



人物專訪  
Interview

## 逆境中奮鬥 立足餐飲業四十載

### Overcoming Adversity Forty Years in Catering Industry

崇基教職員聯誼會會所餐廳  
承辦人歐陽坤先生  
Mr. Au Yeung Kwan,  
Caterer of Chung Chi Staff Club  
Clubhouse Restaurant



歐陽先生於二〇一七年承辦崇基教職員聯誼會會所餐廳，數年來秉承製作「高級粵菜」的目標在崇基校園甚至中大打響名堂。因此，餐廳大受崇基職員及師生歡迎，不論午飯還是下午茶時段，餐廳的食客都絡繹不絕。崇基教職員聯誼會會所餐廳已是崇基校園不可或缺的一部份，它除了是不少校園活動的舉辦場地，更是廣大崇基職員及師生的聯誼聚腳之所。

今年剛好是歐陽先生立足飲食業的第四十年頭。他能夠在業界一直屹立不倒，經歷眾多風風雨雨，依然堅守着自己做高品質中菜的「金漆招牌」，背後的奮鬥史可謂有血有汗。回想他最初隻身由內地來到香港，廚房學徒是他第一份工作，當時他還不到二十歲，便開啟了踏入餐飲業的第一步。後來，他輾轉在葵涌醫院飯堂、紅磡卡樂快餐店、伊利沙伯醫院飯堂及沙田威爾斯親王醫院飯堂擔任廚師。雖然這些經歷都發生在他早年的時期，但歐陽先生至今還歷歷在目，他坦言熱廚房的工作都是刻苦的勞動，「那時我曾經九個月沒有放過假，一天也沒有。由清晨至夜深，每一日都也要走進廚房工作，不論是買菜、

Mr. Au Yeung Kwan has been the caterer of Chung Chi Staff Club Clubhouse Restaurant since 2017. With providing “premium Cantonese cuisine” as his goal, he has established the reputation of the restaurant on Chung Chi campus and even in the University. Therefore, the restaurant is very popular among Chung Chi staff, teachers and students. It is crowded with diners during lunch time and afternoon teatime. The College Clubhouse Restaurant is an indispensable part of the campus. In addition to being the venue for many College activities, it is also a gathering hotspot for Chung Chi members.

This year marks the 40<sup>th</sup> year of Mr. Au Yeung's career in the catering industry. Going through many ups and downs, he maintains his established reputation of serving high quality Chinese dishes. Behind the success, his struggle and efforts are hard and tremendous. He recalled that he first came to Hong Kong from the Mainland alone, his first job was the apprentice chef. At that time, he made his first step into the catering industry when he was less than twenty years old. Later, he worked as a chef in the canteen of Kwai Chung Hospital, a restaurant in Hung Hom, Queen Elizabeth Hospital and Prince of Wales Hospital in Shatin. These memories are still vivid despite that they occurred in his early years. He said that working in a hot kitchen was exhausting. “At that time, I hadn't taken a vacation for nine months, not even one day. From early morning to midnight, I had to stay at the kitchen and work every day. Whether it was grocery shopping, cooking or cleaning, I had to get everything done.” These experiences not only shaped his persistent and hard-working character, but also served as his profound life lessons.



在卡樂快餐店煮煲仔飯  
*Cooking claypot rice in the restaurant in Hung Hom*

烹飪或清潔，全部都要包辦。」歐陽先生說。這些艱難的經歷不僅磨練出他堅強刻苦的性格，更是他人生中深刻的課堂。

歐陽先生後於一九八六年在城市理工學院（即現時的香港城市大學）的飯堂擔任大廚。「城大對我而言是很特別的。」他十分感慨地憶述，當年的城市理工學院位於旺角中心第二期，當新校舍於一九八九年在九龍塘建成並啟用後，他也因為受到老闆賞識及器重，身兼大廚和經理職位，管理整個飯堂。翌年九月，城市理工學院的康樂樓落成，歐陽先生與朋友合資在該處開辦中菜餐廳，初嚐做老闆的滋味。至一九九三年八月，他獨力創辦「城軒」公司，營運城市理工大學的中菜廳及西式餐廳。

他憶述公司在經營過程中，遇過不少同行對手的競爭和滿足校方的要求，使他對經營、管理、行政、溝通和待人處事等有深刻的體悟，「我要鞏

Mr. Au Yeung later worked as a chef in the canteen of the City Polytechnic of Hong Kong (now the City University of Hong Kong) in 1986. "The City University of Hong Kong means very special to me." He remembered with emotion that when the City Polytechnic of Hong Kong moved to its new campus in Kowloon Tong from the Argyle Centre Tower II in 1989, he was appreciated by his boss and was promoted to be the chef and manager who was in charge of the entire canteen. In September of the following year, the Amenities Building of the City Polytechnic was completed. Mr. Au Yeung and his friends jointly opened a Chinese restaurant there, which was his first time of running his own outlets. In August 1993, he independently founded "Shing Hin", a company operating the Chinese and the Western restaurants in the City University.

He recalled that during the company's business operations, he had to face many competitors and met the requirements of the University. As a result, he developed deep understandings in operation, management, administration, communication and manners when dealing with people. "I knew that I must redouble my efforts in order to make my company strong." Mr. Au Yeung said firmly. Even when he became the boss, he didn't dare to take a rest. Instead, he did everything by himself in order to reduce costs. He recalled that he went to the fish and the vegetable markets by himself every morning to buy fresh ingredients, and then return to the restaurant to take care of chores. During the busy lunch time, he would also take the waiter and cashier role. After that, he went to the fish market and bought fresh seafood for dinner business. After business hour, he still could not take a break, as he had to handle the works such as washing dishes and cleaning carpets. As he worked hard, the company's profits and reputation gradually accumulated. "I realized that I must expand the business, as it is either growing or rotting." Mr. Au Yeung said seriously. As the proverb goes, "opportunities are for those who are prepared." At that time, there were private clubs and other institutions and universities inviting him to tender for the catering contracts. Thus the company was given the opportunity to expand. Under his leadership, the company operated more than a dozen restaurants in its heyday and also obtained the international certification of ISO 22000 Food Safety Management System.

In 2011 a foreign catering group showed its interest to acquire Mr. Au Yeung's company, and he finally decided to take the offer. He originally planned to retire and enjoy his life. However, the Lingnan University invited him to tender for a Chinese restaurant contract five years later, he decided to come back to the business. Currently, he operates restaurants in the Lingnan University, Chung Chi College and the Science Park as well as the student canteen of the City University of Hong Kong. Looking back on the past events nearly half a century ago, Mr. Au Yeung had all sorts of feelings in mind. He exclaimed, "for 40 years had I been in the catering industry already!"



