



4 不走尋常路

邱涵詩談她的護理夢

Beyond Convention:

Jocelyn Chew on nursing, research and passion

2 那年我們一起過的夏天

敬文人與中學生同行

Summer's Lease Hath All Too Short a Date

CW Chu College members team up with high schoolers

6 校園眾生相

New Faces on Campus

9 免役於郵

You've Got Mail

文字的溫度

The Sentiment of Reportage

說 到一生中最懷念的日子，不少人都會想起中學歲月。純真年代的同窗，很多會成為一生摯友；良師的關懷點撥，更令人豁然開朗，在求學與人生路上從此有着奮鬥的目標。脱下校服，敬文書院服務隊的學生沒有忘記來時路：創院以來，一屆又一屆學生開展「夏季服務計劃」，趁暑假舉辦一連串圍繞個人成長和生涯規劃的活動——包括重頭戲三日兩夜夏令營，幫助初中生提升自信、打開心扉，從容與人相處，覓得學業和人生方向。本年營會於7月中舉辦，至今第七屆，已成參與中學生和敬文人的集體回憶。盛夏猶未走遠，本期《通訊》邀得三位敬文人**葉倬希**、**林諾軒**、**李梓菁**以及他們的導師細說從頭，回憶與中學生邊玩邊跑邊成長的夏天，縱然未必「贏在起跑線」，也可向心中理想衝刺。

立志投身教育的諾軒，中學時也曾對前路迷惘：「懂得讀書，不一定適合教書。生涯規劃資訊在大學以外着實不多，中學也少有這類營會。」他續稱：「我們曾做中學生，更容易知道他們的想法、所受的學業和朋輩壓力，以及怎樣去關心他們。」

「夏季服務計劃」歷年來得陳廷驊基金會、博群計劃和一眾教授慷慨資助，一直服務保良局朱敬文中學。自上年起，香海正覺蓮社佛教正覺中學加入，成為另一服務對象。縱使來自不同學校，少年人沒芥蒂，幾輪遊戲下來已打成一片。三日兩夜夏令營有愉快的集體遊戲和營火會，也有溫馨的夜話、關於成長的「人生八件事」和「給自己的信」等環節。短短數天，學生的改變真有那麼大？

「對，好顯著。迎新當日他們大多沒自信，坐在一旁玩手机，不敢認識新朋友。玩遊戲請自覺記性好的學生出來，沒有人會舉手。但入營後他們都會主動嘗試，反應熱烈，這其實是自信的表現。」諾軒說。三人異口同聲表示，最初他們擔心營會完結，學生便「打回原形」，但這是多慮。上屆為籌委的諾軒說，重遇上年學生，覺得他們更外向成熟，懂得關顧他人。「上年被照顧的學生，今年會婉言鼓勵新同學嘗試，也會去充當領袖。也有人上年和組爸媽傾談後，想通了，今年目標更清晰，會詳細問怎樣達成目標。」

服務隊的導師，由第一屆起見證計劃舉辦，對學生、學校和書院的成長深有同感。書院服務委員會主席**車錫英**教授說：「由開始到現在，我們看見朱敬文中學學生的改變。今屆很多學生首次參與，但可能師兄姐參加過後在校園散發正能量，學生比往屆更主動和願意溝通。其實我們已間接改變整間中學的校風。」委員會成員**吳惠貞**女士亦稱，多年來書院和中學一同成長，「從第一屆膽戰心驚到現在有板有眼，敬文學生已建立起服務社會的書院文化。與我們合作的中學曾參考計劃模式，與其他機

構合作舉辦類似活動，而老師也將計劃的精神挹注在日常教學當中。」

成就別人，很多時也是造就自己。「夏季服務計劃」裨益中學生，也幫助敬文人成長。參與第四（2016年）和第六屆計劃的倬希中學時從未辦過活動，一年級時擔任籌委，由籌備活動到擔任司儀帶動氣氛，都是初體驗。當中，也有挫敗時候：營會第二晚以營火晚會作結，但學生玩得太興奮，之後未能進行有關生涯規劃的嚴肅討論。當晚的檢討會，他被高幾屆的同學嚴厲批評，「會不開心和氣餒，但要收拾心情，即時變陣，在第三日抽起集體遊戲，換取時間過渡，讓大家準備深談。」

與倬希一樣，本屆籌委梓菁也是第一次主持活動、擔任司儀，自覺自信心和臨場應變技巧大為提升，「不再害怕在很多人面前說話」。另外，她也領略必須早作準備：「本身是『死線戰士』，但計劃流程到後期仍要修改。早點規劃，勝過臨急抱佛腳。」

今年首次當「組爸」的諾軒，則體會照顧人殊不簡單：「照顧一群中學生不是想像中容易，溝通要仔細小心，看見他們做得不好，要委婉指正，不要令對方難受。有一位組員很積極，但有時會令其他同學不能發揮，那我就會請他教導他們。另外就是安全問題，我們有夜行環節，但不是每處都有急救設施，萬一有人不適要怎樣做？」他續稱，這樣細心做事是首次，對日後投身教育界和接觸人的行業大有幫助。

仲夏之夢發過，一切會否了無痕跡，彼此變回陌生人？諾軒說：「之前會擔心，原來是不會的。很多『子女』在營會後和我們繼續聯絡，聽前人說，更有組爸媽相隔多年後陪學生面對放榜。有次一位組爸表演話劇，組員更相約捧場。」

三屆敬文人談那些年的夏天，默契十足。坐在敬文康樂室，外面的蘭如臺陽光燦爛，輕塵在空中曼舞，恰如歲月無聲消逝。也許若干年後，也會有這樣一群年輕人坐着述說成長的故事，只因某年夏天，他們遇上熱切的敬文人，打開他們對自我和世界的想像，繼而懂得，為自己和別人多走一步，並不艱難。

前排左起：吳惠貞女士、車錫英教授；
後排左起：李梓菁、葉倬希和林諾軒
Front row from left: Ms. Irene Ng,
Prof. Chair Sek-ying;
back row from left: Victoria Lee,
Michael Yip and Hugo Lam



