

A Glimpse of the Future

未來
的故事



香港中文大學
The Chinese University of Hong Kong





dream_chaser



遊走於綠意盎然的校園，
呼吸濃濃的人文氣息，
在這同一山城，
每天都有人為未來築夢。

Strolling on the idyllic campus nestled on the hill
and immersing in the humanistic atmosphere,
people build their dreams here every day.



♥ 2351 Likes

dream_chaser 一同翻開十二個中大故事，構想未來的大學生活，想像未來的自己。
Read through the 12 CUHK stories and imagine your future—the university life and a
brand new 'you'.

#future #cuhk

目錄 CONTENTS



04



06



08



10



12



14

04 本地遊推動者
LOCAL TOUR
ADVOCATES

06 校園科創先鋒
TECHNOLOGY
ENTREPRENEUR
ON CAMPUS

08 融入香港的外籍生
FOREIGN STUDENT
MINGLED WITH THE
LOCAL

10 鑽研崑曲的商學生
BUSINESS STUDENT
HOOKED ON KUNQU

12 才德兼備的羅德學人
TALENTED AND
VIRTUOUS RHODES
SCHOLAR

14 醫學科研涉足者
ON BECOMING A
CLINICAL SCIENTIST



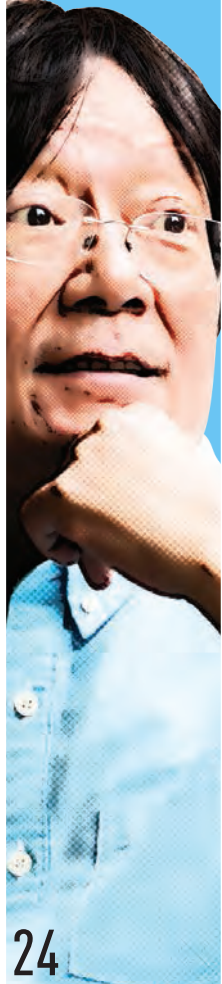
18



20



22



24



26



28

18 擁抱未知的自由人
FREELANCING IN
THE UNKNOWN

20 個人發展啟導者
PERSONAL
DEVELOPMENT
MENTOR

22 災後心靈重建者
POST-DISASTER
PSYCHOLOGICAL
RELIEVER

24 「教育劇場」推手
PRACTITIONER
OF THEATRE-IN-
EDUCATION

26 建築空間定義者
ARCHITECT WHO
REDEFINES SPACE

28 電動車發展掌舵人
HELMSMEN OF
ELECTRIC VEHICLE
INDUSTRY

16 中大一晝夜
A DAY IN CUHK

30 中大數一數
CUHK IN A FEW
NUMBERS

32 申請
APPLICATION

本地遊推動者

Local Tour Advocates

鍾芯豫與楊子雋
Natalie Chung and Arthur Yeung

地理與資源管理學、伍宜孫書院
聯合國氣候變化大會香港大專教育界競賽一等獎得主

Geography and Resource Management,
Wu Yee Sun College

Winners of First Prize in the HK Tertiary
Schools COP21 Challenge

鍾芯豫、楊子雋構思V'air網頁，上載本地遊資訊，鼓勵假日留港旅遊及消費，減少境外旅遊對環境的影響。

Natalie Chung and Arthur Yeung came up with the idea of 'V'air—an online platform that encourages local travel in a bid to reduce the environmental impact of air travel.



世界自然基金會指出，港人每年平均超過一半的碳排放量來自航空旅遊。由香港去一趟日本，客機在來回的飛行旅程會排放約半噸的二氧化碳，相等於一盞燈連續六個月不關的總碳排放量。的確，外遊會帶來賞心悅目的遊歷，但部分人習慣重複去相同的地點吃喝購物，有見及此，鍾芯豫和楊子雋着手為這些飛行常客構思更環保的旅遊方式。

V'air團隊設計出一日或兩日一夜的短線本地遊行程，特別介紹少人認識的本地食肆或住宿，希望藉此減少飛航的碳排放量，支持社區經濟，營造獨特社區。

A survey by WWF (World Wide Fund for Nature) reveals that more than half of CO₂ emission of a Hong Kong resident originates from air travel. The CO₂ emission of a return flight from Hong Kong to Japan is about 0.5 tonne, which equals the amount of emission for leaving a light bulb on for a continuous period of six months. Without denying the benefits that can be brought about by travelling abroad, Natalie and Arthur sought to find a more eco-friendly alternative to the culinary or shopping sprees practised by habitual, repetitious sojourners.

By introducing one- to two-day itineraries which include lesser-known local scenic places and stops for authentic eateries or hostels, they hope to reduce the carbon emission of flights and help the economic sustainability of local communities and neighbourhoods with distinctive characteristics.

我們希望讓V'air成為一個既提供豐富的本地旅遊資訊，又能實際推動香港生態旅遊發展的網上平台。

We hope that in the future, our website will become a popular and resourceful online platform to facilitate eco-travel in Hong Kong.

