

EDUCATION



JOURNEY @CUHK 2023-2024





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STUDYING @CUHK



CUHK Introduction

Founded in 1963, The Chinese University of Hong Kong (CUHK) is a forward-looking comprehensive research university with a global vision and a mission to combine tradition with modernity, and to bring together China and the West.

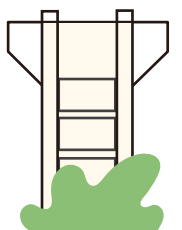
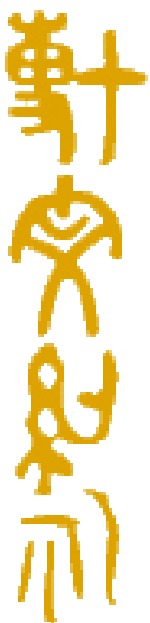


CUHK's core values and motto

The motto of the University is '博文約禮' or 'Through learning and temperance to virtue'.

These words of Confucius have long been considered a principal precept of his teaching. It is recorded in the Analects of Confucius that the Master says, 'The superior man, extensively studying all learning, and keeping himself under the restraint of the rules of propriety, may thus likewise not overstep what is right.' (Legge's version of the Four Books)

In choosing '博文約禮' as its motto, the University is laying equal emphasis on the intellectual and moral aspects of education.



Honour Code and Code of Conduct for Students

The motto of The Chinese University of Hong Kong (CUHK) is “博文約禮” or “Through learning and temperance to virtue”. This motto places equal emphasis on the intellectual and moral education of students. In addition to pursuing academic excellence, students of CUHK are expected to maintain and uphold the highest standard of integrity and honesty in their academic and personal lives, respect the rights of others and abide by the law.

The aim of the Honour Code and Code of Conduct for Students (hereinafter referred to as the “Code of Conduct”) is to raise students’ awareness of the importance of academic honesty and personal integrity and CUHK’s expectations of its students in these respects. Upon admission to CUHK, all students must affirm their willingness to subscribe to and be governed by the Honour Code and the Code of Conduct.

Honour Code

The Honour Code reads:

“As a student of The Chinese University of Hong Kong, I pledge, on my honour, to uphold and maintain the highest standard of personal integrity and absolute academic honesty, to embrace the University’s core values and culture, to respect the rights of others, and to abide by the Code of Conduct for Students.”

Code of Conduct

The Code of Conduct summarizes CUHK’s existing rules, policies and procedures governing student conduct. It sets forth the expectations the University places on all its students in both academic conduct and personal behaviour, and guides them through the documents that apply to the Code of Conduct. Students should familiarise themselves with the Code of Conduct and comply with the rules, policies and procedures stated therein.

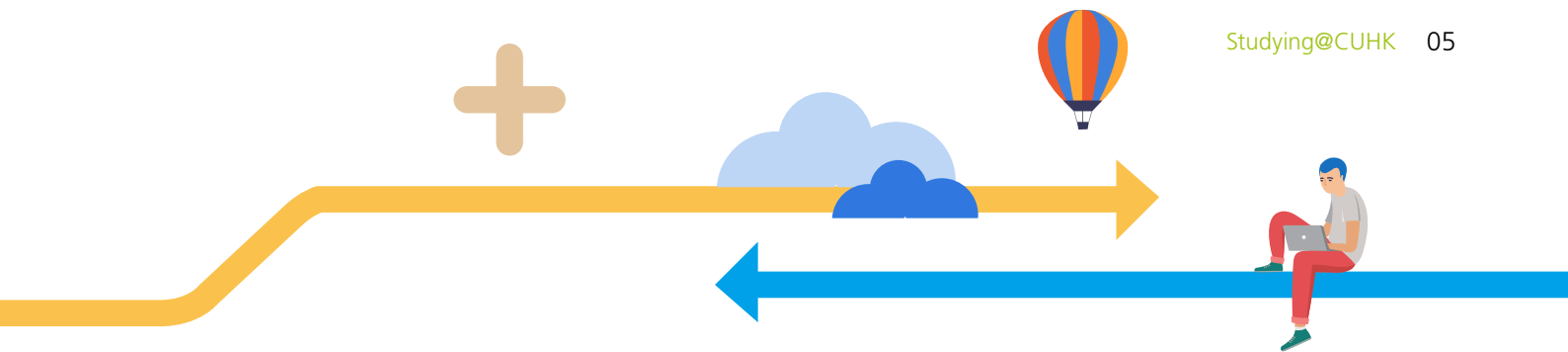
Applicability and Scope

The Code of Conduct applies to all students of CUHK, in both their academic and non-academic activities.

This Code of Conduct should be read in conjunction with the following regulations, where applicable:

- **General Regulations Governing Full-time Undergraduate Studies**
- **Regulations Governing Associate Students**
- **General Regulations Governing Postgraduate Studies**
- **Regulations on Students of the University**





Academic Conduct

Academic honesty is a core value of the University. All CUHK students are expected to comply with the requirements set out below:

1. to familiarise themselves with, and observe, CUHK's policy and requirements on academic honesty, thereby upholding the highest standard of academic integrity in all their academic and research work;

*Note: See **Honesty in Academic Work***

2. to contribute to learning and advancement of knowledge through honest, open and respectful discussion and exchange of ideas;
3. to work collaboratively and contribute equitably to group work, projects and other learning activities;
4. to act honestly and ethically in examinations and other forms of assessment, and abide by the rules, regulations, guidelines and instructions that govern these assessments;

*Note: See **Rules to be Observed by Candidates at Examination Centre***

5. to uphold the highest standard of research integrity, and to observe at all times CUHK's Policies on Research and on Intellectual Property;

*Note: See **Policy on Research** and **Policy on Intellectual Property***

6. to respect copyrights and other intellectual property rights and comply with the applicable copyright laws, regulations and guidelines;

*Note: See **Copyright and Intellectual Property Rights***

7. to respect the rights of academic pursuits of other CUHK members; and
8. to observe programme-specific guidelines and requirements (in the case of students enrolling in professional degree programmes), and to prepare themselves to comply with the relevant professional codes of ethics or conduct.

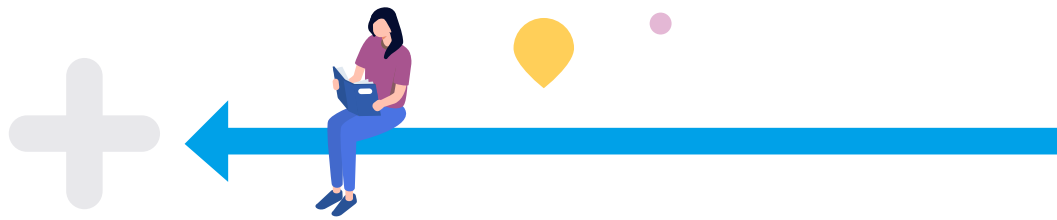
Personal Conduct

CUHK aims to promote holistic personal development of its students through its educational programmes and activities. The University expects the highest standard of personal integrity from all its students. Specifically, CUHK students are expected to:

1. be law-abiding citizens, and observe and abide by the rules, policies and procedures of CUHK;
2. respect and comply with all rules and regulations of colleges, hostels and their affiliated entities, and help create and promote a positive learning and living experience in CUHK;
3. treat others fairly and respectfully, regardless of their race, ethnicity, geographic provenance, nationality, gender, sexual orientation, gender identity, age, religion, language, ability/disability, socioeconomic status, and any other personal characteristics;

*Note: See **Diversity and Inclusion Policy***

4. communicate and interact fairly and in good faith with others, with consideration and courtesy and with due respect for differing personal viewpoints, including cultural or religious perspectives;
5. support academic freedom and freedom of expression for themselves and for other members of the University, within the limits of law;



6. act honestly and ethically in all dealings with members of the University and maintain cooperative relationships with them;
7. protect the confidentiality and privacy of personal information and CUHK correspondence, and, as appropriate, any other data or systems held by the University to which they have access;

*Note: See **Protection of Personal Data (Privacy)***

8. provide and maintain accurate personal and contact details, and read and respond where necessary to CUHK correspondence in a timely manner;
9. support CUHK's initiatives in promoting social responsibility and sustainability; familiarise themselves with the relevant policies, practices and facilities, and help build an environmentally friendly and sustainable campus;
10. use CUHK property, resources and facilities equitably, responsibly and sustainably, in accordance with relevant policies and guidelines, and recognise the needs, choices, safety, and wellbeing of others; and

*Note: See **Policies related to Social Responsibility and Sustainable Development***

11. positively represent CUHK and its student body at all times including while undertaking exchange programmes, internships, research attachments or placements; respecting and abiding by the laws, customs and norms of the host country while abroad, as well as the rules, policies and procedures of the host organisation/institution.

Other Related Documents

In addition to the relevant documents referred to in the Code of Conduct, postgraduate students should also refer to the following documents for practical advice and good practice guidance on procedures handling academic and student matters:

- **Code of Practice for Research Postgraduate Studies**
- **Code of Practice for Taught Postgraduate Studies**

The requirements contained in the documents listed in the Code of Conduct are not exhaustive. Students should always be attentive to information provided from time to time by CUHK's academic or administrative units on the University's expectations and requirements relating to their academic and personal conduct.

Breach of Code of Conduct

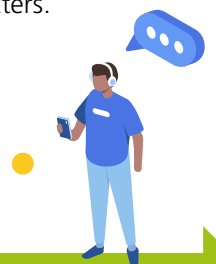
1. Students are responsible for the consequences of their behaviour. Those who breach the Code of Conduct must expect to bear these consequences and, if required, to take any necessary rectifying actions.
2. Breaches of the Code of Conduct will be handled in accordance with the policies and procedures of CUHK, its Faculties, Colleges and Graduate School, and its committees tasked with dealing with such matters.

*Note: See **Procedures for Handling Cases of Academic Dishonesty***

Procedures for Handling Student Disciplinary Cases

Procedures for Handling Discrimination Complaints

Policy Against Sexual Harassment



Course Selection & Examinations (for Undergraduates)

The Registration and Examinations Section handles student registration, course selection, course add / drop, applications for leave of absence / suspension of studies, change of study period, declaration / change of major / minor / concentration, applications for transcript/certifying letter, and examination and assessment matters, etc.



3943 9888



<http://www.res.cuhk.edu.hk>



ugadmin@cuhk.edu.hk



10/F & 11/F, Yasumoto
International Academic Park





Library



Using the CUHK Library will have a positive impact on your time at University and ultimately your academic achievements. The Library has an extensive collection of e-books, online journals, and databases to meet your study and research needs. They are listed on the Library Homepage. Most e-resources can be accessed anytime and anywhere by simply entering your CUHK Login.



CUHK Library staff are committed to helping you make the best use of the Library with orientation sessions, workshops, exhibitions and events throughout the year. An extensive range of Library subject guides is available to assist you in your studies. Our librarians have subject area expertise and can provide specialist support.

As a CUHK student, you need your CU Link card to enter the Library and borrow library materials. Using CUHK Login to logon to the Library's computing facilities, making room bookings and renewing books.

Library orientation sessions are organized for new students at the beginning of each academic year, and workshops on the use of different library resources are held from time to time. The Library has also prepared virtual library tours and workshop recordings to help you get familiar with the library resources and services at your own pace. Please join and we look forward to seeing you in the library!

CONTACT US



3943 7305



www.lib.cuhk.edu.hk/



5578 8898



<https://www.instagram.com/cuhklibraries/>



library@cuhk.edu.hk



<http://www.facebook.com/CUHKLibraries>

IT Services



At CUHK, you will use different IT resources to learn or complete your study. We have selected 8 must-have services for new students to start with:

1. Collect student accounts
2. Set up 2-factor authentications (2FA)
3. Collect student card to access the campus
4. Connect to WiFi or CUHK network on and off campus
5. Study with eLearning systems (Blackboard) and tools
6. Enjoy @Link email service and other Microsoft cloud services
7. Enjoy free software and discounts
8. Access University portal (MyCUHK) and Chinese University Student Information System (CUSIS)

New student guide in full version:

<https://www.itsc.cuhk.edu.hk/user-trainings/i-want-to/quick-guide-for-new-students/>

Want to have self-study, group discussion or to use IT / AV facilities? Come and visit us at the User Areas (1/F, Pi Ch'iu Building) and the Learning Commons (6/F, Wu Ho Man Yuen Building).



