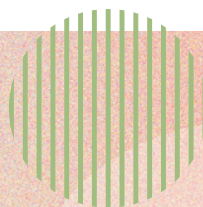
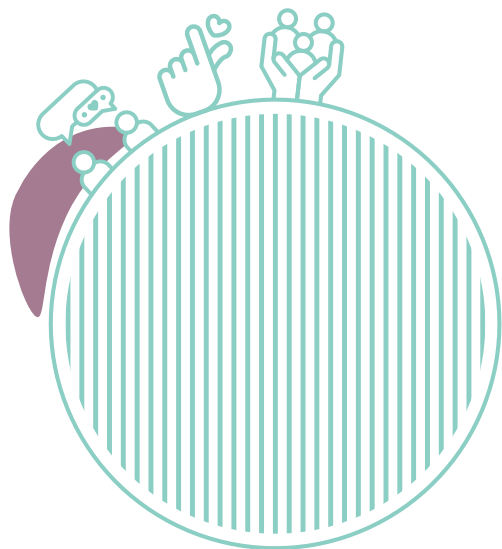


三年年報 Triennial Report 2019-22

博思明志
Aspiration Through Reflection

群育新民
Renewal Through Civility





三年年報
Triennial Report
2019-22

目錄

Content

- 4** 前言
Preface
- 6** 關於博群
About I-CARE
- 8** 數說博群
Let Numbers Speak I-CARE
- 12** 精益扶貧項目
Lean Poverty Alleviation Initiative
- 26** 社會服務計劃
Social Service Projects Scheme

32 博群大講堂
University Lecture on Civility

42 社區研究計劃
Community Research Scheme

45 社會企業起動計劃
Social Enterprise Startup Scheme

53 博群踐行者計劃
I-CARE Achievers Programme

68 豐富學生生活之活動
Activities Enriching Student Life

74 學生發展組合
Student Development Portfolio

80 管治架構
Governance

84 捐贈者芳名錄
List of Donors

86 支持博群
Support I-CARE

* 除特別註明外，本報告內所標示之年份均指學年，即8月1日至翌年7月31日。
The denotation of year in this report refers to the academic year, i.e. 1 August to 31 July of the following year, unless otherwise specified.

前言

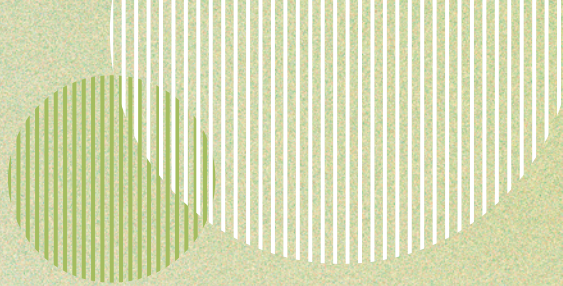
Preface

博群計劃於2011年成立，旨在提供全人教育予同學，增強他們對社會議題的認識，學習敏於別人的需要，以及欣賞不同文化的特質。一直以來，博群計劃廣受歡迎，除培養同學積極參與本港、內地和海外的社會及公民服務，在不同領域發揮所長外，亦提升校園的人文氛圍。我們感到非常欣喜，見證博群計劃在這些年茁壯成長，培育學生之餘，更能惠及社會。

秉承中大「德智並重」的教育方針，博群計劃以「博思明志，群育新民」為宗旨，循著I、C、A、R、E五個英文字母所代表的不同範疇，為學生提供各式各樣的體驗式學習活動，讓他們學會關心身邊人和事，以及運用所學回饋社會。本三年年報正是記錄博群計劃在2019-22年期間的成果，包括博群計劃的旗艦項目，以及大學電子平台「學生發展組合」和其他豐富學生生活之活動的概況。

The I-CARE Programme was launched in 2011 with an aim to offer non-formal whole-person education to students so that they will enhance understanding of social issues, become more sensitive to others' needs and learn to appreciate the differences of cultures. It has gained wide popularity so far, and facilitated student to unleash their potential in different areas through social and civic engagements in Hong Kong, the Mainland and overseas countries. We are pleased to witness the thriving development of the I-CARE Programme as well as the benefits it brings to students and the community throughout the years.

To echo with CUHK's equal emphasis on the intellectual and moral aspects of education, the I-CARE Programme provides students with a variety of experiential learning activities under the personal traits represented by five alphabets namely I, C, A, R, E. In line with its motto "Aspiration through Reflection; Renewal through Civility", the I-CARE Programme inspires students to care about people and the surroundings, and to contribute to society what they have learnt. This triennial report documented the magic of the I-CARE Programme during 2019-22 which includes not only the flagship projects under the I-CARE Programme, but also a sketch of the University's electronic platform "Student Development Portfolio" and other activities for enriching student life.



展望未來，博群計劃會繼續秉持全人發展的教育理念，培育我們的年青一代成為重視品格、韌性強、關心社會、與具備國際視野的公民。我們謹此衷心感謝各贊助者、同道人與校友一直以來對博群計劃的慷慨捐贈，以及所有顧問與歷任「社會及公民參與督導委員會」成員的匡扶指正，讓同學能夠從中獲得充滿啟發的學習體驗。

高永雄教授


大學輔導長

社會及公民參與督導委員會聯席主席

朱順慈教授

新聞與傳播學院院長

社會及公民參與督導委員會聯席主席



Looking ahead, the I-CARE Programme will continue to foster students' holistic and whole-person development, so as to nurture our younger generation to become well-rounded citizens with character strengths, strong resilience, serving hearts, and global vision. Taking this opportunity, we would like to thank the patrons, friends and alumni for their generous donation towards the I-CARE Programme. We are also greatly indebted to all programme advisors and members of the “Steering Committee for Promoting Personal Development through Social and Civic Engagement” for their support and wise counsel which offers students an inspiring learning experience.

Professor KO Wing Hung

University Dean of Students

Co-Chairperson, Steering Committee for

Promoting Personal Development through Social and Civic Engagement

Professor Donna CHU

Director, School of Journalism and Communication

Co-Chairperson, Steering Committee for

Promoting Personal Development through Social and Civic Engagement

關於博群 About I-CARE

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-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:



博群計劃於2011年成立，建基於I·CARE發展模式，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。

博群計劃自2016-17起由博群全人發展中心統籌，本中心同時與大學各部門合作，推動學生的全人發展。為發揮前學生發展及資源組與博群全人發展中心的協同效應、學生發展的共同專長，以及為學生創造更具影響力的體驗式學習活動，行政及規劃委員會已於2022年12月通過博群全人發展中心與學生事務處進行合併，並於2023年1月1日完成重組。

學生發展及資源組和博群全人發展中心專注於體驗式學習的設計和實踐，並重新命名為學生體驗及發展組。合併後，本組將專注於學生體驗和發展的三個主要領域，包括（一）體驗式學習活動，（二）領導力發展活動，以及（三）大學主導和學生主導的學生迎新活動。博群全人發展中心自2023年1月起由學生經驗及發展組管理。

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.

The I·CARE Programme has been administered by the I·CARE Centre for Whole-person Development since 2016-17. The Centre also collaborates with other University units to motivate the all-round development of students. In order to embrace synergy between the former Student Development and Resources Section (SDRS) and the I·CARE Centre for Whole-person Development (I·CARE Centre), and to leverage the joint expertise in student development in creating more impactful experiential-learning programmes for students, the reuniting of the I·CARE Centre with the Office of Student Affairs (OSA) has been approved by the Administrative and Planning Committee (AAPC) in December 2022 and the restructuring has taken place on 1 January 2023.

For SDRS and I·CARE Centre to concentrate on experiential learning design and delivery, the redefined SDRS was renamed the Student Experience and Development Section (SEDS). Following the merger, SEDS focuses on three main areas of student experience and development, including (i) experiential learning programmes, (ii) leadership development programmes, and (iii) student orientation activities, both University-led and student-led. The I·CARE Centre has been managed by SEDS since 1 January 2023.

數說博群

Let Numbers Speak I-CARE

資料及數據

Facts and Figures

對學生發起項目之資助

Funding support to student-initiated projects

項目總數 (包括：「社會服務計劃」及「社會企業起動計劃」)

Total no. of funded projects

(including Social Service Projects Scheme and Social Enterprise Startup Scheme) **43**

資助金額 (取至近萬元)

Funding amount (round to the nearest ten-thousand dollars) **HK\$2,000,000**

博群統籌之長期項目

(包括：「非牟利團體實習計劃」、「精益扶貧項目」及「博群踐行者計劃」核心小組培育)

Long-term projects organised by the I-CARE

(including NGO Internship Programme, Lean Poverty Alleviation Initiative, Core Group of Wu Zhi Qiao and Core Group Nurture of I-CARE Achievers Programme)

參加學生人數

No. of student participants **299**

博群舉辦之展覽、講座、工作坊及文化活動

Exhibitions, talks, workshops and cultural activities organised by the I-CARE

參加者人數

(包括中大員生、校友及公眾人士)

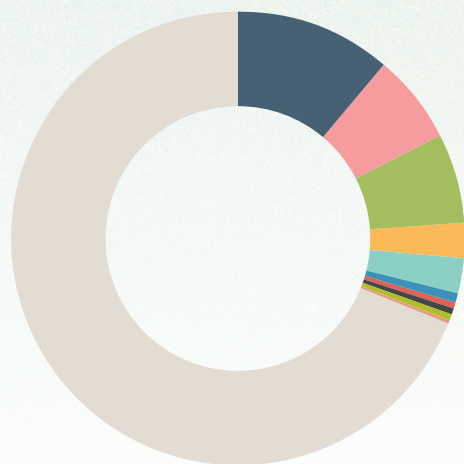
No. of participants

(including CUHK students, staff, alumni and the general public) **7,492**

財政預算 Financial Budget

2019-20

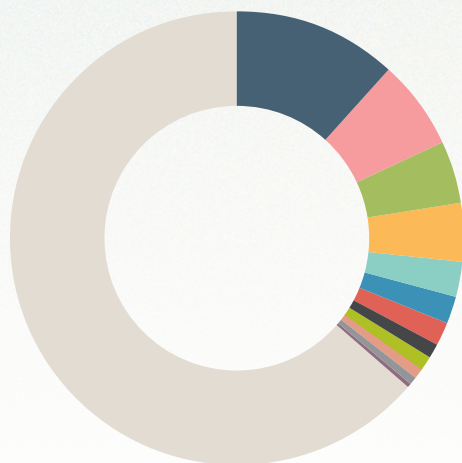
項目 Project	金額 Amount (HK\$)	百分比 Percentage
社會服務計劃 Social Service Projects Scheme	1,326,000	11.3%
精益扶貧項目 Lean Poverty Alleviation Initiative	749,420	6.4%
博群大講堂 University Lecture on Civility	738,460	6.3%
博群踐行者計劃 I·CARE Achievers Programme	305,000	2.6%
社會企業起動計劃 Social Enterprise Startup Scheme	305,000	2.6%
無止橋 Wu Zhi Qiao	80,800	0.7%
全能有情教育促進及研究計劃 UGC Project on Holistic Competencies	48,800	0.4%
博群在野 Mother Nature Rocks	46,000	0.4%
非牟利團體實習計劃 NGO Internship Programme	44,000	0.4%
學生發展組合 及其他活動 Student Development Portfolio and Other Activities	21,200	0.2%
常務及行政開支 Office Expenses	8,095,450	68.8%
總預算 Total Budget (HK\$)	11,760,130	100%



■ 社會服務計劃 Social Service Projects Scheme	11.3%
■ 精益扶貧項目 Lean Poverty Alleviation Initiative	6.4%
■ 博群大講堂 University Lecture on Civility	6.3%
■ 博群踐行者計劃 I·CARE Achievers Programme	2.6%
■ 社會企業起動計劃 Social Enterprise Startup Scheme	2.6%
■ 無止橋 Wu Zhi Qiao	0.7%
■ 全能有情教育促進及研究計劃 UGC Project on Holistic Competencies	0.4%
■ 博群在野 Mother Nature Rocks	0.4%
■ 非牟利團體實習計劃 NGO Internship Programme	0.4%
■ 學生發展組合 及其他活動 Student Development Portfolio and Other Activities	0.2%
■ 常務及行政開支 Office Expenses	68.8%

2020-21

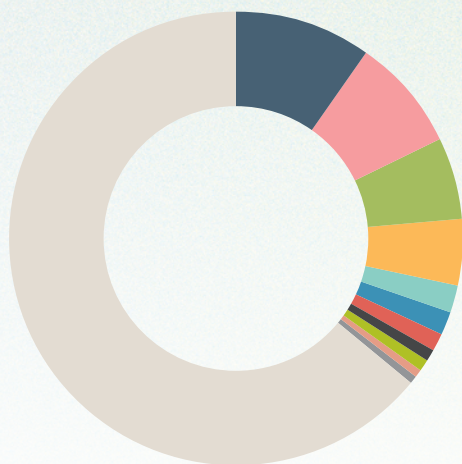
項目 Project	金額 Amount (HK\$)	百分比 Percentage
社會服務計劃 Social Service Projects Scheme	1,356,500	11.8%
社會企業起動計劃 Social Enterprise Startup Scheme	727,950	6.3%
博群大講堂 University Lecture on Civility	518,000	4.5%
精益扶貧項目 Lean Poverty Alleviation Initiative	471,500	4.1%
博群踐行者計劃 I·CARE Achievers Programme	297,275	2.6%
博群計劃十周年慶祝項目 Activities in Celebration of I·CARE's 10 th Anniversary	205,000	1.8%
非牟利團體實習計劃 NGO Internship Programme	200,516	1.7%
無止橋 Wu Zhi Qiao	81,000	0.7%
社區研究計劃 Community Research Scheme	80,500	0.7%
博群在野 Mother Nature Rocks	50,000	0.4%
全能有情教育促進及研究計劃 UGC Project on Holistic Competencies	38,000	0.3%
學生發展組合 及其他活動 Student Development Portfolio and Other Activities	24,334	0.2%
常務及行政開支 Office Expenses	7,472,700	64.8%
總預算 Total Budget (HK\$)	11,523,275	100%



