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HARBOUR AND HOME AND HOME AND HOME



入讀大學,有如展開海闊天空 的旅程, 航向世界, 探究事 物。然而,横渡重洋,跋涉千 里,殊非易事,當中既有風和 日麗的日子, 也有風急浪高的 時刻。旅途漫漫,每一只小船 都想駛得更遠更穩, 尋覓邊岸 停靠, 適時整理配備, 亦盼遇 見良朋知己,攜手揚帆出海。 善衡書院正是一個大港灣,給 予學生源源不絕的支持,學習 活動多采多姿,有助學生豐富 視野,發揮所長。此外,善衡 書院也是一個大家庭,六百位 學生居息一堂,社群緊密聯 繋,師牛情誼深厚。

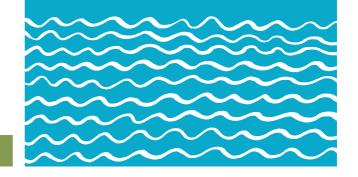
Starting university is like taking a voyage of discovery, into the world and beyond the vast horizons. But to navigate the oceans across remote distances is anything but easy. While balmy days abound, there are also harrowing moments, when the weather gets rough and the waters become choppy. In order to venture far with steadfastness on this protracted journey, every small boat needs to find a berth, where it can replenish its supplies and its crew can meet travel buddies joining them for the next voyage. S.H. Ho College is a large harbour providing students with unceasing support and a diverse array of learning opportunities to help broaden their horizons and allow them to unleash their capabilities. Above all, S.H. Ho College is a big family to its 600 students who live and learn together. It is in this closely-knit community that the rich, enduring ties among students and teaching staff are built.



時值陽光爛漫的季節,微風醉人,碧水連天,小小船兒盛載夢想,在海上東南西北的闖盪,經過一段時間,最後悄悄停靠在一處大港灣。那裡海闊水深,氣候宜人,確是理想的安歇之所。小船盼望於此找到「家」的歸屬感,可以徹底休息、補給所需,為未來成長踏出美好一步,做好準備。

Bearing dreams and aspirations, small boats from all directions converge and finally berth by a huge harbour, where the deep water and favourable climate provide them with an ideal place for shelter. Here, the crews discover a home-like sense of belonging and a place to rest, replenish their equipment and get ready for another growth journey ahead.





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每年八月,善衡學生披上書院 禮袍,在院長和學生輔導長的見 證下,簽署誓章,正式成為「家」 的一分子。在書院生活,院袍是 不可或缺的部分,善衡學生每 逢出席重要場合,如高桌晚宴, 也會穿上院袍。



In August every year, S.H. Ho students don college gowns and sign the Matricula, in a ceremony witnessed by the College Master and the Dean of Students, to officially become members of the College family. College gowns are an indispensable part of College life as all S.H. Ho students are required to put them on for every important occasion they attend, such as the High Table Dinner.

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RIENTATION



善衡新生來自本地、內地、海外, 他們身穿色彩繽紛的襯衣,在 熱情洋溢的學兄學姐帶領之下, 參與遊戲活動,從中認識宿舍 生活及書院通識教育課程,為大 學之旅揭開序幕。



S.H. Ho freshers come from Hong Kong, mainland China and abroad. Garbed in vibrant colours, they play games led by senior students to familiarise them with College life and the College General Education Programme as a curtain raiser to their university journey.

FACES OF THE COLLEGE



善衡書院鄰近校巴站,距離港鐵大學站只一個站便到達。步行來往港鐵大學站,也只需約7分鐘路程。此外,書院毗鄰大學中部設施、體育中心、大學保健中心、兩棟新的教學大樓,可謂四通八達。

書院是一個小社區,兩座學生 宿舍何添堂和利國偉堂,合共 提供約六百個宿位。書院設備一 應俱全,包括有健身室、音樂室、 自修室、學生會室、活動室、展 覽廊、劇場、飯堂等等,環境完 善,為學生提供「家」的生活。 S.H. Ho College stands close to a campus bus stop and just one stop away from the University MTR Station. Commuting to and from the University MTR Station by foot takes only seven minutes. Adjacent to the College are the central campus facilities, Sports Centre, University Health Service and two new teaching buildings. In short, it is accessible from every direction.