For enquiries, please contact ITSC Service Desk:



<https://servicedesk.itsc.cuhk.edu.hk>

Hotline (during Office Hours):



3943 8845 OR
3943 8507 for student card, CU Link

Follow us at



<https://www.itsc.cuhk.edu.hk>



<https://www.facebook.com/itsccuhk>

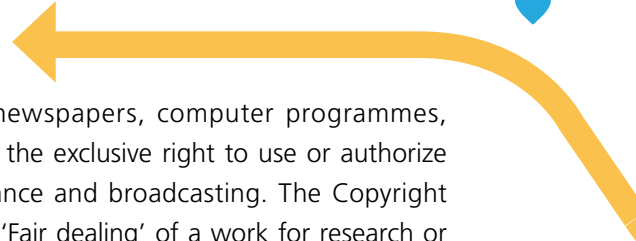


<https://www.instagram.com/itsccuhk/>



<https://t.me/itscCUHK>

Copyright and Academic Honesty



Copyright

The law protects creators for their original works such as books, newspapers, computer programmes, photographs, films, sound recordings and broadcasts. The creators hold the exclusive right to use or authorize others to use their work – including its reproduction, public performance and broadcasting. The Copyright Ordinance provides certain limited exemptions to copyright for learning. 'Fair dealing' of a work for research or private study, criticism, review, news reporting, or for giving or receiving instruction in a specified course of study provided by an educational establishment is permitted.

Infringement of copyright is a serious offence and may lead to civil remedies or even criminal sanctions. Copyright infringement by CUHK members, such as excessive downloading of electronic content and illegal uploading of copyrighted materials, violates local laws and University licence agreements and will subject the user to University disciplinary action.

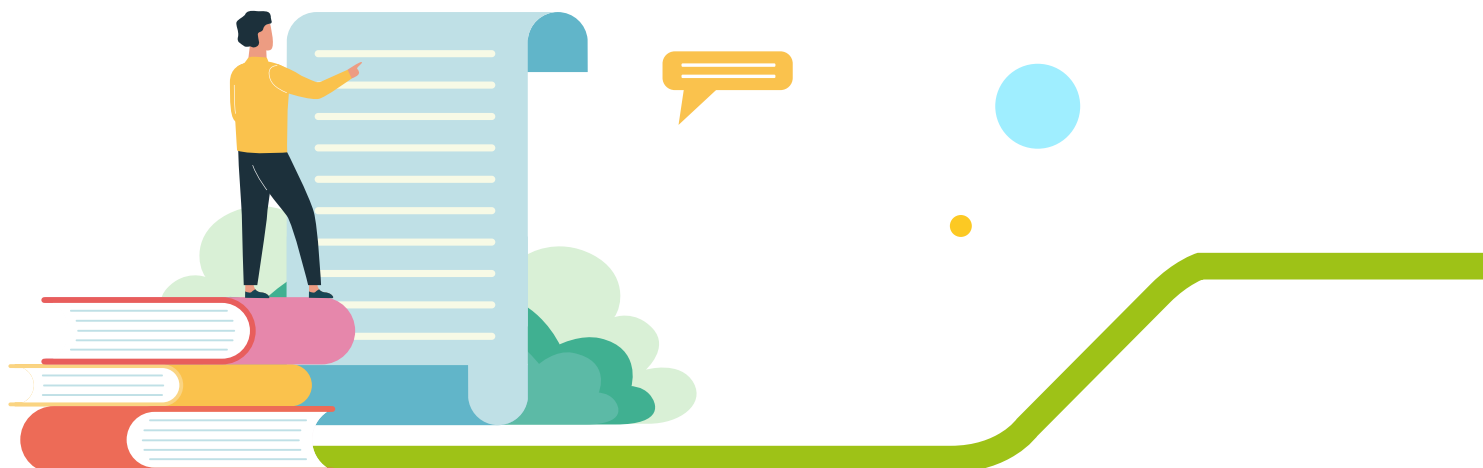
For additional information, please visit the University's website at www.cuhk.edu.hk/policy/copyright.

Honesty in Academic Work

Students must never pass off the work or ideas of others, including online resources, as their own. Plagiarism is as serious as cheating in examinations; both are punishable under University regulations. The maximum penalty could be termination of studies. The most obvious and blatant type of plagiarism is copying whole articles, sections, paragraphs or whole sentences from other publications without acknowledgement. However, even the use of a few words or paraphrasing (without actually copying any words at all) may constitute plagiarism if the source is not acknowledged. Students should read the detailed guidelines and examples for the acknowledgement of sources in the University's website at www.cuhk.edu.hk/policy/academichonesty, in particular, the Section on "Electronic submission of assignments via Veriguide".

Note

Students are advised that there are a number of online websites (e.g. dictionaries and encyclopedias) which are not considered appropriate for use and citation in academic work since they have not been written and reviewed by experts. Students should discuss with their teachers which, if any, online sources they can use and refer to in their written work.



General Education in CUHK (for Undergraduates)



General Education provides a balanced undergraduate education for all students.



3943 7075



ouge@cuhk.edu.hk (general enquiries)

uge-info@cuhk.edu.hk (student enquiries)



www.oge.cuhk.edu.hk



The Independent Learning Centre

The Independent Learning Centre (ILC) aims to facilitate self-directed learning and to help students improve their academic and language skills. Apart from a variety of print and online resources, ILC also organizes free workshops and consultations regularly on academic studies, language enhancement, career planning and further studies.



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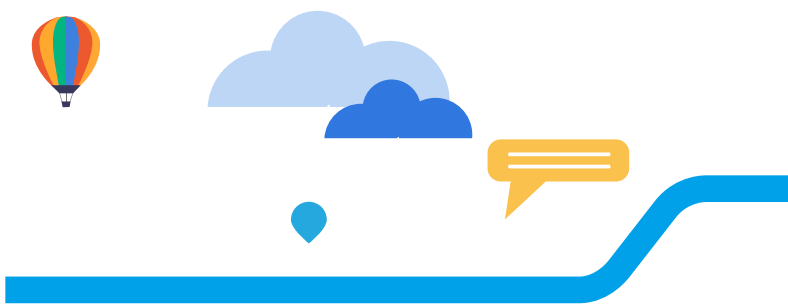
www.ilc.cuhk.edu.hk/EN



1/F Wu Chung Multimedia Library, United College



Scholarships and Financial Aid



The Office of Admissions and Financial Aid and the Colleges provide financial assistance to students in need. The University also offers various types of scholarships, prizes and awards to recognise and encourage students who excel in academic and/or other areas such as music, sports, arts, innovation and community services.

Categories of Scholarships and Financial Aid include:

SCHOLARSHIPS	FINANCIAL AID
<ol style="list-style-type: none"> 1. Academic Scholarships 2. Scholarships for Outreach Activities 3. Scholarships for Overseas Postgraduate Studies 4. Scholarships for Community Services 5. Scholarships for Research 6. Scholarships on Creativity 7. Talent Development Scholarships 8. Scholarships for Internship and Career Development 	<p>Government Financial Aid</p> <ol style="list-style-type: none"> 1. Tertiary Student Finance Scheme – Publicly-funded Programmes 2. Non-means-tested Loan Scheme for Full-time Tertiary Students 3. Hostel Subsidy 4. Student Travel Subsidy <p>University Financial Aid</p> <ol style="list-style-type: none"> 1. University Bursaries and Loans 2. Student Residence Bursary Scheme 3. Summer Subsistence and Travel Loan Scheme 4. Student Campus Work Scheme

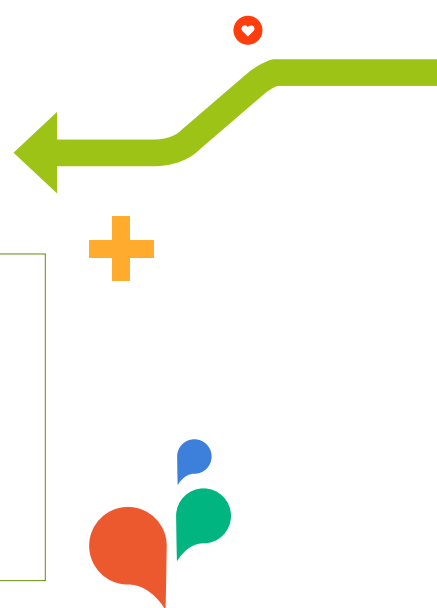
For details about the schemes, please refer to the following booklet



Contacts for Enquiries

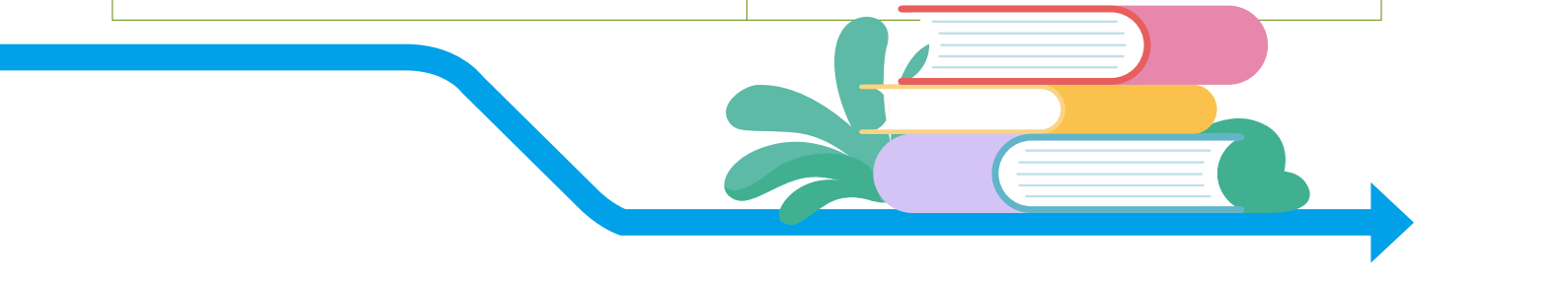
Scholarships and Financial Aid Section, Office of Admissions and Financial Aid

- 3943 9285 (Scholarships) / 3943 1898 (Financial Aid)
- sfas@cuhk.edu.hk
- <http://admission.cuhk.edu.hk>
- Room 1206, 12/F, Yasumoto International Academic Park



College

Chung Chi College	3943 8009	S.H. Ho College	3943 4776
New Asia College	3943 7609	C.W. Chu College	3943 1965
United College	3943 7575	Wu Yee Sun College	3943 3936
Shaw College	3943 8538	Lee Woo Sing College	3943 1504
Morningside College	3943 1401		



Co-operative Education Programme


Launched in July 2021, Co-operative Education Programme (Co-op@CUHK) is to combine classroom-based education together with practical work experience. With a well-structured learning approach, participating students of Year 2 or above will be taking two preparatory courses for the school-to-work transition. They will then be challenged on their professional knowledge and skill-sets during their six-to-eight-month placement.



Differences between Co-op and Internship

	Co-op	Internship
Work Period	Full-time work for 6 - 8 months	full-time or part-time, shorter period
Salary	Fully paid by employers	Paid or unpaid
Academic Credit	Working & learning, also can obtain credits	Can be non-credit bearing
Job Nature	Extensive & all-round training, professional matching	Provide experience related to a particular major


Well-structured Learning Approach



Unlocking Employability Potential & Personal Branding

1 unit

- Personality Dimensions
- Networking for Career Success & Personal Connection
- Establish Executive Presence that Gives you Professional Advantage
- Step-by-step Guide to Ace All Aptitude Tests
- Defining and Crafting a Personal Brand through values, Behaviours and application




Developing Workplace Professionalism

2 units

- Data Analytics - Get Control, Strategy & Insight
- Creativity and Innovation
- From Sensitive to Strong: How to Handle Change and Turn Criticism into Catalyst for Success
- The First 30 Days of Your Role
- Digital Economy, Information Security, and Innovations
- Hong Kong Legal System

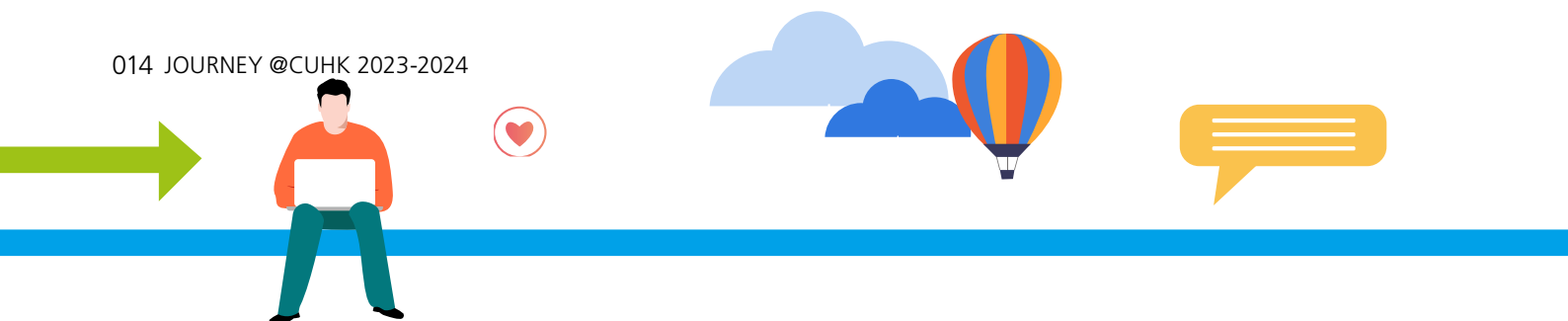
Outward Bound Business Etiquette Workshop



Work Placement & Continuous Assessment

1 unit per term

- Exposure to real-life work context
- Identification of one's core competencies and areas of improvement via assessment tools
- E-Learning courses (2 courses / Work Term)
- Workplace reflection paper
- Testimonial videos at workplace

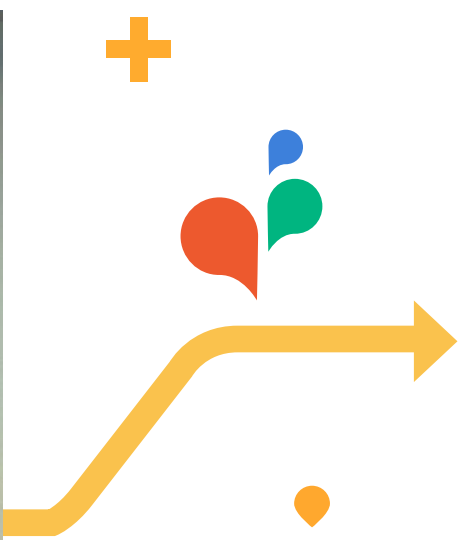


The Co-op Programme is developing partnerships with a wide spectrum of respectable firms in Greater Bay Area and Asia that provide placement opportunities to Co-op students. To help students (including non Co-op students) get themselves better prepared, credit bearing field trips to Greater Bay Area in China and Asian region are to be offered, including corporate visits, cultural visits and school visits. This would help participating students better understand the economic growth, cultural diversity and urban development in the region.

