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# CityU Upbeats

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## CityU Star Coaches 我們的星級教練

Contributors: Mr. Ko Lai Chak, Miss Sherry Tsai, Mr. Joe Wong and Mr. Wong Yu Wing

CityU Sports Teams have demonstrated stunning performance by winning many inter-collegiate competitions. Besides the profound devotion of staff from Physical Education Section, a group of star coaches have also contributed their efforts to lead the student athletes to strive for professionalism and sportsmanship.

城大運動代表隊在大專體育界屢獲殊榮，除了因為得到學校管理層鼎力支持和體育部同仁的默默耕耘外，亦有賴多位星級教練強勢助陣，以專業的態度及力爭上游的體育精神，帶領學生運動員創造佳績。

### TABLE TENNIS: Ko Lai Chak 乒乓球：高禮澤



Mr. Ko Lai Chak is the former Hong Kong table tennis representative and had captured many awards in Olympic Games (2004 Olympic Silver Medal in Men's Table Tennis Doubles), Asian Games and ITTF World Tours, etc. He has been coaching CityU table tennis team for 2 years. As a former athlete, he appreciated very much CityU's supports for student athletes. "CityU spares no efforts in sports development and invests a lot of its resources to support student athletes," he said.

高禮澤教練是前香港乒乓球代表，曾參與奧運會、亞運會及國際乒乓球巡迴賽等大型賽事，屢獲佳績（2004年奧運男子乒乓球雙打銀牌）。高教練任教了兩年，非常欣賞城大對學生運動員的支持。他表示：「城大對於學生運動員的支持不遺餘力，除了投放了不少資源於運動上，亦為學生們提供多方面的支援與配套，幫助他們在學業及運動上雙線發展。」

Captain Hugo Poon and Wharton Chan said, "Coach Ko always reminds us to be confident. His supportive spirit empowers us to perform much better during competitions that leads to better results."

隊長潘尚熙及陳韻彤說：「比賽時，高教練常常提醒我們：要對自己有信心！他的叮囑給我們打了一支強心針，令我們在比賽中不但發揮應有水準，甚至有更好的表現。」



2017/18 CityU Table Tennis Team  
2017/18 城大乒乓球隊



Coach Ko coaching a player during competition  
高禮澤教練於大專比賽中指導球員

## SWIMMING: Tsai Hiu Wai, Sherry

### 游泳：蔡曉慧



Miss Sherry Tsai is a three-time Olympic swimmer (2000, 2004 & 2008) representing Hong Kong SAR. She was Hong Kong's flagbearer at the Opening Ceremony of the 2004 Athens Olympic Games. Sherry has devoted her life to swimming, first as a professional athlete, then a sports journalist in television program and a writer in newspaper column on swimming, and now as the Head Coach of Stanford Swim School.

Sherry has been the swimming coach of City University of Hong Kong since 2018. Under her leadership, the Women's team clinched the first-runners' up title in the USFHK Annual Aquatic Meet and they also broke the record of 4 x 50M Freestyle Relay. Their outstanding performances and excellent achievements are undoubtedly the best rewards for the dedicated coach.

"CityU's emphasis on sports development is beyond my expectation. I wish to nurture more young sports talents for the University," said Sherry.



CityU Women's Team, the new record holders of Women's 4x50M Freestyle Relay 香港城市大學女子泳隊在蔡曉慧教練帶領下刷新女子50米x4接力賽的紀錄

蔡曉慧教練為前香港游泳運動員，1995年加入港隊，曾經參加過三屆奧運會，並於雅典奧運擔任持旗手。退役後曾經擔任不同類型的工作，包括游泳教練，電視台體育節目主持，報紙及雜誌的專欄作家。2011年開始成為全職游泳教練，並於2017年開始成為史丹福游泳學校泳隊總教練。

2018年，Sherry獲邀為香港城市大學泳隊女子教練。在大專水運會中，女子隊發揮出色，勇奪亞軍並在自由泳接力打破大專紀錄，實在難得，亦令教練感到很自豪。Sherry加入城大後，發現城大比想像中更注重體育發展。展望將來，她希望來年能夠幫助學校培育更多體育精英。



