

## I·CARE Achievers Programme

### Core Group Nurture

Participants of this section are required to complete a number of stipulated tasks which will help them attain overall quality and fine attributes under five areas derived from the traditional Chinese virtues: integrity, intellect, physique, relationship and aesthetics. These areas have been further defined by CUHK as I - Integrity and moral development; C - Creativity and intellectual development; A - Appreciation of life and aesthetic development; R - Relationships and social development and E - Energy and wellness.

### **Objectives**

1. Facilitate participants' attainment of non-formal education in a holistic and balanced fashion.
2. Inspire participants gradually with confidence, responsibility, leadership, teamwork, self-reliance, resilience, and the ability to make decisions and resolve conflicts.
3. Help participants become members of the community who respect others, who treasure humanity's shared environment, who are perseverant to cope with adversity, who embrace passion to serve the needy, and who possess a global outlook to address the world's complicated issues.

### **Target**

1. All full-time undergraduate students, regardless of year of study and major programme
2. Able to communicate in Cantonese
3. Interested in camping, farming, hiking, marathon or reading

### **Particulars of Recruitment**

Quota: 30

Registration: Please visit [here](#)

Deadline: 4 October 2019 (Friday)

Remarks: Eligible applicants will be invited to attend an interview on 11 October 2019 (Friday)

## Timeline:

Date	Event/ Activity	Time	Venue	Remark
<b>Stage 1 - Initial</b>				
Sept 2019	Recruitment	-	-	-
4 Oct 2019 (Friday)	Enrolment deadline	-	-	-
11 Oct 2019 (Friday)	Selection interview	-	Room 502, Wong Foo Yuan Building	Shortlisted interviewees will be informed individually
<b>Stage 2 - Preparatory</b>				
21 Oct 2019 (Monday)	<b>Programme Introductory Session</b> and signing of the I-CARE Pledge	7:00 pm - 8:30 pm	Room 502, Wong Foo Yuan Building	Mandatory for all accepted students
26 Oct 2019 (Saturday)	<b>Three-day Induction Programme 1:</b> Training Day Camp on Leadership	9:00 am - 5:00 pm	Po Leung Kuk Jockey Club Tai Tong Holiday Camp	Participants will join the Three-Day Induction Programme to develop their mental strength, inner serenity and team spirit.
9 Nov 2019 (Saturday)	<b>Three-day Induction Programme 2:</b> Retreat Day	9:45 am - 5:00 pm	Tsz Shan Monastery	
16 Nov 2019 (Saturday)	<b>Three-day Induction Programme 3:</b> Workshop on Value Clarification	To be announced in due course	Multi-purpose Halls, 1/F, Jockey Club Postgraduate Halls 2 & 3	
<b>Stage 3 - Action</b>				
Starting from Dec 2019 (Self-scheduled)	<ol style="list-style-type: none"> <li>1. <b>Group Challenge</b> (the goal, implementation timeline and format of the activities are to be decided by the discussion between the participants and their respective mentors)</li> <li>2. <b>Extensive Reading Scheme</b></li> <li>3. <b>Self-selected Experiential Learning Activities</b> (i.e. co-curricular activities)</li> <li>4. <b>Submitting a Reflection Paper</b></li> </ol>			
<b>Stage 4 - Concluding</b>				
July 2020	Consolidation and announcement of this year's I-CARE Achievers			

**Content:**

Participants will enjoy flexibility to decide when and to what extent they will complete the programme and obtain corresponding I-CARE Achiever titles:

- Cadet I-CARE Achiever
- Gold I-CARE Achiever
- Platinum I-CARE Achiever
- Grand I-CARE Achiever

Grade of I-CARE Achiever Title	Criteria/ Requirements								
	Three-day induction workshop	I-CARE Pledge	Camping/ farming/ hiking/ marathon <sup>note 1</sup>	Extensive Reading Scheme <sup>note 2</sup>		University ELA <sup>note 3</sup> (i.e. co-curricular activities)			Reflection paper <sup>note 4</sup>
				6 books & 1 tutorial	12 books & 2 tutorials	8 hours	16 hours	32 hours (with element of voluntary service/ social enterprise)	
<b>Cadet</b>	✓	✓	✓						
<b>Gold</b>	✓	✓	✓	✓		✓			
<b>Platinum</b>	✓	✓	✓		✓		✓		
<i>Participants who have been awarded any of the above titles upon their graduation from CUHK will each be issued a certificate imprinted with his/ her corresponding title.</i>									
<b>Grand</b>	✓	✓	✓		✓			✓	✓
<i>Participants who have been awarded the above titles upon their graduation from CUHK will not only be issued certificates imprinted with the corresponding titles but are also entitled to obtain a medal.</i>									

The criteria fulfilled by the participants will be accumulated and concluded at the end of an academic year, or at the time of graduation. However, the title will be awarded once only, participants are advised to plan ahead their schedule.

