

2018
-
2019

Constellation
of Diversity
and Inclusion

YEAR
BOOK

年鑒



香港理工大學學生宿舍 (紅磡, 何文田)

POLYU STUDENT HALLS OF RESIDENCE (HUNG HOM AND HOMANTIN)

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PREFACE

Dean of students



Centre STARS, Dean of Students Office 2019 (Left to Right): Renan Morais Furlaneto (Reporter), Xin Yang (Reporter), **Prof. Esmond Mok (Dean of Students)**, Mohammed Aquil Mirza (Chief Editor), and Biying Tang (Reporter)

Chief Advisor



PolyU HungHom Halls 2018 (Left to Right): Majed AlMuhanna (Reporter), **Prof. Kwok-Fai Chung (Chief Advisor)**, and Mohammed Aquil Mirza (Chief Editor)

From The Chief Editor's Desk

MOHAMMED Aquil Mirza

B.E. (IT), M.S. Res. (VLSI & ES), M.S. (EE), [Ph.D. (COMP)], SM IEEE, AM IE

It is a complete honor to hold the position of Editor-in-chief of The HungHom Halls of Residence Editorial Committee for the first time. This is in effect the second issue of December last year; I can honestly say, that I'm thoroughly enjoying this incredible post where I witness so many young students having a chance to have their voices heard. I'm glad that HungHom halls and I can support such a platform, where our wardens, tutors, and residents can share their ideas and enthusiasm, creating an ever more closely-knit community.

It feels as if the months have been disappearing in the blink of an eye; every student, tutor, and warden faces daily task of juggling their lives, hall activities, events, and their passions and personal interests – so as to know that students willingly take out of their valuable time in order to upkeep their roles and their inputs in the yearbook is heart-warming. From the beginning of the first day of the academic semester to this very day where the cool breeze of winter bidding farewell can be felt and joyful songs can be faintly heard in the background, it is clear that summer holidays are quickly approaching; our reporters, designers, and whole team have enthusiastically proof-read and documented the many events that have come and gone – from the exciting commotion of the Hall Orientation Programs to carefully organized Interhall-sports and cultural events.

I shall not delay you any longer from ruffling through these very pages. I would just like to briefly thank everyone, no matter how small the contribution, from the creation of this yearbook as I know how exhausting it can be to put all the pieces together in order to produce this issue of Yearbook 2018-2019. As soon as you finish my Editor's note, you can venture on the words of my reporters, your fellow students, your friends, and your warden to enjoy what they have written along with interesting photographs. Every time and at each issue we all thrive to give our best to ensure that you have quality time watching and reading to interest every single audience; everything we do here is for you, our readers.



**SNAPSHOTS
FROM
NINE HALLS**

MERAKI



MINYIN HALL
2018 • 2019
THE 17TH MINYIN HALL ASSOCIATION
3 • 4 FLOOR

民殷堂



YIP WANG LOK

PRESIDENT



CHAN KA LEE

EXTERNAL VICE PRESIDENT



HO TSZ TING

FINANCIAL SECRETARY



KO CHEUK KI

INTERNAL VICE PRESIDENT



MAN YUEN SIUN

GENERAL SECRETARY



LEE TSZ CHING

SPORTS SECRETARY

As per Hall Administration, approval for hall activities after April will have to be postponed until July as many of the serving wardens will be retired by June. HA prefers to wait for the appointment of new wardens before approving the proposed activities.

ALBERT PC CHAN

MESSAGE FROM WARDEN

MINYIN 17TH

MERAKI

MIN YIN





2018-2019

LISHENG HALL 利生堂

THE 17TH SESSION LISHENG HALL
STUDENTS' ASSOCIATION

LEVIOSA
5/F · 6/F



WARDEN'S SHARING CHAN, E.ANGELA

TIME IS TO BE CONSIDERED AS BOTH THE CLOCK TIME AND AN EXISTENTIAL ONE. IN LISHENG (LS) HALL, HALLMATES CONTINUE TO LEARN ABOUT THE IMPORTANCE OF TIME MANAGEMENT AS CLOCK TIME AND SIMULTANEOUSLY THE MEANING OF HOW THE TIME IS BEING SPENT WITH EACH OTHER. THERE IS A TREMENDOUS TEAMWORK AND SUPPORT OF EACH OTHER SO IT IS BOTH A LEARNING AND GROWING PROCESS FOR THE HALLMATES INVOLVED. GIVEN THE STEPPING DOWN OF THE 16TH AND THE TAKING OVER BY THE 17TH HALL ASSOCIATION MEMBERS, I AM DELIGHTED TO OBSERVE ANOTHER COHORT OF HALLMATES, WHO WISHES TO CONTRIBUTE TO LS HALL WITH MUCH ENTHUSIASM AND COMMITMENT. AN UNDERSTANDING OF THE CONCEPT OF QUALITY OVER QUANTITY PERMEATES THROUGH BOTH THE PAST AND THE CURRENT CABINETS. LISHENG CABINETS PRIDE THEMSELVES TO BE APPROACHABLE, SUPPORTIVE OF EACH OTHER'S NEEDS AND THROUGH RENDERING MEANINGFUL EXPERIENCE, ACTIVITIES WERE AIMED TO BE BOTH EDUCATIONAL AND FUN FOR HALLMATES.

HENCE, THE TIME SPENT WILL ENABLE AND ENHANCE REFLECTIVE LEARNING FROM BOTH THE HALL CABINETS AND THE HALLMATES INVOLVED. THERE IS ALSO A CONTINUOUS STRIVE TO DISPLAY THEIR EFFORTS TO INCLUDE INTERNATIONAL STUDENTS FOR INCLUSIVENESS AND MAKING THEIR EXPERIENCE AND STAY AT LS WARM AND WELCOME. I HAVE WITNESSED THE CONTINUOUS GROWTH IN LEADERSHIP, ROLE-MODELING, CONFIDENCE, INTERPERSONAL RELATIONSHIP AND TEAMWORK AMONG THE HALL ASSOCIATION MEMBERS. WITH THE 16TH COHORT BEHIND US, I WISH THE 17TH CABINET EVERY SUCCESS AND BE GOOD ROLE MODELS FOR EACH OTHER AND FOR THE HALLMATES AT LARGE.

General Secretary: Paco
Cultural Secretary: Banana
Welfare Secretary: Anson
Sports Captain: Niki
Promotion Secretary: Keith
External Vice-President: Andrea
Sports Captain: Alex
Promotion Secretary: Sum
Financial Secretary: Annie
Cultural Secretary: Amy





*We Stand
As One*

*Shine For
Lishengians*

PhotoGrid

利生堂

利生堂

學敏堂

Xperanta.
The 17th Xuemin Hall Association

2019
2020

拾七
學恩

Kylie

Cassan

Chloe

Janet

Pansy

Joyce

Heidi



President

Promotion
Secretary

Cultural
Secretary

Vice-President
Internal

General
Secretary

Financial
Secretary

Vice-President
External

Warden's Message

Professor Cheuk Ming MAK

I warmly welcome you to join Xuemin Hall family!

It had been nearly two years since I became warden of Xuemin Hall. I am glad that I can be a part of it. Our 17th Hall Association has assumed their responsibility for Xuemin Hall.

Xuemin Hall is a female undergraduate hall of Hung Hom Halls. "Love and Care" are the core values and the spirit of Xueminians. I hope that we will continue to provide a warm, supportive and caring environment to you so that you can engage yourselves in Xuemin hall activities such as "Xuemin festival" and "East Meets West", make friends and share with each other about your university and hall life. I really hope that not only Xuemin Hall can provide accommodations for local, mainland Chinese and international female students, but also it will help the intellectual, social and cultural growth of the students. We had a wonderful Xuemin Hall Gala Dinner in February 2019. "Redolent" was the theme of the Gala Dinner. Hall mates enjoyed this precious time very much and got inspired by the invited speech. I really hope that students with different backgrounds and cultures can appreciate their differences and learn from each other through Xuemin Hall activities. Ultimately it will increase their sense of belonging to the community and build a harmonious environment and society.

The Hall Warden, Hall Tutors and members of 17th Xuemin Hall Students' Association are to provide a caring and supportive environment. I hope that you will have a forgettable and wonderful life experience in Xuemin Hall and be a part of it.



勵志堂

LIZHI HALL

9-10 Floor

- Where We Belong -



President



Internal Vice President



External Vice President



Financial Secretary



General Secretary



Recreational Secretary



Recreational Secretary



Welfare Secretary



Publicity Secretary



Publicity Secretary



Cultural Secretary



Sports Secretary



Resources Management Secretary



Lizhi Hall

17TH LIZHI HALL

SEPT. 這是你的開學勵



OCT. 勵園 // 瑪勵諾教堂



NOV. 爆四勵記



DEC. 勵到聖誕



JAN. 登峰造勵 // 勵eat糕



勵志堂// LIZHI HALL // 9-10 Floor

FEB. Tug of War // 勵是逗來 // 聯堂情人節



MAR. Music Live // Hall Show-Off



Gala Dinner // Interhall Basketball



APR. Interhall Soccer // 勵志總動員4



勵志堂// LIZHI HALL // 9-10 Floor



Sports Secretary Ashley	Princeton Secretary Yan	Internal Vice President Jordie	Welfare Secretary Jessica	Treasurer Secretary Mik	Financial Secretary Wicky	President Ray	General Secretary Yip	External Vice President Conrad	Promotion Secretary Sami Ma	Resources Management Secretary Kenny	Sports Secretary Krisly	Internal Affairs Secretary Hanna	Recreation Secretary Jin
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*Chengde
Hall*

13/F | 14/F

*// Family Is Family.
No Better Definition. //*

Concord

The 47 th Chengde Hall Students Association



Heilios

物華堂



Katherine
INTERNAL AFFAIRS SECRETARY



Akko
TREASURER



KC
EXTERNAL SECRETARY



Tiffany
INTERNAL AFFAIRS SECRETARY



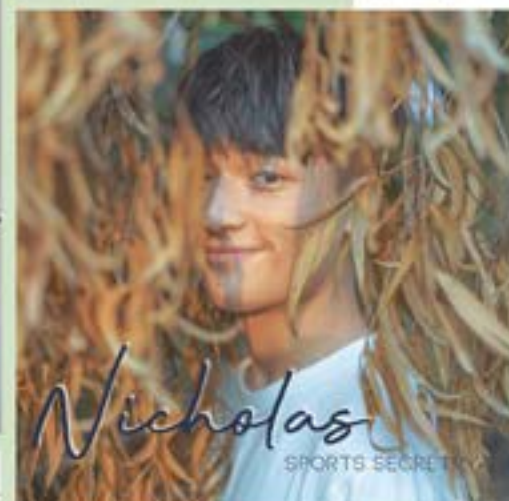
Eric
PRESIDENT



Charlotte
PROMOTION SECRETARY



Jade
WELFARE SECRETARY



Nicholas
SPORTS SECRETARY



ArDe
INTERNAL AFFAIRS SECRETARY



Gai Gai
RESOURCES MANAGEMENT SECRETARY



Steven
FINANCIAL SECRETARY



Yannie
SPORTS SECRETARY



KAIYUAN
17-18/F

開元堂

17TH KAIYUAN HALL STUDENTS' ASSOCIATION
COMMITTEE MEMBER



元朝
KYRECTION



KY
PLACE OF FRIENDSHIP



KY
PLACE OF FRIENDSHIP



WUXIAN

務賢堂

11-12/F Polyu 傳統好玩hall，
只要你肯玩，一定陪你玩！讀Poly 住務賢！

Warden's Message:

Dear WX Residents,

I hope you have an enjoyable hall life at Wuxian Hall so far. In our Hall, we have over 300 residents living on the 11/F and 12/F of PolyU Hung Hom Halls. In the entire Hung Hom Halls, there are about 3,000 residents. I believe that this is probably the most populated and vibrant university hall in the world. In PolyU we have totally about 4,500 hall places. However, it is far from sufficient. That's why a chance to live in a university hall in Hong Kong is really precious and valuable!

During my student life long time ago, I lived in university halls for 5 years in both Hong Kong and the UK. My experience was that hall residence provided me both social life and a good place for studies. However, during critical time I always put my academic studies as the first priority, particularly during the difficult time of my studies. I think hall education provides many functions. Nevertheless, at the critical times of your studies, university halls should also be the best place for your studies, and for a group of students for sharing and doing revisions, and gaining mutual support for academic studies. I hope our hall has provided you with the best place socially and academically.

I wish you fruitful hall life in WX Hall.

Yours sincerely,

Randy Yeung

Wuxian Hall Warden

2019 - 2020

The 17TH Wuxian Hall Association -
Wuxian Times

Chau Tsz Wai (Cherry)



Leung Chung Yin (Nick)



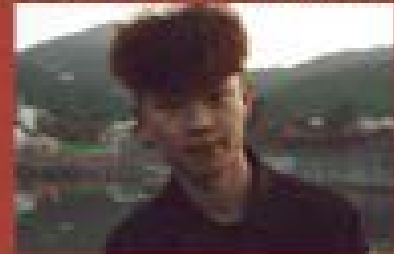
Leung Hong Yan (Alex)



Lau Wai Ming (MingMing)



Choy Man Hei (Marcus)



Tang Hoi Wan (Karen)



Ng Fong Ki (FongKi)



Mak Tse Shan (Day)



Lam Yi Ting (Tammy)



Leung Yuen Yung (Yvonne)



Wong Lok Yin (Yingyin)



Yeung Cho Ki (Hailey)





20
19





2019 BOYAN



SELECTED ESSAYS -REPORTING ARTICLES

Lisheng Chinese New Year Celebration

Daniel Yamoah Agyemang
Boyan Hall

The 2019 Chinese New Year fell on the 12th day of the 12-year cycle in the Lunar Calendar. The animal Pig happens to be the 12th of the 12-year cycle of animals in the Chinese Zodiac. The celebration takes a period of 15 days starting from the last day of the month of the lunar cycle and ending on the 15th day of the new month. According to China Highlights magazine, in an article titled Pig's Fortune in 2019, "In 2019, even though Pigs will be in their birth sign year (běnmìngnián: traditionally an unlucky year), Pigs generally have smooth prospects for the coming year. Their overall luck for career, health, and love is normal, while their wealth will increase as they will be well rewarded".

Lisheng Hall in Hung Hom Halls of student residence celebrates this rich tradition annually and this year was no exception. Hosted right in Lisheng Hall on the 31st of January 2019, patronage of this unique traditional event was impressive. Credit goes to the organizers of this program for their invitation to all other students from different halls to partake in the celebrations. I should say my decision to attend paid off as I had a chance to meet and make friends with some international students at the event.

The event commenced at 8 pm with a warm welcome by two Masters of Ceremony from Lisheng Hall. Most of the audience were adorned in either pink or red, depicting colours of the pig, ultimately giving the ceremony a colourful and aesthetic appeal.

Most of the activities at the event were presented in Mandarin (Chinese Language) but the international students were fortunate since there were translators to aid in understanding and following the activities. Chinese dishes were prepared by students from mainland China resident in the Hall and served for the audience to have a feel of Chinese delicacies. Indeed, it was mouthwatering, to say the least. I really enjoyed every bite of the dishes. Still on the dishes, flour, dough, water and candies were brought to each table for members on the table to roll and make dumplings. With the help of a Chinese student, I quickly grasped the tricks and made as many dumplings as possible.

Following this activity we two Chinese games which involved plucking the green and spicy dumplings. Mats with rough surfaces were laid on the Hall's common area to serve as the ground for playing the plucking game. In the game, a boy had to carry a boy on his back and walk to the end of the rough for the girl to try and pluck with her mouth a green leaf tied to a thread. It was an interesting game to behold as frantic efforts were made by competing parties in plucking the hanging green leaf. Shortly after this game was the spicy dumplings where two groups of students sat in a chair facing away from each other in a diagonal way. Recitations were made and when a number was mentioned, the said members in that group would have to respond by standing up and repeating the recitation. One group won when the other group failed in their attempt to do the recital or forgot the number of students needed to stand up in doing the recital. The rule of the game was that the losing party would have to eat very spicy and hot dumplings hence the name given to the game. The organizers made sure everyone had a share of the tons of fun of this game by taking turns in including most of the audience in the game. It was amazing to see the excitement on the faces of all in attendance. Writing of Best Wishes in Chinese language characters for dear ones in and outside the hall was the best way of bringing the event to a successful end. The celebration officially ended at 9:35pm with merry making and socializing still going on.



LLC Retreat 2019

Kimberly Peterkin
Boyan Hall

The annual retreat of the Living and Learning Communities (LLC) took place on Saturday, January 26 from 12:30 to 2:30 pm at the Homantin Halls. The goal of the LLC is “to link students with shared interests, common academic disciplines or goals to create mutually supportive networks and learning opportunities”. It comprises eight groups, each catering to a different aspect of student life. They are:

ACCESS
Exploring Hong Kong Community
Green Green Hall Community (GGHC)
Hall Choir
Hall Community Services Group (HCSG)
Hall Dance Team
Hall Editorial Committee
PolyU Dreaming Cameramen

The workshop facilitators were Ivan Chung and Erica Yi of the Office of Student Resources and Residential Life (SRRL). The aim of the retreat was to familiarise the LLC members with the work being done by each group, encourage them to reflect on their achievements, plan the way forward, and, devise strategies to expand their reach and increase membership. Participants were treated to an assortment of pizzas and pasta dishes prior to the start of the workshop.

Initially, participants sat in their respective groups and catalogued the strengths of their group, and the characteristics that made it unique. They were then encouraged to mingle with the other groups and exchange this knowledge. Everyone was amazed at the work undertaken by their counterparts, and ingenious ideas for collaboration emerged during the session.

The highlight of the event was a competition which saw the groups pitted against each other to find the most creative promotional strategy to target prospective members. The winners of the cash prize of HK\$500 were the Hall Dance Club who thrilled the audience with artistic dance moves and captivating beats, despite having only two representatives. The Hall Editorial Committee was the 1st Runner Up.

At the close of the workshop, all groups expressed positive sentiments regarding the day's activities, and felt fired up to tackle the second semester's agenda. Plans for innovative and exciting events were proposed, and some participants revealed that they were already looking forward to the next LLC retreat.



Members of the Hall Editorial Committee are all smiles as they discuss their accomplishments over the past year.



The amiable Ivan Chung, workshop facilitator, lays down the rules of the competition

2019 Chinese New Year Celebration – The Year Of The Pig

Frank Badu-baiden
Boyan Hall

The Chinese New Year, also known as the Spring Festival, marks the turn of the lunar year on the Chinese calendar. The celebration starts on the last day of the month of the lunar cycle and ends on the 15th day of the month. According to Chinese mythology, there are twelve zodiac animals, and for the year 2019, it is the Year of the Pig. The Pig is believed to be a symbol of good fortune, optimism, enthusiasm, wealth, and hard work.

To observe this rich Chinese custom, the Boyan Hall International Students Club hosted an event dubbed “2019 Chinese New Year Celebration – The Year of the Pig” aiming to fraternize, usher in the Chinese new year, and enlighten international students on the Chinese New Year. This event took place on the 19/F of Boyan Hall on 4th February 2019 and it was largely attended by international students residing in the hall. Gracing the occasion were Mohammed Aquil Mirza - Boyan Hall Senior Tutor and Cecilia Ngwira Ndamiwe- Boyan Hall Tutor.

For days preceding this esteemed event (23rd - 29th of the 12th lunar month), most Chinese families engage in house cleaning exercises and do new year's shopping. On the new year's eve, there is setting up of spring couplets as families have reunion dinner. Most people also stay up late to present 'red envelopes' to kids. Besides these, there are fireworks in most cities to commemorate this event. Significantly, the Chinese New Year presents immense benefits to Chinese people including; promotion of social cohesion, promotion of Chinese culture, spiritual renewal and engagement, and family bonding. Of particular interest to the audience was the foods that are prepared for the new year. Zhou explained that the meals that are prepared to mark the event have symbolic meanings and are believed to bring good luck to Chinese people. Some of the 'lucky foods' during the new year included; fish, dumplings, spring rolls, tangyuan (sweet rice balls), good fortune fruit, niangao (glutinous rice cake), and longevity noodles.



Participants gleefully engaged in cooking a variety of Chinese foods and subsequently ended up consuming the foods that were cooked on the occasion. While cooking the foods, participants were enlightened on some hotpot etiquettes. Notable among them were:

Always let the hotpot boil before you dunk any food into it, or take any food out of it
Have a small bowl for your favorite dipping sauce and a bigger bowl for to hold the cooked food

Meatballs and fish must float before anyone can eat them

Once you have gripped any item with your chopsticks, remove it from the pot

After all these, the audience were treated to some card tricks by Hasan and consequently a unique East African dance by Anatoria, which ended with some participants getting to the dance floor to join the dance. Then, there was an Arabian story telling time and Majed recounted the legend of Yamama Blue Eyes. Since the New Year involves gift giving, there were some lucky draws which saw some attendees winning some prizes. Subsequent to these acts, the coordinators took time to explain the Chinese zodiac signs to the audience. These signs comprised 12 animals that are based on a twelve-year cycle. The signs are the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog, and pig. Each of these animals have years that they represent with their unique characteristics. For example, people born in the year of the dragon are said to be confident, intelligent, ambitious, persevering, and hardworking.



Following this, Partha gave a Chinese New Year poetry rendition to the excitement of the audience. The poem was one that was carefully thought through and written by him, and he performed it very well. Rachel and Ming Ming performed a Chinese New Year song where they sang melodiously in Mandarin with the audience responding with loud applause after their song.

The highlight of the event was when the Ghanaian Cultural Troupe assumed centre stage, dressed in their traditional Ghanaian costumes, and beat their Ghanaian local drums called 'Atumpan'. The group consisted of eight men of which two were drummers, one an English interpreter, and one beating the Ghanaian cymbal – known in Ghana as 'Dawuro'. The group performed what they called the 'Ghanaian Talking Drum' which is a local tradition where people listen to the sound of the drum and interpret it. The Ghanaians entertained the audience with their energetic dance and stage craft which electrified the audience.

After the performance, which signaled the end of the program, the MCs thanked the audience, the organizers and helpers of the program.

Dumpling Making Workshop Report

Shaoyang Li
Kaiyuan Hall

It is the last week before the Spring Festival, and the atmosphere of Chinese New Year is getting richer, where people would like to have dumplings with different kinds of fillings for the traditional food for this anticipated festive day. To promote the extensive Chinese culture and increase the cultural diversity of student hall, the Housing of Intercultural Living and Learning Programme (HILL) launched this dumpling-making workshop on 29th January, 2019 aiming to attract impress exchange students from different cultural background and encourage the intercultural communication. This event was prepared by the SRRL and the student helpers from HILL programme.

Beginning the program Erica Yi and Ivan Cheung gave a short welcome speech followed by a presentation on the history of dumpling-making by Emily Zhang and Emma LI. As Ivan Cheung said, each activity should not be like an internship where most of the responsibility are on the organizers' shoulders; instead, it should be like the service learning where both sides benefit from the whole event which was also the ultimate purpose of the HILL programme.

For the work of the student helpers, most of them who were from China knew how to make the dumplings so that were dispersed to each table to instruct the exchange students on how to follow the simple-but-skilled process- sealing the fillings into the warp. The team of 8 people not only gathered together to watch the demonstration with curiosity and amazement, but also discussed a lot about the dumpling-like food they were enjoying. When the main link of this activity began, part of the students in a group were trying to chop the celery cabbages into pieces as small as possible, but the Chinese kitchen knife was not easy to handle and use so there were also some fun ways to "chop," such as ripping it up the into small pieces and cutting with freestyle. Some students were responsible for mixing the meat and various vegetables together in a large and deep bowl with chopsticks. It was surprising that almost half of the international students could use the chopsticks expertly, making the mechanical mixing process smooth. Some pepper, soy or oyster sauce, and vinegar was added to the fillings in order to make it tasty.

Anybody can be involved in the process of making dumplings, but a perfect shape of the dumpling requires skill and practice. However, it is hard to beat our creative students who used water as glue to hold the dumpling warp filled with stuffing together. The finished products were different in shape but very interesting, and some of them were like beautiful small cages. Others made a very cute ball because they had a poor grasp of the proportion of stuffing in the warp. Everyone enjoyed the process of making dumplings.

After all the preparations have been completed, eating was the next step. The cooked dumplings were steaming, and each table was immersed in steam, as the aroma from the sauce filled the room. With bowls in their hands, everyone enjoyed the rich and freshly prepared dumpling. It was a relaxing atmosphere as exchange students were warmly welcomed with some local dumpling before the spring festival provided them with new experiences.



Lizhi New Year Dinner Report

Wang Dong
Boyan Hall

On Tuesday, 19th February 2019, The Lizhi Hall organized their New Year Dinner activity. The event was launched for celebrating the dawning of 2019, the year of the Pig, as well as to unify the students in Lizhi Hall and Hung Hom Hall. The dinner started at 8:00 PM, with the singing of the emotional Lizhi meal song. The song echoed around the room and resonated in our hearts. The main course of the Dinner was Hong Kong hotpot, made up of full of shrimps, beef slices, pork, vegetables, etc.

During the dinner, students talked about their interesting experiences during the spring festival, their fun stories in this semester, and the plans for exploring the resorts of Hong Kong. Many interactive activities were held during the event. The highlight of the night was the game, "guess the name of the song." Initially, a Chinese volunteer was invited to the stage, then the presenter picked a Cantonese song for him to sing. Even with the weird Cantonese pronunciation and the unprecise pitches, the answer was spoken out loudly by the locals without any hesitation. The most interesting part was the game winner - the first person to get the right answer – could draw whatever patterns on anybody's face in the room. After several rounds of the game, many people had lost their original appearance.



At the end of the Lizhi New Year Dinner, there was a sweet and warm activity; "writing Chinese couplet". Couplets displayed as part of the Chinese New Year festival, which contained hopes for prosperity for the coming New Year. Yet in this event, it was used to express much more wishes in terms of affection, study, examination and so on. Locals devoted themselves to write numerous positive and bright wishes, and further gave their honest blessings to international students. With the sincere invitation, international students also joined the special event. No matter where they are from and what color their skin was, the red couplets passed their best wishes to each other.

In this New Year Dinner celebration, everyone was immersed in a relaxed, fun, and exciting atmosphere. Students did not only enjoy the taste of Hong Kong hotpot, but also experienced a unique, wonderful and unforgettable time.



An Egyptian Night In Hung Hom

Majed Aimuhanna
Boyan Hall

In a cold rainy evening in Hong-Kong, at the end of the first month after a beautiful new year, WuHua Hall celebrated the beginning of the 2nd semester with a special dinner. Trying to make a warm environment out of the cold winter, the theme of the dinner was ancient Egypt. It was done at WuHua Hall common area on the 15th floor, which was nicely decorated with ancient Egyptian monuments that represented the warm summer nights in Egypt.

With that the hall association created a nice environment to receive all the new hall residents, which made it possible for old and new students to meet and enjoy for a very good beginning of the second semester. When asked why they chose this theme, the hall association replied that they wanted something unique and exotic as well as something that is considerably related to hot climate to overcome the winter session.

Going with their theme of the dinner the food was themed Egyptian as well. One of the best dishes they served was Bitata-hura which is a traditional equivalent of French fries.

The activities included singing special WuHua hall songs and fun group that got new residents involved in the programme. There was also a dance game competition that helped break the ice. This was important to help new residents make friends and feel comfortable in the hall.



Interviewing the hall warden about the reasons for the dinner and why it's important, she replied that it was something usually done at the beginning of each semester, this was important for Dr Allen Cheong because she considers it an easy way to get new residents fully acquainted with the rest of the Hall residents. Furthermore, Dr Allen Cheong indicated that for the new residents it's the best way for them to begin their university student life. Indeed, it was. The evening was really nice and fun, which among other things gave all the residents a break from winter.



Malaysian Night “Days Before Today”

Renan Morais Furlaneto
Boyan Hall

The Malaysian Night was organized by the Malaysian Students Association and the Red Hall. The event took place on the G/F on the dining room in Homantin Hall, from 7:00pm until about 9:30 pm. The event was graced with the presence of more than 100 students, with the majority being undergraduate students from Homantin Hall. At the reception the staff from the Malaysian Association were friendly and welcoming everyone that was approaching. It was a good signal of the wonderful night that awaited us.

At first, we had a brief speech from the Residential Life Manager Mr. Ivan Cheung, who spoke about the importance of this type of event in students' life. It was a very engaging speech. The event also had the presence of Mr. Carl Tang, the manager of the International Students' Affairs Office at PolyU, who also gave a brief speech. After that, there was a 3 minutes presentation with an introduction about Malaysia done by the staff from the Malaysian Association, where they introduced the public with general facts about the country, the capital, its language compared to Chinese. It was meant to give a context to the night and they did it quite well and in a funny approach.

Following the introduction, it was time for the games. At first, students were asked the following questions and the public needed to answer among some given possible correct answer; Which of the following Malaysian has the highest number of followers on Instagram? What's the examination board Chinese people take in Malaysia? Where's the Malaysian embassy located at in Hong Kong? What's the meaning of the stripes and points in the Malaysia's flag? Which of the following brand/item was made in Malaysia?



Within the public, anyone who got the answer correctly would receive a small gift as a prize. People tried really hard to guess the answers for each one, and it was definitely a funny moment.

The second game was a bit different: whilst playing a music, the staff members threw two balls to the public. The audience would need to pass the ball repeatedly to avoid keeping it when the music stops. After that, the ones holding the ball had to go to the stage for the next part of the game, where they wore a cone hat on their faces and tried to guess what kind of food they were presented. Of course it was a bit embarrassing for them, but everything was joy and fun at the time.

After all these games, people were looking forward to have some traditional Malaysian food. Then, it was time for the dinner session. It took about an hour while the audience interacted and made new friend. During dinner, the staff painted henna tattoos for volunteers. I had one on my arm done, and it was quite impressive.

Finally, there was a drama performance called “Days before today”, a story about the high school times of the Malaysian students. It was wonderful and definitely made the Malaysian Night Event finish with a flourish.



Full Record of Boyan Hall for 2019 Interhall Basketball Competition

Yicheng Chi
Boyan Hall

Basketball is a very important sporting event for the residents living in Hung Hom halls, since not only is basketball a very famous sport all over the world, but the organizers (the sports committee of Hung Hom Hall) always provide us with better environment for participants.

This season (2019-2020), eight halls qualified to participate in the competition, and all the teams were divided into two groups (A group and B group). For group A, there are KY (Kaiyuan Hall), CD (Chengde Hall), LZ (Lizhi Hall) and WH (Wuhua Hall), and MY (Minyin Hall), WX (Wuxian Hall), LS (Lisheng Hall), and our host team BY (Boyan Hall) in group B.

After a tough competition in last year's group matches, the game this year seemed to be a little more than just any regular season matchup for all the teams. Every team was eager to qualify for the group stages.

After one-month practice, Boyan Hall faced off with LiSheng hall at the Shaw Sports Complex on 16 March (Saturday). LS hall is also our old rival, for we met each other in group matches in the past two years, and the players knew each other well. Both teams played reasonably



well. During the fourth quarter, high-intensity confrontations led to impact shooting as fatigue set in. Finally, LS won the match. "I have to admit our players are hardworking and were highly motivated, and I think we would become better and better", a Boyan basketball team coordinator Zhuo WANG said after the first match.

Next afternoon, 17 March (Sunday), the back-to-back game was about to begin at HKCC. Our second opponent was WuXhian hall. It was also a tough match, for WX had several good players with relatively high talents

In this game, the two teams showed determination, courage and persistence, and scored many goals. It was a wonderful game, for these two teams scored high points, with cracking offensive and defensive transitions and the clean competitive atmosphere. The audience enjoyed the match very much. "Defensively, we were not connected, especially in third quarter," Boyan basketball team coordinator Jiachuan HUA said after the game. "We weren't talking, and WX hall is always a hard team to defend against, and also they have good physical strength, so they played transitional attack very quick, and at the end of the game, we could not follow the fast game tempo. Our players showed a laudable attitude, and I would still encourage our players and support them."

The last game was held at HKCC on 20 March (Wednesday), where we met the "Hot Stuff" MinYin hall in our final game of the competition. In this match, our players played very hard against such tough opponents, and displayed confidence, steel and determination. "Before the game, I said 'The real warrior must face the strongest enemy', and all the players were very focused and driven; They also enjoyed the game very much, so they stayed in a very good condition." BY basketball team coordinator Zhuo WANG said after the first match.

Easter Celebration – A Night of Joy

Mershack Opoku Tetteh
Boyan Hall

Easter is here again!! On that Friday night, April 05, 2019, Boyan Hall was filled with fun, excitement and enjoyment. Easter is a Christian spring holiday which celebrates the crucifixion and resurrection of Jesus Christ. Easter comes with huge celebration like feasting and treats, commemorating Jesus' resurrection and so on. The Boyan Hall celebrated theirs with exciting events like dancing, singing, games, etc. The event was organized by the Boyan Hall international student club and it took place at the 19/F Boyan common area. Before the start of the event, Mr. Geda Mohamed, the Boyan international student club coordinator, gave an introduction speech to the event. This was followed by a warm welcome speech by the senior hall tutor, Mr. Aquil Mirza Mohammed. It was a big surprise to see Mr. Ivan Chung, the residential life manger, Hong Hum Hall and other tutors from different halls. There were amazing stage performances by residents from different countries. A night full of expectations indeed. The hall residents had the opportunity to laugh, relax and socialize. It was all joy when we all gathered to take a group photo.



Figure 1 Choir



Figure 2 Ghanaian performance



Central Asian Cuisine Workshop

Ge Ren
Boyan Hall

Students from different countries and regions live in the school hall, forming a big family with a large variety of culture. On 2nd April 2019, to enrich our understanding of the global culture, the Homantin Halls organized a central Asian cuisine workshop on the 10/F common area. Central Asian countries are mysterious places to me. Before going to the workshop, what was in my mind comprised desert, grassland, horse, tent, and also the delicious roasted lamb. This workshop didn't let me down. Before cooking started, we got some information about the cuisine: the central Asian region has wide variety of food and a number of traditions associated with eating. People there are meat lovers like most people around the world. We learnt how to make desert and salad in the workshop. The recipes for the workshop are Kartoshechka and Olivio.



Kartoshechka is a popular central Asian dessert. It is mixed chocolate powder, biscuit powder, butter, and cream. These ingredients were put into a large bowl, and we kept mixing them with cream together until it got smooth. We gradually blend in the dry ingredients. Commonly, these desserts are strip or sphere, but actually you can shape it as you want. After shaping, we decorate them with coconut powder and colorful candies. Then we put them in the refrigerator to freeze for 30 to 60 minutes, or until they harden.

During the period of waiting for the dessert, we made a quick and easy salad -

central Asian Olivio for dinner. First, we cut the carrot, potato, and pickled cucumber into bite-sized bits. Then we put these greens into a really big bowl. This step is to dress the salad without splashing or compressing all the air out of what-should-be a light, fluffing mix of greens.

After mixing, we added eggs and sausage as much as we want. Finally, we added the traditional central Asian oil and cream inside and mixed them again. Wow, the salad was ready. You can have a glimpse of them in the following pictures.



The Hung Hom Halls Show Off Competition

Frank Badu-Baiden
Boyan Hall

In an electrifying and energetic atmosphere at the Hung Hom Hall dining area, talented young men and women from the Hung Hom Halls took to the stage and 'wowed' an expectant audience with various dance performances. The 2019 Hung Hom Halls Show Off Competition started at 19:50 on 11th March, 2019.

Preceding the event were students of the Hung Hom Halls being charged and optimistic about the performances of their hall dance teams, and also some students fancied their halls winning the competition. Some minutes before the start of the program, the entire venue filled to capacity with some students standing at the back to witness this important and exciting event.

The event started with the MCs welcoming the audience and subsequently introducing the judges for the event. Notable among the judges were Mr. Ivan Chung, Dr. Angela Chan, Allen, and Mohammed Aquil Mirza. After this, the MCs began to whet the appetite of the teeming audience by introducing on stage the first performers, Kaiyuan Hall. These dancers were a joy to watch as they performed a Chinese dance, clad in both traditional and contemporary Chinese costumes.

Following Kaiyuan Hall, the MCs introduced the second performers, and this time it was Boyan Hall. Dressed in their silver and shiny dance costumes, the Boyan Hall dance team thrilled the audience with their movements, coordination, organization, and gymnastic displays. Above all, the Boyan Hall dance group exhibited a mix of contemporary and traditional Chinese dance and climaxed their performance with an awesome gymnastic move. This resulted in a massive response from the crowd who began to cheer the dance team by chanting "Boyan! Boyan! Boyan!"



After the performance from Boyan Hall, Xuemin Hall mounted the stage to showcase their talent. The Xuemin dancers were spectacular with their performance and exhibited a variety of dances from mainly Hip Hop and RnB songs. Lisheng Hall then proceeded to the stage. The dancers from Lisheng Hall did well which the crowd applauded. Lizhi Hall were next, and titled their performance a “city of stars”. It was flamboyant and mixed with flair. The team produced spectacular displays with their body movements, coordination and teamwork. Most importantly, they showed leadership in their dance performance. Indeed, the performance from the Lizhi Hall was a sight to behold!

Chengde, Wuhua, Wuxian, and Minyeng engaged in individual dance performances. Particularly, Chengde dancers impressed the audience with their Hip Hop dance moves while Wuhua were robust in their performance. Wuxian displayed some nice moves. Minyeng were excellent with their organization and climax.

Departing from the usual dance performances, Kaiyuan Hall enacted a drama based on the fairytale Cinderella. The actors were adept with their stage performance and exhibited some romantic scenes, as depicted in the story. The performers gave the audience a treat with their acts and it was naturally received with loud applause, admiration and shouts from the audience and supporters of the Kaiyuan Hall.

After the hall acts, the MCs called for individual freestyle dances from volunteers in the audience. Selected persons went on stage and performed. After these, two judges, Allen and Dr. Angela Chan went on stage to ‘battle it out’ with some dance skills. The audience were enthralled with Dr. Chan’s dance.

Ultimately, it was time to announce the winners of the Hall Show Off Competition. Unsurprisingly, Lizhi Hall won three awards that included Best Creativity and Overall Best Performance. Minyeng Hall emerged as winners of the group with the Best Teamwork. After the event, one of attendees who was interviewed said “the competition was good and I loved Lizhi Hall’s performance”. Another student remarked “I liked Angela’s dance”.

Boyan Never Gives Up

Ansah Kyeredey Mark
Boyan Hall

The day for the great contest was finally here. Men and women of valour stood well-prepared in quest for victory. The 2019 Inter-Hall Tug of War Competition! A game of utmost strength, skill and endurance I call it. The games took place on the 4th of March, 2nd floor of Hung Hom hall. It commenced with the group stages. After several wins and losses, Boyan, LiSheng, KaiYuan and LiZhi halls qualified for the male’s semi-final while LiSheng, Boyan, XueMin and ChengDe qualified for the female’s semi-finals.



The most intense game was the semi-final match between Boyan Hall and KaiYuan Hall. It was the fiercest and longest game. KaiYuan Hall displayed some tricks by thrusting the rope up and down. This technique really stressed the Boyanians. However, with the sufficient training and skills, Boyan Hall held its grounds. At the point when KaiYuan was out of breath, Boyan took turn and dragged their opponents with immense horse power. It was the glorious victory of all the games. The great winners simply couldn’t stand on their feet. They all laid on the ground grasping for air. What a great victory!

The final contest began shortly after the fight for the third runner up. The male’s contest was between Boyan Hall and LiSheng Hall and the female again between LiSheng Hall and Boyan hall. What a coincidence one would say. Most people dreaded Boyan male team will lose as they had loss a lot of energy from their previous match. But never! They proved themselves otherwise. This game was rather an easy win for Boyan. The valiant men dragged their opponents like cotton blown away by strong winds. For the women’s game, LiSheng Hall won against Boyan hall.

All that resounded in a short interview with the Boyan team was: Once again Hail Boyanians! Boyan Hall stands tall, and we are the victors! Our hard work paid off.

	Champions	1st Runner-up	2nd Runner-up	3rd Runner-up
Men	BY	LS	KY	LZ

A Captivating Musical Gathering

Majed AlMuahnna
Boyan Hall

"An enchanting musical gathering in Homantin Hall", (Room 119) this describes the meeting organized by Blue Hall on Saturday 6th of April. The idea behind the event is to make a gathering for all students that are interested in musical instruments. It was an intimate gathering with a small number of people, however, most of which were musical players. It was interesting to see the diversity of the instruments that were used by the participants, although the focus was on the king of all musical instruments, the violin. Organizing the gathering is none other than the leading violinist of the university orchestra Miss Mariia Perelygina.



I was surprised to know that she was practicing the violin since she was seven years old. She led a beautiful performance in the event and gave the residents beautiful structured information about the violin. She explained how violins are made and the accessories associated with playing the violin. It was interesting for me that the Bow was made from horsehair. Specifically, white horses as the variety of the Species makes the beautiful sound of the violin. The other instruments that were on display were the saxophone, guitar, and harmonica, which were very amusing since the residents got to try the saxophone.

During the gathering, the audience managed to increase their practice in musical instruments, and some got advice on how to practice a new instrument. Furthermore, the organizers made a quiz about classical musical instruments, which was very

educational as the audience managed to gain a lot of information about the history of music. For example, I was surprised that listening to Mozart music doesn't make you smarter, although I will personally keep listening to it during an examination. The winner of the quiz was awarded a free ticket to the musical Orchestra that was to be performed by the Polyu orchestra on the 12th of April.

In an interview, Miss Mariia, the tutor at Blue hall and the chief organizer of the event expressed that a lot of talented students knew several musical instruments in the Blue hall. And her intention of this gathering was to provide an atmosphere where people could share their passion for musical instruments. Furthermore, the event increases educational experience in the student halls. The warden of the Blue Hall Prof. James J.Y. Dai, whom himself is a passionate musician, expressed that the purpose of this kind of event is to enhance the connection between students. Specifically, the warden indicated that a lot of the residents practice several musical instruments. He concluded that it is essential that this type of gatherings showcases some educational enhancement within the student's hall.

At the end of the evening, all the residents that participated in the event managed to gain some musical knowledge, whether in musical history, or its features and how to be more experienced in playing the instruments itself. It was meaningful to see this fantastic event in the student hall of residence, as I found it to be a relaxing and educational way to enjoy your afternoon Saturday.

LiZhi Hall Gala Dinner – “Crepuscule”

Sitsofe Kwame Yevu
Boyan Hall

This year began with lots of activities and events for residents of LiZhi Hall. The most anticipated event was the 16th Gala Dinner of LiZhi Hall. The ambience and mood for the dinner was set, right from the beginning of the year, as students were seen shopping for their elegant dresses and classic tuxedos. This year's Gala Dinner was held on the 14th March, 2019 at the first floor of Hung Hom Students Halls. It was christened “Crepuscule”, since it focused on the twilight of an outgoing student administration and the dawning of a new student administration for LiZhi Hall. This brought about feelings of nostalgia, reflections and excitements among the students as some students will be completing their studies.

As the event approached, most salons in Hung Hom were packed with students busily styling their hair in preparation for the Gala Dinner. Finally, the day was here, the atmosphere in the hall was serene and students were beaming with rays of smiles and giggling. In the evening, the lights were lit for the event to begin. Students started trickling onto the red carpet which was beautifully decorated with artworks. The lights were lit and the flashes from the cameras could not stop producing synchronous sounds quite similar to an orchestra. The mood was full of ecstasy and laughter as students kept taking lots of pictures in style and showcasing new trends of fashion. The coordinators welcomed the guests to the event with an introductory speech and with resounding applause invited the Warden of the hall, Dr. Ricky Chan, to deliver a speech. The Warden eulogised the students of the hall for their achievements in



the inter-hall students' activities competitions and commended them for their commitments towards making LiZhi Hall a better place each day. The wine glasses were raised on each dinner table for the proposal of toast for the event.

The food was served on each dinner table and the faces of the guests were elated seeing the nicely arranged fruits, main courses and soups. The clinking sounds of cutlery and plates sparked laughter on various tables. The outgoing president delivered a remarkable speech thanking LiZhi Hall students for their support during their tenure of administration. The guests applauded the outgoing hall association executives. Various students exhibited their exceptional talents through singing performances which created a cool and admirable atmosphere. The incoming president and hall association executives were unveiled to the guests where the new president solicited the support of all hall residents towards the new executives.

Another special singing band performance captivated the audience with the nodding of their heads and the tapping of their feet to the rhythm of the sounds. The Warden presented awards and souvenirs to LiZhi Hall executives and the executives from other halls. The roar and cheers from the guests in celebrating the outgoing executives was phenomenal.

The coordinators expressed profound gratitude to the Warden, distinguished guests and students of LiZhi Hall for making this year's Gala Dinner a success. The event concluded with loud applause and excitements as guests were invited to take group photographs. One of the guests described this year's dinner as “touching and memorable” taking pictures with her friends and sharing in the laughter. Another guest termed the event “inspiring, extraordinary and unforgettable” seeing the talented performances from students.



Beginning Yoga Workshop

Renan Morais FurlanetoO
Boyan Hall

The Beginning Yoga Workshop was organized by HILL and facilitated by Dr Josephine Csete, Senior Educational Development Officer from the Educational Development Centre, who was the instructor for this workshop. It took place in room 119 in Homantin Hall, from 7:30pm until about 8:30 pm. The event was graced with the presence of about 40 students, with the majority being undergraduate students from Homantin Hall. All yoga mats were distributed around the floor, waiting for the registered students. The event also had the presence of our beloved Residential Life Manager, Mr. Ivan Chung, who accompanied the whole workshop with great enthusiasm.



At first, Dr Josie asked few questions for those present to get familiar with their knowledge about Yoga in general. Following this brief talk, the participants were introduced to the first exercises, which is called “passive stretching”. The practitioners were instructed to place the blocks that were given along with the mats under their sacrum, then mid back (with hips and head resting on floor) and finally under shoulder blades.

Afterwards, a warm up with a sequence of stretches first focused on chest, shoulders and upper back. According to Dr. Josie, this type of exercise is especially important for students since they tend to maintain non-correct postures whilst using computer and studying. After this, a sequence for legs was performed. One of the goals of this workshop was to focus on all parts of the students’ bodies so they could feel relaxed.

One of the climax of the workshop came right after this exercise. It was time for one of the most important Yoga sequence called “Sun Salutation”, or Surya Namaskar, a series of 12

poses performed in a sequence to create a flow of movement. Each pose coordinates with breathing: inhale to extend, and exhale to bend. Dr. Josie was impressed with how easily students could follow her instructions.

At last, some balances to focus the mind while the body was still warm from the sun salutations. To end the workshop, a cool down was completed with a “Savasana” (also spelled Shavasana) or “corpse pose” in which the students could just completely relax, as a kind of awareness exercise at the same time.

Asked about the benefits of Yoga for students, Dr. Josie was assertive: “Yoga is important to make them connect their mind and body, slow down the routine, become more flexible and stronger at the same time.” And for those who wanted to become regular practitioners, she had some great guidelines: “for the very beginning, try to attend at least one yoga class weekly, to get the idea about how to properly practice the poses. Further on, you can slowly integrate the practice in your routine; simply 8 minutes per day might be sufficient. There are some apps students can use to teach themselves and get on track with their practice”.



At the very end, it was clear that the energy from students was much brighter and calm, and they were definitely able to focus much more on the upcoming examination period.

Interhall Volleyball Competition

Kimberly Peterkin
Boyan Hall

The long-awaited Interhall Volleyball Competition took place from March 30 to April 11, at the Fong Shu Cheun Hall and Practice Hall, Shaw Sports Complex. Matches consisted of up to three heart-stopping sets, with each team having seven female players. Chengde and Xuemin made it to the semi-finals, while Lisheng and Minyin battled it out for the top place trophy.

In what was undoubtedly the most intense game of the competition, Lisheng faced off against Minyin at Practice Hall. Both teams had done extremely well leading up to the game. The court was packed with energetic supporters who cheered incessantly to the end.

Entering the first set, spirits were high, and the desire to win was palpable. With Minyin struggling to find their rhythm, Lisheng took an early lead and dominated the first set with high pressure hits and strong positioning to end with a 25-17 win.



Minyin went into the second set confidently, launching a passionate comeback and displaying superb team work and blocking. In a set characterised by long, breath-taking rallies, the momentum remained with Minyin who easily claimed it 25-15.

Motivated by a loss and a win, it was a nail-biting third set for both teams, with the heightened tension resulting in a number of hitting and serving faux pas for both teams. Afterward, a stronger and more focused Lisheng emerged and managed to maintain the lead. Ultimately, they were able to capitalise on the lack of focus and quickly unleashed their fury to dispatch Minyin with fluid movement and tactical distribution of the ball.

Once again, the Interhall Volleyball Champion (2019) is the industrious Lisheng Hall. Minyin settled for first runner-up while Chengde walked away with second runner-up trophy.

Interhall Volleyball Competition – Overview						
Date	Team 1	Team 2	Set 1	Set 2	Set 3	Winner
Qualifiers						
Mar 30	MY	LZ	25-10	25-12		Minyin
	BY	CD	09-25	10-25		Chengde
Mar 31	LS	WH	25-03	25-19		Lisheng
Apr 1	LZ	WX	25-03	25-06		Lizhi
Apr 2	XM	WH	21-25	25-12	15-12	Xuemin
	CD	KY	25-05	25-07		Chengde
Apr 3	XM	LS	13-25	18-25		Lisheng
Apr 4	BY	KY	18-25	27-29	15-13	Kaiyuan
Apr 6	MY	WX	25-02	25-03		Minyin
Apr 7	XM	BY	16-06	15-07		Xuemin
Semi-Finals						
Apr 9	CD	LS	23-25	15-25		Lisheng
	MY	XM	25-16	25-04		Minyin
Apr 10	XM	CD	14-25	17-25		Chengde



Interhall Volleyball Champions, Lisheng Hall

INAUGURATION: LEVIOSA – 17th Students Hall Association,

Osei-Poku Louis
Boyan Hall

As seasons and times change, so do leaders. The 16th Students Hall Association of Lisheng Hall had contributed their quota to the hall and it was time for them to bow out. On 22nd March, 2019, Leviosa, the 17th Students Hall Association of Lisheng Hall were officially inducted in the presence of hall members amidst activities such as musical performances and other fun activities.

At 8pm, the official ceremony began. The theme was “Welcome to the jungle.” Hall members were urged to be in green attire as this symbolizes newness, perfectly matched by the dawn of a new era. The theme clearly indicated that the new hall association won't have things easily. It could be likened to a jungle full of adventures where one just had to be extra vigilant. Live performances of the keyboard and guitar music kick-started the events. Food and drinks were shared as some members were randomly selected to sing their favorite songs.



The handing over ceremony was done by the passage of a torch from the outgoing president to the new president. Then the outgoing president expressed his gratitude to all the members for their support and asked them to do same for the new association. Kiddy, the new president, also thanked the members for voting for him and assured them of the new association's hard work to make Lisheng Hall the best.

The event was climaxed with a splendid lightning dance from the new executives depicting the name Leviosa (light from Harry Potter). The hall song was finally sung to symbolize unity while members pledged their support for the new administration. All the best to Leviosa. ----- Welcome to the Jungle!!!!



