

封面故事 COVER STORY

莫忘思考、莫忘初心

Embarking on Our Life Journey from Where We Aspire to Begin

至善對話 IN DIALOGUE WITH EXCELLENCE

健身也健心 在家動起來

Enhancing Wellbeing with Interactive Workout

崇基萬象 CHUNG CHI FACETS

百子櫃 變與不變

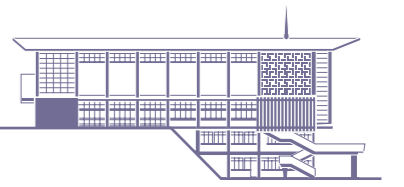
Being Un/changed: Chinese Medicine Cabinet

未圓時空 FOUND SPACE

崇基早期獎學金

Chung Chi Scholarships in the Early Days





莫忘思考、莫忘初心

Embarking on Our Life Journey from Where We Aspire to Begin

在浮躁中保留初心

《論語》「學而不厭，誨人不倦」是哲學系鄭宗義教授時常自勉的一句話，意謂：勤奮學習而不自滿，教導他人而不倦怠。身為大學老師，在研究時孜孜不倦，在教學時滿懷熱忱，在現今重研究的大學模式下，保留心中的一方清泉。

比起單單傳授知識，當今大學更重視教授的研究，要求競爭研究資助，定期發表論文，並以此作為關鍵的考評標準。這對年青教員造成不少壓力，也很容易讓他們遺忘投身學問的初衷，逐漸消磨他們教學的熱情。縱然抱持著這樣的見解，鄭教授卻一如既往滿懷著為人師表的熱忱。於他而言，教學和研究本就互利互惠。「與學生分享知識，能夠啟發我做研究時無法想到的觀點，而學生的問題也能反過來刺激我重新思考授課的內容，促進研究成效；另一方面，我和同學在討論的過程中，加深對研究課題的了解，開拓思路，為日後構思學術論文題目提供了豐富靈感。」他說。

學習是鄭教授極其重視的一環。學習不應只局限於求學階段，而是貫徹整个人生。在學習中不斷地力求進步，才是生而為人的意義。鄭教授寓興趣於學習，醉心於研究哲學問題，又有幸能以興趣作為職業。他認為學習和工作不可分割，可是脫離學生時代後，社會上讓人既能發揮創造力又能取得進步的工種較少，老師可是其中之一。因此，教育工作不應是將教材重複使用，而是要與時並進，力求教學相長。這樣教師才能在工作中不斷學習、成長與善化自己。

興趣是人生的動力和指引，談到哲學和教研，鄭教授不禁眉飛色舞。「做自己感興趣的事，宛如鳥兒

Preserving our Original Aspiration in Times of Turbulence

"To learn without flagging, to teach without growing weary" from the *Analects* of Confucius is Professor Cheng Chung Yi's motto. It means studying hard with humility and teaching others with enthusiasm. As a university teacher, being diligent in researching while passionate about teaching are essential values of universities that are mainly research-oriented today.

Compared to simply passing knowledge from teachers to students in the past, universities put more emphasis on academic research. Academics must compete for research funding and publish papers regularly, which exerts intense pressure on the young teaching staff. As time passes, they would probably leave behind their original intention of engaging in education. Their passion for teaching would thus be dying gradually. Having such an observation, Professor Cheng still holds firmly onto his original belief of being a dedicated teacher and his unyielding passion for teaching. He regards education and doing research are mutually beneficial. "Sharing my knowledge with students inspires me to come up with new ideas I could never think of when doing research alone. The questions from students also stimulate me to redesign my teaching content, enhancing the effectiveness of my research work. During discussions with students, I can deepen my understanding of the research topic, nourishing my mind with abundant inspiration for exploring new research topics," Professor Cheng says.

Learning is what Professor Cheng highly values. We should learn at school and throughout our lifetime, as striving for continuous progress while learning is significant for being a human. Professor Cheng finds his interest in investigating philosophical problems and is fortunate to turn his hobby into a profession. He thinks learning and working are inseparable. However, after graduation, hardly can people find

哲學系鄭宗義教授
Professor Cheng Chung Yi
Department of Philosophy

飛翔於屬於自己的那片天空，魚兒暢游於屬於自己的那片海洋。若非憑興趣，每天只過機械化的枯燥生活，實則是在耗費生命力，而不是真正的生活著。」鄭教授道。大學時期是一個探索自己興趣的黃金階段，故毋須急功近利，因尋覓到自己的心之所向，就能走得更遠。在中大求學和教學的日子裡，鄭教授投入自己熱愛的學術研究，也從學生課後正面的回饋中獲得滿足感，喜悅之餘，亦收穫了新知。

現代化對大學的品格培育帶來了衝擊？

在全球化影響下，現代大學轉移了發展重心。十九世紀的歐洲大學是以傳授與探究高深學問為鵠的，培育有識見和修養的文化人，可謂奠定了現代大學的模式。可是，鄭教授指出，隨著知識技術化、國際化、市場化的發展潮流，從二十世紀中以來，提供社會所需的實用人才成為大學的重大使命。如今，大學確實培育了很多實用人才，但學生的教養與人



