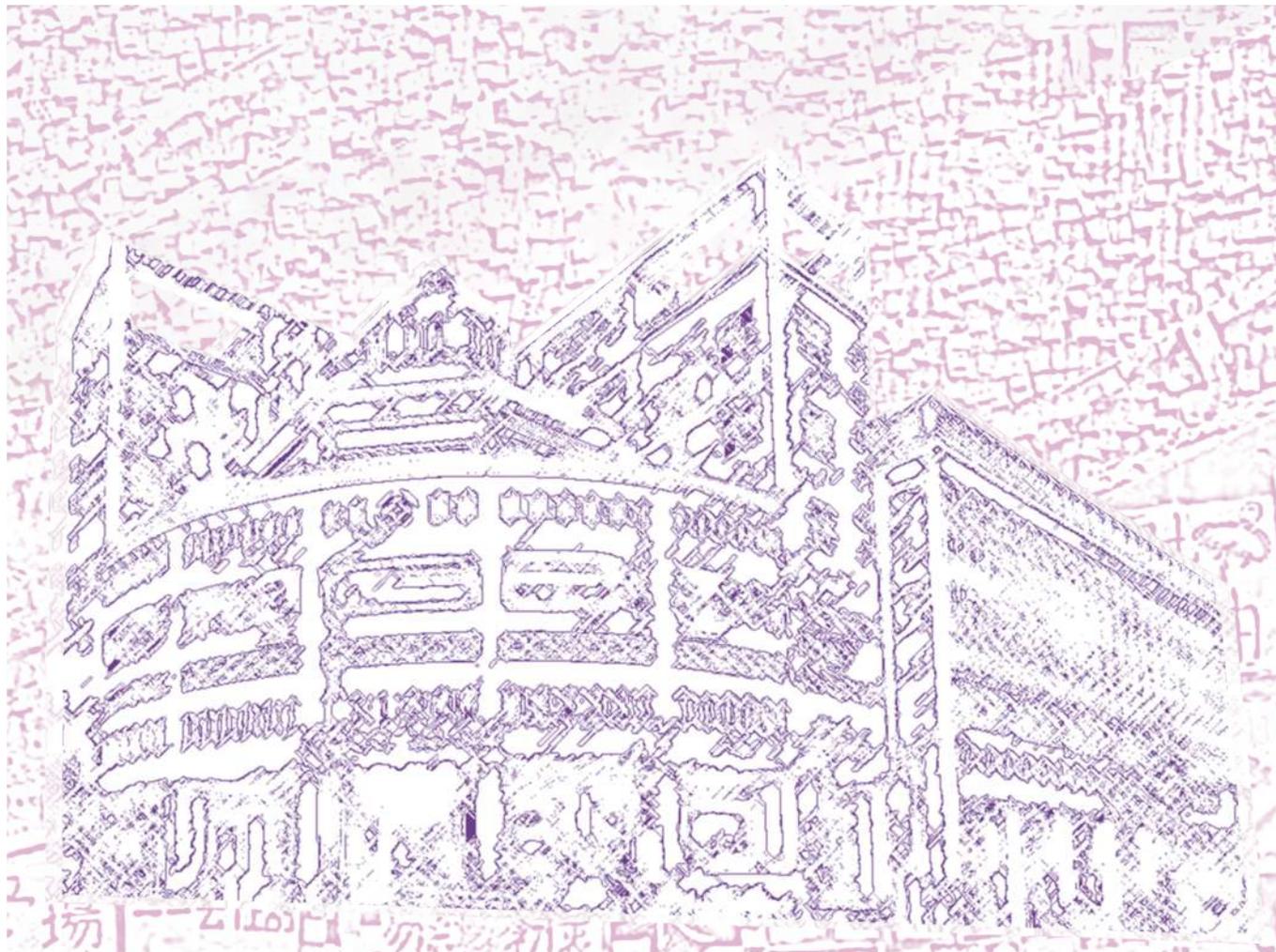




2019-2020 | 免費贈閱 Free

# Be U

Plan for your fruitful university life  
Live the Uni-life you love  
計劃 | 樂活大學生活



<http://ge.hkbu.edu.hk/>

Dialogue with Dr. Albert Chau 漫話通識  
University life 大學生活  
GE activities 通識活動  
Alumni's sharing 校友分享  
Herbal Tea 涼茶知識

# 漫話通識-周偉立博士

副校長（教與學）及署理通識教育總監

## Dialogue with Dr. Albert Chau

Vice President (T&L) and Acting Director of GE

Written & translated by:

黃梓彤 Queenie Wong, 孫雨彤 Yutong Sun  
(2018/19 GE Outstanding Students)

1. 通識教育在香港變得越來越普及，你能談談箇中的原因嗎？

以前香港可能會有些通才教育，例如文科、理科這些比較廣泛的學科，它們雖不是專科課程，但也稱不上通識教育，可見通識教育在當時並未盛行。通識教育在外國則頗為流行，又稱為博雅教育，主要擴闊學生的知識基礎，訓練學生的思維和培養人格。

後來香港的教育制度經歷改革，基於現今社會已經是知識型，而且科技和社會發展迅速，資訊每秒都在更新，需要的知識在學校根本是學不完的，所以需要培養學生的自學能力，這才開始重視通識教育。

另外，社會發生的問題永遠不是單一個專業能解決的，需要的往往是不同方面的知識，才能透徹解決問題，這正正是通識教育所推廣的跨學科學習。舉個例，一個工程師要做的不單只是工程，還有擔當游說工作、環境評估、甚至上立法會解說等等。「專業」和「專能」是不同的，「專業」是除了能掌握自己主修範疇的知識外，也對其他範疇有所了解。

2. 浸大的通識教育課程有甚麼好處？

第一、通過接觸不同領域的知識，你可以參與各項議題的討論；

第二、每個學科的學生都有一套思考方式，你能了解到不同學科的同学如何解決問題；

第三、你不需要囿限於自己的學科中，而是更具創意，將不同學科的知識靈活運用；

第四、完成課程後，你會發現自己對急速發展的適應能力提高了，亦體驗到文化的多樣性。

3. 新制通識課程有什麼特別之處？

其中一個特點是，新課程會提供不同類別的跨學科科目，同學可按照興趣和能力，自由選擇適合自己的科目，同時從不同學科的角度學習一個議題。

4. 大學生活多姿多采，但時間卻有限。你建議新生怎樣善用四年的大學時間？

大學提供不同的機會讓同學去探索和擴闊視野，同學要善用和爭取，以發掘自己更多方面的才能，及認識不同的人，建立自己的人際網絡。但同學亦要謹記，由於時間有限，應預先計劃自己的目標和編排優先次序。更重要的是自律。在大學裡，上課與否、選修什麼科目、是否投入參與都是同學自己的選擇。因此，在沒有監管下都能自律，是能將事情做好的重要原因。



1. General Education (GE) has become more and more common in Hong Kong. What are some of the reasons?

In the past, GE was not so common in Hong Kong. There were some non-specialized subjects like Arts and Science in Hong Kong, but they could not be regarded as GE. Unlike Hong Kong, GE, also called liberal education, is quite common in foreign countries. It aims at extending students' knowledge base, training students' thinking abilities and nurturing their integrity.

