

中大職人誌

CUHKERS AND
THEIR CAREERS



封面設計概念

花語，按照花卉的外型和習性，賦予其人性化的象徵意義。同樣，香港中文大學提供以學生為本的全人教育，培養學生成為出色的領袖人才。飛燕草寓意關愛別人，好像中大人保持與社區和社會的**連繫**；翠菊寓意默默守護，猶如中大人以知識和仁愛與社會並肩同行；勿忘草寓意真摯的友情，如同中大**夥伴**在畢業路上互相勉勵；雞蛋花寓意希望和復活，恰似中大人勇於面對挑戰，不斷**重塑**和自我提升；桔梗花寓意不變的初心，宛如中大人畢業後仍保持**初心**，堅持自己的夢想。

山城把我們中大人連繫起來，彼此成為同行的夥伴，迷茫時我們仍能重塑自己，保持初心。

Rationale for Cover Design

Floriography, as known as language of flowers, attributes flowers humanistic values according to their appearance and habit. Similarly, the Chinese University of Hong Kong (CUHK) nurtures students with both specialized knowledge and wisdom for life through whole-person education. Delphinium symbolizes caring for others, which is akin to CUHKers who keep the **connection** with the neighbourhood and society; Chrysanthemum symbolizes protection, like CUHKers serve the community with their knowledge and compassion to act as a close **companion** with society; Forget-me-not symbolizes sincere **friendship**, it is friendship that builds CUHKers up; Frangipani symbolizes hope and revival, which is comparable to CUHKers triumphing over adversity to achieve self-**reinvention**; Platycodon symbolizes staying true, CUHKers **staying true** to their dreams after graduation.

“Mountain city” connects CUHKers and become each other's companions. We reinvent ourselves when confused and continue staying true.

中大職人誌

CUHKERS AND
THEIR CAREERS



中大

CUHK



香港中文大學(中大)成立於1963年，為綜合研究型大學，以「結合傳統與現代，融會中國與西方」為使命，以培育既具專精知識又有處世智慧的人才為宗旨。每年有約四千名本科生畢業。

Founded in 1963, the Chinese University of Hong Kong (CUHK) is a comprehensive research university with a global vision and a mission to combine tradition with modernity, and to bring together China and the West. CUHK aims to nurture students with both specialized knowledge and wisdom for life. The University produces around 4,000 graduates from its undergraduate programmes every year.

[中大排名] CUHK Rankings

亞洲
第
11
th
in Asia
位

全球
第
39
th
in the World
位

QS 世界大學排名
QS World University Rankings
2022

[2022 QS 世界大學學科排名 QS World University Rankings by Subjects 2022]

第**13**th位
傳播及媒體研究
Communication and Media Studies

第**26**th位
計算機科學及信息系統學
Computer Science & Information Systems

第**16**th位
護理學
Nursing

第**29**th位
醫學
Medicine

第**17**th位
地理學
Geography

第**30**th位
現代語言學
Modern Languages

亞洲
第
7
th
in Asia
位

全球
第
49
th
in the World
位

泰晤士高等教育世界大學排名
Times Higher Education Rankings
2022

全港
第
1
st
in Hong Kong
位

路透社亞太區最具創新力大學排名
Reuters Asia Pacific's Most Innovative Universities
2016-2019

[中大課程] CUHK Programme

80
本科課程
Undergraduate Programmes

214
高級學位課程
Higher Degree Programmes

9

深造文憑課程
Postgraduate Diploma Programmes

[中大書院] CUHK Colleges



崇基學院
Chung Chi College
1951



新亞書院
New Asia College
1949



聯合書院
United College
1956



逸夫書院
Shaw College
1986



善衡書院
S.H. Ho College
2006



晨興書院
Morningside College
2006



敬文書院
CW Chu College
2007

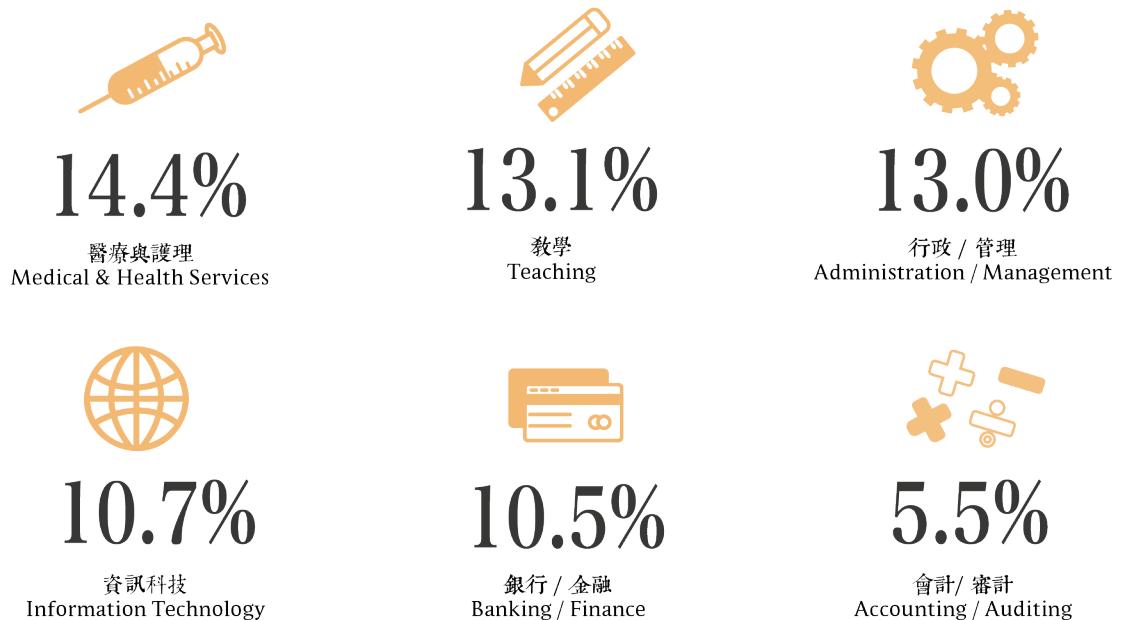


伍宜孫書院
Wu Yee Sun College
2007



和聲書院
Lee Woo Sing College
2007

[2020年中大本科畢業生主要從事的職業類別
Major Career Fields of 2020 First Degree Graduates]



來源：2020年畢業生就業調查，資料截至2020年12月31日
Source: Graduate Employment Survey 2020, data as of 31 December 2020

[2020年中大本科生畢業就業情況
Employment Situation of 2020 First Degree Graduates]



前言

復日，年復年，我們的身邊有着許多變與不變：探求改變原是為了進步，延續不變亦是為着繼續做好。山城之下學子苦苦讀遍每個學期每一課，坐在身傍同窗的面孔雖然不同，修業學習的心卻始終未變；走在校園各處，即使彼此各有目的地，逐夢尋夢的心卻依舊熾盛；哪怕是離開校園以後，在某天重遊中大思索前塵，見證變遷，留下不變的想必仍是紮根每個中大人心坎裏頭，始終如一的處世特質。

本刊透過記錄香港著名導演，校友黃修平與陳心遙走訪多位中大校友，與他們一起分享成長故事，共同道出幾種能夠代表中大的特質，其中包括建築師梅詩華的「連繫」、實習醫生梁雅媛的「同行」、健康食品店創辦人陳珊瑚的「夥伴」、金繼師王森的「重塑」、黃修平和陳心遙的「初心」。翻開《中大職人誌》，您便能夠細讀每個來自不同年代而且截然不同的中大故事；每個熱愛追尋理想，而且擇善固執的中大靈魂。

在構思本刊的時候，我們希望具體地把「中大人特質」塑造於讀者眼前，因此特地邀請了另外五位仍然就學或剛畢業於中大的校友訪問，當中包括住職於教育局特殊教育分部的陳永昌、「同行鳥」創辦人陳尚懿、大律師黃纓淇、殘奧硬地滾球銀牌得主黃君恆、以及「裂縫中的陽光」網誌作者朱啟晉。透過細說他們堅毅力行、成就所想的經歷，除了希望使讀者得以從中比較不同中大故事、不同定義的特質，更是希望記錄好每個中大人在日月如梭下的變與不變。

如果您是香港中文大學的一份子，我們歡迎您在閱讀《中大職人誌》的時候不妨回想一下藏在閣下心裏的中大特質；倘若閣下現在甫開始認識中大，我們誠意邀請您在閱畢本刊之後親臨山城，親身感受香港中文大學。

FOREWORD

As time passes by, both consistencies and inconsistencies arise. We change to improve, and persist to keep up the excellence. Studying in CUHK, while the person next to us comes and goes in every lecture and every semester, what stays the same is our determination to learn. Regardless of where we came from or where we are heading toward, the one thing we share is the way we always stay true to our own purposes. One day, we may return to a campus that seems all different as years have passed, yet the qualities that have been cultivated in us during our days in this “mountain city” will stay rooted despite the changes.

Following the footsteps of Adam Wong and Saville Chan, alumni and renowned filmmakers, this publication documents stories from various CUHK alumni, and highlights qualities that are embodied by CUHKers. This includes **Connection** (Architect Sarah Mui), **Companionship** (Houseman Rachel Leung), **Friendship** (Entrepreneur Ashley Chan), **Reinvention** (Kintsugi Master Enders Wong), and **Staying True** (Directors Adam Wong and Saville Chan). In ***CUHKers and Their Careers***, you will find distinctive stories from different generations, all of which encapsulate the daring yet noble CUHK spirit.

When we design this publication, we hope to further bring the “CUHKer quality” to life, which is why we invited five other interviewees who are still in school or have recently graduated. They are Win Chan, recent graduate who is now working in the Special Education Division of the Education Bureau; Michael Chan, Founder of Companion HK; Ying Kei Wong, Barrister; Max Wong, Paralympian and Silver Medalist in Boccia; as well as Casey Chu, Blogger at ***Before Sunrise***. We hope, through these stories of perseverance and achieving one’s dream, our readers can see how various CUHK qualities both accommodate and withstand the test of time.

If you are a member of the CUHK family, we invite you to recall the CUHK qualities in you as you flip through ***CUHKers and Their Careers***. Whereas if it is your first time learning about CUHK, we sincerely encourage you to come visit us in the “mountain city” afterward, and create your very own CUHK experience.

A photograph of two people at a table. On the left, a woman with dark hair tied back, wearing a denim jacket over a white t-shirt, looks towards the right. She is holding an open book or notebook. On the right, a man with glasses and a beard, wearing a light-colored button-down shirt, is gesturing with his hands as if speaking. In front of them is a long, thin, light-colored wooden board with handwritten text in Chinese. The background shows a classroom or workshop setting with various educational materials and posters.

We hope to
combine these
elements to achieve
connection in the
local community.

