

LAP-
CHEE
COLLEGE HKU

香港大學
立之學院

Welcome Guide



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1. PEOPLE

Tutorial Team

We are all either postgraduate students or staff members of the University and are here to help you during your time at Lap-Chee College. We hope you settle in quickly to your new home and we look forward to supporting you throughout the coming year.



Master

Prof. Man-Fung Yuen

Chair Professor of Gastroenterology and Hepatology,
Li Shu Fan Medical Foundation Professorship in Medicine, The University of Hong Kong

Dear Lap Cheers,

Welcome to our big family of Lap-Chee College. Although we may not know each other very well at present, I encourage you to share your friendship with your peers and us from today. Our College is free from anger, antagonism and hostility. You should only find helpful, understanding and sympathetic colleagues in our college. We need your help in building up and enriching this favourable environment already inherited in our College.

For your own development, please enjoy and participate in the activities organized by our tutorial team or your fellow colleagues here. We do encourage you to create and initiate your ideas for our College. With our participation, you would get my assurance of obtaining your own better life in the University of Hong Kong from a different perspective.

Finally, I hope the experiences you gain here would be marked as one of the important parts in your lifetime.

Your Master,
MF Yuen

Deputy Master

Dr. Kelvin WK Yeung

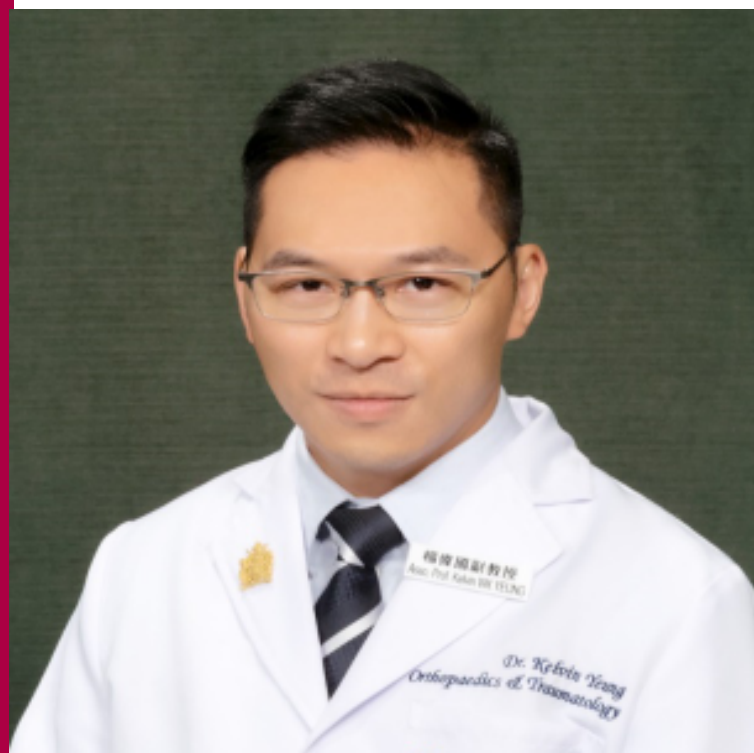
Associate Professor

Department of Orthopedics & Traumatology

Li Ka Shing Faculty of Medicine,

The University of Hong Kong

Dear Lap-Cheers,
My warmest welcome to all the new College residents this year and current residents back to the College! Whatever you are the new or old students, I believe that you all have going through a tough process to get yourself in. But I reassure you that your efforts made will be rewarded by the incredible experience of our College life! Lastly don't forget to say hello and introduce yourself when we bump up in the lift lobby. Looking forward to seeing you all soon!