Later, the education system in Hong Kong was reformed. Since it has become a knowledge-based society, school education is inadequate for students to acquire the knowledge they need to catch up with the rapid technological and social developments. Therefore, great importance has been attached to GE to cultivate students' self-learning abilities.

Moreover, social problems cannot be thoroughly solved by applying the knowledge from one single profession but from different disciplines. It is exactly a kind of interdisciplinary learning which GE is promoting. To illustrate, an engineer's job is not only about engineering, but also negotiation with different parties, environmental evaluation and even doing presentation at the Legislative Council. Being "professional" is different from being "specialized". The former includes understanding of different areas apart from the major discipline of oneself.

2. What are the benefits of taking the GE Programme at HKBU?

Being exposed to various fields of knowledge, you will be able to analyze and participate in the discussion of various issues.

Also, students from different disciplines have their way of thinking. You can try to learn from them on how they solve problems in diverse ways.

And, you will not be restricted by your major discipline but be more innovative and flexible in applying the ideas from different disciplines.

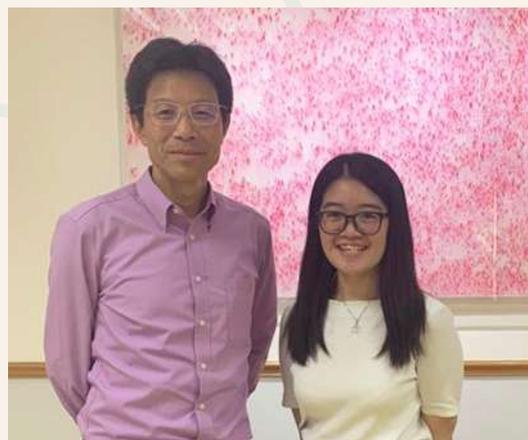
Ultimately, you will be equipped with the ability to adapt to the rapid development and understand the cultural diversity.

3. What is so special about the new GE Programme?

One of the characteristics is that the new GE Programme offers interdisciplinary courses in different categories. Students can choose suitable courses according to their interests and abilities, and learn a topic from the views of different disciplines.

4. University life is colorful, but time is limited. Do you have any suggestions for our freshmen to make the best use of their four-year university life?

The University provides many opportunities for our students to explore and broaden their horizons. They should grasp the chance to explore their potential and build a wide social network. They should also bear in mind to plan in advance for their goals and prioritize the preferences because time is limited. Most importantly, self-discipline is a key to success. At university, it is their own choice to attend lessons, select courses and get engaged. Students should demonstrate self-discipline without supervision.



# Excellence in Leadership Simply Delivered

2018/19 GE Outstanding Students Award Presentation Ceremony  
cum Sharing by Mr. Po Chung

The 2018/19 General Education (GE) Outstanding Students Award Presentation Ceremony was successfully held on 22 January 2019 to recognize the students who have excellent academic results in GE courses, active participation in GE activities and enthusiastic engagement in community services. The Award is sponsored by HKBU Century Club.

At the ceremony, the honorable guest, Ms. Agnes Wong, the Patron and Vice-President of HKBU Century Club, presented the awards to the five recipients. The recipients then shared their fruitful learning experience in GE courses with the audience. They acknowledged the value and importance of GE courses and activities in providing a platform for them to explore the world, get closer to the society, and better understand themselves.

Following the ceremony, Mr. Po Chung, co-founder of DHL International and Chairman of the Hong Kong Institute of Service Leadership and Management, delivered a guest talk entitled “Excellence in Leadership. Simply Delivered” and had a dialogue with the recipients. He encouraged the students to develop different interests and a reading habit, be patient in work, and be brave to pursue their dreams.

The five recipients of the 2018/19 GE Outstanding Students Award are:

1. CHAN Hong Kei  
(Chinese Medicine and Biomedical Science, Year 3);
2. HAN Jiatong (Finance, Year 3);
3. LEUNG Cheuk Lam  
(Religion, Philosophy and Ethics, Year 3);
4. SUN Yutong  
(Government and International Studies, Year 2);
5. WONG Tsz Tung (Chemistry, Year 3).

If you are...

Year 2/3 full-time  
undergraduate  
students

+

At least 2 GE  
courses completed  
with good academic  
performance

Actively  
participated  
in GE  
activities

+

Actively  
involved in  
community  
service

+

Provide  
creative  
ideas to  
promote GE

You might be the next GE Ambassador!

For more details, please refer to  
<http://ge.hkbu.edu.hk/students/award/>



2018/19通識教育傑出學生頒獎典禮於2019年1月22日順利舉行。獎項由香港浸會大學尚志會贊助，旨在表彰於通識教育科目表現出色，並積極參與通識教育活動及社會服務的同學。

典禮上，先由香港浸會大學尚志會的贊助人兼副主席王麗珍女士頒發獎項予五名得獎同學。隨後，得獎者與來賓及其他同學分享他們於通識教育課程的豐富學習體驗和得著。他們肯定了通識科目和相關活動的價值和重要性，不但讓他們探索世界、接觸社會，亦幫助他們對自己有更深認識。

頒獎典禮後，DHL國際創辦人之一及香港服務領導與管理學院主席鍾普洋先生發表有關傑出領導的演講，並與得獎者對談。他鼓勵同學培養不同的興趣和閱讀習慣，工作要有耐性，並勇於追尋自己的夢想。

五位獲得2018/19通識教育傑出學生獎的同學是：

1. 陳康琦（中醫學及生物醫學三年級）
2. 韓佳桐（財務三年級）
3. 梁卓琳（宗教、哲學及倫理三年級）
4. 孫雨彤（政治及國際關係二年級）
5. 黃梓彤（化學三年級）