Earth Hour'19 GGHC joins movement to save planet

Partha Pratim Debnath
Boyan Hall

In a bid to show commitment toward planet Earth and to encourage students on issues of climate change, the Green Green Hall Community (GGHC) joined the worldwide "Earth Hour" movement by organizing the event in the Hung Hom Students Hall on 30th March. The event was arranged in synchronization with the entire world to turn-off the lights exactly at 8:30pm till 9:30 pm to mark the raising concern over the issues like global warming due to excessive and ever-increasing energy consumption by the growing human population.



Originally, the event was initiated by the World Wildlife Fund for Nature (WWF) in 2007 and since then, it has covered 7000 cities across 187 nations.

The GGHC of the PolyU students' halls of residence organized the event with the support of the hall authorities where the lights and air-conditioning were turned off in all the 10 lounge areas of the entire building. The event took place at the 2nd Floor lawn area, an open place under the Hong Kong sky. It was the perfect location to speak of and to mark the important event. The event started with a speech by the President of the GGHC, Mr. Mohammed Maud Aquil Mirza. He welcomed the participants, spoke on the importance of the event and also about the activities of GGHC. Speaking on the event, Mr. Aquil stressed the necessity of not only creating awareness on climate change, but also how each one of us could do our best in making the planet Earth a place to cherish and a place for sustainable living for all

animals and creatures. He also stressed on the rising energy consumption in the world and cautioned participants to be mindful about the overuse and wastage of energy in their daily lives and its effect on climate change.

The program was well organized by the members of the GGHC. Events like magic card show by Hasan, storytelling by Majid and the African drum troupe added more life to the program. The event went on for more than an hour and the African drum troupe really made the program even more lively as every participant joined in the tunes of the drums. The event, although organized to create awareness for the alarming global warming issue, turned out as an hour under the open sky without lights. This made people feel closer to nature and reminded them that the protection of nature and climate is in their own hands.

Chelsea, an undergraduate student in accounting and finance, praised the organizers for such a meaningful event. She said that it did not only provide awareness but also a sense of responsibility amongst youngsters. Merkshak, a PhD student and a member of the African drum troupe also described the event as amazing and said it would only be successful when students start doing their part in helping to reduce energy consumption. The event ended with a message for all as where 70 residents from both the halls of Hung Hom and Homantin showed up and pledged to make this planet a better, happier and a safer place to live.

LISHENG FESTIVAL

Daniel Yamoah Agyemang
Boyan Hall

Located on the 5th and 6th Floors of the Hung Hom Halls of Residence, Lisheng Hall celebrates the Lisheng Festival annually, as a tradition of the hall. This festival takes place in a three (3) day period, usually in the early part of the month of April. This year (2019) saw a beautiful and well participated in festival which as usual took a 3-day period to commemorate. The schedule is shown in Table 1 below:

Day	Day 1	Day 2	Day 3
Activity	Opening Ceremony	Running Man	Booth Game
Date	01/04/2019	04/04/2019	08/04/2019
Time	08:00pm		
Venue	5 F Common Area		

Every year comes with its own theme and as such, this year’s theme took the form of the Marvel Characters (Iron Man, Captain America, Dr. Strange, Ant Man, Black Panther etc.) as was evident on the event’s poster. This was as a result of the hall residents’ love for marvel.

Day 1 kick-started the festival on a high note, with hall residents in their numbers, ready to be entertained. On the first day, thus, the Opening Ceremony, the Hall warden graced the occasion and commenced the festival with a wonderful speech. After the speech, various games were played amongst hall residents present. They were cutely adorned in their pajamas and they really enjoyed themselves. Running Man was the activity scheduled for Day 2 of the festival. Again, hall residents indulged in playing various games. On Day 3, the booth game was played. It generated lots of laughter, happy and long-lasting moments which will forever be imprinted on the hearts of the participants.

An interviewed hall resident revealed that “as a hall mate in Lisheng, I really like this place and I will always want to have such festivals as this to show our love and sense of belongingness”. This shows how important these programs are, especially while examination is just around the corner, as many residents were happy, stress-free and open-minded for their studies towards the exams.



Booth Game



Opening Ceremony



Opening Ceremony



Running Man

Report of football competition

Shuaiquan Zhao
Boyan Hall

2019 年 4 月上旬，香港理工大学红磡宿舍成功举办了跨堂足球联谊比赛。在比赛中博彦堂队员们精神饱满，配合默契，一路过关斩将，并最终赢得了亚军。

4 月 6 日，博彦足球队在与物华堂的对垒中，队员们状态绝佳，灵活配合，攻守有度。比赛开始不久，博彦堂率先进球，娴熟的技术赢得现场一片欢呼。接下来高歌猛进，最终以 12: 0 赢得了比赛。

4 月 7 日博彦足球队与开元足球队进行激烈对抗，极为精彩。在比赛上半场，刚开始两支隊伍，互相攻防，势均力敌。虽然博彦堂率先进球，但很快被对方追平，并在上半场打成平手。中途休息过程中，针对对方打法，队员们集思广益，商量对策，调整战术，在下半场比赛过程中，打出了风采，最终以 6: 1 赢得整场比赛。

4 月 11 日在总决赛打得更是惊心动魄，面对强大对手，博彦队员们依然打出了气势，灵活的进攻战术与防守技术赢得观众阵阵掌声，虽然最终不敌，但队员们不屈不挠，坚忍不拔的精神，给我们留下了深刻印象。竞技比赛必有输赢，但拼搏进取，强身健体永无止步。



2019 Inter-Hall Soccer Competition

SCORE BOARD			
2-Apr - BY:CD - 07:02	2-Apr - WX:LN - 04:01	Semi-Finale	
3-Apr - MY:LN - 08:02	3-Apr - WH:KY - 02:02	09-Apr - BY:MY - 03:02	
4-Apr - LL:WX - 02:04	4-Apr - CD:WH - 08:01	09-Apr - CD:WX - 02:02	
5-Apr - MY:LN - 00:00	5-Apr - WH:BY - 00:12	Spot-Kicks - 03:04	
6-Apr - BY:CD - 03:12	6-Apr - BY:KY - 06:02	Finale	
7-Apr - MY:WX - 03:08	7-Apr - LN:LN - 01:04	11-Apr - MY:CD - 01:04	
		11-Apr - BY:WX - 02:03	

WX - Championship
BY - 1st RunnerUp
CD - 2nd RunnerUp
MY - 3rd RunnerUp



東西宮略：美食與遊戲

SONG Yao
Boyan Hall

Takeaway message:

The event, East Meets West, organized by Xuemin Hall is held from 9 pm, 21th March, on the common area of 7th floor. Xuemin coordinators carefully prepared traditional Hong Kong styled syrup for the residents. Residents think it is very delicious and the game is quite interesting. Similar events would also be held recently to nourish the residents in the hall.

糖水文化是香港文化中不可分割的一部分，鑒於此，3月21日學敏堂舉行了一年一度的“食糖水，玩遊戲：東西宮略”的活動，得到了宿生的廣泛參與，豐富了大家的課外生活，在乍暖還寒的初春，為同學們送來了甜蜜的祝福。

活動在9年準時開始，在7樓大廳的中央，Coordinators精心準備了一個小吃亭（圖1）。小吃亭裏有已經熬好的糖水和各式各樣的零食。從活動的組織者Chloe處了解到，為了本次的糖水活動，她們上午采集最新鮮的食材，下午開始熬制。通過網上查閱糖水的制作方法，終於制作出符合宿生口味的美味糖水：無花果的味道甘中帶甜，加上蘋果的甜味，甜得來既天然又溫和。無花果有清腸胃的作用，亦可滋潤喉肺，在疲倦的時候喝一碗，可通便又可消解疲乏。喝了糖水的吳同學表示，這糖水的質量與母親做的味道都差不多，非常值得推薦。當宿生品嚐玩美味的糖水後，有趣的遊戲登場了（圖2）。這個遊戲的玩法十分簡單，但又趣味十足：地上有九張紙，分別寫著數字1-9。裁判任意說出18以內的數，參與者需要將兩只拖鞋置到數字上，兩只鞋的所對應的數字之和與裁判所說的數字一致，即為挑戰成功。大家玩的不亦樂乎，動腳能力和身體協調能力都得到了考驗。在歡聲笑語中，學敏堂的活動結束了，Coordinators表示，將舉辦更多有趣的活動，豐富大家的業余生活！



图1 大厅中的糖水亭



图2 置拖鞋比赛现场

開元堂高桌晚宴

TANG Biying
Kaiyuan Hall

Takeaway message:

On March 22, 2019, the high table dinner of Kaiyuan Hall was finally carried out smoothly under the careful preparation of the organizer. At the high table dinner, warden, the clerk and the boarder gathered together, everyone dressed in formal Dresses, in the process of talking with each other, also began to train themselves to adapt to the formal social occasions in real life.

2019年3月22日，開元堂的高桌晚宴終於在舉辦方的精心準備下順利地開展了，在此次高桌晚宴上，warden、莊員和宿生齊聚一堂，大家身著正式的禮服，在與彼此交談的過程中也開始培養自己適應現實生活中的正式社交場合。

高桌晚宴於晚上七時開始登記，很多宿生之間並不相識，但是在一陣寒暄之後，大家彼此之間就熟絡起來，熱情地交談著。在登記處的後方裝飾牆上，寫著大大的KAIYUAN，整面牆被裝飾得十分靚麗，大家都裝扮好自己，在牆下拍照留念。在七時三十分，晚宴開始，大家紛紛落座在舉辦方準備的餐桌旁，音樂漸響、燈光漸暗。在主持人的介紹下，開元堂的warden走上舞台，進行了開幕演講。我們了解到，這已經是warden在開元堂工作的第六個年頭了，也是最後一年，他很欣慰可以看到宿舍成為了我們宿生，不僅是居住，更是成長的地方。同時，他也介紹了我們開元堂的名字來源，堂內舉辦的活動等等。並且，他也殷勤的希望每一位宿生能夠在今後的學習生活中，發揮自己的優勢以及創造力，展現更好的自己。現場採訪到的宿生也表示“在宿舍裡交到了很多和自己文化背景不相同的朋友，多元的文化使得自己有了很多的進步。”

演講結束，菜餚也已經準備就緒，在大家享用晚餐的同時，我們也在大屏幕上看到了開元堂在之前的一年裡舉辦的活動還有一張張宿生的笑顏。大家也紛紛因為看到了自己或者好友的照片而歡呼。最後，晚宴在大家的歡聲笑語以及樂隊的完美演奏下結束。高桌晚宴是堂裡一年一度的活動，在這裡，我們認識到了住在同一層樓的朋友們，了解到了莊員的辛苦工作，以及warden對我們的殷切期待。



勵誌、成德、開元聯堂情人節

QIN Qun
Boyan Hall

Takeaway message:

- ◆On 18 March, the inter-hall valentine's day celebration was held in 17th floor in Hung Hom Hall. It was celebration for White Day popular in eastern Asia.
- ◆A number of games were played under the chairing of our handsome host.
- ◆Fun penalty was carried out on the losing pairs.
- ◆It was a celebration and embracing of LOVE.

3 月，我們紅磡宿舍為慶祝 3 月白色情人節舉辦了好幾個聯堂活動，祝福美好的愛情，表達對美好生活的向往。白色情人節是 2 月 14 日西方情人節的延伸，是流行於東亞地區的情人節。3 月 18 日，紅磡宿舍勵誌堂、成德堂和開元堂的聯堂慶祝，名為“Serendipity”。活動在晚上 7:30 開始，在主持人小帥哥熱情洋溢的招呼下，大家一起玩了許多小遊戲，比如“夾氣球”、“看手識人”、“老鷹捉小雞”等等，大家通過遊戲歡聚在一起為愛情送上祝福。

這個白色的氣球象征著美好的愛情，參加遊戲的人要齊心協力把它帶向終點，中間不許掉，不許破，否則要受懲罰。大家小心翼翼地夾著氣球往前跑，不能落后於同伴，還要留意不能撞上別人，还真是有些挑戰。這塊厚厚的黑布隔開了女孩和男孩，布上開了一個個拳頭大的小洞洞，女孩子們打亂順序，把手伸出來，男孩子們就看小手來分辨了。看似簡單，但女孩子的手嘛大體都很相像，幾十個女孩子的手都伸出來，就不好分辨啦。這一關測試的是對愛人的細心觀察。找錯的話，要接受懲罰。

下一關是老鷹套小雞，大家站在“母雞”的後面躲開“老鷹”，如果被老鷹套著了，也要接受懲罰。即便是懲罰也很需要配合度，比如把氣球坐破，要又快又準，還不能讓爆破聲把對方嚇著，也是需要為對方著想的心思呢。

勵誌、成德、開元堂的聯堂慶祝 10:30 左右結束。一位同學表示遊戲很好玩，能促進大家的交流。另一位同學表示感謝主辦方同學的組織，大家享受了樂趣，學到了照顧對方。中堂在浪漫的音樂中進入了又一個充滿美好的夜晚。



寫作大賽一起來，宿舍生活添精彩

ZHOU Hongting
Boyan Hall

Takeaway message:

- ◆The essay writing completion organized by Hall Editorial Committee has been hold in the common area 19th floor of Hung Hom Hall from 7:00pm to 8:00pm on 10th March.
- ◆Many participants think this activity could make great contribution to enrich the life of residents.
- ◆Around 10 helpers make their effort to ensure the success of the completion. Without them, all it wouldn't be possible.

一年一度由宿舍編輯社舉辦的寫作大賽於今年 3 月 10 號順利結束，宿生們的踴躍參加令宿舍文化生活更加豐富多彩。活動開始前 30 分鐘，登記參加比賽的宿生已經排起了長龍。由於參加人數大大超出預計，組織者們不斷從其他舍堂搬來桌子凳子，整個 19 樓中堂擠滿了參賽者。比賽從 7 點開始到 8 點結束共一個小時，同學們創意的思維流淌在博彥堂。參賽者可以選擇英文或中文為寫作語言，最終選出英文組和中文組的前三名作為獲獎者。評選過程中作者信息將被隱藏，以確保評選的公平性。最終評選出的獲獎作品將被發表在宿舍編輯社網頁上，以便同學鑒賞學習。



登記參賽的長隊



比賽進行中

賽事結束後，參賽的王小姐表示，此次活動讓她對宿舍編輯社的工作有了更多認識，也希望今後能舉辦更多類似的活動。另一位選手李先生說，今次大賽的組織者的努力是賽事順利進行的保障。

共有 10 多名宿舍編輯社成員參與了比賽的組織工作，他們各自承擔著安排場地，參賽者登記，派發比賽用紙，以及維持場地秩序等工作。在他們的努力下，寫作大賽順利完成，評選結果也將在近期公佈。相信在大家的努力之下，編輯社將舉辦更多類似的活動，宿舍的文化生活也將越來越精彩！

Hall Choir Annual Performance

HUANG Junchao
Boyan Hall

Takeaway message:

Music gene is the theme of the hall choir annual performance, which consists of three parts with songs in different decades. There are Mandarin songs, Cantonese songs and English songs. The members in the hall choir club are talented, with skillful singing or practiced instrument performance. Although some of the members have graduated, they still came back and gave a great show. Besides, three members who are going to graduate also performed as a way to say goodbye. The performance from the big choir family won the affirmative evaluation from the floor.

上個月底，有幸近距離觀看了一場精彩紛呈的音樂會。來自宿舍合唱團的成員大多數是內地生，少數是本地生和國際生，有的一展歌喉，有的拿出看家本領，吉他、鋼琴或者架子鼓，甚至有些成員“十八般武藝”；充分展現了他們對音樂的熱情。



本次表演的主題是 Music Gene，分為三個部分，分別是不同的年代的歌曲。其中有開場曲，全員暖場；有樂隊表演，有兩人合唱，也有獨唱；有英文歌，粵語歌和中文歌，覆蓋面比較廣；慢歌輕柔，像是娓娓道來；快歌激昂，調動全場氣氛；有畢業了的成員回來表演的，也有即將畢業的成員，用一曲五月天的《乾杯》來做道別；中間還穿插了舞蹈團的舞蹈串燒，現場氣氛很棒。觀眾們很享受這場音樂秀，有人拿出手機，打開閃光燈跟表演者一起揮舞；也有人為表演者尖叫，還有熱心觀眾送上禮物。

活動結束後，我隨機採訪了到場的觀眾，他們一致肯定的評價是：“挺好的，他們很有才華，有些表演很驚豔”。當然有人表示：“切換歌曲的當中，他們調音和測試有雜音，比較影響觀眾心情，當然這個問題似乎沒法避免”。還有人說：“主持人在引出下一個節目的時候有點尷尬”。總的來說，這次表演很好地釋放了大家期中考試的壓力，達到了活動舉辦的目的，也很好地展現了學生們的多才多藝，觀眾們也享受了音樂，一舉多得。

博彥果醬二三事

WANG Dong
Boyan Hall

Takeaway message:

On 7th March 2019, residents of Hung Hom Hall gathered to celebrate the Hall activity “Jam Making Workshop”. During the workshop, we learnt how to make the jam. Generally, there were three steps: clean and peel, mash, and boil it with sugar and lemon juice. Once the jam had been finished, everyone was scrambling to taste their products. In the activity, not only we had mastered this interesting skill, but also experienced lots of enjoyable moments.

在2019年三月7日的晚上，Hung Hom 的19層中堂瀰漫著陣陣果香，充斥著同學們的歡聲笑語。一探究竟，是大家在一起享受著本月的 Boyan Hall 的例行活動——制作果醬（Jam Making Workshop）。果醬是長時間保存水果的一種方法，主要用來塗抹於面包或吐司上食用。不論草莓、藍莓、葡萄、玫瑰果實等小型果實，或是橙子、蘋果、桃等大型果實切小後，都可制成果醬。

談及今晚的主角，無疑是桌上的水果們，為將他們變成細軟、酸甜，營養豐富的果醬，其制作過程培訓是必不可少的。經過 Tutor 們的詳細講解，我們便開始了果醬的制作。制作過程主要可以分為三步。

一是準備水果。首先清洗水果，然後將水果處理成可以吃的樣子，需要去皮的去皮，需要去核的去核，需要去掉莖的去掉莖等等。然後，把水果切成容易處理的小塊。我們小組的果醬口味是木瓜配芒果，相對於其他小組，其處理過程稍顯麻煩。



二是把水果搗碎。洗好、準備好水果之後，先留出一些時間讓水果晾乾，然後用土豆泥搗具或者木勺把水果搗碎。這一過程中，我們充分地利用了攪拌機。經過三十秒鐘攪拌，細膩柔滑地果醬便已經初步成型。

三是把水果放在大小合適的湯鍋或者燉鍋裏。首先，將攪拌好地水果放入鍋中，再加檸檬汁和白糖。我們把糖倒入鍋中，繼續攪拌，讓糖完全融化。同時，我們也註意到，果醬在這個過程中變得顏色更淺、更透明。檸檬汁則為了降低果醬的甜度。

美味、可口、誘人的果醬將將制作完成，大家便立即佐以面包，品嚐自己的勞動成果。同時，大家也友好地邀請別組的同學品嚐自己制作的果醬。不得不說，在享受美味成果的時分，大家更享受到了小夥伴同心同力的歡愉。

歡慶之夜・世界的顏色

JI Mingming
Boyan Hall

Takeaway message:

ISA Gala Night – Colors of the World was held by International Student Association and Red Hall on 4 April 2019 at HoManTin Dining Hall. Over 100 students participated in this event. The wonderful performance impressed all the participants a lot. This event offers students a great opportunity to have a better understanding of culture diversity and a precious chance to communicate with their international peers.

香港始終保持著中西交融和國際化的獨特吸引力，理大作為香港的高等學府也注重為師生創造具有多元文化和國際視野的校園環境。國際生聯合會（ISA）作為重要的國際生組織，在宣傳文化多元性，鼓勵跨文化交流，促進文化融合等方面都扮演著重要角色。

由國際學生聯合會與何文田 Red Hall 共通舉辦的“歡慶之夜・世界的顏色”（ISA Gala Night – Colors of the World）活動，正是一場旨在增進參與者對世界文化認知，展示文化多樣性，促進多元文化交流融合的活動。活動舉辦於2019年4月4日何文田宴客廳（HMT Dining Hall），有一百餘位宿生參與了本次活動，參與活動的同學來自印度，泰國，日本等多個國家。不少同學還穿著了自己的國家或民族獨有的傳統服飾，給大家留下了深刻的印象。晚上7時許，本次活動正式拉開了帷幕。在主持人簡單介紹了舉辦本次活動的目的和意義後，全場的同學進行了合影留念。隨後，本次活動的節目表演，遊戲環節，小劇場等依次呈現，組織者還為大家準備了豐富的美食。特別是由十餘位同學帶來的團體民族舞蹈（Indian Dance）更是令大家耳目一新，身著傳統民族服裝的表演者們，為大家帶來了一場極具文化辨識度的視覺盛宴，令大家充分感受到了多元文化的吸引力。參與活動的一位同學表示，一邊欣賞精彩的文藝演出節目，一邊與身旁的同學交流自己國家的文化習俗，是非常難得的機會，非常有利於增進自己對其他國家文化的了解。

本次活動九時許在融洽的氛圍中圓滿結束，活動主辦方 ISA 代表進行了簡短的股份，闡述了本次活動對於傳播文化，增進融合的意義，並且感謝了所有組織和參與者。ISA 主席 Yagi Tow 接受採訪時表示，這是一次難得的增進多元文化交流的機會，對開拓國際視野具有積極的意義。



多元文化的視窗——非洲之夜

YANG Xin
Boyan Hall

Takeaway message:

On April 16, 2019, this very evening, another cultural feast---Africa Night began in audiences' applause and cheers. Exciting programs were given, various African foods were provided, and funny games were enjoyed. Through pictures, videos, programs. Which is technical method, also with helpers' introduction. This activity, which aims at improving the understanding of different culture and remove prejudice and misunderstanding, showed and displayed a fresh and vivid image of today's Africa, with some difference within its different part. It gave us an impression of a unique civilization, with its own tradition and culture, delivering a message like this: we are all human, though we belong to different part. All kinds of cultures have its charms and deserve others respect.

2019年4月6日晚，由何文田宿舍所主辦的系列文化交流活動之一，非洲之夜（Africa night）在何文田餐廳隆重舉行。

走進餐廳大門，我們便看見不同的文化展臺的設置。每個展臺分別設有不同的志願者，對非洲的不同部分，如東非、西非、南非、北非等地的不同文化風俗進行介紹。展臺上擺放著當地的圖片，並配以簡單的文字解說。解說員身著當地的服飾，或者將服飾掛于衣架上，以方便進行展覽。其中一位非洲籍解說員 Nadia 表示，很高興能夠通過這個機會展示自己民族的文化。

整個活動分為以下幾個環節，按先後順序分別是：Makha Diop, Safari (Journey), West Africa, East Africa, Lights, Camera, Question 等。其中囊括了非洲鼓表演、西非歌曲、東非舞蹈等豐富多彩的節目。

在整場活動的壓軸曲目中，來自非洲的女歌手帶來了三首節奏明快、熱情洋溢的歌曲。活動參與者們一邊自行品嚐具有非洲特色的美食，一邊欣賞著美麗的歌手帶來的悅耳的歌聲。隨著旋律的起伏與歌手對氣氛的調動，現場觀眾熱情地鼓掌與呼喊，整個場面的氣氛十分的熱烈並逐漸趨於高潮。

在活動的最後，主持人的發言令人印象深刻。這位來自東歐波蘭的年輕人，不僅參與、組織與策劃了本場活動，而且擔負起了主持的重任，他認為這樣的活動是十分有意義且必要的。他來自東歐波蘭，相比歷來以政治經濟高度發展的西歐來說，他的祖國似乎位於“邊緣”的位置。這樣的命運讓他對世界其他地區所謂“邊緣”地區的生活有更深的共鳴與感觸。

所有環節和分享結束後，我們採訪了其中一位觀眾，來自何文田的同學 Nancy 表示，這次活動讓她對多元共容有了更深的感觸。

這一場旨在消除刻板印象，促進不同文化之間交流理解的活動，意義深遠，令人印象深刻。



Miraculous—Gala Dinner

WANG Yuxiang
Boyan Hall

Takeaway message:

Minyin hall gala dinner was successfully held on 15 March 2019, with the theme of Miraculous. Prof. Chan, the warden, generously shared with us his working experiences and the hardship he has undergone. Words of encouragement were conveyed to us that persistence and hard work would lead to success. Not only had the hall students experienced a wonderful dinner, but they had this chance to get to know more friends. During this dinner, the music and dance were quite good, the performers were highly appreciated. This is really a wonderful night to remember.

2019 年 3 月 15 日晚上七點，理工大學紅磡宿舍一樓宴會廳被裝扮一新，入口處觥觥交錯中，那些年的旋律驟起：呆呆地站在鏡子前／笨拙系上紅色領帶的結

將頭髮梳成大人模樣／穿上一身帥氣西裝等會兒見你一定比想像美。

男孩子們一個個確實是西裝筆挺，不能帥氣更多。而姑娘們的美麗更是震撼著每一個人。有的很高貴，雪白的網裙僅稚的垂落在地上，輕輕走動，仿佛帶來一陣清風；有的俏皮可愛，正正是港產女孩；有的則稍顯神秘，黑色的禮服不斷散發出成熟的氣息，但她們的臉上都洋溢著青春的喜悅，而這種瀾漫暈染了整個會場。民殷堂年度盛事 Gala Dinner，在全體宿生的期待中如期舉行。舍監 Prof. Chan 首先上臺發言，向各位宿生致以問候，並表揚在多項比賽中為民殷堂表現卓越的宿生以及莊員，感謝他們過去一年的付出，隨後也分享了自己工作多年來的一些人生感悟，勉勵宿生們不要畏懼挫折。



本屆民殷堂 Gala dinner 的主題是 Miraculous，中文意即奇跡般的。這個主題不言而喻，宿生們來自五湖四海，能夠相遇在香港理工大學，相識在民殷堂，這本就是一個奇跡。相信上天這些奇跡般的安排，每天常懷感恩的心，人生必定會走上奇跡之路，豐盛之路。

“我最開始住進民殷堂的時候，坦白講是喜憂參半的。因為好多人講利生、民殷都是以鬧出名。但這一年多過去，我覺得收穫的溫暖真的是太多了，而所謂的鬧其實也都是自娛自樂，並不會打擾到別人的那種。”民殷堂宿生 Kelly 說，“我也很佩服那些莊員，我知道 hall 莊特別累，比方

說這個 Gala dinner，我室友之前真的是有熬通宵的，她之前也負責了很多活動，做海報啊請嘉賓啊什麼的，我覺得他們這種奉獻與認真的精神，值得每一位民殷人鼓掌。”

今年民殷堂的 gala dinner 也是大咖雲集，hall dancing team 傾情助陣，舞步輕盈，勁歌熱曲一首接一首，樂隊玩起來也是一個比一個厲害。臺上炒熱氣氛，臺下釋放熱情，好不熱鬧。民殷堂宿生 Harris 評價道：“有一隻舞男舞者和女舞者 Kiss 了一下啊，真是沒有想到還可以有這種舞步唉，太精彩了！”

本次民殷堂 Gala dinner 的亮點實在太多，每每都令人讚歎不已。將近十點鐘，晚會也漸漸進入尾聲。此時 MC 召集大家一起合照全家福，大家手擺 V 字，臉上露出洋溢的笑容。最終民殷堂 Gala Dinner 年度晚宴 – Miraculous「奇跡」終於在一片歡樂的氣氛中落下了帷幕！希望本次年度 Gala Dinner 能讓大家重溫在舍堂中的燦爛時光，留下那些最美麗、最深刻、最美好的回憶。時光飛逝，記憶永存！！

Faichun Workshop

Sun Ho Yoon
Boyan Hall

Often times, we see patterns in nature, regardless of whether they're real or not. A new year is a challenge to stop in your tracks and reflect on the past 365 days. Whether it was a good year or bad, we all get a chance to redo the past or carve a different future. The new year is a universally understood event and people of different cultures hold similar meanings behind the resetting of the calendar. Rebirth, Retry or Recycle. On January 23rd 2019, Blue Hall of Homantin Halls brought the tradition of Faichun to the residents. It was a magical night.

In Chinese mythology, there are two gods guarding the gate between the underworld and the world of the living. People believed that the gods could release harmful spirits and hurt the fortune and health of the people. To stop the demons from entering the houses, people used peach wood charms that looked like the two gods, Shentu and Yulei. In the beginning, people created wooden puppets that progressively morphed into simpler representations. From portraits on peach wood boards to Chinese characters on red paper. Around the Tang Dynasty, commoners no longer wrote the names of the gods, rather, words of fortune, hopes and wishes.

Under the supervision of Zoey, a tutor, and Dr James Dai, the warden of the Blue Hall, the event was successfully engaging and productive. It was my first time making Faichun and I don't think it will be my last.



During this workshop, residents were provided festive red paper and black ink. In the spirit of Chinese New Year, residents were invited to write their wishes and words of good fortune for the new year: Year of the pig. It was an entertaining event with people filing in throughout the whole event and interchanging seats.

As expected from a diverse student body like that of PolyU's students, different languages and ideas were flowing. Korean words intermixed with Mandarin, English and Cantonese. Drawings of pigs and phrases like "lets fly in the new year" added a twist to the traditional phrases for good fortune.

The fruits of this event are on display on Blue Hall's common room. Bright red strips of paper brightening up the Blue Hall walls with the hopes and dreams of PolyU's students. Hopefully, these special pieces of paper are able to fend off the evil spirits and bad fortune in year of the pig.



Intra-Hall Table Tennis Competition

Abdullahi Babatunde Saka
Boyan Hall

The time was 8:48 am on Saturday 19th of January and the lifts were busy and stopping intermittently at the 2nd floor of the Hung Hom halls of residence. Males and females were thronging out of the lift dressed in sports outfits heading towards the exhibition hall from different wings. It was all about a 'parlour game' invented by the upper-class Victorians (England) in the 1880s as an alternative to lawn tennis. It has since metamorphosed from using the line of books as net and champagne cork as a ball to the present-day table tennis/ping-pong game. It is a game of two or four (double) players hitting a lightweight ball back and forth across the net on a table using small rackets.

Exactly 9:00 am, the exhibition hall was filled with Boyanians ready to participate in the intra-hall table tennis competition. The competition involved 12 teams (BY 1 to BY 12), and 4 stages. Each team consisted of 2/3 males and 2 females. Tutor Ibrahim Shaban addressed the participants and the competition started in no time. The air was rent with the cheering of teammates for their team's victory.

Double male and double female games were played by each team in the first round. BY 2, BY 6, BY 7, and BY 10 won their two games and proceeded to the second stage unscathed. There was a tie between BY 3 and 4; BY 11 and 12. A coin was tossed, and the double female match was chosen as the tie deciders. The BY 3, 4, 11 and 12 teammates rally round their female players as they prepare for the deciding game for the second round. BY 4 and 11 won the tie and joined their counterparts for the second stage.



After 30 minutes break, the second stage was underway with BY 2, 4, 6, 7 and 10 gunning for the semi-final. It was a scene to behold, players were displaying their skills, foot work and breathtaking styles of serving the ball. Teammates were whispering to the ears of their players and cheering them on. The end of stage two saw three teams proceeding to the semi-final in a difficult decision.

Three teams in the semi-final? The teams were decided by points and the dye was cast long before the game as set out in the rules of the competition previously agreed upon by the teams. The semi-final was more tensed and scintillating with more people by the court sides watching and cheering their friends/teammates. BY 2 and 6 proceeded to the final after a long competitive semi-final game with BY 10.

The final of the competition was nothing short of happy moments, fun and suspense. The two teams had to slug it out in two games (double male and double female games). Each of the team battled for survival and it was a tie with each team winning one of the games. It was all up to probability to decide again. The coin was thrown up high in the air and the eyes of the two teams were following its descent. It was up to the double female game to decide once again who gets to go away as the champion. The double female game was underway with each team playing cautiously as their teammates and crowd watch them. As it was for every game, there was a winner. The BY 2 coast to victory after the double females' game. The two teams hugged each other and greeted one another for a good display of sportsmanship and skills.

It was indeed a worthy way to spend the weekend as the participants were all smiling and making new friends. Tutor Ibrahim Shaban drew the curtain and thanked every participant for the success of the competition.



Santa Claus Came To Wuxian!

Louis Osei-Poku
Boyan Hall

Christmas is a festival celebrated by Christians to commemorate the birth of Jesus Christ. This event has evolved and now it's celebrated by Christians and Non-Christians alike all over the world. The event is celebrated annually on the 25th of December and this time makes it easy for friends, family and loved ones to gather around, make merry and think about the year ending while at the same time making plans for the coming year.

Christmas is characterized by red, green and white colors, trees and the gift giver, Santa Claus. Santa Claus is known for visiting people and presenting gifts at their door steps. Wuxian Hall was lucky to have him visiting on 27th December, 2018.

With a beautiful stage setup, the Christmas party began. The Hall Warden, Prof Andy Yeung, was around to grace the occasion. He urged all students in attendance to study hard and make our studies meaningful to society, thus giving back to our communities.



A big turkey as a gift to the Hall was cut and shared among participants. Food, drinks and assorted items were also shared. Participants had the chance to interact with one another, especially after a stressful semester.

Participants were 'Santa Claus' to each other as each one brought a present. A lucky dip was done. Gifts of different forms were shared. Some people were happy, while others were not. Hey, that's why it is a lucky dip! The fun and merry continued until later into the night. It was a good time as Hall residents to take some time off our studies and have fun. It was the wish of everyone that the coming year would bring more good things.

MERRY CHRISTMAS AND A HAPPY NEW YEAR!!!



GGHC Organizes Visit to Polyfoam Recycling Centre

Partha Pratim Debnath
Boyan Hall

In its continuous efforts to help build a sustainable, green and healthy residential life, the Green Green Hall Community (GGHC) organized a trip to a polyfoam recycling centre for the hall residents on 26th January 2019. The visit was conducted at a recycling centre which is run by the "Hong Kong Association of Youth Development (Tsuen Wan District branch). The aim of the visit was to learn about the recycling process of polyfoam, which is a major environmental and health hazard. Polyfoams have become a very common product that accompany almost every other product in the market such as with vegetables, fruits, food containers and also used to cushion computers, refrigerators, electronics etc. The huge accumulation of such polyfoam does not only cause pollution but also produces toxins in the air as well as worsening the general waste problem. The chemical composition of polyfoams makes it almost impossible for biodegradation, making it a major challenge for environmentalists to curb the problem. Therefore one way to reduce the production of polyfoams is to recycle and reuse them.



The team that visited the recycling centre was curious to experience the recycling process in order to encourage residents about proper disposal of polyfoam. The team of 10 people also joined hands with the employees of the centre to have a true experience of the recycling of process. The manager of the centre informed that because polystyrene products consists of more than 95% air and 5% plastic they are lighter and convenient for cushioning and packaging purposes. Industries prefer using polyfoams not only because they are lighter but also they're cheaper and readily available. According to the authorities of the centre, various forms of waste polyfoams are collected from all round the city and brought to the recycling centre. Pre-treatment is done to all collected materials such as removing tapes or any other impurities on the polyfoams and then they are segregated based on materials. The general types of polyfoams are Polyethylene (PE), Polystyrene (PS), Polypropylene (PP) etc. and again sorted based on material quality such as grade A PS, grade B PS, grade C PS, grade A PE, grade B PE etc. After sorting, these materials are put in to hot melting and compaction, where the temperature ranges from 180 to 220 degree Celsius depending upon the type of polyfoam. The hot melted products are bundled and the shipped to another company to make PE or PS pellets which are converted to make new products like fruits/vegetable nets, photo frames, indoor construction materials and thus recycled.

The experts of stressed on clean recycling encouraged the visitors to help increase awareness about recycling of polyfoams. The materials such as rinsed disposable food containers, EPS boards, packaging items, packing sheets, packing peanuts, fruit & vegetable packing etc. can readily be considered for recycling. But, containers with food or grease residues, PU foams, and exhibition boards cannot be considered for recycling, and therefore proper awareness among residents is much needed. The process of recycling is simple yet very effective in reducing the environmental hazard and thus can be a way out to build a sustainable future and make the slogan of 3R (Reduce, Reuse and Recycle) more prominent in our daily lives.



Trip To Tai Mo Shan With EHKC

Tang Biying
Kaiyuan Hall

On 27 January, 2019, EHKC organized a hiking activity to Tai Mo Shan. Tai Mo Shan is the highest mountain in Hong Kong, 957 meters above sea level, 23 meters higher than the second highest peak, Fenghuang Mountain. It stands proudly in the middle of the New Territories. It has a vast territory and is proud among its peers. The slope is relatively flat and its vicinity is within the Tai Mo Shan Country Park and Shing Mun Country Park. EHKC published a promotion video on Wechat which describes the views of that mountain one week earlier. I was so interested in this activity since it had been a long time since I exercised after one-month winter vacation. I signed up for the hiking activity and was excited the whole week.

At 10 am on Sunday, we met each other at the entrance of PolyU library since some students were from Hung Hom hall and others were from Ho Man Tin. After gathering all the participants, we headed to Tai Mo Shan together. Tai Mo Shan is really far away from our university, we had to take the MTR from Hung Hom Station to Tsuen Wan West Station and then change to Bus 51 which took us to Tai Mo Shan Country Park. The whole journey to the destination took us about an hour and half. Before hiking up the mountain at Da Mao Shan Road, we visited the Rotary Park near the entrance to the Da Mao Shan Country Park. There are Taiwan cherry trees in the park. From around February to early March, it is one of the best places to see cherry blossoms in Hong Kong. However, it was January and so we did not get the chance to see those cherry blossoms.



We chose a path which was relatively rough to hike when we went up to the mountain. The way was made up of stones and soil. I felt so tired when climbing those stones and even could not breathe at a point so I stopped and then drunk a lot of water to refresh and reduce fatigue. Two girls even stopped at the beginning since they were scared of the rugged road and stones. After about half hour struggling, we finally reached a flat lawn and had a rest there. Many parents brought their children there to fly kites. We also found a wayside pavilion and began to play Guess word games. Much to our relief, after the rugged road is a paved road laid on the southern slope of Tai Mo Shan which is relatively flat. The Visitor Centre has an exhibition hall designed to help you explore the forests and climate change issues of Tai Mo Shan. We continued to drive up the mountain along the Da Mao Shan Road for about 1.5 km we reached the Da Mao Shan Lookout. We enjoyed the panoramic views of the surrounding hillsides and the western plains. Also, we saw beautiful silver grass and aromatic sedge growing along the slope. Tai Mo Shan is headed by the Hong Kong Observatory's weather radar station; when its huge sphere appears, you will know that you are almost at its peak. At 950 meters, this is also the highest overlooking spot in Hong Kong. On a clear day, it offers a wide view in all directions. Around the station, the silver grass covering the slope is golden in the sun. We arrived the Observatory's weather radar station at about 2pm. Fortunately, the weather was really good, and we could see almost as far as Hong Kong's four sides, from Kam Tin and Yuen Long in the northwest, Tai Po, Plover Cove and Ma On Shan in the northeast, and the Kowloon Peninsula and Hong Kong Island in the south. After enjoying the scenery, we then followed the road (Da Mao Shan Road) down the mountain.

We were a little bit scared when we heard that a 26 years old guy died when hiking this mountain the same month. However, fortunately, with so many friends together, we successfully reached the top of Tai Mo Shan and were so glad to meet new friends when hiking!



Paper Tearing Workshop

Vincent Djojomitro
Boyan Hall

Often, life's frustrations can pile up in a person's life so much so that one feels like exploding. That impulse, however, can be solved with paper tearing! Paper tearing is akin to showing aggression towards a piece of paper which is innocent. Creating shapes and patterns by tearing something is ultimately a symbol of improvement. The art of paper tearing dates back to the second century in China and was invented by Cai Lun in the Eastern Han Dynasty. As paper was cheap, paper tearing became one of the most important Chinese folk forms. Often the torn paper is used to decorate doors and windows and is often called "window paper-cuts".

On 30th of January, 2019 a paper tearing workshop was held on the 1st floor of PolyU's Homantin Student Halls of residence. The event was hosted by Yellow Hall and participants were provided with free refreshments ranging from Domino's pizza to a variety of drinks.

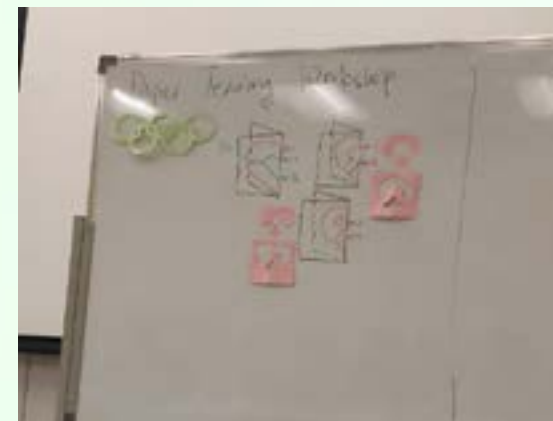
The workshop was led by a paper cutting master, Mr Man. Mr Man takes his paper tearing profession around Hong Kong. He indicated that teaching paper tearing was his passion. He even mentioned that he was going to have a workshop at Festival Walk at Kowloon Tong.



Looking at his work, one would think Mr Man uses scissors to cut his art pieces. But in reality, he only uses his fingers to cut the paper into shapes. Mr Man suggested that anyone can be a professional at paper tearing. He said that it only takes patience as tearing a paper into a desired pattern would require time to do it right. Small patterns and shapes are better than bigger ones, he said.

Mr Man provided instructions every time he started a new pattern. The students were able to follow the steps slowly and everyone was able to keep up with him. All of the attendees were able to convert rectangle pieces of paper into attractive patterns ranging from hearts, the Olympics symbol, to Chinese patterns.

As a participant of the workshop myself, I think that Mr Man proved his skillfulness in both paper tearing and teaching. I feel that having many things to do in my free time would help me cope with stressful situations. Just like sketching, drawing or playing video games, paper tearing relieves stress and I recommend it to everyone.



Chinese New Year Special Event: Fai Chun Calligraphy Workshop

Ge Ren

Boyan Hall

Some of the things one would never forget after living in the halls of student residence are the interesting multi-cultural activities. When my friend saw the Fai Chun poster in the elevator, he told me "Hey, buddy. Why not go to the workshop? We need Fai Chun to decorate the dorm and laboratory." I totally agreed with him and looked forward to writing Fai Chun.

On 26th January, 2019, to celebrate the coming Chinese Lunar New Year, the Homantin Halls organized a Fai Chun workshop on the 10th floor common area. Fai Chun is a traditional decoration that is frequently used during Chinese Lunar New Year. People put it in the doorways to create jubilant festive atmosphere since the phrases written on it means good luck and prosperity. Traditionally, Fai Chun is written with traditional ink brush on red paper, which means lucky and happiness in traditional Chinese culture. This kind of calligraphy is hard to master and most Fai Chun is written by experienced experts in calligraphy. Before the workshop, I was not sure whether I could write calligraphy good enough for decoration as I only practiced the skill in primary school.



When I came to the workshop, the co-chair introduced our teacher - Ms. Mandy Mui, an experienced Fai Chun artist. Since most of us are laymen in Fai Chun writing, Mandy decided to teach us how to write the Fai Chun in a simple and efficient way. Mandy firstly wrote some templates and taught us how to write these characters in a simple font. All the students were amazed by the beautiful arts made by Mandy. To encourage us, Mandy said "The key point in Fai Chun writing is patience. If you keep on trying, you will eventually find it pretty easy in this style". With this encouragement, we started our calligraphy journey. Firstly, we practiced on a special white paper called rice paper. At the same time, the teacher walked around to give us one-to-one instruction. After practicing for a while, I found the writing so easy. Some participants even wrote some complex characters. We slowly became skillful and wrote on the beautiful red paper. I was amazed by the combination of ink and red paper. The visual impact was amazing beyond words. At the end of the workshop, our teacher Mandy distributed some meticulously designed Fai Chun to us. We happily took these Fai Chun back to decorate our dorms.



Effective Storytelling In Nonfiction Writing

Mershack Opoku Tetteh
Boyan Hall

On Monday, 14th January 2019, The Boyan Hall Editorial Committee (HEC) organized a workshop on the theme: "Storytelling Workshop". The workshop was basically designed to hone students' creative abilities and writing skills. Impressively, over 50 students were present including the editorial committee members with. The presenter was Zandivuta Kankhuni, an English essay coordinator for Boyan Hall. He educated the audience on how to write lively, a powerful leads, and eye-catching titles.

The speaker started by explaining that "Storytelling is our most ancient and prolific art form and is engrained in our minds from childhood". By extending this, he indicated that almost every day of our lives we tell and listen to stories, we absorb them from every medium and, even when we sleep, we dream about stories. Thus, by finding inspiration in passions, subjects in conversations and observations, and inspiration from reading, we find stories. He mentioned that it is a good practice to read more in order to improve our writing skills and stressed on the fact that reading is like chewing food. In other words, we should take our time to read, and in doing so, we get inspired to write (and tell) a good story.

He mentioned that it is good to frame simple and meaningful sentences than to use humongous words. He cited many references from renowned writers and finds it interesting reading a speech that was delivered by the former president of the United State of America, Barack Obama. In his speech, to say my father came from a humble family/background in Kenya, Barack Obama said, "My father was a foreign student, born and raised in a small village in Kenya. He grew up herding goats, went to school in a tin-roof shack. His father, my grandfather, was a cook, a domestic servant to the British". Thus, when we write, readers should be able to relate to our stories emotionally to identify the character and situations in our stories.

The speaker also mentioned the three Rs of storytelling which are: research, real world-reflection, and review. He advised that our stories must be true and accurate as possible, checking and rechecking details to be factual. As a writer, we must conduct a fact-checking review before publishing our stories, and even when the story is based on archival material and reinforced through personal conversations. He emphasized that, by carefully following the three R process, writers of nonfiction will be prepared to answer the inevitable question: "How do you know?" He also cautioned against trying to explain everything but rather writers must ensure everything is clear and concise.



He concluded that we must read our work through another reader's eyes to check if it carries the same meaning. He also mentioned that we can only learn to be a better writers by actually writing. Majority of participants were impressed and recounted that they had been well educated.

Chengde Christmas Party

Mark Kyeredey Ansah
Boyan Hall

The long-awaited festive season dawned on us with heightened temperatures and cosy nights. It lasted as though the New Year will never come. Who couldn't have missed the brilliant display of lights, the homey nights with loved ones, the greens and reds of decorated streets and buildings.....! It was our first Christmas in ChengDe hall. Oh yes, probably a second or third for a few colleagues. As sweet and thoughtful as we could be, everyone readied their gifts to celebrate the Christmas Eve light of 24th December. There we were, seated by each other at the 13th floor. The walls and roofs of the common area were flooded with lights as though it were a heavenly display of falling stars. The MC launched the activity for the night while we nibbled and munched the mouth-watering cakes and berries. An exclusively "Yankee Swap" all night it was, indeed a boxing day before the Boxing Day!

Christmas is a season of joy and merry making. Giving and receiving gift is an ancient custom passed on from generation to generation. Asians love to give gifts and practice it with or without an occasion-it is a social obligation. Regardless of a gift's value, its true worth remains in the expression of appreciation, care, gratitude and occasionally, love that comes with it. We offer presents to express how grateful we are. Like actions, this pure gesture speaks louder than words. Unfortunately, we couldn't deliberately choose the receiver this time. We were only concerned about receiving a token of appreciation in return.

In our Yankee swap, each person brought a wrapped gift which was placed on a table in front of us. Each person's name was written on a piece of paper and dropped into the big-sized Santa gloves. The fun began after everyone had their names in the magic glove. The MC first invited Chen to randomly pick a sheet from the glove. Chen then mentioned the name of the person on the sheet who walked to the stage, introduced himself and picked the gift he brought. Chen then jubilantly unwrapped the gift only to reveal a cardholder. We all laughed at the look on his face. The look turned into a big smile followed by flickering shots. The giver now picked a name and the process was repeated until everyone picked a gift. Like the beautiful givers, the presents ranged from wine, to toothpaste, flask, Starbucks coupons, detergents, sanitary sheets, face masks, candies, cash, noodles, drinks, perfumes and paintings. Roy, however had to receive a virtual gift because his gift did not arrive in time. The festivities ended late at night. We all gathered for a group photo with smiles, after which we performed the ChengDe code: the stamping of feet and chanting resounded meters away. It was a night I can say that I was there for everyone and everyone was there for me! Everyone returned to their activities happier than ever! Such self-gratification and fulfilling experience is certainly bound to last a century.



International Student Club Christmas Night Report

Sitsofe Kwame Yevu
Boyan Hall

Summer and Winter!!! Sunshine and Rain!!! Seasons through the year, marks the adorning of a year and the passing away of another. The tinkling sounds of the jingle bells in this season creates a euphoria of love, sharing and joy in the world. Boyan Hall celebrated this season on Thursday, the 20th of December, 2019 dubbing it: Christmas Night. This event was prepared by international student club to enable residents of the hall enjoy the yuletide season in a diversely unique way.

When the cold winds of winter struck Hong Kong, Boyanians, feeling Christmas in the air, decided to decorate the nineteenth floor of Hung Hom with sparkling lights, happy balloons and Christmas hat. Expectations were high as one could hear Boyanians whispering to each other and inviting others to join in the event. Finally, the day arrived, the venue was jam-packed with international guests, seated anxiously for the commencement of the Christmas night. The coordinators welcomed guests to the occasion and with an applause, welcomed the Senior Tutor to deliver a welcome speech. The Tutor, Aquil acknowledged that the purpose of the event was to inspire each other through sharing and networking. Later, the story of the birth of Jesus, commemorating the joyous celebration of Christmas was explained from history and how many around the world gather to celebrate it.

As the bells tinkled, the choir performed an orchestra with their voices, singing the carols and melodies of Christmas songs. The night would not have been colourful without a bit of mystery. The magicians performed amazing tricks leaving the guests in awe as the cold winds blew their thoughts of unresolved tricks away. The game session saw the audience hazard-guess the identification of the languages of various countries. It was an experience of wild guesses from the audience. There was a Ghanaian carol performance exhibiting the Christmas carols who sang with heavy voices bringing smiles and happiness unto the faces of the guests. As the bellies of the audience could not resist the temptation of the nicely packed drinks and snacks, it was time to full those bellies. The expression on their faces showed so much joy one could not explain. There was a lucky draw contest for the audience which brought extra excitement to the audience.

The Chinese opera performance was hilarious which made all the audience burst into laughter. Another performance from the dance team showed the hip hop and brick dancing. The final game played was a song karaoke. All the audience were invited to sing popular carols however, since the audience did not know all carols, miming was the suitable outcome for most of them. The coordinators thanked the audience for their valuable time and dedication. One guest described the event as electric and memorable.