All-round Transformation

Through Co-op’s experiential learning, students will be empowered to meet the challenges of tomorrow.

- 1. Career:** Enhance students’ professional skills and workplace acumen through full time paid work, thus increasing their employability upon graduation and shaping their career success in the long run.
- 2. Skills:** The preparatory courses will equip students with the essential soft skills while the “on-the-job” training provides a platform where students can acquire technical knowledge and expand their professional network.
- 3. Academic:** CUHK encourages diversity and inclusion without limiting students’ potential and interest, in particular diversity is a key to growth in today’s fiercely competitive marketplace. Co-op@CUHK will elevate students’ interdisciplinary thinking and motivation to learn.
- 4. Personal:** Co-op@CUHK helps identify students’ core competencies and areas of improvement via continuous assessments. These would support students’ understanding of their potential and enhance their capabilities as well as leadership skills.



Job Openings

The list of our corporate partners will continue to expand as the Programme grows.

Number of Corporate Partners	100+
Number of Job Descriptions	300+
Number of Headcounts	600+

* for 2022-23 Cohort



Co-op Roadmap and Timeline

+ Students admitted in Year 3				+ Students admitted in Year 4			
Year \ Term	One	Two	Summer	Year \ Term	One	Two	Summer
One				One			
Two				Two			
Three				Three			
Four				Four			
				Five			

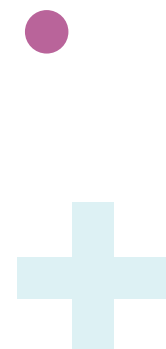


FOLLOW AND CONTACT US



3943 0621 / 3943 1445

coop@cuhk.edu.hk





LIVING

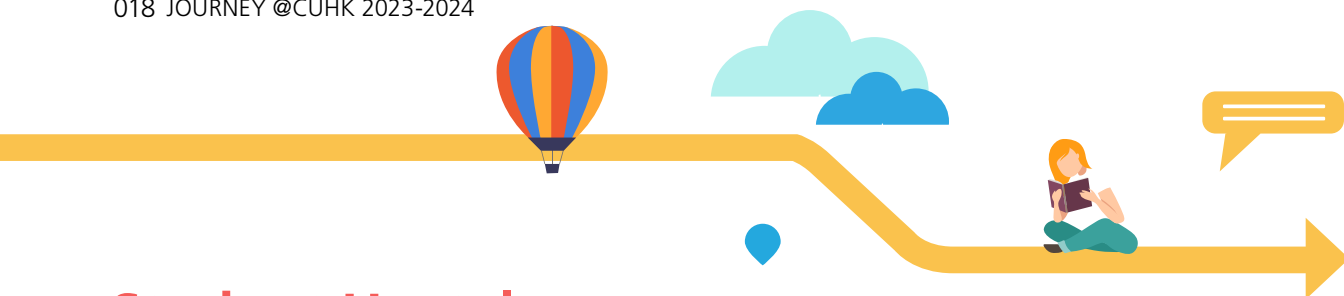
@CUHK

College System and Student Hostel

College System

Of all Hong Kong universities, CUHK is the only one that offers a college experience. To our constituent colleges, Chung Chi, New Asia, United and Shaw, have recently been added Morningside, S.H. Ho, C.W. Chu, Wu Yee Sun and Lee Woo Sing, bring up the total number of colleges to nine. College programmes and activities complement the formal curricula by delivering whole-person education and pastoral care. The college system also encourages intimate interaction among teachers, students and alumni.






Student Hostel

Please click the below button to view the step by step instruction of checking college affiliation result (for full-time undergraduates only)

 [How to Check Your College Affiliation in MyCUHK](#)


After confirming the college affiliations, students can visit the respective websites listed below to learn more about the details of application for hostel place.

 [Chung Chi College - Student Hostel Place Application](#)

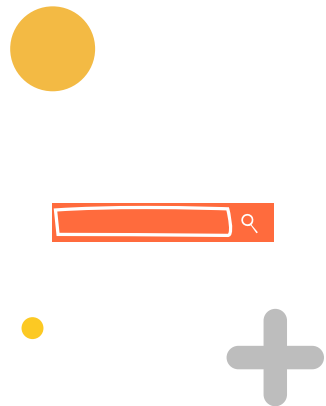
 [New Asia College - Student Hostel Place Application](#)

 [United College - Student Hostel Place Application](#)

 [Shaw College - Student Hostel Place Application](#)

 [Wu Yee Sun College - Student Hostel Place Application](#)

 [Lee Woo Sing College - Student Hostel Place Application](#)

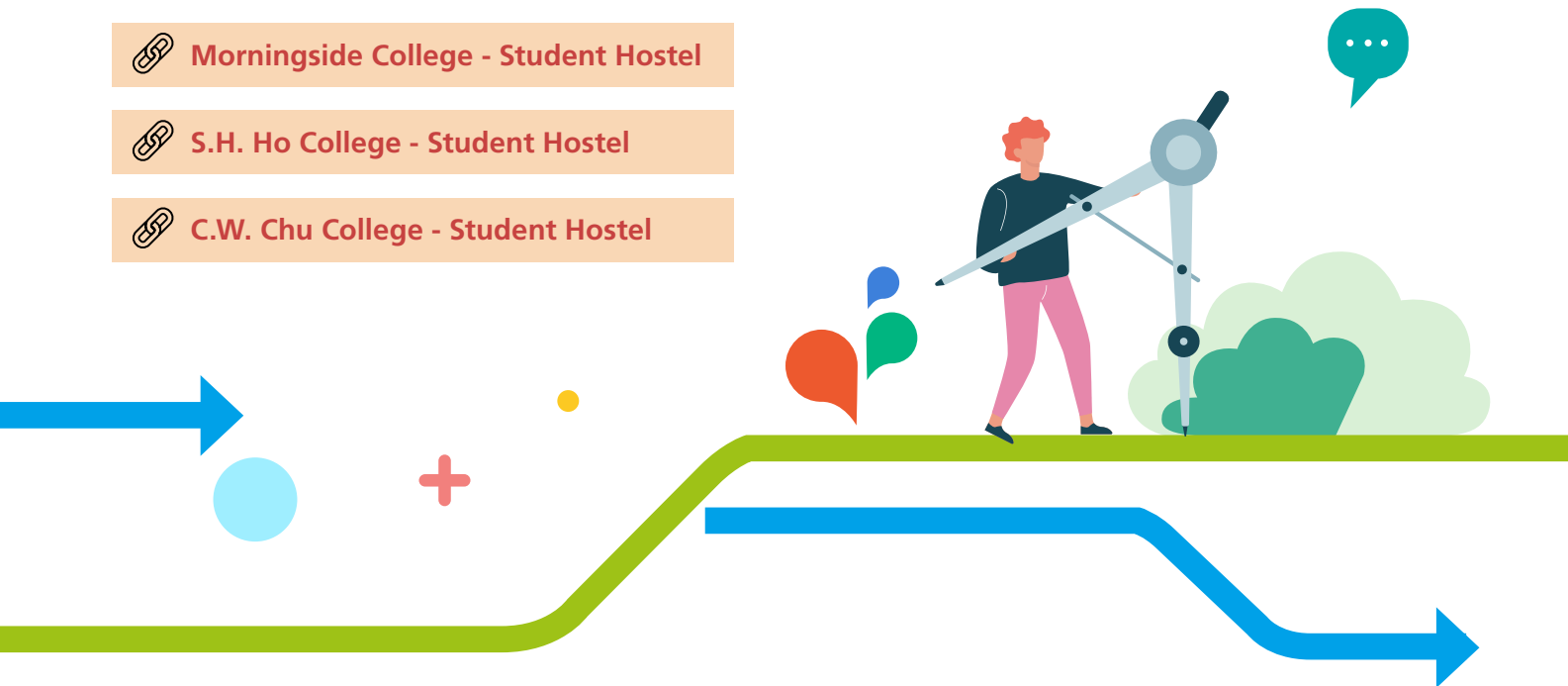


There is no need for students assigned to one of the following fully residential Colleges to submit an application. Please visit their respective websites for details.

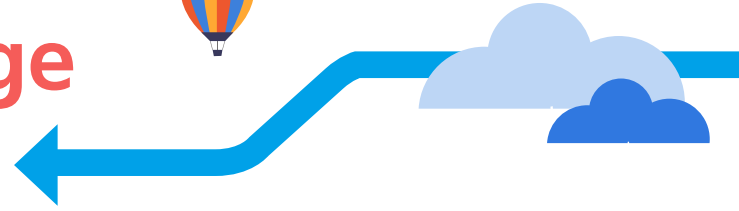
 [Morningside College - Student Hostel](#)

 [S.H. Ho College - Student Hostel](#)

 [C.W. Chu College - Student Hostel](#)



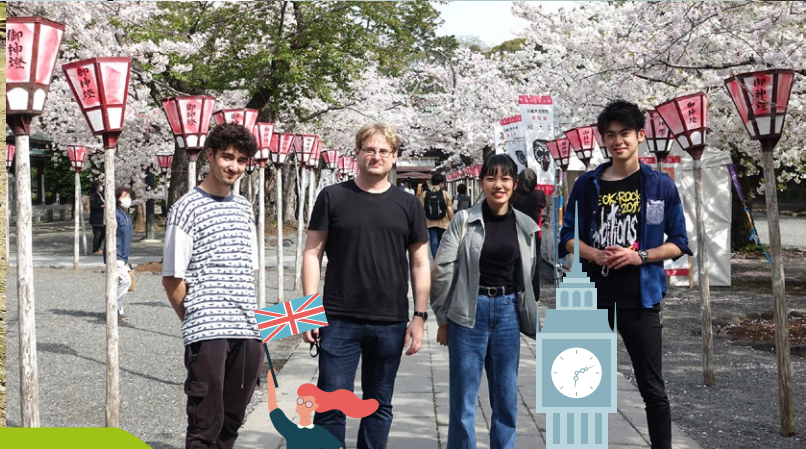
Student Exchange Programmes



Going on student exchange is a once-in-a-lifetime experience that allows university students to enrich themselves. Your time during the exchange will be one of the most rewarding chapters of your university life. The exchange experience is more than acquiring new skills and knowledge. By exposing yourself to a new environment, you will rediscover yourself and develop a renewed sense of intellectual energy and focus. During your exchange, you can master a second language, challenge yourself with new ideas, immerse into a different learning environment, and explore diverse cultures. You can also discover your own cultural identity, expand networks for your future career, and build independence.

Student exchange programmes at CUHK are administered by the Office of Academic Links (OAL). Every year, over 1,000 CUHK students participate in student exchange programmes. With over 270 student exchange partners in more than 36 destinations, we provide abundant opportunities to make the world your campus. Spend one term, one academic year or the summer at some of the best institutions in the world, including University of California, Berkeley and University of Pennsylvania in USA; University of Toronto and the University of British Columbia in Canada; the University of Queensland and the University of Sydney in Australia; University College London in the United Kingdom; ETH Zurich in Switzerland; Kyoto University in Japan; and Peking University and Tsinghua University in China, just to name a few.





