

# City Upbeats



## CityU Soccer Team Won 2<sup>nd</sup> Runner-up in National Tournament

### 全國大學生足球聯賽超級組 城大南區決賽報捷



Being the champion team in Hong Kong, the CityU Men's Soccer Team came third in the All China University Football Super League (Southern Region) (ACUFSL) and proudly grabbed a place in the nation-wide finals!

The CityU team made a very good start by winning the South China University of Technology and then defeated other tertiary institutes such as Kunming University of Science and Technology and Central South University. Despite losing to Tongji University by 2:3, the CityU soccer players managed to capture the 2nd runner-up title in style, thanks to the goalie Tin Man-ho (Applied Social Sciences, Year 1) who made 3 brilliant saves in the penalty shootout during the match against Nanjing University.

The team coach, Mr. Gordis Yau reflected, "The secret of CityU's success in ACUFSL can be summarised by our team motto and team culture: 'Control the Controllables' - only focus on those things that we can handle; 'Attitude Determines Altitude' - our team is equipped with positivity, good self-esteem and everlasting fighting spirit; 'We are Team, We are Family' - good players win matches, only a team wins championship."

Being one of the "Best 8 teams", CityU is qualified to play in the ACUFSL Finals to be held in Shanghai in June 2016. The CityU Men's Soccer Team is definitely striving to be the best that they can be and hopefully to make history!

城大男子足球隊首次參加中國大學生足球聯賽超級組（南區）決賽中勇奪季軍，創下本港大學足球隊歷來最佳成績！

城大於2016年度的賽事中力壓昆明理工大學、華南理工大學、中南大學等隊伍，雖然不敵上海同濟大學，但幸好門將田文豪（應用社會學系一年級）在季軍戰面對南京大學的點球大戰中成功救出3球，最後以6戰4勝成績獲得第3名。

教練邱德民先生表示：「城大男足的座右銘與團隊文化便是致勝關鍵！我們取勝的玄機，可以總結為：『專注能夠掌控的事』：隊員們專注應付比賽，在高原反應及臨時變動揭幕戰對手和賽期等不利因素下都沒有影響情緒，並能享受其中；『態度決定高度』：城大球員知己知彼，做到遇強愈強；『團隊精神，上下一心』：常在場下一起交流檢討，創造出大家認同的部署，在和諧團結的基礎上發揮出最高水準。」

城大男足將會於6月的全國大學生足球聯賽超級組總決賽中挑戰其他強隊，希望屆時能再奪佳績！



# Wellness March: Get Active for Fitness & Mental Well-being!

## 康盛活動提升身心健康

Wellness March, a major annual programme of CityU, encourages staff and students to take part in a variety of activities for physical and mental well-being.

In its 20<sup>th</sup> anniversary this year, the programme was delivered under the theme "Exercise is Medicine" and provided more than 60 activities from February through April 2016, including various sports events, talks and workshops as well as mental health activities series. Wellness-Plus Awards Scheme also served to encourage the CityU community to actively involve in wellness programmes for a healthy and fruitful life.

城大每年均舉行大型活動「邁向康盛人生」，推動全人發展，今年適逢「邁向康盛20周年」，更以「運動是良藥」為主題，提供超過60項節目，鼓勵師生積極參與康盛活動，調劑工作和學習，促進身心健康。

於2月至4月舉行的「邁向康盛人生」內容多姿多彩，包括多種體育活動、工作坊、精神健康活動系列等；而舉辦多屆的「康盛積分獎賞計劃」則進一步鼓勵城大師生多參與康盛活動，共建豐盛人生。

### Highlights of the programme: 活動焦點:

"Exercise is Medicine" is a global event initiated by the American College of Sports Medicine. The idea is that regular exercise not only boosts health and prevents sickness, but also generates greater productivity.

「運動是良藥」是一項由美國運動醫學會倡議的大學校園計劃，鼓勵恆常運動以鞏固健康和預防疾病，同時提高生產力。



CityU Hillside Walking Trail Exploration  
城大山邊小徑導賞遊



3 x 3 Basketball Tournament  
三人籃球錦標賽



Table Tennis Tournament  
乒乓球錦標賽

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## Mental Health Week 精神健康周

Counselling Service of SDS also organised a series of fun activities to bring joy and laughter to the CityU community.

學生發展處輔導組亦帶來多項輕鬆有趣的活動，為大家注入正能量，提升精神健康。

## Aroma Massage Oil Workshop 香Fun遊

Under the aromatherapist's instructions, students learnt about the use and production of aroma essential massage oil. They could also take away their unique essential oil for creating a joyful and relaxing learning atmosphere.



