

Dear Students,

### **Updates for ILP Programmes (4 February 2020)**

As the University has decided to extend face-to-face class suspension until Sunday 1 March 2020 (inclusive), **please refer to the document bellow for the latest information.**

### **Dates for ILP Online Registration and Add-drop Period**

ILP Online Registration and Add-drop period, which are **scheduled on 4 – 7 February 2020**, are **REMAINED UNCHANGED**.

- **Students are strongly recommended to check your time tickets of the ILP registration.** Please login to Banner System and check your registration dates and time slots for enrolment (<https://myportal.LN.edu.hk>).
- **The payment arrangement via SSC service counter will be announced separately in due course.** Please login to Banner System and use the online payment platform for payment (<https://myportal.LN.edu.hk>).

If you have any difficulties, please contact Ms. Elaine Yam (Tel. 2616 7304 / Email: [sselaine@LN.edu.hk](mailto:sselaine@LN.edu.hk))

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**SSC-Integrated Learning Programme**  
**Lingnan University**

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**Updated / Cancelled Activities**  
**(Updated on 4 February 2020)**

{The information of this document is subject to review and change, please refer to the email announcement from ILP team for the latest information.}

**Civic Education**

Anti-corruption – Integrity & Governance for Student  
 學生組織之誠信與管治

CRN	5824
Date	(CANCELLED)

Screening of 'ICAC Investigators 2019' cum ICAC Career Talk  
 廉政行動放映會及廉政公署入職講座

CRN	5828
Date	(CANCELLED)

How to be a Service Leader in a Society  
 如何成為社會的服務領袖

CRN	5881
Date	(CANCELLED)

Sharing Session by Awardee of the Hong Kong Humanity Award  
 香港人道年獎得獎者分享會

**Updated**

CRN	5831
Date	(POSTPONED TO NEXT TERM)

Film Screening - Sand Wars: Will sand run out?  
 《砂戰風雲》紀錄片欣賞會 - 砂亦有盡時?

CRN	5821
Date	30/3/2020 (Mon) (NEW DATE)

Gatherly – Tie-dyeing Handicraft Bag Workshop  
 休才薈 - 紮染布袋工作坊

CRN	5832
Date	22/4/2020 (Wed) (NEW DATE)

## Gatherly - Ping Shan Exploration Tour

休才薈 - 屏山古蹟探索之旅

CRN	5833
Date	18/4/2020 (Sat) <b>(NEW DATE)</b>

## Intellectual Development

Career Talk on Fundamental Cover Letter & CV Writing (for Summer Employment / Internship Seekers)

求職信與履歷表撰寫基本法講座 (適合暑期就業/實習申請者)

CRN	5768
Date	<b>(CANCELLED)</b>

Strategic Talent Management: Getting Ready for the Future of Work

CRN	5778
Date	<b>(CANCELLED)</b>

大學論壇：國際服務與領導風格

**Updated**

University Assembly: International Service & Leadership Styles

CRN	5779
Date	<b>(POSTPONED TO NEXT TERM)</b>

Global Warming – Impact and Solutions

淺談全球氣候暖化的影響及其應對之道

CRN	5780
Date	24/3/2020 (Tue) <b>(NEW DATE)</b>

Panel Discussion: Career Opportunities and Prospects of Communications Industry (Advertising, PR, Marketing Communications and Event Management)

傳訊行業分享會：就業機遇及前景 (廣告、公關、市場營銷及項目管理)

CRN	5770
Date	<b>(CANCELLED)</b>

TEDxLingnanUniversity – No Limits

CRN	5808
Date	<b>(CANCELLED)</b>

# Physical Education

## CANCELLED COURSES:

**In view of the spread of the novel coronavirus and closure of sports facilities, all ILP PE courses with practical and close body contact will be suspended until further notice.**

CRN	Title (EN)	Title (CN)
5697	Fitness Workshop – HIIT	健體新玩法 - 高強度間歇訓練
5701	Recreational Leadership Training	康樂領袖訓練
5703, 5704	Badminton (Elementary)	羽毛球(初班)
5705	Basketball (Elementary)	籃球 (初班)
5706	Soccer (Elementary)	足球(初班)
5707, 5708	Squash (Elementary)	壁球(初班)
5709	Table-tennis (Elementary)	乒乓球(初班)
5710, 5711	Tennis (Elementary)	網球(初班)
5712	Touch Rugby (Elementary)	非撞式欖球(初班)
5713	Volleyball (Elementary)	排球(初班)
5714	Woodball (Elementary)	活木球(初班)
5715	Aerobic Dance	健體舞
5716, 5717	Bodybuilding	健體班
5718, 5719	Fit for Life	康健人生
5720, 5721	Yoga (Elementary)	瑜伽 (初班)
5722, 5723	Yoga (Intermediate)	瑜伽 (進階)
5724	Boxing	拳擊
5725	Muay-Thai Boxing	泰拳
5726	Fencing	劍擊
5727	Judo	柔道
5728	Karate	空手道
5730	Taekwondo	跆拳道
5732, 5734	Ving Tsun	詠春
5736	Jive	牛仔舞
5740	Waltz	華爾茲
5741	Get ready for Sports Day: High Jump, Long Jump and Triple Jump	陸運會，你準備好未? 跳高、跳遠和三級跳
5743	Get ready for Sports Day: Discus and Shot Put	陸運會，你準備好未? 鐵餅和鉛球
5745	Dodgeball Workshop	閃避球工作坊
5747	Dodgebee Workshop	躲避盤工作坊
5749	Dart Workshop	飛鏢工作坊
5750	Swimming Medley (Elementary)	游泳 四式 (初班)
5752	Swimming Medley (Intermediate)	游泳 四式 (進階)