As a small community, the College has two student hostels, Ho Tim Hall and Lee Quo Wei Hall, providing a total of 600 hostel places. Other amenities, such as a gym, music room, study room, Student Union office, activity room, exhibition gallery, theatre and canteen, also make for a comprehensive home-like environment to students.



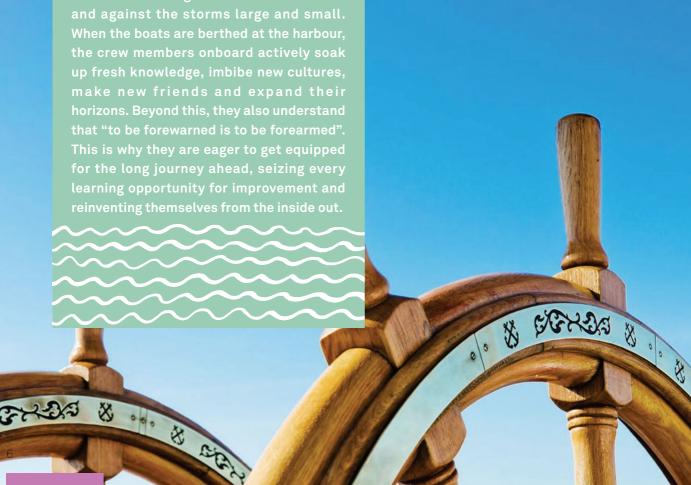


沒有足夠的天文和地理知識,沒有精良配備,小 船怎能展開一段長途旅程,深入遼闊無邊的大海, 抵得住大大小小的風雨?在港灣停泊時,小船積 極認識新事物,吸納新文化,結交新朋友,開拓視 野。此外,小船明白到「提早預備,事半功倍」的 道理,故不忘補給遠航必需品,也抓緊機會學習 改進,從內而外煥然一新。

ETTING EQUIPPED

Astronomic and geographical knowledge, needed to support the long journeys of small boats sailing on the boundless ocean and against the storms large and small. reinventing themselves from the inside out.





書院是一個大家庭,重視師生 交流,實施全期住宿。每星期 共三晚, 師牛聚在一起吃飯, 氣氛輕鬆,彼此分享日常點滴。 共膳生活充分體驗「家」的理 念,形式共三種,包括師生共 膳、文化聚餐、高桌晚宴。

高桌晚宴每月舉行一次,不但是 書院聚會,更是不計學分的通 識教育活動。學生可享用精緻 西餐,也有機會親炙社會賢達, 見賢思齊。





The College is a big family where teaching staff-student interactions are valued and full time residence is provided. For three evenings every week, they dine together in a relaxed atmosphere and share snippets of their daily lives with each other. Fully conveying the "home" experience, this dining arrangement is conducted in three formats including Communal Dining, Cultural Dining and the High Table Dinner.

Held once a month, the High Table Dinner is not only a College gathering but also a non-credit bearing general education activity. Here, students can enjoy western fine dining, with the opportunity to meet and learn from respected community leaders, up close and personal.



香港大學前校長徐立之教授 Professor Lap-Chee Tsui, former Vice-Chancellor of the University of Hong Kong

運氣與意外收穫,但不可少的是熱忱 A Little Bit of Luck and Serendipity but Lots of Passion

嘉賓及講題舉隅 **Guest Speakers and Their Topics**



前廉政公署副廉政專員兼執行處首長黃世照先生

Mr. Wong Sai Chiu, former Deputy Commissioner and Head of Operations, Independent Commission Against Corruption 與公眾共同打擊貪污——廉政公處四十年工作回顧

Combatting Corruption with the Public - Review of Forty Years of Working at the Independent Commission Against Corruption



香港中文大學醫學院副院長(研究)兼化學病理學系系主任盧煜明教授 Professor Dennis Yuk-ming Lo, Associate Dean (Research) of the Faculty of Medicine at CUHK and Chairman of the Department of Chemical Pathology

我的科研路——如何構思方法?如何應用出來? My Research Road - How to Conceive Methods? How to Apply Them?

