



學生消息

Student News

本院學生獲頒「傑出之星」

College Student Received The Most Outstanding Star Award

中大早前舉行 2019 年傑出學生獎頒獎典禮，二百二十九位同學憑藉在不同範疇的優異表現、熱心服務社會和勇於面對挑戰的精神，獲頒本年度傑出學生獎。今年大學新增設「傑出之星」，由各得獎同學投票選出各類別最具代表之得獎同學 / 團隊代表領獎。當中四位同學及一支學生團隊更成為「傑出之星」。本院學生俞雅欣（食品及營養科學/四）獲得體育組別的「傑出之星」，俞同學為香港女子跳遠紀錄保持者，一年內八次打破香港紀錄，並贏得亞錦賽、亞洲大獎賽、新加坡、台灣公開賽獎牌。本院同仁謹致賀忱！

CUHK presented the Outstanding Students Awards to 229 students to honour their outstanding attainments apart from academic excellence, their contributions to the community, and having the courage to face challenges. “*The Most Outstanding Star*” was introduced this year. All Outstanding Students awardees can vote for the most typical student / team in their respective category. Five “*The Most Outstanding Star*” awards were presented, while College student Miss Yue Ya-xin (FN5C/4), was awarded in the Sports Category. Miss Yue is the Hong Kong record holder for the women’s long jump. She has broken the record eight times and won medals in the Asia Championship, Asian Grand Prix, and Singapore and Taiwan Opens this year. Our warmest congratulations to Miss Yue!

書院岑才生學長計劃：2019至2020林偉雄學年迎新午宴

The College Shum Choi Sang Mentorship Programme: Year of Enders W H Lam (2019-2020) Inauguration Luncheon

書院岑才生學長計劃 2019 至 2020 林偉雄學年迎新午宴於 2019 年 11 月 9 日假旺角帝京酒店舉行。當日出席的嘉賓、校友和同學逾二百人，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。適逢計劃成立二十周年，余院長於席間特別感謝二十年前書院校董岑才生先生的贊助、多位始創成員的努力、本年度贊助人林偉雄先生以及各界人士對學長計劃多年來的鼎力支持，同時鼓勵學長培育學員去面對社會上的各種困難。

The inauguration luncheon for the College Shum Choi Sang Mentorship Programme: Year of Enders W H Lam (2019-2020) was held on 9 November 2019 at the Royal Plaza Hotel in Mongkok. Over 200 participants including guests, alumni and students were in attendance at the 20th luncheon of the programme. 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, Head of United College; 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 Shum Choi-sang for his generous donation, the founding members, year sponsor Mr Enders W H Lam as well as the programme volunteers for their support at the event. He also encouraged mentors to nurture mentees and equip them with abilities to face and cope with difficulties in life.



張煊昌博士(中)、殷巧兒女士(左九)、余濟美院長(右九)、林偉雄先生(右八)、劉行榕教授(右七)、李國忠先生(左八)、麥陳淑賢教授(左七)、黃鈺應先生(右五)、學長計劃統籌委員會成員以及今屆服務滿十五及二十年的學長主持切蛋糕及祝酒儀式。

Dr Thomas H C Cheung (middle), Ms Lina H Y Yan (9th left), Professor Jimmy C M Yu (9th right), Mr Enders W H Lam (8th right), Professor Alaster H Y Lau (7th right) and Mr Simon K C Lee (8th left), Professor Barley S Y Mak (7th left), Mr Calvin Y Y Wong (5th right) conducted the anniversary cake cutting and toasting ceremony with members of the Mentorship Programme Coordinating Committee, guests and mentors who served the Mentorship Programme for 15 and 20 years.



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林偉雄先生(中)。

Ms Lina H Y Yan (left) and Professor Jimmy C M Yu (right) presented a souvenir to Mr Enders W H Lam (middle), sponsor of the Mentorship Programme in 2019-2020.



張煊昌博士(右三)與連續服務學長計劃二十年的學長合照。

Dr Thomas H C Cheung (3rd right) with the mentors who served the Mentorship Programme for 20 consecutive years.



