



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

<http://hkuspace.hku.hk>

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The largest and broadest
selection of

over **2,000**
CEF courses



擁逾二千
持續進修基金
課程
學院傲視同儕
HKU SPACE
STANDS OUT BY
OFFERING
MORE THAN
2,000 CEF COURSES

據 2021 年 11 月底的統計顯示，目前全港有近三百間教育機構開辦共七千多項持續進修基金（CEF）課程，當中學院擁有逾二千項，佔總數 28.5%，成為首屈一指、規模最大、足以傲視同儕的專上院校。學院的 CEF 課程種類繁多，為不同年齡層、職業及學歷的進修人士的理想學習夥伴。

According to statistics at the end of November 2021, there are currently nearly 300 educational institutions in Hong Kong offering a total of over 7,000 Continuing Education Fund (CEF) courses. The School provides more than 2,000 of these courses, accounting for 28.5% of the total. HKU SPACE stands out as a leading and large post-secondary institution in Hong Kong. With a rich variety of CEF courses, the school is the lifelong study buddy for people of different ages with different professions and educational backgrounds.

走在時代尖端 緊貼社會步伐

**Walking on the cutting edge
of the times, and keeping up
with the pace of society**

「證書（單元：醫務智能）」 “Certificate for Module (Hospital Intelligence)”



自創校開始，學院一直致力為社會不同階層開拓終身學習機會，在持續教育領域上奠定了不可取代的領先地位。學院設計課程的核心原則之一是與時並進，為滿足這個科技時代中不同人士對專業的追求，本年度推出以下全新 CEF 課程，與你一起提升事業高度，改變未來。

Since its establishment, the school has been committed to exploring lifelong learning opportunities for people from different walks of

life, laying the foundation for its irreplaceable and leading position in the field of continuing education. Its core concept of curriculum design is to keep up with the times. In this high-tech era, in order to meet the professional pursuits of people from different fields, the School is going to launch the following new CEF courses this year to help people enhance their career growth and change the future together.

醫務智能是將大數據、商業智能、人工智能、機械智能及深度學習等數碼技術結合醫護流程，以協助專業護理人員分析患者健康狀況，從而提供更安全、更優質的醫護服務。此課程教授以上先進技術的基礎知識，以及如何將這些技術應用於醫護領域。即使沒有任何資訊科技背景，只要你是有職或有志投身醫護界，都適合修讀。



「證書（單元：醫務智能）」課程資料
Programme information of Certificate for
Module (Hospital Intelligence)

“Hospital intelligence” is about integrating a variety of digital technologies, i.e. Big Data, Business Intelligence, Artificial Intelligence, Machine Learning and Deep Learning with medical care procedures to help healthcare professionals analyse people's health status, allowing them to deliver safer, better quality healthcare to patients. The programme teaches the advanced technologies and their application methods in the health sector. Even if you do not have any background in Information Technology, you will still be suitable for this course as long as you would like to work in the healthcare sector.

「證書（單元：機械人流程 自動化於商業與財務應用）」 “Certificate for Module (Robotic Process Automation with Business and Financial Applications)”



課程涵蓋機械人流程自動化（RPA）的設計、開發和實踐，以及 RPA 在商業及金融範疇的實際應用和案例，助你簡化工作流程、提升工作效率、改善業務運作。



「證書（單元：機械人流程自動化於商業與
財務應用）」課程資料
Programme information of Certificate for
Module (Robotic Process Automation
with Business and Financial Applications)

This programme covers the design, development and implementation of robotic process automation (RPA) as well as the practical applications and cases of RPA in the field of business and finance, helping you simplify your workflow, increase work efficiency and improve business operations.

「證書（單元：企業氣候應對力與碳管理）」 “Certificate for Module (Corporate Climate Competence and Carbon Management)”



詳細講解氣候變化為人類帶來的實際影響、研究氣候行動的政策和技術、審視與《巴黎氣候協定》相關的高級別氣候行動，以及探討政府、企業和個人在氣候行動上的責任。讓你深入了解氣候危機，思考如何貢獻力量，打造適合居住的未來。



「證書（單元：企業氣候應對力與碳管理）」
課程資料
Programme information of Certificate for
Module (Corporate Climate Competence
and Carbon Management)

The programme familiarises participants with physical implications of climate change and links them to the policy and technical debates on climate action. Sessions will examine top-level climate action related to the Paris Climate Agreement, and explore the resulting responsibilities that climate action brings to governments, companies and individuals. Students will have a deep understanding of the climate crisis and think about how to contribute to creating a livable future.

「證書（單元：大中華管治：中國，香港， 臺灣和澳門）」 “Certificate for Module (Governance in Greater China: Mainland China, Hong Kong, Taiwan and Macau)”



課程旨在探究影響大中華地區（包括中國大陸、香港、澳門及台灣）管治和施政的關鍵問題，重點討論管治機構、政治領導、經濟發展與經濟一體化之間的相互關係，以及意識形態差異、社會認同、法律和秩序、跨境犯罪防控、府際關係、規劃和基建的政治考量等層面。關心大中華政治議題的你豈能錯過？



「證書（單元：大中華管治：中國，
香港，臺灣和澳門）」課程資料
Programme information of Certificate
for Module (Governance in Greater
China: Mainland China, Hong Kong,
Taiwan and Macau)

The objective of this programme is to introduce students to the key issues shaping governance and politics in Greater China (including Mainland China, Hong Kong, Macau and Taiwan). The interconnectedness amongst governing institutions, political leadership, economic development and economic integration will be discussed. Other topics include ideological differences, social identity, law and order, cross-border crime control, intergovernmental relations and the politics of planning and infrastructure development. Don't miss this if you are interested in political topics of Greater China!