開元Hall—寫揮春，食年糕

Biyang Tang
Kaiyuan Hall

2019年2月11日週一的晚上，由於剛剛過完年，是農曆的大年初七，開元Hall舉辦了“寫揮春，食年糕”活動。

晚上九時，一行人來到了十七樓中堂，只見中堂的位置已經將桌子一字排開，上面已然放置好紅色的用來寫對聯的宣紙，旁邊擺好了寫春聯用的毛筆和墨水。不僅如此，中堂的柱子上還貼上了喜慶的對聯，上聯是“笑別舊歲迎新開”，下聯是“喜來祥雲接亥元”，上下聯的結尾兩字正好是開元，也是我們堂的名字，真是有趣。橫批“開門紅”寫在橙色的卡紙板上，營造了熱鬧的氣氛。

2019年是中國生肖豬年，豬是中國傳統生肖屬相中排第十二的生肖，豬年也有很多節日的祝福語，比如豬（諸）事順利，青春永豬（駐）金豬賀歲，歡樂祥瑞等等。大家紛紛將對新年的期盼寫在對聯上，當然，由於已經開學，大家的關注點也不僅僅是節日的祝福了，“爆四出 pool”的願景也紛紛被寫在了春聯上。整個寫揮春的活動還吸引了一些外國朋友的參與，他們雖然不會寫漢字，但仍然對活動有著極大的興趣，紛紛提起筆，模仿著對聯裡的文字，一些會寫同學紛紛來幫助這些外國朋友，最終大家都順利寫出。

有的朋友別出心裁，更是把中文的對聯改寫成了英文的，比如“Eat well sleep well have fun day by day, study good work good make money more and more”即使大家的毛筆字寫得並沒有那麼專業，整個活動還是在歡聲笑語中進行著。



博彥化妝工作坊，靚女俊男齊參加

Hongting Zhou
Boyan Hall

2019年1月19日，博彥化妝工作坊在理工大學紅磡宿舍19樓中堂如期舉行。參加此次活動的同學們早早把場地佈置整齊，裝扮一新。7時許，負責此次化妝課的林小姐做了自我介紹，並講解了在工作中化妝的意義。如果不是林小姐自己介紹，完全看不出來她已經57歲，且有30多年的化妝工作經驗。這讓在座的同學發出一陣驚歎，並重新認識到化妝的重要性。有趣的是，來參加此次工作坊的男生比女生還要多，這讓化妝師們也驚訝不已。不過，化妝師們說，日本韓國的男生平均每天也會用3到4款護膚品，可見化妝對男生來講也越來越普及了。

開場介紹之後，首先是女士化妝展示環節。林小姐現場請上一位女同學做模特，並做了化妝的展示。第一個工序就是用化妝水進行保濕，林小姐說這道程序必不可少，因為保濕可以讓缺水的皮膚補充水分，更有光澤。之後便講解了選擇粉底顏色的技巧，林小姐說，選擇合適的粉底要參考衣著顏色和膚色。例如，冷色調的衣服可以搭配冷色和暖色的粉底；而小麥膚色最好搭配暖色粉底。接著便是眼妝和口紅的展示，林小姐嫺熟的手法獲得了全場的掌聲。最後給頭髮噴上啫喱，做好造型並進行固定。

之後便是男士化妝展示環節，相對於女士，男士化妝較為簡單。先是修眉並畫上眼線，之後是選擇和上粉底。最後用啫喱給頭髮做好造型，整個過程不到20分鐘就完成了。林小姐強調，男士油性皮膚較多，更應注意皮膚護理和清潔。化完妝的男女模特果然顯得精神十足，在座的同學們也紛紛掏出手機，拍照留念。很多男女同學記錄下了化妝過程，以便於在日常的生活中進行練習。

展示環節結束後，工作人員和參與者進行了一對一輔導諮詢環節。根據參與者的皮膚特點，制定個性化的化妝策略。活動一直持續到晚上九點半才結束，工作人員的專業技能和參加者的熱情給活動畫上了圓滿的句號。也感謝博彥tutor們的策劃組織，讓宿舍生活如此豐富多彩。在新的一年里，也希望博彥的宿生學習生活更上一層樓！



豐富多樣的化妝用品

女士化妝展示

工作人員和參與者合影

2019年紅磡宿舍羽毛球賽

Junchao Huang
Boyan Hall

2019年2月15日，紅磡hall迎來了第一個羽毛球比賽日，男生兩個小組共計八支隊伍在廣安金禧體育館開展角逐。賽前，已有不少球員和觀眾達到現場。球員們在球場上對拉熱身，摩拳擦掌。

在九號場地比賽的首先是利生堂和成德堂，稍後則是勵志堂對民殷堂；在十號場比賽的是開元堂和務賢堂，稍後則是物華堂和博彥堂。利生堂和成德堂的比賽最能吸引觀眾眼球，雙方球員實力不俗，觀眾加油聲也是震耳欲聾；最後利生堂拔得頭籌，大勝成德堂。而另一邊，開元堂和務賢堂打得難捨難分，直至第五局，開元堂才真正拿下勝利。物華堂與博彥堂的比賽同樣進行到第五局，物華堂“田忌賽馬”的策略使博彥堂措手不及，最終博彥堂惜敗。



女生小組賽

女生小組賽分為三個小組：A組有學敏堂、物華堂和開元堂，B組有民殷堂、成德堂和務賢堂，C組有勵志堂，博彥堂和利生堂。比賽同時進行，第一場勵志堂對博彥堂，博彥堂拿下了比賽；第二場勵志堂對利生堂，利生堂的實力名不虛傳，淘汰了勵志堂；第三場則是博彥堂對陣利生堂。利生堂改變了之前對勵志堂時的出場安排，將兩位打得很棒的女隊員進行組合，輕鬆拿下了第一場雙打；然後戰略性放棄了第二場女雙，再安排上述兩位選手分別打女一單和女二單，博彥堂的女隊員招架不住，利生堂拿下了C組第一，直接晉級。

小組賽的最後爭奪

2月20日、21日是男生小組賽的最後爭奪，20日晚，第一個小時的比賽，成德堂對民殷堂，成德堂的觀眾呼聲和球員的表現都比較突出；物華堂對陣務賢堂的比賽中，雖然務賢堂最終輸掉了比賽，但是他們的支持者熱情依舊很高。第二個小時的比賽，利生堂再次力克對手；而另一邊博彥堂對陣物華堂，則是博彥堂獲得了勝利，當晚的比賽在九點半之前早早結束。21日晚，九號場地供男生對陣，十號場地則是女生對陣。男生比賽中，利生堂和物華堂均以小組第一出線，成德堂、博彥堂則以小組第二出線。女生比賽中，開元堂實力不俗，三局拿下成德堂；而博彥堂與開元堂的爭奪則以開元堂晉級告終。

半決賽

25日晚進行的半決賽，先從女生對陣開始。在四號場地對陣的是學敏堂和利生堂，六號場地則是開元堂和民殷堂。利生堂的呼聲一直很高，然而第一場雙打還是被學敏攻克下來，後面利生堂發力一連拿下三項，再次晉級。開元堂和民殷堂這邊，雖然兩項雙打都有些難解難分，但是開元堂還是略勝一籌，加之女一單表現優異，連贏三項直接晉級，與利生堂爭奪冠軍。稍後便是男生的比賽。在四號場地是博彥堂對陣利生堂，另一邊則是物華堂對陣成德堂。博彥堂對陣有校隊成員出場的利生堂，實力存在差距，最終利生堂順利晉級；物華堂跟成德堂的比賽則是各有春秋，物華堂率先拿下了第一場雙打，成德堂又在第二場雙打拿回一分；物華堂的第一單贏了之後，第二單又輸給了成德堂；雙方你來我往，笑到最後的還是拿下第三單的物華堂，他們將與利生堂爭奪冠軍。

決賽

28日晚，期待已久的決賽之夜終於到來。女生的比賽，利生堂和開元堂爭奪冠軍，學敏堂和民殷堂爭奪季軍；男生這邊，利生堂和物華堂爭奪冠軍，博彥堂和成德堂爭奪季軍。首先進行的仍然是女生之間的爭奪戰，學敏堂和民殷堂開場之後的對決就相對焦灼，民殷堂拔得頭籌之後學敏堂頑強逆轉比賽，隨後學敏堂又奪得第二場雙打的勝利；然而民殷堂的女一單力克已經疲憊的學敏堂選手，最後的懸念被學敏堂的女二單終止，學敏堂女生順利拿下季軍。場地的另一邊是更加激烈的冠亞軍爭奪，利生堂拿下第一場雙打之後，被開元堂贏得第二場雙打，然而利生堂的士氣絲毫不受影響，女一單輕鬆拿下比賽，隨後似乎是戰略性安排，放棄了女二單，再由女三單奠定勝局。利生堂女生摘得冠軍，而開元堂女生獲得亞軍。為女生頒獎之後，便開始了男生的比賽。成德堂由於高手缺席，實力不敵博彥堂，三項比賽均被博彥堂拿下，博彥堂男生贏得了季軍。另一個場地的男生冠亞軍的爭奪吸引了在場的所有人，利生堂和物華堂之間的兩場雙打都非常激烈，雙方比分咬得很緊，然而利生堂還是略勝一籌，拿下兩場雙打之後，戰略性放棄男一單，最終男二單勝出。利生堂男生摘得桂冠，物華堂男生獲得亞軍。

宿舍的羽毛球賽終於告一段落，我們期待明年的比賽更加精彩！



2019學敏Hall Gala Dinner

Yao Song
Boyan Hall

2019年2月22日週五晚上，在開學的第五周，學敏HALL舉行了新年晚餐聚會，同學們不僅享受了豐富的美食，也在歡聲笑語中共用了難忘的晚餐。



晚上7:30分晚會在1樓的dinner hall準時開始。在此之前，student helper開始協助大家簽到並進入開場酒會區域，並貼心的為大家準備了簽名區域，方便大家相互認識，共敘友誼。前來參加gala dinner的同學都遵從此次活動的dress code，盛裝出席，一時間姹紫嫣紅，好不美麗。

大約到了八點左右，活動的演出正式開始。本次活動的兩位主持人是今年大二的同學。她們為了本次晚會的完美召開已經排練了不下五遍。一邊粵語、一邊英文的串詞搭配既可以提升在場的香港同學的親密感，也可以讓來自國外的同學感到舒適。

活動以Warden的講話為開場，Prof. Mak Cheuk Ming以學敏的主題”To learn and to apply, for the benefit of mankind”（“開物成務 勵學利民”）為切入點，總結分析了過去一年取得的成果，並鼓勵大家再接再厲，在新的一年里取得更加豐碩的成果。笑聲不斷的互動過後，香噴噴的菜肴一樣一樣端上來，表演時間也隨著開始。

首先進行表演的是Chen先生，他是香港本土著名的youtuber，在頻道上有著廣泛的支持者，他帶來了youtube上最拿手的玫瑰花魔術。大家在妙趣橫生的表演、主持人的幽默談吐和熱辣的舞蹈中品味著美味的佳餚。也許這就是這群美少女們最美麗的時光吧！最後晚會在一片歡聲笑語中進入了尾聲，演職人員和大家進行了大合照。宿生們相互祝願，期待著新的一年能夠更加努力，夢想成真。



學敏Hall “開森遊學記” 晚餐聚會

Xin Yang
Boyan Hall

2019年1月24日週四晚上，開學的第二週，學敏hall在7樓中堂舉行了開學聚會晚餐。住在學敏的宿生們舉行了有趣的活動，並一起分享了種類豐富的美食，氣氛一度十分熱烈。

活動於當日晚7:00準時展開，場面有序、溫馨。聚餐開始，大家陸續入場。負責的工作人員貼心地為大家準備了名簽，以方便所有成員更快速地相識。與此同時，參與的人員各自寫下自己的名字，以便過後進行抽獎。雖然人數眾多，讓學敏的中堂顯得熱鬧非凡，但整個入場仍然十分有序。而此時桌上的美食已經散發出香氣。作為“學敏”的傳統，主持人還熱情地帶動大家一起唱“食飯歌”。



主持人在調動氣氛



熱氣騰騰的吃飯場面

待大家享用了美食之後，有趣的活動開始了。首先是大家耳熟能詳“臉部動餅乾遊戲”環節。在這個環節，每一桌人員各派出一名隊員參與遊戲。每名參與的隊員會各自得到一塊餅乾；在遊戲過程中，參與將餅乾放在臉部，只能依靠移動五官來使得餅乾朝著嘴部移動；最先吃到餅乾的人員，即是本場遊戲的勝利者。

比賽過程中，參與者為了盡快吃到餅乾，臉部做出各種有趣的表情，笑料百出、妙趣橫生。氣氛一度十分歡樂。

隨著時間流逝，整個舞蹈趴接近尾聲，大家在歡樂的氛圍中拍攝了最後的大合照，留下了青春的記憶。



吃餅乾遊戲



熱氣騰騰的食物

民殷堂豬事吉祥

Yuxiang Wang
Boyan Hall

2019年2月12日晚上七點半，理工大學紅磡宿舍民殷堂中堂被裝扮一新，洋溢著濃郁的“中國年”氛圍，宿生們圍聚在中堂佈置桌台，懸掛紅豔的中國結和燈籠，本地生內地生國際生大家一起共慶佳節。民殷堂豬年新春慶祝活動——豬事吉祥，在全體宿生的期待中如期舉行。舍監 Prof. Chan 先向各位宿生致以新春的問候，並大讚在多项比賽中為民殷堂爭光的宿生，感謝他們過去一年的付出。



從下午開始，理大民殷中堂便人潮湧動，擔當工作人員的宿生在台前忙碌，將福字、紅包、橘子等新春小禮物分發給過路宿生，並準備下花生、糕餅、綠茶等中國傳統食品放在休息區桌子上，招待同學們品嚐。

“在香港的外國人基本都知道中國春節，我們從一個多星期前就開始購買各種物料和零食。”民殷堂宿生 Kate 說，今年她還參加了港漂圈組織的春晚，表演民族舞蹈，“很多國際生都沒去過中國，現在我們把春節帶到校園，他們不用出宿舍就能瞭解中國人過春節的民俗，而我在參與過程中也非常快樂，就跟在國內過春節似的。”

今年民殷堂的新春慶祝聯歡會十分好玩，國際生與本地和內地學生一道擀面皮、包餃子，其中品功夫茶、寫春聯，算命理等中國傳統民俗深受歡迎，甚至引起隔壁宿生堂的圍觀稱讚。

民殷堂宿生小魏說：“不少國際生在中國飯館裡吃過餃子，但他們不知道肉餡是怎麼進到餃子皮裡的，這次我們親手教他們包餃子、寫書法毛筆字，把中華文化帶到舍堂，我為中華文化感到自豪。”

除了包餃子，宿生們還自己動手做聚會年飯，開起春節“小飯桌”。下午，剛趕完一個 deadline 的嘉琪便來到街市購買空運來的日產海鮮，晚上親自下廚聚餐會友。



晚會上宿生們聚餐聊天，互相贈送自己蒸的饅頭、包子等中國傳統食品，內地生表示“我們來自國內各地，聚在一起分享港漂的學習生活，彼此鼓勵加油。”

活動中最出彩的攤位要數“神算葉大師”了，看掌紋說命理，說的讓各路國際生紛紛稱奇。中國堪輿命理學的魅力在民殷的新春聚會中大放異彩。還有一些精彩的節目，讓宿生在享用美食之餘，也能大飽眼福。



本次民殷堂新春慶祝活動的亮點實在太多，每每都令人讚歎不已。將近十點鐘，晚會也漸漸進入尾聲。最後宿生會召集大家一起合照全家福，大家手擺V字，臉上露出洋溢的笑容。最終本年度民殷堂豬事吉祥主題新春慶祝活動在一片歡樂的氣氛中圓滿結束！

時光飛逝，記憶永存！新的一年裡祝大家都擁有新氣象，工作學習更上一層樓。也祝民殷堂的舍堂生活更加多姿多彩！

Happy Lunar New Year!



2019物華堂新年慶祝活動之“包餃子”

Qun Qin
Boyan Hall

2019年2月19日晚，香港理工大學紅磡宿舍樓物華堂舉辦了一場中華傳統食品工作坊——餃子製作工作坊。8點半左右，工作人員已經佈置好了桌子，鋪好了餐布，準備好了食材和碗碟，等待小夥伴們註冊入場。



9點左右，包餃子活動正式開始。在小廚師的熱情帶領下，各國同學一邊看一邊學，嘗試著自己動手。有一些同學還是第一次自己包餃子呢！只見大家興趣盎然地把餃子皮放在左手手心，然後用叉子挑一點肉餡放進去，然後用手指沾點水放在餃子皮邊上，兩邊合在一起就基本成型啦！

接下來沿著餃子邊疊出花樣，細心地一層一層疊上去，慢慢地成了一個漂亮的餃子！放在碗裡，還真好看！餃子是中國傳統食品，不僅好吃，還有寓意。更歲交子，團圓福祿！它有很多美好的含義，如芹菜餡是為勤財之意故為“勤財餃”，韭菜餡即久財之意故為“久財餃”，白菜餡為百財之意故為“百財餃”，等等。



據說，餃子原名“嬌耳”，是我國醫聖張仲景首先發明，距今已有一千八百多年的歷史了。餃子深受中國各地人民喜愛，也發展出了許多種類，如廣東的蝦餃、上海的鍋貼餃、揚州的蟹黃蒸餃等等都是十分受歡迎的品種。

包餃子的意義不僅在於餃子好吃，還在親朋好友們齊齊動手的製作過程。大家聚在一起，一遍自給自足，一邊閒話香港讀書的點點滴滴，祝福來年，最後親口品嚐自己的作品，就這樣度過一個愉快的夜晚。10點半左右，同學們收拾好中堂和廚房，帶著美好的回憶返回宿舍，物華堂包餃子活動正式結束。



務賢堂高桌晚宴

Mingming Ji
Boyan Hall

務賢堂高桌晚宴於二月一日晚在紅磡宿舍宴會廳舉行，務賢堂的各位宿生均正裝出席。本次晚宴的嘉賓有務賢堂 warden Prof. Andy Yeung, tutor Adam Liu 等，多位嘉賓上台進行了演講，分享了他們的經歷。本次高桌晚宴旨在拓寬宿生的國際視野，增強宿生與社會的互動，培養宿生的領袖力。

晚宴伊始，Prof. Andy Yeung 致開幕詞，他給宿生們分享了自己的住宿經歷。首先，Prof. Yeung 介紹道，務賢堂的宿生有三百餘人，而整個紅磡宿舍宿生約三千人，何文田宿舍約1500人。因此，能共同成為務賢堂的一員，是非常幸運的。接著，Prof. Yeung 分享了自己曾在英國、香港讀書時的宿舍生活，希望大家在平時能夠善於交流，融入宿舍生活。最後，Prof. Yeung 向宿生們強調，宿舍不僅是生活和交流場所，同時也是學習的場所，因此大家要注意生活、學習和社交的平衡。



Prof. Andy Yeung 致辭結束後，主持人邀請所有嘉賓祝酒，宿生們紛紛起立，舉起酒杯。在緩緩的音樂聲中，本次高桌晚宴正式拉開了序幕。本次晚宴的餐飲，均按照三道菜的西餐正餐供應，輔以餐飲品。宿生們在享用美食的同時，宿生代表還為大家帶來了音樂節目表演。宿生們一邊彈著吉他、鋼琴，一邊為大家帶來了精彩曲目的演唱，特別是一曲粵語版《Butter-fly》將現場的氛圍推向了高潮。隨後，嘉賓何小姐上台進行了分享演講。何小姐向大家分享了自己從大學到社會的歷程，並且向宿生們傳遞了“樹立目標”的重要性。

整場晚宴均在良好的氛圍中進行，宿生們在晚宴中不僅和同伴進行了友好的交流，也增進了對宿舍生活、職場文化、社交禮儀的了解。本次務賢堂高桌晚宴的成功舉行，不僅為務賢堂宿生提供了一個融入宿舍生活的機會，也為他們提供了接觸社會的契機。



The Green Cooking Experience

Frank Badu-baiden
Boyan Hall

On November 14 at 7pm, about 35 students from Hung Hom and Homantin Halls gathered at the dining hall of Homantin Hall to gain meaningful green cooking experiences. The aim of the workshop was to train and encourage students to use locally grown produce to go “Green” in cooking. In an era of sustainability and the campaign for healthy eating habits, ‘Green Cooking’ provided a step in the right direction. The workshop afforded participants the opportunity to bond with and make new friends outside their halls and disciplines of study. It also promoted healthy eating habits by encouraging students to prepare food with green vegetables and also to give students practical green cooking experiences.

The first cooking experience was the preparation of Summer Veggie Pasta. Participants started cooking Summer Veggie Pasta by following five simple instructions. They first boiled the pasta and chopped fresh string beans for about 3 minutes. While the pasta is cooking, the oil is heated, the onion tipped and cooked over a medium heat for 2 minutes.



Pictures showing the urban farming project in Homantin Hall



Ingredients that were available for the Green Cooking workshop

Garlic and courgettes are stirred and tossed over a medium heat for 2-3 minutes, and then the tomatoes are stirred with shot of Tabasco. Then the sauce is stirred for 2-3 minutes to soften the tomatoes. The pasta and beans are then drained. Finally, the veggies and basil are tossed into the pasta and seasoned with salt and pepper and allowed to cook for 2 minutes. The food is ready and served hot.

The second cooking experience was the preparation of Broccoli Quinoa Salad with Chopped Almond. With not more than four steps the food is ready. First, the quinoa is prepared by placing it in a pan and adding a cup of warm water and half teaspoon of salt. It is then cooked whilst covered for about ten minutes until the liquid simmer. The quinoa is then fluffed with a fork and set aside. The broccoli is steamed for 3 to 5 minutes in order to preserve its nutrients. Then the cooked quinoa is mixed with almonds, peas, olive oil, lemon juice, and broccoli. In not less than five minutes the food is ready to be served with half of the salad and topped with chick peas.

In attendance at the workshop were Dr. Eric Tam, the Associate Dean of Students, Ivan Chung – the residential life manager, Bryan - the manager of Hung Hom Hall canteen, and two representatives of Green Monday NGO.

The Green Cooking workshop concluded with both participants and organizers eating and enjoying the dishes together as one participant remarked that it was an awesome experience.

Homantin Hall holds Annual Inter-hall Tug-of-War Competition

Mingming Ji

Boyan Hall

As a part of events to mark the Sunshine October Series, the Inter-hall Tug-of-War Competition was held on 11th October evening at 1/F of Exhibition Hall of Homantin Students Residence Hall. Over a hundred participants from six halls joined the competition. Tug-of-War is a traditional and well-known sport that builds team spirit and camaraderie. The Inter-hall Tug-of-War is a good opportunity to build hall spirit and camaraderie, as well as to promote the value of hall education in helping students socialize.

There are six players in each team and the team that successfully pulls the center marker three meters away from the original point wins the competition. Participants from six halls were divided into two groups to compete in the knockout stage. Violet, Green, and Orange Hall are in group 1 and the other three halls are in group 2.

A total of six matches took place in the course of the knockout stage. The first was between Violet and Green Halls, followed by Blue hall and Yellow hall. Green Hall then took on Orange Hall while Yellow Hall and Red Hall battled in the fourth match. The event ended with Orange Hall facing Violet Hall whilst Red Hall and Blue Hall squared up for the last game. At the end of each match, cheering teams from respective halls entertained participants through dance performances. During the competition, wardens and tutors were all there to cheer, support and encourage their teams. As matches became fiercer, people chanted 'add-oil' although the contest was held in a good atmosphere. At the end of the preliminary match-ups, the female team from Orange, Red, Green, and Yellow hall, and the male teams of Violet, Yellow, Red, and Orange halls survived the first knockout round.

Although players were tired in the semi-final match and second runner-up match, they tried their best to make their team and halls proud. At the end of the competition, female teams from Green hall and Yellow hall won the women's champion in a tie while the male team from Red hall was crowned the men's champion. In the medal presentation, wardens encouraged the players and took photos to mark the occasion.

Dr. Eric Tam from Office of Students Resources and Residential Life gave a speech after the Tug-of-War. He appreciated the efforts of coaches, players, and other participants while acknowledging that the value of hall education in promoting hall spirit and comradeship was very important, and such serial events were good opportunities to make strides in achieving such objectives.

An Amazing Japanese Night in Violet Hall

Liqun Xiang
Boyan Hall

Japanese culture has evolved greatly over the millennia, from the country's prehistoric Jōmon period to its contemporary modern culture. Today, the culture of Japan stands as one of the leading and most prominent cultures around the world, mainly due to the global reach of its popular culture.

Japanese cuisine for instance is based on combining the staple food; steamed white rice, with one or several main dishes and side dishes. This may be accompanied by a clear or "miso" soup and pickles. The phrase "one soup, three sides" refers to the makeup of a typical meal served but has roots in classic Japanese cuisine.

The Japanese Night organized by Violet Hall aimed at providing an opportunity for PolyU students to interchange the cultural and food values and concepts with Japanese students in a friendly and amusing atmosphere. Furthermore, it helped the participants to find new friends and expand the domain of their friendship beyond PolyU while sharing mutual topics of interest to both parties.

The Japanese Night was held on Oct. 5th, 2018, in the dining hall of Homantin Hall's ground floor at 7pm. The event began with food preparation by Japanese students. The pairing of Japanese and PolyU students offered the chance for students to communicate with each other and have fun as they cooked their favourite Japanese dishes.

Prof. Geoffrey SHEN, current warden of Violet Hall and Dr. M.S. WONG, former warden of Violet Hall welcomed all students and participants. The audience were introduced to HK-Chinese culture and Japanese culture while they engaged in interactive games like the musical chair game and the rock-paper-scissors. This created an ambience of friendship and socialization among students. Residents of Violet hall provided more entertainment through their energetic music and dance performances.

The lucky draw was held before the end of the Night with souvenirs given to Japanese guests in order to show appreciation from Violet Hall before the event was finally climaxed with a group photo.



Welcome speech by Dr. M.S. WONG



Interactive game: musical chair



Group photo

Chinese Architecture Night

Renan Morais Furlaneto
Boyan Hall

The Chinese Architecture Night was organized by ResEd & HILL and took place in Hum Hom Hall room 110, from 8pm until about 10:30 pm. The event was graced with the presence of about 40 students, with the majority being undergraduate students and two research students among them. The room was provided with 7 DIY building models of some famous buildings and architecture styles in China which were allocated on 7 different tables, where groups of about 5 to 6 people were also formed. Therefore, each group would later on build its own well-known building.

As a brief introduction, the organizers presented some key features regarding Chinese architecture, giving an exciting overview about its main characteristics, such as the fact they are usually wooden-based, with large doors and stylized roofs. They also talked about the importance of Feng Shui, which is also constantly present in Hong Kong and also how all of the development of the Chinese architecture inspired the Korean and also Japanese models.

Each staff member organized took turns to present each of the models that the students would be supposed to build in group. The buildings were the Suzhou Classical Gardens, The Temple of Heaven, the Beijing Siheyuan, which is not one specific building but yet a historical type of residence that was commonly found throughout China became a pattern used for residences, palaces, temples, monasteries, family businesses, and government offices. The Hall of Supreme Harmony, the largest hall within the world-famous Forbidden City in Beijing; The Yellow Crane Tower, located in Central China and curiously the building itself has been rebuilt several times, with the current one dating from 1981. The Stilted Building, and The Five Pavilions Bridge, located in Jiangsu, within a Lake area with considerable natural beauty and well tended gardens.

After all the explanation about the models, it was then time for action. Each kit provided for the groups were mostly made of wood and contained several pieces of different

shapes and sizes that would be further fixed in order to construct parts of the building. No glue or any extra material was necessary, even though sandpaper was also available in case a piece was found to be hard to fit in or had a sharp edge. It took about an hour and half for all the groups to finish with their own building.

The event was a great opportunity to socialise and learn to cooperate in order to achieve a common goal and at the same time a very enriching cultural experience for everyone present.



A Thanksgiving Dialogue of Core Beliefs

Kimberly Peterkin

Boyan Hall

November is a month of thanksgiving for millions across the world. Not to be outdone, our hall management dedicated an evening to this cause. “A Thanksgiving Dialogue of Core Beliefs” was held under the theme “There’s always something to be thankful for”.

Ivan Chung, our charismatic Residential Life Manager enthralled us with the dark history of Thanksgiving Day in the United States of America, which involved Bible-wielding colonists celebrating the genocide of Native American tribes. Despite an origin tainted by malevolent acts, Thanksgiving in modern times is commemorated by Christians and non-Christians alike. We were also treated to a thought-provoking motivational video on the subject of gratitude, which encouraged us to “Say thank you in advance for what is already yours.”

Of course, Thanksgiving would not be complete without the traditional fare of sumptuous whole, roasted Turkey and gravy, complemented by pasta, green peas, corn, sweet potatoes, and delectable jacketed potatoes loaded with bacon, sour cream and chives. There was also a halal option for our Muslim friends. Our dinner was accompanied by a lively playlist of occasion-themed songs.



More than 30 students and staff enjoyed the American-style Thanksgiving buffet dinner on November 12, 2018 at Hung Hom Halls.

The highlight of the evening was the insightful panel sharing by four representatives from various residential life groups. Jason (HILL) expressed that in spite of the challenges he has faced, he still has a lot to be thankful for; Sena (Hall Tutor) shared that she is grateful for the support of her parents in achieving her dreams; Dr. Allen Cheong (Hall Warden) advised us against believing that our difficulties are greater than those experienced by others; and Justin (Limitless) was appreciative of the arrangements made by the university to accommodate special needs students.



Panel sharing member Dr. Cheong (third from left) shares her thoughts on gratitude, while Jason (left), Sena (second from left) and Justin (right) look on.

At our tables we had vibrant discussions about the things we were most grateful for. These included the support of our family and friends, past provisions that improve our quality of life today, and our good physical, mental and spiritual health. We all agreed that the opportunity to study at PolyU was a privilege that we are immensely grateful for.

To cap off the event, we were introduced to the Appreciation Project which is intended to be a tangible display of the sentiments expressed throughout the evening. The Residential Life team solicited our feedback on plans to identify and acknowledge the contributions of those who help to make our time at the university a memorable one. All attendees were keen to lend their support to the successful realisation of the project.

Boyan Hall – Gala Dinner 2018

Karthikeyan Krishnamurthy
Boyan Hall

On Monday, 26th November 2018, Boyan hall, on the theme: “Inspiring Excellence and Transforming Societies” celebrated its signature event, the “Gala dinner”. Addressing students, several invited guests took turns to share their experiences in the PhD journey. Prof. Esmond Mok, the Dean of Students recalled how he developed an algorithm as part of his research project. Prof. Kwok Fai Chung, Boyan Hall’s Warden shared his expertise in research and advised students on how to survive the academic journey.

He emphasized that motivation is key to starting any research project while organisation through quick thinking and writing was necessary in sustaining the process. Prof Chung also mentioned that it was mandatory for students to plan very well and also manage people related to their research. He ended by saying that “dark hours, and moments of regrets are inevitable and that would stretch the duration of the whole study” and thus the students should be mentally prepared for such issues.

After the speeches, students toasted to the official opening of the event. The dance club entertained the audience with very energetic and interesting performances while the choir mesmerised with their melodious voices to contribute to the ambience that had built up in the auditorium. Various activities that were lined up for the night did not disappoint as students took the opportunity to socialize, eat and have fun. Roommates were asked how well they knew each other while very distinctly dressed students shared the idea and history behind what they wore. Standing out among the lot was the beautiful Nigerian three-pieced “agbala”, the elegant and traditional five-pieced adornment from the Kingdom of Saudi Arabia with its unique head turban and the ever-splendid and extravagant Indian “Sari.” Of course, climaxing these were the all-shiny tuxedos and exquisite dresses that complemented the auditorium and also gave a more colourful and aesthetic definition of the “red carpet.”

All through the night, special seat numbers of students were selected at random for prizes and other gifts. Not even the perfect and delicious meal or even the delectable wine that accompanied it could reduce the anxiety with which students waited for their seat numbers to be chosen. The winners were happy and although somehow surprised, they won something they could remember the event with.

The night ended with a felicitation and honouring of members and coordinators of Boyan Hall’s Clubs as well as the hardworking tutors that contributed to successful planning and organisation of events related to the hall.



The Ghost of Halloween; the Graveyard in Lizhi Hall

Mershack Opoku Tetteh

Boyan Hall

The time of the year is here again...Halloween! A time to scare all the faint-hearted ones in the house. Lizhi Hall celebrated their Halloween differently with a lot of excitement and time to make new friends. On the 26th of October 2018 (Friday) in the evening, Lizhi hall organized a Halloween night for its students of the 10th floor. It started at exactly 10:30 pm and ended at 2:30 am the next day (27th October 2018). Even though many of the students were scared to come, the preparation for the event got lots of students interested as most students have not experienced Halloween with a group of people. The mood of Halloween was in the air.

Halloween is one of the popular European festivals in Hong Kong. It is the time in the year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed. People dressing as clowns remains a popular way to scare. It provides a safe way to play with the concept of death. Similar to the past years, the eight undergraduate halls in Hung Hum Hall organized their own Halloween function.

Lizhi hall decorated the 10th-floor corridors with dark polythene to limit visibility and build their haunted graveyard in front of the doorway to the common area. Most of the students put on Halloween costumes, some painted their faces like vampires, cats and dogs while and others disguised their face by wearing scary masks.



Decorating of the 10th-floor corridor



Before the programme started, the Lizhi hall warden Dr. Ricky Chan was invited by the senior hall tutor, Mr. Amos Darko, to give a welcome address to all students at Lizhi hall. Shortly after the welcome address, a loud and scary scream began and slowly faded away. This scared most of the students as they started screaming and holding tightly onto the person next to them. Shortly after the scary sound, the lights went off and a lot of fumes started coming out of the "graveyard." Then there were stage performances like dancing, telling scary stories, watching a horror movie, and most importantly taking pictures. This activity created an environment for students to socialize as well.

The Halloween night in Lizhi hall was fun and exciting indeed. Before the programme ended, the senior tutor gave a closing remark by thanking the participants for making the event fun with their participation.



Haunted graveyard in front of the doorway to the common area

Jam-making Workshop in Hung Hom Hall

Rachel Qun Qin
Boyan Hall

Jam of different sorts is perhaps the most popular mate for breakfast and cookies. They are colorfully tempting as they can be in red, yellow, orange, pink and other beautiful tinct. They are tasty as you can get sweet, sore, and spicy or any other flavors made from fruits. They are handy as you can put them in a bottle and keep the freshness for quite some time. Do you know how our bread mate is made? Actually, jams are easy to make using common fruits. In the search for a bottle of genuinely green homemade customized jam, on Oct.2, a wonderful jam-making workshop was held in Hung Hom student hall Room 101. Residents from different halls attended, learned and made our own jams.



We were firstly briefed by our jam master Aquil about the origin and secretive techniques of making jams, then he showed us the procedures. Then, the most wonderful part — making our own jam! We were put into groups of four and each group executed their unique jam. The yellow one is pineapple with ginger. Isn't the yellow color very beautiful and natural? Pay attention, for there is hot pepper in it. Can be very hot for you!

The handsome young men are showing off their reddish jam. What is it made of? Of course with strawberry. The other reddish one is interestingly of darker tune. Guess what fruit is it made from? A very common but perhaps unnoticed root plant by some of us—beetroot. In Chinese language, it's sometimes called sweet root. The other nice one is made of mango. Already Got it? Cool.



Off the Beaten Path

Kunal Krishna Das
Boyan Hall

Hiking is a powerful cardio workout that lowers the risk of heart disease and improves the blood pressure and sugar levels. It boosts bone density since walking is a weight-bearing exercise. Above all Hiking in Hong Kong is one of the best ways to connect with nature which offers a good views of the sea below and stark rock cliffs above. Hiking in the outskirts of the city needs proper planning, even though it's just heading out for a few hours on marked trails. The hiking event to Shing Mun Reservoir was organised by Tutor Harun and student organiser Panbin from green halls with a total of 57 students from Homantin and 3 students from Hung Hom halls participating.

It was about a one and half hour trip from the halls to the spot. Everyone was excited especially as students took the opportunity to socialise and Mae some new friends. From the bus stop we had to walk for about 10 minutes before getting to Ho Fung College. And from there the real hiking began. Before hiking we took a group photo and finally started at 12 pm. It was about 2 km of hiking from Ho Fung College.



As we hiked on the trail, the only sounds we heard was the clacking of dried leaves, tweets of unidentified birds and the students talking to one another. Flashes of light often crept through the thick trees. The distant view of the blue water was astonishing and breathtaking. Meanwhile, we had already scattered into our favorite groups. We were constantly interacting with one another and learning about each other's past hiking stories. The views from the cliffs were very beautiful for taking photos and we seized the opportunity of taking as many pictures as we could.

Finally, when we arrived at the main spot, we were given an hour to rest and enjoy nature. We were all amazed to see the massive water storage system. This hiking trip was worth it. It was not only fun but also educative, we met new friends, exchanged contacts and are still partying together once a while. Gatherings such as hiking open our network to people while providing a healthy lifestyle.



Boyan International Student Night

Sitsofe Kwame Yevu

Boyan Hall

The annual International Student Night was held on Friday 5th October, 2018 where international students resident in Boyan Hall had a fun-packed and wonderful experience among themselves. The event was organised by the International Club of Boyan Hall with the purpose of celebrating and uniting all international students coming from thirty different countries across the world. The event was held on the common area of the nineteenth floor of Boyan Hall, which is used to host a lot of similar events in the Hall.

The event began with the club coordinators, Mohammed Woyeso and Kimberly Peterkin, welcoming participants and subsequently introducing the club and its activities to the audience. The senior tutor in the Hall, Mohammed Aquil Mirza, gave an address in which he urged the students to foster strong relationships among themselves. The coordinators and the senior tutor encouraged the students to participate in activities organised in the Hall which offer new cultural experiences and promote social networking.

The event saw lots of outstanding performances from different performers on the night. The Choir Club of Boyan initiated the performance for the night, singing songs with their melodious voices to the delight of participants. Another performance, which puzzled the audience, was the magic show performance by Hasan. This magic show turned the whole room into silence as participants were dazzled by the performance. After the silence, the room burst into laughter and excitement as it was time for participants to munch on the snacks and enjoy the throat-soothing drinks. One could not miss the joy on the faces of the attendees, expressing the ecstasy they were having with the foods, as lots of laughter could be heard from participants on all the tables.

The performances continued with the Ghana Cultural Group's energetic performance of the Adowa Dance, which is a traditional dance for special occasions in Ghana, Africa. Their dance received lots of cheers from the participants as this was the first time for most of them to watch such a performance. The performances were interspersed with games and presentation of gifts. Participants that were able to correctly answer questions

concerning countries were given gifts for their efforts. Then, a Chinese traditional dance by Sitong followed. It was astonishing, as she exhibited lots of flexibility in body motion to the pleasure of participants. Thereafter, Gao Ming took over with a classic lute performance as she entertained participants with harmonious tunes. Later, a guitar and saxophone performance by Li Ying and Chi got participants singing and nodding their heads as they enjoyed the music by the two performers. The last performance was Arabian Story Telling by Majed Almuhanha. The audience grew calm with curiosity as Majed narrated an intriguing story from the tales of the Arabian nights.

The club coordinators expressed appreciation to participants for engaging in the event. The event concluded with loud applause and excitement as participants were invited to take group photographs. One participant described the event as phenomenal and impressive compared to those of the previous years. Another participant termed the event "exciting, fun and interesting". Big cheers to all international students in Boyan Hall for making this event historic.



Minyin Hall Cartoon O'Night

Louis Osei-Poku

Boyan Hall

How would childhood be like without cartoons? I can't imagine a childhood without Tom and Jerry, Mickey Mouse, Pokemon and the rest. Kids will have no entertainment than stay with adults to watch world news and things that matter less to them. And hey, wait! Some adults still watch cartoons. Surprised?

The Minyin O'night on 8th October, 2018 was just a night of memories. The famous cartoons and games were modelled in reality from ordinary materials like paper, cardboard and paint. The setup itself was just "wow".

To kick-start activities for the night, the Minyin song which translates as "We are Minyin, we are together" was sang. Participants colourfully dressed in cartoon costumes were treated to a variety of local dishes. The participants were put into four groups. Each group had to select a contestant to represent it in an activity. First, contestants competed in a mask game where the contestants were blindfolded to identify an item placed in front of them followed suit. Next, participants were asked how many cartoon characters they could recognise. Contestants sat in a row to mention the names of cartoon characters in turn. A contestant who failed saw a balloon with powder inside burst over their head.

Sipping a drink with a straw is really cosy. Drinking fruit juice from a tube over 2 meters in length from the fourth floor is something worth trying. But only a few contestants could manage to do that.

The last challenge of the night, and most difficult I must say, was the frozen t-shirt activity. Each group had to unfreeze a t-shirt kept in a freezer for some days. After that, one person had to put it on. The minion group solved this mysterious challenge.

Merry and fun making among hall residents continued until later into the night as participants shared experiences with one another. The Cartoon O'Night was a memorable event.



"We are Minyin. We are together".

Report of the event "Face to Face with Warden"

George Mingze Xu
Boyan Hall

On 1st October, 2018 Boyan hall had the first session of the Boyan Research Talk Series – Face to Face with Warden, namely “How to start a research”. As a first-year Ph.D. student in Institute of Textile and Clothing, it is with great pleasure that I had a chance to participate in this event and hereby report its details to readers.

In this event, we were glad to have the renowned academic, Professor Chung, Kwok-Fai, the warden of Boyan Hall, give us a talk on how to start the research process as a postgraduate student. Prof. Chung is the associate head of the Department of Civil and Environmental Engineering in PolyU. He is an expert in the field of steel construction and also the founding president of The Hong Kong Constructional Metal Structures Associations. We also had Boyan’s senior tutor, Mr. Mohammed Aquil Mirza, who was the “conductor” of the session and bridge the knowledge gap of research for the newcomers in Boyan Hall.

To start, we had a short introduction session for all of the participants. In attendance were students from different countries including Mainland China, Ghana and India studying in many departments and fields, such as Construction, Business, Mathematics, Computing Science, Manufacturing, and Chemistry. Most of the participants were first-year research students who are passionate to conduct valuable research, but have little experience. The warden asked the students several thought provoking questions to share their ideas. First, the Warden asked the students whether they preferred to be assigned a research topic or propose one by themselves. Students had different opinions regarding this question but most of them stated that they were given their topics by their advisors. He assured the students that it is worth to pursue a great but difficult topic that may yield valuable results eventually. He also gave an example based on his friend, who had worked on a really tough research question for a long term and managed to come up with important findings and insights at the end. Prof. Chung also explained that there is no need for students to feel stressed when they have to change their research topic during their studies. He

mentioned that, in general, half of the students may change their research topic during the three or four years PhD period, according to historical data and his personal experiences. Hence, students should have the faith to overcome the difficult parts but change direction timely when they find that the current topic cannot work. Then the warden let the participants to speak their minds regarding the questions “How can one maintain a good relationship with their advisor?”, “To what degree do you think your professor can help you along the research period?” and “Do you expect your supervisor to know all of your research?” Students gave different yet interesting views to the questions. To conclude, Prof Chung stated that it is true that research students can work together with their advisor for years. Hence, it needs understanding and effort to overcome many kinds of potential conflicts in order to get “win- win” results which will be beneficial to both the student and the advisor.

At the end, we noted that we had spent one hour more to conduct the talk than planned, as every one of us enjoyed the sharing session and felt encouraged to start our research soon. I would like to think that it is important to attend this session if one has questions and troubles related to their research. I hope we will have another exciting talk soon.

- a. Prefer to be given a topic or propose one?*
 - b. How long do you meet with your advisors? How often?*
 - c. Do you expect your supervisor to know all of your research?*
 - d. What degree do you think your professor can help you along the research period?*
 - e. Have you changed your research topic after registered as a Ph.D. student here?*
 - f. Do you think the topic will be changed before or after your confirmation?*

Report of the Event “Casual Meeting with the Dean of Student”

Daniel Yamoah Agyemang
Boyan Hall

Meetings are always special occasions where views and experiences are shared. As a popular Chinese Proverb puts it “Listening well is as powerful as talking well, and is also as essential to true conversation”, Hung Hom Halls of Residence at the Hong Kong Polytechnic University had its fair share of meetings. One of such meetings, called “Casual Meeting with the Dean of Students”, dates back to few years ago when the Dean of Students saw the need to solicit the views of students about their experiences while living in the halls of residence.

To obtain an equal representation of all the 9 Halls in Hung Hom Halls of Residence, an email alert was sent out to all interested student residents to have this privilege of meeting with the Dean. Successful candidates were contacted and informed of the meeting’s time and venue. I happened to be one of the lucky ones for this maiden edition of the academic year’s meetings with the Dean of Students.

The meeting commenced at exactly 8:00pm on the 13th of November, 2018 in Room 110 in Hung Hom Halls. In attendance were the Dean of Students - Prof. Esmond Mok; the Associate Dean of Students - Dr Eric Tam; Representative of the Hall Administration - Mrs Samantha Cheung; and thirteen (13) other students from different countries studying at different levels in different departments in Poly U. Out of the thirteen (13) students,

four (4) were PhD students and the rest, undergraduate students. To make the meeting more interactive and to familiarize with ourselves, each student was given the opportunity to introduce him/herself briefly regarding his/her country of origin, year and programme of study, and field of specialization, after which Prof. Mok, Dr. Tam and Mrs Cheung introduced themselves. This exercise eased the tension in the room as we were now able to flow with the conversation. We were also offered snacks at the beginning of the meeting.

Discussions revolved around our experiences as foreign students in Hong Kong, accommodation in Hong Kong, career aspirations, as well as research interests. Ultimately, students talked about their experiences living in the Hall where some insightful views and comments were raised and shared for management’s decisions towards the betterment of student experience in the hall. The participants were very elated especially with the facilities at their disposal in the hall, such as the gymnasium, swimming pool, game room, table tennis court, cafeteria, and prayer room.

The conversation got lively and interesting that the one hour and a half designated for the meeting was not enough. In conclusion, this meeting was one to always remember as it left indelible memories on the student participants to always create and maintain bonds of friendship wherever we find ourselves and, most importantly, to follow our passion, as said by Prof. Mok.

There is no way I am missing the next session of “Casual Meeting with the Dean of Students” with all the fun, excitement and insightful advice from the Dean of Students. What about you?



Yellow: one of the colours of fire (BBQ)

Majed AlMuhanna

Boyan Hall

Homantin Yellow Hall ended the semester with a barbecue party. The grilling of meat and the use of fire is not something new to gather around. Humankind since the very beginning of time started to grill their meats, and this is a tradition that you can find common in all different cultures around the world. This is amazing because within our differences in heritage and food culture we find barbecuing as a common ground for the world to stand and enjoy.



This beautiful event happened on November 21st on 12 floor balcony within the Homantin building overlooking a glamorous view of the beautiful city and metropolis of Hong Kong. All hall residents gathered around the barbecue grill with their lovely Warden, Dr Jinsoo Lee to celebrate the end of the stressful academic semester. When asked why they chose a barbecue when they could have had simple dinner, Ms. Anjana, one of the hall tutors said that they really chose the topic of ending ceremony very well, as they wanted something interactive for the hall residents.

This is quite true because barbecue is the most interactive food activity, with participants gathering next to the grill and interacting while enjoying the warmth from the fire and

aroma of the grill. Participants in the event were indeed interacting while patiently waiting till they got a juicy piece of meat with the right temperature and the right taste. It's also very nice because participants had to wait and socialize together which makes people get even closer.

During the event the weather was really nice and we managed to enjoy the advantage of the Homantin structure. As the building is tall and in a hilly District the balcony on the 12th



floor made it a very pleasant setting with amazing fresh air. However, at the end of the event a small drizzle of rain came down making the air even more pure. It was truly a nice evening since everybody brought their beautiful traditional recipe in barbecue. The diversity that I saw in this event also reflects the diversity of Polyu.

The texture of the very beautiful pieces of meat and beautiful pieces of vegetables that are being grilled. The beautiful taste of spicy spices that was added to the meat. Also, enjoying the lovely conversations with all of the hall residents from around the world made the event special.

來自博彥堂的Fruit Gathering

Yuxiang WANG
Boyan Hall

2018年9月27日，理工大學紅磡宿舍博彥堂中堂被裝扮一新，洋溢著開學的喜悅。我們博彥堂每年新學期伊始的重頭迎新活動——水果聯歡聚會（Fruit Gathering）在全體四百多名宿生的期待中如期隆重舉行。

水果聯歡聚會（Fruit Gathering）開始的時間是在晚上九點半，但當天下午所有參加籌備和策劃的人員就相繼來到19樓中堂，進行場地佈置、調試音響、燈光、投影等各項技術設備的一系列後勤與前期準備工作，以期本次活動能順利圓滿地進行。當晚上宿生們來到中堂，“Fruit Gathering”的巨大拼接氣球已躍然入目，兩側懸掛的彩色banner以及每張桌子上洗好切好的各種水果，已將我們帶入到一個喜慶熱鬧的Orientation的氛圍裡。同時各個節目的彩排、化妝等準備工作也在有條不紊如火如荼地進行中。

晚上九點三十分，水果聯歡聚會（Fruit Gathering）準時開始。首先，來自西非迦納的主持人benjamin同學發表了簡短但熱情真摯的歡迎致辭，並向Warden和全體宿生致以新學期的問候。接著，博彥堂的Warden，來自土木及環境工程學系的鐘國輝教授上臺發言，對於我們博彥堂在過去一年所取得的各項獎項給予了高度讚揚，肯定了Tutor、Coordinator以及各位宿生對於博彥堂舍堂生活所作出的貢獻，並祝所有的宿生在理大的學習生活愉快，科研工作順利。緊接著博彥堂Tutor，來自印度的Aquil同學上臺致辭，介紹了可以延長舍堂生活的SWR規則，藉以希望更多的宿生參與到整個社群（Community）的建設中。之後負責舍堂生活各個俱樂部（Club）的Coordinator相繼上臺介紹自己俱樂部的功能、活動，也都希望更多的宿生可以有機會參與其中。



接著，Dancing Club以自編自導的組合舞「Happy Sunny」開始了本場晚會的演出。她們或活潑或靚爽的舞姿，以及亮麗鮮豔的造型將我們帶入到晚會的動感氣氛中，引來一陣陣熱烈的掌聲。舞步婉轉曼妙，輕舞飛揚，令觀眾目不暇接。

在此不得不提的是本次Fruit Gathering的兩大特點。其一，演職員都來自五湖四海，國際化程度特別高，有來自非洲、歐洲、美洲、澳洲……等等地方的同學。這豐富了每一個宿生的國際文化體驗，也從側面反映出我們香港理工大學辦學的國際化程度高，吸引了來自全世界的科研人才。另一大特點就是破冰效果特別好，宿生的共聚使我們迅速認識了更多的朋友和夥伴，也有更多的機會向大家展示自己的所學所長，群策群力，各顯其能，最大程度地擴展了大家的友誼並極大的提高了我們舍堂的凝聚力。晚會過後，相信博彥人一定會收穫結識了更多朋友的喜悅，並同時驕傲於舍堂的人才濟濟。

接下來是Choir Club的合唱「Remember Me」，將我們耳熟能詳的歌曲都演繹的地道美好，把整場晚會帶入到一個小小的高潮。而接下來的琵琶演奏「古亭秋水」則把大家帶入到唐詩宋詞中的某個深秋，古韻悠揚，讓博彥堂的非華人同學也感受了一把中國傳統音樂的魅力。

接著是“博彥劉謙”帶來的魔術表演。撲克牌明明已經拿走又在手裡閃現，讀心術讀出想要的牌，讓人捉摸不透的操作外加幽默風趣的表演令台下的宿生鼓掌連連。壓軸出場的則是來自紡織及服裝學系的博士候選人，也是Dancing Club的Coordinator張子恒同學所帶來的中華功夫表演。一席紅衣亮相，頗有金庸大師筆下武林高手的風範，一招一式工工整整，一拳一腳閃閃爍爍。

本次Fruit Gathering的亮點實在太多，每每都令我們讚歎不已。隨著中華功夫表演的結束，我們的晚會也漸漸進入尾聲。最後主持人benjamin同學召集大家一起合照全家福，大家手擺V字，臉上露出洋溢的笑容。最終本年度水果聯歡聚會（Fruit Gathering）在一片歡樂的氣氛中圓滿結束！

整場Fruit Gathering安排的緊湊完整，有張有弛，高潮迭起，音樂配合天衣無縫，這些都要特別感謝我們的Warden鐘國輝教授，Tutor Aquil以及Fruit Gathering的策劃人和參與者，沒有他們台前幕後的辛勤工作，大力協助，Fruit Gathering就不會如此順利成功。



時光飛逝，記憶永存！
新學期裡祝大家擁有新氣象，
工作學習更上一層樓。也
祝我們博彥堂的舍堂生活更
加多姿多彩！

Boyan Hao Bu Hao?
Boyan Hall Te Hao!