作家白先勇教授 Professor Pai Hsien-yung, Writer

我的生平——從文學到文化 My Story - from Literature to Culture

2018



日本岩波書店出版社《世界》月刊副總編輯熊谷伸一郎先生

Mr. Kumagai Shinichiro, Associate Chief Editor of Sekai (World) magazine of Iwanami Shoten (a Japanese publishing company)

記憶與遺忘——日本和平主義走向何方

Remembering and Forgetting - Is Japan's Pacifism Fading?



書院通識教育課程(書通)是中大學生的必修課程,而善衡的書通分為兩大類,一類是啟導課程,為大學新生設立的;另一類是結業課程,為畢業班學生設立。兩個課程的課題發人深省,活動內容極富挑戰。

The College General Education (CGE) Programme is a compulsory course for all CUHK students. At S.H. Ho College, the CGE Programme is made up of two major categories, the first being an induction course for freshers and the other a capstone course for graduating students. Thought-provoking topics with challenging activities are covered in both courses.









啟導課程



The induction course is taught in three phases – "adventure", "reflection" and "expression" – guiding S.H. Ho freshers to find out more about the university environment, actively immerse themselves in learning and get involved in College life. Each year in October, S.H. Ho students join an overnight camp at the outback, where they pitch tents and cook outdoors to cultivate team spirit. In addition, each of them will spend time alone in self-reflection, think about the future and plan a blueprint to reach their vision. Back in the classroom, the students will discuss their works with instructors, voice their thoughts and feelings through creative compositions and showcase their works in the Fresher's Fest.







總結課程

課程引導高年級學生,透過閱讀、討論、寫作,學生與導師一起回顧在大學和書院的學習,繼而探討「做工」與「豐碩人生」兩大主題,前瞻一生。課程有助學生批判思考,為投身社會打下堅實基礎。

Capstone Course

Under the capstone course, senior students are led to review what they have learned in university and the College collectively and with instructors through reading, discussions and writing, then explore the dual themes of "work" and "productive life" and visualise how they will live out the rest of their lives. The course also helps students develop critical thinking skills and build a solid foundation for themselves, prior to entering society.







文化之旅

香港著名女畫家、嶺藝會會長、 善衡榮譽院務委員伍月柳教授 率領善衡學生,前往日本九州、 韓國慶州及釜山等地,提起畫 筆臨摹如詩如畫的美景。習畫 有助學生觀察細節,欣賞身邊 事物,提升美學觸覺。

夏威夷素以溫暖的微風、草裙舞、壯觀的火山、水清沙幼的海灘見稱。善衡學生遠赴這個「太平洋的天堂」,考察其歷史地貌,在珍珠港和夏威夷火山國家公園等地留下珍貴足跡。



Cultural Experiences

Famous Hong Kong artist, President of Ling Ngai Association and Honorary Fellow of S.H. Ho College Professor Ng Yuet Lai has led student delegations from the College on painting trips to Kyushu of Japan as well as Gyeongju and Busan of Korea. Painting foreign landscapes can help students develop an eye for details, inspire them to appreciate the things around them and hone their aesthetic sensitivity.

Hawaii is renowned for its mild weather, hula dancing, majestic volcanoes and beaches of fine sand. S.H. Ho student delegations have travelled to this "Paradise of the Pacific" to study its history and geographical terrains, leaving their footmarks around Pearl Harbour, Hawaii Volcanoes National Park and other places.



