

封面故事 COVER STORY

明陣——培養專注、陶冶靈性

The Labyrinth: Cultivating Focus and Enhancing Spirituality

至善對話 IN DIALOGUE WITH EXCELLENCE

引導升學方向 實踐醫療夢想

Been There Before Be Here for You

崇基萬象 CHUNG CHI FACETS

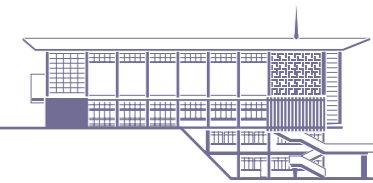
未圓湖畔天倫樂

Happy Family at Lake *Ad Excellentiam*

未圓時空 FOUND SPACE

崇基畢業典禮 Chung Chi Graduation Ceremony





明陣——培養專注、陶冶靈性

The Labyrinth Cultivating Focus and Enhancing Spirituality

崇基學院致力培育學生具備文武雙全、德才兼備的特質，並著重靈性修為，在靜謐怡然的校園環境，建造更多學習設施，讓學生在繁忙的課業中放慢腳步，照顧身心。今年十月十日，香港中文大學（中大）學生事務處與崇基學院舉行明陣開幕典禮，當日由中大副校長汪寧笙教授及關美寶院長致開幕辭，其後聯同其他主禮嘉賓，包括大學輔導長高永雄教授、崇基學生輔導長吳碩南教授，以及明陣設計師、建築學院韓曼博士一同進行明陣開幕儀式，標誌全港首個在大學設立的明陣正式啟用，為師生提供放鬆身心、修養靈性的空間。

迂迴曲折 人生歷程

明陣看似是一個迂迴曲折的迷宮，實則是一條清晰的環狀小徑，由外環起點一直向內彎曲至中心點，亦可以由中心點向外環延伸，其間沒有叉路，起點和終點可靈活互換。沿著明陣外環小徑緩緩踱步、靜心默想，自然會到達圓環的中心點，之後亦可由中心點順著原路折返，直至回到最初的起步點，將原來的入口轉化為出口。在使用明陣時，可以按自己的步調自然行走，時而竭息，時而邁步，讓心神平靜，感受思緒，觀照內心。沿著環狀小徑步行，每到達一個位置，皆可看到不同景象，從中領略人生歷程。

釋放重擔 靜養心神

明陣位於龐萬倫學生中心的頂層天台，連接龔約翰學生中心的最低層，同學在課餘時於學生發展中心共商課業、籌劃活動之同時，亦可順道到明陣享受片刻安寧，拋開課業的壓力和煩憂。明陣為一個讓人靜觀步行的歇息空間，同學可隨時進入其中，學習慢下、沉思、修心。在明陣中踱步讓同學專注呼吸，跟隨腳步，放鬆身心，沉澱思緒。同時，同

Chung Chi College is dedicated to cultivating students with the attributes of "Excellence in Academics and Sports, Virtue and Talent, and Spirituality Enhancement". In the tranquil and hassle-free campus, the College has been installing more facilities, enabling students to slow down their pace and enhance their holistic well-being. On 10 October 2023, the Office of Student Affairs (OSA) of The Chinese University of Hong Kong (CUHK) and Chung Chi College held the Opening Ceremony of the Labyrinth. During the ceremony, Professor Nick Rawlins (Pro-Vice-Chancellor) of CUHK and Professor Kwan Mei Po, Head of College, delivered a speech. They then joined other officiating guests, including Professor Ko Wing Hung, University Dean of Students; Professor Ng Shek Nam Marques, Chung Chi Dean of Students; and Dr. Han Man from the School of Architecture, Designer of the Labyrinth, to host the monumental opening of the Labyrinth, witnessing the unveiling of the first labyrinth in Hong Kong higher education. It offers students and teachers a space for relaxation and spirituality enhancement.

Embracing Life's Twists and Turns

The Labyrinth looks like a maze with many twists and turns but it is actually composed of just a single winding path running from the outer circle to the centre, or vice versa. There are no crossroads throughout the path, and the starting point and finishing point are interchangeable. When we walk along the outer circular path in the Labyrinth and meditate attentively, we can naturally reach the centre, and return to the previous starting point by taking the same route in the opposite direction. During the walking process, we can walk at our own pace, take a rest intermittently, and let ourselves regain composure. We will end up knowing how we feel and having a mindful reflection on our innermost status. We can capture fresh views at different points on the circular path, grasping the essence of life as a never-ending cycle through mindful walking journeys.





主禮嘉賓（左至右）明陣設計師、建築學院韓曼博士；崇基學生輔導長吳碩南教授；崇基學院院長關美寶教授；中大副校長汪寧笙教授，以及大學輔導長高永雄教授一同進行明陣開幕儀式。

Officiating guests (from left) Dr. Han Man from the School of Architecture, Designer of the Labyrinth; Professor Ng Shek Nam Marques, Chung Chi Dean of Students; Professor Kwan Mei Po, Head of College; Professor Nick Rawlins (Pro-Vice-Chancellor) of CUHK; and Professor Ko Wing Hung, University Dean of Students; hosted the monumental opening of the Labyrinth.

學亦可細察四周變化，靜觀大自然風物。同學在走進明陣中心之時，亦象徵返回自身內在，從而重整身心，修養靈性。從明陣中心回轉之時，亦提醒同學通過步行，持定經驗，覺知當下，領悟人生。

聚焦當下 正向思維

汪寧笙副校長於開幕典禮致辭時表示，設立明陣對於學生事務處及崇基學院現正推出的心靈滋養活動，帶來了相輔相成的效益。另一方面，明陣讓學生通過靜觀練習，為人生各項安排的優先順序重新定義，「靜觀證實可降低血壓，改善睡眠質素和整體生活品質，並可舒緩影響精神健康的症狀。當我們投入靜觀之行，可以遠離負面思想，將重心放在當下，研究顯示，當我們聚焦當下之時，會為身心靈帶來正面作用。」

放慢步伐 稍事喘息

關美寶院長於開幕典禮致辭時表示：「明陣實踐了崇基學院推動全人教育的願景，同學在開學時忙於投入各項學習及實踐個人目標，明陣提供了一個寧靜的空間，讓他們稍事喘息，放慢步伐，尋求療愈和慰藉，亦可從中培養默想習慣，通過觀賞大自然的美態，感受自在平靜，從中獲得深入啟發和感悟，全面提升身心靈健康，尋獲內在安寧。」關院長藉著開幕時刻，對學生事務處，特別是汪寧笙教授及高永雄教授的全力支持表示謝意；並感謝崇基老師韓曼博士悉心設計明陣；亦感謝物業管理處付出的努力，讓明陣建造工程得以順利完成。

Recuperation of Bodies, Minds, and Souls

The Labyrinth is located on the rooftop of the Pommerenke Student Centre and connects to the lowest level of the Kunkle Student Centre. While students are discussing schoolwork and planning events at the Student Development Complex, they can enjoy some me-time at the Labyrinth and relieve their pressure and worries amidst their busy study life. The Labyrinth is a space for relaxing and practising mindful walking. Students can enter it anytime and learn to slow down, meditate, and cultivate their minds. Walking on the Labyrinth enables them to focus on breathing, relax bodies and minds by following their footsteps, and precipitate thoughts. Meanwhile, students can observe the changes in their surroundings and the beauty of nature meticulously. Reaching the centre of the Labyrinth signifies the return to inner selves, leading to the recovery of body and mind, and spirituality enhancement. When strolling towards the outer circle from the centre of the Labyrinth, students are reminded to hold firm to their experiences, be aware of the present moment, and understand the meaning of life.

Cultivating Awareness and Presence

While delivering a speech at the opening ceremony, Professor Nick Rawlins expressed that this innovative addition to our campus would complement the



崇基學院通識教育在高年級科目「GECC3130 靈性修為：走進思考人生之旅」加入在未圓湖畔的靜觀步行體驗。

Chung Chi General Education incorporates mindful walking along Lake Ad Excellentiam into the upper-year course, "GECC 3130 Exploration and Discovery Spirituality Enhancement: A Life Quest Journey".

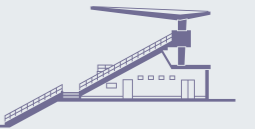
existing mental wellness programmes advocated both by OSA and Chung Chi College. On the other hand, Professor Rawlins said the mindful walk at the Labyrinth can help us find peace amidst our busy lives, and refocus our life priorities, "Mindfulness has been shown to lower blood pressure, improve sleep quality, enhance overall quality of life, and reduce mental health symptoms. By practising mindfulness, we can distance ourselves from negative thoughts and redirect our attention to the present moment, having a positive impact on health and well-being."

Slowing Down and Taking Rest

Professor Kwan Mei Po, Head of College, delivered a speech at the Opening Ceremony and said, "The Labyrinth has fulfilled the College mission of promoting holistic education. As we commence a new semester filled with various academic and personal commitments, it offers a serene space, inviting students to pause and slow down, and find solace amidst their busy learning lives. We believe that students will not only develop an interest in meditation but also gain profound insights by observing the beauty of nature and experiencing inner stillness, leading to enhanced holistic well-being and inner peace." At the opening ceremony, Professor Kwan expressed her sincere gratitude to OSA, especially Professor Nick Rawlins and Professor Ko Wing Hung for their invaluable support. Furthermore, she acknowledged Dr. Han Man, a Chung Chi teacher, for his meticulous design of the Labyrinth. She also extended her heartfelt appreciation to the Estate Management Office for their tireless efforts and outstanding work in bringing this project to fruition.

Mindful Walking for Experiential Learning

Chung Chi College attaches great importance to students' holistic well-being. There are numerous ways for maintaining physical and mental well-being. Research findings prove that mindfulness is one of the effective ways for enhancing holistic well-being. Through practising mindfulness, we can relieve stress and anxiety, improve interpersonal relationships, boost immune systems, and enhance creativity and productivity, among others. Nurturing the youth to incorporate mindfulness into their daily lives helps them cultivate healthy habits. To address students' needs for enhancing holistic well-being, Chung Chi General Education not only incorporates mindful walking along Lake Ad Excellentiam into the upper-year course, "GECC 3130 Exploration and Discovery Spirituality Enhancement: A Life Quest



崇基學院通識教育在一年級科目「GECC1130 大學修學指導」中增設在嶺南運動場舉行的「生命韌力：崇基靜觀行」。
Chung Chi General Education includes a mindfulness event, namely "Life Resilience: Chung Chi Mindful Walk" at the Lingnan Stadium in the first-year course, "GECC1130 Idea of a University".

