University Marketplace

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See also: 7 Sins at Job Interviews
Be a Hong Kongese!
From the Chief Editor

Time flies. Christmas is just around the corner and I would like to share with you a little Christmas poem.

Christmas is forever
Norman W. Brooks

Christmas is forever, not for just one day,
for loving, sharing, giving, are not to put away
like bells and lights and tinsel, in some box upon a shelf.
The good you do for others is good you do yourself.

Christmas is not simply a season for exchanging gifts or partying but also a special occasion to show your care for others. The great charm of the season is that it is not a particular place or time but a spirit of warmth, generosity, and goodwill that is always welcome everywhere. Come and join our Caring Campus Carnival in January 2010 and help build a caring community together. You will find more details of the campaign at https://osanit.osa.cuhk.edu.hk/cdscmain/chirt.html.

Merry Christmas and Happy New Year!

Dora Dai

Content

Get Set for Career.......................................................... Page 2
Voices....................................................................... Pages 3 - 4
Caring Campus................................................................. Pages 5 - 10
International Corner...................................................... Pages 11 - 14
Gymboree..................................................................... Pages 15 - 16
Congrats....................................................................... Pages 17 - 18
Campus News................................................................. Page 19

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Address: 2/F, Benjamin Franklin Centre, The Chinese University of Hong Kong, Shatin, New Territories
Telephone: 2609 7323
Fax: 2603 7705
Email: marketp@osa.cuhk.edu.hk

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Having the chance to attend an interview is half way to success in job hunting. Whether you leave the interview as a job seeker still or an employee depends very much on your performance at the interview. While most candidates may focus on how to sell themselves to potential employers, it is equally important to pay attention to the attitude strikeouts that discourage employers from hiring you.

According to a survey of over 150 recruiters, job coaches and hiring managers conducted by Mr. John Kador, author of "201 Best Questions to Ask on Your Interview", there is a long list of unforgivable interview behaviours. Let’s avoid doing the top “seven sins” and take a look at our advice so as to increase your chances of being employed:

<table>
<thead>
<tr>
<th>Top seven unforgivable interview behaviours</th>
<th>Advice</th>
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| Doesn’t ask questions                     | • Asking right questions can show your knowledge on the company as well as its competitors and your interest in the position;  
• Think about questions to ask the employer in advance to show your interest in the position/company;  
• Think about questions in these areas, e.g., kind of achievement to expect during the first few months/first year, organizational structure of the company, major projects/achievements, etc. You can gain good understanding of the company from the information in its Annual Report. |
| Condemnation of past employer             | • Describe more on facts rather than people;  
• Draw the interviewer’s attention to the achievements made in the past job;  
• Talk about the past employer positively and thankfully. |
| Inability to take criticism               | • Be humble;  
• Admit to not having particular experience or skills, but tell the employer politely what you are doing to address your weakness in certain areas;  
• Don’t take criticism personal. Most of the time, the employers just want to see how you handle yourself when facing challenge/criticism. |
| Poor personal appearance                  | • Dress professionally. Dressing conservatively is always better than dressing down. It shows your respect to the potential employer. |
| Indecisive, cynical, lazy                 | • Avoid making jokes unless you are fully confident that the interviewer appreciates it;  
• Sleep well the night before;  
• Watch your posture during the interview, e.g., sit upright, don’t get your arms crossed on the table. |
| Overbearing, overly aggressive, “know-it-all” | • Avoiding using too-extreme wording;  
• Always use examples or evidence to support your opinion;  
• Listen to others and be open to any idea/opinion;  
• Be interactive, instead of keep talking about your own points;  
• Encourage the relatively quiet candidates to voice out their opinions in a group interview. |
| Late to interview                         | • Allow sufficient buffer in your travelling time;  
• Arrive at the company 15 minutes earlier;  
• In case you will really be late, call the employer to explain the situation politely in advance. |

Of course, there are a lot more. But it would be a good start to be aware of the “sins” at the interview.
校長和同學的真摯對話

學生事務處 學生活動及設施組

校長高鴻嘉教授與大學校長梁卓光先生、教務處吳樹明先生和大學輔導處呂英輝教授，於11月17日假
聞善齋103室與同學公開對話。當天寒冷沉寂，當有幾十名學生到場，數十名學生在課餘
時間齊集會館，聆聽校長講述學校最新發展，並把握機會向校長提出疑問。

會面甫開始，校長即在致辭中呼籲大學正積極在深港發展分校之可行性。有關消息令一眾師生乃至在場
記者大感興趣。此外，校長亦表示願意在近日有機會與學生討論「導師」（Instructor）的正名問題，並表示彼此應
在學生事務上提出問題的可能路徑和學術上的合作，以期達到「學術」和「導師」的融洽。校長
長又向大家保證了大學的新發展。

進入客廳時，主持人高鴻嘉老師邀請在場學生向校長提問。同學們隨即提出不異的問題，包括新書院成
立的目的、書院精神和組織的建立、學生生和教職員在院系和外讀生的分配，大學對研究生的支持等
問題。高校老師逐一回答了同學的提問。校長以逐針細心回答。此外，校長更拒絕回答的要求，
分享了他對於中文能否成為英文成為世界語言的一些看法。