同學們在專業導師講解下調製出獨一無二的香薰按摩油，還可帶走製成品與朋友分享或自用，共創輕鬆愉快的學習環境。

## Sharing session: When Dustykid meets Sadness cum "Embrace Your Emotions" Photo Competition Prize Presentation Ceremony

分享會：當阿塵遇上阿愁  
暨「你今日影咗未？」攝影比賽頒獎典禮

Illustrator Rap Chan shared with CityU students and staff his secret ingredients for positive living.

插畫家 Rap Chan 分享如何面對負面事件及情緒，並活出正能量。



©Rap Chan / Breeze Factory

## Bonsai Workshop 心靈後花園

Through creating their own Bonsai, participants could enjoy the sense of tranquillity and appreciate the healing power of nature.

參加者可透過設計玻璃小盆栽來舒緩壓力，更可利用小盆栽為生活環境增添生氣。



# Turning Frowns into Smiles: Wellness Plus Booster Station

## 開心加油站：化愁容為笑臉

Feeling stressed over your latest midterm grades, final year projects or job interviews? Starting to worry about losing control of your life?

To combat the long and gloomy spring this year, Student Residence Office (SRO) ambushed passers-by by giving them fruits and snacks at the "Wellness Plus Booster Station" set up on the "Hi-bye Footbridge" near the entrance of Student Residence in the afternoons of 18 and 21 March 2016. Seeing students' stressful frowns turn into sweet smiles was worth all the passion put in by SRO staff and residence tutors Jinyoung Myeong (Asian and International Studies, Year 3), Ali Al-Abbasi (Engineering, Year 3) and Terence Lee Ruo-long (Media and Communication, Year 3). Let's stay stress-free despite having cramped schedules and exams!

同學們面對學業和生活壓力，也許會失去鬥志，苦惱鬱悶；但生命中常有起伏，與其視困難為磨難，不如化逆境為新動力、新希望。

為了給同學們打氣，學生宿舍處連同宿舍導師明真榮（亞洲及國際學系三年級）、Ali Al-Abbasi（工程學系三年級）及李若隆（媒體與傳播系三年級）於2016年3月18及21日在宿舍入口的Hi-bye橋設置了「開心加油站」，派發免費水果和零食，為同學加油之餘，將愁容化作笑臉，發放正能量！



The Booster Station cheered up CityU students with free snacks, fruits and "booster cards" at the Hi-bye Bridge.

Hi-bye橋上的開心加油站為同學送上零食、水果和心意卡。

## CityU Cares for Chun Tung 慈善義賣 校園顯關懷



慈善義賣

CHARITY SALE

Chun Tung, a Computer Science student at CityU was diagnosed with leukaemia 2 years ago. To help Chun Tung cope with his medical expenses, the Computer Science Society and the Department of Computer Science held a charity sale on campus. The initiative was a great success and has raised HKD110,000 for Chun Tung and his family. The event demonstrated strong solidarity and cooperation among students and staff and has set a good model for the CityU community!

城大電腦科學系學生東仔於兩年前被診斷患上血癌，為協助東仔應付昂貴藥費，電腦科學系聯會聯同電腦科學系於校園舉行慈善義賣，獲得城大上下齊心支持—3天的義賣活動合共籌得超過11萬港元，希望可解決東仔的燃眉之急。相信是次學生及教職員之間的團結與合作，能夠帶來更多善舉！



# CityU Employers' Luncheon Showcased Students' Talents

## 城大僱主午宴 學生展示才能

The second CityU Employers' Luncheon was hosted on 30 March. The event was supported by 500 guests, among them were 300 representatives from local and multinational enterprises, 120 students and 80 academics. The event, also featured a project exhibition displaying students' achievements, helped to build closer ties between the University and the employers in order to enhance the competitiveness of CityU students.

Dr. Michael Chan Yue-kwong, Chairman of Café de Coral Holdings Limited, was the keynote speaker. In his speech titled "Management for Millennials", Dr. Chan shared his insights on management. He also advised young people to make sure that they maintained a global perspective and to equip themselves with intelligence, emotional quotient and more importantly, adversity quotient.

Mr. Philip Tsai Wing-chung, Vice-Chairman of Deloitte China, has attended the CityU Employers' Luncheon for two years in a row. "The Employers' Luncheon is a great occasion for me to meet CityU students, to understand their aspirations and to share my experience with them," he said. "It's definitely a wonderful platform that strengthens ties between the University, employers and students!"

The employers in attendance were senior management representatives from a variety of corporations based in Hong Kong and abroad. Among those attending were HSBC, Ernst & Young, MTR Corporation, Microsoft, PwC, Nan Fung Group, Samsung, L'Oréal Paris, The Hong Kong Jockey Club and many more.

