



HKU SPACE
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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four distinguished
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香港大學 專業進修學院 全面達到歐洲 學術質素標準

**HKU SPACE HAS
FULLY ACHIEVED
THE EUROPEAN
STANDARDS FOR
QUALITY**

香港大學專業進修學院欣然宣佈，學院於 2021 年 10 月參照歐洲高等教育區質素保證標準及指引 (ESG – the Standards and Guidelines for Quality Assurance in the European Higher Education Area) 而進行的國際學術質素評審已經圓滿完成。結果顯示，學院完全符合全部共十個 ESG 評審範疇。評審小組更讚揚「學院展現了清晰有力的願景、使命和信念」，「其與社會的聯繫不容忽視，值得高度表揚」。

HKU SPACE is pleased to announce that it has undergone an International Quality Review (IQR) against the Standards and Guidelines for Quality Assurance in the European Higher Education Area (ESG) in October 2021. The School was delighted to learn that it has fulfilled all 10 ESG criteria, and was praised by the panel who said that "HKU SPACE presents a well-articulated and compelling Vision, Mission and Values Statement (VMV)" and that "its societal relevance cannot be underestimated and has to be highly commended".

回應質保局建議 進行國際基準參照

Engaging in international benchmarking following the UGC review report

在 2019 年，大學教育資助委員會質素保證局（教資會質保局）就香港大學副學位課程發表質素核證報告，鼓勵香港大學專業進修學院有系統地進行國際基準參照，使學院能達成宏願，成為一所領導國際的專業及持續教育機構。為此，學院決定進行國際學術質素評審，以回應教資會質保局的建議。有關專家評審小組參照 ESG 並配合學院的實際需要和發展目標而制訂評審框架，由德國認證機構 ASIIN（工程、信息科學、自然科學和數學專業認證機構 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。

評審會議於 2021 年 10 月 11 至 15 日進行。評審小組與 90 多名代表會談，包括學院董事局成員、香港大學成員、學院教職員、兼職教學人員、學生、畢業生、僱主、專業團體及校外考試主任。



Following the UGC review report on the University of Hong Kong's sub-degree programmes published in 2019, HKU SPACE was encouraged to engage in more systematic international benchmarking in order to support its aspiration to be a world class centre for professional and continuing education and lifelong learning. As part of its response, the School decided to undergo an International Quality Review (IQR). The Expert Panel endorsed an Assessment Framework which was derived broadly from the ESG and fitted 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).

The review meetings were conducted between 11 and 15 October 2021. The Panel met over 90 people, including the HKU SPACE Board of Directors, University colleagues, School staff, part-time teachers, students, graduates, employers, professional bodies and external examiners.



UNIVERSITY
OF LONDON

"This is really good to see; my warmest congratulations to you all on this very well-deserved endorsement of your quality and standards at HKU SPACE."

Professor Mary Stiasny OBE Pro Vice
Chancellor International,
Learning and Teaching,
University of London



"We are in any case delighted to see the steps you are taking as an institution to reach your aspirations and have no doubt this will only serve to further strengthen our longstanding partnership."

George Maxwell, International Partnerships
Officer, International Relations Unit,
University of the Arts London



"We are delighted that HKU SPACE has achieved this level of recognition, it is a well-deserved marker of the quality of your institution."

Professor Jennifer Watling,
PVC International,
Manchester Metropolitan University

學術質素符國際標準 學院獲高度表揚

The School is highly praised for its quality assurance receiving global standard

評審小組確認，學院的校內學術質素保證安排完全符合 ESG 的十個標準和指引，包括學術質素保證政策、課程設計及核准、學生為本的學習模式、教學和評核、收生安排、晉級及升學、資歷認可及證書頒發、教學人員、學習資源及學生支援、資訊管理、公共資訊、課程的持續監察及定期檢討，以及周期性的外部學術質素審查。評審小組讚揚「學院為一所共融學府，擁有公平而透明的收生準則，並致力為來自不同教育背景的學生提供多元化的進修途徑和資歷認可」。

評審小組總結認為，學院具備穩健根基和深遠潛力，可望進一步於持續教育、終身學習和跨國教育的領域成為領導國際的優質學府。評審小組亦就此發展方向，為學院提供一系列有用的建議。

學院院長李經文教授表示：「本人非常欣喜，報告充分反映學院在學術質素保證方面達致國際認可的優秀表現。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。我們擁有堅實的願景、使命和策略方向，並透過同樣成熟有效的管治架構、充滿熱誠的領導及完善並行之有效的學術質素保證制度體現出來。」

