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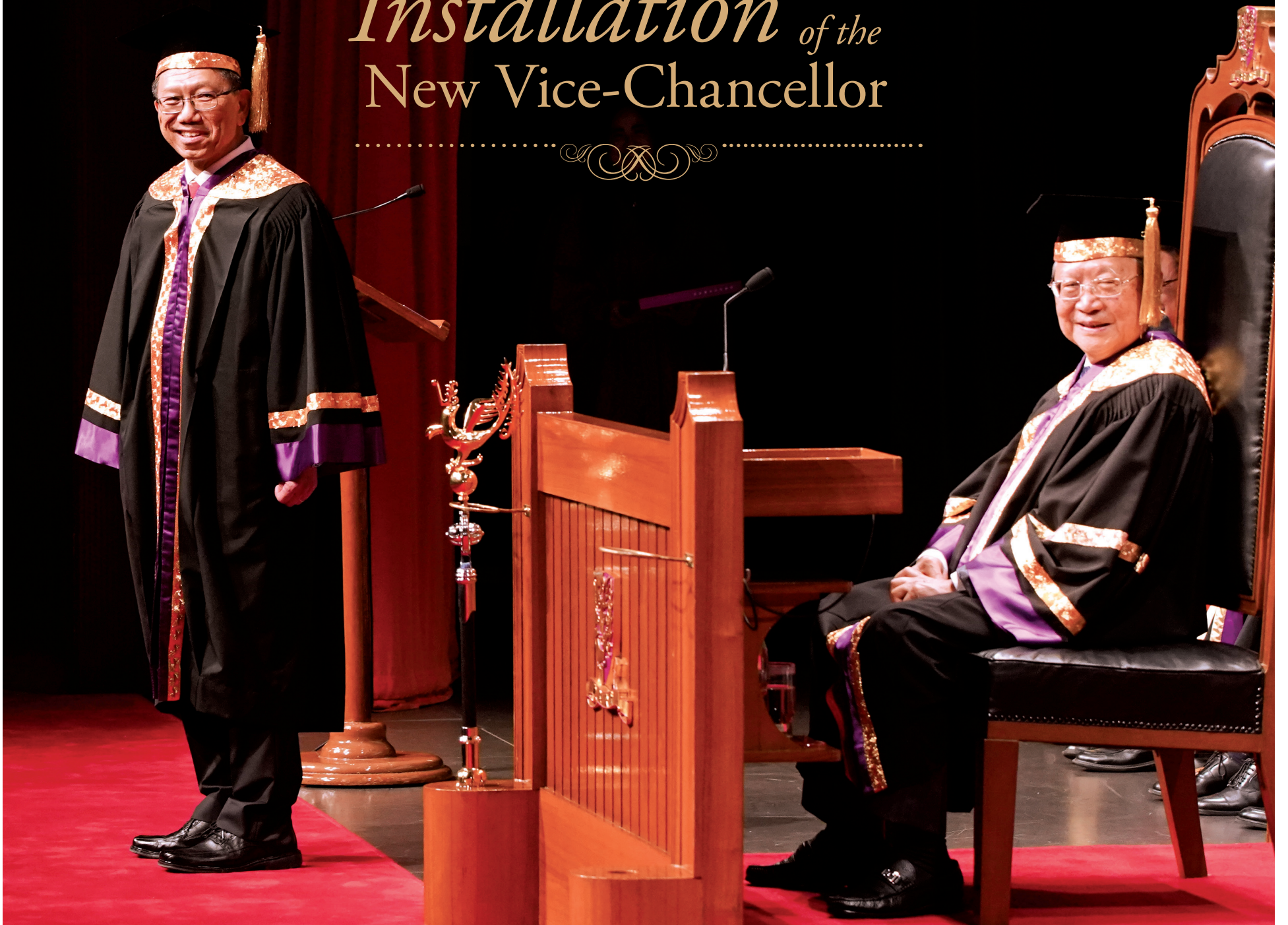
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在希臘神話中，愛神丘比特的妻子賽姬 (Psyche) 是靈魂女神，象徵克服重重難關後獲得心智的昇華。在中大，學生事務處提供的學生服務包括專業輔導，該處的心理健康及輔導中心好比山城的賽姬，守護着全校近二萬名全日制本科生與研究生的心靈健康。

在2016至17學年，中心處理了一千二百一十一宗輔導個案，和2012至13學年的五百零一宗相比，幾乎翻了一倍半。因應日益上升的心理援助需求，中心去年將前線輔導員從八位增至十一位，並把辦事處從本部的范克廉樓搬遷到未圓湖旁的龐萬倫學生中心，造就更寬敞舒適的輔導環境。此外還設計出一系列別出心裁的對策，全方位推廣校園關愛文化。

第一道防線

學生事務處助理處長袁雅儀博士（前排右二）是專業的臨床心理學家，她分析近年輔導需求大增有三大原因：愈來愈多學生在中學階段已開始接受心理或精神治療，上大學後需繼續跟進；學業、課外活動、兼職、人際關係等方面壓力上升，而學生的解難與抗逆能力未能跟上；隨着社會逐漸消滅對心理疾病的負面標籤，不再視尋求心理輔導為可恥的事，也促使更多學生主動求助。

為及早識別和幫助情緒受困的學生，中心每年趁8至10月這段大學迎新期，為三千多名本科生以及一千多名研究生舉辦迎新講座，簡介心理健康知識和求助途徑，還會派發問卷，普查新生的心理健康狀態。一旦篩查出有抑鬱、焦慮甚至自殺傾向的學生，中心輔導員會馬上致電了解情況，安排會面，防範於未然。

同儕共濟

uBuddies是個為本科生設立的朋輩輔導網絡。自2010年起，中心每年從眾多申請人中選出足以代表各類型學生的三十多位，鍛煉他們的朋輩輔導技巧，教導他們如何辨識、了解

和處理別人及自己的情緒病徵。在專業輔導員督導下，他們為同學籌組分享會，傳送經驗之談、實用忠告，還組織各種活動，製作短片，出版小冊子，是校園的精神健康大使。

去年一屆uBuddies更自發成立了「山城樹窿」臉書專頁，和許多「秘密」專頁一樣，歡迎學生匿名投稿，抒發難以啟齒的心事。特別的是，主理專頁的朋輩輔導員會悉心回覆每一則投稿，結合學過的精神健康急救技巧給予勸勉和指引，陪伴同學走過低谷。「跟專業輔導員相比，朋輩輔導員切身了解同學的煩惱，其回應和建議更能引起共鳴，也為怯於上門求助的學生提供了排解情緒的渠道。」袁博士說。