只要你是

二/三年級的全  
日制學生

+

完成至少2個通  
識科目並取得良  
好成绩

積極參與  
通識活動

+

熱心服務  
社會

+

提出創新見  
解以推廣通  
識教育

下一個通識教育大使可能是你！

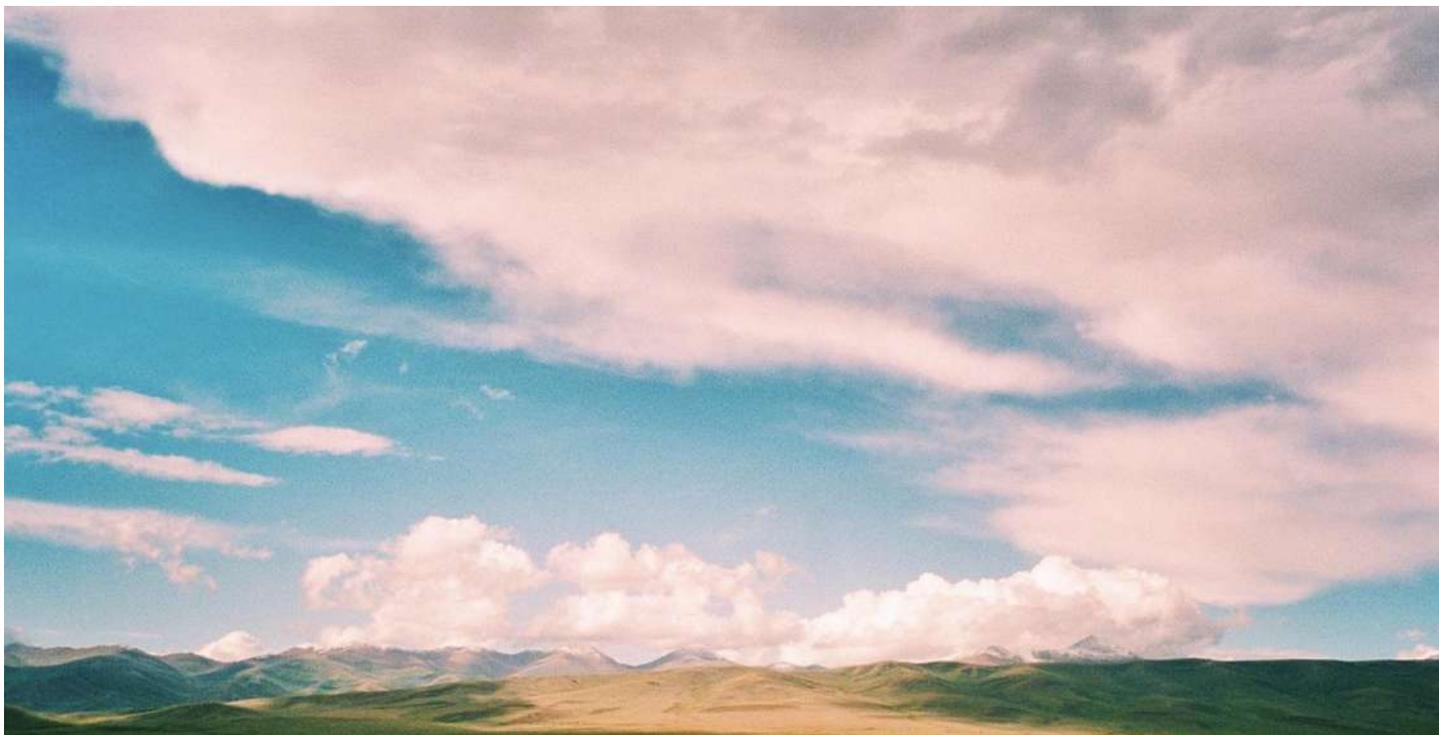
欲知詳情，請瀏覽

<http://ge.hkbu.edu.hk/students/award/>

# 四年青春住了誰？

Youth Lies within the Four Years

Written by:  
梁卓琳 Lareen Leung, 韓佳桐 Sophie Han  
(2018/19 GE Outstanding Students)  
Translated by: 吳明林 Leo Wu  
(2017/18 GE Outstanding Student)



因為不想遺憾，所以捨不得枉過這四年。時間一眨眼便過，擁有多姿多采、不一樣的大學生活對日後的人生必有得著。過去的日子，我們都經歷並體驗了不少，以下是我們曾參與過的活動，盼能為你帶來啟發。當然，看清自己的目標和興趣是很重要的。希望你及早為你的大學生涯作好計劃，好好享受大學的生活。

## 序。

## Prologue.

There should be no regret and waste of time in your four-year university life. Time flies, but a colorful and unique university life will certainly be conducive to your future path. We have experienced quite a lot in the past and perhaps you might find the following activities inspiring. Of course, identifying your goals and interests also matters. We hope that you will have an early plan for your university life and enjoy it to the utmost.

## 1. 走出安舒區！走進各樣交流團！

不論是本地還是外地，短期還是長期，大學裡有各式各樣的交流活動，你需要的只是踏出勇氣的一步，旅程中得到的就是無限可能！作為文科生的我，參與過有關商科的創業團，學習到平日完全沒接觸的商科資訊；我又曾到敦煌參觀莫高窟，走過戈壁沙漠，踏足新疆的那拉提高山大草原。看着很美的風景，連平日難背的歷史文化都變得容易記了。我的學科更設有意大利和瑞士的遊學團，學生可用非常相宜的價錢到歐洲走一圈，安全之餘，最棒的是帶團的教授精通當地文化和歷史，一定比隻身前往、獨看單張或網上資訊有趣吸引得多。我亦曾擔任義教團的學生籌委，籌備整個活動，以策劃者的角度去經歷一遍旅程，當中學到的更加豐富！大學有偌大的空間讓你發揮所長，給予機會了解自己。遇到機會的話要好好抓緊，不妨放膽一試，也許日後回望，你正正會感激當初願意走出第一步的自己！我也即將在下學期到荷蘭交流，準備再來一個不一樣的體驗了！



## 1. Step out of your comfort zone to join various study tours

A wide variety of study tours and exchange programmes, either local or overseas, short-term or long-term, are provided by the University. By taking one step further with courage, you will gain experience far beyond your anticipation. As an Arts student, I engaged in an entrepreneur programme that allowed me to explore the business discipline. I also visited the Mogao Grottoes in Dunhuang, Gobi Desert and Narat Grassland in Xinjiang. The gorgeous landscape helped me understand the complex culture and history there. My Department even arranges study tours to Italy and Switzerland, providing chances for students to travel around Europe at a reasonable price. The professors who are the experts on the local culture and history will be our tour guides. The trip must be safe and fruitful than travelling alone or browsing online. Besides, I was one of the committee members of a voluntary teaching tour. I learnt a lot being the organizer to plan the whole journey. The University provides you with a myriad of opportunities to unleash your potential and understand yourself. Do seize any chance and dare to make new attempts. When you look back, you will be thankful to yourself for taking the initial step. I am now ready and excited for the exchange programme to the Netherlands in the coming semester.