千里之行始於足下,要開拓視野,莫如親身走進不同國家。善衡書院鼓勵學生從藝術、歷史、文化、學術等角度,深度體驗在地的風土人情,跟當地人交流,增廣見聞。

A journey of a thousand miles begins with a single step. To broaden one's outlook, there is no better way than immerse oneself in different countries. S.H. Ho College encourages its students to gain in-depth experience of local customs from the perspectives of art, history, culture and academia in multiple cultural contexts and interact with the locals to enrich their exposure.







學術之旅

「泛亞學生論壇」由 2013 年起 首辦,由五所學府輪流主辦,包 括北京大學、東京大學、首爾國 立大學、新加坡國立大學、香港 中文大學善衡書院。每所學府 均派出代表,一起展開熱烈討 論,關心國際事務,在泛亞脈絡 中審視本身的文化價值與定位。

善衡學生組成北極考察團隊,遠 征北極地區的格陵蘭西部。他們 登上探險帆船倫勃朗號,展開八 日七夜的極地海上考察,進行遠 洋生態、氣候、地理、因紐特文 化等研究,拓展人生閱歷。書院 榮譽院務委員李樂詩博士為考 察團隊擔任總顧問,而書院成員 鍾國昌博士則擔任科學主任。

Educational Experiences

Since being launched in 2013, the "Pan Asian Student Forum" has been organised by five tertiary institutions, including Peking University, the University of Tokyo, Seoul National University, the National University of Singapore and S.H. Ho College of CUHK, on a rotating basis. Each of them sends a team of student representatives to the event to participate in lively discussions on international affairs and review their respective cultural values and positionings in the pan-Asian context.

S.H. Ho students also formed an Artic Expedition Team venturing to the western part of Greenland in the region. They boarded the exploration ship Rembrandt Van Rijin on a research expedition. For eight days and seven nights in the open sea, they carried out investigations into ocean ecology, climate, terrain and the Inuit culture, which enhanced their life experiences. Dr. Rebecca Lee, Honorary Fellow of the College, was consultant for the team and Dr. K C Chung, member of the College, was science officer.





善衡書院每年都安排各種各樣的實習及職場體驗的機會,讓學生在課餘能接觸實際的工作經驗,培育他們成為各行各業的專才,在職場建立良好的人際網絡,以應對本地及全球化的挑戰。



INTERNSHIP

實習合作的機構: Organisational Partners of Student Internship Programme:

Every year, S.H. Ho College lines up various internship and occupational experiential learning opportunities for students to gain real-life work experience, groom them into professional talents, enable them to build networks of social contacts and strengthen their abilities in addressing local and globalization challenges.



恒生銀行 Hang Seng Bank



Pacific BMW, California



善衡書院宿舍管理培訓生實習計劃 S.H. Ho College Hostel Management Trainee Internship Programme



醫科生暑期實習計劃(地點:養和醫院、聖德肋撒醫院、 浸會醫院、林順潮眼科中心、骨科-運動醫學-康復中心等) Summer Medical Attachment Programme (Locations: Hong Kong Sanatorium Hospital, St. Teresa's Hospital, Hong Kong Baptist Hospital, Dennis Lam & Partners Eye Center, Orthopedic and Sports Medicine Rehabilitation Center, etc.)







SOCIAL SERVICES







善衡學生不但享受精彩的校園 生活,也參與不同類型的義務 工作,關心弱勢社群,積極貢獻 社會,用愛影響世界。他們的愛 已散播到世界不同角落,遍及香 港、內地、台灣、柬埔寨、越南、 泰國、非洲等。 While fully immersed in university life, S.H. Ho students also embrace voluntary work, care for the underprivileged groups, actively contribute to society and seek to make a difference in the world. They have spread their loving care to different parts of the globe, including Hong Kong, mainland China, Taiwan, Cambodia, Vietnam, Thailand, Africa, etc.









