

# OHSA

– OUTSTANDING HALL'S STUDENT AWARD 2013 –



The University of Hong Kong

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This award is to recognize hall students who have outstanding academic performance and distinguished contribution to the hall community.

## ABOUT HALL EDUCATION



H all Education is a learning process throughout years of hall life, during which students' learning experience can be enhanced and the university educational aims can be achieved.

Students learn to gain, deliver & reflect in their hall lives. By participating in diverse hall activities, students will develop various interests and improve their communication and interpersonal skills. By organizing hall functions, students will understand the gist of leadership and management. By interacting with a large number of hall peers from different faculties and back-

grounds, students will gain life-long friendships and memories. Along with all the above elements, students will realize the importance of both passing the core values of hall education from generation to generation based on what they have experienced and making good use of the huge manpower within the hall community to fulfill their social responsibilities.

Critical self-reflection of students' different roles is of equal emphasis during the learning process, so as to allow them to enjoy a more fruitful and meaningful university and hall life.



## LIST OF AWARDEES

NAME	HALL
Adela Wan Oi Yiu	Swire Hall
Angela Yuen Wing Yan	Lady Ho Tung Hall
Angus Hui Chong Yin	Morrison Hall
Bonnie Lau Tsun Ying	Lady Ho Tung Hall
Calvin Yu Ho Ming	Lee Hysan Hall
Candyce Tsang Chak Lam	Simon K.Y.Lee Hall
Chan Shun Ping	Lee Hysan Hall
Evelyn Pang Ka Yee	Starr Hall
Hayden Kwan Yiu Hei	Starr Hall
Henry Wong Chun Yip	Wei Lun Hall
Hillman Hsu Yin Man	University Hall
Ivy Wong Hay Mun	Suen Chi Sun Hall
Kelvin Peng Yi Jie	Suen Chi Sun Hall
Lau Yin Yu	Lee Shau Kee Hall
Margaret Cheung Tung In	Simon K.Y.Lee Hall
Ophelia Wong Cheuk Man	Lee Hysan Hall
Peter Chow Kin Fai	University Hall
Ramesh Weerakoon	Simon K.Y.Lee Hall
Sarah Lau Lok Yee	Starr Hall
Wilson Ang Wai Leung	Simon K.Y.Lee Hall
Win Chow Cheuk Wing	Suen Chi Sun Hall
Yvonne Chan Yin Man	Lee Chi Hung Hall



## ADELA WAN OI YIU SWIRE HALL

In the past, many junior hall-mates asked me similar questions during the “Room Visit” (a formal occasion for experience sharing between a senior hall-mate and a junior hall-mate in my hall), “How can you strike a balance between active hall activity engagements and good academic achievement on a continuous basis?” Many people may think “priority setting” or “time management” is the ultimate answer. I, however, would give the credits to “self-reflection” and “self-discipline”.

“Self-reflection” is necessary for a person to give “values” or “meaningfulness” to certain actions or decisions, which is the prerequisite of “priority

setting” and “time management”. In other words, you should be clear about what you are doing and what you want to achieve by doing so.

To me, maintaining good academic performance is just the basic requirement of a university graduate. On one hand, you should be responsible for your own career and also your family. On the other hand, you are subsidized by tax payers to receive higher education. You are responsible to learn as much knowledge as you can and contribute to society through proper application in the future.

Meanwhile, residential halls serve as a platform for students to take up



responsibilities and interact with people of different backgrounds and values, which would inevitably create “problems” and let students learn from mistakes. It also helps enhancing students’ ethical standards as they could put values like “devotion”, “commitment” and “sincerity” into practice. Such values are the most valuable as university students would be the future leaders of society.

Such “meaningfulness” would become the fuel for your perseverance to maintain high self-expectations and excel in those aspects. Without this, one can easily lose himself/herself and time is wasted for no justifiable reasons. Of course, you should prioritize the relevant aspects according to their relative importance and be self-disciplined enough to ensure that you are doing the right thing at the right time (i.e. proper time management) to achieve good performance in each area.

Many citizens have the impression that HKU undergraduates who are living in residential halls are spending too much time on inter-hall sports and cultural competitions. They, unfortunately, do not understand our passion in winning the campaign and achieving our “Three Years, One

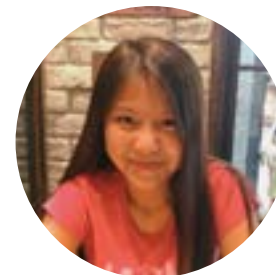


Dream”.

Unlike school or university sports teams, many players in the residential halls’ sports team are

not experienced and have to learn from scratch and improve their skills through intense training. Friendship and team spirit are thus developed more easily. In my view, instead of representing my hall to defeat other hall teams in the inter-hall competitions, I would like to achieve “some big thing” with my teammates who are as devoted and passionate as I was. Devotion in preparing for the annual competition is also a respect to our opponents, who are also devoted in the preparation at the same time.

The “victory” means so much to us through it is nothing from outsiders’ point of view. Someone may say I could get nothing useful to my career development from inter-hall competitions. I admit this. However, I can say that I have earned something which is much more valuable and probably you will not gain back after you have graduated – the passion of youth.



## OPHELIA WONG CHEUK MAN

LEE HYSAN HALL



It is all about priority. Being a university student, we always have opportunities to experience, try and learn new things. Old-fashioned though it may sound, good time management is but the key to maintain a balance between study and having fun in hall. We all have our own agenda: Some people may give their endeavour to every hall activities; some may choose to work very hard on studies; and some may choose to become committee members of various clubs and societies in campus. [The proliferation of choices confused me quite a while in the very first semester of my university life. All HKU students who live in halls may share with me that all hall activities are fun to freshmen and it is always excited, if not overjoyed, to be so warmly welcome by a new community. Meanwhile, unlike secondary school days during which we were prepared everything from timetable to study materials, but in

university you need to make choices. From courses to tutorials, from extracurricular activities to off-classes reading materials, here in HKU, nothing is given. You work for your own. So it is almost natural that without a clear-minded time management strategy to prioritize tasks, it's impossible to work and play hard in tandem. I believe it well.