教育勝於治療

救急扶危以外，在日常生活中加強心理健康教育能從源頭上減少學生的精神負擔。中心每年舉辦十多場大大小小的精神健康推廣活動，例如「正念體驗工作坊」讓參加者透過覺知呼吸法，轉化負面思想；「狗醫生」在考試季節到訪校園，每到之處必令學生愁眉舒展；「愛笑瑜伽減壓工作坊」結合大笑和瑜珈式呼吸，讓身體和腦部充滿氧氣，恢復活力；今年的「精神健康推廣日」以「擁抱自己」為主題，倡導認識自我、接納自己一切優缺點。這些活動看似零碎，卻在潛移默化間讓師生不再對精神健康話題心存忌諱，而懂得像對待身體一樣對待內心，時時關顧。

裏應外合

守護二萬學生的精神健康不能靠單一部門，還有賴校園各方通力合作。由去年起，中心加強和九所書院的協作，給每所書院指派協調專員。一旦發生學生自殺等危機事件，書院職員可馬上聯絡中心的專責輔導員尋求支援，提高危機處理效率。3月16日舉行的「團結互助在校園：預防自殺研討會」邀請了教育學者、精神專科醫生、舍監代表和保安處代表分享各自崗位的工作經驗，加強校內從事學生服務工作的職員對輕生事件的應對能力以及對自殺防治工作的關注。

大學保健處的醫生如發現求診學生的徵狀源於心理因素，會將個案轉介給中心輔導員跟進；另一邊廂，當中心輔導員判斷學生需要即時的醫療協助，例如藥物治療，也會將個案轉交保健處處理。

考慮到學生在大學辦公時間外的情緒支援需要，中心在2016年3月起設立了二十四小時情緒支援熱線（5400 2055），由基督教家庭服務中心專業輔導員接聽。袁博士指，熱線開通至今已處理了二百多宗輔導個案，為學生即時舒緩情緒，有效遏止慘劇發生。

雖然中心以學生為服務對象，但袁博士在訪問尾聲也分享了一則教職員減壓小竅門：「每天上班前提醒一下自己，最初是因為甚麼而選擇這份工作。可能是為了服務學生，可能是為了一展所長，可能是為了養家糊口等等；只要把工作的意義謹記於心，就有能量繼續前行。」輔導員長年累月和負能量打交道，無論如何強壯的內心，一旦稍呈倦態，恐怕難勝重荷。相信「不忘初衷」也正是山城心靈守護者孜孜不倦的訣竅所在。



▲「狗醫生」在考試季為學生打氣
‘Dr. Dog’ brings joy to students during exam period

In Greek mythology, Psyche, the wife of Cupid, was the goddess of soul who transformed the misfortunes of life into true happiness. At CUHK, the responsibility of protecting the souls of its students falls on the shoulders of the Office of Student Affairs (OSA). Its Wellness and Counselling Centre offers professional counselling services, and, like a Psyche on campus, safeguards the mental well-being of nearly 20,000 full-time undergraduate and postgraduate students.

In the academic year 2016–17, the Centre managed 1,211 counselling cases, which more than doubled from the 501 cases in 2012–13. To meet the rising demand, the Centre increased the number of frontline counsellors from eight to 11 last year. Meanwhile, it relocated its offices from Benjamin Franklin Centre on the Main Campus to the lake-facing Pommerenke Student Centre for a more spacious and comfortable counselling environment. It has also developed a set of strategy for promoting campus-wide care.

First Line of Defence

According to Dr. **Ada Yuen** (2nd right, front row), Assistant Director of OSA and a clinical psychologist by training, the rise in demand for mental-health service is due to three factors: more students are entering university with a history of diagnoses; students are under greater pressure to perform and achieve in every aspect of life while their resilience and problem-solving ability might fail to keep up; and more of them are seeking treatment thanks to a reduction in the stigma surrounding mental illness.

To identify students at risk and act early, the Centre conducts a mental health screening for over 3,000 undergraduate and 1,000 postgraduate new students during the orientation period from every August to October. Members of the counselling staff give a presentation that covers symptoms of possible mental illness and where to find on-campus resources, while questionnaires will be distributed to survey the students' psychological health. Those who are identified to have signs of depression, anxiety or even suicidal tendency will be contacted by the counsellors for follow-up.

Peer Pleasure

uBuddies is a peer counselling network for undergraduate students. Some 30 students representing a cross-section of the student population are selected from a pool of applicants each year since 2010. They are drilled in peer counselling skills and taught to identify, understand and respond to signs of mental illnesses in others and in themselves. Under the supervision of counselling professionals, they transmit good vibes and sound advice to students by organizing sharing groups, shooting videos and producing booklets.

Last year, uBuddies even set up a Facebook page called 'A Tree Hole in the Mountain'. Like many 'secrets' pages on social media, it welcomes students to contribute anonymously and vent their frustrations. In particular, the peer counsellors who manage the page will respond to each submission carefully by giving advice and guidance based on the mental health first aid skills they have learned. 'Compared with professional counsellors, uBuddies can better understand the troubles faced by their fellow students. The messages offered are likely to strike a chord. Students who are too intimidated to seek help now have a channel to cope with stress before their problems become severe,' remarked Dr. Yuen.

Protection is Better Than Cure

Besides emergency relief, the Centre is trying to build resilience in their students so they are less likely to become overwhelmed in the first place. Mental health promoting activities have proliferated, among which are the 'Mindfulness Workshops' that allow participants to transform negative thoughts through conscious breathing, 'Dr. Dogs' that show up on campus during exam periods to cheer up stressed-out students, and 'Laughter Yoga' that combines voluntary laughter and yoga breathing to revitalize the body and the brain. This year, the 'Mental Wellness Promotion Day' featured the theme of 'embrace yourself' to advocate self-acceptance. Taken together, these activities are bringing light to a once-taboo subject, and a broader concept of mental health is starting to take hold.

Union is Strength

Rather than relying on a single unit, protecting the mental health of 20,000 students actually depends on the collaboration of all parties on campus. Since last year, the Centre has strengthened its partnership with the nine Colleges of CUHK and assigned coordinators to each of them. When there is a mental-health emergency, the College staff can immediately contact the pre-assigned counsellor to seek support and therefore improve the efficiency of crisis management. In 'A United and Connected Campus: Suicide Prevention Symposium' held on 16 March, scholars, psychiatrists, and representatives from the hostels and the Security Office shared experiences from their respective perspectives. It taught staff members who interact frequently with students how to read suicidal signs and how to help.