殷巧兒女士(右四)及嘉賓與連續服務學長計劃十年的學長合照。

Ms Lina H Y Yan (4th right) with guests and mentors who served the Mentorship Programme for 10 consecutive years.



學長和學員首次正式見面。

The first formal meeting of mentors and mentees.



本屆學長及學員與嘉賓大合照。

Group photo of guests with mentors and mentees.



書院海岸清潔2019 Coastal Cleanup 2019 by UC

本港的沙灘往往滿佈垃圾，如一些飄浮的膠袋和發泡膠，除了有礙觀瞻，還會影響海洋生態。聯合書院環境委員會已於 10 月 26 日在石澳泳灘舉辦清潔海岸的活動，環境委員會主席徐國榮教授及十三位聯合同學以實際行動保護自然環境，並藉此認識海岸生態，讓參加者更明瞭清潔行動對保育海岸的重要性。

Many beaches in Hong Kong which are often strewn with garbage such as plastic bags and styrofoam. Not only is this visually unpleasant but it also affects marine life. The College Environment Committee held a Coastal Cleanup at Shek O Beach on 26 October 2019. Professor Tsui Kwok-wing, Chairman of the Committee led 13 College students to take practical actions to protect the natural environment. Participants joining the activity were able to understand the importance of coastal conservation better and learn more about coastal ecology.



聯合劇社參與中大劇賽 UC Drama Club participated in the CUHK Drama Competition

本年度的中大劇賽已於 10 月 24、28 及 31 日假大學邵逸夫堂舉行，聯合劇社於 10 月 24 日晚演出《香缸》一劇。內容描述一位少女在家時發生塌樓意外，只有她能死裡逃生，及後堅守在廢墟中嘗試尋找失去的記憶。

The CUHK Drama Competition of this year was held on 24, 28 and 31 October 2019 at the Sir Run Run Shaw Hall. The United College Drama Club's entry "Heung Kong" was staged on 24 October 2019. The story described in a building collapse accident, a young female's was the only survivor; she struggled and stayed in the ruin for trying to collect her lost memories.



副院長兼輔導長劉行榕教授（前二排左三）、副院長兼通識教育主任李鴻基教授（前二排右三）、湯若望宿舍舍監譚志勇教授（前二排右二）、副院務主任陳文軒先生（前二排右一）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 (front second row; left 3); Professor Lee Hung-kay, Associate College Head and Dean of General Education (front second row; right 3); Professor Francis C Y Tam, Warden of Adam Schall Residence (front second row; right 2); Mr Tony M H Chan, Deputy College Secretary (front second row; right 1); and the Drama Club crew members took a photo after their performance.

書院第五十三屆陸運會 The 53rd UC Athletic Meet

2019 至 2020 年度陸運會已於 2019 年 10 月 24 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、大學體育部副主任阮伯仁先生、院務主任雷李寶玲女士、資深書院導師盧德溪先生、資深書院導師陳德有博士、湯若望宿舍舍監譚志勇教授、伯利衡宿舍舍監梁德華博士、恒生樓舍監黃安東先生等嘉賓到場支持，並蒙多位校友回校協助擔任裁判。

The Athletic Meet 2019-2020 was held on 24 October 2019, with over five hundred students representing six hostels and non-residential halls joining the competitions. The cheering teams helped to raise the 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, Mr Yuen Pak-yan, Assistant Director of Physical Education Unit, Mrs Christina Li, College Secretary, Mr Lo Tak-kai, Senior College Tutor, Dr Chan Tak-yau, Senior College Tutor, Professor Francis C Y Tam, Warden of Adam Schall Residence, Dr Leung Tak-wah, Warden of Bethlehem Hall, and Mr Wong On-tung, Warden of Hang Seng Hall. The College was grateful for some alumni serving as judges for the competitions.