You can learn more about the exchange opportunities available for CUHK students through on-campus outreach events. Applications are usually due in late October for exchanges in the following year.

To learn more about student exchange programmes, you can:

- Visit our website at www.oal.cuhk.edu.hk
- Attend a Student Exchange Briefing Session in October
- Talk to a Student Advisor at the i-Centre (1/F, Yasumoto International Academic Park)
- Call the i-Centre on **3943 7597** or email iasp@cuhk.edu.hk

In addition to exchange programmes, there are many non-local short-term experiential learning programmes organised by OAL, Colleges and Departments every year. To find out more about these opportunities, please contact the relevant units.

To extend accessibility, the Global Online Academic Learning Programmes (GOAL) allow students to benefit from global education and experience without having to travel. Such opportunities help students to hone their digital skills and prepare for the global, technology-driven, and borderless workplace of tomorrow.



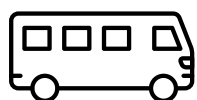


University School Bus Service



The University offers "Shuttle School Bus" service for CUHK students and staff to commute within campus. Most of the bus routes operate during daytime from Monday to Saturday. Students and staff can also take "Meet-Class Shuttle Bus" to various academic buildings during teaching days.

The Transport Office's website has been revamped. The newly designed website does not only provide more information of the school bus services, it also adds different sections to facilitate users to gather information, for example, 'Report loss items', 'Other Transportation Network on Campus' and 'Q&A', etc.



Please visit the new website of Transport Office: <https://www.transport.cuhk.edu.hk>

Health Service

University Health Service

The University Health Service provides on-campus medical, dental and health promotion services to full-time students and staff members and their dependents. The medical team includes eight physicians, four dental surgeons and other allied health professionals. The health clinic is equipped with an outpatient service unit, a pharmacy, a medical laboratory and a physiotherapy unit to provide primary medical services. The medical service is generally free of charge. For serious or specific medical conditions, the clinic will refer patients to consult specialists. The Dental Unit provides preventive service, curative service and prosthodontic service at a subsidized price. The Health Education Unit organizes regular talks, student activities, awareness campaigns and vaccination programmes. For details of UHS service, please visit <http://www.cuhk.edu.hk/uhs>.



Medical Service

Appointments : 3943 6439
 Enquiries : 3943 6422
 Email : uhs-outpatient@cuhk.edu.hk
 Internet Booking : <https://www.uhs.cuhk.edu.hk/booking/>

Dental Service

Appointments : 3943 6412
 Enquiries : 3943 6410
 Email : uhs-dental@cuhk.edu.hk

Health Education Service

Enquiries : 3943 0378
 Email : healtheducation.uhs@cuhk.edu.hk

Chinese Medicine Specialty Clinic cum Clinical Teaching and Research Centre

The clinic is opened to CUHK affiliated persons and the public. New patients call to make appointments within Clinic service hours for consultation reservations within 14 days, or login Clinic website for new patient registration. Existing patients may login the Clinic website with patient numbers on IC cards. New patients may need to allow more time for particular Chinese medicine practitioner reservations with extended waiting lists.

Appointments/Enquiries : 3943 9933



<https://clinic.scm.cuhk.edu.hk/clinic/index.aspx>

Accident or Emergency


In case of accident or emergency, University members should seek prompt treatment at the Accident and Emergency Department of Prince of Wales Hospital in Shatin or any Hospital Authority hospital. To call an ambulance, please dial 999.



Sports Facilities

To encourage students' participation in sports, the University provides a variety of sports facilities, including two sports fields, five gymnasias, a swimming pool, twelve tennis courts, seven outdoor playgrounds, six squash courts, ten recreation rooms, thirteen fitness rooms and a water sports centre in order to foster better health and interest in sports among students. The two outdoor sports fields are the Sir Philip Haddon-Cave Sports Field and the Lingnan Stadium Sports Field. An outdoor 50-metre swimming pool is situated next to the Benjamin Franklin Centre (Tel.: 3943 6764) and a multi-purpose indoor game hall is located at Pommerenke Student Centre in Chung Chi College (Tel.: 3943 8650), whereas the Water Sports Centre is located on the Tolo Harbour shoreline (Tel.:2603 6776).

Physical Education Unit

 3943 6097

 <https://www.peu.cuhk.edu.hk/en-gb/>

Swimming Pool and Pommerenke Student Centre

 <https://www.osa.cuhk.edu.hk/joiningcuhk/campus-life/amenities-sport-facilities-facilities-booking/>



Restaurants, Bank and Mail

Student Canteens

There are nearly 40 canteens in CUHK. For the locations and opening hours, please visit the website below.



<https://www.cuhk.edu.hk/english/campus/accommodation.html>



Bank and Bank ATM

Facilities	Contact No.	Address
The Bank of East Asia • Bank ATM	3609 3790	<i>Room108, Pommerenke Student Centre</i> • G/F, Benjamin Franklin Centre • Room108, Pommerenke Student Centre • G/F, Staff Student Centre - Leung Hung Kee Building
Hang Seng Bank • Bank ATM	2998 6262	<i>1/F, John Fulton Centre</i> • G/F, John Fulton Centre • Room 101, John Fulton Centre • G/F, North Block, Lee Woo Sing College

Postal Service

Three posting boxes are located on campus as follows:

- G/F, John Fulton Centre,
- Chung Chi College Bus Stop (Tai Po Road),
- MTR University Station (near bus terminal).

For posting surface parcel, air parcel or speedpost, you have to go to the post office. The nearest post office is the Fo Tan Post Office. For details about the services and postage rates, please visit the Hongkong Post website at www.hongkongpost.hk



Social Responsibility and Sustainable Development

Social Responsibility and Sustainable Development



As a socially responsible institution, CUHK stands ready to initiate and realize sustainable development and is committed to contributing to the wellbeing of the global community, through the integration of teaching, research and engagement, and by translating social responsibility into action.

University social responsibility (USR) is the promotion by higher education institutions of a set of values and principles that will help resolve and overcome the world's grand challenges. The University is resolved to establish itself at the forefront of social responsibility and strives to achieve its USR goals that actively respond to the Sustainable Development Goals (SDGs) adopted by the United Nations (UN). Such commitments are set out in the Social Responsibility and Sustainable Development Policy and other related policies and guidelines to promote and instil sustainable practices in the University's daily operation.

As a leader in sustainability, CUHK also houses the Jockey Club Museum of Climate Change, the world's first museum of its kind, and co-hosts the Hong Kong chapter of the Sustainable Development Solutions Network (SDSN), a United Nations initiative to mobilize knowledge institutions to promote practical problem-solving for sustainable development.





Check out the following channels for more information about CUHK's efforts on social responsibility and sustainable development:

- CUHK's **five-year strategic plan on social responsibility for sustainable development**
- CUHK's **Social Responsibility and Sustainable Development Policy**
- '**Social Responsibility and Sustainable Development at CUHK**' website
- **Jockey Club Museum of Climate Change**: The world's first museum of its kind dedicated to communicating climate change and promoting climate-friendly behaviour
- **SDSN Hong Kong**: Learn more about our global partnership efforts in making the world a better place
- '**CU Green Buddies**' scheme: **Join** now to make CUHK greener
- '**The Smart CUHK Challenge**': Join hands to create a smart and sustainable campus
- **Sustainable Development Goals Action Fund**: Local actions responding to UN's 17 SDGs
- Follow CUHK Social Responsibility and Sustainable Development's **Facebook** and **Instagram** pages

Contact Information

Social Responsibility and Sustainable Development Office (SRSDO)



(852) 3943 3972



srsdo@cuhk.edu.hk





Student Organisations

CUHK places great emphasis on whole-person development, students are encouraged to join or form student societies. Students may engage in activities related to art and culture, sports, religious or social service, etc. For registered student organisations and procedures for the formation of new societies, please visit the **OSA website**.

Students may join student organisations on a voluntary basis as it may involve payment of a membership fee or other expenses. Please consult the student organisations before joining the student organisations.

University Committees with Student Representatives

Students serve as Students Representatives in different University committees. They would share their views and concerns on University's developments and policies in committee meeting. For the information of current Students Representatives in University Committees, please browse:

<https://www.osa.cuhk.edu.hk/flourishingcuhk/student-developmen/university-committees-with-student-representatives/>



FLOURISHING @CUHK



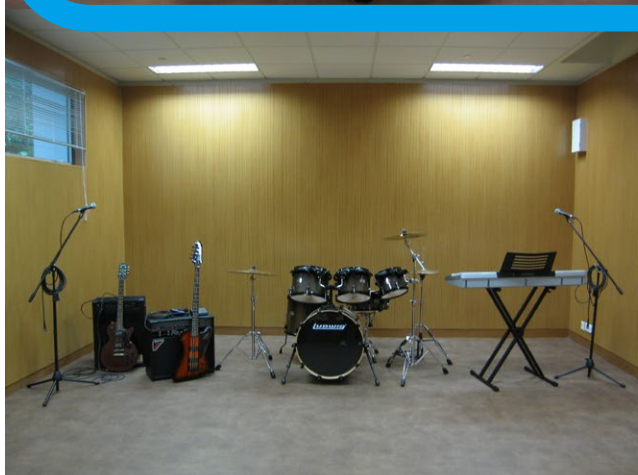
Student Support Services

Administration and Amenities

Administration and Amenities Section is responsible for the central administrative work and facilities management of the Office of Student Affairs, as well as supporting the representatives of the Office of Student Affairs to participate in relevant university administrative committees. Major responsibilities include:

Managing Student Amenities and Facilities Located in Benjamin Franklin Centre, John Fulton Centre, Pommerenke Student Centre and Multi-purpose Hall at Jockey Club Postgraduate Halls 2 & 3

Various facilities and function rooms at the Benjamin Franklin Centre (BFC), John Fulton Centre (JFC) and Pommerenke Student Centre (PSC) are available for the University departments and student societies. Eligible users can make reservation facilities and equipment through the OSA Online Facilities Booking System, and by visiting the Service Counter at Benjamin Franklin Centre or Pommerenke Student Centre. The University Swimming Pool provides a fully-furnished ground for physical education, aquatic meets, water sports and leisure.





Organizing the Inauguration Ceremony

The Inauguration Ceremony serves as a milestone for the incoming students at The Chinese University of Hong Kong, as it introduces them to the university's culture, values, and diverse campus life. It is a significant symbol of their entry into the university.



Coordinating the Outstanding Student Awards

Launched in 2018, the Outstanding Student Awards are classified into five categories, namely Innovation and Invention, Sports, Arts, Social Service, and Special Achievement. The awards aim to recognise the students' significant contributions, their continual positive impact on society, and courage in facing challenges in different areas.



Supporting representatives of Office of Student Affairs to participate in relevant university administrative committees

Representatives are appointed to participate in university committees such as Committee on Student Affairs and Staff-Student Centres Management Committee, in order to strengthen cooperation and communication with other university departments.

Administration and Amenities Section (AAS)



3943 3733

EDUCATION





Career Planning and Development

The **Career Planning and Development Centre (CPDC)** of the Office of Student Affairs is committed to supporting your job hunting and career planning by providing quality services. Major services include:

Recruitment and Placement Activities

The Centre provides a wide variety of recruitment and placement services throughout the year, ranging from recruitment talks, networking events, careers fair to online job portals, such as **CU Job Link** and the Joint Institution Job Information System (**JJIS**). Through the activities, you could understand employers' expectations on prospective employees and find out job opportunities and career prospects available to you.



Career Guidance and Enrichment Programmes

Career guidance programmes aim at assisting you in your career establishment. Following the self-driven learning framework – **Career Planning Guide**, you may join workshops, seminars, personality assessments under categories that fit your needs, unleash your potential and further enhance your competitiveness and career readiness.

As a freshman, you are strongly recommended to kickstart your career journey through self-exploration, have the open-mindedness to get different experiences, define your self-identity and draft your career plan.





CUHK Mentorship Programme (CUMP)

Founded in 2002, CUMP aims to enhance the exposure of CUHK students through experience sharing and interaction with experienced professionals and senior executives. Through interaction with your mentors, you will broaden your social and personal perspectives, obtain advice on career planning and development and build up professional networks for future development. You may check out the [programme video](#).

Mentors are professionals of different industries, including medical doctors, barristers, teachers, artists & designers, human resources experts, hotel management experts, entrepreneurs, nutritionists, finance experts, coaches, technology experts, etc.



Young Alumni Career-Supporting Network

In partnership with 8 Faculties and Alumni Affairs Office (AAO), the Centre coordinates this one-year programme which aims at enhancing your career readiness through alumni's connection. Young alumni of your faculty will provide support and advice in a side-by-side approach on study, career and personal development to you.