CityU Women's team clinched the first-runners' up title in the 2018/19 USFHK Annual Aquatic Meet 城大女子泳隊在2018/19大專水運會中奪得全場總亞軍



CityU Men's & Women's team clinched the overall second-runners' up title in the 2018/19 USFHK Annual Aquatic Meet 城大男子及女子泳隊在2018/19大專水運會中奪得全場總季軍

## SQUASH: Wong Wai Chung, Joe

### 壁球：王偉聰



Mr. Joe Wong, the coach of CityU Squash Team since 2011, has led the team to win many intercollegiate squash competitions over the years. And recently, the team had captured all men's awards at the 2nd China University Squash Championship in early November 2018. Under Joe's professional instruction, elite student athletes, Mr. Yip Tze Fung and Mr. Wong Tze Him had represented Hong Kong to compete in 2018 World University Squash Championship and won Men's Individual 1st Runner Up and Men's Team 2nd Runner Up respectively. Coach Wong has impressed the Team with his professionalism and passion. Looking ahead, he hopes CityU Squash Team will continue to be among the best and strive towards sports excellence.



Coach Joe (right), Honorary Team Manager & CityU Vice President (Student Affairs) Prof. Horace Ip (center) and World University Squash gold medalist, Mr. Yip Tze Fung at the competition venue of intercollegiate squash. 王偉聰教練（右一）與名譽領隊城大學生事務副校長葉豪盛教授（中間）及本屆世大男子壁球個人銀牌得主葉梓豐同學於大專壁球賽比賽場地合影。



Coach Joe (far right) leads CityU Men's Squash Team to capture all prizes, including Overall Men's Team Champion, Men's Gold, Silver, and Bronze medals, at the 2nd China Squash Championship, Shanghai 2018. 王偉聰教練（右一）帶領城大男子壁球隊，在剛於上海舉行的第二屆中國大學生壁球錦標賽中，囊括團體冠軍及個人金銀銅獎牌。

王偉聰先生，自2011年起擔任城大壁球隊教練。期間球隊表現卓越，屢奪大專杯冠軍。並剛於2018年11月初，在中國大學生壁球錦標賽中，囊括男子所有獎項殊榮，成績斐然。另外，球隊的精英選手葉梓豐同學和黃子謙同學，也在王教練的指導下，在2018年世大壁球錦標賽中獲得男子個人銀牌及團體季軍獎項。王教練在隊員心目中是位專業及有抱負的教練。他期望城大壁球隊能延續優勢，共創佳績。

## TAEKWONDO: Wong Yu Wing

### 跆拳道：黃如榮



Mr. Wong Yu Wing, having coached the CityU Taekwondo Team for fifteen years, was the first batch of CityU Taekwondo member at the City Polytechnic Mong Kok Center campus in 1989. He has acquired seven black degree belt qualifications and senior coach certificates in Taekwondo.

Captain Joe Lui said, "Yuwing Sir is the spiritual leader of our Taekwondo team, he takes care of everything in the team. He is our coach and he is our friend."

黃如榮教練為1989年「城市理工」年代的跆拳道學員。他持有黑帶七段資歷及高級教練證書，出任城大教練已有十五年。

The All China Taekwondo Championships was the most memorable competition for Coach Wong who led the team to capture a number of awards and he was also awarded the Outstanding Coach in this important event. Coach Wong hopes that he could inspire the members with his sportsmanship to work hard towards their personal goal and develop their potential.

黃教練最難忘的比賽經歷，是到國內出戰「全國跆拳道錦標賽」。隊員贏取了多個獎項，他也獲最佳教練獎。黃教練希望能夠把跆拳道的神聖感染隊員，讓他們向目標努力，發揮潛能。

隊長呂嘉豪說：「如榮Sir是我們的精神領袖，能兼顧隊中大小事務，且與隊員相處，亦師亦友。」



The Team shines at the All China Taekwondo Championships 校隊到國內出戰「全國跆拳道錦標賽」



CityU student athletes competed in the 2017/18 USFHK Intercollegiate Taekwondo Competition. 城大的學生運動員在2017/18年度中國香港大專體育協會跆拳道比賽中表現出色。