調適身心健康 學習充實人生

Adjust both physical
and mental health,
learn to enrich your life

「證書（單元：體骯骨自療法 基礎十式）」
“Certificate for Module (Craniosacral Therapy
Self-Care Basic 10)”



體骯療法是一種輕柔的觸診療法，藉着平衡和提升體骯系統功能，以釋放中樞神經系統的緊張，激發身體自癒機制，從而達致身心健康、紓緩痛症及改善睡眠等效果。此課程教授體骯骨自療法十式的基本知識和應用技巧，學員在學習過程中能同時自我療癒，有興趣者更可進一步修習體骯療法，成為治療師。



「證書（單元：體骯骨自療法 基礎十式）」
課程資料
Programme information of Certificate
for Module (Craniosacral Therapy Self-
Care Basic 10)

Life needs balance, and there is life outside of work. After work, we should say goodbye to busyness, take a break from stress, take care of our physical and mental health, pursue our interests to make our life and work flourish together.

Craniosacral therapy is a gentle palpation therapy which can release tension of the central nervous system, stimulate the body's self-healing mechanism, achieve physical and mental health, relieve pain, improve sleep and have other effects through balancing and improving the functions of the craniosacral system. This programme teaches the knowledge and application skills of Craniosacral Therapy Self-Care Basic 10. Students can carry out self-healing during the learning process. If you are interested in craniosacral therapy, you can study it further and become a therapist.

「瑜伽導師訓練證書」
“Certificate in Yoga Teacher Training”



課程專為愛好瑜伽或有意投身瑜伽教學的人士而設，內容理論與實習並重，前者講解瑜伽的起源、歷史和哲學、瑜伽呼吸法、基礎瑜伽解剖學、瑜伽冥想和瑜伽素食等；後者包括瑜伽基本姿勢、實習和教學重點，讓學員充分掌握教授瑜伽課堂的步驟和技巧。完成課程並符合資格的學員可申請註冊成為 RYT200 瑜伽導師。



「瑜伽導師訓練證書」課程資料
Programme information of Certificate in
Yoga Teacher Training

The programme is specially designed for yoga enthusiasts or those who aspire to teach yoga. The course places equal focus on theory and practical learning. The former explains yoga's origin, history, philosophy, breathing methods, basic yoga anatomy, yoga meditation and yoga vegetarianism, etc. The latter includes basic yoga postures, practice and key teaching points, allowing students to be able to fully master the steps and skills of giving yoga classes. If you can complete the course and meet the qualifications, you can apply for registration as a RYT200 yoga instructor.

「證書（單元：精品咖啡之咖啡入門及沖煮技巧）」
“Certificate for Module (Specialty Coffee:
Introduction to Coffee and Brewing Skills)”



有人說，品嚐咖啡就是品味生活。此課程深入介紹咖啡相關的知識：從咖啡的起源至今天成為主要商品；從種植咖啡豆、烘培、沖泡至飲用；從不同沖煮方法及設備至品嘗過程；從掌握沖煮技巧至改善杯中咖啡品質。不論你是否咖啡迷，都能經歷一場奇妙旅程。



「證書（單元：精品咖啡之咖啡入門及沖煮技巧）」課程資料
Programme information of Certificate for
Module (Specialty Coffee: Introduction to
Coffee and Brewing Skills)

Some people say that tasting coffee is tasting life. This programme provides an in-depth introduction to coffee-related knowledge: students will learn about coffee's journey from its origins to the major commodity it is today; from growing the beans through to drying, roasting, brewing and finally drinking; from various coffee-brewing methods and devices to the tasting process; from learning how to manipulate brewing techniques to improving coffee quality. Whether you love coffee or not, you will experience a wonderful journey.

「中國茶學文憑」
“Diploma in Chinese Tea Culture”



課程由穆如茶學創辦人楊智深先生（穆如老師）擔任總導師。課程理論與實踐並重，既涵蓋中國茶學概論、茶文化正統知識、茶學的重要學術元素，也包括普洱茶、功夫茶及烏龍茶的品鑒。醉心中國文化、希望提高對茶學的審美及品鑒能力的你，一起來領略茶文化的內涵吧！



「中國茶學文憑」課程資料
Programme information of Diploma in
Chinese Tea Culture

Master Yeung Chi-sum (Mu Ru), the Founder of Muru Tea Studies, is the Chief Instructor of this programme. The curriculum pays attention to both spiritual and practical aspects. It does not just cover an introduction to Chinese tea studies, the orthodox knowledge of tea culture, and important academic elements of tea art, but also Pu'er tea tasting, Kung Fu tea tasting, and Oolong tea tasting. If you are fascinated by Chinese culture and want to improve your ability in tea aesthetics and appreciation, let's appreciate the connotation of tea culture together!

