

I-CARE Centre for Whole-person Development Newsletter

March 2017 Issue 3



Go Hiking in CUHK Style with Vice-Chancellor

The “Go Hiking in CUHK Style with Vice-Chancellor” held on March 26 is co-organised by the Physical Education Unit. Despite the sudden shower on Sunday morning, around 300 participants hiked with Prof. Joseph Sung, Vice-Chancellor (VC) of the University. Dressed in different CUHK old tees, students shared their best CUHK memories and took photos of the green hills with Prof. Sung. The first 150 hikers who reached the final checkpoint (University Piazza) received a special prize - another CUHK tee!



Wonderful memories of I-CARE Film Festival

Successfully ended on March 30, the I-CARE Film Festival has drawn over 9000 audiences. A total of 23 films from around the world and of various genres, ranging from classic to contemporary, were screened in the campus during the four-week event from 6 to 30 March. Did you attend any of them?

The local classic movie, *Comrades: Almost a Love Story*, was showcased in the New Asia Concourse as the opening movie of the Film Festival. Peter Chan, director of the movie, was invited to join the post-screening session to share his ideas behind the movie. Whereas *Mad World*, a new Hong Kong movie whose director Wong Chun has just won the Best New Director award in the 2016 Golden Horse Awards, was selected as the closing movie. The closing screening was followed by a lecture "The Future is Now" in which Wong Chun, Wong Fei-pang and Wong Siu-pong shared their reflections on Hong Kong society as local film directors.

What's more, to make the event more thought-provoking, a series of sharing sessions were organized with reference to the context of each film. Speakers included Vice-Chancellor Professor Joseph Sung, Professor Serena Jin from the Department of Translation, famous pianist Wong Ka-jeng, documentary director Connie Lo Yan-wai, veteran journalist Ching Cheong, cultural critic Leung Man-tao and Daniel Lee from the Department of Sports Science and Physical Education, also a former member of the Hong Kong Triathlon National Squad.

Following the closing screening was the overnight screening of the *Before* trilogy (*Before Sunrise*, *Before Sunset* and *Before Midnight*) at Sir Run Run Shaw Hall. A good choice for those who agree with the saying "life is but a dream".



Elderly University Experience Day

The Elderly University Experience Day brought 100 elderly members from the Northern District who had previously taken part in I-CARE service projects to experience university life at CUHK. The pinnacle of the event was the Graduation Ceremony where participants dressed in academic gown and received their graduation certificate. Held on 25 March, participants attended lectures, visited the Lake Ad Excellentiam and joined communal dining with students.



Street Run x Mentorship

The Physical Education Unit and the I-CARE Centre for Whole-person Development has launched three pilot “Fitness x Mentorship” Schemes to promote energy and wellness two months ago. The participants from both CUHK and Lok Sin Tong Young Ko Hsiao Lin Secondary School of the Street Running Scheme are making good progress both in terms of acquiring skills for distance running and developing mutual support. They recently completed their first 10KM street run together. They ran on the beautiful CUHK campus and into the daily happenings in the Shatin district, the communities they belong. They endeavour to make running and exercising part of their daily life.



The Face Story - I-CARE Social Service Project Showcase 2017

“I-CARE Social Service Project Showcase 2017” was held for 21 to 23 February. Eleven student teams supported by I-CARE Service Project Funding Scheme shared their service experiences around the world. With “The Face Story” being the theme, the showcase displayed the difficulties faced by people in need, such as elderly living alone, children with Attention Deficit Hyperactivity Disorder and peasants in developing countries. During the Showcase, the students also invited visitors to help build a better world.

Details of I-CARE Social Service Project Funding Scheme: goo.gl/5bzLGL

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



Cultural Tours for CUHK Students and Staff have been completed

In March, I-CARE Centre for Whole-person Development has arranged two cultural tours exclusively for CUHK students and staff.

On March 4 and 11, a total of 60 CUHK students and staff joined the cultural tours conducted by student tour guides. Exploring on the theme “Hong Kong’s Pop Culture and Sense of Identity”, participants visited landmarks in Yau Ma Tei district and listened to stories about the development of film industry in Hong Kong. Whereas in another tour, “The Stories of Hong Kong’s Transportation”, participants embarked on a journey in Central and Tsim Sha Tsui in which they scrutinised how the expansion of the urban transportation system has impacted society and altered the use of public space.

Supporting I-CARE Programme

We are very grateful for the support from our [patrons and sponsors](#) whose donations have made I-CARE Programme possible.

The University invites your support towards I-CARE Programme to cultivate the humanistic spirit and enhance the social awareness of our students. Please visit <http://www.oia.cuhk.edu.hk/eng/campaigns/i-care-programme> for the ways to give.

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