那年我們 一起過的夏天

敬文人與中學生同行

*Summer's Lease Hath
All Too Short a Date*
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夏令營玩甚麼？



1 「生活之旅」生涯規劃遊戲 'Life's Journey'

模擬真實人生，學生在不同階段可選擇專注學業、健康、財政和快樂各方面，到不同攤檔換取所需

A life simulation game where participants choose what to focus on, e.g., study, health, finance and happiness, and perform tasks in different counters to earn what they need



2 夜行 Night Walk

每組多位學生蒙眼，搭膊行一段路，藉此培養組員間的信任和將心比心。同時，兩三位學生輪流開眼，指導組員前行，讓平日被動的人有機會充當領袖

An exercise designed to cultivate faith and empathy among group members. Participants walk blind-folded, while placing a hand on the shoulder of the person in front. Meanwhile, two or three participants in a group of 10 have their folds lifted to guide group members along the way. Everyone takes turns in the leadership position



For many, high school marks some of the best years of their lives. Many a lifelong friendship sprouts from these days. Sage teachers inspire their protégés to realize their own intellectual and moral fibre. Since the founding of the College, members of the CW Chu College Service Team have dedicated themselves to the Summer Service Project year after year, hosting a string of activities surrounding personal growth, career and life planning with the three-day summer camp as the Project's crowning event. Aiming to help high school juniors cultivate greater faith in themselves and in interacting with others, while challenging them to a bolder imagination of study, future career and life, the Project, held in mid-July this year, has come to its seventh year. This initiative has become a cherished collective memory among participating high schoolers and CW Chu members. *CUHK Newsletter* spoke with three veterans, **Michael Yip**, **Hugo Lam** and **Victoria Lee** as well as their teachers in reminiscence of those summer days where they frolicked, grew and aced the game of life together.

Desiring to work in the field of education, Hugo felt lost back in high school. 'Studying well does not necessarily mean teaching well. There were few channels to obtain career information except from the universities, and high schools seldom hosted such camps.' He added, 'We were in high school not too long ago, which allows us to understand their thoughts, sympathize with the academic and peer pressures they are under and offer help.'

Supported by The D.H. Chen Foundation, the I-CARE programme and a number of earnest professors, the Summer Service Project has been serving Po Leung Kuk CW Chu College since its inception. From last year on, HHCKLA Buddhist Ching Kok Secondary School joined in as another partner school. The youths from different schools warm up to each other quickly after several rounds of games. The camp consists of fun goings like mass games and a campfire, and thoughtful activities such as the Night Talk, 'Eight Things in Life' and 'Letter to Myself'. Does the camp really manage to precipitate a change of hearts and minds so dramatic within a span so short?

'Yes, and the change was remarkable. On orientation day, students were mainly unsure of themselves. They would tuck themselves away swiping phones, reluctant to befriend anyone. During the games, when I invited those who think of themselves as having a good, retentive memory to come out, nobody responded. But once in

the camp, they would take the initiative in trying out new things and were all set alive, which is actually a sign of confidence in themselves,' Hugo said. All three of them had worried that once the camp ended, the students would fall back on their old selves. Now they don't. Being an organizing committee member last year and a group leader this year, Hugo bumped into teens who participated last year and found they grew more mature, active and considerate. 'They reciprocated the love and care they had received last year and were keen on spurring their peers on. They also took up leadership with alacrity. And there were students who had more definite goals in mind and asked for guidance, after talking with us last year.'

Supervising the Project since its launch, the teachers of the Service Team witness the growth of students, the College and the schools. Prof. **Chair Sek-ying**, Chairperson of the CW Chu College Committee on Service, opined, 'From the very beginning up till now, we've noticed the change in the students of Po Leung Kuk CW Chu College. This year, many of its students are first-time participants, but they prove more active and willing to talk compared with past cohorts, due probably to the positive influence brought to the student community by their seniors. Our work is actually changing the ethos of the whole school.' Ms. **Irene Ng**, member of the Committee, also commented that the College and the schools have been growing together throughout the years: 'From greenhorns to veterans, the College students have already built up that culture of serving the community. Our partner schools took cues from the Project to curate similar activities with other organizations, and teachers have instilled the Project's messages in their daily teaching.'

While benefitting high school students, the Summer Service Project also catalyzes the personal growth of CW Chu members. Before taking part in the fourth (2016) and sixth editions of the Project, Michael had never organized any event in high school. As he chaired the organizing committee in Year 1, everything—from organizing and hosting activities—was a brand new experience. And there were setbacks. In 2016, at the closing of the second night, exhilaration from the campfire precluded solemn discussions on life and career planning that were supposed to follow. In the evaluation held on the same night, he was lambasted by his senior. 'It was daunting for certain, but I would have to pick up the pieces and see how things can be improved. On the third day, we took out some mass games to make time for sober talks.'

Similar to Michael, chairing this year's organizing committee, Victoria debuted as an organizer and MC. She felt her self-confidence and improvisation skills had been boosted, and she 'no longer fears speaking in front of a lot of people.' What's more, she also realized the importance of early planning. 'Me being a "deadline fighter", I did not expect the work plan to go through rounds and rounds of alterations even at late stage. Planning early is preferable to leaving things until the last minute.'

Being a group leader this year, Hugo was aware of the challenges of working with people. 'Taking care of high school students is not as easy as it seems. You need to take pains to communicate well. When students do things in a manner less than ideal, you have to be subtle in correcting them. For example, one member in my group tended to dominate, so I invited him to teach fellow group members on accomplishing the tasks. And there's the safety issue. We have Night Walk, but not every spot comes with emergency facilities. If someone feels unwell, what should I do?' Hugo asserted that the group leader experience marked the first time when he was involved in work requiring such levels of detail-mindedness. It would gear him up for work in education and other people-oriented professions.