Senior Resident Tutor

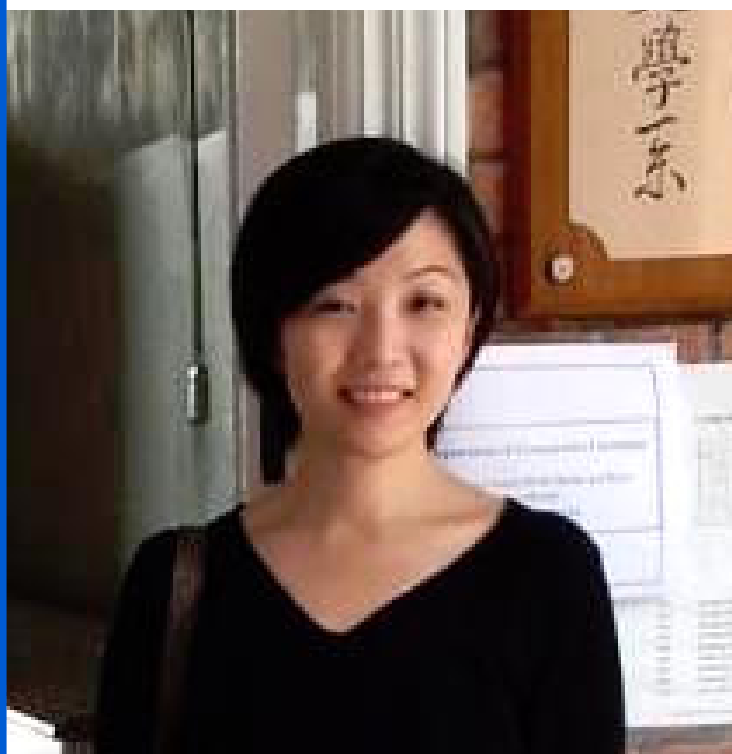
Ms. Pauline Liu

Senior Manager (Alumni)

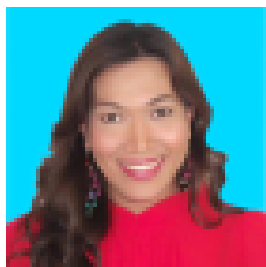
Development and Alumni Affairs Office,

The University of Hong Kong

Dear Lap-Cheers,
Welcome all of you to Lap-Chee College! This year marks the 5th Anniversary of Lap-Chee College and will surely be a fun and eventful year! Feel free to join in activities that you have never tried before, to make new and good friends here from all around the world! Participate in community service to get to know more about the neighbourhood you live in! Most importantly, enjoy your time in Lap-Chee College!



Tutors 2017-2018 and their responsible floors



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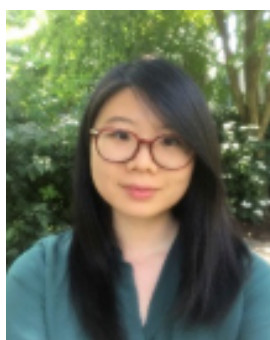
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| | |
|------------------------------|---|
| 25 August 2017 | BBQ |
| 1 September 2017 | Admission-cum-Welcome dinner |
| 2 September 2017 | Cycling |
| 9 September 2017 | Hiking |
| 11 September 2017 | Briefing session on readmission |
| 23, 30 September 2017 | Mooncake Distribution |
| 11 November 2017 | Yum Cha |
| 24 November 2017 | 5th Anniversary Concert |
| March 2018 (TBD) | 5th Anniversary Distinguished Lecture |



3. COLLEGE

LAP-CHEE COLLEGE is one of the four new residential colleges situated on Lung Wah Street, Kennedy Town. The College was named after Professor Tsui Lap-Chee, the 14th Vice-Chancellor and President of the University of Hong Kong. At Lap-Chee College we offer an academic and social environment that is both intellectually vibrant and culturally rich.



Facilities

Yao Ling Sun Cultural Commons, 3/F

Yao Ling Sun Cultural Commons was established with a bequest from the late Mr. Yao. It creates an exceptional focal point for students from all over the world to meet, share and contribute.

The Cultural Commons provides a mirror-walled multi-purpose Studio, a stylish Student Lounge, a well-furnished Chinese Tea Chamber and an audio-equipped music room.

You may approach the staff at the security counter for booking details.

Laundry Room, 26/F

The laundry room is equipped with washing machines and dryers that can be operated with a smart card distributed to all residents. You may add money to the smart card at the service counter of the General Office, Jockey Club Student Village III.