由於校長已在會上宣佈明年六月底退休，同學們又問及校長對中大和中大同學有何寄語，更有同學邀請校長長會後
留步合影留念。

當天一節關於書院及學術發展的提問及回答概要如下：

問

書院制是中文大學的特色。但我們現在新建了五所新書院，這五所新書院在規模上遠遠
不及現有的四所書院，那麼以後這五所新書院的同學在文化氛圍上能否比得上現有的四所書院，
書院會不會給人一種不平等的感覺？因為書院是個人身份的象徵，個人文化的代表，如果
新書院的同學在這方面感覺不太強烈的話，會不會有什麼影響存在呢？

答

這個問題提得很好。我想大家也明白為什麼要辦新書院，我是希望支持書院制的，因為書院制是中大
的傳統。它是中大的靈魂。但中國大學的規模現在非常大，以前書院只有七百多
多人。到了九零年代初期，香港開始增加大學生的名額，所以書院制就發展起來，現在平均每所
書院的學生數是超過五十五人。我覺得二十五五千人是非常理想的數字。我們跟一些老師討論，
那時候是四年前。他們說要上萬至二萬。二萬至三萬。現在做不到。所以我們現在考慮新書院的問題。到
2012年，現有的書院會變成三千三百多人，這個問題就解決。這就去建新書院的優點。

此外也有老師憂慮的假想。舊書院不願推行新書院制的大學，舊書院也在學術傳統和歷史
方面有其獨特的特色。舊書院的發展在許多方面被限制，大學的新書院制可
能會影響其發展。我們現在嘗試的書院制比現有書院更小，因為新書院的院長住在
文匯館，所有

新書院學生有文化氛圍的影響，例如建立書院精神和同學關係。但新書院有新書院的發展，每所
書院有自己的院長及學務，每所院長都不一樣。書院的書院精神和同學關係是要自己來發展的，不是
大學指定這個書院要什麼風格，那個書院要什麼風格。

我們聆聽過很多地方，還有同學一起參加，新書院不是一個容易的決定。再跟大家講一件事，
讀書本就是責任，邀請中大同學。他們—建就是十家書院，用書院制。西安交大也是要改成書
院制，復旦，北大，南大學，他們都來考察我們的書院制。
很多人談到中國的經濟發展，較長時間認為中文是必修課，學校將中文設為學術語言（academic language）？若會話，有關話題如何影響中文的雙語政策？若不會，那麼雙語政策又是否明智？

我認為一種語言要變得國際性，是一個漸進過程；當中並不單單是國家有多強大，也關係到整個人類文明的發展過程。英、法、德、荷、日、印等多國地方都學生到中國學習、留學漢語；如果看是歷史，更不難看到自然界人與中國中央政府重鎮官方，再看近代，二十世紀初，如果你學習數學、物理等，第一主導語言是德文；愛因斯坦以德文發表著作，英國的數學家也以德文發表著作。直至1945年第一次世界大戰結束後，許多科學家包括霍金斯、均將漢語為美國，於是英文變成主要的學術語言。

二十世紀初的外交語言一直是法文，每一個外交人員均需要學習法文，但現在即使法國人也放棄堅持所有人都要學習法文了。

這是一個過程，一個演變，我目前英文作為一個人的第二或第三語言的地位，看來不可能被打倒。很明這英文是中國、日本、印度、拉丁美洲等的第二語言。我個人認為，中文可能是可能在短期內成為全世界的學術語言。根據語言的雙語政策常規，國際語言競爭 periods of time，中文的競爭力將會大大增強，中文的競爭力將會大大增強，中文的競爭力將會大大增強。

關於語言，還有一種稱為網絡效應（network effect）的情況，第一語言（母語）不需谆厚，但通常會選擇比較多人用的母語作為第二語言，因為學習第二語言的目的，正是要與這和自己第一語言的人溝通。要把中文作為世界性的語言，是一件很复杂的事情。我不會說沒有可能，在美國的幼稚園，小說及中學都已開始教授中文。

這些與雙語政策都沒有直接關係，我認為所有高中生均應掌握兩種三種語言，因為廣東話是地區方言，普通話是國家語言，所有中國人都應掌握普通話。英文則是世界語言，要用其他非中國人溝通則必須用英文，所以兩種三種十分重要。在廣東省，所有學校均推行普通話教學，語文教學已有五十年，而廣東省商業學校、到上海也是一樣，所有上海人均會說流利的普通話和上海話。其實這種和沒有任何矛盾，每個人都應該掌握好地區方言、國家語言和世界語言。否則只會限制了自身的发展空间。
Caring Campus

「關顧校園」專訪系列（一）
大學輔導長吳基培教授暢談校園關顧情

要建立一所充滿關顧氛圍的校園，有賴校內每一位成員的投入和參與。那麼，中大要怎樣才能稱得上為「關顧校園」呢？學生事務處學生輔導及發展組主任何若儀訪問了具豐富學生事務經驗的大學輔導長吳基培教授，分享了他對建立「關顧校園」的意見和看法。

吳教授與中大接觸深厚，他早年在中大求學時期已熱衷於參與校園活動，他笑言，當時的學生生活活動並沒有現在的那麼多元化，但他也積極參與系會和其他活動；及至現在，他於中大任教、身兼系監及大學輔導長等職務，對中大有深厚的感情。以下是他由衷的分享：

可否分享一些你在中大求學時期與同輩相處的樂事？

記得當年入讀大學時，課程為期四年，我在二至第三年才開始投入大學的活動，除了參與系會的活動外，我又獲選內閣推選系會的活動，這使我認識了不少朋友。那時，我們的活動不像現在的那麼多元化，沒有「dem beat」或跳舞，但也有不少類似的活動，如一起籌辦形形色色的活動、到大專院校、在宿舍大堂等，同學間關係非常密切。