中大校園不乏美景處處

The CUHK campus itself is full of scenic gems



校園科創先鋒

Technology Entrepreneur on Campus

劉巡
Jeffrey Liu

系統工程與工程管理學、聯合書院
青年科技企業家

Systems Engineering and Engineering Management, United College
Young Techy Entrepreneur

劉巡在荷蘭長大，屬於自出娘胎便接觸科技的新一代，雄心、創意和創業精神，完全不受年齡圍限，高中時代已經營軟件開發公司，僱用一隊菲律賓程式設計師替人編寫程式。

Jeffery grew up in the Netherlands. With access to modern technology from the moment he was born, he is part of the new generation proving that age in no way limits their ambition, innovation and entrepreneurial spirit. As a high school student, he had run a software development agency and hired a team of developers in the Philippines to develop software.



劉巡本來打算高中畢業就遠赴菲律賓經營那公司，但父母希望他上大學，於是他到中大唸書，「我覺得香港是個好地方，可以令我保持敏銳，維持競爭力。」大四時，他已創立兩家新創公司，其中一家是 Panjury。這個網上平台把公眾意見儲存和分門別類，用劉巡的話說，對於任何話題的意見，從最佳國家領袖到寫得最差的小說，都可以在這個社交網絡上衡量和量化。

劉巡留意到香港政府正嘗試刺激成立更多新創公司，而中大也注意到支援學生創業的重要性，成立了前期育成中心（簡稱Pi Centre）協助學生企業。他在香港不到四年，已見證這兒的新創公司成長了三倍。

Jeffery originally wanted to move to the Philippines to continue running his software development agency, but his parents wanted him to pursue a degree instead. He therefore came to CUHK. 'Hong Kong is a good place to be at to keep myself sharp and competitive,' said Jeffery. He had founded two technology startups in his final year, one of which is Panjury. The social platform organizes web comments on basically anything, from the best state leaders to the worst written novels, to derive measures of public sentiment.

Jeffrey notices the Hong Kong government is trying to stimulate its own startup scene. The importance of encouraging and supporting student entrepreneurship did not go unnoticed by the Chinese University. It established its Pre-incubation Centre (Pi Centre) to support student entrepreneurship. He has been in Hong Kong for about four years, and the number of startups has tripled in that time.

中大Pi Centre對於有志創業的中大學生是很有用的資源，它可以協助想創業的學生結識志同道合的人。

The Pi Centre is a great resource for CUHK students who want to start their own businesses. The most impactful thing is that the centre helps student founders build a community of like-minded, entrepreneurial people.

中大全校園鋪設無線網絡裝置，也是香港電郵樞紐，足以印證中大引領科技發展

CUHK is always ahead of technology, as evidenced by its campus-wide WiFi and its being the e-mail hub in Hong Kong



