UNIVERSITY MARKETPLACE

Caring Campus 嘉年華 暨 uBuddies 啓動禮
李誠教授分享當朋輩輔導員的經驗
學生領袖培訓計劃

Winning through Assessment Centre
Get global through Global Internship Programme

Office of Student Affairs
The Chinese University of Hong Kong
From the Chief Editor

We are blessed

Badly hit by the devastating earthquake on 12 January, Haiti has been in mourning. Thousands and thousands of people were buried in the rubble. It is estimated that up to 200,000 have died and millions of people are affected in the "serious humanitarian crisis" as referred to by Ban Ki-moon, UN Secretary-General. Looking at the heartbreaking news updates, apart from feeling distressed, I realize how blessed we are in Hong Kong, a city immune from natural disasters.

At the start of 2010, you may have already made your New Year’s resolution, be it to lose some weight, get higher grades or your dream job, please join me in having one more goal, i.e. to be more caring and sensitive to our friends, our fellow students as well as our community for there are many out there who are less fortunate or may need some assistance at times. The University, with the coordination of OSA, is promoting a caring campus now. Let’s show our love and care to them and extend our helping hands to a greater community, i.e. people in need, no matter who they are and where they are from. What we can offer is much more than we think we can.

Dora Dai

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李誠教授是中大醫學院精選科學系教授，並為香港健康情緒中心及香港進食失調中心主管。李教授於華人社區從事精神病的臨床和學術研究及教育工作已有十多年。近年，李教授致力促進情緒健康，並推廣社區教育，以增加市民對情緒病的認識。

李教授指中四時已對精神心理的科題萌生興趣，及後唸大學期間，更熱衷於服務他人，參與大學舉辦的朋輩輔導計劃，對他日後鑽研精神科皆有所裨益。

李教授對中大學生事務處學生輔導及發展組在本年度首次舉辦的ubuddies「朋輩輔導」計劃十分支持，不但對計劃提供寶貴意見，更鼓勵同學積極參與。

多年來，你從事精神健康工作，對香港就這方面的发展有何看法和體會？

我從事精神健康工作的層面不斷變化，從早年多為「一對一」看病，到現在在中大進行教育和研究工作。在教授他人的過程中，我發覺自己踏上一個不同的層次，並透過深入研究，對某些問題有更清晰的掌握。因為倘若沒有本土的研究基礎，我們只能參考外國或世界衛生組織的資料及研究，但這些外國經驗既不能幫助我們全面了解香港的問題，亦不能直接有助於本地有關政策或服務的發展。

過去十年，我投放了頗多時間在推動社會政策、服務質素等方面，所以大家可能在各大傳媒也留意到我在推廣精神健康方面的訊息，雖然資源有限，但以有質素的傳媒作教育是挺有效的渠道，且略見成果。譬如早年我在乘火車時，聽見兩位年輕人談及上司在辦公室無理取鬧地辱罵同事，他們認為他一定患上情緒病。這種情況，在十年前是沒有可能出現的，以往社會普遍只知道「精神病」、「神經衰弱」和「完全正常」三個組別的精神科名詞而已。

近年來，香港出現一種新現象——有精神及情緒問題的人越來越多，但不論是公立、私人或大學服務方面，都一直出現「求過於供」的現象。批評精神病患者已不再是治療精神病的最大阻力，反而是服務供不應求的情況窒礙了病人得到適時的協助，不少輪候公立醫院精神及心理科的人士，往往要等上一年多的時間才能得到治療。我希望我過去的工作能引領其他有關組織或大機構在這方面出一分力，使有需要的人能更快得到適切的幫助。

據悉李教授曾於大學時期當朋輩輔導員（peer counsellor），可否分享當中的經驗？

當時大學第一次舉辦這計劃，我很高興能有機會參加。我從學習到不少心理學的理論，人的性格成長、溝通技巧等方面的知識，不但深入，而且實用。我的收益遠比我幫助的人所得的多。

當時大約有二、三十個同學參加這計劃。在完成整個課程後，學員被委派接聽求助電話，與來電求助的同學作即時交談或勸駁。此外，我們會定期會見臨床心理學家，分享實習的經歷及感受。

這個計劃對我的影響很大。我不但學會怎樣聆聽、理解別人的說話和學會幫助別人，而且增加了對精神
健康方面的兴趣，亦令我日后在医学院毕业後也选修精神科。由於当时精神科不是热门的专科，不大受欢迎，故此，很多同学选修精神科也只是暂时性，为的是等待转修其他专科的机会。当时妈妈也曾问我：「其他同学都选择内科、外科或眼科，为什么你却选择精神科呢？」但我却非常喜欢精神科，至今不知不觉已做了这么多年。

你认为作朋辈辅导员的经验对现今的职业有没有帮助？
对我现在作为精神科专家有一定的帮助。记得当年未受训前，總以为帮助别人就是要给对方意见，例如说「一定有办法解决」等的话。但當我完成朋辈辅导员的課程後，再加上往後の经验，我发現很多有情绪困扰的人士，最需要的不是其他人的忠告，而是別人的支持。課程教導了我怎样说话、怎样用心聆聽，讓求助的人觉得被了解。直到現在，我仍在不断学习。

你認為中大成立「朋輩輔導聯網」，對同学的精神健康有何影响？
我相信中大舉辦這計劃對同学们的精神健康有著重要的影响。近年，由於不少同学意識到自己的心理需要和懂得寻求專業支援，所以对辅导服务的需求不断增加。可是，這些主动求助的同學可能只是冰山一角。据我所做有關情緒病的調查顯示，受访的香港人中只有三成會主動求助，當中有不少只求助於未經情绪病治療培訓的一般醫生，他們只被處方服用止痛藥或安眠藥。所以，我們的服務不能接觸到大部份有問題的同學。

此外，資源分配也是我们所關注的问题。若求助的學生過多，医生可能要缩短診症的时间，因而影响辅导员

的质素。如果朋辈辅导员计划做得好，能為朋辈辅导员提供辅导技巧和相關知識的培训，他們可初步支援一些有轻微情绪困扰或壓力的同學，而且亦可將有较嚴重情绪問題的同學轉介給一些專業人士跟进。

情绪问题如抑郁、焦虑及压力等带来的间接影响可以很大。譬如说，一个很容易焦虑的同学，在正常情况下可以考取甲高的成绩。但若他在考试前因情绪的问题而出现失眠、頭痛、拉肚子及不能集中精神的情况，而只能拿到丙级，這不单是個人的损失，更是家庭及大学的损失。如果我們能夠及早幫助這些同學，便能减少以上的不良影响。所以，朋辈辅导計劃是一项有回报的投资。