在九〇年代與老闆前往上海考察  
A business trip to Shanghai with boss in 1990s

固我自己的公司，就要加倍努力。」歐陽先生堅定地說。當年他即使成為老闆，也未敢放輕鬆，反而為了節省成本而凡事親力親為。他憶述那時每天清晨都會獨自跑去魚市場及菜市場，為求買到新鮮的食材，然後回到餐廳打點事務，午市繁忙時段更要兼顧侍應及收銀各項工作，之後又要去魚市場為晚市買新鮮海鮮，晚市完結後還不得休息，需幫忙洗碗和洗地氈等善後工作。隨着他努力打拼，公司的盈利及口碑漸漸累積，「我意識到一定要擴張公司，否則不進則退。」歐陽先生認真地說。果然「機會是留給有準備的人」，當時有私人會所和其他院校邀請他投標餐廳，他開心地一口答應，公司因而得到擴張機會。在他的領導下，公司在全盛時期營運高達十多間餐廳，亦取得 ISO 22000 食品安全管理國際認證。在二〇一一年，因機緣巧合下，公司獲外國餐飲集團青睞，歐陽先生最後決意把心血結晶賣出。他本打算從此退休享受生活，但五年後因嶺南大學邀請他投標中菜餐廳而決定「重出江湖」。現時，他除了營運在嶺南大學和中大崇基的餐廳，還有科學園酒樓及城市大學學生飯堂。回顧近半世紀前的往事，種種點滴在心頭，歐陽先生感歎道：「今年剛好是我立足飲食業的第四十年頭了。」

堅守飲食業多年，歐陽先生自有一套「致勝之道」。原來背後的秘密不難理解，就是用心保持食物及服務質素，「除使用高品質的食材外，

Standing firmly in the catering industry for many years, Mr. Au Yeung has his own “winning ways”. The secret behind it is simple, which is to maintain the quality of food and service with sincerity and efforts. “In addition to using high-quality ingredients, I insist on making all kinds of dim-sum and Chinese dishes by the restaurant chefs in order to produce the freshest taste for diners.” With a smile, he casually enumerated the signature dishes of the Chung Chi Staff Club Clubhouse Restaurant, such as the double-stewed soup that is different every day, homemade tofu with soy sauce, prawn with grapefruit sauce etc., which are all his favorites too. In addition, Mr. Au Yeung values his staff very much. He is proud of the excellent staff in the restaurant. Also, the elegant decoration of the College Staff Club Restaurant adds colors to the dining experience. Mr. Au Yeung said that as his company has moderate scale with simple structure, the College can therefore communicate directly with him, which facilitates the improvement of the restaurant, and the understanding and cooperation between the College and the caterer.

Mr. Au Yeung is committed to maintaining the quality of the restaurant in all aspects. It is no wonder that under his conscientious management, the College Staff Club Restaurant is popular among teachers and students and has gained reputation on campus. At the same time, Mr. Au Yeung also experienced warmth and kindness on the Chung Chi campus, especially at the time of the epidemic when the restaurant operation has become difficult. From February to May, despite very few people stayed on campus due to the arrangement of online teaching and working at home, the restaurant still tried its best to provide services. He is grateful to the Chung



公司於二〇〇九年取得食品安全管理國際證  
Obtained international certification for food safety management system in 2009

我也堅持由餐廳師傅自家製作各類點心及中菜，保持最新鮮的口感來滿足食客。」他笑着隨意列舉出聯誼會餐廳的招牌菜式，諸如每天不同的足料老火湯、醬燒自家製豆腐、柚子汁明蝦球等等，款款都是他的心頭好。另外，歐陽先生也非常珍惜員工，他也為餐廳一眾出色的員工自豪，加上聯誼會會所典雅的裝潢，也令食客的用餐體驗生色不少。歐陽先生認為公司規模不算大，架構簡單，因此，學院可以直接與他溝通，有助互相配合和改善質素。

歐陽先生致力保持餐廳全方面的質素，難怪在他的用心經營下，崇基教職員聯誼會會所餐廳大受師生捧場，得以在校園累積口碑。同時，歐陽先生在崇基校園中也體會到溫暖與人情味，尤其在疫情下，餐廳的經營並不容易。二月至五月期間，由於網上授課和在家工作的安排，校園人流稀少，但聯誼會餐廳仍盡可能努力提供服務。他很感謝崇基教職員聯誼會的體諒，除了主動給予很多支援措施，例如酌情寬減管理費電費等，又會時常鼓勵他和餐廳的員工，為他們作精神上的打氣。經歷過二〇〇三年非典型肺炎和大大小小的戰疫，歐陽先生對未來依然有樂觀的寄望，堅持以「做好自己」為己任。

歐陽先生親自經營餐廳多年，他笑言箇中最大的樂趣就是廣交好友，多年來認識很多大學的教授及職員等，他們既是顧客又是朋友，因此歐陽先生可謂「知交滿天下」；有時更會相約三五知己一起打高爾夫球，既放鬆身心，又能和朋友一齊歡聚，是他最大的樂趣。

歐陽先生在餐飲業白手興家，歷盡風風雨雨，嚐盡甜酸苦辣，逆境磨練出他堅強刻苦的性格。他堅定地說：「凡事親力親為的態度是必不可少。」他強調面對逆境時首要接受現實，並想辦法克服難關，絕不能逃避問題，儘管心情複雜，也要咬緊牙關迎難而上，方能成就人生。

Chi Staff Club for its kind consideration. In addition to proactively offering many support measures, such as reducing management and electricity fees as appropriate, the College often encourages him and the restaurant staff. After experiencing SARS in 2003 and numerous big and small battles in business, Mr. Au Yeung is still optimistic for the future, with “fulfilling duties with full efforts” as his mission.

Mr. Au Yeung has run restaurants by himself for many years. He laughed and said that the greatest joy is to make friends. Over the years, he befriended with many university professors and staff, who are both his customers and friends. Golfing is his favorite hobby, as he finds it relaxing and a nice way to catch up with friends.

Mr. Au Yeung saw beyond adversity to the success on the other side. He has been through many ups and downs and built his business from scratch. He formed his persistent and hard-working character through fighting the adversity. He said firmly, “a hands-on attitude is indispensable.” He emphasized that the first thing to do when facing adversity is to accept the situation and find ways to overcome challenges. Instead of escaping from problems, one must put aside complicated moods, be tough and solve the difficulties in order to achieve life goals.



歐陽先生的興趣是高爾夫球，曾參加中大高爾夫球日為崇基學院籌款。

Golfing is Mr. Au Yeung's hobby. He has raised fund for the College by participating in the CUHK Golf Day.

# 等一等 為心靈充電

## Recharging Your Minds for Just A Moment

心理學系二〇二〇畢業生潘凱琳校友  
Miss Karen Poon (2020/Psychology)

近年情緒病及心理健康等話題在媒體上漸多出現，大眾對其理解好像愈來愈深，但專門推廣心理健康的資源仍未見普及，不少潛在情緒病患者還是顧慮社會風氣而不敢或不知如何求助。心理系畢業生潘凱琳（Karen）藉着崇基圓夢計劃幫助，建立網上平台及社交媒體專頁「等一等 Just A Moment」，發放心理學資訊，並為受心理困擾人士配對所需服務，嘗試為這個問題出一分力。

Karen 剛開展大學生活時，因為學業及學生活動的壓力，忙碌得每天只餘一兩小時睡覺。當時她心情很低落，更經歷過幾次崩潰，於是開始思考如何調節自己。參考不同書籍和心理學主修的知識後，她嘗試運用所學去了解及調節心理和生活。因此，對於其他受困擾的人，Karen 感同身受，非常希望幫助他們走出陰霾。

大三時 Karen 參加了崇基李韶暑期計劃，在香港及新加坡參與不同的講座及考察，初次接觸到社會創新的概念，她因而更有決心尋找方法將理念付諸實行。加上她在大學裏亦積極探索和學習創業知識，於是幾經波折後創立了這個平台。

平台以「等一等」命名，希望人們即使生活繁忙，都不忘停一停讓心靈休息。有時臨睡前還是滿腦子思緒和憂慮，Karen 便會告訴自己先「等一等」，把自己從飄遠的思緒中拉回現在，專注在睡覺這件事上。



「Just A Moment」的網上心理諮詢服務平台主頁

The homepage of mental health consultation service website "Just A Moment"



Mental illness and mental well-being have been discussed in the media more and more in recent years. We may understand this issue deeper than ever but the resources of promoting mental health are yet uncommon and people who have mental health needs are still prevented from seeking help by the social atmosphere.