Common Space, 4/F

The two rooms on the 4th Floor are open for all Lap-Cheers with 24-hour access.

The corner room provides a large common space with comfortable seating for big groups of residents to relax and let the discussion flow.

The second room includes a bar area with a view over Smithfield Road where you can chill, unwind, and enjoy life.

The rooms are generally open round the clock, but may be booked for special events. The booking instructions are as follows:

- ❖ Bookings can only be made by Lap-Cheers, on a first-come, first-served basis.
- ❖ Bookings can only be made up to one week in advance at the security counter. The duration of each booking is limited to two hours.
- ❖ The minimum number of users for each booking is five.
- ❖ In consideration of other residents, only one room can be booked at once.

Activities and Programmes

High Table

High Table is a longstanding tradition of The University of Hong Kong, and it is one of the most important enrichment events of hall education at which students get to experience a formal dinner and have their horizons broadened through the dinner talks delivered by Guest Speakers. It also offers opportunities for students to engage into dialogues with their fellow residents from different backgrounds. All residents of Lap-Chee College are required to attend our monthly High Table and dress in formal academic gowns.



Visiting Scholar Programme

The Visiting Scholar Programme initiated by the College offers accommodation to overseas scholars conducting research activities at the University. The recipient scholars, who are nominated by HKU Faculties, Departments or Centres, will usually be offered free accommodation in our college for one month so as to facilitate in-house academic and learning activities. This programme aims to promote dynamic discussions and idea exchange between scholars and our residents.

Lap-Chee's Mind

The Lap-Chee's Mind is a newly initiated programme that aims to raise awareness of psychological wellbeing among residents through psycho-educational sessions and experiential workshops. Residents will have the chance to increase their knowledge of psychological issues and ways to approach and help friends and people in a mental health crisis by attending the internationally certified Mental Health First Aid course. In addition, a series of mindfulness-based workshops will be held to allow residents to release stress through body relaxation, meditation, yoga and various arts activities.

College Ambassador Programme

A group of outstanding undergraduate and postgraduate College residents from different faculties and countries of origin will be nominated annually to serve as College Ambassadors.

The ambassadorial team will receive training in public speaking, teamwork, and leadership, among other things, in order to realize their full potential. Through these training workshops the Ambassadors will gain the knowledge and skills required to represent the College and the University in various events and promotional activities.

Top College Ambassadors have an opportunity to join a cultural trip at the end of the academic year.

Village to Village Project

This programme aims to provide a platform of our HKU students to develop a sense of social awareness and social responsibility. Students can learn to appreciate the cultural heritage of those historical villages and understand the challenges those villages face at this time of modern China's economic take-off. Most importantly, the message of compassion and community engagement can be rooted in the minds of our residents.

In collaboration with Zhejiang University, the College has initiated its first "Village to Village" project this summer. Participants from the two universities were divided into two groups. One group visited a small village in Zhejiang Province and produced a documentary related to the village's cultural heritage - 18 Legendary Weapons of Chinese Martial Arts. The other group worked with local NGOs to organise various activities and services to help local visually impaired people.

Think@Café

Think@Café is an academic program organized by Lap-Chee College, which provides a platform for students from various disciplines to learn from each other's research areas, as well as giving them the opportunity to engage in intellectual debates on many interesting topics.

At these entertaining gatherings, various contemporary scientific and social issues are discussed in a very relaxed atmosphere over tea and snacks. At previous sessions, the topics of conversation have focused on cutting-edge research in science, technology, medicine, history, education and general culture.

Following the great success of the sessions, Think@Café has grown to become part of the HKU community thanks to the funding it received through CEDARS from the "Campus Internationalization and Integration Funding Scheme" that will cover the whole academic year.

Future plans include sessions at different HKU halls, as well as many other exciting debates at Lap-Chee College on the most up-to-date topics of our times.



Sports Programmes

Lap-Chee College provides conducive environment for different sportive activities to keep its residents active and interactive. It is also taking the initiative to develop and expand other sports disciplines in order to meet the various interests and demands of the college students.