作為朋叡，同学可以怎样从他人的言行举止看到他/她是否需要辅导呢？
早期的持续压力、一般焦虑和抑郁等大多無法從表面看到。治療情緒問題的方法和治療身體疾病的不同，例如：醫生可以直接看到臉上的癤癤或從X光片看到骨裂，但當一個人的心理、精神和情绪的问题
還未到達極嚴重的程度時，當事人很可能因各種原因而隱藏了這些問題，如對精神健康的意識及認知不足，或害怕別人的負面反應等。

同學在完成這個朋輩輔導訓練的課程後，不代表擁有一雙像X光機般的眼睛，描繪一下便能知道別人的問題。我的調查顯示，在我們身邊認識的人中，十個人之中可能有兩至三個患有不同程度的焦慮、抑鬱症，甚至嚴重精神病。所以，我們需要耐心聆聽朋友的傾訴，絕不要聽兩句話後便隨便給予他們意見或忠告。

大學生最普遍的健康問題不是慢性的心臟病，而是在情緒心理方面的問題。一般來說症狀較嚴重的人可以有以下的表徵，比如人沉默了、消瘦了、上課遲到或缺席、不能如期交功課、學業退步、自己一個人躲起來哭等。值得一提的是，有問題的人多數是以身體不適來表達，例如持續頭痛、經常疲累、沒有動力、胃口欠佳、腸胃不適等。所以，精神健康出現問題的人通常會透過身體傳達不適的訊息。

長遠來說，若能成功發展一套完善的朋輩支援機制，相信情緒問題較輕微的同學會得到及時的支援。大專院校每隔一年半到就出現學生自殺身亡的個案，估計每個自殺身亡的個案背後，可能存有十至二十個曾經嘗試自殺但不成功的人。而每個自殺行為的人也有可能曾經有過最少數十個的自殺念頭，計算下去便會發現，我們知道有情緒問題的同學只是冰山一角，我相信同學們在完成朋輩輔導技巧的培訓課程和實習後，一定會對情緒問題有更深的體會。

你會怎麼鼓勵同學參加朋輩輔導計劃？

由於現今的同學較崇尚個人主義，所以，要有效地鼓勵他們參與其中及幫助他們發揮所長，計劃便需要加入個人參與的元素和避免太大型的群眾活動。我建議朋輩輔導計劃以小組形式進行，藉以發掘和培養那些有心於輔導服務方面的同學。參與的同學不但能找到自己的興趣，更能將所學習到的推己及人；在過程中更了解和充實自己，在幫助別人時，亦會少一點偏見，更瞭得客觀對待有需要的人。所以，我百分百支持這個計劃。

訪問後記：

李教授不但擁有精神科專業知識及豐富經驗，他對精神健康的熱情更溢於言表，令人敬佩。再者，筆者多謝他對「中大朋輩輔導」計劃的大力支持，讓我們更積極地推廣校園的顧問文化。
Almost every day I walk past the construction site for underground pipe work at the back of the main campus library. I would like to say how impressed I was by the workmen and women there who had worked during the baking heat of summer. They have to cope with getting in the way of motorists and pedestrians, but it all seems to run very smoothly. Their work place is always very tidy and, as a pedestrian, I never feel in danger of walking through this construction area.

In Chinese medicine, I often go to the College of Chinese Medicine to consult a doctor. I feel the doctors there are very caring. The doctor who is also an alumnus of CUHK has showed great care for me. She often said to me, 'Don't think too much, don't worry about tomorrow, don't care too much about the future.' She also gave me encouragement. Her care really made me feel that CUHK is a place with a lot of caring.

I also felt cared for when I had lunch alone in the canteen. Some strangers invited me to have lunch with them, which made me feel that my department is really caring for the freshmen, giving me a stronger sense of belonging.

I hope the campus that I expect is...

I expect a safe and healthy campus with a harmonious relationship among students that encourages the development of true friendship.

When I see others in need, I will actively help without hesitation.

I hope I can spread warmth to my classmates, making the CUHK campus a warm place.

What I can do...

I can pay attention to the needs of others in my daily life and help them, thus promoting the culture of caring in the campus.

I can contribute to building a caring campus by treating each other with respect, which can make our relationships more harmonious. Even a simple 'thank you' can reduce anger, and a polite 'excuse me' makes it easier to feel content in helping others. The three magic words 'please', 'thank you' and 'sorry' are useful for everyone. Even if you are busy with your work, you should remember to treat each other with respect and the caring culture in the campus will be more effective.

The above and other sharing contents have been uploaded to the student affairs department webpage http://www.cuhk.edu.hk/osa/scds, welcome everyone to browse and read. If you have any experiences or sharing about caring campus, please submit your articles to Room 1, Vanke Tower, or email caringcampus@cuhk.edu.hk (the student affairs department will retain the right to modify and print these contents), let more people share your caring campus experience, together to create a caring campus culture.
Caring Campus 嘉年華 暨 uBuddies 啓動禮

為建立一所充滿關懷氣氛的中大校園，學生事務處學生輔導及發展組已於2009-2010年度展開一連串關顧校園的行動，精彩節目包括將於本年一月二十九日（星期五）舉辦的Caring Campus嘉年華 暨 uBuddies啟動禮。

日期：二零一零年一月二十九日（星期五）
時間：嘉年華 - 上午十一時三十分 至 下午三時三十分
       開幕及uBuddies啟動禮 - 下午十二時四十五分 至 下午二時
地點：中大文化廣場

分享嘉賓：前警務處處長李明達校友
演出嘉賓：
   - 心理學系張謙教授及The Academia Winds
   - 「中大歌神」中醫學院蔡梓銘同學（電視歌唱比賽季軍）
   - 音樂系African Drum Ensemble
   - 精武武術學會

豐富節目：
   - 李明達校友示範製作節日小點 (12:15 pm - 12:45 pm)
   - 攤位遊戲（心理學系系會、社會工作學系系會、學生會社
     會服務工作隊、學園傳道會、醫學院院會）
   - 精美小食（酒店及旅遊管理學院）
   - 「關顧之路」資訊展
   - 「校園關顧情」短片首映禮
   - 精品展銷
   - 入場人士可獲取精美中大「關顧」文件夾

歡迎全校學生及教職員出席及參與！

大學校董會主席鄭溝泉博士會見學生領袖

學生活動及設施組

大學校董會主席鄭溝泉博士於2009年12月11日（星期五）於大學賓館會見包括本科生及研究生等共14位學生領袖，當中亦包括本地生及內地生。鄭博士以師兄的身份與同學分享自己的個人經歷，表示自己在學生時代亦曾參與學生會工作和關注社會的活動。畢業後在社會上亦有機會從建制派和反對派的角度考慮不同議題。鄭博士又指出，成功的定義並不在於是否擁有金錢和勢力，而且每個人都可以有自己對成功的定義和標準。

鄭博士強調，校董會的功能是確定大學核心價值的策略性方向，而帶領大學的發展則是校長和其他全職教職員的工作。鄭博士又與同學就學位頒授典禮中的示威行動、各種社會問題及政治議題交換意見，會面氣氛輕鬆融洽。
Khoo May Yee (Year 3, English Studies and English Language Education, President of ISA)

In order to provide peer support and strengthen the connection among international students on campus, a group of international students is going to officially form the International Student Association (ISA) in near future. Last term, they organized the “Social Night” and the “Election + Movie Night” to have some fun and networking. Let’s listen to their sharing and joyful experience in our campus.