驪歌輕唱 香港大學附屬學院 第20屆畢業禮圓滿落幕 The 20th Graduation Ceremony of the HKU SPACE Community College held successfully

香港大學附屬學院第20屆畢業典禮於2021年10月27日在香港伊利沙伯體育館圓滿舉行。去年因疫情關係，畢業禮改以網上直播形式進行。隨着疫情緩和，學院在符合政府防疫措施的條件下，今年恢復舉辦實體畢業禮，師生得以聚首一堂，互相祝福，依依道別，共度珍貴難忘的時刻。

畢業典禮上，學院向來自不同學部的畢業生授予副學士或高級文憑學銜，包括：文學及人文學部、數學及科學學部、英文學部、工程及科技學部、經濟及商學學部和社會科學學部。香港大學專業進修學院院長李經文教授、香港大學附屬學院校長陳龍生教授及香港大學專業進修學院榮譽院士林超英先生分別致辭。

The 20th Graduation Ceremony of the HKU SPACE Community College was successfully held at the Queen Elizabeth Stadium Arena, Hong Kong, on 27 October 2021. Last year, due to the COVID-19 pandemic, the graduation ceremony was switched to a live broadcast. As the outbreak eased, the College resumed its physical graduation ceremony this year by complying with the government's precautionary measures. Teachers and students were able to gather together to share good wishes and say goodbye to each other, spending precious and unforgettable moments.

At the ceremony, the College awarded graduates from different divisions with associate degrees or higher diplomas, including the Division of Arts and Humanities, the Division of Mathematics and Science, the Division of English, the Division of Engineering and Technology, the Division of Economics and Business and the Division of Social Sciences. The opening speeches of the ceremony were given by Professor William K.M. Lee, Director of HKU SPACE, Professor Chan Lung-sang, College Principal, and Mr Lam Chiu-ying, Honorary Fellow of HKU SPACE.

離別的叮嚀

李經文教授讚揚畢業同學，在兩年學習歲月中，經歷社會動盪及新冠病毒疫情，能夠適應全新網上學習模式，專注學習，完成目標。他勉勵同學：「畢業並不是學習的終點，而是終身學習旅程的一個階段，也是邁向更大成就的起點。」李教授寄語各位畢業生為自己設定更高目標，力爭上游，發奮向前。

陳龍生教授表示：「同學在充滿挑戰的兩年中完成學業，實在難能可貴，學院深感驕傲，並以此為榮。」他感謝老師、職員、學生輔導員及校友的貢獻和專業支援，讓同學能夠取得今天的成就。他希望畢業生成為校友後，能夠提攜後學，協助學院造福社會。

前香港天文台台長林超英先生與大家分享學習經驗：「對天文學的興趣讓我成為天文台台長；愛上並學習觀鳥使我成為觀鳥學會主席，也改變了我的人生。」他祝願畢業生能夠找到自己的方向，然後朝着目標努力實踐，並在可能範圍內幫助他人，回饋社會，為地球謀福祉。



Giving advice before parting

Professor William K.M. Lee praised the graduates for being able to adapt to the new online learning model, focusing on studying, and completing their goals while experiencing social turmoil and the pandemic during their two years of study. "Graduation is not the end of learning, but a stage in the journey of lifelong learning as well as a starting point of moving onto greater achievements." Professor Lee said. He wished that the graduates could set higher goals for themselves, strive for the best, and move forward with enthusiasm.

Professor Chan Lung-sang said, "The College is very proud and feels honoured that students have completed their studies in two challenging years. It's very commendable." He thanked the teachers, staff, student counselors and alumni for their contributions



and professional support, which allowed students to be able to achieve today's success. He hoped that the graduates can support new students and help the College benefit society after they have become part of the College's alumni.

The former Director of the Hong Kong Observatory, Mr Lam Chiu-ying, shared his learning experience with everyone, "Being interested in astronomy made me a director of the Observatory; loving and learning bird-watching made me the Chairman of the Hong Kong Bird Watching Society, and has changed my life." He wished graduates could find their own direction, work hard towards their goals, and help others when they can, giving back to society, and working for the well-being of the planet.



畢業的感言

典禮上，學院同時頒授傑出教師獎，以表揚教學表現傑出的老師，以及向六十多位同學頒贈不同獎項及獎學金，以嘉許取得卓越成績或有傑出服務的畢業生。

最後，畢業生代表陳灝銘在感謝辭中坦言，在過去兩年，他們不單要調整學習方式、做好時間管理，更要時刻提醒自己遠離誘惑。「衷心感謝教授、講師在線上的耐心指導，透過各種互動方式激發我們的學習動機；在線下的支持和鼓勵，讓我們感受到溫暖的學習氛圍。」他深信，在往後的人生，縱使遇上困難和變化，他們仍能懷着信心踏向光明的未來。

