



2020 CUPSA HANDBOOK



2020 香港中文大學
研究生會手冊

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01 學校介紹 ABOUT CUHK

1.1 中大簡介 INTRODUCING CUHK



香港中文大學（中大）成立於 1963 年，為研究型綜合大學，以「結合傳統與現代，融會中國與西方」為使命，踔厲奮發，志在千里。中大作為香港乃至亞洲首屈一指的大學，本校的宗旨是培育既具專精知識又有處世智慧的人才。本校特色包括靈活學分制、書院制、中英兼重和多元文化；並特設通識教育，以拓寬學生視野，及培養綜合思考能力，使學生在瞬息萬變的現代社會中，能內省外顧，成為出色的領袖人才，貢獻社會。

Founded in 1963, The Chinese University of Hong Kong (CUHK) is a forward-looking comprehensive research university with a global vision and a mission to combine tradition with modernity, and to bring together China and the West. As a top university in Hong Kong and Asia, CUHK aims to nurture students with both specialized knowledge and wisdom for life. The education experience here is distinguished by a flexible credit unit system, a college system, bilingualism and multiculturalism. There are general education courses to broaden students' perspectives and develop in them the ability to face the challenges of contemporary society.

1.2 校訓校徽 MOTTO & EMBLEM

校訓：校訓為「博文約禮」。知識深廣謂之博文，遵守禮儀謂之約禮。「博文約禮」為孔子之主要教育規訓，其言載於《論語》：「子曰：君子博學於文，約之以禮，亦可以弗畔矣夫。」

MOTTO: The motto of the University is 'Through learning and temperance to virtue'.

These words of Confucius have long been considered a principal precept of his teaching. It is recorded in the Analects of Confucius that the Master says, 'The superior man, extensively studying all learning, and keeping himself under the restraint of the rules of propriety, may thus likewise not overstep what is right.'

校徽：本校以中國神話中之「鳳」為校徽，蓋自漢代以來，鳳即被視為「南方之鳥」，且素為高貴、美麗、忠耿及莊嚴之象徵。以紫與金為校色，取意在紫色象徵熱誠與忠耿，金色象徵堅毅與果敢。

EMBLEM: The emblem of the University is the mythical Chinese bird *feng* (鳳) which has been regarded as the Bird of the South since the Han dynasty. It is a symbol of nobility, beauty, loyalty and majesty. The University colours are purple and gold, representing devotion and loyalty, and perseverance and resolution, respectively.



香港中文大學
The Chinese University of Hong Kong

1.3 使命願景 MISSION & VISION

使命：在各個學科領域，全面綜合地進行教學與研究，提供公共服務，致力於保存、創造、應用及傳播知識，以滿足香港、全中國，以至世界各地人民的需要，並為人類的福祉作出貢獻。

MISSION: To assist in the preservation, creation, application and dissemination of knowledge by teaching, research and public service in a comprehensive range of disciplines, thereby serving the needs and enhancing the well-being of the citizens of Hong Kong, China as a whole, and the wider world community.

願景：努力成為香港、全國及國際公認的第一流研究型綜合大學，並使我校建立於雙語及跨文化傳統的學生教育、學術成果及社會貢獻，均保持在卓越水平。

VISION: To be acknowledged locally, nationally and internationally as a first-class comprehensive research university whose bilingual and multicultural dimensions of student education, scholarly output and contribution to the community consistently meet standards of excellence.

02 研會介紹 ABOUT CUPSA

2.1 會長的話 A LETTER FROM THE PRESIDENT

郭子昕（香港中文大學可持續旅遊碩士）

首先，歡迎你們成為港中大家庭的一份子！去年我也和你們一樣滿懷著熱情、激動和憧憬踏上了這段新征程。從第一天逛遍所有校園景點變成捧著書穿梭在圖書館和教室的一員，在這裏留下越來越多美好的回憶。

