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CityU Men’s Soccer Team was the only Hong Kong tertiary institution entering the final eight of this national competition which was co-organized by the Federation of University Sports of China (FUSC) and the Chinese Football Association (CFA). CUFL is the only official league for 11-a-side college football in the Mainland. Five hundred teams all across the country participated in it.

The team began with victory in the Southern Region league, which took them to compete against the final eight in Chongqing. After the round-robin tournament, our team successfully entered the final match. Though our Men’s Soccer Team lost to the defending champion, Sichuan Engineering Technical College, in the final by 1-0, they both demonstrated and uplifted the sport spirit “Be the Best that We Can be” of CityU by being as the 1st Runner-up in the CUFL for the second consecutive year.

CityU Men’s Soccer Team players were thrilled to enter the final match. 能夠成功打入總決賽，城大男子足球隊表現得無比興奮。

CityU Soccer Team Won the 1st Runner-up of the China University Football League
中國大學生足球聯賽城大健兒再創佳績

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Welcoming Message from Professor Horace Ip Ho-shing, Vice President (Student Affairs)

I am delighted to welcome you all in this first issue of City Upbeats, a newsletter of the Office of the Vice-President (Student Affairs). Here you can find stories of outstanding achievements of our students and many forthcoming activities that could help foster a diversified and fulfilling university life for each and every one of you.

CityU emphasizes on the whole-person development that helps students build positive experiences in the intellectual, physical, social, aesthetic, career, emotional and spiritual aspects. We organize a wide range of activities that aim to strengthen the all-round abilities of our students.

Over the years, many students have made good use of the opportunities and resources provided by CityU to develop and actualize their talents. For example, if your interest lies in sports, you could not miss the CityU Sports Teams who had won 8 Grand Slams in the annual sports competitions among local tertiary institutions. Alternatively, to prepare for the competitive scholarship selection process, students can seek advices from academic professionals and the Student Development Services to sharpen their interviewing skills.

CityU students will be nurtured not only to focus on their academic study but also to care about the community and the world. You are also encouraged to devote your time and effort into helping the vulnerable and underprivileged groups.

CityU organizes programmes and workshops to prepare our students for their professional as well as social development. We are here to work with you to excel yourself. From now on, “Plan ahead, Take a step, and Be Prepared”!

適逢 City Upbeats 刊號的出版，本人謹在此向同學們致以熱烈的歡迎！透過此通訊，同學們除知道城大學生過往輝煌的成績之外，亦可得知將會舉辦的各種計劃及活動，希望同學藉著參與這些活動享受既多元化又充實的大學生活。

城大著重學生的全人發展，包括知識、體能、社群、藝術、就業、情緒及靈性等方面。為此，我們舉辦各式各樣有助提升和加強學生各方面發展的活動和計劃。

過往不少同學善用學校提供的各種機會和資源，於個人擅長領域得以進一步提升及發展。如對運動感興趣、不妨加入已八度奪得「大滿貫」的城大運動隊。又想申請各類獎學金計劃作準備，可跟學生發展處聯絡。大學方面不單只注重學生的學業成績，同時也鼓勵大家積極開心和投入各種社會服務。我們會為大家提供所需的培訓，幫助學生在個人及專業才能全面發展，為日後成為社會棟樑作最好準備。

踏入了大學校園生活，同學應及早計劃，參與不同活動，積極裝備自己。
Chan Hui-ling, a Year 2 student in the Department of Mechanical and Biomedical Engineering, Lee Hei-yan and Harry Lam Zhi-kiet, Year 2 students in the School of Energy and Environment, each of them won a scholarship of HK$150,000 in the Innovation and Technology Scholarship Award Scheme. The scheme was jointly supported and sponsored by the Innovation and Technology Commission and The Hongkong and Shanghai Banking Corporation Limited, and organized by The Hong Kong Federation of Youth Groups. The scheme aims to provide recognition to outstanding undergraduates from local universities as well as opportunities of widening their exposure and encouraging them to pursue science and technology as a lifelong career.

