

博群

全人發展中心

I·CARE

Centre for
Whole-person
Development





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博群全人發展中心於2016年10月成立，除策劃及推行博群計劃外，亦支援其他促進學生全面發展的服務。

所謂「博群」，即是 I·CARE，它是香港中文大學（中大）培育學生達致「博文約禮」的體驗式學習模式；I·CARE 五個英文字母所代表的元素，正是中大期望其學生擁有的素質與能力：

- I — 人格與德育
- C — 創意與知性
- A — 生活藝術與美學
- R — 人際關係與群育
- E — 活力與身心健康

Established in October 2016, the I·CARE Centre for Whole-person Development mainly plans and implements the I·CARE Programme. It also renders support to other services which aim to facilitate students' all-round development.

"I·CARE" is an experiential learning model introduced by The Chinese University of Hong Kong (CUHK) to nurture its students to "acquire virtue through learning and temperance". The alphabets in I·CARE stand for five traits of a holistic person. They are the qualities that CUHK strives to instil into its students:

- I — Integrity and Moral Development
- C — Creativity and Intellectual Development
- A — Appreciation of Life and Aesthetic Development
- R — Relationships and Social Development
- E — Energy and Wellness



博群計劃 I·CARE Programme

I·CARE Programme 博群計劃

博群計劃於2011年成立，建基於 I·CARE 框架，為學生提供非形式全人教育。博群計劃以「博思明志·群育新民」為規訓，旨在鼓勵學生積極參與社會及公民服務，並促使他們發揮所長，以滿足本港、地區，以至全球的社會需要。博群計劃的活動主要為下列六個範疇所涵蓋：

Launched in 2011, the I·CARE Programme has been committed to offering informal whole-person education to students based on the I·CARE Framework. In line with its motto "Aspiration through Reflection; Renewal through Civility", the I·CARE Programme aims to inspire students to actively partake in social and civic services. It also facilitates the release of students' holistic competencies so that they will become able to enhance the wellness of people in the local, regional and global communities. Activities under the I·CARE Programme are mainly carried out through the following six areas:

非牟利團體實習計劃 NGO Internship Programme

1

同學在香港、內地及台灣的非牟利團體實習，不僅可把公民社會理念融入工作，更能服務社群及為世界帶來正面改變。

Working for a non-governmental organisation (NGO) provides students with the opportunity to put theories into practice, support others in need, and create positive changes in communities. The placements in Hong Kong, the Mainland and Taiwan are expected to take students' dedication and strengths to new heights.



2

此項目包含多類講座及論壇，邀請各地知名學者、藝術家和不同界別的卓越人士，分享其對社會、人文價值等方面的看法，與學生切磋思想、砥礪人生。此項目的講者包括雲門舞集創辦人林懷民、禪修大師詠給·明就仁波切及著名作家龍應台等。其他文藝活動如書節、花節及電影節等，亦膾炙人口。



This Programme is consisted of seminars and forums that explore the relationship between men and society/ nature. Scholars, artists and luminaries from around the world share their unique humanistic points of view with students and catalyse them to reflect on the meaning of life. Speakers of this Programme include, inter alia, Lin Hwai-min (founder of Cloud Gate Dance Theatre), Yongey Mingyur Rinpoche (master of Buddhist meditation), and Lung Ying-tai (renowned writer). The cultural activities under this Programme such as Book Festival, Floral Festival and Film Festival also enjoy great popularity.



CUHK encourages students to engage in social and civic services in Hong Kong, the Mainland, and overseas countries. While funding has been set aside for students to design, initiate and implement sustainable development projects in local and impoverished areas to enhance people's well-being, they will also be trained (through the "Proposal Writing Workshop" and "Sharing Session on Learning Outcome", etc.), coached and monitored under the Scheme.



中大鼓勵同學積極參與在香港、內地及海外的可持續社會服務項目，以協助有需要的人士改善生活。此計劃除作出撥款資助外，亦為同學提供培訓（如「撰寫計劃書工作坊」及「學習成果分享會」），以及協助他們構思和落實服務內容。



3

4

學生透過參與此項目的各種活動（例如籌辦「社會服務日——讓長者/青年當一天大學生」、「香港文化導賞計劃」、「健體x友伴」計劃），探討本港貧窮成因及改善社會環境，以舒緩貧窮狀況。學生更可從服務中體會弱勢社群的感受及處境，從而反思大學生在社會議題中的公民角色及社會責任，培養持續服務社區的決心。



This Programme aims at addressing the underlying causes of poverty as well as building an enabling environment for poverty alleviation in Hong Kong. Through engaging in community services like staging the “Social Service Day - Let Elderly/ Youth to be a University Student”, “Hong Kong Cultural Tours Project” and “Fitness x Mentorship” Scheme, students gain first-hand experience about societal issues and build up resolve to moderate poverty.



