

校友講座第二十六講 Alumni Talk — 26th Talk

為增進同學與校友間的聯繫，由 2005 年起，書院與書院校友會合辦一系列的「聯合書院校友講座」，邀請在社會上各行各業有卓越成就的校友與在校的師弟師妹們分享他們在事業上、人生旅途上的各種經歷與體會。校友講座以高桌晚宴形式舉行，讓聯合同學在輕鬆的環境下與主講校友嘉賓交流認識。校友講座的第二十六講於 2018 年 11 月 20 日晚上假書院張祝珊師生康樂大樓三樓文怡閣舉行，書院邀得 1988 年政治與行政學系校友，嘉華國際集團有限公司主席辦公室秘書長梁敬國先生擔任主講嘉賓，以「知命回顧：學習、工作、生活」為講題，與聯合同學分享他的心得。

From 2005, the College and the Alumni Association have jointly organised a series of alumni talks for students. Distinguished alumni from all walks of life are invited to share with fellow students on their career and life experiences. The Alumni Talk is organised in the format of high table dinner, providing students and alumni a relaxing atmosphere for learning and communication. The 26th Alumni Talk was held on 20 November 2018 at the Staff Common Room, 3/F, Cheung Chuk Shan Amenities Building, United College. The guest speaker, Mr Godfrey K K Leung, Secretary General, Chairman's Office, K Wah International Holdings Limited, shared with UC students on the topic of "Amidst the Decree from Heaven: My Studies, Work and Life". Mr Godfrey K K Leung is a 1988 United College alumnus, majoring in Government and Public Administration. were well received by the audience.



左起：校董會主席殷巧兒女士、主講嘉賓梁敬國校友、院長余濟美教授及校友會會長李國忠先生。

From left: Ms Lina H Y Yan, Chairman of the College Board of Trustees; Mr Godfrey K K Leung, guest speaker; Professor Jimmy C M Yu, College Head and Mr Simon K C Lee, President of the College Alumni Association.



大合照。

Group photo.

伯利衡宿舍四十周年慶典暨伯人宴 Bethlehem Hall 40th Anniversary Dinner

為慶祝伯利衡宿舍成立四十周年，伯宿宿生會「千秋伯世」於 2018 年 11 月 16 日晚上在湯石舉行了一年一度的「伯人宴」，邀得一眾書院嘉賓、伯宿第一屆宿生會兼舊生會代表、前任及現任舍監、住校導師、新舊工友及宿生約一百五十人一同參與這盛會，享用盆菜，欣賞精彩表演和參加大抽獎。晚會最後以「千秋伯世」莊員表演跳舞作結，把全場氣氛推向高潮，亦象徵今屆「伯人宴」完滿結束。



To celebrate the 40th anniversary of Bethlehem Hall (BH), the BH Residents' Association organised a reunion dinner for their fellow students and alumni on 16 November 2018 in the open space outside the Hall. Around 150 participants, including College guests, representatives of the 1st BH Residents' Association and Alumni Association, current and former wardens, tutors, staff and residents enjoyed a wonderful night with delicious "poon choi", marvelous performances and lucky draws. The ending performance by "Bethleternity" had made the anniversary dinner a successful and memorable event.

考試期間送贈生果

Fresh Fruit for College Students during Examination Period

書院學生飯堂於考試期間（2018 年 12 月 5 日至 21 日）晚市時段，送贈新鮮生果給書院同學，為同學打氣，費用悉數由書院資助。

Sponsored by the College, the College Student Canteen will supply free fresh fruit to College students during the examination period from 5 to 21 December 2018 in the evening time.