■ 社會服務計劃 Social Service Projects Scheme	11.8%
■ 社會企業起動計劃 Social Enterprise Startup Scheme	6.3%
■ 博群大講堂 University Lecture on Civility	4.5%
■ 精益扶貧項目 Lean Poverty Alleviation Initiative	4.1%
■ 博群踐行者計劃 I·CARE Achievers Programme	2.6%
■ 博群計劃十周年慶祝項目	
Activities in Celebration of I·CARE's 10 th Anniversary	1.8%
■ 非牟利團體實習計劃 NGO Internship Programme	1.7%
■ 無止橋 Wu Zhi Qiao	0.7%
■ 社區研究計劃 Community Research Scheme	0.7%
■ 博群在野 Mother Nature Rocks	0.4%
■ 全能有情教育促進及研究計劃	
UGC Project on Holistic Competencies	0.3%
■ 學生發展組合 及其他活動	
Student Development Portfolio and Other Activities	0.2%
■ 常務及行政開支 Office Expenses	64.8%

2021-22

項目 Project	金額 Amount (HK\$)	百分比 Percentage
社會服務計劃 Social Service Projects Scheme	1,127,500	9.8%
社會企業起動計劃 Social Enterprise Startup Scheme	942,800	8.2%
博群大講堂 University Lecture on Civility	654,000	5.7%
精益扶貧項目 Lean Poverty Alleviation Initiative	544,000	4.7%
非牟利團體實習計劃 NGO Internship Programme	221,000	1.9%
博群踐行者計劃 I-CARE Achievers Programme	202,000	1.8%
學生發展組合 Student Development Portfolio	87,920	0.8%
社區研究計劃 Community Research Scheme	82,500	0.7%
無止橋 Wu Zhi Qiao	82,000	0.7%
博群在野 Mother Nature Rocks	21,000	0.2%
其他活動 Other Activities	31,200	0.3%
常務及行政開支 Office Expenses	7,469,420	65.1%
總預算 Total Budget (HK\$)	11,465,340	100%



■ 社會服務計劃 Social Service Projects Scheme	9.8%
■ 社會企業起動計劃 Social Enterprise Startup Scheme	8.2%
■ 博群大講堂 University Lecture on Civility	5.7%
■ 精益扶貧項目 Lean Poverty Alleviation Initiative	4.7%
■ 非牟利團體實習計劃 NGO Internship Programme	1.9%
■ 博群踐行者計劃 I-CARE Achievers Programme	1.8%
■ 學生發展組合 Student Development Portfolio	0.8%
■ 社區研究計劃 Community Research Scheme	0.7%
■ 無止橋 Wu Zhi Qiao	0.7%
■ 博群在野 Mother Nature Rocks	0.2%
■ 其他活動 Other Activities	0.3%
■ 常務及行政開支 Office Expenses	65.1%

精益扶貧項目

Lean Poverty Alleviation Initiative

精益扶貧項目旨在引領中大同學探討本港貧窮成因，以及建構舒緩匱乏情況的有利環境。參加者更可從不同形式的體驗活動及直接服務中，親身了解社會議題，並培養應對貧窮的決心。

在精益扶貧項目下，「貧窮」不僅被視為一種缺乏基本資源以維持生計的狀態，於主流社會和經濟遜色的弱勢群體。因此，本項目的活動及服務既照顧本港的貧窮人士（例如物質短缺與收入低微者），亦關懷弱勢社群（例如殘疾人士與少數族裔）。

The Lean Poverty Alleviation Initiative aims at bringing CUHK students to address the underlying causes of poverty in Hong Kong as well as to build an enabling environment for penury moderation. Through engaging in different forms of experiential activities and direct services, participants gain first-hand experience about societal issues and nurture resolve to tackle poverty.

Under the Lean Poverty Alleviation Initiative, “poverty” is not only perceived as the insufficiency of essential resources to maintain a citizen’s living but also one’s relative disadvantages as compared to the members of a dominant socioeconomic group. The activities and services under this initiative have, therefore, reached out to both impoverished people (e.g. those in short of material possessions or income) and vulnerable members (e.g. disabled persons and ethnic minority) in Hong Kong.



博群帶你入社區

A Walk in Community with I-CARE

此項目定期帶中大同學走訪不同社區，讓他們了解多元社會議題，從而探索可透過何種途徑參與公民事務。

This programme introduces community engagement activities to students regularly so as to facilitate their understanding of various social issues, and to take part in civic affairs.

到訪愛培學校 Visit to Aoi Pui School

2019年10月24日
24 October 2019

14位同學到訪位於紅磡的愛培學校，觀摩該校所採用的「應用行為分析治療法」及其按「個別化教學計劃」制定的教學方案。他們亦與該校校長、顧問及主任交流，了解更多關於自閉症學生的學習情況。

14 students visited Aoi Pui School in Hung Hom to learn about the school's "Applied Behaviour Analysis" and its curriculum formulated as per the "Individualised Education Programme". They also exchanged with the school principal, the consultant and a senior teacher to understand more about the learning of students with Autism Spectrum Disorder.



到訪房協長者安居資源中心 Visit to the Elderly Resources Centre of the Hong Kong Housing Society

2021年4月15日
15 April 2021

是次活動帶領10名學生到訪位於油麻地之房協長者安居資源中心，參觀其「智友善」家居探知館。參加者透過中心職員和長者義工的講解，及體驗式遊戲，了解認知障礙症長者及其照顧者日常面對的挑戰；亦認識家居環境設計如何配合上述人士的生活需要，以達致「居家安老」。

This session was a visit to the Elderly Resources Centre of the Hong Kong Housing Society situated in Yau Ma Tei. All 10 places were filled by students who had got a chance to tour around the MIND-friendly Home Exploration Centre. Participants listened to the introduction of the staff and the elderly volunteers of the Centre, as well as joined the experiential games, to gain an understanding of the daily challenges encountered by the people with dementia and their caretakers. Participants also learnt about how a friendly housing design for the aforementioned people may facilitate "aging in place".



薄扶林村的居民與社區 The Residents and Neighbourhood of Pok Fu Lam Village

2021年9月26日
26 September 2021

是次活動由「薄扶林村文化地境保育小組」的成員，亦是薄扶林村居民進行導賞，帶領8名同學認識港島南區的薄扶林村。參加者分組輪流聆聽講解及在村內遊覽，除探索該村在文化風俗及歷史建築方面的保育情況外，亦了解村民凝聚及充權等生活點滴。

This session was a visit to Pok Fu Lam Village located on the southern part of Hong Kong Island. 8 students were divided into groups to experience the narration by members of the Pokfulam Village Cultural Landscape Conservation Group, who are also inhabitants of Pok Fu Lam Village and to tour around the village in turn. Not only having a grasp of the village's culture, customs and historical construction, also learn about the lives of villager in terms of their cohesion and empowerment.



中環「小馬尼拉」 The “Little Manila” in Central

2021年11月14日
14 November 2021

是次活動由「文化交遊」聯繫菲籍家庭傭工，帶領13名同學遊覽別號「小馬尼拉」的中環菲律賓社區。除與上述菲籍家庭傭工面對面交流，了解其生活狀況及文化外，參加者亦到訪菲律賓領事館、菲律賓海外勞工辦公室、香港郵政總局及環球大廈等地，一睹該社群在港的各種面貌。

This session was a tour to the Philippine community in Central, alias “Little Manila”. 13 students interacted with the Filipino domestic helpers lined up by the “Cultural Outings” to understand their lives and culture. Moreover, they visited the Consulate General of Philippines, the Philippine Overseas Labor Office, the Hong Kong General Post Office, and the Worldwide House. Filipinos volunteered as docents to get a taste of the various aspects of this community in Hong Kong.



博群香港文化導賞計劃

I-CARE Hong Kong Cultural Tours Project

此計劃培訓中大同學親自策劃主題導賞團，並以導賞員身份帶領鮮有課外活動機會的中學生深入認識香港，追尋歷史足跡。2019-22期間，50位參加者出席了一系列培訓活動，內容包括：多角度資料搜集法、導賞路線建構策略，以及導引語言技巧等；之後分成小組舉辦合共37個主題導賞團，其中6團專為中大員生而設，共吸引逾775位中學生及105位大學成員參加。導賞員最後把導賞路線設計成地圖，傳承及宣揚香港的獨特文化。

This project provided trainings for CUHK students to design theme-based cultural tours by themselves, and to serve as docents in leading the secondary school students who seldom participated in co-curricular activities to gain in-depth knowledge about Hong Kong. During 2019-22, a series of training programmes covering research techniques, strategy of itinerary design, presentation skills, and other topics, were organised for 50 participants. They were then divided into groups to lead a total of 37 theme-based tours, of which 6 were exclusive for CUHK staff and students. The tours attracted participation of over 775 secondary students and 105 CUHK members. To promote the unique culture and heritage in Hong Kong, the docents had also designed and published maps of the theme-based tours.



	2019-20	2020-21	2021-22
導賞主題及路線 Theme and Route of Guided Tours	城西草根 —— 基層社群之掙扎求存 The Grassroots' Lives in West Island 探尋非遺 —— 傳統技藝之傳承保育 Inheritance and Preservation of Hong Kong's Intangible Cultural Heritage	舌尖滋味 —— 飲食文化與歷史 Food Culture and History 近郊規劃 —— 新市鎮發展歷程 The Development of New Towns 礦山痕跡 —— 本地礦業盛與衰 The Rise and Fall of Local Mining 戰後重生 —— 輕工業輝煌時代 Hong Kong's Light Industries in the Post-war Era	百年之後 —— 殯葬風俗與發展 Funeral Customs and Development 中西合璧 —— 新舊建築之美學 Aesthetics in Ancient and Modern Architecture
擔任導賞員之 中大同學數目 No. of CUHK Student Docents	8	28	14



	2019-20		2020-21		2021-22	
導賞團數目 No. of Guided Tours	中學 Secondary Schools 因受新冠疫情影響， 未能安排中學導賞團。 Secondary school tours were not arranged due to COVID-19 pandemic.	中大 CUHK 2	中學 Secondary Schools 26 [#]	中大 CUHK 2 [#]	中學 Secondary Schools 5	中大 CUHK 2
培訓活動 Training Activities	<p>工作坊（一）：演說及敘述技巧 Workshop I: Presentation and Story-telling</p> <p>工作坊（二）：影片拍攝技巧 Workshop II: Tactics of Shooting</p> <p>工作坊（三）帶領導賞團技巧 Workshop III: Skills for Leading Tours</p> <p>導賞示範團 Demo Tour</p> <p>模擬導賞團 Mock Tour</p> <p>分享會 Sharing Session</p>		<p>工作坊（一）：資料搜集技巧 Workshop I: Content Research</p> <p>工作坊（二）：導賞團建構 Workshop II: Tour Development</p> <p>工作坊（三）： 香港飲食文化及歷史 Workshop III: Hong Kong Food Culture and History</p> <p>工作坊（四）： 九龍歷史及礦業發展史 Workshop IV: Kowloon History and Development of Mining</p> <p>工作坊（五）： 演說及敘述技巧 Workshop V: Presentation and Story-telling</p> <p>模擬導賞團 Mock Tour</p> <p>分享會 Sharing Session</p>		<p>工作坊（一）：資料搜集技巧 Workshop I: Content Research</p> <p>工作坊（二）：導賞團建構 Workshop II: Tour Development</p> <p>工作坊（三）： 演說及敘述技巧 Workshop III: Presentation and Story-telling</p> <p>工作坊（四）： 帶領中學生之導賞技巧 Workshop IV: Tour Skills for Leading Secondary School Students</p> <p>導賞示範團 Demo Tour</p> <p>中期匯報日 Presentation Day</p> <p>模擬導賞團 Mock Tour</p> <p>分享會 Sharing Session</p>	

[#] 以虛擬實景 (VR) 技術於網上進行。Conducted online using virtual reality (VR) technology.

「健體 x 友伴」計劃
 “Fitness x Mentorship” Scheme



此計劃結合「運動」與「義工」元素，讓中大同學透過運動認識社區，學習關心及服務他人；參加者會與不同社區人士結成運動夥伴，一起接受特定運動項目的基本訓練，享受健體樂趣。此計劃既加強同學及其夥伴所代表群體的彼此了解，亦促使同學建立定期運動的良好習慣。

This scheme associates “exercising” with “volunteering” to foster a serving heart of students and strengthen their understanding of the community. Participants of the scheme will be trained with basic skills of a designated sports item and given chances to partner various members of the community in pursuing sports. This will allow students to develop regular exercise habit and build up healthy lifestyle. Above all, mutual understanding between students and the circle of their counterparts will be facilitated.