Social Night

On 24 October, 2009, the ISA organized a gathering, “Social Night”, to foster friendships among international, mainland and local students. More than 20 students from many different countries: Germany, South Korea, Indonesia, Macau, Mainland China, Malaysia, Netherlands, Poland, Singapore, Thailand, and the United States, took part in it.

Through the event, the participants got the opportunity to socialize with one another. Some of them did not realize that they were classmates of the same class even after weeks into the semester! Some of the others met students coming from the same countries - they are not alone! Senior international students, and alumni Arief Law from Indonesia, also shared their ‘surviving’ experiences with the freshmen.

It was interesting to see students from different countries uniting together in this ‘Social Night’. We felt more at home meeting other international students. Though we speak different mother tongues, everyone was able to use English to share home countries’ culture and the unique experiences of studying in Hong Kong.

International Student Association’s Election and Movie Night

In conjunction with the ISA’s Election, the ISA held a ‘Movie Night’ to help international students get to know more about the Association and its members. More than 30 participants attended the event.

Being the first cabinet of the ISA, committee members were both excited and anxious about their being elected to represent and serve other international students at CUHK. The preparatory committee is formed by students from diverse nationalities: May and Ivan from Malaysia, Angela and Cecilia from South Korea, Phil and Sarah from United States, Aditya from India, Qiji from Thailand, Dovile from Lithuania and Witek from Poland. With the great assistance of the election committee members, including Annemarelle, Robert and Katherine, the election was a success. 22 eligible members voted in support of the new committee as well as a number of amendments to the constitution of the ISA.

The election was then followed by a movie show. To cater to different tastes on movies, the movie shown was chosen by showing of hands. This garnered much laughter as the students were interested in all three DVDs prepared for the night. The pizzas were shortly delivered, but they disappeared quickly too. As expected, the event ended long after the scheduled time as everyone continued taking photos and chatting.

The ISA would like to thank all participants. Don’t feel bad if you missed these gatherings! More are coming soon—after the official formation of the first committee of the ISA!
An Adventurous Trip in the Wilds of Hong Kong - Tap Mun

Cultural exchange can take place anywhere in any format. This time, 17 local students, 4 mainland students and 2 exchange students mingled into groups and took up challenges like orienteering and cooking contests on Tap Mun Island on 22 November 2009. They not only enjoyed the beauty of Hong Kong’s wilderness with new friends, but also discovered themselves from a new perspective.

Incoming Students Section, OSA

Standing on the board in front of the gorgeous sunset and under several stars twinkling gently in the sky, I recalled the joyful day trip to Tap Mun. The excursion was not only made up of adventure, exploration, marvelous sceneries, but was also about teamwork, friendship, cooperation, determination and trust.

Tap Mun gave me the first impression of being small but lovely. We started our challenging trip once we set foot on this island. After group discussion, we decided to go to the toughest checkpoint first. We successfully located our position with the compass and map at the beginning but we still got lost during the trip. Even though not everything went as smoothly as planned, my impression of the island remained the same.

At lunch, we enjoyed the meal prepared by ourselves as well as reviewed our group’s experiences of being bound in the woods and making our way through coarse stones and shallow swamps in the morning. I suddenly felt so lucky to be with my group-mates, Iiro, Francesco, Jenny, Abe and Regina, cooking and chatting together on the grass. We began to understand the truth that the path we chose might never lead us to the destination. But we would find our way at the end. Also it was unavoidable to make decisions that were not wise enough and might make us feel tired and embarrassed. However, learning from experiences during the process was far more important than getting to the destination.

Lastly, I would like to thank those who were always with me when I felt lonely, our dear LEOs together with the officers of the Incoming Students Section for their care and support all the way.

Sharing from Zora Li (Year 1 Science Stream student from Guizhou Province, Mainland China)

Showing-off our cooking skills on the island!

Zora (3rd from the left) and her local and exchange group-mates

Sharing from Liu Man Wai (Year 3, Sports and Physical Education student from Hong Kong)

Before the trip, I just thought it was an easy outing like picnic. But I changed my mind dramatically once I got lost with my team in Tap Mun.

The paths on the hill were not clear enough. We just walked along the surrounding landscape. We kept moving forward but then we found ourselves at a dead end. Although we got a map and a compass, we were not able to locate ourselves as there was nothing around us but trees. With our can-do spirit and courage, we hacked our way through the woods. Finally, we passed through three checkpoints successfully and became one of the champion teams.

During the trip, I really learnt a lot from my group members, especially the importance of effective communication. In fact, one of the reasons we got lost this time was my self-centeredness. I only trusted my wrong interpretation of the map. If I had been more willing to listen to the others, we would not have got lost all the time.

On the other hand, I realized the value of teamwork. When I was cooking, my group members surrounded the stove with some stones to prevent the fire from being put off by the wind. With the efficient division of labour, we were the group who made the most delicious dishes.

From the bottom of my heart, I enjoyed this trip very much and it was a valuable experience for my personal growth.

Man Wai (middle) at the pre-trip workshop on map reading and cook set usage
Winning through Assessment Centre

Career Planning and Development Centre, OSA

“Finding the right talent for the right job” is one of the agenda items of human resources practitioners in their daily life, especially for big companies, for they spend much resources on their recruitment exercises. More and more often we see multinational companies or prestigious firms using Assessment Centres for assessing their candidates. In order to enable our students to have a better understanding on Assessment Centre, Mr. Simon Gluyas, Practice Leader for Kenexa, a global leading provider of assessment content and software, was invited to tell us more about it.

Hiring Graduates through Assessment Centre

Companies use many different ways to assess a candidate’s suitability for graduate positions. Traditional methods involve examining the candidate’s CV and interviewing. However, the concept of Assessment Centres is also an approach that is now regularly used.

“The challenge that every company faces when hiring new graduates is to select those that they think will be high performers in the future,” says Gluyas. Research consistently shows that Assessment Centres are one of the most effective ways to predict future performance and more companies are adopting this approach to selection.