The midsummer's dream being over, will the magic vanish and everyone becomes stranger to one another? Hugo answered, 'We were anxious about that before, but no, it doesn't happen. A lot of group members keep in touch with us after the camp, and our seniors told us there had been group leaders going back to the high schools to accompany the members on the occasion of the release of public examination results. Once a group leader was performing in a drama, and many members showed up that night to show their support.'

Tacit understanding filled my conversation with the three CW Chu members. Sitting in the recreation room of CW Chu College, the Lanson Terrace it faces was bathed in brimming sunshine, with flecks of dust dancing and disappearing in the wide shafts of light, like the surreptitious passage of time. A vision rose before me: after several years, a bunch of young souls will be sitting here narrating their youthful yarns like today, because in those summers of old, they bumped into eager CW Chu members, whose faith and enthusiasm opened up their imagination and made them realize that taking a step further for themselves and others is not that difficult after all. 📷

Amy L.



▲ 本屆營會尾聲，參加者在各自背上寫上想與對方說的話。As the camp draws to its end, participants write down their thoughts on paper pasted on each other's back.

3 夜話 Night Talk

每組圍圈自由談，話題包括大學生活、生涯規劃、選科要訣和職業選擇等

Each group forms a circle, where members talk freely about anything they are interested in. Popular topics include university life, life planning, tips on choosing HKDSE electives and career choices



4 「人生八件事」 'Eight Things in Life'

學生寫下八件個人生命中重要的事情或目標，並與組員分享。分享期間，組爸媽會引導他們找出最值得珍而重之的目標或事情

Participants write down eight important things or goals they have in life and share them with group members. During the sharing, group leaders guide them to discover their most cherished value in life



5 「給自己的信」 'Letter to Myself'

學生寫信給兩年後的自己，助日後檢視目標有否達成

Participants write a letter to their future selves, enabling reflection and evaluation of goals attained two years later





不走尋常路

邱涵詩談她的護理夢

Beyond Convention:

Jocelyn Chew on nursing, research and passion

有說護理不是普通行業，只有剛柔兼蓄者才可勝任——剛者，意志堅定、刻苦耐勞；柔者，將心比心，與病人同喜同悲。剛如磐石、柔韌似水可說是邱涵詩的寫照。除了敏銳的護理觸覺，這位年僅廿六歲的博士生還展現魄力、睿智，以及游走多種文化的高超適應力。循規蹈矩，不是這奇女子的風格：三年前，她在新加坡國立大學（新大）唸書，是獅城最優秀的護理學生之一；現在，她已將近完成中大那打素護理學院的博士課程。

與整座校園一樣，利黃瑤壁樓坐落在山上，自八樓往下望景色開闊，非一般大廈的八樓景觀可比。窗外天色灰暗，細雨瀝瀝而下，寂靜的斗室映照陰沉天氣。準時十點，涵詩款款而來。她的高跟鞋踏在地氈上，悄然無聲，所行之處卻登時明亮起來。她說話輕聲、個性開朗且姿態優雅，對話伊始即流露無比熱情。她擁有多元文化背景，爸爸是馬來西亞人，媽媽是香港人，談話間的輕微口音，也折射出這一點。

考進新大前，涵詩的志願是跟兒時的好友們一同攻讀商學或醫科。她解釋，新加坡人看不起護理學，護士的地位並不如醫生。在他們心中，護理就是家居清潔和照顧一類的工作。

「我那時用心準備大學入學試，不料考試前一晚，我病倒了。我凌晨三時還在醫院，八時便要開考。我害怕得不知所措，之後一位護士走來安慰我，說一切會好起來。她的關懷深深觸動我，更使我決定轉讀護理學。」涵詩娓娓道來。「我重新了解護士：他們是病人復康路上的同行者，白色巨塔裏，給予病者關懷憐憫的，就是他們。」

在新加坡，商學和醫科是學子趨之若鶩的科目。涵詩轉攻護理，朋友和導師們大表質疑和不解。「他們覺得這是錯誤決定。被至親好友遺棄，使我感到迷失、孤單。」說起這段往事，涵詩臉上笑容頓失。

路，還是得往前走。就讀本科時，涵詩參與臨床實習，經常接觸病人。她稱，老人科的病人最為孤獨鬱卒，她能做的就是陪伴，嘗試為他們的生命帶來安慰。鼓舞病人的經歷，在她心中種下更遠大的理想。與病人的相處，令她確信護理行業不可或缺。

「我想做更多。我想協助診治病人、推廣循證醫學和研究治療方案——臨床工作以外，我還想做很多事。這個願望驅使我努力讀書，爭取考入研究院。」

本科畢業後，多份臨床工作向涵詩招手，她卻選擇直接入讀中大的博士課程，放棄臨床、碩士、更多臨床工作，再讀博士的傳統路徑。「同讀護理的朋友想畢業後一起找工作。除了給我莫大支持的教授，其他人並不贊成我走博士研究之路。」涵詩幽幽的道。「我的親友再一次離棄我。這真是段難熬的日子。」

就這樣，她飄然來港。作為新加坡頂尖大學生之一，她充滿自信，同時刻苦自律。她入讀四年制博士課程，卻打算於三年內取得學位。孤身走我路，涵詩依舊莊敬自強。香港的研究生涯，燃點了她對教學和研究的熱誠，過去她為本科科目擔任助教，埋首多個研究課題，包括人工智能、紓緩護理

和代謝症候群。她將自己的成長，歸功於學院教員的悉心指導。

去年，涵詩獲頒全球卓越研究獎學金，前往母校新大進行為期六個月的研究學習。如今，她正為數月後將進行的博士論文答辯努力準備。獅城奇女子，如願於三年內完成研究，為她不同流俗的人生再添傳奇一筆。

「人的行為受時間觀影響，我的研究援引相關理論，探討怎樣提升心臟衰竭病人的自我護理能力。我先了解病者本人的時間觀念，再引導他們思考其短至長期的健康狀況會怎樣影響未來生活，從而推動他們改變。生活方式的轉變、習慣和傾向等向來不為醫學重視，但它們卻是持續保健的核心。」