靜觀步行 體驗學習

崇基學院格外重視學生的身心靈健康，要達到身心靈健康的方法有很多，研究證實靜觀是其中一種提升身心靈健康的有效方法。透過靜觀練習，可減少壓力和焦慮、改善人際關係、增強免疫力、提升創意及生產力等。培養學生學習將靜觀融入日常生活，可有助他們養成有益身心的健康習慣。為照顧同學身心靈全人需要，崇基學院通識教育不單在高年級科目「GECC3130 靈性修為：走進思考人生之旅」加上在未圓湖畔的靜觀步行體驗，亦在一年級科目「GECC1130 大學修學指導」中增設在嶺南運動場舉行的「生命韌力：崇基靜觀行」，讓超過五百位崇基一年級學生進行體驗式學習。

訓練專注 善巧選擇

在練習靜觀步行前，老師先以呼吸練習引導同學有意識地、不加批判地留心當下此刻，從而提升覺察力。同學在進行靜觀步行時，嘗試將重點放在每一個腳步，享受返回內在的時光。盼望同學們都能夠通過崇基學院的非形式教育與校園設施，訓練專注，活在當下，不受過去或未來的念頭所困擾，建立穩定的思考空間，為人生作善巧選擇。

Journey", but also includes a mindfulness event, namely "Life Resilience: Chung Chi Mindful Walk" at the Lingnan Stadium in the first-year course, "GECC1130 Idea of a University", enabling over 500 Chung Chi Year One students to engage themselves in experiential learning.

Staying Focused and Making Good Choices

Before practising mindful walking, teachers would lead students to stay focused on the present consciously and non-critically through breathing exercises so as to enhance their awareness. When students practise mindful walking, they can focus on every step and enjoy the moments of returning to their inner selves. It is hoped that students can learn to stay focused, live in the moment, relieve anxiety triggered by past and future beliefs, and create a space for thinking placidly through the College's non-formal education and campus facilities, and, in turn, make good choices in life.

引導升學方向 實踐醫療夢想

Been There Before Be Here for You

陳信源同學

Mr. Chen Victor Xin Yuan

談及夢想，我們或會聯想到「宏大」或「遙不可及」，但對於修讀內外全科醫學士三年級的崇基學生陳信源，夢想可以很「細微」、很「貼地」。他憑藉「Been There Before 醫療學科師友計劃」獲得「好小籽」二等獎及「2022/2023 全國基督教大學同學會卓越服務獎學金」，他為何會有這個新構思？如何逐步將天馬行空的創意化為實際行動？

When it comes to dreams, we may think of something "grand" or "hard to achieve". However, for Mr. Chen Victor Xin Yuan, a third-year Chung Chi student majoring in medicine (MBChB), dreams can be "small" and "down-to-earth." Through the "Been There Before Healthcare Mentorship Programme," he won the "Seeds of Good Deed" Second Prize and the "CCUAA Outstanding Service Scholarships 2022/2023." What inspired him to come up with this idea? How did he translate his wild dream into a feasible project on a step-by-step basis?



志願投身醫療界的陳同學，希望憑藉自身的經驗，幫助同樣抱著相同夢想的同學達成心願。

Aspiring to engage in the medical field, Mr. Victor Chen hopes to help those who share the same dream to pursue their goal.

Q：可分享你構思的服務是甚麼？

二〇二二年我創立了「Been There Before」的升學顧問非牟利機構。這所機構的創立宗旨是幫助大專生或大學畢業生申請學士程度或碩士程度的醫療科目。有很多同學公開試成績只差一兩分而未能實現醫療夢；或是讀第一個學位時，因興趣而想轉讀醫療科，不論哪種情況，我們都希望透過自身的升學經驗，引導不清楚公開試以外如何報讀醫療課程的同學去申請相關學科，幫助他們早一步達成醫療夢。因為我們的導師都曾透過公開試以外的途徑申報醫療科的過來人，因而將機構命名為「Been There Before」（也曾這樣），我們想藉此做到「Be Here For You」（竭誠為你）。目前，我們機構提供十個醫療科目的升學顧問及諮詢服務，涵蓋醫學、牙醫、獸醫、中醫，以及物理治療等，切合不同志願同學的需求。

Q：你們舉辦了甚麼相關活動？如何提供服務？

我們的主要服務是為期一年的師友計劃。每年五月，我們開始招募新學員，並根據學員在醫療科目上的

Q: Could you share with us what services are provided by this programme? Who are your target participants?

In 2022, I founded a non-profit educational consulting organisation, "Been There Before". The mission of this organisation is to assist college students or graduates in applying for undergraduate or postgraduate programmes in the healthcare field. Many students fail to reach the admission scores by just a point or two in public examinations and are unable to realise their healthcare dreams smoothly. Others may have developed an interest in healthcare disciplines while pursuing their first degree and want to switch their major. In either case, we aim to guide students who are unsure about how to apply for healthcare academic programmes with admission channels other than public examinations with our own experiences in higher education, and help them pursue their healthcare dreams at an earlier stage. Our mentors, who have successfully applied for healthcare academic programmes through non-traditional pathways, have inspired us to brainstorm the name of our organisation, "Been There Before," which implies our desire to "Be Here For You" and provide continuous support. Currently, our organisation offers educational consultancy and advisory services for ten healthcare disciplines, covering medicine, dentistry, veterinary medicine, traditional Chinese medicine, and physiotherapy, catering to the diverse needs of aspiring students.

Q: What activities have you organised? How to offer these services?

Our core service is a one-year mentorship programme. In May every year, we start recruiting new participants and match them with mentors in relevant fields based on their interests in healthcare subjects. For example, a student aspiring to become a physiotherapist will be paired with a practising physiotherapist or a student studying the relevant subject. After the matching process, we hold an opening mixer in late August. During this event, mentors and students get to know each other over tea and officially begin their one-year mentorship relationship. We do not set a limit on the number of meetings between mentors and students. As long as both of them are available, we encourage them to stay in touch, allowing mentors to answer any questions or concerns the students may have regarding their application for healthcare academic programmes. Additionally, this provides an opportunity for them to build a valuable friendship that goes beyond the mentorship.

Apart from the Mentorship Programme, we understand that both local and overseas medical academic programmes have higher requirements for

志願，配對相關領域的導師，例如有志成為物理治療師的學員會與在職物理治療師或學生配對。配對後，我們會在八月下旬舉辦開幕交流會，讓導師和學員透過茶聚彼此認識，藉此展開為期一年的師友關係。我們不會限制師友的會面次數，只要大家方便，我們會鼓勵他們保持聯繫，讓導師解答學員在申請學科上的疑難，同時也讓他們建立亦師亦友的珍貴友誼。

除了師友計劃外，我們了解到不論是外國或本地的醫療課程，對於成年學生在臨床和科研經驗上，都比中學生要求更高，所以我們盡力提供臨床實習和研究實習的支援，讓他們能夠更好地裝備自己，為夢想奮鬥。

Q：這項構思和你的學術背景或經歷有關嗎？

這個構思源於我的導師一直以來給予我人生規劃上的幫助，多得他們的無私分享，讓我更清楚未來職業導向和人士規劃，並了解原來要進入港人俗稱的醫療「神科」，其實不止公開試這條路，我希望將這份心得分享開去，讓更多抱持同樣夢想的人士受惠。進修醫科前，我在中大修讀公共衛生學士課程，期間接觸預防、治療、復康等不同醫療領域，我從中探索喜歡的領域，待畢業後繼續深造，比如我選擇了醫學，而我的共同創辦人就選擇了獸醫學。因為香港沒有像美國或加拿大一般提供醫學院預科（Pre-Med Track），公共衛生可作為醫療預科科目，讓你摸索自己的興趣和方向。我們希望讓更多人知道公開試以外報讀醫護科目的方法，讓他們有更為清晰的認知後才作出選擇。

Q：你同時獲得「2022/2023 陳啟昌伉儷鵬程創業獎」，請分享獲獎的原因或構思。

我非常慶幸同時獲得這個獎項，這個獎對我的意義非常重大，因為數年來我一直有一個健康產品的創業念頭，但一直沒有落實，一來是創業需要考量的事情很多，二來是醫科的課業壓力亦頗具挑戰，導致這個創業念頭一直都沒有變成現實。現在有幸獲得陳啟昌伉儷創業獎的支援，這無形地給予了我一種推行這個計劃的動力，我會善用這筆創業基金，把我在公共衛

clinical and research experiences for mature applicants compared to secondary school students. Therefore, we strive to provide support for clinical attachments and research internships, equipping students with the necessary skills and experiences to pursue their dreams.

Q: Is the idea of these services related to your academic background or experiences?

This concept is indeed related to my academic background and experiences. It was inspired by the guidance and support I received from my mentors in shaping my life plans. Their selfless sharing provided me with a clearer understanding of career paths and personal development. I also recognised that applying for the medicine programme, commonly referred to as the "best-ranked subject" in Hong Kong, is not limited to the traditional route of public examinations. I want to share this knowledge and experience with others who have the same aspirations.

Prior to studying medicine, I completed the Bachelor's degree programme in Public Health at The Chinese University of Hong Kong. During that time, I explored various healthcare fields involving prevention, treatment, and rehabilitation. Through this exploration, I discovered my areas of interest. After graduation, I continued my studies in medicine, while my co-founder pursued veterinary medicine. In Hong Kong, unlike the United States or Canada, there is no pre-medical programme offered by the universities in Hong Kong. However, public health serves as a good preparatory course for other healthcare academic programmes, allowing individuals to explore their interests and clarify their directions. We aim to make more people aware of alternative ways for pursuing medical and healthcare subjects other than public examinations, enabling them to make informed choices based on a clearer understanding.

Q: You also received "Mr. & Mrs. Eddy Chan Overseas Entrepreneur Award 2022/2023." Could you share with us your idea about this entrepreneurial idea?

I am grateful to have received "Mr. & Mrs. Eddy Chan Overseas Entrepreneur Award 2022/2023." This award is significant for me because I have had an entrepreneurial idea in the health product industry for several years, but I struggled to bring it to fruition. There are lots of considerations involved in starting a business, in addition to the demanding nature of my medical studies, which made it challenging to realise my entrepreneurial aspirations. Now, with the support of the award, I have been highly motivated to pursue this venture. I will make good use of the funding provided and transform my knowledge of public health and medicine into useful



二〇二二年八月下旬，「Been There Before 醫療學科師友計劃」舉行了開幕交流會，讓導師與學員互相認識，交流報讀醫護課程的心得。

In late August 2022, "Been There Before" held an opening mixer for the mentorship programme, allowing mentors and students to get to know each other and share their experiences in pursuing healthcare programmes.

