

City Upbeats

City University of Hong Kong
30th Anniversary Student Programmes Exhibition
cum

Award Presentation Ceremony
21 November 2014



CityU 30th Anniversary: Caring for the Community and Recapturing Memorable Moments 城大30周年 — 關懷社區 捕捉珍貴時刻

To celebrate CityU 30th anniversary, over the past year, the Office of Vice-President (Student Affairs) organized a series of student events to engage students in the commemoration of the anniversary. To recapture memorable moments of these events, an exhibition cum award ceremony was held on 21 November 2014. Being highlighted in the exhibition were Community Services and Engagement Projects, and a 30-second videos competition.

At the awards presentation ceremony, Professor Horace Ip Ho-shing, Vice-President (Student Affairs) shared his vision: "We encourage CityU students to contribute to the community and widen their horizon through helping the needy groups not only in Hong Kong but also overseas." Last summer, CityU sponsored students to initiate their own projects to help specific needy groups in Hong Kong and in other Asian countries such as Yunnan, Cambodia, Myanmar.

The winning team of the Best Community Services Project went to Yunnan to teach English in a primary school and to foster students' interest in English. Xu Da-di (Applied Sociology Master's graduate, 2014), Jason Ku Ho (Finance, Year 3) and Wang Qi-qi (Finance, Year 2) of the winning team shared their experience in Yunnan. "It was an experience for us to contribute to the community. Besides, it reminded us to treasure all opportunities that we have. We always think that education is one of the basic needs that everyone can attain easily. However, it could be far away to reach for Yunnan children," they said. For these students, it was not simply an experience of helping others, participants also learnt to value and treasure what they have.

For the 30-second videos competition, two separate teams won the Champion award. One team consisted of Leung Yat Ting (Creative Media, Year 2) and Young Hiu Ting (Creative Media, Year 2); another champion team included Ada Chu Oi Ying (Media and Communication, Year 3) and Lam Ho Yin (Digital Television and Broadcasting, Year 2). Both teams were excited to find that they could actually make good use of the skills they learnt from their programmes of study to win the awards. Although they found it was really challenging to edit a 30-second video as they wished to cover every corner of CityU, all the facilities, and the professionalism associated with the staff and students, they succeeded in overcoming the challenges and impressing the judges and audiences by their creative production.



剛過去一年，為慶祝城大建校三十周年，副校長(學生事務)辦公室舉辦了多項學生活動。並於2014年11月21日，舉行了展覽暨頒獎典禮展示義工服務活動及30秒校園生活錄像比賽。

於活動的頒獎禮，副校長(學生事務)葉豪盛教授分享：「義工服務活動致力推動學生貢獻社會，並透過活動擴闊他們視野。」義工服務活動資助本地及非本地學生組隊到香港及亞洲各地如雲南、柬埔寨、緬甸等幫助有需要人士。活動的最佳隊伍認為此次活動十分有意義，其中三位隊員包括應用社會學碩士畢業生徐大地、金融學系三年級學生顧浩及金融學系二年級學生汪其琪表示除了能幫助他人，他們個人亦有所得著，活動提醒他們擁有的並不是理所當然，應珍惜身邊現有的資源和各種機會。

30秒校園生活錄像比賽選出兩隊冠軍，隊伍包括創意媒體二年級學生梁逸婷及翁曉婷，另一隊伍包括媒體與傳播系三年級學生朱藹瑩及數碼電視與廣播二年級學生林浩賢。他們均表示製作30秒錄像具非常高挑戰性，他們希望短片能表現城大每個角落、設施及專業的師生們。儘管製作過程困難，同學亦能運用他們學習所得的技巧，獲得冠軍。

1 Professor Horace Ip, Vice-President (Student Affairs) (second from the right), Dr. Joe He, Associate Head of the Department of Media and Communication (first from the right), Mr. Alex Tham, Senior Teaching Fellow of the Department of Marketing (second from the left) and Professor Michael Lam, Assistant Dean of the College of Science and Engineering (first from the left) take a photo with 2 champion teams of 30-second videos competition.