博群計劃 I·CARE Programme

博群計劃 I·CARE Programme



社會企業起動計劃 Social Enterprise Startup Scheme

6

在此計劃下，同學（以及年輕校友）可從具有豐富經驗的導師身上獲得創業錦囊及商界網絡，繼而把具創意的業務意念轉化成富意義的起動項目。透過此計劃所提供的資金，參加者可望試行、成立，甚至擴大其社會企業。

The Scheme not only funds students (and also young alumni) to transform their creative business ideas into meaningful startup, but most importantly offers mentorship to them by the experts in real business sector. With financial support of the Scheme, participants validate, establish or scale up their social enterprises.



5

此計劃讓不同學科的學生以團隊合作形式，在專責導師帶領下，深入社區研究各項公共議題。學生會進行資料搜集、撰寫及分析研究報告，並就有關議題提出建議及解決方案，為社會制訂改革藍圖。此計劃的研究課題包括「無家者精神健康」及「長者友善房屋」等。

The Scheme allows students from different disciplines to work together on rigorous studies of various public issues under the guidance of professional tutors. Students collect and analyse data, carry out research and present findings that become blueprints for community and social reforms. Topics of research include, inter alia, “Homeless and Mental Wellbeing” and “Elderly-friendly Housing”.

其他服務
Other Services

此中心得到諾貝爾和平獎得主穆罕默德·尤努斯教授同意，以他的名字命名。它透過一系列培訓活動及創業育成計劃，鼓勵本港年青人以實質行動開展社會事業，並運用尤努斯教授的豐富經驗和專業知識去培育他們，以社會事業進行扶貧工作。

Permission from Professor Muhammad Yunus, 2006 Nobel Peace Laureate & Founder of Grameen Bank, was obtained to name this Centre after him. It aims to encourage real action from the youth of Hong Kong in social business through a series of training activities and incubation programmes. Benefitting from the ample experience and expertise of Professor Yunus, the Centre facilitates poverty alleviation through social business.



其他服務
Other Services

博群全人發展中心為培養學生多元能力而推展或協調的正規教育以外服務，還包括下列五方面：

The I-CARE Centre for Whole-person Development also organises or coordinates services, which aim to offer a diversified learning experience beyond formal curriculum to its students, under the following five areas:

其他服務
Other Services

學生發展組合
Student Development Portfolio

1

此乃一個紀錄學生體驗式學習活動，並將之歸納於 I-CARE 框架內的大學電子平台，它可協助學生掌握非形式學習機會，從而為豐盛的大學生活作出規劃。其提供予學生的主要功能包括：（一）瀏覽中大各部門所舉辦之體驗式學習活動；（二）記錄曾經參與的體驗式學習活動；及（三）編製「體驗式學習活動紀錄報告」，以全面展示學習經驗及成就。凡全日制本科生可以利用學生編號及OnePass (CWEM) 密碼於 www.cuhk.edu.hk/sdp 登入系統。

This is a university-wide electronic platform for capturing and presenting students' Experiential Learning Activities (ELA) under the I-CARE Framework. It provides students with an inventory of the informal learning opportunities on offer, and facilitate their planning of a fruitful university life. The major functions of SDP for students include: (i) Viewing of ELA offered by various units of CUHK; (ii) Updating and maintaining participation records; and (iii) Producing ELA Report to showcase learning achievements. All regular full-time undergraduate students can login the system with their Student ID and OnePass (CWEM) Password on www.cuhk.edu.hk/sdp.