生及醫科方面的知識轉化為有用的健康產品，以改善都市人的亞健康問題。

Q：你現時主修醫科，加上你有公共衛生的資歷，畢業後你想實踐甚麼理想？

畢業後，我希望成為醫生和公共衛生學者，將這兩個專業結合，發揮所長。臨床醫學和公共衛生的知識是相輔相成的，公共衛生的培訓除了訓練我專注於個體治療為主的思維，亦能從更宏觀的角度思考健康問題；而臨床醫學能提供完整的人體科學和病理知識，讓我有充足的健康認知，兩者的培訓提供了紮實的基礎，讓我畢業後可實踐這兩個理想。

Q：你如何利用這兩筆獎學金呢？

兩筆獎學金對於我來說都是彌足珍貴的，所以我會珍而重「用」之。我會將「陳啟昌伉儷鵬程創業獎」的獎金用於我的健康產品前期研發上，例如定制一些樣品作測試；另一方面，我會用「全國基督教大學同學會卓越服務獎學金」於機構的服務維護，如網站費用和其他服務的開發，希望惠澤更多同學。

health products, in the hope of improving the well-being of sub-health status of urban dwellers.

Q: You are currently majoring in medicine and have a qualification in public health. What goals do you want to pursue after graduation?

After graduation, I aspire to become a medical practitioner and public health specialist, combining both professions to make a positive impact. The knowledge of clinical medicine and public health is complementary. Public health education has not only trained me to focus on individual treatment but also enabled me to think about health issues from a broader perspective. On the other hand, clinical medicine provides comprehensive coverage of human physiology and pathology, equipping me with a solid foundation of health knowledge. With the training in these two healthcare fields, I am well-prepared to pursue my goals.

Q: How would you use the scholarships?

Both scholarships are precious to me. I will utilise them meaningfully. For "Mr. & Mrs. Eddy Chan Overseas Entrepreneur Award," I will allocate the funds to my initial research and development of health products. This may include customising samples for testing and refining the product concept.

On the other hand, the "CCUAA Outstanding Service Scholarship" will be used to support the service maintenance of the "Been There Before" programme. This could cover website expenses and development of other services to benefit more students.



未圓湖畔天倫樂

潘銘基教授

中國語言及文學系

本來是去年要發生的事情，今年終於發生了。

未圓湖有候鳥，也有留鳥；有哺乳類動物，也有昆蟲、魚兒。有時候，會聽到翠鳥尖銳高頻的叫聲，聚集成群嘈吵的黑臉噪鷗，響亮多變的黑領棕鳥，以及夜鷺、池鷺等，這些都是未圓湖的常客。我們一家人特別喜歡的都不是這些，而是時而走路，時而掠水面而飛，更多時候是在湖畔散步的白胸苦惡鳥。

白胸苦惡鳥的名字源出於其叫聲，像普通話「苦惡、苦惡」而得名。白胸苦惡鳥還有另外一個名字，那便是白腹秧雞。白胸苦惡鳥並不罕見，在沼澤、池塘、河邊等，皆可覓得其蹤影。因此，在未圓湖得見牠們的芳蹤，一點也不困難。

難得一見的是其築巢、孵蛋、育雛的過程。

去年五月底，我們曾經在未圓湖看到一雙白胸苦惡鳥。其中一隻辛勞地在未圓湖的不同位置找來樹枝和枯葉，然後小心翼翼地踩著垂往湖面的椗枝，修補著鳥巢。另一邊廂，有一隻白胸苦惡鳥幾乎動也不動，耐心地孵蛋。如斯景象，覽之使人明白，必然是巢裡有鳥蛋，假以時日小鳥便當破殼而出，繼續在未圓湖畔生活。可惜的是，即使我們連續十多天持續觀察，間中亦見巢中的白胸苦惡鳥輕微的移動身體，卻始終沒有看到孵出的幼鳥。而且，白胸苦惡鳥將鳥巢築在湖邊一棵椗枝延伸到湖面的樹上，這裡不時可見聚精匯神而虎視眈眈的夜鷺和池鷺。牠們都很有可能危害到鳥巢的安全。經過了一輪風雨不改的守候，我們發現白胸苦惡鳥所築鳥巢不再完整，且漸漸散開，兩隻成年的白胸苦惡鳥也沒有再回到鳥巢。相信鳥蛋並沒有成功孵化，也就代表我們無緣一見幼雛！

Happy Family at Lake Ad Excellentiam

Professor Poon Ming Kay

Department of Chinese Language and Literature

At last, it really happened; however, it should have occurred last year.

There are migrant and resident birds, mammals, insects, and fish in Lake Ad Excellentiam. Sometimes, we hear the sharp tweets of kingfishers, loud noises of a flock of masked laughingthrushes, varying sonorous tunes of black-collared starlings, as well as black-crowned night herons and Chinese pond herons, among others. All of them are the lake's regular visitors. What our family truly appreciates are not these species, but the white-breasted waterhens walking on the land or flying over the lake at times. We can see them often strolling along the lakeshore.

The Chinese name of white-breasted waterhens, "bai xiong ku è niao" ("bai xiong" and "niao" mean "white-breasted" and "bird" respectively), in which the Putonghua pronunciation of "ku è", is the onomatopoeia associated with their chirping sounds. They also have another Chinese name, "bai fu yang ji" ("bai fu" and "yang ji" mean "white-bellied" and "Rallidae" respectively). White-breasted waterhens are not rare and can be found in swamps, ponds, and riversides, among others. Therefore, we can always see them wandering around Lake Ad Excellentiam.

Observing their nesting, incubating, and brooding process is a once-in-a-lifetime experience.

In late May last year, we observed a pair of white-breasted waterhens. One of them had searched around Lake Ad Excellentiam for tree branches and rotten leaves drudgingly, and carefully stepped on the twig hanging down towards the lake surface to repair their nests. On the other hand, the other one was hatching patiently and appeared to be nearly motionless. Being aware of this, we were clear that some eggs had been hatched in the nest. One day, birdies would break out of their shells and stay in Lake Ad Excellentiam as their habitat. Even though we had observed them for some ten consecutive days, it was a pity that we could only see the white-breasted waterhens moving slightly in their nest. No birdies could be seen. Besides, the white-breasted waterhens built their nest in a tree at the lakeshore with its twig extending



未圓湖有著明晰的四季，而且不必使用溫度與濕度以證成，觀察這裡的鳥獸蟲魚便可知。二〇二三年的六月份的一個中午，陽光普照，大學生已經在放暑假，未圓湖畔顯得份外的清幽。從前，我住宿在應林堂，每次從大學港鐵站步行回宿舍的時候，甚少走車站路，而是取道未圓湖（當年只稱荷花池）畔的小徑。中文大學外面是煩囂的世界，校園環境與校外截然不同。經過未圓湖而回到宿舍，由宿舍經過未圓湖而到達港鐵站，未圓湖都充分發揮了她洗滌心靈的作用。六月二十八日的這天，開車走在池旁路上，緩緩前行之際，發現在無憂樹附近的草地，居然出現了兩隻白胸苦惡鳥，以及四個移動中的小黑點。定睛一看，這四個小黑點毫無疑問便是白胸苦惡鳥的幼雛。

當然，我在開車，司機要全神貫注路面狀況，雛鳥並非我所發現，而是坐在後排的女兒。看到白胸苦惡鳥的幼雛，她十分興奮，立即致電告訴媽媽，卻緊張得有點語無倫次。我們也沒有立刻下車，而是回家帶同攝影工具，再回到未圓湖拍攝白胸苦惡鳥一家的動態。

拍攝野生動物，以不打擾牠們的生活為最重要的原則。回到未圓湖畔，我們停留在池旁路的欄杆附近，與育兒中的白胸苦惡鳥保持適當的距離，觀察牠們的一舉一動。過去我們在未圓湖經常可見白胸苦惡鳥，但牠們的警覺性高，稍加接近便立刻四散。育雛期間的白胸苦惡鳥則不同，幼鳥在草地上學習走路、覓食（白胸苦惡鳥的食物包括昆蟲、螺、種子等），雙親則一直從旁觀察。有時候，一隻幼鳥走得較遠，發現了，便立刻跑回雙親的身邊。未圓湖是一個人與動物植物共融的公共空間，暑假裡雖然人流不多，但每當有人路過無憂樹至落羽杉的一段湖畔之時，白胸苦惡鳥們無論老幼還是會跑到大紅花灌木叢裡稍為躲避，在遊人離開後，便又重新出來四處觀察。

我們看見了四隻幼雛，可惜的是在鏡頭下沒有成功全數捕捉。白胸苦惡鳥幼鳥仿如宮崎駿電影《龍貓》裡的煤炭屎鬼，全身長著黑色的絨羽，在日後換羽的過程中，先會長為亞成鳥，再長大為成鳥，羽毛的顏色則一直在變化中。這次在未圓湖觀察白胸苦惡鳥，除了成鳥和幼鳥以外，還在方樹泉樓後方的草地上看到了一隻亞成鳥。亞成鳥有時仍然會跟隨父母活動，並幫忙育雛；然而，我們沒有看到這隻白胸苦惡鳥亞成鳥協助照顧弟妹，但正見牠在拍翼練習，準備展翅高飛。「學」然後「習」，「習」每每比起「學」更為重要。宋代朱熹在訓解《論語》「學而時習之」句的「習」字說：「習，鳥數飛也。學之不已，如鳥數飛也。」幼鳥總有學習飛翔的過程，「習」便是鳥兒拍翼的模樣。白胸苦惡鳥亞成鳥在未圓湖畔拍翼練習，如同莘莘學子在校園裡學然後習，然後所學才有所成。亞成鳥在這裡習飛，大學生在湖畔的牟路思怡圖書館複習課堂上的講授，委實天衣無縫。

聯合國在二〇一五年提出了「永續發展目標」，這些目標合共有十七個，其中第十四項是保育海洋生態，第十五項是保育陸域生態。白胸苦惡鳥能夠在優美寫意的校園環境下孕育其下一代，在未圓湖裡暢泳，在湖面飛翔，在湖畔覓食，涵蓋水陸，也算是為了生態永續發展畫上了活靈活現的一筆！

over the lake surface, where we could always see some black-crowned night herons and Chinese pond herons casting their greedy eyes on that nest raptly. They might likely cause damage to the nest. After a long waiting period regardless of the weather, we found out that the nest of the white-breasted waterhens was no longer intact and gradually broke into pieces. The two adult birds never returned to their nest. It is believed that their hatching turned out to be in vain and we were not able to see their offspring at last!

