

# City Upbeats



## 創意嘉年華 扶助少數族裔 Carnival Business Dreams to Support the Ethnic Minority Groups

(From left to right) Chiu Shing-wui, Hon Yu-ping, Jennifer and Hui Nga-man share their idea on helping the ethnic minority groups to pursue their dreams at ACCA Hong Kong Business Competition.

(由左至右) 趙成滙、韓宇平、鄧頌華及許雅雯於ACCA商業比賽中講解他們幫助少數族裔的方案。

A CityU interdisciplinary team composing of Jennifer Tang Jung-wah (Marketing Information Management, Year 3), Hon Yu-ping (Marketing, Year 3), Chiu Shing-wui (Business Analysis, Year 3), and Hui Nga-man (Accountancy, Year 3) formed a group called "Dreamatic" to share their innovative idea to support the ethnic minority groups. The team won first runner-up, the Most Creative Team and My Favourite Team awards in an ACCA Hong Kong Business Competition 2014. Jennifer was also named the Best Presenter.

Jennifer shared their "Dreamatic" idea, "in our proposal, we recruited the ethnic minority people as the staff of the carnival. They could also showcase their talents in performance and creating handcrafts for selling. The carnival could serve to increase their employment rate, promote social integration, share their cultural characteristics and help pursuit their dreams simultaneously."

When asking her reflections on winning the Best Presenter, Jennifer thanked her teammates "I learnt a lot from my teammates. Four of us are studying different majors. We shared our opinion from different angles that inspired me to think from various perspectives. Without the support from my teammates, I could not win this award."

營銷資訊管理三年級學生鄧頌華、市場營銷學系三年級學生韓宇平、商業分析三年級學生趙成滙及會計學系三年級學生許雅雯去年一同參加了ACCA舉辦的商業比賽，除獲得第二名外，更獲選為最具創意組別及我最喜愛組別獎，而鄧頌華更獲評審選為最佳演講者。

他們組別名為 "Dreamatic"，他們的方案以營運活動策劃公司，透過舉行嘉年華為少數族裔提供就業機會。鄧頌華分享道：「我們的建議方案中，除了僱用少數族裔，更讓他們於活動中展示個人才藝。他們能賺取酬勞外，又能推動社會融合、分享他們的文化特色及追尋理想。」

獲得個人獎項——最佳演講者的鄧頌華表示十分感激組員的支持：「我們各自專修不同領域，大家提出意見時的觀點和角度亦不一樣，使我亦能訓練多角度思考。相信只有在互相扶持與學習的環境下，我才能獲得此獎項。」



CityU "Dreamatic" team members receive the award from Mr. Howard Ling, Senior Consultant at HKCSS+HSBC Social Enterprise Business Centre (first from left) and Ms. Jane Cheng, Head of ACCA Hong Kong (first from right).

城大 "Dreamatic" 隊伍獲社聯—滙豐社會企業商務中心高級顧問凌浩雲先生(左一)及ACCA香港事務總幹事鄭維雋女士頒發獎項(右一)。

Jennifer (left) receives the Best Presenter Award from Mr. Howard Ling, Senior Consultant at HKCSS+HSBC Social Enterprise Business Centre.

社聯—滙豐社會企業商務中心高級顧問凌浩雲先生頒發最佳演講者獎項予鄧頌華(左)。





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Professor Horace Ip, Vice-President of Student Affairs (second from right) encourages students to seize this opportunity to build a long-term supportive relationship with their mentors.

副校長(學生事務)葉豪盛教授(右二)鼓勵學生把握是次計劃的機會，與行政主管們建立長遠關係。

## 專業師友計劃正式啟動 嶄新活動加強學生就業能力

# Launch of CityU Executive Mentoring Programme – A New Initiative for Employability



Professor Horace Ip, Vice-President of Student Affairs (front row, fourth from right), Professor Paul Lam, Chief-of-Staff (front row, third from right) and Dr. Tim Wong, Director of SDS (front row, fourth from left), take a group photo with all mentors.