## 2. 同一屋簷下！入hall玩！

大部分的學生除了入住學校宿舍外，人生也沒什麼機會可以在這個年紀離開父母，跟一大群同學住在一起了，宿舍的生活會帶來畢生難忘的回憶。最初大家都非常陌生，但慢慢就熟絡起來，還成為彼此重要的摯友。我親身體會這點，我和室友曾相約煮飯，談通宵，出外玩，大家修讀不同學科但還是會互相幫助，考試時期一起督促對方努力，感情打從心底洋溢出來。大家即使後來沒住宿舍但還是會常常聯絡，我得到的是一群一輩子真心的好朋友。宿舍會安排各式各樣的活動，例如堂際比賽、藝墟、歌唱比賽等，堂友的創意會令你玩得樂透、笑得開懷。我也常笑言長此下去，可能會笑出肌肉來。離開家人到宿舍生活，也是個學習照顧自己和培養自律的好機會，甚至會從宿友身上學到一些意想不到的技能，筆者的廚藝就是被宿友們訓練出來的呢！把握機會住hall，收穫或許會多得令你驚訝。

## 2. Make friends and live in student halls

Most of the students seldom get the chance to live with a group of schoolmates unless living in the halls of residence. The hall life will create unforgettable memories in the way that you will make many good friends at the end. From my personal experience, I cooked, chitchatted and hung out with my roommates. Although we were in different major disciplines, we helped one another and gave warm encouragement during the exam period. We are still keeping in touch and maintaining a good relationship after quitting the hall. A wide range of activities such as hall competitions, arts and crafts fairs, and singing contests were held by the halls of residence. From the activities, the creativity of hall mates brought us lots of laughter. Living in the student halls and staying away from parents is also an opportunity to nurture your independence and self-discipline. You would even learn from your hall mates, just like my cooking skills. Grasp the chance to live in halls. You may gain more than you can imagine.



### 3. 出走！去交流！

想像一下，在漫長的大學四年中，如果有這樣一個機會擺在你面前，讓你逃離熟悉的香港和一成不變的日常生活，到一個陌生的城市生活半年或一年，與世界另一端的年輕人談青春與理想，在異國的街頭體驗另一種人生，那一定是交流體驗！身邊許多好友皆視交流體驗為他們大學四年中最瘋狂、最盡興、最難忘、成長最多的一段時光。語言考試、提交申請、準備面試、辦理簽證，相信這一切辛苦和疲憊都會在你走上異國土地的那一瞬間煙消雲散！如果不想只做匆匆過客，請大膽融入新環境吧！你可以選擇修讀與浸大不同的課程，可以結交一群又酷又有趣的當地朋友，甚至可以利用假期來一趟公路旅行。相信坐在返回香港那班航機上的你，必定是一個全新的你。筆者在經歷漫長的準備之後，也將在下學期前往美國，渡過半年的交流之旅。加州的陽光究竟有多熱情明朗，矽谷的創業家究竟有多敢想多瘋狂，另一片土地上的我會是個怎樣的，真的令人期待。



### 3. Travel abroad to exchange

If you want to have an opportunity to leave Hong Kong and stay in an unfamiliar city for half a year or one, where you can share your visions and dreams with other youngers, you must join the exchange programme. Many of my buddies thought that their exchange experience is the most exhilarating and enjoyable period in their university life with the most self-growth. I believed that you will be rewarded from the exchange although you have to do a lot of preparations such as language tests, visa application and interviews. If you don't want to be a mere sojourner, why don't you join the exchange programme and enjoy different experiences and cultures? You can take different courses at the exchange school, and meet some new and awesome local friends. I believe that a new "You" will be found after the trip. After a long period of preparation, I am happy to share that I will use half a year to go abroad and exchange in the US. I cannot wait to see the sunshine in California, to learn the crazy ideas of the entrepreneurs in Silicon Valley and to meet the different "Me".



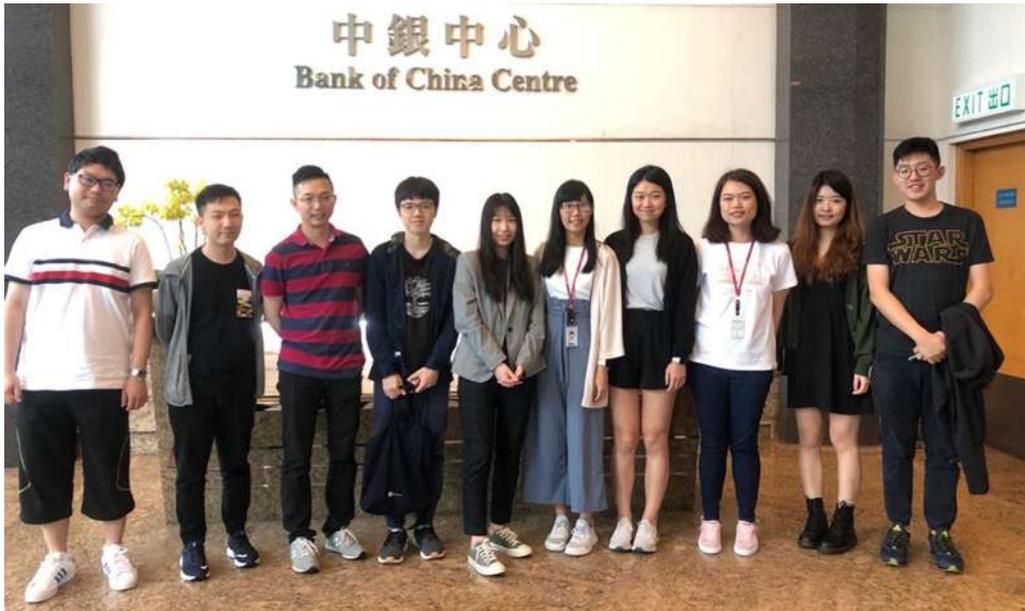
#### 4. Be an innovative entrepreneur

Every one of us may dream of starting a business, but is it merely a castle in the air? The University provides a multitude of relevant programmes to make your dreams come true. The “HKBU Entrepreneurship Bootcamp” conducted by UC Berkeley and the “Cyberport University Partnership Programme” conducted by Hong Kong Cyberport Management Company Limited are held in May each year. They serve as a platform for you to form a group with other interested schoolmates and present your blueprint to investors worldwide. Even if you do not want to be an entrepreneur in the future, this experience will help build your social network, stimulate your creativity and enhance your public speaking and problem solving skills. What’s more, entrepreneurship itself is amazing. In the Entrepreneurship Bootcamp held in May last year, I met a group of expressive, quick-witted and zealous companions who influenced me a lot. I was able to illustrate our ideas in front of numerous professors and investors. It seems that I was much more inspired by the task than doing the group presentations at school.

