

I·CARE Achievers Programme 2019-20

Core Group Nurture

Participants of this section are required to complete a number of stipulated tasks which will help them attain overall quality and fine attributes under five areas derived from the traditional Chinese virtues: integrity, intellect, physique, relationship and aesthetics. These areas have been further defined by CUHK as I - Integrity and moral development; C - Creativity and intellectual development; A - Appreciation of life and aesthetic development; R - Relationships and social development and E - Energy and wellness.

Objectives

1. Facilitate participants' attainment of non-formal education in a holistic and balanced fashion.
2. Inspire participants gradually with confidence, responsibility, leadership, teamwork, self-reliance, resilience, and the ability to make decisions and resolve conflicts.
3. Help participants become members of the community who respect others, who treasure humanity's shared environment, who are perseverant to cope with adversity, who embrace passion to serve the needy, and who possess a global outlook to address the world's complicated issues.

Target

1. All full-time undergraduate students, regardless of year of study and major programme
2. Able to communicate in Cantonese
3. Interested in camping, farming, hiking, marathon or reading

Timeline:

Date	Event/ Activity	Time	Venue	Remark
Stage 1 - Initial				
Sept 2019	Recruitment	-	-	-
4 Oct 2019 (Friday)	Enrolment deadline	-	-	-
11 Oct 2019 (Friday)	Selection interview	-	Room 502, Wong Foo Yuan Building	Shortlisted interviewees will be informed individually
Stage 2 - Preparatory				
21 Oct 2019 (Monday)	Programme Introductory Session and signing of the I-CARE Pledge	7:00 pm - 8:30 pm	Room 502, Wong Foo Yuan Building	Mandatory for all accepted students
26 Oct 2019 (Saturday)	Three-day Induction Programme 1: Training Day Camp on Leadership	9:00 am - 5:00 pm	Po Leung Kuk Jockey Club Tai Tong Holiday Camp	Participants will join the Three-Day Induction Programme to develop their mental strength, inner serenity and team spirit.
9 Nov 2019 (Saturday)	Three-day Induction Programme 2: Retreat Day	9:45 am - 5:00 pm	Tsz Shan Monastery	
18 Jan 2020 (Saturday)	Three-day Induction Programme 3: Workshop on Self-acquaintance	10:00 am - 5:30 pm	Room 502, Wong Foo Yuan Building	
Stage 3 - Action				
Starting from Dec 2019 (Self-scheduled)	<div>1. Group Challenge (the goal, implementation timeline and format of the activities are to be decided by the discussion between the participants and their respective mentors)</div> <div>2. Extensive Reading Scheme</div> <div>3. Self-selected Experiential Learning Activities (i.e. co-curricular activities)</div> <div>4. Submitting a Reflection Paper</div>			
Stage 4 - Concluding				
July 2020	Consolidation and announcement of this year’s I-CARE Achievers			

Content:

Participants will enjoy flexibility to decide when and to what extent they will complete the programme and obtain corresponding I-CARE Achiever titles:

- Cadet I-CARE Achiever
- Gold I-CARE Achiever
- Platinum I-CARE Achiever
- Grand I-CARE Achiever

Grade of I-CARE Achiever Title	Criteria/ Requirements								
	Three-day induction workshop	I-CARE Pledge	Camping/ farming/ hiking/ marathon ^{note 1}	Extensive Reading Scheme ^{note 2}		University ELA ^{note 3} (i.e. co-curricular activities)			Reflection paper ^{note 4}
				6 books & 1 tutorial	12 books & 2 tutorials	8 hours	16 hours	32 hours (with element of voluntary service/ social enterprise)	
Cadet	✓	✓	✓						
Gold	✓	✓	✓	✓		✓			
Platinum	✓	✓	✓		✓		✓		
<i>Participants who have been awarded any of the above titles upon their graduation from CUHK will each be issued a certificate imprinted with his/ her corresponding title.</i>									
Grand	✓	✓	✓		✓			✓	✓
<i>Participants who have been awarded the above titles upon their graduation from CUHK will not only be issued certificates imprinted with the corresponding titles but are also entitled to obtain a medal.</i>									