“Every job has a behavioural requirement and it is important that a company can get objective information on the qualities of the candidates to determine who to hire. For example, for sales staff, certain qualities are essential, such as being outgoing and persuasive, and an ability to establish relationships with other people.” And such personal qualities are not shown in the academic qualifications on the CV. Gluyas reveals that many companies have screened out candidates holding unappealing CVs but do have the natural talent for being top salespeople.

What is an Assessment Centre?

Assessment Centres consist of a variety of assessment tools such as a structured interview, group exercises, presentation exercises, case studies, personality questionnaires and cognitive ability tests. Gluyas says that an Assessment Centre is typically conducted over a one-day time period.

“An Assessment Centre allows an individual’s qualities to be measured by multiple trained Assessors by a variety of different assessment techniques. They provide a very objective and in-depth way of understanding an individual’s qualities,” he says.

Who uses Assessment Centres?

Assessment Centres can be used in any job sectors, but they are especially suitable for companies that regularly hire new graduates, Gluyas says, adding that Assessment Centres have been successfully used in some countries for the past 30 years. Some of Kenexa’s global clients include Credit Suisse, British State Health Service, Merrill Lynch, Deloitte, Abbey Bank, Airbus, Cadbury Schweppes, Ernst & Young, and Toyota. Gluyas says that to a certain degree, Assessment Centres are still emerging as a new approach to selection in Asia as companies understand the concept and that Assessment Centres are becoming quite popular.
How to prepare for an Assessment Centre?

Participating in an Assessment Centre is mentally demanding, where you need to be focused for a long period of time,” Gluyas says. “An Assessment Centre is designed to provide a candidate with multiple opportunities to display the behaviour and qualities that the company is looking for. Whilst it is difficult to know exactly what the required behaviour and qualities are, there are some simple things that a candidate can do to prepare,” Gluyas says.

Make sure you carefully read the administrative instructions and supporting material when completing the Assessment Centre activities.

Think about specific examples of when you have displayed important behaviour so you can use these in the structured interview.

Make sure you get involved in group exercises and find a way to express your opinions.

Manage your time well on the day to ensure that you give yourself the opportunity to complete all of the exercises.

Ask questions if you are unsure about anything.

Get a good night’s sleep before the day of your Assessment Centre to ensure you have plenty of energy.

When completing personality questionnaires, be open and honest in your answers.

When completing cognitive ability tests, answer the questions as quickly as you can and as accurately as you can.

Practise tasks that require you to use your reasoning abilities i.e. crosswords, brain teasers, numerical problems, etc.

“It is important to reflect on what you are naturally like as a person and what you feel your strengths and limitations are,” says Gluyas. “It is a good idea to complete a personality questionnaire to learn more about your behavioural preferences and then discuss these with other people. This helps someone to understand what behaviour does not come naturally for them and being aware of this will definitely increase their chances of being successful in an Assessment Centre.”

Try out an Ability Test

Students who are interested to practise ability test and get more tips for attending assessment centre, please pay attention to the email announcement of Career Planning and Development Centre. A series of programmes related to assessment centre and ability tests will be launched soon. Don’t miss it!
根據資料顯示，現時約每4名學生中，便有1名現任或候任莊員。「鎮莊、砌莊、上莊、搵莊」簡單的八個字包含了多少人的笑與淚？甜、酸、苦、辣、五味泡製出來的回憶是如何的呢？

Frank，地理系的2009年畢業生，離開大學後當了地理科老師。「我對日本文化有濃厚的興趣，所以，上了日文學會，當了主持人。」Frank彷彿還在時光隧道，沉醉地說：「日本文化祭是重頭戲。首次跟學生事務處(OST)合作，搞一個真正大型的文化祭。還記得當時我們差不多一口氣下了50個同社的邀請，當然，接下show不只是術則的機會。」Frank跟莊員緊張地準備，幾乎兩天就進行會議。當時選為mid-季節，壓力很大。最後，活動受到日本領事讚賞，辛苦都值得。Frank認為開會是一門藝術。

「我強調理性討論，但莊員之間有時候愛『鬥咀』，討論常常離了題。我通常會請比較沉默的莊員發表意見，緩和地讓『鬥咀』的莊員冷靜一下。」

從時光隧道回到現在，Frank認為「上莊」經驗豐富了他的人生：「即使第一天上課，面對學生們也不會手忙腳亂！」學以致用，真好！

Devil，中醫學系五年級生。親眼看，這位準中醫師似乎跟中醫扯不上半點關係。當過中醫系莊主席、大Ocamp的大組長、書院活動的背手，Devil每天都得不下來。他指出，幸好中醫是五年制，否則，時間真的不夠用。在系莊裏，他認為主席跟莊員沒有上司下屬關係，不可能用命令式方法來管理團隊。

「曾有一位莊員常缺席會議，令其他莊員不滿。我獨立處理事件，以朋友的關係，先跟那莊員溝通，了解他的情況，再鼓勵他在會議上向大家交代，事情不但順利解決，莊員之間更多了點體諒與包容。」不論是當主席或大組長，也要面對人事上的挑戰。

「最難也最重要的，是團隊意識和士氣，士氣一減，什麼也做不好。」

Devil深有體會表示：「我們日以繼夜地準備Ocamp，大家身體都已經很疲倦，意志沉了下來。作為核心份子，我們的身體同其累；黑眼圈何其大，樣子也要精神奕奕，這樣才能叫人振作。」他指出，那一年中醫系的迎新營，飯堂的爐全壞了，他跟另一位莊員立刻飛奔到其他飯堂：「從來沒有跑得那麼快。在Ocamp期間，飯堂座位供應十分緊張，我們走遍新亞和逸夫飯堂，幸好，最後都找到座位，最終沒有影響行程。」看來，當領袖首的條件是身體好。Devil想了一會，說：「上莊期間活動讓我學會了放下自我。大學一年級時，我比較自我中心，認為有道理就要堅持，黑著面地堅持；現在，看事情的態度開了，回想從前，覺得以前處事方式太幼稚了。」人是從經歷裡長大的。

June，護理系四年級生，曾是宿生會宣傳幹事。她以「燃燒青春」來形容上莊的一年：「當年，1月份是宣傳期，每星期一至五都為數百名宿生煮早餐和糖水，黃昏5時左右開始煲糖水，7時至凌晨1時到各樓宿舍派發糖水。完成後，立即準備早餐配料，回到宿舍，已經3時許，稍作休息後，早上5時開始煮早餐，7時45分至11時派發早餐。同時，我負責設計宣傳海報和小冊子，連睡覺都沒有時間。」June讀護理學，課課繁重。密集式的宿舍宣傳攻勢令她取得很多支持，但同時，亦令她的成績一落千丈，由第一學期GPA 3.7，跌至第二學期的2.7，情況令June十分擔心。正式上莊後，活動有增無減，回家的次數也逐漸減少，很多周末也要在宿舍處理莊務。偶尔回家，樣子很疲倦，媽媽都不明白我在幹什麼。」即使面對挫折，June依然很喜歡上莊。