#### 4. 用創新！玩創業！

正身處於大學時代的我們，誰人心裡沒有一個小小創業家夢呢？把自己的想法一步步變成現實，是否真的是一件不可能完成的事？學校裡諸多與創新創業有關的活動將會為你的小夢想點亮第一盞燈。每年五月，你可以參加由浸大與美國柏克萊加州大學合作的「創業訓練營」，或與香港數碼港管理有限公司合作的「數碼港·大學合作夥伴計劃」，約好志同道合的朋友一起組建團隊，將自己的想法說給來自全世界的投資者聽。也許你就是下一個香港的獨角獸企業的創始人，就在此刻勇敢地邁出了第一步。即使未來的你不選擇成為創業者，這經歷也會助你擴展人脈圈，培養創新意識，提升公眾演講和解決問題的能力。最重要是，創新創業本身，是一件多麼有趣的事！筆者在去年五月的「創業訓練營」首次體驗到創業的酸甜苦辣鹹，也結識了一班敢於表達、有創意、又瘋狂的朋友。不知不覺，自己也被這班人的朝氣和勇敢所影響，站在眾多教授和投資人面前講述自己團隊的想法，似乎比平日的小組彙報多了一份熱情和真誠。





#### 5. 上莊？不止是上莊！

說起大學生活必須做的五件事，作為浸大新鮮人的你最關心的莫過於上莊了吧？浸大蘊藏大大小小千奇百趣的莊，從每個學系設有的學術莊，到以登山、騎單車、魔術、話劇等等為主題的興趣莊，每個人都能在這裡找到自己的熱情所在。你為你的莊付出的同時，上莊亦能教你很多——有效地分配時間、和不同性格的人共事，以及為自己的工作負責到底。當然，最珍貴的便是一起上莊的那份友情！筆者現在身邊的幾個好友，皆是當時一起上莊結識的，一起熬夜，每週見面的情誼，最為動人。

#### 5. Become a committee member and attain more

As a freshman, among the five must-do things at university, are you the most concerned about being a committee member of a student association? The University abounds with a wide variety of student organizations so that everyone can easily discover their passion. While you are contributing to your committee, you also learn a lot in the process, such as good time management, collaborating with people with different personalities, committing yourself to the tasks assigned. On top of all, the most precious thing is the friendship with your committee members. Some of my closest friends were in the same committee with me. We treasure our friendship as we spent a lot of time working together overnight and meeting each other week after week.

#### 6. 找實習的過程也是在尋找自我！

實習，除了可以在簡歷上留下一兩行工作經驗外，更是探尋自己是否真正適合這個行業的最佳時機。那麼，該如何找到高品質且適合你的實習呢？不要錯過每一個招聘郵件和求職網站的訊息，充分利用學校事業策劃中心的資源潤飾簡歷以及模擬面試，主動聯繫主修科教授談談自己的職業規劃。做到這些，相信你的探尋實習之路會輕鬆許多！筆者在中國銀行（香港）有限公司為期半年的實習也即將步入尾聲了，從最初幾周的懵懂緊張，到現在逐漸變得專業和自信，對身處行業的了解可謂近了一步，甚至有些習慣朝九晚六，每日早起的工作模式了。

#### 6. Find yourself through an internship

Apart from highlighting the working experience on your CV, internship is also a golden opportunity to know if you are really interested in this sector. So, how to look for an internship that suits you well? You should stay tuned to the recruitment emails and websites, make good use of the resources from the HKBU Career Centre to refine your CV and attend more mock job interviews, and consult your academic advisors about your career prospect. With all these preparations, it will be much easier for you to find an internship that fits you. My half-year internship at the Bank of China (Hong Kong) will soon end. Through the professional training, I have known more about the bank sector and have got used to the working life.

# 充實人生由通識活動開始

Fruitful life starts from GE activities



迎接新生活－

籐編小物籃工作坊

Preparation for a New Life -

Small Ruffle Rattan Basket Workshop



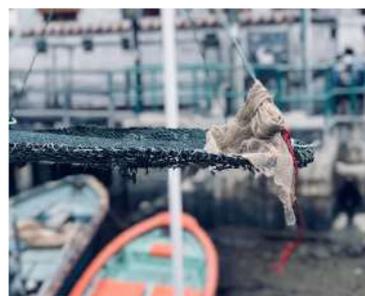
方文歆 Man Man Fong, Yr 1, ARTS

從前囚禁於域多利監獄的囚犯，需要參與各式各樣的改過自新活動及專業工作訓練以迎接將來，例如編織籐籃和為圖書館的書本加上硬書皮。手工編織小物的確很有趣和有成就感，製作時內心平和，加上籐枝的淡香，使人身心放鬆。

In the past, convicts in the Victoria Prison were required to take part in a variety of rehabilitation activities and professional vocational trainings, such as making rattan baskets and adding hardcovers for library books, to prepare themselves for a new life. Making such kinds of handicrafts is very interesting and fulfilling, as it gives the participants a peaceful mind and the mild fragrant smell of rattan makes them relaxed.

## 海豚行－大澳的保育與發展

Finding the Chinese White Dolphins -  
Conservation and Development in Tai O



原佳樂 Jiale Yuan, Yr 2, JOUR

大澳，即使是陰天也很美。

雖然沒有看到白海豚，但是這種特別的漁村風情也很吸引人了。了解到大澳的歷史與發展，希望她在發展旅遊的同時，能盡量保留其原本的自然和質樸。

Tai O was beautiful even under a gloomy sky. Though the white dolphins did not show up, the unique fishing village itself was fascinating enough. After understanding the history and development of Tai O, I hope its naturalness and simplicity could be preserved while developing its tourism.