## Student Ambassadors Programme Alumni's Sharing on Their Career Success 城大學生大使校友分享

Contributor: Ms. Jacqueline Cheung

Organized by Career and Leadership Centre, CityU Student Ambassadors (SA) Programme trains a group of outstanding students every year to receive prominent guests at institutional-level university events and to promote CityU to the public. CityUpbeats interviewed 2 graduates, Elaine Ng and Gary Yeung from the Programme who are now working in different industries. They both reflected that their career journey is tremendously enriched by their experience of serving as a Student Ambassador.

As Student Ambassadors alumni, Elaine and Gary strongly encourage CityU students to be proactive and enjoy various activities at the university. Contributing to the University and society would also be beneficial to one's personal growth and future career.

由事業及領袖策劃中心舉辦的「城大學生大使計劃」，每年獲選的優異學生會接受訓練，並在重要的大學活動中接待來賓、向公眾介紹及推廣城大。CityUpbeats訪問了兩位在不同領域工作的學生大使畢業生，吳綺鈴小姐及楊家禧先生，他們都不約而同表示，學生大使計劃為他們的職涯增添更多色彩。

作為師兄及師姐，他們都鼓勵同學，在學時積極投入各種活動，享受大學生活，為大學及社會作出貢獻，亦是自我進步的基石，在職場上有莫大裨益。

## Effective communication at work 成功源自溝通

Elaine is currently an Executive Officer in the HKSAR Government and has served in different departments in the previous 5 years. Effective communication skills are very important when she works with different stakeholders including citizens and colleagues from other departments.

現職香港特別行政區政府行政主任的吳綺鈴，在過去5年於不同部門服務市民。每日面對各方持份者，既有地區人士，亦有各部門的合作伙伴，故此擁有良好的溝通技巧非常重要。她感恩當年得到學系導師的鼓勵而參加計劃，透過活動提升自信心和表達技巧，現可靈活運用於工作上，事半功倍。

She is grateful that her tutor at the Marketing Department recommended her to join the SA Programme. Her self-confidence and soft skills were greatly improved during the Programme and these attributes enhanced her presentation skills and overall effectiveness at work.



**Elaine Ng Yee Ling 吳綺鈴**  
Marketing, 2013 Graduated Student Ambassador  
市場營銷學2013年學生大使畢業生

Current Executive Officer in the HKSAR Government  
現職香港特別行政區政府行政主任

## Be the big fish in the small pond! 事無大小，盡心服務

After graduation from CityU, Gary joined Fubon Bank as a Management Trainee where he had to perform data analysis and regularly report to senior management. With his outstanding performance, he was recommended to work in Fubon Bank's headquarters in Taiwan. Moving on with his career, Gary was recruited by J.P. Morgan earlier this year and is now developing his talent in its APAC Corporate Treasury Risk Management.

Interviewed by CityUpbeats, Gary said, "The SA Programme taught us a lot about professionalism. It's not only about personal grooming and presentation skills, but also

our work attitude and the effort we have to put in preparing for every task assigned. Being well prepared is crucial for launching a successful career.

楊家禧畢業後入職成為富邦銀行的管理實習生，需要分析不同資料及定期向管理層匯報；由於表現出色，有機會到台灣的總公司工作。今年初，他獲摩根大通集團聘用，專責亞太區資產負債風險管理，繼續發展所長。總結擔任城大學生大使時的體驗，他表示：「我們學習到何謂『專業』，無論是外表、態度或是準備工夫也要做好，將這種精神應用到工作上，是成功要素。」



**Gary Yeung Ka Hei 楊家禧**  
Quantitative Finance and Risk Management, 2013 Graduated Student Ambassador  
數量金融及風險管理2013年學生大使畢業生

Currently working at J.P. Morgan  
現職於摩根大通集團



1. Student Ambassadors serve guests in university-wide event.  
學生大使在大學活動中接待來賓。  
3. Understanding the development of the local city during the study tour.  
在海外交流活動中深入了解當地的城市發展。