典禮過後，其他同學也積極分享畢業的心情。社會科學副學士課程的盧樹怡談到自己的感受：「文憑試成績不是升學之路的唯一定義。修讀副學士也能發掘自己的長處，找到自己的方向。」同科的區瑋霖表示認同：「在港大附屬學院唸書，讓我認清自己的興趣和目標，努力學習，順利升讀港大全球創意產業課程。」



室內設計高級文憑課程的黃浩然勸勉來屆同學：「副學位是文憑試考生的好選擇。機會是留給有準備的人，好好學習就有好好的發揮。」黃浩然母親則以家長身份交流心得：「即使在疫情期間取消了面授課堂，但老師非常用心進行線上教學，關心學生學習進度和生活。學校好，老師好，我的孩子也很有歸屬感。」

Graduate testimonials

At the ceremony, the College also presented the Outstanding Teachers Awards to commend teachers for their excellent teaching performance, and presented different awards and scholarships to more than 60 students to recognise graduates who have achieved outstanding results or provided great services.

Lastly, the graduate representative Jeffrey Chan said in his thank you speech that in the past two years, they not only needed to adjust their learning methods and improve time management, but also needed to remind themselves to stay away from various temptations. "I sincerely thank our lecturers for their kind and patient teaching, helping us solve problems both online and offline, and making us feel the warm atmosphere even when learning via the Internet." He believed that despite difficulties and changes in their future lives, they would still be able to move forward with confidence.



Other students also expressed their feelings of graduation after the ceremony. Zoe Lo from the Associate of Social Sciences said, "HKDSE is not the only path to further studies. An associate degree can also help people discover their own strengths and find their direction." Sharing the same view with Zoe, Anson Au, a fellow of the same subject, added, "Studying at the College has allowed me to recognise my own interests and goals, study hard, and successfully progress to the University of Hong Kong for the Interdisciplinary Programme in Global Creative Industries."

Wong Ho-yin of the Higher Diploma in Interior Design advised new students, "An associate degree is a good choice for HKDSE students. Chance favours the prepared mind, so studying hard will deliver good performance." Wong Ho-yin's mother also shared her experience as a parent, "Although face-to-face classes were cancelled during the pandemic, teachers were very dedicated to online teaching and cared about students' learning progress and life. Both the College and teachers were very good, which gave my child a sense of belonging."

國際學術 質素評審工作 圓滿完成

International Quality Review



大學教育資助委員會質素保證局（教資會質保局）於 2019 年就香港大學副學位課程發表質素核證報告，報告指出：

「認同香港大學專業進修學院在校外基準參照工作方面至今取得的進展，並鼓勵其有系統地規劃和設定目標，與世界級院校進行國際基準參照，使學院能逐步達成宏願，成為一所領導國際的教育機構。」

香港大學專業進修學院決定參照歐洲高等教育地區學術質素保證標準和指引進行國際學術質素評審 (International Quality Review)。有關專家評審小組參照該標準和指引 (ESG — the Standards and Guidelines for Quality Assurance in the European Higher Education Area) 並配合學院的發展目標，制訂評審框架，並由德國工程、信息科學、自然科學和數學專業認證機構 (ASIIN — the Accreditation Agency for Study Programmes in Engineering, Informatics, Natural Sciences and Mathematics) 向評審小組提供秘書處服務。

學院向評審小組提交了共 20 頁自我評估報告及詳盡附件。基於目前入境香港的檢疫要求所限，評審會議透過 zoom 遙距於 2021 年 10 月 11 至 15 日進行。

評審小組與約 90 名代表會談，包括學院董事局成員、港大職員、學院職員、兼職教學人員、學員、畢業生、僱主、專業團體及校外考試主任。

In its review report on the University's sub-degree programmes published in 2019; the University Grants Committee's Quality Assurance Council (UGC QAC) stated that it

"recognises the progress made to date in respect of external benchmarking and encourages systematic, planned and targeted engagement in international benchmarking with world-class institutions so that the School (HKU SPACE) can pursue its bold vision of being a world-class centre of excellence."

HKU SPACE decided to undergo an International Quality Review (IQR) against the Standards and Guidelines for Quality Assurance in the European Higher Education Area (ESG). The Expert Panel endorsed an Assessment Framework which is derived broadly from the ESG and fits the purpose of HKU SPACE. The IQR was supported by a German Agency, the Accreditation Agency for Study Programmes in Engineering, Informatics, Natural Sciences and Mathematics (ASIIN).

HKU SPACE was required to submit a 20-page self-evaluation document supplemented by detailed appendices. Because of the continuing quarantine requirements on entering Hong Kong, it was decided to hold the Review virtually via zoom and this took place in the week of 11 to 15 October 2021.

In all some 90 people met the Panel, including the HKU SPACE Board of Directors, University colleagues, School staff, part-time teachers, students, graduates, employers, professional bodies and external examiners.