但或許，今年的你們又比我當時多了一分忐忑？確實，19 fall 的我們經歷了很多，但同樣也讓我發現了更多。自律的朋友即使只能在家也不打破閱讀文獻和鍛煉的習慣，突然多出來的假期也有人去給自己找了份實習，同學們依舊精神的打開自己的攝像頭跟教授網課互動……即使日子不如往常，卻依舊有那麼多人每天堅持著自己的生活，在為著想要的未來努力。所以我相信，你們有能力來到這所學校，就一定知道自己想要什麼。

香港中文大學是全港唯一設書院制度的大學，這個獨特的書院制度除了提供濃郁的人文氣息還可以在除了本身專業的基礎上，提供一個更親切的交流機會。既然講到了交流機會，除了書院以外，最好的認識朋友的辦法就是參加各種校園活動啦！我就是通過參加活動認識了很多關係好的小夥伴並且加入了研會～比如剛開學的迎新營 Ocamp，週末社團組織的遠足活動還有高檔次的 high table，這些都可以接觸到新朋友並增加更多對校園和香港生活的瞭解，是不可錯過的好機會喔！

這段研究生生活雖然短暫卻使我的思維、眼界、學術和處事能力都有了很大的提升。世界很大，或許身邊總有些事不太好，但每天的忙碌依舊讓我享受著小人物的幸福。相信我，港中的校園真的很美，它在等待著你們去發掘探索！

Thea Guo (Sustainable Tourism) – President of CUPSA

First of all, you are welcome to be part of a big family in Hong Kong! Last year, like you, I embarked on this new journey with enthusiasm, excitement and longing. From visiting all campus attractions on the first day to becoming a member of the library and classroom holding books, leaving more and more beautiful memories here.

But maybe, this year, you are a little more upset than I was at that time? Indeed, we experienced a lot of 19fall, but also let me discover more. Self-disciplined friends can't break the habit of reading documents and exercising even at home. Someone suddenly went to find an internship for the extra holidays. The students still open their cameras and interact with the professor's online class ... Not as usual, but there are still so many people who stick to their lives every day and are working hard for the future they want. So I believe that if you have the ability to come to this school, you must know what you want.

The Chinese University of Hong Kong is the only university with a college system in Hong Kong. In addition to providing a strong cultural atmosphere, this unique college system can provide a more intimate exchange opportunity on the basis of its own professional. Now that we have talked about communication opportunities, in addition to the college, the best way to meet friends is to participate in various campus activities! I just met a lot of good friends through participation in the event and joined the seminar ~ such as the newly opened school camp Ocamp, the weekend club organized hiking activities and high-end high table, these can contact new friends and increase More understanding of campus and Hong Kong life is a good opportunity not to be missed!

Although this period of graduate student life was short, my thinking, vision, academics, and handling skills have been greatly improved. The world is huge, and there may always be things that are not so good around me, but the busyness of the day still allows me to enjoy the happiness of little people. Believe me, the campus in Hong Kong is really beautiful, it is waiting for you to discover!

2.2 基本介紹 INTRODUCING CUPSA

香港中文大學研究生會（以下簡稱“中大研會”），是成立於 1997 年的獨立社團，是香港中文大學唯一代表全體研究生的學生組織。研究生會秉持維護中大研究生校內外權利之宗旨，努力改善會員福祉，並促進研究生與學校的有效溝通。同時，中大研會是按照《香港社團條例》註冊於香港警務屬的獨立非盈利組織。對內獨立於學校存在，是完全自治的學生群體；對外政治中立，不接受任何政黨或團體的管理和控制。

The Postgraduate Student Association of the Chinese University of Hong Kong (CUPSA), founded in 1997, is the only representative organization of CUHK postgraduate students. We aim at serving towards the actual needs of the members, and are committed in providing more diversified membership benefits. Also, CUPSA, registered under the Societies Ordinance of Hong Kong, is a nonprofit organization which is internally independent of the school authority, completely operated by its student community, externally neutral in politics, and under no administration or control of any party or society.