2. Elaine and Gary participated actively in SA activities. CityU students were encouraged to show their thankfulness to their family and friends in the "Thank You Week".  
在學時，Elaine及Gary積極參與學生大使活動。「感謝週」活動更鼓勵城大學生以行動感謝身邊的人。  
4. The overseas study tour broadens the students' horizon.  
學生大使參與海外交流活動，擴闊視野。



## CityU Yoga Day 2018 城大瑜伽日2018



Professor Alex Jen, Provost of CityU, joined yoga master Yogaraj CP and his team in demonstrating 'I LOVE CITYU' with different yoga postures.  
學務副校長任廣禹教授、印度瑜伽大師Yogaraj CP及其團隊一同以瑜伽動作做出「我愛城大」的英文字句。

Contributors: Miss Kong Sin Yan (Social Sciences, Undergraduate Year 4) and Mr. Yeung Chi Wai

About 250 CityU staff and students together with 30 local youth with hearing impairment from The HK Society for the Deaf flocked to the roundabout in Student Residence on 3 November to take part in Yoga Day 2018, the acclaimed community service event launched for its 4th year by the Student Residence Office.

Mr. Puneet Agrawal, the honourable Indian Consul General, appreciated CityU's efforts in promoting yoga as a UNESCO intangible cultural heritage of India and introducing yoga to both the university and Hong Kong community in his Opening Address. Prof Alex Jen, Provost of CityU, showed his

appreciation to Indian community in Hong Kong for their unflinching and generous support to our event for 4 consecutive years and their kind sponsorship of 300 yoga mats this year.

Mr. Yogaraj CP, yoga-guru in-residence and holder of 5 Guinness records on yoga practice orchestrated the yoga demo and led the mass yoga exercise with his team of professional instructors. All participants wearing the CityU T-shirt were in high spirit, stretching their bodies and experiencing a precious moment of Peace and Harmony out of their busy life in the cool autumn breeze.

約250名城大職員、學生、以及30名來自香港聾人協會的本地聽障青少年，於2018年11月3日，一同聚首在學生宿舍參與城大瑜伽日。是次活動已連續四年由學生宿舍處舉辦，是一項備受表揚的社區服務活動。

印度總領事 Puneet Agrawal先生在開幕致辭中，讚揚城大努力推廣瑜伽作為聯合國教科文組織非物質文化遺產，並在校園和香港社區介紹瑜伽。學務副校長任廣禹教授感謝來自印度的瑜伽團體4年來不斷慷慨支持，今年更贊助了300張瑜伽墊予是次活動。

瑜伽大師Yogaraj CP先生身為五項瑜伽健力士紀錄保持者，精心策劃了瑜伽表演，並與他的專業教練團隊領導大家練習瑜伽。在清涼的秋風下，所有參與者都穿著城大T恤，熱情投入活動，一同伸展身體，體驗著忙碌生活中，片刻的寧靜與和諧。



On CityU Yoga Day, over 280 participants participated to relax and learn yoga.  
城大瑜伽日有超過280人參與，一同學習以瑜伽放鬆神經，達致身心健康。

# Footloose the Musical: Joy of Music and Dance Under the Spotlight

## 音樂劇《渾身是勁》：鎂光燈下的熱情歌舞

Contributors: Miss Kathy Ng, Mr. Isaac Han (English Studies, Undergraduate Year 3) and Mr. Placathose Bruce Wyatt (Mechanical Engineering, Undergraduate Year 2)

**Have you ever imagined that you are dancing, singing and acting under the spotlight?**

Having undergone the process of audition, intensive training in dance, vocal and acting 3 times per week in 5 consecutive months as well as the 4-day training camp in Macau, 39 selected students participated and performed the Best Choreography of Tony Awards, "Footloose the Musical", in 2018 CityU Arts Festival from 18-20 October 2018. Students' devoted and animated performance brought round after round of applause till the show ended. This is the third year that Student Development Services organized the CityU Musical. Apart from local students, students from South Korea, Sweden, South Africa and Indonesia also actively participated in the musical this year. Students learnt professional stage production, and developed co-operation self-awareness and confidence through the process of practicing. We believe that it is an unforgettable experience that will remain in the memory of students and audience now and ever.