很多時候，我們都被社會上一些固有的觀念蒙蔽了雙眼，覺得伊斯蘭教徒都是壞人，是

恐怖主義者，認為重慶大廈是個危險的地方。我十分慶幸自己可以參加這個深度遊，讓我對清真寺和重慶大廈這兩個從未去過的地方有更深的認識，對伊斯蘭教及難民的權益有更真實的了解。

## / 尖咀深度遊 / 重慶大廈、清真寺導賞團

The secrets and truth inside chungking

Mansions & Kowloon Mosque and Islamic Centre

Very often, the stereotypes in the society impact our views towards some ethnic groups. For example, we think that most of the Muslims are villains or terrorists, and Chungking Mansions is a dangerous place. I am very glad to have joined this in-depth tour and visited the unexplored zones, Chungking Mansions and Kowloon Mosque. After the tour, I have gained a more comprehensive understanding of Islam and refugee rights.  
萬芷澄 Tsz Ching Man, Yr 1, SOWK



## 「戰區90」 WARZONE 戰爭離你很遠嗎？

參加前，我想像它會用流血、打鬥、恐怖的畫面，用視覺震撼來告訴我什麼是戰爭。但體驗後，我沒有看到血腥的畫面，只有心靈上的震撼。戰區將我們模擬成一班去探訪戰後難民的義工隊，過程中我們遇到敵軍的恐嚇、當地軍隊的保護、逃亡、被拘留等等。有賴戰區義工的賣力演出，每個場面都非常逼真，讓我們很容易代入其中。除了緊張、害怕、擔心等負面的情緒，我還感受到人間的溫暖。在我們無助的時候政府軍的保護，在落難的時候同伴們願意犧牲的精神，這點基本上是整個活動的精華。我反思人活著的意義，問自己究竟有什麼價值和原則值得我用生命去維護，我還未曾從這個角度思考人生。也許，當你意識到那些比生命更重要的價值和原則，以後的生活才会有靈魂地活著。我亦意識到自己對世界的認識還是很片面，所以我希望能更深入了解國際關係這個議題。

Before the activity, I imagined it would use bloody, violent, terrible scenes to create visual impacts of war. After that, I only felt a great shock psychologically. During the activity, we played the role as volunteer team members and visited the post-war refugees. We encountered different situations in wars, such as the intimidation from our enemy, the protection from a government troop, escape and detention. With the great acting skill of the staff, each scene looked so real to us and we felt like we were in a real war.



Besides feeling scared and worried, I also felt the warmth of human kindness. The government troop protected us when we were hopeless, and our companions scarified themselves in jeopardy. I reflected on the meaning of life from a new perspective and asked myself what values and principles I should uphold with my life. Perhaps, only after you realize what values and principles are more important than your life, you will live in a meaningful way. From the activity, I found that my understanding of this world is still very limited. I hope to study more about international relations in the future.

黃梓彤 Queenie Wong, Yr 3, CHEM



# 我坐上了開往通識的快車

## A Journey with General Education

通識教育是四年大學生涯中不可或缺的一部分，但這是否意味著在你畢業後，通識教育的旅程便完結呢？

五位前通識教育學生大使將於下文分享他們在浸大讀通識的經歷。

通識教育有何特色？他們在通識科目及相關活動有什麼得著？

通識教育能在他們的職業和進修之路能夠助一臂之力嗎？何不先睹為快！

General Education (GE) is an important part in your four-year university life.

But does it mean that you will no longer be connected with GE after graduation?

In the following articles, five former GE Ambassadors will share their experiences in studying GE at HKBU! What were the highlights of GE? What did they gain from GE courses and GE related activities? Was GE helpful in the paths of their career and further study?

Let's check them out now!

王美玲 Meiling Wong  
2013-2017 Geography

自畢業後，我一直從事本地文化導賞團的工作。除了嚮導的職務，日常工作亦包括傳訊、市場推廣、公共關係、財務、設計以及項目管理等，遠遠超過我在浸大地理主修科所涉獵的範圍。出乎意料的是，我在通識教育課程學到的技能正好在此時發揮用處。浸大的通識教育課程增進了我在不同範疇的知識和能力，尤其是創意思維和人脈拓展方面。

對專業導賞員而言，「口才」固然是不可或缺，但更重要是個人的準備工夫、視野、解難能力，以及對工作和生活的態度。我接觸過的團員來自世界各地及社會各界，最大的挑戰莫過於時刻保持自信，而「公開演說」和「推銷自己」兩個通識科目則教曉我當中的「必殺技」——「成功之前，先裝一下」。擁有全面的知識和經驗絕對有助於應對各式各樣的客人，但遇到自己不熟悉的領域，亦無可厚非，應視為是增值自己的機會。

即使在辦公室內，我也需要處理不同範疇的工作，例如應對日常查詢和預約、安排商業會議與潛在客戶接洽、撰寫計劃書、分配人手完成項目、處理會計事宜，甚至設計社交媒體的圖像和帖文。只靠一門主修，確實難以勝任種種職務。我因此明白學習不同領域的知識，的確十分有利於職業發展。如果我是你，就會趁在學時選修更多有關資訊科技的通識科目，例如Excel和Photoshop，相關技能在職場上必定大派用場！



最後，希望你能修讀感興趣的通識課程，或大膽一點，嘗試一些從未接觸過的科目。我曾修讀有關法律的通識科目，想不到在工作中我真的有機會向學生講解與法律相關的導賞團。我從通識教育獲得的知識和技能已鑄刻於腦海，終生受用。請你也抓緊每個成長的機會吧！

I have been working for a local cultural tour enterprise since graduation. Apart from being a local tour guide, my daily tasks also involve communication, marketing, public relations, finance, design, project management, etc., which are far more than what I learnt in my major in Geography. The skills I acquired in GE courses at university help me a lot in my job. The GE Programme opened me up to new ideas and enlarged my network.

Being a professional tour guide is not only about “how eloquent you are”, but it is also important to have good preparation, horizons and problem-solving ability, as well as the attitude towards work and life. I have met people from all walks of life on the tours and the technique of communicating with them is that you always have to present yourself confidently - yes, I am talking about the consummate skill “fake it till you make it”. This is something I learnt from the GE courses “Public Speaking” and “Marketing Yourself”. When it comes to something that I am not familiar with, it is time for a lesson to learn from the others.



When I am doing office work, I have to handle different kinds of tasks, which are always out of the scope of a single major of study. Therefore, I have realized that having chances to learn different disciplines can indeed benefit my career enormously. If I were you, I would take as many IT-related GE courses like Excel and Photoshop as I could, which would be greatly useful in the workplace. Believe it or not!

All in all, you should take courses that you are interested in or try something you do not know at all. I took a GE law course at that time and I did not expect that one day I would lead a law-related tour! The knowledge and skills I have learnt from GE will be useful for a life time. Hence, don't miss any opportunities that can let you grow!