學生宿舍消息 The College Student Hostel News

本院學生宿舍將於 2018 年 12 月 28 日 (星期五) 中午 12 時至 2019 年 1 月 2 日 (星期三) 中午 12 時暫停開放，以便進行半年一度的清潔工作。為方便工作，請各宿生於 2018 年 12 月 28 日 (星期五) 中午 12 時前離開宿舍，並避免放置物品於地上。非本地生如需於關閉期間繼續留宿，請於 2018 年 12 月 14 日 (星期五) 前以書面通知舍監。只獲配上學期宿位的同學，請於 2018 年 12 月 28 日 (星期五) 中午 12 時前到宿舍接待處辦理退宿手續。

All College student hostels will be closed from 12:00 noon on Friday, 28 December 2018 to 12:00 noon on Wednesday, 2 January 2019 for the half-yearly cleaning operations. Residents are requested to leave the hostels during this period and not to put their personal belongings on the floor. Non-local students who wish to stay during the above period must notify their respective wardens in writing before Friday, 14 December 2018. Students only eligible for first term residence should check-out of the hostels before 12:00 noon on Friday, 28 December 2018.

2017至2018年度馮燊均先生全人發展獎勵計劃獲獎名單 Mr Fung Sun Kwan Whole Person Development Award Programme Awardees in 2017-2018

2017 至 2018 年度馮燊均先生全人發展獎勵計劃獲獎名單如下：

Mr Fung Sun Kwan Whole Person Development Award Programme Awardees in 2017-2018 listed as follows:

	得獎者 Awardees	
金獎 Gold Awards	梁美筠 (數學及數學教育/五) Leung Mei-kwan (BMEDN/5)	區瑞雯 (內外全科醫學士課程/六) Shermen S M Au (MEDU/6)
年獎 Year Prizes	區瑞雯 (內外全科醫學士課程/六) Shermen S M Au (MEDU/6)	伍芷瑩 (英文/四) Ng Tsz-ying (ENGE/4)
	陳偉 (歷史/二) Chan Wai (HIST/2)	

書院劇社參與中大劇賽獲三獎項 The College Drama Club Won Three Prizes in the CUHK Drama Competition

本年度的中大劇賽已於 11 月 1、5 及 8 日假大學邵逸夫堂舉行，聯合劇社於 11 月 1 日晚演出《奈何橋》，結果憑此劇獲得優異燈光設計、優異前期製作和優異演員三個獎項。書院謹向聯合劇社的台前幕後成員，致以衷心祝賀！

The CUHK Drama Competition of this year was held on 1, 5 and 8 November 2018 at the Sir Run Run Shaw Hall. The College Drama Club won three awards, including the Outstanding Lighting, Outstanding Pre-production and Outstanding Actor Award with the entry "Naihe Bridge" staged on 1 November 2018. Our warmest congratulations to the College Drama Club!



書院劇社的《奈何橋》為觀眾帶來有關執著的反思。飾演孟氏的楊致裕同學 (工管/五; 紅裙) 獲得優異演員獎。

"Naihe Bridge" by the College Drama Club led the audience to reflect on perseverance. One of the key actors, Yeung Chi-yu (IBBA/5; in red dress), won the Outstanding Actor Award.



劉行榕教授於頒獎禮後與聯合劇社和獲獎同學合照留念。

Professor Alaster H Y Lau posed a photo with the Drama Club members and award winners after the prize presentation ceremony.



副院長兼輔導長劉行榕教授、副院長兼通識教育主任李鴻基教授與聯合劇社台前幕後人員於演出後合照留念。

Professor Alaster H Y Lau, Associate College Head and Dean of Students; Professor Lee Hung-kay, Associate College Head and Dean of General Education, and the Drama Club members posed a photo after their performance.

岑才生學長計劃2018至2019游應森學年迎新午宴

The College Shum Choi Sang Mentorship Programme: Year of William Y S Yau (2018-2019) Inauguration Luncheon

書院岑才生學長計劃 2018 至 2019 游應森學年迎新午宴於 2018 年 11 月 3 日假旺角帝京酒店舉行。當日出席的嘉賓、校友和同學逾一百九十人，包括書院校友會永遠榮譽會長張煊昌博士、書院校董會主席殷巧兒女士、院長余濟美教授、書院輔導長兼學長計劃統籌委員會召集人劉行榕教授及書院校友會會長兼學長計劃統籌委員會召集人李國忠先生。余院長於席間特別感謝本年度贊助人游應森先生、歷任書院校董會主席以及各界人士對學長計劃多年來的鼎力支持。