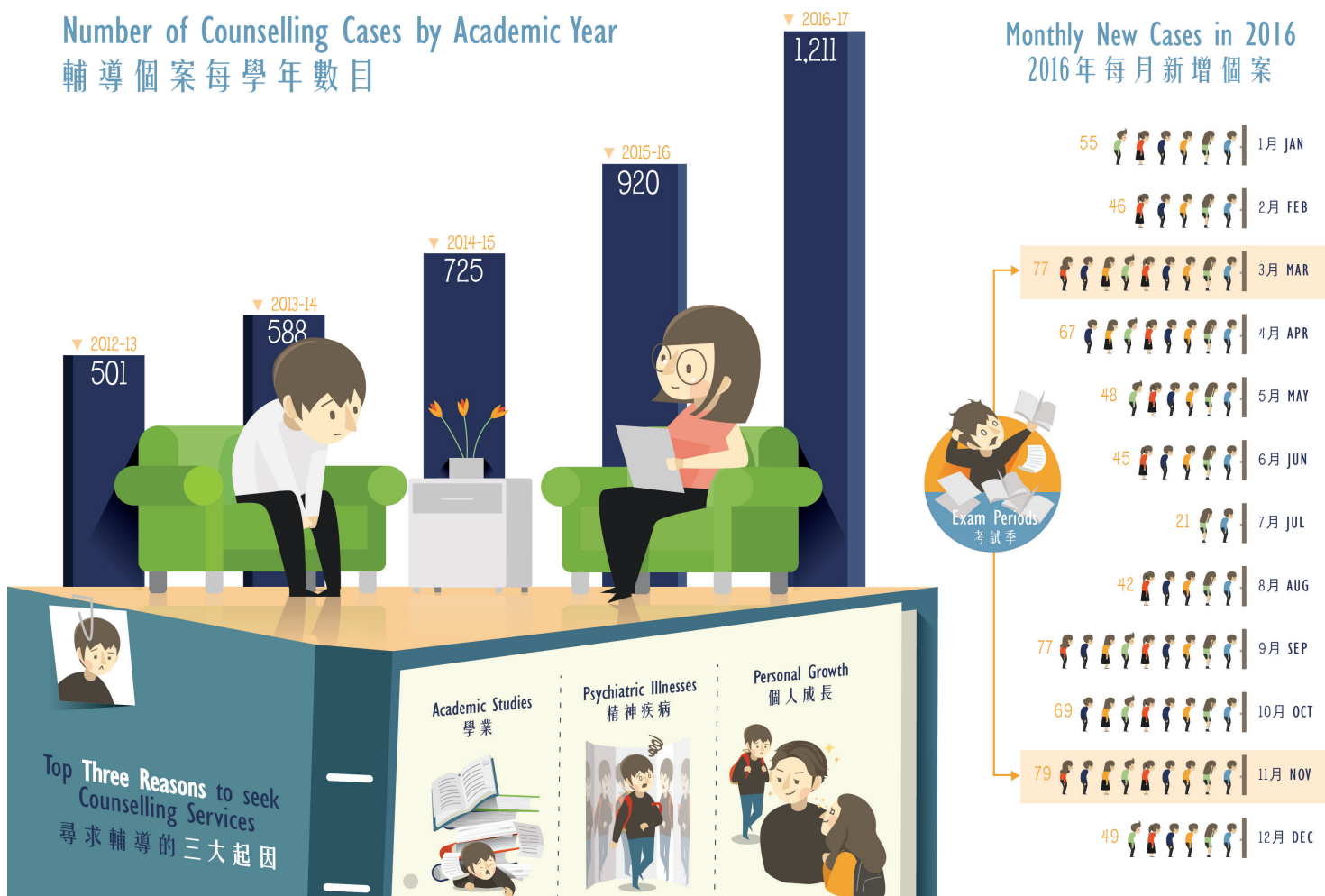
If a doctor of the University Health Service (UHS) finds that the symptoms of a student might be psychologically related, he/she would refer the student to the Centre for counselling treatment. Conversely, if a counsellor is of the opinion that immediate medical intervention is required, the case would be referred to UHS.



▲ uBuddies在訓練營學習朋輩輔導技巧
uBuddies being drilled in peer counselling skills in a training camp

To provide support to needy students around the clock, the Centre has set up a 24-hour emotional support hotline (5400 2055) since March 2016. All calls are received by trained counsellors from the Christian Family Service Centre. Dr. Yuen said more than 200 tele-counselling cases have been handled in the past two years, which proves to be an effective way to assuage anxiety before it escalates.

Although the Centre mainly targets the students, Dr. Yuen also shared a mental health tip for staff members: 'Before going to work, remind yourself of the reasons for choosing this job. Whether it was serving the students, putting your talent to good use, or simply supporting your family, as long as you can bear in mind the meaning of your work, there will be energy for you to stride forward.' When constantly exposed to and absorbing the negative emotions of other people, some counsellors are themselves one step from burnout. The tip offered by Dr. Yuen must also be the secret of how her team of soul guardians can regain and maintain passion for their demanding yet meaningful work.





段崇智教授於4月17日正式就職，出任本校第八任校長。就職典禮於邵逸夫堂舉行，八百名嘉賓包括大學校董、教職員、學生、校友、政府要員以及香港、內地及海外的高等教育領袖濟濟一堂，見證段教授自校董會主席梁乃鵬博士手中獲授《香港中文大學條例》和大學鈐章。

段教授的中英文簡介分別由中文系系主任何志華教授及法律學院院長、李福善法律學講座教授 Christopher Gane 教授撰寫，並在就職典禮上朗讀。

Christopher Gane 教授概述段教授的學術成就及科研貢獻，特別着墨於再生醫學範疇。段教授能者多勞，且在各崗位均表現出色，「令人至感佩服的是他能同時出任多項要職而游刃有餘。這當然是大眾對他的認同，也足證他精力充沛、勤懇堅毅和領導有方，以致人人都想得這位有能之士一臂之助。」觀此往績，他深信段教授日後定能勝任校長的多面職能。

何教授在概述段教授的履歷之餘，也介紹了他較少為人所知的音樂才能。何教授引述段校長分析自己緣何熱衷音樂：「我鍾情於音樂合奏，在演出的過程中，眾多的參與者運用一己的音樂才華，通過累積經驗與辛勤練習，融會貫通，合眾為一，藉着相同的樂章表達各自內在的情感，音樂共融，和諧共享，那正是我所追求的真正的音樂精神。」無怪乎段教授在從事教研時，其領導風格亦糅合了和諧與合作的精神。

