Mr Roy Ngai Hoi-yee trains elite athletes in his daily job as Senior Physical Education (PE) Officer at CityU. But his real passion is motivating the general populace to get more involved in community fitness activities such as the Wellness March, now in its 11th year.

“A lot of people associate sport with exercise,” says Mr Ngai, the head coach for CityU’s record-breaking sports teams. “But that’s not really the case. Exercise should be fun, rewarding, safe and, ultimately, very good for you. Sport, on the other hand, can actually discourage people from taking part. Some people think, ‘I’m not good enough to be a champion’; so they don’t get involved. I want to change that mentality.”

Mr Ngai, also Vice-President of the Physical Fitness Association of Hong Kong, has been supervising the annual Wellness March since its inception 11 years ago. As an indicator of its popularity, last year’s March saw about 1,300 staff and students take part in the Exercise Plus Award Scheme, a training regime held during the festival.

“Our aim in the Wellness March is to get as many people as possible doing as many health activities as often as possible!” Mr Ngai says.

One of the highlights this year, in addition to the Award Scheme, is the Quali-run for Wellness, a series of sessions on distance running that provides a platform for interested CityU people to improve their performance. The plan is also to prepare a possible University team to enter the Standard and Chartered Hong Kong Marathon in 2008.

“We want to encourage better running through proper instruction and at the same time create a sense of unity and belonging within the University as we prepare step-by-step to compete in the Marathon,” says Mr Ngai, often to be seen jogging round campus during the lunch break.

This year also sees the introduction of a new logo (above), a witty transformation of the Chinese character for “you” into an energetic athlete!

“It’s not about being the best; it’s about being the best that you can be,” Mr Ngai adds.

By Michael Gibb
The non-fictional and fictional world of Dr Kamoche
Thoughts on the New Year

Assistant Director of the Chinese Civilisation Centre.

But what exactly does the New Year mean to members of staff? Linkage went to find out.

"For me, the New Year marks a new beginning. I'm not a superstitious person, but many people are and they like to greet the start of the year in a positive frame of mind. It's about hope and new life," said Ms Corinna Lee Wai-lin, Executive Officer, Department of English and Communication.

"It's a great time to spend time with family and friends and it's kind of reminds me of childhood because the streets are less crowded and Hong Kong is more peaceful," said Mr Alex Ngan Wai-yeun, TV Production Manager, School of Creative Media.

"It's the happiest time of a year and, personally speaking, I hope I can succeed in my job, but I also hope the world can be at peace and we can tackle the global warming crisis," said Ms Audrey Chung Man-ting, Executive Officer, Department of Accountancy.

"The New Year is not only a chance to make plans for yourself, but also the best time of year to wish other people good fortune and health. And most of all we can wish that the world finds peace," said Mr Samson Ng Chi-ho, Administration Assistant, Faculty of Humanities and Social Sciences.

"This is my first time in Hong Kong for the Chinese New Year and I can really sense people's excitement. It's really festive and reminds me of my own New Year celebrations back home in Bangladesh," said Ms Jime Jinauth Sultana, Research Assistant, Department of Biology and Chemistry.

"This new year is especially important for me because my father will turn 60 which is a wonderful occasion for all my family," said Ms Elizabeth Poon Wan-lam, Executive Officer, Academic Regulations and Records Office.

By Michael Gild

International accreditation

In February, CityU improved its position in surveys conducted by the Times Higher Education Supplement and Shanghai Jiao Tong University. The Faculty of Business is now on a par with world-class business schools including INSEAD, IMD, the Richard Ivey School of Business and the London Business School after securing accreditation from the European Quality Improvement System in February. It is this level of international recognition that rewards the enormous amount of time and effort colleagues have invested in the University.

Getting the 10km “job” done

Nine colleagues from the Department of Management (MOT) and the Department of Information Systems stayed true to their word when they set out to “get the job done” in the 10 km section of the Standard Chartered Hong Kong Marathon on 4 March.

"Persistence—that was our goal, and we succeeded," says Professor (Chair) Leung Kwok, Head of MOT. Although many of the team, including 15 MOT students, were participating for the first time, everyone finished the race safely. “We hope everyone can experience the spirit of the marathon and enjoy an active and healthy life,” Professor Leung adds.
研究工作統籌處：以「人」為本

Research Grants Office: “Personal Contact”

研究工作統籌處，其主要職能為統籌和管理大學的科研資金，因此在大學的研創活動中扮演著重要的角色。該處的目標是為研究者提供一個支援和發展的環境，幫助他們完成研究計劃。

該處的工作主要包括為研究者提供資金、管理研究項目、為研究者提供技術支援等。同時，該處還會組織各種研討會、講座等活動，為研究者提供交流的平臺。

該處的工作人員由經驗豐富的專家組成，他們擁有深厚的學術背景和豐富的研究經驗。同時，該處還聘請了多位資深研究員和教授作為顧問，為研究者提供專業的指導。

該處的工作重點是為研究者提供個性化和專業化的服務，讓他們能夠專注於研究本身。研究者可以隨時向該處的顧問或工作人員尋求幫助，獲得所需的資金和指導。

該處的工作目標是為研究者創造一個公平、公正、公開的工作環境，讓他們的潛能得到最大化的發揮。同時，該處還會定期舉辦研討會和講座，為研究者提供學習和交流的機會。

該處的工作人員均具備高度的專業素養和責任心，他們會竭盡全力為研究者提供最好的服務。研究者可以隨時向該處的工作人員尋求幫助，他們會在第一時間為研究者提供所需的資金和指導。

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