籌委同學與到場嘉賓合照

A group photo of guests and organizing students



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	林建希 Lam Kin Hei Alex	11"89	沈諾敬 Sum Lok King	11"91	馮皓暉 Fung Ho Fai	11"99
200 米 200M	林建希 Lam Kin Hei Alex	24"11	馮皓暉 Fung Ho Fai	24"34	張德誠 Cheung Tak Shing	26"37
400 米 400M	羅皓豐 Law Ho Fung	52"87	鄭林海 Cheng Lam Hoi	1'05"26	關雲瑞 Guan Yunrui	1'10"83
800 米 800M	關瀚懷 Kwan Hon Wai Gordon	2'06"01	郭豐銘 Guo Fengming	2'29"76	郭知行 Kwok Chi Hang	2'30"83
1500 米 1500M	曾祥星 Tsang Cheung Sing Nicholes	4'31"31	關瀚懷 Kwan Hon Wai Gordon	4'46"92	熊子謙 Hung Tsz Him	4'55"33
5000 米 5000M	熊子謙 Hung Tsz Him	18'11"56	陳靜洋 Chan Ching Yeung	28'36"84	-	-
110 米欄 110m Hurdles	-	-	-	-	-	-
400 米欄 400m Hurdles	沈諾敬 Sum Lok King	1'22"12	-	-	-	-
跳高 High Jump	莫裕康 Mok Owen	1.65m	林延俊 Lam Yin Chun	1.65m	石期舟 / 吳啟朗 Shek Ki Chau / Ng Kai Long	1.50m
跳遠 Long Jump	沈諾敬 Sum Lok King	5.60m	鄧梓俊 Tang Tsz Chun	5.36m	周卓霖 Chau Cheuk Lam	5.12m
三級跳遠 Triple Jump	勞子浚 Lo Tsz Tsun Julian	11.32m	李文匯 Li Man Wui	10.73m	馮皓暉 Fung Ho Fai	10.59m
鉛球 Shot Put	李泓鋒 Lee Wang Fung	8.33m	Arkadij Gavrilov	8.17m	鄭肇元 Cheng Siu Yuen	7.33m
鐵餅 Discus Throw	李泓鋒 Lee Wang Fung	21.68m	鄭肇元 Cheng Siu Yuen	19.67m	石灝軒 Shek Ho Hin	18.27m
標槍 Javelin Throw	雷嘯天 Lui Siu Tin	36.74m	石灝軒 Shek Ho Hin	34.63m	徐澤培 Tsui Chak Pui	30.31m
持桿跳 Pole Vault	李天瑋 Lee Tin Wai	1.80m	-	-	-	-

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	黃以澄 Wong Yee Ching	14"63	陳穎桐 Chan Wing Tung	16"05	王涵儀 Wang Han Yi	16"10
200 米 200M	黃以澄 Wong Yee Ching	31"07	吳采穎 Ng Tsoi Wing	33"01	郭家彤 Guo Jiatong	35"19
400 米 400M	李子晴 Li Tsz Ching	1'12"60	劉綽琦 Lau Cheuk Ki Jackie	1'23"80	丁蕾茵 Ting Lui Yan	1'26"07
800 米 800M	黃卓寧 Wong Cheuk Ning	2'39"11	袁皓怡 Yuen Ho Yee	2'47"11	李子晴 Li Tsz Ching	2'56"92
1500 米 1500M	*黃卓寧 *Wong Cheuk Ning	5'07"16	袁皓怡 Yuen Ho Yee	5'56"06	何芷瑩 Ho Tsz Ying	7'02"54
100 米欄 100m Hurdles	-	-	-	-	-	-
跳高 High Jump	朱嘉敏 Chu Ka Man	1.25m	易江月 Yi Jianguyue	1.20m	邵卓琳 Shiu Cheuk Lam	1.10m
跳遠 Long Jump	朱嘉敏 Chu Ka Man	4.12m	黃以澄 Wong Yee Ching	4.05m	馮美 Fung Xian	3.85m
鉛球 Shot Put	廖烙敏 Liu Lok Man	7.01m	艾令山 Nadia Esmaeilzadeh Melli	6.71m	莊穎欣 Chong Wing Yan	6.55m
鐵餅 Discus Throw	麥子欣 Mak Tsz Yan Gianne	23.69m	柯穎晴 Koh Wing Ching	16.83m	黃秋童 Wong Chau Tung	13.73m
標槍 Javelin Throw	*劉晞庭 *Lau Hei Ting	39.40m	麥子欣 Mak Tsz Yan Gianne	35.64m	廖烙敏 Liu Lok Man	23.82m