專家評審小組成員包括：

Members of the Expert Panel were:

主席 Chair



Professor Stamenka Uvalic-Trumbic

前聯合國教科文組織高等教育部主任
前美國高等教育認證委員會國際事務組資深顧問
Former Head of Higher Education Section (UNESCO)
Former Senior Adviser for International Affairs to the Council for Higher Education Accreditation (USA)

成員 Members



Mr Peter van der Hijden

前歐盟委員會高等教育部主任
Former Head of Higher Education Sector, European Commission



張寶德先生 Mr Peter Cheung

前香港大學教育資助委員會秘書長
前香港學術及職業資歷評審局總幹事
Former Secretary-General, University Grants Committee (UGC), HK
Former Executive Director, Hong Kong Council for Accreditation of Academic & Vocational Qualifications (HKCAAVQ)

受 2019 冠狀病毒病和相關旅遊限制措施影響，海外評審小組成員未能親臨學院，評審工作進行期間又遇上颱風接連襲港，有賴學院同事齊心協調和組織各項會議安排。同時，董事局成員、資深顧問、港大職員、學院職員和各持分者投入和鼎力參與此評審工作，此次評審得以順利完成。

學院院長李經文教授表示：

「經過一個星期的同行討論和評議，我很高興可以跟大家匯報，我們的工作和對專業持續教育及終身學習的承諾給評審小組留下了深刻印象。評審小組讚揚學院擁有堅實的願景、使命和領導策略，同時具備成熟的管治架構、充滿熱誠的領導及行之有效的學術質素保證制度。」

評審小組確認，學院已符合歐洲高等教育地區學術質素保證標準和指引的要求，並且具備穩固的基礎，能夠發展成為領導國際的教育機構，為香港、中國和亞太區提供優質的專業及持續教育服務。」

一位評審小組成員表示，學院的職員在評審工作過程中，與評審小組就學院的重要問題進行了深入討論和審議，充分展現他們的熱誠和專業精神。這位評審小組成員表示，在亞洲從事學術質素保證工作多年，他首次得見如此有成效及清晰明確的交流探討。

李教授進一步表示，「我有幸成為學院的一分子，能夠與各位優秀的同事共事，實在深感榮幸。」

學院的未來充滿挑戰；但我相信，在各同事堅定和專業的支持下，學院定能迎難而上，完成宏大的理想和使命。」

Despite the restrictions of travel, due to COVID 19, where overseas panel members could not be physically present on site, and the interruption of typhoons, our colleagues put together an outstanding arrangement for the review while our Directors, Senior Advisers, University colleagues, staff and stakeholders participated with commitment and conviction.

The Director of the School, Professor William K.M. Lee stated that:

“After a week of peer discussion and deliberations; I am very happy to report that the Panel was impressed with our work and our commitment to professional and continuing education and lifelong learning. Our vision, mission and strategic direction are sound; and these are supported by an equally sound governance structure; committed leaderships and well established and proven quality assurance system.

The Panel concluded that HKU SPACE has met the European Standards and Guidelines

on quality assurance. And that HKU SPACE has a strong foundation to become a world class centre of excellence in the provision of professional and continuing education in HK, China and the region.”

A Panel member also shared that the School has very committed and professional colleagues who engaged in in-depth discussions and deliberations with the panel on issues of great importance to HKU SPACE. He further remarked that in his many years of quality assurance work in Asia, he had not come across such fruitful and articulated debates and discussions.

Professor Lee further stated that “I am proud to be a member of the School; and honoured to be working with such esteemed colleagues.

The road ahead will be challenging; but I know, with such committed and professional colleagues, the School will overcome these and excel in our mission.”



Professor Grahame Bilbow

前香港大學教與學促進中心總監
前香港大學電子學習教學支援小組署理總監
Former Director of Centre for the Enhancement of Teaching and Learning, HKU
Former Acting Director of E-learning Pedagogical Support Unit, HKU



Mr Shah Meet Rajesh

學員代表 (根據歐洲高等教育地區學術質素保證標準和指引的認可要求，小組須包括一名學員成員)
Student Representative (a student member is required for ESG recognition)



秘書處 Secretariat

Dr Iring Wasser

德國工程、信息科學、自然科學和數學專業認證機構執行董事
Managing Director, Accreditation Agency for Study Programmes in Engineering, Informatics, Natural Sciences and Mathematics (ASIIN), Germany

黃靈新講室及 黃羅慧詩講室命名典禮 Naming Ceremony for Vincent Wong Lecture Room and Natasha Loo Wong Lecture Room

學院於 2021 年 8 月 13 日假金鐘統一教學中心舉行「黃靈新講室」及「黃羅慧詩講室」命名典禮，以答謝黃靈新先生的慷慨捐助。

命名典禮邀得黃靈新先生、黃羅慧詩女士、學院院長李經文教授及學院基金主席梁永祥教授擔任主禮嘉賓，賓客包括前院長楊健明教授伉儷和學校管理層等。

典禮上，梁教授感謝黃先生多年來對學院發展的熱心支持；黃先生感謝學院將統一教學中心的 611 及 614 講室，以他及太太命名，盼捐款可協助學院培育未來社會棟樑，讓他們發揮所長，回饋社會。

On 13 August 2021, HKU SPACE held a Naming Ceremony for the Vincent Wong Lecture Room and Natasha Loo Wong Lecture Room at the United Learning Centre, in appreciation of the generous donation made by Mr Vincent Wong Ling-sun.