運動項目 Sports Item	運動夥伴 Sports Partner	合作單位 Collaborating Unit	訓練節數 No. of Training Sessions	參加者人數 No. of Participants	
				中大學生 CUHK Student	運動夥伴 Sports Partner
2019-20					
跑步 Running	智障人士 People with Intellectual Disabilities	東華三院李恩李銻麟父子樂活熙庭 TWGHs Lee Yen & Lee Yuk Lun, BBS, JP, Father & Son Lohas Villa	上學期 1 st Term 9	上學期 1 st Term 10	上學期 1 st Term 9
			下學期 2 nd Term 因 2019 新冠疫情而取消 Cancelled due to COVID-19 pandemic		

運動項目 Sports Item	運動夥伴 Sports Partner	合作單位 Collaborating Unit	訓練節數 No. of Training Sessions	參加者人數 No. of Participants	
				中大學生 CUHK Student	運動夥伴 Sports Partner
2019-20					
定向 Orienteering	少數族裔青少年 Ethnic Minority Youth	香港聖公會麥理浩夫人中心 —— 賽馬會「TREE」少數族裔青少年發展中心 HKSKH Lady MacLehose Centre - Jockey Club TREE Youth Development Centre for Ethnic Minorities	上學期 1 st Term 2 (另有兩節因社會事件而取消 Another 2 sessions were cancelled due to social incident)	上學期 1 st Term 12	上學期 1 st Term 18
			下學期 2 nd Term 因2019新冠疫情而取消 Cancelled due to COVID-19 pandemic		
躲避盤 Dodgebee	聽障人士 People with Hearing Impairment	香港聾人福利促進會 The Hong Kong Society for the Deaf	上學期 1 st Term 2 (另有兩節因社會事件而取消 Another 2 sessions were cancelled due to social incident)	上學期 1 st Term 12	上學期 1 st Term 18
			下學期 2 nd Term 因2019新冠疫情而取消 Cancelled due to COVID-19 pandemic		



運動項目 Sports Item	運動夥伴 Sports Partner	合作單位 Collaborating Unit	訓練節數 No. of Training Sessions	參加者人數 No. of Participants	
				中大學生 CUHK Student	運動夥伴 Sports Partner
2019-20					
大笑瑜伽體驗活動 Laughter Yoga Experiential Activity	-	-	上學期 1 st Term 1	上學期 1 st Term 16	上學期 1 st Term -
地壺球體驗活動 Floor Curling Experiential Activity	長者 Elderly	仁愛堂香港台山商會長者鄰舍中心 Yan Oi Tong Hong Kong Toi Shan Association Neighbourhood Elderly Centre	上學期 1 st Term 2	上學期 1 st Term 11	上學期 1 st Term 10
			下學期 2 nd Term 因2019 新冠疫情而取消 Cancelled due to COVID-19 pandemic		
2020-21					
靜態及動態伸展運動 Practice of Static and Dynamic Stretching Exercises	智障人士 People with Intellectual Disabilities	東華三院李恩李鏊麟父子樂活熙庭 TWGHs Lee Yen & Lee Yuk Lun, BBS, JP, Father & Son Lohas Villa	上學期 1 st Term 3 (以視像方式舉行 Online mode)	上學期 1 st Term 7	上學期 1 st Term 8
			下學期 2 nd Term 6 (以視像方式舉行 Online mode)	下學期 1 st Term 9	下學期 1 st Term 8

運動項目 Sports Item	運動夥伴 Sports Partner	合作單位 Collaborating Unit	訓練節數 No. of Training Sessions	參加者人數 No. of Participants	
				中大學生 CUHK Student	運動夥伴 Sports Partner
2020-21					
運動友誼賽 Friendly Sports Competitions	智障人士 People with Intellectual Disabilities	東華三院李恩李銻麟父子樂活熙庭 TWGHs Lee Yen & Lee Yuk Lun, BBS, JP, Father & Son Lohas Villa	上學期 1 st Term 1	上學期 1 st Term 8	上學期 1 st Term 8
由中大學生帶領團隊及解難活動 Team Building and Problem Solving Activity led by CUHK Students			下學期 2 nd Term 1	下學期 2 nd Term 7	下學期 2 nd Term 8
定向 Orienteering Competitions	少數族裔青少年 Ethnic Minority Youth	香港聖公會麥理浩夫人中心 —— 賽馬會「TREE」少數族裔青少年發展中心 HKSKH Lady MacLehose Centre - Jockey Club TREE Youth Development Centre for Ethnic Minorities	上學期 1 st Term 因2019 新冠疫情而取消 Cancelled due to COVID-19 pandemic		
			下學期 2 nd Term 4	下學期 2 nd Term 8	下學期 2 nd Term 8
地壺球 Floor Curling	長者 Elderly	仁愛堂香港台山商會長者鄰舍中心 Yan Oi Tong Hong Kong Toi Shan Association Neighbourhood Elderly Centre	上學期 1 st Term 因2019 新冠疫情而取消 Cancelled due to COVID-19 pandemic		
			下學期 2 nd Term 4	下學期 2 nd Term 8	下學期 2 nd Term 8



運動項目 Sports Item	運動夥伴 Sports Partner	合作單位 Collaborating Unit	訓練節數 No. of Training Sessions	參加者人數 No. of Participants	
				中大學生 CUHK Student	運動夥伴 Sports Partner
2021-22					
芬蘭木棋 Mölkky	智障人士 People with Intellectual Disabilities	東華三院李恩李鋈麟父子樂活熙庭 TWGHs Lee Yen & Lee Yuk Lun, BBS, JP, Father & Son Lohas Villa	上學期 1 st Term 5	上學期 1 st Term 7	上學期 1 st Term 8
軟式飛鏢體驗活動 Soft Darts Experiential Activity			下學期 2 nd Term 1	下學期 2 nd Term 8	下學期 2 nd Term 8
地壺球體驗活動 Floor Curling Experiential Activity			下學期 2 nd Term 1	下學期 2 nd Term 8	下學期 2 nd Term 8
健球 Kin-Ball	少數族裔青少年 Ethnic Minority Youth	香港聖公會麥理浩夫人中心——賽馬會「TREE」少數族裔青少年發展中心 HKSKH Lady MacLehose Centre - Jockey Club TREE Youth Development Centre for Ethnic Minorities	上學期 1 st Term 4	上學期 1 st Term 8	上學期 1 st Term 8
			下學期 2 nd Term 因2019 新冠疫情而取消 Cancelled due to COVID-19 pandemic		

運動項目 Sports Item	運動夥伴 Sports Partner	合作單位 Collaborating Unit	訓練節數 No. of Training Sessions	參加者人數 No. of Participants	
				中大學生 CUHK Student	運動夥伴 Sports Partner
2021-22					
躲避盤 Dodgebee	聽障人士 People with Hearing Impairment	香港聾人福利促進會 The Hong Kong Society for the Deaf	上學期 1 st Term 4	上學期 1 st Term 7	上學期 1 st Term 8
			下學期 2 nd Term 3	下學期 2 nd Term 8	下學期 2 nd Term 8
地壺球 Floor Curling	長者 Elderly	仁愛堂香港台山商會長者鄰舍中心 Yan Oi Tong Hong Kong Toi Shan Association Neighbourhood Elderly Centre	上學期 1 st Term 4	上學期 1 st Term 7	上學期 1 st Term 8
			下學期 2 nd Term 因2019 新冠疫情而取消 Cancelled due to COVID-19 pandemic		



非牟利團體實習計劃 (香港) NGO Internship Programme (Hong Kong)



此計劃讓中大同學以實習生身份參與本地非政府組織的工作，藉此體會其理念和手法，以及了解社會發展脈絡。參加者可親身體會社區工作中人與人之間的連結與互動，從而引發對個人和社會議題的反思。

This programme offers local internship opportunities to CUHK students to facilitate their understanding of the values and practices of the attached NGOs and the context of social development. Participants are furthered to gain first-hand experience of interacting with different people of the local community so as to stimulate ideas in positive social changes.

	實習期 Internship Period	實習機構 Internship Partner Agencies	人數 No. of Intern Students	職位 Position
2020-21				
學期中段 Term-time Section	2021年2月16日至 4月30日 16 February 2021 - 30 April 2021	珍古德協會 (香港) The Jane Goodall Institute (Hong Kong)	3	實習學生 Student Interns
	2021年6月7日至 7月16日 7 June - 16 July 2021	東華三院 iBakery iBakery, Tung Wah Group of Hospitals	1	行政助理 (實習學生) Administrative Assistant (Student Intern)
暑期部份 Summer Section		低碳想創坊 CarbonCare InnoLab	2	活動助理 Programme Assistant
	2021年6月7日至 7月30日 7 June - 30 July 2021	自然教育有限公司 Gaia Education Limited	1	社交媒體助理編輯 Assistant Social Media Creative Editor
			2	助理活動統籌 Assistant Activity Facilitator



實習期 Internship Period	實習機構 Internship Partner Agencies	人數 No. of Intern Students	職位 Position
2021-22			
學期中段 Term-time Section	東華三院 iBakery iBakery, Tung Wah Group of Hospitals	1	行政助理 (實習學生) Administrative Assistant (Student Intern)
	自然教育有限公司 Gaia Education Limited	1	社交媒體助理編輯 Assistant Social Media Creative Editor
		1	助理活動統籌 Assistant Activity Facilitator
暑期部份 Summer Section	自然教育有限公司 Gaia Education Limited	1	社交媒體助理編輯 Assistant Social Media Creative Editor
		1	助理活動統籌 Assistant Activity Facilitator
	香港世界宣明會 World Vision Hong Kong	1	世界公民實習生 (公共教育) Global Citizen Intern (Education)
		1	世界公民實習生 (傳訊) Global Citizen Intern (Communications)
	香港融樂會 Hong Kong Unison	2	項目助理 Project Assistant



社會服務計劃

Social Service Projects Scheme



博群社會服務計劃鼓勵中大同學自發組織於本地、內地及海外開展的可持續社會服務，貢獻社會之餘促進個人成長。本計劃除向上述項目提供財政資助外，亦為籌劃者安排培訓，以及個別輔導他們構思和落實服務內容。

2019-22 期間博群社會服務計劃撥款逾港元 1,252,000 資助 35 個服務計劃（本地：22；內地或海外：13），單一項目資助額由港元 800 至港元 209,000 不等。這些項目服務不同弱勢群體，包括來自低收入家庭的兒童、長者、少數族裔等等。唯大部分非本地項目受新冠疫情影响而取消或延期。

The Social Service Projects Scheme encourages CUHK students to design and implement sustainable social services in Hong Kong, the Mainland and overseas countries so as to enhance people's wellbeing and personal growth. In addition to financial subsidies, the scheme offers training opportunities and individual guidance to the project teams.

In 2019-22, the Social Service Projects Scheme set aside over HK\$1.25 million to 35 service projects (local: 22; mainland or overseas: 13), each of which received funding ranging from HK\$800 to HK\$209,000. All these projects benefited various vulnerable groups including children from low income families, elderly and ethnic minorities. Most of the non-local projects were cancelled or postponed due to the COVID-19 pandemic.

資助項目名單

List of Subsidised Projects

2019-20	2019-20	2020-21
本地 Local	內地 Mainland	本地 Local
自給自築 Building Ourselves	2020 醫心四川醫護教育及服務團 2020 Medical Outreachers Sichuan Medical Education and Service Trip	通過提升早期發現和根除知識使低收入社區能自我管理床蝨患 Empowering Low-income Communities to Self-manage Bedbug Infestations by Early Detection and Eradication
友庇無患 Love Care Boundaryless		童心越里 Skin of Love
Rare 假期 RareHoliday – Local Tours for Rare Disease Patients and Families	海外 Oversea	Rare 假期 RareHoliday
中醫社區身心健康計劃 Community Physical and Mental Health Scheme	2020 年尼泊爾社區衛生計劃 (巴爾他 計劃) Nepal Community Health Project 2020 (Project Bharta)	做個有情人 Friends on Board
斜槓青年 Slasher	拓荒·高棉 柬埔寨義工服務團2020 Pathfinder Cambodia Volunteer Service 2020	同行者 Healing Companion
	「童」學屏臺 Service Trip to Pingtung, Taiwan	融我港你知 Shall We Talk
		一步一腳印 EMap
		「Kong-nection」南亞裔兒童服務計劃 “Kong-nection” South Asia Children Service Project



2020-21

內地
Mainland

2020-2021 扶葭深圳項目
2020-2021 Fujia Shenzhen
Program

2020-2021 扶葭雲南項目
2020-2021 Fujia Yunnan Program

2021 扶葭泉州 Spring 項目
2021 Fujia Quanzhou Spring
Project

2021 醫心四川麻瘋病人義工服務團
2021 Medical Outreachers Leprosy
Sichuan Service Trip

2021 醫心四川醫護教育及服務團
2021 Medical Outreachers Sichuan
Education and Service Trip

2021-22

本地
Local

「罕」真人圖書館 - 生命故事計劃
Rare Human Library - Life Story
Programme

罕見病導賞及講座
Rare Disease Exhibition and Talk

童心大使計劃
Young at Heart Ambassador
Scheme

遙距中醫健康教育及服務計劃
Online Community Physical and
Mental Health Scheme

同 SEN 同行
SEN With You

博識計畫
UniSophy

心心相印
Connecting Our Hearts

念念不忘
Grief Me Light

2021-22

內地
Mainland

2022 扶葭湛江項目組暑期義教活動
2022 Fujia Zhanjiang Voluntary
Teaching Project

2022 扶葭泉州 Spring 項目
2022 Fujia Quanzhou Spring
Project

2022 扶葭深圳項目
2022 Fujia Shenzhen Project

2022 扶葭雲南 Flame 項目
2022 Fujia Yunnan Flame Project



培訓活動概覽 Summary of Training Activities



日期 Date	活動 Activity	參加人數 No. of participants
2019年10月15日 15 October 2019	<p>「青年的力量——為社會注入可持續影響」分享會 Sharing Session on “The Power of Youth - Bringing Sustainable Impact to the Society”</p> <p>講者 Speaker:</p> <ul style="list-style-type: none"> 黃耀瑜女士——「香港中華基督教青年會」執行幹事（青年領袖、國際及內地事工服務） Ms. Carman Wong - Executive Secretary (Youth Leadership, International & Mainland Affairs Service) of Chinese YMCA of Hong Kong 	7
2019年10月21日 21 October 2019	<p>實務工作坊暨分享會 Workshop of Practice cum Sharing Session</p>	9
2020年1月15日 15 January 2020	<p>「跨越界限——認識長者需要」分享會 Sharing Session on “Beyond Age Barriers - Understanding the Elders’ Needs”</p> <p>講者 Speaker:</p> <ul style="list-style-type: none"> 李衛棠先生——香港中文大學賽馬會老年學研究所 經理 Mr. Richard Lee - Functional Manager of The CUHK Jockey Club Institute of Ageing 陳浩民先生——歷耆者 創辦人 Mr. Herman Chan - Founder of Eldpathy 	22
2020年1月20日 20 January 2020	<p>實務工作坊暨分享會 Workshop of Practice cum Sharing Session</p>	8

日期 Date	活動 Activity	參加人數 No. of participants
2020年10月16日 16 October 2020	實務工作坊暨分享會 Workshop of Practice cum Sharing Session	14
2020年10月30日 30 October 2020	<p>「海外服務學習的苦與樂」分享會 Sharing Session on “From Giving to Gaining - A Reflection on Overseas Service Learning”</p> <p>嘉賓主持 Guest Facilitator: 洪磯正醫生——香港中文大學意外及急救醫學教研部助理教授) Dr. Hung Kei Ching, Kevin - Assistant Professor in Accident and Emergency Medicine Academic Unit of The Chinese University of Hong Kong)</p> <p>分享團隊 Sharing Teams: <ul style="list-style-type: none"> • 雲上太陽 CC The Suns • 醫心四川 Medical Outreachers • 納姆塔計劃 Project Namtar </p> <p>(獲本計劃資助的學生義工團隊 Student volunteer teams which were funded by this scheme to carry out service learning projects)</p>	25
2021年1月22日 22 January 2021	實務工作坊暨分享會 Workshop of Practice cum Sharing Session	16
2021年1月29日 29 January 2021	<p>「『童』樂同行——認識兒童服務」分享會 Sharing Session on “A Journey to Joy - Understanding Children Services”</p> <p>講者 Speaker: <ul style="list-style-type: none"> • 馬麗莊教授——香港中文大學社會工作學系教授 Prof. Ma Lai-chong, Joyce - Professor, Department of Social Work of The Chinese University of Hong Kong • 周寶頤女士——智樂兒童遊樂協會服務總監 (遊戲及遊戲工作) Ms. Chau Po-yi, Aby - Service Director (Play and Playwork), Playright Children’s Play Association </p>	61