The criteria fulfilled by the participants will be accumulated and concluded at the end of an academic year, or at the time of graduation. However, the title will be awarded once only, participants are advised to plan ahead their schedule.

note 1 Luminaries have been invited as professional mentors to share the organising skills of activities namely camping, farming, hiking or marathon. They are also expected to contribute their wisdom, expertise and experience through close interaction with the participants, so that the latter are able to get the feel of the attributes of the all-round persons and to understand their success, struggles and strengths. The goal, implementation timeline and format of the activities are to be decided by the discussion between the participants and their respective mentors. The list of mentors of this academic year are as follows:

(Listed in no particular order)

Name	Designation	Service Ambit	Interest(s)
Mr. Ng Ah-ming	Chief Commissioner of Scout Association of Hong Kong; Former Deputy Cadet Corps Commander / Company Commander of Mountain Search and Rescue Company of the Civil Aid Service	Mentor (Camping)	Mr. Ng is passionate about outdoor activities and has extensive experience in camping, hiking, climbing, and marathon, etc. He devotes himself to promoting young people to know and join Scouting or outdoor adventures. During these activities, Mr. Ng could train young people to overcome challenges in the nature, thus enhancing their personal will, physical strength and team spirit.
Prof. Lam Chiu-ying	The Former Director of the Hong Kong Observatory; Nature Lover	Mentor (Farming)	As a nature lover, Prof. Lam concerns about climate change and its influence on eco-system. After retirement, he is still active and committed to promoting nature-based activities and love of nature. Prof. Lam appreciates and cherishes everything in the world; he has many interests, such as bird watching, sky watching, and plants watching.
Dr. Roy Chung	Co-Founder & Non-executive Director of Techtronic Industries Company Ltd.	Mentor (Hiking)	Dr. Chung is committed to promoting the development of talents, he encourages young people to acquire knowledge and skills according to their interest, as well as kick-start their life and career plan. Dr. Chung enjoys hiking, he participated in several hiking challenge, such as Trailwalker, and even challenged hiking in the polar regions. He believes hiking is a great training of the body and the will; hiking in the ever-changing nature also helps to broaden one's eyes and mind.

Mr. Tam Chi-keung	Former Experienced Social Worker of the Social Welfare Department; Former Fieldwork Supervisor of the Department of Social Work of the Hong Kong Shue Yan University	Mentor (Marathon)	With great passion in running, Mr. Tam is committed to contributing his interest to social welfare after retirement. He planned a 40-day “A Little Run around Taiwan for Charity “ and ran nearly 1,000 kilometers in Taiwan to raise money for cancer patients. He also launched “A Little Run around Hong Kong for Charity” and “A Little Run around Hong Kong-Macau for Charity” afterwards. In addition to provide volunteer running coach service to the elderly, Mr. Tam also attended sharing sessions at different organisations and published a book to share his experiences and spread hopes.
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note 2 Erudite persons from different disciplines have been invited to suggest non-technical books for participants to read. Participants are required to read these books and subsequently attend the tutorials led by either the book-proposers or the guest tutors. Detail are set out below):

(Listed in no particular order)

Name:	Designation	Name of book(s) suggested	Author
Book-proposer			
Mr. Bernard Chan	Convenor of the Non-official Members of the Executive Council, HKSARG; President of Asia Financial Holdings Ltd.	The 5 Languages of Appreciation in the Workplace : Empowering Organisations by Encouraging People	Gary Chapman & Paul White
Mr. Walter Cheung	Senior Advisor to Chief Executive, Hang Seng Bank	Steve Jobs	Walter Isaacson
		Unbroken	Laura Hillenbrand
		View from the Summit	Sir Edmund Hillary
Dr. Ko Wing-man	Former Secretary for Food and Health, HKSARG; Orthopaedist	靈山	高行健
		1434: The Year a Magnificent Chinese Fleet Sailed to Italy and Ignited the Renaissance	Gavin Menzies