除了大夥兒的活動外，你有沒有幾個知心的朋友？

我有一位同學兼室友，大家不但組同一個學系，我們更一起「上課」、「一起做電腦研究」，感情非常要好。可惜畢業後大家分道揚镳而少了聯繫。另外，我跟幾個知心朋友到現在還保持聯繫。在畢業二十年後的聚會中，大家仍然很投契，有說不完的話題。

現在除了行政的職務外，你還兼顧教學及科研等工作，你怎樣調出心力和時間照顧兩人？

選課是一件很難的事情。我想同學也是面對這樣的情況，同一時間要兼顧很多事情，有些事情並不容易處理，有時也會感到很重壓力。至今，我仍在不斷學習如何平衡事情的優先次序及妥善分配時間。在做不完的工作中，必須對事情有順序先後之分。

正如你所分享，你怎樣舒緩工作上的壓力？會否找人傾訴？

威廉斯教授樂於向同學分享他的真知灼見。

我是從求學時期開始學習如何面對壓力的。及至現在，面對困難時，有時也會與同事傾訴，藉此尋找解決的辦法。縱然最終問題仍不容易解決，這亦有助舒緩在工作上遇到的壓力。我想每個人都應該學習面對壓力，因為在人生中遇是不能避免的，所以有時也需要尋求專業人士的幫助。我們已盡力做好工作，對未能做到的事情只好放開心情去面對。我認為這種想法可以幫助同学減壓。

身兼大學輔導長及舍監職務，與學生關係密切，可否分享與他們相處的經驗及感受？

與同學相處是一件非常愉快的事，透過彼此的溝通和交流，讓我更了解這一代年輕人的文化。由於我書法人都在校園住，可以說與同學一起生活，平日可以隨時大家會打機時間好，晚上也會參與他們的聚會。難忘的事情很多，好像宿舍的大小事務、緊急事務、還有最令人感動的就是每年舉辦慶婚慶的婚禮場合，同學們都爭相拍照留念，對宿舍的一切流露出依依不捨之情。假如不是住在宿舍裏，也許我未必能經歷到這些一切。
你有甚麼與青年人相處的技巧？
人與人之間相處之道在乎相互尊重。我們可多從別人的角度出發，想想他們行為背後的原因。另外，與人相處時應保持友善及坦誠的態度，並多關懷他人，這樣會更容易建立彼此的信任。

你與同學溝通的過程中曾否設置過輔導者的角色？
這方面的經驗，通常是當我解答同學關於學業上的問題，例如學習上的適應、升學與就業的選擇等在某些地方繼續進修等。在宿舍內也有同學找我傾訴，主要是有關大學生活及學習等問題。與同學建立親密的關係是重要的，這樣可以增強雙方的信任，當同學感到困擾時會主動找你傾訴。

你認為應該怎樣進一步加強中大的「關顧文化」？
我相信我們從小就知道要關心他人，在小學、甚至幼稚園，我們已經接觸了這個信息。問題不在於我們是否知道，而是我們選擇是否實行，以及有沒有一個環境或文化，提醒我們去維持這顆關顧之心。要專注和持續關顧的信息，不能單憑個人的力量，而是要各人與人共同意識，營造一個關顧的文化環境。透過一些看似簡單微小的行動，例如一個微笑，一份小禮物；或是一切而又營造一個相對輕鬆的簡單動作，都能拉近人與人之間的距離，使人不感到孤單。再者，有能力幫助別人是一種德福。當你看到別人有需要時，自然明白到自己其實很富足，應該感到開心和滿足。

在「關顧校園」的運動中，學生輔導及發展組將推行「uBuddies」朋輩輔導計劃，你對這計劃有何看法？
「uBuddies」是一個長期有意義的計劃，提倡關顧文化很有幫助。人與人之間需要互相關懷。且且，我們在同一所校園裏生活和學習，大家的關係不是應該更密切嗎？記得在中大求學時期，我不大認識到在遇到困難時尋求專業的輔導；但如現在的同學一樣，當面對困難時，可能只會將問題放在心裡，很少主動與人傾訴。因此，朋輩間的互助更顯重要。同學往往不會主動找老師請求，同學也未必會了解同學的情況，但朋輩間會比較了解對方。所以希望能夠有類似之處，讓夥伴互相幫助，一同好。透過朋輩輔導與同學的交流，我們易於找到需要幫助的同學，給他們適當的輔導及建議。朋輩輔導並不能向身邊的同學表達關顧，幫助他們解決問題；也可以學習到有關精神健康及朋輩輔導的技巧等實用知識。朋輩輔導及被輔導者都有益處。

你對中大同學有甚麼勸告？
同學可多點觀察別人的需要，多從別人的立場出發，不主觀看待事物。人與人之間多一點鼓勵、欣賞和包容，世界會更好。這些生活的態度不僅在求學時代有用，將來投身社會時也應牢牢記著。因為在職場上，我們要接觸不同的人，所以除了要有良好的工作態度外，也要尊重身邊人與人之間的關係。總而言之，我們應多作反思，並多留意周遭發生的事物及關心身邊的人。

訪問後記：
在訪問的過程中，吳教授給人一種親切真誠的感覺，言談間透露出他對學生的關懷。從他身體力行的典範中，筆者體會到要建立關顧校園，每一位中大人都需出一分力。
培養品格長處　邁向豐盛人生