香港中文大學 THE CHINESE UNIVERSITY OF HONG KONG 8520-107, 8520-109, 8520-110, 8520-111, 8520-112, 8520-113, 8520-114					
體驗式學習活動紀錄 REPORT OF EXPERIENTIAL LEARNING ACTIVITIES					
NAME	CHAN, YUKAN (CHUCK)	SEX	M	REGISTRATION NO.	A0204175
STUDENT ID NO.	1022204	COLLEGE	ENGINEER	ADMISSION YEAR	2012/2013
DEPT.	FACULTY OF ENGINEERING				
MAJOR PROGRAMME	B.Sc. IN SYSTEMS ENGINEERING & ENGINEERING MGT				
MINOR PROGRAMME	PERFORMING ARTS				
YEARS	BACHELOR OF ENGINEERING				
COURSEWORK ID	102 204				
Experiential Learning Activity organized by the University					
ID#	Activity	Category	Academic Year		
U01	Student Cultural Ambassadors (SCA) Scheme	A	2012-2013		
U02	Student Leadership Training Scheme	C	2012-2013		
U03	United College Global-Opening Active Learning (UGOAL) Programme	R	2012-2013		
U04	United College Learning Improvement Program - English Intensive Camp	C	2012-2013		
U05	United College Student@Times	E	2012-2013		
U06	Creative Student Society Award Programme	C	2013-2014		
U07	CUHK Swireddy Team	E	2013-2014		
U08	Global Research Undergraduate Programme	R	2013-2014		
U09	Summer Study Program in France	C	2013-2014		
U10	United College Shun Chai Sang Membership Programme	R	2013-2014		
U11	Centre for Innovation and Technology Placement and Internship Programme (CIP)	R	2014-2015		
U12	CUHK Rowing Team (C-Team)	E	2014-2015		
U13	Global Internship Programme (GIP) - London	C	2014-2015		
U14	Faculty Enrichment Scheme for Engineering Undergraduates (ESPER)	A	2015-2016		
END OF REPORT					

3

其他服務 Other Services

此計劃分為兩部份——「價值探索系列」及「核心小組培育」；前者面向所有中大師生，後者則針對特定成員。核心小組成員須完成一系列指定任務（例如露營、農耕、遠足、馬拉松、閱讀，以及面見由專家學者、社會賢達及知名人士擔任的師長），以達致均衡整全的發展；惟可自行規劃學習深度及進程，以獲取相關認可資格。



This Programme is divided into two parts - "Value Exploration Series" and "Core Group Nurture". While the former is open for all CUHK students and staff, the latter will serve a designated group of students. These students are required to complete a number of stipulated tasks (e.g. camping, farming, hiking, marathon, reading and meeting with mentors who are luminaries and acclaimed figures) in order to attain fine quality for all-round development. These participants will enjoy flexibility to decide when and to what extent they will complete the Programme and obtain corresponding I-CARE Achiever titles.

4

此團隊是博群全人發展中心統籌之大學生義工組織，獲無止橋慈善基金支援及指導。自2009年創立以來，團隊持續與不同內地大學合作，籌備多個偏遠地區之建設行人用橋、村落調查及公共衛生項目。



This Team is a university volunteering body formed under the I-CARE Centre for Whole-person Development with the support and guidance from Wu Zhi Qiao (Bridge to China) Charitable Foundation. Since 2009, the Team has cooperated with different universities in the Mainland in organising numerous investigation trips on villages, bridge building projects and public health programmes.

其他服務 Other Services

5

博群全人發展中心不定期舉行多種豐富學生生活的活動，包括「弦夢成真音樂會」、「中大校園導賞團」、「賽馬會高錕腦伴同行流動車義工活動」、「芬蘭聖誕老人探訪活動」、「同校長着顏TEE遊鞍山」、「活·在中大——探索生活的無盡可能」及「書送熱血——接力捐血挑戰」等。



The I-CARE Centre for Whole-person Development hosts or assists in, from time to time, various activities to enrich student life. They include, inter alia, "Music Dreams Come True Concert", "CUHK Campus Tour", "Jockey Club Charles Kao Brain Health Services Project", "Creating a Magical Moment for Children in Need", "Go Hiking in CUHK Style with Vice-Chancellor", "Life@CUHK - Exploring the Plentiful Possibilities of Life", and "Blood and Book Giving - A Challenge of Blood Donation Relay".



你的支持，將深化博群計劃及本中心其他全人發展的工作，令中大學生以至廣大社群皆能受惠。如欲贊助經費者，請到 www.cuhk.edu.hk/oia/icare/donatenow 填妥網上表格。謝謝。

Your support to us will further the advancement of I-CARE Programme and other whole-person educational activities under this Centre, which will benefit both students of CUHK and the wider community. To sponsor our operation, please visit www.cuhk.edu.hk/oia/icare/donatenow. Thank you.

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