Prof. Poon Chung-kwong	President Emeritus, The Hong Kong Polytechnic University	孔子和他的弟子們	南懷瑾
		感恩這一課（增編版）	潘宗光
Book-proposer & Tutor			
Prof. Nyaw Mee Kau	Former Vice President/ Emeritus Professor of Management, Lingnan University	南京大屠殺	張純如
		八十憶雙親、師友雜憶	錢穆
Mr. Stephen Wong	Privacy Commissioner for Personal Data, HKSARG; Barrister	BEING ONLINE：用「在線」的思維，探索數據新大陸	王堅
		注意！這是我的個人資料私隱	黃繼兒
Ms. Connie Lau	Former Ombudsman, HKSARG	郭鶴年自傳	郭鶴年

note 3 Fulfilment of co-curricular activities which are offered by any University unit and listed under *Student Development Portfolio*.

note 4 Submission of a reflection paper of at least 1,500 words (in Chinese) or 2,000 words (in English) detailing the participants' learning process and outcome.

Enquiry

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2019-20 博群踐行者計劃

核心小組培育

此部份的參加者需要完成一系列指定任務，以達至中國傳統所說的五育：德、智、體、群、美。而在中大，此五育被進一步界定為 I - 人格與德育；C - 創意與知性；A - 生活藝術與美學；R - 人際關係與群育及 E - 活力與身心健康。

目標

1. 讓參加者接受全面和均衡的非形式教育。
2. 啟發參加者的個人成長，包括自信心、責任感、領導才能、團隊合作能力、自理能力、抗逆能力，以及決策和解決衝突等潛能。
3. 使參加者成為服務社區、尊重他人、愛護環境、堅持不懈應對逆境、熱心服務人群，以及擁有國際視野以應對問題的公民。

對象

1. 全日制本科生，主修課程及就讀年級不限
2. 能操粵語
3. 對露營、農耕、遠足、馬拉松或閱讀有興趣

流程

日期	活動	時間	地點	備註
第一階段 —— 招募				
2019 年 9 月	招募	-	-	-
2019 年 10 月 4 日（星期五）	截止報名	-	-	-
2019 年 10 月 11 日（星期五）	面試	-	王福元樓 502 室	獲面試機會者 將個別通知
第二階段 —— 預備				
2019 年 10 月 21 日（星期一）	計劃簡介會及簽署約章	晚上 7 時 至 8 時 30 分	王福元樓 502 室	獲取錄同學必須出席
2019 年 10 月 26 日（星期六）	三天啟導活動之一：領袖訓練日營	上午 9 時 至 下午 5 時	保良局賽馬會大棠 渡假村	參加者將參與三天啟 導營會，以強健心 性、沉澱心靈及建立 團隊精神。
2019 年 11 月 9 日（星期六）	三天啟導活動之二：退修日	上午 9 時 45 分 至 下午 5 時	慈山寺	
2020 年 1 月 18 日（星期六）	三天啟導活動之三：自我認識工作坊	上午 10 時 至 下午 5 時 30 分	王福元樓 502 室	
第三階段 —— 實踐				
2019 年 12 月起 （自行規劃進度）	1. 小組挑戰（活動目標和進程由師長與組員共同規劃，形式不限） 2. 廣泛閱讀計劃 3. 自選體驗式學習活動 4. 提交反思文章			
第四階段 —— 總結				
2020 年 7 月	整理及發佈該年度「博群踐行者」名銜			

內容

參加者可自訂目標、彈性規劃學習深度及進程，以獲授相關認可級別的「博群踐行者」名銜：

- 準備級博群踐行者
- 黃金級博群踐行者
- 白金級博群踐行者
- 桂冠級博群踐行者

「博群踐行者」 名銜級別	所要求								
	三天啟 導活動	簽署約章	露營 / 農耕 / 遠 足 / 馬拉松 ^{註 1}	廣泛閱讀計劃 ^{註 2}		大學體驗式學習活動 ^{註 3}			反思文章 ^{註 4}
				6 本讀物及 1 節導讀課	12 本讀物及 2 節導讀課	8 小時	16 小時	32 小時 (包含義務工 作服務)	
準備級	✓	✓	✓						
黃金級	✓	✓	✓	✓		✓			
白金級	✓	✓	✓		✓		✓		
* 獲得以上級別的參加者將於畢業時獲發由大學印製並列明該級別的證書一張									
桂冠級	✓	✓	✓		✓			✓	✓
* 獲得以上級別的參加者不僅於畢業時獲發由大學印製並列明該級別的證書一張，更會獲頒特製勳章一枚									