日期 Date	活動 Activity	參加人數 No. of participants
2021年3月31日 31 March 2021	實務工作坊暨分享會 Workshop of Practice cum Sharing Session	6
2021年4月9日 9 April 2021	「以社會創新扶助弱勢社群」分享會 Sharing Session on “Empowering Vulnerable Communities through Social Innovation” 講者 Speaker: <ul style="list-style-type: none"> 陳文軒先生——「勵·緬」及「CravingGood 好·物」共同創辦人及董事 Mr. Tony Chan - Co-founder and Director of LxM and Craving Good 	18
2021年10月20日 20 October 2021	實務工作坊暨分享會 Workshop of Practice cum Sharing Session	2
2021年10月28日 28 October 2021	「和而不同——推動文化共融的啟示」分享會 Sharing Session on “Harmony in Diversity - Insights Obtained from Promoting Cultural Inclusion” 講者 Speaker: <ul style="list-style-type: none"> Innocent MUTANGA 先生——香港非洲中心創辦人 Mr. Innocent MUTANGA - Founder of Africa Center Hong Kong 鄭鈺熹先生——香港融樂會傳訊主任 Mr. Pete CHENG - Communication Officer of Hong Kong Unison) 	13
2022年3月15日 15 March 2022	實務工作坊暨分享會 Workshop of Practice cum Sharing Session	31



博群大講堂 University Lecture on Civility



博群影院 I-CARE Theatre

本中心舉辦之「博群影院」是博群大講堂的項目之一，獲藝術行政主任辦公室支持，自2017-18學年推出以來，一直廣受歡迎。此項目於教學日的每月放映一齣來自本地或世界各地的精選電影。於2019-2022年期間雖然有部分場次需要取消或延期，「博群影院」仍順利於邵逸夫堂舉行了五場放映會，每場放映均設映後座談，由中大的老師或電影製作團隊與觀眾分享，共吸引逾2,000位中大員生及校友參加。

Organised by this Centre and supported by The Office of the Arts Administrator, the I-CARE Theatre under University Lecture on Civility has been well received since its launch in 2017-18. Selected local or overseas films are screened monthly during each academic term. Although some screenings have been cancelled or postponed, five screenings of I-CARE Theatre were still managed to hold successfully. Teachers from CUHK and members from film production teams were invited to share in post-screening discussion. The event attracted participation of over 2,000 CUHK students, staff and alumni.



日期 Date	電影放映 Film Screening	映後座談 Post-screening Discussion
2019年9月11日 11 September 2019	《比海還深》 <i>After the Storm</i>	主持：周保松教授 Host: Prof. Chow Po-chung
2020年1月14日 14 January 2020	《雲圖》 <i>Cloud Atlas</i>	主持：區家麟博士 Host: Dr. Allan Au
2021年9月16日 16 September 2021	《濁水漂流》 <i>Drifting</i>	嘉賓：文佩卿、潘燦森、柯煒林 Guests: Ms. Mani Man, Mr. Albert Poon, Mr. Will Or 主持：潘達培教授 Host: Dr. Eric Poon
2021年10月20日 20 October 2021	《惡與他們的距離》 <i>There is No Evil</i>	嘉賓：王劍凡博士 Guest: Dr. Wong Kim-fan 主持：區家麟博士 Host: Dr. Allan Au
2021年11月24日 24 November 2021	《積存時間的生活》 <i>Life is Fruity</i>	主持：周保松教授 Host: Prof. Chow Po-chung



思托邦 I-CARE Salon

大學生涯讓我們接觸到五湖四海的人，與硬件資源對比，思想碰撞和交流更是珍貴。博群大講堂之「思托邦」乃思想沙龍，以一系列講座鼓勵參加者探討哲學、歷史和精神健康等議題，並由學術地位崇高的嘉賓帶領大家作出反思。於2019-2022年期間，此項目共舉行5場，吸引共1,200名中大員生、校友及公眾人士參加。

University life enables us to meet people from different backgrounds. Compared with hardware resources, collision and exchange of ideas is more precious. I-CARE Salon is an iconic programme under the University Lecture on Civility which promotes reflective thinking on different topics, including but not limited to philosophy, history and mental health. Through organising a series of seminars, participants will be led by our honoured guests to share insights. In 2019-2022, 5 sessions were conducted under this programme, which attracted 1,200 CUHK students, staff, alumni and public.



日期 Date	題目 Topic	講者 / 主持 Speaker / Host
2019年10月16日 16 October 2019	第十八講：天下無道——我對當前局勢的政治哲學反思 18 th Session - My Rethink about the Current Situation from a Perspective of Political Philosophy	講者：陳祖為教授 Speaker: Prof. Joseph Chan 主持：周保松教授 Host: Prof. Chow Po-chung
2020年1月10日 10 January 2020	第十九講：如何面對一場精神創傷疫潮 19 th Session - Confronting a Mental Health Epidemic	講者：區結成醫生 Speaker: Dr. Derrick Au 主持：區家麟博士 Host: Dr. Allan Au
2021年9月24日 24 September 2021	第二十講：出走的家園——讀余英時先生 20 th Session - Homeland in Exile: Reading Professor Yu Ying-shih	講者：何曉清教授 Speaker: Prof. Rowena He 主持：周保松教授 Host: Prof. Chow Po-chung
2021年10月27日 27 October 2021	第二十一講：尊理性——牟宗三「生命的學問」 21 st Session - Respect for Reason - Mou Zongsan's "Learning for Life"	講者：鄭宗義教授 Speaker: Prof. Cheng Chung-yi 主持：周保松教授 Host: Prof. Chow Po-chung
2021年11月23日 23 November 2021	第二十二講：「我是開山的人」——中國近代哲學史上的胡適 22 nd Session - The Pioneer of Contemporary Chinese Philosophy - Hu Shih	講者：劉保禧博士 Speaker: Dr. Lau Po-hei 主持：周保松教授 Host: Prof. Chow Po-chung



流動博群 Mobile I-CARE



「流動博群」是博群大講堂於新冠病毒疫情期間推出的嶄新項目，期望透過非實體或不限於校園的活動，讓中大成員在反覆不定的疫情環境下仍能互動交流，為同學補充未有大型實體活動的不足。

The University Lecture on Civility has proposed a new initiative Mobile I-CARE for substituting the on-site mass programmes which could not be organised amid the COVID-19 pandemic. It aims to connect CUHK members through the activities not necessary to take place physically or on the campus amid the volatile pandemic during which crowd gathering is restricted.

博群心事台 (2020年9月29日至10月23日) I-CARE Secret Talk (29 September to 23 October 2020)

此項目於2020年9月至10月舉行，由不同嘉賓以Zoom視像方式與中大員生詳談疫戰職場、家中困鬥、心事戀事及未圓之旅等共7場活動，吸引約300名參加者。

This programme, organised in September and October 2020, contained 7 online sessions hosted by different guests via Zoom. The topics included, inter alia, job hunting in the pestilence, household conflicts, love relationship and restricted travelling attracted a total audience of approximately 300.



日期 Date	題目 Topic	講者 / 主持 Speaker / Host
2020年9月29日 29 September 2020	無Hall住，家中困獸鬥，點算好？ How to Deal with Household Conflicts?	講者：曹文傑博士 Speaker: Dr. Cho Man-kit, Joseph
2020年10月9日 9 October 2020	愛在瘟疫蔓延時 Love in the Time of Pandemic	講者：劉保禧博士 Speaker: Dr. Lau Po-hei 主持：朱順慈教授 Host: Prof. Donna Chu
2020年10月12日 12 October 2020	疫市搵工 Enhancing Your Competitiveness during COVID-19	講者：趙敏、周擘華、趙志芹 Speaker: Diane Chiu, Eva Chow and Angela Chiu 主持：陳燕遐博士 Host: Dr. Vivian Chan
2020年10月14日 14 October 2020	瘟疫與消失了的旅行 Travel and COVID-19	講者：王劍凡博士 Speaker: Dr. Wong Kim-fan 主持：區家麟博士 Host: Dr. Allan Au
2020年10月16日 (共兩節) 16 October 2020 (2 sessions)	我好想返學 Missing our Campus Life	講者：鄭威鵬博士 Speaker: Dr. Damian Cheng
2020年10月23日 23 October 2020	我們的長者家人 Our Elderly Family Members	講者：區結成醫生 Speaker: Dr. Derrick Au

小組聚 (2021年10月2日至12月3日)

Small-group Reunion (2 October to 3 December 2021)

此項目於2021年10月至12月期間，共安排了28場活動，由現任或已離任/榮休之中大老師帶領同學到處認識不同事物，除體會香港被忽略的一面外，亦在變幻的年代細味生活。

此項目共獲逾1,300人次的同學報名，反應熱烈。由於當時仍須嚴守各項社交距離措施，因此每場活動的名額相當有限，報名者須經甄選方可參加，共計約有逾370名同學參與。「小組聚」雖未能招待所有同學，但在疫情期間連面授課堂也未必可以舉行的情況下，此項目實為增進師生情誼的一道很有價值橋樑。

This programme, organised from October to December 2021, comprised 28 sessions of diverse activities which were hosted by incumbent or outgoing/retired CUHK teachers. Not only could the participants discover the hidden gems of Hong Kong, but they were also enabled to have a taste of different lifestyles in the changing world.

It was a great draw with over 1,300 man-session of registrations. In view of the stringent social distancing measures in that period of time, the quota of each session was very limited, applicants had to, therefore, go through a selection process before they were admitted. Over 370 students participated in various sessions. Although the “Small-group Reunion” could not cater for all students, it is a valuable vehicle to bridge the feeling of unfamiliarity between teachers and students particularly amid the situation that even prohibits whole-school face-to-face classes.



日期 Date	主持 Host(s)	活動 Activity
2021年10月2日 2 October 2021	盧厚敏博士 Dr. Lo Hau-man	與盧厚敏遊大館及《痴線一分鐘》 Visit to Tai Kwun and Minute Moonshine with Lo Hau-man
2021年10月3日 3 October 2021	周保松教授 Prof. Chow Po-chung	中大歷史文化導賞團 Tour of CUHK History and Culture
2021年10月6日 6 October 2021	畢培曦教授 Prof. Paul But	崇基70年的人和樹 Stories of Trees and People in the 70-year-old Chung Chi College
2021年10月8日 (共兩節) 8 October 2021 (2 sessions)	左治強先生 Mr. George Jor	校園雀鳥導賞團 Campus Bird Watching Tour
2021年10月16日 (共兩節) 16 October 2021 (2 sessions)	鍾一諾教授 Prof. Roger Chung	尋覓唱片之旅 Record Hunting
2021年10月16日 16 October 2021	梁啟智博士 Dr. Leung Kai Chi	在香港旅行——公共屋邨精華遊 Travel in Hong Kong - A Trip to Public Estates
2021年10月18日 18 October 2021	黃鈺瑩博士、李薇婷博士 Dr. Sonia Wong, Dr. Li Mei-ting	大學女生的情色冒險 Sexuality Adventure of University Girls
2021年10月19日 19 October 2021	鍾小梅小姐 Miss Ribble Chung	靜觀體驗班 Mindfulness Workshop
2021年10月20日 20 October 2021	馮應謙教授 Prof. Anthony Fung	甜品班 Dessert Making Class
2021年10月23日 23 October 2021	黃洪教授 Prof. Wong Hung	無家者社區深度行 Homeless Community Walk



日期 Date	主持 Host(s)	活動 Activity
2021年10月26日 26 October 2021	王永雄博士 Dr. Wong Wing-hung	管窺天象·紙上談星 Star-gazing Night
2021年10月27日及11月17日 (共兩節) 27 October & 17 November 2021 (2 sessions)	李駿康博士 Dr. Li Chun Hong	手沖咖啡入門 Introduction to Hand-drip Coffee Brewing
2021年10月28日 28 October 2021	潘達培教授 Prof. Eric Poon	紀錄片的可能性——《太陽之下》 Possibility of Documentary - <i>Under the Sun</i>
2021年10月29日 29 October 2021	梁耀堅教授 Prof. Freedom Leung	以茶靜觀 Tea Meditation
2021年11月2日 2 November 2021	胡嘉明教授、陳燕遐博士 Prof. Wu Ka-ming, Dr. Vivian Chan	和你睇：《深海陰謀》 Movie Together: <i>Seaspiracy</i>
2021年11月3日 3 November 2021	伍桂麟先生 Mr. Pasu Ng	「一切從簡」——認識綠色殯葬 Keep it Simple, Let it Go - <i>Introduction to Green Burial</i>
2021年11月6日 6 November 2021	鍾宏亮教授 Prof. Thomas Chung	鄉郊保育初探——梅子林一日遊 Conserving the Countryside: Visit to Mui Tsz Lam

日期 Date	主持 Host(s)	活動 Activity
2021年11月7及14日 (共兩節) 7 & 14 November 2021 (2 sessions)	劉海龍先生 Mr. Johnny Lau	城鄉共生農樂初體驗 Farming Experience for Urban-rural Symbiosis
2021年11月12日 12 November 2021	湯兆昇博士 Dr. Tong Shiu-sing	明辨是非實驗室 Fun Facts about Science - Laboratory Experiments
2021年11月13日 13 November 2021	區家麟博士 Dr. Allan Au	最後秘境郊遊遊 A Trip to a Mystery Spot before it Vanishes
2021年11月14日 14 November 2021	張展鴻教授 Prof. Sidney Cheung	濕地秋遊——世外桃源南生圍 Autumn Walk in the Wetland - Nam Sang Wai, the Haven of Peace
2021年11月18日 18 November 2021	潘達培教授 Prof. Eric Poon	紀錄片的可能性——《崇山夢魘》 Possibility of Documentary - <i>The Cordillera of Dreams</i>
2021年11月19日 19 November 2021	黃宇軒博士 Dr. Sampson Wong	懷疑人生，不如今次去博物館 Doubting about Your Life? Let's Go to Museums.....
2021年12月3日 3 December 2021	郭柏年博士 Dr. Samson Kwok	我們的語言就是威士忌 Whisky, Our Lingua Franca