2.3 研會職能 RESPONSIBILITY OF CUPSA

- A. 幫助解決研究生的問題，維護研究生的權益，並以此為出發點協助管理學校的各項事務，如：減緩研究生宿舍宿費上漲、分配和管理學校公共場地、選擇並監督學校餐廳供應商、優化校巴線路等。
- A. Assisting postgraduates with issues related to campus life, academic and administrative aspects in the university as well as safeguarding the interests of postgraduates.
 - a. Suppressed the rising of hall fee
 - b. Allocating and managing public areas on campus
 - c. Selecting and monitoring restaurant supplies
 - d. Optimising routes of shuttle buses
- B. 舉辦、協助舉辦或宣傳針對中大研究生群體的文娛體育、就業服務、公益社工、迎新畢業等活動。
- B. Organising, co-organising and promoting events and recreational activities for postgraduates.
 - a. Recreational activities

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- b. Career development
 - c. Social welfare
 - d. Orientation Camp & Graduation Gala

C. 提供新生入校前和校友畢業後的服務和協助服務。

C. Providing information and service for new postgraduates and alumni.

D. 代表中大研究生參與各種校外社交活動及會議。

D. Attending conferences and social events on behalf of CUHK postgraduates.

2.4 會員 CUPSA MEMBERS

根據香港中文大學研究生會（CUPSA，以下簡稱本會）會章，全體香港中文大學在讀研究生，均自動成為本會附屬會員（無需繳納會費），有權利要求本會向大學反映合乎本會宗旨之意見。全體香港中文大學在讀研究生經過登記即可成為本會基本會員（會費 90HKD/年），享受本會的各项活動、資訊和服務。

According to CUPSA's regulation, all postgraduates of the CUHK (as defined by the Senate of the University) who do not apply for basic membership would automatically become attribute members of CUPSA and have the right to request CUPSA to communicate their opinions to the university if it is in accordance with the CUPSA constitution. All postgraduates of the CUHK (as defined by the Senate of the University) are eligible to register to become CUPSA's Basic Members (Membership Fee: HKD 90/Year), have the right to participate in CUPSA's activities and acquire information and services provided by CUPSA with compliance.

A. 基本會員 Basic Members

a. 參會資格 Eligibility

全體香港中文大學在讀研究生均有資格申請並繳納會費成為本會的基本會員。

All postgraduates of the University (as defined by the Senate of the University) are eligible to apply for the basic membership of CUPSA.

b. 參會要求 Requirements

於本會網站註冊，繳納會費港幣 90 元正，該會費在中大就讀期間有效。

Log in CUPSA's website and register to become a basic member with paying membership fees HKD 90, which is available when studying in CUHK.

c. 享有權利 Rights

(1) 在不違反相關法律章程的前提下，要求本會向學校有關部門反映研究生相

關問題之權利；

- (2) 按規定申請參加本會組織的各項活動和獲取本會提供的相關資訊之權利；
- (3) 根據本會章程自願選擇退出本會之權利；
- (4) 選舉權與被選舉權：參與競選研究生會幹事會的所有職務及投票之權利；
- (5) 參與研究生會全民大會並發言的權利；
- (6) 本會會章規定的其他權利。

- 1) Right to request CUPSA to communicate their opinions to the university if it is in accordance with the Constitution;
- 2) Right to participate in CUPSA's activities and acquire information and services provided by CUPSA with compliance;
- 3) Right to withdrawal according to the CUPSA Constitution;
- 4) Right to vote and to be vote. Having the right to run for any post of CUPSA and elect others;
- 5) Right to participate and speak in the General Meeting;
- 6) Other rights stated by CUPSA.

d. 享有福利 Benefits

- (1) 優先獲得由研究生會提供的有關研究生的各項校內外資訊及服務（包括但不限於就業、學習、文娛、體育、社會公益等方面）；
 - (2) 優先參與研究生會舉辦的各項活動，並可享受一定的價格或其他優惠；
 - (3) 受研究生會徵召並代表研究生會參與校內外會議，社交活動。
- 1) Priority to acquire on-and-off campus information and services (Including but not limited to employment, study, cultural recreation, sports and public welfare, etc.);
 - 2) To enroll all activities organized by CUPSA with priority and enjoy certain privileges;
 - 3) Participate in on-and-off campus conferences and social activities.

e. 履行義務 Obligation

- (1) 嚴格遵守當地法律以及香港中文大學研究生會會章中規定的相關規則的義務；
 - (2) 服從有本校研究生會舉辦的會員大會、民主選舉、聯合會議等會議中產生的決定的義務；
 - (3) 不實施或舉辦任何有損本校研究生會利益的行為或活動。
- 1) To abide by the rules of CUPSA;
 - 2) To abide by the decisions of general meetings, referendums, joint conference,

and other meetings by CUPSA;

3) Do not conduct any activities contrary to the interests of CUPSA.

