

The Chinese University of Hong Kong
Joint Committee on New Student Orientation (JCNSO)

How to get yourself ready for the first orientation activity at CUHK?
8 tips to Make the Most of Your Orientation Experience

(as of 1 August 2024)

“As I stepped onto the sprawling university campus, my heart raced with a mix of anticipation and nerves. The air was charged with excitement, as hundreds of new students like me gathered for the much-anticipated university orientation. It felt like the beginning of a grand adventure, and I was ready to embrace it with open arms.” Would that be your feeling about your orientation? University orientation can seem like an exciting experience. Indeed, it is also a great way to meet new people and familiarize yourself with the ins and outs of campus. Here are some of the best ways to prepare yourself and take full advantage of your first student-led orientation camps at CUHK from your team facilitators (組爸媽) !

Tip 1: Understand CUHK Student-led Orientation Activities

Aims

CUHK student-led orientation activities aim to facilitate new students from different cultural backgrounds to adapt to university life and expand their social circles at the University. The student-led orientation activities are also a solid platform for new students to meet friends, understand the University culture, learn more about their study programme, build up a sense of belonging to the University, and establish positive values.

Types

There are only 2 official student-led orientation activities*. They are (1) Faculty/Department Orientation Camps (3 day-2 night overnight camp on campus) and (2) College Orientation Week (2 Meet-and-Greet Days for non-local freshmen only and College Orientation Camps for all freshmen (4 day-2 night overnight camp on campus))

**except for the College Orientation Camps of Morningside College, S.H. HO College, CW Chu College, and Lee Woo Sing College, all the student-led orientation activities are optional.*

Style

All participants, including the student organisers and participants of the student-led orientation activities, should follow [the CUHK rules](#) and the [CUHK Code of Conduct](#). **The University has zero tolerance for any offensive and inappropriate orientation activities.** Inappropriate cheers, slogans, and games that may badly affect participants' feelings must be avoided. Any

games/activities, such as cheers presentation sessions, that involve unnecessary and/or inappropriate body contact, consist of foul language, and bullying behaviors should also be prohibited.

CUHK Student-led Orientation Activities



No inappropriate behaviours are allowed in the CUHK orientation activities



People

According to the CUHK Facts & Figures (as of 30 September 2021), 572 out of 4239 new students were non-local students. That means around 12-13% of new students are non-local students every year. Therefore, your teammates may be from Hong Kong, the mainland, other regions or countries. Please respect other cultures and be aware of the presence of incoming students on

your team. CUHK is a multicultural community. Please be open to meet new people from different cultural backgrounds. When you embrace the cheese, you will be sure to have a great time.

Fee

1. All registered new students who join the orientation camps will receive a bill issued by the Finance Office of the University right after the new academic term starts.
2. Any withdrawal request should be raised before the orientation camps. Please contact the orientation camp organizers directly. You are also advised to write an email to the organizers to foster your communication with the orientation organizers. Please also confirm with them if any camp fee should be paid.
3. If the orientation camps are cancelled due to unforeseen circumstances (such as outbreaks of serious diseases), part of the orientation camp fee for orientation materials, such as uniforms and booklets, etc. will be collected. The materials will be distributed to enrolled new students in due course.
4. **No orientation camp fee, society membership fee, or orientation activity fee will be collected on the Orientation Day.**

Tip 2: Discover, Connect, Thrive: unleash your potential at Orientation! ENROL!

Enrolment – The JCNSO Online Registration System opens at the beginning of July every year.

Step 1 – browse the [CUHK Orientation Website](#)

Step 2 – enter the [JCNSO Online Registration System for Student-led Orientation Activities](#)

Step 3 – receive an auto-reply - **The successful registration of the JCNSO Online Registration System doesn't mean you can join the student-led orientation activities successfully. If the registered number exceeds the quota of your selected activities, there will be luck draws.** The orientation organizers will contact their participants at least 2-3 days before the camps. If you do **NOT** receive any call/whatsapp/email from your orientation organizers 2 days before the camps, please contact them directly (*Please refer to the Faculty / Department Orientation Camps (Small O) List and College Orientation Week (Big O) list for details.*). If you do not receive any auto email from the system, please contact the JCNSO secretariat via email (ocamp@cuhk.edu.hk).

