

**CUHK Convocation Outstanding Services
and Creativity Student Awards 2025/26**
香港中文大學校友評議會傑出服務及創意學生獎 2025/26

Name 姓名	Fang Samantha Guo Ling 方幗伶
Major 主修	MBChB (Global Physician-Leadership Scheme) 內外全科醫學士

With rising threats of deglobalisation and fractured communities, embodying “the heart of serving” is more vital than ever. As the leader of the Service Department of the Doctor of Excellence medical society, I have had the privilege of spearheading initiatives addressing the health and wellbeing of underprivileged groups locally and abroad, extensive in both breadth and depth. Our mission centres on delivering essential health services, raising awareness, and empowering individuals to take charge of their own health.

One of our most moving projects was a Lunar New Year workshop for young cancer patients. Beyond festive celebrations, we created a nurturing space with games, a magic performance, Chinese calligraphy and attentive listening to their stories. This human connection brought joy and a sense of normality during their difficult journeys, fostering hope, resilience and mutual understanding.

Locally, we organised workshops for children with special educational needs and those from disadvantaged backgrounds. Through arts and crafts and brain games on nutrition, cardiovascular and gut health, we promoted healthy lifestyles and preventive health. These children, often marginalised and unfairly labelled within the education system, were given a platform to feel valued and capable. Their enthusiasm reinforced my belief that with the right support, every individual can thrive.

Moreover, amid growing mental health challenges among young people, a mindfulness and wellness workshop sought to destigmatise mental health struggles, foster open conversations about emotional well-being and help each young person feel seen, valued and less alone in their journey. Art therapy and guided sharing by a psychiatrist on self-care created a safe space for participants to express difficult feelings, explore healthy coping strategies and draw strength from one another’s experiences.

In partnership with medical professionals, we conducted health checks and consultations for elderly community members, addressing critical gaps in healthcare access for this vulnerable group. Additionally, we organised a food drive, packing and distributing over eight hundred essential food bags to families facing food insecurity in Hong Kong. These acts of kindness brought immediate relief and hope to many households.

Our impact extended internationally through a 10-day service trip to Cambodia, where we provided health checks, delivered health education and donated essential supplies to 1000+ children in resource-limited communities across 14 different NGOs, schools and institutions. This enabled the early detection of health conditions and to promote health awareness. Though brief, our visit aimed to inspire healthier futures and empower local youth as agents of change. It also gave me firsthand insight into global healthcare inequalities and challenges.

Beyond my role as Head of the Service Department, I have actively participated in various community initiatives, including serving on the organising committee for CUHK Health Exhibitions and community health checks, conducting educational workshops at The Boys' & Girls' Clubs Association of Hong Kong (BGCA), and participating in neurological outreach programmes on Alzheimer’s disease within the community.

Witnessing the positive impact on both beneficiaries and volunteers has been deeply inspiring. These experiences have strengthened my appreciation of my own privileges and reinforced my commitment to uplifting others. To me, service is about connection, compassion, and making meaningful differences—no matter how small. This journey continues to fuel my passion for serving and empowering communities in need.

Last but not least, I would like to express my heartfelt gratitude to the CUHK Convocation for granting me this award. I see this not only as a personal recognition of my efforts, but also as an affirmation of the values underpinning these initiatives. This award marks not a culmination, but a beginning. It motivates me to continue striving for excellence, not only academically but also in service to the community, as I seek to contribute meaningfully to society as a servant leader.



Last day of our Cambodia 2025 Health Service Trip taken at New Hope Cambodia with the full team of volunteers consisting of CUHK and HKU year 1-3 medical students, Dr Gordon Poon, Dr Navy (local Cambodian doctor), and translators Sreymeas and Sokna.

(I am in the center of the first row)



Group photo taken during the Lunar New Year Workshop organized in collaboration with Little Life Warrior Society to support young cancer patients and their families bringing some fun and levity in this time of the year.

(I am 4th from the left in the third row)