李經文教授續說：「作為學院的一分子，我感到自豪，並很榮幸能夠與各位優秀的同事共事。未來我們將面對更多挑戰；但我相信，靠着我們盡忠和專業的團隊，學院定能迎難而上，出類拔萃，完成我們的使命。」

The Panel concluded that the School has fulfilled the 10 ESG criteria of standards and guidelines for internal quality assurance. The 10 criteria include policy for quality assurance, design and approval of programmes, student-centred learning, teaching and assessment, student admission, progression, recognition and certification, teaching staff, learning resources and student support, information management, public information, on-going monitoring and periodic review of programmes and cyclical external quality assurance. Also, "the Panel commends the School for being an inclusive educational institution with fair and transparent admission criteria, striving to provide multiple qualification channels to students from various educational backgrounds".

Finally the Panel concluded that HKU SPACE has a strong base to build on and promising potential of further developing into a World Class Centre of Excellence in Continuing Education, Lifelong Learning and Transnational Education, it has compiled its recommendations to assist the School in this endeavour.

Professor William K.M. Lee, the Director of the HKU SPACE, said, "I am very happy with the positive report which demonstrates our quality assurance receiving global recognition. 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 leadership and a well established and proven quality assurance system."

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."



**University of
Sunderland**

"We always knew that HKU SPACE was a high-quality and internationally recognised organisation. However, it is good to have further endorsement of your standing which reinforces the value of our partnership with you."

-
SIR DAVID BELL KCB DL,
Vice-Chancellor and Chief Executive,
University of Sunderland



**Northumbria
University**
NEWCASTLE

"We are keen to work only with partners who reflect our focus on quality. The recent ESG recognition provides evidence of your institution's focus on quality and this provides us with assurance that SPACE remains a strong partner for Northumbria."

-
Professor Jon Reast, BA (Econ),
Pro Vice-Chancellor (International),
Northumbria University



**Charles Sturt
University**

"I am confident that the School will continue to succeed as it aims to be a world-class institution for continuing and professional education and lifelong learning"

-
Amy Toon Manager,
Education Partnerships, Office of Global
Engagement and Partnerships,
Charles Sturt University

榮譽院士頒授儀式圓滿舉行 致敬四位傑出人士

The HKU SPACE Honorary Fellowship
Ceremony held successfully, four distinguished
individuals were awarded



香港大學專業進修學院第八屆榮譽院士頒授典禮已於 2021 年 12 月 17 日於香港大學黃麗松講堂圓滿舉行。

本屆獲頒授榮譽院士的四位傑出人士為：

郭昶先生

文穎怡女士

楊家聲先生

楊光先生

頒授儀式由香港大學專業進修學院董事局主席陳坤耀教授主持。學院院長李經文教授致歡迎辭，並由常務副院長陳阮德徽博士、盧兆興教授及劉寧榮教授，以及人文及法律學院總監鄺子文博士分別為四位榮譽院士致讚辭，頌揚四位榮譽院士的成就與貢獻。

自 1957 年創校至今，學院服務香港 65 載，得蒙來自不同專業界別的翹楚鼎力支持，在不同方面對學院作出貢獻，推動學院成為一所提供優質持續教育的領導機構。學院自 2014 年設立榮譽院士制度，藉此表揚為學院、學術界及香港社會作出重要貢獻的傑出人士，同時肯定學院與本地社區和教育界的緊密聯繫。



郭昶先生 Mr Anthony Kwok Chong



文穎怡女士 Ms Ginny Man Wing-yee



楊家聲先生 Mr Yeung Ka-sing



楊光先生 Mr Sunny Yeung Kwong

The 8th HKU SPACE Honorary Fellowship Ceremony was held at the Rayson Huang Theatre, the University of Hong Kong on 17 December 2021.

The four Honorees were:

Mr Anthony Kwok Chong

Ms Ginny Man Wing-yee

Mr Yeung Ka-sing

Mr Sunny Yeung Kwong

Professor Edward K.Y. Chen, the Chairman of HKU SPACE Board of Directors, presided at the Ceremony. Professor William K.M. Lee, Director of HKU SPACE, delivered the welcoming address, while three Deputy Directors: Dr Dorothy Chan, Professor Sonny Lo and



Professor Ning R. Liu, as well as Dr T.M. Kwong, Head of College of Humanities and Law, gave citations for the four awardees of the Honorary Fellowship respectively to praise their great achievements and contributions.