學生事務處 學生輔導及發展組

假如豐盛的人生是以成功、健康、快樂為指標，處於大學求學階段的你，會就這三方面如何自處？此外，心理學家認為每個人都擁有與生俱來又有助於致豐盛人生的品格長處（Character Strengths），你對自己的品格長處有多少認識？

為提升同學對個人品格長處的關注和認識，學生事務處學生輔導及發展組於上學年與一年級學生進行有關的問卷調查，參考外國相關研究，是次問卷調查列出二十四項良好品格，包括好奇心、勇氣、樂觀之情、領導才能、謙虛、感恩之心等，由學生評估個人展現這類品格的頻密度以及選出渴望多加培養的品格。此外，學生亦評定他們感到成功、健康與快樂的程度。是次問卷調查報告已刊登於本組網頁(www. cuhk.edu.hk/osa/ scds)的「嘉聲震源－品格能量庫」專欄，以下簡報其中的一些重點。

常展誠意互愛，共建關顧校園

整體而言，調查結果顯示在參與的1283名一年級學生當中，超過九成有至少一項較突出的品格長處。其中，學生較普遍展現的品格長處包括「誠意」、「樂觀之情」、「感恩之心」、「公民及團體精神」及「寬宏大量」（見表一）。這些既是促成和善人際關係的良好態度和行為，亦是本組今年展開的「共建關顧校園」行動（Caring Campus Campaign）所致力推廣和表揚的個人素質。

另外，各項品格長處與學生主觀的成功、健康和快樂指數都有著正面的關係（correlations），特別是「活力／幹勁」和「樂觀」。換言之，常作這些動力並能對未來抱有美好期待的學生似乎較容易感到成功、健康和快樂。

發揮才智創意，追求成功卓越

學生渴求多加培養的品格長處則與個人才智和成就相聯。如「創意」、「領導才能」、「洞察力／智慧」、「勇氣」及「活力／幹勁」（見表二）。此外，認為自己相當成功的學生（選擇5分及以上；見圖一）亦差不多為38.3%。由於受訪學生仍然求學階段，對個人成長及未來職業道路充滿信心。幸而，學生似乎都能意識到自己的不足之處。若能積極訂立自我進步的目標，並付諸行動，必可為將來的成功打好基礎。
圖一：學生的主觀成功、健康、快樂程度

兼修品行與健康，開創精彩人生
大學除相應的學業技能外，亦可為同學帶來成就感與滿足感。亦可為同學增添壓力和衝擊。麥克泰格報告以達成個人目標及理想，同學除了要努力掌握新知識和技能外，亦需培養良好品格與性情。為此，同學需要多閱讀有關自我認識和品格培養的文章，多與親友及師長分享自己的評價和建議，並多參與與有營利益個人健康成長以及社群發展的活動。同學亦可隨時瀏覽「品格能源庫」內的「品格探測器」（見圖二）和「品格鍛鍊站」（見圖三），進一步發展個人內在資源。

願你享受理想的大學生活，逐步邁向豐盛的人生！

圖二：「品格探測器」（例題）

請根據你的實際經驗，選擇你認為最適當的選項：

在過去一個月（四星期）內，你（教育）：

選項：很少、中、半時間、通常、經常

非常

選項：很少、中、半時間、通常、經常

非常

選項：很少、中、半時間、通常、經常

非常

圖三：「品格鍛鍊站」（例：創造）

創造是具創造意念、新點子的能力。讓創意的人不會停止成長，不斷突破框框，運用想像力解決困難，提升智慧，成為生活中開創意及創新。
Caring Campus

分享《校園關顧情》

學生事務處 學生輔導及發展組

自上個《大學廣場》刊登了同學就「關顧校園」的一些體驗和本組的關顧啓動後，我們得到不少同學及教職員的響應和支持。這回繼續將已收集的「關顧情」與大家分享。

我的關顧幹事

When I prepare for tutorials and Q & A sessions, my seniors and classmates always provide me with documents, which guide me to carry out adequate preparations.

今天約了同事在學堂午膳，誰知路上突然下起滂沱大雨。我因沒帶雨傘，所以不能前進。看來兩位女師學者帳雨滴路經，原想請求她們幫忙，她們卻毫不猶豫，急急上路。正當我想繼續前進的時候，猛然見到同班司過去的男同學主動問我是否需要雨傘，甚至不介意與我同行，護送我到達目的地。這「遇有困難，樂於助人」的同學真的給我留下深刻及良好的印象！

我期望的關顧校園

我希望其他同學有一顆包容和體諒別人的心，大家互相支持和關懷；不要單以追求高GPA為目的，反而可以全人發展和建立友誼的關係。

我希望大學可以舉辦一些切合「關顧」主題的講座或工作坊，同學之間可以玩「秘密天使」(Secret Angels) 的遊戲來增加大家的同感，這樣或者能夠令大家了解「關顧」的重要性。

我可以做的

Caring for others, showing my love to others as well as communicating with them frequently are the basic things that I can contribute to a "Caring Campus".

