



CityU Updates

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Editors-in-Chief:
Professor Horace Ip and Dr. Tim Wong

Executive Editors:
Miss Vera Lau and Ms. Theresa Li

A QUARTERLY NEWSLETTER OF
CITYU STUDENT AFFAIRS AND ACHIEVEMENTS

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Welcome to the CityU Community! The most engaging campus community for you! There is just so much for you to discover here and so many ways for you to live the University Life to the fullest. Whether you wish to display your talents or to find out your new talents, the University has provided a diverse range of academic and non-academic opportunities covering a wide variety of interests for you to explore, be they cultural, athletic, community service, interpersonal development or career exploration!

歡迎加入城市大學的大家庭！一個讓學生擁有難忘校園生活的魅力校園！校園內，滿載著各種精彩的機會以及無窮盡的探索和經歷！文康、社區服務、人際發展以至事業規劃。這一切，由你們來開拓！

CityU Soars High – CityU Sports Teams

城大健兒 閃耀大專體壇

Contributor: Mr. Peter Wu (Physical Education, SDS)

With the spirit of “Be the Best that We Can Be”, CityU student athletes continued to excel in 2018/19 Sports Competitions organised by the University Sports Federation of Hong Kong, China Limited (USFHK) by capturing the Men’s and Women’s Overall 1st Runner Up titles. Our athletes have seized 9 Gold, 7 Silver and 6 Bronze medals in the 16 USFHK official regular events. It is indeed a result of prolonged hard work of training and the wholehearted support from the coaches, managers and the University’s management.

繼續秉持著「盡顯潛能，共創佳績」的信念，加上教練、領隊及城大管理層的支持與鼓勵，城大運動員男、女子隊，於2018/19年度香港大專體育協會主辦的16個常規項目中，共摘取9個冠軍、7個亞軍及6個季軍獎牌，讓城大於13間大專院校中脫穎而出，奪得男子及女子團體全場總亞軍。





#2018/19_USFHK_SPORTS_COMPETITIONS

Men's and Women's Overall 1st Runner Up

CityU Sports Team have seized 22 medals, including **9 Gold**, **7 Silver** and **6 Bronze** medals in the 2018/19 USFHK Official Regular Events!



MEN'S 男子項目

WOMEN'S 女子項目

CHAMPION 冠軍



Basketball, Squash, Table Tennis, Tennis, Taekwondo
籃球、壁球、乒乓球、網球、跆拳道

Badminton, Rugby, Soccer, Taekwondo
羽毛球、欖球、足球、跆拳道

1ST RUNNER UP 亞軍



Athletics, Rugby, Volleyball
田徑、欖球、排球

Aquatics, Handball, Squash, Tennis
游泳、手球、壁球、網球

2ND RUNNER UP 季軍



Badminton, Karatedo
羽毛球、空手道

Karatedo, Fencing, Woodball, Table Tennis
空手道、劍擊、活木球、乒乓球

USFHK Annual Presentation Ceremony

2018/2019年度香港大專體育協會周年頒獎禮

Led by Professor Horace Ip, Vice-President (Student Affairs), Dr. Ron Kwok, then Dean of Students and Dr. Tim Wong, Director of Student Development Services, CityU Sports Teams attended the USFHK Annual Presentation Ceremony on 13 April 2019 and were delighted to receive the trophies from USFHK and brought home the glory.

2019年4月13日，在城大副校長（學生事務）葉豪盛教授、前學務長郭志偉博士及學生事務處處長黃志添博士的帶領下，城大運動隊伍出席2018/19年度香港大專體育協會周年頒獎禮，帶著獎盃和獎牌凱旋而歸。



Group photo of USFHK Most Valuable Players (CityU Sports Teams members), Prof. Horace Ip (4th from the left, back row), Dr. Tim Wong (3rd from the left, back row) and Dr. Ron Kwok (5th from the left, back row) 葉豪盛教授（後排左四）、黃志添博士（後排左三）及郭致偉博士（後排左五）與香港大專體育協會年度最佳運動員（城大運動員）合照。

Professor Way Kuo, President of the University (1st from the left), and the award winning CityU Sports Teams members. 城大校長郭位教授（左一）與得獎之城大運動員合照。



We Soar High with the CityU Flag! 城大勝利的旗幟再次在頒獎台上展現！

Meanwhile, the CityU Sports Teams Annual Prize Presentation Ceremony and Celebration Dinner was held on 29 April 2019. The senior management of CityU including Professor Way Kuo, President of the University, Professor Horace Ip, Vice-President (Student Affairs), Colleges' representatives and donors of Sports Scholarships presented the prizes and scholarships to the awardees. All CityU sports captains were honoured to transfer the USFHK trophies – the CityU's Glory to Professor Way Kuo and promised that they will “Be the Best that We Can Be” in next year competitions!