Trying to address the issue, Miss Karen Poon, a psychology graduate of the College, has built the online platforms "Just A Moment" to convey psychology knowledge and arrange mental consultation services for potential sufferers of mental disturbances with the support from Dreaming through Chung Chi Scheme.

When Karen started her university life, she was so busy that she only had one to two hours for sleep every day due to academic pressure and excessive student activities. At that time, Karen was very depressed, and began to look for solutions from different books and knowledge from her psychology major. She tried to make use of the knowledge learnt to know more about herself and adjust herself to stay mentally healthy. During those painful days, Karen suffered from several breakdowns, so she wanted to help other troubled ones and bring them out of the gloom.

In Year 3, Karen participated in the Lee Shiu Summer Programme of the College, the Hong Kong and Singapore study trip, in which she first encountered the concept of social innovation. She learnt that students can always put their ideas into practice. Meanwhile, Karen actively gained a lot of entrepreneurial knowledge in classroom too, thus she came up with the idea of creating these platforms.

The platforms are named "Just A Moment" to remind people that having a pause amid the hectic life and taking

「等一等」差不多隔天在社交媒體發帖，當中涵蓋不同主題，豐富的靈感來自心理學的廣闊範疇，甚至生活中的大小事；而來實習的心理系學生也為帖文內容提供不少新想法。帖文的主題分類包括個人、關係及社會層面，亦發佈比較簡短的正能量語錄。加上必不可少的心理健康，如此，「#等我慢慢成長」、「#等我建立好關係」、「#等等社會那些事」、「#心理健康不能等」和「#等到正能量了」這五個分類便定下來。五個主題中，Karen 認為精神健康是最重要的，「心理健康不能等」這個系列就是希望大家關注自己的心理狀態，如有需要即盡早求助。

對此 Karen 分享了兩個放鬆心靈的良方，第一個是專注在當下一刻，即使是專注在最簡單的事上，例如呼吸，也有莫大的幫助。第二個就是隨心寫下自己的煩惱，就像逐一關掉電腦程式般，能有助自己擺脫煩惱。

談及煩惱，Karen 的創業路也充滿大大小小的挑戰。首先是資金和人手等資源不足；再者，受疫情影響需要採用線上會議，惟溝通效果不佳，尤其現時很需要群策群力，內部溝通十分重要。另外，剛開始創業時，要不斷摸索怎樣實行計劃，還要努力學習各種新知識，例如商業及市場學。

現在，「等一等」Instagram 有超過三萬五千名追蹤者，心理諮詢服務亦剛開始正式運作，Karen 期望平台能幫助有需要的人，也希望能夠得到更多資源發展平台的系統及改善流程，甚至嘗試結合現代科技，使求助者取得更方便的心理健康服務。長遠而言，Karen 最希望香港人的身心都更健康，也希望情緒受困擾的人都能找到自己的出口，「每個人的心理或情緒困擾程度都不同，所以我十分希望每個人都能找到自己相應的方法調節內心，解決問題。」

學生記者 謝耀珍



a little time for the mind to rest is important. Sometimes Karen is disturbed by thoughts and worries when she lays on bed. She would tell herself to “pause for a while” and focus on the current sleeping moment.

“Just A Moment” post almost every other day, and different topics are covered. “My inspirations come from my study in different fields of psychology,” Karen says. Daily life examples and psychology student interns are good sources of brilliant ideas too. The posts of “Just A Moment” are divided into five categories, covering topics of personal growth, inter-personal relationship, social phenomena and mental health as well as short quotes that bring positive energy. Karen thinks that the category about mental wellness and mental illness is the most important. “I hope everyone can pay attention to their mental health and seek help as soon as possible when necessary.”

To maintain good mental health, Karen has two tips for relaxing our minds. One is focusing on the present moment. Even just focusing simply on breathing could be of great help. Another useful method is writing down all the worries in mind. By doing so it would be like turning off computer programs one by one.

Speaking of worries, Karen has been facing many difficulties when she embarked on the journey of entrepreneurship, one of which is insufficient funding and manpower. Besides, meetings are held online during the pandemic, which make internal communication less effective. Apart from trial and error, a lot of time and effort are spent on obtaining new knowledge, such as business and marketing.

With more than 35,000 people following the Instagram of “Just A Moment” now and the newly launched mental health consultation service, Karen hopes these platforms can help those in need and that more resources can be gained for further development and improvement, including utilizing technology to provide more efficient services to users.

In the long run, Karen sincerely hopes that every Hong Kong people can maintain mental wellness and everyone with psychological distress can find their own way out. “As each individual has their own psychological or emotional distress, I hope everyone can also find their own ways to alleviate their levels of mental disturbances and achieve mental balance.”

Student Reporter Tse Yiu Chun

Karen 的團隊於 Youth Can Code SDG Asia Innotech Challenge 2020 的程式設計馬拉松 (Hackathon) 勇奪冠軍  
Karen's Team Winning the Champion in a Hackathon of The Youth Can Code SDG Asia Innotech Challenge 2020



本年度的崇基學院新生輔導營於九月二日至三日於網上舉行，共有三百二十多位新生參加。輔導營設有書院時間，其中院長方永平教授致辭歡迎剛加入崇基的同學。

This year's Orientation Camp of the College was held online from 2 to 3 September 2020, with more than 320 freshmen attended. There was a College Time in which Professor Fong Wing Ping, Head of the College, gave a welcome remark to new students.



副院長及學生輔導長高永雄教授為新生介紹學院的發展及活動（左圖），而副學生輔導長黃敬歲教授則提點新生大學生活要注意的事項（右圖）。

Professor Ko Wing Hung, Associate College Head and Dean of Students, introduced the development and activities of Chung Chi to the freshmen (left photo), and Professor Wong King Shui Phyllis, Associate Dean of Students, provided some tips for their university life (right photo).



本年度第一次週會為開學禮，於九月十一日舉行並進行網上直播，方永平院長致辭勉勵一眾新舊同學。

The First Friday Assembly was held on 6 September 2020 and was attended by students online. Professor Fong Wing Ping, Head of the College, delivered a speech to the students.



◀ 校牧室及崇基團契於九月十日舉行網上迎新晚會，向同學介紹學院提供的牧養事工及牧養環境，鼓勵同學在校園中結識能互相支持一同成長的同路人。The Chaplain's Office and Chung Chi Fellowship held an online orientation event on 10 September 2020 to introduce the pastoral support from the College and the Fellowship to students and encourage them to accompany one another on the way of spiritual growth.