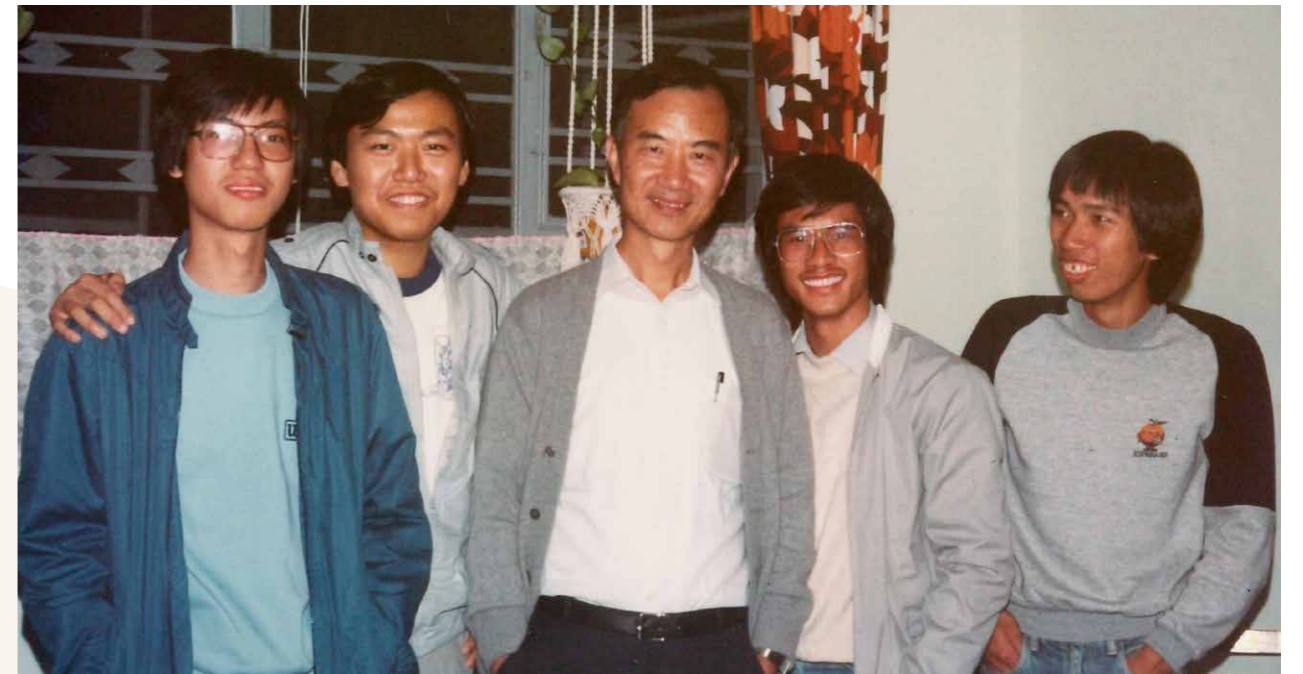
a fulfilling job for unleashing creativity and fostering continuous improvement. Yet teaching is one of them, as teaching does not mean using the same set of teaching materials repeatedly but moving with the times and forging a mutually beneficial relationship between teaching and learning. Only in this way can teachers keep learning, growing, and reclaiming themselves in their professional development.

Passion is the motivation and guidance of life. Professor Cheng is excited to talk about his philosophical research and teaching. "Doing something of your interest is like a bird gliding in its heaven or a fish swimming in its ocean. On the other hand, succumbing to everyday humdrum routines without doing something you like is squandering your vitality and not living earnestly," Professor Cheng says. University is a good place for exploring our interests. There is no need to strive for quick success and instant results, as finding your passion enables you to find your destination. In his learning and teaching journey at CUHK, Professor Cheng is grateful for being able to teach with passion while receiving positive feedback from students after class.

Modernisation Poses Challenges to Character Development in Universities?

Nowadays, universities experience a significant shift in focus under globalisation. In the 19th century, European universities aimed at passing and exploring profound knowledge and nurturing knowledgeable and virtuous intellectuals, which is deemed to have developed a prototype for modern universities. However, Professor Cheng points out that, in the wake of technicalisation, globalisation, and marketisation, nurturing talent for addressing the needs of society has become a significant mission of universities since the mid-20th century. Nowadays, universities have nurtured a wealth of qualified talent indeed, but cultivating students' goodness and building their character has been falling through gradually. Being caught in a dilemma between adhering to the noble ideal of education and succumbing to the cruel reality of competing for global ranking, it is difficult to maintain a balance.

Take the three traditional colleges at CUHK as an example, under the influence of globalisation, if colleges simply allocate more resources to scholarships, provide more overseas exchanges, and increase more facilities without promoting their core traditional values, they will become more and more homogeneous and lose their distinctiveness. "Thus, the college's motto is so important that students need to understand and realise its implication," stresses Professor Cheng. He says the school motto of CUHK, "Through learning and temperance to virtue," does not only imply the importance of delivering knowledge to students, but also of nurturing their personality, which is also an embodiment of Chinese culture. Talking about this, he encourages universities to ponder over this



鄭教授（左二）與同班同學到訪陳特老師家中
Prof. Cheng (2nd left) and his classmates visited Prof. Chen Te's apartment

格模鑄卻漸漸落空。大學在面對辦學的崇高理想和競爭國際排名的現實時，常苦於顧此失彼，難覓平衡。

以中大三所舊書院為例，順應全球化發展，書院若只單純投放資源，頒發更多獎學金，提供更多海外交流機會，增添更多設施，而忽略對書院傳統的傳承，則會使各書院越趨一致，看不出有什麼分別。「所以書院校訓很重要，學生應明白甚至體認其中的深意。」鄭教授說。中大以「博文約禮」為校訓，正是重視大學除了給學生講授知識外，亦要育成他們的人格。這也是中國文化的體現。提及此，他不禁提醒：大學在應對當前現實的衝擊下，還能秉持初心，不忘「文」「禮」兼備的宏志嗎？