連繫 Connection

梅詩華 Sarah Mui

陳永昌 Win Chan

我們希望集合這些社區元素，做到社區連結。





梅詩華 Sarah Mui

一口設計工作室共同創辦人
Co-founder of One Bite Design

2006 新亞 | 建築
New Asia College | Architecture



連繫 Connection

(名詞) 建構人和人之間的關係，保持社群中的連結。

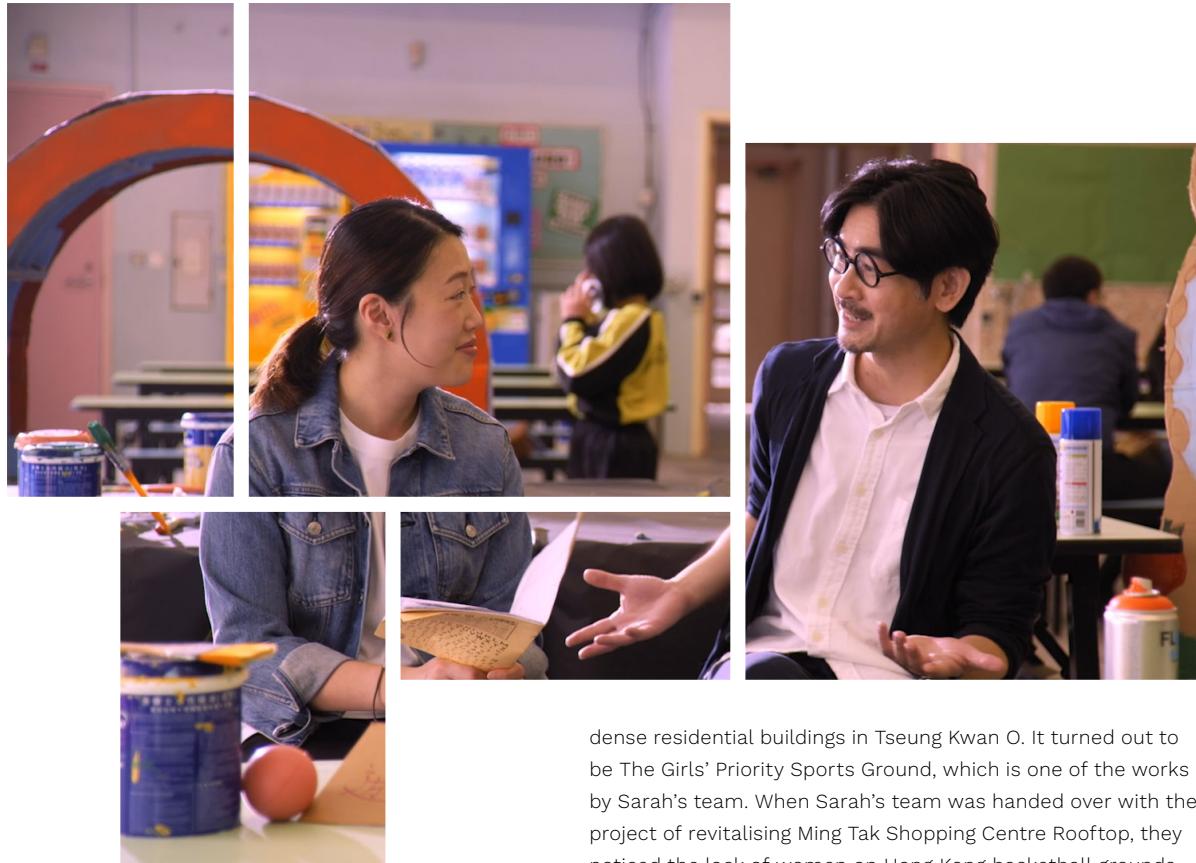
(n.) Maintaining the connection with communities and illustrating the special bond in communities.

都市人日夜於石屎森林穿梭，辦公大樓的玻璃外牆總是折射出冰冷，要為這片土地注入溫暖，看來是梅詩華作為建築師的使命。走在灰沉的社區中，她感受著車塵起伏間的溫度，人來人往之間，也存在一種無形的連繫，作為一口設計工作室共同創辦人的她，不斷發掘這個城市可以改造的空間，重新髹上色彩，凝聚街坊的能量，將社群中的連結呈現我們眼前。

建築師不僅是依循自己的規劃來興建美輪美奐的高樓大廈，畢業於中大建築學院的梅詩華更重視用家的意願和感受，相信建築師與大眾的關係是相輔相成的。「香港的空間很小，但不代表我們沒有社區……球場可以是一個凝聚街坊的地方，我們希望集合這些社區元素，做到社區連結。」走在將軍澳密密麻麻的住宅高樓之中，一個色彩繽紛的籃球場格外亮眼，原來就是梅詩華團隊的作品——「女性友善」多用途運動場。梅詩華團隊接下明德商場上蓋活化項目的

Travels across packed buildings are simply the basics of an urban life in Hong Kong's concrete jungle, yet they may feel rather bleak at times. Infusing warmth into this icy piece of land has then become the mission of architect Sarah Mui, the Co-founder of One Bite Design Studio. As she wandered in the dreary streets, feeling the heat that emerged from clouds of dust, she observed the wondrous bond shared among passers-by – it is as if they are all connected by an invisible string. This discovery has fascinated Sarah ever since, encouraging her to search for spaces that can be made over; she does all this with one crucial goal in mind – to illustrate that special bond in communities through architecture.

Architects do not just build aesthetically pleasing skyscrapers according to their own vision. Meanwhile, Sarah Mui, an Architecture graduate at the Chinese University of Hong Kong, stresses the wishes and feelings of users, believing that the relationship between the architect and the public goes both ways. "Hong Kong may have very little space, but that does not mean we do not have communities... Considering the way a ball court can serve to gather the neighbourhood, we hope to combine these elements to achieve connection in the local community," Sarah noted. A colourful basketball court soon caught one's attention as one travelled between the tall and



時候，他們察覺到香港的籃球場難以找到女性的蹤影，希望能透過這個籃球場鼓勵女性參與運動。素來她都喜歡邀請街坊一同參與改造工程，這次改造工程除了參考女性運動員的意見外，梅詩華團隊更邀請了一班年青人一起做木工。這個運動場為附近的環境增添了一份人情味，街坊樂也融融，綻放城市的活力。

回想第一個接觸社區的項目，正是母校的「Cafe330」。當年梅詩華初出茅廬，回到中大翻新一間讓復康人士工作的咖啡店，留意到咖啡店內的環境總是冷冰冰的，與它強調共融的工作氣氛格格不入。梅詩華將這空間改頭換面，以木工為主的設計令咖啡店更為溫暖，同時重新設計它的佈局，讓員工有更寬敞的工作空間。當初梅詩華也沒有想到，這個小作品鼓舞了日後的自己：「有一天在辦公室工作到很晚，那段時間感到很大壓力。恰巧，電視播放的節目正在訪問這間咖啡店工作的朋友，他說這個空間很舒適，令他很喜歡上班。他的說話

dense residential buildings in Tseung Kwan O. It turned out to be The Girls' Priority Sports Ground, which is one of the works by Sarah's team. When Sarah's team was handed over with the project of revitalising Ming Tak Shopping Centre Rooftop, they noticed the lack of women on Hong Kong basketball grounds. This observation inspired them to take this revitalization project as an opportunity to encourage female participation in sports. Besides, just like the way Sarah has always involved the community in her various transformation projects, she also executed The Girls' Priority Sports Ground with the help of female athletes' opinions. But that is not all - Sarah's team even invited a group of young people to do the woodwork collaboratively. Altogether, this sports ground has not only brought to the neighbourhood a sense of human touch and harmony, but also unleashed the liveliness of the city.

In retrospect, Sarah's first community project would be "Cafe330" of her alma mater. It was when she had newly fledged as an architect. As Sarah talked about that time she returned to CUHK with plans to renovate a coffee shop that offers job opportunities for people in recovery, she recalled the stone-cold environment of the coffee shop, and the way it was out of tune with the harmonious working atmosphere which the shop has emphasised. Sarah therefore transformed the area completely - she adopted wood as the main design material to create a warmer tone in the coffee shop; she also rearranged the layout of the store, so that the employees can work in a more spacious area. Sarah had never imagined how big of an encouragement this project would be to her years later. "One day when I worked till late at night in my office, I was very stressed. Just that moment, I saw on TV

「建築到最後就是幫每個人提供蔭蔽，這個道理非常啟發我的工作。」



"In the end, architecture is to provide shelter for everyone. This idea greatly inspires my work."

令我十分欣慰，我真的做到自己想要達成的事情。」不需要華美的外觀，原來以人為本的初心、用家純粹而簡單的感受，便是梅詩華工作的動力。

「建築就是為每個人提供蔭蔽」，在中大修讀建築的日子裏，梅詩華已被這道理深深地影響著。建築就是要建構人和人之間的關係，如何保持與社區的連結，正是梅詩華深信作為建築師應有的責任。

an interview with one of the staff members from this coffee shop. He said that the comfortable environment here has made him enjoy going to work. I was so grateful for his words, as I felt like I had really achieved my goal." After all, what motivates Sarah in her work is never glamour, but her determination to stay people-oriented, as well as the simple yet genuine feedback from users.

"Architecture is to provide shelter for everyone" is the key idea that has been influencing Sarah's works ever since the days she spent studying Architecture at CUHK. To Sarah, being an architect means constructing relationships between individuals. As such, maintaining the connection with communities through architecture is what Sarah has strongly believed to be the responsibility of an architect.





陳永昌 Win Chan

教育局特殊教育分部行政主任（合約制）

Executive Officer (Contract) for the Special Education Division of
the Education Bureau

2021 崇基 | 食品及營養科學
Chung Chi College | Food and Nutritional Science



每個貢獻社會的人都是透過自身的識見與經歷，連繫到眼前景象，再想出一道道造福大眾的妙計良方。梅詩華藉着專業致力為人建構蔭蔽，連繫眾人生活，志在維繫社群的連結；陳永昌透過個人經歷，同樣連繫到社會的需要，目的就是為別人締造更美好的生活。

陳永昌的左眼的有先天性白內障，雙耳亦有嚴重至深度程度的聽力障礙，他提到有時候未必追得上講師的語速，或會錯失重點，不過所屬的中大理學院會在部份課程中，為他招募班上的同學擔任筆錄員，他笑指「仔細到無法更仔細」的筆記對學業有很大的幫助。正因為自己比別人都切身明白，怎樣的支援對有特殊教育需要的學生才算到位，陳永昌把這些經歷帶到教育局特殊教育支援組的工作上。陳永昌認為，為教師提供專業發

A contribution to society is made when one connects his experience and imagination to his daily observations. Like Sarah Mui, who contributes her professional expertise in architecture to connecting individuals and communities, Win Chan also strives to create better lives for others by integrating his personal experience to society's needs.

Growing up with congenital cataract in his left eye, as well as severe to profound hearing loss in both ears, it has always been a struggle for Win to catch up with the lecturer's speed in class. Considering Win's needs, his Faculty - the Faculty of Science - therefore recruited peer note-takers from his fellow classmates to help him with keeping track of key points. Looking at the densely-packed notes, while joking that the notes are so comprehensive that not one minute detail was missing, Win was thankful that his peers have been of great help to his studies.

「來自不同背景、不同年代，大家在中大與崇基徽下連繫起來。」

“When all became one beneath the Chung Chi College emblem, the strong connection established regardless of one's background.”