段教授的講辭先把中大比作「一部學問的大書……其深厚底蘊一方面智慧與靈感的泉源，其躍動的活力亦足以引發創新意念及冒險精神。」他宣稱已準備就緒，要為這部偉大著作續筆，把握機會，迎向挑戰，為中大開啟新天，並承傳其實貴傳統。

土生土長的段教授重返故地，出掌一所頂尖學府，他形容為一趟最令人興奮、最有意義的旅程。他與中大社群的成員，特別是龐大的校友群，對中大同樣有強烈的歸屬感。談到中大校友，段教授形容說：「他們的學養才能，可以追溯至我們的實驗室和課室；他們終生浸沐的友誼，大概也可以追溯至我們書院的飯堂或運動場。對外面的世界來說，他們的臉孔、成就，就是中大的代言。他們是中大與世界接軌的橋樑。」他接着說：「我希望能開拓校友這個人才寶庫，取諸大學，用諸大學，鞏固並提升大學的國際地位。」

最後，段教授引述 Orhan Pamuk 小說的一段話作結：「在生命的旅程中，能一起做點事情，豈不美哉！」他對中大全體成員呼籲：「我有幸和各位相遇在這個時空裏，我誠意邀請你們——各位同事、校友、支持我們的朋友，還有最重要的，身為後世受託人的同學——和我一起踏上中大之旅！」

Prof. Rocky S. Tuan was officially installed as the University's eighth Vice-Chancellor on 17 April. The Sir Run Run Shaw Hall, where the installation ceremony was held, was packed to the full. Among those 800 present were members of the Council, faculty, staff, students, alumni and government and higher education leaders from Hong Kong, the Mainland and overseas who witnessed Professor Tuan presented with a copy of The Chinese University of Hong Kong Ordinance and the University Seal by Dr. Norman Leung Nai-pang, Chairman of the University Council.

The introductions of Professor Tuan were written and delivered in English by Prof. Christopher Gane, Dean and Simon F.S. Li Professor of Law, and in Chinese by Prof. Ho Che-wah, Chairman of the Department of Chinese Language and Literature.

Professor Gane presented a brief survey of Professor Tuan's academic achievements and scientific contributions particularly in the field of regenerative medicine. He expressed confidence that Professor Tuan's ability to contribute on multiple fronts, as demonstrated by his previous outstanding performance in concurrent roles, should stand him in good stead as he confronts the demanding role of CUHK Vice-Chancellor. He said, 'One of the striking features of Professor Tuan's scientific career is his ability to hold down not one, but two or even three appointments concurrently. This is, of course, a mark of recognition: everyone wants a piece of Rocky Tuan. It is also a testament to his energy, industry and capacity for leadership.'

In addition to a biographical sketch, Professor Ho's introduction gave the audience a glimpse of Professor Tuan's lesser known musical talent. He quoted the Vice-Chancellor's own reflection on his passion for music: 'I love ensemble work, and the moment of true union of minds, a fusion of the experience and hard work and musical expression of everyone, is the true spirit of music that I have been after. Achieving such moments depends absolutely on relentless practice and hard work, and does not necessarily always materialize, but when they do, it is pure ecstasy! Reaching and being immersed in that spiritual state is to me what musical performance is all about.' It therefore came as no surprise that the spirit of harmony and collaboration in music can also be found in Professor Tuan's style of leadership in education and research.

At the beginning of his address to the audience, Professor Tuan compared CUHK to 'a great tome... old enough to be an endless source of wisdom and inspirations, but young enough to open up new vistas and whet the appetite for adventure.' He was prepared to lead the University through the challenges of the times, take it to new heights of excellence and engagement, and pass on its precious legacy.

To Professor Tuan, taking the helm of a leading university in his birthplace marked the embarkation on the most exciting and meaningful journey home. He shared a tremendous sense of belonging with the rest of the CUHK community, in particular its massive alumni body. In his words, '[Our alumni] carry within themselves what has been learned in our labs or classrooms, and delight in lifelong friendships made in our college canteens or sport grounds. To the outside world, CUHK is known by the faces and feats of these fine products of the University. They are the bridge between CUHK and society.' He went on to say, 'I wish to tap this rich resource of talented members of the alumni community for the good of the University, and to shore up and take forward the University's strategic objectives of increasing its global profile and presence.'

In closing, Professor Tuan quoted a line from one of Orhan Pamuk's best-known novels: 'Life was an adventure, and there was a beauty in doing things together.' His rallying words to all CUHK members: 'I have the incredibly good fortune of being in the same place with you for the duration of my term. I now extend an invitation to you—dear staff, alumni, benefactors, friends and, most important of all, trustees of posterity—to join me on this glorious journey that is CUHK! 📷



校園消息 / CAMPUS NEWS

環球校友諮詢委員會舉行首次會議 Global Alumni Advisory Board Holds Inaugural Meeting



環球校友諮詢委員會4月16日在中大召開首次會議。委員會由段崇智校長擔任主席，成員為十二位畢業於不同年代、在全球各地從事不同行業的傑出校友，包括張傳馨先生、屈潔冰女士、林品晶女士、李偉光先生、王桂堯先生、洪秋偉先生、林偉中先生、周瑞麒先生、劉小鷹先生、甘明明女士、張亮先生以及趙舜茹女士。他們以各自專長及經驗回饋母校，為大學當前的挑戰出謀獻策，深入討論如何開拓資源及機遇，進一步提升大學的國際地位。

成員還參觀了羅桂祥綜合生物醫學大樓、天石機器人研究所、大學展覽廳等多個校內設施，了解母校的最新發展及專長項目，並與管理人員及師生會面與交流。

The Vice-Chancellor's Global Alumni Advisory Board (GAAB) held its inaugural meeting on campus on 16 April. Chaired by Vice-Chancellor Prof. Rocky S. Tuan, GAAB consists of 12 distinguished alumni from diverse sectors and locales who graduated from CUHK in different years. They are Mr. William Cheung Chuen-hing, Ms. Teresa Wat Kit-bing, Ms. Lam Bun-ching, Mr. Lee Wai-kwong, Mr. Albert Wong Kwai-huen, Mr. Peter Hung Chau-wai, Mr. Gordon Lam Wai-chung, Mr. Ralph Chow Shui-sang, Mr. Steve Lau Siu-ying, Ms. Rizal Kam Ming-ming, Mr. Cheung Leong and Ms. Bonnie Chiu Shun-yu. They put their heads together to discuss major challenges faced by the University, and provided strategic advice and recommendations on how to strengthen its international reputation and utilize resources and networks for the advancement of the University.