The inauguration luncheon for the College Shum Choi Sang Mentorship Programme: Year of William Y S Yau (2018-2019) was held on 3 November 2018 at the Royal Plaza Hotel in Mongkok. Over 190 people including guests, alumni and students were in attendance. Among those present were Dr Thomas H C Cheung, Permanent Emeritus President of the College Alumni Association (UCAA); Ms Lina H Y Yan, Chairman of the United College Board of Trustees; Professor Jimmy C M Yu, College Head; Professor Alaster H Y Lau, Dean of Students and Convenor of the Mentorship Programme Coordinating Committee; and Mr Simon K C Lee, President of the UCAA and Convenor of the Mentorship Programme Coordinating Committee. Professor Yu specially thanked Mr William Yau for his generous donation, the Chairmen of the College Board of Trustees as well as the programme volunteers for their support at the luncheon.



書院校友會會長兼學長計劃統籌委員會召集人李國忠先生致辭。
Address by Mr Simon K C Lee, President of UCAA and Convenor of the Mentorship Programme Coordinating Committee.



殷巧兒女士（左）及余濟美教授（右）致送紀念品予本年度學長計劃贊助人游應森先生（中）。

Ms Lina H Y Yan (left) and Professor Jimmy C M Yu (right) presented a souvenir to Mr William Y S Yau (centre), sponsor of the Mentorship Programme in 2018-2019.



殷巧兒女士（左五）及嘉賓與連續服務學長計劃十年的學長合照。
Ms Lina H Y Yan (5th left) with guests and mentors who had served the Mentorship Programme for ten consecutive years.



余濟美教授（右）代表學長和學員向統籌委員會前召集人殷巧兒女士（左）送花，感謝她多年來對書院學長計劃的貢獻。

Professor Jimmy C M Yu (right) represented mentors and mentees to give a bouquet of flowers to Ms Lina H Y Yan (left), former Convenor of the Mentorship Programme Coordinating Committee, to express our gratitude for her excellent services to the College Mentorship Programme.



本屆學長及學員與嘉賓大合照。
Group photo of guests with mentors and mentees.

傑出校友訪問計劃——湯宿夜話 Distinguished Alumni in Residence - Night Talk

「傑出校友訪問計劃」是香港中文大學於2018年推出的全新計劃，每年邀請一至兩位來自本地或海外的傑出校友回到校園，為期三至五天，與學生、校友及教職員分享他們的行內睿智及真知灼見。傑出校友訪問計劃的首位校友為聯合書院1973年社工系姚沈宛校友。其中傑出校友訪問計劃——湯宿夜話於2018年11月8日晚上假書院湯若望宿舍，姚沈宛校友回到母校，擔任主講嘉賓，以「生命是有彈性」為講題，與聯合同學分享她的心得。

The Distinguished Alumni-in-Residence Programme is a new initiative launched by CUHK in 2018. This programme provides a precious opportunity for the University's outstanding alumni to return to alma mater to share their knowledge, expertise and insight with students, alumni, faculty and administrators. Each year, one or two distinguished alumnus/ alumna, either based locally or across the globe, will be invited to return to campus for three to five days and host a series of activities related to their fields and professions, such as master classes, talks, sharing, social gatherings and outreach activities. The first Distinguished Alumni-in-Residence is Mrs Yiu Sham Yuen Dorothy, a 1973 United College alumna, majoring in Social Work. A Night Talk was held on 8 November 2018 at the Adam Schall Residence, United College. Mrs Yiu shared with UC students on the topic of "The Flexibility of Life".



副院長兼湯若望宿舍舍監參陳淑賢教授、宿生會同學與姚沈宛校友合照。
Professor Barley S Y Mak, Associate College Head and Warden of Adam Schall Residence and students of Resident Association of Adam Schall Residence posed a group photo with Mrs Dorothy Yiu.