Since its establishment in 1957, the School has served Hong Kong for 65 years, and received the strong support of leaders from different professional sectors. These people have contributed to the School in various aspects and promoted the School to become a leading institution in providing high-quality continuing education. The School set up the Honorary Fellowship in 2014 to underscore the School's close relationship with the local community and the education sector by recognising outstanding individuals who have made significant contributions to the School, academia and Hong Kong.



一場令人酣醉 的音樂會

A fantastic music concert

學院音樂會 Rejoice Together 於 2021 年 12 月 10 日假香港大學附屬學院演講廳順利舉行。當晚出席嘉賓共約 240 名，包括學院董事局主席陳坤耀教授、學院院長李經文教授、學院董事局委員楊光先生、香港大學專業進修學院基金委員會主席梁永祥教授、附屬學院校長陳龍生教授、常務副院長祁樂彬博士、資訊主管陳真良博士及各師生校友，場面熱鬧。

聲樂高手與眾同樂

音樂會由本校口琴老師黃志榮先生與柏赫口琴四重奏揭開序幕，為觀眾帶來三首節奏生動的樂曲，包括一首充滿節日氣息的聖誕混合曲，瞬間點燃了現場氣氛。

本校聲樂老師陳俊堯先生接着登場，獻唱兩首流行歌曲《深愛着你》及《青春頌》，歌聲繞樑、優美動聽。然後，本校吉他老師吳偉浩先生和著名吉他手包以正先生帶來三首輕快、充滿活力的樂曲，他們高超的彈奏技巧令觀眾嘆為觀止。

緊接着的環節是弦樂四重奏，由我們另一位才華橫溢的老師昂錦猶博士和他的團隊顏嘉俊先生、郭承豐博士和陳韻女士組成，他們演奏了兩首不同風格的樂曲，觀眾聽得十分入迷。接下來就是

本校高級課程主任陳德奇先生與弦樂四重奏同台演出，演奏莫扎特第 23 協奏曲第一樂章，旋律優雅，令人聽出耳油。

節奏緊湊的莫扎特名曲之後，便是學院董事局楊光先生聯同陳璧沁女士以尺八及二胡演繹的兩首日本經典抒情樂曲。

音樂會接近尾聲，由三位曲藝精湛的演奏家組成的 CMus 演奏兩首輕快又激昂的中樂曲。最後，楊光先生和陳俊堯先生加入 CMus 的表演，以經典流行名曲《獅子山下》作為壓軸曲目，將氣氛推至高峰，並為音樂會畫上完美句號。

是次音樂會得以成功舉行，實有賴各位表演嘉賓、老師、校友的精彩演出，亦非常感謝冠名贊助人區永熙先生 SBS JP 和一眾贊助人慷慨支持，所有籌得的款項將會撥入香港大學專業進修學院助學金，以資助學院有需要的全職學生。





The School Concert “Rejoice Together” was held successfully on 10 December 2021 in the College Theatre at the Lee Shiu Building of the HKU SPACE Community College. An audience of almost 240 people attended, including Professor Edward K.Y. Chen, the Chairman of the Board of Directors of HKU SPACE; Professor William Lee, Director of HKU SPACE; Mr Sunny Yeung, a member of the Board of Directors of HKU SPACE; Professor William Leung, Chairman of the HKU SPACE Foundation Committee; Professor L.S. Chan, College Principal; Dr John Cribbin, Deputy Director; Dr C.L. Chan, Chief Information Officer; HKU SPACE teachers, students and alumni all came to support the talented performers from the School.

Talented musicians enjoyed a great time together with the audience

The concert opened with Wesley Wong, one of our gifted music teachers who led the Ausgelassen Harmonica Quartet with a Spanish Fantasy, and a medley of Beatles and Christmas favourites, which instantly lit up the atmosphere.

Following that with the glorious singing voice of Mr Alex Chen, a teacher in our vocal training programme, who performed two pop songs, “Deeply In Love With You” and “Youth Anthem”. His singing was incredibly beautiful. Next, we enjoyed the sublime guitar skills of our talented guitar teacher, Ron Ng, and the acclaimed guitarist, Eugene Pao, who brought

us three brisk and energetic pieces. Their superb playing skills amazed the audience.