融入香港的外籍生

Foreign Student Mingled with the Local

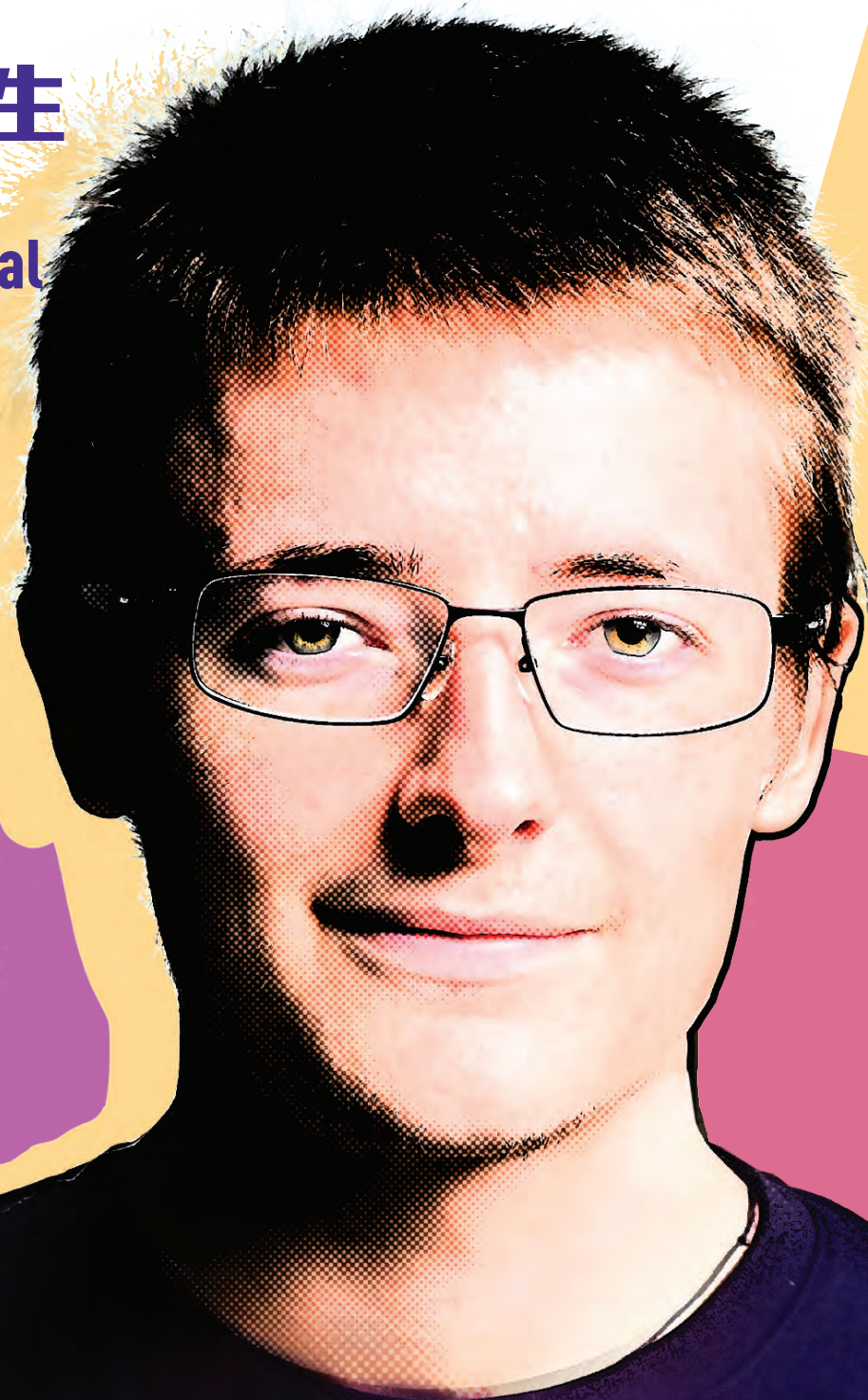
J Barlow

細胞及分子生物學、晨興書院

Cell and Molecular Biology, Morningside
College

J Barlow來自南非，自小想學好中文，選擇在當地華僑公學唸書。他認為香港跟南非都是多元文化的地方，很有親切感，順理成章到中大讀書。

J Barlow comes from South Africa. He wanted to learn Chinese when he was a kid, and chose to attend the Chinese School in South Africa. He found Hong Kong as multi-cultural as his upbringing, and therefore chose to further his studies at CUHK.



J不是簡稱，而是母親為他取的名字。孩童時，J曾在卡通片中看過一個說中文的角色，便跟父母說要學好中文，以便日後看得懂。就是這樣促使他對中國文化產生興趣，及後推而至亞洲文化。

「香港既安全又交通便捷，我可放心到處探索。」在南非，他必須要駕車才可以抵達目的地，夜深也不能四周閒逛。

中大細胞及分子生物學的訓練，讓J深入認識細胞結構及功能、幹細胞生物學及神經細胞生物學等。憑着優秀的學術表現，J在本科畢業後，直接攻讀博士課程，在朱嘉濠教授的指導下研習演化生物學。

'J' is a name given by his mother, not a short form. In his childhood, J saw a Chinese-speaking character in a cartoon. He went to his parents and told them his wish to study Chinese so that he would be able to understand it when he grew up. This later bred in him an interest in Chinese culture and, by extension, Asian culture.

'Hong Kong's safety and convenient public transport help me explore the city at ease.' In South Africa, he could not access the destinations without driving. Neither could he walk around freely late at night.

The training in Cell and Molecular Biology offered by CUHK has equipped J with knowledge in cell structure and function, stem cell biology, and neurobiology. J's excellent academic performance has become his springboard to his PhD in evolutionary biology under the tutelage of Prof. Chu Ka-hou, after completion of his undergraduate studies.

人生最快樂的時光就是在中大唸書，我在學系和書院認識到很多好友。

My undergraduate days at CUHK were the happiest time of my life. I made some fantastic friends in the department and College.

中大匯聚四方學子，容納不同國籍、種族、文化、才能和信念的學生

The University is home to a diversity of nationalities, races, cultures, talents and beliefs



鑽研崑曲的商學生

Business Student Hooked on Kunqu

陳鍵漳
Kinson Chan

計量金融學及風險管理科學、和聲書院
「體驗京崑戲曲課程」學員


Quantitative Finance and Risk
Management Science, Lee Woo Sing
College

Participant in 'Experience Kunqu and
Peking Opera'

陳鍵漳鍾情崑曲，參加和聲書院崑曲班，研串崑旦。讀中學時，陳鍵漳偶爾看到電視播放《霸王別姬》，被張國榮飾演的男旦深深吸引，影響他以此為學習目標。

Kinson Chan, a student with a near-professional interest in Kunqu, took the Kunqu training offered by Lee Woo Sing College and opted for the leading actress role. He fell in love with Kun opera after watching the movie *Farewell My Concubine* on TV years ago when he was a teenager. Moved by the female role played by Leslie Cheung, he determined to learn Kunqu.





和聲書院在2015年起，連續三個學期開辦《體驗京崑戲曲的通識課程》，有些學生三個學期都來上課，反映年輕一輩正感受着京崑藝術之美。

陳鍵漳一頭栽進崑曲的世界，不認為這是「老古董」，也不在乎人家的目光。他說：「中國內地早已掀起崑曲熱潮，不少年輕人會花時間習曲。更重要的是我一直喜歡中國傳統文化，除了習戲曲，平時也有練書法。」

崑曲咬字有特殊的美感，要唱出每個字的頭、腹、尾，又講求溫婉圓潤，字尾收結準確乾淨等，要求非常高，唱高音時，陳鍵漳尤其感到吃力，但他堅持練習，力求進步，後來更有機會公開演出。

Lee Woo Sing College has organized the general education course 'Experience Kunqu and Peking Opera' the third time since 2015. Some students attended them all, which reflects that the younger generation also appreciates the beauty of Kunqu and Peking Opera.