「上莊讓我認識很多朋友，我愛熱鬧，愛與人溝通……經過那一年的挫折後，我學會了時間管理，大學第二年成績已追上了。

如果時光可以倒流，我會最少每個週末都回家吃飯。」

後記
筆者很喜歡June的一句話：「每一個人都可以multi-tasking，都可以當領袖。」莊員為會員，甚至大學服務。他們不領薪水，沒有津貼；誰說他們不是領袖呢？領袖不是天生的，經過學習，培訓和實踐，你也可是出色的人領！
「學生領袖培訓計劃」內容

<table>
<thead>
<tr>
<th>年份</th>
<th>項目</th>
<th>日期</th>
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<tbody>
<tr>
<td>2010年2月26日 (五)</td>
<td>專業講座：學生團體實務理財、行政管理及防止貪污資訊</td>
<td></td>
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<td>2010年3月20日 (六)</td>
<td>個案分析與機構參觀Ⅰ：成功婦女團體 (上午)</td>
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<td>溝通技巧工作坊：如何與“惡搞”的人合作？ (下午)</td>
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<tr>
<td>2010年3月25日 (四)</td>
<td>專業講座：如何有效組織本港或海外義工活動？</td>
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<td>2010年4月初 (復活節假期後)</td>
<td>專業講座：「有活動，有人知！！」如何創意推廣活動？</td>
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<td></td>
<td>個案分析與機構參觀Ⅱ：成功社會企業 (上午)</td>
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獲取資格

完成培訓的領袖將可:

獲得香港中文大學學生領袖培訓計劃證書*（中大首張證書確認及記錄參加者的學生團體名稱及職位）；

*參加者必須達七成或以上出席率

完成培訓的學生團體將可:

獲得香港中文大學學生領袖培訓計劃證書*；

*團體必須達十成出席率

出席結業晚宴、所有報名參與培訓計劃之團體均會獲邀；及

接受學生事務處所出版刊物「大學廣場」訪問以宣傳及介紹所屬團體。

參加者資格

<table>
<thead>
<tr>
<th>(以學生團體名義報名)</th>
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<tr>
<td>香港中文大學學生會屬下院／系／會的現任或候任幹事</td>
</tr>
<tr>
<td>校方認可的研究生學生團體的現任或候任幹事</td>
</tr>
<tr>
<td>參加團體可派不同的團員出席上述的活動</td>
</tr>
</tbody>
</table>

名額

40個學生團體

費用

全免

索取報名表格

1. 親臨范克廉樓一樓學生事務處學生服務中心；

查詢電話

2609 7947 (羅小姐)

截止報名日期

2010年2月12日 (星期五)
Incoming Students Section, OSA

The HSBC Diversity Grant is a grant offered to students of local universities to conduct projects facilitating integration and mutual learning between local and non-local students from different cultural backgrounds. In the year 2008-09, two projects received the Grant of a total of HK$40,000.

**TECC Summer Institutes 2009**

The TECC Summer Institutes 2009 organized by Technology & Education: Connecting Cultures (TECC) was a success. It attracted more than 100 university students from Hong Kong, Beijing, Shanghai and the US, as well as some 600 teachers from mainland China. With its mission “Technology facilitates education”, the Summer Institutes aimed to develop and enhance the teachers’ technological skills in eight provinces, like Qinghai, Gansu, Anhui, etc. The project proved to be a meaningful and rewarding experience to the organizers and participants alike. Helen Miu, the project manager, advised that their time management, teamwork and communication skills have been enhanced.

**Rotaract Club of Chung Chi College**

In order to have a deeper understanding of the disadvantaged in Hong Kong, the Rotaract Club of Chung Chi College cooperated with Ngau Tau Kok Caritas Centre to organize activities, including English Fun Day, visits to Kadoorie Farm, Botanic Gardens, etc., for the South Asian kids in town. The Club members regarded the project a valuable experience of showing love and care to the underprivileged, and an opportunity to sharpen their leadership and communication skills.

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**CUHK Team named the Best in UN Climate Change Treaty Simulation**

Student Activities and Amenities Section, OSA

CUHK’s team of six students won the award for the Best Overall Team Performance and Mr. Ip Mau-ki, Kelvin won the Best Role Player in the Copenhagen - Hong Kong Simulation of the UN (United Nations) Climate Change Treaty. The CUHK team represented the Russian Federation in the deliberations at the Hong Kong Baptist University (HKBU) on 14 November 2009. The CUHK team received their award at the live “webinar” with the Copenhagen Business School (CBS) held (in HK time) on 19 December afternoon. Universities from China, India and Cambodia also participated in the global webinar reporting on the outcome of the Copenhagen meeting just hours after the actual UN conference concluded its two-week meeting. 15 students from the CUHK’s global MBA program were at the CBS in the fall semester, and attended the webinar from the Copenhagen side. The CUHK team included students who played roles of government, businesses and non-profit environmental NGO groups. Over 100 students participated in the simulation. Thanks to Prof. Jimmy Yu, advisor of the CUHK team for his great support and valuable guidance. The simulation was co-sponsored by the Hong Kong America Center, the National Democratic Institute, and HKBU.

“It was not easy to come up with our own version of the UN treaty on climate change. Through regular team meetings and thoughtful preparation in the two weeks before the simulation, we eventually performed very well in the one-day conference on 14 November.

After the actual UN treaty conference in Denmark, which ended on Friday, 18 December, ten university teams gathered again through a live “webinar” online from the Copenhagen Business School (CBS) directed expressly to the HK students. We heard directly from a panel of experts who followed the real conference.

The panel gave us opinions and advice on our performances. At the end, our team was awarded the Best Overall Team Performance Prize and the Best Role Play Prize. The process was difficult yet challenging, but we finally made it! We believe that it is us who made the revolutionary model UN negotiation!”

Wong Tsz Yuen Jenny (Year 4, Fine Arts)
Becoming Intellectual Leaders through Exchange Scholarship

**Li & Fung Scholarship**

The Li & Fung Scholarship was established by the Victor and William Fung Foundation in 2006 to support university student exchange programmes with the goal of nurturing intellectual leaders. By 2009-10 academic year, some 100 CUHK students were awarded the Scholarship. The scholarship recipients, known as Fung Scholars, received generous support from the Foundation to defray cost of living and studying at one of CUHK’s student exchange partner universities.