As a freshman, this programme will provide you with a golden chance to develop network at CUHK and your home faculty as well as a role model for you to visualize and explore your career options. More details could be found

[here](#).





Global Internship Programme (GIP)

Launched in 1997, Global Internship Programme aims at offering you with opportunities to work in cities of Mainland China and around the world, e.g. Beijing, Berlin, Brussels, Jakarta, Kuala Lumpur, London, New York City, Singapore, Shanghai, Sydney, Tokyo, Toronto etc., in summer. Through the internship, lasting for 4-14 weeks, you will not only enhance your language/ interpersonal skills and workplace exposure but also broaden your horizons that are conducive to your personal growth and career development.

Facing the new normal, the Centre has also launched the virtual internship programme for students to obtain some internship experience from employers outside Hong Kong through a range of online resources and channels. Students could obtain a wide range of physical or online internship experience for equipping as a global citizen under the arrangement of the programme. Throughout the years, more than 7,600 students have been benefited from the programme.

Career Counselling Services & Updated Job Market Information

Individual or small group career coaching and consultation services are offered to address your career aspirations and development needs. You could also obtain one-on-one career coaching from experienced Human Resources executives and professionals with international work experience. A wealth of online resources is also provided such as **FirstHand** and **Graduate First** to keep yourself abreast of the latest job market information and equip yourself with essential employment skills.



Career Advisory Corner

To strengthen engagement with students, the Centre has launched online support service – Career Advisory Corner. You could reach us for career advice and assistance through instant Facebook messenger.

**We walk with you through your career journey.
Welcome on board!**

Career Planning and Development Centre (CPDC)



3943 7202



2603 5933



<https://job.cpd.c.osa.cuhk.edu.hk/>



<https://www.facebook.com/cuhkosacpdcc>

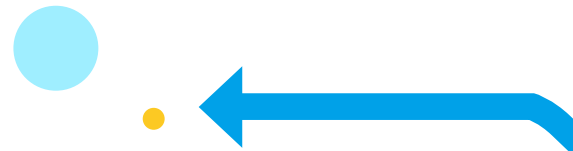


https://www.instagram.com/cuhk_osa_cpdcc/



<https://www.linkedin.com/company/cuhkosacpdcc>



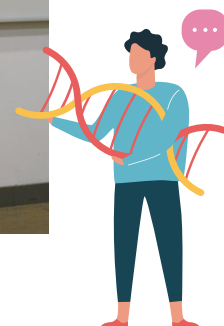


Learning and Cultural Enhancement

The Learning and Cultural Enhancement Section (LCES) of the Office of Student Affairs is committed to offering students guidance on adjustment to and planning for university life and to promoting cultural interchange on campus.

Provide Learning Enhancement Service

Offered by the Learning Enhancement Officers (LEOs), individual guidance and related support services are made available to all students in CUHK. The LEOs also organize developmental programmes regularly for learning enhancement. In addition, a first-year student survey is conducted every year to better understand our new students' backgrounds and expectations of university life.



Promote Cross-Cultural Diversity

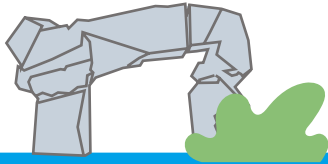
LCES promotes internationalization and exchanges of diverse cultures on campus through organizing a string of activities and coordinating relevant resources:



Cultural Festival

The bi-annual cultural festival organized by LCES, with a different theme each term, is lined up with a spectrum of activities, such as an opening ceremony, cultural talks, cooking classes, movie screenings, etc., allowing the CUHK community to experience cultural diversity on campus.





CUHK Host Family Programme

The CUHK Host Family Programme forges cultural bonds between non-local undergraduate degree seekers and university staff which facilitate the students' adaptation to the new environment.



The i-Ambassador Scheme

The i-Ambassador Scheme provides a platform for students to actualize their creative ideas into activities of internationalization and cultural integration.

LEAD 1001

LEAD 1001 aims to equip students as future leaders across cultures in the globalizing context. The programme will cover various training modules including cultural sensitivity and appreciation, leadership and networking, event planning and social innovation, publicizing and marketing, etc. Participants can network with fellows from all cultural and academic backgrounds.



Internationalization Activity Fund

The Internationalization Activity Fund provides sponsorship for internationalization activities initiated by CUHK students or student associations. With the financial support, various activities have been made possible and thus have promoted cultural exchanges among students.



i-LOUNGE

The i-LOUNGE provides an ideal place for students and university units to organize activities that can fuel cultural exchanges and exposure. During term time, Cultural Fun workshops are also held regularly for widening students' exposure.



International House

The International House or simply “I-House”, is a residential complex providing on-campus accommodation to students of CUHK. With a deliberate mix of local, mainland, and international residents, I-House is not just a place to stay, but a platform to promote campus diversity and inclusivity. The CUHK community can also experience various cultural activities, art workshops, and exhibitions at the Cultural Commons situated at I-House Block 4.



Provide Support Services to Non-local Students

To facilitate non-local students’ study and adjustment in CUHK, orientation sessions are organized for new students before the academic year starts. The LEOs also provide proactive personal guidance to undergraduate students in particular. A guidebook *Compass for Non-Local Students*, a one-stop online platform SharePoint to disseminate important news and announcements, and information related to rental accommodation outside of campus are also made available for non-local students.

Support Postgraduate and Non-local Student Associations

LCES serves as a supporting service unit to various student associations, including the Postgraduate Student Association of CUHK, the Chinese Students and Scholars Association, the Mainland Undergraduate Association, the International Student Association, and other non-local student associations. Apart from making regular liaisons and offering support to these associations, LCES also acts as the bridge between students and senior management of the University to aid non-local students to familiarize themselves with the university policies and promote their own cultures.



Learning and Cultural Enhancement Section (LCES)



3943 1533/ 3943 7945



<https://lces.osa.cuhk.edu.hk/>





Student Experience and Development

The University is committed to supporting and encouraging students to organise extracurricular activities. Students will find different kinds of student development programmes, activities, internship and exchange opportunities offered by various units of the University.

The objectives of these activities are to facilitate students to develop their potentials, exercise their initiative, foster their organising ability and leadership, as well as enhance their understanding of different cultures.

Each College organises a wide range of student activities. Details of these activities can be found on respective Colleges' websites.

Apart from the above units, the **Student Experience and Development Section (SEDS)** of the Office of Student Affairs also plays a part in the coordination of student activities and resources for the development of students to echo the University's commitment to the promotion of non-formal education. Its service scope includes the followings:



Provide guidance and support for student leaders, student bodies and associations

Student bodies like the student unions and interest groups can seek guidance and assistance from us when organising activities. We also coordinate meetings for students and various departments/units to communicate on the University development, new policies and specific issues.



Foster student development through the provision of student activity funds

We administer various student activity funds. To familiarise students with the requirements and procedures of applying for student activity funds, regularly briefing sessions for the student bodies would be arranged.

Offer non-formal and informal whole-person education to students based on the I•CARE framework.

Activities under the I•CARE Programme are carried out through the following areas:

- University Lecture on Civility
- Social Service Projects Scheme
- Lean Poverty Alleviation Initiative
- Social Enterprise Startup Scheme
- I•CARE Achievers Programme
- Activities Enriching Student Life



For details, please refer to p.44 - 50





Organize various leadership development and service-learning activities for students

In order to cultivate students' leadership skills, as well as to support their personal growth and career development, we organise a range of leadership development programmes including Shadowing Scheme for Secondary Students, Outward Bound Training Programme, University-YMCA (CUHK) Project, etc.

Coordinate matters related to orientation arrangements for new students

During summer, we serve as the coordinator of various orientation activities for local students, such as University Orientation Days and Inauguration Ceremony for Undergraduates. Relevant training is provided for members of the organising committees of the orientation camps in order to equip them with necessary knowledge and skills for the organising duties.



Collaborate with government bodies, NGOs and different organizations in the community to provide local, mainland and overseas experiential learning opportunities to students

With a view to broadening students' horizons and fostering their whole-person development, we also support different kinds of intervarsity/external programmes such as ICAC Ambassador Programme, Hong Kong Young Ambassador Scheme, Blood Donation Campaign etc.

Student Experience and Development Section (SEDS)



3943 7323 /8621



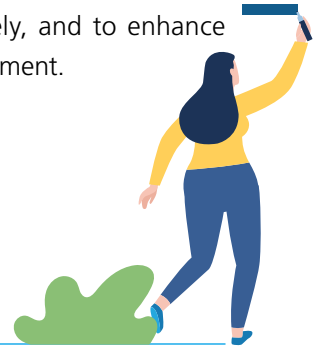
Wellness and Counselling

The **Wellness and Counselling Centre (WACC)** of the Office of Student Affairs aims primarily to assist all full-time undergraduate and postgraduate students to overcome challenges in adjusting to the University, to pursue success and satisfaction from their university experiences, and to foster personal growth and well-being. Our main services include:



Psychological Counselling

Psychological counselling is provided to facilitate students' adjustment to university life, to enable them to cope with challenges effectively, and to enhance their personal growth and development.



PERMA Series Student Development Programmes

Workshops and group programmes themed on 'PERMA' are organized regularly to enhance students' **P**ositive Emotion, **E**ngagement, **P**ositive **R**elationships, **M**eaning and **A**ccomplishment.



Flourishing First Year @ CUHK

Flourishing First Year @ CUHK is a tailor-made programme for all NEW students. A series of talks and workshops are provided for supporting freshmen to flourish and grow.



'uBuddies' Peer Counselling Network

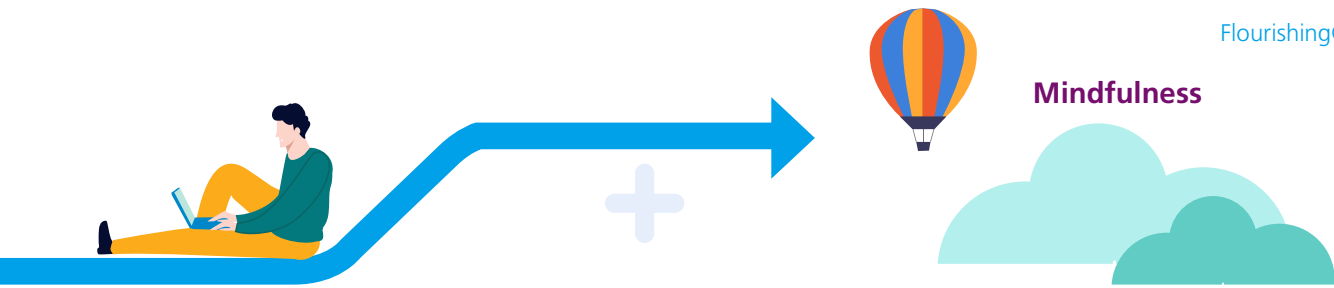
The 'uBuddies' Peer Counselling Network strengthens peer support among students as well as facilitates early detection and referral of students in need of professional help. 'uBuddies' also organises various service projects, such as Dr. Dog @ CUHK, Exam Cheer-up Activities, and manages the TreeHole@uBuddies Instagram to strengthen peer support and to promote a caring culture on campus.



'uPals' Wellness Promotion Team

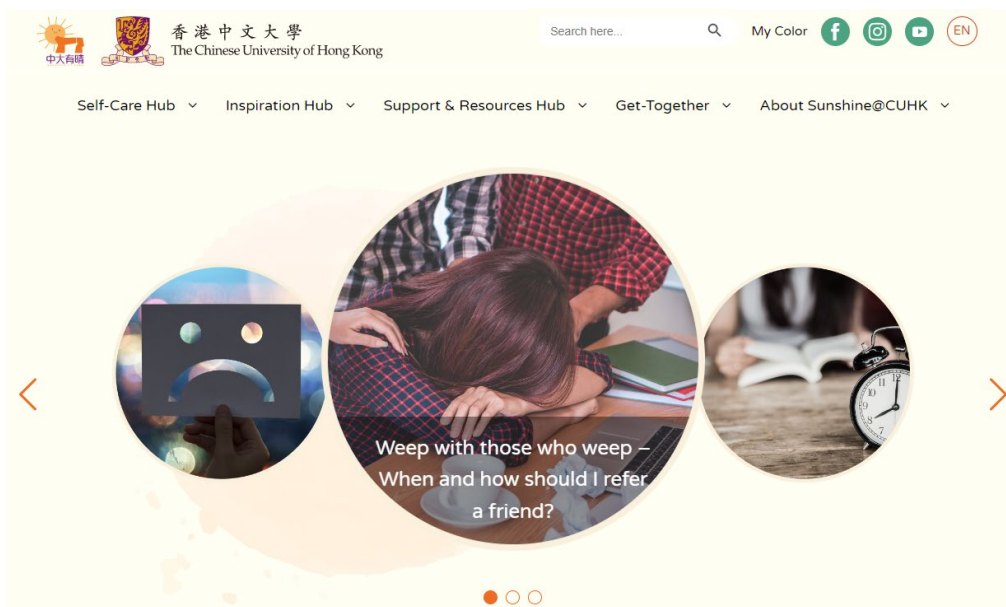
The 'uPals' Wellness Promotion Team works together to plan and implement mental wellness campaigns to promote supportive, fun and caring service projects on campus, such as organising Mindful Yoga Classes, Expressive Arts Workshops, Healing Trips, and promoting mental wellness on the uPals Instagram, etc. All trainings and workshops are conducted in English as another stream of peer support network in parallel with the uBuddies program.



