

**United College**  
**GEUC1000 College Assemblies for 2023-2024 Term 1**  
**4 September 2023 – 2 December 2023**

Theme: *You See 360°*  
 主題: *You See 360°*

**September**

<u>Date/Time/Venue/ Language</u>	<u>Topic &amp; detail (Chinese)</u>	<u>Topic &amp; detail (English)</u>
<b>19/9/2023 Tue</b> <b>4:30pm-6:00pm</b>  <b>邵逸夫堂 SRRSH</b>  <b>廣東話及英語傳譯</b> <b>Cantonese and</b> <b>English S.I.</b>	<b>邁進地球村系列交流活動學生分享</b>  講者: 聯合書院同學  ----- 分享撮要: 書院邁進地球村系列提供不同的交流計劃及活動給書院同學, 曾經參與過的同學在聚會上分享交流經驗	<b>Sharing on United College GOAL Programmes by students</b>  Speaker: United College students  ----- Summary: The College GOAL programme provides different kinds of exchange programmes and activities for UC students. Participants of last year will share their experience.
<b>22/9/2023 Fri</b> <b>11:30am-1:00pm</b>  <b>聯合書院張煊昌體育館</b> <b>Thomas H C Cheung</b> <b>Gymnasium United</b> <b>College</b>  <b>英語</b> <b>English</b>	<b>健身工作坊 - 肌力與體能訓練</b>  導師: 中大體育運動科學系 何思德博士  協助: 聯合書院體育學會同學  <i>*參加同學須穿著運動服裝, 書院將向每位出席同學提供一張瑜伽墊 (不可取走)</i> ----- 分享撮要: 介紹肌力與體能訓練的簡單理論, 以及有別於其他間歇訓練的地方。工作坊亦會向同學示範一些無需特別工具, 又能夠訓練不同部位的肌肉的動作。	<b>Fitness Workshop - Strength &amp; Conditioning</b>  Instructors: Dr Robin HO, SPE  Assistants: UC Sports Association Students  <i>*Participants are required to wear sportswear. The College will provide a yoga mat to each attending student (not allow to take away after class)</i> ----- Summary: Introduce basic theories of Strength & Conditioning and how it is different from other interval trainings. Simple exercises to strengthen certain parts of muscles which equipment is not required will also be demonstrated.

<u>Date/Time/Venue/ Language</u>	<u>Topic &amp; detail (Chinese)</u>	<u>Topic &amp; detail (English)</u>
<p>27/9/2023 Wed 6:30pm-7:30pm</p> <p>聯合書院鄭棟材樓地庫 思源館 Si Yuan Amenities Centre, LG T C Cheng Building United College</p> <p>廣東話 Cantonese</p>	<p>《年輕校友分享》(一)</p> <p>講題: 從‘wingwingyumyum’ 到‘wingelbagel’ — Instagram 的力量 有多大? \$0 創業心得分享!</p> <p>講者: 校友黃天穎女士</p> <p>-----</p> <p>分享撮要: 擁 20K 追隨者的 wing, 同 時是售出超過十二萬件貝果的店舖老 闆。但大學三年級時期的她, 卻只是 一個愛玩樂的小小薯。</p> <p>這是一個被 IG 改變人生軌跡的故 事。所有喜歡使用電話的同學也有機 會創出一番事業! 讓我告訴你怎麼 做。</p>	<p>《Young Alumnus Sharing》(1)</p> <p>Topic: From ‘wingwingyumyum’ to ‘wingelbagel’ — the power of Instagram and start your business with \$0 cost</p> <p>Speaker: Ms WONG Tin Wing</p> <p>-----</p> <p>分享撮要: Wing has 20K+ IG followers and have sold 120K+ bagels over these years. Can you imagine she was an unremarkable and playful girl when she studied in university?</p> <p>Instagram has changed wing’s life and you may change yours with Instagram!</p>
<p>29/9/2023 Fri 11:30am-1:00pm</p> <p>邵逸夫堂 SRRSH</p> <p>廣東話及英語傳譯 Cantonese and English S.I.</p>	<p>I. 簽署《學生生活約章》</p> <p>-----</p> <p>II. 學生會及六舍堂學生組織介紹</p> <p>撮要: 先介紹及簽署生活約章, 讓同 學能在未來一年有明確目標、充實地 享受大學生活, 然後由學生會及六舍 堂的學生介紹及分享書院生活。</p>	<p>I. “Student Life Charter” Signing</p> <p>-----</p> <p>II. Introduction of Student Union, 6 Hostels/ Non-Residential Halls’ Student Societies</p> <p>Summary: Introduce and sign the “Student Life Charter” with participants to encourage them to establish goals and to enrich University experiences. Then Student Union, 6 Hotels/Non-Residential Halls’ Student Societies will share their college life and experience.</p>
<p>6/10/2023 Fri 11:30am-1:00pm</p> <p>邵逸夫堂 SRRSH</p> <p>廣東話及英語傳譯 Cantonese and English S.I.</p>	<p>唐宋名詩的山河壯遊</p> <p>講者: 學海書樓董事張倩儀博士</p> <p>-----</p> <p>分享撮要: 唐宋詩詞裡反覆吟誦的景 物, 像陰山、陽關、江南、京口, 詩 人或出於遊歷, 或出於想像, 將這些 一方風土, 錘煉成為一種文學意象, 引領一代一代讀書人神馳其中。今天 我們可以乘現代交通的便利, 親身探 索這些天南地北的風景。</p>	<p>Enchanting Explorations: Uncovering China Through Tang and Song Poetry</p> <p>Speaker: Dr CHEUNG Shin Yee, Board Member, Hok Hoi Library</p> <p>-----</p> <p>Summary: From studying famous poems of Tang and Song Dynasties to glancing over the magnificent places of China</p>