社區研究計劃

Community Research Scheme

社區研究計劃讓不同學科的中大同學以團隊合作形式，在專責導師帶領下，深入社區研究各項公共議題。參加者會進行資料搜集、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。2019-22 期間，社區研究計劃共推動了兩個研究課題，臚列如下：

The Community Research Scheme allows CUHK students from different disciplines to work together on rigorous studies of various public issues under the guidance of professional tutors. The participants are required to collect and analyse data, carry out research and present findings that become blueprints for community and social reforms. In 2019-22, two topics were chosen for study under the Community Research Scheme; they are set out below:

基層住屋研究 Grassroot Housing

此研究計劃於2019-20推出，先後進行多次家訪認識劏房及板間房住戶的居住環境，並以「住屋」為軸，為其中四位不同背景之住戶撰寫口述歷史故事。為讓公眾切身體會基層住戶的困境，團隊進一步籌建「住住先」網上展覽，除刊登口述歷史故事及簡介相關「關鍵詞」外，還加入兩個互動項目，分別為（一）劏房住戶的「模擬人生」影片及（二）收錄一眾住戶心聲的劏房虛擬實境導覽。「住住先」網上展覽 (www.icarehousing.com) 於2021年10月正式推出；團隊更同步開設Instagram帳戶 (www.instagram.com/icarehousing)，宣傳上述網上展覽。



This is a research project of 2019-20. The team had conducted numerous home visits to understand the general living condition of the subdivided apartment's residents, and composed four pieces of housing-oriented oral history of the grassroots residents of different backgrounds. To introduce the condition of the grassroots residents to the public, the team has constructed an online exhibition titled "Hopefully Only for Now". Other than publicising the aforementioned oral history and throwing light on some "keywords" of the issue, the exhibition presents two interactive items: (1) a video simulating the life of a subdivided-apartment's resident, and (2) a virtual reality tour to a subdivided apartment which exhibits the lives of the grassroots residents with their voice recorded. The exhibition was officially launched in October 2021. Details can be found at <https://www.icarehousing.com/>. An Instagram account (www.instagram.com/icarehousing) was also simultaneously set up by the team to promote the exhibition.



「住住先」網上展覽
Online Exhibition "Hopefully Only for Now"



Instagram帳戶
Instagram Account

基層住屋與社區

Grassroots Housing and Community

此研究計劃於2020-21進行，以「尋找立體視角，重新感知現實」為題，並分兩階段進行，引領同學全面地理解邊緣社群、反省自我的思想限制，從而探索社會流動的可能性。第一階段為「線上培訓」，此階段的活動由學者、社會工作者、社區藝術家和本計劃的往屆參加者，一同講解以發掘社區需要、制定回應策略和推動改變方法為課題；第二階段則為「實地研究」，參加者由專責導師指導，走進石籬中轉屋區，開展問卷調查、實地考察、深入訪談等研究工作，從基層居民的角度認識社區需要和資源，探討創新的社區介入方式，共同思考社會長遠應如何為無家者提供適切的保障。成員於2021年10月21日舉行新聞發佈會，藉「石籬中轉房屋清拆安置方案及中轉房屋政策研究報告」（參看<https://bit.ly/3Fv3vaH>）期望政府安排石籬中轉屋居民入住原區公屋，並建議政府善用各區閒置公屋單位及土地，在各區設置中轉屋；為面臨緊急事故之基層人士改善入住中轉屋的流程；以及將具申請公屋資格的家暴受害者列為服務對象。

This is a research project of 2020-21. Themed “Search for Well-rounded Perspective; Renew One’s Perception”, it was carried out at two stages to enhancing participants’ knowledge of the marginalised groups, overcome their limitation of thoughts and explore the possibility of social mobility.. The “Online Training” of Stage 1 engaged scholars, social workers, community-oriented artists, and previous participants of this scheme in talking about the ways of creating changes through investigating community needs and formulating responses. In the “On-site Research” of Stage 2, participants were engaged in a survey by questionnaire, on-site observation, and in-depth interviews in Shek Lei Interim Housing community under the guidance of qualified teachers. They studied the needs and resources of the community from the perspective of underprivileged residents and explored appropriate support that the society should offer to the homeless in the long run. A press conference was held on 21 October 2021 to announce the research findings of this project. The report (vide <https://bit.ly/3Fv3vaH> - available in Chinese only) suggested that the government should arrange in situ public housing for the residents of Shek Lei Interim Housing. The government was advised to make good use of idle public housing units and land in each district to build interim housing, to improve the interim housing occupancy process for grassroots people facing emergencies, and to list eligible public housing applicants at risk of domestic violence as service targets.



研究報告
Research Report

社會企業起動計劃

Social Enterprise Startup Scheme

社會企業起動計劃

Social Enterprise Startup Scheme

在社會企業起動計劃下，中大同學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。參加者更有機會從「中大社企基金」獲得每隊最高港幣十萬元的種子資金，以成立社會企業，幫助解決社會問題。

The scheme not only funds CUHK students and young alumni to transform their creative business ideas into meaningful startup, most valuably to offers mentorship to them by the experts in real business sector. Participants may receive from the “CUSE Fund” a maximum of HK\$100,000 as seed money to set up an enterprise with social mission.

中大社企基金資助項目
Projects Receiving CUSE Fund

名稱 Title	簡介 Synopsis	團隊人數 No. of Team Members	
		中大學生 / 校友 CUHK Student / Alumnus	其他成員 Others
覺藝術中心 Gowld Art Centre	<p>此計劃透過與本地藝術家和主流小學合作，為本地低收入家庭學生提供高質素的課外藝術課程，讓更多基層學生能培養個性，發展創意；同時善用不同空間舉辦社區藝術活動，以支持本地創作，促進青年藝術家與大眾的互動。</p> <p>In collaboration with young local artists and mainstream primary schools, this project promotes individual originality and creativity among local students from low-income families by offering high-quality extra-curriculum art education programme. It also organises art activities in various communal spaces to support their creative works and to bridge the gap between young artists and the general public.</p>	2	0
天水圍唱——相長計劃 (Chinese Name only)	<p>此項目與天水圍區內中小學合作，提供全面的無伴奏合唱音樂訓練，從中培育區內中學生成為無伴奏合唱導師，為小學生提供無伴奏合唱教學，藉此促進青少年及兒童的個人成長。此外，團隊亦會製作原創歌曲，並舉辦社區匯演，增強社區連結。</p> <p>Aiming to facilitate personal growth of children and youth, this project provides extensive professional a cappella classes by grooming secondary school students to become skilled a cappella trainers to primary school students in Tin Shui Wai. The project team also produces original music and conducts community a cappella shows to strengthen the community bonding.</p>	2	0

名稱 Title	簡介 Synopsis	團隊人數 No. of Team Members	
		中大學生 / 校友 CUHK Student / Alumnus	其他成員 Others
Hot Bath (僅有英文名)	<p>此項目旨在研發安全、可負擔而且適合香港家居環境的全方位沐浴椅，供行動不便的長者自主洗澡，方便長者自理個人衛生，延續有尊嚴的生活方式。</p> <p><i>Hot Bath</i> develops an assistive showering chair which is safe, affordable, and compatible with the residential environment of Hong Kong to enable seniors with limited mobility to shower independently. The goal is to promote self-care for elderly and maintain a dignified way of living.</p>	2	2
Internland (僅有英文名)	<p>這是一個本地實習求職平台，旨在協助學生的生涯規劃及發展。團隊通過連繫中小企及合適的年輕人才，促進實習生招聘的過程，分別為雙方提供企業發展及職業發展的機會；同時與不同機構合作，為學生提供各類講座及活動，令他們更掌握行業資訊及職業路向。</p> <p>This is a local internship matching platform, aiming to facilitate student development and career planning. The project team connects small and medium-sized enterprises with suitable university talents, creating more development opportunities for both their business partners and university students. In collaboration with various organizations, it also conducts seminars and events to share career information and industry insights with students.</p>	4	0

名稱 Title	簡介 Synopsis	團隊人數 No. of Team Members	
		中大學生 / 校友 CUHK Student / Alumnus	其他成員 Others
等一等 Just A Moment	<p>此項目致力提供全面的心理諮詢平台，希望去除尋找服務者的心理障礙，鼓勵並幫助情緒或心理受困的人，及時地找到合適的心理治療師。另外，團隊同時通過社交媒體推廣心理健康 (Mental Wellness) 和知識，並與專業的心理治療師合作研發各種心理課程，更好地幫助大眾增進自我認識和自我關懷。</p> <p>This project develops a comprehensive mental counselling platform which endeavours to remove the psychological barriers of help-seekers. The team aims to provide a prompt solution for the people facing different mental difficulties and disturbances to find a suitable and professional therapist. It also strives to promote mental wellness and its knowledge to the public through social media platforms, as well as developing psychoeducation courses with professional therapists in a bid to fostering one's self-awareness and self-compassion.</p>	1	1
Vivablee (僅有英文名)	<p>這是一家提倡靜觀 (Mindfulness) 和自我關懷 (Self-care) 的社會企業，並致力提升大眾對心理健康的關注，希望能夠解決他們面臨的心理健康問題。團隊研發的流動應用程式擁有一系列廣東話冥想錄音，切合大眾在日常生活中會經歷的不同大小情景，適合用家隨時隨地體驗靜觀。</p> <p>This is a social enterprise that promotes mindfulness, self-care, and awareness of mental well-being, aiming at tackling the prevalent mental health issue. By offering Cantonese meditation soundtracks that relate to typical everyday scenarios experienced by the public of Hong Kong, its mobile application allows mindfulness practices to be performed anytime and anywhere.</p>	1	2

名稱 Title	簡介 Synopsis	團隊人數 No. of Team Members	
		中大學生 / 校友 CUHK Student / Alumnus	其他成員 Others
小君子 Gentle Kids	<p>團隊研發了全港首個人工智能品德學習應用程式，為每個小朋友量身定製適合他們的品德任務，並通過大數據分析，令照顧者、家長和老師更明白兒童的成長所需，致力啟發幼稚園至小學生成為品學兼優的社會棟樑。</p> <p>This project team develops the first artificial intelligence (AI) moral educational application for kids and parents, aiming to nurture young future leaders through assigning customized and interactive missions to children of kindergartens and primary schools. Through big data analysis, the team also enables caregivers, parents and teachers to better understand children's developmental needs and provides practical parenting solutions.</p>	1	1
SoIN Connect (僅有英文名)	<p>此計劃透過培訓年輕人為社企拍攝紀錄短片，令香港未來的棟樑了解何謂社創，以及不同社企如何處理各種社會問題，從而激發更多新力軍加入社創行列。另外，團隊將以貼地的方式為社企提供必備的公關/市場營銷組合服務，最終目標是連接社創生態圈的不同持份者，承傳社創以達至可持續發展。</p> <p>This project aims to train young people to produce mini-documentary videos for social enterprises, enabling Hong Kong's future leaders to understand the concept of social innovation and how different social enterprises address various social issues. The team also provides PR / Marketing packages in a most affordable way to connect different stakeholders in the social innovation circle and to promote the sustainable development of social innovation.</p>	1	2

獲嘉許優異證書之項目

Projects Awarded the Certificate of Merit

項目名稱 Project Title	簡介 Synopsis
Be/lief (只有英文名稱)	<p>因應乳癌患者年輕化的趨勢，此項目以這個容易被忽視的群體為對象，計劃為他們提供適切的服務，並引起公眾對乳癌的關注。</p> <p>Given the current trend of breast cancer affecting younger generations, this project aims to address the needs of this neglected group and raise public awareness about breast cancer.</p>
Breastfeed Easy	<p>此項目通過研發手機應用程式，為母親提供母乳餵哺的資訊，讓她們可更容易和舒適地餵哺母乳，從而加強母嬰連結。</p> <p>This project plans to develop a mobile app that provides breastfeeding information to make breastfeeding easier and more enjoyable, thereby strengthening maternal bonds.</p>
Open Heart Workshop (只有英文名稱)	<p>此項目旨在為本地學校提供專業的心理健康服務，包括和諧粉彩工作坊，以及個人或團體心理治療服務。</p> <p>This project aims to provide professional psychological well-being enhancement services to local schools, including stress-relieving Nagomi Pastel Art workshop and individual or group psychological treatment.</p>



培訓活動概覽 summary of Training Activities

日期 Date	題目 Topic	參加人數 No. of Participants
2019年10月29日 29 October 2019	「如何規劃你的企業」講座 Seminar on “How to Plan Your Business”	21
2020年3月12日 12 March 2020	「社企策劃與營運」講座 Workshop on “Social Enterprise Planning and Operation”	15
2020年4月22日 22 April 2020	「策略性市場營銷及價值主張」講座 Seminar on “Strategic Marketing and Value Proposition”	22
2020年5月26日 26 May 2020	「企業財務管理」工作坊 Workshop on “Financial Management of Business”	33
2020年10月22日 22 October 2020	「如何規劃你的企業」講座 Seminar on “How to Plan Your Business”	53
2020年11月24日 24 November 2020	「創新秘技——設計思維」講座 Seminar on “Innovation Process - Design Thinking”	28
2021年1月13日 13 January 2021	「中大社企基金」頒獎典禮暨分享會 Award Presentation Ceremony cum Sharing	36

日期 Date	題目 Topic	參加人數 No. of Participants
2021年3月1日 1 March 2021	「策略性市場營銷及價值主張」講座 Seminar on “Strategic Marketing and Value Proposition”	23
2021年3月24日 24 March 2021	「青年社會企業家的創新歷程」分享會 Sharing Session on “An Innovative Journey of a Young Social Entrepreneur”	50
2021年5月12日 12 May 2021	「企業策劃及財務管理」講座 Seminar on “Financial Management of Business”	21
2021年9月23日 23 September 2021	「中大社企基金」頒獎典禮暨簡介會 Award Presentation Ceremony cum Briefing	12
2021年10月6日 6 October 2021	「社企創業家不可不知的五件事」講座 Seminar on “Five Things a Social Entrepreneur Must Not Overlook”	21
2021年11月18日 18 November 2021	「青年社會企業家的創新歷程」分享會 Sharing Session on “An Innovative Journey of a Young Social Entrepreneur”	11
2022年2月8日 8 February 2022	「創業不是夢」講座 Seminar on “From Idea to Reality”	42
2022年3月9日 9 March 2022	「社企創業家的設計思維」工作坊 Workshop on “Design Thinking for Social Entrepreneurs”	41
2022年5月5日 5 May 2022	「企業策劃及財務管理」講座 Seminar on “Business Planning and Financial Management”	28



博群踐行者計劃 I-CARE Achievers Programme

博群踐行者計劃旨在通過精選活動推廣 24 項品格強項，從而提升同學的自我認識及良好質素，以促進社群及世界的正面發展。本計劃尤希望培育參加者成為服務社區、尊重他人、愛護環境、堅持不懈應對逆境、熱心服務人群，以及擁有國際視野以應對問題的公民。

The I-CARE Achievers Programme promotes 24 types character strength through well-designed activities. It aims to enhance the self-awareness and positive value of students, so as to promote healthy development of the community and the world. The Programme specifically hopes to help participants respect others, treasure humanity's shared environment, be perseverant to cope with adversity, embrace passion to serve the needy, and possess a global outlook to address the world's complicated issues.