B. 附屬會員 Attribute Members

a. 參會資格 apply for the membership of CUPSA.

凡香港中文大學之研究生〈大學教務會所定義的〉而非本會基本會員者，自動成為本會附屬會員。

Eligibility: All postgraduates of the CUHK (as defined by the Senate of the University) who do not apply for basic membership would automatically become attribute members of CUPSA.

b. 享有權利 Rights

(1) 在不違反相關法律章程的前提下，要求本會向學校有關部門反映研究生相關問題之權利；

(2) 按規定申請參加本會組織的各項活動和獲取本會提供的相關資訊之權利；

(3) 根據本會章程自願選擇退出本會之權利。

1) Right to request CUPSA to communicate their opinions to the university if it is in accordance with the Constitution;

2) Right to participate in CUPSA's activities and acquire information and services provided by CUPSA with compliance;

3) Right to withdrawal according to the CUPSA Constitution.

c. 享有福利 Benefits

(1) 在優先滿足基本會員需求的條件下，申請參加本會組織的活動；

(2) 在優先滿足基本會員需求的條件下，獲取本會提供的諮詢及服務。

1) Participate in CUPSA's activities (Priority will be reserved to basic members);

2) Acquire information and services provided by CUPSA (Priority will be reserved to basic members).

d. 履行義務 Obligations

(1) 嚴格遵守當地法律以及香港中文大學研究生會會章中規定的相關規則的義務；

(2) 服從有本校研究生會舉辦的會員大會、民主選舉、聯合會議等會議中產生的決定的義務；

(3) 不實施或舉辦任何有損本校研究生會利益的行為或活動。

1) To abide by the rules of CUPSA;

2) To abide by the decisions of general meetings, referendums, joint conference, and other meetings by CUPSA;

3) Do not conduct any activities contrary to the interests of CUPSA.

2.5 活動場地 VENUE OF CUPSA

研會辦公室：賽馬會研究生公寓 2&3 153A 室

CUPSA Office: Room 153A, Jockey Club Postgraduate Hall 2&3 (JCPGH 2&3),
The Chinese University of Hong Kong, Shatin

03 研會架構 STRUCTURE OF CUPSA

3.1 整體框架 OVERALL STRUCTURE

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- A. 全民大會 General Assembly
最高決策機構，由至少 10% 會員出席。
The top decision-making body, attended by at least 10% of CUPSA members.
- B. 代表會 Representative Committee
監督指導機構，由往屆核心幹事組成，如會長、副會長等。
Supervision and guidance mechanism composed of the previous core directors such as the president and vice-president.
- C. 幹事會 Executive Committee
最高執行機構，成員包括會長、副會長、各處總幹事及總協調。
The highest executive body, composed by president, vice-presidents, executives and coordinators of all departments.
- D. 幹事會常設部門 Permanent departments of the Executive Committee
財務處、秘書處、行政處、宣傳處、公共關係處、就業服務處、校務處、文化交流處、資訊科技處。
Department of Treasury, Department of Secretary, Department of Administration, Department of Publicity, Department of Public Relation, Department of Career service, Department of University Affairs, Department of Inter-Culture Communication, Department of IT.

3.2 代表會 REPRESENTATIVE COMMITTEE

代表會是研會的監督指導機構，由往屆研會的核心幹事組成，如會長及副會長等，主要負責監督、統籌與管理研會各項職能的執行。以維護所有宴會成員權益為前提，行使決定權、任命權等權利。

The Representative Committee (Council) is responsible for monitoring the function of CUPSA and is composed of the previous core directors such as the presidents and vice-president. The main responsibility of Representative Committee is to monitor, coordinate and manage the implementation of the function of CUPSA. The Representative Committee can exercise its power of appointment and power of decision on the premise that protect CUPSA's members.