細心聆聽同學或朋友的傾訴，多留意身邊的事情。懷著一顆關懷的心主動提出幫助。這樣不但可以幫助有需要的人，更可以促進校園內的關顧文化。

除了以上分享內容外，還有更多的「關顧校園」隨後將上載到本組網頁http://www.cuhk.edu.hk/osa/scds，歡迎各位瀏覽閱讀。如您對「關顧校園」有任何體會或分享，歡迎將稿件交回范克廉樓一樓或電郵至carringcampus@cuhk.edu.hk（本組將保留未經的修改及編輯）。讓更多中大人得以分享您的「校園關顧情」，一起踴躍加入關顧的校園文化。
OSA 2010 ‘Caring Campus’ Poster Calendar

Student Counselling and Development Service, OSA

At our tree-lined University Mall, a group of cheerful and energetic people gather in a heart-shaped formation, uniting as one and sharing the vision of ‘Building a Caring Campus’ — this image is vividly portrayed in the OSA 2010 Poster Calendar and probably reflects the wish of every member of our campus community.

As part of our Campaign to promote a ‘Caring Campus’ in CUHK, the Office of Student Affairs commissioned the special production of an A3 size Poster Calendar for 2010 by Kelvin Collections, a design house with ‘nurturing the soul and conveying care’ as its own motto.

The calendars are now ready for collection. By presenting your student or staff I.D. card, you can obtain a complimentary copy from the Student Services Centre (for students) or the Student Counselling and Development Service (for staff) respectively on 1/F and 2/F of the Benjamin Franklin Centre. One for each while stock lasts. For enquiries, please call Ms. Kong at 2609 7208.
Life-changing experience at Global Internship Programme 2009

Career Planning and Development Centre, OSA

Last summer, 181 CUHK students gained valuable opportunities to receive internship training under Global Internship Programme (GIP) 2009. They were placed to cities in Mainland China, Australia, Canada, France, Germany, Ireland, Malaysia, Singapore, South Korea, United Kingdom and United States. All student interns returned home with exciting cross-cultural experience and polished practical skills.

Bonnie Cheung, Christine Kam (Journalism and Communication)
Interns at Special Broadcasting Service, Melbourne

"We were fortunate enough to take an internship at the Special Broadcasting Service (SBS) Radio. SBS is an Australian company specially established to cater for the interests and needs of 68 nationalities with different cultures and languages... And it is true that you have to learn how to take care of yourself when you are living in an entirely different place."

Alice Mok (Law), Derek Sin (Global Business Studies)
Interns at Aon Asia, Sydney

"We worked at the Legal and Compliance Department and the Corporate Planning Department respectively. As Aon is a multinational company, the internship not only gave us exposures to knowledge in the real business world, but also granted us a glimpse of the culture, behaviour and values of people in a global working environment. The relaxing lifestyle, the enjoyment of life, the appreciation of the nature and the meeting with people are the things we are going to miss so much."

Anthony Cheung (Integrated BBA)
Intern at L'Oreal, Paris

"With more than four office buildings in Paris alone, L'Oreal is, undoubtedly, one of the most prestigious companies in France, and working there is immensely tough. It is normal that you will be very stressed after a day of work. The company, though, is so sensitive to employees that it organises activities, such as after-work party, to alleviate our pressure. It is not difficult to strike a work-life balance here... Through different projects, I have learnt a lot about marketing after this internship."

Nikki Au (Economics)
Intern at Hong Kong Economic and Trade Office, London

"I was actively involved in the daily operation of the office during my ten-week internship, covering everything from media monitoring to preparation for government official visits. I was assigned some preparation work for the visit of Mrs. Rita Lau, JP, Secretary for Commerce and Economic Development. I drafted the opening speech for Mrs. Lau at the London Hong Kong Dragon Boat Festival 2009 and also conducted a research on the Arabian District in Finland."
To join GIP

The recruitment for GIP 2010 will start in January next year. Keep an eye on our promotion when you are back from examinations!

About Global Internship Programme

First launched by the University in 1997, GIP aims to equip students with knowledge of and an early exposure to the culture and working environment in Mainland China in summer. In 2006, in line with the University’s mission on internationalization, the Programme was expanded to overseas cities.

GIP not only helps enhance students’ language and interpersonal skills and workplace exposure, but also broadens their horizons outside Hong Kong that are conducive to their personal growth and career development. In the past 12 years, around 2,200 students have benefited from the programme.

For details, please visit the website http://www.cuhk.edu.hk/ocas/gip.
**International Corner**

**UNDP China Internship Programme – My 10-week Internship in Beijing**

Erica Chan (MSSc, Corporate Communication)

I worked in the Energy and Environment (EE) Team of the United Nations Development Programme’s (UNDP) Beijing Office from June to August this year. During the internship, I was engaged in a variety of jobs including project management, administrative support, translation work and organization of campaigns. Not only have I gained abundant environmental knowledge from the team, my horizon has been broadened by having a glimpse of the vision and mission of the United Nations (UN). And by assisting in the management of the launching ceremonies of regional projects, my communication and public relations skills were polished. The diversified cultural dynamic and all-embracing working environment of UN were very impressive as well. With people of different nationalities, the organization respects diversity, and I have learnt to be adaptive and flexible in this dynamic and enjoyed the harmonious working environment.

There were many memorable scenarios during my internship, and one of the most unforgettable moments would be the visit of the UN Secretary-General, Mr. Ban Ki-moon. He participated in the launching ceremony of one of our projects, bidding people’s support to more efficient energy consumption and recognizing China’s efforts in promoting energy efficiency. He also visited our office and took group photos with us. I was very impressed by his humble and approachable attitude. At the talk, he shared with us his vision and plan as a leader of an international organization, and it was my great honour to shake hands with him.

Apart from work, I met good friends and colleagues during my internship. They all gave me considerable support. A strong bonding was developed among the interns. There were numerous gatherings and trips organized among the interns during weekends and holidays. I would never forget the friendship, especially with my flatmate who was also an UNDP intern. We shared our joy and sadness during the 70 days in Beijing.