Kinson delves into the world of Kunqu. He neither finds it outdated nor cares what people say. 'In mainland China, Kunqu is now at the height of its popularity. Teenagers spend time to listen to and learn it. More importantly, I like Chinese culture very much. Besides learning Kun opera, I practise Chinese calligraphy,' he said.

Kunqu singing is skill-intensive and highly meticulous with word articulation. The opening consonant, the single vowel or diphthong and the ending consonant of each word must be projected with smoothness and clarity. Kinson sometimes struggles to hit the high notes. He, however, believes in practice makes perfect and his overall progress has earned him an opportunity in a public performance.

選修崑曲課程前，我沒想過能得到這麼多珍貴體驗，而且有機會公開演出，的確令我眼界大開。

Before I took the Kunqu course, I didn't expect so much precious experience including the public performance. It's really a horizon-widening exposure.

每位學生都找到發揮所長的舞台
Every student will find a stage for his/her talent



才德兼備的羅德學人

Talented and Virtuous Rhodes Scholar

戴漪晨
Serena Dai

分子生物技術學、聯合書院

2016羅德學人，於2016年負笈牛津大學攻讀
動物學哲學博士


Molecular Biotechnology, United College

2016 Rhodes Scholar, and a PhD candidate in
Zoology at Oxford University starting from 2016

戴漪晨是中大第十四位羅德學人，能獲頒羅德獎學金，與世界名人同登榮榜，如前美國總統克林頓及有份研發藥用盤尼西林的弗落里，她必有過人之處。

Serena Dai is the 14th Rhodes Scholar of CUHK. Few students in Hong Kong can claim membership to a club that features such luminaries as former US president Bill Clinton and Nobel laureate Howard Florey who developed penicillin for medical use.





在紐約讀小學時，戴漪晨幾乎沒有功課，但每天放學要看報紙，自小學會了關心社會及參與時事討論。選擇來中大讀書，除了因其科研出色外，她還特別喜歡中大的人文精神。

戴漪晨在中大孜孜不倦學習，也花上不少時間參與義工服務，曾經與來自非洲的政治避難者組成支援小組。他們因為正在等待難民身分，沒有機會上學，戴漪晨就設法與他們一起構想可以做的事，讓他們超越局限，實現夢想。

談到科學研究與義務工作，戴漪晨滿腔熱誠，她認為現今科研講求跨部門合作，需要不停交換意見，集合所有人的實驗成果，才能得出最終結論。做義工則需更高的溝通技巧，因為義工背景不同，服務對象更可能來自不同階層和文化背景。

憑藉優秀的學術表現和服務他人的熱誠，她獲頒羅德獎學金，於2016年遠赴牛津大學研究胰腺發育與糖尿病之間的關係。

我將來希望透過從事基因和遺傳領域的研究工作，為人類作出貢獻。

I wish to dedicate myself to genetic and inheritance research for the betterment of mankind.

中大學生崇尚學術追求，熱心服務弱勢社群，戴漪晨是一例

Serena is another fine example of CUHK student combining academic excellence with a passion for servicing the disadvantaged

Serena spent her elementary school years in New York, without much stress from home assignments. She was trained to read the newspaper almost every day and express her opinions on social issues. For her Bachelor's degree, she applied for CUHK because of the humanistic culture and its academic excellence.

In her undergraduate studies, she had spared no effort in learning and taking part in voluntary services. She formed a support group with some African political asylum seekers, who did not have learning opportunities while waiting for their asylum status to be confirmed. Serena brainstormed with them what they could do, in the hope of helping them realize their dreams even when under constraints.

When talking about scientific research and voluntary work, Serena became very enthusiastic. She thought that scientists nowadays were required to work closely with one another, even with experts from different fields, in order to share research findings and draw larger conclusions. To her, voluntary work could be more challenging as teammates and service targets are from different walks of life.

With brilliant academic performance and passion in services, she was awarded the Rhodes Scholarship and set off to Oxford University in 2016 to further her study in the relationship between diabetes and pancreatic growth.



醫學科研涉足者

On Becoming a Clinical Scientist

陳浚達
Victor Chan

內外全科醫學、新亞書院
MB ChB, New Asia College

陳浚達選擇讀醫，是因為自己喜歡認識新事物、接觸人和思考生命意義，而醫學本身結合科學與藝術，他指的藝術是溝通之道，例如醫者如何安慰病人。

Victor Chan loves to learn new things, meet people and ponder on the meaning of life. He chose to study medicine because it is an integration of science and art. The 'art' is the art of communication, like the way doctors comfort patients and seek the many answers to sickness and suffering.



「中大醫學院有不少在我成長之路留下影響力的人，比如SARS抗疫英雄沈祖堯教授和鍾尚志教授。我亦喜歡醫學院的人情味，同學之間會守望相助，老師也樂於與學生交流。」陳浚達說。他在2016年暑假到倫敦大學學院跟腦神經專家David Attwell教授學習，出發之前，曾諮詢研究相關範疇的莫仲棠教授，教授更提醒他參與醫學研究的初衷——幫助病人。

陳浚達在二年級以優異表現囊括三項獎學金，問到學習訣竅，他認為最重要的是對學習的熱忱和好奇心。「切記不要做GPA奴隸，要享受學習的過程。學習並不單純為應付考試，而是為了將來的病人。」

中大醫學院不單給予我醫學知識，也啟發我的人文關懷。

The Faculty not only gives me medical knowledge, but also instils in me a humanistic orientation.