There are many wonderful and memorable moments in the past two years of hall life. Ranging from – floor activities, team practices, inter-hall competitions to hall orientation, all these activities make my university life very fruitful. One of the most memorable moments of my hall life until the moment is the inter-hall choir competition in which we participated last year. It was an impressive experience to me because I felt team spirit. I was one of the team captains for Choir team and my partners and I found that being leaders of a team consisting of 40 members was not as easy we thought. Not only did we have to provide necessary administrative support to the team, but also needed to boost up the morale of our team. There were moments of



disappointment during the days of low attendance. Sometimes we did not even know what we could do to improve the team. Fortunately, with the genuine support from each other, we successfully brought the team to the next level, and to finish the competition in a satisfactory way. Despite the fact that our performance might not be very outstanding, if not bad, we earned team spirit.

I believe that every member in the team walked away from Loke Yew Hall with sweet memories.



**HAYDEN KWAN YIU HEI**  
STARR HALL

HKU is a fast-paced community, and time is precious. Therefore it is important to maintain good control of how much time one spends on a certain component of his or her life in HKU. My approach is to assess my workload for the upcoming school year, select hall activities which are within my capacity and pay my every effort accordingly. I shall provide my three years of hall life (being a student under the old education system) as an example to demonstrate my approach. During my first year, I was engaged in a student society which demanded immense effort and time. Nonetheless I participated in the hall choir and tennis team to further my interest in the two. However, my leisure time with the brothers on my floor had been sacrificed. Entering my second year, I undertook more responsibilities in the hall choir as I expected more free time after my term of office in the

student society. More time was spent with my floormates as well. In light of the arduous job hunting process and external examinations, I decided to withdraw from the tennis team to allow for better focus on my future. As simple as my approach sounds, it is easier said than done. However, I am thankful for living in Starr Hall, which emphasizes freedom of choices and individual development. Also, I would like to thank my unit for accommodating my time schedule during my three years in Starr Hall.



Many moments come to mind when I recall my memories in hall. However, one such memory proves to be especially memorable, which was the time when my friends and I spontaneously decided to visit the beach amid a free day's time.

It was a sunny day during lunch when a random idea struck us, to visit Stanley Beach since everyone was free for the day. We dropped our original plans and headed to the bus stop. The weather turned out to be very enjoyable and we all had a fun time swimming and fooling around. Even though there are many other "bigger" moments, this reminds me of the adventurous and the spontaneous sides of my friends in hall. Living in hall to me is like going to a camp for a very long duration, and this little piece of memory highlights the fun of going to camps.



## CHOW CHEUK WING SUEN CHI SUN HALL

I have been living in Suen Chi Sun Hall for four years. Thanks to all the people I met and all the things that happened around, I take, I learn, I give and I grow in this big warm family. Balancing academic study and hall activities is never easy, especially with the heavy law course workload. Being awarded the Suen Chi Sun Hall Award, my endeavor in academic study and commitment to hall and social services activities were recognized.

Recalling my first day in Suen Chi Sun Hall through the A-Day@HKU programme, the current hallmates told me that HKU halls, different from other residences and dormitories, were committed to providing platform for all-round personal development of students through hall education. Having this in mind, I tried to explore as much as possible at my hall. Through joining different teams, sub-committees and organizing committees, I learned the inherent

problems of our hall system and met friends whom also believed in hall education concept and loved our hall. I decided to take the responsibility as an executive committee member of my hall's students' association to initiate changes and improve the hall system with my colleagues. During the tenure, we targeted to enhance hall-mates' sense of belongings, build unity and nurture a passionate atmosphere through fine-tuning policies over re-admission exercise and participation system. I also chaired the high table dinner sub-committee and vice-chaired the orientation organizing committee to organize high table dinners and orientation series for my hall-mates.

Hall education is designed to supplement the academic education in nurturing a student. Striking a balance between hall activities and academic study is important. I think to Work Hard & Play Hard at Hall, the key is to have a good time man-



agement to enhance efficiency and productivity. Throughout these years, I think having a clear goal can help us manage time and work efficiently. A goal can be either short-term or long-term. An example for short-term goal can be achieving a certain GPA level. An example for long-term goal can be about career or university life planning. Having a clear goal will allow us to prioritize different activities according to their importance. After prioritizing the work, another key is to focus on our work. Concentration can help us maximize our efficiency and productivity. I sometimes make a to-do-list and set a deadline on every work and ask myself to concentrate on one work each time. This really helps. Apart from having a good time management for our own work, I think good collaboration with other teammates is essential. Being both a leader and team player in certain committees at hall, I find putting a teammate in a right place and asking others for help when necessary to achieve good work allocation help enhance a team's efficiency.

Work Hard & Play Hard is not just a slogan. It is also an attitude and how you manage your time and work well to achieve as much as possible at the university.

I worked as the Person-In-Charge of Joint-Hall Social Service Committee (JHSS) of the HKU hall community. I consider my tenure as the Person-In-Charge of JHSS as the most memorable and meaningful thing in my hall life.

While some outsiders may think HKU halls are too preoccupied with sports and cultural competitions, JHSS was created to enhance cooperation between halls to promote social awareness. We successfully held a night walk fund-raising event that we raised more than \$32,000 for ORBIS with around 300 participants.

We also organized a one-week teaching service trip with 30 volunteers to serve the needy in Sichuan, China after the 2008 Sichuan earthquake.



We discussed ways to increase joint-hall social service cooperation. These moments were so memorable because I witnessed the positive impacts on society and the university by our committee. I believe that the privilege of education confers responsibility. Through the activities we organized, we reached out to the disadvantaged in Hong Kong and Mainland China. We successfully enhanced social awareness at the university. As HKU halls are committed to providing platform for all-round personal development for students, JHSS aimed to serve the same objective to equip students with multi-capabilities through volunteer experience. For

example, we delegated much of our work to volunteers in the Sichuan trip that they took the initiative to design teaching programs for local students. I consider the JHSS work to be very meaningful that all halls join hands to contribute to the society after our learning under the university education.

“Be Sunnian, be brilliant.” The impact of the Sunnian's spirit and my hall-life on me is lifelong. It is indeed my honour to have contributed to the development of Suen Chi Sun Hall and the hall community that carries on this lifelong impact to whoever under hall education.