我現時於香港大學修讀博士課程，回望過去，通識教育課程確實對我的個人發展影響深遠。在我看來，學習通識科目猶如透過放大鏡探索世界，總能在自己的主修科以外有意料不到的收穫。例如，有關公開演說的通識科目使我的溝通技巧更上一層樓，亦令我更純熟自信地發表演說。該特質在今天的社會至關重要。當我需要為學習做匯報時，這些技巧往往大派用場。

再者，通識教育課程加強了我的創新能力與批判思考，在研究中有助發揮洞悉力，啟發創意，相信不少機構亦樂見應徵者具備上述特質。簡而言之，通識課程不但拓闊我的視野，更充分把我裝備成具競爭力的畢業生。課程所傳授的技能使我獲益良多，培養我成為社會上的通才領袖。我相信，大學是我們釋放潛能的地方，通識教育課程則是給我們發掘機會、培養興趣和鞏固優勢的平台。

I am currently a PhD student at the University of Hong Kong. Looking back, GE courses did have great impacts on my personal development. To me, taking GE courses was like looking at the world through a magnifying glass. You could always explore something you barely gained from your major. For instance, I had my communication skills sharpened after taking "Public Speaking". This course trained me to become a confident and presentable speaker, which is apparently vital in today's society. Moreover, the GE courses strengthened my creativity and critical thinking. These qualities are useful for conducting research as they breed novel insights and inspirations. I am deeply sure that most of the companies are also eagerly looking for candidates with these attributes. To put it short, GE courses not only enriched my visions, but also helped me to become a competitive and well-equipped graduate. I believe the university is a place for us to unleash our potential. Meanwhile, the GE Programme serves as a platform for us to discover our possibilities, foster our interests and consolidate our strengths.

文志恆 Rico Man  
2012-2016 Chemistry



2016年，我以新學制「334」第一屆畢業生身分告別校園。輾轉間，我又回到浸大。雖然校園四周的環境沒有太大的改變，然而，我的角色及責任卻十分不同，我由一個學生變成大學的職員。在兩年多的工作裡，自己由策劃和舉辦員工活動，到處理學系內的行政事務，都不時回想起昔日在浸大的美好日子——除了上課的快樂時光，還有學到的種種知識，令我至今受用不盡。例如在繁忙的工作中，提醒我時刻活用在通識教育科目「中醫養生與食療導論」學到的一些傳統智慧，維持健康的「小方法，大道理」，懂得在身體不適如胃痛、頭痛、鼻塞時如何「自救」。

除了擁有健康知識外，增進資訊科技知識及掌握良好及有效的溝通技巧，是我在工作中必不可少的「求生技能」。幸好，通識教育幫助我接觸資訊科技領域，並提供訓練，令我對辦公室實務有更深入的認識。無論以往從事政府行政實習工作，還是現今，這些技能都大派用場。

希望各位同學在大學生涯中，都能找到有興趣、喜愛和畢生受用的通識教育科目。

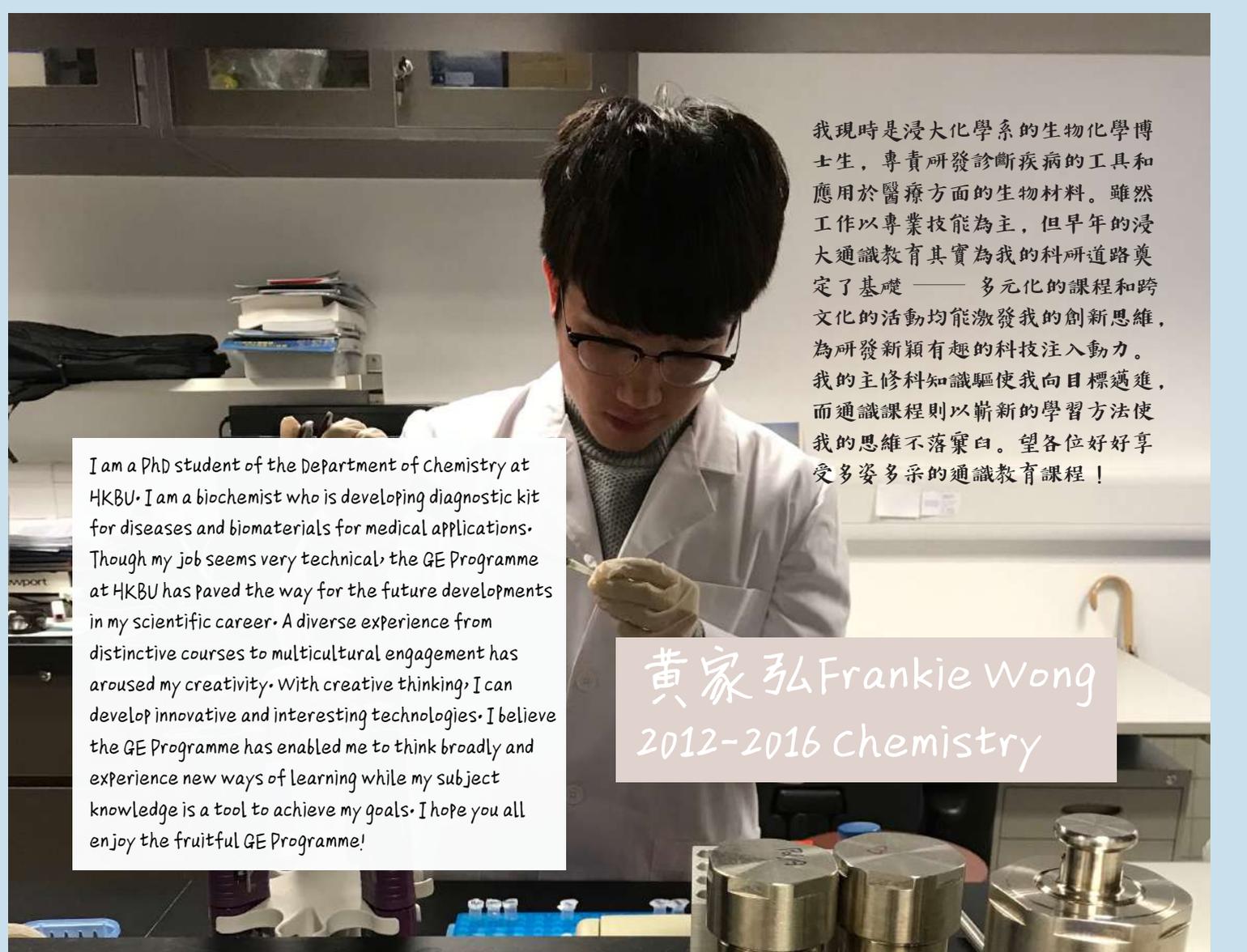
As one of the first batch of graduates under the 3-3-4 Scheme in 2016, I have been back to HKBU from a student to a staff member of the school. In the two-year work, my duties range from organizing staff activities to handling the administrative tasks of the academic department. I always miss the good time at school. I also benefit a lot from the enjoyable lectures and practical knowledge. For example, I learnt the traditional medical wisdom in the GE course "Health maintenance and food therapy in Chinese Medicine". In my busy work, I keep reminding myself of the simple ways to stay healthy and I know how to take care of myself when I have stomach ache, headache or nasal congestion.



