

I-CARE Centre for Whole-person Development Newsletter

February 2017 Issue 2



I-CARE Film Festival 2017 – Once Upon Our Times

The lights dim. The screen starts glowing. Words fade in.

2017

This year, in retrospect, would have faded away into the mists of time as with any other year; this March, historic changes are due to happen in Hong Kong, and yet, all the tumult would eventually fade out, bygone would be gone.

Time flows like a river, be it fast or slow, fades out nonetheless. Memories, whether deep or shallow, last no longer than footprints in the snow. Thankfully we have film – a medium that distills time into art and leaves records of bygone ages in both dainty and heavy strokes.

Titled “Once Upon Our Times”, this year’s I-CARE Film Festival takes us on a trip down memory lane to revisit all the past eras as captured on celluloid. *Comrades*, *Almost a Love Story* (1996, Peter Chan) chronicles how two average Joes regained the love they had lost as the change of Hong Kong’s sovereignty was nearing. Film is never meant to just entertain; it inspires, and it cares deeply for humanity. Among the festival line-up are *Made in Hong Kong* (1997, Fruit Chan) and *Mad World* (2017, Wong Chun). It has been twenty years since the former was released, but the two productions make it clear that Hong Kong has always been what we all hold dear.

If you do agree with the saying that life is but a dream, join our overnight screening of The Before Trilogy which took nine long years to make. A perfect occasion for us to recall the films we've seen and the eras we've pondered in this particular semester.

Free admission, full programme and registration: <https://goo.gl/aQre7e>

Date: 6 to 30 March 2017

Enquiry: 3943 8621 (Tel)



老友記來中大，一日大學生體驗之旅，學生義工招募啦！

(Chinese version only)

博群全人發展中心將於 2017 年 3 月 25 日 (星期六)，舉辦“一日大學生”長者大學體驗日。活動旨在為來自北區的一百位老友記創造一個親身體驗大學生活的平台。活動中，老友記們將參與模擬大學課堂，在課室內與講師互動，學習新知識；在中大同學的陪伴下遊覽校園景致，聆聽學生導賞員們關於中大歷史與文化的講解；在午餐時段，與學生們同桌暢談，憶苦思甜；在模擬畢業典禮上，在眾人見證的目光中，獲頒發畢業證書，圓滿實現大學夢。

現誠邀你的加入，成為當日的學生義工，一同見證老友記們的大學體驗。同學若完成當日的義工服務，其參與將會紀錄在「[學生發展組合](#)」內。

如欲報名成為 3 月 25 日 (星期六) 的義工，請在此登記：goo.gl/OV1AzZ

查詢：何小姐 3943 9859 (電話) / athenahe@cuhk.edu.hk (電郵)



博群文化導賞團，中大人專場開始報名啦！

(Chinese version only)

博群文化導賞計劃旨在培訓中大同學成為文化導賞大使，帶領中學生深入香港各區，追尋歷史的足跡，講述香港的故事。導賞員們經過數月培訓和緊鑼密鼓的籌備，精彩導賞團即將呈現在大家的面前。在 3 月，博群特別開辦了中大人專場導賞團，誠邀中大同學及教職員參與。詳情如下：

導賞團：流金歲月——香港流行文化與身份認同

日期：2017 年 3 月 4 日 (星期六)

時間：下午 1 時 30 分至 3 時 30 分

集合時間：下午 12 時 50 分

集合地點：港鐵大學站 A 出口，民主女神像處 (有專車接送參加者往返中大及導賞地點)

導賞團簡介：導賞團由油麻地出發，在活化後成為戲曲活動中心的油麻地戲院介紹香港的華南傳統文化—粵劇，以及香港電影業的發展史，再到代表本土草根文化的果欄及廟街，造訪港產片電影場景，並介紹相關的電影和流行音樂，從而反思我們這一代人的身份認同。

導賞團：馬路的事——香港交通的發展歷程

日期：2017 年 3 月 11 日 (星期六)

時間：上午 10 時至中午 12 時

集合時間：上午 8 時 50 分

集合地點：港鐵大學站 A 出口，民主女神像處 (有專車接送參加者往返中大及導賞地點)

導賞團簡介：導賞團由中環出發，沿途介紹橋、山頂纜車、電車等交通工具，探討公共空間與交通和空氣質素的關係。沿中區行人天橋系統至中環天星碼頭，乘天星小輪往尖沙咀。在終點尖沙咀碼頭，講解巴士和渡輪的關係，並反思香港交通工具的定位。

導賞團將以廣東話講解。如欲報名，請在此登記：goo.gl/3Esft6

備註：每團名額 30 人，先到先得。成功報名者將收到確認電郵

查詢：何小姐 3943 9859 (電話) / athenahe@cuhk.edu.hk (電郵)



The Face Story - I-CARE Social Service Project Showcase 2017

“Of the 7.4 billion faces in the world, yours is the one I run into”

A face can tell a story. A face can make a lasting impression. A face can connect you with CUHK students who have created fascinating anecdotes about people from all walks of life and organised social services around the world.