披上白袍，意味醫科生
潛心鑽研醫術，篤志恪
守醫德

White-robing symbolizes
purity of purpose
and dedication to the
profession

'Faculty members like Prof. Joseph J.Y. Sung and Prof. Sydney Chung meant a lot to me as I grew up. I also enjoy the human touch here, where classmates help one another out and teachers are willing to communicate with students.' Before he went to UCL in the summer of 2016 to learn from neurologist Prof. David Attwell, he benefitted from the sharing of his professional expertise by Prof. Vincent Mok, himself a neurologist and a dementia researcher. He was reminded not to lose track of why he took up medical research in the first place, namely, to help the patients.

His brilliant performance had earned him three scholarships in Year Two. When asked about the secret behind, he shared that the keys lay in passion and curiosity in learning. 'Don't be a "GPA slave", but enjoy the learning process. I study for my future patients, not only for the exams.'



從旭日初升到夜幕低垂，校園每個角落都在躍動——形體上的，心靈上的。來自各方的人在這裏遇上，各有得着。

8:00 am



抵達港鐵大學站
Arrive at University MTR



8:15 am



享受一份醒神早餐
Start the day with breakfast



8:45 am



欣賞繁花盛開
Enjoy Floral Delights



9:00 am



上課
Attend a lecture



11:00 am



有機種植
Organic farming



12:00 noon



出席文化活動
Attend a cultural event



1:00 pm



在英語桌吃飯聊天
Chat over the English table at lunch



2:00 pm



討論功課
Exchange project ideas



3:00 pm



參觀大學展覽館
Visit the University Gallery



一晝夜

IN CUHK

Beginning before sunrise and continuing long after sunset, the campus bustles with physical and intellectual activities. Individuals come together at CUHK and come away with different things.

4:00 pm



練攀岩鍛煉意志
Practise rock climbing



5:00 pm



聽講座衝擊思想
Attend a mind-blowing talk



6:00 pm



聽場黃昏音樂會
Enjoy open-air music



7:00 pm



書院共膳
Attend communal dining



8:00 pm



與朋友切磋籃球
Play basketball with friends



9:00 pm



未圓湖派對
Party by the lake



10:00 pm



進學園溫習
Study at the Learning Garden



11:00 pm



山頂看場露天電影
Watch a film under the stars



1:00 am



宿舍預備明日小測
Prepare for tomorrow's quiz

擁抱未知的自由人

Freelancing in the Unknown

方健儀
Akina Fong

1999年新聞系畢業生

前無線新聞主播、前廉政公署高級新聞主任，現為自由工作者

Graduate of Journalism and
Communication, 1999

Formerly newscaster of TVB News,
senior press information officer of the
ICAC and now a freelancer

方健儀在2014年轉任自由工作者，她承認那是個冒險。回復自由身，她做過活動司儀與節目主持，涉獵財經、科技、美容、時尚、電影、親子……能數得出的她似乎都能從容駕馭。

Akina has become a freelancer since 2014. She admits that was a risky career switch. She is now a versatile freelancer, having worked as an event emcee and programme host handling topics that range from finance, technology, cosmetics trends and style, film, and parenting.



2014年，她回母校新聞與傳播學院教授公共關係，集中教記者與公關的角力。「兩者是可以優化協作的。如果多了解記者的需要，公關的工作其實很易得心應手；反之當記者的，只要了解公關的策略套路，就能避免淪為宣傳工具，提煉出獨有角度。」

方健儀喜歡衝出香港，挑戰不熟悉的環境。她曾應邀提供企業培訓，兩星期內走訪八個內地城市，向企業講述誠信的重要。她認為做公眾人物不是外表打扮得漂亮而已，而是希望善用名氣帶動社會正面發展。任道重遠，這自由人仍然扛著當初從事新聞業的使命感。

In 2014, she returned to her alma mater and taught public relations at the School of Journalism and Communication, with a focus on the tug-of-war between journalists and public relations specialists. 'They can in fact collaborate. If you understand and know the reporters better, your work as a public relations officer will be smooth sailing. If you are a journalist, you should know some public relations strategies to prevent yourself from becoming a promotional tool and find your niche.'

Akina enjoys working in unfamiliar settings outside Hong Kong. To deliver corporate training on integrity, she once travelled to eight cities in mainland China within two weeks. To Akina, being a celebrity is far more than dressing up smartly to make a fortune. She wants to use her fame to effect positive changes. The free soul is still driven by the sense of commitment that journalistic training has sown in her.

公眾人物最重要的資產是他們的支持者和影響力。
只要拿捏得準，每份工作都可以達致教化作用。

The most important asset of public figures is their influence. Handled well, every job can convey a positive message.