SELECTED ESSAYS -GENERAL/LITERARY ARTICLES

Hong Kong! A city of pleasure and leisure!

Sitsofe Kwame Yevu
Boyan Hall

Hong Kong is a city beautifully crafted and architecturally designed from the hills of the mountains down the valleys to the shores of the sea. It is a place driven by the concepts of sustainable living both in the urban and peri-urban areas.

Life in the urban areas could be challenged with prospects of living a healthy lifestyle, however, Hong Kong has patches of green and sporting spaces planned into the city's architecture like a scattered plot. This is something I find special about the city. The Hung Hom Promenade is one the most enjoyable open spaces to practice healthy living. The Hung Hom Promenade is located at the seafront in Hung Hom which serves as a place for multipurpose activities and exercises.

A walk through this promenade presents lots of pleasant scenery for its guests. The walkway of this promenade is partitioned into two: the smooth and paved surfaces, to facilitate dual exercises. The balustrade at the coastal line of this promenade is one of the most versatile balustrade I have ever seen. Aside its main purpose as a barrier for health and safety reasons, it is also used for leisure fishing, stretching exercises and as a photography stand to capture the nice buildings from the sea side. Located along the walkway are a number ferry points for people to enjoy star cruises on the seas of Hong Kong.

The promenade is famously known as a place for jogging and running. It is a beautiful scene to see both the young and old participate in such sporting activities which promote a healthy lifestyle in the city. One outstanding event is scooter riding by the kids. The joy on their faces is infectious and it makes others smile as they walk along the promenade.

The green spaces present a haven for groups and families to have little camping experiences and building strong relationship ties. Small camping canopies with people sharing foods and gifts among their friends and families create a sense of belonging for those passing by. To some people, it is a place for sun bathing as the radiant rays of the sun strike through the clouds along the coastal line. The benches and chairs in the green areas provide much relaxation for people who sit there to relieve the stress of work.

Another feature of this promenade is the open squares which are normally used for team building activities. One prominent team building activity is a team of older women who regularly meet to practice stretching, dancing and singing for a hale and hearty wellbeing.

This inspires me a lot to join the jogging exercise experiences organized by Boyan Hall. This helps me revitalise myself in the course of my academics. Feeling the breeze of the sea refreshes my mind for sustainable and healthy urban living.



Traveling in Hong Kong Made Easy

Partha Pratim Debnath
Boyan Hall

Hong Kong is one of the most expensive cities of the modern world. For this reason, traveling and visiting its major attractions can cost more than a pinch to our student wallet, which survives mostly on scholarships. But for one to reside in Hong Kong and not experience its worldly and famous tourist attractions, is not a good idea. The wiki data of tourists who visited Hong Kong in the year 2017 is more than 58 million. By this, one can gauge how popular a tourist destination Hong Kong is, and thus one cannot afford to stay here and not explore it to its fullest!! Here are some handy and cost-effective ways to plan for the major tourist attractions in and around Hong Kong. The government and the authorities provide some exciting offers that one can take advantage of.

Location 1 : Ngong Ping 360 (Big Buddha at Lantau island)

During the period between 6th April to 10th April, HK residents whose HKID card number contains any two of the digits “3”, “6”, and “0” can avail a number of offers as follows:

From 6th to 26th of March, eligible guests can register for free seats on the “360 Lantau Land & Sea Guided Tour” and purchase up to THREE discounted companion tickets for the same tour at 20% off. Secondly, from March 27 to April 10 and from June 1 to June 30, qualified guests can enjoy free round-trip cable car rides and purchase up to three companion tickets for the same ride at a 20% discount rate. Also, local residents can enjoy a free ride on Standard Cabin Cable Car (Round Trip) on their birthdays by presenting a valid Hong Kong Identity Card. It is worth mentioning that a normal (not taking this offer) round trip to Ngong Ping 360 by cable car costs an adult HKD 235.

Location 2: Hong Kong Disney land

Though Disney Land tickets are a little pricey, sometimes, there are some agencies that provide less expensive offers which can save some of your dollars. One of them is the China Travel Service, which has several counters in and around Hong Kong and offers tickets at a discount of HKD 50 to HKD 100. Another agency, Klook, also provides some good offers through which one can expect to save up 10% to 15% of their money. Their tickets are issued directly to your mobile phone. But, in most of the cases the tickets for weekends may not be available. Thus, people might have to choose those for weekdays. The normal price for a 1 day visit to Disney land is HKD 619 for an adult.

Location 3: Ocean Park

One of most visited tourist attractions is the Ocean Park. It also offers a birthday offer to residents of Hong Kong. One can present the HKID card or HK birth certificate to enjoy a free day time admission on their birthdays. Currently, this offer is open all round the year. In addition, From January 1, 2019 to 31st December, 2019, guests celebrating their birthdays can also enjoy 10% discount on SmartFun Annual Pass on the date of birthday visit by presenting Ocean Park Birthday Complimentary Ticket. The current normal ticket price is HKD 438 for an adult.

Location 4: Star Ferry

The HK Star Ferry, being one of the iconic attractions, traverses between Kowloon and HK island, has since the late 1800s been an integral part of the city's history which is loved both by locals and visitors. Out of many routes, the original and most popular route is between TST in Kowloon and Central on Hong Kong Island. Ferries on this route run as frequently as every 8 minutes and cost as little as HKD 2.50 to HKD 3.00 and take less than 10 minutes. The first ferry comes around 6:30 am and the final ferry at 11:30 pm. It is suggested that tourists pay a little higher in order to take the upper deck of the ferry and also choose the time just before 8:00 PM to enjoy the symphony of lights in a single go with the ferry ride.

One can explore the tourism website of the HK SAR to know and explore more about Hong Kong and for some unknown offers one can check-out the websites of the specific tourist attractions. The information provided here are based on my experience and other reliable sources and are likely to change. Please re-check them before visiting these places if you wish to make use of these offers.

Work hard, enjoy and travel easier!!

Ghana Independence Day Celebration

Mershack Opoku Tetteh
Boyan Hall

Ghana celebrates its Independence Day every 6th March to commemorate that day in 1957 when its status as a British Colony ended. On this day, we justifiably celebrate the collective energies and sacrifices of our forebears that led to the joyous night, when our historic first leader, Kwame Nkrumah, uttered the immortal words, "Ghana, our beloved country, is free forever!". It is the time we defend that freedom with the last drop of our blood, as we remain dedicated to its preservation. In other words, we celebrate the strength that comes from speaking with a united voice, and the coming together of different peoples to make the united and strong nation of Ghana.

The Ghana Independence Celebration is one of the most important events on the Ghanaian calendar, bringing together Ghanaians all around the world. On this auspicious day, pupils, students, government workers, and stakeholders march to remember those that sacrificed their lives for our motherland, Ghana. A stressful time but also a time for fun. Some weeks prior to the celebration, schools across the country – both primary and secondary schools, would rehearse with loud drums, the march-past in order to set the rhythm. Also, Ghanaians celebrate this day by showcasing their collective culture and traditions through music, dancing, food and storytelling. Several shows accompanied by cultural music are performed during the night. Various video film shows about the cultural characteristics of Ghana also take place across the country. In addition to the introduction of traditional dishes, Ghanaian students in special folkloric clothes celebrate their national days with enthusiasm by singing and dancing to specific music of their regions.

Independence Day is most of all a special presidential speech day, where the president encourages the nation to be fortified in the knowledge that despite our challenges and difficulties, we are on course to reaching our goals and also to stay united. That is, realising the vision of the free, fair, democratic, self-reliant, prosperous Ghana, governed by the rule of law and respect for human rights, that inspired our forebears to fight for the liberation of our continent from foreign dominations. This is the time we raise the flag of Ghana high with joy!

2019 Hong Kong Art Basel Exhibition

Qi Xue
Boyan Hall

The Art Basel Exhibition was held at Hong Kong Convention and Exhibition Centre from 29th to 31st of March. It provided an in-depth overview of arts in modern worlds, and new works by cutting-edge artists. It also featured as the premier art event in Asia.

At the Art Basel Exhibition, we were able to watch art works from galleries, artists, and collectors from different cultures. We also watched contemporary art from Asia and the West, including art works created by David Hockney, John Baldessari, Jeff Koons, and Kaws. I think it was an appealing show because it provided a chance to see not only the painting arts, but also films videos, sculptures, and photography.

My favourite art event was called ASIA ONE. The galleries exhibited masterpieces from Asian artists. The ART FUTURE event, which included art works from many young and new galleries, and new artists from all over the world, was quite different. Interestingly, there were also a number of art works on sale. They could also be viewed and bought online.

Besides that, there were other different sectors such as insights space for artists, the discoveries sector, and a platform for emerging artists. So, the event has been viewed as the barometer of the global art market. Now, the art creation has not only been reflected in the paper, but on different material. Through the combination of different material, new arts have been constantly created and updated. This exhibition gave us the new passion for arts.



A taste of Ghana in Hong Kong

Frank Badu-Baiden
Boyan Hall

Cultures are norms and social behaviours that are distinct among many communities and societies. Cultural diversity typically reflects in forms including; dressing, language, festivals, music, and food. Among these manifestations, food represents a core aspect of many cultures. Aside the obvious importance of food as a means of physiological sustenance, food has a symbolic identity and represents nations. Mention can be made of Italian pizza, Japanese sushi, Chinese dumplings, Nigerian pounded yam, and Ghanaian fufu.

On the 24th of August 2018, I left the shores of Ghana for Hong Kong to pursue my PhD studies. I was excited about this journey as it was my first time travelling to an Asian destination. Hong Kong represented a new home which came with a different culture. I began to settle in the local culture by trying some novel foods in Hong Kong. Much as I enjoyed the Hong Kong foods, I began to crave local Ghanaian dishes. Because of this, I made enquiries about where I could get my favorite traditional food, Fufu, in Hong Kong. To my delight, a colleague directed me to an African restaurant in the Chungking Mansion in Tsim Sha Tsui.

On a fine Saturday evening, after my usual football training, I set off for Chungking to enjoy my favorite dish. Upon my arrival, I quickly located the African restaurant and was received with a warm “Akwaaba” (Ghanaian translation for Welcome) greeting from the waitress of the restaurant which quickly made me feel at home. I took my seat and subsequently ordered my favorite Fufu with light soup, tilapia and goat meat. Within ten minutes, the food was served and the aroma that emerged from the food immediately had me salivating. At this point, I remembered the special Fufu that my mum used to prepare for the family at Christmas time. I immediately said a word of prayer and proceeded to enjoy my Fufu. Visitors to the restaurant began to order the same food upon seeing the joy with which I devoured the food. Indeed, the food tasted good! I was overjoyed knowing that I could find and eat my favorite national food while in Hong Kong.



While at table, my Ghanaian colleagues from PolyU joined me and ordered other notable Ghanaian dishes like Banku, fried plantain, and the special Ghanaian Jollof Rice. We all shared fond memories of our country and had a good time relaxing and sharing jokes. The restaurateur also treated us to some indigenous Ghanaian songs which we all enjoyed and danced to.

I was particularly grateful to the waitress and the owner of the restaurant for exhibiting the typical Ghanaian hospitality upon my arrival at the restaurant. Indeed, I felt at home in a different country and at last I could taste Ghana's food and hospitality in my new home – Hong Kong!

The Classical Nan Lian Garden

Ansah Kyeredey Mark
Boyan Hall

Most people like holidays as they can take a break from long hours of work to have fun and relax. As for me, I like to have a lot of these moments more frequently. One thing I find revitalizing is connecting with nature. And so, my love for natural environments has grown stronger. I frequent gardens a lot because they are special to me. Besides glorifying the surrounding environment, they add on the much needed fresh air in today's polluted environment. They are the heart and lungs of urbanized cities like Hong Kong.

Today, I take you on a trip to the Nan Lian Garden, a 3.5 hectare Chinese classical garden in Diamond Hill, Hong Kong. Nan Lian Garden is noted for its beauty. It is a gorgeous land designed in a traditional Chinese style with a temple, a souvenir shop, a restaurant, hills, and water bodies. A new fire is lit within me as I enter through the vintage style gate on the west side of the garden. The array of trees and rocks on the cool crispy lawns are effective at keeping first timers around the entrance for a while. They catch the attention as they flicker cameras in attempts to capture greens, browns and ash in a single frame. A few steps towards the east, I stand before a golden Chinese architectural masterpiece embodied on three sides by a calm waterbody. Submerged in admiration of this "gotto" style building, I almost miss the brilliant shoal floating on the surface of the water. This colourful scene is soothing to the eye. A few more steps further, and here stands the fountain-like water fall. The water flows from the top of the restaurant and glides along its façade. The music it gives off is as melodious as strains of Niagara Falls. I stand simply amazed.



One cannot help but notice the landscape designed for you to catch enough vitamins from the sun yet providing a cool shade from the summer heat. Nan Lian Garden is a paradise on earth. Nan Lian Garden is a rare masterpiece. What a place to forget all the worries of life!



The Night of 2019 IET HK President's Address

Qian Hu
Boyan Hall

The Institution of Engineering and Technology (IET) is a multidisciplinary professional engineering institution, which was originally formed and is based in the United Kingdom (UK). Its worldwide membership is currently in excess of 168,000. IET Hong Kong is one of the largest local networks of The IET with more than 5,000 members. In the UK as well as in Hong Kong, the IET has the authority to establish professional registration for the titles of Chartered Engineer, Incorporated Engineer, Engineering Technician, and ICT Technician, as a licensed member institution of the Engineering Council.

On 12th of April 2019 IET HK President's Address was held in Regal Hong Kong Hotel. I was honoured to be on one of the organising committees and masters of ceremony to facilitate this important event. The topic of the president's address this year was 'Digital TV Compression: A Story of Unseen Engineering'. The president of IET, Mr. Mike Carr delivered to us an informative and interesting talk about the past, present and future trends of digital compression technology. The fast development of image and video processing techniques in the past few decades impressed the entire audience.

The annual dinner of IET HK was held right after the president's address. The guests and members from six technical section committees gathered to enjoy live performances, delicious dinner, and most importantly, the networking opportunities around the tables. Most of IET ordinary members are experienced engineers working in different fields, from power and energy to informatics and communication.



Joining such an event as a current engineering PhD student, it was a great opportunity for me to reach out of academia and build connections with industry professionals. 'We are the IET and we inspire, inform and influence the global engineering community to engineer a better world', the objectives of IET will keep guiding my path, now and in the future, to the engineering world.

The Three Princes

Majed AlMuhanna
Boyan Hall

Once upon a time in one of the remote islands in the Indian Ocean a King had three sons. The eldest prince was Ahmed, the middle prince, Hussein and the youngest prince, Ali. All the princes were competing for the hand of princess Nur from the neighboring kingdom, although the princess herself was not in love with any of the three princes.

The father of the princess, stunned by the situation, decided to resolve the issue by sending the three princes on a quest. He ordered the princes to travel together and separate to different parts of the world. The princess's father requested that each prince bring within a year an exotic magical item, with the condition that whoever brings the most exotic magical piece would marry princess Nur.

Prince Ahmad, the oldest, went to Samarkand where he found a magical apple that could cure any human disease. Prince Hussain traveled to Baghdad and managed to find a magical carpet that could fly and leap to far distances. Prince Ali went to Marrakesh and managed to find a magical glass cylinder that you could see through anything you want to see even within a year's distance.

On return, the three princes met before they arrived at princess Nur's Kingdom. Each of them started showing off the magical items they had found. To test the magical glass cylinder prince Ahmad asked to see princess Nur, and indeed he saw her. He saw that she was on her deathbed and she's going to die any time soon. Shocked by this vision, the three princes decided to collaborate to save their beloved princess. They used prince Hussain magical carpet to fly to the Kingdom. Finally, the princes used prince Ahmed apple to revive the health of the princess. Learning from this it was decided that none of them would marry the princess since she was not in love with any one of them. They discovered that when united they were stronger than when divided.

The End.



Comerre, Léon. *La Favorite*. collection. 1885, Private collection.



Deutsch, Ludwig. *Learned Advice*. 1895, Private



Hamdi Bey, Osman. *The Tortoise Trainer*. 1906, Pera Museum, Istanbul.



Soper. *The Princess and the magic carpet*. 1900.

Exchange Experience in Denmark

Yan Jing Tian
Chengde Hall

Last year, I participated in an exchange program at KEA – Copenhagen School of Design and Business in Denmark. I took a class in Communication Design and Media throughout the semester. Throughout my exchange period, my learning experience was not only limited to the school's teaching modules, but I also gained a lot of insights from the social and cultural environment there.

From the academic aspect of my study, I noticed that the design schools in Denmark are more likely to receive more open-ended solutions from students. As a communication design student, students are allowed to provide any solution toward a problem as long as it is relevant to communication design. While in the first three semesters of study in Hong Kong, we are more likely to study certain media/method for each subject. I think both teaching methods are useful since PolyU has offered me a strong understanding of the available methods of communication, while KEA offered me a chance to think beyond the known boundaries.

Besides that, the teaching method used in KEA is also interesting. A course is conducted by several teachers, and each of them has different proficiency and preference. They usually give lectures individually but other teachers that are not teaching will attend the lecture to give comments or provide additional information. By increasing the number of teachers, I believe they make a more objective judgment on students' work.

Before leaving for Denmark, I was looking forward to understanding the core values of western design. Even though these values are clearly mentioned in previous studies, I believe that one can only understand them through experience. Throughout the semester, I worked together with several European classmates on group projects. I had a great experience working with my groupmates because most of them were very engaged and thoughtful. I really enjoyed the process of exchanging ideas and experiences. What I realized is that the spirit of European design cannot be defined in several terms or sentences. European designers are more likely to challenge each other's ideas, sharing own experiences and even questioning their tutor. They take each other's critique seriously and constantly make improvements on their work.

Furthermore, lecturers place great emphasis on applying theory to practice. In each project, we were required to conduct concrete research on our topic. We were also required to use the theories we learnt as a tool for reasoning, a guideline for process or inspirations for the solution. After completing a semester in KEA, I have more confidence in my work because I have developed stronger research and reasoning skills. I believe that the methods I learned in the semester abroad will be very useful in my future study and career.

Denmark is one of the happiest countries in the world. The term "Hygge" is a word used to acknowledge a feeling of comfort and coziness. It is a philosophy embraced by many Danish people which guides them to appreciate life, friends, and family. I noticed that Danes have a very high awareness of their well-being and they are always looking forward to a healthier lifestyle. I really admire how the locals are able to maintain the balance of their life without neglecting the productivity of their career.

I am so glad that I have made the choice of stepping out of my comfort zone in life and move forward to an unfamiliar environment. I would suggest to anyone that has a chance to participate in this kind of activities to grab this opportunity because it would provide them with a life-changing experience.



Fulfilling Hall Life

Renan Morais Furlaneto
Boyan Hall

Living in a student hall can be a wonderful experience from which one can learn many lessons in various aspects of life. The opportunities you have to grow as a human being are immense, in areas such as self-awareness, social skills, and renewing your own potential. But in order to take advantage of all these windows of opportunity for growth, it's necessary to get involved and participate in hall activities and groups. In this article, I'd like to share how I have developed myself and how important it was for me to enroll into all the activities that I have participated in so far.

Feeling alone at the beginning when you move to a new country is pretty normal, but should not be a permanent state. And definitely, living in a student hall can help you cope with that. The intercultural events held in BoYan Hall, the one I live in, such as Fruit Gathering, International Student Night, Gala Dinner, Christmas Eve and the Chinese New Year Celebration are just examples of events where I could meet students from different countries, share each other's culture through beautiful traditional dances, different cuisines, or even simply talking about your own country. All of this make you slowly feel that you have found a second home in the hall and that you are definitely not alone at all. More importantly, my social and communication skills and also knowledge regarding other countries' cultures improved significantly through these events and now I feel less judgmental regarding differences people may have.

In self-development, I found so many opportunities not only limited to Hung Hom Halls. During my stay I enrolled in Yoga Workshops and also self-awareness/meditation workshops, for example one entitled "Be your Best Self", which helped me to relax and meditate plus and offered me the opportunity to meet many people interested in these topics from different halls. These events helped me to start establishing a new and healthy routine in my life in Hong Kong and made a lot of difference in the way I see myself and others.

Additionally, focusing on your physical healthy is also essential. Participating in sports training can renew your energies and also give some relief from the tiring routine of a research student like myself. As a typical Brazilian, I love soccer and during my stay in BoYan Hall I participated in many football trainings sessions organized by the Soccer Coordinator, Salihu, who ended up becoming a great friend here in Hong Kong. Participating in these sessions was fundamental for my physical and mental health, and even improved my sense of belonging to the BoYan Hall. I met more friends and even got a place on the official Boyan Hall Soccer team! We participated in the Inter-Hall Soccer competition, battling for the championship against different halls. We did pretty well throughout the competition and managed to end up as 1st runner-up; it was a bit disappointing losing at the highly anticipated final. However, the whole process which called for hard work, sacrifice, and commitment made me feel proud of our team and Hall.

I could write about so many more things, but essentially these cover maybe the fundamentals. In summary, improving yourself and getting the most out of the student hall experience really depends on how you commit yourself to be active and eager to participate in most of activities and events available. Sometimes it can be difficult due to the tough routine we have as students, but in the end it's always worth it, as these experiences will remain forever etched in your mind and shape you to be a better person.



Teaching at SHTM

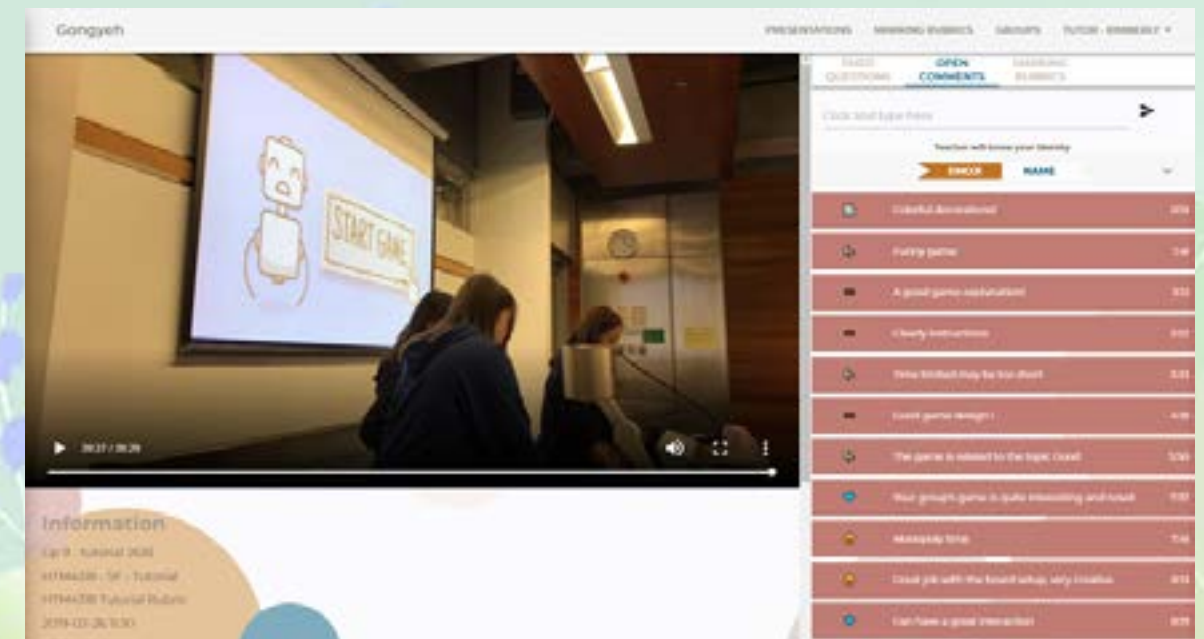
Kimberly Peterkin
Boyan Hall

At the Hong Kong Polytechnic University's School of Hotel and Tourism Management (SHTM), doctoral students are groomed for future roles in academia. This is facilitated by a dedicated programme component called Practicum. As a doctoral student, I serve as course tutor alongside seasoned professors, to teach and provide guidance to undergraduate students. The majority of my colleagues were academics before pursuing studies at SHTM. Some, like myself, have teaching qualifications and multi-sector industry experience. We typically provide teaching support for one course per semester, for the entire duration of the PhD programme. We may also assist with our edX MicroMasters, which is an online mini masters – the first in our field. At the end of each semester, our performance is assessed by the professor and students. This assists us in refining our pedagogical competencies.

This semester, I am mentored by Dr. Ivy Chow who has extensive industry and teaching experience in Hong Kong, the Mainland and Australia. We deliver the course Contemporary Issues in Tourism II to 4th year students. It is essentially a final year research project involving primary data collection. Its aim is to explore current issues affecting the various sectors of Hong Kong's tourism industry. Though I have taught research-oriented courses in my previous role, I have honed new skills and sharpened existing ones.

An integral part of the course is Gongyeh, a mobile application developed by PolyU student Anson Kwan, and funded by the university. It facilitates video recordings of students' research presentations, and curates real time feedback from their peers. As tutor, I can view the dashboard for an overview of the peer grading and comments. Our students find the application extremely useful, as it allows them to watch the recordings, identify the strengths and weaknesses of their presentations, and review the suggestions and commendations offered by their colleagues.

The experience has been a refreshing one. Educating students from a different background has enabled me to familiarise myself with the cultural nuances of the classroom. SHTM has provided me with the invaluable opportunity to broaden my skill set while pursuing my PhD, and to increase my marketability upon completion of the programme. I look forward to the upcoming courses, to using new technology, and to learning from both the students and professors.



A screenshot of the Gongyeh app showing the video recording and real time comments.

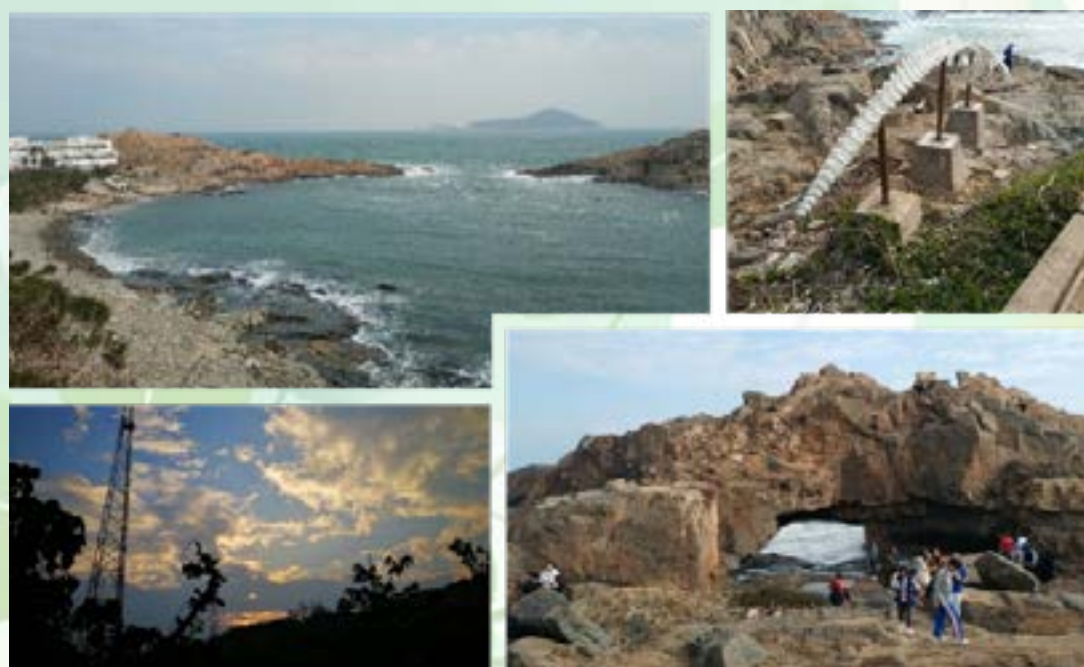
Aim to Be a Hiking Master: Cape D'Aguilar!

Ge Ren

Boyan Hall

Hong Kong is a place full of fantastic hiking routes. I always like to go hiking when I have free time. Last month, my friends and I went hiking to the Cape D'Aguilar (or Hok Tsui) on a Sunday afternoon. The gorgeous mountain and beautiful bays really impressed my mind. That's why I want to share the charming place with you.

Cape D'Aguilar, named after Sir George Charles D'Aguilar, is a cape in the southeastern Hong Kong Island. The cape is a little far from PolyU and we took the MTR to ShauKeiwan and transferred to bus number 9 that goes to Shek O. In total, it took us about 1.5 hours to get there. If you want to climb the Hok Tsui Mountain, prepare for the difficulties since there are steep slopes that will challenge your strength and courage. As we were a large group of people, we chose the easy route, which is mostly a straight walk and has a very gradual slope. The starting road is suitable for jogging, and you can enjoy the lovely sights as you go down to the beach. Cape D'Aguilar has a variety of fish. A long time ago, a whale got stranded and died on the beach here. Now the skeleton specimen of the whale is still near the beach to remind people of that story. In addition, four main rocks can be found in Hok Tsui, as well as other geomorphic landscapes such as Lei Yin Cave and Crab Cave.



In 1996, Cape D'Aguilar was designated a coastal reserve and is the only coastal reserve in Hong Kong. Coastal protected areas and marine parks were established to protect natural ecology and for public education. The protected areas are mainly for scientific research while the marine parks can be used for recreational purposes. In the protected area, except for licensed educational activities and research work, all water and coastal activities are prohibited to protect ecological resources and landforms.

Cape D'Aguilar still preserves buildings of historical value: wartime machine guns in the southwestern seamount, and a Bogara fort that is classified as a second-class historical building next to the eastern astronomical facility. There is also a white circular lighthouse in the east. The lighthouse was opened in 1875 and is the first lighthouse in Hong Kong and one of the five pre-war lighthouses in Hong Kong. Due to its long history, the lighthouse was listed as a statutory monument in 2006. We took many pictures around the lighthouse. With the sun setting behind the clouds, we went back having enjoyed the day.

A Trip to the East Lake “DongHu”, Wuhan, China

Daniel Yamoah Agyemang
Boyan Hall

The East Lake located on the south bank of the Yangtze River basin is a large freshwater lake within the city limits of Wuhan and is classified as the second largest urban lake in China. Covering an area of 87 square kilometers (33 square kilometer of water area), the East Lake is one of the largest tourist sites in Huazhong District with four distinct areas as Ting Tao (Listening to Surging Waves), Mo Hill (Millstone Hill), Luo Yan Island (Diving Wild Goose) and Museum of Hubei Province. It is called “a lake with 99 bays” because of its winding banks and crisscrossing ponds and brooks.

As part of an exchange program between The Hong Kong Polytechnic University in Hong Kong and Huazhong University of Science and Technology (HUST) in Mainland China, I was privileged to visit this famous lake in Wuhan. On the 3rd of March 2019, a group of eleven students including myself and one professor left Hong Kong for Wuhan in Mainland China using the speed train. After about 5 hours of travelling, we finally arrived at our destination where we were warmly welcomed by our counterparts at HUST. After settling in, we went on a guided tour around the HUST campus. At around 2 pm, we left the campus to visit the famous Lake in Wuhan.

We took public transport and it took us about 45 minutes to arrive at the Donghu National Park where this famous lake is located. At the entrance of the park was a panoramic square scenic spot map to guide tourists around the park. With the aid of our hosts who happened to be students at HUST, we toured around this beautiful Lake. It was such a beauty to behold especially the gaze upon the setting of the sun on the Lake. We took pictures, headed for a spin ride on a boat and enjoyed sites of natural scenery and wildlife such as squirrels and birds. It made me realize the essence of taking a break away from studies to get close to nature as the trip relieved me of so much stress. I am poised and ready for my next adventure. I hope you will come with me for a stress-free, memorable and fun-filled trip!



LET'S GO RACING

Osei-Poku Louis
Boyan Hall

Horses have played an important role in human life since ancient days. They were mainly deployed for warfare. These animals are strong, and somewhat understood the warfare tactics of their masters. Ancient Roman empire was famous for the use of horses in their transportation and fun activities.

With advances in technology, horses are now seldom used for transportation especially in mega cities. However, their use for entertainment never ceases. Horse racing is common all over the world and has become a great source of entertainment and economic benefit to countries.

The Hong Kong Jockey Club is one of such major horse racing clubs. The club provides members and the general public a fun time and opportunity to relax from their busy schedules. It is a great delight to watch horsemen and horses battle it out on the race course to be crowned a champion. As these gallant men pass by the crowd, supporters stand and cheer their favorite horsemen to victory. And it is a great disappointment when your horseman doesn't win. Apart from the fun, members get a chance to win some prizes in form of cash and trips by predicting which horseman will win a race; a win-win situation for both spectators and organizers.

The country at large benefits from the horse racing events. Many developmental projects in Hong Kong are funded by proceeds from the Jockey Club. PolyU is a major beneficiary. The Jockey Club Auditorium, the magnificent Innovation Tower which stands tall on campus, and the Rehabilitation Lab, just to mention a few, are major projects funded by the Jockey Club.

Anytime you think of a sports activity or an event for relaxation I recommend horse racing at the Jockey Club House. Every Wednesday at Happy Valley or during special occasions at Sha Tin. Not only will you have fun, but also help build a better country as the proceeds are used to support numerous projects in Hong Kong. That's the power of horses of our days. Let's go racing!



物清景明謂之清明

QIN Qun
Boyan Hall

Takeaway message:

Qingming is a time when the temperature is the best for crops to grow, and the air is most transparent for sight viewing. It's also the best time for outing and lots of classic literary work were created in this time. I sit under the redbud tree today, and first time feel tranquil in Hong Kong.

萬物生長在此時，皆清潔而明淨，故謂之清明。除東北與西北地區外，我國大部分地區的日均氣溫上升到 12 度以上，空氣清新，陽光明媚，能見度高。民間俗語說“清明時節，麥長三節”，清明是耕種的好時候，淮南小麥即將孕穗，油菜已經盛花。白居易的《寒食江畔》詩曰“忽見紫桐花惆悵，下邳明日是清明”。桐花，麥花，柳花陸續開放。

“柳花開時思親濃”，人們喜歡插柳，吃柳芽，踏青，掃墓，放風箏……

今日香港清明放假，我竟然忘了，跑來學校。

路過門口小座，人寡樹靜，鉄凳也有了壹絲吸引。來港半年，此為第壹次坐下。柔風吹拂，頭髮拂面，紫金微搖，甜甜的歡欣升起。這個假放得好，風物美好，人閑意定，那股安寧穿越古今帶著詩意好久才來到我的身邊。



天際100下的維港

ZHOU Hongting
Boyan Hall

Takeaway message:

Sky100 Hong Kong Observation Deck is one of the best place to observe the beautiful view of Victoria Harbor. Sky100 is in the 100th floor of International Commerce Centre (ICC), which is located in West Kowloon. From Sky100, you can see Central, Kwai Chung dock, as well as the whole Kowloon Peninsula.

繁華熱鬧的維港夜景，是遊覽香港的必去景點之一。除了太平山頂和尖沙咀海濱之外，還有一處絕佳的觀景地點，就是位於環球貿易中心的天際 100 觀景台。

環球貿易中心是香港第一高樓，也是世界前十的摩天大樓，坐落於西九龍，於香港第二高的國際金融中心對望。而天際 100 觀景台位於環球貿易中心的第 100 層全層。在這裡可以 360 度觀看維港兩岸和九龍風光。隔海遙望港島，中環灣仔一帶燈火輝煌，美不勝收。頓覺飄飄乎如於世而獨立，羽化而登臨仙境。轉到另一邊俯瞰九龍城區，則是另一番美景：萬家燈火盡收眼底，領略九龍的煙火氣息，仿佛看到千萬個家庭中家人一起晚餐的溫馨景象。走到西面，不遠處就能看到葵青碼頭的燈火輝煌。雖然是夜晚，碼頭仍然一片繁忙的景象，維持著國際航運中心的吞吐量。

雖是一處高樓，卻有幾番滋味。真可謂橫看成嶺側成峰，盡在天際 100 中。雖然平時生活中經常感到擁擠，但換個高度，才能真正看到維港全景之美。這也讓我想到，無論做任何事，都需要全方位的了解與思考，才能真正認識它的本來面目。



俯瞰九龍城



隔海望中環



記Eason and the duo band的分享會

HUANG Junchao
Boyan Hall

Takeaway message:

This article records the screening and sharing from Eason and the duo band. It has been many twists and turns before I get the ticket from my friendly and generous roommate because the event is quite popular. I feel lucky having the chance to watch Eason and the duo band's documentary. The screening is joyous and touching showing a band with friendly affection, although the members have different personalities. Eason and two members tell us to hold on our dreams and fight against difficulties. The event is successful, and I quite appreciate their sincere sharing.

拿到分享會的票，真的是幾經波折。還記得收到郵件通知 Eason 會來香港理工大學做分享的當天，兩度失去見 Eason 的希望：一是剛收到郵件，用電腦和手機提交了很多次，最終顯示活動已滿；二是當晚得知有朋友在 7 點多的時候註冊成功了，而當時自己在忙其他事情，知道的時候已經晚了。轉機是，幾天之後我從室友那裡得贈一張票，萬般感謝室友的無私饋贈！心情就像是坐了過山車，從有希望變成失落，結果柳暗花明；看著網上有人轉手分享會的票，陳奕迅的歌詞在這個時候也無比適用：得不到的永遠在騷動，被偏愛的都有恃無恐。

本次分享會，有兩個主要部分，先是看紀錄片，接著才是嘉賓分享，嘉賓也就是 Eason 和 the duo band 的部分成員。紀錄片全長兩小時，但是我並不覺得漫長，因為紀錄片充滿著樂隊的喜怒哀樂，其中更多的是他們的歡聲笑語和他們令人感動的友情；當然還可以看到創作中認真嚴肅的 Eason，搞怪嬉笑的 Eason，還有娓娓道來，平靜的 Eason。除了這些，也忘不了樂隊裡的開心果，喜歡帶節奏的，長髮飄飄的鼓手；來自某異鄉，錄音遲到四天的 Chris；彈奏中激動到把手肘傷到的狂人鋼琴師；感性的成員，為了樂隊和自己的創作淚流滿面的導演和彈奏者；還有經歷了對愛情和婚姻想法轉變，重新寫詞的作詞者；以及先走一步，令人惋惜的才華女歌手。這麼一班人走到一起，各有各的性格，卻非常默契地完成了巡迴表演，也創作了專輯。他們早已成為各自生命中的一部分，以至於最後巡演結束，有成員覺得有失落感，不捨得這一段過往，有人表示如果可以重來該多好，也有成員直接在歌裡面唱，不必重來，不會更愛。看完記錄片，除了歡樂，就是滿滿的感動，還有些惋惜。



我們還在厘清思緒的時候，主持人宣佈邀請嘉賓，終於看到 Eason 和兩位樂隊成員慢慢走入場地中央，全場歡呼。他們分享紀錄片的製作和分享目的，也回憶當中的歡笑與悲傷。Eason 本人很風趣，和他們的成員講得一致，還總是對一些小事講 sorry。當時 Eason 介紹了自己和兩位成員，當即反應過來跟主持人 say sorry，說搶了工作，場下一片歡笑。調動全場氣氛的還是觀眾提問環節，第一個舉手的是女生，很歡樂地跟 Eason 問問題；後面還有一個女生問起音樂夢想，三位元嘉賓不遺餘力地回答這位女生，告訴她要堅持，並且鼓勵她分享她的創作。Eason 還講自己唱《終於一百天》的痛苦過程，用自己親身的經歷告訴大家如何克服困難。最後全場觀眾不舍地留下，並和嘉賓們大合照。

雖然很遺憾分享會當天沒有得到提問的機會，但是我想謝謝 Eason 和 The duo band，謝謝你們親自到大學中來分享這個珍貴的紀錄片，也謝謝你們告訴我們要堅持自己的夢想，學會克服困難。謹以此記錄在香港理工大學的一段美好經歷。



理髮

GUO Yibin
Boyan Hall

Takeaway message:

The article tells an ordinary experience of hair cutting in Hong Kong. Opinions on hair cutting techniques corresponding to varying prices are given.

來香港後，生活大體上沒有什麼不習慣的，只有一件事一直不習慣，就是理髮。

我原本比較隨意。深知自己五官非精緻漂亮，也不必在頭髮上大下功夫。雖說人細心打扮比不打扮確實會多多少少好看一些，其實更多時候也是起了心理暗示作用。畢竟覺得自己“今天更好看一點”，精氣神就自然更足一些。

說到理髮，從小到大我都遵循就近原則，在家或學校附近便宜方便的理髮店解決。我家附近有許多與我一起成長的理髮店，大部分有老顧客優惠價，基本上便宜的 30 元，貴的不超過 80 元也可以剪一個還不錯的髮型了。可是在香港，便宜的也要 6、70 港幣，還是不洗頭直接剪。男生短髮或許可以如此；女生即使是短髮，剪完回宿舍洗頭吹乾後就什麼都不一樣了。貴一個檔次的有 130 到 160 多港幣不等的，包括洗頭。我嘗試過一次，遇上一位有性格的師傅，又高又壯的大漢，留著小辮兒露著胳膊紋著身，看上去像道上的大佬，剪畢還說：“嚟，實同內地 d 好唔同㗎（肯定和內地的很不一樣啦）！”我連說：“系啊系啊（是啊是啊）。”那次剪了個精明職業女性的髮型，也算滿意吧。後來又試過一次 160 左右的，剪得卻不怎麼樣。雖說 200~300 價位的理髮店水平大都不差，基本上可以剪出符合個人特色的髮型，只是我的短髮每隔一個多兩個月就要剪一次，這筆開銷的性價比實在太低了。相比較之下，我更願意把錢花到食物上，於是我總是等到每個月回家的時候理髮，迫不得已才在香港解決。

最近一直不得空回家，頭髮越來越長，看上去漸漸有點“邋遢”的感覺了，遂決定在宿舍附近找理髮店救急。網上大致搜索一番，最終鎖定了一家小店。小店自身定位是“日系”，我倒覺得什麼系應該和臉的關係更大。學生優惠洗剪一次也要 200 港幣，我有些肉疼，但既然決定了就爽快地預約了時間，省得再費時琢磨。理髮師看上去很年輕，很“日系”，是個安靜的本地男生，我不說話他也不說話。我不睏也不想玩手機，便時不時找些問題問他。我們討論了各地理髮師的執業要求和風格，還聊到粵港澳三地粵語口音用詞的不同。他說話聲音很輕，水在頭頂嘩嘩一開，我就聽不清他說了什麼。偶爾我會請他再說一次，有時我不想再問，便回一聲長長的“哦……”。剪髮時間比洗頭長很多，或許半個小時，又或許四十分鐘。剪髮的過程我們幾乎沒有交談，可能因為店裡放著我喜歡的音樂，不會覺得無聊。他剪得很仔細，不緊不慢，偶爾叫我低頭，聲音也是輕輕的。我時而發呆，時而閉眼，卻也不睏，只是仔細琢磨著店裡音樂的歌詞旋律。剪完後，他抱起一大面比人還寬兩倍的鏡子，讓我從不同的角度看清楚剪好的髮型，然後教我如何簡單快捷地打理頭髮。沒有廢話，沒有推銷。

若下次回不了家，我或許還會來這家不起眼的小店，找這位年輕的理髮師，靜靜地理個髮。對我來說這個價格還是貴的，但是就質量來說，他是我至今遇到最好的理髮師了。

別樣太平山—薄扶林郊野公園遊記

WANG Jingxian
Boyan Hall

Takeaway message:

This article is talking about a new way to the Victoria Peak. Tourists usually take the Peak Tram to there, while we chose to walk through the Pok Fu Lam Reservoir Road. This is a very beautiful place with lush green trees. It is the first part of the Hong Kong Trail, which opened in 1985, is a long-distance footpath from Victoria Peak to Big Wave Bay on Hong Kong Island. The trail is extremely popular with local residents for its unique combination of well-marked paths (with reassuring trail markers every half-kilometer) through verdant woods that offer relief from the sun on sunny days and featuring numerous streams and waterfalls.

說起太平山，大家的第一印象往往是排隊超久的登山纜車，或是俯瞰全港的凌霄閣，亦或明星雲集的杜莎夫人蠟像館。其實，太平山並不僅僅只有人類的藝術，大自然的鬼斧神工也在此留下了濃墨重彩的一筆，這就是薄扶林郊野公園。

薄扶林郊野公園成立於 1979 年，面積達 270 公頃，由環繞薄扶林水塘的土地組成。該水塘於 1863 年建成，為港島首個落成的水塘。公園環抱太平山，曲徑通幽，既有滿目青翠的薄扶林穀，亦含風光明媚的薄扶林水塘，是港島徑第一段的起點。

港島徑相信大家都不陌生，香港第三條長途遠足徑，位於香港島，於 1985 年啟用。港島徑共分為八段，全長約 50 公里，是香港經典四大遠足行山徑（麥裡浩 100km，10 段；衛奕信 78km，10 段；鳳凰徑 70km，12 段）中路程最短的，西起香港島西部山頂，東至石澳大浪灣，跨越港島。

因為港島徑為入門級遠足徑，我和小夥伴們選擇在旺角饕餮一頓後出發。為了避開中環上山的眾多遊客，我們選擇乘搭過海隧道巴士 970 路直達薄扶林水塘道站，由山腳開始登山之旅。

一路我們都在山林中行走，幽深、靜謐，耳邊聽著山澗流水與蟲鳥歡鳴，眼前看著斑駁樹影與錦簇花團，鼻中聞著花果清香與雨後芬芳，讓人不由得放空自己，與自然對話，也與自己對話。

行至山頂，回首望去，清風徐徐，滿目翠綠，不覺間前些日的疲勞已盡數消去。所謂是“凡心已作風塵絮，隨風飄著任悲喜”，身與心都獲得了放鬆，讓我在接下來的日子裡有了更好的狀態去迎接未知的挑戰。



南丫島踏青

WANG Dong
Boyan Hall

Takeaway message:

On 5th April 2019, I went to Lamma Island with my friends, enjoying our holidays. It is hard to imagine that only 30 short minutes away from the sparkling skyscrapers and maelstrom of Central. The big street of Sok Kwu Wan consists mainly of seafood restaurants. Sok Kwu Wan has the largest fish farming site in Hong Kong. Tourists can barbecue and fish at Lo Shing Beach which is a ten-minute walk from the village.

2019年4月5日，恰逢清明假期，和小夥伴一起前往南丫島踏青散心。起了個清早，便從紅磡寢室出發。我們的前往線路是在四號碼頭乘坐去南丫島榕樹灣的渡輪。

因為是假期，排隊乘船的遊客非常多。上午大約十一點一刻，船離開中環碼頭。半個小時後便到達榕樹灣渡輪碼頭。

上了岸，我們便沿著榕樹灣街區閒逛，榕樹灣街區不大，我們很快就走到了頭。之後，我們決定另闢蹊徑，一行人便沿著綠蔭覆蓋的小路漫步前行。滿眼密匝匝的竹林，高大粗壯的榕樹，綴滿小花的藤蔓，恣肆生長的灌木草叢，以及在陽光裡懶洋洋地伸展著闊大油綠葉子的香蕉樹。路不很寬，卻還算平整，順著山勢起伏蜿蜒，每隔不多遠就可見路旁標有箭頭的清晰路標，即使初次登島的人也絕不可能迷路。

從山林中出來後，恰好來到了洪聖爺灣泳灘，這個海灘是是南丫島上有名的泳灘，這裡水清沙幼，很多遊客及島上的居民，都愛到這裡來游泳和享受日光浴。海灘不大，安靜優美、有湛藍的海水、潔白的細沙，還有大塊粗糲的黑礁石。在靠近岸邊的沙灘上，生長著一些粗壯的大榕樹。在這裡遙看對面的南丫島發電廠，又是別有一番景致。

下午大約三點二十坐上渡輪，平日四十分鐘的船程，今天半個小時後便到達中環碼頭。隨之從理想的清幽一下子回到喧囂的現實。



香港的糖水文化

SONG Yao
Boyan Hall

Takeaway message:

In Cantonese cuisine, dessert serves as the perfect ending to a full feast or even a quick dim sum meal. In addition, the local cuisine in Hong Kong is nothing if not varied. Forget ice cream, scrumptious cakes and spongy puddings, traditional desserts here often – though not exclusively – come in the shape of warm, sweet syrup. Let's visit yuanji cuisine today!

到香港，不得不提的就是獨特的糖水文化，今天就帶大家去源記甜品，品嚐地道的香港糖水。源記甜品開業於1855年，至今已有160多年歷史了，是香港現存最老、最久的糖水店之一，據說香港有電燈的時候，就有源記了。

香港的糖水店很多，但敢稱專家的沒幾個，源記就是其中壹間，連香港著名美食家蔡瀾也專門寫過文章推薦！源記只賣傳統的港式糖水，我先要的是桑寄生蓮子蛋茶，這名字雖聽起來怪怪的，但卻是源記的招牌。這個桑寄生是壹種中藥，可以行氣活血、強壯筋骨、養生滋補，還有安胎的功效，簡直就是男女老少通用的補品。

必試的還有雞蛋糕，沒有任何花哨，簡單到不能再簡單，卻是所有食評家的一致推薦，而且一塊只賣8港幣，三十多年沒漲過價。還有源記的芝麻糊、核桃糊、杏仁露……都是用古老的花崗巖大石磨，一點一點人工研磨出來的，又香又滑！

一共不到50港幣就能品嚐如此地道的甜品，實在是劃算，下次再帶大家去別的地方探索香港美味吧！



桑寄生蓮子蛋茶



芝麻糊

最传统，最摩登一这，是香港

YANG Xin
Boyan Hall

Takeaway message:

Hong Kong is a unique place, where elements from different culture all can be seen, this forms an eye-catching city image, which attract people all over the world to come to this amazing city, for sight-seeing, or for fortune-seeking. Although Hong Kong is called as world city: with modern skyscraper, ships, and congested airlines marked a “modern” high developed city, we are also surprised to find that, a lot of tradition well preserved in this city. All this, form Hong Kong’s culture uniqueness.

