



HKUSPACE

香港大學專業進修學院
HKU School of Professional and Continuing Education

<http://hkuspace.hku.hk>

亮點 highlights :

04

落戶東莞
學院與廣酒學院簽署合作
備忘錄

Set foot in Dongguan -
HKU SPACE signs MOU
with GVCHM



06

高等教育雲端化
開創無邊界教育新時代
Digitalisation of higher education
has created the new era of
learning without boundaries

08

2019 生命科學及科技日
連結智能、健康與科技
2019 Life Sciences
and Technology Open Day
Connect smart health,
AI and technology

11

活好 • 身心靈
Calm your spirit,
ease your mind



12

從社會事件到家庭矛盾
與家人真情對話
Shall we talk?
From social unrest to
family conflicts



人人頭上 一片天 各展潛能 邁向前 FIND AND DEVELOP YOUR TRUE TALENTS

香港大學附屬學院即將邁入二十周年，為了製作紀念特輯，學院找來二十位校友接受訪問。有的校友是第一屆的學生，已事業有成；有的則比較年輕，前幾年才踏足社會。

附屬學院為這一班學生帶來什麼轉變？無論當年是唸副學士，還是選讀高級文憑課程的校友，都一一道出心聲……

HKU SPACE Community College will soon be celebrating its 20th anniversary. As part of the special memorial edition, the College has interviewed 20 alumni to share their views and thoughts. Some of them are from the first batch of graduates, now with distinguished careers; some are younger who have just entered the workplace recently.

What changes has the College brought about for these students? Here, Associate Degrees and Higher Diplomas alumni will share their thoughts and experiences...

學習模式靈活 師生亦師亦友

Flexible learning mode A mentor-mentee relationship



「在附屬學院的學習，令我改變很大，也是我一生的轉捩點。」各人異口同聲，指出靈活的教學模式，跟中學時代截然不同，「讓我學會批判性思考，從不同的角度去思考問題，獲益良多。」他們更反覆強調，「讀書不再是死記硬背，而是很生活化，透過資料蒐集、分析、討論，然後做匯報……」

談及課程，「在一年級，可以選擇不同的課程，例如心理、戲劇、藝術欣賞等。」多元化的課程，可以擴闊視野，奠定基礎，開展不一樣的人生。

同時，師生關係融洽，「老師很專業，而且非常盡責，不單教學用心，而且很關心學生。」畢業後，大家仍時有聯繫，彼此亦師亦友。

驀然回首，在附屬學院的歲月，可謂彌足珍貴，課程的設計、教學的模式，以至優秀的師資，都令他們感到很滿意。

人生路上，難免會遇到挫折，入讀附屬學院，絕對不是失敗者，可能是一個契機，能抓緊第二次機會，便可接上大學。所謂「條條大路通羅馬」，只是路上的風景不同而已，而箇中經歷，反而可以加快他們適應大學階段的學習生活。

"Studying in the Community College has changed me a lot, it is also a major turning point in my life." Alumni pointed out that the flexible teaching mode is vastly different from their secondary education. "I learnt how to think critically and see a problem from different angles. I have benefitted a lot from it." They also stressed repeatedly that "studying is no longer about memorising, but rather based on real life experiences. We have to gather and analyse information, go through discussions before making a report...".

Commenting on the programmes, alumni said, "during the first year, you can choose different courses such as psychology, drama and art appreciation". The diversity of courses would broaden students' horizon and lay the ground for an extraordinary life.

Then there is the harmonious relationship between teachers and students. "Our teachers were very professional and dedicated, not only did they fulfil their responsibilities whole-

heartedly, they also cared about the students' well-being." Students and teachers remain in contact even after graduation, it can even be called "friendship".

Looking back at the past, the time spent in the Community College is much cherished. They are all satisfied with the curriculum design, teaching mode, as well as the highly qualified teaching staff.

Frustration is just a part of life. Entering the College could be the starting point to a new path, a second chance to pursue studies in university. As the old saying goes, "all roads lead to Rome"; the only difference is the landscapes along the paths. The experience they gained could even help them adapt to university life more easily.