大學轉換心態，在理想和現實中尋找平衡，需要迎難而上。鄭教授說，面對同一化的趨勢，大學更應該珍視與保育自己的傳統，返本開新，方能展現出有別於其他學校的獨特面貌。否則忘卻了最初的信念，就會如同融入現實的大海，成為面目模糊的一滴水。若能不忘本，堅守初心，則能規範現實之變，走上一條健康發展的大道。

抽離的反思

在喧鬧浮躁的時代，冷靜思考顯得格外重要。崇基和中的美麗校園正提供了一個褪華歸真的環境。

讀書時享受校園的一花一草，在山水輝映處流連忘

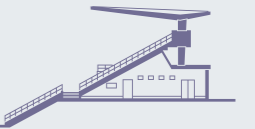
issue: facing the impact brought by reality, can we still preserve our original aspiration and the grand mission of laying equal emphasis on intellectual and moral aspects of education?

Seeking a balance between ideals and reality is nothing but challenging, but we must grasp the nettle. Professor Cheng says that universities should cherish and preserve their tradition while facing a growing tendency of homogeneity, as well as grasp the commonly held beliefs and establish new ones, so as to cultivate their unique values. Or else, the original belief will be left behind, with the school being a drop of water devoid of distinctiveness in the vast ocean of reality. Preserving the original belief and aspiration is the solution to addressing the ever-changing reality and leading us to a promising pathway for vigorous development.

Reflection on Detachment

Contemplation is considered particularly important in this rapidly-developing era. The beautiful campuses of Chung Chi and CUHK provide a tranquil environment for us to restore the original purity and simplicity.

Professor Cheng enjoyed the natural scenery on the campus in the old days. Strolling while contemplating by the Lake *Ad Excellentiam*, having feverish discussions in Chung Chi Tang, reading attentively in the library... As a graduate of Chung Chi College, Professor Cheng recalled the days when he was a university student. He utterly enjoyed his study life on campus, where he could engage with the surroundings from the bottom of his heart and make reflections peacefully. He views a serene



千人宴後哲學系師生大合照（二排左四為鄭教授）
Group photo of Philosophy teachers and students after the Thousand People Feast (Prof. Cheng is 4th from left on the 2nd row)

返。未圓湖旁散步沉思，眾志堂裡熱切討論，圖書館中凝神閱讀……鄭教授畢業於崇基學院，在學時很享受校園的一切；可以用心感受，可以安靜反思。他說，清幽的環境能使我們從繁重的學習和不快的情緒中抽離出來，把我們的心靈與煩瑣隔斷，靜下心來仔細觀照自己的困難。這種抽離避免我們深陷混沌情緒之中，靈台清明，始能理性地分析事情，找到解決方案。「久而久之我們會發現，散步並非真的散步，而是靜下心來觀察周遭環境，解開煩惱。這是一種冷靜的智慧，在心靈的安靜中培養性情。」他說。

鄭教授以冷靜的抽離和思考，尋覓生命的熱度和方向。縱然數十年後早已不再沿湖漫步，但他依然習慣用心思考，依然熱愛經反思後的智慧人生。他明白追尋意義的重要，在變遷中思考與溯源，即使山窮水盡，也能柳暗花明；即使世事紛擾，依然初心依舊。

學生記者 陳軒穎

environment can detach us from stressful learning and dismay; and our minds from the hustle and bustle of daily life. Then, we can calm our minds and visualise our issues in detail. With a pure mind, we can prevent ourselves from getting stuck in negative emotions, and can analyse and solve our issues rationally. "Over time we will realise that strolling is not strolling in nature, but observing the surroundings with a peaceful mind and getting rid of our worries. It is the wisdom of calmness that nurtures our personality with peace of mind," he says.

Professor Cheng finds the passion and direction of life in his mindful detachment and calm contemplation. Though he no longer wanders by the lake after years of graduation, his thinking practice and passionate pursuit of wisdom remain. Being aware of the importance of pursuing the meaning of everything, he contemplates and traces roots in the changing times. Every cloud has a silver lining, as mentioned by Professor Cheng, despite turbulence and turmoil, our original aspiration stays the same.

Student Reporter Chan Hin Wing



健身也健心 在家動起來

Enhancing Wellbeing with Interactive Workout

何漢銳同學、鄭永雋同學

Mr. Ho Han Yui, Mr. Cheng Wing Jun

擁有運動員和義教導師雙重身分的兩位應屆畢業生何漢銳同學（社會學）和鄭永雋同學（全球研究），在機緣巧合下萌生了 BE-Active Fitness 健體班的念頭。這個在疫下舉辦的基層兒童健體班獲得了「好小籽」實踐獎三等獎。本著助人自助的信念，創辦者希望小朋友在家抗疫期間仍能保持身心健康，同時宣揚運動和義教的精神。

The dual identity as sportsmen and volunteer teachers has inspired the two students, Mr. Ho Han Yui (Sociology/4) and Mr. Cheng Wing Jun Alex (Global Studies/5), to initiate the BE-Active Fitness Programme, which garnered them the 3rd prize of the "Seeds of Good Deeds" Project Award. Apart from encouraging children to exercise and socialise amid the pandemic, the project aimed to promote the spirit of exercising and volunteering.

