

## HSUHK students embrace overseas experiential learning 恒生大學學生擁抱海外體驗式學習



▲ HSUHK students participate in summer programmes in the University of Oxford in the UK for advanced academic and cultural exchanges.  
恒生大學學生到英國牛津大學參與暑期課程，進行高水平的學術文化交流。

HSUHK is committed to providing a wide range of extracurricular activities and experiential learning opportunities to broaden students' international perspectives and promote all-round development. This includes various types of overseas exchange programmes for students to explore and experience different cultures.

Apart from the regular student exchange and internship schemes, in the summer 2023, HSUHK supported students' participation in exchange and leadership seminars across renowned overseas universities, helping them become leaders with critical thinking, innovative minds, a caring attitude, moral values and social responsibility.

Eight Honours Academy (HA) students, sponsored by the University, participated in summer programmes across three world-renowned universities, the University of Oxford in the UK, Harvard University and the University of California, Berkeley in the US. These programmes lasted between three to six weeks from May to August 2023.

為擴闊學生的國際視野、推動全方位發展，恒生大學一直致力提供廣泛的課外發展和體驗式學習機會，包括舉辦各類型海外交流計劃，讓同學探索及體驗不同文化。

除了恒常的海外交換生和工作實習計劃外，在2023年夏季，恒生大學支持學生到海外著名院校交流和參與領導研討會。大學藉此培養學生的領導力、自信及潛能，成為具明辨思維、創新力量、人文關懷、道德價值和社會責任的人才。

恒生大學八名榮譽學院學生在大學的贊助下，於2023年5月至8月期間分別到三間世界頂尖學府，包括英國牛津大學、美國哈佛大學和加州大學柏克萊分校，參與為期三至六星期的暑期課程。



Additionally, six students were supported by IYSL to attend the 11th University Scholars Leadership Symposium (USLS) held at the United Nations Conference Centre in Bangkok, Thailand, from 1 to 4 August 2023. The event, organised by Humanitarian Affairs Asia, brought together some 1,200 emerging world leaders from over 100 United Nations Member States. During the symposium, HSUHK students actively participated in various activities, including experiential learning days, volunteer services and thematic workshops, motivating them to become leaders and change-makers for positive social change.

The participating students commented that they greatly benefited from their overseas experiential learning, especially in terms of leadership skills, personal growth, and broadening their horizons.

此外，六名傑出學生獲青年可持續發展領袖研習所支持，參加 2023 年 8 月 1 日至 4 日在泰國曼谷聯合國會議中心舉行的第 11 屆大學學者領導研討會。這個由亞洲人道事務組織主辦的傑出青年領導活動，匯聚來自一百多個聯合國會員國的 1200 多位新興世界領袖。期間恒大大學生積極參與各種活動，包括體驗學習日、志願服務、主題工作坊等，獲得成為領袖和變革者的知識、技能和動力，培養其領導能力並推動積極的社會變革。

整體而言，參與同學都認為從海外體驗式學習中得益不淺，尤其在領導能力、個人成長和擴闊眼界方面。



◀ Dr Holly Chung, Acting Head of HA (4th from right) greets students participating in overseas experiential learning programmes: (From left) Tom Tang, Stella Yap, Alison Cheng, Vichy Chan, and (from right) Isaac Li, Berrie Chim and Fanny Cheung. 榮譽學院署理院長鍾可盈博士（右四）與到海外體驗交流的同學合照：（左起）鄧嘉豪、葉淑琳、鄭欣樂、陳曄晴和（右起）李展僑、詹凱琳和張芷鳳。

## Willingness to try, promoting personal growth

### 勇於嘗試，促進個人成長

Students who went overseas for exchange programmes stepped out of their Hong Kong comfort zones and experienced valuable personal growth. Vichy Chan, who went to the University of Oxford, has a passion for drama and performing arts. In the UK, she attempted to write a script for a short play in English for the very first time, which described the culture shock between Hong Kong and the UK. Her performance was well received by her teachers and classmates.

