



I-CARE Framework for Whole Person Development

The Chinese University of Hong Kong endeavours to nurture well-rounded graduates in serving the needs and enhancing the well-being of the citizens of Hong Kong, Mainland China and wider world community. We set clearly defined targets and provide a wide range of experiential learning opportunities to enhance students' development under the I-CARE framework which covers five key areas of personal growth:

- I – Integrity and Moral Development
- C – Creativity and Intellectual Development
- A – Appreciation of Life and Aesthetic Development
- R – Relationships and Social Development
- E – Energy and Wellness

Through various activities spearheaded by the University, the Colleges and the I-CARE Programme, we aim to broaden students' learning experience on and beyond the campus, deepen students' understanding of local and global issues through social engagement and civic participation, as well as promote students' wellness and whole-person development. In October 2016, the I-CARE Centre for Whole Person Development was then established to support whole person development activities across different units.



Roadmap to Whole Person Development

Start planning your fruitful university life with the [**Student Development Portfolio**](#) (SDP)

Step 1 - Develop Your Learning Plan

The earlier you start, the more time you have to enhance your learning.

- 1) First consider what you hope to achieve in short, medium and long term periods.
- 2) Identify learning opportunities that help achieve your goals.
- 3) Develop further your strengths and work on your weaknesses.
- 4) Set SMART (specific, measureable, attainable, relevant and time-bound) goals that motivate you.
- 5) Plan your actions and commit to them.
- 6) Review and keep track of your plan.

Step 2 – Own Your Learning

Different colleges and units in CUHK provide a variety of non-credit bearing University **Experiential Learning Activities (UELA)** to cultivate students' whole person development. In addition to UELA, students may also participate in a wide range of **Student Experiential Learning Activities (SELA)** organised by themselves and external organisations.

We also provide funding to support [**service projects**](#) and [**social businesses**](#) initiated by students.

Step 3 - Keep Track of Your Achievements

Keeping track of your learning is as important as learning itself. The [**Student Development Portfolio**](#) is an e-platform to provide a roadmap to guide students' whole person development under the I-CARE framework. Check your UELA record regularly and update

your SELA timely to ensure it is up-to-date and accurate. Review and revise your action plans to achieve your personal goals.

Step 4 - Order Experiential Learning Activities Report (ELA Report)

Your ELA Report can be presented to interested parties such as potential employers and graduate schools to supplement your academic results as shown on the academic transcripts. Each graduate can request a report free of charge. [Order Here](#).



I-CARE Social Service Projects Funding Scheme

Quality Time for Families of Children with Attention Deficit Hyperactivity Disorder (ADHD): Multi-Family activities and Service Learning Project

It is not uncommon for Hong Kong families to face challenges in raising children with Attention Deficit Hyperactivity Disorder (ADHD). Not only does the prevailing social stigma of the mental illness deter these families from help-seeking, the labels from the general public also render these families at a socially excluded state. The “Quality Time for Families of Children with ADHD” is a service programme initiated by students from the Department of Social Work and funded by I-CARE Programme. 12 concerned families participated in three Family Days and one overnight Family Wild Camp with 20 CUHK student volunteers from different disciplines. The project has created a mutually supporting network between the participating families and provided a memorable vacation for family bonding.

I-CARE Programme provides funding for student-initiated local and overseas service projects which enhance the well-being of the underprivileged. For details of the funding scheme, please refer to <https://goo.gl/5bzLGL>.



Wu Zhi Qiao (Bridge to China) Revisit trip to Chongqing

A dedicated group of CUHK students from the WZQ team has been designing and building footbridges and facilities in remote villages in Mainland China in the past few years.

In order to evaluate previous projects, a team of three members conducted another trip to revisit one of the sites (Chongqing) from November 11 to November 16, 2016. They examined the bridge, the condition of the wall paintings and the small library they built for a primary school back in August 2015.

After a year of time, the bridge was still in good condition and has made the villagers' life more convenient. Meanwhile, the reading corner set up by the team has been very popular among students that they hope to expand the collection of books in the library. Yet, the wall painting has begun to deteriorate due to rain drips and typhoons. The team members hope to re-do the painting in near future.

Leave them a note on the CUHK Wu Zhu Qiao Facebook at <https://www.facebook.com/wzq.cuhk> to show your support!



University Lecture on Civility

The Journey to Joy & In Solitude I Learn...

Every year, the University Lecture on Civility invites prominent speakers to share their humanistic points of view with CUHK staff and students and inspire them to reflect on the meaning of life.