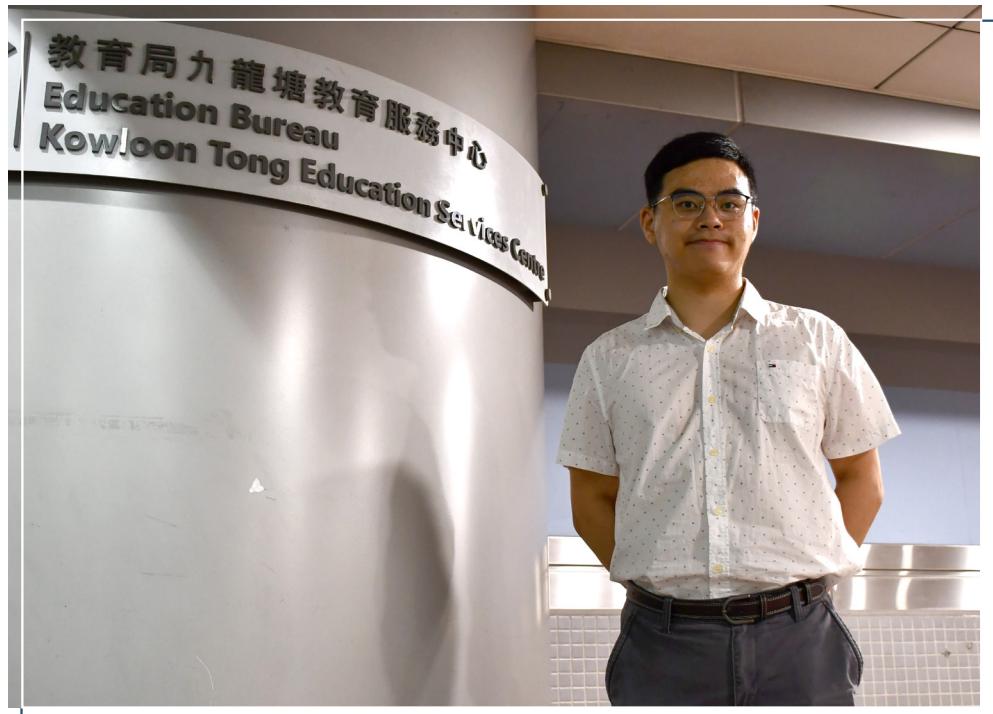
展的課程與訓練，使他們有效幫助有特殊教育需要的學生，是推動融合教育的重要一環。在編排課程內容時，他發現值得留意的是如何令教師有能力成為協調的角色，在支援學生的同時亦要顧及家長和照顧者的需要，以及加強物理治療師和職業治療師等專業人士之間的協作。

要成為政策的制定者，具備敏銳的觸覺和過人的洞察力以發掘社區需要，都是必不可少的。陳永昌曾經在一所社企實習，期間他和同事發現，不少單親母親礙於工作，跟子女的相處時間非常有限，因缺乏溝通而影響雙方和睦共處，而葵涌區是香港的單親家庭主要集中居住地之一，剛巧區內有個工廠大廈的單位以玻璃「一分為二」，便安排一眾母親及其子女在兩旁各自活動，卻又看到彼

His direct experience with special educational needs (SEN) also makes him the perfect member of the Education Bureau's Special Education Support Section, as he understands exactly what support students with SEN need the most. He suggested that among all means to promote integrated education, professional training for teachers is vital to equip them with effective resources to support students with SEN. When designing the curricula, he also noticed the essential role of teachers as a coordinator - it is because on top of being a support for students, a teacher should also consider the needs of their parents and caregivers, as well as improving the coordination between professionals such as physiotherapists and occupational therapists.

To become a capable policymaker, keen observation and percipience of society's needs are one's indispensable assets. Win once interned in a social enterprise, during which he and his colleagues realised that it is a common problem among single mothers to have strained relationships with their children as their work prevented them from spending time together. This problem is especially prevalent in Kwai Chung, one of the districts with the most single parents. One day, Win and his peers learnt that in a particular industrial building around the neighbourhood, each unit is divided into two with sheer glass. This prompted them to transform the area into a place for reconciliation - while mothers and children can complete their work in





此，以加深彼此的了解。參與過各項實習，陳永昌開始明白到要為別人帶來更好的生活，就需要貼地洞悉社區問題，再提出針對性的行動，而這一切都使他連繫至日後決心服務社會的「公僕夢」。

回想起小時候，陳永昌認為自己並不陽光，全因在中大得到許多關心與疼愛，使他變得陽光，有能力承擔責任為人服務。曾連續三屆籌辦崇基學院院慶「千人宴」的他，最懷念每次嶺南場上坐滿學生、教職員和歷屆校友共晉晚宴的場面。來自不同背景、不同年代，大家在中大與崇基徹下連繫起來，正是給予陳永昌無比動力與美好回憶的中大故事。

respective rooms, they could also enjoy each other's company through the glass; not to mention the children could even better understand their mothers' jobs. After the internship, Win understood that in order to improve others' lives, it is necessary to recognise the real problems existing in the community, and to raise practical solutions to them. His connection to social service has made him determined to serve more communities in the future as a public servant.

Looking back, Win was never really a cheerful person. He gave the credit to his CUHK life - the immense love and care he received throughout the years - for making him the optimistic individual today, who is also capable of giving. When asked about the most nostalgic moment in his university life, the 3-time organiser of Chung Chi College's annual "Thousand People Feast" spoke of the times when the Lingnan Stadium was filled with students, staff, and alumni, all enjoying a pleasant dinner together. When all became one beneath the Chung Chi College emblem, the strong connection established regardless of one's background has illustrated one memorable chapter after another ever since, altogether becoming Win's beautiful story at CUHK, giving him hope and motivation through future endeavours.



While doctors are unable to cure every disease, after all, nothing beats companionship when it comes to healing one's body and soul.

同行 Companion

梁雅媛 Rachel Leung | 陳尚懿 Michael Chan



醫生不能醫治
百病，反而要
多聆聽病人的
需要，相信
陪伴才是對
病人的良藥。



梁雅媛 Rachel Leung

實習醫生 Houseman

2020 善衡 | 內外全科醫學士課程 – 環球醫學領袖培訓
S.H.Ho College |
Medicine (MBChB) Programme Global Physician-Leadership Stream



同行 Companion

(名詞) 真正幫助別人，從別人的角度出發。

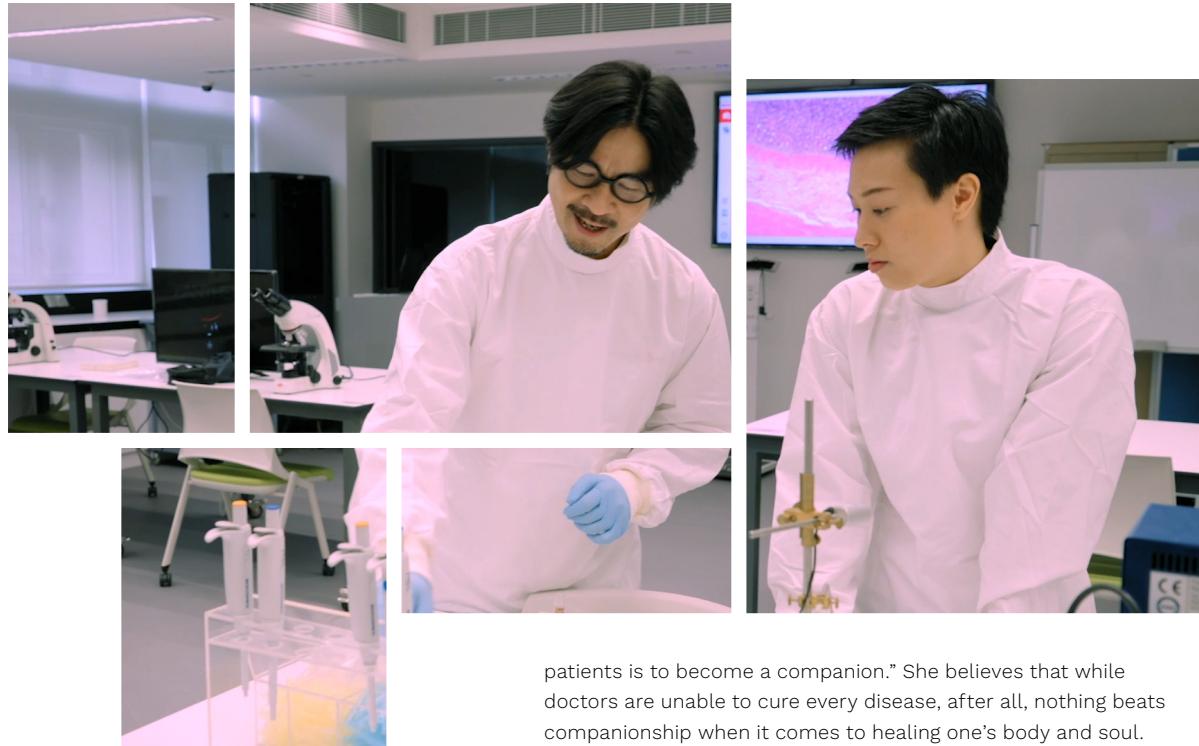
(n.) Truly helping others, stepping into their shoes and think from their perspectives.

飛魚從高臺一躍，游向廣闊的未來，視泳池為第二個家的梁雅媛，奧運入場券曾經是她奮鬥的終站。距離如此盛大的國際賽事或許只是一步之遙，梁雅媛卻放下了成為全職運動員的想法，踏上杏林之路。游泳令她喜歡上醫學和生物，漸漸便將目光放在醫學，最終順利升讀中大，入讀環球醫學領袖培訓專修組別課程。

從游泳之中鍛練出的刻苦耐力，令梁雅媛無懼艱辛的醫學課程，加上從小便投入接連不斷的競技與比試，培養了她積極上游的個性。梁雅媛當選為2021年度的「羅德學人」，並遠赴英國牛津大學研究院修讀臨床醫學和流行病學課程。看似已被捧上「神壇」，梁雅媛卻謙卑地為醫生一職寫下最純粹的定義：「作為醫生，最能夠幫助病人的是當一名同行者。」她深明醫生不能醫治百病，反而要多聆聽病人的需要，相信陪伴才是對病人的良藥。

The bold dive into the swimming pool is also Rachel Leung's great leap into her bright future, where endless opportunities await. To Rachel, who viewed the pool as her second home, the Olympics was once the sacred destination of all her endeavours. But just as this dream was almost within her reach, she daringly put aside the idea of becoming a professional athlete and embarked on a new journey to Medicine. It all began with swimming, a sport that made her fall in love with medicine and biology, thus aspiring to devote herself to the medical field. Her determination eventually led her to the Chinese University of Hong Kong, the home to the Medicine Programme Global Physician-Leadership Stream.

The years Rachel spent practicing swimming have granted her resilience and perseverance, such that she would not easily back down even in the face of the tough Medicine Programme. Her proactive personality has also come into shape through numerous competitions, as she was constantly urged to challenge her own limits. With such dedication and years of hard work, Rachel was awarded the prestigious Rhodes Scholarship in 2021, which enabled her to further her knowledge in Clinical Medicine and Epidemiology at Oxford University in the United Kingdom. Although her achievements may bring endless applause, Rachel has kept her feet on the ground and defined the medical profession in the humblest terms, "As a doctor, the best relief one could offer to



究竟同行為何物？梁雅媛喜歡在所屬的善衡書院共膳期間與朋友談天說地，偶爾還會和同學們討論公共衛生相關的議題。好比一個家，書院的生活讓梁雅媛認識到知音人，還令她遇上「伯樂」辛世文教授。作為時任善衡書院院長的辛教授，對待學生循循善誘，視學生如子，梁雅媛更是以「老爺爺」形容他。因為辛教授的鼓勵，梁雅媛才下定決心報名申請羅德學人獎學金，一步步走向理想。回想與朋友在校園相處的點滴，還有師長的激勵，彷彿是一塊塊微小的踏腳石，通向夢想的大門，如今的成就全靠眾人同行。

梁雅媛並不是一個只管埋頭晝夜苦幹的書呆子，要成為一名醫生，不可只靠書本上的知識，還需生活上的體驗與歷煉。在中大的數年間，她參與了中大醫學院主辦的義工服務團，曾多次前往柬埔寨，協助當地改善衛生問題。有一次她和同伴設計了一個廁所，將糞便轉成堆肥的物料，當時他們都為這設計沾沾自喜，自信能幫助當地的村民，怎料村民卻將整個廁所拆掉，把每一件零件給賣掉。梁雅媛沒有絲毫不忿，卻有所反思：「他們告訴我，其實村民最需要的是錢。原來要真正幫助別人，必須從別人的角度出發。」這次經歷在梁雅媛心中播下種籽，決心要做一位願意聆聽病人需要的醫生，與病人同行。

patients is to become a companion.” She believes that while doctors are unable to cure every disease, after all, nothing beats companionship when it comes to healing one’s body and soul.