The 12 members also visited a number of campus facilities, including the Lo Kwee-Seong Integrated Biomedical Sciences Building, the CUHK Robotics Institute and the University Gallery. They were given a deeper understanding of their alma mater's latest development and areas of excellence, and had fruitful interactions with the senior management, faculty members and students.

臧健和堂命名典禮 Naming Ceremony of Chong Kin Wo Hall

為銘謝「水餃皇后」臧健和女士的支持，敬文書院將多用途禮堂命名為臧健和堂，並於4月26日舉行命名典禮，由臧健和女士（左三）、其女兒黃蓬女士（左一）、黃蓓女士（左二）、段崇智校長（右二）、敬文書院院監會主席朱恩餘先生（右三），以及院長陳偉儀教授（右一）主禮。

臧健和女士及黃蓓女士慷慨捐款成立「臧健和獎學金」，促進書院學生海外交流。黃蓓女士自2012年起為「敬文書院之友」成員，並擔任書院導師，為學生提供實習職位。

In appreciation of the support of Madam Chong Kin Wo, the founder of a famous dumpling brand, C.W. Chu College named its Multi-purpose Hall as Chong Kin Wo Hall.

Held on 26 April, the naming ceremony was officiated by Madam Chong Kin Wo (3rd left); her daughters Mrs. Jessica Luchangco (1st left) and Ms. Joanne Wong (2nd left); Prof. Rocky S. Tuan (2nd right), Vice-Chancellor of CUHK; Dr. David Chu (3rd right), Chairman of C.W. Chu College Committee of Overseers and Prof. Chan Wai-ye (1st right), Master of the College.

Madam Chong Kin Wo and Ms. Joanne Wong made a generous donation towards the establishment of the Chong Kin Wo Scholarship, which aims to broaden students' horizons through their exchange and outreach experiences. Ms. Joanne Wong has been a Member of the Friends of the College since 2012. She is currently a mentor of the College and has offered internship opportunities to students.



為學生打開就業之門 Navigating the Career Journey



學生事務處就業策劃及發展中心於2月27日至3月2日在康本國際學術園舉辦「2018就業博覽會」，吸引了逾一百二十所企業參展，涵蓋二十四個行業，為學生提供不同的實習和研究職位。學生事務處處長梁汝照先生（前排左四）致辭時說：「盡早為日後職業籌謀，是大學生涯中非常重要的一環。因此，我們鼓勵不同年級的學生參與就業博覽會，讓他們了解不同行業，協助他們發掘興趣。我相信成功始於熱情，學生找到他們的興趣所在，就可以一步一步地展開他們的職業生涯。」

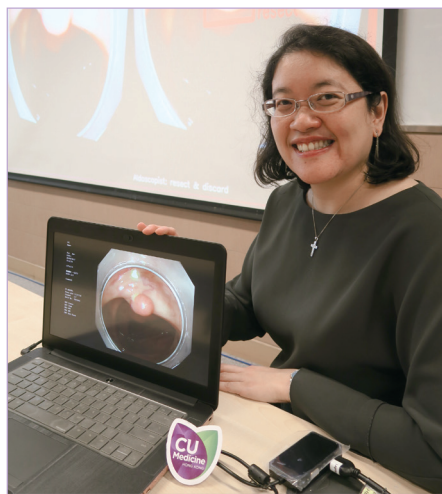
就業博覽會吸引逾二千六百名同學參加，除了提供與招聘機構直接聯繫的機會，亦設有簡歷照片拍攝及就業諮詢服務，協助學生作好求職準備。

The Career Planning and Development Centre of the Office of Student Affairs organized the 2018 Careers Fair, which ran from 27 February to 2 March at the Yasumoto International Academic Park. This year, the fair brought together more than 120 recruiters from over 24 industries, covering job openings that ranged from internships to graduate positions. Mr. Raymond Leung (4th left, front row), Director of Student Affairs, said in his opening ceremony, 'Early career planning plays a crucial part in making one's campus life meaningful. Hence, we encourage students of all years to join the Careers Fair and explore their career paths. I believe success starts with passion. Once students have discovered where their passion lies, they could jump-start their career, step by step.'

Over 2,600 students participated in the fair. In the interactive recruitment platform, students not only connected directly with the recruiters but also drew benefits from the additional career services, including CV photo shooting and career consultation.



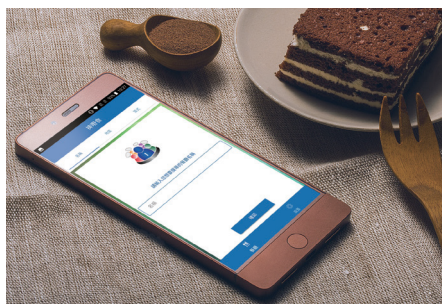
瘕肉無所遁形 Smart Cancer Screening



醫生通過內窺鏡檢視整個腸壁，瘕肉一經發現會立即切除，但可能會忽略不明顯的瘕肉，誤判病情。潘頌欣教授的團隊研發一套人工智能系統，分析內窺鏡圖像，實時評估瘕肉狀況。

Colonoscopy allows doctors to examine the whole colonic wall and remove the polyps identified, but the examination is prone to misdiagnosis when the colorectal polyps are less obvious. The AI system developed by Prof. Carmen Poon's team can analyze each endoscopic image for real-time polyp evaluation.

相約飯局無煩惱 No Headache for Foodie Rendezvous



市面多人採用的餐飲手機程式會根據用戶評分推薦餐廳，但資訊繁多，令人眼花繚亂，市民亦傾向選擇朋友推介的餐廳。黃錦輝教授的團隊研發出餐飲推薦手機程式，向用戶推薦在社交平台廣獲好評的餐廳。

Choosing restaurants is often a headache for gastronomic lovers. Most popular dining guides make recommendations vis-à-vis the ratings by public users, but people tend to pick restaurants based on peer reviews. Prof. Wong Kam-fai's team has developed a mobile app which prioritizes the restaurants with more recommendations on social media.

金融科技方案獲肯定 FinTech AI Solutions Recognized

金融市場變化急速，人工智能可提供個人化投資分析，助投資者穩佔先機。中大工程學院兩支團隊在金融科技駭客松比賽提出「人工智能股票分析平台」和「首次代幣發行」方案，分別奪得冠軍及亞軍。

AI has made inroads to meet the rising demands for personalized information to enable efficient investment decisions. The 'AI Stock Analyzer' and 'Icovisor' proposed by two teams of CUHK's Faculty of Engineering have won the championship and the first runner-up respectively in two FinTech hackathons.