Lake *Ad Excellentiam* has four distinct seasons, which need not be verified by means of temperature and humidity but observing the animals there. On a sunny afternoon in June 2023, when university students were already on vacation, Lake *Ad Excellentiam* appeared to be exceptionally tranquil and secluded. I used to live in Ying Lin Tang. Whenever I went to the hostel from the University Station, I would walk on the path along the shore of Lake *Ad Excellentiam* (known as Lotus Pond at that time). Outside The Chinese University of Hong Kong is a world of hustle and bustle. There is a stark contrast between the serene campus and the busy cityscape. When one walks back and forth between the hostel and the University Station through Lake *Ad Excellentiam*, the lake plays a significant role in cleansing and purifying our minds. On 28 June, when I drove my car along Pond Crescent gradually, I was surprised to discover that there were two white-breasted waterhens and four moving little black objects on the grassland near an Ashoka tree. I stared at these objects attentively and was sure that they are the birdies of the white-breasted waterhens.

Of course, I had to focus on driving and stay alert to traffic conditions. Therefore, it was not I but my daughter sitting at the back who had noticed the birdies. At that time, she was utterly excited and got a bit flustered when telling her mum about it on the phone. We did not get out of the car immediately but went home to get photography tools. Afterwards, we returned to Lake *Ad Excellentiam* to take some photos of the white-breasted waterhen family.

When I capture wild animals, the vital principle is not causing a disturbance to their life. When we returned to Lake *Ad Excellentiam*, we were standing by the balustrade at Pond Crescent, observing every move of the white-breasted waterhens which were busy taking care of their birdies at a proper distance. We often saw this species in Lake *Ad Excellentiam* in the past. However, they remained highly vigilant and would fly away immediately if we came slightly closer. Having said that, those birdies of white-breasted waterhens are different. They learn how to walk on the grassland and find food (such as insects, snails, and seeds), and their parents keep observing them on the sidelines. Sometimes, when a birdie finds out that it has walked slightly farther away, it will run back to its parents shortly. Lake *Ad Excellentiam* is a common hub for people, animals, and plants to interact with one another harmoniously. In summer, there are not many people though, when visitors walk past the lakeshore with Ashoka trees and deciduous cypress growing alongside, all water-breasted waterhens, no matter young or mature, will hide themselves in the shrubs of Chinese Hibiscus. Once the visitors leave, they will come out and observe their surroundings again.

We had seen four birdies so far; however, we failed to capture all of them by camera. These birdies are like the Dustbunnies in Miyazaki Hayao's *My Neighbor Totoro*. Their entire bodies are covered with black feathers. During the moulting process, they transform themselves into subadults and adults subsequently, and the colour of their feathers keeps varying. When we observed the white-breasted waterhens, apart from adult birds and birdies, we also saw a subadult bird on the grassland behind the Fong Shu Chuen Building. Sometimes, subadult birds still accompany their parents and help them tend to birdies. Nevertheless, this subadult bird did not take care of their siblings. We saw it practising how to flap its wings. It tried to spread its wings and fly. When we learn and practise, practising is always more important than learning. Zhuxi of the Song Dynasty elucidated the implication of "practising" in "Learning and practising ('*xue er shi zhi*') as stated in *Analects of Confucius*. He said, "Practising is like birds learning how to fly. Learning and practising ongoingly is like birds learning and practising how to fly by flapping their wings continuously (as advocated in *Analects of Confucius*, learning from and imitating the behaviour of predecessors ceaselessly)." Birdies must undergo the process of learning how to fly, and "practising" refers to the ways that birds flap their wings. The subadults of white-breasted waterhens practise flying at the shore of Lake *Ad Excellentiam* by flapping their wings, which is like students learning and practising, and making achievements thereafter. The subadult bird was practising how to fly at Lake *Ad Excellentiam* while university students were doing their revision in the Elisabeth Luce Moore Library by the lakeshore. What a divinely-inspired moment!

The United Nations proposed "Sustainable Development Goals" in 2015. There are a total of 17 goals, among them the 14th refers to ocean ecosystem conservation, and the 15th terrestrial ecosystem conservation. White-breasted waterhens can produce offspring in such a graceful campus and swim freely in Lake *Ad Excellentiam*. They glide over the lake and find food along the lakeshore, enjoying their lives in both water and on the land, which can be said to spice up the ecology and sustainable development!



東張西望的幼雛

The birdies are looking everywhere out of curiosity



(上圖) 崇基學院七十二週年感恩崇拜 暨 關美寶院長就職典禮於十月二十七日舉行，崇基學院校董會主席陳德霖博士主禮院長就職典禮。

(Top) The 72nd Anniversary of Founders' Day Thanksgiving Service and Inauguration Ceremony of Professor Kwan Mei Po as the Head of Chung Chi College was held on 27 October 2023. Dr. Chan Tak Lam Norman, Chair of Board of Trustees, was the celebrant of the ceremony.

(下圖) 同場亦舉行由崇基學院院長關美寶教授與道揚書院院長呂宗力教授主禮的香港中文大學崇基學院及香港中文大學（深圳）道揚書院締結姊妹書院簽約儀式。

(Bottom) Professor Kwan Mei Po, Head of Chung Chi College, CUHK; and Professor Lu Zongli, Master of Ling College, CUHK-Shenzhen officiated at the signing ceremony for Sister College Collaboration between Chung Chi College and Ling College at this Thanksgiving Service.

(上圖) 關美寶院長於就職典禮中致辭。

(Top) Professor Kwan Mei Po delivered a speech at the Inauguration Ceremony.

(下圖) 香港中文大學（深圳）思廷書院院長陳永勤教授向崇基學院致送紀念品祝賀學院七十二週年紀念，由崇基學院院長關美寶教授代表接受。

(Bottom) Professor Chen Yongqin, Master of Muse College, CUHK-Shenzhen, presented a souvenir to Chung Chi College for celebrating the College's 72nd Anniversary. Professor Kwan Mei Po, Head of College, received the souvenir on behalf of the College.



崇基校慶學生節由十月二十日起至十月二十七日舉行，學生節籌委會舉辦了一系列活動，包括嘉年華、舞會、環校跑及千人宴等，慶祝學院七十二週年，與一眾師生校友同樂。

A week-long Founders' Day Student Festival started on 20 October 2023. The Executive Committee of the Student Festival organised a series of activities, including a carnival, a dancing party, Round-Campus Run, and Thousand People Feast, among others, for celebrating the anniversary of the College with students, staff, and alumni.



1. 崇基校友會於十月二十八日「崇基校友日」下午舉行「校友與獲授勳及嘉獎崇基人茶聚」。十位於二〇二〇至二〇二二年度獲香港特區政府頒授勳章及嘉獎的崇基人出席，並與校友和學生分享他們服務社會的經驗。

"Alumni Tea Reception with Awarded Chung Chi-ers" organised by the Chung Chi College Alumni Association (CCCAA) was held in the afternoon of 28 October 2023 on the Chung Chi Alumni Day. Ten College alumni and teachers accorded awards in the 2020-2023 Honours Lists of the HKSAR Government attended the tea reception and shared their experience in serving the public and community.

2. 第六十六屆崇基陸運會於十月二十六日在夏鼎基運動場舉行。
The 66th Chung Chi College Athletic Meet was held on 26 October 2023 at the Sir Philip Haddon-Cave Sports Field.

3. 首場「文化衝擊系列：舌尖上的世界」於十一月二日在利樹培堂舉行，本地生及非本地生透過品嚐來自世界各地的小食，認識不同國籍的新朋友。

The first round of "Cultural Shock: Food Dialogue" was held in Lee Shu Pui Hall on 2 November 2023. Local and non-local students explored some local snacks from around the world and met new friends of different nationalities.

4. 牧靈關顧委員會於十月二十六日舉辦午餐聚會，香港獨立電影監制任硯聰先生以「光影裡的信仰」為題作分享。
The Pastoral and Spiritual Care Committee held a luncheon talk on 26 October 2023. Mr Peter Yam, a Hong Kong-based independent film producer, shared on the topic "The Spirituality of a Film Producer".



(上圖) 學院於十月十七日舉行青年領袖獎啟動禮，標誌獎學金計劃正式展開。(左起) 伍燕儀女士、葉楊詩明女士、陳德霖博士、關美寶教授，以及何志明教授主持啟動禮。

(Top) The Young Leaders Award Launch Event was held on 17 October 2023, marking the launch of the scholarship programme. (From left) Ms. Ng Yin Yee Angel, Mrs. Christine Ip, Dr. Chan Tak Lam Norman, Professor Kwan Mei Po, and Professor Ho Chi Ming officiated at the launch event.

(下圖) 主禮嘉賓與得獎同學大合照。

(Bottom) Group photo of the officiating guests and awardees.



(上圖) 十一月十二日，上海財經大學與崇基學院舉行合作交流簽約儀式，由崇基學院院長關美寶教授(左二)、上海財經大學港澳臺事務辦公室副主任丁冬教授(左三)簽訂合作與交流備忘錄；並由上海財經大學姚玲珍副校長(左四)、上海財經大學香港校友會會長郭碧蓮博士(左一)陪同見證。

(Top) The MOU signing ceremony for collaboration between the Shanghai University of Finance and Economics (SUFE), China and Chung Chi College was held on 12 November 2023. Professor Kwan Mei Po, Head of College (2nd left), and Professor Ding Dong, Deputy Director, Hong Kong, Macao and Taiwan Affairs Office, SUFE (3rd left), signed the MOU. Professor Yao Lingzhen, Vice President of SUFE (4th left), and Dr. Barbara Kwok, President of SUFE Hong Kong Alumni Association (1st left), witnessed the signing ceremony.

(下圖) 關美寶院長與崇基校友及行政人員到訪香港中文大學上海中心，與中大上海校友會蘇雄會長(左四)及上海校友交流。

(Bottom) Professor Kwan Mei Po, Head of College; Chung Chi alumni; and College administrative staff visited the CUHK Shanghai Centre, and exchanged insights with Mr. So Hung Raymond (4th left), President of the CUHK Alumni Association in Shanghai (CUHKAAS), and the alumni in Shanghai.



崇基校董會主席獲頒中大榮譽博士學位



College Trustee Chairperson Conferred CUHK Honorary Doctorates

香港中文大學第九十二屆大會（頒授學位典禮）於本年十一月九日舉行，共三位對中大及社會有卓越貢獻的傑出人士獲頒榮譽博士學位，當中包括崇基校董會主席陳德霖博士。陳德霖博士是香港金融管理局（金管局）前任總裁，上世紀九十年代初期金管局草創時期擔任助理總裁，直至二〇一九年在總裁任上退休，對中大、崇基的發展，厥功甚偉。同仁謹致賀忱！

The 92nd Congregation for the Conferment of Degrees of CUHK was held on 9 November 2023. Three persons with remarkable contributions to society and the University, including College Trustee Chair Dr. Chan Tak Lam Norman, were honoured. Dr. Chan was the former Chief Executive of the Hong Kong Monetary Authority until he retired in 2019, and its Founding Executive Director in the 1990s. Our hearty congratulations!