I would also like to take this opportunity to express my gratitude towards my supervisor and colleagues, who provided me with generous support and guidance. They were kind and supportive, and I always sought advice from them, no matter on work or life experience. Their advice helped me to grow faster and better.

**About the UNDP China Internship Programme**

The UNDP China Internship Programme offers a small group of outstanding postgraduate students the opportunity to acquire working experience in the United Nations system each year. Through this programme, interns are exposed to UNDP’s development activities, thematic priorities and technical cooperation practices. Interns will specialize in the areas of democratic governance, poverty reduction, environment and energy, HIV/AIDS, donor coordination, private sector development and other activities related to sustainable human development. In summer 2009, two out of the five internship places were offered to CUHK postgraduate students.
Dolce Vita in Italy: Pizza
Bryan San (Year 4, Journalism)

Currently on exchange in Italy, Bryan will share his cross-cultural life experience in the country where people are characterized with a value to embrace life to the full.

What is your first impression of Italy? Luxury brands, The Leaning Tower of Pisa or Inter Milan? Italy is a really attractive country. Its fashion industry, heritage, and soccer are renowned in the world. Besides, Italian cuisine is another unforgettable experience during my stay in Italy for a four-month exchange.

There are thousands of famous Italian dishes, spaghetti, lasagne, tiramisu, etc. However, for people like me who do not want to spend more than €15 for a full course meal everyday, pizza must be your first priority in Italy. You can enjoy a basic normal size Margherita pizza (about 6 inches in diameter) for only €3! It is definitely one of the cheapest kinds of food available in this Western European country.

Naples in Southern Italy is the origin of pizza. The first modern pizza was born in this biggest Southern city 230 years ago. In Naples, it is nearly impossible to have a bad dining experience, especially when you see a "vea pizza" (real pizza) sign, which is a guarantee to serve the original Italian pizza.

Unlike people in Hong Kong who always want "innovative" ingredients in their pizza, Italians obviously prefer the traditional ones. Mozzarella cheese, salami, mushrooms and ham are some of those popular ingredients in Italian pizzas. Thick crust, thin crust and cheesy crust are weird for Italians. You can only find one kind of crust in a pizza restaurant, crispy crust in Rome or on a soft bread-like crust in Naples.

Cheese-lovers' all-time favourite, the Quattro Formaggi pizza (pizza with four kinds of cheese).

Mornana: a special kind of pizza with a fried, instead of a baked crust.

Margherita is one of the most traditional Italian pizzas. It contains tomato, mozzarella and basil. It is believed that these represent the three colours on the Italian national flag.

Pizzas in Italy can be very creative too. I found this pizza with fries and sausages in an award-winning pizza restaurant in Naples. The pizza is in a heart shape and decorated with a twin?

For Italian, it is usual to finish a whole pizza no matter you are a boy or a girl.

About Italian meals
While pizzas are generally considered the world-popular dish of Neapolitan origin, the traditional Italian meals are regarded as a quality time to be spent with family and friends instead of simply for immediate nourishment.

A characteristic of Italian meals is that the primo or first course is usually a more filling dish such as risotto or pasta. Modern Italian cuisine also includes single courses (all-in-one courses), providing carbohydrates and protein at the same time (e.g. pasta and legumes).

The followings are the terms commonly found on Italian menus:

- Aperitivo - appetizer ("alkoholic drink") usually enjoyed as an appetizer before a large meal may be Campari, Prosecco, Aperol, Spritz or Vermouth.
- Antipasto - literally "before the meal", but or cold appetizers
- Primo - "first course", usually consists of a hot dish like pasta, risotto, gnocchi, polenta or soup.
- Secondo - "second course", the main dish, usually fish or meat.
- Contorno - "side dish", may be salad or cooked vegetables. A traditional menu features salad with the main course.
- Formaggio e frutta - "cheese and fruits", the first dessert. Local cheese may be part of the Antipasto or Contorno as well.
- Dolce - "sweet", such as cakes and cookies.
- Caffè - coffee
- Digestivo - "digestives", liqueurs/liquers (grappa, amaro, limoncello, sambuca, nocino, sometimes referred to as ammazzacaffè ("coffee killer")
Be A Hong Kongese!!

Incoming Students Section, OSA

With the aims of providing an opportunity for non-local students to have a real taste of Hong Kong people’s lives in respect of the language, the people and their living environments, the two-week "Be a Hong Kongese" programme is the first of its kind launched on campus by the Incoming Students Section. A total of 26 students joined the programme this year, with 5 local students and the rest from other parts of the world, including mainland China, Malaysia, Singapore, South Korea and Taiwan.

After about a month studying at CUHK, I was excited to visit a local family for the first time. My host family, Bryan Chan and his mother were extremely nice and hospitable. I visited them with my group mates. Grace Kim from South Korea, as well as Carol Huang and Shaun Ying from Mainland China. Before our visit, we learned some basic Cantonese phrases. They came in handy when we ordered our food at a local Chinese restaurant near Bryan’s home in Central. We had wonton noodles and steamed dumplings for lunch. They were very delicious and I was stuffed full! The waitress showed us the right way of eating wonton noodles with different types of chili and sauce. I also liked how they presented their wonton noodles in the most original way – noodles on top and wonton at the bottom.