Each individual scholar joins a network of Fung Scholars from which they share, gain and prosper. The Foundation has established a website as a platform for Fung Scholars to network amongst themselves, with the Li & Fung Group and other prominent business leaders. The Foundation organizes events and activities for the Fung Scholars. These include gatherings for scholars, company visits, lectures and the annual Fung Scholars Leadership Conference.

**Fung Scholars Leadership Conference 2009**

Over 60 Fung Scholars, including four from the Chinese University of Hong Kong converged in Shanghai in October 2009 for the Fung Scholars Leadership Conference 2009 entitled "Entrepreneurs, our Hope for Economic Recovery. True?". The scholars heard from industry leaders and exchanged views on how the world was to recover from one of the worst economic downturns in the century. Fung Scholars from the USA, Singapore, Hong Kong, and Mainland China were inspired by the sharing of Dr. Victor Fung, Chairman of the Li & Fung Group and the Victor and William Foundation, and two distinguished guest speakers, Mr. Po Chung, Co-founder and Chairman Emeritus of DHL International, and Ms. Mary Ma, Partner and Managing Director of TPG Capital Limited, Former CEO and Executive Director of Lenovo Group. The conference served as an exchange platform to inspire the Fung Scholars in their future pursuits. The four Fung Scholars from CUHK all see the conference as a great opportunity to learn from successful entrepreneurs and interact with fellow world scholars.

**Experience of 2008-09 Fung Scholars**

So far, nearly 100 Fung Scholars from CUHK have traveled to some 20 countries around the world. See what they have to say about their experiences.

**Cheung Chung Yan Jessica, Professional Accountancy student exchanged to USA**

It was definitely a precious opportunity to expose myself to a different academic environment. Wharton School is one of the best business schools in the world. I experienced a very different teaching and learning style which emphasized analysis and understanding of data. I was also impressed by the interactive approach of the lectures in which professors and students exchanged ideas and points of view freely.

**Lam Chak Man Jacky, Government and Public Administration student exchanged to Australia**

This has been the most relaxing yet fruitful year. Things that occurred this year not only became my precious memories, but also changed my life plan and attitude towards life for the days to come. I gained a lot in the year despite the cost involved. My English skills have been improved. I was also exposed to different cultures and have learnt a better way of treating different cultural perspectives.

**Leung Tsz Yan, Linguistics student exchanged to France**

It was a miraculous year in France, where I met competitive international students and explored another part of the world. It has definitely broadened my cultural and global horizons. In this half year, my competence in French has greatly improved and I can now feel at ease communicating in French.

**Tam Tan Ni, BBA student exchanged to Denmark**

Most of the time, lessons turned out to be class discussions rather than lectures. Discussions were not confined to the assigned chapters and readings, but were open topics we found interesting during the discussions.

**About Victor and William Fung Foundation Limited**

The Victor and William Fung Foundation Limited, a charitable organization, was established to commemorate the centenary of the Li & Fung Group in 2006. The Foundation is funded personally by Dr. Victor Fung and Dr. William Fung, respectively Group Chairman and Group Managing Director of the Li & Fung Group. The mission of the Foundation is to promote (i) leadership development principally through university students exchange programmes in universities and internships and (ii) thought leadership principally through think tanks and education institutes.

**For more information:**

**Fung Scholars and Fellows:** [http://www.fungscholars.com/](http://www.fungscholars.com/)

**Application for Li & Fung Scholarship:** (under CUHK Student Exchange Scholarships & Financial Aid Scheme) [http://www.cuhk.edu.hk/oal/navigation_student.exchange/how_much/sfa.htm](http://www.cuhk.edu.hk/oal/navigation_student.exchange/how_much/sfa.htm)

Enquiry: 2609 7597
Global Internship Programme (GIP) – Looking back and moving forward

Career Planning and Development Centre, OSA

Looking Back - GIP 2009
Under GIP 2009, 181 students gained valuable opportunities to receive offshore internship training in major Mainland cities, Australia, Canada, France, Germany, Ireland, Malaysia, Singapore, South Korea, United Kingdom and United States. Employers’ feedbacks on our student interns were very positive, some of which are as follows:

“The student was exposed to all the various departments under our Records Management Division and gained a better understanding of the services we provide, the functions of each department and how each department complements each other. We are happy to have Hygeia’s help in the drafting of all work flows. From an external point of view, she was able to provide us with comments and insights which we could have probably missed.”
~ Crown Worldwide Pte. Ltd. (Singapore)

“The student is a clever girl with nice character. During her 4-month internship, she got along with the colleagues very well and participated in our regular team-building activities proactively. Under supervisor’s guidance, she worked as an assistant to the whole cash team in Operation Department.”
~ Citibank (China) Co., Ltd. (Guangzhou)

“Both students expanded their knowledge, writing skills and translation abilities. For our organization, they provided insights and energy that contributed to an exceptional summer internship programme. Our intern team was exceptionally integrated this summer and also exceptionally intelligent. The students were significant members of our team.”
~ World Information Transfer, Inc. (New York)

Moving Forward - GIP 2010
To continue GIP’s success and meet students’ diverse need, GIP has endeavoured to explore internship opportunities in different regions and fields. In summer 2010, we aim at sending students to major cities in Greater China, Asia Pacific Region and other metropolitans. Student applicants may choose from the following programmes in the joint recruitment:

<table>
<thead>
<tr>
<th>Programme</th>
<th>Remarks</th>
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<tbody>
<tr>
<td>(A) Beijing Xuanwu Hospital Project</td>
<td>Tailor-made for students majoring in Chinese Medicine, Medicine, Nursing and Pharmacy.</td>
</tr>
<tr>
<td>(B) Nanjing Hi-tech Zone Project</td>
<td>- Students will be given opportunities to work at renowned Mainland enterprises in the technology field - Students majoring in Science and Engineering are preferred</td>
</tr>
<tr>
<td>(C) Multi-national Companies Exposure Beijing Museum / Library Project</td>
<td>Full-fledge internship training at MNCs in Beijing, Shanghai, Guangzhou, Shenzhen, etc.</td>
</tr>
<tr>
<td>(D) “New Youth, New World” Summer Internship Programme Exposure at Non-commercial</td>
<td>Students will be placed to prestigious museums and the National Library.</td>
</tr>
<tr>
<td>(E) Internship Programme Exposure at Non-commercial</td>
<td>- A joint-university project organized by the Hong Kong United Youth Association - Structured training and eye-opening exposure in Beijing, Shanghai and Dalian.</td>
</tr>
<tr>
<td>(F) Organizations</td>
<td>Experiential learning opportunities will be arranged at host organizations like NGOs in Beijing, EXPO in Shanghai, etc.</td>
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<tr>
<th>Programme</th>
<th>Remarks</th>
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<tbody>
<tr>
<td>(G) Exposure in Metropolitan Cities</td>
<td>Cross-cultural experience and full-fledge internship training at Multi-national Companies, Hong Kong Economic and Trade Offices, universities, etc.</td>
</tr>
<tr>
<td>(H) Exploring Singapore / Asia Pacific</td>
<td>A variety of internship placements, including those at multi-national companies, small and medium enterprises and non-governmental organizations will be arranged.</td>
</tr>
<tr>
<td>(I) Disney International Programme</td>
<td>- Internship training at amusement parks or resorts of the Disney Group in Orlando or California - Subject to the placement quota granted to CUHK</td>
</tr>
</tbody>
</table>

Visit the GIP homepage (www.cuhk.edu.hk/osa/gip) for application and programme details.