問：健身運動和義教兩者怎樣結合？

我們從小熱愛運動，在不同的體育項目中代表崇基學院和香港中文大學比賽。同時，我們亦恆常參與針對基層家庭的小朋友的義工服務，在非牟利教育機構服務達四年之久。身為運動員和義工，我們察覺到過去兩年疫情期間，學生要適應網上學習，以及面對多項活動因疫情取消，社交和身心發展均受到嚴重影響。不但如此，眾多報道亦指出，疫情下在家工作和在家學習令家人長時間相處，容易出現磨擦，而小朋友更加嚴重缺乏運動。由此可見，因疫情而衍生的問題已延伸至家庭層面。BE-Active Fitness 希望結合我們運動員的知識和技術及在義工活動中留意到的社會問題，透過網上健體班鼓勵小朋友多做運動，保持身心健康和社交生活。

問：這健體班和一般的體育課有甚麼分別？

BE-Active Fitness 健體班有別於一般的體育課，屬我們自發組織，小朋友在家長同意下可自願參與。整個課程沒有考試，也沒有評核，我們希望靈活運用 Zoom 平台，在 COVID-19 期間為學生提供一個可互動及安全的環境進行健身運動，讓小朋友不僅可以保持身體健康，還可以在課堂上結交朋友，帶着輕鬆的心情來上課，並面掛笑容地完成課堂。在教學方面，我們會在課程的第一堂了解他們的運動習慣和能力程度，從而為他們度身訂造運動課程，課堂完結前亦會一起簡單檢討表現和分享感受。我們憑藉運動員的經驗親自設計不同熱身和運動課程，

Q: How does the BE-Active Fitness programme combine exercising and volunteering?

Prior to the launch of the BE-Active Fitness programme, we have been representing Chung Chi College and The Chinese University of Hong Kong (CUHK) in different sporting events. At the same time, we have been engaging in volunteer work to serve children from underprivileged families for nearly four years. When the pandemic hit Hong Kong hard in the past two years, as sportsmen and volunteers, we observed that online teaching and cancellations of activities have severely affected children's physical and mental health development. There were also numerous reports showing the stay-home policies have induced more family conflicts, and led to children's lack of exercise during the pandemic. Therefore, the BE-Active Fitness programme is an idea combining our expertise as sportsmen and what we as volunteers have observed during the pandemic, aiming to resolve the problems by encouraging children to exercise more at home through joining our online fitness class.

Q: How does your fitness programme differ from other physical education classes?

Unlike general physical education classes, our fitness programme is a self-organised initiative for everyone to join on a voluntary basis. There is neither assessment nor examination, as we want students to join and leave our programme with smiles. BE-Active Fitness Class flexibly adopted the Zoom platform to provide an interactive and safe environment for students to exercise during the COVID-19 pandemic. Our fitness class helped children enhance not only physical fitness but also mental health as they could make new friends in the class. In terms of teaching, during the first class, we would first understand students' exercise habits and abilities in order to customise exercise programmes for them. Before the end of the class, we had a warm-down session to review



兩位同學憑藉運動員的豐富知識，為小朋友設計合適之運動課程。
The two students as athletes customised exercise programmes for participants with their rich sport knowledge.



何漢銳同學（左）、鄭永雋同學（右）
Mr. Ho Han Yui (left), Mr. Cheng Wing Jun Alex (right)

而且奉行小班教學，時刻留意學生的安全，並確保能透過屏幕觀察學生的學習情況。同時，我們向學生清楚闡述學習內容及要求，提示他們活動的安全守則和潛在的危險。我們亦特別準備不同的小遊戲和挑戰，讓小朋友每一堂也充滿動力和新鮮感。雖然線上健體班比一般的體育課更具挑戰性，猶幸計劃終能順利完成，而最重要的是可以在疫情期間為基層甚至 SEN（特殊學習需要）的學生帶來了正面的價值和改變。