The next performance was a string quartet, given by another of our talented teachers, Felix Ungar, and his other members, Gary Ngan, Biffa Kwok, and Winca Chan. They played two different styles of music, and the audience were fascinated. Later, they were joined by our staff member, TK Tan, playing an elegant melody, the first movement of Mozart Piano Concerto No. 23. Our Board Member, Sunny Yeung and Chan Pik-sum then entertained the audience on the Japanese Shakuhachi and Erhu.

Near the end of the concert, a show was given by the trio of talented musicians who make up CMus, and who warmed our hearts with some energetic and exciting Chinese tunes. Lastly, Sunny Yeung and Alex Chen joined CMus, concluding the concert with the classic Cantopop song “Below the Lion Rock”, pushing the atmosphere to its peak and bringing the concert to a perfect end.

We would like to express our deepest gratitude to the musicians, teachers and alumni for their extraordinary efforts and captivating performances, and for the successful concert. Our sincere thanks also go to the event sponsor, Mr William Au Weng-hei, SBS, JP, and all other patrons, for their generous sponsorship. All the proceeds will go to the HKU SPACE Bursary Fund to assist full-time students with financial needs.



走進法律界之旅 機會由你掌握

The journey into a legal career: Hold the key to the world of law

在同一行業打拼多年的人，總認為轉行並不是簡單的事，特別是要轉換到專業領域，很多人更是想也不敢想。其實只要有決心，改變職業跑道也許比想像中容易；事實可以證明，成功挑戰自我、突破固有框框的大有人在。

People who have worked for many years in the same industry often believe that switching career is not an easy task, especially when they want to move into a professional field, which is something many people don't even dare to dream of. However, as long as you are determined, switching careers may be easier than you think. In fact, many people have challenged themselves and successfully broken out of their limitations.



張慧雯：從劇集主角到法律專才 Lizabeth Chang: From female lead to legal talent

擁有T型技能者是職場上炙手可熱的人才。T型人才除了擁有各種通才外，也具備深刻的專業知識和獨到見解，工作時能夠將這些技能結合運用，達到最大效果，也能創造更多可能性。多才多藝的張慧雯正是T型人才的很好例子。

張慧雯參選2009年度多倫多華裔小姐贏得了冠軍、最上鏡小姐和魅力傳城大獎，並在2010年國際中華小姐競選上勇奪季軍。2012年，她首度演出無線電視劇集《On Call 36小時》便擔任女主角，憑藉「簡晶晶」一角為觀眾所熟悉，在演藝路上可說是贏在起跑線。

然而，好學的張慧雯未有因星途平坦而自滿。「我希望挑戰自己，不止是女主角，也是一名律師，我相信通過自己的努力和決心，一定能夠達到目標！」

說到做到，她以優異成績在香港大學專業進修學院的法律文憑課程（Diploma in Legal Studies）畢業後，目前在學院的國際知名合作夥伴倫敦大學修讀法律學士學位試課程。對未來充滿信心的張慧雯說：「希望日後能夠在法律領域上一展所長，展開人生新的一頁。」

People with T-shaped skills are popular in recruitment. A T-shaped talent not only has a broad range of skills, but also has deep knowledge and unique insights into professional fields. They are able to combine their skills to maximise their performance and results at work, creating more opportunities. The versatile Lizabeth Chang is a great example of someone who has a T-shaped talent.

In 2009, Lizabeth Chang won Miss Chinese Toronto Pageant, and was also named Miss Photogenic and Miss Popularity. In 2010, she was Miss Chinese International Pageant second runner-up. In 2012, she had her broadcast TV debut, introducing herself to the audience through playing the female lead Kan Ching Ching in "The Hippocratic Crush". Even though her acting career was

a success from the start, Chang remained humble with a studious attitude. "I intend to challenge myself from being a leading actress, aiming to become a lawyer. I believe with my hard work and determination; I will reach my goal," said Chang.

Just as she said she would, she graduated from the HKU SPACE Diploma in Legal Studies programme with flying colours, and is currently attending Bachelor of Laws (LL.B.) Preparation Courses at the internationally renowned University of London, a longstanding partner of HKU SPACE. "I hope to live up to my full potential in the legal field in the future, and begin a new chapter in my life," Chang said with confidence.