Important Deadlines
- Selection of interview timeslot: 29 January (Fri)
- Submission of application form: 31 January (Sun)
- Submission of academic report: 31 January (Sun)
- Return of recommendation form: 5 February (Fri)

Deadline for Application
31 January 2010 (Sun)
Don’t miss this chance, ACT NOW!
Office of University General Education

Leading skills workshops, London and Beijing study tours, policy making workshops, knowing globalization and multiculturalism, doorway to art appreciation, Outward Bound experience... and activities of all kinds

Offering a total of 24 units in two years, LDP is an one of its kind programme in the region to cultivate your leadership potential and prepare you to meet challenges and drive changes in the new era.

Through LDP, you will:

• have the aptitude to translate imagination into reality;
• develop the commitment to bring out full potential of yourself and the team; and
• be competent to work across cultures and adapt to global changes.

Undergraduate students who are expected to graduate in May 2012 or thereafter and fulfill the following criteria are welcome to apply:

• a cumulative GPA of 3.0 or above at Term 1, 2009/10;
• endorsement obtained from the department of major study;
• leadership potential as evidenced in relevant experience in the University, at school or in other undertakings; and
• good communication skills with high proficiency in both Chinese and English.

ADMISSION TALK - mid February 2010 (time and place to be announced later)

APPLICATION DEADLINE - 26 February 2010

Application forms and programme details are available on our programme homepage.

Office: Rm G3, Fung King Hey Building
Phone: 2609 8621
Email: ldp@cuhk.edu.hk
Homepage: http://www.cuhk.edu.hk/leadership

The Leadership Development Programme is a life-changing experience. Going through this two-year programme is a process of self-transformation. It has offered us so much that it is going to take us a whole life to cherish and savor it. It is not just a programme that provides you with skills and knowledge; it is about value and mind, meaning and life, building of a whole person... Yes, the meaning of life is for us to make. All we need to do is to live self-consciously, and follow what we truly believe in. Leadership is a choice. Once you choose to lead, you embark on a course that guides you towards something that matters to you and the world. The most valuable thing the LDP has brought to me was a sense of care and mission, and it spurs me to strive for the meaning of life. If I can commit myself to the meaning and purposes of my life, I believe I will eventually be able to take the lead and contribute as much as I can to the world.

– Jerry Peng, LDP Class 2006, Integrated Business Administration

In addition to the actual academic knowledge and theories I learnt from the courses, I found this programme special because of the wide spectrum of students being admitted. The learning atmosphere and quality of discussions were the best ever, compared to many other courses. Moreover, I have become more confident in speaking up in front of a group since there were chances for us to give comments and opinions on a wide variety of subject matters. Under this highly interactive environment, I am able to communicate more with classmates and professors through a stimulating process of idea exchange... Upon completion of the programme, I have a new interpretation of the acronym of “LDP”. It is “Let’s Develop our Potential”. LDP means that I have developed my potential together with my fellow classmates. With the group’s support and interactions, all of us have gained new perspectives and learned from one another.

– Eddie Chong, LDP Class 2007, Psychology
MORE THAN 30 DESIGNS OF CUSIC LOGO WERE SUBMITTED TO THE CUSIC (CU STUDENT INFORMATION SYSTEM) LOGO DESIGN COMPETITION. THE HIGHLY COMPETITIVE DESIGNS REQUIRED THE SELECTION PANEL TO TAKE SLIGHTLY MORE TIME THAN EXPECTED TO REVIEW AND DETERMINE THE FINALISTS. IN LATE DECEMBER 2009, THE PANEL CHOSE ZHANG XIAOJI’S DESIGN FOR IT PROVIDES NOT ONLY ATTRACTIVE AESTHETICS, BUT MORE IMPORTANTLY, IT CAPTURES THE ESSENCE OF THE CUSIC PROJECT, I.E. OPENNESS AND COLLABORATION. 1ST RUNNER-UP (YEUNG KI FAI FRANKIE) AND FOUR OTHER HONOURABLE MENTIONS (LAI TAK FAT JACKY, SHUM JONE-KING, SUN MENGSHA AND SUN RUOYU) WERE ALSO SELECTED.