提起香港，人們首先的印象都是“世界城市”：這裡有最多元化的人口聚集，這裡有最發達的金融貿易。拔地而起的摩天大廈，仿佛永遠不嫌更高似的直聳雲霄，且一座又一座地，密集地、矗立著。身著整齊套裝、夾著輕便筆電的城市精英，快速穿梭于這如密林般繁華樓宇里，爭分奪秒地開始新的一天。而當我們把“鏡頭”拉遠，把視線投放於這環抱香港的廣袤海洋上，船舶“嗚嗚”的汽笛鳴叫著，滿載著來自全球各地的貨品，正自信地行使于浩瀚的大洋間；不防備的，天空中傳來持續的轟鳴：是了，這在地上顯得龐大沉重的“鐵鳥”，在寬廣的藍天中卻顯得快捷輕盈，行進著，預計于二十四小時內將人們送達這個星球的各個角落。這一切一切的圖景，便仿佛是現代文明“發達”二字的縮影了。

可在這高屋樓宇、現代交通的圖景里仔細一瞧著，這現代都市卻又仿佛具有“裂縫”。它們或是中環大樓背後街巷里的老式茶樓，開張了近百年了，仍舊熱熱鬧鬧的；又或是現代街市上忽然出現的小巧廟宇，格格不入地、又奇異和諧地，香火盈盈著，仍然接受著人們的信奉與朝拜。

香港人是篤信“風水”的。所以摩天大樓上，經濟效率的建築規劃里，要特意留出巨大的正方體鏤空，據說，這是不能阻了“氣”的流動。還有規模巨大的“佛誕”法會廣告，它們貼在現代日光燈箱照明的廣告牌上！同現代一眾的廣告商品一起，置於人來人往的地鐵通道的牆上。

如果要說“現代”和“傳統”的奇異糅合，沒有比香港更大膽的糅合了！然而，無論現代的、傳統的，東方的還是西式的，它們在天長地久中，以不知規則的方式，就這麼結合在了一起，也造就了香港獨特的文化性格。

如果你問一個香港人，獅子山精神是什麼？是要勤奮高效自強，但，也是要在下午時節，熱熱鬧鬧地，去吃一頓下午茶呢！

鶴咀出遊

TANG Biying
Kaiyuan Hall

Takeaway message:

The Tsurui Coast Reserve is located at the southernmost tip of the Shi’ao Peninsula in Hong Kong to the south. It also houses the Hong Kong Institute of Marine Science. The scenery along the way is very beautiful and attracts many tourists. During the semester, PolyU Drone Club led a one-day trip to the Hezui Coast Reserve Country Park.

鶴咀海岸保護區位於香港到南部石澳半島的最南端，裡面也設有港大海洋科學研究所，沿途風景十分美好，吸引了許多遊客。在學期進行的過程中 PolyU Drone Club 帶領大家到鶴咀海岸保護區郊野公園進行了為期一天的遊玩。

上午九時，大家在新 Hall 和舊 Hall 分別和負責的莊員集合，大家一起趕往目的地。到了鶴咀，我們發現那裡是一片尚未開發的風景區，空氣十分清新，偶爾有海鳥飛過。鶴咀有幾個好玩的地方，包括海岸懸崖，百年村莊，軍事廢墟，香港最古老燈塔，和香港唯一一個海岸保護區——鶴咀海岸保護區。到了鶴咀站，還要經過一個叫大風坳的地方，坳位轉彎處有一條鶴咀道，通往海角邊的鶴咀。在景區，因為有了 PDC 莊員的跟隨和幫助，我們少走了好多冤枉路。最先看到的是鶴咀燈塔，這是香港的第一座燈塔，是香港的法定古蹟，登上前往燈塔的小徑，我們可以感受到濃濃的歷史氣息。燈塔的不遠處是蟹洞，在這裏，由於海水的侵蝕，海邊形成了拱形的景觀，這裏又被稱作上帝之眼，我們感受了風浪滂薄的氣勢和海水飛炫的嫵媚。還有一個景點叫做雷音洞，大自然有其獨特的審美，讓人們既能從洞中透過山縫看到不一樣的大海，又能聆聽海浪拍打岩石所發出的迴聲，打動人心。

這是一趟放鬆身心的旅程，約上三五好友，一起去到城市的邊緣，遠離喧囂與紛雜，不失為在學期內讓人心動的旅程。也許你會看到，不一樣的香港。



最像的两个經濟體：香港&新加坡

JI Mingming
Boyan Hall

Takeaway message:

Hong Kong and Singapore are very attractive and charming regions, and they are very similar with respect to economy, weather, culture and language. It's of less meaning to compare Singapore and Hong Kong from the perspective of ranking numbers regardless of one's preference in life. This article discusses three aspects of preference in life, which are food, career and housing, to show you detailed differences between Singapore and Hong Kong.

香港和新加坡同為亞洲四小龍，在長期以來的全方位競爭中不分伯仲。作為亞洲的知名城市，香港和新加坡都是世界金融中心，同時各自擁有重要的港口和航運中心，更是有著相近的氣候、語言和環境。因此，香港和新加坡這兩個經濟體不斷被全方位比較。數字層面的比較往往最容易得出結論，但是脫離了自身的需求而談論排名的高低沒有意義。本文將從自我需求角度，來講述香港和新加坡的各自特點。

以食為先

如果你對食物有著一定的要求，特別是如果你有一個“中國胃”，那麼你也許更愛香港。首先，在頂尖美食方面，香港擁有更多的米其林餐廳。香港有約六十家米其林餐廳，大約是新加坡米其林餐廳的兩倍之多。其次，香港距離大陸更近，去深圳更是十分便捷。因此，如果你更加偏愛傳統中餐，那麼香港更加適合你。

立業為重

如果你的第一需求是要有一份自己喜歡的職業，那麼也許要看你的職業類別。筆者作為商科學生，香港和新加坡無疑都是極好的就業目的地。同為世界金融中心的香港和新加坡，有著眾多頂尖的金融機構、會計師事務所和諮詢公司。如果你將進入製造業抑或加工業工作，那麼新加坡能提供更好地就業環境。新加坡的電子工業，石化工業，精密工程和生物醫藥行業都十分發達。香港由於近二十年的製造業空心化發展，已經沒有較多的高端製造業職位需求。

居有其屋

房是難以繞過的話題，如果你對居住環境有很高的要求，那麼新加坡的房價更友好。香港整體面積雖然遠大於新加坡，但實際可利用面積卻與新加坡相差無幾。主要原因是香港越有69%的土地面積實為原始森林，受保護而無法開發。相似的可利用面積，新加坡約有五百余萬人口，香港卻居住著七百余萬人口，居住環境難免擁擠。香港的房價更是遠高於新加坡，對於購房者來說新加坡無疑更加友好。

香港和新加坡都是筆者非常喜歡的城市，他們都具有高度發達的社會形態。對於每個人而言，選擇香港還是新加坡要關注自己的需求程度。



宇哥

WANG Yuxiang
Boyan Hall

Takeaway message:

Yuge, a friend of me. He suffered a lot from his family, and for the time being, he is far from success. He is from a poor family and had gaokao for three times. When he went to the university, he even did not know how to deal with the tuition fees. Then he did half work half travel for every term break, to earn money for his study. He is going to graduate, and I think, based on his optimism and strength, he deserves a better tomorrow.

1
我叫他宇哥，其實他也不過就大我一歲而已。是在小舅的廠子裡認識的他。

小舅在深圳開廠子做機床生意，很缺人手。那是清明，想想許久沒見到小舅了，又想打從來了香港小舅還是蠻照顧自己，就穿上一條破爛牛仔褲還有軍訓的鞋子，跑去幫忙了。

他出生在江西的鄉下，沒聽他提過母親，只知道他老爹在鄉鎮初中教書。一人教文科的全部。

“高中時候有一次我爹把腳傷了，我還幫我爹代了一陣子的課呢！”

10 歲之前一直是和爺爺奶奶生活在一起，問他為什麼，他一笑而過。

第一年高考，距離他理想的大學差了五分，複讀。

第二年，是他考的最好的一年，考上一個二本，結果嗓子出了個腫瘤，還好是良性的；那還是他第一次來上海，竟然是治病，不過總歸治好了，總歸書又沒法念了，總歸是耗費了好多錢。

如果以為到這裡宇哥的高考故事結束了，那你和我一樣都低估了他。

第三年高考，他終於如願以償，本來上了二本線，不過可以上的那個二本在他們本省，一心想出去闖闖的他報了古城西安的一個獨立學院，學了機械。

“那你是高考了三次？”

“嗯。”

2
因為他爸嫌他跑到外地讀三本不懂事，在收到錄取通知書的那天，他和老爸鬧翻了。

當然本來家裡還有個弟弟，本來家裡給他治病也花了好多錢，所以他決定念這大學，再也不向家裡要一分錢。

三本的學費，對於這個家庭來說，也確實貴的可怕。

怎麼辦呢？

3
“我大概除了新疆西藏還有東北，全中國都走遍了吧。”

開學前的假期，他來到西安白天給報社送報連著拉廣告，晚上跑到超市做收銀，當然還有國家助學貸款助學金，反正學費竟然也真交上了。

大一的寒假，他選擇到內蒙一個城市的酒店端盤子。大年三十老闆夠意思，請了他們吃烤全羊。那個寒假，他從巴彥淖爾玩到張家口。

大一的暑假，他到廣東惠州的一家鞋子的代工廠做貼鞋底的活。做了一暑假夜班，用他的話說，夜班一晚上有多 15 塊補助。這個暑假又賺夠了要交的最低限額的學費，還從深圳珠海玩到了海口。“哎望著對面澳門，真想遊過去呀。”

大二的寒假，他第二次來到上海，這次是給代工三星顯示器的工廠做工。“知道那個大年三十我吃的什麼麼？一碗泡面，康師傅的。”當然這一次包郵地區又玩個夠。

下一個暑假，他竟然找到了福建一個做木雕的廠子的工作。每天負責丈量要出場的木雕的高度合不合格，最後幾天，跟著老闆轉悠了晉江，廈門，泉州。

以此類推，他還去過河北的廊坊，四川的成都，青海的西寧。無一例外，都是賺錢＋旅行。

“那你大學四年都沒回過家？”

“所以今年寒假回去了一趟呀。本來想三年沒見老爸承認個錯誤吧，結果一共在家三天挨了三天罵。初三實在受不了了，跑出了家，正好李叔給我打電話，就到你小舅這來實習了。”

李叔是宇哥的老鄉，我小舅的一個生意上的夥伴。

實習麼總歸好聽一點，可我懂的，這份實習，和那些坐在海港城吹空調的實習可真不太一樣。一天到晚和機器打交道不說，在那種粉塵噪音飛揚的環境裡，隨便一條線接錯燒壞了一塊臺灣來的板子，你這兩個月就白乾了。

4
“那這些工作你都是怎麼找的呀？”

“差不多都是朋友介紹的吧。我經常坐火車。經常坐一趟火車下來，就多交了幾個朋友。然後他們可能就介紹我啊，然後我就過去了。”

“那你不怕碰到騙子什麼的？”

“太多了，之類的就不說了，不過我是覺得對於我們這種人或者大多數人，心總能換心的。就比方說我好多同學都有孩子了，我當了好多乾爸，這乾爸肯定要給紅包吧，不瞞你說我馬上回西安，紅包錢已經準備好五千塊了。可我這些兄弟姐妹兒是真的照顧我，有些事我嘴笨說不好，但我真的很感激。沒別的什麼，全在紅包裡了。”

5
和他聊天的時候驚歎於他打過這麼多工，可有的專業課知識學得真心好。

“我考研了啊，考的浙工大，唉又差五分，當然英語也不過線。”

之前聽他講過那個暑假他不在廊坊嗎？哪來的時間複習考研？

“之後開學回西安了。其實剛開始也沒好好複習，因為兼職賺錢沒時間。後來找一份好差事，給一個公司接電話，還是夜班從晚上10點到早上6點。然後我就在公司邊上班邊複習看書，複習到一兩點就趴會桌子，醒了還能再看會，真別說，那一個多月效率真高。其實主要在哪無所謂你得真鑽進去學。最後我專業課考了98呢。”

6
後天宇哥就回西安了，拿畢業證，學位證還有參加畢業典禮。

給他送上龍崗線的時候，正好是末班車。

之前還在抱怨著自己這段時間諸事不順當，生活又是缺少興奮點的感覺。

現在呢，我無話可說。

你能想像他吃過的苦，可你想像不到他的樂觀。

想起了高三時代一本作文選裡取下來激勵了我好久的句子：

心中有光，你就是自己的神。

這才是正能量。

体验香港的疯狂购物城

QIN Zhenzhen
Boyan Hall

Takeaway message:
As everyone knows, Hong Kong is a famous shopping paradise. This article introduces the author's weekend shopping trip to Horizon Plaza Factory where offers 27 floors of discount designer fashion from such prestigious names as Armani, Ralph Lauren, Yves Saint Lauren, Tod's, Replay, Paul Smith, Diesel, and Lane Crawford. Let us experience the crazy discount shopping!

不得不說，在開始博士學習前，香港這個城市在我的印象中一直與瘋狂購物，紙醉金迷聯繫在一起。每一個去香港的人都會帶上些目的，拎著大包小包，從銅鑼灣一路北上到尖沙咀、旺角，映入眼簾的都是瘋狂的購物人潮。

初到紅磡，我就一直想要體驗一次香港有名的折扣商場。原名為海怡工貿中心，前身是一幢工業大廈，千萬不要以為他是類似東湧 Outlet 像商場一樣噢，之後才轉成為商業用途，現在變成了一幢集服裝特賣場和家居擺設為主的商場，並於 2009 年改稱新海怡廣場。也是本地人愛逛的 Outlet。鴨脷洲的新海怡廣場是很多旅客購買名牌的尋寶地，樓高 28 層的新海怡廣場，真的逛一整天也逛不完！而且每層都幾乎是著名時裝品牌、傢俱及童裝的折扣店，當中包括了 Joyce Warehouse, Lane Crawford Warehouse, Giorgio Armani, Chole, Marni, Max & Co, Salvatore Ferragamo, I.T Outlet, Brooks Brother, Kate Spade, agnes b, Antepima, Marimekko, Marc Jacobs, Paul Smith, Ralph Lauren, Saint Laurent, Bluebell Fashion 等等，單是時裝店已接近百多間，由港鐵海怡半島站 C 出口步行，只需約 15 分鐘便到達。

新海怡廣場地址：香港鴨脷洲利榮街 2 號 營業時間：星期一至日 11am – 7pm

在搜集了這些資料後，這個週末，終於和來港旅遊的家人一同體驗了一次海怡購物之旅。雖然來港已久，卻從未來過這裡，遠離港島那種喧囂，早晨看到的都是悠閒慢跑的當地人。行走大約 20 分鐘，就來到了期待已久的商場。名不虛傳，當你見到琳琅滿目的時尚鞋包，才能真實的感受到香港的消費文化。雖然在不少地方都設有 Outlet，不過佈置及貨品陳列得較為雜亂，想搜刮心水服飾確有難度。在海怡工貿中心所有店面和商品設計就截然不同，店內型格的黑暗裝飾似十足品牌的專門店，貨品更清晰地以品牌分類。折扣也很給力，一雙耐克的新款鞋通常都有 5 折。

雖然在香港的學習是充實而忙碌的，今天的一日購物體驗亦是人生難得的經歷。



Common Wild Animals In Hong Kong

Ge Ren
Boyan Hall



Big snail. This snail is originally from Africa. In Hong Kong it is actually an alien invasive species. Look out, you can find them at the PolyU campus.



Monkey. The wild monkeys in Hong Kong are mainly located in Jinshan, Lion Rock, Shing Mun Country Park and Tai Po Estate Nature Care Area.



In the rural areas of Hong Kong, wandering cattle and goats have become a common sight. These animals used to be an important part of the local farming industry, but as the industry began to decline slightly 30 years ago, most of the cattle were abandoned. Abandoned cattle and goats graze and have a good life round the hills. According to basic statistics, they have an annual increase of about 15% and there are more than 1,000 stray cattle in Hong Kong.



Wild boar. Hong Kong's largest wild animal with a huge head and a length of up to 2 meters. Wild boars are most common in the north of Lantau Island, Sai Kung, and Sha Tau Kok.

Hercules beetle. The male has horns that may be very long. This insect lives in the forests.



What to do if you come across wild animals?

In the past, some tourists liked to go and feed the wild monkeys. Over the years, due to overfeeding, the number of wild monkeys in the area has grown rapidly. In addition, after being in close contact with humans, some wild monkeys have lost the fear of humans. Since those feeding the monkeys usually carry the food in plastic bags, the monkeys have learnt to grab the plastic bags and take out the food by themselves. If you keep your food in a bag the monkeys will not disturb you.

Wild boar are nocturnal animals that feed in the woods, grasslands and adjacent farmland in the early morning or evening. They will try to run away when you come across them. But sometimes the boar may not notice you. Making some noise in a distance can make them leave the road.

Why I Love Homantin Polyu Halls Of Residence

Vincent Djojmitro
Boyan Hall

During my free time I often play video games in Homantin Halls. The common room is a great place to just chill and play video games. Although gaming has been labelled negatively by the media, I think it provides a lot of benefits to many people, including myself. For example, I get inspiration which I apply in the real world. My favourite video game is called Minecraft and I have been playing it since 2010. With almost a decade of experience playing Minecraft, I realize how much it has shaped my actions for the better. I also realize that it influenced my decision to study Computer Science degree in PolyU as well.

Minecraft has taught me many skills as well. The game provides a Local Area Network game option which means that people within the same network can join the game. Because of this, I have made new friends in the hall with home I play virtual games. There are two modes in Minecraft: survival and creative modes. In survival we learn how to survive in the wilderness and we craft weapons, find food, maintain a house etc. In creative, we had all the resources needed to create anything we wanted.

I have gotten closer with my friends ever since we decided to play the game together. My friends include my girlfriend, a classmate in computing and my roommate who also happens to be my brother. Based on my experience, I oftentimes help them in the game.

The first discussion we had was when we created a server for the game. We've decided that we all like the game enough that we needed a server so that all of us could play together. Again, it requires some knowledge about computers to set up a server. I could say that I became a computing student because I enjoyed the process of working with computers. We needed a server that runs 24/7 and we need a cheap computer that could run the server. Therefore, we found the Raspberry Pi 3 B. Below shown is a palm sized single board computer. It runs an operating system called Raspbian. It has onboard WiFi meaning that it can connect to the internet. I decided to establish my server on this computer as I can deploy it anywhere.



Once again, the game inspired me to do Internet of Things by accident. The Raspberry Pi can be used to control many robotics and internet of things equipment. Furthermore, I helped my friends by establishing a server we all can play on anytime on any day.



My roommate and I really like computers and electronics. One of the things we learned from Minecraft is the use of electronic circuits. In Minecraft, electricity is powered by "redstone". These stones can also be used as cables. It is basically like a real life electronic circuit. There are many redstone powered utilities such as dispensers, light sensors, automatic doors, pressure plates, switches etc.

My roommate and I had to figure out what to do with redstone. We did not have to buy and cables or batteries because everything can be found in the game. So we made an automatic turret that shoots arrows. Basically an arrow machine gun. As shown on the left. We laid out the redstone in a way that it flips on and off itself automatically thus activating and deactivating the dispenser very quickly and thus mimicking a machine gun. I think it shoots about 3 arrows per second. We've used this electronic contraption many times to defend our outposts we have built so that we can trap or eliminate any hostile creatures that attack our outposts.

Before my friends joined me in the game, I found a cave and cleared it out of hostile mobs. I then made it my home and placed 4 beds as I knew I would have friends that would be joining me in the game soon. After all, I live in the dorms. I traversed through the cave so deep that I could not find my way out so I decided to dig my way out upwards and created a ladder to the over world.

After blocking out the entrances to my cave house with gates and fire traps, I placed the furnace and workbench so that my friends and I can use them.

We also made an underground farm so that we do not run out of food supplies. We made an underground wheat farm with a torch as a light source so that the plants can grow. There are still so many things we can learn in the game. Electronics, farming and home defence are just three things I have covered in the game with my friends at Homantin halls. If anyone wants to play Minecraft with me, I have my username on the right. They are the same on Bedrock and Java edition. See you in the halls.

Hong Kong: The Land Of Luxurious

Daniel Yamoah Agyemang
Boyan Hall

Mobility in Hong Kong in this era of globalization and technological advancement has never known any major difficulty except for traffic congestion on the main roads at peak hours of the day. The advantages of having various forms of transport such as road, rail, sea, and air to Hong Kong in particular is far reaching to include convenience, on-demand transportation, easy mobility, independence, employment, and revenue generation, just to mention few.

It is fascinating to behold the sight of gorgeous cars on the streets of Hong Kong as the city is well known for its exquisite taste of luxurious cars.



Right on the busy streets of Wanchai in Hong Kong presents variety of showrooms of famous automobile brands such as Tesla, Porsche, Infiniti, Lamborghini, Volvo, Renault, Maserati, Lexus, Range Rover, Mercedes Benz, Ferrari, and many others.

This actually comes as no surprise as according to USA Today Hong Kong ranks eighth among the top 25 richest countries in the world by virtue of its high GNI per capita of \$64,100 as at 2017.

My love for latest technology-oriented automobile is profound and thus I cannot wait to have a feel of these luxurious brands of cars Hong Kong prides itself in. It is up to you and me to explore!!!



Exchange Life in UoB

Biyang Tang
Kaiyuan Hall

From October to December, 2018 I went for an exchange programme at the University of Birmingham in the United Kingdom (UK). From my stay there, I realized that life in the UK is so different from that in Hong Kong. I did not only study in a pure English environment but also gained cooking skills and enjoyed living by myself.

Compared with Hong Kong, Birmingham is more peaceful and tranquil. When I walked to the university campus from my flat, the only passersby were students; and sometimes even no one on the road, and this made it hard for me to re-adapt to the mainstream Hong Kong lifestyle when I came back.

The University of Birmingham is much bigger and quieter, the structures are built from red pressed bricks, and seeing the buildings there made pictures of PolyU cross my mind. In University of Birmingham, I chose six courses distributed in five majors, and there I changed my major from Environmental Engineering to Chemical Engineering. This is due to the fact the syllabi of the two environmental majors in PolyU and UoB are so different. Even though the subject registration process was hard for me at the beginning of the semester, I enjoyed different class styles from different majors and made friends with students from various cultures.



Workload in UoB is heavier because the four-year university courses are compressed into three years. I observed that every student at the university worked hard, studying late into the night every day, which really changed my stereotyped image of university education in the UK. Apart from study experience, my friends and I travelled to several cities such as Liverpool, Brighton, and Cambridge. I noted that each city has a unique vibe and lifestyle, making our trips there even more amazing and memorable. Also, I enhanced my cooking abilities in the UK. Since there were no restaurants near our flat and the foods in the canteen were not suitable for my "Chinese stomach", cooking became an absolutely necessary ability to possess.

All in all, I enjoyed this perfect exchange experience and it really helped me to get out of my comfort zone in a foreign university life.



Coming Back Home After A While

Renan Morais Furlaneto
Boyan Hall

After about 6 months since I started my MPhil here at PolyU, I decided it was time to see my family back in Brazil. I was feeling a nostalgic and didn't want to spend the New Year's Eve without them. I stayed there from December 30th until January 31st, 2019. The trip back to my home country is always tiring: I went from Hong Kong to Istanbul for a connection, and then finally to Sao Paulo. It took about 30 hours in total. By the time we had landed and my family picked me up at the airport, I was just dead tired of it all.

The feeling of arriving in your house after a long time is quite unique: seeing my dog who just jumped on me crazily, the neighbors, the smell of my old bed. Everything that was hidden in your mind just comes alive. Waking up to the presence of your beloved family is the best feeling ever, one can have; this is where you belong and feel safe. And I enjoyed every little minute of this opportunity that I was presented: seeing friends and hanging out with my family.

As a typical Brazilian, I do love football, and so does my brother! He currently lives in Mooca, São Paulo, and we always enjoy watching some football matches from the local team, Juventus. And so we did again, with me back in town. Even though Juventus didn't do well in all matches we watched together, it was a great feeling to share again this moment with my beloved brother, whom I miss a lot whilst in Hong Kong. Football has united us for a long time, and always will no matter how far I am from him.

Also, during these days I visited my former university to see some friends, and it was just so beautiful to see them all. My former supervisor, some professors that were important in my education. I was able to meet them again and told them how my life has been since I left for Hong Kong so far.

One of the greatest moments was being able to celebrate my mom's birthday before going back to Hong Kong. We went to a burger place to have some delicious American-style hamburgers and have some desserts. It felt so good to be part of this moment after being far from home for some time.

But to be honest, after all these days there, I started to miss Hong Kong. So many projects and inspiring people that I have there, a new life that has just started. So it was time to go back to my now, second home. My return flight this time was surprisingly, a bit faster. We flew from Sao Paulo to Addis Ababa in Ethiopia and then connected to Hong Kong, in total about 26 hours.

Arriving in my room at Hung Hom Halls seemed like a fresh new start in my life. I felt like as if I have changed my life batteries. I was so motivated after seeing my family, whom I believe gave me a boost on my confidence and at the same time, made me feel that I was doing the best thing for my future. They were all very proud of me.



My brother on the left, my mother and me (in BY Hall shirt!), before devouring our hamburgers

Cyberpunk Journey In Hong Kong

Qi Xue
Boyan Hall

Cyberpunk is a word that combines the two words: Cybernetics and Punk. Cyberpunk is a branch of science fiction stories. It originated from cartoons in Japan, with a background of high technology and low life in the future. In 1989, a Japanese manga, Ghost in the Shell, was published, and a movie based on the manga was released in 2017, starring by Scarlett Johansson. The movie which brought the concepts of cyberpunk to modern culture again.

I'm a big fan of manga and science fiction. The original manga and movie Ghost in the Shell are both set in Hong Kong. Hong Kong is famous for its combination of traditional culture and modern life. The city, a home to people from different backgrounds, is seen as a model cyberpunk city in the contemporary world. Now, let's explore cyberpunk in Hong Kong with the movie Ghost in the Shell.

1. Haishan Building

Haishan building is located at quarry bay (Tsuen Wan Line Exit A). It means sea and mountain. Thousands of people live here, making it a high density residential area. Many movies, like Transformer and Blade Runner, were filmed there. A famous scene in Ghost in the Shell, in which the heroine fights a virtual man, was shot there. Nowadays, photographers like to take photos there, and artists get inspirations from its views. The area is seen by many as the miniature version of contemporary culture in a modern society.



2. Mong Kok

In the movie, the heroine went across the street in the future city. It is said that the scene was inspired by Mong Kok in Hong Kong. Mong Kok is located in the center of Kowloon. It is one of the famous tourist spots and shopping districts in Hong Kong. The population density here is extremely high. There are many new skyscrapers and also old-style tenement buildings. The prosperous streets are interlaced as a famous urban landscape in the world and the transport is really convenient. There are also many street markets, like women street, shoes street, and goldfish street, which meet a variety of needs for different people.



Central is one of the most famous places in Hong Kong, and it is not far from PolyU. Besides the subway and buses, there are also ferries from Tsim Sha Tsui to Hong Kong Island. Central is the commercial and political center of Hong Kong. The movies Ghost in the Shell and Blade Runner also have scenes that were filmed in Central. Other science fiction genres would also consider Central as a future city because of its modern skyscrapers and office complexes. The best place to have the view of Central is from Victoria Peak. There are cable cars every 10-15 minutes, with the ticket price of 40 HKD for adults, which is the most convenient way to the Victoria Peak.



The idea of cyberpunk assumes that in the future people will become increasingly closer. The boundaries between different cultures will be blurred. The development of science and technology will also fulfill the various needs of people. These factors all make Hong Kong an ideal cyberpunk city in different film and television works.

Yamama Blue Eyes

Majed Almuhanha
Boyan Hall

In the heart of the Arabian Peninsula existed several rival cities that fought for power among themselves. One of the cities, Al-Yamama, was powerful and immune, due to a secret advantage that the city's ruler had. The ruler's advantage was his daughter; she had the ability to see any enemy approaching the city within 3 days distance.

However, one day, a rival city managed to discover Al-Yamama city's advantage. So, the rival city's prince ordered his soldiers to cut trees and march to Al-Yamama under the cover of the trees.



Bonnat, Léon. Rose Caron in the Role of Salammbo. 1896.



Boulanger, Gustave. It's the Emir. 1870, Private collection.

When the ruler of Al-Yamama asked his daughter "What do you see?" she replied, "Father, I see trees marching towards the city in 3 days distance". Astonished by the vision of his daughter, he thought that maybe she was losing her gift. However, the head of the army believed in what the princess saw. He noted that all her visions in the past were precise, thus she could not be lying, and neither could she have lost her gift. Thus, he secretly prepared the army for any invasion.



Bargue, Charles. Albanian Sentinel in Cairo. 1877, Museum of Fine Arts, Boston.

And indeed it happened, the rival prince arrived in the city within 3 days. The ruler of Al-Yamama was shocked that his daughter's visions were true and thought it was too late to save the city. However, because the head of the army had been prepared, the city was saved and the rival prince was defeated. The outcome of this story is that we, as researchers, must make sure that our work is accurate, so that we can offer insights which people can trust and believe; even when we say something as crazy as trees are marching towards us.

The End

An Old Friend – Clippit

Yan Jing Tian
Chengde Hall

I remember when I was a child, there was no internet or many applications on the computer, so I usually spent my time exploring the limited applications available. I was not really familiar with the interface, but there was an animated character that I will never forget; it was called Clippit. It was a set of animated characters that could interact with the user by answering the user's questions or gave some tips. I liked to spend time in Microsoft Word because the animated Office assistant would turn into different shapes when I interacted with it. I do not have a clear memory of how I interacted with the Office assistant, but it is one of my first experience to interact with animated characters.

Microsoft believed that the social interface could be applied in the software because they think people are socially connected to their computer. Thus, they invested in creating a set of characters that could interact with the user. However, this interface design was criticized for being too annoying and constantly providing unhelpful information to the user. In 2010, Time Magazine included Clippit on the list of fifty worst inventions. Microsoft itself even used Clippit as a joke for April Fools' Day in 2014.

Although it received some criticism due to its annoying feature and unhelpful information, people to this day are still emotionally connected to this little character. It is so memorable because most people were unfamiliar with interacting with the computer in the early 2000s. People can be more engaged when there is a programmed character guiding the user. As a child during that time, I just treated it as a toy or funny character. For different individuals, it provided comic relief in dull and serious office software. I believed that this is a result of anthropography studies which have successfully reduced the stress or concerns faced by new computer users. It is not an innovation that helps the user to work easier, but it makes the user experience more interesting.

Microsoft later cancelled the social interface from the software since people no longer needed it. Although this kind of feature is no longer useful in this era, there are many signs showing that social interface is still an important feature in a digital device such as Siri from Apple or Alexa from Google. The form of the interface may be changed, but the value remains the same. Asking questions to Siri or Alexa may easily replace typing, but basically they just work as an extra application that creates a better experience.

Recently, user interface designs are turning into a more humanistic approach due to the contribution of artificial intelligence. Thus, this "annoying" little interface design did make an impact on the world we are living in now.

New Year's Eve In Ghana

Mershack Opoku Tetteh
Boyan Hall

New Year's Eve is one of the widely recognized days for celebrations because it marks the last day of the year in the Gregorian calendar, December 31, before the New Year. This day is one that lingers in the mind for a long period of time. Many people celebrate New Year's Eve to bid farewell to the previous year and to welcome the New Year. In Ghana, 31st December, is usually marked with so many activities because it's seen as the last day of the calendar year and a day to take stock of one's life.

As Christians dominate in Ghana, millions of churches hold half night (vigil) services to say goodbye to the year and welcome the new year with renewed hope and fortunes. These vigil services come with beautiful themes such as "Cross Over", "Take Over", and many others, on giant billboards that display photos of founders and special guests. The mindset is that the size of these billboards reflects the church's financial status and are mounted at strategic locations. Other say churches compete to see which congregation can outdo the other. Most of these services are characterized by singing and dancing charged by an atmosphere of joy and hope.

During the day, you will notice a great number of people going through the principal towns and cities. Many of them go shopping, while others go around looking for a place to relax and make merry. This special occasion is not only celebrated by Christians. It is also observed by people of other faiths. Companies and families are not left out. They also have special ceremonies to end the year. While some of them observe the day by hosting end of year get-together, family meetings, and so on, others celebrate it by providing food, and drinks to the general public. Interestingly, most shops reduce prices of their products or give them out at appealing discounts in order to woo customers to their products.

As may be the situation in many countries, the 31st night in Ghana is greatly celebrated. Count down to the New Year no matter where you are in the world.

A Trip To Ngong Ping 360

Ansah Kyeredey Mark
Boyan Hall

It was the first day of the year 2019 and a lucky one indeed. I woke up to the brilliant rays of the sun, as it blossomed like a flower. It was a moment, yet unending like the smile of a child filled with wonder and delight. The previous night had been one rollicking and exhausting, but I long to make much more of the holidays. Joe had mentioned of a trip the previous day, but we weren't sure of where to go. Expectant as I was, I readied myself and prepared my breakfast while anxiously waiting for a text from Joe. Just as I was having the last chunk of sandwich, my phone buzzed and there we were ... "what's up with the trip?" We planned to meet on the first floor thirty minutes later. After a few minutes of random look up on tourist sites close to us, we had to settle between Ngong Ping 360 and Disneyland. I preferred a quieter place. Since it was a holiday, we presumed Disneyland would be overly crowded. Joe agreed that we rather visit the enormous Buddha.

The journey to the mountain was an opportune idea. We had two options; to go by bus or the MTR. By chance we were already close to the Hung Hom MTR station. So, we hopped onto the pink rail to Nam Cheong, three stops from Hung Hom. After 9 minutes, we changed to another trail headed to Tung Chun. It was the longest part of the journey and the least exciting. Twenty-six minutes of slow and speedy rides through tunnels, vegetation, harbors and across bridges. The engines of the train seemed as though it revved anytime we went through the tunnels while the wind and waters blew



and drowned its chugging sound away. We were delighted to see the ship harbors, the barricaded zones across the sea and beautiful green mountains of Hong Kong. After a long ride, we arrived at Tung Chung excited for our next ride.

That was when the actual fun begun. The cable car! We envisaged the ride across the sea and mountains yet couldn't grasp the wonders of the flight in its entirety. We hurriedly got our tickets and queued up for the car. I'd say this was the most exciting part of the journey. Far exciting than the destination itself. Finally, we got on board and watched the coaches drift gently along the endless stretch of cables. The views were bewildering. How were they hung? How are they so stable? Why don't they ever clash? For the first time we saw the grand Hong Kong-Macau-China bridge unfolding across the mighty ocean. Far up from the sky we could see trampers hike this mountainous range. I facetiously asked Joe what he preferred, our coach fall into the sea, dry land or the steep slopes of the mountain? We laughed and trusted it couldn't have happened anyway.

We finally arrived at our destination. A cold and peaceful village. Though there were some people, it was nothing like the noisy urban environs of the city. More beautiful than I expected anyway. We didn't expect to see cattle grace the place with their splendor. Our phones never rested for a minute. We were sure to capture every moment as we gradually climbed up close to the Buddha. To my surprise, the enormous statue had a building with fully operational rooms. All this while, I wondered how such a huge mass was hauled to the top of the mountain. The mystery was at last unraveled to us. We took millions of photos and set for home feeling accomplished.

Calmness In A Busy Environment

Louis Osei-Poku
Boyan Hall

Many people around the world know Hong Kong for its busy and fast life: from morning to evening, everyone is one the go to get something done. School children waking up early in the morning to catch up school buses, workers rushing off to the MTR or another means of transport to work. But one beautiful thing amidst all these is the celebration of a holiday. Hong Kong people (local and non-local) don't take holidays lightly. It is a time to take a break from all the busy schedules and get some rest. Hong Kong has various tourist sites which cater for these vacation needs. I present to you the wonders of the Cheung Chau Island.

Cheung Chau is quite a small island. It is remarkable for its mode of transportation. The means of getting to this island is only by ferry, unlike other Islands such as Hong Kong Island or Lantau Island where one can use the MTR or road transport. A cruising ride to Cheung Chau is the beginning of a wonderful journey to the island. On reaching the island, you are greeted by a beautiful post 'Welcome to Cheung Chau' while the locals greet you with beams of smiles.

The mountains provide a good place for hiking. Hiking has several advantages such as beautiful scenery of the small island: the small boats of the fishermen and the entry point of a 'harbour town.' Moving along the mountains, you come to the Cheung Po Tsai cave. The cave stretches from one end of the island to another. It is very dark inside and no wonder there are some locals who are there to sell small torches light to you.



For swimmers, the calm beach is there for a good moment. Relaxing with some freestyle and butterfly strokes in the beautiful sea is highly recommended. A unique feature on this island is the mode of transportation. To fully move across the island, one needs to hire a bicycle. Sorry, no cars available. This makes the island more relaxing and enjoyable as you get the chance to cycle in and around the town. This calmness eludes most people in the urban centers as they have to protect their ears from car horns, screeching tires, among others.

When you are tired from the hiking, swimming and cycling, Kwan Kung Pavillion with a beautiful garden offers you a place to rest and take in some fresh air from mother nature. And hey, don't forget to take a sumptuous meal of sea food. Varieties of sea food are presented by the restaurants and you can't afford to miss it. Anytime you are thinking of a place to relax and enjoy a holiday from a stressful life, think Cheung Chau Island.



Glimpsing Hong Kong's Horizon And Skyline From

Sitsofe Kwame Yevu
Boyan Hall

It was winter, the most adorable season in Hong Kong to relish the savour and colour of the beautiful city. We decided to make each inch of the city felt under our feet as we embarked on our journey to catch a glimpse of Hong Kong from one of its highest points. The excitement on the faces of my colleagues was very evident since this was our first exploration of the place. Since the university was on a Christmas break it was the perfect time to relax and refresh the mind.

Walking past the concrete jungle of very vertical buildings, the soles of our feet began to adjust as we approached the Star Ferry at TsimTsa Tsui. It had been our desire to feel the breeze and waves of the sea, so riding on the ferry was one huge adventure for us. As we boarded the ferry, we noticed it was dancing in sync with the sea waves. This feeling of imbalance sparked spontaneous laughter among us as the ferry floated upon the waters.

Our next destination was The Hong Observation Wheel. We eagerly waited for our turn to sit in the capsules of the wheel. As the wheel began to move, there was some little feeling of acrophobia as we ascended the top of the wheel. One amazing thing was that when our capsule was at the top, the wheel stopped, and there it was, the beautiful Kowloon skyline in our view. When it was time for us to alight, all of us felt the hesitation within ourselves because we really enjoyed the ride. However, we had to move on to face our most herculean task of the day. The Big Bus came to our rescue since we had to continue our journey to our final destination - The Peak. Wandering what the big bus is? It is the open roof bus for tourist to snap every glimpse of Hong Kong.



As the bus began its journey through the steep meandering roads of mountain cliffs, we experienced mixed feelings of fear and amusement as the bus was turning and twisting. Finally, we got to the top of the mountain, and we could see lots of people having fun. Our bellies were empty so we quickly visited one of the restaurants to enjoy some delicious pizza which still lingers in our minds. After the meal, we knew we had to conquer the last task of the day, thus climbing to the peak of the mountain where we could see the whole of Hong Kong from a higher elevation. We began ascending the elevators steadily until we reached the peak of the mountain. At last, there we were, at the peak of the mountain after much endurance and determination. We could not be much prouder of ourselves as we had the full skyline of Hong Kong to our viewing pleasure and delight from all angles and directions. One outstanding view was when the radiance of the sun touched the waves of a lake in between two mountains. The view was exceptional as we stood there to admire the uniqueness of nature.

The night was approaching and we had to return to the hostel. We decided to use the tram train instead of the bus so that we can enjoy descending the mountain in another style. When we got out of the tram, we felt the air of refreshment and joy which made us laugh uncontrollably. We would always remember that special view from the peak of the mountain of the skyline of the famous city - Hong Kong.



Getting Around Hong Kong In Style

Kimberly Peterkin
Boyan Hall

Hong Kong has one of the most reliable and efficient transportation systems in the world. This vast network consists of ferries, trams, trains, taxis and buses that serve 7.5 million residents. With all these choices, the bus remains the best way to go from point A to point B. From the iconic and modern double deckers to the public light buses (minibuses), it is easy to fall in love with this convenient, comfortable and scenic way to explore all the city has to offer.

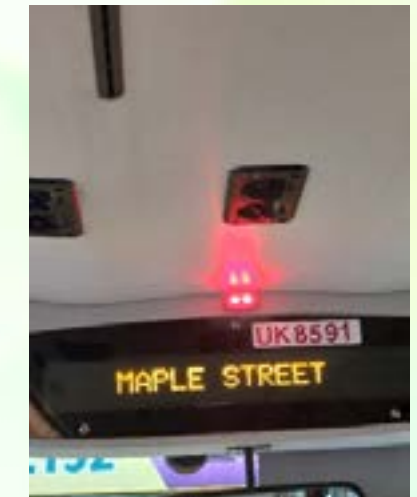
The Hung Hom Halls are surrounded by the Hung Hom South Road, Hung Lai Road and Hung Lok Road bus stops, which are less than 100 metres away. An assortment of mobile apps is available to help plan the perfect trip. They provide directions to your destination, guide you to the nearest bus stops, list the next departure times on a particular route, and keep you informed about delays. Each bus stop also has the route numbers, schedules and maps posted.

While taking the bus is a simple task, a few tips go a far way in ensuring a seamless experience. How about a test run? The time is now 14:00. Let us take a trip from PolyU to the Immigration Tower at 7 Gloucester Road in Wan Chai just across the Harbour. You will follow these 10 steps:

1. Use an app to plan and visualise your trip – route104 is recommended
2. Identify the correct bus stop – toward Kennedy Town (Hung Hom Station side)
3. Queue in the right lane – the lanes are marked on the ground
4. Signal the bus – wave using an outstretched hand



5. Have your Octopus card on hand – tap it on the reader until it registers the fare
6. Make your way to the upper deck for a scenic ride – seats nearest to the door are reserved
7. Monitor the display and audio announcements – each stop will be announced in advance



8. Move toward the exit door during the penultimate stop – while the bus is stationary
9. Press the stop button – ensure the red light above the door/display is illuminated
10. Alight! – congratulations, you have arrived at your destination



Bonus tip: Night buses with pricier fares and less frequent departures give students the chance to experience night life without being stranded till daybreak.

Conquering The World, One Limb at A Time

Sun Ho Yoon
Boyan Hall

Every Semester, there is a diverse array of hall activities that help build a thriving student community. The beauty of these events is that they are significantly student driven; run by students for the students. One such event is the hall dance team open practices.

Every week, numerous dance styles ranging from hip hop, urban, jazz, breaking, popping and kpop are taught by passionate students from the halls. Breaking stereotypes and expectations, everyone and anyone is capable of learning any style. Breaking and popping, once thought to be significantly favored by boys is creating a firm base for girls developing an interest in popping and locking as well. As a whole, the hall dance team is a strong community of amateurs, experimenters and experts alike who all seek a place to learn and practice their passion.

As a person who once could not discern movement of my left and right arm, joining the dance community in Hong Kong turned out to be one of the most significant choices I had made during my studies in Hong Kong.

The first 10 classes passed in a flash. A flinging arm here, a bumbling leg there, I was too busy trying to urge my body to follow the movements of the class that I could not tell the passing of time. I remember sweating a bucket and pounding my brain while people on my left and right were absorbing the choreography seamlessly like intellectual sponges. I felt discouraged for the first three months, however, now that I am nearing my fifth month of dance, I realized that once I understand and practice the basic building blocks of choreography, the complex and complete routines are also easily adoptable.



It may sound weird to hear, but I feel my brain growing. Once I started correlating movement with intent, I feel more purposeful with my movements. I can map more segments of my arms and legs in my mind and that is an empowering sensation. Being able to understand one's self internally and externally is an important endeavor. Without fully understanding one's strengths and weaknesses, the world is full of unknown dangers. However, once you realize everything there is to know about yourself, even the dark is not so dark anymore.



A Trip To Sham Shui Po With Red Cross

Shaoyang Li
Boyan Hall

Hong Kong, a familiar and unfamiliar name. We are familiar with her because we live and study here, and most of us know her beauty and prosperity, however, we don't even know that she still has the other side of the heartache and tears. As we all know, Hong Kong is a city with a very fast-pace life. Perhaps most people have the stereotypes of the towering high-rise building in central, but they don't know that the real Hong Kong can leave an impression that is worthy of your life. I don't know when I happened to see a micro movie called cockroach on YouTube, whose Chinese name is literally translated as peaceful land. The film uses the cockroach of the Sham Shui Po as a starting point so that we can truly see how hard the life is for the poor old people in Sham Shui Po. The scenes in the film are true and cruel, which hit the most brave but weak-piece of pure land of our heart directly.

Moved by this micro-movie, I went to Sham Shui Po for volunteer activities at dusk on the first of January with the Hong Kong Red Cross. We chose to go at dusk because Sham Shui Po will show her true and bitter side only after nightfall. It was dusk as usual. I didn't know if it was because of a different mood. I always felt that the sunset of the day revealed the helplessness of Hong Kong, the pearl of the East. The sun slowly closed its eyes, and the lights in Hong Kong gradually lit up. The hustle and bustle of the crowds came and went – it's the time for people to go home from work.

We took the MTR to the Sham Shui Po from the Hong Kong Red Cross headquarters in the Olympics. It's as busy as the day, where people were walking fast, muttering the authentic Cantonese in their mouths, and the air was filled with a strong and intimate breath, but there were some differences here at night. I could see the shadows of the camel's back slowly coming out of the old tenement house under the cover of the night, carrying a big bag on their back. They slowly walked to the sidewalk and slowly arranged the objects in the bag neatly on a piece of land that was temporarily belonging to them, waiting for the passing pedestrians to buy --- they were the elderly in Sham Shui Po. There were second-hand books, dolls, cups, old game consoles and more, but their prices can definitely surprise you, and you will be amazed at the fact that there is such a cheap thing in Hong Kong, where it is even expensive to breathe. But the purpose of our trip was not to buy old people's things or to help them in this way. Instead, we wanted to join them.

We learned from the old people about the role of each item or the story behind it, helping them to sell in various languages. Some people were responsible for chatting with the elderly, listening to their inner pains and listening to the stories of the past. The old man's words were filled with the vicissitudes of the years. Some people made propaganda short films on the Internet with the consent of the elderly, so that more people can pay attention to the poor old people in Sham Shui Po and help the elderly to improve their living conditions without hurting the elders' self-esteem. This charity activity continued until the early hours of the morning. With our help, although there were more people coming to buy the old things of the old people, there were still many left. It's time to leave. The old people put away their old things and slowly walked back to their own public housing. We sent the old people home.

I can never forget the bright smiles of the old people and their optimistic and strong attitude. An elder told me that the world is so beautiful, even if you eat wild things, you must live to see the world. There are many people struggling with difficulties and misfortunes every day. In many cases, it is just a thought that determines whether you can carry on or not, but everyone still has to persist, stick to their beliefs, and persist until they reach the other side of their dreams.

Football - The Game Of Many Lessons

Frank Badu-baiden
Boyan Hall

Since infancy, I have loved and grown up watching and playing football with my colleagues. I believe that football is not just a game of sport but also about life. When I am not on the football pitch playing actively, I prefer to watch others play or sit in front of my television and watch my favorite football team excite me with some dazzling football skills. I always love to see footballers play with courage; fighting to win their matches. As I matured and experienced the complexities of life, I began to recognize the connection between life and football.

Reminiscing on my past footballing years, I saw players soaked in sweat with pain on their faces. The referee blows the whistle and every player works tirelessly to ensure that their team wins. In difficult games, players did not give up because if they did, they would lose the match and be defeated. Practically, this applies to real world situations as success is usually shaped by pain, hard work, perseverance, resilience, and teamwork.

To be successful and achieve laurels in football, players must play as a team. Sometimes, football players cannot run faster if an opponent does not try to impede their movement, players cannot pass if there is no teammate to pass the ball to, and players cannot win if there is no team. Similarly, in life, we all must work together for a common goal despite our individual differences. Teamwork can be applied to our individual careers and workplaces. Although employees have their own designations and tasks, there is always teamwork and coordination to ensure the realization and achievement of the overall goals of the company. This enhances faith and trust in one another, resulting in optimum output.



The best football teams have players who are determined to win games and trophies. Those who have no resolution cannot play the game effectively. Determination must be a key attribute for anyone who aspires to be successful in any pursuit of life. Aside from this, football provides lessons of persistence, and unawareness at any time may ruin the hard work that has been done for many periods of training.

Football also sharpens the mind. For example, in games, clever players make quick and precise decisions to enable their team to win. To make it to the top, people have to make quick and accurate decisions that will be imperative for their growth and success. In the game of football, players are given 90 minutes within which they are expected to score a goal(s) for victory. To effectively achieve that involves efficient time management which is also beneficial for our daily routine. Proper time management enables us to become efficient, and feel comfortable and relaxed.

Additionally, another significant aspect of football is discipline. The players on the football pitch aspire to win by fair means. They must follow the rules of the game, and in the event a player does not follow the rules, he is penalized. The rules and discipline of the game are helpful because it shapes our lives to obey the rules and regulations of any space or organization in which we may find ourselves.

Football has always been an integral aspect of my life and playing it has brought enormous benefits. However, the most important aspect of football is the psychological and emotional satisfaction that I get when I play and watch football, and this is why I love football.



The Big Buddha At Lantau- The Place Where Nature, Humanity And Faith Merges

Partha Pratim Debnath
Boyan Hall

Its been more than six months in Hong Kong (HK) and the super busy schedule (which is the essence of HK) has already caught up with me. A break was indeed needed to delve in to a non-chaotic place and in search of serenity and fresh air. One of my Indian friends who is a research student at Taiwan was paying a visit to see me and thus I was supposed to plan the trip for us. Of the number of tourist attractions in HK, selecting the Ngong Ping Big Buddha was one of the best choices we made which I believe will be cherished for long.

We started early in the morning as the place is situated in Lantau Island, pretty far away from Hung Hom. We took the MTR to reach Nam Cheong station using the West Rail line and then change over to Tung Chung Line to reach Tung Chung. Reaching Tung Chung, one can easily feel the less busy and lightly dense life with picturesque hill ranges all around with beautiful bays surrounding the tall residential buildings. The MTR route to Tung Chung also serves for the world-famous HK Disney Land, and I recommend planning for two days if one wishes to visit both Disney Land and Big Buddha.



After reaching Tung Chung, we boarded the bus that would carry us to the 400 meters above sea level Ngong Ping village. One can also take the fascinating cable car option that starts from Tung Chung to reach Ngong Ping village and takes approximately 20 minutes "space" ride. We opted for the bus ride which also provides a beautiful experience while traveling by the bay seaside, although the price is on the low. It was a weekend and as expected the queues were longer for both cable car and bus, even so it was quite refreshing because the buses ply so frequently that one has to hardly wait for 10 to 12 minutes to take the bus even on a busy day. The bus ride can take little

more than 35 minutes to reach Ngong Ping and the smooth curvy roads with hills on one side and sea on the other gives an amazing riding experience to the traveller.

After we reached the terminus at Ngong Ping, the charming weather at this high altitude welcomed us and we could find ourselves amidst a range of hills on one of which the marvellous Big Buddha is situated, the other side being the Ngong Ping village and on the other direction the Po Lin Monastery. People from all over the world are seen visiting the place for religious purposes and also as leisure. We first paid our visit to the Big Buddha which is world's highest sitting Buddha and to reach the podium of the statue one has to take 268 stair steps. After reaching the top the picturesque view became more adorable. The Buddha sitting in a meditative position gives the impression of calmness and faith. Surrounding the bronze statue are six smaller statues known as "Offering Devas" that pose to offer fruit, music, ointment, lamp, incense and flowers to the Buddha and symbolizes the elements of enlightenment like generosity, morality, patience, zeal, meditation and wisdom.