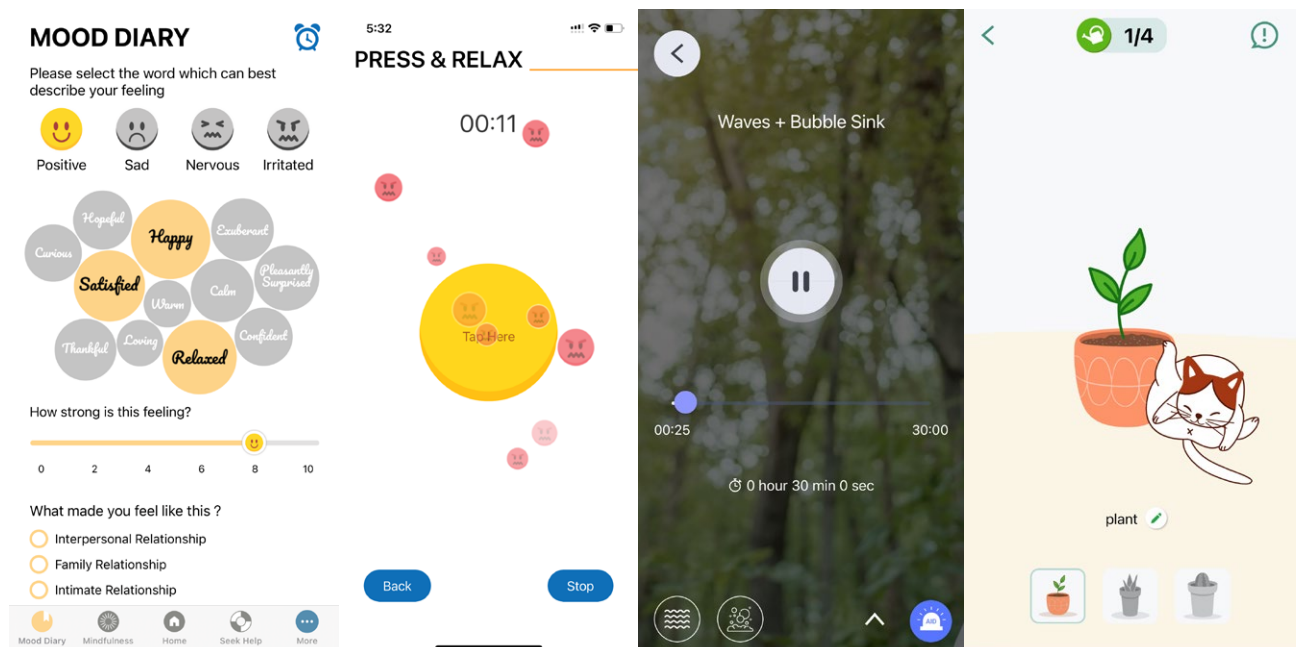


Sunshine At CUHK

Sunshine At CUHK is a one-stop online platform for students and CUHKers to access handy information related to mental wellness and relative activities. Herein the Sunshine At CUHK's website, you are going to find **Mindfulness Training videos**, Self-care Tips, **Inspiration readings** on personal growth and mental wellness, as well as **Community Resources** on counselling services and hotlines. We also have an engaging **Facebook** page, an **Instagram** page and a YouTube channel which promote various messages on positive psychology and mental wellness frequently. You are very welcome to FOLLOW or SUBSCRIBE our social media.



Sunshine At CUHK mobile application has also been launched. Interesting games such as Mood Diary, Press & Relax, Mix & Listen and Plant the Plant where you could relieve your emotions immediately, concentrate and relax, and complete tasks to get various gifts! You can also find Mindfulness Exercises where you could practice mindfulness on-the-go. Download the app on **App Store** or **Google Play** to unwind and soothe your daily mood swings anytime, anywhere!





Going offline, campus-wide wellness initiatives such as welcoming back and cheering events are organized at the start of the semester and during mid-term to promote the importance of mental wellness and positive psychology throughout the campus.



24-Hour Emotional Support Hotline: 5400 2055

This 24-hour hotline service is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions.



SEN Service

The SEN Service (SENS) coordinates with various CUHK units to facilitate the study and campus life adjustment of students with special educational needs (SEN).

Wellness and Counselling Centre (WACC)



3943 7208/ 3943 3493



www.cuhk.edu.hk/osa/wacc



SEN Service

CUHK is committed to promoting equal opportunities in academic pursuits for every student. To facilitate and enrich the campus life and learning experience of full-time students with special educational needs (SEN), SEN Service (SENS) coordinates with different CUHK units to provide the following support:

- ▶ Learning aids & equipment
- ▶ On-campus Rehabus service
- ▶ Barrier-free facilities on campus
- ▶ Examination and lecture accommodations
- ▶ Student hostel accommodations
- ▶ Peer support
- ▶ Integration and inclusion activities
- ▶ Social-emotional enhancement programmes
- ▶ Career counselling
- ▶ Psychological counselling
- ▶ Academic advisory
- ▶ General medical care

Further, to drive an inclusive learning environment, SENS also organizes an array of programmes and activities to raise and strengthen the awareness and capacity to support students with different needs and abilities among CUHK staff and students.



To learn more about or to register for the above support services, please visit the **SENS** website or contact the office via the following:



(+852) 3943 5441 / 3943 0338



sens@cuhk.edu.hk



Room 311, 3/F, Pommerenke Student Centre,
The Chinese University of Hong Kong

uShine SEN Service Team (uShiners)

Established as a peer support network in 2014, the uShine SEN Service Team (uShiners) is a group of students trained to support students with SEN in their adjustment to campus life and promote SEN awareness among the CUHK community. All full-time non-final year CUHK students are welcome to become uShiners to develop and grow a fruitful university life together with students with SEN. For details, please visit the team's **website**, **Facebook**, or **Instagram**.



Student Development Portfolio

The University is committed to the whole-person development of its students. Different units in the University provide a variety of student activities and services to cultivate students' overall quality and competitiveness through non-formal education. To this end, the Student Development Portfolio (SDP) has been established. Not only does it provide a roadmap for students on the experiential learning opportunities on offer but it also specifies the roles and responsibilities of various student support units on campus.

The SDP is a university-wide computer system for capturing and presenting students' participation in the Experiential Learning Activities (ELA) under the whole-person development framework namely I•CARE. The desirable targets, as well as appropriate values and skills for students to attain through experiential learning are categorised under the following virtues:

- I** - Integrity and Moral Development
- C** - Creativity and Intellectual Development
- A** - Appreciation of Life and Aesthetic Development
- R** - Relationships and Social Development
- E** - Energy and Wellness



You can view and enrol for the activities and services in the SDP provided by different student support units in a systematic way. Besides, your participation in activities organised by student bodies or external organisations can be recorded in the system as these activities are also deemed instrumental and form an integral part of non-formal education. Then, you will be able to create your own log of ELA, and produce the corresponding ELA Report when necessary.

The SDP is expected to facilitate you to affirm your motive in participating in activities and services, and hence better manage your experiential learning opportunities during your study in the University. On the other hand, the framework enables relevant departments to review their deployment of resources, and maximise their impact on their offering of non-formal education.



You can login the e-Platform via
www.cuhk.edu.hk/sdp

For more information, please visit
www.sdp.cuhk.edu.hk



I•CARE Programme

Launched in 2011, the I•CARE Programme has been committed to offering informal whole-person education to students based on the I•CARE Framework (vide the chapter on “Student Development Portfolio”). In line with its motto “Aspiration through Reflection; Renewal through Civility”, the I•CARE Programme aims to inspire students to actively partake in social and civic services. It also facilitates the release of students’ holistic competencies so that they will become able to enhance the wellness of people in the local, regional and global communities. The I•CARE Programme is now administered by the I•CARE Centre for Whole-person Development under the Student Experience and Development Section of the Office of Student Affairs. This Centre also collaborates with other University units to motivate all-round development of students.

Activities under the I•CARE Programme are mainly carried out through the following areas:



1. University Lecture on Civility

This Programme is consisted of seminars and cultural activities that explore the relationship between men and society/ nature. Scholars, artists and luminaries from around the world share their unique humanistic points of view with students and catalyse them to reflect on the meaning of life. Speakers of this Programme include, inter alia, Muhammad Yunus (Nobel Peace Prize Laureate), Yongey Mingyur Rinpoche (master of Buddhist meditation), Lung Ying-tai (renowned writer), and Marcin Jakubowski (pioneer of open source movement).

2. Social Service Projects Scheme

The University encourages students to engage in social and civic services in Hong Kong, the Mainland, and overseas countries. While funding has been set aside for students to design, initiate and implement sustainable development projects in local and impoverished areas to enhance people’s well-being, they will also be trained (through the “Proposal Writing Workshop” and “Sharing Session on Learning Outcome”, etc.), coached and monitored under the Scheme.





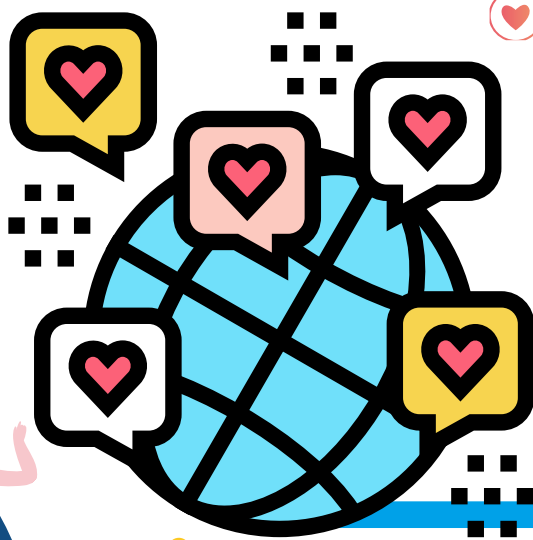
3. Lean Poverty Alleviation Initiative

The Programme aims at bringing students to address the underlying causes of poverty as well as to build an enabling environment for penury moderation. "Poverty" is seen as not only the insufficiency of essential resources to maintain a citizen's living but also one's relative disadvantages as compared to the members of a dominant socioeconomic group. Under this Programme, students gain first-hand experience about societal issues and nurture resolve to tackle poverty through being engaged in experiential activities and direct services like the "Social Service Day - Let Elderly/ Youth be a University Student", "Hong Kong Cultural Tours Project" and "Fitness x Mentorship" Scheme.



4. Social Enterprise Startup Scheme

The Scheme not only funds students (and also young alumni) to transform their creative business ideas into meaningful startup, but most importantly offers mentorship to them by the experts in real business sector. With financial support of the Scheme, participants validate, establish or scale up their social enterprises.





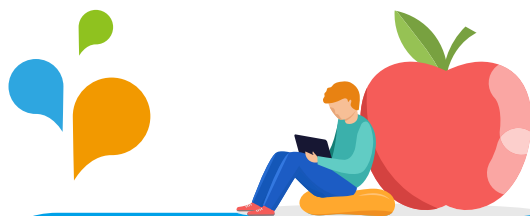
5. I•CARE Achievers Programme

This Programme promotes various character strengths through well-designed activities like “Dialogue on Character”, “Retreat Day”, “Extensive Reading Scheme”, “Workshop on Value Clarification”, “Day Camp on Leadership Training”, “Farming cum Hiking”, “Course on Compassionate Communication” and “Remoulding Camp”. It aims to enhance the self-awareness and positive value of students, so as to promote healthy development of the community and the world. The Programme specifically hopes to help participants respect others, treasure humanity’s shared environment, be perseverant to cope with adversity, embrace passion to serve the needy, and possess a global outlook to address the world’s complicated issues.



6. Activities Enriching Student Life

From time to time, the I•CARE Centre for Whole-person Development hosts or collaborates with other University units to run various activities to enrich student life. They include, inter alia, “Music Dreams Come True Concert”, “CUHK Campus Tour”, “Jockey Club Charles Kao Brain Health Services Project”, “Creating a Magical Moment for Children in Need”, “Go Hiking in CUHK Style with Vice-Chancellor”, “Life@CUHK - Exploring the Plentiful Possibilities of Life”, “Blood and Book Giving - A Challenge of Blood Donation Relay”, and “Mother Nature Rocks”.