在城大校長郭位教授、副校長（學生事務）葉豪盛教授、各學院代表及運動員獎學金贊助人的支持下，城大運動代表隊周年頒獎禮暨慶祝晚宴於2019年4月29日圓滿舉行，慶祝城大運動代表隊過去一年的努力成果。城大運動健兒從各嘉賓手上接過獎學金和運動員獎項；各隊長亦把代表城大運動隊伍努力的全年團體總錦標獎盃移交予郭校長，同時承諾城大運動代表隊將秉承校隊信念——「盡顯潛能，共創佳績」，在來年繼續努力，爭取佳績！

For more information: 如欲了解更多詳情，請瀏覽

CityU Sports Team 城大運動隊



https://www.cityu.edu.hk/sds/web/pesports.team_about.shtml

Culture of Caring – CityU Caring League

發揮關愛文化——城大關愛聯盟

Contributor: Dr. Larry Ng (Counselling Service, SDS)

The CityU Caring League is the flagship programme of Counselling Service launched in 2015. In the academic year 2019/20, three student teams will develop their special themes of trainings and services to be held on campus while receiving core training of helping skills and leadership development.

「關愛聯盟」是學生發展處心理輔導組在2015年啟動的旗艦計劃。在2019/20學年，關愛聯盟將分為三個學生隊伍，接受有關助人技巧和領導才能的核心培訓，另外每個團隊亦有獨特的培訓和服務計劃。

Caring League – Peer Support Fellow 關愛伙伴

This programme aims at training a group of students to create and sustain a caring campus environment in supporting their peers in meeting life challenges. By the end of the programme, the Peer Support Fellow will have gained a deeper self-understanding, acquired basic counselling skills and leadership skills to provide support to peers through various activities and services.

計劃旨在培訓學生建立關愛校園文化，支援朋輩應對生活挑戰。培訓完畢，同學會對自己有更深入的認識，並掌握基本的輔導技巧和領導才能。其後，關愛伙伴更可在校內籌劃各項服務和活動以推動關愛文化。



Peer Support Fellows cheer up fellow schoolmates during the pre-examination period!
關愛領袖於考試期間為同學們送上鼓勵!



Caring League – Inclusion Ambassador 共融大使

The mission of Inclusion Ambassador (IA) is to help those CityU students with Special Educational Needs (SEN) to broaden their vision and expand their social network in the CityU community. The IAs also take an active role to raise the awareness of the CityU community on the needs of SEN students by organising different inclusive activities.

共融大使的使命是幫助有特殊教育需要 (SEN) 的城大學生擴闊視野和擴展社交網絡。他們還透過籌辦不同的共融活動，積極推動城大師生對SEN同學的了解和認識。



Caring Leaders "singing" with SEN students through Sign Language.
關愛領袖與特殊教育需要學生一起以手語「演唱」。



Caring League – Psychological Wellness Ambassador Team 心理健康大使

Psychological Wellness Ambassador (PWA) Team advocates psychological wellness in the University Community. Participating students will be equipped with trainings in positive psychology, mental health awareness as well as team work competence. Upon completion of the training, they will work together as Caring Leaders with the team mission to serve their fellow schoolmates.

心理健康大使的使命是在大學社區宣導心理健康。參加這個工作小組的學生將接受正向心理學、心理健康意識以及團隊合作能力方面的培訓。培訓結束後，他們將成為關愛領袖為同學服務。



Caring Leaders bring positive vibe and happiness to the CityU Community with the tailored capsule machine during the activity "A Taste of Happiness".
於「快樂在我扭」活動中，關愛領袖利用玩味有趣的扭蛋機和在扭蛋內的小禮物或祝福語為同儕們送上正能量。



For more information:
如欲了解更多詳情，請瀏覽

CityU Caring League
城大關愛聯盟



<https://caringleague.ual.my-free.website/>

Embarking on a Bright Career

CityU Career Coaching and Preparation Workshops

積極裝備 脫穎而出 城大事業教練及事業預備工作坊

Contributor: Ms. Elaine Chow (Career Leadership Centre, SDS)

Having a question mark where to get started with career planning? Wondering how to connect your University life with future career path? This is what you need: Career Preparation Workshops and Professional Career Coaching organised by the Career and Leadership Centre. It's never too early to start planning for your prosperous career!

對於「事業規劃」仍然是一籌莫展？又或對於大學生活如何與將來的事業接軌而感到茫無頭緒？由事業及策劃中心舉辦的事業預備工作坊和事業教練服務大概正是你所需要的。想要追逐夢想、成就理想的事業，同學們請緊記盡早開始策劃吧！

Career Preparation Workshops 事業預備工作坊

Career and Leadership Centre organises a series of Career Preparation Workshops throughout the academic year 2019/20. Students will be equipped with the invaluable knowledge and skills to succeed in striving for good employment, be it learning to write a winning CV, mock interview or insight of the job market etc.