走過校園大地 擁抱個人理想

Discover and embrace your dreams on the campus

As varied as individuals can be, alumni pursued different directions after they graduated from the College. Some entered universities, some found their career opportunities and interests in various professional fields. One of our most notable alumni is a magician who developed his interest in magic since childhood. After becoming a magician, he learnt to design balloons and became the champion of a world-class balloon design competition.

Among those who have found their path to study in university, their personal directions after graduation are as diverse as the others. Some of them pursued further studies and became academicians; some entered society and shone in their professions. We have alumni who are in the law, education, banking and transportation sectors. We also have alumni who chose to live an alternative life - returning to pastoral life.



每個人走的路都不一樣，離開附屬學院後，機遇和發展亦各異。有人升讀大學，但也有人另尋出路，在各個專業領域中為個人的興趣而努力。最特別的是那位自小醉心魔術的校友，他當上魔術師後，還學會設計氣球，曾奪得世界氣球設計大賽的冠軍。

大學畢業後的一群，亦各有發展方向，有的仍繼續進修，走上學術之路；有的踏入社會工作，在不同的行業，做得有聲有色。投身法律界、教育界、銀行業、運輸業等，當然大不乏人，也有校友作出另類選擇，回歸自然，做現代農夫。

此外，亦有好幾位校友早已自立門戶，創立自己的公司，進一步發展個人事業。廣告設計、資訊科技、教育科技……以至婚禮統籌，式式俱備。

誠如陶行知先生所言：「人生天地間，各有所稟賦；為一大事來，做一大事去。」這群由附屬學院重新出發的年輕人，亦能盡展所長，而且各有成就。

也許，人生便是如此。

人人頭上一片天，行行出狀元，大家都可以各自各精彩。



Some alumni have established their own business and seek to attain greater career achievements. They are involved in varied fields of business including advertisement design, information technology, education technology, and even wedding planning.

The great educator Tao Xingzhi once said, "Living on this earth, we are all talented in one or another way; we all came to life with one great aim, and we shall pursue it with our whole life." These young men and women who started a new chapter of life beginning from the College, have developed their potentials and attained great achievement in life.

Perhaps such is life.

A master can be found in any trade. Remember this, and we all have the chance to shine someday.



落戶東莞 學院與廣酒學院簽署合作備忘錄 Set foot in Dongguan - HKU SPACE signs MOU with GVCHM

自 2017 年國務院提出推動粵港澳大灣區深化合作後，落戶大灣區城市便成為學院近年的重要發展策略之一。學院與位於東莞的廣東酒店管理職業技術學院（簡稱「廣酒學院」）在廣酒學院正式簽署合作備忘錄。學院院長李經文教授及廣酒院校長范秀仁教授分別代表雙方簽署。

在合作內容上，雙方將攜手開辦「香港大學 SPACE 東莞學院」，在職業與專業培訓（非全日制短期課程）及學位教育（全日制）方面進行合作。

學院院長李經文教授表示：「粵港澳大灣區的建設，需要大量優秀人才投入服務，方能達到最佳效果，這正好為學院未來發展創造了新機遇。是次與廣酒學院合作，學院將實踐優質教育的理念，為大灣區市民提供更佳學習機會，以培育專業及具備國際視野的精英。」

廣酒院校長范秀仁表示，是次合作不僅為學生升學就業、實習培訓提供了更多的選擇及更好的機會，也有利於提高廣酒學院專業教學水準，為粵港澳大灣區建設計劃培養高質素的服務人才。



In 2017, the State Council of the Chinese government introduced development plans to promote deeper integration of Guangdong, Hong Kong and Macau. Since then, setting foot in the Greater Bay Area has become one of the major development strategies of the School. HKU SPACE signed a Memorandum of Mutual Understanding with the Guangdong Vocational College of Hotel Management (GVCHM) in Dongguan. The MOU signing ceremony was held at the College in Dongguan and the MOU was signed by Professor William K.M. Lee, Director of HKU SPACE and Professor Fan Xiuren, Director of GVCHM.

As part of the collaboration, HKU SPACE and GVCHM will provide vocational and professional training (part-time and short-term courses) as a first phase.

