lam
日期/時間 Date/Time	28.3 (星期四 Thursday) 4:00 pm-10:00 pm
地點 Venue	大學站前工地 Piazza outside University MTR Station

查詢 Enquiries: 3943 1338 www.cuhk.edu.hk/icare

通識沙龍 General Education Salon

大學通識教育部鄭承峰通識教育研究中心主辦的通識沙龍即將舉行三場講座。詳情如下：

Organized by the Baldwin Cheng Research Centre for General Education of the Office of University General Education, the General Education Salon will present three talks in March and April. Details are as follows:

講題 Title	科海拾貝——科學研究的源頭活水 Science Essence: The Springhead of Scientific Research
講者 Speaker	辛世文教授 Prof. Samuel Sun
日期/時間 Date/Time	25.3 (星期一 Monday) 7:00 pm-9:00 pm
地點 Venue	康本國際學術園4號演講廳 LT4, Yasumoto International Academic Park
講題 Title	從廣島到福島 From Hiroshima to Fukushima
講者 Speaker	田中利幸教授 Prof. Yuki Tanaka
日期/時間 Date/Time	26.3 (星期二 Tuesday) 7:00 pm-9:00 pm
地點 Venue	利黃瑤璧樓1號演講廳 LT1, Esther Lee Building
講題 Title	知也無涯? How Much More Can We Discover?
講者 Speaker	莫理斯教授 Prof. Sir James Mirrlees
日期/時間 Date/Time	8.4 (星期一 Monday) 7:00 pm-9:00 pm
地點 Venue	康本國際學術園4號演講廳 LT4, Yasumoto International Academic Park

網頁 Website: <http://www5.cuhk.edu.hk/oge/index.php/en/activities/ge-salon>



Information in this section can only be accessed with [CWEM password](#).

若要瀏覽本部分的資料，
請須輸入[中大校園電子郵件密碼](#)。

李致和

體育運動科學系副講師

你剛在渣打馬拉松十公里賽跑出33分18秒的成績，比你保持的最快紀錄慢兩分鐘，滿不滿意？

還可以，在準備不算充足的情況下，這成績已比自己預期要好一點點。

從運動員轉型為老師，當中有何困難或優勢？

要做一個好的運動員，平常要很用心用力去練習，無論身體極限還是成績都要定期突破自己。我想以這種運動員的性格和工作態度，轉做其他工作應該不會太差，因為始終想在自己的崗位上精益求精。我現在的工作也是和體育有關，運動員出身也是有好處的。

你有何教學心得？

我教的一科是星期一早上8點半的課，學生這麼早跑來，怎樣抓住他們的注意力是一大挑戰。他們肯來上課已是成功的一半，另一半就要靠預備工夫做得好。我會在教材中放多些圖片和視頻跟他們分享，還會把內容聯繫到他們的日常生活。

當年從中大畢業後，走上全職運動員的道路，心中有何想法？

我在中大唸學士時已一直參加三項鐵人訓練，希望在這個項目可以獲得更好的成績，所以一畢業就直接去當全職運動員。那時候年少氣盛，沒有多想工作保障、穩定生活的長遠問題。

參加這麼多比賽，哪場印象最深刻？

印象深刻有兩種，一是很好，一是很不好。很好的那些包括2007年德國漢堡世界錦標賽取得第十六名。雖然名次不是三甲，但自己感到發揮得很好，之前的訓練很有成果，已是同場亞洲選手的第一。當然能拿到獎牌的大型賽事也很難忘，如2006年的亞運會，2008年的亞洲沙灘運動會和2009年的全運會。但這些年來也有一些不好的比賽經驗，如2005年的全運會，比賽前幾個月前已發現受傷，因為當時自己是奪牌熱門，不得不堅持訓練和比賽，結果成績未如理想。

如果你的學生想去當全職運動員，你會跟他們說些甚麼？

我會先根據自己過往的經驗為他們客觀分析，告訴他們想當運動員，很大機會有哪些經歷或境況，讓他們自己去選擇。但主觀上我會鼓勵他們，因為有我這個活生生的實例讓你看，不會差到哪裏去。而且現在香港運動員的待遇也比我當年更好些了。

比起以前，現在的訓練強度大減，你如何保持體能參加比賽？

已沒有很有系統很有計劃地去練習，多半是騎騎單車。現在因為有全職工作，在生活的優先次序中，運動所排的位置已不同了。參加比賽時，對成績會看得輕一點，以參與為主，更多去享受比賽和氣氛。



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Scan the QR code for the full version

Mr. Daniel C.W. Lee

Assistant Lecturer, Department of Sports Science and Physical Education



Photos of Mr. Daniel C.W. Lee in this issue are by Cheung Chi-wai

You finished the 10 km run of the Standard Chartered Marathon in 33 minutes 18 seconds, two minutes slower than the record you set. Are you satisfied?

It's acceptable. The result was better than I expected given that I was not very well prepared.

Does an athlete-turned teacher have any advantages or disadvantages?

It takes a lot of hard work and dedication to become a good athlete because you have to make regular breakthroughs in terms of competition results and physical limits. Equipped with such characteristics and attitude, I think an athlete can do other jobs equally well. You'll try hard to keep improving yourself, regardless of the job you do. Now that my work is related to sports, I think it's an advantage to have an athlete background.

Have you mastered the secrets to teaching?

One of my class starts at 8:30 am on Mondays. Getting the attention of students so early in the morning is a big challenge. Getting them to turn up for class is half the success. The other half lies in preparing well for the lecture. I'll put a lot of pictures and video clips in my teaching material and make connections between the content and their daily life.

You became a professional athlete as soon as you graduated from CUHK. What brought about that decision?

When I was an undergraduate student at CUHK, I had long received triathlon training. I wanted to achieve more as a triathlete, so I chose to become a professional athlete upon

graduation. I was young and impulsive. I didn't think much about long-term questions such as job security or stability.

Which competitions have been the most unforgettable?

Competitions are unforgettable in two ways: very good or very bad. My very good ones include the 2007 Triathlon World Championships in Hamburg, Germany. I finished 16th. Although I didn't bring home any medals, I felt that my training paid off and I performed very well. I was the highest-ranked Asian participant in the event. Of course, the big games in which I won medals are also unforgettable, such as the 2006 Asian Games, the 2008 Asian Beach Games, and the 2009 National Games of China. But I also have bad experiences. One of them was the 2005 National Games. I was injured a few months before the event. But I was Hong Kong's medal hopeful, so I had no choice but to keep training and participate in the event. The result was not good at all.

If your students want to become professional athletes, what would you say to them?

I would give them an objective analysis based on my experience, psychologically preparing them for what would be expected of them if they became professional athletes. I would also encourage them by my own example which isn't bad. Hong Kong athletes are treated better now than in my days.

How do you stay in shape for sport competitions when you don't train as intensively as before?

I don't follow a systematic regime. I go cycling mostly. As I have a full-time job, sports no longer take priority. When I take part in competitions, results are not my major concern. My main goal is to enjoy the event and the atmosphere. 🏆