Officiating alongside Mr Vincent Wong were Mrs Natasha Loo Wong, Professor William K.M. Lee, Director of HKU SPACE, and Professor William Leung, Chairman of the HKU SPACE Foundation. Other honoured guests included Professor and Mrs Enoch Young, former Director of HKU SPACE and members of the School's management.



At the ceremony, Professor Leung expressed his heartfelt gratitude to Mr Wong for the staunch support he has rendered to the School over the years. Mr Wong thanked the School for naming Lecture Rooms 611 and 614 of the United Learning Centre after he and his wife. He hopes the donation can support the School in nurturing the younger generation to contribute to society positively.

2021 青年護理服務 啟航計劃開學典禮 School Opening Ceremony of the Navigation Scheme for Young Persons in Care Services 2021

學院應循道衛理楊震社會服務處（YMMSS）委託，自 2020 年開始，為參與「青年護理服務啟航計劃」（計劃）的學員提供保健員培訓課程，包括健康學證書（保健員統一訓練）及健康學高等文憑（綜合護理及社區照顧）。學員獲社會福利署資助，透過兩年兼讀課程及在職培訓，發展對長者及復康服務的志趣和專業。

2021 年 8 月 31 日，學院的食品、營養和與健康護理學部與 YMMSS 聯合為新一屆舉辦開學典禮。在典禮上，生命科學及科技學院總監張少能博士與 YMMSS 助理總幹事林俊明先生分別致辭，勉勵學員在社福界追尋和建立個人事業；應屆畢業生則分享他們的學習經驗，鼓勵同學持有不屈不撓及堅定意志。新學員更獲邀寫下加入計劃的期望，希望他們能夠保持投身護理行業的初心與熱忱。

Invited by the Yang Memorial Methodist Social Service (YMMSS), HKU SPACE has been providing Health Worker training courses, including the Certificate in Health Studies (Integrated Training for Health Worker) and the Advanced Diploma in Health Studies (Integrated Health and Social Care), to students who joined the Navigation Scheme for Young Persons in Care Services (the Scheme) since 2020. The Social Welfare Department subsidises these young people of the Scheme to develop their interests and profession in elderly and rehabilitation services through two-year part-time courses and on-the-job training.

On 31 August 2021, collaborating with YMMSS, the Food, Nutrition and Healthcare



team held an opening ceremony for the new cohort of students. Dr Bruce Cheung, Head of the College of Life Sciences and Technology at HKU SPACE and Mr Patrick Lam, Assistant Director at YMMSS, were invited to the ceremony. They both gave inspiring speeches to encourage students to pursue and establish their careers in the social welfare sector. Graduates of the previous cohort were also invited to share their tips of studying, motivating the new cohort to be strong and determined for their student life. The new students were also invited to write down their expectations in joining the scheme, hoping that all these young people can hold onto their initial intention and enthusiasm of joining the healthcare industry.

「校友週」助你長知識 增智慧 提升快樂指數

Alumni Week helps you gain more knowledge and wisdom to increase your happiness index



有人說過：「因為快樂了，生活才變好。」學院在11月「校友週」舉辦的三場講座中，邀得不同領域的專家名人，以家庭幸福、財富豐盈及心靈滿足等角度與校友分享和尋找快樂的鑰匙。

快樂就是與孩子真情對話

現代人的物質世界很豐足，但面對不斷變遷的社會面貌，不論大人或小孩的心靈健康皆受到衝擊。資深親子及家庭教育工作者羅乃萱女士在「從親子相處談溝通心法」講座中，引導校友代入孩子的角度，與孩子一起建立自信，迎接生活挑戰，從而鞏固幸福家庭。

為財富增值規劃快樂生活

擁有金錢並非快樂的主要原因，但理想收入水平可以讓我們更好地規劃生活。意博金融管理合夥人鄧聲興博士與校友進行了「2022 股市前瞻」，分析港股未來走勢，與大家一起掌握投資先機，為財富增值。

終身學習啟迪快樂心靈

人生常憂，也有失意時。我們無法改變客觀環境，但可以自我調整，找回快樂的自己。前天文台台長林超英先生在講座中與校友分享他的「學習·終身開心之道」，笑談從小到大的學習之路，以觀星為起點至近年透過一花一葉走進無垠的世界，從而啟迪心靈的快樂。

「校友週」講座以現場參與及網上直播形式同步進行，反應熱烈，報名情況踴躍，共吸引了接近1,000人次收看。

As someone once said, "You can live a better life if you are happy." During the three talks in the Alumni Week in November, the School invited experts and celebrities from different fields to share with alumni their keys of finding happiness from the perspectives of family happiness, financial abundance and spiritual satisfaction.

Happiness is to talk sincerely with children

Modern people have an abundant material world, but the mental health of both adults and children is affected when facing an ever-changing society. Ms Shirley Loo, an experienced family relationship educator, gave alumni a talk on "Effective Parent-child Communications", guiding them to think from the children's perspective to help children build self-confidence, meet their challenges in life, and to consolidate a happy family.