副校長(學生事務)葉豪盛教授(右二)、媒體與傳播系副系主任何舟博士(右一)、市場營銷學系高級特任講師譚桂常先生(左二)及科學及工程學院助理院長林漢華教授(左一)與30秒校園生活錄像比賽的兩隊冠軍得主留影合照。

2 Xu Da-di, one of the members of the best winning team of the Community Services and Engagement Projects shares his experience in Yunnan.
徐大地代表義工服務活動的最佳隊伍分享於雲南的體驗。

3 Besides going to a primary school to teach students in Yunnan, the winning team also arrange home visits.
義工服務活動的最佳隊伍除了於雲南小學內教導學生，更到訪部分學生家庭。

4 One group of students travel to Myanmar to provide education and teach the needs of personal hygiene to children there.
一組學生前往緬甸教授知識和個人衛生的重要性。

CityU Student Athletes Competing in Incheon 2014 Asian Games

城大運動健兒出戰2014年仁川亞洲運動會

Yip Tsz-fung (Management Science, Year 3) (right) is a member of the squash team that represented Hong Kong at the 2014 Asian Games. He won a Bronze medal in the men's team.

Tsz-fung played squash at a very young age and was promoted from regional squad to junior squad and then senior squad. He finally won the playoffs for player selection for the Asian Games. For Tsz-fung, playing squash at the Games does not simply mean winning the competitions. "It is a place where people of different ethnic and religious backgrounds can come together competing against each other with grace and respect. I was certainly happy to be there," Tsz-fung remarked.

Tsz-fung expressed his gratitude to the university and the staff who provided him with unfailing support when he prepared for the Asian Games. May be the greatest gift a university can give to a student is a vision, a dream, of an alternative view of the world. To Tsz-fung, it seems his vision is clear.



管理科學系三年級學生葉梓豐(圖右)代表港隊出戰仁川亞運壁球賽，並獲得男子團隊季軍。他感激城大、教練及老師的無限支持，使他可以豪無顧慮地預備比賽。

葉梓豐自小接觸壁球，並由地區精英隊晉升為青少年精英隊，及後成為成人精英隊，並勝出選拔賽被選為港隊代表參加仁川亞運壁球賽。對葉梓豐而言，

參加仁川亞運不只為勝出比賽：「比賽雲集世界各地選手，儘管大家種族及宗教信仰不同，但我們抱持公平且互相尊重的態度較勁，這種精神很值得於日常生活中推崇。」



To be selected to be in a team to represent Hong Kong is not easy, especially for a young player like Koo Yung-yung (Associate of Arts in Bilingual Communication Studies, Year 2). She was one of the 12 women volleyball players to play for Hong Kong at the 2014 Asian Games. "It was my dream to become a member of Hong Kong women's volleyball team. I am proud to be in the team now and played at the Asian Games in Korea last year," Yung-yung said.

It was an invaluable experience for Yung-yung that she had a chance to play with world class opponents. Before the Games, she only played against secondary or youth level teams in Mainland China. For Yung-yung, this competition was an eye opener for her. She described her feelings about the Games, "we defeated our old opponent India, 3 matches to 0 and managed to come to the 7th place in the competitions. For all of us, it was monumental".

雙語傳意副學士二年級學生古蓉蓉是香港女子排球隊成員之一，並入選香港代表隊參加仁川亞運女子排球賽。古蓉蓉十分榮幸能參與其中，過往她只於中國參加中學或青少年級別的賽事；是次比賽她能與世界級球隊較勁，豐富了她的比賽經驗。



Seventeen CityU talented student athletes were selected by the Sports Federation & Olympic Committee of Hong Kong, China to represent Hong Kong in the Incheon 2014 Asian Games in South Korea last September. They were so proud that they could participate in the competitions of athletics, handball, squash, soccer, triathlon, rugby and volleyball. To have students selected to play sports for Hong Kong is not only their pride, but also the pride of CityU, its student community, and the entire city of Hong Kong.

