

# City Upbeats

## Students' Views on CityU's Recent Rankings Success 城大排名再獲佳績：學生意見分享

CityU has made great strides in its overall ranking since it was on the Quacquarelli Symonds (QS) World University Rankings. Currently ranked 57<sup>th</sup> in the world and 9<sup>th</sup> in Asia, CityU is also a young university ranked 4<sup>th</sup> among the world's top universities founded in the last 50 years. City Upbeats interviewed some students on campus to seek their opinions on these questions: To them, what makes a good university? How do students choose their university? Are the rankings important? Here is what we have found.

Samuel Wang Xing (Civil and Structural Engineering, Year 2) from Inner Mongolia said, "Yes, I did check QS University Rankings before making the decision." Wang told us the international exposure is an area that CityU does better than other universities in Mainland China. "We can meet lots of international staff and students here," he commented.

We also talked to Belikse Ramljak (Nuclear & Risk Engineering, Year 2) from Bosnia-Herzegovina. Like Samuel, she also checked the QS rankings before choosing CityU. She decided to join CityU even though she was offered places in countries like Germany, Austria, and the U.S. - the fact that it is a young university with an emphasis on innovation attracted her.

Joanna Chow (Surveying, Year 4) is a local student and her major concern when selecting a university was getting into a discipline that she liked and would help her with her career. She chose CityU since it is strong in surveying and has good industry connections.

To students who are more career-minded like Joanna, another ranking scheme might be more relevant: the Global Employability Survey conducted by research institute, Trendence and HR consultancy, Emerging. In 2015, CityU ranked 4<sup>th</sup> in Hong Kong and 145<sup>th</sup> in the world in terms of how well its students meet the employment criteria of multi-national companies. Congratulations CityU!

城大近年來的大學排名節節上升。根據 Quacquarelli Symonds (QS) 公佈的數據，城大於2015年度獲評為全球最佳大學第57位、亞洲最佳大學第9位及全球50所最佳新進大學第4位。其實，怎樣才稱得上一所優秀的大學？學生的選校準則又是甚麼？排名又是否重要？看看以下幾位同學有甚麼看法！

王星（土木及結構工程系2年級）於2年前由內蒙古來港升學，他表示：「選校之前，我的確參考了QS大學排名。」當時他最想考進一所能讓他培養國際視野的學府，而這正是城大的強項。他說：「這裡的學生和教職員來自世界各地，因此我們能夠多接觸外國的事物。」

來自波黑（Bosnia-Herzegovina）的 Belikse Ramljak（核子與風險工程系2年級）決定來港前也查看了QS排名。Belikse 雖然獲德國、奧地利、美國等地的大學取錄，但她認為城大是一所著重創新的院校，因此更具吸引力。

本港學生周可欣（測量系4年級）則覺得排名雖然能反映院校質素，但她最重視的是所選學科能否在將來的求職路上幫她一把。她指選擇城大是因為這裡的測量系十分出色，並且與業界關係良好，有信心城大可在事業上助她作好準備。

對注重事業發展的學生而言，由研究機構Trendence及人力資源顧問公司Emerging所作的全球大學就業能力調查也許更具參考價值。這項調查探討大學生能否達到國際大型企業的入職要求，而城大於2015年度香港區排名第4位，全球則排名第145位，亦是一大喜訊！



Three students (from left) Joanna Chow, Belikse Ramljak and Samuel Wang shared their opinions on CityU's new rankings.

三位同學(左起)周可欣、Belikse Ramljak與王星分享對城大最新排名的看法。

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Student volunteers distributing the rubber ducklings.  
負責派發小黃鴨的學生義工。

The launch of King Duck at the CityU Swimming Pool.  
大黃鴨「下水禮」於城大游泳池舉行。

## King Duck Cheers You Up 大小King Duck傳送正能量 助學生舒緩壓力

Rubber ducks can reduce exam stress! This was tested during the exam period in December last year. A giant yellow duck and thousands of soft rubber ducks were brought to CityU for conveying positive vibes to all students as they crammed for their exams.