3.3 幹事會 EXECUTIVE COMMITTEE

幹事會是對全體研會會員負責的最高執行機構，主要職能包括：
提名代表出席校內外會議；
制定研會運營管理工作條例規定；
撰寫研會對外公告聲明；
修行相關行政管理規則。

The Executive Committee is responsible for daily affairs and administration of CUPSA:
To nominate representatives to attend internal and external conferences and school committees.

To enact regulations for operation of all CUPSA administration work.

To freely draft any administration rules.

3.4 執行委員會 DEPARTMENT OF EXECUTIVE COMMITTEE

部門	職能介紹
財務處	為研會日常運作提供財務支援；確保全體研究生合法權益；負責創建財務制度以及各財務模塊的運作細則。
秘書處	負責研會常務事項，例如會議記錄，會議資訊整理和保存；幹事和會員資訊管理；活動（如策劃案、重要電郵等）收集、整理和存檔、以及撰寫新聞稿；匯總和制定工作考核制度，舉辦內部聯誼聚會。
文化交流處	促進不同背景學生之間的跨文化交流，也服務於中大的國際學生，推進中大的文化交流與融合，不定期開展各類文化交流活動，豐富校園文化活動，回答國際學生對於香港中文大學的疑問。
行政處	協助研究生會其他部門舉辦活動，例如活動場地的預定，管理研究生會辦公室及活動物資，包括物資的採購和運輸；負責研究生會辦公室的清潔物資整理、清點等。
宣傳處	著手研會的形象設計，根據具體需求制定並執行各項活動的宣傳方案。
公共關係處	對外，負責研究生會外務，建立並維護與校外學生組織，社會團體，贊助商的關係；對內，負責溝通、協調研究生會與校內學生組織、校務部門、研會成員及全體研究生的關係。
就業服務處	協助學校解決研究生就業問題，舉辦校友經驗分享會；模擬面試和企業走訪等實踐活動；收集資訊、整理並發布與研究生就業相關的信息。
校務處	代表研會參與管理學校事務的運作，與校內各部門接洽，處理研究生投訴與意見。同時敦促學校所有涉及研究生利益的事務，以維護研究生權益。
資訊科技處	管理研會官方網頁，論壇，社交網絡官方主頁電子資訊源，並收集整理和回饋研究生資訊，且及時發表研會及校內與研究生活動有關的訊息。

Department	Obligation
Department of Treasury	Provide essential financial support of the daily operation of CUPSA; protect the legitimate interest of all the postgraduates; responsible for establishing an impeccable financial regulation and operating conditions of all the modules in Treasury's Department.
Department of Secretary	Manage meeting minutes, meeting information collation and preservation; officers and members of management information; events (such as photos, planning case, important e-mail, etc.) to collect, collate and archive, as well as writing press releases; responsible for the formulation of a summary and evaluation system; organizing internal departments gatherings.
Department of Inter-Culture	Facilitate communication among students of different ethnicities on campus; promote cross-boundary interactions; push for multicultural awareness by spearhead intercultural events and parties in collaboration with other societies on campus; reinforce campus-cooperation with fellow students of different backgrounds;
Department of Administration	Responsible for assisting other departments in CUPSA in planning and organizing activities like booking the sites; CUPSA office and supplies management, including purchasing, transporting and organizing supplies, and cleaning the office, etc.
Department of Publicity	Design the image of CUPSA, make and execute the promotion scheme.
Department of Public Relation	Responsible for external and internal public affairs of CUPSA, e.g. to establish and maintain the relationship with student organisations, community groups and sponsors (as well as the university units, Institute members and all the graduate students.)
Department of Career Service	Solve the problems of postgraduates- employment; hold activities, such as experience sharing meetings, mock interviews, company visit, etc.; collect and publish the employment information for postgraduate students from CUHK.
Department of University Affairs	Represent CUPSA to participate in the management of school issues, approach with different kind of school apartments, deal with complaints and suggestions from postgraduate students, urging the issues of postgraduate schools, preserve the rights of postgraduate students.
Department of IT	Manage the official website of CUPSA, BBS and the official social network; to collect, arrange and answer the graduates' information; to publish relevant information of CUPSA and CUHK's activities.