When we arrived at Bryan’s home, the high-rise apartment shocked me. I almost had a heart attack when I learned that the local high-rise apartments can go up to 88 floors. Bryan’s mother prepared afternoon tea for us. She even bought us the famous egg tarts from Tai Cheong Bakery. The egg tarts were delicious, especially when they just came out of the oven! According to Bryan’s mother, the former British Governor of Hong Kong, Chris Patten was one of many well-known patrons of Tai Cheong. She also shared many stories of Hong Kong with us. I enjoyed talking to her on issues ranging from the public housing units of Hong Kong to its actors.

I also enjoyed the time when we shared our family visit experiences during the sharing session. The OSA staff prepared games for us to test our knowledge on Cantonese! I would never forget the facial expression of Shaun when he tried to say ‘I love you’ in Cantonese to Bryan, my hard-working group member Carol, our Miss Alice-of-Sunshine Grace, the very helpful organizers Eling, Kathy and Kelvin with his funny Potonghau accent and so on.

I feel that this programme was a good opportunity for me to understand the daily life of a Hong Kongese. Besides, I also gained international experience because I made some good friends with my fellow group mates. The interaction was not limited to intercultural exchange between Hong Kong and my country only, but also an integration of many parts of the world. Sharing our views and understanding others’ perspectives and attitudes had enriched my cultural understanding and global perspective. Although our values and attitudes towards various issues might differ, we had become very good friends. I could still remember clearly the smiling faces and laughter of my group mates and my host family. Thanks for the warm welcome and hospitality!

Polly Chan (Year One, Electronic Engineering student from Malaysia)

透過大學中的這個實習之餘，我們可以得到更多文化交流的機會。學生事務處舉辦了 "Be a Hong Kongese"這個活動，不但可以讓我認識更多的來自不同國家的當地新朋友，更能學習他們生活中文化上的交流。因此，當初朋友問我有沒有興趣參加的時候，我很高興地立即接受了。 "Be a Hong Kongese" 整個活動包括了由學校主辦的以及安排的 "展" 輔課班和家訪。 "展" 的課程班，將為組員闡述大學的規模和構架的主題。我很高興能夠和我的組員們都高興地參與。同時，他們亦替我正了不少香港式的語

言的"展"。有趣的時，原來外地和新加坡的學生都會用 "滴水" 語言操話。家訪時，我們有更多機會接觸，他們都分享了自己當過外籍語言的經驗，還跟著我對

Tell me more about the "Be a Hong Kongese" programme.

Happy faces of "Be a Hong Kongese" programme

Ivy Lau (Year Two, Nursing student from Hong Kong)
「香港攻略」之夜使我不再迷茫

胡家康（文科基礎班一年級，來自山東省）

9月份開學至今已經過了兩個多月，對於我們這些從內地五湖四海來的新生來說，基本已熟悉中大裡的學習和生活了。但是我們經常會有一種感覺，就是每次當我們走出中大時，感覺有幾些迷茫，不知道該去哪兒。為了讓我們更加了解中大以外的香港生活，來港生組為我們內地新生組織了這次「香港攻略」之夜的活動。

當天晚上活動一開始，我們就被隨機分成紅、黃、藍、綠四個小組，找選被藍組的組長擔任組長。活動的主持是兩位本地學姐－Carol 和 Claudia。我們在一個多小時內參與了三個豐富多彩的遊戲，包括「衣食玩物無設限」、「喜歡傷感」、「香港吃喝」等等。我們樂在其中，同時又進一步瞭解了香港的生產文化及生活中的常識。通過這些遊戲，我知道香港有很多好玩的地方，例如去西貢這及和出海釣魚。而飲品可以「飛沙」（不加糖）和「走奶」（加奶）並且「打包」（外賣）。即使我們不能在遊戲中拿滿分，但我們學懂了很多有趣的新詞彙。最後我們藍組也在齊心合作下勝出，可說是收穫甚豐！

我真的非常感謝來港生組為我們組織這次活動以及帶領我們進行遊戲的 Carol 和 Claudia。這次活動不僅讓我認識了更多的同學，而且加深了我對香港文化的認識。我衷心希望這個活動越辦越好，同時也希望這類活動越來越多。

有關「香港攻略」之夜

為使新來港的同學更了解香港的生活，並鼓勵他們走出校園去親身接觸香港的文化，學生事務處於港生組在1月8日舉辦了一個名為「香港攻略」的活動，共吸引53名內地生參加。活動以遊戲形式進行，透過本地同學的主持和介紹，加深了內地生對香港的認識。
內地文化考察計劃獎學金得主─對內地發展的一份關心

學生事務處 學生活動及設施組

自2000年起，學生活動及設施組一直統籌「內地文化考察計劃獎學金」之選拔及計劃開設工作。有關獎學金由一名無名發起人士籌備，旨在鼓勵全日在校本科生善用暑假到內地進行文化考察活動。今年暑假，六個小組分別以「四川大地震及青少年心理狀況考察」、「西藏高等教育系統及現代化教學之比較研究」、「甘肅南部地區基督教現狀與發展考察」為題，運用獎學金到內地進行不同課題的考察研究。

「四川大地震及青少年心理狀況考察」

四川大地震發生至今雖已一年了，災區人民中仍存在著嚴重的心理後遺症，尤其是青少年。其心理後遺症主要反映在親戚、師長的死亡、失去親友、親戚的重傷等，這些後遺症均對青少年的心理健康造成威脅。為此，組員全體成員自費赴震區，收集第一手資料，並親自向災區的孩子們傾囊相助，希望為震區青少年的未來帶來一點希望。