Dr. Michael Chan Yue-kwong, Chairman of Café de Coral Holdings Limited, was the keynote speaker of the Luncheon.

大家樂集團有限公司主席陳裕光博士擔任午宴的主講嘉賓。

城大於3月30日舉辦第二屆「僱主午宴」及學生專題習作展覽，吸引共500人出席，當中包括近300名本地及跨國企業的高層管理人員、120名學生和80名城大老師。午宴旨在促進更多合作機會，協助學生投入職場，提升競爭力。

大家樂集團有限公司主席陳裕光博士擔任午宴的主講嘉賓，並以「千禧世代的管理」為題，講述新一代的管理哲學，並建議年輕人要培養國際視野，提升自己的智商、情緒商數及逆境商數。

德勤中國副主席蔡永忠先生今年連續第二年出席僱主午宴，他表示：「很高興能在僱主午宴上與城大學生接觸，了解他們的志向，並與他們分享我的經驗。僱主可在專題習作展覽中看到城大學生的才能和研究成果，我認為這次午宴提供了極佳的場合，讓大學、僱主和學生加強聯繫。」

與會的僱主來自各類大型公司及機構，包括匯豐銀行、安永會計師事務所、港鐵公司、微軟香港有限公司、羅兵咸永道會計師事務所、南豐集團、三星集團、歐萊雅及香港賽馬會等。





About 300 employers attended the Luncheon and visited the student project exhibition. Mr. Philip Tsai (left), Vice-Chairman, Deloitte China, attended the Luncheon for two years in a row.

近300名僱主出席午宴並觀賞學生專題習作展覽。德勤中國副主席蔡永忠先生(左)連續第二年出席僱主午宴。



CityU students seized the opportunity to showcase their talents to employers at the exhibition, where achievements of over 70 projects were displayed. Pluto Mok Tsz-nok (Creative Media, Year 3) showed Dr. Michael Chan the car-racing accessories with his own surface design.

展覽展示超過70個專題研習的成果，同學們都把握機會向僱主展現在學習和創意方面的才能。創意媒體學院三年級學生莫梓洛(右)向陳博士展示他設計的賽車用品。



Prof. Horace Ip Ho-shing, Vice-President (Student Affairs) offered encouragement to CityU students who demonstrated much creativity and applied academic knowledge in their projects.

副校長(學生事務)葉豪盛教授讚賞城大學生能在習作中發揮創意和學術知識。

Chu Man-hin (Electronic Engineering, Year 3) (right) produces "1:13 Remote-Controlled Bus Replicas" with automatic doors, signs and lighting systems based on real buses. Hin even started his own business selling his model buses to bus lovers.

電子工程系三年級生朱民軒(右)自製的「1:13遙控模型巴士」，像真度極高，閘門開關、車廂內的照明都十分逼真，他更以此經營了一門生意。

Tamar Wong Hei-ting (Creative Media, Year 4) invented the Wearable Canvas, a wireless LED-fitted T-shirt with a drawing app that allows tailor-made text or design patterns to be instantly displayed on the fabric.



創意媒體學院四年級學生黃熙廷發明的「畫板Tee」，運用LED燈裝置與繪圖應用程式，可在衣服上即時顯示文字或設計圖案。

Students from Department of Physics and Material Science presented their "Signio Sign Language Translator Glove" that uses capacitive touch sensors to help deaf and mute individuals to communicate with others.

物理及材料科學系的學生展示名為「Signio手語翻譯手套」，透過觸控感測技術協助聾啞人士與人溝通。



# Campus Going Global

## 多元活動 推動校園國際化



CityU is committed to promote campus internationalisation. Great events that encourage interaction between local and non-local students are happening on campus all year round. Let's take a quick look at the efforts that foster multi-cultural integration!

城大致力推動校園國際化，因此全年均舉辦不少活動，為本地及外來學生創造融洽而且多元化的學習環境。看看各個活動的精彩片段！

The International Friends Club, a buddy programme that connects CityU students and friends from other countries, organises excursions to explore the beauty of Hong Kong.

城大的International Friends Club協助本地和外地學生結成夥伴，促進文化交流，亦不時舉辦郊遊活動，讓外地學生從不同角度認識香港。



Students from the College of Business spent 4 weeks in Laos for volunteer work and cultural visits.

為從服務中學習，一些城大商學院學生遠赴老撾進行4星期的服務工作，亦趁機了解當地的文化風俗。



International Culture Carnival - non-local students served food and distributed souvenirs with the characters of their home countries.

