



# LiPACE

進修專訊 **Express**

高級文憑課程

**創意**學習 成就**專業**

Higher Diploma Programmes

**Creative** and **Professional**







影片 Video

# 「流行音樂及音樂製作高級文憑」 比賽、出Show 爭取公開演出經驗

## “Higher Diploma in Popular Music and Music Production” Learning through Competitions and Public Performances



◀ 學員於港鐵香港站表演，吸引許多市民駐足欣賞。  
The student performance at the MTR Hong Kong Station drew some crowds.

葉展灝同學贏得本院「明日之SING」歌唱比賽亞軍。

Yip Chin Ho won the first runner-up in the LiPACE Singing Contest.



「流行音樂及音樂製作高級文憑」學員早前參與港鐵的「車站藝術表演」計劃(Living Art)·於港鐵香港站的演藝空間演出流行音樂節目·曲目包括為人熟悉的流行金曲·以及學員創作的音樂作品。許多乘客都停下腳步·細意欣賞悠揚樂韻! 學員積極透過這些實踐·增進公開演出的經驗。

除此之外·「流行音樂及音樂製作高級文憑」學員亦經常參加校內和校外的音樂比賽·與其他愛好音樂的年輕人切磋較量·在競爭中求進步! 如課程學員之一葉展灝就贏得本院「明日之SING」歌唱比賽(非毅進文憑組別)的亞軍。值得一提的是·在同一個比賽中的毅進文憑組別·五個獎項均由本院另一音樂課程「毅進文憑(流行音樂表演及創作)」的學員包辦·相信他們將來升讀高級文憑後實力必會倍增!

Students from “Higher Diploma in Popular Music and Music Production” performed for the MTR’s “Living Art” programme earlier on. They gave a live show of pop hits and their original pieces at the Hong Kong Station. Many passers-by stopped to enjoy the fine music!

Students from this programme also took an active part in internal and external competitions. A recent example was student Yip Chin Ho winning the first runner-up in the LiPACE Singing Contest (Non-Diploma Yi Jin Group). Besides, students of “Diploma Yi Jin (Popular Music Performance and Creation)”, another music programme offered by the Institute, swept all 5 awards in the DYJ Group of the same contest. They never shy away from showcasing their talents!

### 學生分享 Student Sharing

葉展灝(二年級)

可以接觸到錄音室設備。  
We can access to various studio equipment.

學到作曲、編曲、甚至電影配樂。  
We learned about composing, arranging and film scoring.

劉聰穎(二年級)

有很多經驗豐富及入行多年的導師·給我們專業意見協助我們分析不同崗位需要負責什麼工作。  
The instructors are professional and experienced, who told us a lot about various positions of the music industry.

周銘輝(二年級)

# 「室內設計高級文憑」畢業生 在學曾獲設計獎 工作表現獲僱主激讚 Employer had High Opinion of Award-winning “Higher Diploma in Interior Design” Graduate

「室內設計高級文憑」課程畢業生盧麒安(阿安)·在學期間與另外兩位同學組隊·參加由世界綠色組織(WGO)主辦的「社會創新發明—家居改造設計比賽」·贏得冠軍·獎品為劍橋大學暑期學習之旅。他在畢業後受聘於室內設計公司·有不俗的發展。阿安稱當年參加第一屆DSE·成績強差人意·未能報讀高級文憑·唯有人讀毅進文憑·想不到後來不但從中找到興趣·還成功升讀高級文憑·學到「終身受用的技能」。後來他的隊伍還勝出設計比賽·吸引多個傳媒採訪。該比賽的最後十強當中·有五隊是LiPACE學生·成績突出。「參加比賽是很開心的經歷·為讀書生涯劃上圓滿的句號。」

阿安現在的老闆洪先生·表示自己對下屬的要求非常高·而他對阿安的工作表現讚不絕口:「一至十分·我會給阿安八分·對新人來說這是滿分。」洪先生憶述阿安初入職時做的第一份設計圖·他只需稍作修改·便可以向客戶做presentation。「這情況在近幾年的新同事中是絕無僅有。」他鼓勵年青的準室內設計師·別只視自己為junior·反而要把自己看作有如醫生和律師一樣的專業人士。



阿安(中)與僱主洪先生(右)及學院室內設計課程導師游家健先生(左)亦師亦友。Caspar (centre) learned a lot from his boss Mr. Hung (right) and LiPACE instructor Mr. Derek Yau (left).

Caspar Lo, graduate of “Higher Diploma in Interior Design” and champion of World Green Organization’s design competition, was now employed by an interior design company. He could still recall his disappointment when he received his far-from-satisfactory DSE results and his reluctant application for Diploma Yi Jin. But things turned out rather unexpectedly. Through his time at LiPACE he rediscovered the joy of learning, and acquired the skills for his dream profession. He proceeded to Higher Diploma and subsequently won the design competition in Year 2. “I can’t think of a more perfect way to end my 3 years’ studies at LiPACE.”