接下來的日子，涵詩希望將研究落實於治療之中。診所和政府醫療機構是理想平台，讓她實踐博士研究裏提倡的前線護理方案。她的論文聚焦心臟衰竭病人，但護理程序適用於多種疾病，故其研究可望廣泛應用。

窗外，太陽自雲後透出，陽光照得樓下的校園建築閃閃生輝，猶如光照下晶瑩剔透的手錶鏡面。一室明亮，仿若呼應着涵詩求學生涯的輝煌。

「旁人說甚麼都好，最重要是走自己的路。若你知道自己想做甚麼、該做甚麼，就放手去做吧。我拋下了新加坡的人和事去追求理想。這樣說可能很老套，甚至有點傻，但對我來說，不隨流俗、追求心中理想絕對是正確決定。」



Photos by ISO

Nursing is said to be only for those strong enough to tolerate and soft enough to empathize. **Jocelyn Chew** epitomizes this without reservation. Atop her nursing acumen, the precocious PhD candidate—she’s just 26—embodies ambition, intellect, and cultural competency. Among her many qualities, ‘conventional’ is conspicuously absent. Jocelyn is only three years removed from finishing as one of the top nursing undergraduates in Singapore (National University of Singapore) and now stands on the cusp of completing her doctoral studies in CUHK’s Nethersole School of Nursing.

Along with the rest of campus, CUHK’s Esther Lee Building sits atop a mountain, making views from the eighth floor more impressive than eighth floors ordinarily allow. Rain drizzled from the grey sky and the stillness of the room echoed the glumness of the weather. Then, not a moment after 10:00 a.m., Jocelyn glided in. Her high-heels fell silent upon the carpeted floor, though she herself enlivened the conference room. Soft-spoken, cheery, and well-postured, her enthusiasm was immediately evident and remained throughout our conversation. The light accent with which she spoke hinted at her multilingual upbringing (her father and mother are from Malaysia and Hong Kong, respectively).

Before entering the National University of Singapore, Jocelyn had aspired to study business or medicine with her childhood friends. In Singapore, she explained, people look down on nursing and it isn’t considered on par with becoming a doctor. A false perception persists, framing nursing as a household cleaning and caretaking job.

‘I was preparing to take entry exams before university, and the night before my exam I fell ill. I was in the hospital at 3 a.m. and my test was at 8 a.m. I was panic-stricken. But a stranger came in and calmed me down—a nurse—and told me everything would be okay. Her empathy inspired me, and I ended up switching my degree path to nursing,’ explained Jocelyn. ‘I learned to see nurses as those responsible for walking patients through their journey of recovery, those responsible for compassion in the medical field.’

Business and medicine are two highly-touted, popular degrees in Singapore. When Jocelyn diverged into nursing, she lost most of her friends and academic supporters. ‘People didn’t think I made the right choice. I was abandoned by my community and I felt lost. I was lonely,’ she said, deadpan.

Throughout her undergraduate programme, Jocelyn worked various clinical placements, exposing her to patients in intimate settings. The geriatric patients, said Jocelyn, were often isolated and depressed, leaving it to her to bring companionship and comfort into their lives. Her ability to reinvigorate life into her patients inspired her, burgeoning her ambition to new heights. Jocelyn’s patient interactions revealed to her the salience of the nursing field.

‘I wanted to do more. I wanted to help diagnose patients, advocate evidence-based practices, research treatment plans—I began to feel that I wanted to do something beyond clinical care. My desire to make an impact and help others motivated me to study diligently for postgraduate school.’

Despite being sought after for clinical positions following her Bachelor’s degree, Jocelyn opted to directly enrol in CUHK’s PhD programme, circumventing the traditional route of field work, a Master’s degree, more field work, and then a PhD programme. ‘My nursing friends had wanted to work clinicals together after graduating. Other than my professors, who encouraged me a great deal, I had little support when I chose the PhD and research path,’ explained Jocelyn, a touch wistfully. ‘My community fell away from me once again. It was a really difficult time.’

Jocelyn arrived at Hong Kong armed with resilience, an unwavering work ethic, and the indelible confidence that accompanies her as one of Singapore’s top scoring university students. She entered the four-year PhD programme with the intention to finish in just over three. As she had done previously, Jocelyn persevered despite the dearth of support. Her passion for research and teaching bloomed in Hong Kong, where she taught undergraduate courses and involved herself in a broad range of research topics, from artificial intelligence to palliative care to metabolic syndrome. She credits CUHK’s faculty for their professional mentorship and guidance.

This past year, Jocelyn’s efforts were recognized when she won an award under the Global Scholarship Programme for Research Excellence to undertake a six-month research attachment at the National University of Singapore. Today, Jocelyn is preparing to defend her PhD thesis before a doctoral committee in the coming months. She remains on track to complete her studies early, another feather in her cap of non-conformity.

‘My research centres on improving self-care in heart failure patients using the temporal self-regulatory theory. I explore patients’ perspective on time, and try to evoke their motivations by asking them how their short- and long-term health impacts their future. Lifestyle changes, habits, tendencies—things that are often overlooked in medicine—form the crux of sustainable health care.’

In the coming years, Jocelyn hopes to translate her research into practice. Clinics or government medical bodies could provide her the platform to implement frontline nursing care based on her PhD research. Though she currently studies heart failure patients, self-care procedures can be enacted across a multitude of diseases, making widespread implementation viable.

Outside, the sun was peeking through the clouds. Daylight glistened off the university buildings below like a glass watch face before a television screen. The room brightened as if on cue with the climax of Jocelyn’s success story.