Professor William K.M. Lee, Director of HKU SPACE, said, "The development of the Greater Bay Area would require a large number of eligible talents in order to gain the most fruitful results. This opens up a new opportunity for the School. The collaboration with GVCHM will be another chance for the School to realise its goal to provide quality education; this time we will provide better learning paths for citizens in the Greater Bay Area. Our aim is to nurture professional talents with a global vision."

Professor Fan, Director of GVCHM said that the collaboration would provide students with more choices and better opportunities, whether it is for future studies, career development or practical training; it would also help enhance the teaching standard of the College, contributing to the Greater Bay Area by fostering more talents for the customer service sector.



區永熙講室及 美亞娛樂 — 李國興講室命名 Naming for the William Au Weng Hei Lecture Room and the Li Kuo Hsing – Mei Ah Entertainment Lecture Room



為答謝區永熙 SBS 太平紳士及李國興先生的慷慨捐助，學院於 2019 年 7 月 11 日將金鐘教學中心二樓 205 及 206 號講室分別命名為「區永熙講室」及「美亞娛樂 — 李國興講室」。

學院院長李經文教授及學院基金會主席梁永祥教授代表校方衷心感謝區先生及李先生的捐助。

是次命名所籌得的捐款將撥入香港大學專業進修學院助學基金，以紓緩全日制學生的財政壓力。

The naming event for the "William Au Weng Hei Lecture Room" and the "Li Kuo Hsing – Mei Ah Entertainment Lecture Room" was held at the Admiralty Learning Centre on 11 July 2019 in grateful appreciation of the generous donations from Mr William Au Weng Hei, SBS, JP and Mr Li Kuo Hsing.

On behalf of the School, Professor William K.M. Lee, Director of HKU SPACE and Professor William Leung, Chairman of the HKU SPACE Foundation Committee expressed their gratitude to Mr Li and Mr Au.

All donations raised will be allocated to the HKU SPACE Bursary Fund to support HKU SPACE full-time students who are in financial need.



高等教育雲端化 開創無邊界教育新時代

Digitalisation of higher education has created
the new era of learning without boundaries

科技進步打破了國家疆域的限制，互聯網平台使跨地域學習變得不費氣力。為此，學院持續發展電子課程，並於去年年底首次推出大規模開放在線課程（MOOC），將終身學習的訊息推廣至全球，標誌著學院於國際化方面，邁向另一里程碑。

MOOC 是一種大規模、高端、在線、開放和免費的教育模式，能夠幫助世界各地所有學生自由地獲得全球範圍內的課程資源，並一起通過互聯網進行跨時區、跨國界學習。學院首個上線的 MOOC 名為「佛教：《金剛經》與世界和平（普通話）」，適合任何人士報讀。課程內容以佛教典籍《金剛經》為切入點，進入探索世界和平之道——宗教與世界和平之間有何關係？

課程短片加入了大量動畫，便於學員理解課堂內容；身處不同地域的師生、同窗在線上交流與討論，更提高了學習興趣和效率，是故漸受學員歡迎。學院遂於今年 8 月第二次開課，並以英語授課，進一步加強與國際互動，錄得超過 840 位來自十多個國家地區的學員註冊報讀，包括英、美、加、俄、意、印等，印證了學無界限的優勢。

今年 10 月，學院第二個 MOOC「佛教：《金剛經》禪觀（英語）」正式上線。內容主要透過研習《金剛經》，探索「般若波羅蜜」這大智慧成就——如何破除牢不可破的自我，以及在日常生活中如何體驗脫離煩亂思想的狀態，讓學生可以尋求心靈平靜。

兩個課程將於明年春季再度開課，有興趣人士請密切留意學院網站的最新資訊。

Scientific and technological progress has broken the limits of national boundaries and internet platforms make learning effortless across regions. Thus, the School has been continuously developing E-Learning courses and launched a Massive Open Online Course (MOOC) for the first time at the end of last year, sending the message of lifelong learning to the whole world. It marks the School moving towards the next milestone of internationalisation.


A MOOC is a large-scale, high-end, open and free online education model. Through MOOCs, all students around the world can freely access curriculum resources worldwide and be able to learn together across time zones and nations using the internet. The School's first MOOC "Buddhism: Diamond Sutra and World Peace" (Mandarin version) is suitable for everyone. The course uses the Buddhist text "Diamond Sutra" as a guide to explore the prospect of world peace – what's the interrelationship between religions and world peace?