3.5 第十四屆幹事會——“研聲”

THE 14TH EXECUTIVE COMMITTEE—‘VOICE U’



A. 我們的願景 OUR VISION

V for U.

B. 目標及使命 OUR GOALS & MISSIONS

a. [聆音察理]: Vocality

聆聽八方聲音，明察事理，體察人意，及時發聲，為全體研究生爭取權益；

We hear all and speak for all, voicing for better benefits for postgraduates.

b. [生機勃勃]: Vitality

舉辦各類活動，勇於創新，與時俱進，豐富研究生校園生活；

We intend to innovate and enrich campus lives for postgraduates by holding various activities.

c. [同聲相應]: Variety

吸納多元文化，聲入人心，構建自由交流平台，促進文化相融；

We are keen to be a multicultural platform for postgraduates from different backgrounds.

d. [笙磬同音]: Veracity

協調各方資源，和衷共濟，為全體研究生建立和睦友好的大家庭，提升研會影響力。

We will coordinate resources to host a better family for postgraduates.

3.6 會員的話 LETTERS FROM CUPSA MEMBERS

A. 裴凡慧——第十四屆幹事會內務副會長

Evelyn Pei —— Internal Vice-President of the 14th Executive Committee

我是在中大剛剛開始就讀第三個學位、領到第五張中大通的艾芙琳，熱衷研究高校食堂、旅行攻略等雜七雜八的事情。我喜歡井井有條地忙碌、坦坦蕩蕩地相處，並相信沒有什麼是一頓飯解決不了的（如果有，那就兩頓）。期待未來和小夥伴們一起書寫有趣的故事！

Hi there! This is Evelyn who just started her third degree and fifth role in CUHK. She enjoys researching, especially for food and trip. Keeping herself busy but neat is her life credo, so is being simple and frank. Therefore, she strongly believes that there is no problem that cannot be solved over a meal; if there is, prepare another. She couldn't wait to jointly write happy episodes with you!

B. 蔡卓羽——第十四屆幹事會外務副會長

Rico Cai —— External Vice-President of the 14th Executive Committee

我是蔡卓羽，本科學習會計學，現主修社會服務管理專業。是喜歡貝斯卻拉大提的鍵盤手。享受當下熱血、青春、自由的生活。和 CUPSA 的旅程充滿挑戰也有很多收穫，希望在接下來的時光中，與有趣的大家一起抓住每個心動的瞬間。

Hi, this is Rico, majoring in Social Service Management, a keyboardist who loves bass but plays the cello. I enjoy living young, wild and free with righteous ardour. The journey with CUPSA is challenging but rewarding. I hope I can seize every enchanted moment with you all.

C. 鮑梅艷——第十四屆幹事會常務副會長

Miya Bao —— General Vice-President of the 14th Executive Committee

我是鮑梅艷，來自上海，現主修營養與食品科學專業。喜歡健身也熱愛美食；喜歡冒險，喜歡探索生活中各種有趣的可能性。重歸校園，帶給我的不僅是探知的興奮，更是一段邂逅朋友並重新認知自己的奇妙旅程。期待在 CUPSA 與大家一起創造更多美好的記憶！

Hey guys, this is Miya from Shanghai. I'm majoring in Nutrition, Food Science and Technology as a master in CUHK. I love being fit but also am a great lover of food. As an adventurous person, I'd love to explore various intriguing possibilities in life. Returning to the campus not only makes me experience the joy of discovering knowledge, but also is a wonderful journey to meet new friends and redefine myself. Looking forward to creating more beautiful memories here in CUPSA with you all!