價值探索系列

Value Exploration Series

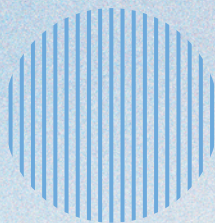


日期 Date	活動名稱 Name of Activity
2019年 9月28日至 2020年 6月30日 28 September 2019 - 30 June 2020	<p>2019 香港品格日——活出愛 博群全人發展中心為響應全球品格教育的推行，代表中大登記成為「2019 香港品格日」之認可參與院校，鼓勵中大部門及學生團體籌辦至少一項與主題「活出愛」有關的活動，期盼鼓勵師生思考「愛」的意義，以及學習如何向他人或自己表達「愛」。</p> <p>Character Day Hong Kong 2019 - “Live out Love” In response to the global efforts in promoting character education, this programme represented CUHK to register in the “Character Day Hong Kong 2019” as a recognised participating institution. CUHK units and student bodies were invited to complete at least one activity in relation to the theme “Live out Love” so as to inspire CUHK members to reflect on the meaning of “love”, and practise how to endow others or oneself with “love”.</p>
2019年 11月2日 2 November 2019	<p>靜觀日 此活動於屯門清山塾舉行，旨在讓參加者將從忙碌的大學生活中停下來，通過冥想、行禪及靜觀素食等，在一呼一吸間回到當下，感受安靜的力量。 是次活動推廣之品格強項為「孕育靈性」、「洞察力」和「自制」。</p> <p>Mindfulness Day The Mindfulness Day took place in Casphalt, Tuen Mun. It aims to allow participants to have a pit stop in practicing meditation and joining the mindful vegetarian meal by which they will learn how to grasp the “here and now” to achieve inner serenity. The character strengths promoted in this event are “Spirituality”, “Perspective” and “Self-regulation”.</p>





日期 Date	活動名稱 Name of Activity
2019年12月 19至21日 19-21 December 2019	<p>重塑營</p> <p>此三日兩夜營會假二澳農作社及香港少林武術文化中心舉行，旨在讓參加者從忙碌的大學生活中走進田野，在大自然裡重新認識自己及體驗生活的點滴。</p> <p>營會涵蓋多項活動，包括日間的虎山行、生態導賞、農耕體驗、少林早操和禪修。至於晚上，首天活動為「性格強項研習會」，翌日則舉行「嘉賓深度對談」。前者首先播放電影《守護有心人》，然後由品格教育協會導師引領參加者討論不同人生價值；後者由時任博群全人發展中心主任伍慧明女士主持，邀得「博群踐行者計劃」的時任監督沈祖堯教授和香港電視網絡有限公司聯合創辦人兼副主席及集團行政總裁王維基先生親臨營會，以「逆境自強」為題，與參加者分享面對困難和壓力的自處之道。參加者在營會的最後一天以小組形式分享其所得所感，並把最能發揮的性格強項歸納與展示。</p> <p>是次活動推廣之品格強項為：「好奇心」、「求知慾」及「堅毅」。</p> <p>Remoulding Camp</p> <p>A 3 days 2 nights camp was conducted in Yi O Agricultural Cooperation and Hong Kong Shaolin Wushu Culture Centre. The camp enabled the participants to take a break from their busy campus life and immerse themselves in the natural environment.</p> <p>The camp covered a wide range of activities including hiking at Fu Shan, eco-tours, farming, Shaolin morning exercises and meditation during the daytime. In respective nights, there were a “Seminar on Character Strengths” and a “Dialogue of Guests”. The former helped participants take a deep look at various values through the film screening of The Blind Side and the subsequent discussion led by the trainer from the Character Education Foundation. Regarding the latter, Prof. Joseph Sung (the then Overseer of the I-CARE Achievers Programme) and Mr. Ricky Wong Wai-kay (Vice Chairman, Group Chief Executive Officer and Co-founder of Hong Kong Television Network Limited) launched a candid dialogue on the topic “Strength in Adversity” with the facilitation by Ms. Irene Ng, the then Director of the I-CARE Centre for Whole-person development. They also had an in-depth exchange with the participants. On the last day, participants were divided into groups to present their learning and gains from the camp. They also reviewed the character strengths that they could best exercise through the various activities.</p> <p>The character strengths promoted in this event are “Curiosity”, “Love of Learning” and “Perseverance”.</p>



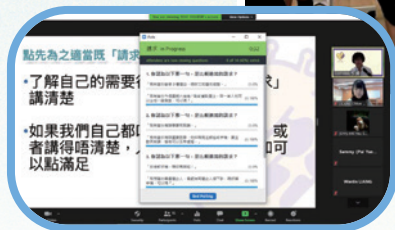
日期 Date	活動名稱 Name of Activity
2010年 6月24日 24 June 2020	<p>第一回「品格對談」 「品格對談」由本校「社會及公民參與督導委員會」前聯席主席沈祖堯教授和陳浩然教授主持，邀請城中具影響力人士分享他們的理念和故事，讓參加者了解良好的品格特質如何造福個人成就與發展。 第一回「品格對談」主題為「互分有餘」，邀得「惜食堂」創辦人董愛麗女士，分享她於本地推廣惜食文化與關愛精神的經歷和心得。 是次活動主要推廣之品格強項為「仁慈」。</p> <p>The First Session of “Dialogue on Character” The “Dialogue on Character” was hosted by Professor Joseph Sung and Professor Edwin Chan, the then Co-Chairmen of the Steering Committee for Promoting Personal Development through Social and Civic Engagement of the University. Influential figures in the city are invited to share their beliefs and stories, by which the participants can be enlightened on how positive character traits are intertwined with personal success and achievements. The First Session of “Dialogue on Character” was themed “Sparing through Sharing”. Ms. Gigi Tung Oi-lai, founder of Food Angel, was invited to share her views and experience of reducing local food waste and nurturing a caring culture in the community. The main character strength promoted in this session is “Kindness”.</p>
2020年 7月27日 27 July 2020	<p>第二回「品格對談」 第二回「品格對談」的主題為「常存希望」，邀得「高錕慈善基金」主席高黃美芸女士，分享人生與時刻懷抱希望的秘訣。 是次活動主要推廣之品格強項為「希望」。</p> <p>The Second Session of “Dialogue on Character” The Second Session of “Dialogue on Character” was themed “Live in Hope”. Mrs. Gwen Kao Wong May-wan, Chairman of the Charles K. Kao Foundation for Alzheimer’s Disease, was invited to share her life encounters and the key to faith. The main character strength promoted in this session is “Hope”.</p>



日期 Date	活動名稱 Name of Activity
2020年 9月7日 7 September 2020	<p>第三回「品格對談」 第三回「品格對談」的主題為「永不言棄」，邀得綽號「牛下女車神」的場地單車世界冠軍李慧詩小姐，暢談堅持單車運動的原因和克服困難所帶來的收穫。 是次活動主要推廣之品格強項為「堅毅」。</p> <p>The Third Session of “Dialogue on Character” The Third Session of “Dialogue on Character” was themed “Never Give Up”. Miss Sarah Lee Wai-sze, the Track Cycling World Champion (also known as the “Cycling Goddess of Lower Ngau Tau Kok Estate”), was invited to demonstrate her perseverance in cycling and personal gains by overcoming challenges. The main character strength promoted in this session is “Perseverance”.</p>
2020年 11月10日 10 November 2020	<p>第四回「品格對談」 第四回「品格對談」的主題為「行成於思」，邀得前個人資料私隱專員黃繼兒先生，細說他如何憑藉信念和原則，審慎應對工作上的挑戰。 是次活動主要推廣之品格強項為「審慎」。</p> <p>The Fourth Session of “Dialogue on Character” The Fourth Session of “Dialogue on Character” was themed “Wisdom of Caution”. Mr. Stephen Wong, former Privacy Commissioner for Personal Data, was invited to share how to prudently deal with the challenges at work by virtue of strong convictions and principles. The main character strength promoted in this session is “Prudence”.</p>

日期 Date	活動名稱 Name of Activity
2020年 11月 6,11及12日 6, 11, 12 November 2020	<p>善意溝通工作坊</p> <p>此活動乃是一項新活動，旨在為參加者提供有關溝通的基本知識和策略，以找出自己和他人埋藏心底的真實感受與需要，從而轉化衝突、療愈破裂關係與解開心結。是次工作坊於2020年11月6、11和12日分別舉行粵語、國語和英語場次，「感講」獲委聘主講；參加者除學習到同理聆聽與表達的方法，亦通過互動環節了解自己的溝通模式。</p> <p>是次活動推廣之品格強項為：「洞察力」、「真誠」及「社交智慧」。</p> <p>Workshop on Compassionate Communication</p> <p>This is a new activity which aims to provide elementary knowledge and strategies for participants to find out their actual feelings and needs and other people, thus transforming conflicts into powerful connections, mending broken relationships and untangling emotions. Three sessions were conducted in Cantonese, Mandarin and English on 6, 11 and 12 November 2022 respectively with JUST FEEL engaged as the instructor. Participants have learnt not only how to practise empathetic listening and expression, but also their own style of communication through interactive activities.</p> <p>The character strengths promoted in this event are “Perspective”, “Honesty” and “Social Intelligence”.</p>
2021年 4月8日 8 April 2021	<p>《二次人生》放映暨分享會</p> <p>是次活動乃中大專場，及iSQUARE英皇院線IMAX影院放映；為符合《預防及控制疾病條例》下的社交距離措施，當日只能開放180個座位供中大員生及友好參加，全部額滿。《二次人生》由何力恒執導、柯星沛監製，獲不少教育界人士（包括本計劃之時任監督沈祖堯教授）推薦。映後分享會由時任博群全人發展中心主任伍慧明女士主持，獲何導演及柯監製親臨，除交代創作靈感和拍攝期間面對的困局，以及講述如何秉持信念、堅守理想外，亦跟觀眾展開一場深刻的討論。</p> <p>是次活動推廣之品格強項為：「熱情」、「堅毅」及「希望」。</p> <p>Screening cum Sharing Session on “I Still Remember”</p> <p>Exclusively for CUHK members and friends, the event was held at the Emperor Cinema IMAX house in iSQUARE. To comply with the social distancing measures under “Prevention and Control of Disease Ordinance”, only 180 seats were available and they had been fully filled. The film I Still Remember, directed and produced by Mr. Lik Ho and Mr. O Sing Pui, is recommended by numerous educators including Prof. Joseph Sung, the then Overseer of this programme. The post-screening discussion was hosted by Ms. Irene Ng, the then Director of I-CARE Centre for Whole-person Development, and graced by the presence of Director Ho and Producer O. They shared with the audience their inspiration to create this story and the hardship they had experienced. Apart from sharing their inspiration and hardships during the production, they also related their conviction of realizing dreams with participants.</p> <p>The character strengths promoted in this event are “Zest”, “Perseverance” and “Hope”.</p>

日期 Date	活動名稱 Name of Activity
2021年 5月31日及 9月30日 31 May 2021, 30 September 2021	<p>善意溝通線上工作坊及善意溝通入門工作坊</p> <p>兩次工作坊均由陳源裕先生（資深心理輔導員、培訓師及註冊社工）主講，向參加者介紹溝通的基本知識和策略，讓他們學習如何有同理心地聆聽和表達感受，以找出自己和他人埋藏心底的真實感受與需要，從而轉化衝突、療癒破裂關係與解開心結。</p> <p>是次活動推廣之品格強項為：「真誠」、「愛」及「社交智慧」。</p> <p>Online Workshop on Compassionate Communication and Beginner's Workshop on Compassionate Communication</p> <p>Mr. Y. Y. Chan (experienced psychological counsellor, trainer and registered social worker) instructed in the two workshops. Participants acquired elementary knowledge and strategies about communication, and learnt how to find out the genuine feelings of themselves and other people through empathetic listening and expression. They were expected to be able to transform conflicts into powerful connections, mend broken relationships and untangle emotions.</p> <p>The character strengths promoted in this event are “Honesty”, “Love” and “Social Intelligence”.</p>