院長余濟美教授致送紀念品予姚沈宛校友。左起：副院長李鴻基教授及參陳淑賢教授、校友會理事會主席李劍雄校友、姚沈宛校友、余濟美教授、校友事務處處長鄭健文先生、夜話主持湯若望宿舍宿友會會長梁國斌校友。

Professor Jimmy C M Yu, College Head presented souvenir to Mrs Dorothy Yiu. From left: Professor Lee Hung-kay and Professor Barley S Y Mak, Associate College Heads, Mr John K H Lee, Council Chairman of UC Alumni Association, Mrs Dorothy Yiu, Professor Jimmy C M Yu, Mr Daniel K M Cheng, Director of Alumni Affairs Office, Mr Albert K P Leung, Convenor of the Night Talk and President of Adam Schall Residence Alumni Association.

書院聚會《鑄情——羅密歐和茱麗葉遇上牡丹亭》戲劇表演 College Assembly — "RJ Peony" Drama Performance

書院同學分別於2018年10月30日及11月1日，在逸夫書院大講堂欣賞「香港戲劇工程」演出的《鑄情——羅密歐和茱麗葉遇上牡丹亭》戲劇表演。是次戲劇表演由聯合書院、崇基學院、逸夫書院及伍宜孫書院合辦。在演出後的討論環節中，同學熱烈參與互動討論。本劇導演為本院資深書院導師蔡錫昌先生。

The drama performances jointly organised by United College, Chung Chi College, Shaw College and Wu Yee Sun College, were held at the Lecture Theatre of Shaw College on 30 October and 1 November 2018. "Theatre Works" presented a drama of "RJ Peony" to our students. The performances were very attractive and well-received by the audience with an interactive discussion after each performance. The drama was directed by Mr Hardy S C Tsoi, Senior College Tutor of United College.



演員大合照。
A group photo of the artists.



本院資深書院導師香港戲劇工程導演蔡錫昌先生在討論環節中作分享。
Senior College Tutor, Mr Hardy S C Tsoi, Director of Hong Kong Theatre Works, shared his views at the post-performance discussion.

書院第四十五屆水運會

The College 45th Swimming Gala

2018 至 2019 年度水運會於 2018 年 9 月 28 日晚上順利舉行。書院六所舍堂共有一百四十多位同學參加比賽。出席開幕禮的嘉賓包括院長余濟美教授、副院長兼輔導長劉行榕教授、副院長兼湯若望宿舍舍監麥陳淑賢教授、院務主任李雷寶玲女士、資深書院導師陳德有博士、伯利衛宿舍舍監梁德華博士及恒生樓舍監黃安東先生。各隊啦啦隊氣氛熱烈，為健兒們打氣。本年度水運會全場總冠軍隊為恒生樓。

The Swimming Gala 2018-2019 was held on 28 September 2018. Over 140 students representing the six hostels and non-residential halls, participated in the competitions. Guests who joined the Opening Ceremony included Professor Jimmy C M Yu, College Head; Professor Alaster H Y Lau, Associate College Head and Dean of Students; Professor Barley S Y Mak, Associate College Head and Warden of Adam Schall Residence; Mrs Christina P L Li, College Secretary; Dr Chan Tak-yau, Senior College Tutor; Dr Leung Tak-wah, Warden of Bethlehem Hall; Mr Wong On-tung, Warden of Hang Seng Hall. The cheering up teams performed very well. The Champion team of this year's Swimming Gala was Hang Seng Hall.



本年度水運會全場總冠軍隊——恒生樓。
Champion Team of this Year's Swimming Gala – Hang Seng Hall.



在場嘉賓合照。
Group photo.