The sports teams are student-oriented programs that aim at developing students' leadership skills, enhancing sports potentials as well as unearthing their hidden sports talents. In addition, the sports teams serve as platforms for students to interact and make new friends both local and international, within and outside the university premises through intra- and/or inter-college/hall games and inter-university hall-hall friendly games. Each sports team is structured around its management/ advisory members, leaders, team players and supporters groups. You can join any of the following sports teams in any of these capacities:

1. Lap-Chee College Fitness Team
2. Lap-Chee College basketball Team
3. Lap-Chee College Soccer Team
4. Lap-Chee College Volleyball Team
5. Lap-Chee College Badminton Team
6. Lap-Chee College Ping Pong (Table Tennis) Team
7. Lap-Chee College Running (Racing) Team
8. Lap-Chee College Swimming Team
9. Lap-Chee College Hiking Team

Lap-Chee college sports teams are identified by their team uniforms, unity and spirit.

ART-ivity

This is a space set up to unleash creativity among artistic Lap-Cheers. Apart from organised art & craft workshops, residents who have interest or talent in art will form a student-led art club for regular art making and sharing sessions. They will also work together for an annual art exhibition to showcase their artworks and celebrate their creative journey.

Dance Team

will continue to support a student-led dance team. In previous years, the Lap-Chee dance team has taken part in the Joint Hall Mass Dance in collaboration with the Morrison Dance Team. In the coming year, residents who enjoy dancing will be encouraged to have new connections with various parties and enjoy the opportunities to perform in different occasions. Dance workshops will also be arranged to foster residents' development of their interest and talent in dance and performance.

Publication and Promotion (P&P)

The P&P team is responsible for all the main College publications, except the magazine "Rock The Block". Three sub-teams are now in place - design team, photography team and multi-media team. The teammates work closely with college residents to promote the College's activities and its achievements to both internal and external audiences.



Global Citizenship and Diversity

A new initiative in the College, this envisions our residents to rise above the challenges of global citizenry and acknowledge issues of diversity around the world. The College itself is a diverse community and there are many issues around us that we used to fear threading and discussing. This time, the College through its volunteers will initiate projects and events that will dissect issues of feminism and women's rights, LGBTIQ, people with disability, racial and ethnic diversity and migrant workers' welfare among others. Among the first projects of the college this academic year is to host the World Regional Conference on Building Girl'Friendly Asian Cities as well as a series of film and documentary screenings and talks on LGBTIQ rights in Hong Kong, China and around the world. There will also be a planned College staging of Eve Ensler's The Vagina Monologues as well as counterpoint series in parody, the Vaginaless Dialogues.

Newsroom

The Newsroom is an independent student organization that publishes the magazine "Rock The Block" featuring student life and the various activities at Lap-Chee College every academic year.

4. UNIVERSITY

Overview

The University of Hong Kong (HKU) is the oldest tertiary education institution in Hong Kong. HKU continues to attract the best local students, along with many Mainland Chinese and international students. In the 2014 QS World University Ranking HKU was ranked 1st in Hong Kong, 2nd in Asia, and 28th in the world.

HKU has approximately 30,000 students, excluding exchange and visiting students. Almost 40 percent of them are international students. The University has ten faculties, all of which provide varying undergraduate degrees as well as teaching and supervision for postgraduate-level research (MPhil and PhD) students.

Campus

The Main Campus of HKU is situated along Pokfulam Road and Bonham Road on Hong Kong Island. The Centennial Campus was opened at the western end of the Main Campus in 2012 to provide additional space and a modern learning environment for students.

The Li Ka Shing Faculty of Medicine is located approximately five kilometers southwest of the Main Campus near Pokfulam. The University also operates other facilities and research centers in Hong Kong and mainland China.

The following tips are to make your first few days a bit less stressful and to help make things smoother for you. Most importantly, grab a paper copy of the HKU campus map, or save it in your mobile device. Same with your timetable. If you have spare time, it would be good to just roam around or explore the campus to get to know the place better.