Berrie Chim, who travelled with Vichy, is a passionate reader. She was inspired by the strong reading atmosphere in the UK and bought many books for herself.

She also received encouragement from her teacher to write poetry to further



▲ Berrie (right) commends teachers at Oxford care about students and she is pleased to get the advice from them. Berrie（右）認為牛津大學的導師很關懷學生，並欣喜得到導師給予的建議。

同學們到海外交流，在課堂內外作出不少新嘗試，跳出香港課室的舒適圈，促進個人成長。前往牛津大學交流的陳曄晴（Vichy）本身熱愛戲劇與表演藝術，在英國的課堂上她初嘗以全英語撰寫短劇的劇本，講述香港與英國的文化衝擊，演出獲得導師及同學的好評，讓她十分興奮。

與 Vichy 結伴同行的詹凱琳（Berrie）熱愛閱讀，她被英國濃厚的閱讀氛圍所感染，大量購買書籍之外，更喜獲導

enhance her skills. “The teacher said that I am doing well in other aspects and suggested that I write poetry every day to improve my knowledge. I never thought I would hear such proactive advice.” Berrie said that the mentors at the University of Oxford care about students and spend time chatting with them after class. They also provide useful advice based on students’ individual needs.

Alison, who also went to the University of Oxford for exchange, believes that the three weeks of intensive classroom life accelerated her growth. “We communicated with teachers and classmates in English every day, and the courses are very compact. We absorbed new knowledge every day and gave presentations every two days on average. It was busy but also very fulfilling and satisfying.”

Studying abroad is also a good opportunity to be brave. Fanny Cheung, who describes herself as relatively introverted, went abroad for exchange alone for the first time and it was a big challenge for her. In the UK, one of her assignments included conducting street interviews. She said, “I used to be afraid of speaking in front of many people, but after this, talking to foreigners of different nationalities made me bolder and more willing to challenge my shortcomings.”

師鼓勵創作，「老師說我其他方面掌握得不錯，提議我可以每日寫詩，以增進相關的知識，我從沒想過會聽到如此進取的建議。」Berrie 表示牛津大學的導師很關懷學生，不介意下課後被學生「捉住」談天，他們也會針對學生的個人需要給予建議。

同樣到牛津大學交流的鄭欣樂（Alison）認為三星期充實的課堂生活，令她急速成長，「我們每天要用英語和老師及同學溝通，而且課程非常緊湊，每日不斷吸收新知識，平均每兩日進行一次簡報。雖然很忙碌，但亦很充實及有滿足感。」

到外地學習也是訓練膽量的好機會，自言性格比較內向的張芯鳳（Fanny）第一次獨自到海外交流，對她而言是一大挑戰，在英國碰巧她需要進行街訪的練習。她說：「我本來不太敢在很多人面前說話，但經過這次海外交流，與不同國籍的外國人交談，令我變得更大膽，勇於挑戰自我的不足。」



▲ Stella (right at front row, left picture; and left in front row, right picture), an exchange student at Harvard University, alongside students from across the globe.  
▲ Stella (左圖前排右、右圖前排左) 在哈佛大學交流，與來自世界各地的學生一同學習。

## Broadening horizons, understanding diverse cultures

### 擴闊視野，認識多元文化

During their exchange at the University of California, Berkeley, Tom Tang and Isaac Li met students from different countries and experienced diverse cultures. Tom believed that UC Berkeley is a university with a liberal culture and “is more inclusive” in dealing with gender equality and racial issues. His biggest takeaway from the trip was “not to make too many assumptions and to approach learning with an open mind. For example, in terms of race and gender, Asian people may not necessarily speak Putonghua, and gender is not limited to ‘he’ and ‘she’.”

Isaac shared that students from all over the world would greet each other and exchange Instagram profiles when they met on campus restaurants. His attitude towards making friends is more open-minded than in Hong Kong. He also learned doing things in the ways of different cultures. “We are used to expecting replies to messages, but Japanese classmates often don’t reply.