Jasmin : 從思考轉行到轉型成功

Jasmin Chan: Finding the right time to change career path

Jasmin Chan 在客戶服務和市場營銷行業工作八年後，便萌生轉行念頭，她夢想可以成為律師，便決定報讀法律課程。她選擇以香港大學專業進修學院的法律證書課程（Certificate in Legal Studies）為起點，然後是 Graduate Diploma in English and Hong Kong Law，均取得優異的成績；及後更成功獲得香港大學的全日制法學專業證書取錄，逐步向自己的夢想邁進。

Jasmin 表示，選擇 HKU SPACE 是因為學院在兼讀制法律課程上擁有良好聲譽，曾經幫忙不少人士在職轉型。對於成功秘訣，她建議：「制定一個合適的時間表並堅持下去，不要走堂！你可以在課堂上學到很多東西，能讓你對考試更有信心。」

港大畢業後的 Jasmin 現在已成為見習律師，同時也是學院的學生導師，她會定期回到學院為法律學生提供指導，希望以過來人身份分享學習心得。

After 8 years in customer service and marketing, Jasmin Chan began to consider a career switch. She dreamed of becoming a lawyer, and decided to embark on studying law. Starting on Hong Kong's best introductory law programme, the HKU SPACE Certificate in Legal Studies, Jasmin built on her accomplishments as she continued to get a Distinction on the HKU SPACE Graduate Diploma in English and Hong Kong Law and successfully secured a place on the full-time PCLL programme at HKU, moving another step closer to her dream.

Jasmin said she chose HKU SPACE because the School has a great reputation in part-time law studies, and has helped many full-

time employees with their career switch. Her advice: "Plan a suitable schedule and stick to it. Never skip a class! You can learn so much in class, and it will give you more confidence for the exams."

After graduating from Hong Kong University, Jasmin is now a trainee solicitor. She is also a mentor at HKU SPACE, regularly returning to the School to give guidance to law students, and share her experience.



HKU SPACE 是倫敦大學認可的教學中心，60 多年來學院一直致力於為其法學學士學位提供預備課程。學院也是唯一一家提供 Graduate Diploma in English and Hong Kong Law 的機構，此課程與英國曼徹斯特都會大學合作超過 30 年，是香港最受學生歡迎的兼讀制法律課程。本學院的使命，就是給予有夢想、肯堅持的人一個機會。

HKU SPACE is a Recognised Teaching Centre for the University of London, with which it has been working for more than 60 years on providing Preparation Courses for its LL.B. The School is also the only provider of the Graduate Diploma in English and Hong Kong Law, which has been offered in partnership with Manchester Metropolitan University for more than 30 years, and is Hong Kong's most popular part-time pathway to a legal career for non-law graduates. The mission of the School is to offer an opportunity to those who have dreams and perseverance.

Graduate Diploma in English and Hong Kong Law (CPE) 及倫敦大學法律學士學位試課程屬《非本地高等及專業教育（規管）條例》下的豁免課程。個別僱主可酌情決定是否承認本課程可令學員獲取的任何資格

The Graduate Diploma in English and Hong Kong Law (CPE) and the University of London LL.B. Preparation Courses are exempted courses under the Non-Local Higher and Professional Education (Regulation) Ordinance. It is a matter of discretion for individual employers to recognise any qualification to which this course may lead.

以智慧煉成藥引 學院與你同心抗疫

HKU SPACE fights against the pandemic with you

近月香港迎來第五波新冠疫情，爆發規模前所未有，身經百戰的香港人也難免感到焦慮不安。與其每天活於未知的恐懼之中，以致情緒緊張、壓力爆煲，不如在身心方面做足準備，認識疫症，了解病徵，強壯身體，與家人及朋友互助互勉，以正面信念鼓勵自己、感染他人，則即使不幸染疾，也能以最好狀態「打倒病毒」。

為了與大眾一起抗疫，學院在3月份舉辦了一系列網上講座，邀得感染及傳染病專科曾祈殷醫生、常霖法師、註冊營養師鍾素珊博士、註冊中醫師徐思濠及香港大學專業進修學院中醫臨床中心及中藥房資深中醫師葉丹博士，分別從西醫、心靈、營養學及中醫等角度，與你一起以智慧煉成藥引，同心面對疫境，抗擊疫情。



常霖法師 the Venerable Chang Lin

破解新冠迷思 學習如水智慧

新冠疫苗接种計劃開展了超過一年，但不少人對疫苗的認識仍然不足，曾祈殷醫生於「抗疫自救——確診、疫苗及居家抗疫知多啲」講座中釋大眾疑慮，詳細講解了接種疫苗的注意事項、康復者可否接種疫苗、第三針與第四針的意義，並解說確診者和相關家人應對居家抗疫的方法，以及提供市面上可供舒緩不適症狀的藥物和服用禁忌等有用資訊，為市民破解對新冠病毒病的種種迷思。