17位城大運動健兒獲中國香港體育協會暨奧林匹克委員會挑選，代表香港參與2014年仁川亞洲運動會(仁川亞運)，參與賽事包括：田徑、手球、壁球、足球、三項鐵人、欖球及排球。健兒們年紀輕輕已能代表香港出戰，相信除了他們感到光榮外，城大、同學們以至整個香港皆以他們為榮。

Leung Hau-sze (Accountancy, Year 3) (second from the left) is a veteran in athletics. She has represented Hong Kong in many major games. Incheon 2014 Asian Games was her third one. Previously, she participated in the Asian Games in Doha 2006 and Guangzhou 2010.

Recounting a memorable event at the Incheon 2014 Asian Games, Hau-sze said, "it was our men's 4x100m relay team. At a critical moment, they dropped the baton in the elimination rounds, making it almost impossible for them to get to the final rounds. I was surprised another team was disqualified allowing our team to get to the finals. Eventually, the relay team came third in the end. It reminded me that we have to sit tight and hang on to whatever you are doing. You never know what is going to happen until the end."

Hau-sze has learnt how to handle success as well as failure and how not to give up from athletics. This is something important in life and she would like to pass on her knowledge and experience in athletics to younger generations.



會計學系三年級學生梁巧詩(左二)於田徑擁有豐富經驗，曾代表香港參加多項重要賽事，包括2014仁川亞運、2010廣州亞運及2006多哈亞運等。

梁巧詩從運動獲得啟發，大家應時刻儆醒並堅持理想，只有做好準備才能抓緊突如其來的機會。她亦希望將來能成為教練，使田徑於香港薪火相傳。



Eddy Ip Kwun-Hung (Environmental Science and Management, Year 3) (first row, first from the left) was honoured to represent Hong Kong to participate in men's handball at the 2014 Asian Games.



It was a momentous experience for Eddy to participate in Incheon 2014 Asian Games, he could not only observe opponents with high-level performance, but also compete with them.

"Playing handball inspires me that persistence is important for achieving our goals. You cannot rely on luck to succeed," Eddy shared his experience. Besides, he values the friendship with his teammates who share the happiness and bitterness together. "Team spirit is crucial for playing handball. You cannot work on your own ability. Good communication and cooperation with teammates drives us to overcome obstacles together," Eddy said.

環境科學及管理三年級學生葉冠雄(第一排左一)非常榮幸能成為香港代表隊的一份子，參加2014仁川亞運男子手球賽。葉冠雄認為參加仁川亞運別具意義，能夠現場觀摩來自世界各地高水平選手的表現外，又能親身與他們切磋球技，是經驗增長的難得機會。

葉冠雄從手球領悟堅持和團隊的重要性：「成功非僥倖，堅持奮鬥才有機會實踐理想。而我有幸遇到目標一致的隊友，一同排除萬難努力向前。」



Ron Yung: Journey to Success

做好準備 不留遺憾



Ron and his team receive the Willem C. Vis International Commercial Arbitration Moot Award in 2013.

翁朗及其團隊於2013年贏得國際商事仲裁模擬仲裁庭辯論賽。

Ron Yung (Postgraduate Certificate in Laws) won the prestigious Willem C. Vis International Commercial Arbitration Moot in Vienna in 2013. It was the most prestigious international moot court competition for law students in that more than 200 worldwide universities participated in it.

"It was a great hands-on experience for me and my team," Ron said, "it was like fighting in a real court case." The competition was essentially a mock trial where students attempted to win a judge's approval. "I think what set us apart was our intense preparation and determination. It was intimidating going against the best universities, but we worked as a team and never gave up," he continued.

Despite Ron's busy schedule, he still finds time to engage in extra-curricular activities, such as debating and athletics. Most notable is his contribution to the CityU Football Team. Since joining the team in 2013, Ron has now taken up the position of the football Vice-Captain. His most memorable experience is participating in Southern China of the China University Football League last year. "The competition was very intense. We played 6 games in only 8 days," remarked Ron. However, their efforts obviously paid off, placing them in 2nd place in the competition. "Being the Vice-Captain, it is not just about participating in the competition. It is about teamwork, cooperating with others and encouraging your team to accomplish the goal together," Ron said.