成長並非一朝一夕的事,過程中總會經歷跌跌碰碰。善衡書院悉心為學生預備滋養心靈的土壤,除了由大學提供的專業心理治療以外,書院也提供自己的學生輔導服務,包括一對一的個人諮詢,協助學生解決情緒問題。

此外,書院會邀請專業人士,定 期舉辦成長工作坊,幫助學生 發展身心健康,增強自信心。透 過每一小步,建立一個緊密聯 繫、支援充足的社群。









Personal growth does not happen overnight as everybody will inevitably stumble and fall at some point in life. S.H. Ho College nourishes the mental health of its students to prepare them for these eventualities. On top of the professional psychotherapy services provided by the university, the College also offers its own student counselling service, including one-on-one counselling, to help students overcome the emotional issues they may be experiencing.

In addition, the College also invites professional consultants to conduct personal development workshops regularly, empower students to achieve optimal physical and mental health and boost their self-confidence. By making every little step, the College endeavours to build a closely-knit and supportive community on campus.



生命確是一趟可一不可再的旅程,小船追尋前 路,尋出理想之際,也欣喜在路途上,能夠遇上 志同道合、興趣及目標相近的好友,一起探索廣 闊天地,摸索前路。透過互相砥礪,大家不僅可 以互相學習,彼此提點,更能認識來自不同地方 的朋友,深入體會多元文化,從他人身上汲取寶 貴的經驗,累積智慧,化為成長的養分。



Life is a journey with no turning back. As the small boats move forward to chase their dreams, it comes as a gratifying experience for them to meet likeminded friends who share their common interests and goals and with whom they can explore uncharted territories and the path ahead together. Through mutual encouragement, they learn from one another and offer each other timely reminders and guidance. More than that, they meet friends from different countries, gain in-depth multicultural exposure, soak up the valuable experience of others and accumulate the wisdom needed to fuel their personal growth.

善衡書院致力與世界一流大學接軌,目前已與歐洲、亞洲、美洲及非洲等 22 所世界級著名學府建立交換計劃,每年互派學生進行學術文化交流。此外,學生有機會參與書院獨有的交換計劃,例如中國北京大學元培學院、英國劍橋大學伊曼紐爾學院和美國布朗大學的交換計劃。書院更設有何添基金會劍橋大學休斯學院獎學金,為獲劍橋大學碩士課程取錄的善衡畢業生提供全額資助。



OVERSEAS EXCHANGE PROGRAMME:



S.H. Ho College strives to connect with first-rate universities around the world. Presently, it has established exchange programmes with 22 world-class universities from Europe, Asia, America and Africa. Each year, these institutions send students to each other's campuses for academic and cultural exchange. Furthermore, S.H. Ho students are offered the opportunity to join exchange programmes exclusive to the College, such as those with Yuanpei College at the Peking University of China, Emmanuel College at the University of Cambridge in UK and Brown University in the USA. S.H. Ho students who successfully enroll into the Master's programmes in the University of Cambridge are also eligible for full subsidy under the Ho Tim Foundation Scholarships at Hughes Hall provided by their alma mater.

善衡書院在 2012 年首辦 Runner Force 計劃,安排長跑導師, 每兩星期到校,為參與馬拉松賽的學生及教職員提供定期長跑 耐力訓練。計劃將健康生活與放眼世界結合,通過跑步促進學 生身心健康,培養毅力和意志。書院支持學生用雙腳跑遍世界, 除了擴闊視野,更可廣結跑友,彼此分享跑步心得和樂趣。

馬拉松是一項不斷挑戰自我的運動,迎向更短的時間、更長的 距離,這挑戰如大學生活一樣,需要不斷奮鬥以達成目標。到 目前為止,Runner Force 隊員已跑遍六大洲參與多項國際性賽 事,包括香港馬拉松、廈門馬拉松、烏干達馬拉松、黃金海岸 馬拉松、撒哈拉沙漠超級馬拉松等、耶路撒冷馬拉松。







S.H. Ho College Runner Force Programme began in 2012. Under the initiative, distance running coaches visit the college campus once every fortnight to offer endurance training for students and teaching staff preparing for marathon events. Combining a healthy lifestyle with seeing the world, the programme aims to enhance the physical and mental well-being of participants and build their perseverance and willpower through running. The College encourages its students to race across the world. Besides broadening their outlook, it also enables them to find running buddies, with whom they share insights and the pleasure of running.

