City Upbeats

CityU Student-Athletes Represented Hong Kong, China in World University Games (WUG) 2017

城大運動員代表中國香港參加2017年的世界大學運動會（世大運）

The biannual Summer World University Games was successfully held at Taipei from 19 - 30 August 2017. The Hong Kong, China Delegation has selected more than 150 students to compete in totally 14 sporting events. Hong Kong Team (HKGT) has won two gold medals in Swimming and two bronze medals in Tennis and Tai Chi respectively. This result was very encouraging. The selected CityU representatives included 20 student athletes and 4 officials who represented HKGT to compete in the following events:

Badminton (男團組)：
Tang Ho Lam宇宙琳
Tang Ho Kit寶傑
Yung Wing Hin俊軒
(Translation & Interpretation, Year 3)
(Event Management, Year 2)
(Business Economics, Year 4)

Table Tennis (男單組)：
Chan Wai Man孟偉文
Poon Shing Hoi 黃聖熙
Wong Ka Ho黃嘉浩
(Public Policy & Politics, Year 3)
(Macroleakage Equipment, Year 4)
(Criminology, Year 4)

In the end, the delegation achieved good results in the games. The success of this event not only brought joy to the athletes and staff, but also promoted the image of CityU.

Starting from our hearts, and going ahead with no hesitation: A brief report on the Residence Tutors Training Camp

由心出發，勇往直前：宿舍導師訓練營概要

It was an unusual Saturday afternoon not only due to the torrenting heat but also because there were more than 60 persons who came to this former British Army Training Camp to join the Residence Tutors Training Camp held from 29 to 30 July 2017. This 2-days program was organized by the HK CityU. After the commander has explained the detailed requirement and regulations loud and clear, the participants were shown to a big barrack, with 15 bunk beds inside, which would be their sleeping place for the coming 18 hours. From then on, they were going to be trained just like army.

Both the first and the last sessions of the training camp were planned to be workshops focusing on the roles and duties of Residence Tutors assisted by some case studies. After guest speakers and trainers have shared their ideas and experience with the participants, there were small group discussions for the sake of brainstorming on some real caring and disciplinary cases hoping that the residence tutors can have deeper understanding of their work and possible difficulties.

For the outdoor activities, the participants were divided into four groups according to the ranks. The main purpose of these activities was aimed at challenging both the participants’ courage to overcome their fears and to understand the importance of teamwork. To many of the participants, the “High-Wall” might be one of the scariest games.

The well designed and conducted Residence Tutors Training Camp has definitely nourished and strengthened the friendships among all the participants not only for those who came from the same hall but also inter-halls. This camp was a crucial and unforgettable beginning, before the residence tutors would take up their one-year duty because it has built up not only friendship but also good sense of team work!
The story of two “CityU Bicycle Knights” ... Cheung Man Lung (Mechanical and Biomedical Engineering) and Chan Tak Wa (Public Policy) ... 張汶龍 (機械及生物醫學工程)及陳德華 (公共政策)

We started planning for this journey 6 months prior to our departure. We had some difficulties during the preparation stage, but fortunately we got the support by our President who even helped us better our plan thus making our “Bicycle Journey” become real. At last, we could embark on our journey to Tibet.

Within 23 days, we had cycled for 2,167 km and conquered 11 mountains which were over 4,000 meters above sea level. During the journey we donated stationeries to some underprivileged children coming from single-parent families. Some other bicycle riders along the road, who were so impressed by our mission, decided to join us thus making the “Bicycle Knight Club” becoming bigger and bigger.

When we were in Tibet, the well-known “The Roof of the World” we were impressed not only by the simple folk of the local people but also stunned by the magnificent scenery! We then understood that being as human beings how small and ordinary we are, and we strongly realised that in fact we were the one but not other who have benefited most from this “Bicycle Journey.”

CityU Athletes’ Sharing ...

城大運動員的感想 ...

早在出發前半年我們已開始籌備這個活動。在籌備過程中，我們的路遇了不少困難，幸好得到校方及贊助商的支持。老師與我們共同研究，最終達成了我們的計劃。今次旅途終於圓了我們西藏夢想之約！

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General enquiry:
Tel.: 3442 8090
Email: sds@cityu.edu.hk
CityU’s Omnibus serving some Chinese Ethnic Minorities along the Silk Road
沿著絲綢之路為少數民族提供服務的香港城市大學專巴

CityU Students’ Internships Going Global
香港城市大學的學生實習計劃邁向國際

In this Summer, through the Global Work Attachment Programme (GWAP), 79 students of CityU were arranged to 6 international metropolitan cities: Berlin, Munich, Holden, Tokyo, Shangha, and Sydney. This global internship lasted from 7 to 12 weeks.

Interns of the GWAP involved in real work with the objective of enhancing their global experience and perspective. About 40 enterprises and organizations from different industries have made previous offers for the GWAP encouraging feedback was received from the employers and the participants.