國際文化嘉年華以具有民族特的美食及紀念品展示各地文化！



To enhance students' global perspectives, CityU interns were sent to metropolises like Berlin, Munich, London, Shanghai and Sydney for a 7 to 12-week placement under Global Work Attachment Programme (GWAP).



為鼓勵學生建立國際視野，城大展開環球實習體驗計劃，安排同學前往柏林、慕尼黑、倫敦、上海和悉尼等國際大都會實習7至12星期，累積工作經驗，同時體驗不同地域的文化。

Students of various origins participated in the sports and cultural competitions of Professor Edmond Ko Cup, which aims to promote exchange between local and non-local residents as well as inter-hall interaction, hall spirit and sportsmanship.

高彥鳴盃舍際比賽由多項體育和文化藝術比賽組成，吸引眾多本地和外地宿生參加，促進宿舍間的聯繫以及不同背景學生之間的交流。



Diwali, the Hindu "festival of lights", was celebrated at the Student Residence. Students dressed in traditional Indian clothing and lit candles. Traditional Indian dances and music performance kept the 250 participants entertained.

約250名在校學生、畢業生、教職員於學生宿舍舉行晚會以慶祝「印度燈節」。當晚參與歡聚的學生穿着傳統的印度服裝，點起蠟燭，更跳起傳統印度舞蹈和街頭舞蹈，令一眾來賓樂在其中。



To find out more about the exciting events that facilitate internationalisation at CityU, don't miss out the next issue of City Upbeats to be published in August!

想知道更多城大在校園國際化方面的成果？請留意8月份的 City Upbeats，屆時將會有更多精彩內容！



(From right)  
Tiffany Yuen and her teammates Jacqueline Wan, Keith Wong,  
Diva Xie and team coach Miss Fong Yi-tak.

(右起) 袁棋茵與隊友溫珮賢、王映彤、謝東憶及教練方怡德小姐。

## Taking Inspiration from Fencing—an Interview with Athlete Tiffany Yuen 劍擊精英：選手袁棋茵專訪

In the 2016 USFHK\* Fencing Championship, CityU's fencing teams came off with flying colours. In particular, the women's team took four gold medals as the champion of sabre event. Tiffany Yuen Ki-yan (Public Policy, Year 3), a veteran sabre fencer, shared her story as a fencing athlete.

Tiffany started fencing when she was 12 years old. Today, Tiffany is a professional fencer and has represented both Hong Kong and CityU. Tiffany's choice of weapon is the sabre, a weapon known for its aggressive attacking modes with cutting and thrusting moves. "I think my personality is the reason why I like the sabre—I am fast and I like to take the initiative. I am the attacking type!" Tiffany joked.

In her fencing life of 10 years or so, Tiffany has been to many local and international competitions, such as the 2010 Asian Junior & Cadet Fencing Championships in the Philippines where her team came first in the sabre event and the 2015 U23 Asian Fencing Championship in Mongolia. "You learn from fencers from different countries," Tiffany talked about her favourite women's fencing teams, "I really admire the South Koreans. I saw one of them, a woman foil fencer coming back when losing 9 - 14. Yet, she won that game at 15 - 14, meaning she had to score 6 consecutive points without losing one. That amazed me - the resilience and strength in adversity!"

"But having spent so much time fencing, I should now think of my career." It may not be pleasant and it is even challenging at times. At this point she said she wanted to share this with her fellow students at CityU: "Don't give up easily. Outcomes of what one does can always surprise." When Tiffany said this, one cannot but think of the female Korean fencer she admired.

\* USFHK: The University Sports Federation of Hong Kong

城大的劍擊代表隊一向表現優秀，而今年女子劍擊隊更在大專賽的佩劍團體項目取得冠軍。今期 City Upbeats 訪問了其中一位劍手袁棋茵（公共行政學系三年級），分享當劍擊運動員的點滴。

袁棋茵自12歲起便學習劍擊，後來更成為香港代表隊及城大劍擊隊的成員。袁棋茵主攻佩劍，這種劍的性能以劈打、刺為主，選手的速度和靈活性相當重要。她笑說：「我認為我的性格屬於『進攻型』，比較主動，所以節奏明快、打法較進取的佩劍最為適合。」

袁棋茵學習劍擊約10年，參加過不少本地及國際賽事。2010年她首次代表香港到菲律賓參加亞洲青少年劍擊錦標賽，便拿下女子佩劍團體金牌。袁棋茵曾代表香港出戰於菲律賓舉行的2014年U23亞洲劍擊錦標賽，取得女子團體銅牌，亦於2015年到過蒙古參賽。「參與這些賽事讓我能從各地的選手學習。」她又提到她最欣賞的隊伍：「我十分佩服南韓的代表。有一次，一名南韓花劍選手原本落後9比14，但最後她連取6分，以15比14的得分勝出該局！那種身處逆境仍不言敗的精神令人讚嘆！」

「劍擊是我生命中重要的一部份，不過我當劍擊運動員已有一段日子，目前我正在為自己的事業打算。」作出事業上的決擇並不容易，但她這樣勉勵自己，同時也勉勵其他城大的同學：「只要不輕言放棄，必然會取得成果！」

CityU won overall championship in the USFHK Fencing Competition; the Women's team (left) took 4 gold medals from the sabre event.