‘It is so important to follow your own path, regardless of what others are saying around you. If you know what you want to do—what you have to do—go forward and do it. I left everything and everyone behind in Singapore to pursue my path. It seems cliché, even frivolous, but following my passion rather than convention was absolutely the right choice.’ 📌

Phil Rosen





新學年伊始，中大校園迎來近四千名本科新生，當中包括近六百二十名非本地生，另外約有五百名本地生經非聯招計劃錄取。他們在國際或當地認可考試中成績優異，如IB、SAT、GCE A-Level、台灣學測等。多名在IB考獲43分至45滿分或在GCE A-Level考獲3A*至5A*的學生入讀環球商業學、醫學、生物醫學及生物醫學工程學等課程。

非本地生除來自內地、澳門及台灣外，還有孟加拉、加拿大、丹麥、埃及、法國、德國、印度、印尼、哈薩克斯坦、吉爾吉斯、馬來西亞、新西蘭、巴基斯坦、菲律賓、波蘭、葡萄牙、新加坡、南韓、斯里蘭卡、泰國、土耳其、土庫曼斯坦、英國、美國、越南等三十三個國家及地區。今年首次有來自智利、以色列、牙買加、約旦、墨西哥、緬甸、突尼斯及烏克蘭的學生入讀中大本科課程。

此外，中大透過內地「全國統一招生計劃」，在內地三十一個省市及自治區錄取了三百零九名優秀的內地高考生，他們來自五湖四海，遠至東北面的黑龍江省佳木斯市、西北面新疆的哈密市等地。考生中有二十一名屬於農村類別，另有十四名少數民族學生，例如回族、壯族、布依族、滿族、侗族、苗族及納西族。學生的文化和背景各異，豐富了校園的文化面貌。

The University welcomed about 4,000 freshmen to its campus for the new academic year. Over 500 local talents and around 620 non-local students have been admitted through the Non-JUPAS admissions scheme. All of them have achieved outstanding results in internationally/locally recognized examinations including IB, SAT, GCE A-Level and Taiwan GSAT. Many of these students are top scorers attaining from 43 to a full score of 45 in the IB examination or from 3A* to 5A* in the GCE A-Level examination. They are admitted to Global Business Studies, Medicine, Biomedical Sciences and Biomedical Engineering programmes.

Among the non-locals, besides those recruited from mainland China, Macau and Taiwan, students hail from 33 other countries and regions including Bangladesh, Canada, Denmark, Egypt, France, Germany, India, Indonesia, Kazakhstan, Kyrgyzstan, Malaysia, New Zealand, Pakistan, Philippines, Poland, Portugal, Singapore, South Korea, Sri Lanka, Thailand, Turkey, Turkmenia, the UK, the US and Vietnam. For the first time, students from Chile, Israel, Jamaica, Jordan, Mexico, Myanmar, Tunisia and Ukraine are admitted to CUHK's undergraduate programmes.

Through the National Unified Universities and Colleges Entrance Examination System, CUHK has admitted 309 undergraduate students from 31 provinces, municipalities and autonomous regions of mainland China. Some of them are from more distant places such as the cities of Jiamusi in Heilongjiang and Hami in Xinjiang. Among them are 21 students from rural households and 14 ethnic minority students, enriching the multicultural learning environment on campus.

Reported by J. Lau with information from OAFU

本地生 Local Student

林瑋韜 Lam Wai-to Keith

於IB以43分佳績入讀數學精研課程的瑋韜曾自修附加數學、完成網上數學理論及天體物理學課程，並參加海外大學的暑期課程，為數理知識奠下穩固的根基，冀能盡己所能，活用數學理論推動香港科研發展。

Admitted to the Enrichment Mathematics programme with an outstanding IB score of 43, Keith has self-studied additional mathematics, completed online courses on mathematics theories and astrophysics, and enrolled in overseas summer classes to build a solid foundation in mathematics and science subjects. He hopes to contribute to Hong Kong's technological research by applying theories into practice.

非本地生 Non-local Students

何勁敏 He Jinmin

來自雲南的勁敏是國家二級網球運動員，她欣賞中大美麗的校園環境和獨特的書院制度，認為大學的通識教育與體育課有助學生的全人發展。她喜歡閱讀和思考，善於與人溝通，故選擇法律學院，盼成為跨國律師。

Jinmin comes from Yunnan and is a national second-level tennis athlete. She appreciates the campus environment and the college system of CUHK, and looks forward to broadening her horizons through both general and physical education. She chose to study law given her strong interests in reading, thinking and communicating with people. She sets her sights on being a multinational lawyer.

Sven Zajonz

Sven感激中大向他頒發為德國學生而設的獎學金。他曾於中學時來港交流一年，欣賞香港融合多元文化。他入讀經濟系，相信中大有優質的學習環境，讓他學習中國文化及語言，亦會參加各類活動及學會認識朋友，發展潛能。

Sven is grateful for CUHK's tuition scholarship designated for German students. He had been in Hong Kong for an exchange programme during high school. He has made economics his major and believes CUHK will be an ideal place for learning Chinese language and culture. He cannot wait to meet new friends and explore his potential through joining extra-curricular activities and clubs/societies.

Aditi Singh

Aditi在印度公開試成績優異，入讀全港首辦的人工智能：系統與科技課程，她感到中大人非常友善，相信書院制有助她結識不同學科的同學。她熱切期待展開大學生活，拓展視野，冀畢業後投身科研。

As a top scorer in India, Aditi is admitted to the Artificial Intelligence: System and Technologies programme, the first of its kind among local institutions. She finds the CUHK community amiable. Its unique college system gives her opportunities to make friends with students from other majors. She looks forward to a new chapter at CUHK, with an aim to achieve great heights and to become a leader in research and technology field in the future.

Thiha Kuang Sett

來自緬甸的Thiha入讀會計學，獲香港特區政府頒發「一帶一路獎學金——緬甸」，喜歡解決數學問題，愛鍛鍊分析及邏輯思維，曾積極參與各項國際數學比賽。他期望與頂尖學生交流切磋，並立志從商，為緬甸和中國貫通文化交流。

Thiha from Myanmar, a recipient of the HKSAR Government's Hong Kong Scholarship for 'Belt and Road' Students (Myanmar), gets into the Professional Accountancy programme. With a passion in mathematics, he has taken part in many international mathematics contests and strives to nurture his analytical and logical thinking. He hopes to exchange ideas with other top students and learn from them. He aspires to become a social entrepreneur to facilitate cultural exchanges between Myanmar and China.