So, what does it mean to be a companion? One thing Rachel enjoys doing is to have a nice chat with her friends during her College's communal dining sessions, with topics ranging from simple life updates to issues as serious as Public Health. In some sense, it feels just like home to Rachel - here she has met people who share her views; it is also the place where she encountered Professor Samuel Sun, who has recognized Rachel's potential and supported her from the beginning. During his tenure as the Master of S.H.Ho College, Professor Sun always cared deeply about his students, guiding them along their life journeys, such that to Rachel, he seems like a “grandpa” who treats his students as family. It is also thanks to his encouragement that Rachel decided to apply for the Rhodes Scholarship, taking one step closer to her dream. Looking back on the joyful moments with her peers and the teachings from mentors, every bit of her CUHK experience is like a tiny steppingstone which, little by little, leads her toward the future she desires. It is the power of companionship - the togetherness - that has made Rachel Leung who she is today.

Rachel does not fit into the nerdy stereotype which society usually has toward straight-A students, too. Apart from mastering the theoretical knowledge it takes to become a doctor, she also seizes every chance to experience different aspects of life, such as by joining a volunteering service team organised by the Faculty of Medicine. Rachel's several visits to Cambodia with the team were impactful as she recalled, since she not only contributed to improving the hygienic conditions there, but even learnt what it means to be a better doctor. One time, as Rachel and her partners were very pleased with their invention - a toilet that could convert faeces into compost, believing that it would enhance the local villagers' living conditions, little did they know

「作為醫生，最能夠幫助病人的是
當一名同行者。」



“As a doctor, the best relief one could offer to patients is to become a companion.”



that their good intentions were not enough. However, instead of being resentful at the way the villagers demolished the toilet and sold every single piece of the components, Rachel reflected, “My takeaway is that in order to truly help others, we must first step into their shoes and think from their perspectives; for the villagers, what they needed most was nothing but money.” Since then, Rachel is determined to become a doctor who will always lend her ears to her patients’ needs, and accompany them along their roads to recovery.

將於牛津大學研究院的生活，梁雅媛決定研究臨床醫學，特別是與心血管疾病相關的範疇。「科學研究不一定是創新的，只要將兩件本來已知道的舊事物放在一起，便能有新想法。」當初日夜苦練游泳的小妮子，也因游泳所培養的個性及啟發發展開了新路途，在醫學界之中發光發亮。

For her upcoming pursuit at Oxford, Rachel shared with us her plans to study Clinical Medicine, especially on issues related to cardiovascular diseases. “Scientific research does not always have to be something unheard of. Oftentimes, new ideas are sparked when we combine two known facts in an innovative way.” We could not help but be in awe of Rachel’s resourcefulness, and wonder if it has come from her diligent athletic years. Regardless, we cannot wait to see how she continues to shine in the field of Medicine.





陳尚懿 Michael Chan

「同行鳥」創辦人

Founder of "Companion HK"

2021 聯合 | 政治與行政學 四年級

United College | BSSc Government and Public Administration Year 4



生 活匆匆，我們每天在社會裏都會接觸到許多人，但是當遇上困境的時候，或會求助無門，總要獨自面對。「無論一個人有沒有情緒病，都需要別人擔當『同行者』的角色，在身旁支撐和理解自己。」陳尚懿的想法，正好跟深信陪伴就是對病人最佳治療的梁雅媛不謀而合。

懷着關懷傷困的決心，陳尚懿創辦了情緒健康關注組織「同行鳥」，希望推動公眾進一步認識情緒和精神病患者，讓大家放下既定印象達至去污名化。他認為支援情緒和精神病患者並不等同要代他們完成工作，更重要的是要讓他們知道總有人理解自己的想法，心靈上有人結伴同行。這份源起自校園的決心在2022年初終於迎來肯定，陳尚懿獲香港紅十字會頒發「香港人

Life introduces new people to our lives every day, yet when it comes to times of difficulties, we may sometimes find ourselves all alone and helpless. "Whether or not one has a mental illness, everybody needs a companion in their lives to understand and support them." This is a belief that Michael Chan has been trying to live out, which also echoes Rachel Leung's idea of "companionship being a patient's best cure".

Determined to care for the vulnerable, Michael established Companion HK, a mental health concern group that aims to educate the public on emotions and mental illnesses, so as to eradicate stereotypes and stigma in society. He disagrees with the common idea that supporting people with mental disorders means helping them do their work; instead, the more important role of a supporter is to let them realise there is always someone who understands their feelings, and accompanies them spiritually. While such determination originates from his experience at school, his effort was later recognised by the Hong Kong Red Cross in early 2022 with the award of 'Hong

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“Whether or not one has a mental illness, everybody needs a companion in their lives to understand and support them.”

道新力量2021」殊榮，表揚他為情緒病患者一直以來的貢獻。

陳尚懿在課堂中培養出洞悉政策問題的能力，尤其是精神健康與殘疾支援方面，更把所學實踐在經營同行鳥的過程中。他發現情緒病患者因為服藥和藥物副作用影響，難以做到一週五天工作，加上患者的學歷水平普遍較低，因而增加求職難度。因此，陳尚懿希望同行鳥在長遠而言得以發展出盈利模式，為患者提供彈性工作以及職場社交的機會，協助提升經濟能力和個人自信，成為與他們同行至重投社會的中途站。

「真人圖書館」是同行鳥的其中一個活動，在籌辦的過程中令陳尚懿成長不少。活動強調參加者與情緒病患者的交流，讓大家明白大膽分享個人情緒並不可惡，反而藉着溝通更有助找出雙方的共通點，令參加者認識情緒病並非洪水猛獸，從而達至去污

Kong Humanity Youth Power 2021', commending him for his constant support for the mental health community.

Among the many things Michael learnt in class, the ability to spot flaws in existing policies - especially the ones related to mental health and disability support - is one of them. He even applied these theories to running Companion HK. In the process, he noticed some typical obstacles faced by the community when seeking employment. For example, a 5-day work-week could be a challenge for patients with mental disorders due to the constant side effects of medication; not to mention education level is also a concern faced by many. Considering all these, Michael hopes to eventually develop Companion HK into a business, which will serve as a stopover spot for patients, providing them with flexible work opportunities and workplace social occasions, so that the organisation can accompany them along the way toward financial independence and self-confidence.

'The Human Library' is one of the activities organised by Companion HK, also a project that Michael considers as life-changing. Emphasising the interaction between participants and mental illness patients, this activity aimed at letting people know there is nothing evil about being emotionally vulnerable in front of others. Rather, communication can





名化。每場真人圖書館，陳尚懿及同行鳥的義工也會事先詢問嘉賓有甚麼需要加陪留意的地方。透過與嘉賓的相處令陳尚懿明白到，情緒病患者的實際需要和困難，未必能夠從日常教科書和坊間短片上得知，唯有真正理解他們處境，才是同行的重要一環。

與人同行結伴，要學會明白對方的需要；飛鳥同行一路走來，當要理解情緒病患者有何需要的時候，全靠不斷的學習與無比的毅力。兼顧學業與經營組織從不輕易，然而小時候經歷過腦癌手術，術後右眼視力僅餘一成、右耳聽力受損的陳尚懿卻始終堅持下去。他慶幸中大的氛圍鼓勵創新與創業家精神，又提供資助等不同的途徑，讓同學「只要有想法，就一定有實踐機會」。

even destigmatise mental illness by helping people to find a common ground despite differences, making them realise that people with mental illnesses are just humans, not monsters to be afraid of. Every time before 'The Human Library' begins, Michael and his fellow volunteers would consult their guests in advance regarding points to note or avoid. These experiences specifically made Michael recognise the inadequacy of textbooks and existing promotions in uncovering the real issues faced by the community, let alone their needs. Hence, understanding their genuine circumstances would be a crucial part of being a companion.

To be someone's companion, one must learn how to understand the other's needs. To be an understanding companion of someone with a mental illness, one must yet learn constantly and persistently. It is never easy to balance schoolwork and running an organisation, but it is also not an excuse for Michael to give up, having gained courage from overcoming brain cancer, 90% vision loss in his right eye, and hearing loss in his right ear. He is thankful for the cultivating environment in CUHK where immense support, like subsidies, is available, such that "as long as there is an idea, there is a chance to make it happen."

A female baker wearing a pink short-sleeved shirt, a black apron, and a dark blue beret is focused on her work. She is wearing a pink face mask and blue gloves. She is using a rolling pin to flatten a piece of dough on a light-colored metal counter. In the background, there are several trays filled with round, yellowish-brown pastries, likely bagels or similar bread. Another person's hands are visible on the right side of the frame, also working with dough. The setting appears to be a professional bakery or kitchen.

CUHKers are genuine - people don't mind going an extra mile for their friends. This kind of genuine relationship is one of the biggest gifts CUHK has given me.

夥伴 Friendship

陳珊瑚 Ashley Chan | 黃纓淇 Ying Kei Wong



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陳珊珊 Ashley Chan

健康食品店Blendit創辦人

Founder of Blendit, a superfood eats company

2021 崇基 | 會計

Chung Chi College | Accounting



夥伴 Friendship

(名詞) 一起流過汗水，一起嘗盡艱苦的滋味，在青蔥歲月中不可或缺

(n.) Friends are who you can shed sweat and tears and made youth meaningful and worthwhile.

「我」從來沒有想過失敗。外表嬌小玲瓏的陳珊珊，工作時幹勁十足，自信的她說話時聲音響亮，年紀輕輕已成為自家健康食品品牌Blendit的老闆。由市集中的小攤位走到大角咀的小店，再搬進太子的健康食品旗艦店，陳珊珊憑著一股衝勁以及永不言敗的精神，感染了身邊的摯友，成全了她創業的夢想。

當初大學選科，陳珊珊被文憑試成績單上會計科的「五星星」牽進中大會計系的大門。人們總認為會計師是一份穩定的工作，珊珊卻沒有為了收入而感到滿足。「我曾在會計師樓實習，每天的工作很重複，發現這不是自己將來想從事的行業。我想趁著年輕追夢。」還有本錢四處闖蕩，愛冒險的她坦言不想營役過活，想尋找一份忠於自己的工作，當年縱使她每天進出會計師樓，似乎已決意離開商業世界，另尋一片自由自在的天地。

“ I never once thought about failure,” said Ashley Chan, the founder of superfood eats company Blendit. Beneath that dainty appearance of hers, surprisingly, is a young spirit who always goes an extra mile at work, and never hesitates to voice out her opinions confidently. What it takes for Ashley to grow her business from a tiny booth in weekend markets to a small bakery in Tai Kok Tsui, and later to today's flagship store in Prince Edwards, is nothing other than passion and perseverance. It is also this attitude that touched the people around her, whose immense support has made her entrepreneurial adventure possible.

Throwing back to the day she decided on her College major, Ashley said it was the 5** grade she received for HKDSE Accounting that had brought her to CUHK's Accounting programme. However, when most people regard accounting as an ideal job for stability, that has not been the case for Ashley. She recalled, “I used to intern at an audit firm, but as soon as I experienced how repetitive an accountant's typical day can be, I have quickly come to realise that this career is not for me - I'd prefer seizing my youth and pursuing my dreams when I still can.” To Ashley, her adventurous heart would not allow her to settle for a mundane life living someone else's dream; rather, it only feels right if she is able to do something she truly enjoys. It seems like the days she spent living as an



accountant was, ironically, the precise reason why she decided to leave the corporate world, and to take on a different journey toward the freedom she has longed for.