2019/20學年，事業及領袖策劃中心將一如以往，舉辦一系列的事業策劃工作坊。工作坊圍繞豐富的主題，為參加的學生們提供各種訓練和裝備的機會，提升學生相應的求職能力，從而讓學生能夠在芸芸應徵者中突圍而出。



Writing a Winning CV Workshop
「寫出必勝履歷」工作坊

Mock Group Interview
模擬面試（小組）

Professional Career Coaching 事業導師

This is where students will be able to discuss their career doubts and concerns with the professional Careers and Employability Consultants who possess solid working experience across diversified industries, Come and talk to the Consultants at the One-on-One Career Coaching! After all, it is always the best to learn from experience, or the experienced!

大學邀請來自不同界別的专业人士作為同學們的事業導師，他們不但擁有豐富的工作經驗，亦在就業指導及諮詢範疇具有豐富經驗。同學們在一對一的諮詢當中，可以與事業導師暢談有關就業的種種疑問，及早開展事業規劃。



One-on-One Professional Career Coaching
事業教練與學生進行一對一的事業諮詢



Professional Career Coaching 事業教練

Occupational Profiling 職業規劃
Job application and advising 求職錦囊
Careers Planning 事業規劃
CV and Cover Letters Review
履歷及求職信指導

Career Preparation Workshops 事業預備工作坊

Smarten Up Your Career Plan 智勝事業計劃
Enhancing Your Employability 提升就業能力
Writing a Winning CV 寫出必勝履歷
Ace the Interview 面試一擊即中
Mock Individual Interview 模擬面試（個人）
Mock Group Interview 模擬面試（小組）
Surviving Assessment Centres 評估中心生存之道



Career and Leadership Centre 事業及領袖策劃中心

For more information:
如欲了解更多詳情，請瀏覽



<http://www.cityu.edu.hk/clc/>

Exploring Gansu Experiencing Belt and Road

探一帶一路之徑 歷甘肅大漠之美

Contributor: Mr. Yeung Chi Wai (Student Residence Office)

To echo with CityU's vision of enhancing students' global awareness, the Student Residence Office launched the "Exploring Gansu, Experiencing Belt and Road" in the summer of 2019.

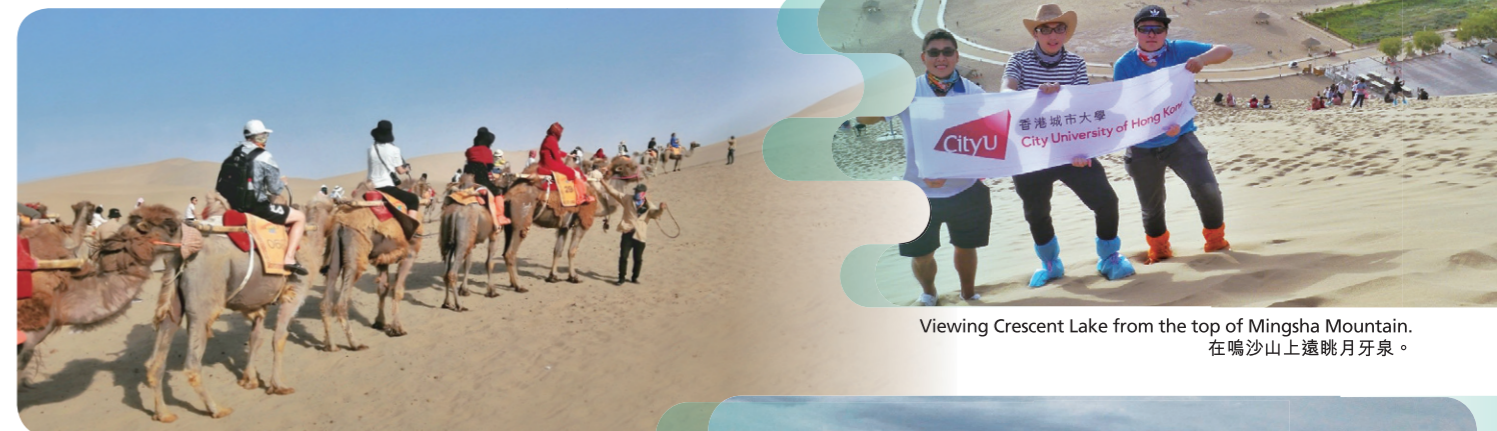
The week-long expedition was fascinating: joyful exchange with students of Lanzhou University, casual stroll along the miles-long Yellow River, admiring the splendor of the first Iron Bridge in China and waterwheels, visiting Zhangye and lost in the stunning beauty of Danxia landscape, the long coach ride along the Gobi desert and reaching the historical Jiayu Pass, feeling the thickness of its history and bloodshed of warfare it had gone through, a camel ride along the Mingsha Mountain, gazing the sunset and the never dried-up Crescent Lake down at the mountain, no doubt an unforgettable experience of life time. The journey ended with the exploration of Mogao Grottoes, appreciating long history of Buddhism and rich treasures of Dunhuang.