Coming down to the base level one can find a number of cows freely roaming and feeding on grass, which symbolises the mutual respectable existence of human and animals. The Po Lin monastery which is closely situated is built in Chinese architecture and houses beautiful sculptures of Buddha. The interior of the prayer room is truly a charm for the tired eyes. The drums, the mega sized incense sticks, and ornamental flower decoration adds more devotion to the place. Buddhism encourages us to have a vegetarian diet and thus one can find some delicious lunch and snacks being offered at very reasonable prices. We had taken both snacks and lunch along with desserts and were indeed real vegetarian delicacies one shouldn't miss.

At the end, we took a quick tour of the Ngong Ping tourist "village" which is a shopping area where one can have a walk and buy some souvenirs. We took our bus en route to Tung Chung and then the MTR from Tung Chung to hotel at TST. The day ended with a sense of calmness with no concrete "jungle" around oneself, only greeneries to see, fresh air to breath and meditation to relax the mind.

A Memo On The Act Of Growing Food

Jen Yoohyun Lee
Boyan Hall

I was once told: if children these days are asked where apples come from, many would shout out 'supermarket'. It was shocking at first, but I don't blame them. Many of us living in urban areas haven't really seen how the food we eat are grown. I was fortunate to be given the opportunity to grow vegetables as a member of urban farming group at PolyU from October to January. Although I don't really enjoy cooking as much as eating, I always had the interest in growing my own food. In my head, this is a simple, ultimately sustainable way to solve the problems related to food. I believe knowing where the food we eat comes from, how it is prepared and how it is grown would affect our relationship with food and food waste, as well as our attitude towards them. This is basically what I wrote in the section giving a reason why I wished to join the urban farming program.

In the urban farming sessions, we learnt in depth about the conditions required for plants, such as soil, water, air, and sunlight. But what I want to focus here is how I felt while actually growing the vegetables. It was so amazing to see how a seed smaller than o (I intentionally put a small case 'o' to help you understand the scale) contains life that will open up in contact with soil, water, air, sunlight and some love, sprout, grow, and produce edibles that we feed on. I can recall the excitement I had when sprinkling powder-like seeds in the little holes on the soil made with a poke of a finger. It was after several days little green baby faces appeared on the ground. Only those who have the experience would know the thrill of discovering them. They needed a certain dose of love and attention, as some undesirable weeds and insects came by to disrupt their growth. But they were also incredibly understanding, as the plants continued to grow on their own whether I checked on them or not. It was a pleasant surprise to see how much they had grown when I gave them a visit after the hectic week of the finals in December.

Among the vegetables I had planted – green-leafed vegetables, tomatoes, radish, etc. - my favorites were carrots. Genuinely grown from seeds, they brought me joy every day with their delicate lengthy leaves and the fresh scent that cleansed the back of my nose. I have to note how a moment of confusion followed when I pulled those carrots only to find out the orange roots are even smaller than a pinky finger. I didn't come across one person who didn't laugh after witnessing the size of the carrot. All in all, my experience of growing vegetable was exciting. I loved not only seeing them grow, but also sharing them with my friends. It was a novel feeling I got when receiving photos of food my friends made with the vegetables I had grown.

Today, I harvested all the vegetables. I had to say good-bye to them as the boxes had to be emptied out for the next urban farmer and there is just no outdoor space for me to transplant them at the moment. My beloved carrots are still small. Some managed to grow as big as my thumb. I am writing this as I bite in to the biggest carrot. My mouth is imbued with the tender orange aroma. I would do it again if my luck allows, and hope you all can experience what I did too. Growing your own food in Hong Kong, a city of tight spaces is truly a unique experience. I would never be able to look at the food I eat the same way as I did before.

Daredevil Cycling

Abdullahi Babatunde Saka
Boyan Hall

“Two roads diverged in a yellow wood; and sorry I could not travel both; and be one traveller, long I stood; and looked down one as far as I could; to where it bent in the undergrowth...”

Robert Frost must have been in a similar dilemma when I had to decide between cycling on known trails that I’ve been to before or exploring new ones. I decided to do something new and off I went to the Lantau cycling trail; to ride from Tung Chung to Inspiration Lake in Disney Land.

Dressed in my cycling wears, armed with google map and snacks, I took MTR to Tung Chung station and navigated my way to one of the bike shops with good reviews online. On getting to the shop, I met with the shop owner ‘Sunny’ and we exchanged pleasantries. After negotiation, I decided to settle for a new medium-sized bike at \$80HK for the full day. Sunny gave me the trail map and some tips about the trail and off I went.

The weather was calm and beckoning on me to explore the trail to the end. I noticed something strange about the trail: there are not many cyclists on this trail compared to the trails I’ve been to. Oftentimes, I’d be the only one cycling for kilometres before one or two cyclists would pass by. I missed the trail so many times but I ensured I’m on track back. Switching gears and racing my shadows I completed about 10km and relaxed for a few minutes.

Resuming the journey I saw a group of young beginners cycling the trail and they kept my company for a few kilometres. It dawned on me that I have to ride on the Cheung Tung road in order to get to my destination. I was in a dilemma once again: either to go back or continue with the journey on the road with cars speeding at about 50km/hr. The beginners that I met on the way decided to go back and return back home.

I decided to dare the devil and off I went on the road with cars, buses and trucks speeding pass and blowing breeze on my tired face. Riding along the roads, I started seeing more riders and I needed no soothsayer to inform me that they were professional riders with more efficient and faster bikes. I realized that the new trail is actually a professional trail and not for beginners; unfortunately, I’m not a professional. Too late to mend, I decided to keep on the trail and ride on the road with professional cyclists and vehicles speeding by every now and then.

During this journey, I felt like giving up and returning back home; however, I was determined to reach the ‘Inspiration Lake’ at Disney Land. I hoped the final destination would be worth the journey. The scheme of using the destination failed me as I found myself exhausted and tired. There and then I decided to enjoy the process with less focus on the goal.

I became fascinated with the scenes around me and I realized I’ve been missing a lot because I was focused on the destination. The journey became more lively and interesting as I send the wind on errands, wave at the mountains; sing with the birds and the river, and dance with the leaves to the soft music made by the breeze.

In no time I reached Disney Land and I navigated my way to the Inspiration Lake. It was a nice and relaxing sight with many people around having fun. I relaxed; enjoyed the atmosphere and the scenery. I dined and ate lightly because of the return journey and I bought energy drinks for the return ride. It was indeed worthy of the daredevil journey.



Around 4:30 pm I embarked on my return journey back to the beginning of the trail. It felt shorter probably because the trail was familiar. I rode towards the setting sun with full speed before it was dusk.

I arrived at the bike shop around 7 pm exhausted but with a feeling of accomplishment. For I have conquered the daredevil Lantau trail! This journey taught me that we shouldn’t be too relax in our comfort zones and that we should explore and take on new challenges in life; I learnt that we should persevere in the face of difficulties; I also learnt that we should focus on the process and enjoy it to the fullest, in no time the destination or product would be in sight.

在香港必備的金融知識

Mingming Ji
Boyan Hall

香港作為全球最重要的金融中心之一，金融行業的發達無需多言。投資銀行、金融服務這些詞語似乎與我們相聚甚遠，但是我們日常的生活卻離不開商業銀行。小到信用卡消費、每月獎學金入賬、外匯兌換，大到基金購買，股票投資，都離不開商業銀行。今天，就向大家介紹一下在香港必備的金融知識。

首先，現金提取是每個人最基本，也是最常用的銀行服務。如果每個月有獎學金入賬，那麼只需要使用銀行卡直接取現即可。不過，在港幣賬戶不夠使用時，我們就需要使用人民幣提取港幣。不少同學會進行私下換匯，這種行為不但不安全，也不划算。最適宜的方式則是使用內地的銀行卡直接在香港提取港幣，賬戶中不必提前換匯即可即時以較低匯率提取港幣，每日限額為一萬人民幣。目前有諸多城市商業銀行均不對境外提現收取手續費，例如寧波銀行等。

其次，日常消費我們使用的最多的則是八達通和信用卡。對於八達通而言，大家則可以使用信用卡自動增值功能，不但免去了自己日常充值的麻煩，並且還可以累計信用卡返現。對於信用卡的使用，我們可以按照自己的需要，辦理多張信用卡，這樣能夠做到最合理搭配。例如，東亞銀行信用卡不僅迎新優惠豐厚，更是擁有演唱會門票優先購買權，電影票也能夠九折購買。恆生銀行的信用卡也擁有實惠的迎新活動，並且其累計的 cash dollar 可以在多家商戶直接刷卡使用，無需兌換。香港的多家商場，常常推出特定銀行的促銷服務，如果你擁有相應的信用卡，則能夠獲得較大優惠。善於使用信用卡，能夠幫助我們智慧消費。但是我們也要適度消費，



當然，對於擁有較為豐富金融知識的同學而言，也可以進行投資理財。但是須知，理財有風險，投資需謹慎。知道以上金融知識，不僅能夠幫助我們合理消費，也能夠幫助我們智慧消費。

臺灣遊記

Biyang Tang
Kaiyuan Hall

重新悉數一下臺灣這六天半的旅程，僅僅留下照片的話，怕忘記了自己的那份情懷。才過去幾天啊，就要碼著照片才能想起每天做了什麼……所以有的時候，真心羨慕那些可以堅持記日記或者手帳的朋友，至少為了那幾行文字，每天都發覺一些生活不一樣的色彩，那些小目標，似乎也因為要記錄而更容易實現。

言歸正傳，聊聊臺灣。

此次臺灣之旅，是我和 Yuri 兩個人的旅行，也是我第一次自由行。由於 final 剛結束就出發，後面還有一次支教活動，所以夾在中間的時間也就僅僅六天半。我們幾乎是考完試就去趕飛機，趕在支教前一天晚上十一點回來的，半夜匆匆吃了麥當勞，第二天馬不停蹄地早起趕支教的大巴。

因為趕時間，行程不能太遠，北至臺北、南到日月潭，僅僅是環島的四分之一，旅程缺少了好多自然風光，諸如墾丁、花蓮。從一個香港學生的視角，臺灣還是太大，遊玩的時間要讓出一半給車程，路途勞頓、玩性自然沒有那麼高漲，所以在沒有充足時間的條件下，還是儘量不要把路拉得太遠。



在臺灣·落日——看了兩次落日，第一次是在臺北淡水老街的金色水岸。河岸旁的石板路上，面對著河水，背後是茵茵綠草，前方是霞光燦爛，左即老街，右有對岸山貌樓閣。日落之時，倚在水岸欄杆處，體會得到真正落霞裊裊……十二月，風很冷，虧得落霞紅得熾烈，天空的色彩過渡得是那麼恰到好處，仿佛讓你看見了幼時水彩畫中期盼畫出的天空模樣。第二次是在台中的高美濕地，濕地回環的木橋是其最大的特色。這兒的落日沒有冗雜的包裹之物，地平面之上是落日、之下是濕地，遊人和風車皆為點綴。



在臺灣·冬至——離開哈爾濱，第一次經歷沒有雪的冬天，是一種缺失。臉書上五個字很好地表達了我的心境：冬至有冬天。作為異鄉人，才真正體會到“不知不覺把他鄉，當作了故鄉”的無奈，也才發現，這句話的重量遠比我高三聆聽時，要沉重得多。北方的冬至，是要吃餃子的，於是兩個北方妞，在臺北的人來人往中，點了一盤煎餃，算是過節。

在臺灣·情調——臺灣人的腳步，要比香港慢得多。落坐于岸邊石階回眸莞爾與霞光相稱，穿梭在夜市人海中來尋覓味蕾暢快，抑或是故宮牆內的瑰寶奇跡、牆外的青蔥山色，一零一頂俯瞰盡是繁華，日月潭山徑也有絕對寧靜。最難忘的還屬台中至臺北沿途風光，月臺鍍上了金色，站牌也經歷了一些年頭，一路上仿佛回到舊時光……

遊長洲島

Junchao Huang
Boyan Hall

2019 年的元旦，很高興有朋友來聚，我帶他們坐上去往長洲島的輪渡。天公作美，不同於幾天前的陰霾，藍天白雲，是喜人的天氣。我們到達公眾碼頭之後，便循著地圖前往東灣海灘。路上遊人絡繹不絕，不論是熱氣騰騰的美食，還是裝飾文藝的小店，都吸引了我們的視線。我從繁華的中環逃離，來到這小島上，便覺得壓力得到了釋放。行人的腳步放緩了，歡聲笑語也多了許多。步行到東灣海灘只需要十分鐘，站在沙灘的入口，享受這迎面而來的風，看著壯闊的海景，更覺得神清氣爽。



朋友在沙灘的入口看到籃球場還躍躍欲試，想上這海邊球場一展身手，只是他來之前剛剛傷了膝蓋，便跟我們說：“等我傷好了，他們這些蝦兵蟹將都不是我的對手。”我們笑著往前走，沿著沙灘的右邊，看到別人拿著大釣竿在釣海魚，也有遊客駐足拍照，有的鋪上席子，閒適地躺著，吹著海風。再往前走就是石刻，可惜受颱風山竹的影響，景點遭到破壞，於是我們只好往回走。



我們沿著長洲島的岸邊，前往海盜張保仔當年逃難的藏身之地——張保仔洞。岸邊停靠了大大小小的漁船，也有不少白鷺和海鷗駐足其中。值得一提的是白鷺。我們在前往張保仔洞的路上是順著風走，看著它們沿著岸邊逆著風飛來，費了很大的勁頂風飛行，於是嘲笑它們飛得慢吞吞的。還有的似乎是飛不動了，折返順風飛行，速度快了好多，但是折回去之後它們又繼續逆風飛，固執地跟風對抗。我們不禁想起一句歌詞，“逆風的地方更適合飛翔”，不明所以地笑它們固執得可愛。

按照指示牌走過燒烤區就到了張保仔洞，洞前很多遊客排隊，當中還有幾個國際友人。我是第二次來長洲島了，第一次來的時候恰好遊人不多，我便得以一窺究竟。其實看完的反應是挺失望的，但是後來想想，自己對這麼一個洞有什麼預期呢？不過是個避難之地，當然越不起眼越好。當時洞內已近海水，於是沒有下去一探。現在看著這麼多人排隊，我便勸朋友們作罷，反而在欄杆外的石山上拍美景更加喜樂。後來我們沿著石階下到另一邊的海灘，沿岸的礁石上很多遊客在拍照，也有人在海釣。



前面的沙灘已經被漲潮的海水蓋住，沒法再往前走，於是我們原路折返。路上我們又看到了逆風飛行的白鷺，海風很大，它們飛得比我們走得還慢。但是我們偶然發現，有一隻刁起了一條小魚。我們驚喜地看著它，回過神來，才知道原來它們有意逆著風沿岸飛行，它們其實不是在固執地與風作鬥爭，也不是鍛煉自己的翅膀，而是在覓食！我們立馬改觀，對它們的這種堅持豎起大拇指。



到長洲島少不了美食之旅：大魚蛋，鹹仔糕，芒果糯米糍，烤魷魚，烤土豆，以及我本人欣賞不來的西瓜冰，我都帶著朋友們一一品嚐，還有他們不知道的“士多啤梨”奶茶，我跟他們解釋這是港人對草莓的音譯，並不是特殊品種的梨。返程之後我帶他們到紅磡的川粵米線大王，點了酸菜魚和重慶小面，他們笑稱味道比在深圳吃的正宗。用這酸辣的魚和米線，溫暖饒饒饒腸，結束大半天的離島遊。

有朋自遠方來，不亦樂乎。唯美食與美景不辜負。下次來的朋友，香港眾多的離島，你們準備選哪一個？

歷史與創意的交融 - PMQ

Jingxian Wang
Boyan Hall

香港，一個熟悉又陌生的地方。

熟悉，因為從小就看著 TVB 的電視劇和香港的各個系列電影長大，香港高等法院、油麻地警署、砵蘭街早就在電視裏游覽過數十上百遍。陌生，由於在來 PolyU 就讀之前只隨旅游團來過一次香港。

因此，這半年以來，一到周末我就會出門放鬆，找尋幼年電視裏的記憶。通過這些游覽，我瞭解到香港不只有旺角、尖沙咀、銅鑼灣這些繁華鬧市，也有石澳、西貢等等清淨之地。這次我要介紹一個游客不多的小眾游覽之地——PMQ 元創方。



PMQ 元創方位於中環鴨巴甸街，從學校出發乘坐 101 路巴士即可直達。之前是一家廢棄的舊警察宿舍，由兩棟南北相對互聯的七層的小樓構成。2009 年，隨著保育中環項目的發起，這裏開始被改造成為香港的文化創意新

地標 PMQ 元創方。2014 年，元創方正式開業，政府邀請了 100 多位全球各地的設計師及創意企業家，帶來不同的時裝、飾品、生活產品、食品、傢俱、珠寶及手錶等等。由於前身是警察宿舍，再經過藝術家們獨具匠心的改造，每個店面都十分小巧精緻。

其中讓人印像最深的就是一家陶瓷器具店，這家店最大的特點就是所有器具的設計靈感都來自于藕。無論是碗碟、茶杯，還是筷架、杯托，都將藕片的元素融入其中。



除了琳琅滿目的創意小店，PMQ 裏也有著各式各樣的饕餮之處。Café Life 就是其中之一。由於老闆是日本人，每年七月到九月日本水蜜桃的成熟季，都會有山梨縣空運而來的水蜜桃製成的季節限定甜點，讓大批的游客趨之若鶩。

博士的學習時光總是忙碌，但我們依舊需要在周末找一處休閒之地放鬆身心，這樣我們才能平靜內心，更好地攀登科研的高峰。



冬日龍脊：繁華鬧市的背面

Hongting Zhou
Boyan Hall

對於來自北方的我，南國的冬天，總是來得輕，來得靜，來得溫柔。雖然街上不乏穿著羽絨服的行人，臉上卻始終感受不到刀割般的凌冽。於是在即將開學之際，和朋友到港島繁華鬧市背面的龍脊，便能使心靈得到一次自然的洗滌。

地灣站。一下車便看到赤柱半島曲折的海岸線。在土地灣站的背後，便是通往龍脊頂峰的山路入口。拾級而上，在叢林中蜿蜒穿行；遠眺海面，在海天間心馳神往。頓時忘記生活中的瑣事與煩惱，心靈如雲朵般自在安逸。龍脊的山路開發較為完善，全程無需手腳並用，因此路上經常可遇到三三兩兩的登山者。大約經過 1 個半小時，便可登上位於龍脊最高處打爛埗頂山的觀景台。山頂的指示牌顯示此處海拔 284 米。到達此處，遊人紛紛拿出手機相機合影留念。有 2 個滑行愛好者用滑翔傘在海天一色間自由翱翔，讓觀者的目光也隨之飄蕩。他們時而盤旋，時而上升，時而又惡作劇般俯衝向人群再急速拉升，引起陣陣驚呼。

吃完帶來的水果零食之後，我們一行四人就開始了下山的旅程，繼續享受著山間清新的空氣，聽著潺潺的流水之聲。行約 1 個小時，來到半山腰處的公園，路面也變成平坦的水泥公路，不時有跑者經過。登山者也可以在此休息，欣賞半山腰的風景。快到中午，我們繼續沿著公路往山下走去。不久，就來到山腳下的大浪新村。這裡有士多店可供登山者補充飲料食物，也有衝浪板等用具可以租用。由於臨近午飯時間，加上沒有體力去大浪灣沙灘，我們一行就到附近的小巴士站乘車返回筲其灣地鐵站。不到 20 分鐘，小巴已經行至市區範圍，完成了自然到都市的轉換。回到宿舍睡個午覺，夢裡都是龍脊的山山水水。

在香港這個生活節奏快捷的現代化都市，依然保留了廣大的郊野公園。讓在繁忙生活中的人們有了親近自然的便利條件。保護自然環境也需要每個人的努力。在市區，努力綠色生活；在郊野，更要愛護自然。每當身心疲憊之時，才能有碧海藍天，蒼茫群山給心靈棲一個棲息的港灣。



群山環抱，土地灣望大浪灣



打爛埗頂山，海拔 284 米



海天一色，自由翱翔滑行者



極目遠眺，赤柱半島收眼底

富有風情的彩色漁村—石澳

Zhenzhen Qin
Boyan Hall

雖然在香港已經待了一年多，仍然每每能夠發現新的精彩。以往週末都是去旺角，尖沙咀，中環等等鬧市地區，這次則來到了遠離市區的小漁村—石澳。石澳，古稱石凹，是一座恬靜的小漁村，位於香港南區的東部，除了石澳泳灘之外，還包括石澳郊野公園和鶴咀。石澳位於香港島南岸的半島，面向南中國海。由於遠離市區，旁邊就是西貢大浪灣。

石澳景色優美，環境清靜，不少粵語流行曲的音樂影像也到此取景。不少愛情小說文學作品也以“石澳海邊”為背景。石澳村還是星爺的經典電影《喜劇之王》拍攝地。1999 年，星爺拍攝的《喜劇之王》，不僅捧紅了張柏芝和莫文蔚。也讓這個小漁村被大家所記住。現在越來越多的星爺粉絲，前來尋覓拍攝取景之地。



和傳統意義上泛著魚腥味的漁村不同，走進石澳村，你會被這裡樸素卻不失精緻的氣質所吸引，這裡的居民房大都經過精心的修葺，被刷上了各種各樣的顏色，宛如童話裡的小屋。

石澳村裡的道路也打掃的非常乾淨整潔，在這裡隨手一拍，就是一張大片。這裡的生活是非常隨性緩慢的，到達的時候已接近正中午，但村口的小店依然沒有開門。漫步在石澳村，你會覺得呼吸都變慢了，身心也從忙碌的生活裡解脫出來，開始變得懶散。石澳村的有些小巷子會給人一種置身歐洲某小鎮的感覺，因為常看到有白人進進出出。原來這裡有很多房子都已經出售或者轉租給洋人了，或許也是因為這些洋人比起工作賺錢去填滿越來越膨脹的欲望，更在乎的是一種身心的自由和遠離塵囂的清淨生活。石澳村範圍不大，走幾步就能到海邊。泳灘環境不錯，海水清澈、沙子柔軟，最重要的是即使是在週末，人也不多。這樣清淨的海邊，選個最舒服的姿勢躺下，聽著海浪聲吹著海風，曬一下午的日光浴，也不用害怕被人打擾，豈不美哉。

在香港的學習是充實而忙碌的，對於香港文化的深度體驗亦是人生難得的經歷。

夢想

Yibin Guo
Boyan Hall

小時候寫同學錄，一定會有“夢想”一欄。當時也是什麼夢都敢想，寫了好幾年的“偵探”，後來知道柯南這樣的人才寥寥無幾，毛利小五郎倒是有千千萬萬，夢想就變成了“刑警”。這大概是小學期間比較不切實際的夢想了。期間偶爾會出現漫畫家、作家一類，因為上課總分神，不愛聽講偏愛寫寫畫畫，不亦樂乎。小學時期和兩個好友一起寫偵探小說，寫著寫著就畫起了漫畫。後來剛好有個漫畫比賽，班主任心想這幾個小屁孩的不務正業終於可以派上用場了。看完我們充滿各種稚嫩而血腥的殺人事件的漫畫後，他眼神複雜，沉默許久才告訴我們題材與大賽不符。另一方面，小說一類再怎麼離奇，語文老師還是很善良地鼓勵我多寫多練，於是我一直寫到了大二。為了能夠理直氣壯地拿給語文老師批改，我就在其他課堂上寫。於是別人在學習，我在自己的世界裡發白日夢，恍然醒過來想好好學習時，已經被甩開了無數個全馬的距離，追不動了。最終也沒能成為作家。

女人是善變的，夢想也是。因為憧憬在日從醫的大舅，高我的我突然發起了當醫生的夢。有挺長一段時間，連去醫院都內心小鹿亂撞，看見穿著白大褂的醫生就像看見暗戀的男生，眼裡灑滿星光。後來熱情漸漸消退，也因為年齡漸長不像小時候天天把夢想放在心上，只在別人偶爾問起“以後想做什麼呀”的時候回答“醫生”就沒怎麼深入思考過了，直到高三某天——教化學的班主任大步流星走進課室把書往講壇上用力一甩，說“今天我就不上課了，我來教你們做人！不懂做人讀書再好也沒有用！”原因是班上有同學三番兩次跑去網吧通宵打遊戲而沒人告發。兄弟掩護他包庇他，關係沒那麼鐵的人更是事不關己不出聲。班主任終究還是嗅到了，火冒三丈，為我們在這特殊時期看著一起奮鬥的同學墮落也不拉一把感到憤怒和心痛，所以拿了一節寶貴的復習課來教育我們。當時我坐在那裡，感到自己像被電流通過全身打通了任督二脈，“這樣的老師真帥啊。我也想……”，許久沒有想起“夢想”的我，在那一瞬久違地更新了自己的夢想。

之後，高考，大學，有種一眨眼還沒反應過來，這些年一下子就過去了的感覺。夢想這個詞也不容易聽到了。現在要是問身邊的人“你的夢想是什麼？”，可能得到的答案是有錢、早日畢業之類吧。其實心裡也許真的有一個詞，鄭重地放在柔軟的被稱為“夢想”的墊子上，只是要說出來需要莫大的勇氣。過年回家的時候，一天在街上遇到小學的老師，她很激動地拉著我的手說“你要好好努力，將來做科學家！”街上人來人往，老師的聲音因為激動而變得異常洪亮，引得路人紛紛轉頭來看究竟是誰將來要做科學家，我的臉紅得要爆炸。我知道老師不是在開玩笑。正因為如此，我感到心痛。

我把夢想丟掉了嗎？

怪獸大廈海山樓

Peng Jing
Boyan Hall

香港有個很有名的有趣建築，叫怪獸大廈，很高興能夠有機會一睹它的風采，下面大家和我一起看看這個所謂的“大怪獸”吧。

香港，“石屎森林”，這個貌似已經畫上等號的名詞，深深的烙印在每一個生活在這裡的人身上。每天營營役役、穿梭在不同的區域，上班，下班，種種的一切都只為的是活下去。在香港，速度和冷漠總會把人壓迫的喘不過氣。



香港鰂魚湧怪獸大廈，又稱為巨廈，是由福昌樓、益昌樓、益發樓、海山樓及海景樓共五棟大廈組合而成的形狀為“E”的建築物。怪獸大廈於上世紀六十年代開始興建，最大的特色就是人口極度密集，共有 2243 個單位，可住逾萬人。因著其龐大，和從外看來的密集感，被大家稱作“怪獸大廈”。自己在白天過來這裡逛一下，其實晚上來這裡拍攝的效果更加能突出。



塘站轉乘綠色觀塘線到旺角站，在旺角站換乘紅色的荃灣線到金鐘站，在金鐘站轉乘藍色港島線到鰂魚湧站。
整個怪獸大廈的拍攝地點

是一個長方形的地方，兩棟房屋之間相距的位置也只有 10 米左右，在這當中生活的人，可真能算得上是坐井觀天吧。邊走邊看，也就是博士的生活吧～

新春遊行，多彩香港

Ming Gao
Boyan Hall

香港一直是一個多文化融合的地方，春節遊行是香港的一大特色。春節作為中國最重要的傳統節日，已經從過去的足不出戶，全家團聚，到現在的春節旅遊熱潮，觀看遊行，體現了中國人觀念的改變。香港方便來往，又有著別具特色的遊行活動，自然吸引了很多遊客和本地居民。



2月5日晚上，在九龍尖沙咀主要街道，五光十四的花車，世界各地的表演隊伍，在熱鬧的節日氣氛中拉開序幕，熱情洋溢的表演，熱鬧的音樂，為香港的春節畫出了濃墨重彩的一筆。整個遊行的線路從廣東道、海防道最後到彌敦道，環繞了尖沙咀的所有主幹街道，道路兩邊的人們有的手裡拿著螢光棒，隨著音樂擺動，有的舉起相機，記錄這難忘的一刻，我也是其中一員。

除了中國人，好多外國友人也在遊行隊伍之中，展現自己國家的流行文化和傳統文化，活力四射的舞蹈，頗具文化元素的服裝，民族舞蹈，樂隊的演出，讓我們感受到了全世界文化的融合。

春節作為中國的標誌性節日，也得到越來越多的國家的關注和參與。整個花車遊行，讓我領略到了世界各地豐富多彩的文化，過了一個國際化的春節！最後，一個金豬花燈緩緩走來，寓意著豬年的到來，大年初一的這場花燈遊行，是我在香港參加的第一個節日活動，希望以後有更多的機會可以參與這些活動！



香港山脊，獅子精神

Dong Wang
Boyan Hall

獅子山是香港當地民眾人人皆知的山頭，在九龍大部分的地方都可以看到這座山。香港電臺曾經在70年代拍攝電視劇，故事以香港人如何在獅子山周圍的香港九龍奮鬥的故事。從此，獅子山成為香港精神的象徵，”獅子山精神”這名詞變成大家心中的專有名詞，用來代表香港人為生活努力奮鬥的信念。

1月7日清晨。約好小夥伴，一行人便從紅磡宿舍出發，去探索獅子山的奧秘，領略獅子山精神。從山入口處，迎接我們的一群猴子，好似獅子山的主人，等待著我們的拜訪。上獅子山的路並不好走，要走一走，歇一歇。



上獅子山的路，我仿佛體會到香港人獨有的“獅子山精神”。面對崎嶇的山路，憑著壹股力量、毅力、堅持往上爬，最後克服一切，到達山頂，就如香港人在逆境中拼搏一樣。到達山頂，往下俯瞰，密集的高樓大廈被山脈圍繞著，這幅景象，只能居高臨下才能真正體會。

行約一個小時，便到達了獅子山頂，可以俯瞰香港全貌。習慣了平時置身於高樓林立的喧鬧都市，偶爾有俯瞰香港全貌的機會實屬難得。另一個視野下的香港，少了汽笛的轟鳴和人來人往的熙攘，卻仍可從遠處體會到都市的繁華和活力。在山頂，我們席地而坐，伴著微微清風，靜靜地享受另一面的香港風光。於忙碌的學術工作中脫離出來，在獅子山上釋放壓力，把工作的紛擾拋之腦後，為了下周的前進積蓄力量，這又何嘗不是一種厚積薄發的“獅子山香港精神”。



歷史的記憶與風情——深水埗老城記憶

Xin Yang
Boyan Hall

若說要體驗“真正的香港”，人們怕是少不了提及深水埗這個地方。

作為香港有名的老城區，深水埗的街市，承載著許多老香港的生活記憶，也積澱了許多歷史風情。



離九龍繁華市中心不遠，在界限街以北，深水埗這篇故古樸的街區，沒有拔地而起的玻璃帷幕大樓，卻有深含著歷史韻味的樸拙樓房；沒有海景餐廳的高檔大餐，卻有米其林推薦、只花數十元便能祭一頓五臟廟的街邊美味。從早期移民興建的古剎、猶如博物館的主題商店街，到最夯的概念店和咖啡廳，到處都是真實的庶民生活場景。如果你要來逛街的話，可要做好心理準備，因為你很可能會花好幾個小時迷失在露天市場裡，與堅持傳統數十載的工匠閑談，或恣意飽覽各式新奇小玩意。



正因為這片街區濃濃的生活氣息，以及所藏納的許多歷史鮮活記憶，熒幕光影呈現的日常的或歷史時光，便有了依託的載體。正因為有著這仍然在現代都市繁華中未消逝的老街區，才能在這裡拍出《桃姐》裡的世俗人生、悲歡人情；也正是基於未消逝的歷史風雲的積澱，才涵蘊出《一代宗師》裡的江湖兒女。正如《一代宗師》的美術指導張叔平所從，這歷史的古舊、街市氣息中汲取了獨特的美學意蘊，但也基於深水埗完全的布料、飾物的供給——她的美，總是在世俗具體的底子裡，而毫無抽象意味的。

深水埗裡的老城街區，儘管經過歲月變遷，但仍然保留了许多昔日的建築。

如今的地標，還留存著曾經的殖民時期的記憶。雖然當年帝國的王子，如今只存在於街角中的零星記憶裡。



若說上環的金融大廈是繁華的國際都市香港，那麼，打著白底黑字招牌的賣活絡油的老店，隱藏在現代街市中的依然有著金漆彩畫的廟宇，則也靜靜訴說著香港日與夜中，最為流長的世俗生活。



還有那遠近馳名的深水埗警署，從建築落成的 1925 年起，已經在香港的日月風雨裡，靜靜地矗立了將近百年的時光。混合了中式的古樸和西式的堅硬，這座警署也像體現著香港這座城市複雜的氣質，展現了一種雜糅的风格。那淡藍色的金字瓦頂、圓柱和拱頂石門，自有一番淡定的氣息，仿佛還見證著香港昔日的動蕩和榮光。



速度與激情-記沙田馬場馬賽日

Qian Hu
Boyan Hall

賽馬，一項源於英國的特色活動，由於英治的歷史原因，在香港經過近兩百年的演變，如今已發展為成為一項重要且極受歡迎的運動。香港的賽馬活動是本港境內合法的賭博類競技專案，由香港賽馬會（The Hong Kong Jockey Club）管理並經營。香港的馬季通常由每年九月開始，直至次年七月中結束，賽馬比賽通常於星期三的夜間和星期日的日間舉行。香港有兩個賽馬場，分別是位於港島的跑馬地馬場和位於新界的沙田馬場。賽馬文化是香港文化的重要組成之一，所以，如果身在香港，一定要找機會去親自感受下馬賽的魅力，體驗一把“賭馬”的樂趣。

一月份的一個周日，終於有機會來到沙田馬場觀看馬賽。這日的馬賽是短途賽，賽事的名稱為“百周年紀念短途杯”。賽前，即將要比賽的馬匹和它的騎師會先行亮相，馬匹的主人可以近距離觀察自己的愛馬並與騎師交流。



騎師與馬匹賽前共同亮相

比賽于下午一時正式開始，共計十場，每場間隔三十分鐘，玩家可以在這三十分鐘之內投注。而投注的玩法亦多，由於我是第一次買，花了些時間才搞清楚不同的下注規則，這裡簡單介紹最基本的三種。第一種叫做“獨贏”（win），即玩家只需要押一匹馬作為可能跑第一的馬匹；第二種叫做“連贏”（quinella），即下注兩匹可能跑進前三的馬，而最後結果只需要其中任意一匹馬進入前三就算押中；第三種叫做“位置”（quinella place），即下注兩匹可能跑進前三的馬，最後兩匹馬都跑進前三才算押中。此外還有“三重彩”，“單 T”等玩法。而每種玩法和每只馬匹的相應的賠率亦有不同。通常來講，勝算越高的馬匹賠率越低，而相反賠率越高即說明這匹馬跑贏的機會越小，一旦真的押中了這樣賠率很高的馬，玩家就可以大賺一筆。



會場內的投注螢幕

比賽開始，從會場的超大螢幕的一側，可以看到颯爽英姿的騎師們騎在馬背上風馳電掣，速度之快都要為他們捏一把汗。而螢幕的另一側，也許才是更多人更關注的焦點。大螢幕即時顯示馬匹的名次，比賽剛開始每幾秒鐘名次就會變動，而到最後的直道跑，名次基本穩定。只聽觀眾席不時傳來吶喊聲，喊得多是馬匹的號碼。馬匹的“速度”和觀眾的“激情”，只有身在現場才能體驗的淋漓盡致。



馬賽進行中



這次賽馬日，比較遺憾的是我連著幾場買的馬都沒有押中。但是由於彩金池由香港賽馬會統一管理，它作為香港最大的納稅機構，一直致力於慈善公益資助，所以我相信我的小小彩金也算是為慈善事業做了一點點的貢獻。

在香港過年

Qun Qin
Boyan Hall

農曆新年是華人最傳統最重要的節日，今年我在香港過年。每逢佳節倍思親，一人孤身在外會倍感孤獨嗎？思親是真的，孤獨卻不會，因為香港是這麼的熱鬧。與往年不同的是，跟世界各國人民聚在這個小小的地方一起過中國年別有壹番滋味，姑且稱為小小國際中國年吧！



為了讓國際學生感受“中國年”的氣氛，熟悉“年”的傳統，我們紅磡宿舍博彥堂為留校學生組織了火鍋晚宴。我作為為數不多的中國 helper，充分感受到自己的作用。許多外國學生從未吃過火鍋，無從下手，多年積攢的火鍋知識讓我成了“顧問”。買什麼食材，要什麼醬料，去哪裏買，先放什麼後放什麼，太辣了怎麼辦，這些常識發揮了重要作用。許多人是第一次吃火鍋，配上非洲舞，加納鼓舞，魔術表演……大家把這頓年夜飯吃得別開生面！



初二是維港放煙花的日子，總共 23888 發寓意繁榮昌盛。晚上還不到七點半，維港兩岸已經占滿了熙熙攘攘的人潮。同樣，各國遊客，市民帶著歡心的心情聚在一起，手上舉著相機，肩上坐著孩子，熱鬧又有序地站著等待浪漫的火光盛宴。



幾個朋友在維港附近的餐廳吃飯，我來蹭個座，慢慢欣賞這漫天的璀璨。八點鐘，樂隊停止了演奏，巨大的煙花在黑黑的底色裏綻放，璀璨又炫目，盛開，然後緩緩落下，如同一個又一個神話消失在夜空裏……漫漫人群，此刻互相微笑，彼此祝福，真是一段好時光！



這就是我在香港的第一個年，充滿了國際的氣息。沒有搶票的焦慮，沒有趕車的勞累，有的是思念，有的是友誼，是祝福！

春華映美——POLYU時裝館民國旗袍展

Yuxiang Wang
Boyan Hall

我們香港理工大學紡織及服裝學系下轄的時裝館幾乎每兩個月都會有一個展覽，本次為期兩個月的展覽是什麼呢？

春華映美——龔建培民國旗袍及織物研究展。



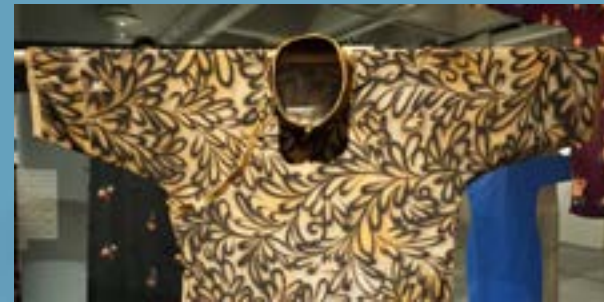
這個展覽真的是十分有趣。展品包括二十世紀上半葉出現在上海的旗袍及飾物原件，民國旗袍文獻及圖像，月份牌旗袍面料復原圖，老照片旗袍面料復原圖等。從旗袍形制、面料、工藝等多種時尚物化元素的嬗變解析及發展相關設計文化現象的探討，不但可以體驗旗袍及織物的設計藝術，更能見微知著地感受老上海這個東方商業之都的審美特徵和生活情境。展覽主要分為以下三個部分：

旗袍流變——民國旗袍的界定與形制發展
工藝彰顯——旗袍實物呈現的技術與設計發展特徵
月份牌與旗袍——月份牌中的旗袍時尚與傳播

龔建培教授何許人也？

龔建培，博士，南京艺术学院设计学院教授，江苏省高等院校品牌特色专业（服装设计与工程）学术带头人，江苏省骨干教师，教育部人文社科项目评议专家，国际自然染色协会理事，中国家纺协会理事，中国流行色协会理事。研究领域涉及现代纺织，服装设计，近代纺织，服装艺术史，现代蜡染创作等。

我個人尤為感興趣的是展品中多種民國時期出現的新型織物加工工藝和技術，以及民國旗袍的款式變遷與裁剪工藝。這次展覽還為瞭解民國以來，服飾設計文化轉型的過程提供多個視域，對處在傳統文化和現代文化不斷碰撞、融合的當代服裝及紡織設計極具借鑒與啟示之功。



龔建培教授收藏的民國旗袍與一般博物館和收藏家藏品的區別在於，其不但注重不同時期的旗袍形制變化，而且更多地關注紡織材料、織物設計與技術進步對旗袍時尚和女性生活的影響。

在實物展品中不但有常見的提花、印花、陰丹士林旗袍，還有提花加印花、型板印花加手繪、爛花絨、剪花綃、漳絨、機器繡花等旗袍，充分顯現了民國時期織物品種的豐富性。

此次展覽除傳世旗袍實物外，還展出了龔建培教授的研究成果中“民國旗袍形制、材料、工藝實錄”、“傳世民國旗袍紋樣復原”、以及“月份牌旗袍紋樣復原”等研究成果。

民國旗袍及織物雖然只是眾多近代服飾類型中的一種，但無疑代表著近代服裝和織物藝術的設計、生產的最高水準和消費流行的風向標，是研究近代服裝、織物設計、產業和銷售領域最典型的案例。策展方希望此展覽通過對民國旗袍及織物設計貢獻和時代局限的再認識，對正處在傳統文化和西方文化不斷衝突、融合中的中國服裝及紡織品設計的發展，起到有益的借鑒與促進作用。

本展覽開幕至今，參觀的專業觀眾和市民絡繹不絕，不少觀眾還特意遠道而來。本展覽已收到幾所院校和博物館的邀約，在香港展出結束後，將轉至內地繼續展出。

最後敲重點啦！！

展覽時間：二〇一九年一月十八日至三月十四日

開放時間：週一至週五 09:00 - 12:30 及 13:30 - 17:45

展覽地點：香港理工大學服裝館 MN109 室

展覽查詢：（852）2766 6511 / fgallery@polyu.edu.hk

香港生活之我見

Yao Song
Boyan Hall

美食篇

來香港生活差不多半年了，最讓我印象深刻的就是香港美食。下面介紹一下我吃過的最愛的三款香港美食。



雲吞也叫餛飩，在香港五十年代低潮的時候興起，至今仍是香港市民鍾愛的一道美食。香港的雲吞皮與別處不同，由於是雞蛋混麵粉的原因，看上去皮略顯發黃，但吃起來特別勁道。另外餡料也多用海產品，如原顆大蝦，鮫魚肉餡等；湯頭也有別於其他地方，散發著淡淡海鮮香味。吃的時候還可以沾著香港特有的紅醋提鮮，是港式茶餐廳必備的一道佳餚，著名影星羅嘉良更表示說他一周都要吃上五六次。足以見得雲吞在港人心目中的地位。

香港茶樓裡蛋撻都比較清淡。港式蛋撻皮有兩種：一種是酥皮，英文叫 Puff pastry，一口咬下去面渣四濺；另一種是牛油皮，英文叫 shortcrust pastry，要加很多黃油，因此有一種曲奇的味道。一般的茶餐廳或者港式茶樓裡都有。相較於別的地方，香港老牌餅家的蛋撻外皮咬下去更加酥脆，有濃濃的曲奇味道，而內層蛋奶味十足，吃起來更加香甜，是不少港人心目中的懷舊美食。



鳳梨油也是茶餐廳基本都能吃到的美食，最好的吃法是將新鮮出爐的鳳梨包夾上一大塊冰冷的牛油，這樣牛油就會被鳳梨包的熱力影響而溶化在包身的中間位置，包身會被溶化的牛油變成金黃色，而食用時鳳梨油與鳳梨包不同之處是能夠吃出濃厚的牛油的香味，金華冰廳的鳳梨油包被公認為全港最好吃的。

博士的生活總是單調的，美食成為我科研道路上不可或缺的重要調劑，我也會繼續探尋香港美食，做到美食科研兩開花。

演唱會篇

一直很想去紅磡聽張學友演唱會，在1月初的時分終於如願以償。

說起張學友，印象裡從小學就喜歡上了他，那時候媽媽從上海帶回來一盤名叫《千年女妖》的錄影帶，裡面有張學友，王祖賢，許志安等等……前前後後看了不下百次，欣賞祖賢的美，也喜歡上了這部電影的片尾曲《只願一生愛一人》因為這首歌，我喜歡上了張學友，因為這首歌，我開始模仿學友，從此每次到KTV，總是點學友的歌。今天終於在紅磡如願以償。



整場演唱會，很多歌曲都是耳熟能詳。特別是最後的Encore，足足一口氣唱了半個小時，例如《心如刀割》《離開以後》《一千個傷心的理由》《一路上有你》《每天愛你多一些》《情已逝》等經典歌曲，每一首都能掀起一陣歡呼與大合唱，因為對於在座每位觀眾來說都太熟悉太有故事了。



可升降帶全LED螢幕的舞臺，360度超立體的燈光。學友風騷帥氣的表演和堪稱完美的音準，雖然有一兩處有點小破音...但“行走的CD”之稱當之無愧。50多歲還能唱跳整整3小時，氣都不帶喘一下。最後那個不知疲倦並且樂在其中的樣子，看得都有點心疼他。

果然演唱會只有兩種：一種是學友演唱會，另一種是其它...

博士的生活畢竟也需要音樂的灌溉，希望以後還有機會來聽其他優秀歌手的演出。

龍脊徒步

Peng Jing
Boyan Hall

香港島東南的龍脊行山徑，被譽為亞洲最美麗的行山徑。是港島徑東端的最後一段，由土地灣到大浪灣，全程山路約十公里。這裡也是香港著名的越野單車徑。龍脊位於港島東南的打爛埗頂山及雲枕山之間的山脊，由於山巒高低起伏，猶如一條飛龍的脊背而得名。每年十一國慶過後，香港秋高氣爽，氣溫適中。龍脊就成了人們登高行山的熱門線路。這裡的山不算高，路不算險，風景確是美不勝收。站在打爛埗頂山的觀景臺上極目遠望，石澳“大浪灣”“大潭灣”及赤柱的海岸景色盡收眼底。靚景令人心曠神怡，美的叫人心醉。

十一月的香港秋高氣爽，最適宜登山遠足。我一早起身出門，過海到港島南區的龍脊健身行山。受颱風影響，香港掛一號風球。天氣清涼有微風，登山遠足不受影響。乘地鐵到筲箕灣，然後乘到石澳的9號巴士，至土地灣站下車，這裡就是港島徑龍脊的起點。



龍脊起點上山。山路崎嶇但坡度不大。一路有一群志同道合的朋友，說說笑笑也不寂寞。

龍脊位於港島徑東部，整段路在山脊而行。沿途風景秀麗，可鳥瞰鶴咀、石澳、大潭灣美景。行約一小時山路，到達龍脊的制高點打爛埗頂山，山頂的行山客很多，大家說說笑笑，好不熱鬧。我發現有很多比我還大的老人，走了幾公里山路，依舊精力充沛，談笑風生，真心佩服。



山頂觀景，拍照留念，靜坐休息了一陣，便開始下山。雲枕山一段的山路受颱風山竹的蹂躪，斷樹很多，路況不太好。行至石澳郊野公園，路況才有了改善。

一路走到歌連臣角，這裡有小路出公路。體力不佳的可以在此結束行程。我的自我感覺良好，於是繼續向終點大浪灣進發。走了一小段水泥路，來到馬塘坳，三岔路口有一休閒公園，稍事休息，繼續走向大浪灣。行走大約二十分鐘，終於到達終點大浪灣泳灘。



由於颱風臨近，泳灘上掛著禁止游泳的紅旗，但依然有人下海衝浪，看著有點懸。大浪灣村口休息吃午飯，然後乘車結束行程。



本次行程以石澳土地灣為起點，一路經打爛埗頂山，雲枕山，歌連臣角，馬塘坳。三小時行畢全程，大約十公里，終點為大浪灣海灘。



The PolyU Experience...Yours to explore

Sitsofe Kwame Yevu

Boyan Hall

Arriving in Hong Kong for my postgraduate studies was one of the amazing things in my life. For sure just before the plane landed at the airport, you could see the high rise skyline of Hong Kong smiling at you in the plane with warm greetings. From the airport to The Hong Kong Polytechnic University Student Halls of Residence was one smooth ride, thanks to the directional information from the school's website for new students. Guess you are wondering how reliable the directional map is considering the bad experience you had somewhere!!!

PolyU has a wonderful campus. The architecture and the planning of the structures are iconic. The school's architecture is woven like a maze with most buildings interconnected seamlessly, emphasizing the concept of finding knowledge. The fusion of the existing and new buildings on the campus makes me understand how modernization can co-exist with heritage. One landmark is the Jockey Club Innovation Tower which showcases modern architectural design. A walk through the campus will open and shape your mind for a world class learning experience. This sincerely reiterates the "Opening Minds – Shaping the Future" mantra of PolyU.

The academic and research community of PolyU is exceptionally world class. The school offers world class learning experience to its students through different modes of teaching and learning. This is commendable since every learning activity at PolyU is crafted to bring the best out the students. To lessen the stressful impact of academic work on student's lives, PolyU has created a friendly campus allowing students to explore and exploit their talents with fun activities. I recently enjoyed a wonderful experience with a choreography performance by more the fifty students in an open place on the campus...it was electric. I tried one of the dances moves and realised I needed more flexibility in my body. Singing, dancing, sports, hiking, leisure tours etc. are some of the activities engaged by students to relax in one of the busiest cities in the world. PolyU has lots of sporting facilities on rooftops which is another fascinating experience and the school also promotes healthy living through numerous events organized by the university health services.

The halls of student residence is the ideal place to rest after a busy day on campus. Hung Hum Halls and Homantin Halls are the two halls of residence at PolyU. The Hung Hum Halls is located at Hung Hum, a place populated with a lot of shopping malls and restaurants from all cultures. Boyan Hall is a really cool place with lots of students from different countries. Activities such as fruit gathering, international night, gala night and the Chinese hot pots have really integrated cultural diversity among students. The atmosphere of friendliness makes my stay at this hall memorable.

Like I said coming to PolyU was one of the amazing things I have done and would do all over again if I had to. Enjoying this experience is something I would like everyone to relish for their student life. Remember that your learning should be memorable and fun.



Fig. 1.The "maze" shape plan of PolyU.



Fig. 2. Jockey Club Innovation Tower.

My Hong Kong Experience

Mark Kyeredey Ansah


Boyan Hall

How often I anticipated the skylines of this mega city! It was finally the 21st of August, and there I was at the airport. It was my first time, an 18-hour flight to Hong Kong. I enjoyed the sight of different planes. Wow! This is what my country's airport feels like! Luckily for me, I cruised on a Boeing 777. An enormous bird soaring gorgeously somewhere in the clouds. I took a window seat and enjoyed the bird's eye view till I could see no more. The journey seemed to last forever. Not until beautiful Queenie seated by me broke the silence. Oh, how we made the remaining hours momentary! The captain's deep voice was like a shot of adrenaline reviving us back to reality. At last, the bird broke through the cloud and touched down gracefully. We parted the airport with a hug.

I quickly checked with immigration and met with my friends. As we started looking for a means to student's hall, a random guy walked up to us and asked "minivan?" My friends refused, knowing that an official bus was a smarter choice. They recommended an Octopus Card, and I curiously got one at the airport. It was just so convenient. You save the hassle of buying tickets and dealing with coins. In fact, I highly recommended everyone I met to get the card. In no time, we found ourselves in a bus dashing through the streets of a concrete jungle. Who would've thought a 45-minute drive through the city could be so free of traffic. At the student's hall, we were attended by a warm administrator. The check-in process was so fast, so much so that I was assigned a room in less than 5 minutes. I leaned against the handrails of the elevator all the way up to the nineteenth floor. I quickly found Room 1980 and acquainted with my Nigerian roomie. A small space it was, yet with so many storage compartments. Where else could you find accommodation so cheap yet top-notch? Not to mention the multi-national student body. Indeed, I was already experiencing what they mean by home away from home! It was late, I laid down after a long shower.