在學期間，陳珊珊已創立了Blendit。她當時接手了一間貝果工場，又看準健康食品的商機，卻發現忙碌的學業與創業難以兩全其美。陳珊珊為了專心經營令這盤生意，毅然休學一年。除了擁有一筆在中大創業比賽贏取的獎學金外，陳珊珊可謂「手空空，無一物」，欠缺經驗和人脈，頓感吃力。創業初期困難重重，崇基宿舍的朋友們不忍陳珊珊獨力苦撐，紛紛伸出援手，由零開始協助已經一往無前的她。崇基的朋友都笑說這決定十分衝動，卻仍然傾力幫忙，幾個女孩子抬著木材和工具砌出大木箱，又在火炭工場搬運貨品，這些粗勞鎖事都由她們合力完成。回想與好友們流過的汗水，盡是艱苦的滋味，卻是陳珊珊的青蔥歲月中不可或缺的數塊拼圖。當初青澀的一羣女孩為Blendit打下根基，這盤生意成功上軌道。如今新店開張，陳珊珊也感動起來：「中大人很純樸，朋友們都不計較，這是我在中大數年間其中最大的得著。」

Ashley founded Blendit when she was still in school. At that time, she took over a bagel factory while targeting the superfoods market, which was still rather unexplored in Hong Kong. Yet, just as she was about to kickstart her business, she realised that her busy school schedule could hardly accommodate her entrepreneurial plans - but the dilemma did not stop Ashley. Despite having no resources other than the scholarship she won in CUHK's entrepreneurship competition, Ashley daringly took a year off school to focus on her business. The beginning of her venture journey was not easy, though - apart from the lack of capital, she, as a newbie in entrepreneurship, also faced challenges due to her lack of industry experience and connections. Seeing Ashley's difficult situation, her dorm mates from Chung Chi College offered her a helping hand as she built her business from scratch. While teasing how impulsive Ashley's decision is, it is also this bunch of friends who carried logs of wood, built shelves, and delivered products in and out of Blendit's factory in Fo Tan, without asking for anything in return. Friendships as such are what made Ashley's youth meaningful and worthwhile, as she has not only met peers who share her joy, but also companions with whom she can shed sweat and tears. On the opening day of her offline shop, Ashley looked back on how far she and her friends have come, and said, "CUHKers are genuine - people don't mind going an extra mile for their friends. This kind of genuine relationship is one of the biggest gifts CUHK has given me."

「即使最後結果是失敗，
過程中總能有所得著。」

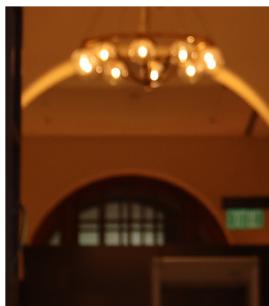
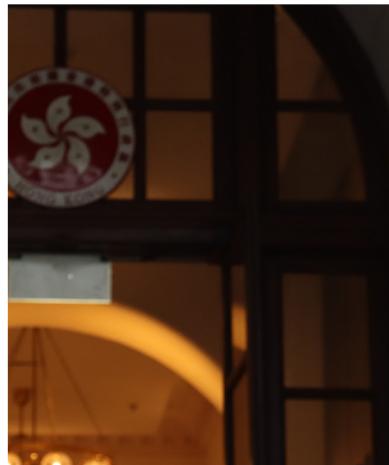


“You never lose. You either win or learn.”

陳珊珊每天奔波於工場和店舖之間，忙碌的工作不僅犧牲了她的休息時間，學業上亦遇上難處：「大學課程須在六年内完成，我向學校申請了額外一年的修學年，中大真的給予了很大的自由度，讓我有時間管理生意。」要兼顧學業與生意，陳珊珊曾經每天由清晨工作至深夜，當中的辛酸不言而喻，她卻沒有絲毫想要放棄的念頭，即使空餘時間都思考著怎樣經營生意。她從不談後悔：「即使最後結果是失敗，過程中總能有所得著。(You never lose. You either win or learn.)」

Spending most of her day traveling between Blendit's factory and retail store, Ashley not only has to sacrifice her leisure time but also faces struggles academically. She shared her experience with us, "The University regulates that a student must complete their studies within 6 years, so I requested for a year-long extension in order to make time for my business. I would say CUHK has really given me a lot of freedom to pursue my goals." Ashley's determination to balance her studies and business has left her with almost no time for herself - there was even a time when she had to work from dawn till midnight every day. Nevertheless, despite the unspeakable number of hardships, Ashley is willing to devote every second she has to improve Blendit's business, whereas the last thing on her mind is giving up. As she said firmly, "You never lose. You either win or learn." - to Ashley, there is no such thing as regrets; an attitude like this may be the key to her success today.





黃纓淇 Ying Kei Wong

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Graduate School | MA Psychology



法 律界從業員會見客人，總令人聯想起西裝筆挺的一副專業形象，然而大律師黃纓淇與客人溝通的時候，卻通常會穿上便服；原來，這是為了拉近跟有特殊需要被告人士的距離，在溝通過程中卸下心防、交出真心。

黃纓淇到過海外名牌學府攻讀法律，回港再先後完成心理學碩士和法學專業證書課程，如斯亮麗的履歷常常遭人質疑自己，是否真的患有專注力失調及過度活躍症（ADHD）。她解釋自己不懂好好控制專注力，但當遇上感興趣的範疇，又能會全神貫注至廢寢忘餐好像被吸進去。她慶幸感到興趣的，正好就是現在為她帶來莫大滿足感的工作，她份外珍惜代表有特殊需要被告上庭的機會，因

When we speak of the legal profession, the first image that pops up in mind would likely be smart-looking lawyers in tailored suits, holding a briefcase. But barrister Ying Kei Wong is one of a kind - instead of gearing up with a "lawyer outfit", she often wears casually when she meets with her clients. That is all done for the sake of showing friendliness to her clients, who are mostly people with special needs, in order to gain their trust.

Before becoming a barrister, Ying Kei received legal training in a prestigious institution abroad, and had completed both an MA in Psychology and a Postgraduate Certificate in Laws (PCLL) after returning to Hong Kong. Her splendid qualifications have raised a few eyebrows, with people doubting whether it is true that she has ADHD. Regarding these suspicions, she explains that she has always struggled with concentrating, but whenever she gets interested in a certain subject, she would become so focused and attached as if she is sucked into a black hole. It is surely a blessing for Ying Kei that her passion happens to be the job she gains satisfactory from. When asked about the most rewarding part of her

「...相信自己『只會一天比一天更有熱誠』，決不放棄。」

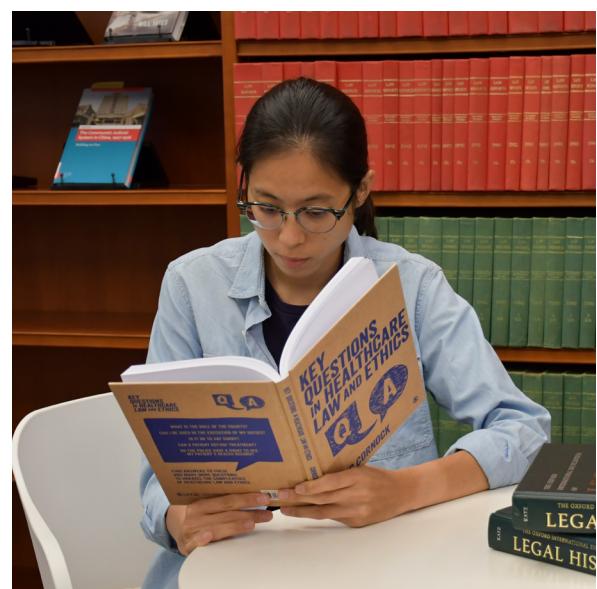
“... her passion will only get greater as time goes by, and that she will never give up.”

為黃纓淇相信每宗法庭聆訊都能讓公眾加倍認識有特殊需要或精神病患被告，是摒除社會標籤和污名的良機。

志同道合的人走在一起朝着相同的理念進發，就是互相的「夥伴」：陳珊瑚以一腔熱血招來友人相伴奮鬥，追逐夢想；同樣為了實現理想的黃纓淇，在中大修讀心理學的時候，主動尋找研究相關範疇的教授，就在此時與專門研究反污名化的麥穎思教授結下良緣。黃纓淇指麥教授同樣深信有需要在社會推動反污名化，更是其一大研究領域。她憶述第一次約見麥教授傾談經已驟覺非常投契，隨後更成為麥的學生助理和研究助理，致力研究精神健康與反污名化。

job, Ying Kei expresses how much she values the occasions to represent a defendant with special needs, as she believes that every court hearing is a new opportunity to change how the public sees people with special needs or mental illnesses, thus removing all the negative labels on them.

Like Ashley Chan, Ying Kei demonstrates to us how fellowship is established when people with the same vision join hands to work toward the same goal. Aspiring to create a world with no discrimination, she specifically reached out to professors who specialise in related areas during her studies in psychology at CUHK. This was when she encountered Professor Winnie Mak, who focuses her research on stigma reduction, and shares the belief that destigmatisation is vital in our society. As Ying Kei recounted, the two got along very well ever since their first meeting; she has even later joined Professor Mak's team as a research assistant, contributing to the research on mental health and destigmatisation.



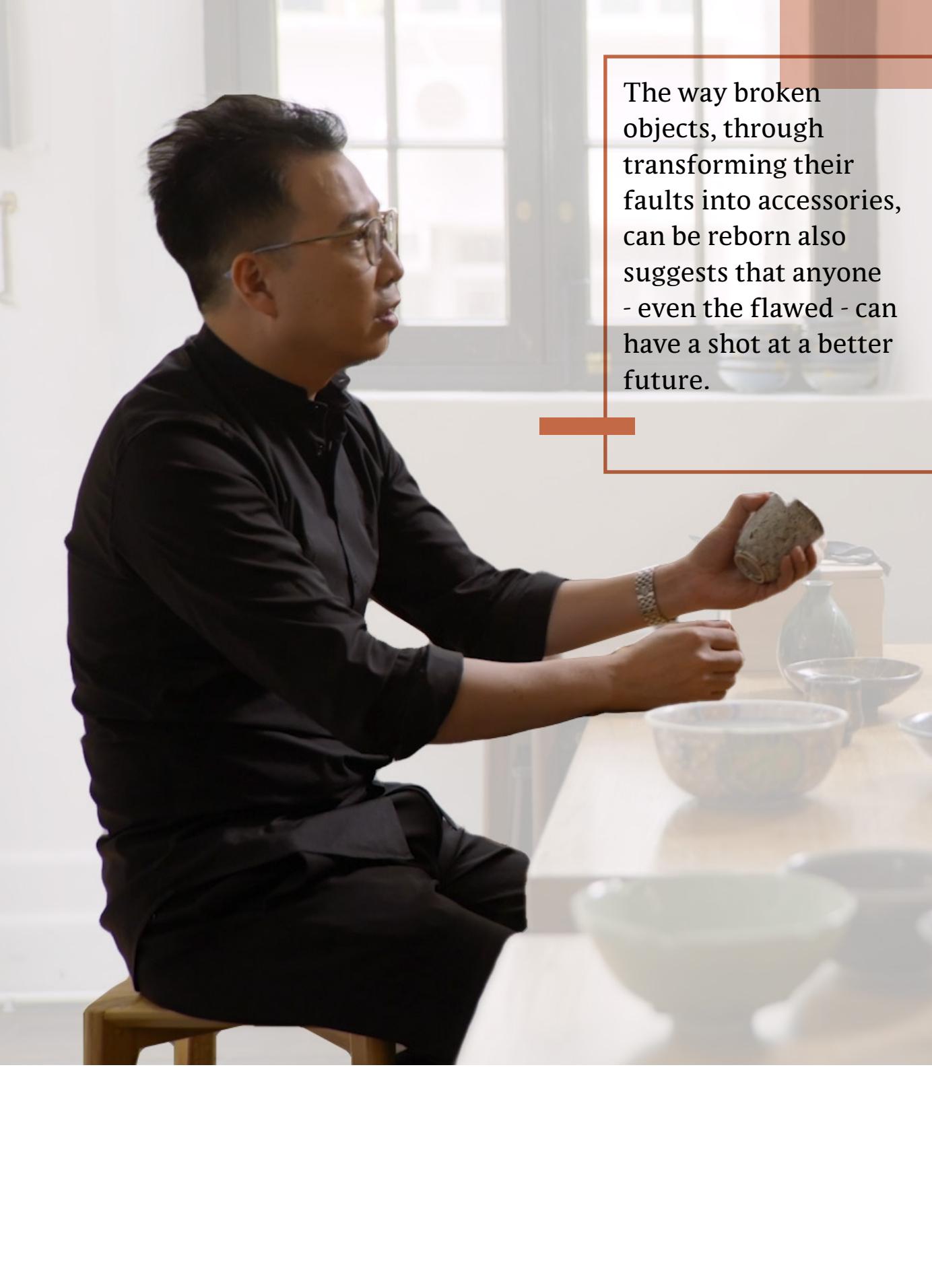


直至收到另一所院校的法學專業證書課程取錄後，黃纓淇擔心無法繼續研究工作，更擔心有負所託，遂開心見誠地與麥穎思教授商討。黃纓淇回想起當時二人因為坦承相對而感動落淚，麥教授深明社會傾向聽從專業人士的說話，於是她支持繼續進修法律，認為有利於黃纓淇想要做到宣傳反污名化的工作。