聯合書院第四十五屆水運會成績

Results of United College 45th Swimming Gala

男子組 Men's Events	冠軍 Champion		亞軍 First Runner-up		季軍 Second Runner-up	
項目 Event	姓名 Name	紀錄 Record	姓名 Name	紀錄 Record	姓名 Name	紀錄 Record
25 米浮板賽 25M Kick Board Race	陳穎煊 Chan Wing-huen	20"47	馬梓洋 Ma Zi-yang	20"61	蘇弘錦 Su Hong-jin	20"82
50 米蝶式 50M Butterfly	*池浩霆 *Chi Oscar	26"36	廖天朗 Sunny T L Liu	29"47	陳善勤 Chan Sin-kan	39"47
50 米自由式 50M Freestyle	廖天朗 Sunny T L Liu	26"10	歐陽仲鏗 Felix C H Au Yeung	26"56	鄭肇元 Cheng Siu-yuen	27"30
50 米蛙式 50M Breaststroke	鄭肇元 Cheng Siu-yuen	36"64	劉溢仁 Lau Yat-yan	36"83	吳朗瑜 Ng Long-yu	38"23
50 米背式 50M Backstroke	歐陽仲鏗 Felix C H Au Yeung	29"62	張啟哲 Cheung Kan-ji	31"50	林灝汶 Henry H M Lam	34"72
100 米自由式 100M Freestyle	池浩霆 Chi Oscar	53"32	鄭肇元 Cheng Siu-yuen	1'02"93	廖天朗 Sunny T L Liu	1'04"34
100 米蛙式 100M Breaststroke	劉溢仁 Lau Ya-yYan	1'27"49	柯耀鏗 Or Yiu-hang	1'30"00	吳朗瑜 Ng Long-yu	1'31"77
200 米自由式 200M Freestyle	歐陽仲鏗 Felix C H Au Yeung	2'22"43	林灝汶 Henry H M Lam	2'39"87	梁凱傑 Leung Hoi-kit	3'36"10
200 米蛙式 200M Breaststroke	柯耀鏗 Or Yiu-hang	3'19"95	李博謙 Lee Pok-him	3'35"33	謝狄軒 Tse Tik-hin	4'02"06
200 米個人四式 200M Individual Medley	池浩霆 Chi Oscar	2'13"55	黃一展 Huang Yizhan	5'48"00		

*破大會紀錄 Record Broken

女子組 Women's Events	冠軍 Champion		亞軍 First Runner-up		季軍 Second Runner-up	
項目 Event	姓名 Name	紀錄 Record	姓名 Name	紀錄 Record	姓名 Name	紀錄 Record
25 米浮板賽 25M Kick Board Race	何心瑜 Ho Sum-yu	20"26	陳嘉瑩 Chan Ka-ying	20"81	黃以澄 Wong Yee-ching	23"27
50 米蝶式 50M Butterfly	余芷晴 Vanessa C C Yu	35"92	陳漪澄 Chan Yi-ching	37"52	趙天穎 Katie T W Chiu	40"11
50 米自由式 50M Freestyle	陳嘉瑩 Chan Ka-ying	33"26	馬持恩 Ma Che-yan	34"48	魏詩彤 Ngai Sze-tung	34"74
50 米蛙式 50M Breaststroke	余芷晴 Vanessa C C Yu	40"98	劉凱明 Lau Hoi-ming	46"82	吳文諾 Ng Man-lok	46"99
50 米背式 50M Backstroke	馮天穎 Fung Katrina Gabriele Tian Ying	40"70	趙天穎 Katie T W Chiu	43"71	吳萊 Wu Lu	45"05
100 米自由式 100M Freestyle	余芷晴 Vanessa C C Yu	1'13"96	馮天穎 Fung Katrina Gabriele Tian Ying	1'18"05	魏詩彤 Ngai Sze-tung	1'23"22
100 米蛙式 100M Breaststroke	陳漪澄 Chan Yi-ching	1'32"71	吳萊 Wu Lu	1'40"77	劉凱明 Lau Hoi-ming	1'46"40

項目 Event	名次 Ranking	1	2	3
4x50 米舍際混合接力 4X50m inter-hall medley relay	舍堂 Hostel/Hall	恒生樓 Hang Seng Hall	百全堂 Pak Chuen Hall	湯若望宿舍 Adam Schall Residence
	紀錄 Record	2'02"30	2'08"31	2'12"95