The King Duck Campaign initiated by the Counselling Team of Student Development Services (SDS) provided emotional support for students when they needed it the most. As "King Duck" is the pun for "let's talk!" in Cantonese, it is used to remind students that they can talk to people if they are under too much pressure. The SDS Counselling Team also distributed little rubber ducklings to students at the library, residential halls, and academic buildings so that students who felt stressed could squeeze the malleable toy for relief!

Not only ducklings were used to reduce exam stress. The launch of a three-metre-tall exam mascot was held on 1 December 2015. Prof. Horace Ip Ho-shing, Vice-President (Student Affairs), Dr. Raymond Chan Kwok-hong, Dean of Students, Dr. Wong Chi-tim, Director of SDS, Ms. Elizabeth Cheung Yee-mei, Associate Director of SDS (Counselling), SDS staff and students attended the ceremony.

"The King Duck reminds students that they can talk to their friends if they feel that they are under a lot of pressure. If the pressure is still not alleviated, remember to call our counsellors for help," said Professor Ip at the launch.

Student volunteer Routen Jin Lu-teng (Computer Science, Year 2) helped with the distribution of ducklings. "This is such a fun thing to do! I feel a lot less stressed when I see smiling faces of my fellow students. I just love this event!" Hu Jia-mian (Computer Science, Year 2), also a student volunteer, said that he would place the ducklings at the Student Residence to cheer up his schoolmates.

The King Duck Campaign was part of the "CityU Cares For You" initiative. Now in its second year, the initiative has done a good job in encouraging students to face up to stress and emotional issues positively. Last year, the initiative distributed apple-shaped stress balls. It was also hugely popular.

「CityU Cares for You!」為鼓勵學生積極面對壓力和情緒問題，學生發展處特別帶來一隻高3米的大黃鴨「King Duck」，放在城大泳池，鼓勵學生積極面對考試。

學生發展處於2015年12月1日為大黃鴨舉行「下水禮」。副校長（學生事務）葉豪盛教授、輔導長陳國康博士、學生發展處處長黃志添博士、學生發展處副處長（輔導）張懿媚女士為典禮剪綵。輔導組還預備了數千隻用軟膠製成的小黃鴨，在圖書館、宿舍及學術樓等多個地方派發，同學們若心情不佳，可捏一捏小黃鴨放鬆一下情緒。

葉教授表示：「這隻鴨子的名字是 King Duck，即是廣東話『傾得』，提醒同學們有需要時可以找朋友傾訴，分享讀書心得，減輕壓力；假如仍然未能舒緩情緒，可以撥打印在小鴨身上的電話號碼，尋求輔導員幫助。」

負責派發小黃鴨的學生義工靳魯騰（電腦科學系2年級）表示：「派鴨子是一件很開心的工作，看到大家的笑臉，我也放鬆起來！這個活動非常好！」另一名學生義工胡加勉（電腦科學系2年級）則說：「我也會把鴨子放在宿舍較顯眼的地方，傳送正能量給同學。」

學生發展處去年首次舉辦 CityU Cares for You 活動，派發蘋果型壓力球，今年則以小鴨為同學打氣，同樣大受歡迎。



Too much stress? Contact the counselling team at [cityucare4u@cityu.edu.hk](mailto:cityucare4u@cityu.edu.hk) or 3 442 8478 for help.  
同學如有需要，可電郵至 [cityucare4u@cityu.edu.hk](mailto:cityucare4u@cityu.edu.hk) 或致電3442 8478聯絡輔導組。

# CityU's Largest-ever Arts Festival

## 城大藝術節 提升校園文化氛圍

To encourage students to pursue artistic interests outside their studies and foster all-round development, CityU Arts Festival was launched in 2015 to enrich artistic and cultural ambience on campus.