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11/10/2023 Wed 6:30pm-7:30pm  聯合書院鄭棟材樓地庫 思源館 Si Yuan Amenities Centre, LG T C Cheng Building United College  廣東話 Cantonese	《年輕校友分享》(二)  講題: 「散步學」的想像  講者: 中大城市研究課程講師 黃宇軒 博士 ----- 分享撮要: 分享從 2020 年 3 月開始， 策劃「散步學」計劃的想法，並分享 《香港散步學》和《城市散步學》兩 本書背後的故事。	《Young Alumnus Sharing》(2)  Topic: Imaginations of 'Strollology'  Speaker: Dr Sampson WONG, Lecturer of Urban Studies Programme, CUHK
13/10/2023 Fri 11:30am-1:00pm  聯合書院鄭棟材樓地 下 LTC1, C2, C3 LTC1, C2, C3, G/F T C Cheng Building United College  廣東話 Cantonese (現場及實時轉播) (In person & Live stream)	I. 聯合書院權智社創及可持續發展獎 - 得獎項目分享會 (20 mins)  兩個獲獎隊伍 (10 mins@) 1. Cheer Cup 2. EcoSeeds ----- II. 社企創辦人短講 (待定)  講者: (待定)	I. Sharing by Awarded Teams in GSSA Competition (20 mins)  Two awarded teams (10 mins@) 1. Cheer Cup 2. EcoSeeds ----- II. Short Chat with Young Entrepreneur (tbc)  Speakers: (tbc)
20/10/2023 Fri 11:30am-1:00pm  邵逸夫堂 SRRSH  廣東話及英語傳譯 Cantonese and English S.I.	聯合書院六十七周年院慶典禮  主禮嘉賓:  聯合書院校董會主席殷巧兒女士  香港數碼港管理有限公司行政總裁 任景信先生 (85/市場)  聯合書院院長王香生教授  撮要: 邀請聯合書院校董會主席殷巧 兒女士及香港數碼港管理有限公司行 政總裁任景信先生蒞臨慶祝書院 67 週 年	67 <sup>th</sup> Anniversary Ceremony of United College  Officiating Guests:  Ms YAN H Y Lina, MH, JP, Chairman of the College Board of Trustees  Mr YAN K S Peter, JP (85/Marketing), CEO, HK Cyberport Management Co Ltd  Professor WONG H S Stephen, Head of United College  Summary: Invitation to Ms YAN H Y Lina, MH, JP, Chairman of the College Board of Trustees, and Mr YAN K S Peter, JP, CEO, HK Cyberport Management Co Ltd, to attend the celebration of the 67 <sup>th</sup> Anniversary of the University College.