## CHEUNG TUNG IN MARGARET SIMON K.Y. LEE HALL

I believe that working hard and playing hard in hall is never mutually exclusive as it refers to the same attitude towards the responsibilities you bear. It is true that hall activities such as team practices and floor meetings occupy certain amount of your time which you could spend on studying. But no one can concentrate in academic stuff twenty-four hours a day. So I treat hall life as an escape of workload. Social life and activities in hall are my entertainments which I enjoy. It is not difficult to work hard and play hard especially when hall education teaches us to strive for excellence. Personally, I sometimes feel there is bias towards students living in hall that we do not study well. It makes me feel like I need to do even better to

prove that living in hall is not an obstacle of study.

There were many memorable moments in Hall life. One of them was the hockey semi-final match. It was a tough match and we lost at the end. I still remember that the team spirit was the highest when we gathered together and cried out together. The speech made by the team captain was the most memorable. She said that we had done our best and we should move on to win the third place. Suddenly, I started to realize that result is not as important as the process, the relationship built during every practice. I would treasure every step we made together which led us to the semi-final. And sometimes, hall life is about things that cannot be quantified.







**RAMESH WEERAKOON**  
SIMON K.Y. LEE HALL

**H**all life has so much to offer from new friends to new skills and memories, we not only need to try our best to achieve the maximum for ourselves but also contribute something to the hall in return during the time we spend at hall.

At the start, I try to set myself a goal and have an idea of what I want to achieve, getting there, as we all know, is a lot of hard work, but surprisingly not everyone is willing to do whatever it takes to get what you want. So to put it simply, in order to have a successful and balanced hall life you need to put in the right amount of hard work on what you want to achieve.

It is important to plan at the start of each semester,

have an idea of the important dates during the semester and prepare accordingly, ahead of time, whether it be for competitions, interviews, exams or other events. Drawing a timetable for each week can also be very useful, allocating enough time each day for training, reading, assignments, leisure, and most importantly for reasonable amount of sleep on most days.

During the past three years, I have also used the hall activities to try things completely new and out of my comfort zone, these experiences have helped me stay confident and focused at times of ambiguity. Lastly, it is paramount that we use hall activities to make new friends, work with other students from various cultures



and backgrounds, learn from each other and enjoy the time together, as these experiences will be vital to us in whatever we do after graduation.

My most memorable moment from hall life would be during the semi-finals of the Inter-Hall Softball Competition in 2012. It was a great team building experience; we had trained for over a year and together we built a high performance team with a common purpose, mutual respect and trust. As always, there was a massive support from the other hall-mates during the matches. During the semi-final, as the last ten minutes approached we were behind by five runs, but the team spirit and training kicked-in as we managed to get ahead by one run just before the umpire stopped the game.

There were massive celebrations that day and although we didn't manage to win the finals the team fought right till the end and never gave up. The experience taught me about the difference a strong support and team spirit can have on a team's performance. It was an amazing tournament and one I will never forget.





**WILSON ANG WAI LEUNG**  
SIMON K.Y.LEE HALL

Working hard and playing hard in Hong Kong, Hong Kong U – a very well-known script of the famous ‘HKU Cheer’ – has sketched the most ideal life of HKU students. Yet, there are always sayings that it is becoming more and more difficult for HKU students to strike a balance between ‘work’ and ‘play’, especially for those living in halls. However, to “work hard and play hard” in hall is never a myth to me – it is of my greatest gratitude to share my experience to all of you, which my tip is never original: ‘Attitude.’

There is a very popular motto that has been widely circulated among most HKU students – ‘Bok Jun Mo Fui’ (博

盡無悔), which means one will have no regrets if he or she has tried his or her very best to strive for a better outcome. ‘The attitude determines the altitude’, this attitude of not being mediocre is of vital importance for one to be excelled in different areas, and is an indispensable fuel to drive me to work and play hard in my 4 years of university and hall life. With the belief of ‘BJMF’, I have set high goals or even dreams which require effort to actualize. I have had clear targets and thus I was more determined to have earlier planning in order to properly allocate my limited time to different areas. The journey of achieving the targets was never an easy one; but I was very glad that



throughout the journey there were always role models’ steps left for me to follow and people’s courage provided for me to go on. Here I would also like to seize this opportunity to thank my beloved ones who have supported me.

The experience in Lee Hall Drama Team is surely one of my most memorable moments in my hall life – which is not a single piece of memory, but a period. Every year there will be an inter-hall drama competition which requires months of preparation for the team to produce a 30-minute drama from nothing. This was always a tough challenge that we had loads of experiences of witnessing the coming of the dawn, arguing with each other, eating snacks for staying awake at some time between 4-5 am, and so on. Though there were bitter, sweet was always of a greater proportion in that period of memory. Thanks for Lee Hall Drama Team, I have had

opportunities to accept different challenges and meet different companions who have also strived for dreams together whole-heartedly, making this an utterly unforgettable experience in my hall life!

In addition to my memories in Drama Team, the experience of organizing the ‘Floor Project’ is another piece of memorable moments in my hall life. I am very glad that I had been living in the floor which has the vision of ‘contributing back to the community’ as we, university students, are one of the parties in the society that are most readily equipped to make positive impacts to those who are in need. The time that all the floor brothers and I voluntarily organized different charity or volunteering functions, such as visits, fund-raising trail-walk, public exhibition in Causeway Bay, etc. making it a very unique experience in my hall life.





## EVELYN PANG KA YEE

### STARR HALL

First of all, we have to always bear in mind that there are lots of temptations throughout our university lives. Even though we have set plenty of goals at the very beginning, we may be somehow vulnerable and not persistent enough to realize our dreams. So, when I really want to focus on my work and study, I choose to stay away from the crowds and lazy-mind. ‘Learning to be alone and stay focused’ is very crucial in strengthening one’s ability to resist temptations. Hall community is always like a shelter that one may want to hide in when he or she faces immense pressure in identity crisis and pressure from study, as it is always tolerating, stimulating and relaxing. Yet, we should always learn

to see the need to detach from the groups temporarily and deal with our own problems.