當行為激活遇上靜觀 When Behavioural Activation Meets Mindfulness



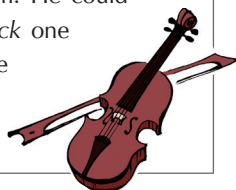
香港每一百名成人有三位患上抑鬱症，輕度抑鬱症有機會演變成重性抑鬱症，患者需接受密切監察和定期輔導。中大醫學院提出結合行為激活和靜觀的療法，發現有助緩解抑鬱癥狀，減低患上重性抑鬱症的風險。

Three out of 100 local adults have depression. Patients with subthreshold depression, a risk factor for developing major depressive disorder, needs active monitoring or regular counselling. CUHK's Faculty of Medicine has shown that behavioural activation with mindfulness meditation could help reduce depressive symptoms and prevent major depression.

再續音樂緣 Musical Dream Unbound

早前，中大機械與自動化工程學系及威爾斯親王醫院助截肢者岑幸富「臂」之力，為他設計了嶄新的義肢，讓他重燃音樂夢。使用義肢一星期後，他已可以拉奏《獅子山下》。

Invented by the team from CUHK's Department of Mechanical and Automation Engineering and Prince of Wales Hospital, the prosthetic arm helps Shum Hang-fu realize his musical dream. He could play *Under the Lion Rock* one week after receiving the custom-built prosthetic arm.



宣布事項 / ANNOUNCEMENTS



榮休教授 Emeritus Professor

化學系黃乃正教授獲頒榮休教授名銜，由2018年5月1日起生效。

Prof. Henry N.C. Wong of Department of Chemistry has been awarded the title of Emeritus Professor with effect from 1 May 2018.



公積金計劃投資回報成績 Investment Returns of Staff Superannuation Scheme

基金 Fund	3.2018		1.4.2017-31.3.2018	
	未經審核數據 Unaudited	指標回報 Benchmark Return	未經審核數據 Unaudited	指標回報 Benchmark Return
增長 Growth	-2.31%	-1.68%	22.31%	19.48%
平衡 Balanced	-0.86%	-0.87%	17.19%	16.89%
穩定 Stable	-0.13%	0.66%	10.10%	12.86%
香港股票 HK Equity	-2.25%	-2.56%	33.38%	28.96%
香港指數 HK Index-linked	-2.23%	-2.33%	28.77%	29.47%
A50中國指數 A50 China Tracker	-3.61%	-4.19%	36.08%	38.18%
港元銀行存款 HKD Bank Deposit	0.12%	0.03%	0.99%	0.24%
美元銀行存款* USD Bank Deposit*	0.48%	0.37%	2.72%	1.47%
澳元銀行存款* AUD Bank Deposit*	-0.91%	-1.04%	3.95%	2.56%
歐元銀行存款* EUR Bank Deposit*	1.16%	1.30%	16.07%	16.32%
人民幣銀行存款* RMB Bank Deposit*	1.45%	1.34%	14.54%	12.89%

強積金數據請參閱：

www.cuhk.edu.hk/bursary/chi/public/payroll_benefits/mpf.html

For MPF Scheme performance, please refer to:

www.cuhk.edu.hk/bursary/eng/public/payroll_benefits/mpf.html

* 實際與指標回報已包括有關期間內之匯率變動

Both actual and benchmark returns include foreign currency exchange difference for the month

「冰消瓦解」專題展覽 'Vanishing Glaciers' Exhibition



日期 Date :
22.03-30.06.2018

時間 Time :
9:30-5:00 pm

地點 Venue :
賽馬會氣候變化博物館
Jockey Club Museum of Climate Change

報名 Admission :
費用全免 Free admissions

查詢 Enquiries :
3943 3972 /
mocc@cuhk.edu.hk



智能飯事

Words of Mouth

我們的祖先發明有火煮食，相信是在一百八十萬至二百三十萬年前。食譜食經的出現則晚近得多，現存最古老的食譜，詳載古美索不達米亞的美食，刻在三塊公元前一千七百年的阿卡得語簡冊上。

一個不分葷素，大小通吃的美食家文化近年興起，而且藉着科技，大大影響

着我們裹腹暖腸的行為。各類美食指南充斥報刊雜誌，我們手機也常備美食應用程式。要計劃下一個慶祝活動，又或只是換換口味，可以瀏覽「開飯喇！」或《米芝蓮指南》。數年前本刊專欄〈舌尖上的中大〉，也挑起不少同事的味蕾想像，在午飯或下午茶時候營營覓食。

講到飲食，大部分人都其實是羊群，受所謂飲食達人或意見領袖左右，但我們大多都試過根據電視或報刊的推介訪尋美食，到頭來卻完全是兩碼子事。雖然不是人人都廚藝了得，但現代男女酒酣飯飽之餘，要留下點評彈絕對不是難事。如果我們要信口碑，則口碑最好是來自友朋輩而非自認專家的人。

中大系統工程與工程管理學系的一個團隊，花逾兩年時間，研發出名為INCOMIRS (Integrated Community-based Microblog Recommendation System) 的人工智能餐飲推薦系統，綜合社交平台及本地大型飲食評論網站之數據，按地點或菜式列出推薦排名。

領導研發團隊的黃錦輝教授解釋，系統集跨平台數據挖掘、翻譯系統、應用程式之大成，把種類繁多的本地美食資訊，連結個人朋友圈的狀況，從而精密運算出推薦次序，以提供更貼近用戶喜好的結果。該項目於第三屆全國青年人工智能創新創業大會中，獲頒創新類別的一等獎；其Android應用程式快將登陸Google Play供免費下載。

Alice E. Marwick說過：「大數據其實是由小數據組成，而這些小數據可以是很個人化的。」在哪裏吃、吃甚麼這些非常個人化的數據，經過一個小小的應用程式，可以用來滿足其他男男女女的胃口。

It is believed that cooking was invented by our ancestors between 1.8 million and 2.3 million years ago. Food writing, however, is relatively recent. The oldest surviving recipes, of sophisticated ancient Mesopotamian cuisine, came down to us on three Akkadian tablets from 1,700 BC.