04 過往活動 PAST ACTIVITIES

4.1 新生分享會 NEW POSTGRADUATE STUDENTS SHARING SESSION



中大研會每年在新生入學前都會組織在全國範圍內的新生分享會，由 2013 年至今，每年研會的學長學姐們都會奔赴武漢，上海，北京，廣州，成都等，與新生舉行分享會及交流晚宴。本活動旨在搭建平台，讓更多的新生互相認識，並讓他們通過與學長學姐的溝通，提早瞭解香港的生活、學習以及就業狀況。讓新生們在感悟香港中文大學校友文化的同時，亦對自己未來的規劃和準備有所幫助。

2020 年，受 Covid-19 疫情影響，中大研會以線上會議的形式舉辦新生分享會。

Since 2013, CUPSA has annually held the New Postgraduate Student Sharing Session in main cities of mainland China, Wuhan, Shanghai, Beijing, Guangzhou, Chengdu, before the new semesters start. Alumni would be invited to the event to share their experience and communicate with the new admitted students. With the guidance from alumni and senior students, fresh postgraduates can get acquainted with the living and study environment in Hong Kong, know more about the CUHK culture and earn job hunting skills for their future plans.

In 2020, in face of Covid-19 epidemic, CUPSA holds sharing sessions online instead.

4.2 迎新營 ORIENTATION CAMP

迎新營是為幫助剛入學的新生快速瞭解學校、熟悉新環境而開展的大型迎新活動。活動以“日營”的方式進行，內容包括開營禮、破冰遊戲、校園探索、迎新晚宴，以及由學生事務處統籌的中大資訊簡介講座、圖書館參觀等。迎新營將為新生提供一個認識中大、結識朋友、感受校園文化與人文風情的平台，幫助新生更好更快的融入中大生活。



The Orientation Camp (O-Camp) is a brand activity of CUPSA aiming at helping newly admitted students get familiar with the study and living environment in CUHK. In the form of day camp, this activity consist of the Opening Ceremony, Ice-breaking, CU Hunt and a Welcome Dinner, providing a platform for the freshers to meet new friends, explore the campus and experience the school culture.

4.3 高桌晚宴 HIGH TABLE DINNER



高桌晚宴是 CUPSA 在每年秋季舉行的一項傳統活動，無論你是想體驗哈利波特魔法學校的晚宴場景，瞭解餐桌禮儀，鍛煉社交能力，還是想和社會各界精英共進晚餐，甚至獲得工作內推機會，都一定不能錯過這一場盛宴！

The High Table Dinner is one of the traditional events in CUHK. Routinely held in fall, the dinner gives students an opportunity to experience a real high table scene as in the Harry Potter films, learn table manners and practice social skills, communicate with the elite from various fields to get a potential job opportunity and build social network. Never miss the authentic High Table Dinner hosted by CUPSA!

4.4 校長晚宴 VICE-CHANCELLOR DINNER



校長晚宴是由 CUPSA 同學生事務處（OSA）、PGHRA（研究生宿舍宿生會）共同舉辦的週年活動，目的在於加強研究生團體與學校之間的交流與聯繫，也為香港中文大學的學生提供了一個與校長面對面交流的機會。

In order to enhance the communication and relationship between postgraduate student organisations and the university, CUPSA, PGHRA and Office of Student Affairs (OSA) jointly hold the Vice-Chancellor Dinner which provides the students in CUHK with a face-to-face opportunity to communicate with the Vice-Chancellor.

4.5 國際文化節 INTERNATIONAL CULTURE FESTIVAL



國際文化節旨在展示世界文化，促進不同文化背景學生間的交流。2016年，在多個非本地學生組織和日本及韓國領事館的幫助下，我們通過文化長廊、文化之夜晚會、跨文化工作坊、戶外聚會，展示了澳門、日本、韓國、印度、印尼、非洲等數十個國家或地區的文化，吸引了逾六百名參觀者并獲星島日報報道。2017年，我們更是創造性的舉辦了一場萬聖節化裝舞會。2018年，我們在新亞書院圓形廣場舉辦了美食文化交流節，來自不同國家和地區同學準備了富有地方特色的美食與大家分享，來自美國、哈沙克斯坦和中國的同學們表演了精彩的節目。

International Culture Festival is a series of activities aiming at presenting world culture and improving communications among students with different culture backgrounds. In 2016, with support from non-local students' associations and general consulates of Japan and Korea, we showed cultures of more than 10 countries or regions such as Macao, Japan, Korea, India, Indonesia, Sweden, Africa and so on, in the forms of Cultural Gallery, Cultural Night Showcase, Intercultural Workshop and Outdoor Gathering. The event attracted around 660 participants and was reported by Sing Tao Daily. In 2017, we even creatively held a Make-up Party in Halloween. In 2018, we held an international culture festival in the Amphitheatre of New Asia College. Students from different countries and regions prepared foods with local characteristics to share with others. Students from the United States, Kazakhstan and China have also performed a brilliant show.