Mr. Hung, Casper’s current employer, had a very high opinion of him. “As a newcomer, his performance deserves a perfect score.” Mr. Hung was particularly impressed by Casper’s first design works, which required only minor modifications from himself. He deemed it “rare” in recent years. He believed interior designers are professionals just like doctors and lawyers, and for that young designers should not belittle themselves.



◀ 東方日報(2/9/2015)  
▼ 成報(4/7/2015)



Now新聞台(12/7/2015)

阿安與同學在WGO的比賽勝出·不少報章及媒體均有報導。The students’ win at the WGO competition received considerable media coverage.



在去年學院舉行的升學分享會上·阿安的升學經歷吸引多個傳媒追訪。Casper was surrounded by reporters after sharing his study experience at a media event.

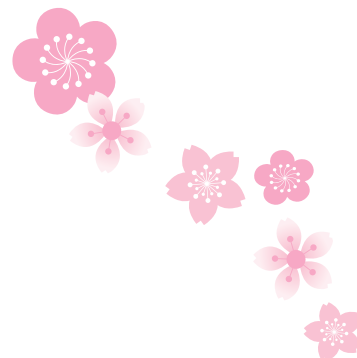


# 「日本研究高級文憑」學員創辦日研社 組織創意日本文化活動

## Students of “Higher Diploma in Japanese Studies” Established the “Nikyusha” for Creative Cultural Activities

「日本研究高級文憑」的同學於2014年組成日本研究社(日研社)。成員對日本傳統文化和流行文化有濃厚興趣，更希望藉著成立日研社加強同學之間的聯繫，鼓勵大家一起參加日本文化活動，增加對日本的認識。第二屆日研社繼續得到同學及團體的支持，成功舉辦多個活動。

The Japanese Studies Society (Nikyusha) was established by a group of students from “Higher Diploma in Japanese Studies” in 2014, aiming to promote the appreciation of Japanese culture. Members and non-members are welcomed to join the many different Japanese cultural events organized by Nikyusha.



### 學生分享 Student Sharing

#### 日本傳統柔道體驗 Judo Experience

#### 馮景輝(一年級)

課程主任提醒我們參觀香港柔道館當日必須準時到達，因為無論出席日本人的活動、會議或課程等，守時都十分重要。我們脫去鞋子，踏上柔道館的地板時，道場的導師岩見龍馬先生要求我們先向道場鞠躬，讓我們感受到日本人對禮儀的講究。參觀結束時，我們使用日式正坐來表達對導師們和道館的尊重，並閉上雙眼思考，大概這就是肉體技術鍛煉之外的精神修行吧。



#### 日本傳統茶道體驗 Japanese Tea Demonstration and Experience



這次茶道體驗，令我了解到日本人對茶道的執著。一個看起來很簡單的活動，其實有許多規矩要遵守，例如走路時要先踏出左腳、每塊榻榻米上只可行四步、喝茶時要雙手拿著杯等等。在小小的茶室中，我有機會平靜自己的心靈，慢慢享受一杯茶，慢慢享受當中的樂趣。

#### 楊鏗婷(一年級)





日本311地震五周年專題活動  
災後重建及日本食品安全講座 暨「美哉福島」攝影展  
Seminar on Japan's Post-311 Reconstruction cum  
Fukushima Photography Exhibition



◀ 日本傳統舞蹈  
Traditional Japanese dance

學院另於3月12日在銀禧學院舉行「有關日本災後重建及日本食品安全終身學習講座」、「香の會」日本舞踊示範表演及「美哉福島」攝影展。

首位嘉賓日本文化協會理事兼福岡市MICE大使張樹榮先生以「從物流看日本食品的安全性」為題，講解世界物流的機制，細述日本的物流動態及食品安全性。第二位嘉賓前香港天文台台長、香港中文大學地理與資源管理學系客座教授林超英先生，以「從日本東北地震看世界」為題，探討日本及世界各地在地震發生後的種種現象，帶出人與自然的緊密關係。活動的最後一節由日本國駐香港總領事館帶來「日本舞踊和日本文化」。「香之會」的若柳智香老師表示，希望透過演出日本舞踊作品，為災後的日本打氣，並向同學介紹日本傳統舞踊的魅力。當日同場亦舉辦了「美哉福島」攝影展，吸引來賓駐足欣賞。



「美哉福島」攝影展  
Fukushima Photography Exhibition



學院有幸邀得多位重量級嘉賓分享有關日本的知識。  
The highly distinguished guest speakers shared their profound knowledge of Japan.