大學宣布委任下任常務副校長 Provost-designate Announced

陳金樑教授將於2020年1月就任常務副校長，接替於本年底卸任的華雲生教授。他將與校長段崇智教授緊密合作，籌劃大學未來的教研計劃、領導有關計劃的執行及評估，並加強發展學術與應用研究，也會領導大學延聘和培養教研人員，制定教研的資源分配方案。

陳教授現任新加坡南洋理工大學文學院講座教授及副校長，負責統籌校友事務、大學發展和國際關係。他曾在北美、亞洲和大中華區多所院校擔任訪問教授與學人，深入了解全球高等教育界。段校長認為陳教授學術成就傑出，大學領導及管理經驗豐富，相信能為大學注入新動力。他也感謝華教授在其十年任期內竭力盡忠，為中大貢獻良多。

Prof. Chan Kam-leung, Alan was appointed the new Provost with effect from January 2020, succeeding Prof. Benjamin W. Wah who will complete his term at the end of this year. Professor Chan will work closely with CUHK's Vice-Chancellor and President Prof. Rocky S. Tuan in proposing the University's future teaching and research plan, leading its implementation and evaluation, as well as strengthening the development of scholarly and applied research. He will provide leadership in academic staff recruitment and development, and will be responsible for formulating resource allocation plans for the academic enterprise.

Professor Chan is Toh Puan Mahani Idris Daim Chair Professor of Humanities and Vice President at the Nanyang Technological University of Singapore, who is responsible for alumni engagement, university advancement and international relations. He has held visiting professorships and fellowships in North America, Asia and Greater China, through which he has developed a broad understanding and experience of the higher education sector in a global context. Professor Tuan believes that Professor Chan will energize CUHK with his outstanding academic performance and rich leadership and administrative experience. Professor Tuan also expressed gratitude to Professor Wah for his dedicated service and significant contributions to CUHK over the last decade.



揚威亞太機械人大賽

Student Robotics Team Crowned Asia-Pacific Champion



工程學院機械人團隊「工無不克」於8月25日遠赴蒙古，出戰雲集十六個國家及地區合共十七支大專院校隊伍的「亞太廣播聯盟機械人大賽」，以全勝姿態擊敗多國強隊，贏得金牌獎座，是該比賽自2002年創辦以來首支贏得冠軍的香港隊伍。

中大機械人團隊隊長、機械與自動化工程學系畢業生葉俊華已先後兩次帶領師弟妹出戰亞太區大賽，對奪冠感到喜出望外。他表示：「我們在漫長的設計和測試過程經歷多番測試挫敗及意見分歧，但隊友們仍不眠不休、全力以赴調整機械人的速度和穩定性。」工程學院院長黃定發教授認為這是學生對機械工程設計努力不懈的成果，更是對香港達到世界級教育水平的肯定。

The Engineering student robotics team *Phantom Dancer* was crowned champion in the Asia-Pacific Broadcasting Union Asia-Pacific Robot Contest which comprised 17 regional-winning teams from 16 countries and territories and was held in Mongolia on 25 August. *Phantom Dancer* is the first Hong Kong team to win this international trophy since the game began in 2002.

Billy Yip, an alumnus of CUHK's Department of Mechanical and Automation Engineering, is the team leader who has twice led the CUHK team to compete in the contest. He was amazed by the team's performance this year. He said, 'There were times when we had setbacks and divided views, but we worked day and night to boost the robots' speed and performance.' Dean of Engineering Prof. Martin Wong believes the result is about the student team's hard work paying off and Hong Kong's world-class education getting recognized.

宣布事項 / ANNOUNCEMENTS



榮休教授

Emeritus Professor

法律學院Christopher Hugh Wylie Gane教授獲頒榮休教授名銜，由2019年9月30日起生效。

Prof. Christopher Hugh Wylie Gane of the Faculty of Law has been awarded the title of Emeritus Professor with effect from 30 September 2019.



傑出校友訪問計劃 2019

Distinguished Alumni-in-Residence Programme 2019

「傑出校友訪問計劃2019」將於10月3至5日在中大校園舉行。今年邀得香港金融管理局總裁陳德霖校友（76崇基社會學）於9月底退休後，回到校園擔任到訪傑出校友，出席多場活動，與中大師生及校友互動：

The Distinguished Alumni-in-Residence Programme 2019 will be held in October on CUHK campus. Alumnus Norman Chan Tak-lam (1976/Chung Chi/Sociology), Chief Executive of the Hong Kong Monetary Authority, will be the visiting distinguished alumnus for this year, after his retirement at the end of September. He will visit CUHK from 3 to 5 October for a series of interactive activities with students, staff and alumni:

日期 Date	時間 Time	活動 Event
3.10.2019	5:00pm 6:30pm	開幕典禮暨專題演講「人生交叉點」 Opening Ceremony cum Keynote Speech — 'Crossroads in Life' 📍 廣東話 Cantonese
4.10.2019	10:30am 11:30am	大師班「FinTech對金融產業的革新和挑戰」 Master Class: 'FinTech — the Innovation and Challenges on the Financial Sector' 📍 英語 English
	3:00pm 4:00pm	師生校友籃球友誼賽 Basketball Friendly Match with Staff, Students and Alumni 📍 廣東話 Cantonese
	6:30pm 8:00pm	商業管理講座系列Business Lecture Series: It Works for Me: Life Lessons from Norman Chan 📍 英語 English
5.10.2019	11:00am 12:30pm	專題演講「香港的國際金融中心角色和前瞻」暨閉幕禮 Keynote Speech — 'Hong Kong: International Financial Centre and Future Prospects' cum Closing Ceremony 📍 廣東話 Cantonese