新聞及傳播學院成立五十載，孕育出一代又一代的傳理專才

The 50-year-old School of Journalism and Communication breeds talent like tweets



個人發展啟導者

Personal Development Mentor

陳紫茵
Evelyn Chan

2005年英文系畢業生

2007年尤德爵士紀念基金海外研究生獎學金得主
現任中大英文系教授

Graduate of English, 2005

Sir Edward Youde Memorial Overseas Fellowship 2007 recipient,
and now an English professor at CUHK

陳紫茵於童年隨同父母移民荷蘭，後來回流返港讀中學，才正式學英語。她透過博覽群書，積極參與中大多項語文訓練及交流活動提升英語水平，更以優異成績取得獎學金遠赴劍橋唸博士學位。

Evelyn Chan migrated to the Netherlands with her parents when she was a kid. She returned to Hong Kong later and started her formal English education in secondary school. Despite her delayed starting point, she dived into comprehensive reading and English enhancement training and exchanges at CUHK. She graduated with distinguished performance to pursue her PhD degree at Cambridge.



陳教授喜愛中大的學習環境，令她充分發展才能，確立人生目標。她在學時曾參加英文系舉辦的英國文化交流團，其間參觀多處饒富歷史文化之名勝古蹟，更到訪作家生平創作的地方，增廣見聞之餘，對她鑽研文學和個人成長大有幫助。

在劍橋唸書時，她曾反思修讀文學的價值，及後回到中大教學，便嘗試把研究對象從文學大師移到莘莘學子，觀察學生如何建構身分，思考未來的社會角色。陳教授訪問她的學生，發現他們都肯定文學訓練最大的好處在於個人的發展，有人說：「令思想跳出框框。」也有人說：「細讀文本令觀察更敏銳。」

學生如何勾畫出未來的輪廓？陳教授建議他們捫心自問：「有甚麼東西激發你，令你感興趣？你的專長是甚麼？有甚麼賦予你意義和滿足感？」因為，某些人何解會特別受個別作者或作品感動，是可從性格、個性和才能理解的。細閱和分析文學作品有助學生觀照自身，是一趟自我發現之旅。

唸文學是一場個人成長及發現之旅，前途及終站由自己書寫。

A degree in literature therefore becomes a journey of personal growth and self-discovery, towards a self-authored destination afterwards.

在中大校園，閱讀和智性交流隨處可見
Books and intellectual exchanges are rarely out of sight on campus

Professor Chan appreciates the learning environment at CUHK, where her potential was unleashed and her life goals built. She took part in a summer cultural tour in her undergraduate studies organized by the Department of English, during which she visited a number of culturally-rich historical sites and places where authors wrote their works. Not only had the tour enriched her life experience, but it had also brought tremendous help to deepen her literary studies and personal growth.

At Cambridge, Professor Chan reflected on the value of literary studies. Now at CUHK, her interest has extended from the literary giants to her students and she has observed how they construct their identities and connect their studies to other social domains they intend to inhabit. She interviewed her students. All the interviewees emphasized personal values and development gained from their literary studies, for example, the ability to 'think out of the box' and to make 'keen observations' because of the habit of 'close reading' in their studies.

How can students map onto specific careers outside the academia? Professor Chan gave them these questions to think about: 'What do you find inspiring and stimulating? What interests you the most? What are you particularly good at? What gives you the greatest sense of meaning and fulfillment?' For example, having been personally moved by particular literary portrayals or texts can also be extended to broader interpretations of the student's personality, interests and abilities. The literary voyage of close reading and analysis is a self-discovery, which helps students mirror their mindscape.



災後心靈重建者

Post-disaster Psychological Reliever

張依勵
Eliza Cheung

2007年心理學系畢業生

紅十字會臨床心理學家、香港臨床心理學家協會主席、
香港十大傑出青年

Graduate of Psychology, 2007

Clinical psychologist of the Red Cross, chairperson of
the Hong Kong Clinical Psychologists Association, one of
the Hong Kong Ten Outstanding Young Persons

張依勵的工作不是安坐房內聆聽病人傾吐心事。她專注於災難心理支援，工作環境是屍骸遍野的疫區、瓦礫處處的地震現場。

Eliza Cheung can be mistaken for the typical professional psychologist who listens carefully as patients pour their hearts out on the couch. Quite the contrary, she specializes in disaster psychological relief, and her work exposes her to all sorts of dangers in places devastated by epidemic or earthquake.



張依勵認為修讀心理學「除了在認識外在事物，同時在了解自己。」成為臨床心理學家之後，她曾參與尼泊爾大地震、菲律賓海燕風災、本港南丫海難事件等的災後支援工作。2014年夏，她勇闖伊波拉重災區利比利亞，為當地紅十字會的屍體處理隊提供心理支援。他們長期在死亡陰霾下工作，同時承受被誤解、孤立的痛楚，很容易引發抑鬱焦慮等精神疾病。張依勵輔助他們疏導困擾，重注希望、樂觀與尊嚴，好讓他們振作精神，繼續抗疫；並訓練他們察覺自己以及他人的情緒徵兆，以便及時治療。

「管理情緒的第一步是覺察自己的情緒。我們往往連自己正在緊張也不知道，快將崩潰才意識到壓力超標。因此應學習聆聽身體發出的訊號，例如胃痛、頭痛、脾氣變差，這些壓力反應都在提醒我們需要接受心理急救。」

心理急救除了在生死攸關的危難時刻派上用場，每個人在日常都應當學會照料自己的心理健康。

Besides being the key to survival in life-and-death situations, psychological first aid is also essential to mental health in our daily life.