# Social and Emotional Development

## Toastmasters Training for Public Speaking

「演講技巧訓練」系列

CRN	5729, 5731
Date	(CANCELLED)

## The English Conversation Series

CRN	5742, 5744
Date	(CANCELLED)

## Training Workshop for Professional Networking Dinner

CRN	5771
Date	(CANCELLED)

## Business Etiquette

商務禮儀

CRN	5844
Date	(CANCELLED)

## Mindfulness Skills (Dialectical Behavioural Therapy (DBT) Skills Training Series)

正念技巧 (辯證行為療法技巧訓練)

CRN	5802
Date	(CANCELLED)

## Distress Tolerance Skills (Dialectical Behavioural Therapy (DBT) Skills Training Series)

痛苦耐受技巧 (辯證行為療法技巧訓練)

CRN	5803
Date	(CANCELLED)

Mindfulness Based Cognitive Therapy

靜觀認知療法

CRN	5804
Date	(CANCELLED)

Yoga for Better Sleep (Workshop)

好眠瑜珈工作坊

CRN	5474, 5475
Date	(CANCELLED)

Understanding Your Personality—MBTI & Communications Style Workshop

我有我型格—我溝通模式

CRN	5471
Date	(CANCELLED)

Movie Nights

CRN	5753
Date	(CANCELLED)

Life Appreciation - Expressive Art Life & Death Education Group

欣賞。生命：表達藝術與生死教育小組

CRN	5805, 5806
Date	(CANCELLED)

# Aesthetic Development

Fundamental Chinese Calligraphy – Kai Shu & Xing Shu

中國書法入門 – 行楷書

CRN	5761
Date	2/3, 9/3, 16/3, 23/3, 30/3 & 6/4/2020 (Mon) <b>(NEW DATES)</b>

Fundamental Chinese Calligraphy – Hard Pen

中國書法入門 – 硬筆

CRN	5762
Date	2/3, 9/3, 16/3, 23/3, 30/3 & 6/4/2020 (Mon) <b>(NEW DATES)</b>

Chinese Painting (Lingnan School of Painting)

嶺南派水墨畫

CRN	5763, 5764
Date	4/3, 11/3, 18/3, 25/3, 1/4 & 8/4/2020 (Wed) <b>(NEW DATES)</b>

Lingnan Cooking Club

CRN	5756, 5757
Date	<b>(CANCELLED)</b>

# Hostel Education

## Mindfulness and Yin Yang Yoga Practice

靜觀與瑜伽修練

CRN	5467
Date	(CANCELLED)

## Thai Yoga Massage Workshop

泰式瑜伽按摩工作坊

CRN	5469, 5470
Date	(CANCELLED)

## More than Home-base Exercises at Hostels

宿舍健體好 EASY

CRN	5899, 5900
Date	(CANCELLED)

## How to Avoid Living from Paycheck to Paycheck?

再見「月光族」

CRN	5898
Date	1/4/2020 (Wed) (NEW DATE)
Venue:	MBG01 (NEW VENUE)

## “Are you watching me?” Image-based Sexual Violence Prevention Workshop

「你在看我嗎？」認識影像性暴力工作坊

CRN	5901
Date	(CANCELLED)

## Lam Woo Hall Movie Night: Departures

林護電影之夜：禮儀師之奏鳴曲

CRN	5834
Date	(CANCELLED)

## Lam Woo Hall: Career Sharing – Journalist

記者從業分享

CRN	5835
Date	(CANCELLED)



Leather Goods DIY

皮具製作坊

CRN	5841
Date	(CANCELLED)

Understanding Differences of American & British Slangs

英美俚語大不同

CRN	5842
Date	(CANCELLED)

Bodyweight Workout x Stretching

徒手健身 x 拉伸運動

CRN	5948
Date	(CANCELLED)

Film Appreciation

電影分享會

CRN	5843
Date	(CANCELLED)

BB English: Discover Tuen Mun Trail with the Non-Locals

[BB English] 與 Non-Local 探索屯門徑

CRN	5775
Date	(CANCELLED)

BB English: CEAL Meets Hall B

CRN	5777
Date	(CANCELLED)

Trial and Error Lab - Tips You Need to Know for Joining Education and Social Service Sector

職場嘗試實驗室

CRN	5776
Date	(CANCELLED)

### Handmade Soap Workshop (I)

手作的樂趣—手工皂工作坊

CRN	5691
Date	(CANCELLED)

### Relaxation with Aromatherapy (Workshop)

芳療放鬆工作坊

CRN	5689
Date	9/4/2020 (Thu) (NEW DATE)