鄧嘉豪（Tom）與李展僑（Isaac）藉着在加州大學柏克萊分校交流的時間，認識大量來自不同地方的同學，切身體驗多元文化。Tom 認為加州大學柏克萊分校是一所思想開放的院校，在性別平權或種族議題的處理上都「走得比較前」，他此行的最大得著是「凡事不應作太多假設，要當自己是白紙般去學習。例如在種族及性別上，亞洲人不一定懂說華語，而性別也不只有 He 和 She。」

Isaac 表示世界各地的同學在校園餐廳相聚，就會主動打招呼，互相認識、交換 Instagram，結交朋友的心態比在香港時更為開放。他也見識



This doesn't mean that they don't know the progress of things, but they just don't have this habit." To him, this was a valuable lesson in learning how to work with people with different personalities in the future, with a tolerant attitude and adaptability.

到不同文化的人，做事方式大為不同，「我們很習慣對方要回覆信息，日本同學卻經常不回覆；這不代表他們不知道事情的進展，只是他們沒有此習慣。」他認為這是很好的學習過程，將來也會以包容的心及應變能力，與不同性格的人合作。

▶ Isaac (front left) and Tom (4th from right, second row) go sightseeing with other exchange students. Isaac (前排左) 與 Tom (第二排右四) 與其他交流生到處遊覽，增進友誼。



## Caring for the world, cultivating leadership qualities

### 關懷世界，培養領袖特質

Stella Yap had the opportunity to discuss different social issues, such as gender equality, with participants from other countries during the USLS in Thailand. Her experience was very rewarding as she realised that even as a university student, she can make a difference and influence change in current social issues. "At the symposium, I was not just a student, but a representative of my region and university. It made me realise that I am not as little as I imagined. As long as we start small and grow, we can definitely make changes to society."



▲ Alison and Stella (2nd and 3rd from left) attend USLS in Bangkok. Alison 和 Stella (左二及三) 參加於曼谷舉行的研討會。

Alongside representatives from 46 countries/regions at the symposium, Stella and Alison Cheng were selected as group leaders for their outstanding performance. During the volunteer service session, Alison witnessed the qualities of true leaders who fully engage themselves in the activities. "I realise the qualities of a true leader: not just verbally commanding a team, but also taking practical action."

Dr Holly Chung, Acting Head of the HA, expressed delight in witnessing how HA students have grown after their experiential learning experiences abroad. She encourages all HSUHK students to dive into any possible experiential learning opportunities, locally and internationally, because "seeing is believing". Being a global citizen is no longer a banner slogan, but a must for all university students out there. HA plans to nominate no less than six students in the coming summer to attend elite universities' summer study programmes.

葉淑琳 (Stella) 到泰國參加大學學者領導研討會，有機會與其他國家的參加者討論不同社會議題，如自己特別感興趣的性別平等議題，讓她甚有得著。她原本認為自己作為大學生，力量非常渺小，很難對現行的社會問題作出改變，「在研討會上，我不只是一名學生，而是作為地區和學校的代表發聲，讓我覺得自己並非想像中渺小。只要我們從小着手，積少成多，定必能為社會作出改變。」

研討會有來自 46 個國家／地區的代表，Stella 與 Alison 憑出色表現和豐富經驗，獲選為小組組長，透過帶領小組活動訓練領導能力。在志願服務環節中，Alison 見識到領袖們親力親為、落手落腳做義工活動，「我體會到真正領袖的特質，不只坐在房間『空口』指揮團隊，更會身體力行作出實際行動。」

榮譽學院署理院長鍾可盈博士表示，很高興看到恒大大學生到外地體驗學習後成長蛻變。她鼓勵所有恒大大學生好好把握本地及海外的體驗學習機會，因為「眼見為實」，成為世界公民亦不再只是口號，而是所有大學生必備的條件。榮譽學院計劃於來年暑假推薦不少於六名學生前往世界知名大學進行暑期修業。