男子個人全場總冠軍 Men's Individual Overall Champions	池浩霆 Chi Oscar
女子個人全場總冠軍 Women's Individual Overall Champion	余芷晴 Vanessa C C Yu
舍際全場總冠軍 Overall Campion	恒生樓 Hang Seng Hall
舍際啦啦隊冠軍 Cheering Team Champion	百全堂 Pak Chuen Hall

舍堂成績 Hostel/Hall Overall Results

名次 Ranking	1	2	3	4	5	6
舍堂 Hostel/Hall	恒生樓 Hang Seng Hall	湯若望宿舍 Adam Schall Residence	秉芬堂 Ping Fan Hall	百全堂 Pak Chuen Hall	伯利衛宿舍 Bethlehem Hall	陳震夏宿舍 Chan Chun Ha Hostel

書院第五十二屆陸運會 The College 52nd Athletic Meet

2018 至 2019 年度陸運會於 2018 年 11 月 1 日晚上舉行，書院六所舍堂合共五百多位同學參加比賽。院長余濟美教授、副院長兼輔導長劉行榕教授、副院長兼通識教育主任李鴻基教授、副院長兼湯若望宿舍舍監麥陳淑賢教授、副院長王香生教授、院務主任李雷寶玲女士、資深書院導師陳德有博士、大學體育部主任梁鳳蓮博士、陳震夏宿舍舍監李詠恩教授、恒生樓舍監黃安東先生、秉芬堂舍監鄧麗暉教授等嘉賓到場支持，並蒙多位校友回校協助擔任裁判。各隊啦啦隊氣氛熱烈，為健兒們打氣。全場總冠軍隊為湯若望宿舍。

The Athletic Meet 2018-2019 was held on 1 November 2018, with over 500 students representing six hostels and non-residential halls joining the competitions. The cheering teams helped to raise participants' excitement which was further fueled by the presence of guests including Professor Jimmy C M Yu, College Head; Professor Alaster H Y Lau, Associate College Head and Dean of Students; Professor Lee Hung-kay, Associate College Head and Dean of General Education; Professor Barley S Y Mak, Associate College Head and Warden of Adam Schall Residence; Professor Stephen H S Wong, Associate College Head; Mrs Christina P L Li, College Secretary; Dr Chan Tak-yau, Senior College Tutor; Dr Elean F L Leung, Director of Physical Education; Professor Vivian W Y Lee, Warden of Chan Chun Ha Hostel; Mr Wong On-tung, Warden of Hang Seng Hall; Professor Eunice L Y Tang, Warden of Ping Fan Hall. The College was pleased to have a number of alumni serving as judges for the competitions. The overall champion team for the Athletic Meet was Adam Schall Residence.



在場嘉賓合照。
Group photo.



本年度陸運會全場總冠軍隊——湯若望宿舍。
Champion Team of this Year's Athletic Meet – Adam Schall Residence.

聯合書院第五十二屆陸運會成績 Results of United College 52nd Athletic Meet

男子組 Men's Events	冠軍 Champion		亞軍 First Runner-up		季軍 Second Runner-up	
項目 Event	姓名 Name	紀錄 Record	姓名 Name	紀錄 Record	姓名 Name	紀錄 Record
100 米 100M	曾皓楠 Tsang Ho-nam	11"72	鄧梓峻 Tang Tsz-chun	11"96	鄭瑞豪 Michael S H Cheng	12"29
200 米 200M	羅皓丰 Law Ho-fung	24"42	鄧梓峻 Tang Tsz-chun	25"28	池浩霆 Chi Oscar	25"34
400 米 400M	羅皓丰 Law Ho-fung	55"93	蔡穎熙 Raymond W H Choi	1'01"35	劉昊峯 Lau Ho-fung	1'01"83
800 米 800M	吳澤豐 Ng Chak-fung	2'28"04	郭知行 Kwok Chi-hang	2'29"12	郭丰銘 Guo Fengming	2'32"16