Food

It should not be too difficult to find a place to eat on campus, although the lines during peak hours from 12:00 to 1:30 pm can get annoyingly long, and certain menu items may run out. Among others, the list of catering outlets includes:

Centennial Campus: Grove (western dishes), Bijas (vegetarian), Super Congee (dim sum and noodles), Deli France (sandwiches and western dishes)

University Street: UDel (Asian lunchboxes); Starbucks (coffee and pastries), Student Union Canteen (cafeteria)

Main Campus: Starbucks (coffee and pastries); Subway (sandwiches);

Main Campus Chong Yuet Ming Amenities Centre: Cafe330 (organic dishes); CYM Canteen (cafeteria)

Main Campus Fong Shu Chuen Amenities Centre: Ebenezers (halal food); Swire Canteen (cafeteria)

Library

To enter you will need a student card, which you will not receive until mid-September. No worries, you probably will not need to enter the Library that soon, but if you do, bring along a copy of your offer letter and flash it to the security guard by the turnstiles.

Tip: Get acquainted with the sections that you will need the most (e.g. humanities resources on 2/F, social sciences on 4/F). Find a spot that you like to be at, as you will most likely find yourself bored in between classes, and you can always head to your favourite spot to relax or study, when the finals arrive. You can also opt in for alerts when new books and materials in your chosen subject arrive in the HKU Portal.

Fun tip: The AV section on 1/F has a pretty good collection of movies that you can watch in the carrels or borrow for a week. Have fun!



Health Centre

Private clinics cost from HKD200 up, while public hospitals have queues up to 6 hours. If you are sick, the University Health Service (UHS) is your best bet. Book an appointment the day before through the HKU Portal, and head to Meng Wah Complex and follow the signs.

Tip: If you ever need to extend a deadline or skip a midterm due to sickness, you should get a medical certificate from UHS. But be prepared for the consequences such as extra weighting on your finals.

Sport Facilities

Flora Ho Sports Centre on Pokfulam Road and Stanley Ho Sports Centre close to Cyberport offer complete sport facilities with a gym, swimming pool etc. There is also a fitness centre called IHP Active on 3/F of the Jockey Club Tower. Most facilities are free to HKU students.

Transport

The new HKU MTR Station is hard to miss. Exit A is on the University Street close to the Haking Wong Podium. For those who take the shuttle bus, the waiting stop to go back to the college is near the Main Building.

Housing

HKU has 20 residential halls and colleges for undergraduate, postgraduate, and visiting students.

The Jockey Club Student Village III is the newest addition to university housing. Sited on Lung Wah Street, Kennedy Town, the Village was named after The Hong Kong Jockey Club. Its four Residential Colleges are now home to 1,800 students.

Printing

Always have your Octopus Card and Student Card with you on campus. Printing facilities are available at Chi Wah Learning Commons and on 3/F of the Main Library, but both require either a student card (which you can transfer printing credits to from your Octopus card) or an Octopus card.

Global Lounge

This is a nice place to hang out and chill if your classes are more on the Swire Hall side, location-wise. Many events like cultural nights, movie screenings and forums are held here. Pacific Coffee has a store here with a 30% discount for student card holders.

Academic Services Office

Located between Runme Shaw Building and Run Run Shaw Building (i.e. opposite to Subway), this is a one-stop station for transcript applications, submission of internal transfer applications and other matters related to certificates and testimonials. Bear in mind that transcripts require 10 working days to process, so time yourself.

Banking

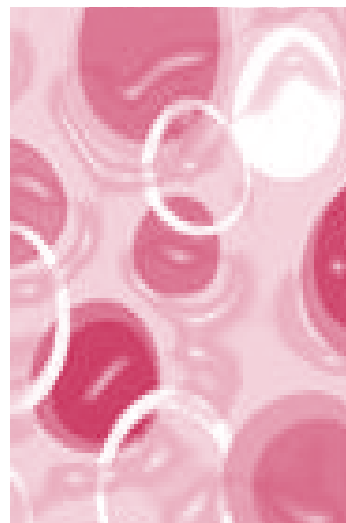
There are two bank branches on the Main Campus: HSBC (opposite to Subway on Run Run Shaw Podium) and BEA (next to Delifrance on the Centennial Campus). To set up a bank account, HSBC requires you to make an appointment, while BEA attends to walk-ins. However, you will require a proof of address in your home country, your passport, a proof of residential address from the General Office, a HKID and bank draft or cash. There are ATM machines next to these two banks, and one next to the Run Run Shaw entrance to CYM Amenities centre. Learn how to use these machines, you will pay your school bills and utility bills with them.