崇基老師榮獲「全球最廣獲徵引研究人員」嘉譽



Chung Chi Teacher Named Highly Cited Researcher

醫學院莫慶堯醫學教授兼內科及藥物治療學系腸胃及肝臟科主任黃煒樂教授獲選為二〇二三年「全球最廣獲徵引研究人員」，此國際讚譽表彰在不同研究領域舉足輕重及影響深遠的研究人員。同仁謹致賀忱！

Professor Wong Wai Sun Vincent, Mok Hing Yiu Professor of Medicine and Head of the Division of Gastroenterology and Hepatology, Department of Medicine and Therapeutics has been named on the list of Highly Cited Researchers 2023. This recognition acknowledges researchers who have had an extensive impact in their fields of study. Our hearty congratulations!



學院新成員 New College Members



歡迎以下教職員於二〇二三年十月起加入崇基：

Our warm welcome to the following staff members who joined Chung Chi in October 2023:

鄭中博士 Dr. Cheng Chung Chester	翻譯系講師 Lecturer, Department of Translation
張穎珊博士 Dr. Cheung Wing Shan Charis	教育心理學系講師 Lecturer, Department of Educational Psychology
龔安童博士 Dr. Gong An Tong	心理學系講師 Lecturer, Department of Psychology
黃靈操教授 Professor Huang Lingcao	太空與地球信息科學研究所研究助理教授 Research Assistant Professor, Institute of Space and Earth Information Science
李玟霖教授 Professor Lee Hui Lin Daphnee	教育行政與政策學系副教授 Associate Professor, Department of Educational Administration and Policy
舒濤教授 Professor Shu Tao	馮景禧紀念金融學系講座教授 Fung King Hey Memorial Chair Professor of Finance
葉朗生博士 Dr. Yip Long Sang Kenny	物理學系講師 Lecturer, Department of Physics

「自然之境：抽象視覺的突破之美」 曾陳桂梅視覺藝術展

“Natural Realm: Unconventional Beauty of Abstract Visions”

Visual Art Exhibition by Carol Tsang



由崇基學院主辦之「自然之境：抽象視覺的突破之美」曾陳桂梅視覺藝術展將於龔約翰學生中心 LG4 展覽廳舉行。陳桂梅校友（一九八〇 / 社工）為澳洲皇家墨爾本理工大學純藝術碩士、英國皇家攝影學會院士、日式花道草月流派藝術家及香港中文大學崇基學院校董。本科畢業後從事社會工作，後因興趣而潛心藝術創作三十多年，涉獵範疇包括陶藝、繪畫、花道、攝影、玻璃藝術、裝置等。一九九〇年起多次參與聯展，二〇〇一年開始舉辦多個個人創作展覽。陳校友興趣廣泛，除藝術外，亦熱愛高球和單車運動；更關心教育和社會，曾屢次參與慈善義賣展覽，捐出她的作品作慈善用途。是次展覽中，陳校友混合攝影、繪畫和日式花道，以創新的藝術表現手法展現她對大自然的感悟與生命的熱情；展覽同時為崇基學院「E 座重建計劃」（E 計劃）籌款，以增建師生校友適用的多元活動空間，推動跨界人才交流，促進學生全人發展。

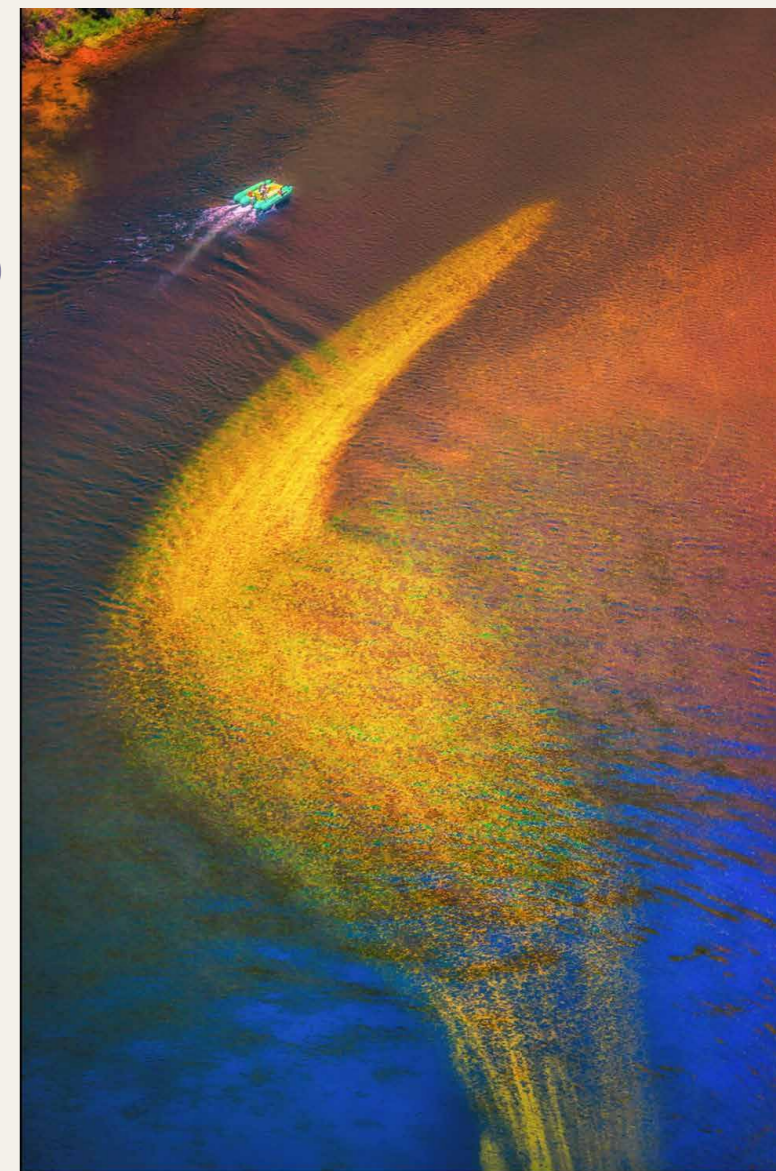
歡迎出席十二月一日（星期五）舉行之展覽開幕禮，如蒙撥冗蒞臨，請於展覽網頁 www.cuhk.edu.hk/ccc/art/natural-realm/tc 填寫網上回條。如您未克親臨開幕禮和展覽，亦歡迎瀏覽網頁上的展覽資訊和支持 E 計劃的方式，詳情將於開展後公布。

“Natural Realm: Unconventional Beauty of Abstract Visions” Visual Art Exhibition by Carol Tsang will be staged at LG4 Gallery, Kunkle Student Centre, Chung Chi College.

Mrs. Carol Tsang (1980/ Social Work) has obtained a Master's degree in Fine Art at RMIT Australia, and is Associate of the Royal Photographic Society of Great Britain Artist of the Sogetsu School of Ikebana, and Member of the Board of Trustees of Chung Chi College, The Chinese University of Hong Kong. Having devoted herself to art creation for over three decades, Carol strives to explore multiple art forms such as ceramics, painting, flower arrangement, photography, art glass, and installations. Her works have been well received in a rich array of joint exhibitions since 1990 and solo exhibitions since 2001.

Besides being an artist, Carol is also a golfer, a cyclist, and a generous benefactor who actively participates in charity exhibitions and sales. This exhibition showcases Carol's novel expressions of nature and life with the seamless blend of photography, painting, and the Sogetsu School of Ikebana. The artworks exhibited will be donated for the fundraising campaign of Chung Chi's Block E Redevelopment Project (Project E), which aims to build more diverse functional spaces for teachers, students, and alumni; and promote the exchange of talents across disciplines, demonstrating her wholehearted support to the holistic development of Chung Chi students.

All are welcome to the Opening Ceremony on 1 December 2023! Please fill in the online form on the event webpage www.cuhk.edu.hk/ccc/art/natural-realm. If you are unable to come to the Opening Ceremony and the Exhibition in person, you are welcome to visit the event webpage for more details and ways to support Project E, which will be announced when the exhibition starts.



開幕典禮 Opening Ceremony	
日期 / 時間 Date / Time	1/12 (星期五 Friday) 4:30 pm
地點 Venue	崇基學院龔約翰學生中心 LG4 展覽廳 LG4 Gallery, Kunkle Student Centre, Chung Chi College
主禮嘉賓 Officiating Guests	陳德霖博士 (崇基學院校董會主席) Dr. Norman Chan (Chair, Board of Trustees, Chung Chi College) 曾陳桂梅女士 (崇基學院校董及藝術家) Mrs. Carol Tsang (Chung Chi College Trustee & Artist of the Exhibition) 張丁元先生 (藝術家特別嘉賓、香港佳士得二十及廿一世紀藝術部亞太區主席) Mr. Eric Chang (Special Guest of Artist; Chairman, 20 th /21 st Century Art, Asia Pacific, Christie's) 關美寶教授 (崇基學院院長) Professor Kwan Mei Po (Head of Chung Chi College)
展覽詳情 Opening Hours	
日期 Dates	27/11 – 9/1
開放時間 Opening Hours	星期一至五 Monday to Friday 9:00 am – 9:30 pm 星期六 Saturday 9:00 am – 1:00 pm 星期日及公眾假期休息 Closed on Sunday and Public Holidays
查詢 Enquiry	3943 9698/ 3943 6444

牧靈關顧委員會十一月午餐聚會

Luncheon Talk of Pastoral and Spiritual Care Committee

牧靈關顧委員會將舉辦教職員生活午餐會講座，詳情如下：

Pastoral and Spiritual Care Committee will organise a Staff Social Luncheon Gathering with details as follows:

日期 Date / 時間 Time	23/11 (星期四 Thursday) 12:30 – 2:00 pm
地點 Venue	崇基學院禮拜堂活動中心 Activity Centre, Chung Chi College Chapel
講題 Topic	博雅教育與中國基督教大學的故事 Liberal Arts and the Legacy of China's Christian Universities
主講嘉賓 Speaker	許美德教授 (加拿大多倫多大學安大略教育研究院教授) Professor Ruth Hayhoe (Professor of Department of Leadership, Higher and Adult Education, Ontario Institute for Studies in Education, University of Toronto, Canada)
語言 Language	英語及廣東話 English and Cantonese
報名 Registration	https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13676901 
查詢 Enquiry	林女士 Ms. Lam – 3943 6982 / chaplaincy@cuhk.edu.hk