A Lifelong Learning Seminar was held in remembrance of Japan's 311 Earthquake on 12 March. Mr. Alfred Cheung (Director of the Japan Society of Hong Kong & MICE Ambassador of Fukuoka), in the first session, gave his speech on "Understanding Food Safety in Japan through Logistic". Mr. Lam Chiu Ying (Former Director of Hong Kong Observatory and Visiting Professor of the Chinese University of Hong Kong in Geography and Resource Management) followed to illustrate the post-311 situation in Japan, and concluded with the close relationship between man and nature. The final session was hosted by the Consulate-General of Japan in Hong Kong. Ms. Wakayagi Chika, Grand Master of traditional Japanese dance, said her dance demonstration at the seminar served as a blessing to the post-311 Japan and an introduction of this Japanese tradition to local students. The "Fukushima Photography Exhibition" was also held on the same occasion.

(Photo Credit: CK Lee)

# 學院馬不停蹄 開拓進修階梯 惠及本地以至亞太地區學子 OUHK LiPACE Ready to Bring New Quality Programmes To Local and Asia-Pacific Learners

本院在開辦全日制課程、專業課程、海外學位課程、為婦女及長者而設的社區學習課程等方面，都有豐富的經驗和穩紮的根基。學院並未滿足於此，反而銳意開拓更全面的升學階梯，以及將一系列多元化課程拓展至中國及鄰近亞洲地區，讓更多人獲得優質的持續進修機會。剛於本年1月履新的院長黃偉寧博士表示，學院現正密鑼緊鼓發展以下項目：

- 安排本院與大學的課程接軌，陸續推出更多「2+2」及「2+1」課程，讓學員在本院完成高級文憑課程(2年)後，升讀香港公開大學相關學科的學士學位課程(1至2年)，以增加升學選擇。
- 與業界建立更緊密的合作關係，如開辦更高資歷架構級別的專職醫療及兒童遊戲治療等課程，為行內人士提供在職培訓、提升業界水準之餘，亦鼓勵更多年青人入行，為業界注入新血。
- 發掘與內地院校的合作機會，如在內地開辦專業課程及社區學習課程，以及為內地生提供不同範疇的職前培訓。

黃偉寧博士強調，學院在追求創新和可持續發展的同時，亦不忘初衷，繼續追求卓越的教學和服務質素，給予學員最佳的學習體驗。



院長黃偉寧博士對學院的發展躊躇滿志。  
Director Dr. Kris Wong was excited about LiPACE's development plans.

“ 不忘初衷，繼續  
追求卓越的教學  
和服務質素 ”

OUHK LiPACE has been offering a variety of full-time, professional, overseas degree and community programmes, serving not only young adults but also working professionals, women and the mature population in Hong Kong. Dr. Kris Wong, recently appointed Director in January, was keen on expanding education choices and extending our programmes to learners in the Mainland China and Asia Pacific, by pursuing multiple projects as follows:

- To launch more “2+2” and “2+1” programmes where students can complete a Higher Diploma at LiPACE (in 2 years) and subsequently a Bachelor’s Degree at OUHK (in 1 to 2 years).
- To offer programmes of higher QF levels in areas such as allied health and play therapy, providing professional training to current and aspiring practitioners of relevant industries.
- To explore new prospects of delivering programmes in the Mainland China, such as professional and community programmes, as well as workplace training.

Dr. Wong emphasized that the Institute’s quest for innovation and sustainable development would go hand in hand with its steadfast pursuit of excellence in quality education and services.





## 「退休投資多面睇」強積金投資講座 MPF Investment Education Seminar 2016

學院聯同積金局於今年2月27日在大學楊雪姬演講廳舉行「退休投資多面睇」投資講座。這是雙方連續第6年合作。積金局的代表及資深業界人士先後發表演說，解構今年的環球市場走勢，並分析退休投資策略。三位講員分別是香港中文大學全球政治經濟社會科學碩士課程客席講師黃元山先生、積金局對外事務部經理李焯榮先生以及香港經濟日報副社長兼研究部主管石鏡泉先生。講座吸引超過750名觀眾參加。

黃先生首先為大家講解如何制訂全面的退休計劃；李先生隨後剖析妥善管理強積金戶口的秘訣；最後石先生探討投資市場最新走勢及應對不同市況的投資部署。演講後的答問環節上，觀眾反應猶為熱烈。講座一方面向市民灌輸正確的投資觀念，另一方面也為在職及退休人士提供了極具參考價值的資訊，助他們訂立積極的投資及儲蓄計劃，以實現理想的退休生活。

For 6 years in a row, the Institute has collaborated with the Mandatory Provident Fund Schemes Authority (MPFA) in organizing the "MPF Investment Education Seminar". This year's seminar took place



嘉賓答問環節一如以往最受歡迎。  
The Q&A session was popular as always.