Marathon is a self-challenging sport as runners must always keep their sights on achieving a shorter completion time and longer distance. These challenges are similar to those encountered in university life where students must constantly strive towards their goals. Until now, Runner Force members have completed international competitions in six major continents, including the Hong Kong Marathon, Xiamen Marathon, Uganda Marathon, Gold Coast Marathon, Marathon des Sables and Jerusalem Marathon.









「善衡達人秀」的英文稱為「THE SHHOW」,結合了「SHOW」(表演)和「SHHO」(善衡書院 英文縮寫)。這個一年一度的活 動由學生自主籌辦,書院配合支持,一直以來深受學生歡迎,現已成為書院傳統之一。每逢年底,學生會大展才藝與創意,如唱歌、舞蹈、樂器、功夫,盡情表達自我。



THE SHHOW combines "show" (performance) with S.H. Ho (the abbreviated term of S.H. Ho College) in its English title. Organised by S.H. Ho students entirely with support from the College, the annual event is deeply popular and has become one of its most entrenched traditions. At the end of each year, the students showcase their creativity and talents in singing, dancing, musical instruments and martial arts performances.

松苑是善衡書院院長及院長夫 人的住所,毗鄰學生宿舍,便於 與學生交流。逢星期五,松苑都 會舉行下午茶聚,由院長及院 長夫人親自招待善衡學生,名為 「與院長茶敘」,藉此讓學生親 炙院長及夫人,談談大學、書院、 學業,以至生活任何方面。學生 也可彼此認識,可以打破本地 與非本地生的文化隔閡,建立 友誼。











Pine Lodge is where the Master of S.H. Ho College and his wife reside. Living next to the student hostels facilitates their interaction with the students. Every Friday, an afternoon tea gathering is hosted by the Master and his wife in Pine Lodge, to which a group of S.H. Ho students are invited. Dubbed "Afternoon Tea with the Master", the get-together provides an opportunity for students to know the couple in person. At this occasion, they can discuss any issue about the university, College, studies and even life in general with their hosts. Students also get to know and make friends with each other and this helps break down cultural barriers between the local students and non-local ones.



書院院務委員沈祖堯教授與學生組成讀書會,一同走進書香世界,享受故事樂趣,交流讀書感悟。讀書會每學期約舉行三次,每次招募12-15人參與並細讀兩至三本精彩書籍,讓師生在文字世界之中,展開仁智互見的深入討論。





Professor Joseph Sung, Fellow of the College, has formed a Book Club with students, through which they delve into the world of books, share the pleasure of reading and exchange insights about what they read. Conducted thrice every semester, the Book Club invites 12 to 15 students to each meeting, where they review two to three books they have been assigned to read. This activity transports participants into the literary world, allowing them to express their diverse views in intelligent, in-depth discussions.



住宿期間,善衡學生除了可以在何善衡館一起共膳,與書院結識的朋友吃飯聊天,也可以參與舍堂安排的聯誼活動,主題各有特色,遍及音樂,跑步、茶藝、品酒、海外生活等等,切合青年人的興趣。

此外,學生也可以按照個人興趣及專長,加入心儀的體育代表隊,接受定期訓練,在書院聯賽一展所長,並有機會獲選為大學代表,參加本地及海外比賽,頭角崢嶸。

書院體育代表隊包括羽毛球隊、男子籃球隊、女子籃球隊、足球隊、乒乓球隊、網球隊、排球隊、 划艇隊、田徑隊。 During the residential period, S.H. Ho students are free to partake in communal dining at Ho Sin Hang Hall, where they eat and chat with friends from the College. Furthermore, they are able to join the social activities organised by the hostels, from music to jogging, tea ceremonies, wine tasting and overseas travel, which appeal to young people like them.

