

崇基學院二〇二二至二〇二三年度上學期週會

Chung Chi College

Programme of College Assemblies, First Term, 2022/2023

主題：On Your Marks? Get Set?

Main Theme: On Your Marks? Get Set?

請於本學期十三次週會中登記出席四次（必須於第一部分及第二部分週會出席各兩次）

Minimum attendance for this Term: 4 out of 13 assemblies, including TWO in Part A and TWO in Part B programmes

第一部分週會合共七次 (Part A Programme - total 7 assemblies)

日期 Date	講題 Programme	講員或統籌 Speaker or Organizer
9 9	開學禮 First Assembly	方永平教授 Prof. FONG Wing Ping 香港中文大學崇基學院院長 Head, Chung Chi College, CUHK
9 16	精彩人生 Life Safari	劉卓威先生 Mr. Jacky LAU 著名結他演奏家、Guitar Concept 總監、2015 香港青年夢想實踐家 Renowned Guitarist; Founder & Director of Guitar Concept; Hong Kong Youth Dream-makers 2015
9 23	校際辯論 Inter-Institution Debate	崇基學院辯論隊 對 香港恆生大學粵語辯論隊 Chung Chi College Debating Team versus Hang Seng University of Hong Kong Cantonese Debating Team
9 30	尋找：未知的香港粗獷建築 Rediscovering Unknown Brutalism Architecture in Hong Kong	彭展華先生 Mr. PANG Chin Wah Bob 本地註冊建築師、AaaM Architects 建築設計工作室聯合創辦人、 DOCOMOMO 國際現代建築文獻組織香港分會成員、本地潮流文化雜誌專欄作家 Local Architect; Co-founder of AaaM Architects; Member of the DOCOMOMO (Documentation and Conservation of the Modern Movement) Hong Kong; Columnist of Local Culture Magazines
10 7	愛輸才會贏 How to Lose Successfully?	陳家亮教授、銀紫荊星章、太平紳士 Professor CHAN Ka Leung Francis, SBS, JP 香港中文大學醫學院院長、卓敏內科及藥物治療學講座教授、 香港中文大學醫學院腸道微生物群研究中心主任、崇基校友 (1988/ 醫學) Dean of Faculty of Medicine, CUHK; Choh-Ming Li Professor of Medicine and Therapeutics; Director of Centre for Gut Microbiota Research, Faculty of Medicine, CUHK; Chung Chi Alumnus (1988/ MBChB)
10 14	年度之歌 Song of the Year	陳浩然先生 Mr. Edward CHAN 著名流行音樂作曲、編曲、唱片監製及演唱會音樂總監、崇基校友 (1998/ 音樂) Renowned Cantopop Music Composer, Arranger, Music Director and Concert Producer; Chung Chi Alumnus (1998/ Music)
10 21	校慶學生節開幕禮 Opening Ceremony of Founders' Day Student Festival	第七十一屆崇基學院校慶學生節籌備委員會 Organizing Committee of the 71st Chung Chi College Founders' Day Student Festival

第二部分週會合共六次 (Part B Programme - total 6 assemblies)

