

1st Prize

CHI 396

CHOW Wing Yan

Department of Chinese Language and Literature

透過實習課程，除了可接觸到課堂內未能了解到的事與物之外，更是對自己所學知識的一個重溫及反思，我亦可以藉此探索自己心儀的行業，為未來就業作出規劃和準備。工作實習與一般兼職不同，不但提供工作訓練，課程亦要求我們撰寫反思日誌及實習報告，令我能透過自省與思考，獲得比平常更多的經驗和體會。

ENG 285

LAM Hiu Yan

Department of English Language and Literature

During the spring semester in 2019, I had the privilege to work as a development officer to assist a team of dedicated workers in an NGO called Project Space. Throughout my internship, I had to perform different tasks such as assisting in translation work, writing articles, handling phone calls and editing short video clips. Some of these tasks were new experience to me.

The internship experience was a great one as I was able to apply what I have learned at school into practice. The supervisors especially assigned me with translation work and written tasks that is relevant to my academic field of study. One of the most valuable experience was that I participated in the translation work for the company annual report. Seeing my name printed on the annual report gave me a sense of achievement. Through this valuable internship experience, I made a huge progress on my translation skills, writing skills and communication skills and this will help me better prepared for my future.

1st Prize

HIST 380

CHEUNG Bun Shing, Kenneth

Department of History

感謝樹仁大學歷史學系的提名、工作實習辦公室的安排以及香港青年總裁協會的認可，其中特別要感謝歷史學系的羅永生博士，這次實習的參與和提名，與他是離不開關係的。

在詠和升學擔任實習生的經驗，最寶貴莫過於讓我這名歷史學生走出課室，在辦公室任職，接觸現實行政工作的內容，以提高辦事、解決問題及協調合作的能力，為未來工作打下堅實的基礎。而獎項的肯定更提高我的自信，推動我追求更卓越的成就。



JOUR 403

LEUNG Wing Sum

Department of Journalism and Communication

I was thrilled to be nominated for the HKYCOA Outstanding Internship Performance Award. It was indeed an unexpected surprise. I would like to express my gratitude to HKYCOA for their generous support. This is definitely an affirmation for me to work in the media field in the future.

Internship is a valuable learning experience providing a great opportunity to utilize knowledge and skills in a real workplace. Be highly proactive is my motto during internship. I have also learnt to overcome the weaknesses from the strengths and do the very best to achieve my goals. Learn from the mistakes and seek others for help where needed. Do not doubt your own abilities even if you fail.

1st Prize

ACCT 471

WONG Tin Wing, Candy

Department of Accounting

An internship experience can provide a better insight in the specific field you wish to develop interests in. Overall, my internship was a fruitful experience. Through the 2-month period, not only did I learn the technical skills required for this role, but also numerous generic skills that would be beneficial in the future. Professionalism and competence are the essential aspects I learnt as part of the culture of this company which deeply inspired me to become a serious and responsible member in this profession. It was a pleasant journey and I am very thankful that this working experience has offered me a better insight into this industry. I do treasure this internship experience as an invaluable one as my goal is to be a certified public accountant.



1st Prize

BUS 490

LEE Wing Hong

Department of Business Administration

During my internship at HKCSS Social Enterprise Business Center, where I had the opportunity to gain more knowledge on a practical aspect in several areas such as, what is B2B and how it impacts corporate social responsibility; what are the tasks required when organizing an event. These are the practical knowledge and skills that I cannot learn from the classroom. The company provided me with plenty of opportunities and their staff were always willing to guide me when I encountered problems. These were all valuable experience for my future career.

ECON 460

AU Tsz Yin

Department of Economics and Finance

It was a great pleasure to have joined the overseas internship programme at Bank of China (Hong Kong) (“BOCHK”) in 2018. A good internship opportunity can allow students to explore the working environment and give inspirations to their career path. In Summer 2018, I joined the overseas internship programme at BOCHK, where I was first placed in a training programme and subsequent worked in various departments in the Bangkok branch. It was such a valuable banking experience that led me entered in the banking field after my graduation. To this advantage, I began my career and joined the Commercial Banking Cash Team in OCBC Wing Hang bank in 2020.

1st Prize

LAW 323

LAI Yung

Department of Law and Business

Internship opportunities allow us to discover the practical environment of the industries that we are interested in. The internship in my final year brought me much valuable learning experience, the tasks assigned to me involved several types of practical legal procedures, particularly probate, divorce, and marriage. My intern master was a very kind mentor who guided me through the internship, whom has become the main motivator for me to work harder in order to be equally successful in future. I am truly grateful for this internship opportunity arranged by the Department and Dr. Wendy.



1st Prize

SOC 470

TANG Cheuk Ying

Department of Sociology

The internship is a learning progress, in which a new experience can be explored. What factors attribute a good internship experience depend on the working environment and the room for potential skills development. The calm and pleasant working environment in UNICEF stimulates the effectiveness to generating innovative ideas and inspirations, especially working on creative projects. It is also helpful for the development of further new designs and creations. All of these factors were the key motivators to effectively carry out my tasks and more importantly the contributions to a high level of job satisfaction during my internship. Indeed, the room to develop my potential skills in UNICEF also brings me good internship experience such that it provides a stage of new challenges and explorations of the fields that I have never engaged before. The internship experience in UNICEF has broadened my future career horizon and it also gave me a platform to learn new techniques from my colleagues. I would like to thank colleagues from UNICEF for granting me the opportunity to develop my creativity skills and providing me the valuable advice in the aspects of career and life. Also, I would like to take this opportunity to express my gratitude to my department for the nomination of this award. It was definitely a valuable experience for me to continue the journey in exploring different fields.

1st Prize

SOC 490

NGAI Sze Pui

Department of Sociology

During the internship period, the sense of accomplishment and excitement was indescribable. The internship experience broadened my career horizons as well as helped me cultivate a positive mindset. That is not to give up easily no matter how difficult the situation is and what types of problem.

The experience of solving various problems and working on a tight deadline definitely helped me build up confidence in my future career.

SW 363

TSE Ka Ho

Department of Social Work

三次寶貴的實習經驗不只是實踐四年來所學的理论知識，更是一個全面重新認識自己的好機會。樂於助人的搭檔讓我更好投入實習中，學識淵博的督導協助我更加認識不同處理技巧，更可引導我認識、確立未來的職涯路向。



1st Prize

SW 471-2

YU Tsz Chung

Department of Social Work

首先非常感謝香港青年總裁協會(HKYCOA)給我這個機會，讓我獲得「優異實習表現獎」。要擁有一個良好的實習經驗，我認為最重要的是實習生的好奇心。實習生較少機會接觸到與實習單位相類似的工作環境，而好奇心就能推動實習生探索新鮮事物及環境，亦能從中有所裨益。在實習中，實習機構提供了充足的機會讓我體驗到策劃不同活動，而同事主動的協助和指導，使活動得以順利完成，令我深深感受到與人合作、溝通的重要性。最後，我再一次衷心感謝香港青年總裁協會(HKYCOA)對香港樹仁大學實習生的支持。