日期 Date	活動名稱 Name of Activity
2021年 11月13日 13 November 2021	<p>社企分享會暨泰拳體驗班</p> <p>參加者到訪社會企業「精英社」位於上環的拳館，首先從行政總裁賀揚先生的講解中知悉社企如何同時有效應對社會問題及產生盈利，以維持業務發展，然後向三位教練學習泰拳的基本技巧，從中體會他們如何按學員需要，利用各種教學和溝通策略協助他們鍛鍊身心、建立自信和提升生活質素。</p> <p>是次活動推廣之品格強項為：「熱情」、「善良」和「勇敢」。</p> <p>Sharing Session on Social Enterprise cum Muay Thai Trial Class</p> <p>Participants visited the gym studio of Elite Thai Boxing and Fitness, a social enterprise located at Sheung Wan. Followed by the sharing of Mr. Alan He, Chief Executive Officer of the fitness center, on how a social enterprise may address social problems and generate profits to achieve business sustainability, the participants acquired basic skills of Muay Thai from three professional coaches. The character strengths promoted in this event are “Zest”, “Kindness” and “Bravery”.</p>
2021年 11月25日 25 November 2021	<p>靜觀日</p> <p>參加者一起前往大埔慈山寺，從忙碌的大學生活中稍歇，沐浴於寺內寧靜寬廣的自然環境中。參加者先進行山林療愈，在三位陪伴員的提示下放慢步伐、喚醒五感，重新與大自然連結。山林療愈環節完結前，參加者把沿途拾起的落葉碎石拼湊成一幅立體畫作，欣賞後再將材料歸還予大自然。眾人隨後自由選擇參與供水體驗或遊覽佛教藝術博物館，享受了一個心靈滿足的下午。</p> <p>是次活動推廣之品格強項為「感恩」、「欣賞美麗與卓越」和「孕育靈性」。</p> <p>Mindfulness Day</p> <p>Participants visited Tsz Shan Monastery in Tai Po and made a quick pit stop amidst their hectic campus life and bathed in the Monastery which is situated in the tranquil and spacious nature. In the forest therapy session, participants tried to slow down to awaken their five senses and reconnect themselves with the nature under the guidance of three facilitators. By the end of the session, the participants improvised a piece of artwork together using leaves, twigs and stones which were collected along the way. The materials were then returned back to nature. Prior to dismissal, participants joined either the water offering session or the tour at the Buddhist Art Museum. Everyone felt self-contented and had a peaceful afternoon.</p> <p>The character strengths promoted in this event are “Gratitude”, “Appreciation of Beauty & Excellence” and “Spirituality”.</p>



核心小組培育 Core Group Nurture

概念與形式 Concept and Format

核心小組成員須完成啟導活動及指定任務，並面見由專家學者、社會賢達或知名人士擔任的師長，從中了解成敗起跌、學習規劃人生。核心小組以培育中大同學達致均衡整全的發展為目標，參加者可自行規劃學習深度及進程，以獲取相關「博群踐行者」名銜：

- 準備級博群踐行者
- 黃金級博群踐行者
- 白金級博群踐行者
- 桂冠級博群踐行者

The core group members are required to complete the induction programme and some stipulated tasks, and to meet with mentors who are luminaries and acclaimed figures so as to make reference to their success and failure when managing personal development. This core group aims to facilitate CUHK students' attainment of fine quality for all-round development. Participants enjoy flexibility to decide when and to what extent they will complete their learning and obtain the corresponding "I-CARE Achiever" titles:

- Cadet I-CARE Achiever
- Gold I-CARE Achiever
- Platinum I-CARE Achiever
- Grand I-CARE Achiever



活動與任務

Activities and Tasks

2019-20 期間成立了第二屆核心小組。經甄選後成員共 30 名，按個人興趣分為 4 隊（包括：遠足、馬拉松、農耕和露營）。核心小組成員一起或分別參與的活動及履行之任務如下：

In 2019-20, the second core group was established. 30 members were selected and had been divided into 4 small teams in accordance with their own interest (namely hiking, marathon, farming and camping). The activities joined and tasks performed by the core group members en bloc or separately are listed as follows:

日期 Date	地點 Place	項目 Item	內容 Content
2019 年 10 月 21 日 21 October 2019	王福元樓 502 室 Room 502, Wong Foo Yuan Building	計劃簡介會及簽署 約章 Programme Introductory Session and Signing of the I-CARE Pledge	成員知悉計劃的容與要求外，亦互相認識；而最重要一環，就是成員當場簽署約章，象徵他們對計劃的承擔。 Members learnt the content and requirement of the programme, and also mingled among themselves. Each member climaxed with the signing of I-CARE Pledge which symbolised their commitment to the programme.
2019 年 10 月 26 日 26 October 2019	保良局賽馬會大棠 渡假村 Po Leung Kuk Jockey Club Tai Tong Holiday Camp	啟導活動（一）： 領袖及團隊訓練日營 Induction Programme(1): Training Day Camp on Leadership and Teambuilding	成員透過一系列高空歷奇訓練及解難活動，確立挑戰自我的決心，並與夥伴建立了友誼和團隊精神。 Members took part in a wide range of high-angle adventure-based and problem-solving activities which strengthened their self-esteem, perseverance and leadership.

日期 Date	地點 Place	項目 Item	內容 Content
2019年11月9日 9 November 2019	慈山寺 Tsz Shan Monastery	啟導活動(二)： 退修日 Induction Programme(2): Retreat Day	成員到座落大埔的慈山寺參學，進行不涉宗教的體驗活動，例如：抄經、供水、禁語進食，學習以寧靜平和的心態察看事物，亦藉此淨化心靈。 Through a number of non-religious experiential activities, e.g. Zen calligraphy, water offering and silent meal, members achieved inner serenity and raised their self-awareness.
2020年1月18日 18 January 2020	王福元樓502室 Room 502, Wong Foo Yuan Building	啟導活動(三)： 自我認識工作坊 Induction Programme(3): Workshop on Self-acquaintance	工作坊由「活出愛」及「性格透視®」兩部份構成；前者旨在提升成員的同理心和欣賞之美好價值，後者則讓成員以遊戲方式深入了解自己和夥伴的性格。 The workshop consists of two components, namely “Live-Out-Love” and “Personality Dimensions®”. While the former facilitated members’ enhancement of the virtues like empathy and appreciation, the latter allowed them to learn more about their own personality traits and those of their fellows through games.
2020年6月13日 13 June 2020	王福元樓502室 Room 502, Wong Foo Yuan Building	馬拉松 Marathon	師長向小隊分享他在退休後藉其興趣貢獻社會的經驗，例如：創辦40天「小小環台慈善跑」為癌症病人籌款的樂趣和體會。 The mentor shared his experience with the team about turning his interest into social contribution after retirement, for example, his anecdotes and feelings of organising a 40-day “A Little Run around Taiwan for Charity” to raise fund for cancer patients.



日期 Date	地點 Place	項目 Item	內容 Content
2020年6月19日 19 June 2020	香港童軍中心 Hong Kong Scout Centre	露營 Camping	小隊與師長及其夥同的兩位資深童軍領袖會面，聽取籌辦露營活動的知識、設計方法和技巧。 The team met the mentor as well as two senior Scout leaders for the first time to learn the knowledge, design and skills for organising a wild camp.
2020年7月5日 5 July 2020	王福元樓502室及白石角海濱長廊 Room 502, Wong Foo Yuan Building and Pak Shek Kok Promenade	馬拉松 Marathon	師長向小隊傳授「快樂七式」和長跑技巧後，一起步行到白石角海濱長廊，在夕陽下禪跑。 The mentor took students to Pak Shek Kok Promenade to experience a mindfulness run under the sunset after instructing them about the “seven ways to happiness” and marathon skills.
2020年10月30日及11月6日 30 October & 6 November 2020	基督教香港信義會善學慈善基金關宣卿愉翠長者鄰舍中心 ELCHK Sheen Hok Charitable Foundation Kwan Shon Hing Yu Chui Neighbourhood Elderly Centre	馬拉松 Marathon	小隊參加了由師長設計的「快樂同行共跑」課程，在師長的指導下，以義工身份陪伴該課程之長者學員跑步。 The team took part in the running course designed by their mentor. Under the guidance of the mentor, the team practised running as volunteers with elderly learners of the course.





廣泛閱讀計劃

Extensive Reading Scheme

核心小組成員需要以不同程度參與廣泛閱讀計劃，方能獲取進階級別的「博群踐行者」名銜。書目如下：

The core group members are required to take part in the Extensive Reading Scheme to different extents in order to obtain respective “I-CARE Achiever” titles at a higher level. The bibliography is shown below:

書籍名稱 Name of Books	作者 Author
The 5 Languages of Appreciation in the Workplace: Empowering Organizations by Encouraging People	Gary Chapman & Paul White
Steve Jobs	Walter Isaacson
Unbroken	Laura Hillenbrand
View from the Summit	Sir Edmund Hillary
靈山	高行健
1434: The Year a Magnificent Chinese Fleet Sailed to Italy and Ignited the Renaissance	Gavin Menzies
孔子和他的弟子們	南懷瑾
感恩這一課（增編版）	潘宗光
南京大屠殺	張純如
八十憶雙親、師友雜憶	錢穆
BEING ONLINE：用「在線」的思維，探索數據新大陸	王堅
注意！這是我的個人資料私隱	黃繼兒
郭鶴年自傳	郭鶴年

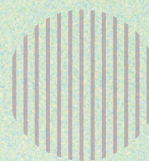
顧問

Advisors

核心小組得到不同界別人士支持，2019-20 名單如下：

The core group has met with supporters from all walks of life. The list of 2019-20 is as follows:

姓名 Name	職銜 Designation	角色 Service Ambit
陳智思先生 Mr. Bernard Chan	時任香港特別行政區行政會議非官守議員召集人；亞洲金融集團主席兼總裁 The then Convenor of the Non-official Members of the Executive Council, HKSARG; Chairman and President of Asia Financial Holdings Ltd.	讀物建議者 Book-proposer
張樹槐先生 Mr. Walter Cheung	時任恒生銀行行政總裁高級顧問 The then Senior Advisor to Chief Executive, Hang Seng Bank	讀物建議者 Book-proposer
鍾志平博士 Dr. Roy Chung	時任職業訓練局主席；創科實業聯合創辦人兼非執行董事 The then Chairman of Vocational Training Council; Co-Founder & Non-executive Director of Techtronic Industries Company Ltd..	師長（遠足） Mentor (Hiking)
高永文醫生 Dr. Ko Wing Man	前香港特別行政區食物及衛生局局長；骨科專科醫生 Former Secretary for Food and Health, HKSARG; Orthopedist	讀物建議者 Book-proposer
林超英教授 Prof. Lam Chiu-ying	前香港天文台台長 Former Director of the Hong Kong Observatory	師長（農耕） Mentor (Farming)
劉燕卿女士 Ms. Connie Lau	時任香港特別行政區申訴專員 The then Ombudsman, HKSAR	讀物建議者及導讀老師 Book-proposer and Tutor



姓名 Name	職銜 Designation	角色 Service Ambit
劉馬露明女士 Ms. Christine Ma-Lau	品格教育協會創辦人及主席；JEMS Character Academy 校長 Founder & Chairperson, Character Education Foundation; Principal, JEMS Character Academy	導師（品格培養） Trainer (Character Building)
吳亞明先生 Mr. Ng Ah-ming	時任香港童軍總會總監 The then Chief Commissioner of Scout Association of Hong Kong	師長（露營） Mentor (Camping)
饒美蛟教授 Prof. Nyaw Mee-kau	前嶺南大學副校長 / 管理學榮休講座教授 Former Vice President / Emeritus Professor of Management, Lingnan University	讀物建議者及導讀老師 Book-proposer and Tutor
潘宗光教授 Prof. Poon Chung-kwong	香港理工大學榮休校長 President Emeritus, The Hong Kong Polytechnic University	讀物建議者 Book-proposer
沈祖堯教授 Prof. Joseph Sung	前香港中文大學校長 Former Vice-Chancellor and President, The Chinese University of Hong Kong	計劃監督 Programme Overseer
譚志強先生 Mr. Tam Chi-keung	前社會福利署社工；前香港樹仁大學社會工作學系實習督導導師 Former Social Worker of the Social Welfare Department; Former Fieldwork Supervisor of the Department of Social Work, Hong Kong Shue Yan University	師長（馬拉松） Mentor (Marathon)
黃繼兒律師 Mr. Stephen Wong	時任香港特別行政區個人資料私隱專員；大律師 The then Privacy Commissioner for Personal Data, HKSARG; Barrister	讀物建議者及導讀老師 Book-proposer and Tutor
楊綱凱教授 Prof. Kenneth Young	香港中文大學物理學榮休教授 Emeritus Professor of Physics, The Chinese University of Hong Kong	導讀老師 Tutor

豐富學生生活之活動 Activities Enriching Student Life



「博群在野」 Mother Nature Rocks

此項目旨在引領同學走進鬧市邊陲的綠野，用不一樣的方式體驗大自然，發掘箇中樂趣。項目推出以來深受歡迎，至今吸引過千名同學報名。

The Mother Nature Rocks rolled out by this Centre aims at encouraging students to explore the city's countryside and to experience the nature afresh. Since its launch until now, it has attracted over a thousand of students enrolled.



2019-20

日期 Date	活動 Activity	參加者人數 No. of participants
2019年10月20日 20 October 2019	「探洞 × 涉澗 × 遠足」 “Caving × Wading × Hiking”	15
2019年11月9日 9 November 2019	「攝影 × 遠足」 “Photography × Hiking”	16
2020年3月1日 1 March 2020	「原野烹飪 × 遠足」 “Backwoods Cooking × Hiking”	17
<ul style="list-style-type: none"> • 另有三場活動因2019新冠疫情而取消 Another three sessions were cancelled due to COVID-19 pandemic 		

2020-21

日期 Date	活動 Activity	參加者人數 No. of participants
2021年3月21日 21 March 2021	踏古徑、探奇石、訪巨藤 Walk along the ancient trails, check out peculiar rocks and hail the giant vines	12
2021年4月7日 7 April 2021	遠足 × 賞日落 Hiking × Sunset Watching	12
2021年6月22日 22 June 2021	夜·野外·小動物 Night Safari	19
2021年7月3及4日 3 and 4 July 2021	遠足 × 觀星 × 看日出 Hiking × Star Gazing × Sunrise Watching	19



2021-22

日期 Date	活動 Activity	參加者人數 No. of participants
2021年10月23日 23 October 2021	遠足 × 戰地遺跡 Hiking × War Relics	12
2021年11月27日 27 November 2021	遠足 × 秋色 Hiking × Autumn Vibes	13





中大無止橋項目 Wu Zhi Qiao Project by CUHK

此項目透過成立與督導中大無止橋義工團隊，培養參加團隊的同學之服務精神及堅毅意志。團隊的核心成員每年換屆，而每屆團隊均參與或籌辦多個協助內地偏遠地區優化民生的項目，包括建設行人用橋、村落調查及推廣公共衛生等。近年，團隊亦積極參與本地建設計劃，修復古舊村落，保育本土文化。

This project helps set up and offers guidance to the CUHK Wu Zhi Qiao Volunteer Team formed by students in order to strengthen their humanity, perseverance and resolve. A one-year term of service is enjoyed by the core members of the team, and all teams have been participating or organising numerous projects to improve livelihood of the rural areas in the Mainland e.g. footbridge construction, village investigation, and promotion of public health. In recent years, the team has been actively engaging in local construction projects to restore old villages and preserve local culture as well.