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<p>27/10/2023 Fri 11:30am-1:00pm</p> <p>聯合書院鄭棟材樓 地下 LTC1, C2, C3 G/F T C Cheng Building United College</p> <p>英語 English (現場及實時轉播) (In person &amp; Live Stream)</p>	<p>MWYO 青年辦公室大專生理財講座</p> <p>講者: 「理財啟苗」聯合創辦人李錦博士</p>	<p>MWYO Financial Literacy Seminar</p> <p>Speaker: Dr Edmond Lee, Child Financial Education</p>
<p>1/11/2023 Wed 6:30pm-7:30pm</p> <p>聯合書院鄭棟材樓 地庫思源館 Si Yuan Amenities Centre, LG T C Cheng Building United College</p> <p>廣東話 Cantonese</p>	<p>《年輕校友分享》(三)</p> <p>講題: 從中大龍舟隊到推動龍舟運動普及化</p> <p>講者: 校友黎家俊先生</p> <p>-----</p> <p>分享撮要: 古有「大學五件事」, 今有「社會五件事」</p>	<p>《Young Alumnus Sharing》(3)</p> <p>Topic area: From CUHK Dragonboat Team to Promoting Chinese Paddled Watercraft Activity</p> <p>Speaker: Mr LAI Ka Chun Matthew</p> <p>-----</p> <p>Summary: When “5 Things to do in U-life” becomes “5 Things to do in the community”</p>
<p>6/11/2023 Mon 6:45pm-9:30pm</p> <p>張祝珊師生康樂大樓三樓聯合書院教職員會所文怡閣 3/F Cheung Chuk Shan Amenities Building United College Staff Common Room</p> <p>廣東話 Cantonese</p>	<p>「聯合書院校友講座」系列 - 第 29 講</p> <p>講題: 廟街教授</p> <p>講者: 謝海發先生</p>	<p>UC Alumni Talk Series - 29<sup>th</sup> Talk</p> <p>Topic: Professor from Temple Street</p> <p>Speaker: Mr Calvin TSE</p>

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<b>21/11/2023 Tue 4:30pm-6:00pm</b>  <b>邵逸夫堂 SRRSH</b>  <b>英語 English</b>	<b>I. Watoto 兒童合唱團音樂會</b>  ----- <b>II. 曾參與烏干達服務學習之同學分享</b>  分享撮要: 先由 Watoto 兒童合唱團演出，然後由在 2023 年 5 月出訪東非烏干達並進行服務學習的同學分享所見所聞	<b>I. Watoto Children's Choir Concert</b>  ----- <b>II. Sharing on Student Service Activities</b>  Summary: Watoto Children's Choir will deliver their performance in the 1 <sup>st</sup> part, then students who had service learning in Uganda, East Africa in May 2023 will share their experience.
<b>24/11/2023 Fri 11:30am-1:00pm</b>  <b>邵逸夫堂 SRRSH</b>  <b>廣東話及英語傳譯 Cantonese and English S.I.</b>	講題: 從社會企業角度推動香港的音樂創作  講者: 「加油・音樂」葉彩霞女士  ----- 分享撮要: 創辦人將分享她支持有志投身音樂及創意工業的青少年們的心路歷程、故事和經驗	Topic: Promoting Music Creation in Hong Kong via the Power of SE (Social Enterprises)  Speaker: Ms YIP Choi Ha Kitty, ADDOILMUSIC  ----- Summary: The founder of ADDOILMUSIC will share her experience and stories of helping the underprivileged groups in HK to do music creation.
<b>1/12/2023 Fri 11:30am-1:00pm</b>  <b>邵逸夫堂 SRRSH</b>  <b>廣東話及英語傳譯 Cantonese and English S.I.</b>	講題: (待定)  講者: 校友林溢欣先生	Topic: Tutoring Industry in Hong Kong (tbc)  Speaker: Mr Y Y LAM