I•CARE Centre for Whole-person Development

Student Experience and Development Section, Office of Student Affairs



3943 8621



www.icare.cuhk.edu.hk



www.instagram.com/cuhk_osa_seds



www.facebook.com/icareprogramme



www.youtube.com/icarecuhk



Social Engagement



“Social Engagement” of students, as seen by CUHK, refers to the extent to which they participate in a broad range of social roles and relationships, and their involvement in the community that reinforces social capital and norms.



Many University units provide opportunities for students to understand, experience and practise “Social Engagement” through volunteering, service-learning, advocacy and real business, etc. These units include, inter alia, the Colleges, Social Responsibility & Sustainable Development Office, and the Office of Student Affairs.



伍宜禧書院 Serve to Learn
Learn to Serve

SERVICE-LEARNING PROJECT FUNDING SCHEME
伍宜禧書院服務學習項目資助計劃

Initiate your Service-Learning Project
(Can co-operate with other organizations)
策劃自己的服務學習計劃 (可與其他機構合作)

Can be individual or group application
可以個人或小組形式申請

No restriction on programme destination or length
計劃地點、時長不限

Year-round application
全年開放申請

Subsidy amount: maximum HK\$80,000
資助金額: 上限港幣80,000元

More details:

銀狀 義務工作嘉許狀 (小組)
Silver Award
for Volunteer Service (Group)

This certificate is awarded to

The Chinese University of Hong Kong Wu Zhi Qiao Team
in appreciation of its contribution of 600 hours of volunteer service to the community in 2019.

(Mr Matthew Cheung, GBS, GBS, JP)
Chief Secretary for Administration /
Volunteer-in-Chief
December 2019

(Mr Gordon Leung, JP)
Director of Social Welfare

香港中文大學無止橋團隊
在二零一九年積極參與義務工作，服務社會達六百小時，特予表揚。

張建宗 政務司司長/高工總領銜
張建宗 社會福利署署長
張建宗 總領銜

二零一九年十二月





The form and nature of social engagement programmes in CUHK are very diverse, just to name a few:

- ▶ College GE Course on Service Learning / Civic Engagement
- ▶ Caring Heart Community Service Project Scheme
- ▶ Lean Poverty Alleviation Initiative
- ▶ Cultural Exploration and Service Trip
- ▶ Social Enterprise Startup Scheme
- ▶ Green Life Ambassador Team
- ▶ University YMCA® (CUHK)



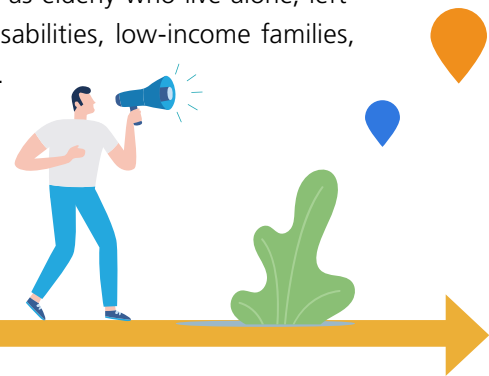
While many of these social engagement programmes are co-curricular and non-credit-bearing, some manifest themselves in “final-year projects (FYP)” which allow students to earn academic credits or in “societies / associations” that are driven on students’ own initiative.





By joining the social engagement programmes, students are expected to acquire first-hand knowledge about societal issues, to address the underlying causes of the problems emerged in the community, to release their holistic competencies by serving, leading and empowering, and to become able to enhance the wellness of the disadvantaged-at-large. The beneficiaries include various vulnerable groups such as elderly who live alone, left-behind children, patients with chronic disease, homeless adults, people with disabilities, low-income families, ethnic minorities and native villagers in the local, regional and global communities.

Students taking part in the University social engagement programmes are, for sure, the beneficiaries as well. Listen to the stories of your fellow students - Kelvin Lam (SOCl), Jack Man (GPAD), Ada Li (MEDU) and Jack Wong (PHIL) via <https://youtu.be/f52Sw7mZMRw> to learn their gains.



If you want to have more ideas about "Social Engagement" in CUHK, please contact your affiliated college or reach the I•CARE Centre for Whole-person Development under the Student Experience and Development Section of the Office of Student Affairs at **3943 8621** (Tel) or www.icare.cuhk.edu.hk (Website).

Diversity and Inclusion@CUHK



CREATIVITY

The University is committed to equal opportunity in academic pursuits and employment and to eliminating any form of discrimination or harassment. The Diversity and Inclusion Policy ("the Policy") has been developed to promote a diverse and inclusive environment for staff members and students free from discriminatory acts, prejudice, hatred, intolerance, harassment and bullying. The University expects all members to abide by the Policy and follow the Principles of Community outlined in the Policy in their acts and speeches within the University community and in the course of participating in the university activities. Orientation activities should be carried out in compliance with the University policies and procedures and applicable laws in Hong Kong.

Diversity & Inclusion 多元共融

The University has zero tolerance for any infringement and will take any and all necessary steps to eliminate and prevent their occurrence on campus. Details of the relevant policies and procedures can be found at the website of the Diversity and Inclusion Office (dio.cuhk.edu.hk/).



Discrimination Complaints Handling

A number of policies and procedures have been devised to set out the mechanism for dealing with allegations or complaints covered by the Policy and provide proper redress if and when discrimination, harassment and vilification occur. Under the anti-discrimination ordinances in Hong Kong, namely the Sex Discrimination Ordinance, Disability Discrimination Ordinance, Family Status Discrimination Ordinance and Race Discrimination Ordinance, it is unlawful to discriminate against a person on the grounds of sex, marital status, pregnancy, breastfeeding, disability, family status and race in the prescribed areas of activities, including employment, education, provision of goods, services and/or facilities, disposal and/or management of premises, and participation in clubs.



What is the Sex Discrimination Ordinance (SDO)?

Discrimination on the basis of sex, marital status, pregnancy and breastfeeding, as well as sexual harassment and harassment on the ground of breastfeeding are unlawful under the SDO.

For example, denying admission to a student because she is pregnant or refusing to hire a married person even though one is the most suitable person.

Examples of sexual harassment include sexual comments or jokes, offensive communications of a sexual nature and obscene gestures or inappropriate touching.

The University has a separate set of Policy Against Sexual Harassment to address incidents related to sexual harassment. (Please refer to the relevant section(s) of the [Policy Against Sexual Harassment](#) for the definition of "sexual harassment"). Complaints/Incidents related to sexual harassment will be handled according to the Policy Against Sexual Harassment.

What is the Disability Discrimination Ordinance (DDO)?

It is a law that has been enacted to protect people with a disability against discrimination, harassment and vilification on the ground of their disabilities.

For example, not allowing a student to participate in orientation activities or dismissing an employee on the ground of disability.

What is the Family Status Discrimination Ordinance (FSDO)?

FSDO makes unlawful for anyone or any organisation to discriminate against a person, male or female, on the basis of family status. Family status means that a person has the responsibility for the care of an immediate family member.

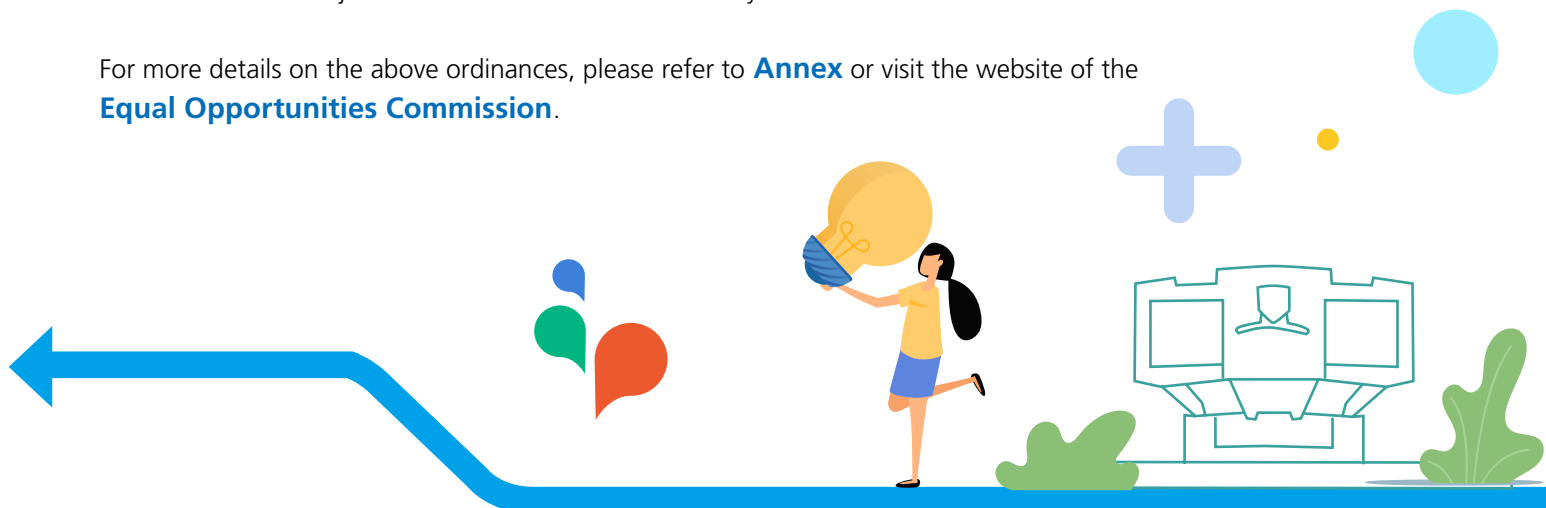
For example, denying admission to a student because of one's family status.

What is the Race Discrimination Ordinance (RDO)?

RDO protects people against discrimination, harassment and vilification on the ground of their race. According to the RDO, race in relation to a person refers to the race, colour, descent, national or ethnic origin of the person.

For example, a student association denies admission to students because of their skin colour or an employer declines to interview job seekers because of their ethnicity.

For more details on the above ordinances, please refer to [Annex](#) or visit the website of the [Equal Opportunities Commission](#).



How to deal with discrimination

- ▶ Don't be afraid to say "No". Speak up at the time. Tell the discriminators that their behaviour is unwanted and has to stop.
- ▶ Keep a written record of the incidents, including dates, time, location, witnesses and your responses.
- ▶ Tell someone you trust. Seek support.
- ▶ Seek help from the University's Panel Against Discrimination and Sexual Harassment (All information will be kept in strict confidence).

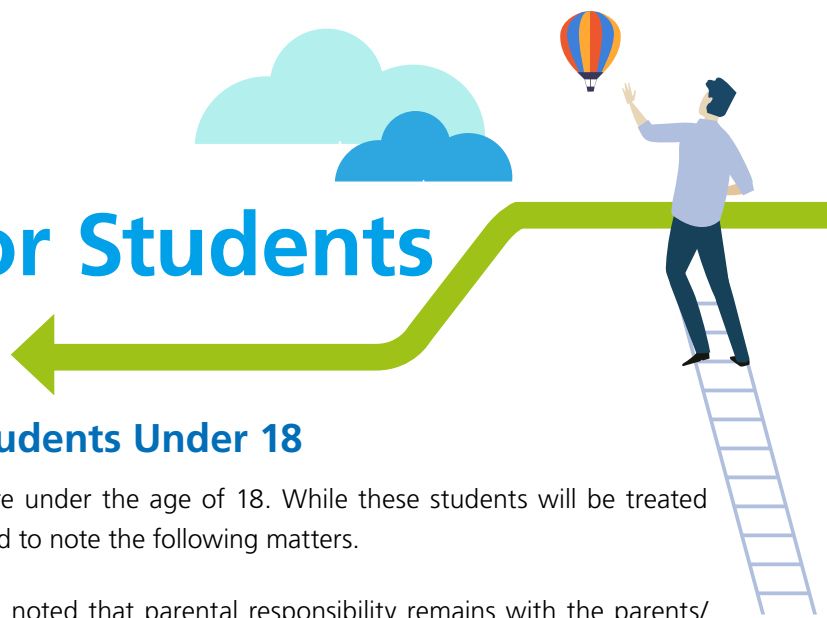
Enquiries and Complaints

Hotline/ Email : [3943 0382/dio@cuhk.edu.hk](mailto:3943_0382/dio@cuhk.edu.hk) (for matters relating to diversity and inclusion)

Hotline/ Email : [3943 8716/padsh@cuhk.edu.hk](mailto:3943_8716/padsh@cuhk.edu.hk) (for matters relating to discrimination)



Information for Students under 18



I. Essential Information for Students Under 18

1. Some students who join the University are under the age of 18. While these students will be treated equally with other students, they are invited to note the following matters.
 - a. **Parental responsibility** - It should be noted that parental responsibility remains with the parents/guardians, and that the University will not assume parental responsibility for students under 18. These students' parents/guardians should be aware of their responsibility under some circumstances. Additional parental consent may be required for some activities, e.g. activities conducted outside Hong Kong.
 - b. **Student development activities** - Students under 18 can participate or engage (pursuant to a course requirement or otherwise) in academic, training, social and other activities (e.g. course trips, exchange programmes, evening gatherings and high-risk sports). Students are reminded that some of these activities may involve various kinds of risks and they should assess the potential risks before taking part in these activities.
 - c. **Compliance with regulations** - In general, students should comply with the relevant University regulations and take full responsibility for all activities which they participate in relation to their academic studies and non-academic activities at the University, e.g. course selection, internship and participation in student activities.
 - d. **Student associations** - Students may participate in student associations and their activities, if they wish. However, students who are under 18 should be aware of the personal liabilities of being office bearers of student associations, especially when engaging in contractual agreements with outside parties in the capacity of their positions in the student bodies, and the possible problems that may arise.
 - e. **Accommodation** - Students under 18 may be offered on-campus accommodation through residing in hostels.
 - f. **Access to selected materials** - Like other students, students under 18 have access to materials which are normally suitable for adults only. There will not be special restriction for access of students under 18 to materials in the libraries.
 - g. **Internship, placement and part-time work** - Students under 18 who will participate in internship, placement or part-time work are reminded of the restrictions specified in the Employment of Young Person (Industry) Regulations on certain work settings and conditions.
 - h. **Emergency** - Under specific circumstances or in case of emergency, students under 18 may need to receive psychological treatments, undergo medical operations, etc. If necessary, they may assist in police interrogation.