Additionally, a large number of animations are added into the course to help students better understand the content. Teachers and students based in different regions communicating and discussing together online have improved the

interest and efficiency of learning. As a result, the course has gradually become popular among students. In August of this year, the course was opened a second time and was taught in English which further enhanced international interactions. The School enrolled more than 840 students from over 10 countries and regions, including the UK, USA, Canada, Russia, Italy and India, which proved the advantages of learning without boundaries.


In October of this year, the School's second MOOC "Buddhism: Diamond Sutra and Zen Meditation (English version)" was officially launched. Through the study of the Diamond Sutra, the course explores the great wisdom of 'prañ - p ramit ' - how to free ourselves from our egos and how to experience in subduing afflictions in daily life, to let students be able to live in serenity and ease.

Both courses will be reopened next spring. For further information, please pay close attention to the latest updates of the School's website.



BUDDHISM: DIAMOND SUTRA AND ZEN MEDITATION


HKU SPACE FREE online course on FutureLearn




Discover the secret from the Diamond Sutra

Study mode : Purely Online
 Start date : 28 Oct 2019
 Duration : Six weeks
 Language : English
 Enquires : 2975 5879

Enrol Now



FutureLearn is a leading online learning platform created in December 2012 by The Open University and is now jointly owned by The Open University and the OPEN Group. FutureLearn has over one million people signed up worldwide. FutureLearn also designs, builds and maintains its online education services and has been named one of the world's top universities, as well as organisations such as Reputations, the British Council, CIPS, Reputations in world Health Education (Institution 2015). It also received a government funded innovation in business study grant from the Department of Science and the Higher Education Commission.



HKUSPACE
The School of Professional and Continuing Education

佛教：

《金剛經》與世界和平

香港大學專業進修學院免費網上課程

從《金剛經》開始，探索世界和平之道。

《金剛經》第七分：一切賢聖，皆以無為法而有差別。

學習模式：全網上學習
開課日期：2019年8月26日
修業期：7個星期
教學語言：英語
(圖片附中文字幕)
查詢電話：2975 5879

立即報名
探古溯今

Futurespace is a leading online learning platform founded in December 2012 by The Open University and is now jointly owned by The Open University and the UCLOU. FutureSpace has more than million people signed up worldwide. FutureSpace hosts design, technology and partnerships to create innovative products and services that can be used as well as online for business and education. FutureSpace is a leading provider of a number of the world's top universities, as well as organisations such as Amazon, the British Council, CMC Resources in North East England (2015). It also provides a government-led initiative to address skills gaps in the knowledge of digital and the business sector for Government.

**Future
Learn**

ICB、SEA 顧問委員會誕生 標誌十年光輝里程

Establishment of the ICB and SEA Advisory Board Milestone of a glorious decade



ICB、SEA 顧問委員會成員
ICB and SEA Advisory Board members:

主席 Chairperson	梁定邦博士 Dr Anthony Neoh, SC, JP
委員 Members	曾鈺成先生 Mr Jasper Tsang, GBM, GBS, JP
	李家傑博士 Dr Lee Ka-kit, GBS, JP
	黃友嘉博士 Dr David Wong, BBS, JP
	伍淑清博士 Dr Annie Wu, SBS, JP
	盛智文先生 Mr Allan Zeman, GBS, JP
	林家禮博士 Dr George Lam
	謝祖堯博士 Dr Edward Tse
	David H. Roberts 教授 Professor David H. Roberts
	Michael Barrett 教授 Professor Michael Barrett
	Michel Gutsatz 教授 Professor Michel Gutsatz

為迎接 ICB 明年創辦十周年的盛事，ICB 及 SEA 顧問委員會於 9 月 13 日正式成立並舉行首次會議。

會議當天，學院院長李經文教授、常務副院長（商學及中國發展）劉寧榮教授等學院管理層與顧問委員會集中探討 ICB 及 SEA 未來十年的發展方向，討論議題包括：內地人才未來的潛在需求、香港與內地專業資源的融會結合，以及粵港澳大灣區和一帶一路兩大版圖中的發展機遇等。委員會成員亦向學院建議，在未來將校友們的創新經驗及成功故事傳播和分享至不同層面。