除了需要兼顧訴訟案件，黃纓淇亦會到不同的機構及學校推廣殘疾人士權益及反對精神病污名，以及針對有特殊需要人士所面對的法律程序進行公眾教育等。面對每天密麻麻的行程，黃纓淇承認壓力固然存在，每天都十分疲憊，不過當回想起一路走來都能夠順利做得到，全賴「興趣」二字，她相信自己「只會一天比一天更有熱誠」，決不放棄。

As much as Ying Kei enjoys working with Professor Mak, her research journey was challenged when she was accepted into the PCLL course in another institution. Worried that she may hinder the research progress, Ying Kei sat with Professor Mak to discuss her next steps, during which Professor Mak's honest opinions even moved her to tears. Professor Mak encouraged her to continue studying law, suggesting that, because society tends to agree with professionals, a change of career might ultimately help her to achieve her goal of achieving equality in society.

On top of dealing with lawsuits as a barrister, Ying Kei also takes time to visit various organisations and schools, educating people on the rights of the disabled, the destigmatisation of the mentally ill, and especially the legal know-how for people with special needs. With a jam-packed schedule, Ying Kei admits it may sometimes be stressful and tiring. However, every time she recalls how she endured all the struggles thanks to her enthusiasm, she is confident that her passion will only get greater as time goes by, and that she will never give up.



The way broken objects, through transforming their faults into accessories, can be reborn also suggests that anyone - even the flawed - can have a shot at a better future.

重塑 Reinvention

王森 Enders Wong | 朱啓晉 Casey Chu



金繼就是要人
學懂面對過去的
瘡疤，將裂痕化
成裝飾，為事物
賦予新生命。



王森 Enders Wong

陶瓷藝術家 Ceramics Artist

金繼師 Kintsugi Artist

1995 新亞 | 藝術
New Asia College | Fine Arts

2015 研究院 | 藝術文學碩士
Graduate School | MA Fine Arts

重塑 Reinvention

(名詞) 凡事沒有好與壞之分，時間會令一切都變得美好。

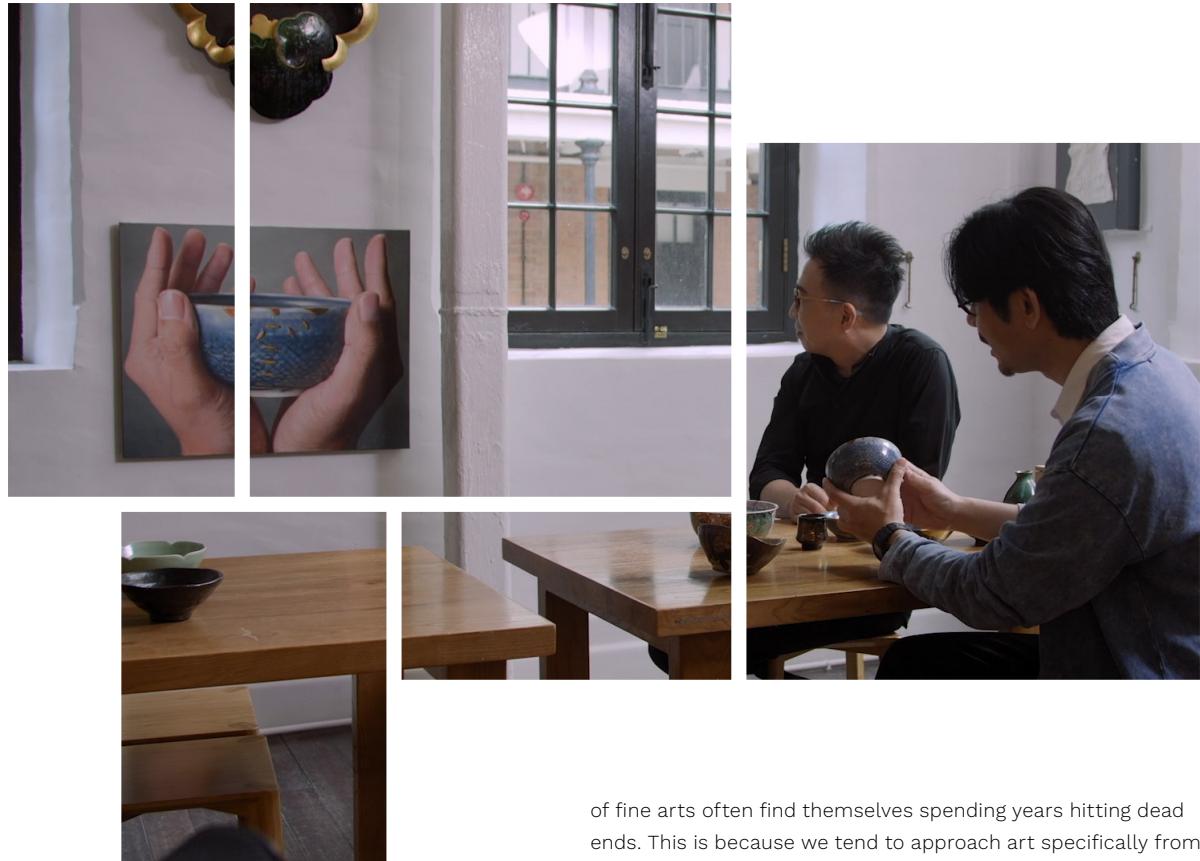
(n.) There is no such thing as good or bad, as everything would eventually lead to goodness.

「哪裏有裂縫，光便從那裏進入。」這是王森一直銘記於心的名言。案頭上全是破碎了的陶瓷，鑽研金繼藝術的王森日復日用麥漆黏合碎片，在裂痕上塗上金粉，延續了陶瓷的壽命。步驟雖為簡單，看似不費吹灰之力，但麥漆乾透需要七天的時間，才能塗上多一層麥漆，重複多次或許需要七四九天。王森的臉上總是一副悠然自得的樣子，因他將金繼藝術化成人生道理，明白凡事總有不完美之處，而時間就是修復一切的關鍵。

閃閃發亮的金粉令裂痕顯而易見，金繼就是要人學懂面對過去的瘡疤，將裂痕化成裝飾，為事物賦予新生命，展開陽光燦爛的未來。世事無完美，教曉王森欣賞殘缺之美的，原來是中大求學的數年。畢業於中大藝術系的他回憶昔日在校園時，驟覺自己曾迷失於藝術的汪洋大海之中。「讀藝術的人，總發現自己要用很多年時間來碰壁。每個人學習藝術，總會先從美學角度出發，自己在

“Cracks are where light gets in.” This famous saying in Kintsugi is what Enders Wong has born in mind at all times. As a keen student of the art of Kintsugi, Enders' desk is always filled with scattered ceramic pieces, waiting for a new life crafted with lacquer glue and golden powder. Yet, however simple the craft of Kintsugi may seem, it is patience that one needs to master, as it takes a total of seven days for the lacquer glue to dry completely every time before one can proceed to the next step. It is not hard to notice how Enders has incorporated the art of patience in Kintsugi into his life - his serenity even in the face of difficulties speaks to us that although flaws are inevitable in life, time is always the greatest healer; all we have to do is to take it easy.

In Kintsugi, artists use shimmering golden powder to highlight the cracks we see, as if they are urging us to counter our painful scars head on without holding back. The way broken objects, through transforming their faults into accessories, can be reborn also suggests that anyone - even the flawed - can have a shot at a better future. Surprisingly, it was not until Enders started studying at CUHK has he learnt how to appreciate the beauty of imperfections. He recalled the days he spent in the Department of Fine Arts, and how lost he felt when he first entered the world of art, “Students



中大讀書的數年，發現老師從不把事情說得明白，反而交由我們自己思考、犯錯，就如茶道中『餘白』的道理。」從沒得到標準答案，這些留白的空間令王森學習到要從不同角度觀察事物，加上數年來不斷碰壁的求學之旅，現在他沒有嫌棄這些錯誤，反而有更深的領悟：「凡事沒有好與壞之分，時間會令一切都變得美好，這也是金繼的精神所在。」

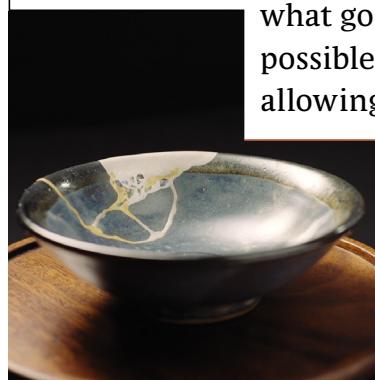
作為陶瓷藝術家的王森，當初是因為一隻爛碗子而打開通往金繼世界的大門。年輕時，母親打破了王森一隻心愛的藍色陶瓷碗，怒氣沖天的他一心只想修復這碗子，便開始學習金繼。起始時他是耿耿於懷，但漸漸卻悟出道理來：「當初我很憎恨這件事發生了.....但金繼讓我知道，或許能藉著過去的錯誤，將它變成一件好或是對的事情吧？」王森至今仍好好保存這以金繼修復過的藍色陶瓷碗，以金繼精神提醒自己生活的態度。

of fine arts often find themselves spending years hitting dead ends. This is because we tend to approach art specifically from the aesthetic point of view. But during my studies at CUHK, I realised that our teachers never give us a definite explanation of things; rather, they let us think, reflect, and learn through trials and errors. I think it echoes with the idea of Yohaku in Japanese tea ceremony, which emphasises the beauty of 'blank spaces.' Throughout Enders' artistic journey, despite the frequent deadlocks, he has come to accept all the mistakes he had been through. The absence of model answers has also taught him how to view things from multiple perspectives, granting him a more profound insight into life - "There is no such thing as good or bad, as everything would eventually lead to goodness. This is also what Kintsugi is all about."

Started off as a ceramics artist, Enders first encountered Kintsugi thanks to a broken bowl. It was the day his favourite blue ceramic bowl was shattered by his mother. Being utterly furious at what happened, Enders looked for every possible way to repair his bowl, until he found Kintsugi. This newfound technique did not calm his anger at the beginning, but over time, it made Enders see the true meaning of second chances. "I was very resentful of what happened at first. Yet, the more I learn about Kintsugi, the more I wonder what good a mistake can bring. Perhaps it is indeed possible for a mistake to be seen as an opportunity, allowing us to turn a bad thing good." Even until now, that very bowl is still treasured by Enders, who uses it to remind himself about the essence of Kintsugi, as well as the life attitude he has acquired through this art form.