Please visit http://www.cuhk.edu.hk/cusic for their designs and details.
<table>
<thead>
<tr>
<th>Guidance Programme</th>
<th>Organizer / speaker</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Critical Thinking Test</td>
<td>Centre for Learning Enhancement And Research</td>
<td>Week of 25 Jan 2010</td>
</tr>
<tr>
<td>Assessment Centre Introduction Workshop</td>
<td>Kenexa</td>
<td>Week of 25 Jan 2010</td>
</tr>
<tr>
<td>Briefing Session: YDC E-Challenge 2010 Business Plan Competition</td>
<td>Young Entrepreneurs Development Council</td>
<td>29 Jan 2010</td>
</tr>
<tr>
<td>Earn your CFA® Charter: The Most Respected Credential in the Global Financial Community</td>
<td>Stalla</td>
<td>Week of 1 Feb 2010</td>
</tr>
<tr>
<td>Experience Sharing with CEO</td>
<td>Sun Hung Kai Properties Limited</td>
<td>9 Feb 2010</td>
</tr>
<tr>
<td>Hong Kong Securities Institute (HKSI) – Gateway to Financial Profession</td>
<td>HKSI</td>
<td>Week of 22 Feb 2010</td>
</tr>
<tr>
<td>Career Talk for Department of Japanese Studies</td>
<td>CPDC</td>
<td>24 Feb 2010</td>
</tr>
<tr>
<td>CV Writing Skills Workshop</td>
<td>JobsDB</td>
<td>Week of 1 Mar 2010</td>
</tr>
<tr>
<td>Mock Interview Workshop for Prospective Secondary and Primary School Teachers</td>
<td>Faculty of Education</td>
<td>6 Mar 2010</td>
</tr>
<tr>
<td>Mock Interview Workshop</td>
<td>CPDC</td>
<td>13 Mar 2010</td>
</tr>
<tr>
<td>Sharing of Entrepreneurs</td>
<td>CPDC &amp; HKDC</td>
<td>Week of 8 Mar 2010</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Recruitment Talk</th>
<th>Organizer / speaker</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kerry Logistics (Hong Kong) Ltd</td>
<td>CPDC</td>
<td>25 Jan 2010</td>
</tr>
<tr>
<td>Sun Hung Kai Financial</td>
<td>CPDC</td>
<td>26 Jan 2010</td>
</tr>
<tr>
<td>Canon Hong Kong Company Limited</td>
<td>CPDC</td>
<td>27 Jan 2010</td>
</tr>
<tr>
<td>CLP</td>
<td>CPDC</td>
<td>2 Feb 2010</td>
</tr>
<tr>
<td>Bank of Tokyo-Mitsubishi UFJ, Ltd</td>
<td>CPDC</td>
<td>3 Feb 2010</td>
</tr>
<tr>
<td>Wharf T &amp; T Limited</td>
<td>CPDC</td>
<td>4 Feb 2010</td>
</tr>
<tr>
<td>Accenture Company Limited</td>
<td>CPDC</td>
<td>8 Feb 2010</td>
</tr>
<tr>
<td>Ogilvy Public Relations Worldwide</td>
<td>CPDC</td>
<td>8 Feb 2010</td>
</tr>
<tr>
<td>Securities and Futures Commission</td>
<td>CPDC</td>
<td>10 Feb 2010</td>
</tr>
<tr>
<td>Career Fair</td>
<td>CPDC</td>
<td>Week of 22 Feb 2010</td>
</tr>
<tr>
<td>CASH</td>
<td>CPDC</td>
<td>22 Feb 2010</td>
</tr>
<tr>
<td>BOC Group</td>
<td>CPDC</td>
<td>23 Feb 2010</td>
</tr>
<tr>
<td>Dah Sing Bank Ltd</td>
<td>CPDC</td>
<td>24 Feb 2010</td>
</tr>
<tr>
<td>The Nielsen Company Limited</td>
<td>CPDC</td>
<td>1 Mar 2010</td>
</tr>
<tr>
<td>DFS Hong Kong Limited (Duty Free Shoppers Hong Kong Ltd)</td>
<td>CPDC</td>
<td>2 Mar 2010</td>
</tr>
<tr>
<td>AEON Stores (Hong Kong) Co., Ltd</td>
<td>CPDC</td>
<td>3 Mar 2010</td>
</tr>
<tr>
<td>DKSH Hong Kong Limited</td>
<td>CPDC</td>
<td>4 Mar 2010</td>
</tr>
<tr>
<td>TW Coffee</td>
<td>CPDC</td>
<td>8 Mar 2010</td>
</tr>
<tr>
<td>McDonald’s</td>
<td>CPDC</td>
<td>9 Mar 2010</td>
</tr>
<tr>
<td>Tricor</td>
<td>CPDC</td>
<td>10 Mar 2010</td>
</tr>
<tr>
<td>Recruit Express</td>
<td>CPDC</td>
<td>15 Mar 2010</td>
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<tr>
<td>CHIEF Securities</td>
<td>CPDC</td>
<td>22 Mar 2010</td>
</tr>
<tr>
<td>Schindler Lifts (HK) Ltd</td>
<td>CPDC</td>
<td>23 Mar 2010</td>
</tr>
<tr>
<td>City Telecom (HK) Ltd / Hong Kong Broadband Network Ltd</td>
<td>CPDC</td>
<td>24 Mar 2010</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Incoming Students Section, OSA</th>
<th>For enquiry: Tel. 2696 1533 <a href="mailto:iss@cuhk.edu.hk">iss@cuhk.edu.hk</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Events</td>
<td>Organizer / speaker</td>
</tr>
<tr>
<td>Chinese and Korean Cultural Festival</td>
<td>ISS</td>
</tr>
<tr>
<td>Workshop on Effective Learning III – Project Management (To be conducted in Putonghua)</td>
<td>ISS</td>
</tr>
<tr>
<td>Chinese New Year Gathering Night (For all non-local undergraduates)</td>
<td>ISS</td>
</tr>
<tr>
<td>“Culture Blog” - Radio Programme on CU Campus Radio @www.cucr.hk</td>
<td>ISS</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Student Activities and Amenities Section, OSA</th>
<th>For enquiry: Tel. 2609 7216 <a href="mailto:saau@cuhk.edu.hk">saau@cuhk.edu.hk</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Events</td>
<td>Organizer / speaker</td>
</tr>
<tr>
<td>VC meeting with Students at United College</td>
<td>UC &amp; SAAS</td>
</tr>
<tr>
<td><strong>Student Leader Training Scheme</strong></td>
<td>SAAS</td>
</tr>
<tr>
<td>- Student Leader Training Scheme - Field Visit 1</td>
<td>SAAS</td>
</tr>
<tr>
<td>- Student Leader Training Scheme - A workshop on communication and interpersonal skills</td>
<td>SAAS</td>
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</tbody>
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<thead>
<tr>
<th>Student Counselling and Development Section, OSA</th>
<th>For enquiry: Tel. 2609 7208 <a href="mailto:scds@cuhk.edu.hk">scds@cuhk.edu.hk</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Events</td>
<td>Organizer / speaker</td>
</tr>
<tr>
<td>Caring Campus Carnival cum uBuddies Launching Ceremony</td>
<td>SCDS</td>
</tr>
<tr>
<td>uBuddies Training on Peer Counselling Skills</td>
<td>SCDS</td>
</tr>
<tr>
<td>Personality Assessment Workshop</td>
<td>SCDS</td>
</tr>
</tbody>
</table>
Caring Campus 嘉年华
暨 Buddies 启动礼

日期：2010年1月29日（五）
时间：11:30 am - 3:30 pm
开幕及ubuddies启动礼 12:45 pm
地点：中大文化广场

精彩节目：
李明逵校友示范制作节日小点（12:15 pm - 12:45 pm）
「朋辈辅导联网」启动礼
「校园關顧情」短片首映礼
「關顧之友」资讯展
攤位游戏、精品展销、精美小食

《關顧情未了》分享嘉宾：
前警务处处长李明逵校友

表演嘉宾：
心理系张谦教授及The Academia Winds
「中大歌神」蔡焯铭同学（电视歌唱比赛季军）
音乐系African Drum Ensemble
精武武術學會

参与单位：心理學系会 社会工作學系会
酒店及旅游管理学院
学生會社会服务工作隊 学園傳道會
医学学院院會 HosannArt

*入場人士可赢取精美「關顧」文件夹