5. COMMUNITY

Lap-Chee College is situated in Kennedy Town at the western end of Sai Wan on Hong Kong Island. Kennedy Town was named after the 7th Governor of Hong Kong, Arthur Edward Kennedy.

Kennedy Town is a convenient place to live. You may find the closest supermarket, Wellcome, on your way to Kennedy Town MTR station. PARKnSHOP with a wider variety of daily necessities can be found on the other side of the MTR station.

In addition to international fast food chains, such as McDonald's and KFC, there are also a number of local eateries in Kennedy Town. Here are a few picks, but bear in mind that one man's meat is another's poison. Most of the places below do not come with English menus, but most have pictures on the walls – point and order usually works.



Quan Ji Wonton Noodles

Belcher's Street, diagonally opposite to Arome Bakery with a red and white signboard

This shop serves the fresh, succulent wonton noodles for HKD15, and really is the place with the best value for money. Add-ons like extra noodles, side of vegetables and soybean milk cost less than HKD8, making it one of the great budget options here. What makes it a regular go-to place is its proximity - straight from Smithfield into Belchers.

Ming Chef Restaurant

Hau Wo Street

This home-style place is your go-to place for weekend lunches – large portions, delicious dishes and free soup. Their set lunch and tea time menus vary each week, usually rice with different dishes or rice in soup. Nourishing, comforting and filling, this place serves a delectable selection of Cantonese food for less than HKD50.

Sun Hing Dim Sum

The 3 a.m. dim sum place has acquired enough ravings and reviews so I'm just putting it on this list because it deserves to be on this list. Line up and eat with a few friends to really be able to try their selection of pastries and buns.

Ba Fang Yun Ji Dumpling Restaurant

Belcher's Street

The nearest place to satisfy a craving for dumplings, this restaurant offers four types of dumplings – chives, pork, spicy Korean and vegetarian. Service is quick and their set menus offer value for money. My recommendation – get the Double Set with Wonton Soup. You get ten dumplings, five of two kinds and six wontons for HKD34.

Shui Shang Ren Noodle Shop

Belcher's Street

Also on Belcher's Street, this noodle place offers a wide variety of meatballs and fishballs to go with noodles. You can get a really filling meal under HKD40 – go for the beef brisket noodles or the fishball noodles, add on a side of vegetables with oyster sauce and a bowl of fried fish skin. Then proceed to have your typical Hong Kong meal.

Cheung Heung Restaurant

Belcher's Street

This place sells baked pastries outside its premises, making it a really convenient spot to grab some egg tarts and Polo buns for less than HKD5 apiece. It closes by 6pm, so remember to drop by during day time.



Igawa Japanese Restaurant

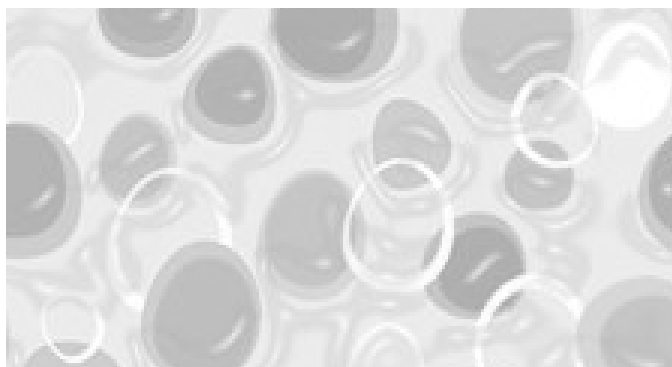
Catchick Street

This slightly upscale place has the typical selection of what you would expect from a Japanese restaurant that charges between HKD80 to HKD120 for a person on average. Nice food, a slightly quieter ambience makes this an option when you're feeling fancy. Tip: avoid the vegetable tempura – HKD50 for 7 pieces