10 28	七十一週年校慶感恩崇拜 71st Anniversary of Founders' Day Thanksgiving Service	王家輝牧師 The Rev. WONG Ka Fai Ray 崇基學院校董、中華基督教會香港區會總幹事 Trustees of Chung Chi College; General Secretary, The Hong Kong Council of the Church of Christ in China
11 4	多元、公平、共融 Diversity, Equity and Inclusion (以英語演講 To be conducted in English)	Mr. Innocent MUTANGA 香港非洲中心創辦人、著名投資銀行金融分析師、中大校友 (2019/ 人類學) Founder & CEO of Africa Center Hong Kong; Analyst of a leading Investment Bank; CUHK Alumnus (2019/ Anthropology)
11 11	你是你本身的傳奇 You Are Your Own Legend	張敏怡醫生 Dr. CHEUNG Man Yee 本地越野跑運動員、香港四徑挑戰(HK4TUC)首位本地土生土長女性「完成者」、 東區尤德夫人那打素醫院矯型及創傷外科(骨科)專科醫生 Local Trail Runner; The First Local-born Female "Finisher" of the Hong Kong Four Trails Ultra Challenge (HK4TUC); Specialist in Orthopaedics & Traumatology, Pamela Youde Nethersole Eastern Hospital
11 18	人生就是 Chem-is-try? Chem-is-try: Attitude toward Life?	鄺士山博士 (Dr. K Kwong) Dr. KWONG Si San Kenneth 「HK Mask」發明者、香港口罩及防疫設備協會創辦人、知名科普網紅、 前香港中文大學化學系講師、中大校友(1980/ 化學) Creator of the "HK Mask"; Founder of Hong Kong Mask & PPE Association; KOL on Popular Science; Former Lecturer of Department of Chemistry, CUHK; CUHK Alumnus (1980 / Chemistry)
11 25	北河同行 Pei Ho Counterparts	陳灼明先生 (深水埗明哥) Mr. CHAN Cheuk Ming (Sham Shui Po Ming Gor) 社企「北河同行」及「北河(明哥)慈善基金」創辦人、 香港嶺南大學榮譽院士(2017)、香港都會大學榮譽大學院士(2021) Founder of "Pei Ho Counterparts" and "Pei Ho (Ming Gor) Charity Foundation"; Honorary Fellowship of Lingnan University of Hong Kong (2017); Honorary University Fellowship of Hong Kong Metropolitan University (2021)
12 2	囤積 - 由「掃」心事」到「訴」心事」 Hoarding: Tidy Your Room Tidy Your Mind	蔡玲玲女士 Ms. TSOI Ling Ling 救世軍露宿者綜合服務主任、註冊社會工作者、中大校友 (2007/ 社會工作) In Charge, Integrated Services of Street Sleepers of The Salvation Army; Registered Social Worker; CUHK Alumna (2007/ Social Work) 王肇言先生 Mr. WONG Siu Yin Joseph 救世軍「掃」心事」囤積行為人士社區支援計劃中心主任、註冊社會工作者 Project In-Charge, "Home" Community Support Scheme for Person with Hoarding Behaviors of The Salvation Army; Registered Social Worker

崇基學院二〇二二至二〇二三年度下學期週會
Chung Chi College
Programme of College Assemblies, Second Term, 2022/2023

主 題 : On Your Marks? Get Set?
Main Theme: On Your Marks? Get Set?

請於本學期十二次週會中登記出席四次（必須於第一部分及第二部分週會出席各兩次）

Minimum attendance for this Term: 4 out of 12 assemblies, including TWO in part A and TWO in part B programmes

第一部分週會合共六次 (Part A Programme - Total 6 assemblies)

日期 Date	講題 Programme	講員或統籌 Speaker or Organizer
13	1 愛心燃點希望 關懷付諸行動 Not All of Us Can Do Great Things, But We Can Do Small Things With Great Love (以英語演講 To be conducted in English)	鄭振耀教授 Professor CHENG Chun Yiu Jack 香港中文大學醫學院矯形外科及創傷學系(骨科) 榮休教授、 威爾斯親王醫院榮譽兒童骨科顧問醫生、 香港中文大學前卓敏矯形外科及創傷學教授、香港中文大學前副校長 Emeritus Professor of Orthopaedics and Traumatology, Faculty of Medicine, CUHK Honorary Consultant Paediatric Orthopaedic Surgeon, Prince of Wales Hospital; Former Choh-Ming Li Professor in Orthopaedics and Traumatology, CUHK; Former Pro-Vice-Chancellor/ Vice-President, CUHK
20	1 人言今心 Faith	李芷慧女士 Ms Li Tse Wai Zoe Zomate Fitness 創辦人、合資格生酮及斷食顧問、 中大校友 (2020/ 運動科學與體力活動碩士課程) Founder of Zomate Fitness; Certified Dr. Eric Berg's Keto & Fasting Coach; CUHK Alumna (2020 / Master of Science in Sports Science and Physical Activity)
27	1 農曆新年假期 Lunar New Year Holiday	——
3	2 學生會週年大選諮詢 Consultation for the Elections of Student Union, Chung Chi College	崇基學生會選舉委員會 Election Committee, Chung Chi College Student Union
10	2 胡思亂想的膽量 Organized Chaos	林寶先生 Mr. LAM Bo Jackson 著名流行音樂填詞人、小說及專欄作家 Renowned Lyricist; Novelist; Columnist
17	2 環保週：減廢在香港的持續挑戰——何時是終站? Environmental Protection Week: Ongoing Waste Reduction Challenge for HK - When to see the terminus?	葉文琪先生 Mr. YIP Man Ki Harold 咁坊聯合創辦人、資訊機密處理有限公司聯合創辦人、 中大校友 (1987/ 工商管理—市場學、2001/ 行政人員工商管理碩士) Co-Founder of Mil Mill; Co-Founder of Secure Information Disposal Services Ltd (SSID); CUHK Alumnus (1987/ BBA in Marketing; 2001/ Executive MBA)
24	2 危機中的領導才能 Leadership in Times of Crisis	鄧炳強先生 GBS, PDSM, JP Mr. TANG Ping Keung GBS, PDSM, JP 香港特別行政區政府保安局局長、崇基校友 (1987/ 社會工作) Secretary for Security, Government of the Hong Kong Special Administrative Region; Chung Chi Alumnus (1987 / Social Work)