In addition, they can join the sports teams they are interested in, undergo regular training as one of their members, flaunt their athletic skills and stand a chance of being picked to represent the university

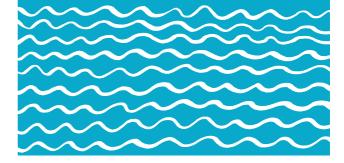
for local and overseas sporting events.

Sports teams at S.H. Ho
College represent a wide
range of games and
physical activities badminton, men's
basketball, women's
basketball, football,
soccer, tennis,
volleyball, canoeing
and athletics.





數年光陰彈指而過,小船蓄勢待發,準備 揚帆航向遠方。它載著滿滿的珍貴回憶, 還有一段段充實難忘的學習體會,穩步駛 往人生下一個精彩的里程碑,編寫嶄新獨 特的一頁,讓夢想繼續飛騰。 After a few short years, the small boats stand ready for a long voyage. Laden with precious memories, combined with the solid and unforgettable experiences gained, they will steer towards the next momentous milestone and unfold a new chapter in life, propelled by dreams that continue to take flight.



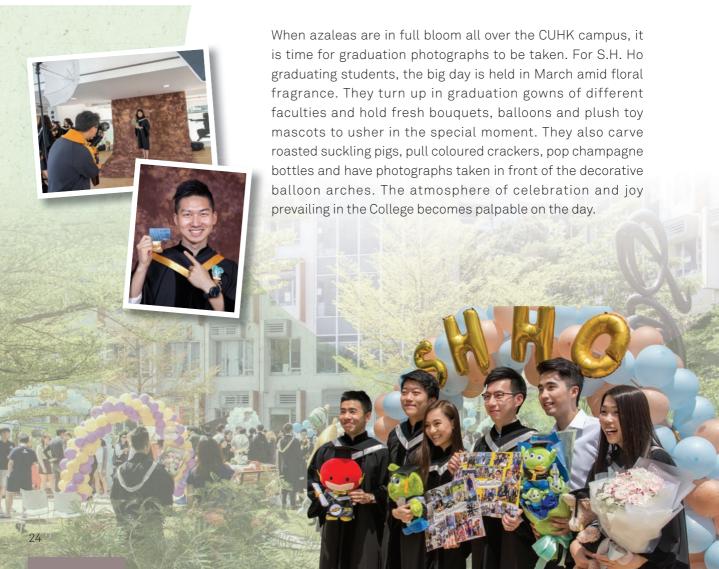
SCHOLARSHIPS AND BURSARIES

善衡書院每年均頒發多項獎助 學金予本地及外地生,以表彰學 業成績優秀和才藝表現傑出者, 包括於藝術創作、社會服務、體 育、領導才能、品格、貢獻書院 等方面表現優異的學生。書院 悉力讓所有追求卓越的學生都 得到嘉許的機會。除了嘉許表 現傑出的學生,書院也希望讓 有經濟需要的學生受惠。

S.H. Ho College grants numerous scholarships and bursaries every year, in recognition of local and foreign students with distinguished academic achievements and other outstanding talents. Recognition is extended to those with an excellent performance in art, social service, sports, leadership, character and contributions to the College. For students of proven excellence, the College makes every effort at commending them. Besides rewarding outstanding students, it also ensures that those in financial need can share the benefits too.

當杜鵑花長滿中大校園,就意 味著這是畢業生拍攝日之時,而 善衡書院應屆畢業生的重要日 子在花香處處的三月舉行。善 衡應屆畢業生穿上代表不同學 院的畢業袍,手執鮮花、氣球和 畢業公仔,一起迎接這個重要 時刻。他們切乳豬,放花炮,開 香檳,在系莊設置的波波橋前 開懷拍照,書院到處洋溢一派 喜氣洋洋的氣氛。







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本書封面由善衡學生劉穎怡設計。 The book cover is designed by S.H. Ho student Miss Lau Wing Yi.