An omnivorous foodie culture has enveloped the developed world in recent decades, growing ever hungrier with technology. Food blogs and food apps abound in our quotidian existence; if we want to plan for a coming anniversary or simply a change from our local *cha chaan tang*, we browse OpenRice, the *Michelin Guides*, the *Fooding Guide* and the like. The epicurean column in these pages a few years ago—'Mouth-watering Morsels'—was received with salivating attention from many quarters of campus and gave rise to, literally, thoughts for food before lunch and/or tea times.

In the matter of taste, we tend to be sheep in a flock swayed by authorities and influencers. But not a few *empts* have the disheartening experience of patronizing an eatery based on a broadcast or published review and finding the culinary experience a totally different matter. While not everyone is a chef, modern men and women are reasonably experienced gourmards and food critics. If we were to rely on words of mouth, they better come from people we know rather than people we think know better than us.

A team from the Department of Systems Engineering and Engineering Management of CUHK has developed an AI system that can make the most personalized and pertinent recommendations on where and what to eat. The Integrated Community-based Microblog Recommendation System, or INCOMIRS, culls data and reviews left by a user's friends on social media to arrive at a suggestion of what culinary outlets the user should try next.

Prof. Wong Kam-fai, leader of the team, explained that they had integrated data mining, translating function and software application into a novel algorithm to collect and propose more personalized search results and preferred dining recommendations for each user based on his/her social network. INCOMIRS has received the first-class award in the innovation category of the 3rd Chinese Youth Congress on Artificial Intelligence. Its Android app will soon be available for free download.

Alice E. Marwick remarked, "Big Data is made up of 'little data', and these little data may be deeply personal." When one man's meat, a deeply personal matter, is another man's meat too, the little data of where and what he eats can be used to satisfy other men and women's appetites.

T.C.



打破二元對立：性別研究課程

Beyond the Binary:
Gender Studies Programme

很多人以為，性別無非就是男與女、剛與柔的二元分別，但事實遠要複雜微妙得多。就像紅與藍之間並無任何截然劃分的界線，性別是道寬闊而流動的光譜，在男與女之間並列着種種狀態。這是中大性別研究課堂討論的一大焦點，亦是該課程標誌設計傳遞的核心思想。

傳統上，男女兩性的符號分別為♂和♀，前者描畫的是戰神馬爾斯的盾牌和長矛，後者是愛與美之神維納斯手握的銅鏡。課程標誌設計師拆取男性符號的箭頭和女性符號的十字，組合成一個向左傾側、數學上代表無限的符號，宣示課程銳意打破性別藩籬，推動包容和接納。

十字配以鮮橙色，箭頭配以湖水綠，是故意挑戰「粉紅色代表女生，藍色代表男生」的刻板印象。橙色是愉悅之色，給人溫暖和熱情的感覺；湖水綠的英文turquoise原意是「土耳其石頭」，這種綠寶石最初經由土耳其傳入歐洲，是寧靜、智慧和忍耐的象徵。一冷一熱的色彩對比似乎在暗示即使人各有異，也能兼容並蓄。

連接兩性符號的S型弧線採用漸變色，表示性別並不僅限男女兩極，而是變化多端的光譜，蘊含着無限可能的性別型態，例如酷兒、雙性人、跨性別者等等。他們可以透過行為、衣着、髮型、聲音等方式向他人表達自己所認同的性別。

十字與箭頭同時指向標誌的中心，代表男、女和各式性別攜手合作，努力實現性別平等。雖然性別議題很複雜，衍生五花八門的標籤，但我們無需一一區分，只需在性別二元框架中留有多元發展的空間，尊重差異，讓每個人安然做自己。

The issue of gender is much more complex and nuanced than most people realize, as it is not as simple as the binary opposition of male and female. The line dividing the two is indeed wide and fluid. This is an important topic covered in the classes of CUHK's Gender Studies Programme, and also a key message reflected in the Programme's logo design.

Traditionally, the two standard gender symbols are the Mars symbol ♂ that depicts the shield and spear of the god of war, and the Venus symbol ♀ that depicts the bronze mirror with a handle of the goddess of love and beauty. The designer of the Programme's mark took out the arrow from the male symbol and the cross from the female to form a sideways infinity sign, denoting the Programme's aspiration to break down gender dichotomy and promote inclusivity and acceptance.

The cross adopts the colour of bright orange and the arrow turquoise, defying the stereotypes that pink is for the girl and blue for the boy. Orange is the colour of joy that gives a sense of warmth and enthusiasm, while turquoise, meaning 'Turkish stone' as it came to Europe from Turkey, is associated with serenity, wisdom and patience. The strong contrast reminds us what is possible when unique individuals join hands for the benefit of all.

Colour gradient is found on the S-curve that links the gender signs together. It conveys the message that as opposed to having only two endpoints, gender is a spectrum that embodies many variations, like people who are genderfluid, androgynous, transgender, etc. It also acknowledges that there are various ways in which people externally communicate their gender identity to others through behaviour, clothing, haircut, voice and other forms of gender expressions.

With the cross and the arrow sweeping inward and pointing at the centre, the logo represents women, men and all other genders working together to make gender equality a reality. It is also a reminder that although gender is complicated and gender identities come with numerous labels, we don't need to remember and distinguish every one. What we need to do is leave room for variety, show respect for differences, and let people be themselves.

Christine N.

口談實錄 / VIVA VOCE

在酒店業實戰三十多年，為何會答允轉戰校園，出任學院院長？

我曾踏遍美國、澳洲、中國大陸、香港等地，在半島、麗晶、萬豪、凱悅等集團工作過，當中二十多年出任總經理，五年區副總裁，與不同的業主客人交往，也積累了不少成功與極具挑戰案例。酒店是服務行業，但其營運非常複雜，需要精明能幹的管理人員。如果能貢獻我三十多年的經驗與學院的師生分享，訓練年輕一代，那將是十分有意義的事。

學院培訓學生的方針如何？

以旅遊和酒店業來說，服務是必須的，但必須與經營效益平衡，才可維持下去。所以我們的課程定位非常清晰，不單教管理，層面更擴大至整個商業運作，而且側重酒店旅遊和房地產的關係。課程的長遠目標是栽培學生成為各行業的領袖，有充足的知識，懂得如何運用資源、調配人手完成不同規模的工作。課程包括九百小時的實習，確保學生畢業前有足夠的前線經驗，面對未來酒店、旅遊以至房地產業的新挑戰，更有發展企業的潛質。