## 週會演講嘉賓 Guest Speakers of College Assemblies

余少華教授（香港中文大學音樂系兼任教授、  
香港嶺南大學文化研究系兼任教授、崇基校友（1978/音樂））  
Prof. Yu Siu Wah (Adjunct Professor of Department of Music, CUHK;  
Adjunct Professor of Department of Cultural Studies, Lingnan University;  
Chung Chi Alumnus (1978/Music))

趙如蘭教授與崇基音樂系的歷史  
Professor Rulan Chao Pian & the History of Chung Chi Music Department  
18/9/2020



莊芷坤女士（GreenTomato 創新科技諮詢公司策略總監、  
崇基校友（2003/生物））

Ms. Jacqueline Chong (Chief Strategy Officer and Technical Marketer of  
GreenTomato Ltd.; Chung Chi Alumna (2003/Biology))

穿梭於數位時代的破壞式創新 ——  
如何學會「適時而落，不拘一格」的求生堅持  
Venturing through Junctions of Digital Disruption -  
Bugged at the Right Time and You Will Survive to See the Rest  
25/9/2020

區家麟博士（香港中文大學新聞與傳播學院專業顧問、  
史丹福大學奈特學人、中大校友（1990/新聞及傳播））  
Dr. Au Ka Lun Allan (Professional Consultant, School of Journalism and Communication, CUHK;  
Knight Fellow from Stanford University;  
CUHK Alumnus (1990/ Journalism and Communication))

高牆、縫隙、微光  
Walls, Cracks and Glimmering Lights  
9/10/2020





## 崇基校董獲頒榮譽博士學位

### College Trustee Conferred Honorary Doctoral Degree

本院校董陳德霖先生（一九七六／社會）將獲香港城市大學頒授榮譽工商管理學博士學位，以表揚他在香港政府和社會的服務成就卓越，特別是在維護香港銀行及金融體系穩定、提升香港作為國際金融中心的地位，作出重大貢獻。榮譽博士學位頒授消息於八月公佈，典禮將於十月卅日舉行。

Mr. Chan Tak Lam Norman (1976/Sociology), College Trustee, will be conferred an Honorary Doctor of Business Administration by City University of Hong Kong in recognition of his distinguished service for the Hong Kong government and commendable contributions to the community, particularly in maintaining the stability of Hong Kong's banking and financial systems and enhancing Hong Kong's position as an international financial centre. The announcement was made by City University in August and the Honorary Awards Ceremony will be held on 30 October 2020.

## 學院新成員

### New College Members

歡迎以下教職員於二〇二〇年八月至十月起加入崇基：

Our warm welcome to the following staff members who have joined Chung Chi from August to October 2020:

- 區嘉熙先生**  
Mr. Au Ka Hei Ivan 英語教學單位副講師  
Assistant Lecturer, English Language Teaching Unit
- Ms. Andrea Fernandez Cienfuegos** 語言學及現代語言系副講師  
Assistant Lecturer, Department of Linguistics and Modern Languages
- 林邦源教授**  
Professor Lam Pong Yuen Howard 市場學系專業顧問  
Professional Consultant, Department of Marketing
- 馬潔怡教授**  
Professor Ma Kit Yi Maggie 建築學院助理教授  
Assistant Professor, School of Architecture
- 黃民航博士**  
Dr. Wong Man Hong Keith 系統工程與工程管理學系及金融工程中心專業顧問  
Professional Consultant, Department of Systems Engineering and Engineering Management and Centre for Financial Engineering
- 任卓賢教授**  
Professor Yam Cheuk Yin Colten 崇基學院神學院及文化及宗教研究系助理教授  
Assistant Professor, Divinity School of Chung Chi College and Department of Cultural and Religious Studies

## 校慶感恩崇拜 Founders' Day Thanksgiving Service

崇基學院六十九週年校慶感恩崇拜訂於二〇二〇年十月三十日（星期五）上午十一時三十分在崇基學院禮拜堂舉行。香港中文大學校長、利國偉利易海倫組織工程學及再生醫學教授段崇智教授將於感恩崇拜中致詞；崇基學院校董會副主席侯運輝先生及院長方永平教授將頒發獎學金，崇基校友會會長廖健華先生則代表校友會捐款予母校支持「崇基學生發展綜合大樓」項目。同場亦會舉行「崇基學院七十週年校慶啟動禮」，詳情請參閱本通訊第十六頁。

The 69<sup>th</sup> Anniversary of Founders' Day Thanksgiving Service of Chung Chi College will be held in the College Chapel on 30 October 2020 (Friday) at 11:30 am. Professor Rocky S. Tuan, Vice-Chancellor and President of The Chinese University of Hong Kong and the Lee Quo Wei and Lee Yick Hoi Lun Professor of Tissue Engineering and Regenerative Medicine, will give a speech at the Assembly. Mr. Hau Wun Fai Alfred, Vice-Chairman of the College Board of Trustees, and Professor Fong Wing Ping, Head of College, will present awards and scholarships. Mr. Liu Kin Wa Kinson, Chairman of the College Alumni Association, will present a donation to the College on behalf of the Alumni Association for supporting the "Chung Chi Student Development Complex" project. Furthermore, the Kick-off Ceremony of the 70<sup>th</sup> Anniversary of Chung Chi College will be held on the occasion, more information of which is given on P.16 of this Newsletter.

## 校友日 Alumni Day

本年十月三十一日（星期六）為一年一度的崇基學院校友日，今年校友日更將首次移師網上舉行，節目詳情如下：

The Chung Chi College Alumni Day 2020 will be held on 31 October (Saturday) online. The details are as follows:

### 1) 與院長有約@Zoom Meeting with College Head @ Zoom

時間 Time	9:00 – 10:30 am
平台 Platform	Zoom

### 2) 崇基紅酒入饌秘笈：紅酒燴牛尾網上烹飪工作坊 Online Cooking Workshop: Braised Oxtails in Red Wine Sauce

時間 Time	2:30 pm
平台 Platform	於崇基校友會Facebook專頁放映（毋須預先報名） Chung Chi College Alumni Association Facebook Page (No registration required) ( <a href="https://www.facebook.com/ChungChiAlumni">https://www.facebook.com/ChungChiAlumni</a> )

### 3) 向世界出發 —— 本地與海外崇基校友線上分享會 Online Sharing Session with Overseas Alumni

時間 Time	5:00 – 6:30 pm
平台 Platform	Zoom
嘉賓 Guests	吳克勤校友（2000 / 中文）@新加坡 Ms. Ng Hak Kan (2000/Chinese Language & Literature) @ Singapore 陳思樺校友（2006 / 工商管理）@倫敦 Ms. Chan Sze Wah Carol (2006/Business Administration) @ London 譚家雄校友（2006 / 新聞與傳播）@阿富汗 Mr. Tam Kar Hung Antony (2006 / Journalism & Communication) @ Afghanistan  主持：梁淑瑜校友（2006 / 社會工作） Moderator: Ms. Leung Suk Yu (2006/Social Work)
報名 Registration	<a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10815750">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10815750</a> *只適用於第一及第三項活動 *Only applicable for the first and third activities
查詢 Enquiry	張小姐 Ms. Christine Cheung – 39436015/christinecheung@cuhk.edu.hk

## 崇基學院七十週年校慶吉祥物設計比賽

### Chung Chi College 70<sup>th</sup> Anniversary Mascot Design Competition

為慶祝七十週年校慶，學院與崇基學生會合辦「崇基學院七十週年校慶吉祥物設計比賽」，誠邀本院全日制本科生參加。得獎人可獲港幣五百至五千元不等的現金獎及獎狀，冠軍作品更有機會被製作為實體吉祥物。參賽作品須包含「七十週年」及「崇基學院」的相關特色元素。

To celebrate its 70<sup>th</sup> birthday, the College co-organizes "Chung Chi College 70<sup>th</sup> Anniversary Mascot Design Competition" with Chung Chi Student Union. All Chung Chi students are invited to participate in this competition. Cash prizes of HK\$500 to HK\$5,000 with certificates will be presented to the winners. The Champion's design may be adopted to be a real version of Mascot.