Awardees thanked the support from the university, “the university provides various resources for us to achieve the academic excellence and personal goal.” Making one’s dream come true is not easy, but it may not be day-dreaming. Harry, one of the awardees, encouraged CityU college-mates to pursue their dreams by setting a clear goal, daring to think out of the box and being innovative, as well as to explore different disciplines to widen our knowledge.

CityU Students Won the Innovation and Technology Scholarship Awards
城大學生獲頒創新科技獎學金

Mr. Raymond Cheng, Group General Manager & Chief Operating Officer of Asia Pacific Region of The Hongkong and Shanghai Banking Corporation Limited (left) presented the award to Harry Lam Zhi-kiet (right).
As a Management Trainee, Christy Fu will be rotated to various departments to know their business operation.

The internship was an eye-opener to inspire Christy Fu (second from the left) how to plan for her career development.

Christy Fu, a CityU graduate of Bachelor of Business Administration, is now a Management Trainee in the New World Group. Three years ago, when she was studying in CityU, she secured her first summer internship and worked in Paris Spring Department Store which is the flat-ship store under the New World Group in Shanghai.

Christy’s first internship opened her eyes to a great extent! She was assigned to work in the retail sector of the store. There were a lot of chances for her to improve her communication skills. Besides, the internship provided a precious opportunity for her to learn more about the New World Group and it has inspired her future career plan after graduation.

Last year, Christy applied for a 2-year Management Trainee position provided by the New World Group. Though the competition was fierce, she eventually acquired the position mainly because she is already well acquainted with the company during her internship which facilitate her to have a better preparation.

Christy is very much enjoying her work now and is eager and excited about the possibility of learning even more from the New World Group. For Christy, her first internship turned out not only as a summer job, it was a doorway to her future career!

The internship was an eye-opener to inspire Christy Fu (second from the left) how to plan for her career development. 

實習工作擴闊學生視野並增強就業機會

City Upbeats
Love and care are two of the most fundamental values in humanity. We are especially heart-warming to see an act of kindness happen this summer at CityU.

Feng Tao, who comes from Mainland, is a PhD student of the Department of Mechanical and Biomedical Engineering. He was diagnosed to suffer from brain cancer lately. He has been already in the middle of his treatment in Beijing when his family appealed for financial assistance. His friends and residents in Hall 8 and Jockey Club House, where he has resided previously, initiated a fund-raising campaign to help him. They were supported by the Chinese Students and Scholars Association of CityU and Dr. Mike Yao, Residence Master of the postgraduate halls and the response was overwhelming.

In early August, Feng Tao showed his optimism and thanked the tremendous support in his email, “My family and I are very touched. We are truly lucky to receive help in time of need. We are all very thankful to the donors.” He has completed two thirds of his treatments. Despite minor complications, his recovery was going smoothly. “I look forward to recovering well and going back to Hong Kong soon,” he said.

With so many social and cultural conflicts nowadays, this incident injected positive energy in the campus and reflected love has no boundaries. With Feng Tao and his family in our hearts, we would like to wish him a speedy recovery. We believe that all CityU students and staff will welcome his return with the same love and care.

Words of encouragement filled up the coloured posters.
不少城大師生及職員留下祝福和希望的語句，鼓舞人心。
Grace Lau Mo-sheung, a Year 2 student in the School of Creative Media, was titled to be the “USFHK Sportswoman of the Year”. “It is very challenging to maintain a balance between my studies and practising karate every day while occasionally going abroad for competitions,” she said. Support and encouragement from her coaches, teammates, teachers and classmates motivated her a lot.

CityU Sports Teams won the Men’s and Women’s overall championship titles (i.e. Grand Slam) in the 2013-2014 sports competitions among 11 local tertiary institutions which were organized by The University Sports Federation of Hong Kong, China (USFHK).