男子組 Men's Events	冠軍 Champion		亞軍 First Runner-up		季軍 Second Runner-up	
項目 Event	姓名 Name	紀錄 Record	姓名 Name	紀錄 Record	姓名 Name	紀錄 Record
1500 米 1500M	曾祥星 Nicholes C S Tsang	5'05"28	郭知行 Kwok Chi-hang	5'35"57	黎正邦 Lai Ching-pong	5'42"59
5000 米 5000M	*曾祥星 *Nicholes C S Tsang	16'53"98	蔡顯猷 Tobias H Y Tsoi	21'28"47	陳逸河 Chan Yat-ho	21'30"16
110 米欄 110m Hurdles	蘇柏熹 So Pak-hei	22"29	鍾振良 Chung Chan-leong	22"98	秦卓軒 Chun Cheuk-hin	24"19
400 米欄 400m Hurdles	沈諾敬 Sum Lok-king	1'09"00	鍾振良 Chung Chan-leong	1'20"11	徐昊銘 Tsui Ho-ming	1'22"13
跳高 High Jump	石期舟 Shek Ki-chau	1.65m	曾皓楠 Tsang Ho-nam	1.65m	黃睿恒 Wong Yui-hang	1.60m
跳遠 Long Jump	陳銘良 Chan Ming-leung	5.53m	沈諾敬 Sum Lok-king	5.41m	鄧梓俊 Tang Tsz-chun	5.24m
三級跳遠 Triple Jump	羅皓丰 Law Ho-fung	11.60m	曾皓楠 Tsang Ho-nam	11.20m	招志強 Chiu Chi-keung	10.54m
鉛球 Shot Put	林幸源 Lam Hun-yuen	9.11m	李泓鋒 Lee Wang-fung	8.71m	鄭肇元 Cheng Siu-yuen	8.57m
鐵餅 Discus Throw	林幸源 Lam Hun-yuen	21.25m	李泓鋒 Lee Wang-fung	21.25m	鄭肇元 Cheng Siu-yuen	20.89m
標槍 Javelin Throw	雷嘯天 Lui Siu-tin	38.07m	周學儀 Chou Max	34.95m	盧卓航 Lo Chuk-hong	32.99m
持桿跳 Pole Vault	李天璋 Lee Tin-wai	2.00m	李滙海 Lee Wui-hoi	1.70m		

女子組 Women's Events	冠軍 Champion		亞軍 First Runner-up		季軍 Second Runner-up	
項目 Event	姓名 Name	紀錄 Record	姓名 Name	紀錄 Record	姓名 Name	紀錄 Record
100 米 100M	俞雅欣 Yue Ya-xin	12"55	陳玲 Chan Ling	13"58	高詠珠 Ko Wing-chu	15"06
200 米 200M	潘幸慧 Poon Hang-wai	29"16	陳玲 Chan Ling	34"18	譚雪穎 Tam Suet-wing	35"38
400 米 400M	潘幸慧 Poon Hang-wai	1'04"59	李子晴 Li Tsz-ching	1'08"42	黃以澄 Wong Yee-ching	1'11"65
800 米 800M	黃敏儀 Wong Man-yee	3'09"09	高佩琪 Ko Pui-ki	3'21"05	李洋嫻 Li Yangxian	3'33"40
1500 米 1500M	黃敏儀 Wong Man-yee	6'15"43	陳嘉瑩 Chan Ka-ying	6'36"77	高穎 Ko Wing	6'48"76
100 米欄 100m Hurdles	*俞雅欣 *Yue Ya-xin	15"15	陳穎桐 Chan Wing-tung	36"72	謝文昕 Tse Man-yan	40"16
跳高 High Jump	蕭俊宜 Siu Chun-yi	1.45m	黃穎桐 Charlotte W T Wong	1.35m	黃寶婷 Wong Po-ting	1.30m
跳遠 Long Jump	*俞雅欣 *Yue Ya-xin	5.56m	黃以澄 Wong Yee-ching	4.47m	馮美 Fung Xian	4.02m
鉛球 Shot Put	廖烙敏 Liu Lok-man	8.61m	艾令山 Nadia Esmailzadeh Melli	8.60m	吳芷恩 Ng Tsz-yan	7.46m
鐵餅 Discus Throw	陳玲 Chan Ling	21.96m	吳芷晴 Ng Tsz-ching	18.35m	黃詠滙 Wong Wing-hei	16.54m
標槍 Javelin Throw	麥子欣 Gianne T Y Mak	32.75m	廖烙敏 Liu Lok-man	26.02m	吳芷晴 Ng Tsz-ching	25.44m