為鼓勵學生培養學術以外的多元發展，城大於2015年下旬舉辦藝術節，送上多項精彩節目。

### Xinghai Conservatory of Music & CityU Chinese Orchestra

星海音樂學院及城大中樂團



Masters from the Xinghai Conservatory of Music performed with the CityU Chinese Orchestra.

星海音樂學院的三位老師與城大中樂團攜手演出。



Masters from the Xinghai Conservatory of Music, Ms. Meng Xiaoxu (Erhu), Prof. Mu Hong (Soprano) and Mr. Zhi Nan (Tenor) were invited to perform with the CityU Chinese Orchestra on 6 November. Led by conductor Mr. Tom Cheung, the Orchestra delivered several pieces such as *Parting of the Newly-married*, *An Ode to Lychee*, and *New Year's Eve*.

Mr. Tom Cheung pointed out that the event was the Orchestra's first large-scale concert with singing performance given by professional artists and was a golden opportunity to interact with non-local musicians. "The concert was challenging, since we had very little time to work with the guest performers who arrived in Hong Kong only a few days before the show. Fortunately, the masters from Xinghai guided the students with much patience and very quickly things fell into place. It was an enjoyable experience!" he reflected. He also complimented that the students played very well and had far exceeded his expectations.

Star Xing Yiding (Media and Communication, Year 2), an Orchestra member, was happy that the concert helped promote traditional Chinese music on campus. "The programme is a great combination of traditional and modern music pieces such as *The Ever Rising Sun on the Grassland* and *Why Are the Flowers So Red*." The former is Star's personal favourite as it reminded her of her childhood.

城大請來星海音樂學院的三位老師--孟曉旭（二胡）、穆紅（女高音）及智楠（男高音）於11月6日聯同城大中樂團一同表演《新婚別》、《荔枝頌》及《良宵》等多首樂曲。

樂團指揮張天佑先生表示，是次演出為樂團成立以來首次為專業音樂家伴奏的大型演奏會，團員更可與多位老師交流，機會難得。他說：「這次表演極具挑戰性，因為幾位音樂家於演出前數天才抵港與學生一起排練，時間相當緊迫，但老師們耐心引導同學，使雙方能夠迅速磨合，合作十分愉快。」他形容學生於演奏會上有「超水準」表現，令人驚喜。

媒體與傳播系二年級生刑一丁是樂團成員，她慶幸能夠在校園推廣中樂：「演奏會的曲目除了傳統歌曲外，也有較現代的樂章，例如《草原上升起不落的太陽》和《花兒為什麼這樣紅》等。」刑一丁表示，她最喜愛的曲目是《草原上升起不落的太陽》，因為這首歌能勾起她的童年回憶。



The Christmas Concert on 18 December brought the Arts Festival to a seasonal end.

In addition to classical music such as *Beethoven's Symphony No. 4*, performed by the CityU Philharmonic Orchestra, the programme included popular music, songs and carols delivered by the CityU Chinese Orchestra, the CityU Concert Singers, and the CityU SU Christian Choir. External performers

included Mr. Zhang Miaoyang, the iconic voice artist at Phoenix Satellite Television Company Limited, and Mr. Petrus Cheung, a famous baritone and prominent vocal performer.

"Music can connect people," commented Dr. Wong Chi-tim, Director of Student Development Services, "CityU has excellent facilities for arts performance, especially for music, and we hope to organise more shows in the future for everyone on campus to enjoy." An experienced tenor trained in Poland, Dr. Wong performed several arias at the concert as well.



Dr. Wong Chi-tim performed several arias at the concert.