副校長(學生事務)葉豪盛教授(前排右四)、秘書長林群聲教授(前排右三)及學生發展處處長黃志添博士(前排左四)與一眾專業導師拍照留念。

A new initiative to further strengthen the employability of CityU students, over 50 senior executives from a broad spectrum of industries, from accountancy, marketing, human resources, surveying, media and public relations, take part in CityU Executive Mentoring Programme and serve as mentors for CityU students. An inaugural tea reception was organised by the Career and Leadership Centre of Student Development Services on 29 January 2015.

In his welcoming speech, Professor Ip stressed the importance of involving senior executives in mentoring and coaching the future generations of our society. He said, "We are honoured to have senior executives to be the mentors of CityU Executive Mentoring Programme who would share with mentees their experiences, the latest development of their industries, as well as their expectations on potential employees. We believe direct interactions with mentors would be an excellent way to inspire our students with their invaluable insights."

One of the mentors, Mr. Norman Lo, MH, JP, General Secretary of Methodist Centre expressed, "The CityU Executive Mentoring Programme is such a meaningful activity to benefit both students and their mentors. I feel overwhelmed as I can share my experience with my mentee who treasures our sharing genuinely and in turn brings me with new perspectives of how Gen Y think and what they value in their lives." "I was so excited to get to meet mentors face-to-face. During our conversations, I have learnt so much about work practice of various industries which I could not acquire from textbooks alone", Allison Wong (Information Systems, Year 2), one of the student mentees shared her reflection after the event.

To further seek out potential mentors and to take advantage of the immense pool of industry knowledge and experience among CityU alumni, Career and Leadership Centre is also working with the Alumni Relations Office to invite distinguished alumni to serve as mentors for the Programme.



Ms. Denise Mak, Executive Producer of HK Commercial Broadcasting Co. Ltd. (right), gets to understand the young thoughts from student mentees.

商業電台高級節目監製麥詠宜女士(右)，非常高興能透過活動了解年輕一代的想法。

為加強城大學生就業能力，學生發展處的事業及領袖策劃中心策劃專業師友計劃，邀請超過五十位來自不同行業的行政主管擔任城大學生的事業導師，並於1月29日為此計劃舉行了首次聚會。

副校長(學生事務)葉豪盛教授在開幕演辭中，強調專業師友在年青學生身上扮演重要的啟導和培育角色。他在活動中表示：「城大很榮幸能邀請不同行業的行政主管成為事業導師，與學生分享他們人生和工作經驗、行業發展及對下屬的期望。相信學生透過與事業導師的交流，有助啟發他們未來工作發展志向。」

首次聚會為事業導師及學生提供機會互相認識，不單學生們熱烈地把握機會與事業導師們交流，事業導師們亦非常高興能接觸學生，並與他們建立長遠關係。事業及領袖策劃中心亦將與校友聯絡處合作，希望邀請更多城大傑出的校友為此計劃的事業導師。



Student mentees listen attentively to the sharing of Mr. Frank Leung, Consultant of Hong Kong Science & Technology Parks (left).

學生十分投入於香港科技園公司顧問梁偉明先生(左)的個人分享。



# Amy Wang - The Sustainability Angel



## 環保天使王長婷



Amy (first row, first from left) works voluntarily for the project "Food Grace" to learn more the practice of recycling food waste. 透過參與「食德好食物回收計劃」，王長婷(第一排左一)從中學學習如何有效實踐食物回收。

Amy Wang Chang-ting (Energy and Engineering, Year 2) is determined to make sustainability everyone's first priority. "So much waste can be recycled or reused. I wish people would acknowledge that and do something about it," said Amy.

Throughout the past year, Amy actively contributed to E-Corp, a student think-tank established by CityU Student Residence Office to generate ideas for sustainability measures and promote sustainability at the Student Residence. "Since last summer, we have set up Exchange Corners as platforms for residents to pass on items they do not need. We have also collected beddings and blankets which we have washed and sold back to new residents at a very low price," said Amy. She is also the leader of Lee Shau Kee Hall's Food-Waste Campaign, where solid food waste is collected and sent for recycling. "Solid waste can be turned into fertilizers and fish feed. Why waste it?" said Amy.