作為具備國際視野、企管經驗、人脈網絡的智囊團體，委員會在往後亦會定期參與研討學院重大項目的規劃及發展，並提供具前瞻性又確切可行的實踐方向。委員會亦將協助學院與政商學界建立廣泛合作關係，加強兩者之間的有效互動，以建立學院長遠發展所需的全球資源網路，推動學術研究和教育發展與時並進，為學院培養更具國際競爭力的人才提供幫助。

ICB 及 SEA 顧問委員會的成立開啟了 ICB 十周年慶典的序幕，一系列慶祝活動亦將陸續展開，包括聯同各地校友籌辦「挑戰自我、超越自我」世界極限之旅，以及在全國各地舉辦多場校友論壇，交流智慧。ICB 十周年校慶典禮已訂於 2020 年 9 月 6 日在香港隆重舉行。

As a prelude to the 10th Anniversary of the Institute for China Business (ICB), the ICB and SEA Advisory Board was established on 13 September; its first meeting was held on the same day.

At the meeting, the senior management of HKU SPACE, including Director of the School, Professor William K.M. Lee, Deputy Director (Business and China), Professor Liu Ning-rong sat together with the Board to discuss the orientation of ICB and SEA in the next decade. The discussions were focused on a number of topics, such as the potential demands of Mainland talents, the integration of professional resources from Hong Kong and Mainland China, the development opportunities in the Greater Bay Area and Belt and Road regions. The Board's members also suggested ICB and SEA to share innovation and success of alumni with a wider audience.

The Board is a top-ranking think tank with members equipped with global forefront corporate management experience, business insights and connections. The Board will participate regularly in discussions about major projects and development plans, providing

prospective and practicable suggestions to help guide the direction. The Board will also promote collaborations and encourage effective interactions among the Institute and the Academy, and the political, business and academic circles. It aims to build up a global resources network in preparation for the long-term development of ICB and SEA; to put forward academic research and educational development in line with the changes of time; and to cultivate talents who are competitive on the international level.

The establishment of ICB and SEA Advisory Board is the prelude to a series of events celebrating the 10th Anniversary of ICB. Among the various activities, an around-the-globe ultimate journey – 'Challenge Yourself, Exceed Yourself' – is jointly organised by ICB, SEA and alumni from around the world. The School will also host a series of forums in different cities in Mainland, inviting alumni to share their ideas and insights. The 10th Anniversary Ceremony of ICB will be held on 6 September 2020.

2019 生命科學及科技日 連結智能、健康與科技 2019 Life Sciences and Technology Open Day Connect smart health, AI and technology



科技的發展，除了讓我們置身於海量訊息、人工智能、雲端運算、大數據及社交媒體的洪流中，亦推動了醫學技術、健康資訊、電子產業等方面的不斷進步，大大提升了我們的生活質素。

在 11 月 23 日舉行的「2019 生命科學及科技學院開放日 — 智能、健康與科技」，我們邀請了多位來自不同領域的專家學者，與市民大眾分享他們的專業知識，並一同探索生命科學及科技如何影響我們的生活。

開放日共設有超過二十場講座和工作坊。主題講座為「迎接區塊鏈應用」，由香港應用科技研究院安全系統平台部門總監張偉倫先生、HKU SPACE 生命科學及科技學院總監張少能博士及 CSG Consultancy 資訊總監陳家豪先生擔任演講嘉賓，重點剖析了如何在香港各行業中使用區塊鏈，並舉例說明可從區塊鏈中獲益最大的行業。

其他精彩題材包括：運動營養學的知識與謬誤、人工智能和機器學習及模擬飛行體驗。學院同事耐心地為參加者介紹和講解相關科目。現場人士反應熱烈，開放日亦在愉快氣氛下畫上圓滿句號。

Technological advancement has changed our lives in many ways. Besides bringing about a massive volume of information, artificial intelligence, cloud computing, big data and social media, many sectors also benefit from it, such as medical technology, healthcare and the electronics industry; our quality of life has been improving significantly as a result.

The College of Life Sciences and Technology Open Day 2019 on 23 November invited experts and scholars from different fields to share their expert knowledge and led the way to explore how life sciences and technology change our lives.

