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

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

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

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

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

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

P. 2

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

P. 3

CityU’s Largest-ever Arts Festival
城大藝術節 提升校園文化氛圍

P. 4-5

CityU Yoga Day: Celebrating Peace and Harmony
城大瑜伽日：共享平靜與和諧

P. 6

University Life with Dedication and Passion:
an Interview with Sadhika Nanda
全情投入 享受大學生活：留學生Sadhika Nanda專訪

P. 7

Employability Forum Enhances
Students’ Career Development
圓桌論壇 促進學生事業發展

P. 8

Editor-in-Chief : Professor Horace Ip and Dr. Tim Wong
Editor : Ms. Sandra Li
The launch of King Duck at the CityU Swimming Pool.

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

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

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

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

Student volunteer Routen Jin Lu-teng (Computer Science, Year 2) helped with the distribution of ducklings. “This is such a fun thing to do! I feel a lot less stressed when I see smiling faces of my fellow students. I just love this event!”

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

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

葉教授表示：「這隻鴨子的名字是 King Duck，即是廣東話「傾得」，提醒同學們有需要時可以找朋友傾訴，分享彼此心得，減輕壓力；假如仍然未能抒發情緒，可以撥打在小鴨身上的電話號碼，尋求輔導員幫助。」

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

學生發展處去年首次舉辦CityU Cares For You活動，派發蘋果製壓力球，今年則以小鴨為同學打氣，同樣大受歡迎。
Xinghai Conservatory of Music & CityU Chinese Orchestra
星海音樂學院及城大中樂團

Masters from the Xinghai Conservatory of Music performed with the CityU Chinese Orchestra.
星海音樂學院的三位老師與城大中樂團攜手演出。

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

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

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

CityU’s Largest-ever Arts Festival
城大藝術節 提升校園文化氛圍

To encourage students to pursue artistic interests outside their studies and foster all-round development, CityU Arts Festival was launched in 2015 to enrich artistic and cultural ambience on campus.
為鼓勵學生培養學術以外的多元發展，城大於2015年下旬舉辦藝術節，送上多項精彩節目。
The Christmas Concert on 18 December brought the Arts Festival to a seasonal end.

In addition to classical music such as Beethoven’s Symphony No. 4, performed by the CityU Philharmonic Orchestra, the programme included popular music, songs and carols delivered by the CityU Chinese Orchestra, the CityU Concert Singers, and the CityU SU Christian Choir. External performers included Mr. Zhang Miaoyang, the iconic voice artist at Phoenix Satellite Television Company Limited, and Mr. Petrus Cheung, a famous baritone and prominent vocal performer.

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

The Linnan Girls Choir of Xinghai Music Conservatory & City University Choir

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

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

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

Moda Moving Group:

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

The Linnan Girls Choir and Xinghai Music Conservatory & City University Choir performed on 27 November, delivering popular and traditional songs like Ave Maria, Sparrows, Gaye, Pearl of the Orient, and Blessings to the audience.

Kellie Chow Ngot-tung, a dancer from Moda Moving Group, shared her experience about the performance Colour • E • Motion, which featured collaborations and different emotions expressed through dance and video.

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

The Linnan Girls Choir and Xinghai Music Conservatory & City University Choir performed on 27 November, delivering popular and traditional songs like Ave Maria, Sparrows, Gaye, Pearl of the Orient, and Blessings to the audience.

Kellie Chow Ngot-tung, a dancer from Moda Moving Group, shared her experience about the performance Colour • E • Motion, which featured collaborations and different emotions expressed through dance and video.

The other dance performance of the night was Not Yet / To Forget, which explored curiosity through various sound effects and gestures.
CityU Yoga Day: Celebrating Peace and Harmony

城大瑜伽日：共享平靜與和諧

Over 200 students and staff members came together and practised Yoga at the Student Residence.

逾200名學生與教職員齊聚一堂，參加由學生宿舍首次舉辦的城大瑜伽日活動。

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

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

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

With the aim of promoting yoga as a way to relieve stress and to attain inner peace, Yoga Day brought much peace, harmony and happiness to CityU campus!
University Life with Dedication and Passion: 
an Interview with Sadhika Nanda

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

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

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

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

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

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

While talking about her career plans, Sadhika would like to conduct academic research about ethnic minorities in Hong Kong. She also hopes to work for the Indian Government as a representative or international ambassador in the future.
The Executive Roundtable Forum on Millennial Employability was hosted by The Golden Key Club on 6 October 2015 as the kick-off event for a series of training sessions for its members for the year 2015-16. About 100 students and CityU scholarship recipients attended the forum and they gained valuable insights meeting with business leaders from different fields at a roundtable sharing.

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

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

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

City Upbeats