宅心仁厚的張依勵遠赴利比利亞和其他災區參與人道工作

Her good heart has taken Eliza to Liberia and other places far from the comfort zones of many

Psychology is her favourite subject because it enables her to—in her own words—‘know myself as well as learn all sorts of things’. Working as a full-time clinical psychologist at the Red Cross, she has been involved in post-disaster relief work for the earthquake disaster in Nepal, the super typhoon Haiyan catastrophe in the Philippines, as well as the Lamma Island ferry tragedy. In the summer of 2014, she ventured into Liberia, one of the countries hit hardest by Ebola, to support the dead-body disposal team of the Liberian Red Cross. Working in the shadow of death, and shunned and despised for doing a job no one else wanted, they were particularly prone to depression and anxiety. It is Eliza’s job to keep their spirits up, and to inject hope, optimism, and dignity into a sometimes desperate situation. She also provided training to enable them to monitor their own mental health and that of others.

‘The first step in managing our emotions is to acknowledge their existence. More often than not, we are unaware of our own anxiety. To tackle the issue head-on, we should be alert to all sorts of bodily signals, including heartburn, headache, temper tantrums, etc., which should prompt us to seek psychological help before it’s too late.’



「教育劇場」推手

Practitioner of Theatre-in-Education

古天農
Ko Tin-lung

1979年社會學系畢業生
中英劇團藝術總監

Graduate of Sociology, 1979
Artistic Director, Chung Ying Theatre Company

古天農成長在反越戰的年代，巴黎學生運動的年代，披頭四、約翰連儂的年代，整個世界都在刺激他思考。

Ko Tin-lung grew up in the anti-Vietnam War years, the Paris student movement years, the Beatles and John Lennon years. Back then the whole wide world jogged him into thinking.



中學時代，古天農已經自編自導自演話劇，寫劇本諷刺當年的清潔香港運動，揭示學生考試壓力，描繪雲吞麵小檔主苦況。他以劇本反映眼中的世界。當年大學選科，因沒有戲劇系可選，而最接近自己興趣的就是社會學。

古天農認為，在香港搞戲劇，虧本者十居其九，但仍然有一幫傻得可愛的傻子前仆後繼。他自己也是這幫傻子的一員，貢獻本港戲劇大半生。他近年推動「教育劇場」，把戲劇帶入中小學，希望還藝於民，讓大眾看到，原來可以藉戲劇表達心聲，說自己的故事。他推出的氣候變化奇幻劇場「少年Green的保源之旅」，圍繞生物多樣化講故事，編排互動環節，在多所本地中小學巡迴演出，引導觀眾感性地看環保問題。

In his secondary school days, Ko Tin-lung already wrote and directed and acted in his own plays—plays that satirized the Keep Hong Kong Clean Campaign, exposed the exam pressures students faced, and depicted the plight of wonton-noodle-stall owners. In his scripts, you will find the world seen through his own eyes. When he entered university, there was no drama department. So he picked what interested him the most, and that was sociology.

Ko Tin-lung reckoned that nine out of ten investors would lose money in theatre productions. But still the fools keep rushing in, and he is one of the bunch who have contributed most of their lives to the Hong Kong theatre. He recently introduced Theatre-in-Education to primary and secondary schools, in a hope to raise public awareness and let the public see the true colours of theatre. By doing so, they would understand how a play can be used to speak one's mind and tell one's story. The Drama of Climate Change he premiered went on a tour to many primary and secondary schools. The recent play focused on the theme of biodiversity and incorporates interactive elements to better engage the audience.

搞話劇不是不食人間煙火，而是取材自社會事件。

Drama is not an escape from reality but draws inspiration from social issues.

莎士比亞戲劇節已成為中大的年度盛事

The participation in the Shakespeare Festival has become an annual signature activity at CUHK



建築空間定義者

Architect Who Redefines Space

葉小卡
Karr Yip

2000年建築系畢業生
建築師

Graduate of Architecture, 2000
Architect

葉小卡原本修藝術，二年級學期末心血來潮報考建築系，「轉到建築系，只是選擇另一種表達創意的媒介。」言下之意，藝術創作起點是意念與精神，建築是將其立體化的手段之一。

Karr was a fine arts student to begin with. At the end of his sophomore year, he decided, more or less on a whim, to sign up for the architecture programme to start all over again. 'Moving over to architecture was simply choosing a different medium to express my ideas.' He explained that mind and spirit are the antecedents of artistic creation, that architecture is one of the ways to give form to thoughts.



葉小卡還未唸完碩士，就已自立門戶開創設計公司「ADO」。他執行過數以百計項目，當中最為人熟悉的應數活化旺角郵政局。「就郵局而言，功能勝於一切。眼前所見的每個設計都有實際用途。翻新目的是幫助郵局梳理邏輯，整理系統，解決排隊問題，而非膚淺的提供裝修設計圖。」

他認為，現時香港有很多創作人才，也不乏IT能手，但他們之間缺乏溝通。大部分IT項目由編程出身的人主導，創意欠奉；美術師又往往偏重平面設計，形式大於功能。將兩班人合併為一，也許正是香港需要的改變。

Before obtaining his Master's degree, Karr had founded his own design firm ADO. Among the hundreds of projects he brought to fruition, the makeover of the Mong Kok Post Office is a stellar example. 'To a post office, function always comes first. Every design is supposed to serve a practical purpose. The primary goal of the refurbishment is to help improve public service and better manage queues, not just to give it a facelift based on some pretty pictures.'