「金繼讓我知道，或許能藉著過去的錯誤，將它變成一件好或是對的事情吧？」

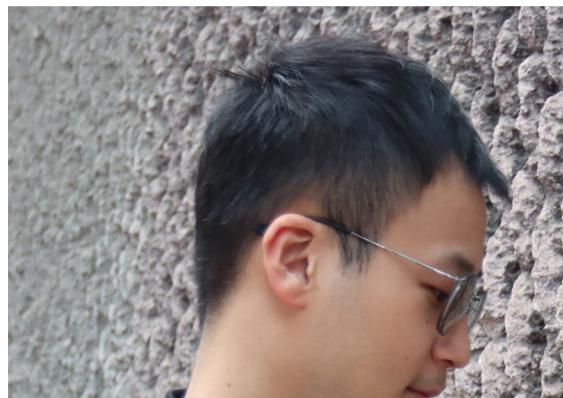
“Yet, the more I learn about Kintsugi, the more I wonder what good a mistake can bring. Perhaps it is indeed possible for a mistake to be seen as an opportunity, allowing us to turn a bad thing good.”



如今王森為人師表，傳承金繼精神，也從學生身上領悟到對金繼藝術更深的體會。一位學生練習金繼兩年，仍沒法在破碎的陶瓷瓶上黏合出一條金線，卻活用金繼藝術的妙處，在缺口之中放置了一顆剔透的水晶，令光線從外折射到陶瓷瓶內。把玩著學生的作品，王森從瓶口窺探瓶內的世界，猶如在深山迷路時看見眼前曙光，再次提醒他一直堅持的金繼精神。

Now that Enders has become a mentor of many, as he passes on the spirit of Kintsugi, he also continues to deepen his understanding of the art of Kintsugi through his students. He specifically mentioned one of his students who, although having learnt Kintsugi for two years, was still unable to craft a fine golden joint on a cracked ceramic bottle. One day, however, this student remembered the essence of Kintsugi - embracing and transforming imperfections - and instead placed a clear crystal in the crack, letting in the light. Peeking through the tiny opening of the bottle, Enders saw a universe brightened up by the soft ray of sun, which felt just as uplifting as the light at the end of a tunnel; it is also such hope in Kintsugi that has kept him going all along, conquering one obstacle after another and not giving up.





朱啟晉 Casey Chu

「裂縫中的陽光」網誌作者

Blogger at *Before Sunrise*

2022 崇基 | 計算機科學六年級

Chung Chi College | Computer Science Year 6



石 洞見光，源自裂縫。每位中大人都有各自的故事，裂縫不盡相同，唯有光芒一致，共同映出努力重塑信念的特質。王森看待金繼的精神，曾與癌症搏鬥的朱啟晉有着切身體會。朱啟晉在 2018 年開始，以「裂縫中的陽光」為名，於社交平台連載網誌，分享自己的一路走來的抗癌歷程，希望藉此給予同樣受疾病困擾的讀者一點希望。「許多人認為，裂縫是不完好、崩缺的，其實這些缺陷使人與眾不同。」朱啟晉形容，正因為石縫的出現才可讓陽光透進，讓人得以和暖重塑身心。

二十來歲，朱啟晉已經走盡高山低谷，疾病交纏下經歷兩次留級，使他對人際關係生起擔憂，他學習過與痛苦共存，亦因此較容易理解到別人的痛苦。刻下他盼望透

A crack is what enables light to shine through the dark. Just like no two cracks are ever the same, every CUHker has their own unique story. But the one thing that stays the same is the beam of light, which radiates the power of rebuilding one's faith. While such perception of flaws echoes with Enders Wong's love for Kintsugi, it is also embedded in the life story of Casey Chu, who once battled cancer. Casey has been running a blog named Before Sunrise on social media since 2018, in hopes of bringing hope to people who are also fighting the same battle with illness. He said, "Many people reckon that cracks indicate imperfection, but I think it is the flaws that make one special." To Casey, a crack is what allows the entrance of light, bringing warmth and the chance to reinvent oneself despite difficulties.

Only in his 20s, Casey has already been through all the ups and downs in life. Disease not only urged him to suspend his studies twice, but also shattered his social life. However, his painful experiences also taught him empathy, especially for those who are

「不是我幫他們，而是他們使我不斷學習。」

“It's not that I helped them. It's them who made me keep learning.”

過網誌，既是記錄身體狀況，亦是為了分享學習得著，不過為他帶來更大收穫的是與讀者的互動：有一次，和自己同樣患有遺傳眼疾的讀者傳來訊息，細訴在職場和家庭都得不到理解的坎坷，上司不了解視障員工而加以謾罵，家人又對病情不以為然，訴苦無門的讀者決定找上朱啟晉。朱啟晉鼓勵這位讀者尋找其他工作機會，主動聯絡願意支援視障員工的企業。他指自己樂意擔當聆聽者，給予讀者抒發空間，認為和讀者相處好比對待朋友一樣，跟他們聊天甚至會感到得益匪淺。

「不是我幫他們，而是他們使我不斷學習。」朱啟晉指，每一位向他傾訴的讀者都有不同的背景，有些故事的主角經

going through a hard phase in life as well. He, therefore, started blogging to record his physical conditions, and at the same time, empathetically share his insights from such hardships. Among the many merits of Casey's online journey, to him, the biggest gift is the meaningful interactions with his readers. One time, Casey received a message from a reader who, just like himself, also suffers from an inherited eye disease. In the message, the reader poured his heart out, sharing his frustration towards his inconsiderate boss and his indifferent family. The message is so emotional that one can assume the reader has had nowhere to express his pain, and had to resort to the Internet to find solace through Casey's blog. After listening to the reader's story, Casey encouraged him to change his job, and to especially look for companies that have a comprehensive support system for the visually impaired. Looking back on this special interaction with his audience, Casey said that it is particularly rewarding to be someone else's listener, providing a safe space where they can express themselves freely. To him, whenever he listens to his readers' stories, it not only feels like talking to a friend, but also a mentor from whom he can learn a lot.

“It's not that I helped them. It's them who made me keep learning,” said Casey. He pointed out that all readers he came across had a different background. Specifically, when listening to someone who is already seasoned in society, he would feel as if he was being rehearsed for the challenges ahead, making sure he





已投身職場，在聆聽讀者的遭遇時，彷如為仍未出身社會的自己來一場預演，好讓他對未來的挑戰有了準備，使他提早明白到社會步伐急促，要靠自身改變想法以重塑心靈。這讓朱啟晉記起，在一個由關注學生情緒問題的中大學生組織所辦的活動中，聽到一句深刻的說話——「如果自己也不愛自己，怎樣說服他人愛自己？」這更是朱啟晉現在遇上挫折時，激勵着自己的心聲。

未來朱啟晉會繼續更新網誌，他更希望能夠出書，分享在「裂縫中的陽光」中傾聽過的故事，分享共同經歷，盼藉着書本替「戰友」發聲，喚起大眾對傷殘人士的關注，重塑社會對傷殘人士的認知。

understands the importance of perspectives to restoring one's faith, especially in a hectic society. This realisation also reminds him of a question provoked by the speaker at a CUHK emotion awareness event: how could a person convince others to love him, when he doesn't even love himself? From that day onward, this question has been Casey's motivation whenever he faces a hurdle in life, pushing him toward a brighter mindset.

Speaking of future plans, Casey believes he will keep running the blog. He also wishes to publish a book that catalogs the various stories he has heard via Before Sunrise, hoping that by voicing the shared experiences faced by himself and his fellow "allies", the book could raise the public's awareness of the disabled, and rebuild society's understanding of this underrepresented community.



Even after years of experience in society, CUHK is still a place for them to rediscover their purpose.

初心 Staying True

黃修平 Adam Wong | 陳心遜 Saville Chan | 黃君恒 Max Wong

中大正是夢想的
搖籃，經歷多年
滾滾紅塵後，
這裏亦是個尋找
初心的地方。





陳心遙 Saville Chan

導演 | 編劇 | 監製 | 作詞人
Director | Writer | Producer | Lyricist

1997 新亞 | 人類學
New Asia College | Anthropolog



黃修平 Adam Wong

導演 | 編劇 | 監製
Director | Writer | Producer

1998 新亞 | 藝術
New Asia College | Fine Arts



初心 Staying True

(名詞) 現實洪流不能撲滅熱誠，不忘初衷。

(n.) Cruel reality cannot wear out the passion. Never forgot the purpose.

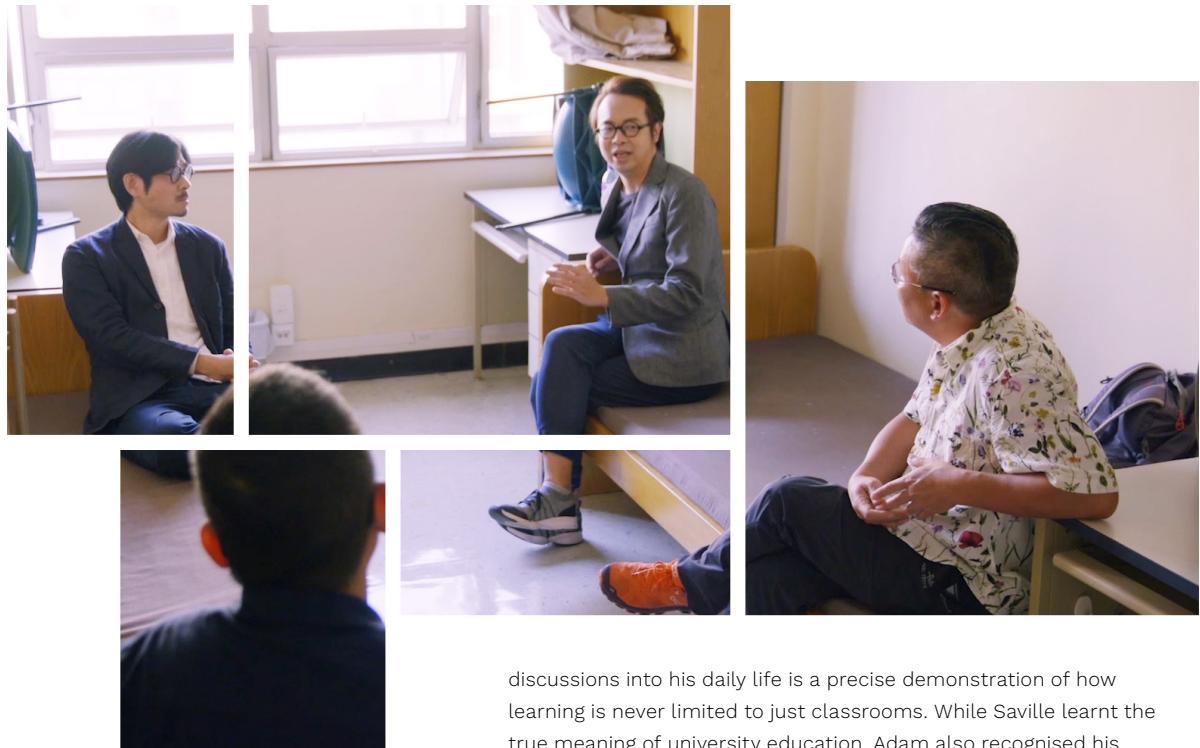
在 山城之巔，綠蔭之間站著一座男子宿舍，名字很有意思，叫做「知行樓」

。當年盛夏，黃修平和陳心遙手上拉著行李箱，心中抱著夢想，走進新亞書院的校園，就如新亞校歌道「趁青春，結隊向前行」，在知行樓度過青蔥歲月。

在大學，師長從不為年輕學人畫下方圓，對於嚮往自由的黃修平和陳心遙來說，中大正是夢想的搖籃，經歷多年滾滾紅塵後，這裏亦是個尋找初心的地方。記憶那年盛夏二人在房間裏談社會和理想，對本土議題的關注，築起拍電影的夢。「讀人類學會接觸很多社會和文化議題，自然會常常與修平討論。大學生，對社會有思考問題是應該的。」求學不限於書本與課堂，陳心遙將人類學的課題帶回宿舍，與黃修平談個天荒地老。「發現自己喜歡的事情都是本土相關的，第一次有本土意識就是在美國當交換生的那年，回望香港電影的影響力，才

At the peak of the CUHK mountains, among a canopy of trees, stood a male hostel with an intriguing name - Chih Hsing Hall, which literally means 'knowledge and behaviour'. On one midsummer's day years back, Adam Wong and Saville Chan, with suitcases in hand and dreams in their hearts, walked onto the campus of New Asia College. This was where their youthful memories were made, and where they learnt to live by the College's spirit as chanted in the anthem, "Seize one's youth and walk hand in hand."