To further consolidate and improve her projects, Amy has also voluntarily participated in the project "Bread Run" by Feeding Hong Kong and "Food Grace" by CTU Education Foundation Ltd. Both projects aim to collect and redistribute unsold food directly from retailers to those in need, creating a waste-free community.

"With my experience and knowledge, I hope to build up a concrete system where waste can be turned into resources not just in Hong Kong, but worldwide. After all, we all know about recycling. We just need to do it more. Spend less money and cherish everything," said Amy.



Amy initiates a Food-Waste Campaign at CityU Lee Shau Kee Hall to recycle food waste. 王長婷負責城大李兆基堂的廚餘回收項目。

環境與工程二年級學生王長婷致力推動可持續發展。在過去的一年，她積極參與城大學生宿舍處的環保組織E-Corp，策劃可持續發展的計劃，如舊物循環再用計劃，將宿生們不需要的物資如寢具，以低廉價錢轉讓予新宿生們。另外，王長婷更負責李兆基堂的廚餘回收項目。王長婷還樂於參與「麵包收集活動」和「食德好食物回收計劃」等社區資源回收活動，幫助有需要人士之餘，亦有助增長她於策劃可持續發展計劃的經驗。

王長婷希望運用她的經驗和知識，建立起一個世界各地都能應用的完善系統，使廢物轉化為資源。



# Transferring 化 Painful 傷 Feelings 痛 into 為 Power 力

量



Although it was painful for the loss of a close relationship, such feelings and emotions are a tremendous source of power for Mabel breaking barriers.

縱使失去了感情深厚的人，呂慧敏將這股感情化為力量，突破自己界限。

Mabel Lui Wai-man (Human Resources Management, Year 3) came first in Women's Half Marathon (Local) in the 2015 Standard Chartered Hong Kong Marathon and won the Women's Championship in the cross-country running competition organised by the University Sports Federation of Hong Kong, China in 2014.

2015 is a special but challenging year for Mabel. "The marathon was a difficult run," remarked Mabel who was looking pensive, "not because of the distance, but it was the first time I ran for myself."

A couple months prior to the race, she broke off from a close relationship which was the source of motivation for all her arduous training. But this person was gone. She was not sure who she was running for anymore. Recovering from her loss, she missed 4 important training sessions for the marathon. But she ran the marathon-anyway.

Her results caught everyone by surprise -- her coach, and others in her team. But the result surprised her the most. Mabel thought she was not ready for running, and so did everyone. "You know it was painful. Running reminded me the close relationship that I lost. We were all brought up with the idea that whatever we do, we should never let our feelings get in the way. But the truth is that feelings and emotions are a tremendous source of power that enables you to do things that you normally cannot do. They help you to break barriers that cannot be overcome by a 'normal' you."

人力資源管理三年級學生呂慧敏，本年度長跑獲得驕人成績，分別於2015年渣打香港馬拉松女子公開組本地組別及2014年中國香港大專體育協會舉辦的越野賽女子個人賽獲得第一名。

對呂慧敏而言，2015年是別具意義且充滿挑戰的一年。馬拉松比賽前，與她感情深厚的人剛離去，失去推動她參加長跑並給予她力量經歷艱辛訓練的人，頓時令她一度迷失，不知道一直以來的訓練是為了誰。當她走出傷痛時，已錯過了4堂非常重要的馬拉松練習。但她馬拉松比賽的成績卻令眾人十分意外，連她個人也意想不到。呂慧敏表示：「重新接受跑步絕非容易的事，跑步喚起我失去了感情深厚的人的傷感。很多人認為，生活中不應被感情而影響我們前進，但正是這情緒和感覺轉化為強大的力量，超越‘正常’的你。」

Mabel wins the Women's Championship in the cross-country running competition organised by the University Sports Federation of Hong Kong, China in 2014.