酒店與旅遊業前景如何？

港珠澳大橋啓用後，交通便捷將帶動整個大灣區人流物流，加上一帶一路的效應，定必刺激對旅遊住宿的需求。把香港的旅遊業放在整個大灣區的大環境來看，加上基建和政策配合，前景非常樂觀。而香港較為成熟和完善的管理質素，絕對勝任輔助一帶一路的沿線國家。未來三年內，中國、香港、澳門將有一千多間各種品牌的酒店開設，整個大中華需要大量人才，也將給我們的畢業生更多發展的機會。

互聯網對酒店和旅遊業產生甚麼影響？

是翻天覆地的改變。以前由訂房到入住需要經過六七個階段，在互聯網上只是一個步驟，而且可以完全不經人手。Airbnb的崛起令競爭對手更加密集，訂房網站廣受歡迎，也迫使酒店反省為何大部分顧客都不選擇直接向酒店訂房。除了因為選擇、價格和條款彈性的差異，也因為很多酒店的網站設計落後，不便瀏覽，而且交易過程繁瑣。時移勢易，年輕人的付款模式，早已經脫離現金和信用卡了。

任何衝擊都有危與機的兩面。互聯網收集客人的背景喜好，提供龐大數據，可以令服務更加目標為本。尤其是市場較小的豪華酒店，更依賴這些行為資訊來設計貼心服務。收到女性訂房，要確保房內設施適合女士；老人家要分配接近升降機的房間，不要給他餐廳的角落位置。間或可來一點驚喜，不過可別給德國客人提前慶祝生日，因為他們認為那會帶來霉運。

酒店業文化可有地域之分？

我的博士論文正是研究國際豪華酒店高層管理的本土化。我曾目睹不少國際品牌在進駐中國時，原封不動套用西方模式，而沒有掌握東方的人情世故、生意手法、飲食習慣等。其實處理文化衝擊就如握雞蛋，握得太緊雞蛋會裂，太鬆則會摔破。西方管理與東方通融之間需有平衡。可以說東方地區在細緻服務上基本是佔優的。

專業知識和閱歷如何影響你個人的旅遊體驗？

多年來在五星級酒店工作，我有點被寵壞了，於環境、清潔、運作、效率等都極端講究。我是老派人，不想冒險。我不會選擇經濟型酒店，就是知道到埗時不會有笑容滿面的員工歡迎我，各方面都會跟我的期望落差很大。地毯上的些微污漬，從牆紙滲出來的煙味，任何細節都逃不過我的觀感，都會使我坐立不安。努力工作了這麼多年，我也應對自己呵護一點，我寧願多付三至五成的價錢換取我心目中應有的服務，所以我也沒有試過Airbnb。

陳栢桓教授 Prof. David Chan

酒店及旅遊管理學院院長
Director, School of Hotel and Tourism Management

Why did you join the University after working in the hotel sector for more than 30 years?

I'd worked for world-leading hotel groups like the Peninsula, Regent, Marriott and Hyatt in the US, Australia, Mainland China and Hong Kong, as general manager for more than 20 years and district vice-president for five years, and dealt with different landlords and guests. Hotel is both a service industry and a complex business which requires administrators of high calibre. Over the years, I have come across numerous cases, both successful and extremely challenging ones. It will be meaningful if I could share my experience with the staff and students of the School and provide professional training for the young generation.

How does your School set out to train its students?

Service is the crux of the hospitality industry. But as a business, it cannot be sustained if it's not making profits. The objective of our BBA Programme in Hospitality and Real Estate is clear: we go beyond management to cover the entire business operation with a focus on the relationship between hospitality and real estate. In the long run, we aim at nurturing our students to be leaders in various professions, with substantial knowledge in resource deployment for projects on different scales. Our programme includes 900 hours of practicum to equip the students with enough frontline experience before graduation, which will be vital for facing future challenges in the hospitality and real estate fields, and for developing their entrepreneurial potentials.

What does the future hold for the hotel and tourism industry?

The opening of the Hong Kong-Zhuhai-Macao Bridge will accelerate the movements of people and goods. Plus the Belt and Road Initiative, the demand for hotel accommodation can only increase. Putting Hong Kong within the wider context of the Greater Bay Area, and considering its accompanying infrastructural developments and policies, I must say that the future looks really rosy. Hong Kong's excellent management quality makes the city in hot demand from the Belt and Road countries. In the next three years, China, Hong Kong and Macao will see the establishment of over 1,000 hotels of different niches. The Greater China region has a high demand for talent in the industry, and our graduates will therefore enjoy ample opportunities for career development.

What is the impact of the Internet on the hotel and tourism industry?

The changes are revolutionary. In the past, we had to go through six or seven steps from reservation to checking-in. Today, it's just one click on the Internet. The rise of Airbnb has made our competitors even more numerous, and room rental websites are now all the rage. Hoteliers are thinking hard about the reason why most customers prefer not to book with the hotels directly. In addition to the differences in choice, price, and terms, the unfashionable and unfriendly designs of many hotel websites also make booking cumbersome. In this e-commerce era, young people no longer pay with cash or credit card.

All challenges come in two faces—crises and opportunities. The Internet collects loads of data about the backgrounds and preferences of customers, making customized services possible. Luxury hotels with a small market niche are especially reliant on such client-tailored services. A room booked by a female customer must be fitted with facilities suitable for women; elderly customers should be assigned rooms closer to the elevator and never a table tucked away in a corner of the restaurant. Give your customer an occasional surprise. But never celebrate ahead the birthday of a German customer, because Germans consider that bad luck.

Are there any cultural differences within the hotel industry?

My PhD thesis was on the localization of senior management in international luxury hotels. I have witnessed how some international hotels, by adhering to the western model of management, overlooked the oriental way of handling things and doing business, as well as the culinary habits of local customers. Handling cultural differences is like holding an egg: if you hold it too tightly, the egg will crack; but if you don't hold it tightly enough, it will fall. There should be a balance between occidental discipline and oriental ease. Generally speaking, I think the East is better than the West when it comes to the provision of sophisticated services.

How are your professional knowledge and exposure influencing your travel experience?

I must admit that I have been spoiled by my experience working in five-star hotels, which makes me very particular with what a hotel offers in terms of ambience, cleanliness, logistics and efficiency. I am old-school, and won't take risk in staying in a budget hotel because I know I won't be greeted by smiling faces upon arrival, and that the services will fall short of my expectations. I am obsessed with details. Things like a carpet stain or the smell of cigarette on the wallpaper can never escape my attention and will all make me feel uneasy. Having worked so hard for decades, I think I deserve some pampering. I'd rather spend 30 to 50% more in exchange for what I consider real service. So if you ask whether I've ever tried Airbnb, the answer is no. 📧



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