水是我們生存必需的元素，也是我們生活必須學習的對象。水看似柔弱，實蘊含無盡潛能。水無常態，遇冷成冰雪，遇熱則成霧氣，化作騰雲，再下雨潤澤萬物。當我們置身憂患時，若能以水為鑑，以靈活態度應對，善用自身潛能，適時變通，便可隨遇而安。常霖法師於「學習水的智慧」講座中，指導大家學習在紛亂的當下從容不迫，臨危不亂，安樂自在。

營養師 X 中醫師教你吃出免疫力

病毒肆虐，無論是身體健康的市民、輕重症患者、居家抗疫或隔離中人士，以至新冠肺炎康復者，最關心的議題之一，必然是如何透過日常飲食配搭，從而提升免疫力，預防發病，加快康復，固本培元。

於「營養師 X 中醫師教你吃出免疫力」講座，

鍾素珊博士從營養學角度分析，服用營養補充劑並不一定能夠增強免疫力。吃對了的確是補，但吃錯了就會適得其反，免疫力不升反降。飲食方面，穀物、肉類、蔬果及奶品均含提升及鞏固免疫力的營養素，如蛋白質、維他命A、C、D及鋅和鐵等礦物質，缺一不可；另一方面，吸收過量添加糖、鹽，以及進食太多油炸、脂肪含量高和加工食品，則會增加炎症和損害免疫功能。

中醫認為新冠病毒屬疫癘邪氣，發病與否跟人體正氣至關重要，治病法則是：熱者寒之，寒者熱之；虛則補之，實則瀉之。徐思濠中醫師從中醫學角度講解，如何運用中藥藥膳食療提升人體免疫力、人參與蟲草能否防治病毒、新冠肺炎患者飲食忌宜、坊間對中成藥的誤解，並介紹了預防疫症的簡易茶療及扶正益肺湯水，與大家一起抗病保健。

中醫藥應對疫症的思想與調治方法

第五波新冠疫情來勢洶湧，確診個案數目持續增加。市面上一些舒緩感冒徵狀的藥物被抗疫市民幾乎搶購一空，當中包括「連花清瘟膠囊」。究竟中成藥能否防治疾病？資深中醫師葉丹博士亦於「中醫藥應對新冠肺炎的思考與調治方法」講座中，為大家突破其中的誤區，在中醫藥層面上提出有效應對新冠肺炎的方法，並介紹了幾款防病方劑及癒後調理湯水，與大眾市民及前線醫護人員一起加油。

預防方劑：普通人士預防方

方藥：黃芪 15 克、炒白朮 10 克、防風 10 克、金銀花 10 克、連翹 10 克、桑葉 10 克、布渣葉 10 克、五指毛桃 15 克、薏苡仁 15 克、葛根 15 克、甘草 6 克

用法：先用清水浸泡 30 分鐘，再煎煮 30 分鐘。6 碗水煲至 2 碗水，2-3 人可用。

功效：益氣固表，清熱解毒

新冠肺炎康復期湯水

適用：氣陰虧虛、肺胃津傷、肺失宣降

症狀：乏力，食量小，口乾，舌燥，乾咳，舌紅（淡）少苔，脈弦細（數）

方藥：太子參 20 克、枳實 10 克、天冬 15 克、麥冬 15 克、蘇子 10 克、前胡 10 克、炙款冬花 10 克、茯苓 15 克、白朮 15 克、瓜蒌皮 15 克、百部 10 克

用法：每日一付，水煎濃縮 500 毫升，每日分 2 次服用，飯後溫服。

功效：益氣養陰，潤肺止咳，調和脾胃

In recent months, Hong Kong has been facing the fifth wave of COVID-19, the worst outbreak ever. Even though people in Hong Kong have strong hearts, we still feel anxious. Instead of living in fear of the unknown, leading to anxiety and cumulative stress, we should prepare both physically and mentally, learn about the disease and symptoms, strengthen our physical health, support family and friends with a positive attitude, and encourage ourselves as well as others. That way, even if we unfortunately contract the virus, we can still be in the best shape to fight it off.