洪志偉 Edmund Hung  
2012-2016 Humanities

GE Programme also provided me with relevant training in the IT discipline, and equipped me with the practical skills in office daily operation. The skills are definitely useful for my past government internship placement and for my current job.

I hope that all of you can find the GE courses interesting and beneficial.



我現時是浸大化學系的生物化學博士生，專責研發診斷疾病的工具和應用於醫療方面的生物材料。雖然工作以專業技能為主，但早年的浸大通識教育其實為我的科研道路奠定了基礎——多元化的課程和跨文化的活動均能激發我的創新思維，為研發新穎有趣的科技注入動力。我的主修科知識驅使我向目標邁進，而通識課程則以嶄新的學習方法使我的思維不落窠臼。望各位好好享受多姿多采的通識教育課程！

I am a PhD student of the Department of Chemistry at HKBU. I am a biochemist who is developing diagnostic kit for diseases and biomaterials for medical applications. Though my job seems very technical, the GE Programme at HKBU has paved the way for the future developments in my scientific career. A diverse experience from distinctive courses to multicultural engagement has aroused my creativity. With creative thinking, I can develop innovative and interesting technologies. I believe the GE Programme has enabled me to think broadly and experience new ways of learning while my subject knowledge is a tool to achieve my goals. I hope you all enjoy the fruitful GE Programme!

黃家弘 Frankie Wong  
2012-2016 Chemistry



楊葉紅 Yolanda Yeung  
2012-2016 Applied Biology

2016年畢業後，我繼續於浸大修讀研究生課程，主力研究本港的珊瑚群落。作為前通識教育學生大使，我認為通識教育課程涵蓋範圍甚廣，讓我有機會接觸不同領域，例如人文與社會科學。跨學科課程不但有趣，更豐盛了我的大學生活，亦提供寶貴機會，讓我學習到主修科以外的知識，使思維更趨全面。

After my graduation in 2016, I continued my MPhil study at HKBU which mainly focuses on the research of Hong Kong coral communities. As a former GE Ambassador, I found that GE courses were highly diversified which exposed me to different study areas ranging from arts to social sciences. They were interesting and had enriched my university life. It was a precious opportunity to get to know various fields beyond the major as it could help develop a more comprehensive mindset in thinking.

## GE Trivia 通識冷知識

### 「國家級非物質文化遺產」Intangible Cultural Heritage

涼茶是嶺南地區(包括香港、澳門及廣東省)人民因應天氣炎熱、多雨地濕的氣候，以中醫養生理論為指導，中草藥為原料，創造出有本土特色的民間飲料。

Herbal Tea (“leung-cha”, or “cooling tea”) is a kind of local drink which is popularly found in the South China region (including Hong Kong, Macau and Guangdong Province) and made according to the traditional Chinese medicine theories. It helps prevent the heat and damp symptom-complex under a hot and humid climate.

Period	社會環境變遷 Change of social environment	涼茶舖發展 Leung-Cha shop development
~1950s	較少西醫，且診金昂貴 There were very few western medicine doctors and most asked for expensive consultation fee.	涼茶舖被視為「醫館」 Leung-Cha shop was regarded as a clinic.
1960s-1970s	流行音樂掘起 Pop music became a trend.	播放流行音樂，吸引年輕人光顧 Pop music was played to attract young people to Leung-Cha shops.
Present	租金昂貴 Rent is expensive.	兼售各式的熟食和甜品，以迎合不同類型顧客的需要 Except Leung-Cha, the modern Leung-Cha shops also provide snacks or desserts to meet different customers' needs.



1870年代殖民時代的<政府憲報>提及當時的法例規定，「豬仔船」(載華人到海外工作的船)一定要載有中草藥，以便煮製涼茶供乘客飲用。

In the 1870s, it is stated in the colonial Government Gazette that the ships carrying the Chinese to work overseas should provide traditional Chinese medicine herbs for the passengers to make leung-cha during the long journey.

注意！

任何茶都不宜隔夜飲用，即使放於紫砂茶壺中也不宜！

可使用玻璃壺、瓷碗、茶杯及帶蓋泥陶壺作涼茶容器。泥陶壺不傷料、裝茶不洩及降溫最快！

涼茶都是藥！涼茶都是藥！涼茶都是藥！重要的事要說三次！要注意個人體質飲用，不能濫服，更不能作為保健藥來長期服用。即使是健壯人士，若過度飲用涼茶，輕者脾胃不適，重者會誘發胃腸道疾病！

CAUTION!

Leung-cha should not be kept overnight, not even in a Yixing clay teapot.

Glass teapots, porcelain bowls, tea cups or clay teapots with lids can be used to contain leung-cha. Indeed, a clay teapot is the best container because it does not release toxic chemicals or odour into the tea and it demonstrates efficient cooling effect.

Please note that leung-cha is a kind of MEDICINE. Therefore, everyone should consider their own health conditions before drinking leung-cha. Do not drink too much or treat it as dietary supplement. Even a healthy person may have stomach ache or even digestive disorder if overdrinking leung-cha.

Written & translated by: 陳康琦 Rachel Chan (2018/19 GE Outstanding Student)

## GE Zone General Education Student Post

endeavors to share knowledge and interesting trivia in the university environment and daily life, as well as to keep readers informed of GE news and activities at HKBU.

## GE Zone 通識教育學生報

GE Zone 帶你鬆一鬆！GE Zone 通識教育學生報致力與讀者分享大學以至日常生活中的新知趣事，並報導浸大通識教育的最新動態。

### Editorial Board

CHAN Hong Kei, Rachel  
HAN Jiatong, Sophie  
LEUNG Cheuk Lam, Lareen  
SUN Yutong  
WONG Tsz Tung, Queenie  
GE Office

### 編輯委員會

陳康琦  
韓佳桐  
梁卓琳  
孫雨彤  
黃梓彤  
通識教育處

### Layout Design 排版設計

CHAN Hong Kei, Rachel 陳康琦  
LEUNG Cheuk Lam, Lareen 梁卓琳

### Cover Illustration 封面插圖

CHAN Hong Kei, Rachel 陳康琦

Published in 2019年8月

August 2019 出版

Online Version 網上版本



香港浸會大學  
HONG KONG BAPTIST UNIVERSITY



通識教育處  
General Education Office