*破大會紀錄 Record Broken

男子個人全場總冠軍 Men Individual Overall Champion	沈諾敬 Sum Lok King
女子個人全場總冠軍 Women Individual Overall Champion	黃以澄 Wong Yee Ching
舍際啦啦隊冠軍 Cheering Team Champion	湯若望宿舍 Adam Schall Residence

聯合書院第四十六屆水運會成績

Results of UC 46th 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	19"98	蘇弘錦 Su Hong Jin	21"20	梁文紳 Leung Man Chung	22"93
50 米蝶式 50M Butterfly	*盧卓浚 *Lo Cheuk Chun	25"66	蔡俊樂 Choi Chun Lok	39"30	陳善勤 Chan Sin Kan	39"75
50 米自由式 50M Freestyle	盧卓浚 Lo Cheuk Chun	25"03	鍾竣宇 Chung Chun Yu	26"56	陳澤華 Chan Chak Wa	28"11
50 米蛙式 50M Breaststroke	鄭肇元 Cheng Siu Yuen	37"52	蔡俊樂 Choi Chun Lok	43"91	梁凱傑 Leung Hoi Kit	47"04
50 米背式 50M Backstroke	歐陽仲鏗 Au Yeung Chung Hang Felix	29"80	林灝汶 Lam Ho Man Henry	34"77	李滙海 Lee Wui Hoi	37"41
100 米自由式 100M Freestyle	盧卓浚 Lo Cheuk Chun	56"27	歐陽仲鏗 Au Yeung Chung Hang Felix	1'03"83	伍健宏 Ng Kin Wang	1'30"55
100 米蛙式 100M Breaststroke	池浩霆 Chi Oscar	1'12"48	鄭肇元 Cheng Siu Yuen	1'26"55	李博謙 Lee Pok Him	1'35"00
200 米自由式 200M Freestyle	池浩霆 Chi Oscar	2'18"71	歐陽仲鏗 Au Yeung Chung Hang Felix	2'30"83	林灝汶 Lam Ho Man Henry	2'47"23
200 米蛙式 200M Breaststroke	鄭肇元 Cheng Siu Yuen	3'13"61	潘景軒 Poon King Hin	3'16"41	林灝汶 Lam Ho Man Henry	3'35"91
200 米個人四式 200M Individual Medley	池浩霆 Chi Oscar	2'36"15	陳善勤 Chan Sin Kan	4'36"47		
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	鄺芷敏 Kwong Tsz Man	21"58	蔡嘉霖 Choi Ka Lam Karen	22"60	姚緯欣 Yiu Cheuk Yan Dorothy	22"73
50 米蝶式 50M Butterfly	余芷晴 Yu Chi Ching Vanessa	32"87	劉緯琦 Lau Cheuk Ki Jackie	37"68	余芷霖 Yu Chi Lam Tiffany	40"34
50 米自由式 50M Freestyle	劉緯琦 Lau Cheuk Ki Jackie	32"01	蔡嘉霖 Choi Ka Lam Karen	33"56	吳樂兒 Ng Lok Yi	34"16
50 米蛙式 50M Breaststroke	余芷晴 Yu Chi Ching Vanessa	38"95	趙施穎 Chiu Sze Wing	42"16	劉緯琦 Lau Cheuk Ki Jackie	42"95
50 米背式 50M Backstroke	余芷霖 Yu Chi Lam Tiffany	43"01	趙施穎 Chiu Sze Wing	45"05	張瑩 Zhang Ying	45"05
100 米自由式 100M Freestyle	陳嘉瑩 Chan Ka Ying	1'20"43	潘子晴 Poon Tsz Ching Rachel	1'22"91	沈君怡 Shum Kwan Yi	2'03"94
100 米蛙式 100M Breaststroke	吳文諾 Ng Man Lok	1'42"09	鄭珞珮 Cheng Lok Pui	1'43"01	胡艾琳 Hu Ailin	1'59"31
200 米自由式 200M Freestyle	余芷晴 Yu Chi Ching Vanessa	2'55"35	-	-	-	-
200 米蛙式 200M Breaststroke	吳文諾 Ng Man Lok	3'52"20	李穎詩 Li Ying Shi	5'01"03	梁沛鈴 Leong Pui Ling	5'18"17
200 米個人四式 200M Individual Medley	-	-	-	-	-	-