To fight against the pandemic with everyone together, HKU SPACE held a series of online talks in March featuring many experts, including Dr Joseph Tsang, Infectious Diseases Specialist, the Venerable Chang Lin, Dr Susan Chung, Registered Dietitian, Tsui Sze Ho, Registered Chinese Medicine Practitioner, and Dr Yip Tan, Registered Chinese Medicine Practitioner at the Chinese Medicine Clinics and Pharmacy at HKU SPACE, to share their wisdom and expertise from the perspectives of western medicine, healthy mind, nutrition, and Chinese medicine, to face and fight the pandemic together with us.



曾祈殷醫生 Dr Joseph Tsang

Debunk COVID-19 myths, be like water and find peace

It has been over a year since the launch of the COVID-19 Vaccination Programme, but many people still do not know much about vaccination. In the "All you need to know to cope with COVID" talk, Dr Joseph Tsang explained the precautions of vaccination in more detail, discussed if vaccinations can be taken by those who already had COVID, why we should get a second booster or fourth jab, what we should do if someone in our family gets COVID, and explained what drugs or treatments we can buy over the counter to help ease the symptoms, as well as which

drugs we should not take; debunking different COVID-19 myths for us.

Water is an essential element for human survival and something we must learn from in our daily lives. Water looks soft and fragile, but it contains unlimited potential. Water is formless and shapeless, it turns into ice or snow when it is cold; it evaporates and turns into clouds when it's heated, and then rains down to nurture all things on earth. When we are in a crisis, we can still find peace regardless of the circumstances if we just be like water, handle issues with a flexible attitude, utilise our potential, and make timely adjustments. In the "Be like water and find peace" talk, the Venerable Chang Lin shared his insights into how we can learn from water and stay calm in the midst of chaos.

A dietitian and a Chinese medicine practitioner teach you how to boost immunity through diet

Amid an outbreak, whether you are a healthy individual, a patient with mild or severe symptoms, staying at home, in isolation, or already recovered, undoubtedly one of the most followed topics is how to increase immunity, prevent onset symptoms, accelerate the recovery, and protect your health and energy through daily diet.

In the "A dietitian and a Chinese medicine practitioner teach you how to boost immunity through diet" talk, Dr Susan Chuang explained from a nutritional standpoint that having supplements does not necessarily increase immunity. While eating the right things can definitely help, eating the wrong things will weaken immunity. In the day-to-day diet, foods like grains, meat, fruit, vegetables, and dairy products all contain nutrients that

improve and strengthen our immunity, such as protein, Vitamin A, C, D, and minerals like zinc and iron, all of which are essential for the human body. On the other hand, excessively consuming sugar, salt, and having too much deep fried, high fat, and processed foods will increase the risk of cancer and damage the body's immune system.

In Chinese medicine, COVID-19 is considered an infectious evil-qi, and whether one will have onset symptoms mostly depends on vital-qi of the human body. The treatment principles are: treat the heat with cold, and treat the cold with heat; supplement when there is a deficiency, and purge when there is excess. Chinese medicine practitioner, Tsui Sze Ho, shared his knowledge of how to use Chinese medicinal meals to increase our immunity, whether ginseng and cordyceps can prevent and treat the virus, dietary restrictions for COVID patients, and the common misconceptions about proprietary Chinese medicine. She also shared some simple recipes of disease-preventing herbal tea and qi-augmenting & lung-tonifying decoction, helping us to fight against the pandemic and protect our health.

Chinese Medicine eHealth Talk: Thinking and treatments in traditional Chinese medicine for COVID

The fifth wave of COVID-19 is raging, and the number of positive cases continues to rise. Some medicines on the market that relieve cold symptoms have been sold out, including "LianHua QingWen Capsules". Can proprietary Chinese medicine actually prevent diseases? Senior Chinese medicine practitioner, Dr Yip Tan, explained the errors in that line of thinking in the "Chinese Medicine eHealth Talk" and shared effective

measures in coping with COVID-19 using traditional Chinese medicine. Yip also shared a few recipes of preventive prescriptions and post-recovery healing soups, working against this pandemic alongside everyone, especially frontline healthcare workers.



葉丹博士 Dr Yip Tan

Preventive prescription: Suitable for average users

Prescription: 15g Astragalus Membranaceus, 10g fried Atractylodes, 10g Saposhnikovia Radix, 10g Flos Lonicerae, 10g Fructus Forsythiae, 10g Folium Mori, 10g Folium Microcotis, 15g Radix Fici Simplicissimae, 15g Semen Coicis, 15g Radix Puerariae, and 6g Radix Glycyrrhizae

Direction: Soak in water for 30 minutes, then boil with 6 bowls of water for 30 minutes, decoction to 2 bowls of concentration. One portion can serve 2-3 people.