There were over 20 talks and workshops at the Open Day. The keynote talk was Blockchain Adoption Today, speakers comprised Mr Alan Cheung, Director of Secured Systems Platforms, Hong Kong Applied Science and Technology Research Institute, Dr Bruce Cheung, Head of College of Life Sciences and Technology, HKU SPACE, Mr Emil Chan, Chief Information Officer of CSG Consultancy. The focus of

the talk was on analysing the adoptions of blockchain in various business sectors in Hong Kong, examples were made to explain which sectors are most likely to be benefited from blockchain.

Other interesting themes included sports nutrition: basics, myths and facts, AI and machine learning, flight simulation and AR/VR experience. With a detailed introduction of the courses from our staff, we received an overwhelming response and put an ideal full top to the event with joy.



活得健康 學得精彩 Live healthy Learn to thrive

自創校開始，學院一直致力為社會開拓終身學習機會，而開辦持續進修基金（CEF）可發還款項課程就是其中一個重要發展方向。學院目前已開辦超過 1,700 個 CEF 課程，是全港擁有最多 CEF 課程的專上院校。以下四大主題的基金課程可為你帶來不一樣的人生。

Since the very beginning, HKU SPACE has been dedicated to providing lifelong learning opportunities for members of the society; the provision of CEF reimbursement courses is one of its major development directions. The School offers the most comprehensive selection of Continuing Education Fund (CEF) reimbursable courses in Hong Kong, having offered more than 1,700 CEF courses so far. The CEF courses covered by the four major themes below could be the key to change your life.



你估我唔到 Think out of the box

很多人以為持續進修必然與工作相關。事實上，你可以在 HKU SPACE 學到一些你意想不到的生活知識，例如：品評日本清酒、永續社區、活用印藝媒體、歷史檔案與數碼化等課程，將為你的平凡日子添上不平凡的一筆。

It is widely perceived that continuing education must be related to work skills. In fact, there are a number of interesting courses just to make life less ordinary, such as Japanese Sake Appreciation, Sustainable Communities, Application of Print Media, Records Management, Archives and Digitisation.



未來由你掌握 Take the future in your hand

假若人生是舞台，每個人都是舞台的主角，你希望自己在戲中飾演會計師、舞台設計師，還是調解專員？別再將思想局限於目前的行業，重新走入課室可能是另一個天地。公關及企業傳訊、職業安全及健康、電腦及資訊保安、節目及娛樂營運管理等課程，都可以為你改變未來。

If life is a stage, everyone is the protagonist of the stage. Would you like to play the role as an accountant, a stage designer, or mediator? Step out of your comfort zone, re-enter the classroom - a whole new world may be awaiting you. Courses such as Public Relations and Corporate Communications, Occupational Safety and Health, Computer and Information Security, Event and Entertainment Operations Management, might change your path in future.



邁向身心靈健康 Physical, mental and spiritual well-being

一個人的整全健康必須包含身、心、靈，即身體、情緒和社交健康，以及個人與社會、天地萬物的連繫。修讀香薰整全護理基礎、正向心理學、再生醫學入門、運動與鍛煉的營養、保健推拿基礎等證書課程，可助你在這三方面達致平衡。

The body, mind and spirit are integral to the concept of holistic health, which means literally physical, emotional and social health, as well as the interconnection between the individual, society and all nature. Certificate courses offered by HKU SPACE, such as the Foundation Certificate in Aromatherapy, Positive Psychology, Fundamentals of Regenerative Medicine, Nutrition in Exercise and Sport, Tui-Na for Health, can help students achieve balance between these three vital elements of life.



成為斜槓一族 Becoming "slashie"

近年社會上多了一個斜槓族群（slashie），他們身兼多職，可以同時是小說作家、補習老師和 YouTuber。由於工作性質多元，突破了傳統上班的悶局，故令不少人趨之若鶩。想成為當中的一員？必先擁有多種技能，而通曉不同語言就是你的有利籌碼。英、日、韓、意、法語？坐言起行，想到就學。

The term "slashie" refers to people with a portfolio career of multiple jobs, they could be novelist, tutor and YouTuber at the same time. The diversified nature of a "slashie" career breaks through the regular office-hour work pattern, drawing strong interests from many people. If you want to be one of them, you have to possess different skills, being multilingual could be a way out. Whether English, Japanese, Korean, Italian or French, HKU SPACE offers a wide range of language courses. Act now and learn a new language!