note 1 Luminaries have been invited as professional mentors to share the organising skills of activities namely camping, farming, hiking or marathon. They are also expected to contribute their wisdom, expertise and experience through close interaction with the participants, so that the latter are able to get the feel of the attributes of the all-round persons and to understand their success, struggles and strengths. The goal, implementation timeline and format of the activities are to be decided by the discussion between the participants and their respective mentors. The list of mentors of this academic year are as follows:

*(Listed in no particular order)*

Name	Designation	Service Ambit	Interest(s)
Mr. Ng Ah-ming	Chief Commissioner of Scout Association of Hong Kong; Former Deputy Cadet Corps Commander / Company Commander of Mountain Search and Rescue Company of the Civil Aid Service	Mentor (Camping)	Mr. Ng is passionate about outdoor activities and has extensive experience in camping, hiking, climbing, and marathon, etc. He devotes himself to promoting young people to know and join Scouting or outdoor adventures. During these activities, Mr. Ng could train young people to overcome challenges in the nature, thus enhancing their personal will, physical strength and team spirit.
Prof. Lam Chiu-ying	The Former Director of the Hong Kong Observatory; Nature Lover	Mentor (Farming)	As a nature lover, Prof. Lam concerns about climate change and its influence on eco-system. After retirement, he is still active and committed to promoting nature-based activities and love of nature. Prof. Lam appreciates and cherishes everythings in the world; he has many interests, such as bird watching, sky watching, and plants watching.
Dr. Roy Chung	Chairman of Vocational Training Council; Co-Founder & Non-executive Director of Techtronic Industries Company Ltd.	Mentor (Hiking)	Dr. Chung is committed to promoting the development of talents, he encourages young people to acquire knowledge and skills according to their interest, as well as kick-start their life and career plan. Dr. Chung enjoys hiking, he participated in several hiking challenge, such as Trailwalker, and even challenged hiking in the polar regions. He believes hiking is a great training of the body and the will; hiking in the ever-changing nature also helps to broaden one's eyes and mind.

Mr. Tam Chi-keung	Former Experienced Social Worker of the Social Welfare Department; Former Fieldwork Supervisor of the Department of Social Work of the Hong Kong Shue Yan University	Mentor (Marathon)	With great passion in running, Mr. Tam is committed to contributing his interest to social welfare after retirement. He planned a 40-day “A Little Run around Taiwan for Charity “ and ran nearly 1,000 kilometers in Taiwan to raise money for cancer patients. He also launched “A Little Run around Hong Kong for Charity” and “A Little Run around Hong Kong-Macau for Charity” afterwards. In addition to provide volunteer running coach service to the elderly, Mr. Tam also attended sharing sessions at different organisations and published a book to share his experiences and spread hopes.
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note 2 Erudite persons from different disciplines have been invited to suggest non-technical books for participants to read. Participants are required to read these books and subsequently attend the tutorials led by either the book-proposers or the guest tutors. Detail are set out below):

*(Listed in no particular order)*

Name:	Designation	Name of book(s) suggested	Author
<b>Book-proposer</b>			
Mr. Bernard Chan	Convenor of the Non-official Members of the Executive Council, HKSARG; President of Asia Financial Holdings Ltd.	The 5 Languages of Appreciation in the Workplace : Empowering Organisations by Encouraging People	Gary Chapman & Paul White
Mr. Walter Cheung	Senior Advisor to Chief Executive, Hang Seng Bank	Steve Jobs	Walter Isaacson
		Unbroken	Laura Hillenbrand
		View from the Summit	Sir Edmund Hillary
Dr. Ko Wing-man	Former Secretary for Food and Health, HKSARG; Orthopaedist	靈山	高行健
		1434: The Year a Magnificent Chinese Fleet Sailed to Italy and Ignited the Renaissance	Gavin Menzies

Prof. Poon Chung-kwong	President Emeritus, The Hong Kong Polytechnic University	孔子和他的弟子們	南懷謹
		感恩這一課（增編版）	潘宗光
<b>Book-proposer &amp; Tutor</b>			
Prof. Nyaw Mee Kau	Former Vice President/ Emeritus Professor of Management, Lingnan University	南京大屠殺	張純如
		八十憶雙親、師友雜憶	錢穆
Mr. Stephen Wong	Privacy Commissioner for Personal Data, HKSARG; Barrister	BEING ONLINE：用「在線」的思維，探索數據新大陸	王堅
		注意！這是我的個人資料私隱	黃繼兒
Ms. Connie Lau	Former Ombudsman, HKSARG	郭鶴年自傳	郭鶴年
<b>Tutor</b>			
Prof. Kenneth Young	Emeritus Professor of Physics, The Chinese University of Hong Kong		

note 3 Fulfilment of co-curricular activities which are offered by any University unit and listed under *Student Development Portfolio*.

note 4 Submission of a reflection paper of at least 1,500 words (in Chinese) or 2,000 words (in English) detailing the participants' learning process and outcome.

## Enquiry

Ms. Wong of I-CARE Centre for Whole-person Development

Tel : 3943 1595

Email : [chloewong@cuhk.edu.hk](mailto:chloewong@cuhk.edu.hk)