

**CUHK Convocation Outstanding Services
and Creativity Student Awards 2015/16**
香港中文大學校友評議會傑出服務及創意學生獎 2015/16

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Major 主修	MEDICINE (GPS)

Doing services is like picking up starfish on the shore and throwing them back into the sea in order to save them for dehydration. It is without any doubt that you can never save all by picking up one by one on your own. But how about having the ability to pick up a thousand or ten thousands of them at a time by persuading thousands of people joining you?

It is the difference between taking part in a service and initiating one yourself. Initiating a service does not only help more people with more helping hands, but also at the same time spreading the seeds of service and the spirit of caring our own community to more people. And this idea has become a driving force for me to be founders of Hong Kong “Embrace with Empathy” Charity Service Project and that of Hong Kong StarCatchers Minority Adolescent Concern Organisation in 2015, and the president of the CUHK Cross-border Health Exhibition Organising Committee back in 2014.

In 2014, I was given the chance to lead a team of more than 200 medical students to organise a territory-wide health exhibition with health screenings, health talks, information boards demonstrations, free consultations. Aiming to expand and further develop the scope of the exhibition, I drove the Exhibition 2014 to step out of Hong Kong and hold another week of public exhibitions in our neighbouring Macau. Having served over 13000 Hong Kong and Macau citizens and gathered hundreds of thousands of sponsorship, this equipped me with experience in initiating a service in the later stage of my service path.

After the CUHK Cross-Border Exhibition, I felt even more passionate in spreading the seeds of service to more people around. Therefore, I founded two brand new service projects, a healthcare- related project named Hong Kong “Embrace with Empathy” Charity Service Project and a poverty- concerned organisation called Hong Kong StarCatchers Minority Adolescent Concern Organisation.

The former one is a project co-organised with Hong Kong Society for Rehabilitation, Hong Kong Medical Association and the Faculty of Medicine of CUHK. Seeing the loophole of HKU and CUHK Health Exhibitions that they have only been carried out in some but not all districts repeatedly in the past history, my project is focusing on rehabilitation-after-diseases-related health exhibitions and basic health screenings as well as service programmes in various centres of Hong Kong Society for Rehabilitation in all 18 districts in the territory to fill the loophole. The latter one is an organisation providing a platform for all university students in Hong Kong to offer sustained voluntary tutoring service to underprivileged adolescents of ethnic minorities in society. The organisation is now serving more than 10 public housing

estates and still expanding.

Last but not least, I would like to express my heartfelt gratitude to the CUHK Convocation for granting me this award which is a meaningful recognition of my vision and mission of serving the community and trying to make the place where we belong to a better place. There is faith inside me that the aforementioned projects will only be a beginning for me to serve Hong Kong Society and my passion will make the seeds of service to germinate and to grow tall in everyone's hearts.

Photo 1 (Please insert your photo here.)

照片一 (請貼上您的照片)



(left first one)

I founded this long-term sustainable project, “Embrace with Empathy” Charity Service Project in 2015. We organised health exhibitions, health screenings and service programmes in all 18 district of Hong Kong with an organising committee of over 80 medical students and over 50 nursing students from HKU and CUHK. The above photo was the exhibition we held in Cyberport. Our committee co-organised with Hong Kong Society for Rehabilitation, Hong Kong Medical Association and the Faculty of Medicine of CUHK to bring this project to success.

Photo 2



I was giving my opening address as the President of Cross-Border Health Exhibition 2014 “Priceless Breathing” Organising Committee in Macau Tower where two days of the exhibition were held. CUHK Health Exhibition no longer restricts itself in Hong Kong but extend to nearby regions like Macau, in order to serve more citizens concerning their health awareness.