The way teachers in university never set rigid rules for students to follow is one thing Adam and Saville love about CUHK. With endless imaginations about the future, they regard CUHK as the cradle of their dreams; even after years of experience in society, CUHK is still a place for them to rediscover their purpose. Oftentimes, memories of late-night chats in their dorm room come flooding back - they would talk about society, imagine how their futures would unravel, and dream about making their own movies. Saville recounted, "Anthropology lessons often introduce us to different social and cultural issues, leaving me with so many questions and thoughts, which is why I always ended up urging Adam to exchange ideas with me whenever we have time. I would say, as university students, it is our responsibility to contemplate what we observe in society." The way Saville brought anthropological



知香港電影的厲害及獨特之處。」修平發掘了自己對本土情懷的鍾愛，又想將之實現。黃修平和陳心遙以拍攝電影為當初的理想，沒有埋沒初心的他們，畢業後攜手完成《狂舞派》、《那一天我們會飛》熒炙人心的本土電影。

「陽光底下無新事，許多存在影子中。」影子永遠依附物件，人們觀察身邊的事物時，往往只了解物件片面的外貌，忽略了令物件顯得立體的影子。這句說話為黃修平帶來深遠的影響，藝術系客席教授陳育強曾以此席話，教導學生要從多角度反思事物，亦要發掘事物的深層意義。日光之下難看見新事，黃修平嘗試探索每件事情的「影子」，人生的畫筆不甘停於事物的表面，還要將世事的輪廓和影子繪盡。陳心遙憶起昔日求學的日子，修讀人類學的他雖然沒有跟黃修平一樣鑽研藝術，卻不放過這位室友，一天晚上問黃修平：「甚麼是文化？」這一問至今黃修平仍牢牢記住。人類學系的張展鴻教授直言：「文化就是生活。」透徹地了解生活，反思甚麼影響我們作出不同選擇，這就是文化。大學的數年教曉他們如何解讀文化和世事，他們的想法由論文上的草草數千字、畫本上的圖案油彩，發酵成一齣齣電影。

discussions into his daily life is a precise demonstration of how learning is never limited to just classrooms. While Saville learnt the true meaning of university education, Adam also recognised his profound connection with the Hong Kong identity during his college years. He said, "It was until I went on an exchange in the USA that I realised that most of the things I like were all related to our local culture. There I witnessed how impactful Hong Kong movies are abroad, and for the first time, it struck me that Hong Kong movies are indeed spectacular and unique." Discovering his passion for local culture, Adam joined hands with Saville in actualising the dream they have always had - to make movies that tell authentic local stories. It is by staying true to their passion that they were eventually able to produce touching Hong Kong movies like *The Way We Dance* (2013) and *She Remembers, He Forgets* (2015).

As the saying goes, "There is nothing new under the sun, but plenty exists in the shadows." This idea has impacted Adam ever since he first heard about it from his teacher Professor Kurt Chan, the Adjunct Professor at CUHK's Department of Fine Arts. The lesson Professor Chan was trying to suggest is that, while shadows are often easily neglected by many, they are exactly what makes an object look vivid and real; all we need to do is to see things from another angle and heed the unnoticed. The same applies to life - we can always find profound meanings of things by simply changing our perspectives. Taking this advice to heart, Adam constantly searches for the shadow beneath every object; even as he illustrates the grand picture called 'life', he refuses to settle for some simple outlines, but strives to sketch every aspect and every shadow there is. Apart from Professor Chan's teaching, a question from Saville years ago has also stayed in Adam's mind till this day. "What is culture?" asked Saville as he returned to their dorm room after a long day of classes. To this question, Professor Sidney Cheung from the Department of Anthropology said, "Culture is our way of living," suggesting that to

「仍然要寄望，唯有初衷，我未忘」

“Stay hopeful, even when all we have left is the purpose we've never forgotten.”



人類學上課的地方名叫「人文館」，而藝術系則是「誠明館」。求學與做人貴能齊頭並重，至誠而有明德，黃修平和陳心遙離開了新亞校園，將人文精神彰顯於他們的電影之中，距離當初於知行樓的年輕歲月已有二十多年，他們的熱誠沒有被現實的洪流撲熄，繼續以電影道出本土的故事。「仍然要寄望，唯有初衷，我未忘」，這是陳心遙為電影《哪一天我們會飛》寫下的歌詞，彷彿是對這時代年輕人的寄語。

understand the culture, we have to view life thoroughly and reflect on all possible factors that may have affected our decisions in life. In retrospect, the few years in University had taught Adam and Saville the ways to interpret culture and the world. Their ideas that were once condensed into thousand-word essays and strokes on a sketchbook have also finally been crafted into dialogues and shots in movies.

Anthropology classes are usually held in Humanities Building, whereas Fine Arts lessons in Cheng Ming Building ('Cheng' stands for 'sincerity'; 'Ming' stands for intelligence'). As students of New Asia College, Adam and Saville were taught since day one about the College's philosophy: the most ideal scenario is for one to pursue knowledge and moral character simultaneously and jointly, and that with the utmost sincerity comes the brightest virtue. Such spirit has lived on in Adam and Saville's hearts despite the years that passed, even inspiring them to incorporate it into their own artistic productions. Just as how the cruel reality did not wear out their aspirations, let alone the wildest dreams they once had in their little shared space, their passion for telling authentic Hong Kong stories through movies will not be exhausted by time, either. "But how?" one may ask. The answer perhaps lies in the lyrics Saville once wrote for the theme song of their movie *She Remembers, He Forgets*. There, he wrote, "Stay hopeful, even when all we have left is the purpose we've never forgotten." These hopeful words may as well be the most heartfelt message one could give to today's youth amidst the challenging circumstances.





黃君恒 Max Wong

殘奧硬地滾球銀牌得主

Paralympian and Silver Medalist in Boccia

2017 崇基 | 計算機科學系

Chung Chi College | BSc Computer Science

2018 研究院 | 學位教師教育文憑課程

Graduate School | PgD Education



個人的初心都是獨一無二的。黃修平和陳心遙一直延續的初心，就在於說好每個電影故事；而黃君恒的初心，卻是不斷成就一個又一個的夢想。於東京2020殘疾人奧運會硬地滾球混合BC4級雙人賽中，為香港奪得一面銀牌的黃君恒在滾球場外，當過實習教師，現時更結合教學經驗與大學主修計算機科學的知識，為本地的大、中、小學研發教材與編寫教案。

自小患有肌肉萎縮症的黃君恒，四肢較易乏力，為了保持肌肉耐力和減慢衰退速度，他在物理治療師的建議下接觸硬地滾球這項運動。最初只本着初心——透過運動強身健體、鍛鍊肌肉，卻未有想過得獎甚至登上世界舞台。黃君恒笑指，在教練鼓勵下出賽的心態實屬「玩吓」，直至在

every hard work begins with a unique purpose. However, while some endeavours head toward just one destination, like Adam Wong and Saville Chan's, which is to tell well-crafted stories cinematically, some people's journeys are not defined by the endgame, but by the many milestones on the way. That is the story of Max Wong, one of the athletes who brought home a silver medal for the Boccia Mixed Pair BC4 event at the Tokyo 2020 Paralympic Games. Outside the court, he had not only interned as a teacher, but is now making use of his teaching experience and knowledge from his Computer Science major to develop curricula for schools ranging from primary to tertiary.

Diagnosed with muscular dystrophy at a young age, Max has long suffered from weakness in his limbs. As a means to maintain his muscle resilience and slow down the deterioration rate, his physiotherapist introduced him to Boccia. Max first started playing the sport for the sole purpose of strengthening his physique, then for "fun" under his coach's encouragement; little did he know that he would eventually bag awards, let alone standing on the international stage as an athlete.

「照顧身體固然是一大難題，學習堅守初心更是得來不易的學問。」

“Although taking care of himself physically has surely been a challenge throughout his athletic career, it is even harder to stay true.”

2017年西班牙西維爾世界硬地滾球公開賽迎中「爆冷」奪金後，才真正意識到自己在這項運動中有能力問鼎奧運大賽。

黃君恒回憶中的運動員生涯，照顧身體固然是一大難題，學習堅守初心更是得來不易的學問。在2016年的里約殘奧會，他被安排以後備球員的身份參與，加上畢業在即面臨求職壓力，都曾經令他想過放棄運動員的身份。儘管如此，黃君恒並沒有因眼前的不如意和壓力而放棄，遂於一年後的西班牙公開賽中迎來其中一個生涯高峰，他指硬地滾球讓他深切體會到「放棄縱然容易，仍然需要堅持」的道理。

He joked as he recalled the time he first realised his potential in this sport - it was the BISFed 2017 Seville World Open, namely his first ever competition, also in which he won gold as a dark horse. It was from that moment onward that he dared to aim for the Olympics.

To Max, although taking care of himself physically has surely been a challenge throughout his athletic career, it is even harder to stay true to why he started in the face of hardships. He once considered quitting sports in 2016, when he joined the Rio Paralympics as a reserve player while also facing realistic pressure of employment as a new graduate. Yet, he did not succumb to the stress but persevered - he did his very best in every competition to leave no regrets. All his efforts eventually led him to new heights a year later in the Seville World Open. In retrospect, Max said it is thanks to the sport of boccia that he learnt the importance of persistence, even when giving up seems to be an easier option. After all, boccia has always merely been a means of exercise to him. There is no need for him to keep his eye on any awards, as long as he unapologetically spares no effort on all occasions.





在體育路上不斷耕耘的同時，黃君恒還有個「教學夢」。因為先天條件與人不同，曾經登上殘奧會頒獎台，再從事教育工作，黃君恒深信希望自己的故事能夠對學生的成長帶來裨益。他笑稱，在殘奧會得獎後，曾被他任教過的學生都很驚訝地發現昔日的老師竟然還有另一個身份，習慣低調的他解釋這是因為自己喜歡默默完成工作，很少主動對外提起自己是運動員。

得獎過後，黃君恒認為自己已經完成了人生其中一個階段，刻下是時候轉而追尋事業，再度生起初心。

Apart from his endeavours in sports, Max also aspires to devote himself to education. He believes that having overcome his innate difficulties and accomplished his athletic dreams, his story could be an inspiration to his students' lives. Interestingly, not many of Max's students knew about his other profession until they shockingly saw a familiar face on the Paralympic podium. Max explained that it is because rather than announcing his role as an athlete, he prefers staying humble and doing his work quietly.

As his victory in sports marks the end of a precious chapter in life, Max moves on to his next journey in the classroom. His major work is to develop STEM curricula for local schools and organisations, which integrates both his teaching experiences and expertise in computer science and engineering. Despite the change in his career path, Max strongly believes the one thing that will stay the same would be his determination to stay true to his purpose from the very first day.



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Published in 2022

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