This year, at the beginning of the school term, Meditation Master Yongey Mingyur Rinpoche was invited to speak on the topic “The Journey to Joy”. He shared his story on how he walked through from his sufferings from panic disorder in childhood to being dubbed as “the world’s happiest man”. During the lecture, he taught 1300 audiences, step by step, how to do meditation.

At the season of graduation, Taiwan renowned writer, poet and painter Chiang Hsun spoke on the topic “In Solitude I Learn...”. Mr. Chiang gave an inspiring speech to the audiences by introducing Su Shi’s Calligraphy “Han Shi Tie” on how to deal with challenges in life with solitude.

You are welcome to recap the two lectures:

【The Journey to Joy】

Speaker: Yongey Mingyur Rinpoche

Language: English

Video: <https://www.youtube.com/watch?v=SyQOCeVfbJs&t=1s>

【In Solitude I Learn...】

Speaker: Chiang Hsun

Language: Mandarin

Video: https://www.youtube.com/watch?v=XcE9_Q50FXE&t=1883s



Support Second-hand Clothing @ CU Clothes Corner

Supported by the I-CARE Community Research Project, CU Clothes Corner, as part of the CU Happy Corner, has built a bricks-and-mortar shop for regular exchange of second-hand clothing. A campaign titled "Fashion Awakening Week" was held in November 2016. Throughout the week, a series of intellectual talks and interactive workshops were organised to discuss the phenomenon of fast fashion. These activities included an exhibition on fashion awareness, a clothing exchange bazaar, a symposium on fast fashion, two movie screenings, an old T-shirt upcycling workshop and a second hand clothes mix-and-match workshop. The activities have provoked discussions on the meaning of fashion, the concepts of green fashion and ideas on tackling the current unhealthy trend of fast fashion. The campaign has successfully encouraged the use and exchange of second hand clothes. They have just launched the winter collection.

Follow them on Facebook for new arrivals <https://www.facebook.com/cuclothescorner/>

Upcoming Activities

實習計劃

申請期：

2017

JAN

16

FEB

05



I-CARE NGO Internship Programme (Mainland China and Taiwan)

On the theme “Action x Dialogue”, the Internship Programme provides participants the unique opportunity to experience a different culture, to put theories into practice and to create positive changes. Selected students will work in renowned NGOs in Mainland China or Taiwan for two months during the coming summer (May to August 2017). Interested students are invited to attend the following briefing cum sharing session:

Date: 24 Jan 2017 (Tue)

Time: 5:00 – 7:00 pm

Venue: Rm 502, Wong Foo Yuan Building

Registration: <https://goo.gl/forms/3NApAbTQw8iH9RC3>

More details are available at <https://www.facebook.com/iCareIntern/> (in Chinese only)



I-CARE Cultural Tours Project

A cultural tour differs from the usual travelling experience that it takes the cultural background of a particular place as the focal point. From this unique perspective, travelers can have a richer experience and gain a deeper understanding of the location.

This year, the I-CARE Cultural Tours Project 2016-17 has invited 40 CUHK students to act as cultural ambassadors to guide tours for local secondary school students, allowing them to understand Hong Kong from a different angle. Through the cultural tours, they trace the historical footsteps of Hong Kong.

Five themed tours are being developed. The route “A Journey of Art and Galleries in Hong Kong” will take participants to the Central district. They will visit the art piece “Woman Aflame 1980” at Landmark, the galleries at Pedder Building and PMQ, a landmark for creative industries that used to be a police married quarters.

Apart from the “A Journey of Art and Galleries in Hong Kong” tour, there are four other tours on local heritage, housing, pop culture and transportation development.

From March to May 2017, guided tours will be opened to secondary schools in the New Territories area as well as CUHK staff and students. Tours will be delivered in Cantonese. Stay tuned!

More details about the Project are available at: goo.gl/z3WO0h



I-CARE Social Enterprise Mentoring Scheme

Students are invited to apply for the Social Enterprise Mentoring Scheme which aims at providing mentorship, coaching and funding for students and/or recent graduates who wish to

- actualise their business plan with social missions
- further develop / scale up an established social enterprise, or
- get feedback on some tentative social business ideas

One-on-One Mentoring

The Mentoring Scheme provides young social entrepreneurs the opportunity to learn from experienced leaders. Mentors will connect mentees with entrepreneurial networks, resources and opportunities. The Scheme also provides training programmes, workshops, seminars, incubation service with on-site guidance and support for students to develop ideas for social enterprises projects.