Not only friendship deepened in this memorable journey but the 30 selected local students also availed the first-hand encyclopaedia to better understand the history of Han dynasty and its impact on the establishment of Silk Road. The Office will continue to bring more meaningful expeditions in the year to come.

城大一向鼓勵學生走出校園，拓展國際視野。學生宿舍處積極響應，於2019年夏天主辦了「探一帶一路之徑，歷甘肅大漠之美」考察團。

六日之旅，風塵僕僕，行程豐富：與蘭州大學學生交流後，漫步於百里黃河長灘上，見識中國第一鐵橋的雄偉和水車之起源；乘坐和諧號，前往張掖考察丹霞地貌；經歷戈壁長途巴士之旅，到達天下第一雄關。隨著古人腳蹤，踏上嘉峪關城樓，感受歷史的厚重。眺望遠方，金戈鐵馬的歲月彷彿歷歷在目；騎著駱駝漫步於鳴沙山上，品味著大漠孤煙直，長河落日圓的感嘆，驚艷於月牙泉的千古之迷。旅途的最後一天以探討莫高窟文化作結。佛教文化，源遠流長、敦煌瑰寶，令人嘆為觀止，回味無窮。

30位本地學生積極參與，旅途雖短卻加深了同學間的友誼，並帶來了畢生的回憶；明白了漢代歷史如何奠定後世絲綢之路的繁榮。學生宿舍處將繼續舉辦同類輕鬆而趣味盎然的考察活動，讓更多學生讀萬卷書也行萬里路。



Camel riding along the Mingsha Mountain.
騎著駱駝漫步鳴沙山。



Viewing Crescent Lake from the top of Mingsha Mountain.
在鳴沙山上遠眺月牙泉。



Graduation photo taking in front of Danxia Landform.
在七彩丹霞的畢業照。

Visiting Lanzhou University.
參觀蘭州大學。



Student Residence Office 城大學生宿舍處

For more information:
如欲了解更多詳情，請瀏覽



<https://www.cityu.edu.hk/sro/>

Cultural and Language Immersion Scheme

文化及語言體驗計劃

Contributor: Miss Vera Lau (Office of the Vice-President (Student Affairs))

CityU provides abundant opportunities for students to develop global outlook and improve foreign language skills. The Cultural and Language Immersion Scheme (CALIS) is one of the opportunities which allows participants to engage in learning activities including language classes and homestay in an overseas foreign language speaking environment for 4-6 weeks with financial support from the university and collaboration with premier universities across the globe. Since the pilot run of CALIS in the academic year of 2007/08, students have received sponsorship to join CALIS tours in Australia, Canada, New Zealand, the United Kingdom and etc. In the academic year 2019/20, CALIS will be extended to non-English speaking countries. Besides CALIS, Cultural Immersion Programme for Belt and Road Regions & Greater Bay Area will also be launched to support students to explore history, appreciate culture, and raise awareness and respect for diversity in targeted cities or countries. Visit our website for more information and stay tuned for application details released by your College or School.

城大致力提供各種遊學團讓同學接觸各地文化並提升外語能力，當中包括文化及語言體驗計劃 (CALIS)，由城大各學院與國外多所知名大學合作舉辦，讓學生可於外語環境生活4至6星期。同學在學習外語的同時，更可在寄宿家庭生活，親身體驗當地的生活和飲食文化。自2007/08學年開始計劃至今，已資助多名同學參加遊學團，足跡踏遍澳洲、加拿大、紐西蘭、英國等地。城大更於本學年將計劃擴展至非英語為母語的國家，同時亦設立一帶一路地區及大灣區文化體驗計劃，讓學生可踏遍全球。有興趣參加的同學可瀏覽本計劃的網站，並留意各學院公佈的報名資訊。

CALIS participant enjoying dinner with homestay family at Auckland, New Zealand.
參加CALIS的同學在紐西蘭奧克蘭與寄宿家庭共晉晚餐。



Participants spending their time together after class on a sunny day at University of Victoria, Canada.
同學在加拿大維多利亞大學上課，課後一邊享受溫暖的陽光一邊聊天。

Participants visiting Edinburgh Castle, an iconic site of Edinburgh, United Kingdom.
同學獲安排參觀愛丁堡最重要的名勝，愛丁堡城堡。



For more information:
如欲了解更多詳情，請瀏覽



<https://www.cityu.edu.hk/vpsa/CALIS.htm>