「西藏高等教育系統及現代化教學之比較研究」

今年暑假，組員利用假期到西藏大學進行考察，探討西藏高等教育系統的發展現狀。組員成員於西藏大學進行訪問，並與校方人員深入交談，了解西藏教育發展的現狀。組員成員還到西藏大學附屬醫院進行考察，了解西藏教育系統的現狀。

「甘肅南部地區基督教現狀與發展考察」

組員成員深入甘肅南部地區進行考察，了解當地基督教的發展現狀。組員成員還到當地的基督教教堂進行考察，了解當地基督教的發展現狀。組員成員還到當地的基督教學校進行考察，了解當地基督教的發展現狀。組員成員還到當地的基督教社區進行考察，了解當地基督教的發展現狀。
『第五屆兩岸三校學生運動友誼賽』
中大奪三項亞軍

兩岸三校學生運動友誼賽是北京大學、香港中文大學和台灣大學三校之間的一項傳統體育文化交流活動。本屆賽事於2009年10月27日至31日在北京大學體育館(2008北京奧運乒乓球比賽場館)進行。中大隊伍由副校長黃武正教授及大學校長黃基穎教授帶領參賽，包括男子籃球、男女子羽毛球及男女子乒乓球比賽。儘管天氣寒冷，但體育館內的比賽氣氛非常熱烈。在三項球賽中，本校的羽毛球隊、乒乓球隊及籃球隊的成績都是三項一負，名列亞軍。無論勝敗，三方的隊員都展現了良好的體育精神，體現了兩岸三校學生的珍貴友誼！

成績總結如下：

<table>
<thead>
<tr>
<th>項目</th>
<th>冠軍</th>
<th>亞軍</th>
<th>季軍</th>
</tr>
</thead>
<tbody>
<tr>
<td>男子子羽毛球</td>
<td>兩岸大學</td>
<td>中文大學</td>
<td>北京大學</td>
</tr>
<tr>
<td>男子子乒乓球</td>
<td>北京大學</td>
<td>中文大學</td>
<td>兩岸大學</td>
</tr>
<tr>
<td>男子子籃球</td>
<td>北京大學</td>
<td>中文大學</td>
<td>兩岸大學</td>
</tr>
</tbody>
</table>

在緊張的賽事之餘，大會安排隊伍參觀多個旅遊點，既促進了文化交流，又把同學們的友誼更緊密連在一起。在北京的五天裏，中大隊伍與台灣大學的師生共同遊覽故宮、長城、798藝術區、王府井、奧林匹克公園等名勝。回程當日(11月1日)北京下了三十多年來最早的一場大雪。對生活在南方的同學來說，真是難出頭外，在顧毛邊的鏡簾下，賞心悅目之餘，不由說又增添了一個難得的活動——下雪!

這次友誼賽，作為東道主的北京大學招待無微不至，食住安排，周到，兼且安排了多名志願者隨隊照顧，除了讓我們有賓至如歸之感外，同學們更平添了多一份難得的體諒。在蔣師高唱的歡送會中，大家都期待下屆友誼賽早日來臨，再續友好，再創佳績。
不應啞忍性騷擾
防止性騷擾委員會

防止性騷擾委員會在11月5日於大學賓館舉行為「性騷擾防
止」設立工作坊，延續東京三院芷新面工主任，是次活動
有數十位來自不同組織的幹事及同學出席，講者透過真實案例
引導同學思考，訓練同學醜聞的特質及危害，學習預
防性騷擾及性騷擾，並澄清同學在分辨困惑的疑惑，進而建立健康的
性別觀念。同學熱烈參與討論，把握機會開導與講者交流意見。

講者表示，他們處理的個案中，大部分都涉及輕
微到之間發生的性騷擾，有些受害者雖然如此
敏感，但因顧慮到與對方關係熟識，所以一直未
有報告。講者提醒同學如果遇到這些事件，要記
住，「相信自己的第一感覺。只要自己當時
感到不妥，無論對方關係有多密切，都不應避
忍。」

CUHK Swimming Pool Meets World Standard with Aquatic Electric Timing System
Student Activities and Amenities Section, OSA
With the generous donation from Mr. Yeung Ming-chiu, Chairman of Oriental Watch
Holdings Limited, as well as the University Academic Equipment Grant and other funds,
the University Swimming Pool has been newly equipped with an Aquatic Electric Timing
System. While the manually-taken records of swimming competitions held in CUHK
were not readily recognized in the past, the installation of the System has considerably
enhanced the accuracy of timing and made this facility a competitive match with other
universities, meeting the world standard. A light-up ceremony of the inauguration of the
system was held on 9 October 2009.

Upcoming OSA Activities
Student Counselling and Development Section, OSA For enquiry: Tel. 2897 7208 scds@cuhk.edu.hk

Events Organizer / speaker Date
Mental Health First Aid for CUHK staff SCDS 1,3,8,11 Dec 2009
CUHK-OAS 2010 Calendar Distribution SCDS Dec 2009
Affect Regulation and Soothing Workshop SCDS 2 Jan 2010
Cering Campus Carnivals cum uBuddies Launching Ceremony SCDS 29 Jan 2010

Incoming Students Section, OSA For enquiry: Tel. 2698 1533 jsoc@cuhk.edu.hk

Events Organizer / speaker Date
"Culture Blog" Radio Programme on CUHK Campus Radio Incoming Students Section Jan 2010
Workshop on Effective Learning II -- Project Management Skills Incoming Students Section Feb 2010

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