詳情 Details	<a href="https://www.cuhk.edu.hk/cc70/mascotdesign/">https://www.cuhk.edu.hk/cc70/mascotdesign/</a>
截止日期 Deadline	16/1/2021 (星期六 Saturday)
查詢 Enquiries	張女士 Ms. Dora Cheung - 3943 4004/ doracheung@cuhk.edu.hk

## 崇基學院第六十六屆畢業典禮

### The 66<sup>th</sup> Graduation Ceremony of Chung Chi College

香港中文大學崇基學院第六十六屆畢業典禮將於二〇二〇年十一月十九日（星期四）上午十時三十分於崇基學院禮拜堂舉行，同時亦舉行香港中文大學第八十八屆頒授學士學位典禮。崇基學院二〇二〇年度翊社畢業生共七百六十七人。

The 66<sup>th</sup> Graduation Ceremony of Chung Chi College will be held on 19 November 2020 (Thursday) at 10:30 am in Chung Chi College Chapel. The 88<sup>th</sup> Congregation for the Conferment of Bachelor's Degrees will be held on the occasion. There are a total of 767 graduates in the Chung Chi Class of 2020.

## 牧靈關顧委員會十月午間聚會

### Lunch Break Gathering of Pastoral and Spiritual Care Committee

牧靈關顧委員會將舉辦十月午間聚會，詳情如下：

The Pastoral and Spiritual Care Committee is organizing the October Lunch Break Gathering with details as follows:

日期 Date / 時間 Time	22/10 (星期四 Thursday) 12:30 – 2:00 pm
地點 Venue	崇基教職員聯誼會會所 Chung Chi College Staff Club Clubhouse
題目 Topic	帶著牧師去旅行 A Trip with Pastor KO
講員 Speaker	高國雄牧師（崇基學院校牧） Rev. Ko Kwok Hung Pele (College Chaplain, Chung Chi College)
語言 Language	廣東話 Cantonese
報名 Registration	<a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10798321">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10798321</a>
查詢 Enquiry	林女士 Ms. Lam – 3943 6982 / chaplaincy@cuhk.edu.hk

## 午間心靈綠洲 Midday Oasis

校牧室將舉辦「午間心靈綠洲」，為校園內埋首於知識寶庫的老師、同學、及各部門公務繁重的職員提供一片可以使心靈得蒙滋潤的綠洲。活動費用全免，歡迎一同聆聽洗滌心靈的合唱音樂及器樂作品，讓音樂沉澱思緒、滌蕩心靈，重新得力。

The Chaplain's Office will organize the "Midday Oasis" which provides a breathing space for students, teachers and staff to refresh and refuel themselves with beautiful vocal and instrumental music. All are welcome for some soulful and meditative music!

日期 Date	十月份及十一月份星期一 Mondays in October and November 2020	
時間 Time	1:30 - 1:55 pm	
地點 Venue	崇基學院禮拜堂 Chung Chi College Chapel 網上直播 Live stream: <a href="http://www.news.ccc.cuhk.edu.hk/middayoasis/">http://www.news.ccc.cuhk.edu.hk/middayoasis/</a>	
表演者 Performers	19/10	<b>男高音及鋼琴音樂會 Tenor &amp; Piano Concert</b> Paul Phoenix (男高音)、林浩恩 (鋼琴) Paul Phoenix (Tenor), Dominic Lam (Piano)
	26/10	音樂會暫停 (重陽節假期) No concert (Chung Yeung Festival)
	2/11	<b>室樂音樂會：慶祝貝多芬誕辰 250 周年！</b> <b>Chamber Concert: Happy 250<sup>th</sup> Birthday, Beethoven!</b> 方曉佳 (香港小交響樂團單簧管首席)、葉俊禧 (香港小交響樂團大提琴)、李巧靈 (鋼琴) Johnny Fong (Principal Clarinet, Hong Kong Sinfonietta), Eric Yip (Cello, Hong Kong Sinfonietta), Jacqueline Li (Piano)
	9/11	<b>古典結他音樂會 Classical Guitar Concert</b> 劉卓威 (結他) Jacky Lau (Guitar)
	16/11	<b>聲樂音樂會 Vocal Concert</b> 車遠強博士 (男中音)、李芝玲博士 (女高音及鋼琴) Dr. Sylvester Che (Baritone), Dr. Chiffon Lee (Soprano & Piano)
	23/11	<b>「RE·Mix 敲擊樂二重奏」音樂會 Concert by RE·Mix Percussion Duo</b> 鄭美君、王偉文 Emily Cheng, Raymond Vong
	30/11	<b>管風琴二重奏音樂會 Organ Duo Concert</b> 林芍彬、唐展煌 Anne Lam, Gary Tong



## 教職員聯誼會週年會員大會

### Annual General Meeting of College Staff Club

崇基學院教職員聯誼會定於二〇二〇年十一月十一日 (星期三) 下午十二時三十分至二時在聯誼會會所舉行週年會員大會，歡迎所有基本會員出席。報名請致電 3943 9696 聯絡戴女士。

The Chung Chi College Staff Club will hold the Annual General Meeting on 11 November 2020 (Wednesday) from 12:30 to 2:00 pm at its Clubhouse. All full members of the Club are invited to attend. For registrations, please contact Ms. Shady Tai at 3943 9696.

## 崇基學院神學院神學日 Divinity School of Chung Chi College Theology Day Celebration

崇基學院神學院將於十一月七日（星期六）舉行二〇二〇神學日慶典，詳情如下：

The Divinity School of Chung Chi College will hold the 2020 Theology Day Celebration on 7 November 2020 (Saturday). Details are as follow:



日期 Date / 時間 Time	7/11 (星期六 Saturday) 3:30 - 6:30 pm
地點 Venue	崇基學院禮拜堂 Chung Chi College Chapel
內容 Programme	五旬節聖潔會香港總監督伍山河牧師證道；新同學奉獻禮；畢業生差遣禮；頒授文憑、證書及學位課程證書 Preacher: Rev. Donovan Shan Ho Ng (Superintendent of Hong Kong Pentecostal Holiness Church); Presenting new students; Commissioning graduates; Conferment of diplomas, certificates and degrees
查詢 Enquiries	黃小姐 Ms. Zoebelle Wong - 3943 6708/ zoebelle@cuhk.edu.hk
備註 Remarks	如疫情轉趨嚴峻，典禮會改以網上形式進行或作其他特別安排。 最新安排請參閱： <a href="https://www.theology.cuhk.edu.hk/20tday">https://www.theology.cuhk.edu.hk/20tday</a> If the pandemic worsens, a virtual ceremony in an online format or special arrangements to confer the respective degrees would be adopted. Please visit <a href="https://www.theology.cuhk.edu.hk/20tday">https://www.theology.cuhk.edu.hk/20tday</a> for the most updated arrangement.