與企業同行 學院與低碳亞洲簽署 合作備忘錄

HKU SPACE signs MOU with Carbon Care Asia

2019年8月14日，學院與低碳亞洲有限公司簽署合作備忘錄，建立策略夥伴關係，攜手開辦「證書（單元：氣候應對力）」及「證書（單元：可持續發展專業）」課程。簽署儀式於學院舉行，由學院院長李經文教授及低碳亞洲有限公司行政總裁黎廣德先生代表簽署。

「證書（單元：氣候應對力）」課程可讓學生深入了解氣候變化帶來的挑戰，以及認識氣候變化在科學、經濟及政治層面上所造成的影響。「證書（單元：可持續發展專業）」課程則協助學生於可持續發展策略、風險及機遇方面，掌握堅實的知識與實用的技能，從而建立企業可持續發展所需的創新領導力。

HKU SPACE and Carbon Care Asia Limited signed a memorandum of understanding (MOU) on 14 August 2019 to establish strategic partnership and launch the new "Certificate for Module (Climate Competence)" and "Certificate for Module (Sustainability Professionals)" courses. The MOU signing ceremony was held at HKU SPACE and the MOU was signed by Professor William K.M. Lee, Director of HKU SPACE and Ir Albert Lai, Chief Executive Officer of Carbon Care Asia Limited.

The Certificate for Module (Climate Competence) course is designed to let students gain an in-depth understanding of the climate change challenges and form a broad and balanced view of the relationship between the science, economics and politics of climate change. The Certificate for Module (Sustainability Professionals) course is designed to equip students with solid knowledge and practical skills in formulating sustainability strategies, addressing risks and capturing opportunities, with a view to building personal capacity for innovative leadership in corporate sustainability.



認識自我 贏在職場起跑線

Know yourself to achieve higher in your career

由 Career SPACE 舉辦的「自我認知與職場致勝之道工作坊」於10月17日圓滿結束。在活動中，從事個人發展的專家 Kevin Ho 分享了自我認知的概念、提升自我認知的方法，以及如何由自我認知踏上職場與生活的致勝之路，並鼓勵現場超過50位的校友和學員進行互動，一起展開了一場美妙的自我發現之旅。

Career SPACE 是匯聚全球不同行業市場動向、工作職位和求職技巧的一站式網上平台，由學院首次引入亞洲地區，以 SPACE 為網名，寓意學院為學員提供遼闊的國際職場資訊空間。

"Self-Awareness and the Path of Success Workshop" was held successfully on 17 October by Career SPACE. Personal development specialist Mr Kevin Ho shared his insights on the concept of self-recognition and how to increase self-awareness - in order to have better control of one's career and personal life. Over 50 participants, including alumni and students, were encouraged to interact with each other; together they found their way to a wonderful journey of self-discovery.

Career SPACE is a one-stop online platform where market trends, job opportunities and tips on interview techniques can be found. This platform is introduced into Asia for the first time by the School; named Career SPACE, it conveys the idea of the School providing its students with a far-reaching international platform filled with career intelligence.



活好 • 身心靈

Calm your spirit, ease your mind

面對近月香港社會動盪不安，很多市民都感到抑鬱焦慮。為此，學院於10月及11月舉辦的校友週便以「活好 • 身心靈」為主題，在不同活動中，以不同的角度與校友和大眾分享了穩定情緒的小秘技，與大家一起提升身心靈健康。

學院中醫副教授張群湘博士從中醫學角度出發，教授簡易藥膳湯水烹調法及實用呼吸法，以舒緩情緒困擾和睡眠不寧，從而減輕相關問題所引起的疾病。

資深時事評論員岑逸飛先生則以「2020 前瞻」為題，結合西方預言家的預測及中國《周易》對來年的氣場描述，多角度剖析了2020年的世界局勢和香港前景。

在繃緊的社會氣氛中，各講者與出席活動的校友和市民進行親切交流，一起度過了輕鬆愉快的晚上。



Many have experienced mood swings and stress due to the social upheaval and uncertainties in recent months. To promote physical, mental and spiritual well-being, HKU SPACE organised the annual "Alumni Week" from October to November, on the theme of "Calm your spirit, ease your mind", aiming to share tips on dealing with emotional issues and promote mindfulness.