(左起)課程總監蘇建霖博士及林寶茵博士、石鏡泉先生、黃元山先生、積金局對外事務部主管陳利碧衛女士、李焯榮先生。

(From left) Dr. Kevin So and Dr. Pamela Lam (Programme Directors), Mr. Arthur Shek, Mr. Stephen Wong, Mrs. Betty Chan (MPFA Head of External Affairs), Mr. Lei Chioc San.

on 27 February in OUHK Serena Yang Lecture Theatre, proudly featuring 3 prominent speakers, namely Mr. Stephen Wong (Adjunct Lecturer of the Master of Social Science in Global Political Economy Programme, CUHK), Mr. Lei Chioc San (Manager of External Affairs Division, MPFA) and Mr. Arthur Shek (Associate Publisher and Head of Research Department, Hong Kong Economic Times).

They shared their insights into global investment markets, effective management strategy of MPF accounts, and useful tips for retirement planning. After the speeches, panel discussions were held among the guest speakers to answer questions from the floor. The seminar was informative in educating the general public on making smart investment decisions. It attracted a keen audience of over 750.



## 準老師帶領 玩轉親子嘉年華 Playful Carnival hosted by Pre-service Kindergarten Teachers



嘉年華當日場面熱鬧，大朋友和小朋友都盡興而歸。  
The carnival made an enjoyable occasion for families.

孩子學習是由生活開始，從玩樂中探索。即將展開幼師生涯的300名「幼兒教育高級文憑」畢業班學員，於4月9日在香港公開大學多用途禮堂，為3至6歲的小朋友和他們的家長舉行別出心裁的「親子小型博覽暨嘉年華」，內容包括37個精彩的攤位遊戲、9個聽聽說說玩玩故事時間、小丑米米表演及專家講座等，讓家長和幼兒一同享受遊戲的快樂時光。

Children learn through exploration in playful games. On 9 April, 300 students of “Higher Diploma in Early Childhood Education” organized a fascinating carnival in OUHK Multi-purpose Hall for families with children aged 3 – 6 years old. Fun activities included 37 game booths, 9 interactive story sessions, clown performance and seminars, from which children and parents had a wonderful time together.





同學們於活動前精心製作攤位遊戲的道具。  
Students put their hearts into making these props.



學院職員Jane帶同兒子和女兒到場支持，並表示非常欣賞同學的心思。  
LiPACE staff Jane brought her little ones to show support and have some real fun.

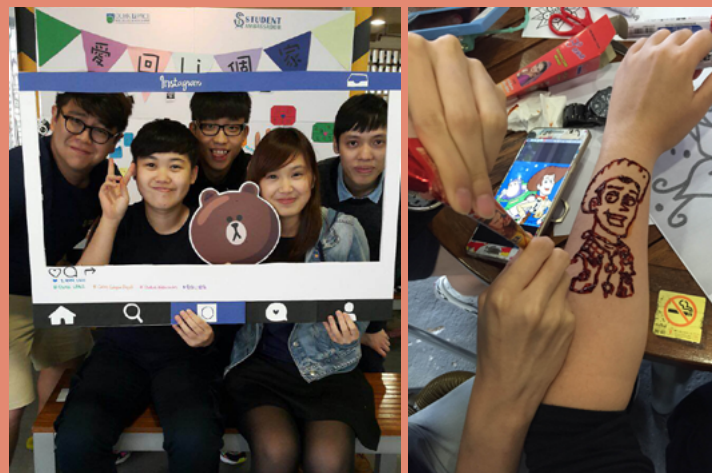
## LiPACE 學生大使計劃 關愛校園週

### LiPACE Student Ambassador Scheme 2015/16 – Caring Campus Project



本年度LiPACE關愛校園週於3月21至24日舉行！40位經過一系列訓練的學生大使以「愛回Li個家」為主題，於葵興及荔景教學中心舉辦自拍加油站、小手工工作坊、少數民俗文化交流、以物易物及攤位遊戲等活動，藉以推廣「關愛」訊息。4天的活動吸引許多同學及職員參加，為校園帶來一片歡樂的氣氛。

The LiPACE Caring Campus Project was held on 21-24 March 2016, in order to promote the message of care in the campus. The 40 Student Ambassadors organized a series of activities including Selfie Corner, handicraft workshops, cultural exchange with ethnic minorities and game booths. The activities attracted the participation of students and staff members, and brought a joyful atmosphere to the Institute.



# 「卓越表現計劃」及「原校升學計劃」獎學金 “Outstanding Performance Scheme” and “Retention Scheme” Scholarships



一齊俾個「LIKE」佢地!  
Let's give them a "LIKE"!