## 教職員生活委員會線上午間會講座 Staff Social Online Lunchtime Talk

教職員生活委員會將舉辦線上午間會講座，詳情如下：

The Staff Social Committee will organize an online Lunchtime talk with details as follow:

日期 Date / 時間 Time	20/10 (星期二 Tuesday) 1:00 – 2:00 pm
形式 Online Platform	Zoom
講題 Topic	「抗疫小貼士 – 湯水食療篇」 “Fighting the Pandemic – Chinese Medicine Dietary Tips”
主講嘉賓 Speaker	林志秀教授（中醫學院副院長；香港中西醫結合醫學院研究所所長） Professor Lin Zhixiu (Associate Director, School of Chinese Medicine; Director, Hong Kong Institute of Integrative Medicine)
語言 Language	廣東話 Cantonese
報名 Registration	<a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10662184">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10662184</a>
費用 Fee	全免 Free of charge
查詢 Enquiries	余小姐 Miss Rosa Yu – 3943 1536 / rosagayu@cuhk.edu.hk 鄭小姐 Miss Rosa Cheng – 3943 9534/ rosacheng@cuhk.edu.hk

## 崇基學院本地及海外學長計劃 College Local and Overseas Mentor Programme

二〇二一年崇基學院本地及海外學長計劃現正接受報名，詳情如下：

The Chung Chi College Local and Overseas Mentor Programme are now open for application with details as follows:

本地學長計劃報名表格 Application form for Local Mentor Programme	<a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10704543">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10704543</a>
海外學長計劃報名表格 Application form for Overseas Mentor Programme	<a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10791547">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10791547</a>
截止日期 Application Deadline	30/11 (星期一 Monday)
備註 Remarks	<p>學生只可於修讀本科期內參加本地及海外學長計劃各一次； 學生不可於同一年同時參加本地及海外學長計劃； 參加者必須出席十一月廿六或廿七日其中一場網上分享及簡介會。 Students could only join the Local and Overseas Programme once respectively during their entire period of undergraduate study; Students could not join the two Programmes simultaneously in the same year; Participants are required to attend one of the online sharing and briefing sessions on November 26 or 27.</p>
查詢 Enquiry	張小姐 Ms. Christine Cheung -39436015 / christinecheung@cuhk.edu.hk



### 致哀 Obituary

本學院前校董會主席李福慶先生於二〇二〇年十月九日辭世，享年九十七歲。李福慶先生於一九六八至二〇〇四年擔任崇基校董，達三十六年之久，更於一九八一至八七年間出任校董會主席，領導學院多項重要發展，貢獻至鉅。尤其李先生於主席任內策劃開展之小道風山發展計劃，成功為學院建立儲備基金，其收益用作開辦多項非形式教育活動，多年來為崇基學子造就了在學業以外的無數本地和海外學習機會。

同仁謹致哀悼！

Mr. Li Fook Hing, former Chairman of the College Board of Trustees, passed away on 9 October 2020 at the age 97. Mr. Li became a member of the Board of Governors of the College in 1968, and had since then served on the Board, which was later reorganized as the College Board of Trustees, for as long as 36 years till 2004. Under his outstanding leadership as the Chairman of the Board from 1981 to 1987, the College had accomplished several important projects, in particular the Siu Tao Fung Shan Project which was able to continuously generate revenue to the College's endowment fund. The funds generated from it has been supporting the provision of a wide array of local and overseas non-formal education programmes to Chung Chi students, to enhance their all-round development beyond academic studies.

Our deepest condolences to Mr. Li's family!

本學院校董蘇雄先生之父親蘇炳宏先生於二〇二〇年八月八日辭世，享年九十七歲。同仁謹致哀悼！

Mr. So Bing Wung, beloved father of Mr. So Hung Raymond, a member of the College Board of Trustees, passed away on 8 August 2020, at the age of 97. Our deepest condolences to Mr. So and his family!



## 匯報「崇基學生發展綜合大樓」項目籌募進展

### Announcing the Fundraising Progress of “Chung Chi Student Development Complex” Project

學院於二〇一七年十月發起首項大型校園發展項目——「崇基學生發展綜合大樓」計劃的籌募運動，募款目標為港幣一億元，工作開展至今，已歷時近三年。截至今年十月中，承蒙各位教職員、校友和學院友好鼎力支持，綜合大樓項目計劃已獲捐助及認捐的金額共逾港幣九千八百萬元！

「崇基學生發展綜合大樓」高低兩座，預計可於明年崇基七十週年校慶建成啟用。聚沙可成雙子樓，拓展事務處將於未來數月繼續努力籌募尚餘的約港幣二百萬元，我們期待明年與您攜手共同見證這幢崇基新地標的落成。

Three years ago, launching the “Chung Chi Student Development Complex”, the College set up an HKD 100 million fundraising target for this first major campus development project. As at 15 October, over HKD 98 million have been raised for the Student Development Complex. The College sincerely appreciates all staff members, alumni and friends for their overwhelming support.

While anticipating the completion of the twin-block Complex in next year to celebrate the College’s 70<sup>th</sup> anniversary, Development Office shall work towards the target by raising the remaining HKD 2 million in the following months. Please go along with us, and let us rejoice together at the commissioning of such new landmark on Chung Chi.

## 群策群力做好準備 為崇基同學籌措更多出遊機會

### Joint Effort to Prepare More Out-reaching Opportunities for Chung Chi Students

近來港府正與多國商討「旅遊氣泡（travel bubble）」安排，當中包括德國、日本、新加坡、韓國等十一國，日前更與新加坡達成協議，準備落實有關安排。

歷年來學院已與多所海外院校建有合作關係，每年專為崇基同學提供交流機會，為期一學期至一整學年不等，務求使同學在大學的專業培訓和學院的非形式教育外，更能放眼異國文化，融會貫通、開闊視野。

每位獲崇基安排到海外院校交流的同學，除可經「**放眼世界計劃**」申請每學期港幣二千元（適用於亞洲院校）或港幣五千元（其他非亞洲院校）的資助外，更可額外獲學院資助來回機票的部分款額。

拓展事務處摯誠呼籲各位，捐助學院「放眼世界計劃」。捐贈港幣二千元起，您已可支持一位崇基同學展開其精彩的學習旅程。

Recently the government has been dealing with multiple countries for implementing “travel bubble” arrangements. Last week it was even announced that Singapore would be the first country to reach agreement with the government on such arrangement.

For years the College has collaborated with several overseas institutions in order to offer Chung Chi students with exclusive overseas exchange opportunities. With such one-semester or whole-year offers, our students are expected to learn and appreciate foreign cultures. It is also a unique chance for them to broaden their horizons apart from the University’s professional training and the College’s non-formal education.

Nominated by the College for an exchange offer, through “**EYE Award Scheme**”, each Chung Chi student may apply not only for an amount of HKD 2,000 (to institutions in Asia) or HKD 5,000 (to institutions beyond Asia) for each out-reaching semester, but also an allowance by the College to cover partially their round-trip air expense.

Now EYE Award Scheme calls for your generous support! Development Office cordially invites donation to the Scheme – you may sponsor a fruitful journey of one single student of Chung Chi by contributing from HKD 2,000 only.