黃志添博士在音樂會上演唱了幾首詠嘆調。

聖誕音樂會於12月18日舉行，為城大藝術節劃上完美句號。

當晚的音樂會名為「詩與歌的頌讚」，城大管弦樂團演奏了貝多芬的《第四號交響曲》，而城大中樂團、城大愛樂合唱團與城大學生會基督徒詩班亦攜手演出豐富的曲目。音樂會亦邀請了鳳凰衛視著名播音指導張妙陽先生為朗誦嘉賓，以及香港著名男中音及聲樂表演者張健華先生。

學生發展處處長黃志添博士亦在音樂會上演唱了幾首詠嘆調。曾於波蘭接受聲樂訓練的黃博士說：「音樂能聯繫人心；城大具備先進的藝術表演設施，尤其利於音樂演奏。我們希望將來在校園舉辦更多演出，讓所有城大人都能欣賞。」

### The Lingnan Girls Choir of Xinghai Music Conservatory & City University Choir 星海音樂學院嶺南女聲合唱團及城大合唱團

The singing performance by the choirs from the 2 institutions was another highlight of the Arts Festival. Both traditional pieces such as *Ave Maria*, *Sparrows*, *Gaye*, and popular songs like *Pearl of the Orient* and *Blessings* were delivered to the audience on 27 November.

兩所院校的合唱團於11月27號的音樂會上獻唱多首動人歌曲，包括《聖母頌》、《燕》、《嘎耶》，以及大家耳熟能詳的流行曲《東方之珠》、《祝福》等等。



### Moda Moving Group:

The Arts Festival was also delighted to have dance artists from Moda Moving Group to perform with CityU students on 30 November.

Kellie Chow Ngo-ting (Information Systems, Year 4), one of the dancers, shared her experience, "This piece is divided into several sections: at the beginning, the atmosphere was lively as the stage was adorned with colourful lighting. The second part was very different; we were all expressing strong emotions with our own steps. The part that followed emphasised collaboration and the mood was calm and peaceful." *Colour • E • Motion* also employed videos to bring out thoughts and feelings of the dancers. To Kellie, the dance was very inspiring, "It showed us that individuals can demonstrate that they are special without outshining others. You can show the best of you and still live with others in harmony."

### Colour • E • Motion and Not Yet / To Forget 色 • 緒、不會/忘記

The other dance performance of the night was *Not Yet / To Forget*, which explored the rediscovery of curiosity through various sound effects and gestures.

藝術節亦邀請了舞蹈團體MODA Moving Group於11月30日與城大學生一同演出由文慧琦小姐及馬師雅小姐編舞的多媒體舞蹈《色 • 緒》。

參與了這次演出的資訊管理系4年級生周傲婷分享她的體驗：「舞蹈分為幾節，首部份的感覺較為開心、色彩繽紛；第二部份卻截然不同，舞蹈員各自以不同的舞步表達個人的情感，而第三段則講求合作性，展現出平靜、和諧的氣氛。」作品亦利用了錄像配合表演。她認為這部作品帶出了很有意義的訊息：「每個人都可展現不同的色彩、表現最好的一面，但毋需以自己的光芒蓋過他人。」

當晚的另一項節目是陳俊璋先生及廖月敏小姐編舞的《不會/忘記》，透過聲音和動作，探討如何尋回失落的好奇心。

# CityU Yoga Day: Celebrating Peace and Harmony

## 城大瑜伽日： 共享平靜與和諧



Over 200 students and staff members came together and practised Yoga at the Student Residence.  
逾200名學生與教職員參加由學生宿舍處首次舉辦的城大瑜伽日活動。



Over 200 students and staff members came together for CityU Yoga Day and practised yoga in an open area at the Student Residence in early November 2015.

Organised by the Student Residence Office and a student organisation committee, the event celebrated the theme "Peace and Harmony". CityU was also honoured to host VIPs including Mr. Prashant Agrawal, Consul General of India, and other esteemed Indian diplomats and business leaders.

CityU Yoga Day was led by Master Yogaraj CP, CityU's "Yoga Guru-In-residence", who demonstrated advanced Yoga poses before practising with the participants at the Residence Roundabout. Everybody worked up a sweat under the clear blue sky and felt awakened in the autumn breeze!

After the practice, Master Yogaraj and his team of talented yogis ended the day by displaying "I Love CityU" through yoga positions.