學院為鼓勵成績優異的學員入讀本院的全日制課程，特設立「卓越表現計劃」及「原校升學計劃」獎學金。今年，7位得獎學員分別獲頒7,000元或10,000元之課程代用券作支付學費之用。頒獎儀式於3月24日舉行，院長黃偉寧博士及兩位課程總監林寶茵博士、蘇建霖博士均有出席，祝賀得獎學員。

To encourage students with outstanding academic performance to pursue their studies at LiPACE, the Institute offered to them the scholarships of “Outstanding Performance Scheme” and “Retention Scheme”. The 7 awardees this year were awarded course coupons of \$7,000 or \$10,000 each at the presentation ceremony held on 24 March.

## 「原校升學計劃」得獎學員

### “Retention Scheme” Awardee:

溫錦華 WAN Kam Wa

## 「卓越表現計劃」得獎學員

### “Outstanding Performance Scheme” Awardees:

李筠怡、莎莉士、鄭麗、林彥筠、鄧倩雯、  
ENGUILLO Ruth Angelene Fontanilla  
LEE Kwan Yi, SEHRISH, CHENG Lai, LAM Yin Kwan,  
TANG Sin Man, ENGUILLO Ruth Angelene Fontanilla

## 得獎者分享 Awardee Sharing

I appreciate the recognition of my efforts with this generous scholarship awarded to me. This has not only motivated me further to pursue my dream of studying but has also greatly lessened my financial burden. Thank you LiPACE.

莎莉士 SEHRISH  
(照片左二 2nd from left in photo)

## 職安健課程學生在 兩個論文比賽勇奪佳績 OSH Undergraduates Grabbed Awards in 2 Student Project Competitions

本院與英國Middlesex University合辦之BSc (Hons) in Occupational Safety, Health and Environment 課程畢業生許卓軒同學，在香港工程師學會舉辦的「學生論文比賽2015」獲得優異獎，其論文題目為「詳細研究在翻新及維修工程下的電力工作安全」。

許卓軒同學其後再下一城，其論文於職業安全和健康研究所香港分會舉辦的「2016學生論文比賽」奪得冠軍，另一畢業生李倩婷亦獲頒優異獎，成績斐然！



# 「旅遊及航空業高級文憑」學員 膺「最佳創意大賽」冠軍

## Tourism Students Won Champion in “Best Innovation Awards 2016”



(左起) 黃諾謙、馬茵怡、院長黃偉寧博士、朱妙慧及Saqib Mohammad  
(From left) Arnold Wong, Ma Yan Yi, Director Dr. Kris Wong, Chu Mui Wai and Saqib Mohammad

本院同學首次參加香港理工大學專業進修學院舉辦的「最佳創意大賽Best Innovation Awards」即奪魁！今屆比賽的合作機構為昂坪360，參賽隊伍需撰寫項目計劃書，推廣昂坪360的旅遊特色，提升本地及海外顧客對品牌的認識。四位就讀「旅遊及航空業高級文憑」的同學黃諾謙、馬茵怡、朱妙慧及Saqib Mohammad，憑創意及出色表現，擊敗超過六十個大專隊伍，勇奪冠軍！

四位同學的計劃書內容豐富，加上比賽當日別出心裁的 presentation，都是致勝關鍵。他們提議以中西文化匯萃作招徠，舉行中國傳統舞獅、印度傳統舞蹈以及近年在港興起的法國運動Parkour等文化表演，配合大型活動如尋寶任務、仿六十年代市集及比賽等，吸引更多中外遊客前往昂坪360及鄰近的自然保育區遊覽。冠軍隊伍除獲昂坪360頒贈現金獎港幣15,000元外，四位隊員亦各獲頒價值港幣15,000元的獎學金。

Students of “Higher Diploma in Tourism and Airline Studies” won the champion in the “Best Innovation Awards 2016”! It was the first time the Institute took part in the competition, organized by PolyU SPEED. Participating teams from higher education institutions were required to write a business plan for partner organization Ngong Ping 360. LiPACE’s team of four, formed by Wong Nok Him Arnold, Ma Yan Yi, Chu Mui Wai, SAQIB Mohammad, with their highly creative proposal and outstanding performance in the presentation, beat out over 60 teams to claim the champion. The team received cash prizes from Ngong Ping 360 and each member was awarded scholarships.

Hui Cheuk Hin, graduate of BSc (Hons) in Occupational Safety, Health and Environment (jointly offered by LiPACE and Middlesex University) was awarded the Certificate of Merit in the Hong Kong Institute of Engineers’ Student Project Competition 2015, for his project “A Critical Study on Electrical Work Safety in Minor Renovation & Maintenance Works”. Hui went on to win the First Place Award at the Student Papers Competition 2016, organized by the Institution of Occupational Safety and Health (IOSH). Fellow graduate Li Sin Ting grabbed the Merit Award.