Ron's unwavering perseverance, firm self-discipline and versatility have all led him to success, earning him a conditional job offer from a respectable international law firm. For those who always procrastinate to the last minute, here is an advice from Ron: "Always planning ahead, setting clear goals and drafting a schedule to achieve them."

修讀法學專業證書(PCLL)的法院學生翁朗剛於2013年贏得國際商事仲裁模擬仲裁庭辯論賽，為他大學生活寫下另一耀眼成就。翁朗分享道：「此項國際比賽每年於維也納舉行，吸引全球各地超過200間大學的法院學生參加。是次比賽是極佳的實戰經驗，恍如置身於真正的法庭上辯護。與來自世界頂級學府的學生競爭，雖令我與隊友感相當大壓力，但我們團結一致，懷著絕不放棄的精神，加上事前充分的準備和必勝的決心，使我們脫穎而出。」

在繁忙的生活中，翁朗亦參加不少課外活動，如辯論隊和足球隊。身為足球隊副隊長的翁朗，最難忘的經歷莫過於在去年的中國大學生足球聯賽中奪得全國亞軍。

翁朗的堅持、自律及才藝使他向成功邁進，他獲得一所享負盛名的國際律師事務所聘用。他的成功秘訣：「預先計劃，訂立清晰目標並制定達成目標的時間表。凡事做好準備，使自己不留遺憾。」



Playing football is one of the hobbies of Ron and he has taken up the position of Vice-Captain of CityU Football Team.

翁朗喜愛足球，更成為城大足球隊副隊長。



Ron (first from the right) is also a Residence Tutor of Jockey Club Humanity Hall which is an experience for him to improve social skills and manage crisis.

翁朗(右一)曾擔任賽馬會敬賢堂的宿舍導師，他認為此經驗有助改善他的人際技巧及危機處理的能力。



CityU Engineering Student Writes Script for 執筆寫夢 以夢為馬 “THE HOBBIT 3” Movie

While everyone waited earnestly for “The Hobbit 3” to premier, Prasoon Sinha (Electronic Engineering, Year 4) can proudly say that he knows what happens simply because he assisted in composing part of the script for the next and last installment of the movie.

From February to August in 2014, Prasoon worked as the assistant scriptwriter for Peter Jackson, the director of both “The Lord of the Rings” and “The Hobbit” trilogies. He contributed in writing the script for 25 minutes of the film. After such experience and involvement, the director offers him a full-time job and he will soon embark on “The Adventures of Tintin: The Prisoners of the Sun” as a scriptwriter.

Writing and directing one's own movies is a dream to Prasoon. To attain it, he has been devoting to the field of writing since the age of 10. He read classical novellas and poetry, William Wordsworth and P.B. Shelley being his favorites. His persistence and diligence achieved the result that the director was impressed by his passion and ability to grant him the offer.

Prasoon shared his advice: “You have to chase your dreams relentlessly and grab each and every opportunity that falls in your path. With hard work and dedication, anyone can defeat the ‘Smaugs’ in his/her life and reclaim Lonely Mountain.”

所有人翹首期盼《霍比特人3》上映時，電子工程四年級學生Prasoon Sinha可以自豪地說他已經知道當中的情節——因他參與了此電影劇本的部分創作。Prasoon期後更被彼得·傑克遜導演錄用，現成為一名全職編劇，協助下一部電影《丁丁歷險記：太陽的囚徒》的劇本創作。

Prasoon期盼有天能執導個人創作的電影，為了實踐理想，他自少培養其寫作能力，閱讀不少經典小說、詩及散文，使他成功向著名導演表現其能力及對電影工作的激情，獲得聘用。Prasoon勉勵同學：「為實現夢想，應抓緊每個機會，堅持不懈，並歇盡所能，每一個人都能戰勝他們生命裡的史矛革，奪得孤山。」



Prasoon composes the script of “The Hobbit 3” and travels to New Zealand with the production team to film it.