2. Students are protected by the Personal Data (Privacy) Ordinance. Parents/ guardians normally do not have the right to access students' personal data. In general, the University corresponds directly with students, but not their parents/ guardians. However, the University may sometimes need to contact parents/ guardians of the students, e.g. in the event of an emergency. It is necessary for students under 18 to provide the University with the emergency contacts of their parents/ guardians and update such records as and when necessary. The students have already given consent for the University to contact their parents/ guardians in the registration procedures.
3. If students under 18 feel that they may need additional support or would like to discuss with the University on any issues due to their personal circumstances, they are invited to contact the Office of Student Affairs, or their respective Colleges/ Faculties.
4. The parent/ guardian of a student who is still under the age of 18 as of the day of registration is asked to complete and sign a consent form to indicate his/ her acknowledgement of the information in this document and his/ her consent for the student to engage in relevant academic and student development activities.

II. Consent form



Letter to Newly-admitted full-time undergraduate students under the age of 18



Consent given by the parent/ guardian of a student who is under the age of 18

* Note: Please upload the completed consent form during online registration under CUSIS. The system will guide you through step by step.



Non-Local Students

- There are various **non-local associations** supported by the **Learning and Cultural Enhancement Section (LCES)** of the Office of Student Affairs.
- There is also a team of **Learning Enhancement Officers (LEOs)** at LCES to support non-local students.
- Non-local degree seeking undergraduates are encouraged to join the **CUHK Host Family Programme** for better adaptation to Hong Kong.



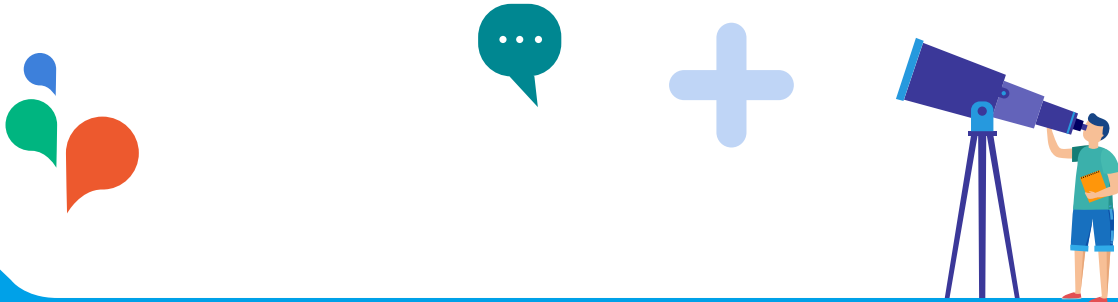
Mentors and Buddies

CUHK Mentorship Programme (CUMP)

A valuable opportunity to learn from professionals!

Programme Design

- Founded in 2002 and organized by Career Planning and Development Centre of OSA, CUMP aims to enhance the exposure of students through experience sharing and interaction with experienced professionals.
- CUMP matches over 100 pairs of mentors and mentees each year.
- The programme operates on a calendar year basis, from January to December.
- A student mentee will be paired up with one mentor based on the background of mentors and career interests of student mentees.





Benefits to Mentees

- Through the interaction with valuable mentors, mentees will be able to
 - broaden their social and personal perspectives;
 - obtain advice on career planning and development; and
 - build up networks for future development.

Who are the Mentors

- Mentors are Hong Kong-based senior executives with more than 15 years of working experience.
- Mentors are from diverse industries such as banking & finance, consulting, education, engineering, health care, hospitality, HR, IT, legal, marketing, NGO, public sector, etc.

Mentoring Activities

- Mentors and mentees meet at the kick-off ceremony, a good opportunity for mentee to learn from the sharing by mentor and former mentees and mingle with mentor and fellow mentees.
- Mentor will provide advice on career planning, job hunting, industry development and other career-related concerns through the meeting.
- Mentors and mentees are given the flexibility to design the type of mentoring activities. Previous activities include but not limited to dining, company visit, exhibition, workshops, outdoor activities, volunteer work, career opportunities, etc.
- Regular mentoring events will be organized by CPDC such as Happy Hours with CUMP Mentors Series and CUMP Tours of Exploration.
- Face-to-face interaction is supported, but the arrangement is flexible. Mentors and mentees can meet at online platforms such as Zoom and Google Meet if it's more convenient.

Links



Website of CUMP



Video of CUMP



2023 CUMP Booklet



2022 CUMP Newsletter
Issue 2



2022 CUMP Newsletter
Issue 1

Contact

Contact us at **3943 9953** or email to careeractivities@cuhk.edu.hk

Join us and meet your mentor!





Young Alumni Career-Supporting Network

Grow with young alumni from your same faculty through mentoring in a side-by-side approach

Programme Design

- In partnership with 8 Faculties, Alumni Affairs Office (AAO) and Career Planning and Development Centre (CPDC), this one-year programme aims at enhancing students' career readiness through alumni's connection;
- Young alumni will provide comprehensive support and advice in a side-by-side approach including study, career and personal development to students in their same faculties;
- A long-term and solid relationship with young alumni and students will be established through vibrant interaction given similar backgrounds;
- Each alumnus will be matched with a small group of students. Apart from learning from the young alumni, the arrangement will subtly provide students with peer support;
- The programme runs on a yearly basis, with official welcoming sessions, activities, workshops and gatherings.

Benefits to Mentees

- Be connected with young alumni who can provide valuable guidance on whole-person development and respond to student's concerns and frustration;
- Get insights about early career planning and gain a better understanding of the real working world from alumni's experience sharing;
- Build a strong network with alumni and peers by engaging in diverse mentoring activities.

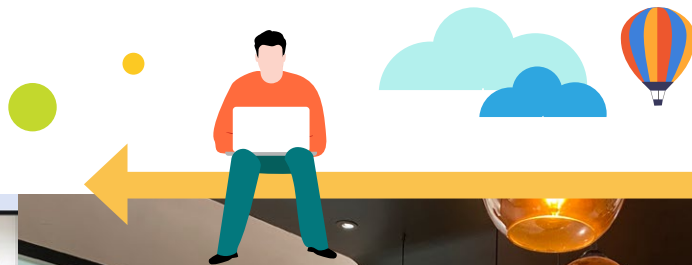
Who are the Alumni Mentors

- Young professionals who graduated from 8 Faculties of CUHK sharing similar academic backgrounds and university life with mentees under the same Faculties;
- Recommended and nominated by 8 Faculties of CUHK and Alumni Affairs Office (AAO);
- Most of the alumni possess 5 to 10 years of work experience from a wide range of industries

Mentoring Activities

- Official activities such as kick-off/closing ceremony, welcoming session, alumni sharing and workshops will be planned;
- Alumni will provide advice and support on study, career planning, industry updates and personal development in a side-by-side approach;
- Alumni and students are given the flexibility to design mentoring activities including dining, company visit, exhibition, workshops, outdoor activities, volunteer work, etc.





The Lunch Club with Young Alumni Mentors
 YOUNG ALUMNI CAREER-SUPPORTING NETWORK
 Time Out & Chit Chat!

Session 1
 21 Mar (Mon)
 1:00 - 1:45pm

Zoom Lunch with Young Alumni Mentors:

- Mr. Harry Ho, Managing Director, AOCB
- Mr. Brian Cheng, CEO, Generation Hogs Kong
- Mr. Bosco Lam, Global Risk Analytics Manager, HSBC
- Mr. Eric Kuo, Co-founder, R-Guardian



Join us and meet our alumni!

Contact us



3943 9953



careeractivities@cuhk.edu.hk

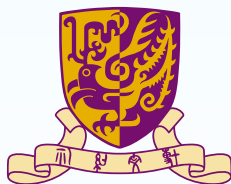


<https://job.cpd.csa.cuhk.edu.hk/en/coaching/mentorship/young-alumni-supporting-network>



Useful Phone Numbers, Emails and Websites

Service Unit	Telephone	Website / E-mail
Admissions		
Admissions Section, Office of Admissions and Financial Aid	3943 8951/ 3943 8947	http://admission.cuhk.edu.hk Email: ugadm@cuhk.edu.hk
Registration & Examination Arrangements		
Registration and Examinations Section, Registry	3943 9888	www.res.cuhk.edu.hk Email: ugadmin@cuhk.edu.hk
Student Services		
Office of Student Affairs		
		www.osa.cuhk.edu.hk
Administration and Amenities Section	3943 3733	Email: aaas@cuhk.edu.hk
Career Planning and Development Centre	3943 7202	Email: cpdc@cuhk.edu.hk
Learning and Cultural Enhancement Section	3943 7945/ 3943 1533	Email: lces@cuhk.edu.hk
Student Experience and Development Section	3943 7323	Email: sdrs@cuhk.edu.hk
Student Experience and Development Section (I • CARE Programme)	3943 8621	Email: icare@cuhk.edu.hk
Wellness and Counselling Centre	3943 7208/ 3943 3493	Email: wacc@cuhk.edu.hk
Wellness and Counselling Centre (SEN Service)	3943 5441/ 3943 0338	Email: sens@cuhk.edu.hk
OSA General Enquiry (Benjamin Franklin Centre)	3943 5909	Email: osa@cuhk.edu.hk
College Student Affairs, Activities, Hostels, etc.		
Chung Chi College	3943 4047/ 3943 4395	Email: ccsdo@cuhk.edu.hk
New Asia College	3943 7609	Email: nac@cuhk.edu.hk
United College	3943 7575	Email: unitedcollege@cuhk.edu.hk
Shaw College	3943 7363/ 3943 7355	Email: shaw-college@cuhk.edu.hk
Morningside College	3943 1406	Email: morningside@cuhk.edu.hk
S.H. Ho College	3943 4776	Email: shhosa@cuhk.edu.hk
C.W. Chu College	3943 1801	Email: info.cwchu@cuhk.edu.hk
Wu Yee Sun College	3943 3941	Email: info.wys@cuhk.edu.hk
Lee Woo Sing College	3943 1504	Email: wscollege@cuhk.edu.hk
Scholarships & Financial Aid		
Office of Admissions and Financial Aid - Scholarships - Financial Aid	3943 9285 3943 1898	http://admission.cuhk.edu.hk/finance.html Email: sfas@cuhk.edu.hk
Student Exchange Programmes		
Office of Academic Links	3943 7597	www.oal.cuhk.edu.hk Email: iasp@cuhk.edu.hk
Health Service		
University Health Service	3943 6439 (Appointment) 3943 6422 (Enquiries) 3943 6412 (Dental)	www.cuhk.edu.hk/uhs Email: uhs@cuhk.edu.hk
Chinese Medicine Specialty Clinic cum Clinical Teaching and Research Centre	3943 9933 (Appointment)	https://clinic.scm.cuhk.edu.hk/ Email: scmclinic@cuhk.edu.hk
Security		
Security Office (Emergency Number)	3943 7999	www.scu.cuhk.edu.hk Email: security_office@cuhk.edu.hk
Library		
CUHK Library	3943 7305	https://www.lib.cuhk.edu.hk/ Email: library@cuhk.edu.hk



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