城大於今年的大專劍擊賽取得全場總冠軍，而女子劍擊隊(圖左)亦在佩劍團體項目取得金牌。



# Close the Doors, Save the Earth

## 推動環保 投訴「無門」



(from left) Eva Leung, Julie Tang, Dora Wong, and Agnes Tjin at the New Year Fair

(左起) 梁韻樺、鄧子筠、黃凱盈和鄭玉婷的年宵攤位

Closing fridge doors to keep our food in good condition and to save electricity seems to be basic common sense. However, many of the commercial refrigerators in supermarkets or grocery stores are in fact "door-less" and the waste of energy has been overlooked by customers, stores and even the government. To address this problem, a group of students from CityU's English Department, Agnes Tjin, Dora Wong Hoi-ying, Eva Leung Wan-wah and Julie Tang Tsz-kwan, who work in partnership with the World Wild Fund Hong Kong (WWF) are calling for changes.

"Our project 'Missing the Doors' addresses the unnecessary consumption of energy caused by door-less fridges in most grocery stores," explained Julie. To gain public support, the group has taken multiple actions:

### 1 "Fridge Census"

Who are leaving the doors open?

From October to December 2015, the group went to local grocery stores from 26 different brands to conduct Hong Kong's first-ever study on the energy efficiency of commercial display refrigerators. "We found that over 50% of fridges have no doors!" reflected Agnes. "This wastes much energy and increases food safety risks."

### 2 Survey on Citizens' Awareness

Do you like open fridges?

The students also conducted a survey to explore consumers' attitudes towards commercial display fridges. The data collected would be used to persuade various companies to install fridge doors.

### 3 New Year Fair

We want your thumb prints!

To draw the public's attention towards the cause, the group set up a stall at the Cheung Sha Wan Playground Lunar New Year Fair in February 2016. Visitors were invited to show their support by leaving their thumb prints on a signature-board and they could also purchase WWF's souvenirs at the stall.

關上雪櫃門以避免浪費電力及防止食物變壞，可說是簡單常識；不過你有否留意到，大多數店舖內的雪櫃其實都是「中門大開」？這種設計看似為消費者帶來方便，但實質耗用大量電力。針對這個問題，鄭玉婷、黃凱盈、梁韻樺和鄧子筠幾位來自英文系的四年級學生，協助世界自然基金會香港分會 (WWF) 尋求解決方案。

鄧子筠講解活動目的：「食品店的無門雪櫃浪費不少能源，因此我們參與『投訴無門』活動，希望可以改善這情況。」為了帶來多些迴響，幾位同學從多方面入手：

#### 行動 1 雪櫃「普查」

「投訴無門」行動小組於2015年10月至12月期間，到26個零售商戶品牌的店舖視察，進行全港首個有關陳列式雪櫃能源效益的調查，鄭玉婷表示：「原來逾5成店面雪櫃並沒有裝上櫃門。這不只浪費電力，還增加食物安全風險。」

#### 行動 2 街頭訪問

組員們以問卷調查方式了解消費者對於陳列式雪櫃的意見，並利用收集到的資料游說不同商戶加裝雪櫃門。

#### 行動 3 年宵攤位

小組於2016年2月在長沙灣遊樂場年宵市場設立攤位，向更多市民宣揚有關訊息，並邀請他們在簽名板印下手指模以示支持，市民亦可於攤位購買世界自然基金會的紀念品。



#### Let companies know!

With the support from the public, the group is filing petitions to various companies. "By presenting the fingerprint paintings to the chain stores, we hope that all shops will

eventually install doors or curtains on their open display refrigerators to fight climate change," said Dora and Eva.

至於下一步，就是建議零售商戶為現有開放式雪櫃加裝玻璃門或簾幕來節省電力。黃凱盈與梁韻樺表示：「我們將會向連鎖店呈上市民的簽名，希望最終所有陳列式雪櫃都會可『關門大吉』！」

Find out more information about the campaign on WWF's website: 參考WWF網頁，了解更多：