Professor Horace Ip Ho-shing, Vice President (Student Affairs), Professor Paul Lam Kwan-sing, Chief-of-Staff, and Dr. Wong Chi-tim, Director of Student Development Services, accompanied CityU Sports Teams to attend the award presentation ceremony on 27 April 2014.

CityU Sports Teams have turned another legendary page in its history by becoming the first and only tertiary institution winning the unprecedented Eighth Grand Slam. Overall, CityU Sports Teams won championship titles in 10 sporting events, 14 Runners-up positions and 3 Third places. 9 CityU athletes won the “Most Valuable Player Award” in their respective events.
Eight CityU students were awarded by the HSBC Hong Kong Scholarship Scheme and each won a scholarship of HK$50,000. Another two CityU students were sponsored by the HSBC Overseas Scholarship Scheme to studying abroad in order to appreciate different learning styles in different cultures. Each won scholarships valued from HK$300,000 to HK$400,000.

Many CityU students were conferred scholarships from CityU and outside the campus for their remarkable academic results or non-academic performance. Ms. Anita Fung, Group General Manager, Chief Executive Officer Hong Kong of The Hongkong and Shanghai Banking Corporation Limited (first row, fifth to the right), Dr. Rosanna Wong, Non-Executive Chairperson, Advisory Committee of The Hongkong Bank Foundation (first row, forth to the left) and Mrs. Pamela Chan, Chairperson of the Hong Kong Deposit Protection Board (first row, fifth to the left) conferred the certificates to CityU awardees.

In the year 2013-2014, over 400 scholarship schemes were established in CityU and more than 4,400 awards, with an approximate total of HK$110 million, were granted to recognize students’ excellent academic results or non-academic performance.

Most of the awards were nominated by Colleges/Schools/Academic Departments on the basis of academic merit while a number of them are made by open application on a competitive basis. Interested students can obtain detailed information of the scholarships and prizes, including the regulations, eligibility, award value and application deadlines, from the Scholarship and Financial Aid (SFA) system via AIMS. Student Development Services will also post notices to publicize the information through the CityU Announcement Portal from time to time to invite applications. Relevant information is also obtainable from SDS’s website at www.cityu.edu.hk/sds/sch/index.html

8位城大學生獲頒滙豐香港獎學金，各人獲得五萬港元獎學金；另兩名城大學生獲頒滙豐海外獎學金，各獲得約三十至四十萬港元獎學金，資助他們到海外進修，藉此體驗海外不同文化下的教學模式。
University life is full of colors and challenges. Sometimes it is exciting. At other times it could be stressful. Counselling service is here to help.

Our professional counsellors commit to help students in need on various concerns such as adjustment problems, study difficulties, interpersonal relationships, emotional distress, mental health and other life issues. Students if ready can meet with us for discussion and exploration in a private and safe setting. We respect students’ privacy and we uphold strict confidentiality for things shared in the counselling room.

If students want to know more about their personal attributes and personality so as to strengthen their abilities in coping with life challenges and career planning, we have various kinds of psychological assessment tools to help.

We also organized different programmes to help students achieve all-round development. To name the major ones: Personal Success Programme, Student Ambassadors Programme, Peer Counsellors Training Programme, Mental Health Ambassadors Training Programme and Project Star. These programmes have helped a lot of students to expand their scope of learning experience, enhance their leadership skills, social communication skills, emotional competence and serving attitude.

Detailed information about Counselling Service is also obtainable from SDS’s website at http://www.cityu.edu.hk/sds/home/service/1_d/index.htm

Students participated in the adventure training to develop their team spirit.

Students can make appointments through the SDS website for counseling services. If students want to know more about their personal attributes and personality so as to strengthen their abilities in coping with life challenges and career planning, we have a variety of psychological assessments and tools to help. We also offer different programmes to help students achieve all-round development, such as the Personal Success Programme, Student Ambassadors Programme, Peer Counsellors Training Programme, Mental Health Ambassadors Training Programme, and Project Star. These programmes have helped many students expand their learning experience, enhance their leadership skills, social communication skills, emotional competence, and service attitude.

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