Dr Cheung Kwan-sheung, Associate Professor of Chinese Medicine taught breathing techniques and recipes for medicinal Chinese soups to improve sleep quality and to sooth anxieties.

Mr Shum Yat-fei, a senior current affairs commentator shared his views on global affairs in 2020, combining forecasts from western prophets and the Chinese Book of Changes.

The speakers interacted with the alumni and the general public in an attempt to defy the current social tension; all enjoyed a pleasant and relaxing evening.



從社會事件到家庭矛盾 與家人真情對話

Shall we talk?

From social unrest to family conflicts

反修例爭議持續多月，除了引發連串群眾運動，風波亦蔓延至許多家庭，家人之間因政見分歧而發生爭執，不少人情緒備受困擾。其實，家庭成員縱然各持不同立場，但彼此之愛應該始終如一，關鍵只在於如何表達自己的看法和觀點。有見及此，香港大學專業進修學院人文及法律學院社會科學學科組在 10 月至 11 月舉辦了四場分享會，協助與會者舒緩情緒及化解家庭矛盾。

系列一「鞏固家人的關係」：由臨床心理學家、前學院兼職講師梁莊麗雅博士主講，提出以「接納、聆聽、不批判」的態度，鞏固家人之間的親密關係。

系列二「理解家庭成員的內心和需要」：由輔導心理學家、學院兼職講師李劉穎瑩女士主講，協助出席者明白各家庭成員的想法、感受和需要。

系列三「與家庭成員傾吐自己的擔憂」：由教育心理學碩士、學院客席講師黃安弘先生主講，探究如何有效地與家人交流討論，以達致和而不同。

系列四「一家人乘風啟航」：由輔導心理學家、學院兼職講師余鎮洋先生主講，探討在風雨飄搖的日子裏，如何與家人凝聚共識。

The controversies revolving around the anti-Extradition Bill movement have been continuing for months, and triggered not only a series of public protests, but also led to family disputes due to divergent political views. Many found themselves emotionally distressed under such an atmosphere. However, family members should love each other as always despite having different standpoints. In view of this, the Social Sciences subject group of the HKU SPACE College of Humanities and Law held a series of four sharing sessions in October and November to help participants to soothe their emotions and find a way to resolve disputes in the family.

Series 1 - "Strengthen family bonds": hosted by Clinical Psychologist, former HKU SPACE Part-time Teacher Dr Anita Leung. Participants were encouraged to "accept, listen to, not to judge" others' opinions in order to maintain close relationships between family members.

Series 2 - "Understand how your family feels and needs": hosted by Counselling Psychologist, HKU SPACE Part-time Teacher, Mrs Winnie Lee. This session aimed to help participants understand what their family members think, feel and need.

Series 3 - "Share your concerns with your family": hosted by HKU SPACE Adjunct Lecturer Mr James Wong. This session helped participants to explore the ways of effective communications with family members in order to maintain harmonious relationship despite diverse opinions.

Series 4 - "Sailing through the storm together": hosted by Counselling Psychologist, HKU SPACE Part-time Teacher Mr Isaac Yu. This session focused on how a family can stay together amid the storm right now in our society.



第六十九期
學院通訊編輯委員會
ISSUE 69
HKU SPACE Newsletter
Editorial Team

委員 Members

祁樂彬 Dr John Cribbin
莫綺媚 Susanna Mok
林銘儀 Cherie Lam

設計師 Designer

余惠君 Iris Yu

地址 Address

香港薄扶林道香港大學徐展堂樓三樓
3/F, T.T. Tsui Building
The University of Hong Kong
Pokfulam Road, Hong Kong

電郵 Email

enquiry@hkuspace.hku.hk

電話 Tel

2975 5680

傳真 Fax

2546 3538



HKU_HKUSPACE

香港大學專業進修學院乃非牟利擔保有限公司
HKU SPACE is a non-profit making
University company limited by guarantee