Meet the service teams in person and the faces exhibited in “The Face Story - I-CARE Social Service Project Showcase”. Get inspired and plan your own service to build a better world!

Date: 21-23 February 2017

Time: 11:00-15:00

Venue: Cultural Square (21st – 22nd), YIA Plaza (23rd)

Enquiry: Mr. Chan 3943-3714 (Tel) / sunchan@cuhk.edu.hk (Email)



“Fitness x Mentorship” Scheme – LAUNCHED

The Physical Education Unit and the I-CARE Centre for Whole-person Development has launched three pilot “Fitness x Mentorship” Schemes to promote energy and wellness, one of the five aspects of Whole-person development under the I-CARE framework. The scheme aims at providing sports training to help students achieve their goals while improving their health. Students will also become mentors of secondary school students in districts nearby and develop a positive relationship with them.

50 CUHK students and 51 secondary school students have joined the schemes. All three programmes have started in mid-February, namely street running, rope skipping and table tennis. Participating CUHK students are now receiving professional training while empowering a group of secondary school students.

“Though my skills might not be that advanced, I always relish the time playing rope skipping with my friends. This programme provides not only the chance for me to engage in enjoyable sports training, but also the opportunity to meet more new buddies who share the same interest,” one participant said. “Through this scheme, I am sure that I can be healthier, be more confident, as well as make lots of friends while being a mentor.”



思托邦：宗教與科學的激辯

(Chinese version only)

思托邦：宗教與科學的激辯

博群大講堂本年度起舉辦思想系列沙龍——思托邦，至今已舉辦五次沙龍，其中第五講「宗教與哲學」於 2017 年 1 月 13 日晚上 7 時在逸夫大講堂舉行，由王偉雄、劉創馥、關啟文及陳文豪四位教授主講，活動吸引超過 600 人參加。

沙龍之上，四位就宗教與科學之間的衝突進行辯論，引起多重思考，演講後的問答環節反應極度熱烈，使沙龍延至晚上 10 時多才結束。宗教與科學的辯論難有最終定案，然而，主持人周保松教授以康德《何謂啟蒙》的文句鼓勵所有人繼續認真理性地交流，尤其耐人尋味：

「啟蒙就是人離開他自己所招致的未成熟狀態。未成熟狀態就是缺乏在不受他人指導下運用自己知性的能力；若未成熟的原因不在於缺乏知性，而在於缺乏不受他人指導下運用知性的決心和勇氣，則這種未成熟狀態是自招的。勇於求知！鼓起勇氣運用你自己的知性！這就是啟蒙的格言。」

思托邦第五講——宗教與科學

錄影：https://www.youtube.com/watch?v=CX_S4zszEzE&t=9459s

講者：

王偉雄（美國加州州立大學哲學系教授、《宗哲對話錄》作者）

劉創馥（香港中文大學哲學系教授、《宗哲對話錄》作者）

關啟文 (香港浸會大學宗教及哲學系教授兼系主任)

陳文豪 (香港教育大學科學與環境學系助理教授)



New volunteers serve in Jockey Club Charles Kao Brain Health Services Project

The recruitment of volunteers for Jockey Club Charles Kao Brain Health Services has been completed. 40 CUHK students attended the volunteer briefing and training session on January 21 to learn about dementia and the duties of volunteers. In February students have started contributing in health education and promotion on a mobile vehicle. The service team also organised three talks in the The Evangelical Lutheran Church of Hong Kong, Sha Tin District Community Centre for the Golden-Aged in Lek Yuen Estate in Sha Tin . The talks aim at increasing the public's awareness on brain health in the community. The volunteers will continue to support the increasing variety of work to serve the public and people in need.



“gearSportsup” Campaign

Over one hundred primary and secondary school students attended the Presentation Ceremony of the “gearSportsup” Campaign on 11 Feb. The Campaign aims at collecting gently used sports gears from the community for redistribution to secondary school students from needy families, giving them equal opportunity to participate in sports. This campaign is jointly organised by Department of Sports Science and Physical Education (SSPE), Physical Education Unit and I-CARE Centre for Whole-person Development.

Supporting I-CARE Programme

We are very grateful for the support from our [patrons and sponsors](#) whose donations have made I-CARE Programme possible.

The University invites your support towards I-CARE Programme to cultivate the humanistic spirit and enhance the social awareness of our students. Please visit <http://www.oia.cuhk.edu.hk/eng/campaigns/i-care-programme> for the ways to give.

[Donate to I-CARE Programme](#)