### Refreshing Your Soul: Secrets of Stress

CRN	5786
Date	(CANCELLED)

### Critical Thinking and Language Enhancement Workshop

提昇批判性思維及語言能力工作坊

CRN	5813
Date	(CANCELLED)

### JCNG 電影分享

JCNG 電影分享

CRN	5798
Date	2/4/2020 (Thu) (NEW DATE)

### Calligraphy and Fai Chun Workshop

書法揮春工作坊

CRN	5810
Date	23/3/2020 (Mon) (NEW DATE)
Time	17:30 - 19:00 (NEW TIME)

### Career Sharing

職場分享

CRN	5811
Date	19/3/2020 (Thu) (NEW DATE)

### Savings and Investment Basics for 20-somethings

CRN	5812
Date	26/3/2020 (Thu) (NEW DATE)

Thai Yoga Massage Workshop

泰式瑜伽按摩工作坊

CRN	5694
Date	(CANCELLED)

Resume Writing & Interview Skills Workshop

簡歷寫作及面試技巧工作坊

CRN	5814
Date	(CANCELLED)

WJY Cleaning Day

WJY 大掃除

CRN	5793
Date	(CANCELLED)

More Than Waste II – Reuse Coffee Grounds and Green Living Workshop

CRN	5795
Date	(CANCELLED)

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## New Activities

### Aesthetic Development

#### Cultural Kaleidoscope: A Year Living in Germany (CANCELLED)

文化萬花筒: 一年旅居德國的時光 (CANCELLED)

##### Objective:

At the end of the talk, students will be able to:

1. Identify the cultural differences between Germany and Hong Kong;
2. Identify the meaning of in traveling in Germany; and
3. Enjoy traveling and cultural exposure.

##### Description:

Have you ever noticed that “Kindergarten” is a German word? Sausage is not the most popular street food in Germany? In this sharing session, the speaker is going to share some of the interesting stories in Germany as well as the cultural shock in the eyes of a Hongkonger.

CRN	5951
Date	27/2/2020 (Thu) (CANCELLED)
Time	19:00-20:30
Venue	LBYG01
Speaker	Miss Juniva Fung (Participant of Working Holiday Scheme in Germany)
ILP units	1.5 (Aesthetic Development)
Medium of Instruction	Cantonese

#### Filmic Exchanges between Hong Kong and Japan

港日電影的相互交流

##### Objective:

At the end of the talk, students will be able to:

1. Gain a deeper understand of Hong Kong & Japan film industries development;
2. Identify the cinematic collaborations between Hong Kong and Japan; and
3. Identify the filmic & cultural exchanges between Hong Kong and Japan.

##### Description:

Have you watched some of the well-known Hong Kong films such as *God of Gamblers* 賭神 and *A Better Tomorrow* 英雄本色? Can you tell the Japanese influence in these films? In this talk, cinephile and freelance writer CHENG Cheun wai will talk about the cinematic collaborations and cultural exchanges between Hong Kong and Japan. He is also going to talk about the Hong Kong and Japan films that are influenced by the cultural exchanges.

**(Cont.)**

**Filmic Exchanges between Hong Kong and Japan**

港日電影的相互交流

CRN	5962
Date	5/3/2020 (Thu)
Time	16:30-18:00
Venue	LBYG01
Speaker	Mr. CHENG Chuen Wai (Vice President of Hong Kong Film Critics Society)
ILP units	1.5 (Aesthetic Development)
Medium of Instruction	Cantonese

**Art Facilitation & Community**

藝術倡導與社群

**Objective:**

At the end of the talk, students will be able to:

1. Gain a deeper understanding of art facilitation;
2. Identify the connection between art facilitation and our community; and
3. Identify the challenges that art facilitators are facing in Hong Kong.

**Description:**

In this sharing session, local artist Dora will talk about her journey of contributing in the local communities through art facilitation. After that, she is going to talk about the significance of art facilitation, and share various stories of past community projects.

CRN	5963
Date	20/3/2020 (Fri)
Time	17:00-18:30
Venue	LBYG01
Speaker	Ms. Dora LUI (Co-Founder of Art Boundless Creative)
ILP units	1.5 (Aesthetic Development)
Medium of Instruction	Cantonese

# Hostel Education

(Organised by William M W Mong Hall The Bank of East Asia Hall (MEA))

Self-defense Training (CANCELLED)

簡易防身術訓練 (CANCELLED)

Updated

## Objective:

At the end of the activity, students will be able to:

1. Strengthen the physical strength and fitness of students;
2. Acquire the ability to defend oneself from attack and injury; and
3. Prevent physical conflict.

## Description:

The event will be held at Hall A, a professional coach will be invited to deliver the training session. Students will be asked to practice the techniques following the instructions of the coach.

CRN	5949
Date	(CANCELLED)
Time	20:30 - 22:00
Venue	1/F common Area, Hall A
Instructor	Terry (Coach) & Ruby LAI (Tutor)
ILP units	1.5 (Hostel Education)
Medium of Instruction	Cantonese

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If you have any difficulties, please contact:

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