Hing Wah

Smithfield Rd near intersection with Catchick St

This tiny shoplot sells various pastries such as sesame buns, baked red bean pastries etc but they also sell curry fishballs and street snacks commonly found in Hong Kong. A great place to stop by to grab a quick snack before heading off somewhere else. Closes in the late afternoons.



Ho Ho Restaurant

Belcher's Street, in the apartment building next to KFC

Order their fried rice dishes or their noodle dishes – slightly larger portions than average at the same prices, so you can easily get a hearty meal for less than HKD40. If you come in a large group, a jug of soya bean is on the house. They offer a huge selection and combination of typical Hong Kong fare – there will be something for everyone.



Tai Hing Thai Restaurant

Catchick Street

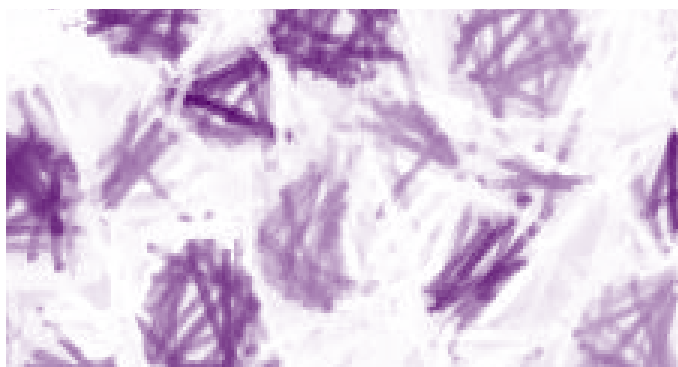
Insanely authentic and great Thai fare. The best Thai place in Kennedy Town, albeit pricey. Stirfried greens with garlic and chilli start at HKD48, but their Tom Yum Seafood Soup is heavenly. Beware, this is not a place for those who can't stand spicy food – almost every item here will make you sweat. Their pomelo salad is refreshing, and the best way to enjoy is to come with a few friends, order what you see from the walls and sweat while you eat. An amazing place. Closed on Mondays.



Asia Restaurant

Near the Post Office

No, this place only sells local cuisine. From 2.30 to 6.30pm, their tea time sets serve toast, hot drinks, a variety of noodles for under HKD25, making it a quick budget meal. Their regular selections are expansive and their drinks are better than average. Recommended when you want a traditional coffee shop ambience nearby.



6. CONTACTS



Lap-Chee College

URL: www.lapcheecollege.hku.hk

Email: lapcheecollege@hku.hk

Jockey Club Student Village III

URL: <http://www.jockeyv3.hku.hk/>

Email: jockeyv3@hku.hk

Tel: (852) 3917-1419

Address: 9 Lung Wah Street, Kennedy Town, Hong Kong

General Office | Office Hours

Mondays to Fridays: 09:00 – 18:00

Saturdays: 09:00 – 13:00

Sundays, Public Holidays and University Holidays: Closed

The public emergency number for police, fire, and ambulance services in Hong Kong is 999

The Ultimate Survival Map

Interactive Google Map that displays all the important areas in town.

Scan QR code to access



Or go to the link:

[https://www.google.com/maps/d/u/0/
viewer?
mid=1H9uR-2BKkB98fWHYHBnbdj7hrPQ](https://www.google.com/maps/d/u/0/viewer?mid=1H9uR-2BKkB98fWHYHBnbdj7hrPQ)

Rules and Regulations

1. Check in with your own card
2. Visiting hours: 9am – 11pm
3. Guest limit: 2 per host
4. Do not enter Kwun Lung Lau
5. No smoking in LCC or JCSVIII
6. No drunkenness & public disturbance
7. High Table is compulsory