學年 Academic Year	核心成員人數 No. of Core Team Members	主要項目 Major Project	地點 Location	合作院校或機構 Collaborated Institution or Organisation
2019-20	11	甘肅建橋之旅* Gansu Bridge-building Trip*	甘肅省王咀村 Wangzui Village, Gansu	香港科技大學、浙江大學、清華大學 The Hong Kong University of Science and Technology, Zhejiang University, Tsinghua University
2020-21	12	修復社區廚房及土窯 Community Kitchen Rebuilding and Earth Kiln Repairing	南涌(香港) Nam Chung, Hong Kong	無止橋慈善基金 Wu Zhi Qiao (Bridge to China) Charitable Foundation
2021-22	10	鹽田梓村落參觀活動 Visit to Yim Tin Tsai Village	鹽田梓(香港) Yim Tin Tsai, Hong Kong	不適用 Not Applicable

其他活動 Other Activities

甘肅文化日、梅子林村義工活動(興建社區廚房)、噴塗工作坊、鶴咀文化之旅
Gansu Cultural Day, Volunteer Work at Mui Tsz Lam Village (Community Kitchen Building), Spray-painting Workshop, Cultural Tour at Cape D'Aguilá

* 受 2019 年新冠疫情影響，未能如期成行。

* It was cancelled due to the COVID-19 pandemic.



「念·高錕」展覽

“Remembering Charles” exhibition

為紀念中大前校長及諾貝爾獎得主高錕教授逝世一周年，「高錕慈善基金會」於2019年9月舉辦「念·高錕」展覽，除呈現高教授的生平和卓越成就外，還展出其於2013至2018年接受藝術治療期間所創畫作。

作為展覽支持單位之一，本中心幫助招募中大同學及教職員義務協助籌備工作及在場當值，令活動得以順利舉行。

To commemorate the first year after the passing of Professor Sir Charles Kao, former Vice-Chancellor of CUHK and Nobel Prize Laureate, the *Charles K. Kao Foundation for Alzheimer's Disease* organised the “Remembering Charles” exhibition in the September of 2019. The exhibition highlighted Professor Kao's lifetime achievements and outstanding contribution, in addition to showcasing his artwork produced during his treatment by art therapy from 2013 to 2018.

As one of the supporting units of the exhibition, this Centre helped to recruit students and staff of CUHK to carry out voluntary jobs, like preparation and on-site support. The event went well in applause.

高錕慈善基金聖誕義賣

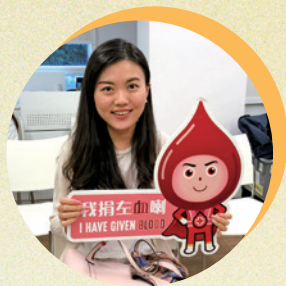
Christmas Charity Sale of Charles K. Kao Foundation

因社會運動及新冠疫情而停辦兩年後，「高錕慈善基金會」於2021年12月再次舉辦周年「聖誕義賣」，義賣籌得之善款將支持該會為阿茲海默症患者、其家屬及照顧者提供更適切服務，以及提升公眾對腦退化症的認知及關注。

活動中，本中心幫助招募超過70位中大義工，負責邀請途人參觀義賣攤位、接待顧客及回答查詢等工作。

After being suspended for two years due to social incidents and Covid-19 situations, the *Charles K. Kao Foundation for Alzheimer's Disease* re-organised the annual “Christmas Charity Sale” in the December of 2021. The event raised fund for the foundation to not only offer appropriate services to the patients with Alzheimer's disease, their families and caregivers, but also promote public awareness towards dementia.

This Centre helped to recruit more than 70 CUHK volunteers, who provided on-site support like receiving customers and answering enquiries for the charity sale.



博群捐血日

I-CARE Blood Donation Day

此活動旨在鼓勵中大員生發揮助人精神參與捐血，並推廣閱讀。於「書送熱血——接力捐血挑戰」活動中，參加者在香港紅十字會設於博群全人發展中心之血液收集站捐血後，只需透過社交媒體推薦其中大朋友接受捐血挑戰，便可免費選取一本書籍。

This activity aimed to encourage CUHK students and staff to lend a helping hand to the needy by blood donation, and to promote reading. In the “Blood and Book Giving - A Challenge of Blood Donation Relay”, each blood donor at the booth set up at I-CARE Centre for Whole-person Development by the Hong Kong Red Cross won a book upon nominating their CUHK friends, through social media, to act likewise.

2019年10月16日 16 October 2019	博群捐血日——放鬆自己，救助他人 I-CARE Blood Donation Day - Combining Help-giving with Self-relaxation
2021年11月3日 3 November 2021	博群捐血日——「書送熱血——接力捐血挑戰」 I-CARE Blood Donation Day - “Blood and Book Giving - A Challenge of Blood Donation Relay”

學生發展組合

Student Development Portfolio

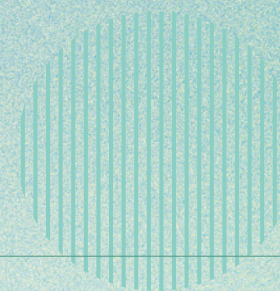


學生發展組合是一個記錄學生體驗式學習活動，並將之歸納於 I-CARE 框架內的大學電子平台，旨在協助中大同學掌握非形式學習機會，從而為豐盛的大學生活作出規劃。其提供予學生的主要功能包括：

1. 瀏覽中大各部門所舉辦之體驗式學習活動；
2. 記錄曾經參與的體驗式學習活動；
3. 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。凡全日制本科生可於 <http://www.cuhk.edu.hk/sdp> 登入系統。

The Student Development Portfolio is a university-wide electronic platform for capturing and presenting students' Experiential Learning Activities (ELA) under the I-CARE Framework. It provides CUHK students with an inventory of the informal learning opportunities on offer and facilitates their planning of a fruitful university life. The major functions of this platform for students include: 1. Viewing of ELA offered by various units of CUHK; 2. Updating and maintaining participation records; and 3. Producing ELA Report to showcase learning achievements. All full-time undergraduate students can login the system on <http://www.cuhk.edu.hk/sdp>.

使用概況 Profile of Usage



2019-22 期間，學生發展組合的使用數字如下：

The utilisation statistics of the Student Development Portfolio in 2019-22 are set out below:

學生 Students	2019-20	2020-21	2021-22
登入次數 No. of Access	2,789	2,698	3,487
簽發正式「體驗式學習活動紀錄報告」之數量 No. of Official ELA Reports Issued	287	374	243
編製非正式「體驗式學習活動紀錄報告」之數量 No. of Unofficial Reports Generated	375	297	300

大學部門 University Units	2019-20	2020-21	2021-22
登記為使用者之部門數目 No. of University Units with Accounts	65	67	67
成功上載之體驗式學習活動數目 No. of UELA Submitted Successfully	145	142	158



主辦單位 Organising Units	體驗式學習活動數目及其按 I-CARE 框架劃分之主要類別 Number of UELA and its Primary Category under the I-CARE Framework																	
	2019-20						2020-21						2021-22					
	I	C	A	R	E	總計 Total	I	C	A	R	E	總計 Total	I	C	A	R	E	總計 Total
書院 Colleges	5	1	2	11	7	35	6	18	3	11	0	38	6	20	2	4	5	37
學院 Faculties	0	1	0	0	1	2	1	2	0	1	0	4	1	0	0	0	0	1
學系/學院/課程 Departments / Schools / Programmes	1	7	0	4	28	40	0	6	0	5	24	35	0	10	0	4	28	42
專業及行政服務部門 Professional and Administrative Services Units	6	3	1	24	4	66	3	28	0	24	4	59	3	46	3	17	5	74
其他 Others	0	0	0	2	0	2	0	4	0	2	0	6	0	3	0	1	0	4
總計 Total	12	4	3	41	40	145	10	58	3	43	28	142	10	79	5	26	38	158

推廣活動 Publicity Events

我們於上學期初段舉辦每節 10 至 20 分鐘不等的簡介會，向新生介紹學生發展組合的原理及功能，並派發特製紀念品。有鑑於新冠病毒疫情，部份簡介會只能以虛擬或混合面授與網上的形式舉辦。2019-22 期間所舉辦的簡介會，日程如下：

To promote the Student Development Portfolio and allow students to benefit from it, briefing sessions are organised in the beginning of the 1st term. Lasted for ten to twenty minutes each, these sessions introduce to students (particularly freshmen) the ideas and functions of the Student Development Portfolio. A specially designed souvenir is disseminated on the same occasion. Some of the sessions could only be held virtually or through a hybrid mode comprising face-to-face and online presentations due to the COVID-19 pandemic. Schedule of the briefing sessions in 2019-22 is set out below:

日期 Date	書院 College	場合 Occasion
2019-20		
2019年8月29日 29 August 2019	晨興書院 Morningside College	迎新營 Orientation Camp
2019年9月6日 9 September 2019	崇基學院 Chung Chi College	書院通識課 College General Education Class
2019年9月6日 6 September 2019	敬文書院 CW Chu College	伸延迎新活動 Extended Orientation
2019年9月10日 10 September 2019	善衡書院 S.H. Ho College	書院共膳 College Communal Dinner
2019年9月13日 13 September 2019	新亞書院 New Asia College	書院通識課 College General Education Class
2019年9月13日 13 September 2019	逸夫書院 Shaw College	書院月會 College Assembly
2019年9月20日 20 September 2019	聯合書院 United College	書院通識課 College General Education Class
2019年9月27日 27 September 2019	伍宜孫書院 Wu Yee Sun College	書院論壇 College Forum
2019年10月4日 4 October 2019	和聲書院 Lee Woo Sing College	書院通識課 College General Education Class



日期 Date	書院 College	場合 Occasion
2020-21		
2020年9月5日 5 September 2020	晨興書院 Morningside College	迎新營 Orientation Camp
2020年9月11日 11 September 2020	崇基學院 Chung Chi College	書院通識課 College General Education Class
2020年9月11日 11 September 2020	敬文書院 CW Chu College	伸延迎新活動 Extended Orientation
2020年9月11日 11 September 2020	逸夫書院 Shaw College	書院月會 College Assembly
2020年9月25日 25 September 2020	新亞書院 New Asia College	書院通識課 College General Education Class
2020年9月25日 25 September 2020	聯合書院 United College	書院通識課 College General Education Class
2021-22		
2021年8月28日 28 August 2021	和聲書院 Lee Woo Sing College	迎新活動 Orientation
2021年8月31日 31 August 2021	晨興書院 Morningside College	迎新營 Orientation Camp
2021年9月10日 10 September 2021	崇基學院 Chung Chi College	書院通識課 College General Education Class
2021年9月10日 10 September 2021	敬文書院 CW Chu College	伸延迎新活動 Extended Orientation
2021年9月17日 17 September 2021	伍宜孫書院 Wu Yee Sun College	書院論壇 College Forum
2021年9月24日 24 September 2021	聯合書院 United College	書院通識課 College General Education Class
2021年10月8日 8 October 2021	逸夫書院 Shaw College	書院月會 College Assembly



管治架構 Governance

顧問

Advisors

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Mr. Cheng Kar-shing, Peter

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Chairman, Chow Tai Fook Charity Foundation

蔡廉明先生

Mr. Choi Lim-ming, Andrew

突破機構文化及創意事工總監

Director, Cultural and Creative Ministry,

Breakthrough Limited

蔡海偉先生

Mr. Chua Hoi-wai

香港社會服務聯會行政總裁

Chief Executive, The Hong Kong Council of Social Service

何力高先生

Mr. Nick Ho

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Principal, Pui Ching Middle School

盧思聰先生

Mr. Lo Sze-ping

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Mr. Mok Wah-sing

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Dr. Charles C.K. Yeung, GBS, JP

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Chairman, The Glorious Sun Holdings Ltd.

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**Steering Committee for Promoting Personal Development
through Social and Civic Engagement**

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Co-Chairperson

沈祖堯教授
Professor Joseph Sung
至 2020 年 12 月 31 日止
until 31 December 2020

陳國康教授
Professor Raymond Chan
自 2021 年 8 月 1 日至 2022 年 4 月 19 日止
from 1 August 2021 until 19 April 2022

高永雄教授
Professor Ko Wing Hung
自 2022 年 4 月 20 日起
from 20 April 2022

陳浩然教授
Professor Edwin Chan
至 2021 年 7 月 31 日止
until 31 July 2021

朱順慈教授
Professor Donna Chu
自 2022 年 1 月 1 日起
from 1 January 2022

成員
Members

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Dr. Allan Au

區結成醫生
Dr. Derrick Au

自 2022 年 8 月 1 日起
from 1 August 2022

陳浩然教授
Professor Edwin Chan

自 2022 年 1 月 1 日起
from 1 January 2022

陳國康教授
Professor Raymond Chan

自 2020 年 2 月 5 日至 2021 年 7 月 31 日止
from 5 February 2020 until 31 July 2021

周保松教授
Professor Chow Po Chung

朱順慈教授
Professor Donna Chu

至 2021 年 7 月 31 日止
until 31 July 2021

方永平教授
Professor Fong Wing Ping

至 2021 年 7 月 31 日止
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Professor Kevin Hung

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from 1 January 2022



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至 2020 年 7 月 31 日止
until 31 July 2020

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Professor Wong Hung

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Mr. Man Chun Kit (Student Representative)

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form 1 August 2019 to 31 July 2020

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Miss Law Yin (Student Representative)

自 2020 年 8 月 1 日至 2021 年 7 月 31 日止
form 1 August 2020 to 31 July 2021

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自 2022 年 1 月 1 日起
form 1 January 2022

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Dr. Tommy Law (Secretary)

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至 2022 年 10 月 28 日止
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6. I-CARE Tablet Computer Case
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Office of Student Affairs, Student Experience and Development Section
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香港 新界 沙田
香港中文大學
王福元樓 5 樓 501 室

Room 501, 5/F, Wong Foo Yuan Building
The Chinese University of Hong Kong
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