奪獎的許卓軒(左二)獲協理課程總監兼課程主任謝津權先生(左一)及其論文導師溫建文博士(右一)祝賀。  
Hui (2nd from left) was congratulated by Mr. Alex Tse (Associate Programme Director cum Programme Leader, 1st from left) and Dr. Sammy Wan (Hui’s supervisor, 1st from right).

# LiPACE「明日之SING」歌唱比賽2015/16

## LiPACE Singing Contest 2015/16

本年度「明日之SING」歌唱比賽決賽於2月20日圓滿結束!當日20位經初賽出線的同學,在兩回合的比賽中施展渾身解數,爭奪各個獎項。比賽評判由香港作曲家聯會理事洪銘健博士、歌手甄詠珊小姐、獨立音樂人馮俊彥先生、本院「流行音樂及音樂製作高級文憑」課程主任黃逸偉博士及學生事務處行政經理蘇永珊女士擔任,他們都對參賽者的高水準表現感到相當驚喜。最後楊柳仙同學及許浩揚同學脫穎而出,分別奪得毅進文憑課程組別及非毅進文憑課程組別的冠軍。楊同學更代表學院出戰自資高等教育聯盟(FSTE)舉辦的聯校學生歌唱比賽,再下一城獲得優異獎。

The Finals of LiPACE Singing Contest 2015/16 was successfully held on 20 February 2016. Dr. Chris Hung (Director of Hong Kong Composers' Guild), Ms. Carisa Yan (Singer) and Mr. Fung Chun Yin (Musician), together with LiPACE's Dr. Joseph Wong and Ms. Frances Soo were invited to be the judges. They were all surprised by the high standard of contestants' performance. After a keen but enjoyable competition, students Hui Ho Yeung and Yeung Lau Sin became the champions of Non-DYJ Group and DYJ Group respectively. Yeung also represented LiPACE to take part in the FSTE Students Singing Contest and won the Merit Award.



▲ 非毅進文憑組別冠軍 許浩揚  
Hui Ho Yeung,  
champion of Non-DYJ Group



歌手甄詠珊小姐擔任評判  
Judge and singer Ms. Carisa Yan



毅進文憑組別冠軍 楊柳仙  
Yeung Lau Sin,  
champion of DYJ Group

## 深圳大學交流行

### Experience the Charm of Shenzhen



本院導師李仕光先生及楊希先生,與毅進文憑學員一行31人,於3月參加了為期三日兩夜的深圳大學交流體驗活動。他們得到深圳大學管理學院的師生熱情接待,兩地同學甫見面便談得相當投契,暢談各自的學校情況、學習生活及未來的人生規劃。交流期間,同學們還參觀了深圳大學的現代化校園,包括教學樓、球場及學生食堂等,更進行籃球友誼賽。本院學員離開時,深圳大學的學生更列隊歡送,彼此握手道別。

學員回港前還參觀了深圳博物館,了解深圳由古至今的變遷;又前往位於深圳寶安區的前海地區觀摩,那裡是深化深港合作的核心功能區,吸引了眾多的中港企業進駐其中。此行加深了同學們對內地教育和城市發展的認識。

A group of 31 including LiPACE instructors Mr. William Lee, Mr. Richard Yang and Diploma Yi Jin students visited Shenzhen University (SZU) during a 3-day trip in March. They received a very warm welcome by the teachers and students from the SZU's School of Management. The two groups of students joyously shared about their school lives and life planning to each other. They also toured the modern campus, before they went on to play a friendly match of basketball. At the end of the visit, SZU students lined up to see off their friends from Hong Kong. Before returning to HK, the students visited the Shenzhen Museum to learn about the city's history. They also stopped by Qianhai, a testing ground for economic cooperation between HK and Shenzhen, that draws a considerable number of HK enterprises to station there.



## 山東幼師培訓及頂崗實習 Early Childhood Education Practicum in Shangdong

本院導師何嘉敏女士及4位就讀「幼兒教育高級文憑」一年級的同學，懷著感恩和敢於學習的心，分別於過去的12月及3月兩次前往山東濟南，參加義務幼師培訓及頂崗實習活動。3月底的一次頂崗實習體驗由香港惠苗協會、香港教育學院、山東英才學院及本院合辦，為本院幾位同學帶來深刻的啟發。

With a grateful heart and eagerness to learn, Instructor Ms. Carman Ho and 4 students from “Higher Diploma in Early Childhood Education” visited Jinan in Shangdong for kindergarten teachers training and practicum experience in last December and March. The practicum in March, co-organized by the Hong Kong Child-riety Association, The Hong Kong Institute of Education, Shangdong Yincai University and our Institute, inspired deep reflection among our students.