第二部分週會合共六次 (Part B Programme - Total 6 assemblies)

3	3 我在世界工作：「數碼遊牧」旅遊記者 Working Around the World: The Life of Digital Nomad and Travel Journalist	翁怡富先生 Mr. YUNG Yi Fu Ivan 自由身旅遊記者、影像創作人 Freelance Travel Journalist; Youtuber
10	3 閱讀周 Reading Week	——
17	3 The Main Ingredients to Make Your Dream Come True (以英語演講 To be conducted in English)	鄭永麒先生 Chef Vicky CHENG 「VEA」及「永」創辦人兼行政總廚(米芝蓮一星餐廳; 亞洲50最佳餐廳) Chef-Owner of 「VEA」 & 「WING」(One Michelin Starred Restaurant; Asia's 50 Best Restaurants)
24	3 由簡單創出不平凡 From Simple to Special	高江凌先生 Mr. KO Kong Ling 小蕃茄工作室有限公司創辦人之一、導演及演員 Co-Founder, Director and Artist of Pomato Studio Limited 程仁富先生 Mr. CHING Yan Fu 小蕃茄工作室有限公司旗下演員 Artist of Pomato Studio Limited
31	3 人生是一場旅行 Follow Your Heart to Appreciate Life	黃明樂女士 Ms WONG Ming Lok 作家、人生教練、「心・導・賞」創辦人、崇基校友(2000 / 新聞與傳播) Writer; Life Coach; Founder of "Follow Your Heart to Appreciate Life"; Chung Chi Alumna (2000 / Journalism and Communication)
7	4 復活節假期 Easter Holiday	——
14	4 生命中的延長號 ♪ Fermatas in Life ♪	羅乃新女士 Ms. Nancy LOO 著名鋼琴家、藝術家、教育家、1978 年香港十大傑出青年、香港藝術發展獎2016 - 藝術家年獎(音樂)、香港電台第四台「自投羅網」及「親親童樂日」節目主持、 任教於香港中文大學、香港大學、香港浸會大學及香港演藝學院、 香港中文大學音樂系 LENK 四重奏創辦人及成員、香港教育大學榮譽駐校藝術家(鋼琴) Renowned pianist; Artist; Educator; Awardee of Ten Outstanding Young Person 1978; Hong Kong Arts Development Awards 2016 - Artist of the Year (Music); Presenter of Cantilena and Children's Corner, RTHK; Piano Faculty at The Chinese University of Hong Kong, The University of Hong Kong, The Hong Kong Baptist University and The Hong Kong Academy for Performing Arts; Co-Founder and Member of LENK QUARTET, Artists-in-Residence, MA Programme of Department of Music, Honorary Artists-in-Residence (Piano), The Education University of Hong Kong
21	4 惜別週會 Farewell Assembly A. [嘉賓分享 Guest Sharing] : 小事大意義 Making Meaning of Life Titbits B. [畢業班惜別] Farewell Session For Graduating Students]	鍾啟然先生 Mr. CHUNG Kai Yin 《崇基校友》總編輯、崇基學院學長計劃委員會委員、崇基校友 (2000 / 翻譯) Editor-in-Chief of the "Chung Chi Alumni" Magazine; Committee Member, Chung Chi College Mentor Programme; Chung Chi Alumnus (2000 / Translation) 二〇二三年級社 Class of 2023