Prasoon參與《霍比特人3》的電影劇本創作，並與製作團隊一同前往新西蘭拍攝。



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CityU Sports Teams Showcase Creativity and Team Spirit in New Members Welcoming Party

城大運動隊迎新會 展現團隊精神

Over 350 student athletes from 32 sports teams attended the Annual CityU Sports Team Welcoming Party on 18 October 2014. This annual activity also marked the commencement of the new inter-varsity sports competition season. CityU Sports Teams demonstrated their creativity, teamwork and artistic flair in the "Sports Team Displayed Board" and "Team Performance" contests under the theme "U Raise Me Up, to More Than I Can Be".

Professor Horace Ip Ho-shing, Vice-President (Student Affairs), started the party by welcoming the new team members and thanking all the team members, coaches, trainers and team managers for their dedicated efforts and contribution to the outstanding achievements of the CityU Sports Teams in the past years. He hoped the teams would continue to shine and uphold their fighting spirit and good teamwork to win for the Grand Slam in inter-varsity competitions.

During the party, scholarships were conferred to 58 newly admitted student athletes in recognition of their outstanding performances. Besides, the Athletic Team emerged as the big winner in the display board contest, winning both "The Most Creative Team Board" and "The Most Aesthetic Team Board" awards. All the Sports Teams had also impressed the judges by showcasing their creative acts in dance, drama, singing, sports demonstration, and video presentation. The Men's Handball Team won "The Best Team" award for gaining the highest score in the contest.

城大運動隊10月18日舉行週年迎新會，為新一季的大專校際運動競賽作準備，全校32支專項運動隊共350多名學生運動員出席。聚會以「U Raise Me Up, to More Than I Can Be」為主題，並舉行「展板比賽」和「隊際表演比賽」，讓各運動隊大展創意及藝術天分，並彰顯城大的團隊精神。

城大副校長（學生事務）葉豪盛教授歡迎新加入運動隊的學生，並對全體運動員、教練、訓練員、領隊等人多年來為城大取得的優秀成績表示衷心感謝。並祝願全體運動員保持不屈不撓的奮鬥精神和萬眾一心的團隊合作，繼續為城大發光發亮，贏得更多的大滿貫佳績。

是次活動更頒發了多項獎學金予58名新入學的優秀運動員。另於「展板比賽」中，田徑隊成為大贏家，贏得「最具創意隊板」及「最佳美術設計隊板」兩個獎項。而「隊際表演比賽」中，各運動隊使出渾身解數，分別展示舞蹈、話劇、唱歌、體育示範及錄像解說等創意表演，令評判們大為欣賞。最後，男子手球隊以最高得分榮膺「全場最佳隊伍獎」。

Extracted from Communications & Public Relations Office 摘錄自傳訊及公關處

- 1 Professor Horace Ip, Vice-President (Student Affairs) (middle) takes photos with scholarships' recipients.
副校長(學生事務)葉豪盛教授(圖中)與獎學金得主合照留影。
- 2 The Athletic Team receive "The Most Creative Team Board" and "The Most Aesthetic Team Board" awards in the display board contest.
田徑隊於「展板比賽」中贏得「最具創意隊板」及「最佳美術設計隊板」兩個獎項。
- 3 The Men's Handball Team show their dance talents and win "The Best Team" award in the contest.
男子手球隊以舞蹈榮膺「全場最佳隊伍獎」。



Walking into Lives, Connecting by Hearts: A Story of A Peer Counsellor

走進生命 從心接軌：一個朋輩輔導員的故事



Iris (right) meets worldwide volunteers during her voluntary work in Mongolia and she enjoys the beauty of nature with them together.

許靖寰(圖右)的蒙古之旅，讓她結識來自世界各地的義工，除了一同工作，大家亦不忘感受當地的自然美。

Iris Hui Jing-huan (Psychology, Year 3), a participant of the Peer Counsellor Training Programme in 2013 finds the programme useful in helping her re-establish her own identity and learn the ability to accept others.

"Counsellors and fellow students in the programme supported me unconditionally when I joined the programme. They gave me strength so that I could face my past to comb and tidy my life. It helped me to accept who I am," said Iris, "I would not brood on my past anymore. I accept every experience that plays a role in developing the current 'I', which shows my growth."

The programme did not simply help students to identify and accept themselves. They also learned to appreciate the uniqueness of all human beings. Iris added, "everyone is different from others and all of us are irreplaceable. Besides, we are able to change. These beliefs move me to long for more personal stories from different people I meet."