崇基學院教職員聯誼會新任執行委員會名單

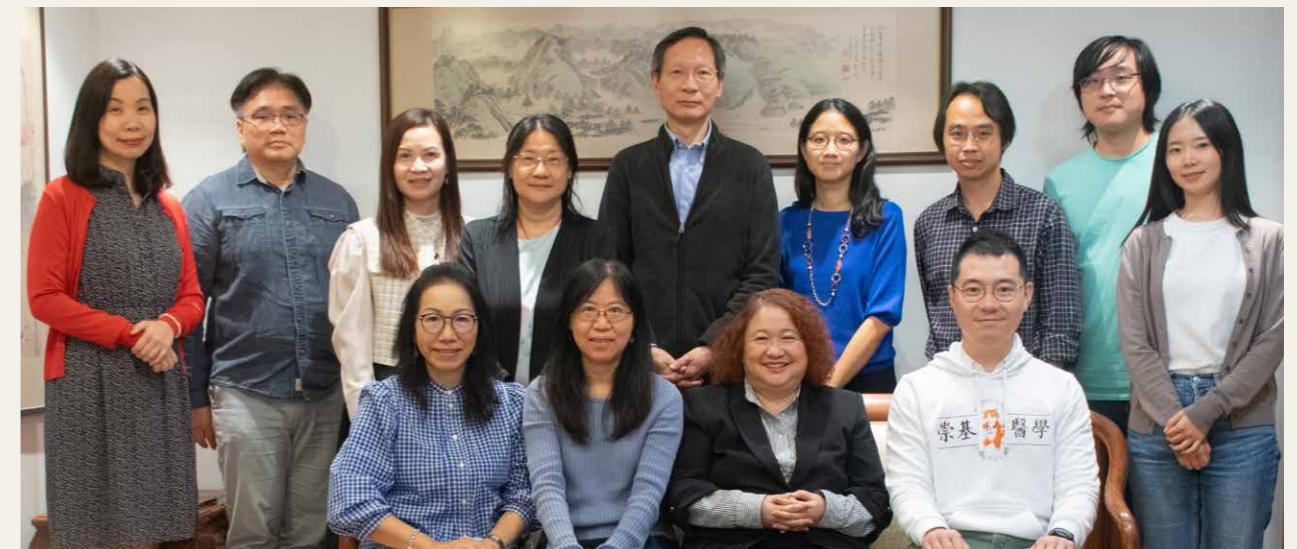


Newly Elected Executive Committee of College Staff Club

崇基學院教職員聯誼會二〇二三 / 二四年度執行委員會各成員經已選出。新任執行委員之名單如下：

The Chung Chi College Staff Club Executive Committee 2023/24 has been established. The office-bearers are as follows:

主席 Chairperson	李慧瑩博士 Dr. Lee Wai Ying Joanna
副主席 Vice-Chairperson	盧厚敏博士 Dr. Lo Hau Man
財政 Treasurer	吳碩南教授 Professor Ng Shek Nam Marques
小組召集人 Task Group Convenors	
膳食服務及會所管理 Catering Services and Clubhouse Management	黃麗鏗教授 Professor Wong Lai Ngok Jocelyn
文化及社交活動 Cultural and Social Activities	黃蔚皓教授 Professor Wong Wai Ho Savio
會籍及福利 Membership and Welfare	林邦源教授 Professor Lam Pong Yuen Howard
蘭苑管理 Orchid Lodge Management	殷浩輝博士 Dr. Yin Ho Fai Hoover
委員 Members	關子涵教授 Professor Kan Zihan 吳斐然教授 Professor Ng Fei Yin Florrie 黃澤虹女士 Ms. Wong Chak Hung Nowell
院務主任暨學院代表 College Secretary as College Representative	張美珍博士 Dr. Cheung Mei Chun Jane
秘書 Secretary	湯泳詩博士 Dr. Tong Wing-sze



院長關美寶教授 (前排左三) 與教職員聯誼會二〇二三 / 二四年度新一屆執行委員會委員合影，委員包括 (前排左一、二及四) 學院代表張美珍博士、主席李慧瑩博士、財政吳碩南教授、(後排左起) 秘書湯泳詩博士、副主席盧厚敏博士、黃澤虹女士、黃麗鏗教授、林邦源教授、吳斐然教授、黃蔚皓教授、殷浩輝博士和關子涵教授。

Professor Kwan Mei Po (3rd left, front row) took a photo with the members of the Staff Club Executive Committee established for year 2023/24, including (1st, 2nd, and 4th left, front row) Dr. Cheung Mei Chun Jane, College Secretary; Dr. Lee Wai Ying Joanna, Chairperson; Professor Ng Shek Nam Marques, Treasurer; (from left, rear row) Dr. Tong Wing-sze, Secretary; Dr. Lo Hau Man, Vice-Chairperson; Ms. Wong Chak Hung Nowell; Professor Wong Lai Ngok Jocelyn; Professor Lam Pong Yuen Howard; Professor Ng Fei Yin Florrie; Professor Wong Wai Ho Savio; Dr. Yin Ho Fai Hoover; and Professor Kan Zihan.

崇基秋冬靚湯午餐會



Chung Chi Fall Winter Soup Lunch

崇基教職員聯誼會文化及聯誼活動專責小組將舉辦秋冬靚湯午餐會，詳情如下：

The Staff Club and its Cultural and Social Activities Task Group will organise the Fall Winter Soup Lunch with details as follows:

日期 Date / 時間 Time	29/11 (星期三 Wednesday) 12:45 – 2:00 pm	
地點 Venue	教職員聯誼會會所餐廳 College Staff Club Clubhouse Restaurant	
費用 Fee*	聯誼會會員、其首位家人及首位嘉賓 Staff Club Member, First Family Member or Guest	HK\$ 78
	崇基教職員、其首位家人及首位嘉賓 College Member, First Family Member or Guest	HK\$ 88
	其他嘉賓 Other Guest(s)	HK\$ 156
流程 Rundown	飲湯 Soup Time 食飯 Enjoy your Lunch 傾計 Chit-chat with CC-ers	
報名 Registration	https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13677816	
截止日期 Deadline	27/11 (星期一 Monday)	
查詢 Enquiry	謝先生 Mr. Benny Tse – 3943 0894 / bennytse@cuhk.edu.hk	
備註 Remarks	* 一經報名，費用將不獲退還 Fee is in general not refundable once registration is confirmed	

「佳音飄飄處處聞」：校園報佳音活動



“Go, Tell It On The Campus”: Campus Carolling

每年聖誕佳節，校牧室都會聯同各學生基督徒團體舉辦「佳音飄飄處處聞」校園報佳音活動。屆時，參加者將會穿上詩班袍並手持燭光，前往校園各處獻唱聖誕佳音，分享聖誕的喜悅。歡迎所有教職員及學生參加。

Every year at Christmas, the Chaplain's Office and student Christian groups will jointly organise a campus carolling event “Go, Tell It On The Campus”. Participants, in red chorister gowns with candle-light in hand, will be singing Christmas carols around the university campus. Staff and students are welcome.

日期 Date / 時間 Time	14/12 (星期四 Thursday) 5:00 – 7:00 pm
地點 Venue	文化廣場 Culture Square
報名 Registration	林先生 Mr. Lam – 3943 4301 / walterlam@cuhk.edu.hk
簡介會 Briefing	崇基禮拜堂地下活動中心 Activity Centre, Chung Chi College Chapel 11/12 (星期一 Monday) 6:00 pm

聖誕兒童聯歡會 Children's Christmas Party



崇基教職員聯誼會文化及聯誼活動專責小組和校友會將於十二月十六日（星期六）合辦「聖誕兒童聯歡會」，歡迎中大及學院教職員、校友，以及其親屬和友好參加，同度溫馨且歡樂的下午。活動詳情如下：

Chung Chi College Cultural and Social Activities Task Group of Staff Club and Alumni Association are jointly organising the “Children's Christmas Party” on 16 December 2023 (Saturday). All CUHK and College staff, alumni, and their family members are welcome to enjoy the party. Details are as follows:

日期 Date	16/12 (星期六 Saturday)
時間 Time	1:00 - 6:00 pm 魔術表演 Magic Show – 1:30 pm 開幕禮 Opening Ceremony – 2:00 pm
地點 Venue	崇基學院眾志堂 Chung Chi Tang, Chung Chi College
節目內容 Programme	魔術表演、與聖誕老人合照、攤位遊戲、卡通紋身貼、齊做小手工 Magic Show, Photo-taking with Santa Claus, Booth Games, Cartoon Temporary Tattoo Paper, Handiworks 以及更多精彩內容！ And more!
費用 Fee	3-12 歲小童每位入場費港幣 \$30 / HK\$30 per head for 3 to 12-year-old children 3 歲以下及 12 歲以上參加者免費 / Participants aged below 3 or above 12: Free
報名 Registration	https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13678001
截止日期 Deadline	13/12 (星期三 Wednesday)
查詢 Enquiry	謝先生 Mr. Benny Tse – 3943 0894 / bennytse@cuhk.edu.hk

將臨期燃燭禮

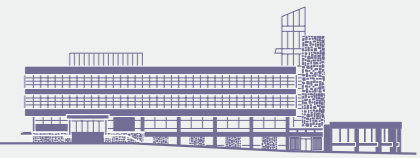


Candle Lighting Ceremony on the Advent

依照教會禮儀傳統，校牧室於「將臨期」期間，即由平安夜前之四個主日開始，於每一個主日崇拜燃點「將臨期」燭光，直至平安夜燭光崇拜。將臨期燃點之燭光，帶給我們以下的信息：第一個主日（十二月三日）「盼望之燭」、第二個主日（十二月十日）「信心之燭」、第三個主日（十二月十七日）「喜樂之燭」、第四個主日（十二月二十四日）「平安之燭」及平安夜（十二月二十四日）「基督之光」。「將臨期」一詞原拉丁文的意義為「來臨」，它有兩層重大的意義。第一，將臨期為紀念及慶祝基督的第一次降臨；第二，期待迎接基督於末世第二次的光榮降臨。將臨期的重點是慶祝基督道成肉身，降世為人，並展望基督的再來，懷著希望，對教會及社會有所建樹。歡迎崇基學院、中大員生及公眾人士參加。

According to the church etiquette tradition, during the “Advent Period”, the Chaplain's Office lights up the advent candlelight on the four Sundays before Christmas Eve. One candle will be lit up on each Sunday in Sunday Services and the Christmas Eve Candle Light Service.