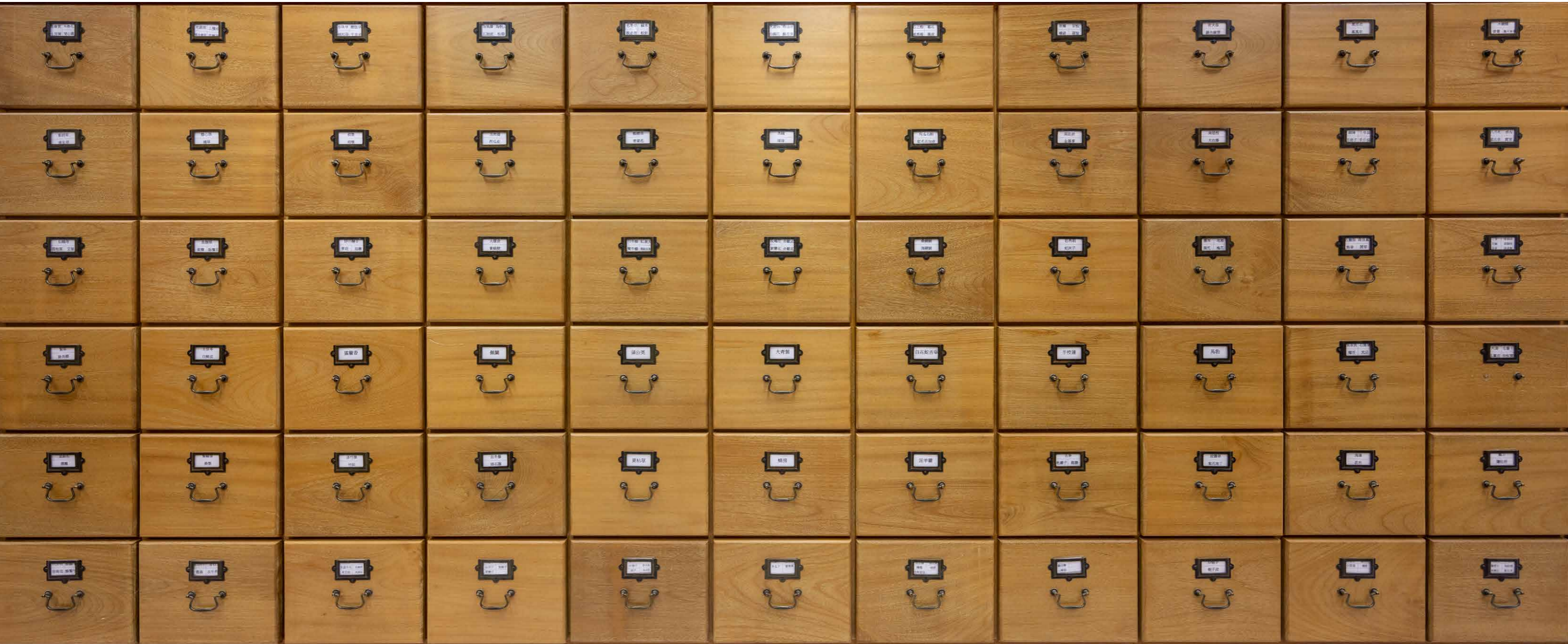
問：你們期望小朋友在健體班中獲得甚麼？

我們希望透過教授一些可以在家進行的基本熱身練習、運動及安全措施，讓小朋友養成做運動的習慣，即使活動完結或疫情過後也能繼續保持身心健康。BE-Active Fitness Programme 除了讓學生在適當的指引下進行鍛煉，亦同時讓他們在課堂中互動，結交新朋友。透過網上問卷，我們收集了家長和學生的意見，回應非常踴躍，也很正面。我們很高興不只看到小朋友投入上課，家長也可以藉著這段時間休息或跟孩子一起做運動。每一堂完結時，看到小朋友的笑臉一直是我們最大的動力。長期強制隔離會導致學生焦躁不安、缺乏耐性和沮喪，對他們的情緒和心理健康產生了負面影響；讓學生能積極參與一項可放鬆身心，又能釋放充沛精力的健體班，誠然非常重要。Be-Active Fitness Programme 提供機會給學生放電，能有效促進學生身心健康成長，家長看到子女變得更開朗活潑，亦會感到相當欣慰。

what we had learnt and provide feedback. We adopted a small-class teaching mode which enabled us to stay alert to students' safety and ensured that students' learning situation could be observed through video screens. At the same time, we explained the learning content and requirements to students, and reminded them of the safety precautions and potential dangers. Although the online fitness class is more challenging than the general physical education class, we managed to complete the programme successfully. The most important thing is that it can bring positive values and changes to the grassroots and SEN students amid the ongoing pandemic.

Q: How could children benefit and take away from your fitness programme?

Through introducing basic home warm-ups and exercises with safety measures, we aimed at encouraging children to build a habit to exercise, so that after the fitness programme and the pandemic, they can take the initiatives to keep fit and healthy in the future. The BE-Active Fitness Programme benefited children in that they were motivated to exercise more under proper guidance and could make friends and interact with their peers, which has all become extra precious amid the pandemic. We are grateful for all the positive and supportive feedback from parents and children through the online feedback form. Not only children could work out and keep fit, but their parents could also take a rest or exercise with their kids. Their smiling faces at the end of each class are always our greatest motivation. Last but not least, the long pandemic and compulsive quarantine period has made students restless, impatient, and frustrated, adversely affecting their mental health. In the wake of such negative impacts, it has become even more crucial to keep the students actively involved in an activity that calms their mind and provides them a let-out for releasing their brimming energies. A regular indulgence can promote children's emotional well-being and parents will be grateful for seeing their children happy and cheerful.



百子櫃 變與不變

提起中醫藥，不少人都會聯想到傳統的「藥材舖」：一排排裝滿燕窩海味的玻璃樽，一包包膠袋封起的養生湯料，「掌櫃」提著秤砣，閱讀醫師龍飛鳳舞的處方，從那百子櫃裡取藥量重。

然而位處崇基校園信和樓一樓的「中醫專科診所暨臨床教研中心」，玻璃樽依然可見，盛載的卻是專家鑑定的藥材標本；見不到湯料，取而代之的是無需煎煮的濃縮配方顆粒；百子櫃仍舊卓立，「藥師」手上的處方卻改為電腦打印，並由電子磅擔起計重之任。