Plan a happy life and increase wealth

Being rich is not the main reason to feel happy, but an ideal income level will allow us to better plan our lives. Dr Kenny Tang, Managing Partner of Venture Smart Financial Holdings Limited, conducted the "2022 Investment Outlook" talk to analyse the future trend of the Hong Kong stock market, helping alumni grasp investment opportunities and increase wealth.

Lifelong learning enlightens happy hearts

Every life has its roses and thorns. Although we can't change the objective environment, we can adjust ourselves to find our own happiness. The former Director of the Hong Kong Observatory, Mr Lam Chiu-ying, gave the "Lifelong Learning - Lifelong Happiness" talk to share his learning path with alumni. His learning started from observing stars, and recently, he has entered a new world through observing nature, enlightening the joy of his soul.

The Alumni Week talks were conducted simultaneously in the form of both on-site participation and live webcast. Alumni responded enthusiastically to the event registration. The talks had a total of nearly 1,000 views.



北京 Beijing



成都 Chengdu



上海 Shanghai

中國各地秋日講座 迎接數碼時代新機遇

Holding autumn seminars in China to welcome new opportunities in the digital age

2021年9月，中國商業學院 (ICB) 北京、上海、深圳、廣州、成都五地教學中心分別舉辦大型分享活動——「ICB 2021 秋季講座日」，重量級講者與參加者濟濟一堂，深入探索企業在數碼時代的發展方向與未來致勝之道。

北京教學中心舉辦的「致敬風雨，贏未來」三場講座中，邀請了九位專家講者，就金融與科技的運用、商業模式的變革及未來數碼化經濟等領域進行深度剖析，與會者得以掌握產業數碼化的時代脈搏。

上海教學中心在「啟新商業發展，韌守企業之道」講座中，盛邀二十位主講嘉賓，分別從企業員工管理、商業管理創新、投資策略的改良及品牌營銷變革等多個角度，分享企業的發展之道，為企業發展賦能。

深圳、廣州及成都教學中心的講座則分別以「智領灣區」、「企業破局之路」、「創變管理，力進未來」為題，知名學者，專家與校友及企業管理人員一同就大灣區帶來的發展機遇、企業的員工管理、商業管理的創新與變革等方向思考，啟迪企業置身數碼化時代之成功關鍵。

活動吸引數以百計校友出席，現場氣氛高漲，參加者均表示他們在跟學者討論的互動過程中，掌握了中國未來經濟所帶來的機遇及轉機，獲益良多。

In September 2021, the five learning centres of the Institute for China Business (ICB) based in Beijing, Shanghai, Shenzhen, Guangzhou, and Chengdu held large-scale activities for the "ICB 2021 Autumn Lecture Day" respectively. Heavyweight speakers and participants gathered, deeply exploring the development direction of enterprises in the digital age and the way to win in the future.

The Beijing Learning Centre had 3 events with the title of "Winning the future through trials and hardships" and invited 9 experts to provide in-depth analysis in the fields of fintech application, business model revolution, and future digital economy, giving participants opportunities to grasp the pulse of industrial digitalisation.

The "Embark on a new path and stay strong" talk held by the Shanghai learning centre invited 20 keynote speakers, sharing the ways of enterprise development and empowerment. Various aspects of enterprise capabilities



深圳 Shenzhen



廣州 Guangzhou

such as enterprise personnel management, business management innovation, investment strategy improvement and brand marketing reform were covered.

The Shenzhen, Guangzhou and Chengdu learning centres held talks focusing on topics of "Leading the Greater Bay Area in an intelligent way", "The way for enterprises to break barriers" and "Moving forward through innovative and flexible management" respectively. Famous scholars, experts, alumni, and enterprise managers were invited to discuss and share their expertise and experience in the development opportunities brought by the Greater Bay Area, corporate employee management, and the business management innovation and revolution, which are key success factors in the digital age.

Hundreds of participants attended the events, and the atmosphere was one of excitement. All participants said that, through interacting with the scholars, they have learnt a lot about the opportunities and changes that China's economy would bring in the future.



爬牆轉肩 舒緩肩周炎 Wall climb exercises for frozen shoulder

肩周炎，全稱是「肩關節周圍炎」，又稱「五十肩」、「凍凝肩」等，可反映其發病年齡和病狀。以下是學院中醫臨床中心及中藥房與你分享如何舒緩肩周炎。

好發 50 歲 舉手維艱

肩周炎好發於 50 歲左右，發病時肩部疼痛，上臂不能上舉及外展，活動受限。

日常生活中，頻繁使用肩膀容易導致過度勞損，造成氣血虧虛，不能濡養骨骼經脈。所謂「不榮則痛」是指正氣不足，容易受外界風、寒、濕三邪雜至，導致經絡阻塞；而「不通則痛」是指隨年齡增長，骨關節退化，導致加速病情的發展。肩周炎也可繼發於創傷之後，瘀血內阻，也是「不通」的一種。

緊張鬱結 氣滯阻屈伸

肩周炎患者往往不能自行穿脫衣服，即使輕輕拉動上臂，也會頻頻煩痛，晚間疼痛較日間嚴重。疼痛也可能與情志有關，由於精神緊張及鬱結，影響肝臟疏泄，導致筋脈拘急，屈伸不利。