Secondly, understand your priority and principle and take actions. As I have said, the fascinating community life can bring many crazy moments that likely distract someone from his or her goals, so it would be better for us to know what the hidden priority that guides us in decision making. Hedonistic students may place ‘friends’, ‘social recognition’ at very high priority but that makes them pessimistic and irresponsible when they face social and peer pressure in hall community. I would suggest people to rethink the consequences and possible benefits when they de-



cide how much time they would like to spend on working and studying. That is, what you think is the most important thing you would never give up and let go. Guided by your own principle, we will soon realize people’s opinions may not be very applicable and useful in our own case as we value things differently, and we should not follow others’ steps in fulfilling our wishes.

Thirdly, delay gratification and learn to play hard, work harder. As I have mentioned, hall activities have lots of temptation and you can find excuses to escape from your own responsibility easily. Yet, when you play hard, like spending quality time with friends and family, you have to pay even more efforts to study and plan for future career like finding internship and equipping yourself with new skills. I used to set a timetable for reminding myself of things I have to complete and personal dates from which I can check whether I have keep work-life in a balanced way. I think it is good when your schedule is fully packed with meetings and activities, you know how to squeeze time to enjoy

and relax after work.

Lastly, find meanings in your hall life that give you inspiration and motivation in work. ‘Hea’ is a very common term that means ‘doing nothing and procrastinating’. Hall students who are active in hall community always find it hard to see study and work interesting as they cannot find satisfaction and recognition in tedious and repetitive school work. Actually, hall activities can equip one with important personal qualities that facilitate and improve one’s work attitude. However, this has to be achieved by consistent reflection and open-mindedness to others’ opinions. I often find my playmates, teammates and hallmates inspirational in influencing some of my values and personal views. Meanings are found in relationships you have built with people who grow with you and their stories can always inspire you to work harder to achieve your dreams. For me, I have met excellent people in Starr Hall and I would not have achieved what I plan to without their support. They become my motivations to strive for excellence in work.



The most memorable moment in my entire hall life is the end of mock campaign after more than 160-hour-long consultation with my 11 executive committee members of Fides. Mock campaign has been regarded as the most difficult and demanding hall event in hall community concerning its duration and intensity. At that time, with faith, love and support, we have successfully completed our proposal, campaign booklet and changed our vision for Starr Hall whose development is still filled with uncertainties and challenges. I still remember the smelly Ho Tim Hall and tones of rubbish piled up next to our chairs. I still remember the tiring but satisfying faces of my jong members. I still remember the tear and laughter we had after the campaign ended. That is memorable because it only happened once with great love and sacrifice for a team. This is a moment which gave me the greatest encouragement to

overcome all difficulties I have encountered in my later hall life. When I felt powerless facing immense pressure from study and work, I would always remind myself how I managed to 'survive' that difficult mock campaign. That really gives me unlimited power even until graduation. That gave me a great lesson – hall life is not only about entertainment and friendship, but sacrifice, contribution, patience, compromise and most importantly, persistency for your dream. That marked the start of one of the most important friendships in my life and the beginning of the most memorable journey in my university life. That was a moment mixed with exhaustion, tear, happiness, warmth, satisfaction and good faith. I am so thankful to having my Fides friends shared that moment with me. They are my best company in my entire hall life. Fides, thank you.



**SARAH LAU LOK YEE**  
STARR HALL

### Work Hard & Play Hard

There has long been a myth that being active in hall will eventually lead to poor academic performance. Such a horrible rumour has deterred many students from engaging in hall activities, which in my opinion would be a waste of opportunities to create memorable moments in their university life.

Active engagement in hall activities does not necessarily result in poor academic results, as long as you know the trick. Knowing it may sound platitudinous, but the key to balancing hall and university life, with no doubt, is time management. As a university student we are provided a great degree of freedom. We make up our

own minds all the way from arranging the class schedule to picking what extra-curricular activities we take part in. Therefore, the flexibility is actually determined by us and the only thing we need to ask ourselves is how we could manipulate it wisely. To do so, a well-planned schedule reinforced strictly with self-discipline is of the essence.

With a good practice of planning and scheduling, balancing hall life and academic achievement alongside with ample rest and entertainment, would be made possible. Hall education encourages advancement in interpersonal skills and mentality, which is not something that we can easily pick up in class. Therefore, I am hereby to tell freshmen not to be afraid of





taking part in hall activities – studies and hall life are not necessarily a trade off. Grasp the chance to experience. Remember - LIFE BEGINS AT THE END OF YOUR COMFORT ZONE!

**Most Unforgettable Piece of Memory**

The most memorable moment of my hall life would be the orientation camp preparation period in the summer of 2013.

In the hope of helping freshmen position themselves in hall, more than twenty of us put our heads together. We worked twenty-four-seven in

an attempt to introduce freshmen to some of the essential qualities we hope they could possess as Starrians – to be proactive, open-minded and critical. Most of us, starting as regular friends, have become really close after months of intensive and exhausting preparations. We could never manage to make it through the tough times without having each others’ support. I am blessed to have met them in hall, and despite the hard work this was a piece of precious memory that recorded our friendship and contribution to hall.



**CANDYCE TSANG CHAK LAM**  
SIMON K.Y.LEE HALL

“Phew.” I give out a sigh of mixed feelings as I look at the many “red-white-blue bags” scattered around my room. I cannot believe that my hall life is officially over! These three years have passed at the speed of lightning. It feels good to be home, yet I am already missing my other home.

With reluctance, I start to unpack the numerous bags, and as I do so, flashes of memories of floor life emerge – my floor sisters and I are caught in uncontrollable laughter over some silly joke, with aching stomachs afterwards; we are trapped in tears as we shared our feelings about each other in a random chat night; we are covered in sweat as we try to beat our own best time on the track, as if we

are running for our lives; we devour the sweet taste of glory as we run around P3 with our well-deserved red flag raised high. With these girls, life was hot-blooded and at the same time, full of warmth.

When my thoughts switch back to the present, I realized I have already unpacked two huge bags! Progress! Surely these sweet memories will help me through my toughest times!

As I start dissecting the third bag, my thoughts wander once again. The scene switches to rows and rows of bicycles neatly lined up in P2. It was the on-day of Fund-Raising Cycling 2013, for which my fellow OCs and I had spent months preparing. As a member of the External Group, I



was involved in contacting sponsors, (shamelessly) promoting to professors about our charitable activity, with the hope of receiving donations, reviewing repeatedly the round-the-island route and tons of miscellaneous matters.