*破大會紀錄 Record Broken

男子個人全場總冠軍	Men's Individual Overall Champion	羅皓丰	Law Ho-fung
女子個人全場總冠軍	Women's Individual Overall Champion	俞雅欣	Yue Ya-xin
舍際全場總冠軍	Overall Campion	湯若望宿舍	Adam Schall Residence
舍際啦啦隊冠軍	Cheering Team Champion	百全堂	Pak Chuen Hall
男子舍際 4 x 100 接力	Men's Inter-Hostel/Hall 4 x 100M Relay	恒生樓	Hang Seng Hall
女子舍際 4 x 100 接力	Women's Inter-Hostel/Hall 4 x 100M Relay	恒生樓	Hang Seng Hall
混合舍際 4 x 100 接力	Inter-Hostel/Hall 4 x 100M Relay	恒生樓	Hang Seng Hall
舍際 10 x 200 接力	Inter-Hostel/Hall 10 x 200M Relay	恒生樓	Hang Seng Hall

總成績 Overall Results

名次 Ranking	1	2	3	4	5	6
舍堂 Hostel/Hall	湯若望宿舍 Adam Schall Residence	恒生樓 Hang Seng Hall	秉芬堂 Ping Fan Hall	陳震夏宿舍 Chan Chun Ha Hostel	百全堂 Pak Chuen Hall	伯利衛宿舍 Bethlehem Hall

書院聚會——「邁進地球村系列」學生交流活動分享會

College Assembly — Globe-Oriented Active Learning (GOAL) Programme Sharing by Students

書院於 2018 年 11 月 9 日假大學邵逸夫堂舉行書院聚會，並邀請曾參與下列「邁進地球村系列」學生活動的同學作分享：
A sharing session by students who had participated in the following activities under the “GOAL Programme” last year, was held on 9 November 2018 at Sir Run Run Shaw Hall:

- 暑假外地學分進修計劃
(美國哈佛大學及美國加州大學柏克萊分校)
- 外地文化及語文研習課程——
英國蘇格蘭愛丁堡大學
- 澳洲悉尼大學暑期課程
- 暑期西班牙語及文化考察團
- 暑期法語及文化考察團
- 服務體驗實習計劃 (台灣桃園市教育志聯盟)
- 中外大學生暑期教育扶貧活動
- 薪火計劃：中大聯合·北京清華·服務學習體驗
- Non-local Credit-bearing Summer Studies Scheme
(Harvard University, USA & University of California, Berkeley, USA)
- Non-local Culture and English Language Programme at the University of Edinburgh, UK
- Summer Programme at the University of Sydney, Australia
- Spanish Culture and Language Programme at Barcelona, Spain
- French Culture and Language Programme at Lyon, France
- Service Learning Internship Programme
(Taoyuan City Education Volunteer Alliance, Taiwan)
- Summer Service Learning Programme in Rural China
- Pass-it-on: Service Learning Programme by United College and Tsinghua University, Beijing

各組同學以相片及影片分享他們在行程中的得着和感想，台下同學反應熱烈。

The presentations with photos and video clips, as well as what the participants have learnt and reflected in the trips, were well received by the audience.



同學分享。
Sharing by students.



各組參與分享的同學合照。
A group photo.