The Advent candlelight brings us the following messages: First Sunday (3 December) “Candle of Hope”, Second Sunday (10 December) “Candle of Faith”, Third Sunday (17 December) “Candle of Joy”, Fourth Sunday (24 December) “Candle of Peace”, and Christmas Eve (24 December) “Light of Christ”. The original Latin



meaning of the word “Advent” is “coming” and it has two significant implications. The first is to commemorate and celebrate the first Advent of Christ; the second is to look forward to the second glorious coming of Christ in the last days. The focus of the Advent Period is to celebrate the incarnation of Christ to be born into the world and to look forward to the second coming of Christ with hopes, and to contribute ourselves to the church and society. The staff and students of Chung Chi College and CUHK, and the public are welcome to join us.

宣佈事項 ANNOUNCEMENT



崇基學院牟路思怡圖書館考試期間延長開放

Extended Hours of Chung Chi College Elisabeth Luce Moore Library during Exam Period

崇基學院牟路思怡圖書館將於學期末及考試期間延長開放時間，由二〇二三年十一月二十日至十二月二十一日之開放時間如下：

The Chung Chi College Elisabeth Luce Moore Library will extend its opening hours during the revision and examination period from 20 November to 21 December 2023 as follows:

	圖書館開放時間 Library Opening Hours	服務時間 Staffed Services	閱讀室開放時間 Reading Room Opening Hours
星期一至五 Mon – Fri	8:20 – 2:00 am (翌日 Next day)	8:20 am – 10:00 pm	每週七天二十四小時開放 Open 24 hours every day
星期六 Sat	8:20 – 2:00 am (翌日 Next day)	8:20 am – 7:00 pm	
星期日 Sun	9:00 – 2:00 am (翌日 Next day)	11:00 am – 7:00 pm	

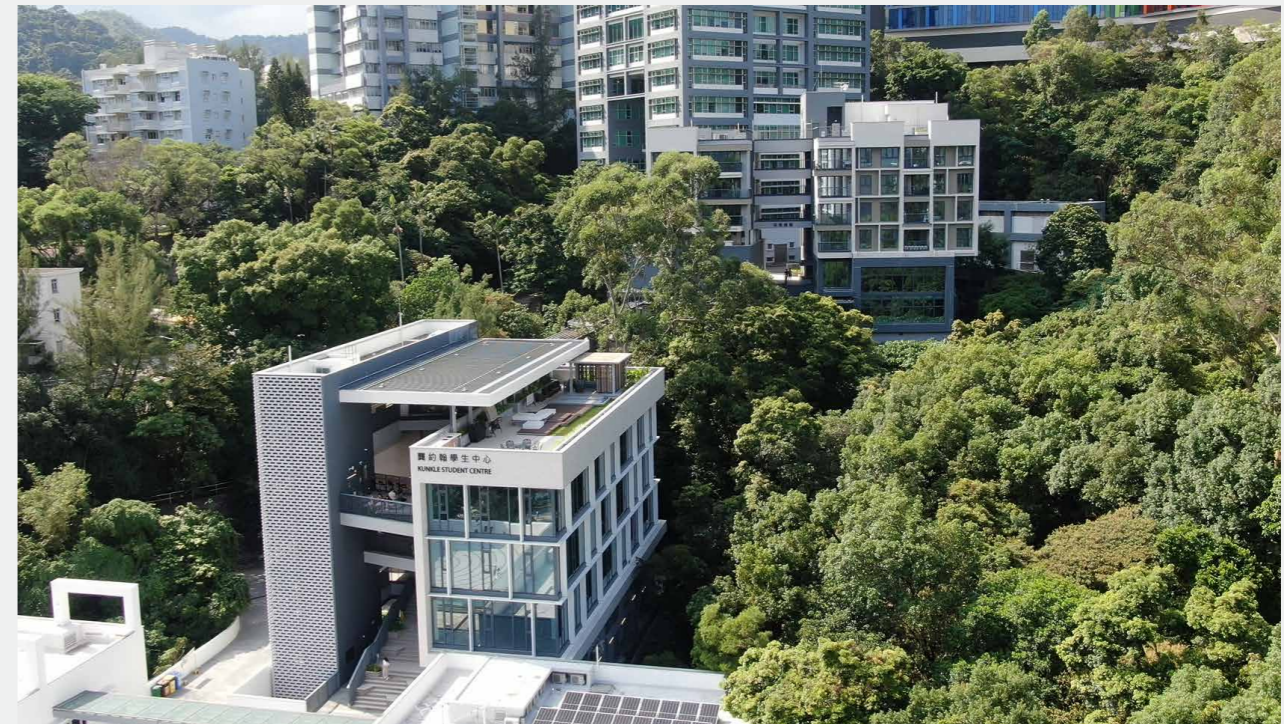
致哀 OBITUARY

本學院校董李國謙先生之母親李余愛喜女士於二〇二三年十月三十一日辭世，享年一百〇一歲。同仁謹致哀悼。

Mrs. June Li Yee Oy Hee, beloved mother of Mr. Li Kwok Heem John, a member of the College Board of Trustees, passed away on 31 October 2023 at the age of 101. Our deepest condolences to Mr. Li and his family.

「崇基學生發展綜合大樓」榮獲建築及環保大獎

“Chung Chi Student Development Complex” Honoured for its Architectural and Environmental Achievement



「崇基學生發展綜合大樓」落成短短一年，即以其卓越的可持續建築和環保設計贏得多個殊榮。除了獲頒「香港建築師學會優異獎（境內）—機構建築」、「香港建築師學會主題入圍獎—可持續建築」，大樓更勇奪由香港綠色建築議會和環保建築專業議會合辦的「環保建築大獎 2023」—新建築類別〔已落成項目—公用〕大獎！讓我們一起看看綜合大樓的綠色巧思：

The “Chung Chi Student Development Complex” completed in just a year has garnered several accolades for its outstanding sustainable architectural and environmental design. In addition to being awarded the “HKIA Merit Award of Hong Kong – Institutional Building” and “Finalist in HKIA Special Award – Sustainable Architectural” organised by the Hong Kong Institute of Architects, the Complex also won the Grand Award of “Green Building Award 2023” under New Building Category (Completed Projects – Institutional) co-organised by Hong Kong Green Building Council and Professional Green Building Council! Let’s take a look at the green concepts incorporated into the Complex:

- 融入現有崇基校園的自然景觀，減低開發過程中對自然的破壞。
The complex is seamlessly integrated into the existing Chung Chi Campus natural landscape in order to minimise damage to the nature during development.
- 提供超過 55% 的綠化面積並保留 75% 的現有樹木，將住宅區和教育區的二氧化碳排放量分別顯著減少了 30% 和 40%。
More than 55% of the greenery area is provided within the site and 75% of existing trees are preserved. CO2 emissions were significantly reduced by 30% and 40% in residential and educational areas respectively.
- 高滲透性的自然通風和採光。
High permeability for natural ventilation and sun-lighting is allowed to the building.
- 提升校園步行便利性，為師生打造綠色生活方式。
Campus walkability is enhanced, creating a green lifestyle for staff and students.
- 歡迎所有崇基友好親臨綜合大樓，欣賞這座充滿環保和可持續發展特色的新地標！
All friends of Chung Chi are welcome to visit the Complex and explore the sustainable and environmental features of this new landmark!

為方永平教授及關美寶院長舉行送舊迎新晚宴 以歌聲應援 E 計劃 Fond Farewell and Warm Welcome Banquet for Professor Fong Wing Ping and Professor Kwan Mei Po and Singing for Project E

崇基學院於十月二十日舉行「送舊迎新 感恩有您」至善好歌聲籌款晚宴，歡送卸任院長方永平教授及歡迎新任院長關美寶教授。逾一百二十名嘉賓出席晚宴，包括崇基校董會主席陳德霖博士、中大校長段崇智教授、崇基前院長李沛良教授及陳偉光教授、崇基校友會會長廖健華先生、中大和崇基成員及友好。

陳德霖博士於晚宴上感謝方永平教授多年來的努力和貢獻：「除了全力推動學生發展和培育，方教授在任期間更帶領崇基克服種種挑戰，其付出有目共睹。」他同時歡迎新任院長關美寶教授，並期待她以創新和前瞻的態度，帶領崇基更上一層樓。

方永平教授憶述他在院長生涯的點點滴滴，並表示十分享受在崇基的日子：「雖然身份有所改變，但我深信我和崇基的緣份是不會完結的。」

關美寶院長從方永平教授手上接過火炬，象徵接棒院長重任，將崇基的教育理念傳承下去。她將會盡心盡力引領學院邁步向前，培育具備「文武雙全、德才兼備、靈性修為」特質的學生。

當晚亦設「至善好歌聲」環節，為學院最新拓展項目「E 座重建計劃」（「E 計劃」）籌募經費。多位重量級嘉賓、教職員和校友粉墨登場，當中包括崇基校友及保安局局長鄧炳強先生及夫人、陳德霖主席、段崇智校長及關美寶院長等，為 E 計劃傾力演唱，使全場氣氛熾熱高漲。是次晚宴共籌得超過一百萬港元，成果令人振奮。

Chung Chi College held the “Fond Farewell and Warm Welcome” Singing for Excellence Fundraising Banquet on Friday, 20 Oct 2023, bidding farewell to Professor Fong Wing Ping, the immediate former College Head, and welcoming Professor Kwan Mei Po, the new College Head. Over 120 guests attended the banquet, including Dr. Chan Tak Lam Norman, Chair of CCC Board of Trustees; Professor Rocky S. Tuan, CUHK Vice-Chancellor and President; former College Heads, Professor Lee Pui Leung Rance and Professor Chan Wai Kwong Victor; Mr. Liu Kin Wa Kinson, Chair of CCC Alumni Association; and members of the University and supporters of the College.



方永平教授及關美寶院長進行交接儀式。
Professor Fong Wing Ping passed the torch to Professor Kwan Mei Po.



眾來賓大合照 Group photo of all guests

Dr. Norman Chan thanked Professor Fong Wing Ping for his effort and dedication over the years, “In addition to promoting excellence in student development and cultivation, Professor Fong has made significant contributions to Chung Chi and led the College to overcome various challenges.” He also welcomed Professor Kwan Mei Po as the new College Head, and shared his confidence to see the College scale new heights with Professor Kwan’s innovative and forward-looking approach.

Professor Fong recalled the precious moments during his tenure as College Head, “Although my role has changed, my connection with Chung Chi will never come to an end.”

Professor Kwan received the torch from Professor Fong, symbolising passing on the role of College Head and Chung Chi’s education mission. She aspired to drive the College forward and nurture students with attributes of “Excellence in Academics and Sports”, “Virtue and Talent” and “Spirituality Enhancement”.