*破大會紀錄 Record Broken

項目 Event	名次 Ranking	1	2	3	4	5	6
4×50 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	秉芬堂 Ping Fan Hall	伯利衛宿舍 Bethlehem Hall	陳震夏宿舍 Chan Chun Ha Hostel
	紀錄 Record	1'54"58	2'01"85	2'41"48	2'51"81	2'51"91	3'01"89

男子個人全場總冠軍 Men Individual Overall Champions	盧卓浚 Lo Cheuk Chun
女子個人全場總冠軍 Women Individual Overall Champion	余芷晴 Yu Chi Ching Vanessa
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	百全堂 Pak Chuen Hall	湯若望宿舍 Adam Schall Residence	秉芬堂 Ping Fan Hal	伯利衛宿舍 Bethlehem Hall	陳震夏宿舍 Chan Chun Ha Hostel

書院粵語辯論隊成立

Formation of the College Cantonese Debate Team

書院第二十屆粵語辯論隊的籌備工作已順利完成，五位舊隊員留隊，另有十一位新隊員通過兩輪面試，合組本屆的十六人隊伍。書院並邀得中國語言及文學系高級講師梁德華博士為新任辯論隊隊監，他將會協助培訓活動，為辯論隊的比賽作好準備。書院謹致熱烈祝賀，辯論隊成員資料如下：

The recruitment exercise of the College's Cantonese Debate Team in 2019-2020 has been completed, five former members stayed and eleven new members joined to form the Team in this year after two rounds of interview. The College has invited Dr Leung Tak-wah, Senior Lecturer, Department of Chinese Language and Literature, to serve as the Team Warden, and he will assist in training activities, and getting the Team ready for upcoming matches. Our heartfelt congratulations to all Team members, and their names are listed as follows:

葉國森 (隊長) (政政/二) Yip Kwok-sum (GPAD/2)	羅嘉進 (副隊長) (新聞/二) Law Ka-chun (COMM/2)	林可盈 (中文/二) Lam Ho-ying (CHLL/2)	李穎欣 (環球商業/一) Li Wing-yan (GBS/1)
吳卓賢 (社會科學/一) Ng Cheuk-yin (BSSCN/1)	彭子齊 (理學/一) Pang Tsz-chai (BSCIN/1)	郭晉皓 (計量金融/一) Kwok Chun-ho (QFIN/1)	許俊傑 (地理與資源管理/二) Hui Chun-kit (GRMD/2)
何浩璋 (地理與資源管理/二) Ho Ho-cheung (GRMD/2)	張嘉義 (社工/一) Cheung Ka-hei (SOWK/1)	鄧君儀 (工商管理/一) Tang Kwan-yee (IBBA/1)	張敏慧 (工商管理/一) Cheung Man-wai (IBBA/1)
陳韻怡 (翻譯/二) Chan Wan-yi (TRAN/2)	鄭梓峰 (新聞/三) Cheng Tsz-fung (COMM/3)	譚曉汶 (歷史/三) Tam Hiu-man (HIST/3)	董清穎 (中文/一) Dong Qingying (CHLL/1)