呂慧敏2014年中國香港大專體育協會舉辦的越野賽女子個人賽獲得第一名。





# Gody is Determined to Serve 意志堅定 助人為理想目標 the Needy



Besides teaching in Nepal, Gody and other volunteers ask students to recycle water bottles and decorate on them to raise their environmental awareness.

除了教學外，鍾熙婷與義工們透過回收及裝飾膠水樽藉以提高學生環保意識。

Gody Chung Heiting (Social Work, Year 3) believes that social work is not for everyone and that she has seen students struggling in the helping professions. "To want to help people is one thing, but to be able to stay close to them is another," Gody went on to cite the recent portrayal of Pope Francis in the media, "it is easy to do charity by donating money, but to hug a sick and deformed person is not something everyone can do." But this is something Gody can do, and doing it well.

Gody is the recipient of the Hang Seng Bank Community Service Scholarships and also won numerous awards in the social work related fields. "Receiving these awards are encouraging. But the genuine satisfaction comes from serving those who are in need in a tangible way," she remarked. Gody thinks that in the course of becoming a professional social worker, the support from institutions is important. At CityU, she benefitted a lot from programmes like City Youth Empowerment Project and Project X, leadership training programmes organised by Department of Applied Social Studies.

To Gody, her future career seems clear. She wants to work in the areas of rehabilitation where she can help young people who are mentally or physically challenged. Speaking of volunteer work, Gody said, "we can all be agents of change. If one person can change 3 other people, each of these three will in turn influence another three. This can be very empowering. I wish all CityU students should try it."

社會工作三年級學生鍾熙婷喜歡接觸不同人，所以她選擇修讀社會工作。她認為社會工作並非所有人能肩任，社會工作講求與人保持良好緊密關係的能力，她舉例說：「捐款予慈善機構是其中一項較易幫助人的事，但要如教宗方濟各般擁抱病患及面容扭曲的人，並非所有人能做到。」

鍾熙婷展示她亦能夠用心與人建立緊密關係，她獲得不同獎項認同她於社會服務範疇的貢獻，她今年獲頒恒生銀行社會服務獎學金。獎項固然能鼓勵她，但她的滿足感主要來自實實在在的幫助有需要人士。她感激城大給予機會，使她從不同領袖培訓計劃中得益。

鍾熙婷有著十分清晰的職業路向，她希望日後能為心理或肢體有障礙的年青人提供復康工作，而她亦鼓勵城大同學投身義務工作：「如果一個人能幫助及改變三個人，而受助的人又再幫助三個人，受助的人將會是更多。」



Gody (first from left) visits Nepal and teaches voluntarily at a primary school there.

鍾熙婷(左一)曾到訪尼泊爾並於當地一所小學教學。





In his inspiring speech at the Inauguration Ceremony, Professor Horace Ip, Vice-President of Student Affairs emphasised that CityU Student Ambassadors Programme is a service learning as well as a leadership training programme, the Student Ambassadors should develop the spirit of servants leadership.

副校長(學生事務)葉豪盛教授於典禮中表示，城大學生大使既是一個服務計劃，也是一個領導才能的培訓計劃，使他們有服務他人的領導情操。



Ken (first from right) served as MC in the CityU Thanks Giving Dinner with other Student Ambassadors and helped receiving guests.

林嵩(右一)曾於城大感謝晚宴擔任主持，並接待嘉賓。

# CityU Student Ambassadors Programme

## 城大學生大使計劃

### 發展學生潛能

# Nurtures Students' Talents

Former Student Ambassadors, Ken Lam Sung (China Business graduate, 2008) who now works at Salesforce Inc., one of the biggest cloud computing firm supporting corporate and small businesses, and Dora Huang Chai-yun (Finance graduate, 2014) who works at UBS, a world top private and investment bank, thanked CityU Student Ambassadors Programme for widening their social exposure and providing a firm foundation for their personal and career development.

Ken joined CityU Student Ambassadors Programme because it enabled him to represent CityU in the local community and abroad. For Ken, this provided unique opportunities for him to meet and make friends with people from other universities and different organisations and widen his social network in the process. Through the Student Ambassadors Programme, he also learnt to organise major events and handle public relations.