In early 2018, the Career and Leadership Centre (CLC) will start the selection of new interns for the GWAP students who are interested should not miss out this valuable opportunity.

The CityU Omnibus provided a lot of opportunities for our personal growth and to understand the importance of team spirit. We have met and got to know some Chinese ethnic minorities who live in remote or inaccessible areas.

Of course we were not totally empty minded before being introduced to the ethnic minorities. The very useful classes, providing important background information on the ethnic minorities, were conducted by local government officials and local families. In return, they could get first-hand understanding of Hong Kong culture and customs through us. Such kind of face-to-face interaction has brought two different communities, far apart geographically, getting closer to each other.

The world class cultural relics along the Silk Road were definitely not to be missed out. We were just amazed by the magnificent Dunhuang Mogao Caves which has been recently designated as a World Cultural Heritage. The Fracca Tombs of the Wei and Jin Dynasties, which are also called "an encyclopedia of the Silk Road", was equally stunning! These relics have proven that the Silk Road was not only a vital route for transportation of goods and people in ancient times, it was also an important route for the exchange of knowledge, technologies, art, customs and cultures between the East and the West civilizations.

CityU’s Interns Jessica Lam (Media and Communication, Year 3) and Helen Chong (Translation and Interpreting, Year 3) assisting in video production.

(From right) Perry Chan and Eddy Ng (Management Science, Year 3 & 4 respectively) being briefed by their supervisor before starting to work.

CityU’s Intern Johanna Lim (Linguistic and Translation, Year 3) from right) exchanging name cards with her client during a visit.

CityU’s Intern Natalie Chan (Public Policy, Year 3) from left) attending a meeting.

CityU’s Interns (CityU大公政策學系三年級. 左二) 正在參加會議.
CityU’s Outstanding Athletes Scholarships for Non-Local Students

城市大學海外傑出學生運動員獎學金

Under the new “Non-Local student athletes scholarship” in the year of 2016 and we have successfully attracted 4 international athletes from Europe, Australia, and Asia respectively.

2016年城大推出傑出海外傑出學生運動員獎學金，並分別在歐洲、澳洲和亞洲合共招收四位傑出的學生運動員。

Name | Country | Sport | Major of study
--- | --- | --- | ---
Edi Bukidzanovic | Croatia | Men's Basketball Team | Global Business
Veli Kulic | Serbia | Men's Basketball Team | Computing Mathematics
Derek Leong Wei Jian | Malaysia | Soccer Team | Applied Social Sciences
Junto Qui | Australia | Tennis Team | Management

I selected CityU both because of CityU’s reputation as a world-renowned university and its constant improvement in terms of academics and sports. CityU’s student’s discipline is impressive during class and on campus. I have never seen so many people in one place that are so organized and well-behaved. In fact, the city of Hong Kong as a whole is just amazing!

I am so grateful for choosing CityU, and I am so thankful for being part of CityU. I think you will find that CityU is one of the best universities in the world for getting better every year. This means there would be more and more better opportunities in the future for us!

I think CityU is one of the best universities in the world and it is getting better every year! This means there will be more and more future better opportunities for all of us!

I am extremely nervous at first about making new friends, meeting different kinds of people from different parts of the world, and also by this city’s fast pace. My fear faded away very quickly as I soon meet many new friends and get the help from other srudents who are also Malaysians.

Though the academic work load is quite heavy, I still can make it rather comfortably. Therefore I can work harder in and spend much more time on our soccer team. I also hope to continue to learn and develop through the experiences that I have been presented to from everyone and everything here in CityU and Hong Kong as well.

最開心的時候我感到十分緊張，害怕自己未能很好地跟來自世界各地及不同背景的同學交談。因此我認爲這是很好的機會來豐富我們的視野。我希望我可以開心地學習和發展，並且通過這些經驗，我將可以更深入了解未來的機會。

The Peers Counsellors started to organize a project called “Meal Power” since 2013 which aims to invite those students who don’t want to dine alone having lunch together! We have the honour to be involved in this project this year. Before participating in it, we were filled with fear and excitement but later on when we joined many times we treasured “Meal Power” at a very precious opportunity to let us practise what we have learnt.

We once worried that we might not know how to start talking to each other or how to continue the conversation even if we could have started it! Later on, we found out that, as long as we all had the same honest hope of meeting new friends, everything would be alright naturally.

Some students might have brought some questions with them when they came to the event and hoped that could be solved. There were others who just wanted to have someone there listening to their worries or problems. During each and every moment, we had to bear in mind some of the golden principles of counseling: “Never be judgmental! We must listen to others with empathy and respect. Until the other side has finished telling us the whole story, we must not and should not be too eager to express our views or opinions or suggestions.” Besides providing opportunity for us to practise what we have learnt, “Meal Power” has in fact enhanced our courage! We became more confident that if in the future we would encounter those students who might need companionship and support, we won’t hesitate to approaching and giving them the hand of friendship!

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