With the aim of promoting yoga as a way to relieve stress and to attain inner peace, Yoga Day brought much peace, harmony and happiness to CityU campus!



Master Yogaraj CP, "Yoga Guru-In-residence", performed for the participants.

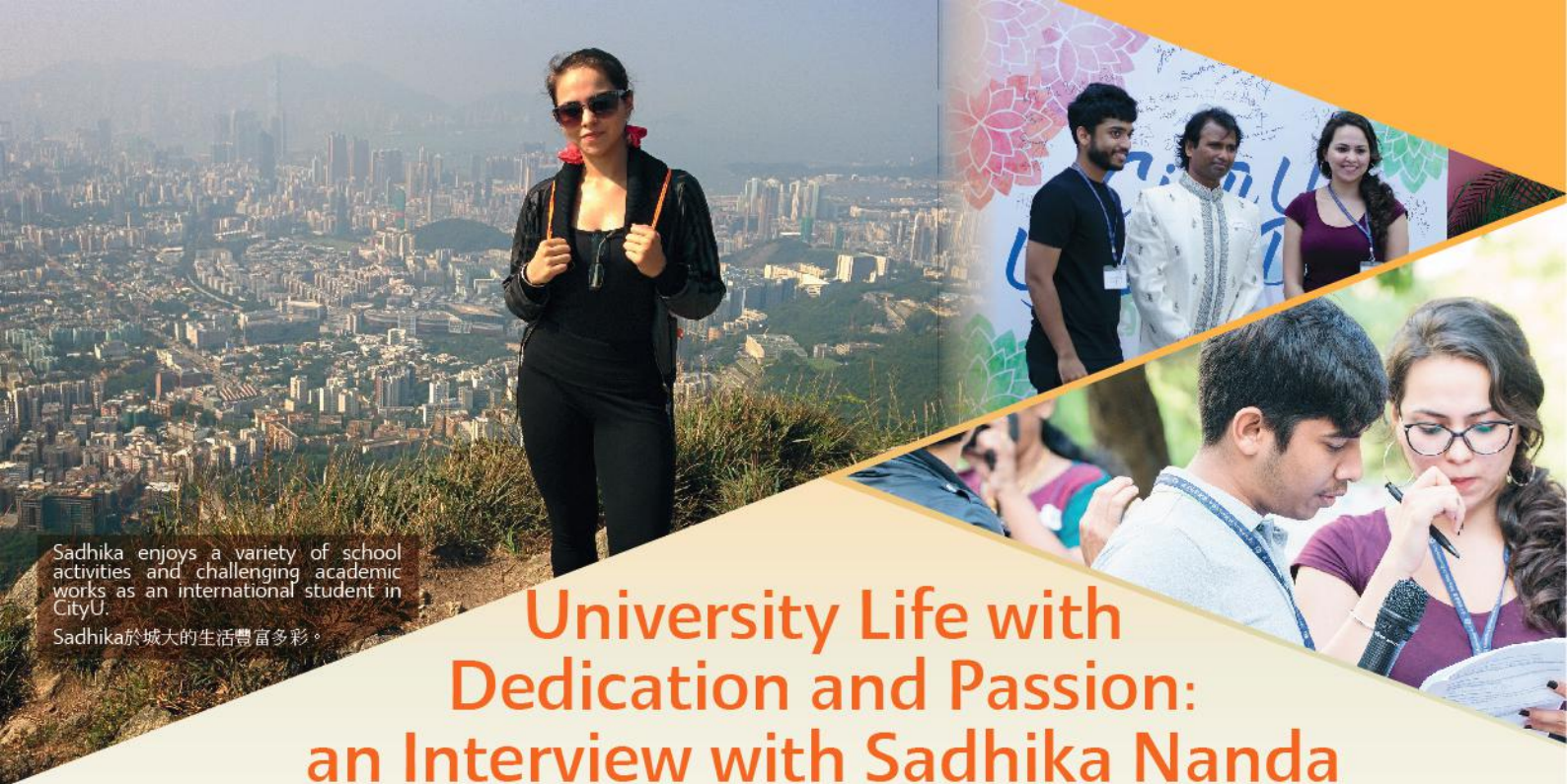
「駐宿舍瑜伽大師」Yogaraj CP為城大師生展示精彩絕倫的技藝。

剛過去的11月，逾200名學生與教職員齊聚一堂，參加由學生宿舍處首次舉辦的城大瑜伽日活動，一同練習，體驗瑜伽的益處，舒緩壓力，強身健體，靜心養性。

這次瑜伽大會的主題是「平靜與和諧」；活動在宿舍廣場舉行，由在宿舍任教瑜伽多年的印度大師Yogaraj CP帶領，共創歷史。Yogaraj（意即「瑜伽之王」）更在當天獲城市大學頒授「駐宿舍瑜伽大師」的榮譽。隨後，Yogaraj CP身著白色瑜伽服，在台上展示精彩絕倫的技藝，又與大家一同練習。烈日下，微風中，每個參與者都投入其中，儘管流下了汗水，卻神清氣爽，身心得以放鬆。

最後，Yogaraj與數位精通瑜伽的參加者一起用瑜伽姿態擺出「I Love CityU」的字樣，宣告活動圓滿結束。

城大瑜伽日更有幸得到印度駐港總領事 Prashant Agrawal 先生、其他外交人員與及商界嘉賓親臨支持，使活動生色不少



Sadhika enjoys a variety of school activities and challenging academic works as an international student in CityU.

Sadhika於城大的生活豐富多彩。

## University Life with Dedication and Passion: an Interview with Sadhika Nanda

Aiming to become an all-rounder? Meet Sadhika Nanda and you might get some inspiration from her.

Originally from India, Sadhika is a Year 2 student of the Asian and International Studies Department. At CityU, Sadhika is the Vice President of the International Students' Society, a member of the Debate Team and a passionate writer for different publications. With exceptional talent for public speaking, she has received accolades such as "Best Prefect Award" and has excelled at several Model United Nations (MUN) conferences throughout high school as well as at the university.

At student residence, she actively takes part in numerous events and is the student coordinator for yoga classes. "By taking part in the activities, I feel included and close to my friends despite being an international student," said Sadhika.