治療除了服用中藥、針灸及推拿外，也可自行在家中做一些簡單動作，收預防之效。在飲食方面，避免生冷食物。

輕鬆動作 輔助治療

1. 爬牆：面向牆壁，雙手按在牆上爬行，交替緩慢向上移動到可忍受的最高處，然後慢慢退回原處，重複多次。
2. 轉肩：背靠牆站，雙手屈肘握拳，上臂外旋轉動，手背盡量貼牆。
3. 後伸上肢：雙手背貼放在腰臀部，一隻手握住另一手手腕，向一側牽拉；若嚴重功能受限，可在痛點先熱敷後才做動作；開始時動作不宜太大，逐漸增加活動量。

Periarthritis of the shoulder, also known as "scapulohumeral periarthritis", "50-year shoulder", and "frozen shoulder". Its nicknames can reflect the disease's age of onset and symptoms. The following is advice on how to relieve periarthritis of the shoulder provided by Chinese Medicine Clinics and Pharmacy of HKU SPACE.

People in their 50s are more likely to have a frozen shoulder

Frozen shoulder usually occurs around the age of 50. Patients will experience shoulder pain, restricted movements, and cannot raise or stretch their upper arms.

Frequent use of shoulders in daily life can easily lead to excessive strain, resulting in a deficiency in qi and blood, which will fail to nurture the bones and meridians. If you experience a so-called 'lack of nourishment causing pain' (bu rong ze tong), caused by healthy qi deficiency, you will easily be affected by the combination of three unhealthy qi – wind, cold and dampness – causing meridian obstruction; and 'stagnation causing pain' (bu tong ze tong) means that bones and joints deteriorate with age, leading to an accelerated progression of the disease. Frozen shoulder can also be secondary to trauma as blood stasis is also a kind of 'stagnation' (bu tong).

Mental tension and stagnation lead to poor flexibility

People with frozen shoulders usually cannot put on clothes or undress themselves. Even a gentle raising of upper arms makes them feel pain, and the symptom is more serious at night than during the day. The pain may also be related to the patient's emotions. If you have mental tension and stagnation, it may

affect your liver functions, then lead to anxious meridian and poor body flexion and extension.

In addition to taking traditional Chinese medicine and having acupuncture and massage, patients can also do some simple exercises at home for prevention. In terms of diet, raw and cold foods should be avoided.

Practice easy exercises as an auxiliary treatment

1. Wall climb: Stand facing a wall, place both hands on the wall and use your finger tips to "crawl" up alternating your arms, slowly move up as far as your flexibility allows, then slowly get back to your starting position. Repeat several times.
2. Turn your shoulders: Stand with your back against a wall, bend your elbows and make a fist, roll your upper arms outward and stick the back of your hands to the wall as much as possible.
3. Extend your upper limbs backward: Place the back of your hands between your waist and hips, use one hand to hold the other wrist and pull to one side; if your flexibility is severely limited, you can apply heating pads on the painful areas before the exercise; start this exercise with small movements first, then gradually increase the range of motion.



再度蟬聯教育品牌大獎 成績超卓 HKU SPACE wins the education brand award again with outstanding results



香港大學專業進修學院自創校開始，一直致力推動終身學習的精神，在過去 64 年，已為超過 300 萬報讀課程人次提供優質持續教育。

2021 年，學院再度勇奪《星島日報》的「星鑽服務品牌—最佳持續進修教育學府」服務大獎及《讀者文摘》的「持續進修機構類別信譽品牌白金獎」，也是學院連續第 14 年及第 8 年獲得殊榮。

《星島日報》頒獎禮於 2021 年 9 月 16 日舉行，由學院傳訊及拓展總監莫綺媚女士出席領獎。《讀者文摘》則因新冠病毒疫情未止，再度取消今年的頒獎典禮。

獎項反映各界對學院教學理念及課程質素的認同和肯定，並印證學院在持續進修機構類別的領導地位。學院在未來將繼續努力服務香港，提供多元課程以配合社會發展及滿足學員個人成長需要，為不同專業領域培育更多出色人才，為市民提供更多學習機會。



Since its establishment, HKU SPACE has been committed to promoting the spirit of lifelong learning. Over the past 64 years, it has provided quality continuing education for more than 3 million enrollees.

In 2021, the School once again won the "Sing Tao Excellent Services Brand Award – Best Continuing Education Services Provider" for the 14th consecutive year, and was honoured with the "Platinum Award in the Continuing Education Category at the Reader's Digest Trusted Brand Awards" for the 8th year in a row.

The Sing Tao Daily award presentation ceremony was held on 16 September 2021, and Ms Susanna Mok, Director of Institutional Advancement of HKU SPACE, received the award on behalf of the School at the ceremony. The Reader's Digest award ceremony was cancelled once again this year due to the COVID-19 situation.

These awards have reflected the public's recognition and affirmation of the School's teaching philosophy and curriculum quality as well as the School's leading position in the field of continuing education. In the future, the School will hold fast to its principles of serving the Hong Kong community, providing diversified courses to meet the needs of social development and individual growth of students, cultivating more outstanding talents in different professional fields, and offering more learning opportunities for the public.

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