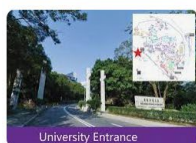
If you are under 18 years old, you must have consent from your parent/guardian before your enrolment. The emergency contact person should be your legal guardian.

Tip 3: Get the V-code

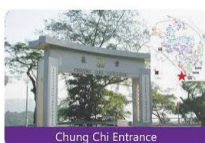
To use [the V-code](#) to get their personal computing accounts information, including the Student ID and OnePass password

Tip 4: Get a QR code to enter CUHK

Please visit [CUHK Mobile Pass](#) to generate a QR code to enter CUHK.



University Entrance



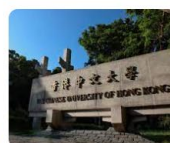
Chung Chi Entrance



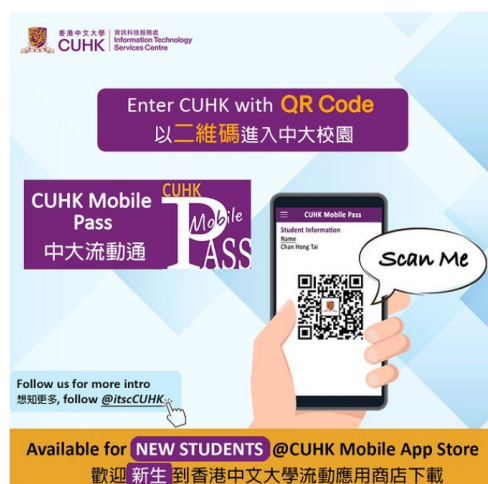
University MTR Station (Western Exit)



University MTR Station (Northern Exit)



Eastern Gate Entrance



Watch this [video](#) to learn more about entering the campus.

Tip 5: Check CUHK Orientation Website

Please browse [the CUHK Orientation Website](#) to check the relevant information, such as the bad weather arrangements, assembly venues and time, etc.

Tip 6: Increase disease / health awareness

1. Orientation camps include many outdoor and high energy activities. You will meet new friends and adjust to hostel life. Please check and understand your physical and mental health condition before joining the camps. If you are not feeling well and/or emotional stable, you may not be suitable to participate in the camps.
2. Medical consultation before the camps is a must for those who are suffering from heart disease, high blood pressure, epilepsy, mood disorders, mental disorders or other chronic diseases.
3. In order to preventing the spread of infectious diseases, you should check your body temperature before arriving at the orientation camps. Students who are feeling unwell and /or suffering from fever must not join the orientation camps.

4. Please bring your medicine (if any), sufficient masks, anti-bacterial hand gels, sun care products, umbrellas, anti-mosquito products.

Tip 7: Say NO to any inappropriate activities during your Orientation Camps

1. The orientation camps are organized by senior university students. All participants, including senior and new students should take responsibilities for their own behaviors during the camps. Please refuse to join any inappropriate activities (e.g. activities include coarse language, disturbing and dangerous acts and personal attack/insult, etc.). No compulsory activities are allowed during the orientation camps. Please decide whether you join the activities on your own.
2. You should take care of your own safety during the orientation camps. Please do not wear slippers to avoid any accidents when you are joining any outdoor activity.
3. If you are feeling unwell during the orientation camps, please take a rest, stop joining any orientation activity, and contact your team leaders at once.
4. Emergency contact numbers are listed below:
 - i. University Security Office: 3943 7999
 - ii. University Health System: 3943 6422(Office Hours: Monday – Thursday: 8:45a.m. – 1:00p.m. / 2:00p.m. – 5:30p.m.
Friday: 8:45a.m. – 1:00p.m. / 2:00p.m. – 5:45p.m.)

Tip 8: Contact the Joint Committee on New Student Orientation (JCNSO) if necessary

Secretariat, Joint Committee on New Student Orientation

3943 9944

ocamp@cuhk.edu.hk