And that's not all - fitness and working out have always been her passion. Sadhika advises her peers to wake up an hour ahead for a daily workout and make fitness a top priority. "Stop telling yourself that you don't have time, because even Bill Gates has 24 hours only!" she laughed.

If you think that Sadhika must have sacrificed her grades for participating in so many activities, think again—she manages to claim the Dean's List Honour for her outstanding academic performance!

As a young lady brave enough to walk out of her comfort zone, she took a gap year before coming to CityU. She made use of the gap year to meet new people, to see different places and ultimately—to explore the path that she wanted to go. During that year, she took up internships, freelance English tutoring and content creating in different education-related fields. She also taught underprivileged children in India. The experience made her realise that proper policy making and a sound education system are of vital importance. She then made the decision to opt for International Studies rather than Law.

While talking about her career plans, Sadhika would like to conduct academic research about ethnic minorities in Hong Kong. She also hopes to work for the Indian Government as a representative or international ambassador in the future.

## 全情投入 享受大學生活: 留學生Sadhika Nanda專訪

來自印度的國際學生Sadhika Nanda，是城大亞洲與國際關係學系二年級生。

Sadhika於城大的生活豐富多彩，除了擔任國際學生會副會長外，也是大學辯論隊的一員，由於熱愛寫作，她又經常為各刊物撰稿。另一方面，Sadhika自中學起已展現出演講方面的才能，在大學的模擬聯合國活動中也表現出眾。