物換星移，中醫藥在保留傳統精粹的同時，於專業化和現代化的路上不斷前行，為的是守護健康的本心；恰如一代又一代的崇基人，跬步千里，在明德新民，止於至善。

岑子謙中醫師 // 香港中西醫結合醫學研究所

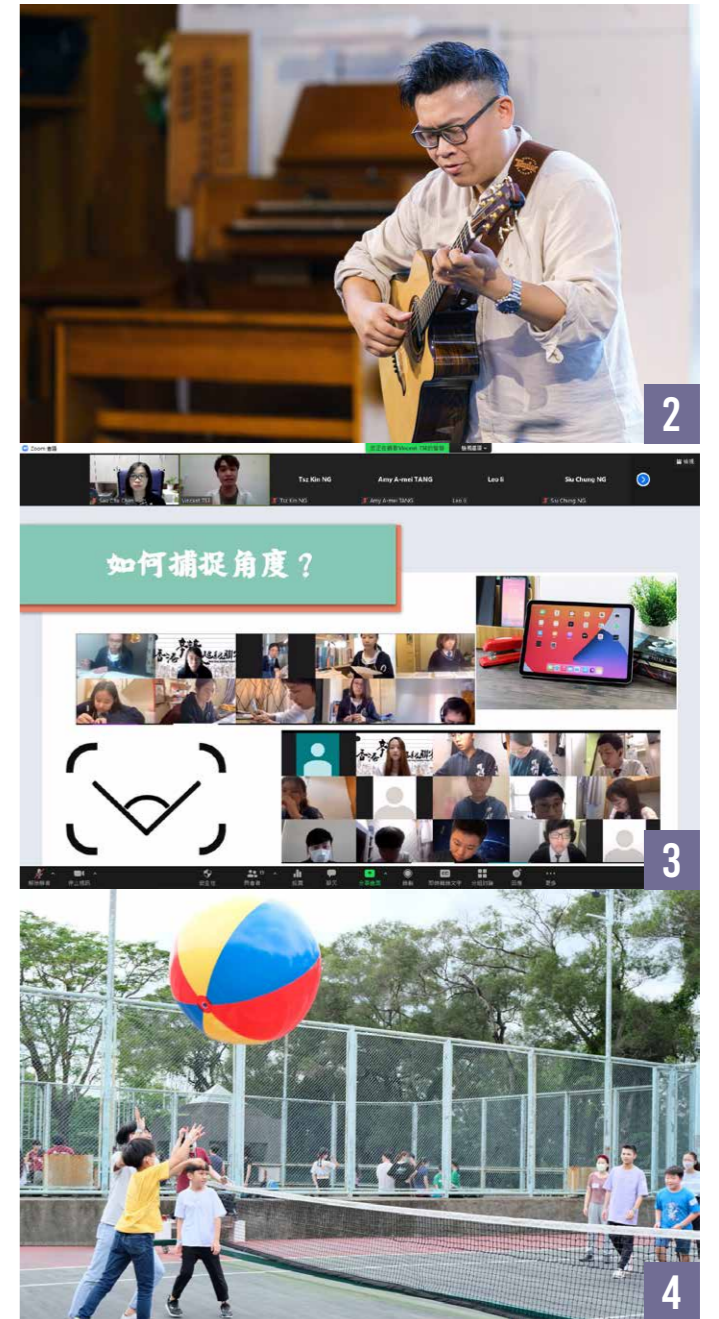
Being Un/changed: Chinese Medicine Cabinet

Very often we associate traditional Chinese medicine (TCM) with apothecary's shop selling various kinds of Chinese herbal medicine and things. Imagine those dried scallops and swallow's nests held in big, heavy jars, as well as packages of herb and other soup ingredients, not to mention the scene when the apothecary weighs, by just a steelyard, ingredients from the cabinet after having recognised a barely readable prescription.

Familiar as it is, there are also jars of Chinese herbal medicine, right here at Chung Chi. On 1/F of Sino Building, where the Chinese Medicine Specialty Clinic cum Clinical Teaching and Research Centre locates, herbs identified by TCM experts are being displayed. Here we still find Chinese medicine cabinets, yet traditional ways used by dispensers have long been supplemented by modern means, for instance, the use of concentrated Chinese medicine granules, printed prescriptions, and electronic scales adopted by TCM practitioners.

TCM as a succession of ancient wisdom has now become professional and modernised. While on its pathway towards new technologies, its fundament to guard the health of humanity remains unchanged, so do the virtues of Chung Chi-ers, as we move forward, renovate the others, and strive for excellence.

Mr. Sum Chi Him, Registered Chinese Medicine Practitioner // Hong Kong Institute of Integrative Medicine



1. 校董會於六月十六日召開會議，為崇基學院的教育使命籌謀劃策，與會者包括：鄭榮昌先生、張美珍博士、侯運輝先生（副主席）、方永平院長、陳德霖博士（主席）、陳鎮榮先生（司庫）、高國雄牧師、湯泳詩博士、蕭鳳英教授、陳浩然教授、彭玉榮博士、鄭文珊先生、梁延溢博士、錢永勳先生、魏敬國先生、蘇雄先生、陳樹偉先生、曾陳桂梅女士、廖健華先生、陳早標先生、區志偉先生、王家輝牧師、蘇成溢牧師、丘頌云長老、楊有志牧師、黃劍文先生、林津牧師、馮通教授、梁鳳儀博士、蒲錦昌牧師、雷兆輝醫生、黃慧貞博士（由左至右、下至上及 Zoom 畫面）。