了解更多  
More info

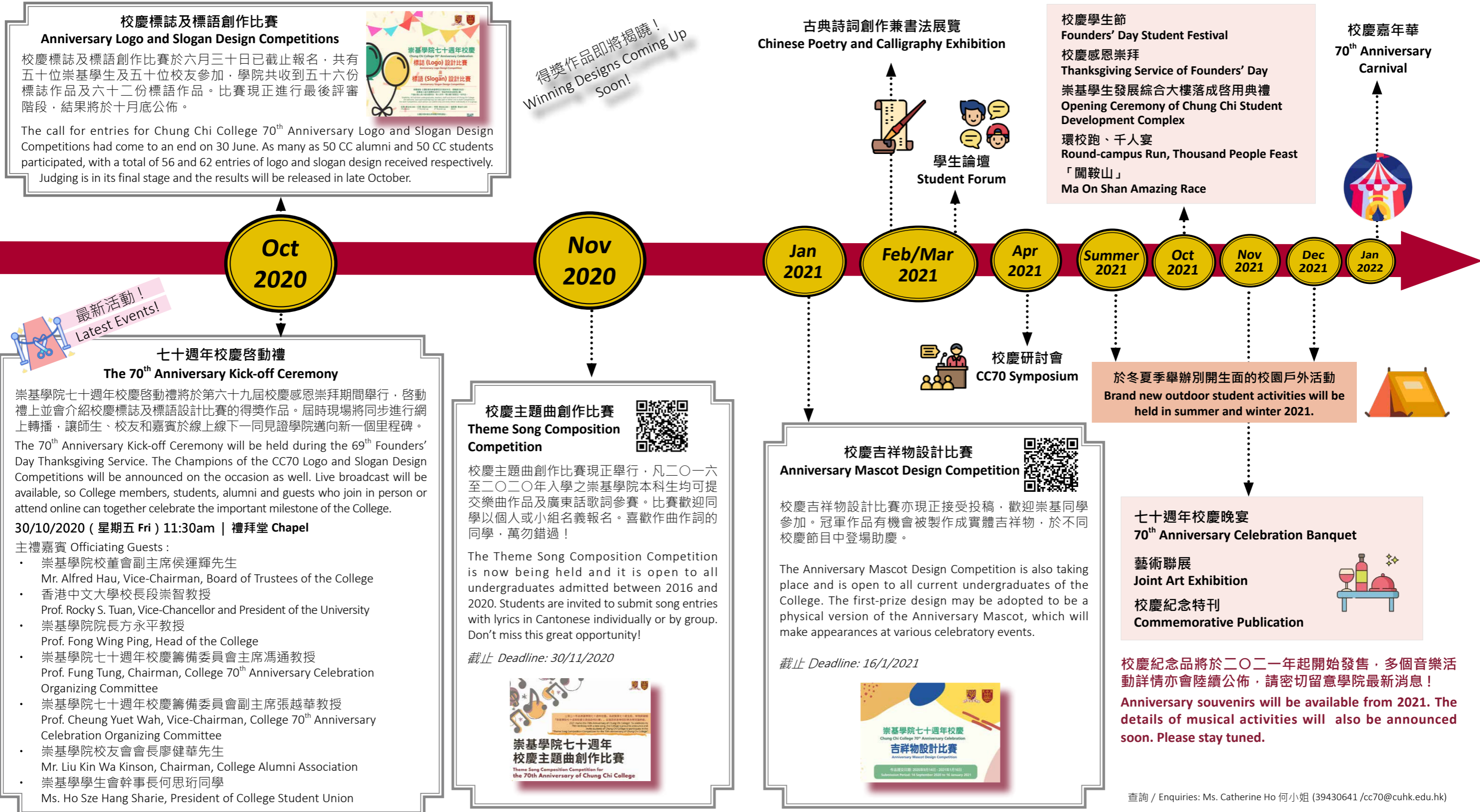


崇基學院網上捐款系統  
Chung Chi College Online Donation System

# 崇基學院七十週年校慶 The 70<sup>th</sup> Anniversary of Chung Chi College

崇基學院自一九五一年創立，來年即將踏入七十週年校慶的大日子。為隆重其事，學院已構思一連串不同類型的活動，於今年年底至二〇二二年初陸續推出。

Chung Chi College was founded in 1951. To mark our 70<sup>th</sup> anniversary in 2021, an array of celebratory activities has been planned to be launched starting late 2020 throughout early 2022.



得獎作品即將揭曉！  
Winning Designs Coming Up Soon!

最新活動！  
Latest Events!