兩地學員挑選繪本進行教學活動。  
Student teachers carefully selected storybooks for their teaching activities.



兩地學員透過認真備課，交流教學心得。  
Students from different institutes shared teaching strategies through serious preparation.



在農村幼兒園中的實習體驗，引起學員深入反思。  
Students developed self-reflective skills through practicum in the village kindergarten.

### 學生分享 Student Sharing

曹嘉怡 (一年級)

旅程我明白教育不單是教育小朋友，也是教育老師、家長，甚至整個社會。我在頂崗服務裡最大的得著是認識了來自英才學院的學前教育學生，大家互相分享知識，建立友誼不會受地理所限。

陳怡敏(一年級)

看見孩子骯髒的臉和雙手，我感到很心酸，多麼希望可以每天給他們擦一擦。我起初想到自己三天後便要離開，覺得可以做的很有限。不過後來想通了，這次來目的是了解他們的文化、學習環境、成長背景，從而作出反思和改善，滿有意思。

這次經驗很寶貴，讓我們看到國內幼兒教育的狀況，並給我機會真正帶領學生上課，把自己的教案實行出來，相信對將來的工作有很大幫助。

廖心瑩(一年級)

練曦怡(一年級)

位於城市的幼稚園，課室設備非常充足；但農村的幼稚園，貧乏至只有椅子，兩者相差甚遠。我很高興認識是次服務中的搭檔，她是英才學院的學生勤鳳，一個很細心溫柔的女孩子。初次與孩子見面或許有些陌生，但第二天他們跑到課室外迎接我們，抱著我們的腳，當下我的心都被融化了！

## 「食得有營又健康」講座 Seminar on Easy Healthy Recipes



課程主任黃琪小姐本身亦是澳洲註冊營養師。  
Programme Officer Ms. Venus Wong is also an Australian Accredited Practising Dietitian.

本院於1月舉行「食得有營又健康」講座，對象為「自在人生自學計劃」及「長者學苑」的學員，鼓勵他們養成良好的飲食習慣。講座亦是「冠上·銀髮」系列專題研討講座之一，宣揚積極老齡化的訊息。講座由本院健康及科學學部課程主任兼澳洲註冊營養師黃琪小姐(Venus)主講，內容主要針對中年人士及長者的常見健康問題，例如便秘、腸道問題、心血管疾病和骨質疏鬆症等，從而提出相關的飲食建議。由於講座適逢農曆新年，Venus特地教導大家如何精明選擇較健康的賀年和送禮食品，新穎的建議深受學員歡迎。

“You are what you eat.” Our diet is highly correlated with our health. A seminar “Easy Healthy Recipes” was held in January for the CBMP and Elder Academy students. It was also one of the health-related seminars in a series delivered to promote active aging. Ms. Venus Wong, LiPACE’s Programme Officer and an Australian Accredited Practising Dietitian, gave dietary advice on health issues that are common to the middle-aged and elderly, such as constipation, gut health, cardiovascular diseases and osteoporosis, etc. Venus also made some great suggestions about healthier food and gifts for the Lunar New Year.

## 「自在自學·互敬互愛 - 自在人生自學計劃」分享會 CBMP Sharing Session





## 每日健康7件事

- 每天進食3-8碗五穀類食品以供身體所需的能量，當中以全麥類為首選
- 每天進食2份水果 + 3份蔬菜，多選全穀麥類和豆類食品以攝取足夠的膳食纖維，幫助保持腸道健康、穩定血糖、預防便秘甚至癌症
- 每天喝6-8杯流質飲品，包括清水、茶、牛奶和清湯，為身體補充水份並為膳食纖維提供最好的效果
- 每天進食5-6兩肉類、魚、蛋或相關代替品，緊記烹煮前先去掉皮及脂肪
- 選擇蒸、焗、灼和焗以代替煎炸、油泡及紅燒的烹調法
- 調味以少糖、少鹽和少醬料為原則，可選用香料如薑、蔥、蒜頭、芫茜、花椒或八角以增加食物的香味
- 高鈣飲食、適量的負重運動加上多曬太陽，能有效減低鈣質流失，預防骨質疏鬆症和減低骨折的機會

## 阿根廷葡萄酒證書 Certificate in Argentine Wines



課程教授阿根廷的文化與地理特點，以及阿根廷葡萄酒的種類和市場價值等，適合愛好品酒或有志從事葡萄酒貿易之人士，亦是已取得WSET資格的人士一個繼續進修的途徑。學員完成課程後，應能分析香港的市場需求以及消費模式，以制定有效的買賣及宣傳策略。課程與阿根廷葡萄酒組織合辦，此組織在全球推廣阿根廷葡萄酒的品牌，在國家的出口業務扮演重要角色。

The programme introduced the cultural and geographic characteristics of Argentina, styles of Argentine wines and its marketability. It is suitable for those who have attained WSET qualifications to further develop themselves. Students will be able to analyze the market needs of Argentine wines in HK, and to identify appropriate purchasing and promotion strategies. Programme partner is Wines of Argentina, the organization that promotes the country's wine brands worldwide.