The Board of Trustees held its meeting on 16 June for the vision and mission of Chung Chi College. Attendees included: Mr. Kwong Wing Cheong Thomas, Dr. Cheung Mei Chun Jane, Mr. Hau Wun Fai Alfred (Vice-Chairman), Prof. Fong Wing Ping, Dr. Chan Tak Lam Norman (Chairman), Mr. Chan Chun Wing Terence (Treasurer), Rev. Ko Kwok Hung Pele, Dr. Tong Wing-sze, Prof. Siu Fung Ying Angela, Prof. Chan Ho Yin Edwin, Dr. Pang Yuk Wing Joseph, Mr. Cheng Man Shan Ricky, Dr. Leung Yin Yat William, Mr. David Chien, Mr. Ngai King Kwok Anthony, Mr. So Hung Raymond, Mr. Chan Shu Wai Jimmy, Mrs. Tsang Chan Kwai Mui Carol, Mr. Liu Kin Wa Kinson, Mr. Chan Cho Biu Eric, Mr. Au Chi Wai David, Rev. Wong Ka Fai, Rev. Dr. So Shing Yit Eric, Mr. Yau Chung Wan, Rev. Yeung Yau Chi Jackson, Mr. Wong Kim Man, Rev. Lam Chun Tim, Prof. Fung Tung, Dr. Leung Fung Yee Anita, Rev. Po Kam Cheong, Dr Lui Siu Fai, Dr. Wong Wai Ching Angela (from left to right, from bottom to top and zoom screen).

2. 逾四百名音樂愛好者於六月五日下午出席崇基學院禮拜堂「Going on a Life Safari with Jacky Lau」聖靈降臨節音樂會。著名結他演奏家劉卓威除了演奏多首詩歌及流行曲，還分享見證。此外，校牧高國雄牧師亦為是次音樂會宣道及獻唱。

Over 400 music lovers attended the "Pentecost Concert: Going on a Life Safari with Jacky Lau" performed by renowned guitarist Jacky Lau at Chung Chi College Chapel on 5 June. Besides performing hymns and pop songs on his guitar, Jacky also gave testimony of how God gives him the power. Besides, The Rev. Pele Ko, College Chaplain, gave a sermon and performed as a vocalist.

3. 「崇基開 Live」於五月十九日由擁有豐富公開演講及演辯經驗的謝智勇同學（中醫學 / 七年級）分享如何在網上及實體面試中發揮水準、突出個人長處的實用技巧。

Mr. Vincent Tse (Chinese Medicine/7) was invited to share on the topic "How to be presentable in Virtual & F2F Interviews?" in CC Live on 19 May.

4. 大學及學院青年會協會於六月十二日在烏溪沙青年新村舉辦「ChilDrénMon GO」聯校運動挑戰日，讓近六十位來自低收入家庭的小學生與一百位大專生會友組隊參與團隊遊戲及體驗新興運動，從中鍛鍊身體機能、培養運動習慣及擴闊社交圈子。

The Alliance of University & College YMCAs organised a Joint-U Sports Challenge event named "ChilDrénMon GO" in Wu Kwai Sha Youth Village on 12 June, providing an opportunity for nearly 60 underprivileged primary school students and 100 tertiary students to exercise more and enrich their social lives through participating in team-up games and experiencing newly emerged sports.



通識教育辦公室於六月十三至廿四日期間舉行「香港保育政策面面觀」考察課程，通過講課、實地考察祠堂和廟宇，和親身體驗歷史工藝，廿八位同學對本地古蹟和非物質文化遺產有更深入的认识。

The College General Education Office organised the study trip "Hong Kong Heritage Conservation Policy" between 13 and 24 June 2022. Through lectures, temple visits and traditional craft workshops, 28 students gained a deeper knowledge of the local monuments and intangible cultural heritage.

通識教育辦公室於七月四至十五日舉行「生寄死歸：生命教育縱橫談」考察課程，廿九位同學從不同的喪葬習俗、殯葬場所、生前規劃等範疇，了解生死觀及現時香港晚期照顧及喪葬禮儀與文化。

The College General Education Office organised the study trip "Death and Dying: Perspectives on Life Education" between 4 and 15 July 2022. A total of 29 students learnt various kinds of customs, rituals, advance care planning, funeral and burial culture in Hong Kong.



校牧室於六月八至十日舉行校史考察計劃「何明華與崇基」，通過參觀拜訪與聖公會何明華會督有關的地方及人士，協助同學及校友認識何明華會督創辦崇基學院的角色和意義，也認識他在香港社會推動教育、服務鄰舍和關懷弱小的蹤跡。

The College History Exploration Programme: "Ronald Owen Hall and Chung Chi" was organised by the Chaplain's Office from 8 to 10 June. Students and alumni studied the significance and meaning of Bishop Ronald Owen Hall's journey in founding Chung Chi College by visiting landmarks and persons to trace Hall's commitment to the social service, education, and community in Hong Kong, including the activities and organisations that serve the disadvantaged.

校牧室於五月二十九至三十一日在遊樂場協會銀礦灣營舉行夏令營，主題為「創造回憶」。

A summer camp themed "creating memories" was held by the Chaplain's Office from 29 to 31 May at Hong Kong Playground Association Silvermine Bay Camp.



崇基老師獲頒詹姆斯·安德森應用地理學榮譽勳章 Chung Chi Teacher Awarded the James R. Anderson Medal of Honor in Applied Geography



卓敏地理與資源管理學教授兼太空與地球信息科學研究所所長關美寶教授獲頒詹姆斯·安德森應用地理學榮譽勳章，以表揚她於應用地理學推動多學科研究和範式轉移的貢獻。同仁謹致賀忱！

Professor Kwan Mei Po, Choh-Ming Li Professor of Geography and Resource Management and the Director of the Institute of Space and Earth Information Science, has received the James R. Anderson Medal of Honor in Applied Geography for her multidisciplinary, paradigm-shifting contributions to applied geography. Our hearty congratulations!