A dreamless night it was yet relieving me the pain of long hours of sitting. I woke up to the sound of vehicles darting the streets down below, it was a bright morning. There it was, a city ascending high into the skies. As far as I'm concerned Hong Kong has the most beautiful skyline in the entire world. Incredible heights of buildings yet humbled to the mountains. The arcades; restaurants, boutiques, Chinese parlours.....you dare not be profligate! Just across the streets, you find Welcome and ParkNshop, what can't you get to buy? In the next few days, I often found myself wandering these shaded streets. They were so soothing, a smart city indeed! The evening-haze made me feel as though mornings were never going to dawn.

The glorious day came for a trip to nowhere. A bus, a taxi or MTR (train)? I silently considered the affordable, safe and clean public transport systems. How the red cabs frequent the streets! All I could think of was how opportune they are. I decided a taxi was the way to go. I got on board a red-boxy-mystery, driven by a small man wearing a cap. I gave him an address to Mong Kok and off we went. The driver flew along, and I mean warp speed while I tried to catch a glimpse of the footbridges connecting the skyscrapers. At one point the driver took out a note and started flipping through its pages, using his elbow to steer the wheel. Obviously not the safest technique I murmured and said a little prayer.




In no time I got off the no-more-a-mystery cab unto the most congested shopping and residential district. High-end shops and trendy-tiny boutiques unfolded at every corner. The beautiful assortments, the lighting, the discounts.....all I could hear and see was "come spend your money". Comfortable shoes, a shopping bag and credit cards, that's all you need. Just be careful not to go crazy shopping! I could not wait to set note 9's camera flicking. I realised I wasn't much Chinese sized when my shoulders couldn't fit into large-size shirt! I was already home, what could I do? That was the moment I learnt to keep receipts. I simply exchanged it for an XL a few days later. Friday night came. I was genuinely not excited about seeing lights till we got to the dazzling cityscape of Victoria harbour. Who could ever think of lights synced with music? Where were the gigantically boomy speakers positioned? They call it the Symphony of Lights. I couldn't have missed it for the next two Fridays.

Of course, terrific food was vital to me. I tried several Chinese delicacies. Not all sunk in well. I spent a lot of time trying out different restaurants till I found the choicest. I still dream of what I will eat each day. Somewhere in Kowloon, you see the sketchy and dodgy Chungking Mansion. Home to migrants, cheap shops, guesthouses and salons we call "the barbershop". I couldn't believe what my eyes beheld. A Ghanaian restaurant! Oh blimey! Since then, "omotuo and groundnut soup", my Sunday isn't complete without it. I certainly can't miss. Delicious pastries and pizza, I cannot go without!



So much in a few a few days and I'm yet to ride in the boats sailing a few kilometres from my room. Yet to see Disneyland, Victoria Peak, Lantau Island, Ocean Park, Tian Tan Buddha, Ngong Ping 360, Repulse Bay and on and on. Hong Kong is the place to be, ceaselessly enchanting, hip and happening always. Best of all, we are in the safest city in the world. It is impossible to worry about security here. Remember you are indeed in the special administrative region!



Hong Kong Experience as a South American

Renan Morais Furlaneto

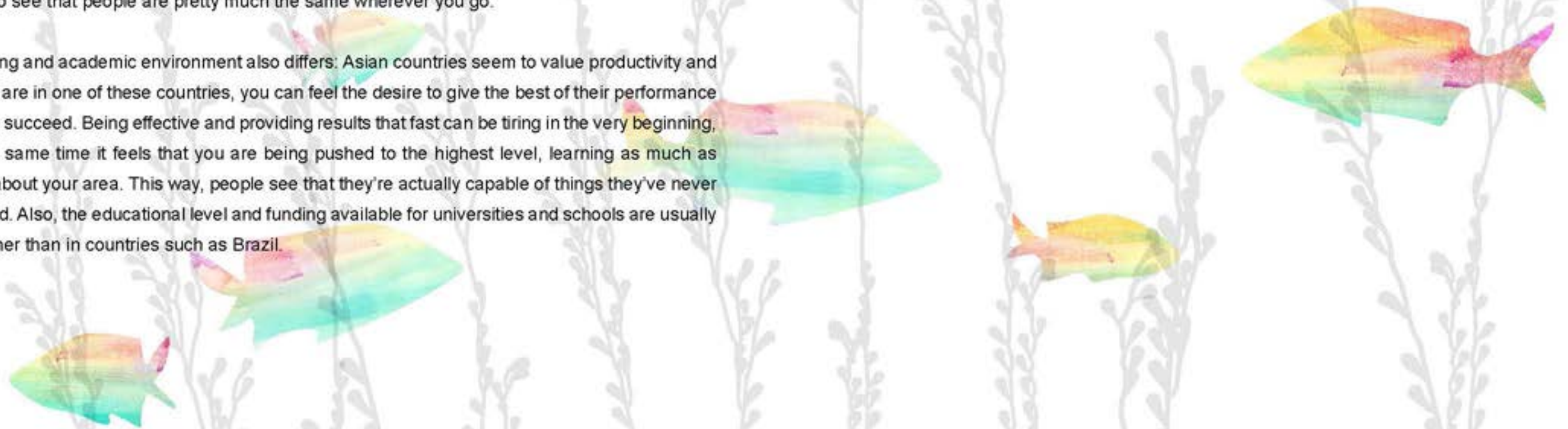
Boyan Hall

Even though it might be difficult in the very beginning, travelling all the way to Hong Kong to start a new life coming from such a different continent as South America, with different cultural backgrounds and at the same time being far from your own family, comfort and language, can be actually a huge window of opportunity for growth, both personally - considering all the challenges that newcomers face when moving in to this country (or any other where the differences are similar) and also academically - studying in such a great and outstanding university as PolyU can definitely be a challenging experience.

Whenever moving out, being far from our beloved ones, our family and close friends is one of the most difficulties things one can face. In the beginning we may feel a bit alone and distant from our culture. Firstly because there are not many people from South American countries and also the language barrier can play a major role for feeling alone or distant from people. Even though there are some differences that seem normal, people will greet you and be friendly whenever you try to approach them. With the right mindset all the cultural differences are less distractive making it possible to see that people are pretty much the same wherever you go.

The working and academic environment also differs: Asian countries seem to value productivity and when you are in one of these countries, you can feel the desire to give the best of their performance in order to succeed. Being effective and providing results that fast can be tiring in the very beginning, but at the same time it feels that you are being pushed to the highest level, learning as much as possible about your area. This way, people see that they're actually capable of things they've never considered. Also, the educational level and funding available for universities and schools are usually much higher than in countries such as Brazil.

On the whole, living abroad is never an easy task, but at the same time it is such a unique experience for everyone and should never be taken for granted, especially in Hong Kong. It certainly differs from my home country but with the right approach this can be definitely a positive thing: we tend to grow much more when out of our comfort zone, and this country provides all that is necessary to have a wonderful experience in all facets of life.



In Pursuit of a Doctorate Degree: My Plight

Daniel Yamoah Agyemang

Boyan Hall

More often than not, I asked myself what I stand to gain after all the tiresome and exhaustive study as a PhD student. Well, the answers were obvious: gain and learn new knowledge and skills, be an expert in my field, and affect society positively after finishing the PhD, among other reasons. These and many other reasons bolstered my resolve to lay aside all other plans I had in order to pursue the PhD programme. As soon as I landed the scholarship to pursue the PhD, my family was filled with unspeakable joy as I will be the first person to obtain a PhD in my family upon graduating from the study programme. I remember leaving home for the airport wearing a mismatched pair of shoes. It took the effort of a family member to tell me of the anomaly.

I landed in Hong Kong with so many expectations and thoughts of wild adventures. On my second day in Hong Kong I visited my supervisor with the anticipation of kick-starting my academic journey only to be told to relax and settle first. I got to know that I had to first obtain all the required documents for my stay in Hong Kong as a student. How disheartening! Little did I know the kind of situation I would be landing myself in. After obtaining all the necessary documents, I reported to my supervisor ready to start my studies. My first task was to write a review paper justifying the essence of my PhD topic by identifying a number of research gaps in literature. I was glad that at long last I had some important work to do. I had already registered for 6 courses which I naively thought was ok and could easily be managed. This is when I realized time management plays an important role in the life of a PhD student. I realized the course work was very demanding and the need to regularly update my chief supervisor about the progress of my research did not help matters. It took the intervention of a senior colleague for me to get my feet on the ground and, thankfully, I can now manage my work so well.

This is just to say that patience is a virtue and it is important to associate with the right people that can help when you face challenges. I really owe my successful stay so far to my love and passion for what I am working on as a PhD student, effective time management and the assistance that I continue to receive from my supervisor as well as from my friends that have become family away from home.

Hong Kong away from Hong Kong

Jen Yoohyun Lee

Boyan Hall

I have spent the most of my life in the metropolis. Nevertheless, I find myself more at peace with rural elements. Whenever I come back to highly populated cities from a countryside, my ears are filled with noises coming from people, cars, motorcycles, and running air conditioners, yet there is a sense of silence – the absence of other living beings. The moment I recognize this vacancy, I feel this emptiness that cannot possibly be filled with the buzz of city creates. When was the last time you paid attention to the conversations between birds or the concert of crickets? I sometimes get an urge to leave the busy cityscape.

Last Sunday, my friend and I set out on a spontaneous journey. We share the sporadic compulsion to escape the cramped downtown. Yuen Long's Nam Sang Wai was our destination. As we got out of Exit G1, the excitement was in the air. We decided to walk to Nam Sang Wai, instead of taking a bus as Google Map suggested. Once we passed the Zen River and reached the entryway, a boatman on an unkempt boat was waiting. In less a minute on the water, we reached the other side. "This is it!" As we shouted with eagerness, rain drops hit our heads. We didn't think much of it and simply took out our umbrellas. From afar in the fog we could see the vague shapes of high-rise buildings. During our walk we randomly encountered inflated flamingos and ducks on water, motorcars controlled by enthusiastic drivers, families taking pictures with their children in graduation gowns, three pitch-black stray dogs, migratory birds and bird watchers with gigantic camera lenses, and a group of parents with young kids. We casually talked about the weather forecast, hoping the rain would stop soon. But it was raining harder and harder.

When the trail seemed to come to an end, we saw a sign pointing into a canal saying "MTR". This was where the real adventure began. Being spontaneous adventurers, my friend and I decided to follow the way by going in deeper into the chaotic woods composed of fallen trees that greeted us when we got out of the canal. It was too late to turn back when we encountered bigger obstacles. So many fallen trees and vines that grew on them after the typhoon – we suspected that it was the super typhoon Mangkhut that had created such a complexity that would not be tolerated in the city.

"Well, it is still Hong Kong. But who would have known we would end up somewhere like this!" It was like a game of Limbo. We went under, over and through the branches and collapsed trunks. When we looked up at one point, we were under a highway where we could hear the sound of accelerating cars. "No one would know we are here now. Haha." We had to continue the journey like this for another hour. On the way we encountered snails carrying big yellow shells and various mushrooms. By the time we could see a hint of a paved path, we were soaked from head to toe. It was not possible to have the umbrellas over our heads while going through the jungle. There was a feeling of triumph and relief when we finally exited the labyrinth and Google Map showed us the way back to an MTR station.

"Wasn't this fun!" I said, with satisfaction. My friend happily agreed. I tried to remember when last time I enjoyed myself so much in the rain. I think it was back when I was 8 years old. Coming back to Hung Hom, I wondered when an adventure like this would happen again and where I would go for it. I am glad Hong Kong has hidden places like this; that are so unlike Hong Kong. I look forward to the rest of my residence!

SHTM: "Unlike Any Other"

Frank BADU-BAIDEN

Boyan Hall

Pre-Arrival

It had been my dream to attend the Hong Kong Polytechnic's School of Hotel and Tourism Management (SHTM). In the global subject rankings, our school features in the top 3 spot on the Shanghai, CWUR and QS World Rankings. When I received my offer letter earlier this year, I was excited to join the School, and welcomed the opportunity to be supervised by a renowned tourism researcher. I looked forward to touring the 262-room Hotel Icon, our world class teaching and research facility, which boasts three award winning restaurants.



SHTM's Hotel Icon



'Dressed to impress'

Orientation Week

On August 28, I finally had the chance to meet classmates from China, Iran, Jamaica, Malaysia, Saudi Arabia and the United States. During orientation week, we had the privilege of enjoying enlightening familiarisation sessions in the company of current students, as well as new and experienced faculty members. These interactions helped us to form realistic expectations about our PhD. journey. The highlight of the week was the one-night complimentary stay at Hotel Icon, with mouth-watering buffet breakfast at The Market. We spent our evening lounging on the 9th floor which offers amazing views of the Hong Kong Island skyline.



My colleagues during orientation week



Our research office

The SHTM Culture

One of SHTM's most endearing philosophies is "Dress to Impress". We believe that as tourism professionals we should be immaculately attired to reflect our customer-oriented mind set. Our twice-a-day coffee breaks at The Crossroads give us a chance to mingle with professors and discuss the latest developments in our field. We also enjoy frequent research presentations by in-house and visiting scholars that present us with a broad range of perspectives on emerging trends in our discipline. Most of all, we cherish the extensive teaching experience we will gain during our time, as we work with experienced professors to deliver undergraduate courses.



Interesting conversations at the Crossroads



Dim sum lunch with my colleagues

SHTM is Fun!

SHTM is a fun place to be. Every year, we celebrate World Tourism Day in fine style by dressing in hilarious orange costumes and participating in energising choreographed dances. Prizes are also presented to the best dressed lecturers and students. Our research office is a lively, supportive and relaxed environment where we balance the anxieties of PhD life by having a good laugh with our colleagues.



SHTM turns 40 next year



Fun times with our Dean, Kaye Chon

Here's to the future...

In the next three years, I hope to build on my teaching experience, publish in top tourism journals, and expand my professional network. I would also like to spend a semester at one of our exchange partner universities to enhance the understanding of my research area. With these experiences and achievements, I hope to go on to become a recognised tourism lecturer and researcher.

The Perfect City for Students on a Budget

Kimberly Peterkin

Boyan Hall

Hong Kong is said to have one of the highest costs of living in the world, which is a sharp difference from being a mecca for the budget conscious student. Thankfully, Hong Kong is a city of contrasts. Many affordable precincts lie in the shadows of the lavish mansions of the Peak neighbourhood, and there are offerings to suit every taste.

The Hung Hom Halls provide the cheapest accommodation anywhere in the city, with all the facilities needed for a comfortable yet active student life. Take in the spectacular views from your room, or escape to the second floor to join the electrifying dance sessions, or knock off overdue laundry. Take a swim in our 25-metre swimming pool or keep fit in our well-equipped gym.

We are located walking distance to tranquil green spaces, and jogging paths offering stunning views of the Victoria Harbour and the Hong Kong Island skyline. Take advantage of the frequent sales put on by chic brands in neighbouring Whampoa, or spoil yourself at the upmarket eateries on those special occasions when the urge to splurge becomes irresistible.

Sign up for one free sporting activity each semester on campus or practice your hoop skills. Populate your calendar with tonnes of free and low cost events, like city tours, movie nights or hiking trips. Stay tuned to your inbox to cop complimentary tickets to classy events like ballet and orchestra performances, or try your luck at competitions that offer cash prize.



The Hung Hom Halls



The hall fitness area



The Park adjacent to the Halls



The indoor court on campus



Communal Building Canteen



The Boyan Hall common area



Sham Shui Po Market



Lamma Island

While on campus, you can enjoy high quality meals at the university's 13 catering outlets for half the price touted by the countless restaurants nearby. For those lazy days, you may stroll to the first floor and have all three meals at our hall canteen. To stretch your legs a bit, and indulge the foodie in you, visit the stands offering cheap yet delicious Cantonese favourites.

If you prefer to prepare your own food, there are 10 supermarkets nearby. Keep on the lookout for the red stickers; the assurance of a good deal. For an authentic experience, venture to a traditional indoor market selling fresh vegetables, meat and seafood at a fraction of the cost. Then, feel free to gather your friends in the common area for a home cooked meal.

Fashionistas will fall in love with the affordable options in the Sham Shui Po district, off Cheung Sha Wan Road. There are scores of shops and street markets selling stylish clothing, accessories and much more; just be sure to negotiate the best price. For the tech savvy, this area is also a hub for the latest mobile devices and electronics.

For those who would like to get out and explore Hong Kong's districts, there is an array of transportation options at your disposal. Take the metro or bus (student discount available), and head to the pubs of Wan Chai or the trendy malls of Tsim Sha Tsui. If the neon lights and throngs of people are a bore, hop on a ferry to the Outlying Islands to get away from it all.

Bonus: Finally, if you are a stickler for a good deal, download one of the many discount or online shopping apps that get you into upscale restaurants for a steal, or bring a world of shopping to your fingertips. Finally, be sure to join the many social media groups to keep abreast of the latest happenings around town, and make new friends.

A Young Merchant

Majed AlMuhanna

Boyan Hall

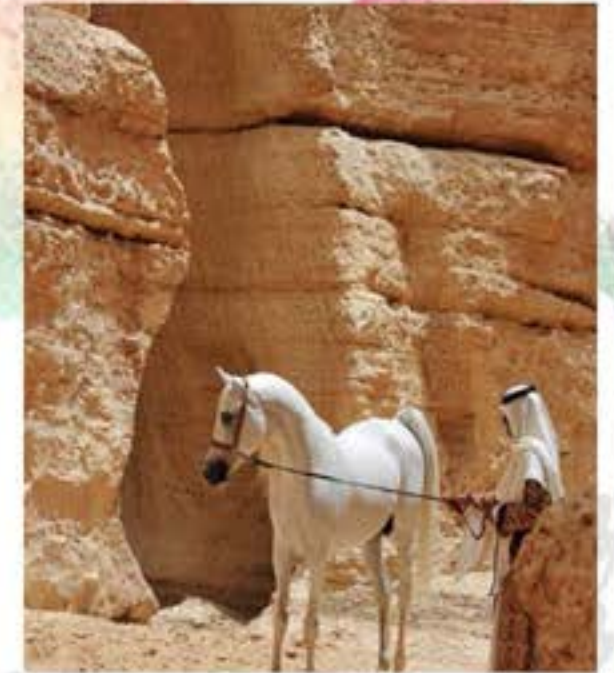
In the heart of Arabian Peninsula, the desert has always pushed people to trade. Arabs have travelled outside Arabia to different markets in the world. In each city in Arabia, a communities of merchant families have been established. These families travel stay and travel together to survive when crossing the desert.



One of the most famous merchant families had a son. The son had a dream to go on adventures and discover new places. He loved listening to traders' stories of adventure and legends of treasures in undiscovered places in the desert. His father, one of the city's major traders, needed someone to continue his trade. As his son was a dreamer, the father believed that he was not capable of taking over the family business. The son was frustrated by his father and decided to prove him wrong.



The son decided to go after one of the treasures that traders used to talk about. The treasure was said to belong to a great merchant that lived hundreds of years earlier. The treasure was said to be in a remote area in the desert that no one dares to go. Legend has it that the treasure is guarded by a great large monster with big red eyes.



The son went to the remote area of the desert and managed to locate the cave area in which the treasure was. As he found the exact entrance of the treasure cave he grabbed his sword and took with him a lantern. As he moved further inside the cave, he started to notice the monster's big red eyes. He kept moving until the eyes got really big and he stopped. He doubted that he could survive but then decided that he must prove himself. He raised the lantern and his sword ready to hit the monster. He started to hit it but there was nothing. He lifted the lantern only to discover that the monster was the treasure.



Happy that he proved himself and found the desert treasure, he returned to his city and surprised everyone including his father.

The end.

A Quest to Hong Kong Night Market

Rachel Qun Qin

Boyan Hall

On the night of October 7, 2018, one of the crews of Intercultural Quest Boyan group ventured into the night market of the Hong Kong metropolis. For a long time, Hong Kong is renowned as an international financial center, shopping paradise, and a nexus between Asia and the world, with stunning sky-scrapers and intimidating housing costs, and is one of the most affluent areas in the world. However, Hong Kong has other faces: there are markets where people actively sell and buy different wares at modest prices. The night markets are some of them. Hong Kong night markets are a special scene to Hong Kong, as they only come alive at night. In the daytime, streets are as normal as any street in the world, with traffic and passengers going on. But starting from 7 pm., vendors come out on some streets with their tents and set up temporary stalls. After mid-night, these stalls are all gone.

The Quest crew took MTR from Hung Hom to Mong Kok. After an easy look outside Mong Kok Station, we found the Ladies market. As the name suggests, this street specializes in ladies' stuff like jade jewelry, bags, underwear, pocket mirrors, decorative accessories and anything a woman may want. It also sells many unisex products, like watches, jackets, shoes, handicrafts, etc. It is an open-air market occupying several blocks. With waves of shoppers, it is very crowded and busy. We couldn't hold our excitement and took a lot of photos, some of them shown below. Since vendors were very busy dealing with shoppers, they wouldn't take a photo of us even after we had purchased a necklace. Customers were more patient and over half of them, from what we observed, were probably tourists.



There is no fixed price for the products in the night markets as prices are negotiable. We enjoyed wonderful price negotiation with the vendors. As one Cultural Quest crew member put it "Price negotiation is fun". This process tests how strongly you want the product. In addition, when you convince the seller to cut down a significant amount in price, you feel like you have won a battle. We talked happily about the beginning price, the mid-way and final prices. Apparently, every one of us wanted to negotiate for the fun of it.

After the Ladies market, we got on the MTR and went to Whampoa for another night market in Temple street. While the arrangement is the same, this night market sells more of antiques, like old bronze coins, calligraphy gear, paintings, ceramic ware, etc. For both markets, product quality is very good. Crew members picked a wool scarf, a necklace, an ancient Chinese rich man style hat, and some 3D post cards as gifts to our families far away in other parts of the world.

At the end we got a bit tired. Fortunately, there are quite famous food stalls in this area. There are moderately priced open air restaurants where the taste of the food is really good. We sampled fried prawn, beef tripe and some duck breast to comfort our tired bodies and satisfy our appetites.

Around 11 O'clock, this crew of diversified origins was satisfied with the cultural exploration into the Hong Kong local markets. Maybe it is true that happiness boosts creativity: the crew created new dance moves on their way back to Hung Hom which they called the MTR dance!



Finding China in Thailand

Kunal Krishna Das

Boyan Hall

It's a Saturday morning, and I was in Thailand. After the mundane routine of daily classes, it was time to finally break the monotony. I was too excited about the weekend. List of places I wanted to visit was long, but my budget was limited and time, short. So, I decided to go somewhere nearby. And all of a sudden Chinatown triggered into my head. And now I was sure as to where I wanted to go. Chinatown is a small replica of China in Bangkok with lots of Chinese cuisine.

Back in India, I was a guy who preferred to stay with my group of friends and didn't prefer wandering alone. But here in Thailand, I had become a lone traveler. Haha! Maybe I had started enjoying spending time with myself or maybe everyone else was preoccupied with their chores. I enjoy my own company. So far, I had been to nearby places alone but Chinatown was a little different for me to go to alone.

It was about 10 am, and it was essential for me to figure out the route that I have to take. I decided to seek help from my Thai friends. I asked Guide (one of my close friends who is very caring) and Plan (another close friend who is a little fickle minded). I also decided to ask a Cambodian friend of mine, but I was pretty sure he wouldn't be of much help. Both Guide and Plan gave me one route each, but Virak (the Cambodian guy who will always explain to you the way in terms of money rather than time or distance (he will say, "Oh! You can reach Future Park with only 35 baht") surprisingly gave me three routes. Virak knows more about Thailand than the Thai guys. It seemed so funny to me. By this time, to my dismay, I was a bit reluctant to go out due to the Thailand heat. Ping! I got a text from Guide which said "Do not be afraid in a new land" and it boosted my confidence. I was now ready and excited to go.

The route was clear, I had to ride my bike until the van station. I would take a van and reach Moo-Shit in about an hour. From Moo-Shit I would have to take an underground train until Hua-Lom-Phoong which would take me another 45 mins. From there I could take a tuk-tuk (auto rickshaw) and reach my destination.

However, very little went as planned. I was already late when I started off and, on top of that, there was a long queue in the van station. I had to patiently abide by the delay. While waiting, I asked a cute Thai girl sitting next to me, "Why are the vans taking so long?" She smiled and said nothing in reply. I asked her again. She smiled even bigger, so big that even a bit of rice stuck in the brace of her teeth was visible to me. It's then that I realized why Thailand is known as the land of smiles. In Thailand the official language is Thai and English is spoken by a few. When Thai people don't understand you, they just look at you and smile.

Finally, it was my turn to get on the van after waiting for an hour. I reached Moo-Shit and took the underground train till Hua-Lom-Phoong. On the way, I would seek directions whenever I saw a beautiful girl. And every time either I get a wonderful response (if she could speak English) or a beautiful smile (if she couldn't speak English). I enjoyed both.

Even though the journey was a bit long, I was not bored. For me, it was more or less like watching a fashion show throughout the journey. Thai people are very stylish. Starting from the shoes that they wear to the bags that they carry, everything is so appealing! Especially the girls, all with a fair complexion, small eyes and cute faces, they look so graceful and charming. Everyone follows their own dressing sense which is unique and splendid.

I reached the Hua-Lom-Phoong station. And I was supposed to take a tuk-tuk to Chinatown as advised by Guide. Within a few moments, I noticed a tuk-tuk waiting for passengers near the station. Phew!! I was glad as it was a relief to me. I went to the tuk-tuk driver and informed him that I wanted to go to Chinatown. When I was about to get in, the driver came out and started explaining to me the way to Chinatown. He was kind and explained to me the way but little did he realize that I wanted him to take me there in his tuk-tuk. I decided to walk as I didn't want his efforts to go in vain and I thought walking would even be more fun.



I put on my cap, wore my shades, grabbed a bottle of juice and headed forward. It was really fun exploring the foreign land and giving a glance at everything. It was really mesmerizing to aimlessly wander around.

After long walks, Chinese food, etc., finally my desire for Chinatown was over and I decided to head back. My phone was about to run out of power and moreover my friends had advised me to return before dusk. I was tired and seemed a little lost. I had lost my sense of direction, but it's not a problem in Thailand as you can always ask anyone for directions.

While walking back I noticed a lady. She was dressed like a corporate woman. The lady's wrinkled face and grey hairs reflected her age. She seemed to be in her late sixties. I asked her for the way to the Hua-Lum-Poong station but she couldn't speak English and instead spoke something to me in Thai. Then I realized that seeking her help was not a wise decision. So I stopped to asking for directions. As I stopped, I saw her a few steps ahead of me, waving her hand and calling me. It was certain that she was about to show me the direction. I started to walk with her. It seemed that the lady was also going to the same station. I became relaxed and calm. The lady spoke to me in Thai but I didn't understand anything. However, I responded that "I cannot speak Thai" in Thai as I learned a bit of survival Thai from Day (a friend of mine who is always eager to trap me). Even after that, the lady continued to speak in Thai. While speaking she showed me streets, the sky, drain and what not. I didn't understand a single word but I enjoyed listening to her as we walked together. I also tried to ask her if she was going to Moo-Shit, hoping that she would keep me company throughout the train journey, but I failed to express myself. She kept speaking and I smiled and nodded, pretending that I understood her. It was a long way and she continued with her one-sided conversation. I decided that I would ask her once again about her destination once we got up on the train (as the chart of the stops is available in the train making it easy to understand).

Finally, we reached the station after a long walk. Her long conversation just ended with a simple phrase "khap khun khaa" (meaning thank you in Thai). She bowed her head, shook my hand and walked back the same way we came. I was surprised and kept looking at her thinking "why did she go back?" As I watched her go, she turned back and waved at me saying bye-bye. I could see her diminishing as she walked and vanished in the crowd. It was then that I realized that this lady had nothing to do at the station but only came to escort me. As I realized this, I could feel a cold current running throughout my body and my body hairs rising. Her kindness and affection touched me and taught me the true meaning of humanity. Since then I started to love Thailand even more. Thailand is not only about beach and beer but is also about the rich culture, honesty and humanity residing in every being there.



Shadows of the Ghanaian Culture

Mershack Opoku Tetteh

Boyan Hall



Are we lost in the enslaved spirit? Hello! Hello!! Hello!! Culture is a source of enlightenment, peace, and identity. In Ghana, culture determines our faith and identity as a community. Ghana, was formerly known as the Gold Coast. The country is best known for its beautiful longshore, on the Atlantic Ocean, which serves as a major trading hub for the shiny precious stone, GOLD. There are six large ethnic groups in Ghana: the Akan (Ashanti and Fanti), the Ewe, the Ga Adangbe, the Dagbani, the Guan, and the Gruma. Like most of Africa nations, Ghana has rich traditional cultures that differ from one ethnic group to another.

The differences in these groups is reflected in the traditional belief systems like the concepts of birth, religion, politics, death, and other social activities such as dance, music, clothing, poetry, and initiation rites (a cultural event that mark one's transition into maturity), etc. However, clothing, dance, and puberty rites represent the most powerful symbols and social indicators that identify Ghanaian ethnic traditions. The ethnic groups in Ghana tend to share and cherish some basic cultural aesthetic values in the dance concept. For example, beauty of body alignment and technical perfection seem to be the overriding factor. Among the six groups, the Ashanti is a major group of the Akans in Ghana and a Twi-speaking tribe. The Ashanti are best known for their Kente traditional wear and the Kente dance. The dance is popularly called the Adowa dance – "Breaking of the web". The dance is, among other occasions, performed to welcome visitors. The Ashanti people also like to use drums, the 'Fontomfrom' to communicate Ashanti monarchy messages in traditional settings.

In the Ashanti and Akan culture, an initiation ceremony called 'Bragoro' is organised to initiate young girls into adulthood by preparing them to entre womanhood with good morals. The Ewes also represent an incredible complex subset of Ghanaian culture. Ewe people are also known for the Kente clothing and traditional beads. They perform the 'Bobobo' and 'Agbaza' dance – "Pushing for the clean corners". They also perform a puberty rite of passage ceremony called 'Nugbet'. The Ga Adangbe, a tribe known for quality beads perform the 'Dipo', a rite of passage to prepare young girls for womanhood. They perform the 'Kayilalala' dance during the ceremony. The Ga Adangbe is a Ga and Krobo speaking tribe. The Dagbani are an ethnic group from Northern Ghana. The Dagbani share rich cultural tradition which makes the Ghanaian culture more diverse. The Dagbani are best known for their 'Fugu' dressing. They speak 'Mampruli' language and place a higher value on marriage. The Guan people are known as the Gonja. They celebrate a famous festival called 'Aboakyere'.

All these groups are accommodative and supportive of one another, and their diverse cultures and traditions bring more beauty to the nation of Ghana. I'm proud to come from Ghana!



First time away from home.

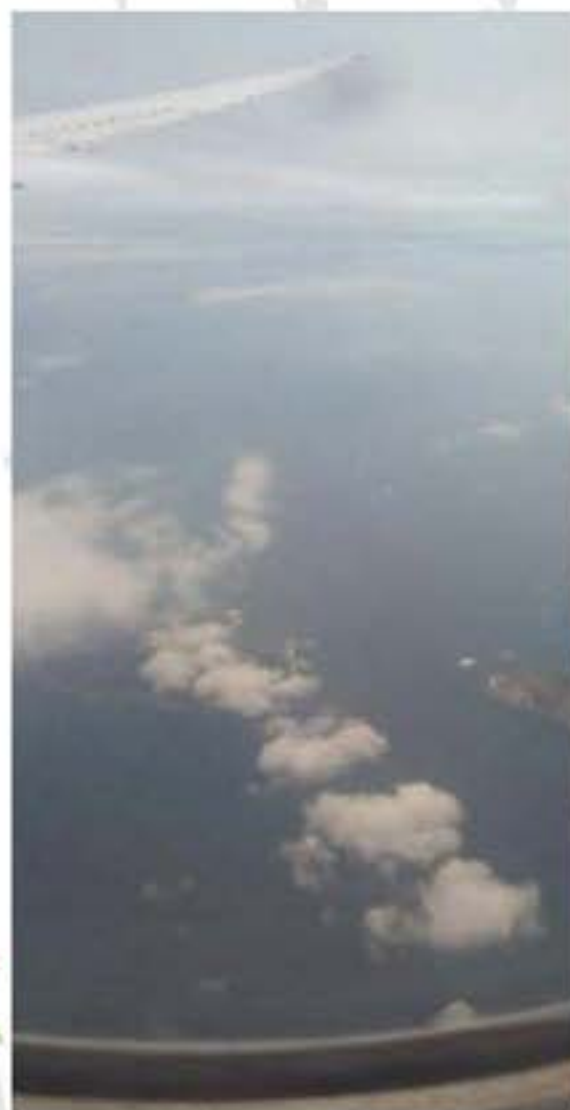
Frank Louis Osei-Poku

Boyan Hall

Experiencing something for the first time comes with a lot of anxiety. You go round asking people who have been in such situations before for tips and advice. A woman about to give birth for the first time and a high school student joining a boarding school for the first time are clear examples.

It was no different for me as it was my first time to leave my home country. In fact, it was my first time experiencing several events in succession for the first time. First, the notice of offer from the Research Office, PolyU was the first of admissions I received from a number of schools I applied to to pursue postgraduate studies. That day my face beamed as I moved about so happily.

As the day of departure drew near, I became restless. I had sleepless nights. It would be my first time to board a plane. I couldn't imagine myself living the reality of the things I had only seen in movies. I went through all the check in processes and anxiously waited for my flight. Aboard the plane, I paid prompt attention to the flight attendants' safety demos and the announcements from the captain. I was a bit terrified when the captain started to talk about what do in emergency situations. The plane started to taxi on the runway. Finally, I heard over the PA system, "Ladies and gentlemen, you can now take off your seatbelts." Then it dawned on me that I had left my home country Ghana to pursue a new life. Travelling through the clouds and watching the land below was amazing. Nature is beautiful. This was good for me as my studies centre on the atmosphere and clouds.



We finally arrived in Hong Kong. I was met by a few people whom I had contacted before leaving home. The bus driver outside the airport asked me: "A new arrival?" I responded in the affirmative and he said "Welcome!" with a smile. Driving through the city was quite frightening. A lot of high rise buildings as if they will fall on you. My first encounter with Asians was amazing. The hall receptionists were welcoming. They guided me in filling all the necessary forms and giving tips on how to enjoy my new room. Checking in to see my Chinese roommate was interesting as all I knew about Chinese was from the Jet Li, Jackie Chan and other kung fu movies that I love to watch. You can imagine the look on my face. My roommate quickly helped me unpack and settle. We spent the night talking about our different cultural backgrounds. We chatted for so long as if we had known each other for years. The next day he took me around the vicinity. Everything was amazing. I struggled with the chop sticks during meal time but it was a funny moment. The people and shop attendants specially welcomed me in their own small way. I feel at home as my roommate is a nice person and my environment is more than welcoming.

My first time away from my home country will always be a memorable event that I wish tell my grandchildren about someday in the future!



My precious Journey in BoYan 2017-2018

Chi Yicheng

Boyan Hall

Welcome to Boyan Hall! It is a great honour for me to share a few words with all my dear hall mates and I am very happy to see so many fresh faces, and thank you for joining Boyan Family.

Some people believe that the life of a PhD student should revolve around labs doing research. Much as this could be true, it is not always the case. PhD life is full of challenges but it is hopeful as well. Take me as an example: one part of my life, which is very meaningful and memorable for me is living in Boyan Hall. In Boyan I have made friends, participated in enjoyable activities, and created unforgettable memories.

I was a shy and introverted person when I joined the Hall; not very good at expressing my mind and shy to participate in any activity. However, living in Boyan Hall has changed my attitude towards life. One of the student residents, who is also the senior tutor, Mr. Mohammad Aquil, once said "A comfort zone is a beautiful place, but nothing ever grows there." I still remember that he often encouraged me and other hall mates to take on each and every challenge we face, and embrace them as opportunities. Although a lot of us might share similar feelings after coming to Boyan Hall, each one of us has a unique story to tell about our passions and how we became motivated. Let's keep those reasons in mind, and try to think about what we can do to get the most out of our experience having lived in this Hall.

I believe living in Boyan makes one's life colorful, for there are different clubs, such as the international students club, choir club, dance club and many others. These clubs usually organise exciting activities in which many Boyan residents get involved. In these activities, not only can we meet people and establish new friendships, but also, we can get the opportunity to communicate with other young smart researches from different fields.

Staying in Boyan is a precious opportunity which expands our knowledge and broadens our horizon. It's a pleasure to meet residents from over 30 countries, as well as to have the excellent and responsible staff and warden. The new activity christened "Warden Research Talk Series" is a great initiative broadening our views. It has helped to open our minds to finding solutions to various issues that are not only suitable for our study, but are also responsive to our diverse cultures, backgrounds and beliefs.

As a student representative of Boyan Hall, I would take to take this opportunity to thank all my friends that made me a part of the Boyan family. At the same time, I would also thank my supervisor, for without his trust and guidance I would not have chance to be a part of Boyan. What's more, I'm extremely thankful to our Warden, Prof. Chung, and all our tutors, for their constant support and for providing us with a warm and comfortable living environment. Finally, I would like to direct my sincere wishes to you all, with happiness, good health, and all the best in the coming year.



香港的海島風情

Mingming Ji
Boyan Hall

香港有著自己特殊的地理位置，其三面環海，不僅擁有美麗的海灘，亦被很多大大小小的海島所環抱。大家所熟知的大嶼山、香港島，便是香港的第一、第二大島嶼。而作為旅遊聖地，大家更為熟知的則是南丫島、長洲島等島嶼。這些魅力十足的島嶼，是我們週末和節假日放鬆自己的好去處。一邊吹著海風，一邊享用精心烹飪的海鮮，能夠讓我們認識一個與平時的繁忙和快節奏不一樣的香港。在這些諸多海島中，最令我印象深刻的，則是大澳和西貢。

如果你想體會一把海邊的漁村風情，那麼你一定要去大澳。大澳坐落於香港第一大島嶼大嶼山的西側，是香港非常著名的漁村。搭乘港鐵在東湧站下車，換乘巴士即可到達大澳。路程雖然有些遙遠，但是沿途的山水景色卻格外引人入勝。大澳擁有保留完整的漁村，不但在建築風格上獨具一格，當地人的生活方式也非常質樸。第一次來到這裡時，往往會被這裡的人文氣息所吸引。內心不由得從平時的緊張繁忙中脫離出來，覺得自由而平和。大澳最獨特的風景，莫過於那些搭建在木架之上的屋子了，當地人叫他們棚屋，也就是漁民的居所。如果喜歡體驗這裡的生活，亦可以搭乘漁船出海，身臨其境地體會漁村生活。除了美好的景色，美食自然不可或缺。大澳傳統的鹹魚、蝦醬等海鮮在香港遠近馳名。在居民自己經營的食肆中，我們就可以享受到這些美食。其中最令我印象深刻的美食，莫過於“烤濞尿蝦”了。經過蒸熟、曬乾的濞尿蝦，放到火上炙烤，刷上油，加上孜然等香料，就成就了極富海邊氣息的一道美味，令人回味無窮。隨著工業化的發展，漁業早已不是大澳的支柱產業。當地的居民或轉向海產加工，或轉做旅遊生意，年輕人也越來越多的離開。因此，旅遊淡季的大澳，會有一絲冷清，但這份獨有的靜謐，不正是大澳令人著迷之處嗎？



游客在选购海鲜



令人羨慕的漁村生活



大澳漁村

如果相比大澳的漁村風情，你更愛有商業化氣息的海島，那麼西貢就是你的不二之選。與大澳相反，西貢坐落於香港的東部沿海，其中的島嶼和山脈眾多。與大澳相比，西貢更是休憩的好去處，遊客眾多，商業化程度高。你可以從西貢碼頭，前往不同的海島遊玩，在沙灘上嬉戲、野餐。島嶼的設施大都比較完善，經過開發的山路也更加易於行走。碼頭常有海鮮漁船停靠，經常有站在岸邊選購海產的遊客。說定數量，船主就會把海鮮放在漁網裡，用一根竹竿遞上來，遊客再將錢放入漁網中。乍一想，真是原始而有趣的交易方式。相比白天，我更愛夜幕降臨後的西貢。海邊排布著大量的海鮮餐廳，一入夜就燈火輝煌。岸邊的海水拍打著岩石，光影在水中閃爍，一股愜意油然而生。再望向海鮮餐廳的陳列櫃，海鮮水產琳琅滿目，尤其是巨大的石斑魚讓人食欲大增。閒逛之後，選定一家評價較好的米其林餐廳坐定，你就可以享受到海鮮美食了。與大澳的農家樂式用餐體驗不同，這裡的商業化仍然提醒著你：嘿，這裡是香港！

除了大澳和西貢，諸如長洲島、南丫島、石澳等等，都是非常好的海邊去處。週末了，約上三五好友，一起去體會香港的這份海島風情，品一品美味的海鮮，這才是我們嚮往的生活。

认识汉服之美

認識漢服之美

Ming GAO

Boyan Hall

到了香港之後，我認識了一些“漢服達人”。在參加了一次學校舉辦的漢服活動之後，我逐漸愛上了這種中國傳統服飾。慢慢瞭解才知，原來漢服中竟包含如此之多的傳統文化。對於傳統服飾的瞭解，在我看來，我們需要先熱愛服飾本身。尊重服飾，我們才可以尊重傳統，而不是僅僅流於表面。

這個月去內地河南開封旅遊，有幸看到了穿著傳統服飾的各種表演和遊行，覺得更加有想瞭解漢服的衝動。故有感於此，以下是幾張攝於開封的照片。



漢服是對漢裝款式的統稱，既有古代標磚的漢服款式，也有按照這個款式剪裁標準做出來的現代漢服。總之，只有按照形制（即漢服的標準款式）製作的才可稱漢服，滿足不了古代漢裝和漢服的任何形制的衣服，都不是漢服。下圖是現代風的漢服。



要瞭解漢服的形制，首先要瞭解漢服的基本剪裁。圖5為剪裁示意圖。

- 1、左衣身
- 2、右衣身
- 3、袖：衣袖。漢服接袖處是布的邊界，與現在西服在肩膀處接袖不同。
- 4、袂（mèi）：指袖口與袖根之間的部分。
- 5、衿（rèn）：指衣服的胸前部分。
- 6、襟：指衣服的胸前部分的邊緣。
- 7、祛（qū）：指袖口。漢服有些款式袖口較衣袖窄，稱為“收祛”。
- 8、格（gē）：指袖根。
- 9、系帶：用來固定衣服。
- 10、中縫：古代布幅較窄，會在背部正中接縫，稱為中縫。

其中漢服最大的特點是交領右衽（rèn），就是指衣襟向右掩，在他人看來前襟呈“y”型。而一些少數民族有左衽的習慣，與漢族不同。如下圖所示。



漢服形制有上衣下裳（上面短衣下面長裙）、上下連裳（整套大衣）、上衣下褲等。上衣下裳是最基本的式樣，男女通用。漢語至今仍用“衣裳”來稱呼服飾。這次主要介紹一下漢服中的襦裙。下圖是齊腰襦裙，即裙子系在腰間。



高腰襦裙，系帶高於腰，低於胸。流行於魏晉南北朝。



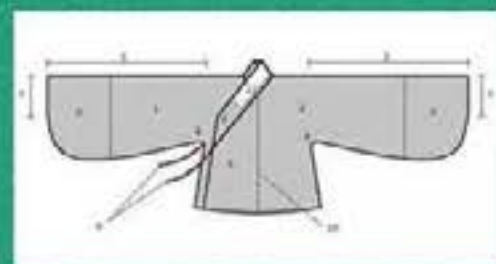
唐制的袒領襦裙，可以露出胸口，這算是所有款式的漢服中裸露部分最大的了。



齊胸襦裙就更好理解啦，裙子高過胸部，系在胸口。此款也是從魏晉始，唐朝登揚光大。



交領襦裙，就是領子交疊在一起的款式



通過這次活動，我對漢服的基礎知識有了更廣泛的瞭解，對於漢服的制式也有了更深入的體會。希望以後可以多多參與這樣的活動，如此，便可以對我們的傳統服飾文化有更多的瞭解，從而感染更多的小夥伴，一起瞭解傳統服飾，熱愛漢服。希望有志同道合的小夥伴一起，發揚漢服~

圖5 剪裁示意圖

蒲台島之行

Biying TANG

習慣了香港的繁華與喧鬧，是不是發覺在這個高樓聳立的城市，一切都是那樣急促呢？其實，香港也有沉靜閒適的一面，蒲台島就是這樣一個去處。蒲台島有香港南極之稱，地勢平坦，好似漂浮在海面上的平臺，故此得名。蒲台島坐擁南海美景，島上形狀各異的奇石經過常年的風化，被譽為“香港十大最美岩石”。

從赤柱行船時間長度大概四十分鐘，登上蒲台島之後，一兩家士多店映入眼簾，那裡提供了十分簡樸的餐蛋和公仔面。到島上就要來一碗地道的炭燒紫菜餐蛋面啊，蒲台的紫菜放入港式的餐蛋面，簡單好味！



從士多店出來之後，沿著岩石小路棧道，景色險絕，猶如一場奇異的探險之旅。從大灣碼頭沿著岸邊向左走一段距離，可到矗立於山上的天后古廟，古廟距離現在有150多年歷史。山上還有一塊形似響螺的巨石，高十米，名為“響螺石”。岩石好似重疊在一起，中間突顯很多裂紋。這是由於花崗岩的抗蝕能力較差，在岩體冷縮熱脹、雨水滲入和風化作用之下，使得岩石發生化學變化，導致裂縫節理不斷擴闊，最後迫使岩石崩裂。

山路的後半段，岩石漸漸裸露出來，同時沒有了樹蔭的遮蔽，整個海島的風就開始肆虐了起來。厲風吹過岩石，發出陣陣的風聲，此刻的自己會感受到自然的力量。山頂的海拔並不算高，最高處126燈塔就在不遠處的山頂，繞過只聽得大浪拍石卻被巨石擋住去路的神秘南角咀，需要拾級而上。越是登高海風愈發強勁……細細觀看燈塔，它的塔身已經斑駁，宛如屹立于此的老人，注視著這片島嶼的一石一草。站在燈塔旁的石階上，蒲台島的天與海盡收眼底，是一種心靈上的寧靜享受。



島上的路主要是緩緩的斜坡，中途有一些階梯，不過整體來說都不算太難行走。加上可以欣賞沿途的各色風光，因此非常適合各類遊人。蒲台島全島由花崗岩組成，在南角咀回到碼頭的路上，可以看到島上著名的佛手岩。眾多的旅遊書、地質書也多有介紹“近乎垂直的節理令岩石狀如手掌指天”。這是不得不驚歎自然的造詣是如何高深。



由於島上沒有高樓，因此視野非常開闊，尤其是到了夜晚，在這裡可以看到全港最美的星空。細細想來，在潔淨的沙灘上靜靜眺望星空，聽著徐徐的海風沉沉睡去，是多麼幸福的一件事情。蒲台島，作為擁有香港南極之稱的島嶼，的確值得遊玩觀賞，給自己忙碌的身心放一個假期。



奇妙的博物館——這也是香港

Liqun XIANG
Boyan Hall

Living is like tearing through a museum. Not until later do you really start absorbing what you saw, thinking about it, looking it up in a book, and remembering - because you can't take it in all at once.