To this day, I am still amazed that our committee of only 16 people organized such a large-scale public event within only a few months. I am still awed by the synergy created by a group of hallmates with diverse personalities. There were innovators with infinite ideas, harmonizers who encouraged cooperation and fostered a harmonious atmosphere, and plodders who were often quiet but very reliable. There were always so many ideas to exchange and so much to learn from each other. It was all about being a credible person who other people could rely on and at the same time relying on other people, entrusting them with work they are good at doing.

Back to the day of Fund-Raising Cycling 2013, having moved bicycles and setting up the place for an afternoon, I felt exhausted. But I shivered with anticipation as it got closer and closer to the starting time. Months of hard work was about to be paid off!

Several hallmate helpers, a fellow OC of mine and I departed to Tai Tam Reservoir and set up our Check Point 2. Later, WhatsApp messages from

our FRCOC group notified us of the official start of the event.

While we were waiting for the first participants to reach our Check Point, like a bolt out of the blue, I started to feel drops of moisture landing on top of my head. It soon turned into the most devastating rain ever. We had to decide whether to continue the event or to terminate it. The decision was a hard one to make. On one hand, we selfishly wanted our event to go on; on the other hand, the safety of our participants should be considered as top priority. After heated discussion among the OCs, we finally made the painful decision of terminating the event. The lost we felt clenched our heart. All our effort for months of preparation went down the drain along with the rain...

The participants' reaction at P2 (the starting point) did not make it any better. Many participants were furious because they were not being able to participate in the event and our arrangement in case of rain was not planned well. They expressed their anger by yelling profanities at us and ruining our publication work like posters, banners, etc., which literally broke our heart.

With heavy hearts, the Check Point 2 team tidied up the place and returned to P2. After gathering all the OCs, we held a meeting on the post-event arrangements, e.g. official announce-

ment and apology to the public, handling of official receipts, etc. I was surprised by the cut-to-the-chase attitude of my fellow OCs. Even though we were overwhelmed with sadness, everyone was able to focus on the immediate task and to come up with the best solution for the problem.

The rest of the morning dragged on as we gradually cleaned up the place – putting away the tents, throwing away the remnants of our publication work, moving the bicycles onto a truck, etc. Although we were laden with despair and exhaustion, we kept cheering each other up to lighten up the mood.

Although the event did not have a happy ending, it left a great impression on me. So many lessons could be learnt, such as the importance of

preparing for the unexpected, flexible arrangement, and the most important of all, not to be beaten by unfavorable circumstances. Together, we will return to the next Fund-Raising Cycling event with rekindled flame within us, some as OCs once more, some advisors, some as helpers, and some as participants.

Already I am looking forward to the event. With a smile, I continue to unpack the bags, unfolding more and more memories...





**CALVIN YU HO MING**  
LEE HYSAN HALL

**T**he very straightforward answer to the question “How to work hard & play hard” in hall? is to effectively manage your time. However, it is easier said than done, and different people would have their unique set of challenges. It is impossible to find a universal rule of time management for everybody. Following my daily schedule would be an even worse idea, and I am not going to show you how messed up my life was. Nevertheless, I do have a couple of advice to share, and I would take great pleasure if you find them helpful.

The University of Hong Kong has provided students with many opportunities for broadening their exposure, and an university life of three to four years was way too short for anyone to have a taste of everything in the university (at least for me). Setting a personal goal might be a good start for you to prioritize your work and to make effective use of your own

time. Take myself as an example, I have long decided to meet more new friends and people of different background throughout my university life, and I decided to achieve it through devoting my time at hall and going for an exchange program with other university. On the other hand, I also had to give up the chance of trying things that I was interested in, such as joining a service trip. You might hold other goals such as to “build a decent CV”, to “graduate with first class honor” or to “win a championship in inter-hall competitions”. Use these goals as a guideline and get ready to allocate your time for your decided choices.

A lot of times we might be hesitant to ask professors questions about the lectures and difficult concepts, lest these questions would make ourselves sound dumb. However, the fact is, professors and tutors might take only a few minutes to resolve the problems that might take us hours

to understand. Don't feel shy to visit your professors during their office hours. After all, that period of time is reserved for us. Also, the research tools of our library are very powerful, and can save us a lot of time in gathering useful information or reference materials. Making an effective use of the teaching resources at the university can greatly reduce the time we have to spend on academics, so why don't you try?

A lot of people seemed to hold the same assumption as the question that working and playing can never coexist in halls. Yet to me, my hall was a very nice place to learn. I was able to find classmates for school projects, seniors for tips about examinations and friends for forming study groups. If you are the type of person who likes to work on your own for studies, you may consider enrolling for earlier classes in the morning, and work at library in the afternoon before going back to hall. After all, halls should be a supplement for your learning experience at university, and never a

barrier to your academic training.

In the past three years, I have indeed seen people who were not performing up to standard in terms of academic results at the hall where I stayed. Yet, I have also witnessed a lot of academic high-flyers with keen participation at hall. Striking a proper balance is never easy, but it would be a very interesting and unique learning experience.

The most memorable moment I could recall would probably be the instance when I, being the chairman of the hall's students' association, announced that it was the end of the orientation camp of our hall. It marked the end of a series of summer functions and the beginning of a new year of hall life with fresh looks. That special moment wasn't simply about the end of a very busy summer. It was more like seeing the harvest of your land and the blossom of your garden, when all the hard work seemed to pay off. That's certainly one of my most unforgettable memories at hall.



## BONNIE LAU TSUN YING

### LADY HO TUNG HALL

Before writing this I have asked several of my friends a question: ‘What is meant by “work hard, play hard”?’ The common answers to the question are ‘striking for the best and no regrets’ (搏盡無悔) in all aspects, and maintaining a good balance between extra-curricular activities and academic study. The answers are as expected, because excelling in multiple aspects has been an ideal, or a must for every college student.