傑出校友訪問計劃 2019



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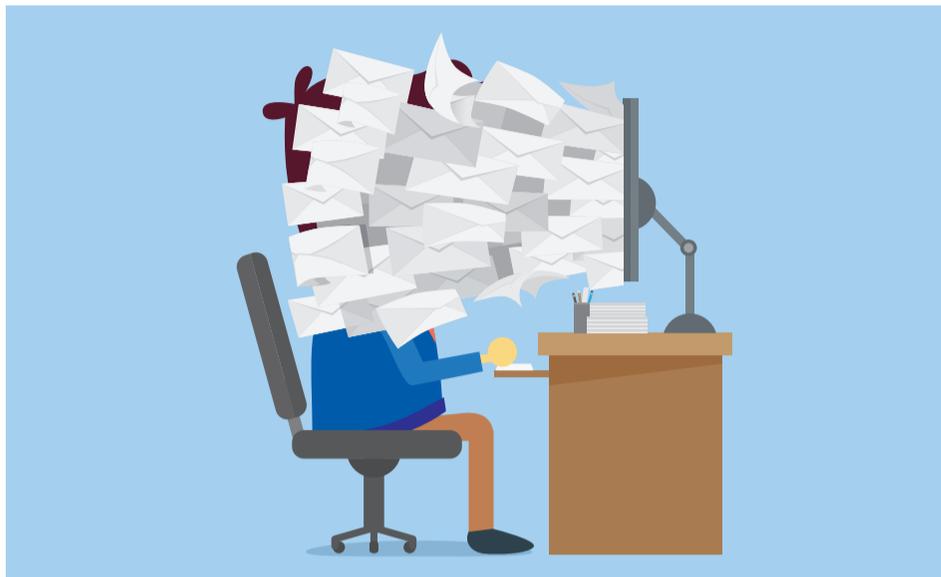
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免役於郵

You've Got Mail



電子郵件是由Ray Tomlinson (1941—2016) 於1971年發明。隨着萬維網的出現和個人電腦的發展，電郵已經成為全球商貿最常用的傳播工具。根據研究科技的公司Radicati Group估計，現時全球每天大約傳送超過一千二百八十億份電子郵件，而一個商業用戶每天大約處理一百二十六份電郵。

中大的資訊科技服務處早於1995年成立香港第一個互聯網交收點HKIX，為本地互聯網服務供應商提供了一個集中發放站，中大自此成為香港的電郵樞紐。中大教職員、學生為教研和工作所需，每天電郵發送超過三十三萬份，每位教職員平均處理二十九份；學生則為十四份。

學生處理的電郵數目比教職員少一半，原因可能是年輕一代比較喜歡以社交媒體傳達訊息。市面上出現愈來愈多先進而易用、專為公司或工作間設計的社交媒體軟件或平台，如Yammer、Slack以及臉書的Workplace等。中大員工也可利用Office 365這個平台聯繫，或設計出自己的工作流程、傳閱文件等。這個平台也提供SharePoint和微軟的Teams兩個工具。

但選擇太多的話，有時候可能會導致分心而影響效率，而新的工具也實在需要先投放時間和心力方可得心應手。按軟件公司RescueTime去年的一項調查，每位用戶平均每隔六分鐘便檢視電郵一次。加州大學的Gloria Mark教授，也發現一間大機構的員工平均每天檢視電郵郵箱達七十七次。

如果要不要來自你手機或腕錶的音效或震動支配，同事應該聽聽喬治城大學的Cal Newport教授在《紐約客》怎麼寫：「現代人的正當工作，只在無休止地招呼完信息檔之後所剩下的零碎時間中才進行。」

The e-mail system was invented by Ray Tomlinson (1941–2016) in 1971. With the advent of the world wide web and the development of the personal computer, e-mails have become the most common means of communication in business and commerce. According to the technology-research firm Radicati Group, more than 128 billion business e-mails are being sent and received each day. A business user deals with an average of 126 e-mails per day.

In 1995, the Information Technology Services Centre (ITSC) of CUHK set up HKIX, the first internet exchange centre in Hong Kong to provide an interconnection point for local ISPs. CUHK has since been the local hub for e-mails. It is estimated that as many as one third of a million e-mails get sent and received each day among CUHK members for purposes relating to teaching and learning, research and work. Each staff member deals on the average with 29 e-mails a day; each student 14.

That our students deal with only half of the number of e-mails as our staff do might be explained by the younger generation's preference for social media. From Yammer to Slack (which stands for Searchable Log of All Conversation and Knowledge) to Facebook's Workplace, increasingly sophisticated but user-friendly social media platforms have appeared in the market to organize and facilitate the work of those in an organization or office setting.

Office 365 is a platform available to CUHK staff members for organizing their workflow, processing documents and communicating among themselves. SharePoint and Microsoft's Teams are two available options on the platform.

More options, however, may mean more distraction and the need to invest time and effort before the tools can become truly handy. In 2018, the software company RescueTime found that on average users checked their e-mails once every six minutes. Prof. Gloria Mark of the University of California, Irvine found that the employees of a large company checked their in-boxes on average 77 times a day.

Lest concentration and discipline run scarce on the call of technology—those pings and buzzes from your cell phone and/or watch—take heed of what Prof. Cal Newport of Georgetown University wrote in *The New Yorker*: 'Work has become something we do in the small slivers of time that remain amid our Sisyphian skirmishes with our in-boxes.'