— Audrey Hepburn

似乎是到了香港之後，開始莫名喜歡上在博物館裡打發時光——最初是感慨政府能夠毫不吝惜地投入人力財力物力，在寸土寸金的地帶建造體量相當龐大的博物館，足以見得這座城市對於文化和教育的重視；其後是喜歡油尖旺地區歷史博物館和科學館那種獨立於喧囂和擁擠之外的寧靜；現在則是因為每個博物館都能帶給我常逛常新的樂趣，讓我在匆匆忙忙的日子裡，也時時會生髮出一種“偷得浮生半日閑”的喜悅。

離學校最近的香港歷史博物館和香港科學館在外型、色調上互相協調，構成了一個博物館組合；歷史博物館總建築面積17,500平方米，科學館7,245平方米（好像一不小心寫成了設計說明），在以擁擠而聞名的香港，這兩個博物館真的大到從頭到尾看完常設展，就已經可以讓人累斷腿的地步了。

記得我的好友蠟筆小白和蛋蛋姐清明節小長假來香港，因為天公不作美沒能上太平山，又因厭煩擁擠的尖沙咀而沒有逛街的我們，在歷史博物館裡倒是開心的如同缺心眼的孩子——“我們在香港參加了廟會，逛了個街，順帶看了個博物館。”蠟筆小白在朋友圈如是說。



歷史博物館裡的我們



鏡子世界和能量穿梭機

與歷史博物館相對的香港科學館，是愛好與男孩子頗為相似的趙導不能錯過的選擇。科學館的館藏超過500件，其中的70%是互動展品，而最讓人難忘的“能量穿梭機”，真的是打發時間的利器。閒暇的時候看著小球在預定的軌道上不斷運動，不知不覺就忘了挪動腳步，“鏡子世界”展區也經常聚集著一眾大朋友小朋友，開開心心地拍攝著不一樣的自己。

最近才去逛的香港文化博物館，則坐落在東鐵線的沙田站附近，同樣有著不輸科學館的規模。文化博物館內有展館12個，陳列面積達7500平方米。除了近期的“數碼敦煌——天上人間的故事”特展讓人對莫高窟的魅力歎為觀止外，特展“武藝人生——李小龍”也同樣佈局用心，在點滴中展現著香港人對於李小龍和其所處時代的敬意與懷念。



文化博物館的數碼敦煌
&
李小龍特展

歷史博物館的奢華世代特展

除了讓人常逛常新的常設展外，各個博物館在特展的呈現和佈局上也可謂是獨具匠心，分別設置在文化博物館和歷史博物館的“數碼敦煌——天上人間的故事”和“奢華世代：從亞述到亞歷山大”兩個展覽，不僅向觀眾呈現出了展品的獨特與精美，也通過數碼影像記錄、虛擬實境重現等方式，讓人沉浸其中，全方位、多角度地瞭解著不同時代的璀璨文明。



在香港逛博物館是一件奇妙而享受的事情，展覽主辦方在布展方面的精巧用心總是能夠讓我在細微之中收穫感動。值得一提的是，即使沒有學生優惠，如此精心佈置的展覽，票價常常也只有10港幣，低廉的票價不僅是公益性的體現，也鼓勵著更多的人去瞭解藝術、文化以及風土人情。

在心甘情願地投資了一張學生版博物館通行證後，我大概會更經常地在博物館裡“虛度”時光，奧黛麗·赫本說：“生活就像匆匆在博物館繞了一圈，要過一陣子你才會開始吸收你的所見，然後思考它們，看書瞭解它們，再記住它們——因為你不能一下子全部消化。”

我要慢慢去消化我的生活了，你們呢？

香港-亞洲的文化廚房

Zhenzhen QIN
Boyan Hall

一個世紀以來，香港都因其獨特的歷史與地理承擔著“亞洲文化之都”的重要角色。依託著香港繁榮的時尚文化產業，眾多風格各異的文藝表演彙聚在此，讓人大飽眼福。日月如梭，筆者在居於香港的一年中，切實的感受到了其璀璨的文化魅力。本文悉數記錄了幾場筆者免費觀看的高水準文化演出，與同樣愛好文化藝術的同學共用。

尤記得，初到香港之時，早已耳聞許多世界各地極富盛名的表演都會在香港公演。於是筆者便經常關注著學校的郵箱通知，以期能有一些學生折扣券。幸運的是，很快便收到了香港理工大學文化推廣與事務辦公室的郵件，韓國駐香港文化院即將舉辦開幕公演，首場演出便是在韓國十分受歡迎的人氣音樂喜劇：FANTA-STICK。跟筆者一樣熱愛世界文化的同學可以時常關注文化推廣與事務辦公室的網站（<http://www.polyu.edu.hk/cpeo/cpc/index.php?lang=en>），每個學期都有精彩的高質免費演出活動。在收到郵件後，由於票量有限，筆者立即毫不猶豫的註冊了兩張演出票，邀請舍友一同欣賞。值得一提的是，觀看地點即是理工大學的賽馬會綜藝館（Jockey Club Auditorium）。此場館於2002年落成啟用，場館的設計十分別致，運用了許多仿古元素，並糅合了現代化的外形以及設施，許多重要演出都會在這裡舉行。演出當天，我與舍友便早早的趕到綜藝館。FANTA-STICK的表演中演員僅運用肢體語言，巧妙演繹跨越人、鬼、神的愛情故事。除了視覺感動外，背景音樂隨著場景變換，將傳統韓樂結合打擊樂、管絃樂以及四物農樂，鋪排出古典與時尚的感官饗宴，每個音符取代台詞將情節生動呈現，更與演員肢體和表情配合得恰到好處，令人拍案叫絕（如圖1）。Fanta-stick幻多奇秀場景穿梭在古今間，悠揚樂聲揭開遠古兩大音樂家族的糾葛情仇。來自打擊樂家族的少男與來自弦樂家族的少女相戀，上天讚揚兩人的勇氣，分別送給他們天鼓與天笛，但自此少男卻沉迷天鼓，少女忌妒心起，將鼓摧毀，天笛也不知所蹤。少女的家族成員連帶受到懲罰，被天帝化為鬼魂，必須找到天笛，演奏出Fanta-stick神曲，才能重生為人。在尋找過程中，弦樂家族和轉生到現代的打擊樂家族，為了演奏祕訣展開爭奪之戰，而男女主角在經過千年歲月後重燃愛火，卻又受到家族阻撓，衍生出一連串精彩笑料和感人畫面。演員以各種樂器和歌舞秀形式演出故事，重節拍的打擊樂和迷人弦樂成為全場靈魂，結合絢爛燈光和虛實交錯的場景，每一幕都令人捨不得眨眼。

另一場另筆者難以忘懷的表演是上海昆曲團於中國戲曲節期間的傳統昆曲曲目《長生殿》的表演。由於理工大學隨處可見戲曲節期間的宣傳活動，筆者便隨即註冊了學生折扣票，僅145HKD便購買到了首場演出，演出地點是在熱鬧的尖沙咀的香港文化中心，這裡也是香港文化與藝術的聖地之一。《長生殿》由清初作家洪升編寫，故事取材自唐代詩人白居易的長詩《長恨歌》和元代劇作家白朴的雜劇《梧桐雨》，以唐明皇和楊貴

妃的愛情悲劇為藍本，被譽為中國戲曲的鴻篇巨制。筆者早已耳聞上海昆曲團的盛名，但仍然被演出當天的美景所震撼（如圖2、圖3）。第一幕的小細節吸引了筆者，這一出主要說的整出戲的前言，並不會在舞臺上表演出來，我最喜歡的是結束時的詩，原文如下：唐明皇歡好霓裳宴，楊貴妃魂斷漁陽變。鴻都客引會廣寒宮，織女星盟證長生殿。大意为唐明皇在排練霓裳羽衣舞的時候結識了楊貴妃，隨後楊貴妃在陳橋兵變的時候身亡，戲曲裡面將楊貴妃的亡魂引入廣寒宮（寓意她是天上的神仙），在織女星的見證下結為夫婦。這也是這部戲曲名稱《長生殿》的由來，所以這是一部描寫凄美愛情故事的戲曲，但其中對天寶年間的大禍成因也有極其詳細的描寫，反映了當時政治的黑暗。演出中的場景、演員扮相都讓筆者感受到了傳統文化的魅力，也慶倖自己能在香港接觸到如此多的異國文化。



圖1. 韓國駐香港文化院開幕公演：韓國人氣音樂喜劇：FANTA-STICK



圖2,3 上海昆曲團於香港文化中心大劇院公演：長生殿



超級工程——港珠澳大橋初體驗

Yuxiang WANG
Boyan Hall

鼎鼎大名的港珠澳大橋 (Hong Kong-Zhu-hai-Macao Bridge) 是連接香港大嶼山、澳門半島和廣東省珠海市的大型跨海通道。從2009年12月15日動工, 2018年5月23日完工, 2018年10月24日上午9時正式通車, 是現今世界上最長的沉管隧道及世界跨海距離最長的橋隧組合公路。通車日, 國家主席習近平親自宣佈大橋啟用。這個承載著中國夢的超級工程, 相信每個人都迫不及待想要嘗鮮試下啦。

以下是筆者的第一手體驗。

體驗時間: 10月27日(星期六)。

體驗出發地: 香港理工大學紅磡宿舍。

體驗目的地: 澳門大三巴牌坊。

對於從紅磡宿舍出發的同學們來說, 第一段旅程毫無疑問是港鐵了, 可以選擇從紅磡站坐到東涌站或者欣澳站。東涌站位於香港大嶼山, 也是離港珠澳大橋香港人工島口岸很近的地方, 最重要的是從這裡到大橋口岸的巴士比較多, 所以東涌站成為了我的選擇。

一出港鐵東涌站, 巴士總站即在東涌地鐵站上蓋, 非常方便。在東涌巴士總站有不少巴士都會到港珠澳大橋香港口岸, 基本上是終到機場的巴士都會到達。我坐的是B6號巴士, 票價七元港紙。

上車後發現有兩個網站, 分別是「大橋香港口岸旅檢大樓站」和「大橋香港口岸站」, 真是不知道是哪一個站下車才對。但到「大橋香港口岸旅檢大樓」站時, 發現幾乎全部人都下車了, 所以我也就跟著下車啦。

貼士1: 大家如果坐巴士到港珠澳大橋香港口岸的話, 記得是在「大橋香港口岸旅檢大樓站」下車! 上車後其實只需要坐一個站就到, 大概是10分鐘。

港珠澳大橋香港口岸設計很美, 有點像香港機場的風格, 上層是離境大堂, 下層是入境大堂。巴士就直接在口岸門口下車, 不怕走錯路, 十分方便。進門就是離境大堂, 旁邊有一部香港居民登記自助過關的機器。離境大堂都很簡潔, 很容易就能找到要去的地方。過關後才是買票的地方, 所以先過海關吧!



過關這裡有自助閘機, 也有傳統櫃檯, 上面寫的目標是15分鐘內處理98%的香港居民過關手續, 30分鐘內處理95%的訪客過關手續。檢查完證件後就直走就到買票的地方了。

貼士2: 港珠澳大橋的交通分2種:

1. 跨境巴士 (Cross-boundary Coach): 就是在香港口岸上車, 然後直接到澳門或珠海市內的指定地方。方便旅客可以直達指定的地方, 不用再自己轉車。但車資較貴。
2. 穿梭巴士 (Shuttle Bus): 只是口岸到口岸部份的交通, 只走港珠澳大橋的部份, 不進市區。車資便宜, 但旅客到口岸後還需要自己換乘該城市的市內交通工具。

我選擇坐便宜的穿梭巴士, 因為窮 (哭喪臉)。售票處這裡有人工和自助兩種, 自助售票機從支援包括八達通到微信支付實幾乎各種電子支付方式。車資統一港幣65.00, 無論目的地是香港還是澳門都是一樣的。然後跟著指示走就可以了。到澳門的候車區是D、E。

港珠澳大橋穿梭巴士, 俗稱金巴。車頭清晰寫著目的地。人工檢票開口, 人流不算多, 等了大概10分鐘就能上車。對於行李尺寸有規定: 不大於28吋行李箱, 不重於20公斤。

金巴的行李架是在車尾的地方, 但是金巴只有一對前門, 沒有後門。就是說所有要放行李的人都要先走到車尾, 再往前走回座位。這個設計, 見仁見智咯。金巴有單層巴士和雙層巴士, 隨機發車。我坐到的是雙層巴士。每個座位都配有安全帶, 但全程沒有廣播說要配戴, 也根本就沒人戴上。每排座位都配置了兩個USB充電口。

然後就是茫茫的大橋旅程, 先行經香港接線段, 出了香港邊界到了東人工島差不多就會進入海底隧道段。再一上來就到了西人工島, 之後就是在大橋上一路飛馳, 最終到達澳門口岸停車場, 在港珠澳大橋澳門邊檢大樓東側。從20:20香港口岸上車, 到澳門口岸為21:00, 車程總共40分鐘。



之後進入澳門口岸邊檢大樓, 和香港口岸一樣, 有自助過關和人工櫃檯。過完海關後也是沿途指示走即可, 最後離開邊檢大樓, 正式進入澳門! 由港珠澳大橋澳門口岸到澳門市區一共有2條巴士線, 101X 和 102X, 其中101X是通宵營運。我搭乘的是102X線。尾班車是23:00。葡幣6.00, 使用澳門通葡幣 4.00。

最終到達澳門大三巴牌坊!

最後“安利”大家有機會也來感受下這個超級工程, 絕對不虛此行哦!



跑步

Yibin GUO
Boyan Hall

從大學時期開始愛上跑步。最初是為了減重，跑著跑著，漸漸愛上了這項健康方便又低門檻的運動。兩年前來到香港，也有繼續保持這個習慣。但我跑得也不算多，一週一次，或兩次。不想去的時候就不去，不強迫自己要跑多遠，跑多久。純粹跑開心。

最喜歡在清晨跑步。要在天朦朧亮的時候出門，趕在陽光熱烈之前跑完，拉伸完回宿舍洗個舒服澡，然後去學校。沒有比這更愜意的事了。無論跑什麼距離，我總喜歡跑盡量不重複的路。跑步沿途看見不同的景色，是一種絕妙的體驗。有清晨遛狗的人，就著狗的路線速度，緩緩走著，有時候會分不清，究竟誰才是主人。跑到碼頭附近，有早早就排著隊等船的人。站著讀報紙，吸菸，發呆，甚少交談。



太陽爬升，回程的路也漸熱起來。有時候跑不動了，就乾脆走回宿舍。走上大橋，望向遠處海天交界的一個點，恍然有一種被吸過去的錯覺。太陽繼續爬升，海面一片波光粼粼。偶爾有幾隻鳥在頭頂上空盤旋，不吵不鬧，遠遠地飛著。眼之所見一切都是安靜的，平和的。內心也能得到一絲平靜吧。



我在夜裡視力不好，夜跑較晨跑少，但也能令人酣暢淋漓地放鬆一回。夜晚跑步的好處在於不用在意陽光，月光也不一定能夠看見。海邊夜裡比白天熱鬧，散步的人，跳舞的人，聊天的人。早上沒有時間跑步的人，晚上都出來了。喜歡熱鬧氣息的人這個時間出來跑步就對了。



跑步的時候，我一定要戴耳機聽音樂。一般不聽古典音樂，因為那是辦公專屬。跑步時大部分時間聽無詞音樂，各種原聲帶，偶爾也聽帶歌詞的。跑步有專屬的音樂列表，隔一段時間換一次。裡面的音樂總時長會是我跑步時長的兩倍。跑前按下隨機播放，已成了幾年來不變的習慣。曾經嘗試過有聽有聲書跑步，但風聲太大，總是吞掉一些句子，加上集中精神聽取有些疲憊，就再沒試過。跑步的時候無論哪個方面，都不想勉強自己。不然將來，可容易變成不跑的藉口。



長年都喜歡一個人跑步。即使機緣巧合與他人結伴去跑，也很快開始各跑各的，也很難再有下次結伴同行。我在跑步的時候是一定不能說話的，也不喜歡聊天。一個人跑，快也好，慢也好，長也好，短也好，一個人總覺得自由。即使和父母或是先生去跑步，也不會一起跑，不會約定結束的時間和地點，跑完再聯繫。

希望我能一直一直，一個人健康地跑下去。



從TVB到香港：我的香港警匪片探索之旅

Yao SONG
Boyan Hall

說起香港，我想，無論如何也繞不開港片和TVB。儘管如今很多人都說TVB早已今非昔比面目全非，但無論如何都無法抹去它曾經風靡一時的輝煌。尤其是警匪片，陪著我們長大，是我們這一代的記憶。這一次，就讓我帶你跟著TVB和警匪片經典場景，去油麻地警署，尋找當初那些曾經帶給我們的感動和溫暖吧！

如果你也是被TVB和港片“喂”大的，那麼你就一定對這座藍白色建築有點印象。它就是九龍區最古老警署之一，油麻地警署。這座典型殖民地風格的警署，是絕大部分香港警匪片的取景地，也是廣大TVB迷的必朝聖打卡地。童年必殺劇《陀槍師姐》裡英姿颯爽的娥姐就是油麻地警署衝鋒隊隊長，還有之前大火的《潛行狙擊》裡有一幕是Laughing哥在油麻地警署的門廊被人埋伏，不知道你還有印象木？不過遺憾的是，作為九龍服役最久的警署，今年5月21日這裡舉行了最後一次降旗儀式，自此正式閉所，之後僅作報案中心使用。雖然童年早已遠去，但“到此一游”對廣大的TVB迷而言，都是一種特殊的紀念。

代表作：電影《古惑仔》《無間道》《黑社會》《半支煙》；TVB《陀槍師姐》《談判專家》《潛行狙擊》《學警出更》《真相》

地址：香港油麻地廣東道627號；交通：地鐵油麻地站C出口，沿彌敦道，往永星裡前進至眾坊街，轉廣東道口向左轉即到，約5分鐘



藍色小花

Jingtian TANG



眼睛睜開，夏日的陽光已經照亮了整個房間。再過幾天就是我來到丹麥的第六個月，也代表著我這段交換生之旅即將結束。來歐洲的機會實在不多，通常只要能走多遠就走多遠。糾結了許久，我最後還是選擇在丹麥的一個小村渡過我在歐洲的最後一個星期。

我已經在這間民宿住了幾天，屋主是一對丹麥籍夫妻。同時，他們也招待的一位立陶宛籍的大學生和一位公司剛倒閉的丹麥籍大叔。這間民宿十分寬闊，簡雅大方，廚房外能透過玻璃窗看見一大片麥田，屋後能聽見火雞的叫聲。這對夫妻的招待十分熱誠，同時也對身為亞洲人的我感到十分好奇。他們說通常只有當地人會到這個默默無名的小村暫住幾天，鮮少會有外國旅客到訪。其實我選擇到那裡的目的很簡單，與其匆匆穿越歐洲各大城市，不如靜靜的體驗當地的人情味。

我懶洋洋的爬起身到廚房裡找些吃的，順便想想要如何度過我的一天。前幾天我已經去了當地唯一的景點——一座復古博物館。除此之外，就只有毫無止境的麥田和方圓幾公里外的一些小鎮。我想既然該去的地方我都已經去了，那就毫無目的的到處遊蕩吧！

我騎著自行車在馬路上到處溜達。經過數個山丘後我已離開了小村，眼前只有一望無際的麥田。這裡的車輛不多，周圍只有一顆顆麥相互碰撞的沙沙聲。麥田隨著種類及生長程度的不同，呈現出來的質感及色澤也有所變化。坡度緩和的丘陵地形上的麥田彷彿像一層層柔軟的地毯交疊在一起，隨著微風翩翩起舞。

就算再漂亮的麥田看了許久也顯得有些沈悶。就在我正打算原路折返時，眼前的一幕讓我難以忘懷。映入眼簾的是一朵朵寶藍色的小花朵，間接的散佈在麥田的邊緣。寶藍色的小花雖然與淡黃色的麥田形成強烈的對比，看似互不相容卻非常美妙。如果換著今天我是到了花田參觀，我也不會太珍惜這些花朵。我之所以會對眼前這幕感觸不已是因為這是我穿越了許多麥田後不小心發現的花海，而這小片花海在龐大的麥田中顯得無比特出。

雖然交換期間我到了許多個國家，但讓我印象最深刻的還是這個小村落，離開許久後這裡發生的一點一滴不時會在我腦中出現。我覺得旅行就應該保持一種放鬆的心態，欣賞自己覺得值得欣賞的東西，無需盲目追求社會所定義的美。世界上美妙的東西實在他多，而身為人類的我們又何必忙碌的追逐永無止境的美呢？



東京大學交流之所見所聞

Zhenyu ZHANG
Boyan Hall

從一月開始聯繫東京大學的老師算起到10月9日雙方會面，歷時大半年，實屬不易。

今年3月當選系裡CIB主席後我就思忖著未來一年的海外學校交流計畫。突然想到有個7年的同學目前正在東京大學土木系讀博，於是微信問他是否可以推薦個老師來組織這次香港理工大學建設與環境學院與東京大學土木系師生之間的交流活動，同學第一時間推薦了Dr. Su。同學還是靠譜的——我給Dr. Su發的第一封郵件很快就得到了他的肯定答覆。於是，接下來的幾個月跟Dr. Su商議日程，組織PolyU CIBSC招人參加交流活動，幫助大家辦簽證、訂機票和住宿等，一切安排妥當，只等見面的那一天。

我們一行8人9點準時到達東京大學工學館，Dr. Su帶領師生在門口熱情地歡迎我們，甚是感動。簡單寒暄之後，研討會便正式開始。首先，Dr. Su對東京大學做了詳細介紹，當他列出來10位諾貝爾獎獲得者的時候我被震驚到，然後Dr. Su十分遺憾地說，今年東大沒有拿到諾獎，不知明年有沒有機會。這大概就是東京大學141年的學術底氣！後來Dr. Su又提到東大與理工在研究生交流方面的合作，我這才知道原來兩校在博士生培養上早已建立起了交換機制，也希望未來自己能有機會到這裡交換。雙方介紹完各自的學校和主要研究之後就進入了學生彙報環節。巧合的是會場的兩位來自理工和東大的同學所進行的研究十分類似，於是兩人便對共同的研究領域展開了深入討論。會議在雙方的熱烈討論中圓滿結束，不管是老師還是學生，都從交流中更加瞭解對方，此次交流的目的達到。Dr. Su邀請兩位東大的學生帶領我們參觀校園。佈滿西式建築的東大校園瀰漫著一股莊嚴古老的氣息，闡釋了這座百年學府深厚的學術底蘊。

這次交流還有一點給我印象深刻的便是學生對老師的尊重，學生見到老師一定會鞠躬表示禮貌。與香港和內地近年來多發的師生衝突事件相比，我們少了很多對老師，對知識的尊重。中國自古以來便以禮儀之邦自稱，可是近年來的種種事件都表明我們似乎與禮儀無關。丟棄的傳統文化還需趕緊拾起，在硬實力不斷增強的同時，軟實力也不能落後。



INTER-HALL ON-THE-SPOT ESSAY WRITING COMPETITION

THEME-WALKING IN/WITH THE WOODS

Champion Article

Tang Biying
Kaiyuan Hall

宿舍里的文化碰撞——写春晖

宿舍是大学生生活中最常身处的地方了，在香港这个多元文化的城市里，宿舍也成了一个文化交融的地方，这种交融使得我们得到了宝贵的与不同文化背景的学生交流的机会。可以说，宿舍是一棵枝桠茂盛的树木，每一个堂就好似这树木交错的枝桠，由于其形态的不同，展示着各自的风貌。如果你走进这丛林，抬头观望这“树木”的“枝干”，你就会发现，不同的堂在他们的生活中都绽放着不一样的色彩。比如说我之前住过的务贤堂，大家就非常乐于在夜晚举办有趣的活动，诸如一起煮糖水，一起食饭，乐在其中。又好似我现今居住的开元堂，颜色就洋溢着绿意盎然。当然，大家在文化的活动中也颇有乐趣，诸如写春晖之类。每一个宿生休憩在这样一片“丛林”中，好不自在、好不畅快。

给我印象最深刻的宿舍活动莫过于开元堂举办的“写春晖，食年糕”这个活动了。犹记当晚，开元堂的几十位宿生齐聚中堂。中堂也被庄元们布置得颇有年味，一幅象征着春节好意头的对联被挂置在中堂的柱上，桌上也摆满了供我们宿生写的空白对联红纸。当然，在这样一个有趣的活动中，不仅仅是有着中国文化背景的同学乐意参加，几位外国朋友也都热情地参与到了活动之中。初见他们我是诧异的，我甚至觉得外国友人应当不明白春节的含义、对联的作用，可当他们热情开怀地向我说着“Happy new year”的时候，我的心理防线便不再阻碍我们之间的沟通，我也了解到，是宿舍这个大熔炉，使得来自不同文化背景的我们，齐聚同一片天地、畅聊同样的话题、感悟同样的生活。于是，在强烈的愉悦以及认同感的情况下，我们坐在一起，开始写这富有意义的对联“博览群书视通中外 广交益友看见古今”。几位外国朋友似乎不甚明白对联的含义，于是我解释道，“很高兴你们认同中国的文化，我觉得我们彼此可以在这里相聚真的是缘分”。听罢此话，他们都欣慰地笑着。外国朋友们似乎也对对联十分感兴趣，于是我手把手教了他们如何用毛笔书写对联，虽然他们第一次练习尚不熟悉如何握笔，写出的字也歪歪扭扭，可这不正是文化的交流与碰撞产生的结果吗？写罢，外国友人又颇有兴致地问，是否可以用英文写对联，我思忖片刻，想到之前朋友提到的对联“Eat well sleep well have fun day by day Study good work good make money more and more”，于是讲给他们听，他们竟开心得直拍手，立即落笔写成一幅对联。在这之后，活动结束，我们彼此留下了合影又交换了对联，十分开心。

我想这就是宿舍的魅力吧，在大学短短的四年当中，就可以与这么多不同文化背景的人有着一次又一次的文化的碰撞、心灵的交流。可能过了很多年之后，我记忆中一串串方程、一个个理论可能会模糊，但这样一份真挚的、令人开怀的友情，在我再次看到那副英文对联之后，将会清晰地浮现在我的脑海之中。

鸟儿终会飞离树木，但我们不会忘记这片树林！

1st Runner-Up Article

Mohammed Aquil Mirza
Boyan Hall

Learn from the Minyin flowers,
how to smile

Learn from the Lisheng rivers,
how to cross miles

Learn from the Xuemin birds,
how to work-hard

Learn from the Wuxian chronicles,
how to win hearts

Learn from the Lizhi's sunshine,
how to plant one's soul

Learn from the Chengde's diversity,
for this world is about meet & greet

Learn from the Wuhua stars,
how to paint life with grace

Learn from the Kaiyuan's nature,
how to respect every creature

Learn from the Boyan's silence
the art of benevolence.

Learn from everyone,
the things you lack

so that in your hall,
you're not left back.

1st Runner-Up Article

Zhao Xiaohan
Wuhua Hall

我曾以為森林是世界上最開闊、多元與包容的處所。這裡萬木生長，萬花齊放，百鳥爭鳴。每每漫步在森林，我都感歎地球的物種豐富、生命的千姿百態。作為一個渺小的生命，我與天地萬物共同散發生機。

後來我來到香港讀書。香港的宿舍文化多元有趣，我早有耳聞，如今親身感受，我發現，它比我想像中的更為豐富、蘊藉、散發活力與魅力。這裡居住著來自天南海北的小夥伴，大家來自不同的國度，屬於不同種族，有不同的宗教信仰和興趣愛好。可正是這樣一個個迥然不同的個體，在這棟宿舍樓共同相處，碰撞出奇妙的花火，奏響和諧美好的樂章，組成一個溫馨的大家庭。我驚覺自己仿佛置身廣袤叢林，不同的個體互相依存，互相補充，一起組成廣闊天地。宿舍讓我從另一個角度，再次感受到生命與文化的豐富。香港高樓林立，車水馬龍，這座水泥鋼筋構成的鐵甲勇士般的城市竟帶給我漫步森林般的體驗。

宿舍的美好回憶太多，每件都令我珍惜，小心翼翼地從心底掏出，輕輕捧在手心。忘不了初來乍到時，大家在宿舍廚房一起做的第一頓飯，身處他鄉，卻被溫情包裹。忘不了元宵節之際，和香港小夥伴一起包餃子、寫春聯，慶祝佳節，也感受了他們 dem beat 的特殊文化，我真真切切地被他們的熱情與活力打動。忘不了早晨的健身房裡，從未缺席的俄羅斯小姐姐與哈薩克小哥哥，與他們結下的友誼也成為我堅持鍛煉的動力之一。忘不了馬來西亞之夜大家熱情似火的載歌載舞，也忘不了宿舍社團小夥伴一起行山揮灑的汗水與歡聲笑語……我發覺自己原來身處宿舍，可我仿佛已經來到世界各地，被不同的文化包圍，自己的生活、視野都變得前所未有的開闊。

宿舍生活的故事永遠講不完，在這方小小天地呆的時間再久，也總有驚喜和新意出現。就像從一片森林走過再多遍，也永遠道不出所有樹木的名字。可我愛這感覺，愛生命的豐盈，愛永不停息的期待。

2nd Runner-Up Article

Fennedy Mety Chelsea
Xuemin Hall

The wind breeze was blowing through my hair. It was very peaceful and calming. As I observed the beautiful scenery from Hung Hom Halls garden at the second floor, it came to my realization that time flew so fast when you were having fun and I couldn't believe how my third year in Hong Kong was coming to an end. It was that moment I decided to do something different for me and so I challenged myself to step out of my comfort zone and try to participate in as many hall events as possible.

After three months since I made that promise to myself, I could profess that these three months have been like a journey through the woods. At the time of making that promise, it was just like the beginning of an adventure where you were excited to see anything new you encountered. Full of energy and still very positive; Just like seeing any litter from your forest encounter, you would still go for it. This reflected from the recycling site visit that I participated in which was organized by a girl called Malin. It was just the beginning of the semester and I was still very fresh with the promise and was very excited to join this event. I had a lot of fun which made me reflect on how much polluted our forest is and it was also our responsibility as inhabitants of the world to take care of mother nature.

As you continue your journey, you get thirsty but there is still have plenty of energy for you to run. You ran steadily but not fast. This was how I could portray how school went throughout the first three weeks. Especially when you had 21 credits one hand and still trying to grasp more with the other. I was still full of energy yet I admit I started to feel exhausted but I had sufficient energy to continue the walk.

The cloud started to emerge, covering the scorching sun from flexing its rays. You pause yourself for a moment and started enjoying the scenery again. It was Chinese New Year and that one-week break was very soothing for my soul, where I got to go with my exchange friends that I made earlier in the semester due to our common class. It felt that my lungs were filled with very fresh air and I just got a sip of the cold water. I was ready to get back on track and continue my journey.

As you walk, you enjoyed every moment of it and tried everything that caught your attention. Just like when I was asked to join the Indonesian Night's dancing team which was held in Homantin towards the end of February. Many sweats shed from our tired bodies due to the strict and intense practice, as we wanted to deliver our best performance. Imagine picking an unfamiliar fruit from one of the trees in the forest, it may be sour the first time you tried. However, you are satisfied with the fact that you fulfilled your curiosity by trying something new in your life. I danced the Indonesian 'Saman' traditional dance for that night and I was glad I joined that when I saw how many happy faces people left the show with.

Water started dripping from the sky. Everything turned grey and it was something travellers would not wish to happen during their journey. The pathways became sticky and it was hard for you to walk. As you walk through the sticky trail you accidentally stumbled upon and rolled through until you stopped by the side of the cliff. You hurt yourself, and barely had enough energy to hold on. This was just like my very first interhall tug-of-war experience in the halls.

My head was blank and I did not know what else to focus on. It was just me and my hands that was holding the rope. If I let go, I might die. If I let go of the tug of war rope, my whole XueMin team would lose and I did not want this to happen. It was tough. However, I could feel that everyone was very supportive. Holding by the 2 hands by the side of the cliff, there were birds flying around you giving motivations and hope to survive. My Indonesian friends as well as fellow hallmates were like these birds cheering me up as my team competed for the winning position in the competition. Despite the fact that Xuemin did not make it to the finals, I was very happy that I took part in this interhall competition and it made me realize how lucky I was to be surrounded by many loving and supportive friends in Hung Hom.

The storms had passed, now I am chilling against a tree outside my small cottage in the forest, enjoying the wind breeze and the birds chirping while writing a reflection on my walk in the woods. Sometimes, it is good to reflect what has happened in the past and jot down what was memorable to you so that when you think back you can get the same chills you got from the adventure. Here I am now in this hall essay competition, writing about my hall experience up to now, getting the nostalgic feeling of what had happened in this glimpse of time. Never regretted once with the decision I made for stepping out of my comfort zone and taking part in various hall activities.

2nd Runner-Up Article

Zhang Minghe
Lizhi Hall

游历沉浸于红磡宿舍

红磡宿舍我已生活于此两年了，它的多元文化，它的精彩活动以及它的完备设施都使我深深沉浸于此。它每个堂都有独特的特色，有自己的吃饭歌，有自己的福利，每个堂的人也都来自于不同的地区，国家。融入于这种精彩纷呈且多样化的宿舍使我的生活丰富了许多。我住过开元堂和励志堂，这两个堂的氛围就截然不同。游历一次就如林中漫步，转角就会是不同的风景。由开元的活泼热烈到励志的清素整洁，就如看到了向日葵迎光而放再到水仙花静静飘香。这林中，各有各的意韵。

我体会最深的当属万圣节的中堂活动了。我曾热切地走去每个中堂欣赏由庄员辛苦制作的鬼屋，虽然未必排得上队但我仍是欣喜游历的感觉。各个不同的鬼屋各具特色，欢迎着来自五湖四海的我们。多元的文化交织于精彩的活动中，无论我们来自何方，都会被扮鬼的同学惊吓，也都会在走完后聚在一起放声大笑。

游历于各个中堂，感受它们的气氛也是有趣的事情，有时我会去找同学，经过中堂也是必不可少的了。我虽然没有住过那个中堂，但仅凭一两次便也粗略感受了那些中堂的有趣之处。我曾见过学敏的中堂堆满了毛绒玩具，也见过有些中堂贴满了外卖菜单，见到过同学在中堂制作道具，也见过他们欢聚畅饮于中堂。漫步于林，也能体会到他们的快乐。

于各个中堂解释的朋友也十分有趣，同一个中堂将不同地方的我们聚集在了一起。刷碗时的聊天，做饭时的攀谈都能让我认识更多的朋友。每个堂的舞会，开学饭也使我们距离更加紧密。不仅如此，Hall 的社团也十分丰富，我曾多次参加了 EHKC 与 Hall Choir 的活动。于那里同样认识了很多共同爱好的好朋友。

由于热爱 Hall 的氛围，喜爱 Hall 的文化，我在参与了众多活动之外还成为了 Hall Choir 的 subcom，这也是宿舍提供给我一个投入精力于兴趣的舞台。参与各个社团的活动也如林中漫步，感受着它们各自的内涵。

于红磡宿舍的两年，我感到十分的充实。感受了各个中堂的文化，结识了各个国家的朋友，参与了精彩的活动也体验了社团的魅力。红磡宿舍，是一片森林，我可以游历它各处的风景，也可以找寻沉浸于吸引我的某一朵云彩。

3rd Runner-Up Article

Zhao Xiaohan
Wuhua Hall

港漂生活的“避风港”

在 2017 年的仲夏，我第一次来到这里。坐落在九龙珍珠港，我拥有了我港漂生活的“避风港”。初次体验宿舍生活，我对一切充满了好奇，在红磡 hall 住驻了两年后，我对这里又有了新的体验与认识。它见证了我成长，赋予我第一次离家念书的经历很珍贵的意义。

在 hall 里，我第一次有了“社团”活动的经历。大一时，我加入了 Hall Choir Community，体验了 Hall 的社团生活。我认识了一群和我同样对音乐充满了热情的朋友，我们用自己的才华创造了一场场难忘的演出。Got Talent Show, Intra-singcon, Annual Performance，我们在 Hall 提供的 Bandroom 里一次又一次地排练，在琴房里一遍一遍打磨，最后的出色成果，也成为我的宿舍生活里最绚烂的功勋。上大学以后，可以不再像之前一样繁忙，我开始利用闲暇时间和 Hall 里提供的乐器，学习了之前一直很想学却没有学的乐器。Bandroom 里的电吉他，吉他，爵士鼓，我都试过一遍。在 Hall 社团同学的帮助下，我学习和体验了很多乐器，他们成为我大一快乐生活里的悠扬乐章。除了 Hall Choir Community□Hall 里还有很多其他很有意思的社团，比如果 EHKC 探索香港。跟着 EHKC，我体验了吐露港骑行，贝澳露营。南丫游岛等活动，领略了香港那鲜为人知的美丽风光，原来在灯红酒绿的摩登都市的郊外，还有如此休闲，放松的小天地。Hall 的各种社团，都给我提供了机会，去让我做以前没有做过的事，去经历前所未有的美妙体验。在 Hall 里的氛围，是非常温暖的，因为我不需要操心很多，就能获得 Hall 提供的很多资源，还有机会参加 Hall 里的非常好的活动，让我的大学宿舍生活安心方便，又丰富多彩。

在 Hall 里，我也第一次有了“上庄”的经历。大一快结束的时候，Hall 里那些社团的伙伴热情的叫我“上庄”。因为两个社团都太喜欢了，所以我就成为了 Hall Choir Community 和 EHKC 探索香港的庄员。在 Hall Choir Community 庄里，我担任了 General Secretary(常务秘书)一职，负责预定平常的场地，设备乐器租用的事项，向相关人员发邮件通告、会议记录等工作。在任职期间，很荣幸有机会和 Hall 管理老师“Erica”和“Ivan”有了亲切的交谈。因为职务工作，我在预定 Hall 的场地和乐器方面，收到了他们很多的慷慨的帮助。他们总是用亲切和蔼的态度来回复我的请求，以为全体宿生带来更多福利的原则，尽力地帮助着我们。通过幕后的策划，我更感受到大一初体验的那些活动背后，Hall 的团队付出了多少的努力与无数次的沟通。尤其是今年，Hall Choir Community 预计在 3 月底举办这一届最隆重、最盛大的表演”Annual Performance “作为我们这一届庄员的完美收官，这一切场地、设备、乐器，宣传、彩排，无一不是在 Erica、Ivan 和背后默默支持我们的 Hall 的管理员们的帮助下进展的。作为 Hall 庄的一员，我对这个团队的温暖和为全体宿生服务的原则有着深切的体会。最初那作为 hall 庄的庄员实现自己价值的决定，绝不后悔。

在 Hall 里的学习生活，多亏了各位和蔼的宿舍职工和 hall 庄朋友的帮助，让我在离家千万里远的香港，体验到了一颗参天大树的荫蔽。我还记得上学期快期末的时候，学敏堂的庄员们给我们每个人都准备了“加油信”，鼓励着我在辛苦的复习阶段里破釜沉舟。还有冬日里宿舍阿姨温暖的招呼，让我疲惫的一天有了一个元气满满的开始。

3rd Runner-Up Article

Wong Xiu Wei
Violet Hall

When I first came to the Woods, it was during the after-currents of a warm and humid summer. I was like Red Riding Hood in the forest, a patch of red amongst green – excited, innocent and not knowing what to expect. Like a deer caught in headlights, I was simultaneously bedazzled and terrified by the myriad of possibilities that lay before me, and so I hid in a safe little clearing that I found. A comfort zone. Because when you feel all alone in an alien environment, you try to make yourself a little bubble of familiarity that you can cling on to. Soon, the cold drought of winter came, and it became harder for me to survive on my own. I started to think that perhaps I should open myself up more to the creatures that lived near me. And so I knocked on a random door – and lo and behold, that very knock was one that changed my life.

I was introduced to rabbits of all sorts of colours, birds from the far North and South, the friendly hedgehogs that didn't seem so scary after you got to know them, the butterflies that were dainty and beautiful, and the worker bees who were both hardworking and efficient. I was amazed and astounded – who knew that there were so many friends with such different lifestyles and tastes residing in the same place as me? Delighted, I started to get myself more involved with the local community. I went for jogs with the rabbits, I danced with the butterflies, I discussed living in harmony with the owls – and like a flower, my heart blossomed. My favourite activity of all time was the great annual bonfire dinner, where all of us set aside our differences and gathered together with one aim in common – to have a great time.

It's curious – once you start to live for the present, days start to fly by very fast. I have gone through several chilly autumns and beautiful springs, and yet I feel younger and more alive than I have ever been. I felt that I was foolish to be so afraid when I first came, but at the same time, I am proud that I decided to act in spite of my fear.

The butterflies said it best: “If you don't struggle when you're stuck, how do you grow wings that can fly in strong winds?” I may experience different things in the Woods each season, but I know that the lessons I learned and the memories I made will last for a lifetime.

Runner-Up Article Article

Sitsofe Kwame Yevu
Boyan Hall

When I thought of starting my doctorate, my journey into the path of knowledge and learning began. Pursuing the doctorate is one thing but the place of residence was my concern, since it contributed to a lot to having a productive study in PolyU which provided two legendary halls of residence. Halls that had produced both influential and great men and women for Hong Kong and world.

I was in a dilemma as the two halls promised an exciting and fruitful stay at the halls. Finally, Boyan Hall became home for my study. The first entrance into the hall, produced the impression of greatness and a feeling of pride. I felt the warm family love showed by different people from different countries as I was settling in the hall.

As I walked past the common floor area of Boyan hall, I could hear people say there are exciting activities in Boyan. Curiosity and the quest to explore aroused the gut feelings for adventure. Truly, the learning experience in PolyU is not solely research. I was embraced with diverse clusters of activities which still produce nostalgic feelings for my lips to smile about.

Concerning these moments, I remember the event for international students which was a fruit gathering. The laughter and fun-packed experience were amazing as I spoke with people from different countries and ate until we could eat no more. The redness of the watermelons became our lip painting. Another experience was celebrating the Chinese New Year, where I got to learn about the Chinese zodiac. Interestingly, the zodiac symbol assigned to me was the dog. I became a laughing stock as people were pointing at me and having fun. The tug of war proved to be the event with strength and tenacity.

It was not easy training, as most of us had little experience. We struggled at trainings, but one thing we learnt was to persevere. This lesson of perseverance thought me to be strong for my doctorate.

Imagine playing football with people from different countries? That's the experience of playing football in Boyan hall. Take note that it is not a world cup event. My curiosity made me take a trip to Homantin hall. It was amazing to people being so welcoming and friendly.

Walking through the "woods" have been an inspiring and a learning experience for me. With the course of life being a journey of learning, I have learnt much lessons of love, friendliness, tenacity and endurance. I think my doctorate will experience these nuggets of attributes. The experience in or with the woods have being life changing.

Runner-Up Article Article

Ibrahim Yahaya Wani
Blue Hall

Coming from Ghana in West Africa and having pursued a Master of science degree in the United Kingdom, my journey to Hong Kong to study at the Hong Kong polytechnic university was full of expectations and many uncertainties. I expected to have fun in the student halls of residence but at the same time, I was uncertain how I was going to survive the cultural gap, the language barrier and food options. My uncertainty about the residence life got heightened when I was given Homantin Hall instead of my longed admired Hung Hom Hall. I encouraged myself that I was going to be fine but upon arrival I realized that the Homantin Hall (as a forest) had several other halls (as woods). I was affiliated to the "Red" Hall but upon moving in for just two (2) weeks, I had to apply for a change-of-hall. This was because the conduct of my two other roommates threatened my religious activities. When I filed an application for change of room, the Hall manager found my reasons convincing and I was immediately offered a room in the Blue Hall.

In my new hall, I felt at home because my roommate shared my religious beliefs and it marked the period when I started working within the woods. I have had so much beautiful experience beyond my expectation, which, in fact, cannot be converted in just two pieces of A4 sheets. However, I will highlight some of the greatest moments I had while walking in the woods. Firstly, Blue Hall in Homantin has established several groups to enhance the life of the residents. I immediately joined the soccer team and following the first training the tutors nominated me as the coach.

Ever since I was appointed as the coach, I have organized several training sessions for the residents and prepared the team adequately for the upcoming inter-halls soccer competition. This has been an amazing experience for me because I improved my team working skills and improved my fitness.

Secondly, the anticipated cultural gap turned out to be a product of my own illusions. The Homantin Hall encourages cultural diversity and in fact the Blue Hall has a cultural diversity group. I joined the group and attended several events such as the "Japanese night", the "Malaysia night" and the "international night". In Blue Hall and Homantin we celebrate our culture differences and I have learnt to respect every culture. I found this experience more amazing than my UK experience because the cultural diversity is much wider and interesting in Hong Kong.

Thirdly, I cherish the annual 'international cooking contest' organized by the violet hall of Homantin. I registered and participated as a contestant for the Blue hall and I sincerely owe some of my new cooking skill to the event. I worked in a team and enjoyed the diverse opinion of each member. This event exposed me to a host of meals enjoyed in many countries.

In the nutshell, I must admit that my six (6) months experience in the Homantin Hall has been amazing and I almost forgot the moment when I felt so sad for not being affiliated to the Hung Hom Hall. Although I have the size of the room and the sleeping matters, I must indicate that I have had more fun walking in the woods than I expected. Owing to my beautiful experience, I have encouraged my friends to use proxies during the hall application process to be affiliated to the Homantin Hall.

Runner-Up Article

Nie Ming
Wuxian Hall

百木成舟

你可曾見過兩顆完全相同的樹木？我想答案是否定的。樹有百種：婀娜多姿的柳樹；挺拔堅韌的楊樹；聳立凜冬的松樹，即使是同種的樹木，也不曾有兩個完全一樣的個體。這大概就是大自然所賦予我們，乃至這世間一切生命的靈性，使得一切自然生長而成的事物都獨一無二。

如若事務千翩一律，統一規整，便於整理，但卻有無趣味。獨特性，則是興趣之源，進步之始。有了不同的存在，個體之間才會相互學習，共同進步。旅居香港已三年之久，印象最深的，莫過於這高樓廣廈下形形色色的人們。其中日常所見最多的，要數宿舍這個大家庭。古者負簠曳行，背井離鄉至千里外求學。今日交通發達，更是讓大學成為了天南海北求知者的第二故鄉。宿舍，個個小堂，有溫文爾雅的英國人；有謹慎認真的中國人；有開放樂觀的美國人。仿佛置身於這方寸之間，便已走遍五湖四海。人類的眾多優點中，我最喜歡的是好奇心，這也驅動著我們主動瞭解未知，增長見識。如果人類滿足於當下與自我，也就不會有進步可言。

多樣性，必定也會引發矛盾衝突。甲之蜜糖，乙之砒霜。人們的對相同的事物，很可能有截然不同的態度。更多的時候，甚至存在理解上的困難，甚至不幸的誤解。所以，開放必定與包容隨行，在互相學習的過程中保持尊重，保留距離，少一些偏見，多一些理解。我想這三年國際化的經歷，教會了我求遠不要帶有色眼鏡去評判他人，同時也不排斥自己所不能理解的事物。退一步看，往往有更大的格局。

縱木有百種，亦可成舟。在宿舍，千千百百的個體，能形成一個統一的，團結的集體，要得益於我們有相似的態度及信仰。每個理工人都渴望提升自我，期待更好的明天。每個人都渴望在交流與展示中，實現人生的一個個目標。如同一個樹林的萬千樹木一般，都紮根于土壤，向陽而生。百木成舟，因我們都擁有希望，渴求成長。

Runner-Up Article

Liu Mingyue
Lizhi Hall

以林為家

來理大之前，我從未想過自己有一天會離開生活了十八年的城市，離開我百般依賴的父母和朋友，隻身來到陌生的香港。直到三年前，我滿懷著興奮、憧憬和忐忑，踏入了紅磡宿舍，走進了自己的房間，便意識到自己的人生將在這裡開啟一個全新的篇章了。

對於到境外求學的遊子而言，宿舍時光佔據了我們絕大部分的生活，而在宿舍裡遇見的人，也必將在我們的記憶裡留下揮之不去的一筆。

或許很少會有人注意到常住在宿舍裡的安保人員吧，但對我而言，除了朋友之外，他們是我對於宿舍歸屬感的很大一個來源。每天早上出閘機之後，聽到最早的一句問候便是來自於他們；或是經歷了整天的疲憊後，在進宿舍前看見最暖的一個笑容也來自於他們。可能是因為投緣，也可能是她生性善談，宿舍裡的一位保安阿姨和我關係特別親近，每次遇見都會和我聊到電梯開門，看見手裡拎著奶茶會關切的讓我少喝點，甚至會往我的手裡塞幾粒糖和水果。我常猜想她的孩子應該和我們一般大吧，所以才會如此真誠的關照。

偶爾期末季會熬夜通宵，記得那天早上六點，正是她們換班，耳邊突然傳來：“看你在這一晚上啦，快上樓睡一下吧，休息好了才有精神繼續呀。”當時的我臨近崩潰，聽到這句話之後的感動到現在都記憶猶新。

也許宿舍就像一片森林，形形色色的樹苗們在泥地裡倉促地生長著，而那些可愛 的保安叔叔和阿姨，就像是佇立在森林裡的成年大樹，用茂密的樹葉庇護著樹苗的成長，在保障我們安全的同時，給予我們莫大的鼓勵、感動和溫暖。

如此看來，以林為家著實毫不為過吧！

HALL ORIENTATION

LISHENG HALL ORIENTATION CAMP 2018

WE STAND AS ONE

Dear All Lisheng New Residents:

While bidding farewell to your summer breaks, hallmates were excited to return for a new semester, reuniting with old friends and making new acquaintances. The preparation of the orientation camp was filled with energy and laughters that welcomed the freshmen to Lisheng hall. With the O'camp's activities behind us, hallmates started their curriculums both formal and informal. Part of the latter could be your hall lives, learning about communal living, about selves and others. With that, I wish for both the new and returning hallmates a happy and meaningful stay in Lisheng hall with much growth and development.

Dr. Engle Angela CHAN
Warden of Lisheng hall



WELCOME REMARKS TO **LIZHI HALL**

RESIDENTS FROM THE WARDEN

As the warden of LiZhi Hall, I would like to take this opportunity to welcome you for joining our big family. Having been here for five years, I personally feel LiZhi is a very friendly, energetic and creative hall. I wish you can further develop your body, mind and spirit in this wonderful place.

Throughout these years, I witnessed various positive changes in our Hall. Of these, I feel particularly blessed to see the continued internationalization of the resident mix here. Meanwhile, we have hallmates from all the major continents of the world. In this mini 'United Nations', we learn how to live, share and work with others. More importantly, we learn how to respect our similarities and differences. Although developing mutual understanding and empathy is by no means easy, I do see increasing mingling among our local and non-local hallmates as well as their mutual support in various inter-hall competitions and contests. We already made a good start and it's time for us to continue broadening our mind. By continuing doing so, we not only help ourselves grow spiritually and intellectually, but also open the window of various new opportunities, be they friendship, further professional development or an enhanced understanding of the world in which we live.

I once again wish you a very fruitful stay here. Like everybody, we may have moments of success and occasional setbacks. The most important thing is we take and learn from all these. I really hope LiZhi Hall life will one day become part of our good old memories as well as a cornerstone for our further self-development.





WUXIAN



16th
Hall Association
Wuxian Soul



HALL



OOCAMP



2018



11
/12

Life's Short, Stay Awake With Wuxian.

KAIYUAN HALL 17-18/F

開元堂

Welcome all new residents to KaiYuan Hall, here is a place full of love and peace. You can build a precious friendship here and get a meaningful hall life. Hope you guys can enjoy every moment during the residential period. Feel free to ask question and seek help from our warden, Prof. To, tutors and hall association member if you have any questions about the hall.

We have o-camp every year to welcome all new resident. Also we provide the chance to freshman to feel the culture of KaiYuan Hall. Here are some valuable moments of the o-camp this year.



KARDENCY
元 道



WARDEN'S MESSAGE

BOYAN HALL

博彦堂

A Welcome from the Warden

It is my pleasure to welcome you to become a member of the Boyan Hall!

Boyan Hall is one of the nine student halls of the PolyU Student Halls of Residence (Hung Hom), and it is home to about 330 postgraduate students. As many residents of the Boyan Hall come from different parts of the world, we have significant varieties in practice, values and culture.

Staying together in a hall of residence allows us ample opportunities to appreciate our strengths and learn to respect our differences. We will also be able to develop mutual understandings through daily interactions. I had lived in a number of cities for a total of 12 years during my undergraduate and postgraduate studies in the U.K. My personal experiences always remind me that though we have every reason to believe we are different, I hope that after a year of residence in this Hall, you will agree with me that we are actually not that different after all.

Enjoy your stay with us! I trust you will find friendships, inspirations and encouragements in the Boyan Hall, day by day!



Prof. Kwok-fai Chung

Department of
Civil and Environmental
Engineering



Fruit
Gathering



TUTOR'S MESSAGE

BOYAN HALL

博彦堂

(In)Formative Years of Dreams, Hopes and Love

I always look forward to the beginning of the new academic year. September is such a special time with leaves changing and the anticipation of what lies ahead. When I first join Boyan Hall in 2014, I felt an instant connection with the hall mates and their welcoming and friendly environment.

My commitment is to build, on the present history of Boyan and work along with the warden and the tutors to ensure student success throughout the academic, co-curricular and athletic programs. You (BoYanians) are joining us on this mission and we can't wait to have your beginning.

On behalf of Boyan hall, I welcome all the new and returning students to Boyan family. I'm confident we can reach the new milestones together and our friendships will last forever.



Mohammed Aquil Mirza
Department of Computing



Fruit
Gathering



**RESULTS OF
INTER-HALL
COMPETITION**

2018-19 Inter/Cross Hall Competition Results

Hung Hom Halls

	Position	Hall Name
Inter-Hall Soccer (Men)	Champion	WX
	1st	BY
	2nd	CD
	3rd	MY
Inter-Hall Basketball (Men)	Champion	LZ
	1st	MY
	2nd	WX
	3rd	CD
Inter-Hall Volleyball (Women)	Champion	LS
	1st	MY
	2nd	CD
	3rd	XM
Inter-Hall Badminton (Men)	Champion	LS
	1st	WH
	2nd	BY
	3rd	CD
Inter-Hall Badminton (Women)	Champion	LS
	1st	KY
	2nd	XM
	3rd	MY
Cross-Hall Table Tennis (Men)	Champion	LS
	1st	CD
	2nd	
	3rd	
Cross-Hall Table Tennis (Women)	Champion	LS
	1st	XM
	2nd	
	3rd	

	Position	Hall Name
Inter-Hall ToW (Men)	Champion	BY
	1st	KY
	2nd	LS
	3rd	LZ
Inter-Hall ToW (Women)	Champion	LS
	1st	BY
	2nd	XM
	3rd	WH
Inter-Hall Show-off	Best Performance	LZ
	Best Creativity	LZ
	Best Teamwork	MY&LZ
Inter-Hall Essay (English)	Champion	BY
	1st	BY
	2nd	XM
	3rd	Violet
Inter-Hall Essay (Chinese)	Champion	KY
	1st	WH
	2nd	LZ
	3rd	XM

Homantin Halls

	Red	Orange	Yellow	Green	Blue	Violet
Sunshine October	8	6	2	10	1	4
Indoor Soccer Comeptition	6	8	2	1	10	4
Red Signature	10	2	6	1	4	8
Talent Quest	6	4	8	2	1	10
International Cooking Contest	4	10	1	2	8	6
Energy Saving Challenge	2	6	10	6	1	8
Cumulative Score	36	36	29	22	25	40
Rank	2	2				1

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