眾志堂學生膳堂正式開業 Opening of Chung Chi Tang Student Canteen

眾志堂學生膳堂於七月十一日起正式開業，營業時間如下：

The Chung Chi Tang Student Canteen was officially opened for business on 11 July (Monday). The opening hours are as follows:

	日期 Date	開放時間 Opening Hours
地下飯堂 G/F Canteen	星期一至日 (Monday – Sunday)	7:30 am – 9:00 pm
一樓飯堂 1/F Canteen	星期一至五 (Monday – Friday) 星期六、日及公眾假期 (Saturday, Sunday & Public Holidays)	11:00 am – 8:00 pm 休息 Closed
宵夜服務 Night Supper Service	星期一至五 (Monday – Friday) 星期六、日及公眾假期 (Saturday, Sunday & Public Holidays) * 由八月二十九日晚開始 From 29 August onwards	9:00 pm – 2:00 am 休息 Closed

教職員聯誼會會所餐廳將暫停開放

Temporary Closure of the Staff Club Clubhouse Restaurant

崇基教職員聯誼會會所餐廳於七月十一日（星期一）起進行大型更換冷氣系統工程，期間會所餐廳將暫停開放，具體重開日期容後公布。查詢請致電 3943 9696 聯絡戴小姐。

The Staff Club Clubhouse restaurant has been closed since 11 July (Monday) for the replacement of air-conditioning system. The catering service has been suspended. The reopening schedule will be announced in due course. For enquiries, please contact Ms. Shady Tai at 3943 9696.



20.7.2022
-19.8.2022

- 以混合模式進行 Mixed mode
- 網上進行 Online
- 實體進行 Face-to-face



學院網頁活動一覽
Event Calendar on
College Website

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 emails or on the websites of organising parties.

<p>24/7 Sun</p> <p>10:30 主日崇拜 Sunday Service 講題：讓我們一同禱告 Topic: Let's Pray</p>	<p>26/7 Tue</p> <p>12:45 財務小組委員會會議 Finance Sub-committee Meeting 16:00 藝術促進委員會會議 Art Promotion Committee Meeting</p>	<p>31/7 Sun</p> <p>10:30 主日崇拜 Sunday Service 講題：煥然一新 Topic: Metamorphosis</p>
<p>2/8 Tue</p> <p>18:00 瑜珈班 Yoga Class</p>	<p>7/8 Sun</p> <p>10:30 主日崇拜 Sunday Service 講題：攝禮歸仁 Topic: Quit Your Worship Charades</p>	<p>9/8 Tue</p> <p>12:45 財務小組委員會會議 Finance Sub-committee Meeting 18:00 瑜珈班 Yoga Class</p>
<p>11/8 Thu</p> <p>12:00 中大迎新日書院諮詢 University Orientation Day College Consultation 13:30 中大迎新日崇基簡介會 University Orientation Day CC Introductory Talk</p>	<p>14/8 Sun</p> <p>10:30 主日崇拜 Sunday Service 講題：帶來分裂的信仰？ Topic: Faith that Brings Division?</p>	<p>16/8 Tue</p> <p>18:00 瑜珈班 Yoga Class</p>
<p>17/8 Wed</p> <p>10:30 常務委員會會議 Cabinet Meeting</p>		



崇基獎學金得主邱功熾同學於第一屆畢業禮致詞。Ms. Chiu Dorothy K.M., who was one of the awardees of the academic scholarship, was giving a speech at the first graduation ceremony.

崇基早期獎學金

崇基創校之初已設立入學獎學金，以鼓勵優秀新生報讀本校。入學試成績第一名，以及各聯校保送該校前三名畢業生參加入學試，當中成績最優者，皆可獲授第一學期學費獎學金港幣三百元。

其後中國基督教大學協會與中國基督教大學聯合董事會，分別向崇基學院捐款七百五十英鎊和五千美元，學院以部分捐款設立學業獎學金兩名，獎勵卓越學生。獲獎者須「每學期學業總成績居全院第一名」或「一年級學生每學期總成績第一名」，即平均分須超過八十五分，並且品行優端，方可於下一學期得享全期學費獎學金。

由此可見，學院對學生寄望甚殷，期盼他們勵志篤學，並進德修業，成為力臻卓越，德才兼備之棟樑。

Chung Chi Scholarships in the Early Days

Chung Chi College provided entry scholarships to encourage outstanding students to apply for the College's programmes upon its establishment. At that time, the first-ranked student and the top three graduates recommended by their schools who attained the best scores in the entry exam would be awarded a full scholarship worth HKD 300 in the first semester.

Later, the China Christian Universities Association and the United Board for Christian Colleges in China donated 750 GBP and USD 5000 to Chung Chi College respectively. The College used part of the donation to establish two academic scholarships to award the best students. The student whose academic results ranked first in each semester in the College or the year one student who came first in each semester, which means those who achieved an average score of over 85 marks and had notable conduct, would be awarded a full scholarship in the following semester.

In the light of the above, the College held high expectations for students, aspiring them to be diligent and of good character so that they would become talented and virtuous men committed to excellence.

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編輯團隊：高潔儀、鄺潔冰、葉潤成、余尚斌
Editorial Team: Ruby Ko, Cabbie Kwong, Joseph Yip, Kelvin Yu