想像過在鎂光燈下又唱又跳又演的你，會是怎麼樣嗎？

城大39位同學經過選拔、連續5個月接受每星期3次歌、舞、演的專業訓練，以及為期4天的澳門訓練營後，於2018年10月18至20日的城大藝術節中終於踏上舞台，演出曾獲東尼獎最佳編舞獎的經典音樂劇《渾身是勁》。同學盡情揮灑汗水，傾力演出，全場觀眾拍案叫絕！由城大學生發展處策劃的音樂劇已經踏入第三年。除了本地學生外，今年更有來自各國的交流生包括韓國、瑞典、南非、印尼等積極參與。同學由零開始籌組音樂劇，學習專業的舞台製作；並在過程中認識自我，增添信心，加強團隊合作精神，共同創造了大學生活中的難忘回憶！



With the aim of producing spectacular musical performance, students have undergone a 5-month intensive training. 同學們展開長達5個月的排練，只為在台上帶來最精彩的演出。



Audience indulging in a series of singing and dancing performance. 連場歌舞讓觀眾目不暇給。

# Barrier-free Discovery Tour for SEN students and Inclusion Ambassadors (Macau)

## 無障礙探索之旅（澳門站）

Contributors: Dr. Larry Ng and Ms. Holly Ho

To provide students with special educational needs (SEN) an opportunity to acquire global learning experience, Student Development Services (SDS) therefore organized a three-day "Barrier-free Discovery Tour" in Macau for them with the companion of Inclusion Ambassadors (IA). The tour aimed to offer a chance for the students to understand the services and support provided by the local government, organizations, and educational institute for people with disabilities.

Five IAs and eight SEN students joined the trip and visited the University of Macau (UM) where student ambassadors at UM introduced their on-campus SEN supporting measures and guided them for a campus tour to learn about the university's history, campus development, and student life.



Our SEN students and Inclusion Ambassadors visiting University of Macau to learn about their inclusion policies and different accessible facilities.  
特殊教育需要學生和共融大使參觀澳門大學，了解他們的無障礙設施和共融政策。

To celebrate diversity and appreciate friendship, UM and CityU students also had interactive activities by the end of the visit. After that, the IAs and SEN students visited Caritas Macau, which provides rehabilitation services and support to people with physical disabilities, to learn more about accessible facilities in Macau. Besides, students had visited different cultural and historical heritage of Macau and watched a signature show.

While opening the students' horizon in gaining knowledge about Macau and the social services available, the trip has also helped them to develop friendships. Most importantly, it made global learning barrier-free for SEN students.



Students participating in an art workshop organized by Caritas Macau Sunshine Center.  
同學們參與由澳門明愛創明坊所舉辦的藝術工作坊。



The UM Student Ambassador introducing the architectural model of University of Macau.  
澳門大學的學生大使正在介紹澳門大學的建築模型。



Visiting the Student Activity Centre of University of Macau and interacting with the local Student Ambassadors and SEN students.  
到訪澳門大學的學生活動中心，並與當地的學生大使和SEN學生進行交流。

學生發展處舉辦了一個為期三天的「無障礙探索之旅」，讓有特殊教育需要的學生及共融大使獲得海外學習經驗。訪問團前往澳門，了解當地政府、組織和教育機構，如何為殘疾人士提供服務和支援。

在行程中，5名共融大使和8名有特殊教育需要同學到訪澳門大學（澳大）。澳大學生大使介紹了學校對有特殊教育需要學生提供的支援措施，並帶城大學生遊覽校園，了解學校歷史、校園發展和學生生活。為促進共融理念，兩大學生亦進行了互動活動。城大學生隨後也探訪了澳門明愛創明坊，了解他們為殘疾人士提供的康復服務和支援，以及認識澳門的無障礙設施。

學生還參觀了澳門的文化和歷史遺跡，並觀賞了著名的表演節目。旅程不但加深了學生對當地的文化歷史和社會服務的認識，並促進了彼此之間的友誼，更重要的是學生獲得了一次無障礙的海外學習機會。