由本院、婦女事務委員會及新城廣播有限公司合辦的「自在自學·互敬互愛 - 自在人生自學計劃」分享會，於2月21日假黃大仙樂富廣場舉行，由新城電台「自在人生大學堂」主持林柏希及陳美思擔任司儀。婦女事務委員會主席劉靳麗娟女士、「自在人生自學計劃」督導委員會召集人黃祐榮先生及政府代表、本院院長黃偉寧博士及協理課程總監謝津權先生、「自在人生自學計劃」宣傳大使薛家燕女士聚首一堂，與導師及逾50位學員交流，分享「要活得精彩，就要學多一點」的經驗，歡聚暢談，其樂無窮。

Representatives from Women's Commission, Labour and Welfare Bureau, OUHK LiPACE, Metro Broadcast Corporation Limited and CBMP Student Association gathered at the CBMP Sharing Session in Lok Fu Plaza on 21 February. Guests, instructors and over 50 CBMP students happily mingled and exchanged learning experience.



(左起)黃祐榮先生、薛家燕女士、劉靳麗娟女士及黃偉寧博士  
Mr. Robert Wong, Ms. Nancy Sit, Mrs. Stella Lau and Dr. Kris Wong

## 香港稅務專業證書 Professional Certificate in Hong Kong Taxation



課程教授香港的稅制、稅務規則、稅務責任、專業會計師在稅務管理擔任的角色等等，裝備學員報考香港會計師公會及香港稅務學會的相關專業試。

The programme covers the local tax system, rules of major taxes, tax liabilities and roles of a Professional Accountant in tax management, equipping students for taking the professional examinations offered by HKICPA and TIHK.

## 專業安全查核證書 Certificate in Professional Safety Review



課程與香港註冊安全審核員及查核員協會合辦，根據《香港工業安全檢討諮詢文件》提供安全查核的訓練。學員將透過課程認識職安健的法律要求、安全管理制度的應用、安全查核的程序等等。畢業生可報讀學院的「職業健康及安全文憑 / 專業文憑」課程，繼而升讀學院與英國大學合辦的相關學士學位課程。

The programme, in collaboration with Hong Kong Society of Registered Safety Auditors and Review Officers, is designed to provide training for candidates who are assigned by their employers as the Safety Review Officer within their organizations. Graduates may proceed to the Diploma/ Professional Diploma in Occupational Health and Safety, and subsequently the relevant Bachelor programme jointly offered by LiPACE and Middlesex University, UK.

## 航空學專業文憑 Professional Diploma in Aviation Studies



課程與香港童軍總會合辦，提供私人飛行員所需的理論及模擬飛行訓練，增進學員對本地航空業的發展、運作及保安等方面的認識。畢業生可報讀本地或海外的私人飛行員執照(PPL)課程，然後參加民航處的PPL考試。

The programme is jointly offered with the Scout Association of Hong Kong, in which students can receive flight training and simulation practices required of a private pilot. Graduates can attend the Private Pilot License (PPL) course offered by local or overseas training schools, before taking the Civil Aviation Department's PPL examinations.



### 編輯委員會 Editorial Committee

**編輯委員會主席 Chairperson :**

黃偉寧博士 Dr. Kris Wong

**總編輯 Editor-in-chief :**

林寶茵博士 Dr. Pamela Lam

**編輯 Editor :**

范詠詩 Anna Fan

陳倩如 Shirley Chen

**編輯委員會成員 Members :**

蘇永珊 Frances Soo

陳麗霞 Hailey Chen

李真濤 Jane Lee

白鴻毅 Jenkin Pe

崔啟昌 Johnny Tsui

黃逸偉 Dr. Joseph Wong

伍天慧 Natalie Ng

電話 Tel : 3120-9988

網址 Website : [www.ouhk.edu.hk/lipace](http://www.ouhk.edu.hk/lipace)

地址 Address : **Kwai Hing Learning Centre**  
8/F - 11/F, Tower 2, Kowloon Commerce Centre,  
51-53 Kwai Cheong Road, Kwai Chung, N.T.  
(Exit E, Kwai Hing MTR Station)

**OUHK-CITA Learning Centre**  
201-203 Lai King Hill Road, Kwai Chung  
(opposite to Exit A1, Lai King MTR Station)

傳真 Fax : 2381-8456

電郵 Email : [lipace@ouhk.edu.hk](mailto:lipace@ouhk.edu.hk)



「OUHK LiPACE」