One of my friends is one of the best examples of so-called ‘work hard, play hard’. She did well in both studies and activities. She was a winner of a scholarship and had the opportunity to go for an exchange in a well-known university; meanwhile she devoted much of her time and effort in activities at hall that she was a committee member in hall student association and one of the best players in ball games. She achieved all the ‘5 must-dos in college’ (大學五件事, including

serving on a committee board, living in hall, studying, dating, do a part-time job/ internship). We were proud of her, and so did she. She became the type of person she had wanted to be before entering university. However, she began to realise that she could not find a reason for being such kind of person. Because of her devotion in all aspects, she lost the time for her family, friends, interests and herself. She gradually found her college life dull. I was shocked when she confessed to me about her ‘work hard, play hard’ life, as in everyone’s eyes, including me, she has been a pride. Yet she was in fact lost, and regretful. That night after our chat I began to think about the reason for ‘striking for the best and no regrets in all aspects’. Is it because it will bring you a good job? Probably, especially when our parents and the society tell us it will. Yet even if all-round excellence will definitely give a very promising prospect, is it what you really want?

I am not trying to say that the ‘strike-



for-the-best-and-no-regrets-in-all-aspects' attitude is essentially a problem. It is perfectly OK to have such an attitude, when one consider it as an ideal and feel so fruitful and happy leading this life. Nonetheless, it is as well perfectly OK to focus more on one of the aspects, such as hall activities or studying, and put less weight on some other aspects. Every kind of attitudes is appreciated, as long as it aligns with what you really want.

There are so many tempting opportunities in college, and there are so many people trying to tell us how we should lead our lives. But remember, it is us who are living our OWN lives. We should do something that we will not be regretful afterwards. Probably the real meaning of 'work hard, play hard' is to first understand ourselves, follow our heart and think to ourselves if we will be regret. Then we have to choose something that we really want to and prioritize them, devote our time and strike for the best

accordingly. And I think this should also be the real meaning of the 'HKU motto' - 'strike for the best and no regrets' (搏盡無悔).

Talking about my most memorable moment in my hall life, it should be my time being a team captain of tennis team in Lady Ho Tung Hall. Tennis is kind of a 'star-player' game. Tennis tournaments in university and also the hall community are dominated by players who have long experience in playing the sports, unlike the 'new balls' (including hockey, softball, lacrosse) which are new to most, if not all, freshmen. Hence, for us, who are mostly new to tennis, it is difficult to have good results in tennis inter-hall competitions, even to win one single match. This is exceptionally frustrating for me as a team captain. Though we were the captains, my partner and I were not skilful enough really contribute much in the competitions. We have as well encountered many other hurdles along the way.

There are many moments when we were on the verge of losing the championship, including the time when one of our crucial players leaving our hall, problems in rearrangement of the matches, players missing the games etc.

Last year as a team captain of tennis team is one of the most tedious time ever. The process was tough, however, it is at the same time my most memorable moment in my hall life. Because of the hurdles we have encountered I have built a strong bonding with my partner and my teammates. Even

though we know that our hard work may not be able to bring us victory in our matches, we treasure our time in every practice. We work hard not only for victory, but also for our companions.

This year, we have won the championship in inter-hall tennis women competition. Yet I will never forget the moment when my partner and I were grabbing the red flag. It is because this flag not only marks the end of this tough, but delightful year we have spent together but also is an award for the effort we have devoted.





## HENRY WONG CHUN YIP

### WEI LUN HALL

“What’s the point of spending so much time at hall? What will you get from it?” These were questions that my secondary school friends and medical school classmates had asked me many times during my freshman year. Many of them thought I was wasting time doing things that would not benefit me at all. Orientation activities took up a lot of time during the day, and there was relatively little time to study compared to my fellow classmates. It was true that many of the activities taught me about leadership, teamwork, time management and gave me an opportunity to make friends, but were there anything from hall which I could not possibly take from other activities at the university e.g. being an executive committee member at a student society? I had many doubts whether putting in all the effort and time at hall was worth it in my first year. I was seriously considering leaving after the first month, but I believed that

if many seniors valued their hall experience so much and passed on the traditions year after year there would be something very special about it. I therefore made a decision to stay for one year before judging again.

There were indeed many memorable activities which I think I could not have possibly done if I did not stay at hall, for example cycling round Hong Kong Island overnight and running up and down Sassoon road to train up our fitness for inter-hall football competitions. However, these memories were not the most special thing about living in hall. The thing I treasured the most was the people I met. Living together gave us a unique opportunity to closely interact with each other. We knew virtually everything about each other, even our most embarrassing habits and weaknesses, and this allowed us to open up to each other. We could chat about anything, from trivial matters like stunning goals in

the English Premier League and newly opened restaurant in Sai Wan, to philosophical topics like Hong Kong politics and attitudes towards life. When we made mistakes, we would tell each other frankly, and sometimes harshly, so we would not do it again. I would say these friends were like mirrors to me, showing me my faults in my character and helping me clarify what I wanted to achieve in life. I did not expect I could develop such friendships at the start of my freshman year. For this reason, I decided to stay and was motivated to organize activities to create an environment for students in the coming years to also develop these friendships.

Balancing between hall life and academics was indeed challenging. Classes usually started at 8:30 a.m. (even on Saturdays!), but hall activities could sometimes go on till late at night. I also had to understand and memorize many concepts after class to keep up with the pace of the intense curriculum and also apply them when I see patients in the wards. Understanding the value of hall and the importance of equipping myself

with medical knowledge for my future patients pushed me to strike a balance between these two things.

Although there were times of frustration maintaining a balance between academics and hall life, I never regret the decision to stay after my freshman year. There will always be time to study and broaden my medical knowledge in the future, but there will never be another chance to create these unforgettable memories and make such close friends again after graduating from university. Famous poet T.S. Elliot once said, “Time you enjoy wasting is not wasted time.” I think I have truly understood the meaning of this quote after three years of hall life.

In the second semester of my freshman year, I took up the role as the chairperson of the newly formed Promotion of Social Responsibility Committee after proposing to combine the Currents Affairs Sub-committee, Social Service Group and Environmental Protection Group into one during the student association’s consultation forum. I had a vision that through the





close interpersonal networks amongst hallmates, this committee could motivate a large group of students to participate in service projects and discussion forums during their years at university, and perhaps inspire some of them to continue this passion to serve the community in their future careers.