In the Singing for Excellence session at the Banquet, which was to raise fund for the College’s latest development project, the “Block E Redevelopment Project” (“Project E”), a number of heavyweight guests, teaching and academic staff members, and alumni, including Mr. Chris Tang, CC alumnus and Secretary for Security and Mrs. Tang, Dr. Norman Chan, Professor Rocky Tuan, and Professor Kwan Mei Po, participated in singing and created a highly enthusiastic atmosphere. This banquet has raised more than HK\$1 million for Project E — an uplifting result for all concerned.



(左至右) 鄧炳強局長及夫人、陳德霖主席、段崇智校長及關美寶院長為來賓獻唱。

(left to right) Mr. Chris Tang and Mrs. Tang, Dr. Norman Chan, Professor Rocky Tuan, and Professor Kwan Mei Po sang for the guests.



20.11.2023
-19.12.2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	20 NOV	21	22	23	24	25
	13:30 午間心靈綠洲 Midday Oasis	18:00 瑜珈班 Yoga Class	17:00 領袖演講系列：面對新世代科技，年青人如何裝備？ Leadership Speakers series: How should the youth equip themselves in the era of new technology?	12:30 牧靈關顧委員會十一月午餐聚會 Luncheon Talk of Pastoral and Spiritual Care Committee 講題：博雅教育與中國基督教大學的故事 Topic: Liberal Arts and the Legacy of China's Christian Universities	11:30 週會 College Assembly 講題：順境不惰，逆境不妥 Topic: No Indolence in Prosperity, No Compromising in Adversity	
26	27	28	29	30	1 DEC	2
10:30 主日崇拜 Sunday Service 講題：主啊！我甚麼時候見到你呢？ Topic: Lord, When was It that We Saw You?	13:30 午間心靈綠洲 Midday Oasis	12:45 財務小組委員會會議 Finance Sub-committee Meeting 18:00 瑜珈班 Yoga Class	12:45 崇基秋冬靚湯午餐會 Chung Chi Fall Winter Soup Lunch		11:30 週會 College Assembly 講題：逆流大導，電影攻心 Table for Director 16:30 曾陳桂梅視覺藝術展開幕禮 Opening Ceremony of Visual Arts Exhibition by Carol Tsang	
3	4	5	6	7	8	9
10:30 主日崇拜 Sunday Service 講題：要不要照愚昧人的愚妄話回答他？ Topic: Answer or Answer Not a Fool According to His Folly?		12:00 牧靈關顧委員會會議 Pastoral and Spiritual Care Committee Meeting	14:30 環境及可持續發展委員會會議 Environment and Sustainable Development Committee Meeting			
10	11	12	13	14	15	16
10:30 主日崇拜 Sunday Service 講題：嚟緊……咁即係未到？ Topic: Coming...That Means You're Not There?	12:40 聖誕火雞午餐 Christmas Turkey Luncheon	12:45 財務小組委員會會議 Finance Sub-committee Meeting 16:30 綠－利漢楨教授作品展開幕禮 Opening Ceremony of "Green" – An art exhibition by Professor Hon-ching Lee 18:00 瑜珈班 Yoga Class		17:00 校園報佳音 2023 Campus Carolling 2023		13:00 聖誕兒童聯歡會 Children's Christmas Party
17	18	19				
10:30 主日崇拜 Sunday Service 講題：猜猜我是誰？ Topic: Guess Who Am I?	10:30 常務委員會會議 Standing Committee Meeting 16:30 洽蕙藝文書畫篆刻展開幕禮 Opening Ceremony of Hop Wai Exhibition on Chinese Calligraphy, Painting and Seal Carving	18:00 瑜珈班 Yoga Class				

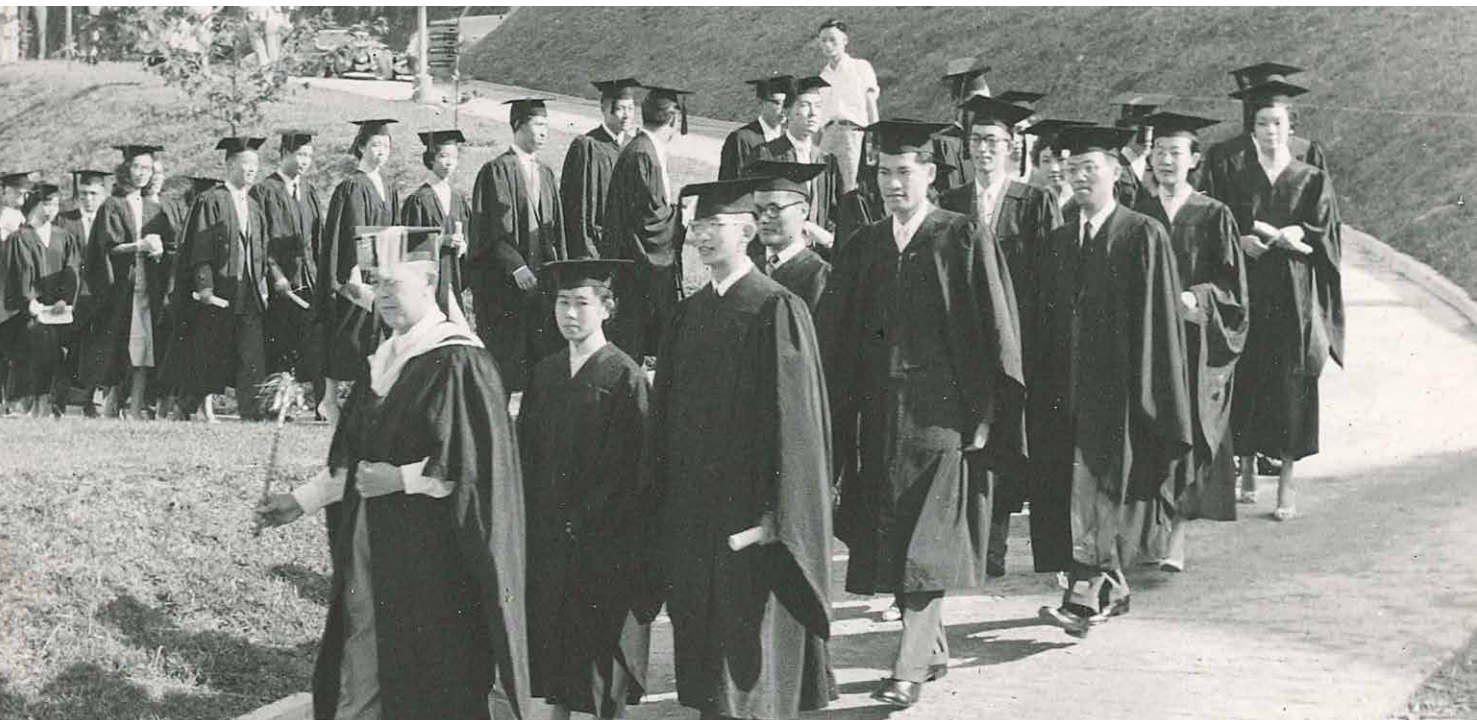
以混合模式進行
Mixed mode

實體進行
Face-to-face

學院網頁
活動一覽
Event Calendar on
College Website

活動安排或因疫情而有所調整，有意參加者請留意主辦單位之網頁或電郵通知。

Subject to the epidemic situation, adjustment may be made to the activity arrangement. Such changes will be notified through email or on website of the organising party.



昔日崇基學院畢業典禮 Chung Chi Graduation Ceremony in the old days

崇基畢業典禮

論到崇基年度盛事，畢業典禮必然是其中之一。崇基第一屆畢業典禮始於一九五五年，當時典禮假聖士提反女子中學禮堂進行。學院遷入馬料水後，典禮則移師到校園中的膳堂（禮堂）。一九六二年崇基禮拜堂落成後，畢業典禮通常在那兒舉行。

早年的畢業典禮，崇基畢業生並不是穿著學位服，而是男生統一穿正式西裝，女生皆穿白色長衫。他們還會特意恤髮，衣冠楚楚，以示隆重。到了上世紀五十年代後期，畢業生才於典禮中戴上四方帽及穿著畢業袍。正值畢業季，讓我們送上崇基學院前院長凌道揚博士於一九五九年舉行的第五屆畢業典禮上給畢業生的一段話，與本屆柔社同學互勉：

「畢業班的男女同學們，今後將永恆是崇基大家庭中的一份子。一旦言別，不免神傷。以後在校園中，也不能如往日一樣朝夕看見你們了。相信你們會將在崇基生活的愉快回憶記在心頭，相信你們也會時常回來。讓我們明瞭你們的奮鬥情形、你們的問題，和你們的成就。希望你們在所選擇的職業中和在未來的歲月裡都獲得快樂。願上帝保佑你們中的每一位。」

Chung Chi Graduation Ceremony

When it comes to Chung Chi's annual grand occasions, the graduation ceremony must be one of them. Chung Chi's first graduation ceremony was held in the hall of St. Stephen's Girls' College in 1955. After the College had relocated its campus to Ma Liu Shui, the graduation ceremony was held in the Multi-purpose Hall. Upon the inauguration of the Chung Chi College Chapel in 1962, the ceremony was usually held there.

In the early graduation ceremonies, Chung Chi graduates did not put on academic regalia. Male graduates wore formal suits while female graduates dressed in white *cheongsam* (traditional Chinese dresses worn by women). In honour of this special occasion, they had their hair set and were well groomed. It was not until the late 1950s that Chung Chi graduates put on caps and gowns during the graduation ceremony. In this graduation season, we would like to share with recent Chung Chi graduates a message delivered by the former President of Chung Chi College, Dr. Lin Dao Yang, at the fifth graduation ceremony held in 1959 as a token of encouragement.

"Ladies and gentlemen, you will always be part of the Chung Chi family. When we say goodbye, we can't help feeling sad. In the future, we won't be able to see you on campus all the time, just like in the good old days when you were studying at Chung Chi. Nevertheless, I believe that your happy memories in the College will always be on your mind, and you will visit us from time to time. Come and share with us your endeavours, problems, and achievements. I wish you happiness in your chosen career path and in the years to come. May God bless each and every one of you."

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本訊逢二十日出版，請於十一月二十八日前雙語來稿。同仁不欲收取紙本，請電郵 ccc_newsletter@cuhk.edu.hk。
The Newsletter is published monthly on every 20th. Please submit bilingual scripts by 28 November.
Unsubscription of printed Newsletter could be requested via ccc_newsletter@cuhk.edu.hk.

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Publisher: Jane Cheung

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