校慶紀念品將於二〇二一年起開始發售，多個音樂活動詳情亦會陸續公佈，請密切留意學院最新消息！  
Anniversary souvenirs will be available from 2021. The details of musical activities will also be announced soon. Please stay tuned.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>16 Oct</b> 10:30   成長小組 Personal Growth Group ★ 11:30   週會 College Assembly ★ 講題：去或留？ Topic: To Stay or Not to Stay, That's the Question 18:30   養生功班 Yang Sheng Gong Class 19:00   六藝堂篆刻創作工作坊 Chinese Seal Creation Workshop ★	<b>17</b> 14:30   崇基國際演講會會議 ★ Toastmasters Club Meeting
<b>18</b> 10:30   主日崇拜 Sunday Service ★ 講題：神造光，又造暗 Topic: God Forms Light and Creates Darkness	<b>19</b> 12:30   成長小組 Personal Growth Group ★ 13:30   午間心靈綠洲音樂會 P12 ★ Midday Oasis Lunchtime Concert 17:30   校董會會議 Board of Trustees Meeting 18:00   瑜珈班 Yoga Class	<b>20</b> 13:00   教職員生活委員會線上午間講座 Staff Social Online Lunchtime Talk P13 ★ 講題：抗疫小貼士——湯水食療篇 Topic: Fighting the Pandemic-Chinese Medicine Dietary Tips	<b>21</b> 10:30   常務委員會會議 Cabinet Meeting	<b>22</b> 12:30   牧靈關顧委員會午間聚會 Lunch Break Gathering of Pastoral and Spiritual Care Committee P11 講題：帶著牧師去旅行 Topic: A Trip with Pastor Ko 13:30   信仰探索小組 Faith Seeking Group ★ 16:30   查經小組 Bible Study Group ★ 18:15   養生功班 Yang Sheng Gong Class 18:30   崇基開 Live Chung Chi Live - Overseas Summer School ★	<b>23</b> 10:30   成長小組 Personal Growth Group ★ 11:30   週會 College Assembly ★ 講題：畢業三十年後 Topic: 30 Years After Graduation 18:30   養生功班 Yang Sheng Gong Class	<b>24</b> 10:30   院務委員會會議 Assembly of Fellows Meeting
<b>25</b> 10:30   主日崇拜 Sunday Service ★ 講題：請問…… Topic: May I ask...	<b>26</b> 公眾假期——重陽節 Public Holiday – Chung Yeung Festival	<b>27</b>	<b>28</b>	<b>29</b> 13:30   信仰探索小組 Faith Seeking Group ★ 16:30   查經小組 Bible Study Group ★ 18:15   養生功班 Yang Sheng Gong Class 18:30   崇基開 Live Chung Chi Live - Hostel Life ★	<b>30</b> 10:30   成長小組 Personal Growth Group ★ 11:30   六十九週年校慶感恩崇拜、七十週年校慶啟動禮 69 <sup>th</sup> Anniversary of Founders' Day Thanksgiving Service and 70 <sup>th</sup> Anniversary Kick-off Ceremony P10 ★	<b>31</b> 09:00   校友日 Alumni Day P10 ★
<b>1 Nov</b> 10:30   主日崇拜 Sunday Service ★ 講題：信仰只說不行，行嗎？ Topic: Walk the Talk	<b>2</b> 12:30   成長小組 Personal Growth Group ★ 13:30   午間心靈綠洲音樂會 P12 ★ Midday Oasis Lunchtime Concert 18:00   瑜珈班 Yoga Class	<b>3</b>	<b>4</b> 18:45   語文講座 Language Seminar ★ 題目：如何可以不斷寫作？ Topic: How to Stay Inspired to Write	<b>5</b> 13:30   信仰探索小組 Faith Seeking Group ★ 16:30   查經小組 Bible Study Group ★ 18:15   養生功班 Yang Sheng Gong Class 18:30   崇基開 Live Chung Chi Live - Scholarships Recipients Sharing ★	<b>6</b> 10:30   成長小組 Personal Growth Group ★ 11:30   週會 College Assembly ★ 講題：菩提樹下的野孩子 Topic: The Wild Child under the Bodhi Tree 18:30   養生功班 Yang Sheng Gong Class 19:00   香薰工作坊 Aromatherapy Workshop ★	<b>7</b> 10:00   Uni-Y 聯校慈善活動 Uni-Y Joint-U Mixed-Mode Charity Challenge ★ 14:30   崇基國際演講會會議 ★ Toastmasters Club Meeting 14:30   靜觀x摺紙 Mindfulness x Origami 15:30   崇基神學院神學日 Theology Day of Divinity School of Chung Chi College P13
<b>8</b> 10:30   主日崇拜 Sunday Service ★ 講題：那日子 Topic: The Day	<b>9</b> 12:30   成長小組 Personal Growth Group ★ 13:30   午間心靈綠洲音樂會 P12 ★ Midday Oasis Lunchtime Concert 18:00   瑜珈班 Yoga Class	<b>10</b>	<b>11</b> 12:30   教職員聯誼會週年會員大會 Annual General Meeting of College Staff Club P12	<b>12</b> 13:30   信仰探索小組 Faith Seeking Group ★ 16:30   查經小組 Bible Study Group ★ 18:15   養生功班 Yang Sheng Gong Class 18:30   崇基開 Live Chung Chi Live - 築夢 Dream Seeding ★	<b>13</b> 10:30   成長小組 Personal Growth Group ★ 11:30   週會 College Assembly ★ 講題：重慶大廈和香港——今天世界的文化熔爐 Topic: Chungking Mansions and Hong Kong as Cultural Melting Pots in the World Today 18:30   養生功班 Yang Sheng Gong Class	<b>14</b> 14:30   崇基國際演講會會議 ★ Toastmasters Club Meeting
<b>15</b> 10:30   主日崇拜 Sunday Service ★ 講題：主啊，你世世代代作我們的避難所 Topic: Lord, You Have Been Our Refuge in All Generations						

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 organizing party.*



★ 以混合模式進行  
in mixed mode

★ 網上進行  
conducted online

P1 活動詳情另見本期內頁  
Details available on indicated  
page of current issue



抗疫新常態  
New Normal

2020 20 10.16

雖然新學年在新冠病毒第三波疫情的餘波中開始，但崇基學院的通識教育仍然可以「新日常」之方式實行。以往有數百至一千人出席的週會，亦以線上直播形式進行，既能減低大型集會的傳染風險，又可讓同學如常觀看週會嘉賓的分享，聆聽他們對人生、對不同社會主題的看法和睿智。同學亦可使用聊天室向嘉賓發問，以及選擇不同頻道收聽英語或普通話即時傳譯。至於週會的其他安排維持不變，需要達到「一學期四次」的出席要求，而且必須預先登記。

另一方面，學院一如以往歡迎教職員進入禮拜堂參加週會。為降低病毒傳播風險，禮拜堂入口附近設有體溫探測器及登記處，進場前須量體溫、消毒雙手及登記。與此同時，教職員亦可以在網上會議平台 Zoom 觀看實時轉播，若然未能抽空前往禮拜堂，也不會錯過嘉賓的精彩分享。

值得一提的是，以往週會特設若干名額予校友出席，改為網上直播後，校友的參與即變得更加踴躍。無論身處何地，校友都可收看週會直播，恍如重溫禮拜堂的週會時光！

Despite the third wave of Covid-19 pandemic, general education of Chung Chi College can still be provided in a “new normal” way. Assemblies, one of the major components of College general education, are now livestreamed on Zoom in order to let students watch the sharing and listen to the insights of guest speakers about life and various topics of interest while lowering the risk of virus spreading. Students can also ask questions in the chat box, and listen to simultaneous interpretation in English or Putonghua by choosing different channels. Other arrangements of assembly remain unchanged. Students must attend assemblies 4 times per semester as in the past and register before the assembly.

On the other hand, teachers and staff are welcome to attend the assembly in person or online. To reduce the risk of Corona virus infection, all audience and staff are required to measure the body temperature by using the infrared thermometer, register at the entrance and sanitize their hands. Alternatively, livestream on zoom allows staff members to enjoy every second of the incredible sharing by the guests even if coming to the Chapel is not feasible.

One interesting fact is that the participation of alumni has become much more active since the assembly is livestreamed on Zoom. Wherever the alumni are, they'd feel like going back to those days when they enjoy the assembly in the Chapel!



工作人員正忙於準備直播，確保同學、教職員和校友可暢順收看週會。  
Staff is busy in preparing the livestream so that video will be transmitted to students, teachers and alumni smoothly.



入口附近的登記處，供人量體溫及消毒雙手。

The registration spot at the entrance. Audience and staff also measure body temperature and sanitize hands here.



編者的話

## From the Editor

下期通訊將於十一月十六日出版，來稿請用中文及英文繕寫，並於十月廿八日前電郵至ccc\_newsletter@cuhk.edu.hk。

The next issue will be published on 16 November 2020 and please submit news items (in both Chinese and English) to ccc\_newsletter@cuhk.edu.hk on or before 28 October 2020.

《崇基校園通訊》執行編輯：張美珍、廖景婷  
副執行編輯：高潔儀、王宇傑  
Chung Chi Campus Newsletter Executive Editors: Jane Cheung, Karina Liu  
Associate Executive Editors: Ruby Ko, Dominic Wong

除印刷版本外，《崇基校園通訊》亦上載於學院網頁供各教職員瀏覽。學院同仁倘不欲收取本通訊的印刷版本，煩請電郵至 ccc\_newsletter@cuhk.edu.hk。

《崇基校園通訊》網址：[www.cuhk.edu.hk/ccc/publications/newsletter](http://www.cuhk.edu.hk/ccc/publications/newsletter)

Chung Chi Campus Newsletter is also available online. Members who prefer not to receive printed copies of the Newsletter are requested to send the College a note via email at ccc\_newsletter@cuhk.edu.hk. The online version is available at: [www.cuhk.edu.hk/ccc/publications/newsletter/index\\_eng.htm](http://www.cuhk.edu.hk/ccc/publications/newsletter/index_eng.htm)



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