Starting something new is always difficult and luckily 15 other like-minded hallmates joined me in planning these activities and projects. One of our major projects was “Dream Up”, a service trip in early January 2013 to a rural village of Guangdong province to help rebuild houses for underprivileged villagers. We had 30 participants joining the trip, which was far beyond our expectations. We participated in construction activities such as laying

bricks, mixing cement and installing sewage systems, and also visited the local schools and villagers.

After the trip, I received a message from one of the

participants thanking me for organizing the activity. He was impressed by how he was able to make a direct impact on the villagers through the construction activities. The exhausting hands-on experience made him realize that there were too little resources being put into alleviating the severe poverty housing problem in rural China. He was motivated to learn more about the issue and see if there were other ways which he could play a part in solving the problem. This was something that he did not achieve in many of the service trips that he participated before. I had always doubted whether participants would think the activity was meaningful and educational when I was planning the trip. It was the first time that I organized a completely new activity without any guidance and supervision, and participants were able to share the vision that I had after the activity. Reading the message from that participant therefore was a very touching moment for me. It possibly was most memorable moment in my hall life. In the coming years, I hope there are students who will volunteer to run the committee, and project Dream Up will continue to inspire more students to serve society’s needs.



## ANGUS HUI CHONG YIN MORRISON HALL

In my opinion, attitude is the key to achieving the idea of work hard play hard. Both academic and hall section play a significant role throughout the university life, so we should simply try our best and have faith in everything.

The inter-hall drama competition is definitely one of the highlights of the year. Recalling my freshmen year the results of the competition was very disappointing. Thankfully my teammates were unrelenting and were determined to retrieve our lost, we pulled it together, prolonged our practice time, increased the intensity and concentration during practice and with our solid faith we won the first runner-up in the drama competition and the second runner-up in the CYC cup. Other than these remarkable achievements, with the advice and support from my hall mates, my partner and I won the best director award.



## IVY WONG HAY MUN SUEN CHI SUN HALL

“Work Hard, Play Hard” – the “motto” we have always been told since small. Of course we all want to do well in both, and while that is admittedly challenging, it is in no way impossible! But since everyone has different expectations and lifestyles, there are no hard and fast rules that will work on all. What follows are just some tips I’ve come up with after my three years of hall life – so just take it or leave it!

### Know Your Priorities

While this may sound very general and cliché, it really is the key to everything in life, or at least, a balanced university life. There is so much to try and do in hall but time is limited and so you must choose and decide what you want to do most. With only 24 hours a day and only one brain and a pair of hands (no matter how good you are in multi-tasking), you must decide what you want to get most out of your four or five years

in university and stay committed to what you chose. Making a choice does not mean you’re going to get less of things, but rather more of everything!

Back when I was in year 1, I decided to devote more time on cultural team activities and didn’t join many sports teams. Though I was very interested in sports, I thought keeping them as my hobbies was best for me at that time as I would want to use more time to explore things I haven’t tried before.

“No one is ever busy. It’s all about priorities” – I bet a lot of us have come across this quote before. It really is a matter of personal choice. There’s no better advice I can give than to inspire you to know more about yourself – the first step to everything. Know what you want, know your priorities, know your values, know what you’ll feel most happy doing, and just do it. Don’t be too greedy or overly ambitious and try to do just too many

things at a time. If you ask for my advice, I'll say to you "there's a time for everything". You may be overwhelmed by what you can try when you first enter a hall and want to get a taste of everything. But you may also consider spreading it out and join different activities and play different roles at different points of your hall life. I decided, way back when I was still a freshman, that I would happily join as many activities I felt passionate about, on the condition that I've fulfilled my own responsibility and expectation as a university student (in your interpretation of what that means to you!).

If you decide to devote more time on joining hall activities, university or club activities, or social movements, then commit yourself to it and enjoy every bits of it, while knowing well that you are solely responsible for all the possible consequences or "side-effects" that go with your choice! This is not to say that there must be some negative "consequences", but it's just a fact that given the limited time and the demands of academic study, something must be forgone when something is taken. That said, no time is ever wasted as long as you truly enjoy what you have been doing.

### Work Smart & Play Smart

Know when you work best and where you work best. Most people experience a complete (or almost complete) change of lifestyle after moving into residential halls. Sleeping patterns, meal times, leisure activities and so on all change in some ways, to different extents. Knowing how you are responding to that change, both physically and mentally, is important in order to study effectively and set aside enough quality time for other activities. Some people work best in the morning while others prefer to work when the sun is down. When I was in year 1, I found that I concentrated better when I was in the library as I was always tempted to wander around and chat with others whenever I was back in hall. So during essay and exam times, I prefer to spend my daytime in campus and work till night to get most of my work done before returning to hall. Once back in hall, my "study mode" would be off automatically and I could have all the fun and relaxing times I want for the rest of the night! I'm not someone who can multi-task well and work better when I'm focusing on one task at a time. That's why I have to be more self-disciplined and set a timeline for myself to make sure I could get all my essays and revisions done while still having the time to participate in hall activities and mingle with other hallmates.

### The Most Memorable Moment in Hall Life

Every "first time" is memorable and the many first-times I experienced throughout my three years in hall have made my hall life a memorable ride. The 10-day orientation (running around and doing things I've never imagined myself doing!), 3 a.m. "morning" teas, dancing (and doing silly choreography) for the hall festival and a whole lot more! But if I were to recall a moment or occasion that touched me the most, it would be the Inter-hall Drama Competition in my freshmen year in which I was lucky enough to be a member of the cast as a minor character. I was never the kind of person who enjoyed performing on stage and could hardly imagine myself doing so. Though my part was relatively minor and I didn't have to speak a lot of lines, acting on stage was certainly something beyond my comfort zone at that time. But under different circumstances and the encouragement from my friend, I eventually took up the challenge and got myself into a ride that was overwhelming at first yet enjoyable all along. Having always been an audience rather than a performer, acting was something completely new to me back then and I had no knowledge about drama production. From the warm-up games, acting "exercises", countless practices, stage-runs and rehearsals, I was put into many unfamiliar situations that pushed me



to step out of my own comfort zone. On the day of performance, when I was standing in the backstage after my part and watching the rest of the show from behind, I felt touched and grateful at the same time, and I guess it's the kind of feeling that you can only experience and understand if you have participated in a team production, witnessing how everything turned from scratch to

finish with the efforts and time of all team members. Living with a bunch of people 24 hours a day for 3 long years (which is both long and short, in some sense) not only brought me countless shameless laughs but, more proudly, some of the happiest times in my university life which have now become fond memories that I carry in heart wherever I go.