TC



文字的溫度

The Sentiment of Reportage



Source: CUHK Press

有天我在書店閒逛，譚蕙芸的新書《文字欲：回應時代的特寫新聞》即時映入眼簾，封面是一位典型傳媒人伏案疾書的畫面，其肩膀上有一行文字：「以真實扎實的報道，令讀者從一粒細沙看見一個世界。」我立即買來細閱。

新聞特寫通常把鎂光燈聚焦個別人物。有人以為特寫作者只是跟受訪者聊聊天，寫點感性故事，譚蕙芸卻堅持用心與受訪者交流，真實呈現其內心世界，折射出背後的社會脈絡，「缺乏脈絡的報道會令人以為弱勢社群都是受害者。」

一般關於露宿者的報道會走向兩極，要麼把他們形容為社會邊緣人，要麼把他們描繪得像「喪屍」，但她筆下的露宿者會穿皮褸、西裝，甚至擁有LCD電視。很少人這樣細心了解露宿者的家當，而且照片中的受訪者都樂意望向鏡頭，可見她與受訪者建立了信任。

2012年起，她在中大新聞及傳播學院教授「新聞特寫」，備課時特意研讀美國普立茲新聞特寫獎作品，歸納出特寫的寫作心法，並引用中港台例子說明，內容亦載於書中首三章。要寫出有質感的故事，背後的心思不可小覷。「特寫都是以人為起點，做好資料搜集之餘，也要留意受訪者的身體語言，甚至觀察其隨身物品。」

當主流媒體日漸追求速度和點擊率，譚蕙芸逆流而行，精心預備每篇深度訪問，由採訪、寫稿至修改，動輒用上三個工作天。她代入受訪者的處境撰文，用心抽絲剝繭，反覆端詳用字，難怪其特寫如此耐讀，見樹又見林。

Hanging around a bookstore, I discovered Vivian Tam's *The Writaholic: Hong Kong Features*. The book cover depicts a typical media practitioner burying oneself in work. After I glanced over the sentence 'To help readers see the world in a grain of sand with factually grounded reporting' (my translation), I immediately bought the book.

News features spotlight individuals. Some believe feature writers mainly chat with their interviewees and write emotionally captivating stories. But Tam strives to communicate with her interviewees to explore their inner worlds and underlying social contexts. In her own words, 'Decontextualized news reports may victimize the disadvantaged group.'

Normally, news reports on homeless people go to two extremes: to describe them as marginalized or simply as zombies. One homeless person Tam depicted, however, likes to dress himself in a leather jacket or a suit. Another even owns an LCD television. Not many people observe the homeless people's belongings like she did. The interviewees in the pictures even look at the camera upright, implying that Tam has built trust with them.

Tam has been teaching 'News Features' at CUHK's School of Journalism and Communication since 2012. For the course, she studied the American Pulitzer Prize-winning features and distilled the golden rules of feature writing and illustrated them with references from mainland China, Hong Kong and Taiwan, which can be found in the first three chapters of the book. To give the stories a real human touch, the writers' effort cannot be overlooked. 'Feature stories start with humans. Besides soliciting background information, we should observe the interviewees' body language and even their belongings.'

While the mainstream media prioritize speed and click rate, Tam chooses the road less taken. She meticulously prepares for each in-depth interview. The process from interviewing, writing to polishing takes at least three working days. She places herself into the shoes of the interviewees, unravels the intriguing factors and carefully examines her word choice. Tam's clarity helps me separate the trees from the forest, as her features encompass both the minutiae and overarching narrative of things, making for highly readable writing.

J. Lau



'We show shifts in labour laws governing collective labour relations have a significant impact on corporate payout decisions.'

Prof. Donghui Wu,
of the School of Accountancy and
Director of Centre for Institutions and Governance at the
Faculty of Business Administration
(*'CUHK Business School Research Reveals How Labour Power Shapes Corporate Payout Policy'*, *Asia One*,
9 September 2019)

'There is less and less talent [involved in electronic design automation (EDA) in the US]. This is an opportunity for China to invest [in talent and other resources to support EDA research and development].'



Prof. Martin Wong,
Dean of Engineering, on electronic design automation
(*'Can China catch up in electronic design automation to spur its semiconductor efforts?'*, *SCMP.com*, 9 September 2019)

'I left everything and everyone behind in Singapore to pursue my path. It seems cliché, even frivolous, but following my passion rather than convention was absolutely the right choice.'

Miss Jocelyn Chew,
PhD candidate of the Nethersole School of Nursing

p.04



'The real test for Lee Kum Kee will be whether the new generation can sustain the business once Lee Man Tat retires.'

Prof. Joseph Fan
of the School of Accountancy and Department of Finance
on Lee Kum Kee group's efforts in surviving into their fifth
generation (*'A \$15 Billion Oyster Sauce Family Plots to Survive 1,000 Years'*, *Bloomberg*, 30 August 2019)

「人文教育的目的不是增加知識，而是用知識和理智性的思考，教我們如何做人和面對社會，而思考的方式不是靠幾個簡單的方程式和數字可以做到的。」

洗為堅中國文化講座教授
李歐梵教授
談人文學科存在的意義
(《灼見名家》·2019年9月7日)

「由開始到現在，我們看見朱敬文中學學生的改變。今屆很多學生首次參與，但可能師兄姐參加過後在校園散發正能量，學生比往屆更主動和願意溝通。其實我們已間接改變整間中學的校風。」



敬文書院服務委員會主席
車錫英教授

p.02

「我尊重我的團隊，所以着重決策的透明度。在一個團隊內，不可能每個人都完全同意我的決定，但最起碼我要讓他們知道我重視他們的聲音，而我的選擇跟他們的想法不一致是出於甚麼原因。」

中大商學院校友、一田百貨行政總裁
黃思麗
談管理的樂趣(《信報財經新聞》·2019年9月6日)

'CUHK is a leading global university, with rich and proud traditions, and I look forward to working with President Tuan and colleagues to bring it to even greater heights.'

Prof. Alan Chan, Provost-designate



'When you lose a long-time partner, there is a big hole in your life. But eventually you will have to get on with your life. You can't bring the person back, so make sure you do something you enjoy doing. Your friends will also look after you.'



Mrs. Gwen Kao,
wife of the late Prof. Charles K. Kao
(*'Widow of Nobel physics laureate Charles Kao Kuen tells of his battle with Alzheimer's disease ahead of Hong Kong exhibition celebrating his life'*, *SCMP.com*, 31 August 2019)