Benefits: Invigorate qi for consolidating superficies, clear internal heat and toxicity.

COVID-19 Recovery Decoction

Suitable for: Those with low energy, damaged lung and stomach, reduced lung functions causing respiratory issues

Symptoms: Fatigue, loss of appetite, dry mouth and tongue, dry coughs, red (or light-coloured) tongue with little coating, weak pulse (in number)

Prescription: 20g Radix Pseudostellariae, 10g Fructus Aurantii Immaturus, 15g Radix Asparagi, 15g Radix Ophiopogonis, 10g Radix Peucedani, 10g Common Coltsfoot Flower, 15g Poria, 15g Atractylodes Macrocephala, 15g Pericarpium Trichosanthis, and 10g Radix Stemonae.

Direction: One dose per day, decoction in water to 500 ml concentration; twice a day, take it warm after meals.

Benefits: Supplement qi and yin, nourish the lung, eliminate coughs, and harmonise the spleen and stomach.

智慧健康人生

講堂一點鐘

↓

吃出免疫力： 營養師×中醫師防疫對策

2022年3月23日 | 下午1時至2時

講者：

鍾素珊博士

講者：

徐思濠醫師

鍾素珊博士及註冊中醫師徐思濠
Dr Susan Chung and Tsui Sze Ho,
Registered Chinese Medicine Practitioner

推出加強防疫措施

Enhanced anti-epidemic measures at HKU SPACE

自 2019 冠狀病毒疫情爆發以來，香港大學專業進修學院即推行不同防疫措施以減低病毒在教學中心及辦公室傳播的風險，確保學院各處所的安全。由 2022 年 1 月 17 日開始，學院遵循香港大學政策，推出 2019 冠狀病毒加強防疫措施，以配合政府的公共及衛生政策。我們要求，除了獲得醫學豁免人士外，所有進入學院處所的教職員及學生接種疫苗，這是保障各位健康、免受新型冠狀病毒威脅的最有效方法。歡迎瀏覽「HKU SPACE 2019 冠狀病毒資訊站」(<https://hkuspace.hku.hk/covid-19-info>)，緊貼最新防疫資訊。



Since the COVID-19 breakout in 2019, HKU SPACE has launched different pandemic prevention measures to minimise the risk of transmission among learning centres and offices, to ensure the safety of the HKU SPACE community. Effective as of 17 January 2022, HKU SPACE followed HKU policy and introduced enhanced anti-COVID measures in accordance with the government's public and health policies. We require all staff and students, other than those medically exempted, to be vaccinated to enter the School premises. The measures are put in place to protect everyone's safety, and the most effective way to safeguard against the threat of COVID-19. Feel free to check the "HKU SPACE 2019 COVID-19 INFO HUB" webpage (<https://hkuspace.hku.hk/covid-19-info>) to keep up-to-date with the latest epidemic prevention information.

學院護理師生與樂善堂攜手抗疫

Nursing teachers and students of HKU SPACE fight against COVID-19 together with Lok Sin Tong

另外，早前社會福利署分別於石硤尾公園體育館及灣仔港灣道體育館設立長者暫託中心，接收確診 2019 冠狀病毒，但症狀輕微的長者，為他們提供護理照顧服務。於今年 4 月 1 日開始，學院全面支援由九龍樂善堂營運的兩間長者暫託中心，派出 7 名資深護士導師及 24 位準註冊護士學生（即現任為登記護士），提供更優質的前線護理服務，務求令長者可以得到更全面的照顧，在疫情下讓長者及其家人得以放心。



In addition, the Social Welfare Department has set up respite care centres for the elderly at Shek Kip Mei Park Sports Centre and Wan Chai District Harbour Road Sports Centre respectively, receiving elderly people and providing them with nursing care services. These elderly people are diagnosed COVID-19 positive but with mild symptoms. From 1 April this year, the School has provided full support to the two Lok Sin Tong operated respite care centres, and assigned 7 senior nursing tutors and 24 prospective registered nursing students (currently enrolled nurses) to provide better-quality front-line nursing services, and to ensure that the elderly can receive more comprehensive care, letting the elderly and their families feel at ease during the pandemic.



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