[See Profile of Our Mentors](#)

Seed Funding

When the business proposal is ready to launch, mentees may submit applications for the Chinese University Social Enterprise Fund (CUSE Fund) which is set up to support CUHK students and young graduates aspiring to lead social change through engagement in social entrepreneurship.

Eligibility

- Current students and/or recent graduates of CUHK (within 3 years of graduation)
- Individual students and students groups are both welcome

- Demonstrable interest in starting a social enterprise in the future or experience in running a social enterprise

Schedule

Jan 23, 2017 : Application deadline
Week of Feb 6, 2017 : First meeting with mentors
Mar - Sept 2017 : Mentoring, coaching and training
Oct 2017 : CUSE funding first round application

Application Procedure

Please complete an online [application form](#) with a short statement sharing what interests you as a social entrepreneur on or before January 23, 2017.

Enquiry

Tel: 3943-7980
Email: zivkwong@cuhk.edu.hk



Fitness x Mentorship Scheme

The Physical Education Unit and the I-CARE Centre for Whole Person Development is launching a pilot “Fitness x Mentorship” Scheme to promote energy and wellness, one of the five aspects of whole person development under the I-CARE framework.

Participating CUHK students will receive professional training in a sports while empowering a group of secondary students and enhancing their social mobility.

Choices of Sports

Programme 1 (20 quota): Street Running (eight Friday/Saturday afternoons from mid Feb to mid Mar)

Programme 2 (10 quota): Rope Skipping (eight Saturday afternoons from Feb to April)

Programme 3 (10 quota): Table Tennis (eight Saturday afternoons from Feb to Mar)

Training sessions will be held at or near CUHK campus. Participants of Programme 2 and 3 will take part in social services with secondary school students at other places.

To view date, time, venue and registration method, please visit the following links

Programme 1: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2549221>

Programme 2: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2589885>

Programme 3: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2590781>

Time Commitment

Students must attend at least 6 training sessions and take part in the mentorship scheme. Priority will be given to students who can attend all activities.

Fee

Free of Charge

Enrollment

Interested students should register online on or before 20 Jan 2017.

Enquiries

Please contact Ms Sophia Lam at 3943 9860 or sophialam@cuhk.edu.hk

ICARE Social Service Project Funding 2016-17

申請資格：中大同學、學生團體或部門（計劃必須由學生發起）
Eligibility: All CUHK students, student groups and university units
(projects must be initiated by students)

同學於本港、中國內地或海外自發組織社會服務，可於向博群申請資助：
- 如欲申請港幣二萬元以上的資助，請於2017年3月31日前提交申請，最高可獲全數資助
- 如欲申請港幣二萬元以下的資助，則可於全年任何時間提交（審批需時兩個月）

If you are organizing social service projects in Hong Kong, Mainland China or overseas, you can apply for funding support from ICARE:
- For projects with budget over HK\$20,000, application deadline is 31 March 2017.
- For projects with budget under HK\$20,000, applications are accepted all year round.

詳情 Details: goo.gl/SbzLGL
查詢 Enquiry:
陳先生 Mr Chan (3943 3714 / sunchan@cuhk.edu.hk)

另歡迎參加以下講座：
計劃書撰寫工作坊 | 2017年2月9日 | 18:30 - 20:00 | 王福元樓505A室
Welcome to the following sharing session:
Proposal Writing Workshop | 9 Feb 2017 | 18:30 – 20:00 | FYB505A

I-CARE Social Service Project Funding 2016-17

I-CARE Programme invites social services project proposals from students, student associations, units and departments of the University that contribute to the whole person development of students. Approved social service projects to be carried in Hong Kong, Mainland China or overseas will be provided with funding support.

Projects with an overall budget over HK\$50,000

Maximum funding award: Same as the budget in the project proposal

Application deadline: 31 March 2017

Project starting date: At least two months after the application deadline

Projects with an overall budget under HK\$50,000

Maximum funding award: HK\$20,000

Application deadline: Opens all year round

Project starting date: At least two months after the date of application submission

Eligibility

All CUHK students, student groups and university units (projects must be initiated by students)

Application details

goo.gl/5bzLGL

Workshop

Applicants are invited to the following “**Proposal Writing Workshop**”:

Topic: Introducing skills of proposal writing, reviewing previous projects, discussing initial plans with applicants

Date: 9 February 2017 (Thur)

Time: 6:30pm - 8:00pm

Venue: FYB 505A

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2652365>

Enquiry

Mr Chan (3943 3714 / sunchan@cuhk.edu.hk)