There is no shortage of gifted artists or IT experts in Hong Kong, but they are in separated industries. IT projects are mostly led by people with programming backgrounds and creativity is not within their expertise, while artists focus on graphic design and put form over function. An integration of the two worlds is probably the change the city needs at this point.

我定位自己為空間及數碼建築師。
希望將設計、創意和IT融合。

I define myself as a Space and
Digital Architect. It is my vision to
combine creative design with digital
technologies.

建築學院是科學與藝術的熔爐
Science and art come together
in the School of Architecture



電動車發展掌舵人

Helmsmen of Electric Vehicle Industry

曾偉華與陳振雄
Martin Tsang and Laurence Chan

2005年電子工程系畢業生
依威能源集團辦人

Graduates of Electronic Engineering, 2005
Founders of EV Power Group

2009年，港府為減少路面碳排放引入電動車。曾偉華和陳振雄看準機遇，翌年創立依威能源集團，拓展電動車充電業務版圖。

The Hong Kong government introduced electric vehicles (EV) in 2009. Martin Tsang and Laurence Chan seized the opportunity and founded EV Power Group in 2010 to tap into the EV charging business.



現時，依威是香港唯一的充電服務供應商，有七成以上的電動車用戶都直接或間接使用其服務。依威在2014年9月進軍內地市場，以香港管理標準建立信譽品牌，一年間成為內地寶馬車廠的指定充電服務供應商。

Currently, EV Power is the only charging service provider in Hong Kong. Above 70% of local EV drivers are directly or indirectly using the group's charging service. EV Power entered the mainland Chinese market in September 2014. Within a year, they had established for themselves a trusted brand and became a designated charging service provider of BMW China.

曾偉華認為中大讀書氣氛濃厚，又有各種比賽和交流計劃，令他眼界大開。「假如我當年沒有入讀中大，我今日只會在某大公司任職工程師，不會創業。」他在學期間自行研發「虛擬鼠標」，奪得本港多項科技比賽冠軍後，更到復旦大學出戰第七屆全國挑戰盃。陳振雄說：「中大是比較多推動創業的大學，又近科學園，當年已有不少中大人創業。」

'If I had not studied at CUHK, I would have at most become an engineer in a sizable corporation, much less starting my own business,' Martin said. He enjoyed the rich learning atmosphere at CUHK and embraced horizon-broadening opportunities such as competitions and exchange programmes. In his undergraduate years, Martin developed a 'virtual mouse' and won numerous championships in local technology competitions and eventually went to Fudan University for the 7th National Challenge Cup. Laurence reminisced, 'CUHK is the most proactive university in encouraging entrepreneurship. Due to its proximity to the Science Park, quite a number of CUHK graduates started their own businesses.'

工程學院傳授創業的基礎知識，埋下了學生創業的種子。

The Faculty of Engineering sowed entrepreneurial seeds in offering us the basics of entrepreneurship.

中大工程學院在眾多領域位居要津，包括機械人技術和資訊與通訊科技
CUHK Engineering is a leader in many fields including robotics and information and communications technology



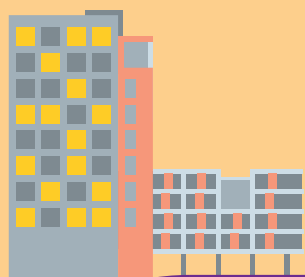
中大數一數

CUHK in a Few Numbers

宿位數目
Hostel places **8,700+**



>50% 本科生在書院宿舍住宿
Undergraduates reside in our Colleges



校園 Campus



佔地 **137.3** 公頃
hectares



= 195 個足球場
football fields



1,700 學生到海外交流
students go on exchange

1,400 外籍交換生
inbound exchange students

260+ 海外交換合作大學
exchange university partners

學生來自 **40+** 國家
Students from 40+ countries



放眼國際
Global Outlook

E=mc⁹

E = 教育 Education

M = 主修/副修 Major/minor

C = 書院 College

44% 中大人**在20-29歲創業**
CUHK entrepreneurs started
their business at age 20-29

(中大校友創業普查 CU Alumni
Census of Entrepreneurs 2011)

看畢過去與現在的中大故事

你何不加入成為**未來**的故事主人翁？

They are our Past and Present

Be our **FUTURE!**



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Students from Hong Kong, mainland China and overseas countries who are interested in applying for admission to the University's full-time undergraduate programmes can obtain more details from the Office of Admissions and Financial Aid.

入學及學生資助處

Office of Admissions and Financial Aid

網址 Website : www.oafa.cuhk.edu.hk

地址 Address : 香港新界沙田香港中文大學
康本國際學術園1202室

Room 1202, Yasumoto International Academic
Park, The Chinese University of Hong Kong,
Sha Tin, New Territories, Hong Kong.

查詢 Enquiry : www.oafa.cuhk.edu.hk/contact

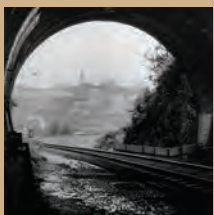
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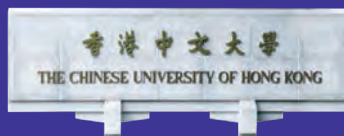


免廢讀中大
CU X Rubbish



中大生態地圖
CU Ecomap





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