參加者所累積的學習成果可於每學年終結時結算，或在畢業時才作總計；唯名銜只會獲頒一次，故須及早作出安排。

註1 由專家學者擔任小組師長，向參加者傳授籌劃露營、農耕、遠足或馬拉松活動的心得，並與參加者緊密互動，分享他們的智慧、專業知識和人生經驗。活動目標和進程由師長與組員共同規劃，形式不限。小組師長名單如下：

(排名不分先後)

姓名	職銜	角色	興趣
吳亞明先生	香港童軍總會總監； 前民安隊少年團副總指揮 / 山嶺搜救中隊指揮官	師長 (露營)	吳先生熱衷戶外活動，舉凡露營、登山、遠足、長跑等，都有豐富的經驗。他致力讓更多青少年認識和參與童軍 / 野外歷奇活動，過程中訓練青少年如何應對大自然的考驗、藉此增強他們的個人意志、體能和發揮團體合作精神。
林超英教授	前香港天文台台長； 愛護自然人士	師長 (農耕)	林教授乃愛護自然人士，關注氣候對生態及環境的影響，退休後仍致力向社會推廣自然保育、欣賞自然的文化和大自然活動。林教授欣賞和愛惜天地萬物，興趣眾多，例如：觀鳥、觀天、觀花草樹木。
鍾志平博士	創科實業聯合創辦人兼非執行董事	師長 (遠足)	鍾博士致力推動專才發展，鼓勵年青人按興趣學習技能、規劃生涯。他熱愛遠足登山，曾挑戰毅行者、環島行和極地行等。鍾博士認為遠足除了可以鍛煉體魄和意志，在深入千變萬化的自然之中，更能感受人類的渺小，開闊目光和心胸。
譚志強先生	前社會福利署資深社工； 前香港樹仁大學社會工作學系實習督導導師	師長 (馬拉松)	譚先生熱愛跑步，退休後致力把興趣貢獻於社會公益，計劃了歷時 40 天的「小小環台慈善跑」，在台灣跑了近千公里為癌症病人籌款，及後亦發起了「小小環港慈善跑」及「小小環港澳慈善跑」。譚先生除了義教長者長跑，亦出席不同機構的分享會和分享著作「60 歲的 1000 公里」，向各界人士分享心得、傳播希望。

註2 廣泛閱讀計劃由不同界別的專家學者推薦讀物，讓參加者選讀。參加者須在閱書後出席由讀物建議者或客席導師主持的導讀課。詳情如下：

(排名不分先後)

姓名	職銜	推薦書籍	作者
讀物建議者			
陳智思先生	香港特別行政區行政會議非官守議員召集人；亞洲金融集團總裁	The 5 Languages of Appreciation in the Workplace：Empowering Organisations by Encouraging People	Gary Chapman & Paul White
張樹槐先生	恒生銀行行政總裁高級顧問	Steve Jobs	Walter Isaacson
		Unbroken	Laura Hillenbrand
		View from the Summit	Sir Edmund Hillary
高永文醫生	前香港特別行政區食物及衛生局局長；骨科專科醫生	靈山	高行健
		1434: The Year a Magnificent Chinese Fleet Sailed to Italy and Ignited the Renaissance	Gavin Menzies
潘宗光教授	香港理工大學榮休校長	孔子和他的弟子們	南懷瑾
		感恩這一課（增編版）	潘宗光
讀物建議者及導讀老師			
饒美蛟教授	前嶺南大學副校長 / 管理學榮休講座教授	南京大屠殺	張純如
		八十憶雙親、師友雜憶	錢穆
黃繼兒律師	香港特別行政區個人資料私隱專員；大律師	BEING ONLINE：用「在線」的思維，探索數據新大陸	王堅
		注意！這是我的個人資料私隱	黃繼兒
劉燕卿女士	前香港特別行政區申訴專員	郭鶴年自傳	郭鶴年

註 3 完成任何大學單位舉辦並列入「學生發展組合」的體驗式學習活動

註 4 提交至少 1,500 字 (中文) 或 2,000 字 (英文) 的反思文章，詳細說明其學習過程和得著

查詢

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