Iris went to Mongolia for voluntary work last summer and practiced what she learnt from the programme. She met twenty volunteers who came from all around the world. She took part in farming work with other volunteers which allowed her to have a lot of time to know them better. She treasured the opportunity to have in-depth and genuine conversations with all of them. She did not simply share her experiences, but also listened and responded sincerely when she communicated with other volunteers. "A Korean girl told me that she never understands her own thoughts seriously and not even imagine there would be someone like me paying so much attention to her thoughts," Iris shared.

The Peer Counsellor Training Programme helps students to find themselves and accept others. It also enlightens them to treasure the relationship with others: walking into lives, connecting by hearts.

心理學三年級學生許靖寰於2013年參加了朋輩輔導訓練計劃，使她學會接納自己，亦懂得欣賞別人。透過計劃的訓練，許靖寰學會接納自己，不再對個人的經歷耿耿於懷，重新整理自己的人生，明白昔日的點滴是成長的階段。除了解自己，她亦更懂得與人相處：「每人都有其獨特之處，不可被替代，並相信所有人都能作出改變。基於這信念，我更渴望了解每個人的故事。」

上年夏季假期，許靖寰去了一趟蒙古，與二十多位來自世界各地的義工一同工作，她把握與他們相處的機會。她不但分享個人的經歷及意見，與人交流時所表現出的真摯，亦感動及啟發了其他義工。其中一位來自韓國的義工表示從未認真了解自己的想法，更想不到有人如此重視她的想法。

朋輩輔導訓練計劃幫助學生認清自己，接納他人，使他們珍惜人與人的關係：走進生命，從心接軌；以真誠的心感染身邊的人。



Peer Counsellors do not only support each member, but also share their joyous spirit to the whole university.

朋輩輔導員不但互相扶持鼓勵，更以微笑感染整個校園。



Through PMP, Jacky (right) visits different police departments and operational units.

透過警隊學長計劃，王雋傑(圖右)曾參觀警隊不同部門。

Striving to Achieve Police Dreams

實踐警察抱負

Do you have a dream job like Jacky Wong Chun-kit (Marketing graduate, 2014) and James Chim Wing-hang (South East Asian Studies graduate, 2014)? They see police officers as their dream job. Their dreams have come true and they are now Inspectors of Police.

When Jacky and James were still at university, they participated in the Police Mentorship Programme (PMP) organized by the Police Force, a one-and-a-half-year programme designed to select and train prospective inspectors from undergraduates. Their mentors were highly experienced officers with ranks ranging from Inspector of Police to Chief Superintendent of Police.

"Mentees can work in a department of our own choice in the last phase of the PMP. We work shoulder to shoulder with police officers and do the same work as they do. Hence, we can really have a real experience of being a police officer and acquire insider information about how the police in Hong Kong work," James said. Such valuable opportunities gave them solid preparation to go through the recruitment screening and testing procedures.

Both agree that the job as a police officer is physically and psychologically demanding. Their perseverance kept them staying in. "My passion towards the job motivates me to go through all exhausting training and overcome the pressure. If your motivations are based on salary and status, they will not take you very far," Jacky shared his feeling.

No matter how hard it is to achieve your dreams, one's persistence and passion can drive you to reach the end of your destined path.



James (third from the left) receives the certificate from his mentors after finishing PMP.

完成警隊學長計劃，詹永亨(左三)從學長手中接過證書。

市場營銷學系畢業生王雋傑及東南亞研究畢業生詹永亨現職督察，他們表示大學時參加的警隊學長計劃使他們更堅定一心投身警隊。

二人回想警隊學長計劃時，有機會到自己所選的部門實習，親身體驗警務人員的工作，更確切了解警務人員的職能。具體了解警隊的工作後，並沒有嚇退兩人，反之，他們堅毅的精神及對工作的熱誠，使他們積極面對艱辛的訓練及不怕面對工作隨之而來的壓力。同學們堅持理想，嚴守信念，並抱持一顆熱誠的心，必定能向理想之路昂然邁進。