**LAU YIN YU**  
**LEE SHAU KEE HALL**

University is a place providing numerous choices to widen our horizons and fully utilize our time. Many students want to have as many achievements as they can to brighten their university life. To have a fruitful one, striking a balance between “Work Hard” and “Play Hard” is important.

Time management is a key to “Work Hard & Play Hard” in Hall. “Work” may refer to studying here. We may want to achieve many things but we only have 24 hours a day. It is unlikely for us to reach all the goals at the same time. It is inevitable that we have to sort out our priorities and give up something less important, if possible. If you want to join more teams to widen your horizons, you may spend less time on watching TV dramas or playing computer games and spend more time on team practices. When you have team practices or hall functions every day, you will surely have less time to study. Although you may

only have 2 hours or even less time to do assignments and revision, you can still get a high GPA as long as you fully utilize these 2 hours. You ought to study at the library instead of studying in front of a television. Concentrated studying for two hours is much better than inefficient studying for six hours. Studying with quality but not only quantity.

In the last semester, I had meetings or team practices nearly every day and they usually start at 9 p.m. and would not finish until midnight. When I got back to my floor, I saw that some floor-mates were still awake. Some were surfing the Net; some were watching TV drama; some were gossiping with others. They had “leisure time” for the whole night but I still tried to have at least 2 hours studying even it was about time to get on bed. Although I “Play Hard” in hall, I rarely skipped lectures and I would ask lecturers questions when I did not understand some points in the notes.



I stayed at the library until 7 p.m. every day from Monday to Friday no matter when my classes ended and would do a quick revision for what I have learnt on that day. I treasure the moments that I can “work”.

Studying is the primary responsibility for a student and one should not let “living in hall” ruin it. It is undoubted that you will not acquire anything until you put effort. Stick to your schedule and start your own “Work hard & play hard” plan.

Being the Person-in-charge of Hall Festival is the most memorable moment in my Hall life. Hall Festival is a series of programs aiming at strengthening the bonding among hallmates as well as creating unforgettable moments for everyone. As I was the person-in-charge, I needed to coordinate different groups, guide the organizing committees and ensure every program was on the right track. Therefore, I knew the programs well

and worked with many hallmates. Creating an enjoyable moment with laughers and loves for every hallmate was my target.

Hall Festival also plays a very important role in “inheritance”. Inheritance can be learning skills, culture, or thoughts. For example, a “freshman” (who newly enters our hall) learns the softball playing skills from a year 3 hallmate, and when he becomes the senior (or we called the “current”) hallmate later on, he teaches other hallmates. This is the idea of “give and take”, a vital life cycle of hall education. Generally, current hallmates have more experience in organizing hall activities and have a better interpersonal relationship among hallmates.

In this year’s Hall Festival, both current hallmates and freshmen worked together and organized different activities in after-school hours during this period. For example, some of the

freshmen encountered problems in booking venue and inviting judges for singing contest which is one of the biggest events in Hall Festival. Current hallmates suggested available and suitable venues such as Assembly Hall and Global Lounge, and they also helped invite some professional judges. As a current hallmate, I am so glad to see those freshmen grow up after series of activities. They are more considerate and can work with hallmates with different backgrounds. Their efficiency has also been improved. More importantly, ideas and thoughts can be passed to the junior hallmates and “inheritance” has been shown.

Nearly all hallmates were involved in this Hall Festival no matter as an or-

ganizing committee or a participant. Although the programs were not perfect, everyone could have fun. The hall became more alike a big family with many “brothers” and “sisters”. Before the Festival, they might bump into some hallmates and they did not even know each other’s name. This Hall Festival created a platform for everyone to make friends and this may also inspire them to create different activities for hallmates. I’m so proud to be the Person-in-charge of Hall Festival and the success was come from all supportive hallmates with their efforts. I wish more memorable moments will be created in my remaining years in hall. I have high expectations on the junior hallmates and looking forward to activities they organize and lead.





## STEWART CHAN SHUN PING

### LEE HYSAN HALL

I am glad that I have been nominated as one of the awardees of Outstanding Hall Students Award 2013. I would like to share a few words with all of you.

As a hallmate of Lee Hysan Hall for the past 3 years, I would say that there are so many things you can do or try in a hall. Undeniably, most of them, like participating in a sports team or being an organizing committee of a function, are quite time consuming. It is quite challenging to be as it really reduces your time spent on studying.

Many of you may think that you do not have the ability to fulfill all the responsibilities, including achieving a good academic result. But I think that the most important quality that a university student should have, is the courage to challenge yourself. In my opinion, keep putting yourself into challenges is the best way to grow. You will never know what is your limit unless you try to explore more about yourself.

If you ask me how to 'work hard & play hard', I would say that first you should work hard in a correct way. Spending much time in library does not mean that you are working hard. You should focus more on the quality of your studying time instead of quantity. You have to find your best way to study. Personally, I like to dig into every problem I encountered, by Wikipedia or any other sources. To me, understanding the problem and theory behind thoroughly is a much better way than reciting every single detail.

In order to 'play hard', you should devote more into the things you are playing. In your freshmen year, you can keep exploring and find out what you really like. After confirming your interest, you should 'play' as hard as you can. Also, be brave to challenge yourself. You can try anything you want, like hockey even you think you are not a sporty person. You will discover many possibilities in your hall life. But of course, there is no

free lunch in HKU. You have to sacrifice some of your time undoubtedly. Honestly, I sleep less.

Every single moment in my hall life was memorable. Choosing Lee Hysan Hall is the most important decision I have made in HKU. I want to thank every person I have met in Lee Hysan Hall. They are all important to my 'No Regrets' U-life.

I hope that everyone reading this can find your own desired path in HKU. Nevertheless, if you are not sure about what you want yet, hall is one of the best choices.







The University of Hong Kong