同時，Sadhika還積極參加各種宿舍活動，如統籌宿舍瑜珈班等。她說：「參加這些活動能讓身為留學生的我融入宿舍當中。」

雖然忙於參加各項活動，Sadhika學業成績依然十分出眾。除此以外，她還是個健身好手，堅持每天抽空鍛鍊體格，同時亦勉勵同學每天抽時間來做運動：「別老推說自己沒時間，即使大人物如比爾蓋茨一天也只有二十四小時可用。」

Sadhika敢於嘗試，為了找到真正適合她的路向，她於高中畢業後，特意用一年「空檔期」去探索不同的地方，認識形形色色的人。當時，她曾嘗試當實習生、教授英語、參與跟教育相關的創作，也曾當過貧困兒童的老師，這些工作讓她了解到良好施政與教育制度的重要性，最後她終於找到興趣所在，並決定修讀國際研究。

選擇到香港留學，因為她認為這裡是完美的東西方文化交匯點，並且是一個既自由、安全又獨特的城市，更重要的是少數族群也可融入社區。

提到事業發展，Sadhika希望為香港少數族裔作學術性研究，並期望將來能進入印度政府工作或成為外交人員。



# Employability Forum

## 圓桌論壇 促進學生事業發展

# Enhances Students' Career Development



The students were eager to ask questions.  
學生把握寶貴機會，向各嘉賓請教提升競爭力的祕訣。



Business leaders from different fields shared their experience at the Forum.  
來自不同行業的商界領袖於論壇上與學生分享寶貴經驗。



The Executive Roundtable Forum on Millennial Employability was hosted by The Golden Key Club on 6 October 2015 as the kick-off event for a series of training sessions for its members for the year 2015-16. About 100 students and CityU scholarship recipients attended the forum and they gained valuable insights meeting with business leaders from different fields at a roundtable sharing.

Also present at the forum were Dr. Andrew Ma, Executive Director of Chorev Consulting International Limited who served as facilitator, and the guest speakers Ms. Rita Chan, Regional HR Director (Asia), Jardine Lloyd Thompson Ltd.; Mr. Trevor Tam, Managing Director, Goldman Sachs (Asia) L.L.C.; and Ms. Priscilla Wong, Principal Consultant, EPC Consulting (Beijing).

The speakers shared their experience and observations in hiring and working with the millennial generation during the 45-minute roundtable discussion. Their sharing was warmly received by students who were eager to ask questions and they stayed behind to mingle with the guests.

Two subsequent training sessions were organised to further prepare club members for the workplace before their graduation. The first in the series, "Developing the Employability Key before Entering the Workplace," was held on 19 October last year. The second, "Sharpening Your Keys—Bridging the Mindset Gap and Social Capital Gap for the Millennial Generation," was held on 12 November.

城大睿博會於2015年10月6日舉行「行政人員圓桌論壇：千禧年代的應聘能力」，為2015至16年度的一連串培訓活動揭開序幕。約100名獎學金得主和學生出席該論壇，與來自不同行業的商界領袖交流，獲取寶貴意見。

論壇由高宏國際顧問有限公司行政總監馬文漢博士主持，講者嘉賓包括怡和保險顧問有限公司亞洲區人力資源董事陳倩伶女士、高盛（亞洲）有限責任公司董事總經理譚德宇先生，以及北京樂華智才人力資源顧問公司首席顧問王慧賢女士。各位講者分享了聘請千禧年代員工及與他們共事的經驗，並闡述他們對新一代的觀察。學生亦把握機會，向各嘉賓請教提升競爭力的祕訣。

睿博會也於10月19舉辦名為「進入職場前培養應聘能力」的活動，協助在學生畢業前進一步提升應聘能力。而第二場名為「提升應聘能力—縮短千禧世代的思想與社交資本差距」的活動亦已於11月12日舉行。



The Golden Key Club, founded in April 2015, provides a unique platform for CityU scholarship recipients across different disciplines to bond and work together and further strengthen their competitiveness in career development.

睿博會於2015年4月成立，為城大不同學科的獎學金得主提供獨特平台，讓他們互相交流，加強聯繫，以提升他們在職場的競爭力。