For Dora, she considered CityU Student Ambassadors Programme the most comprehensive programme for personal development in the university. "As a student ambassador, you just learn a lot, from project management skills, presentation skills and professional manners, to interviewing and conference organization skills. All these are important soft skills that you need in any work situation," said Dora.

Ken summarized what he thinks to be important for present day students to learn, "try not to be too calculating. If you are willing to give, someone will certainly see it and life is a two-way street." Dora reflected her recent experience with other students and said, "some students think that university is only about studying and results. It is important to have good results, but this is definitely not sufficient for today's workplace. University is a place for learning, serving, and connecting."

On 6 February 2015, twenty-seven students sworn in to serve the university community at the 18<sup>th</sup> Inauguration Ceremony of Student Ambassadors Programme.

兩位前城大學生大使：林嵩修讀中國商業於2008年畢業，現職全球其中一間最大的雲端服務供應商Salesforce Inc.；黃佳勻修讀金融於2014年畢業，現職瑞銀集團，具領導地位的國際金融及投資服務公司。他們認為城大學生大使計劃對他們有莫大裨益，有助個人成長及事業發展。

二人各自勉勵學生，林嵩鼓勵說：「大家不需計較太多，願意付出的人，總會有人認同。人生是一條雙程路。」黃佳勻分享：「獲得好的學業成績固然緊要，但並不等於你的一切，大學更重要是一個學習服務他人及建立人際關係的地方。」

第十八屆城大學生大使計劃就職典禮剛於2月6日舉行，二十七位學生大使宣誓積極服務城大社群。



Ken is always eager to take up challenges. He joins the outward bound training and is the first one climbing up the ladder in the photo. 林嵩是個勇於接受挑戰的人，圖中可見他於拓展訓練時，首位攀上高梯。



Dora (first from left) organised the "Thank You Week" when she joined CityU Student Ambassadors Programme.

黃佳勻(左一)參加城大學生大使計劃時曾協助統籌感謝週。



Dora (first from left) joined the Student Ambassadors Interflow Tour to South Korea for cultural exposure.

黃佳勻(左一)曾與城大學生大使到南韓作文化交流。





Ryan (second from left) visits various Government offices and relevant public organizations.

潘穎強(左二)透過政務職系暑期實習計劃，可前往不同政府部門及公共機構參觀。



## 政務職系暑期實習計劃

# Administrative Service Summer Internship Programme

Many people are longing to be employed as an Administrative Officer in the HKSAR Government. Ryan Poon Wing-keung (Law, Year 4) is one of those who are pursuing his career in serving the government. Last summer, he participated in the Administrative Service Summer Internship Programme which provided him a precious opportunity to acquire hands-on experience of working in the HKSAR Government.

Ryan was assigned to the Tai Po District Office where he worked closely with the District Council and the district citizens to resolve traffic problems, environmental hygiene and other issues in Tai Po District. Besides, he assisted his mentor and supervisor in organizing activities. He valued much this first-hand experience as he could learn more about the duties of Administrative Officers. "Working in the district office provided me with the opportunity to learn from my superiors in organizing events. And I seldom had such experience before. Organizing events does not mean providing support on the event day only. There are a lot of preparation work and post-event support such as preparing documents and promotional materials, as well as reviewing the effectiveness of the event," said Ryan.

For those who are interested in this programme and would like to acquaint yourself with the role of the Administrative Officer, Ryan reminded schoolmates to stay calm during the interview, organize your idea systematically and present them with sincerity.

不少人對政府管理人員一職趨之若鶩，法律四年級學生潘穎強亦是其中一份子。他有幸能於去年夏季假期參加由公務員事務局舉辦的政務職系暑期實習計劃，並分派至大埔民政事務署工作。透過親身參與，使他了解更多有關政務職系的實際職能。他亦鼓勵對此計劃有興趣的同學們，為面試做好準備，平日應多加訓練個人有系統地表達意見，面試時保持鎮定，並表現出誠懇的一面，能提升他們獲選的機會。