4.6 不走音現場歌唱比賽 On Key Live Singing Contest



“不走音現場”室友中大研會傾力打造的音樂盛典，為學生提供了展現藝術才華的平臺，成為中大研究生當中最具人氣的活動。評委陣容強大，舞台華麗綻放，讓你的好聲音不再沉默，參賽者更有機會被選中在香港青年音樂節，湖南衛視“我想和你唱”以及其他大型活動的舞臺上表演。我們立志打造屬於中大自己的音樂品牌，為心懷音樂夢想的人提供更多的機會，在舞臺上綻放最閃亮的自己。

“On Key Live” is a music contest organised by CUPSA. Being the most popular event among students, the “On Key Live” singing contest provides a platform for postgraduate students to show their artistic talents. With authoritative judges and gorgeous stage settings, performers can sing out loudly as well as gain the opportunities to perform at the Hong Kong Music Festivals. Come Sing With Me programme held by Hunan TV and other events. We strive at building a brand music event in CUHK for the music enthusiasts to be shining stars and make their dreams come true!

4.7 合一論壇 He Yi Forum



合一論壇是由 CUPSA 主辦的大型兩岸四地文化交流論壇，也是全香港第一個兩岸四地該類型論壇。本論壇共邀請了來自兩岸四地二十五所學校以及教育機構參與其中，更有中國知名演員美猴王的扮演者六小齡童，以色列的世界級建築大師渡堂海，中國國學大師胡曉明教授，美國動畫大師閃拓等。兩天的活動共吸引了超過 1000 人的關注；兩岸四地超過 40 家媒體爭相報道。合一論壇為香港的研究生帶來精神洗禮的同時，也加強了兩岸四地青年學生的友誼。

He Yi Forum is a large-scale forum for cultural discussion in four-regions of China across the straits, and is also the first forum across the straits in Hong Kong. Twenty-five schools and educational institutions from all the four regions of China are invited for this forum, including the famous actor Mr. Liu Xiao Ling Tong, who played the Chinese mythical monkey-king Sun Wu-Kong in the TV shows Journey to the West, the world-ranked architect Mr. Haim Dotan, the master of Chinese culture Professor Hu Xiaoming, and the international animation celebrity Mr. Dan Sarto. Attracting over 1000 participants and being reported by more than forty media, the two-day forum had refreshed minds of postgraduates and enhanced the friendship of students from different regions.

4.8 畢業晚宴 GRADUATION GALA



每年新生分享營是研究生進入中大校園的開場序幕，畢業晚宴是 CUPSA 為研究生精心設計的畢業儀式，“有始有終”，為中大的生活畫上圓滿的句號。首屆研究生畢業晚宴暨校友分享會于 2019 年 4 月舉辦，採取與校友分享會結合的方式，旨在為畢業生搭建與各地校友會面對面交流的橋樑，一起聆聽優秀校友的經驗和故事，也為即將在各個地區工作的畢業生們，提前認識當地校友會，更深入感知歷史悠久的校友文化，為中大校友文化的傳承作出貢獻。

If the Orientation Camp is the beginning of the postgraduate students, the Graduation Gala is another meaningful ceremony carefully designed by CUPSA, which means draw a satisfactory end at CUHK from the very beginning. The first Graduation Gala cum Alumni Sharing Session is held in April 2019, aiming to build bridges for alumni associations and to provide opportunities for the newly graduates to learning from the experiences and stories of excellent alumni. It is helpful for us to have a deeper understanding of the long history of alumni culture and to contribute to cultural heritage of CUHK.

特別聲明 DECLARATION

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關注我們

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