

# 3<sup>rd</sup> Prize

## CHI 396

**HAU Hang Chit**

*Department of Chinese Language and Literature*

我欲於未來投身教育界，故此次實習計劃，我選擇到一間小學進行實習工作。此番實習使我獲益匪淺，實乃一次難能可貴之經驗，這全歸功於短短三個月時間內能夠認識一羣良師益友，他們樂於將教育工作經驗分享予我，知無不言，言無不盡，教懂我為人師表之要略。實習期間，我與這羣良師兼同事融洽相處，時而交流溝通，言談之間，向其學習於學校應有之處世道理；時而一同玩笑；時而相互砥礪，如今回想，點滴仍然歷歷在目，乃此番實習最大得著。

實習過程中，我明白到學校雖為作育英才之地，老師雖有春風化雨之心，然教育實則亦僅為其職業，職場之上，老師相處之間仍會產生不少問題與壓力，故有效地進行溝通、察言觀色、互相包容極其重要。除自身之學習外，亦為團隊精神之培養，卒之方能合作無間，培育學生，此乃我對未來仕途之自我勉勵。

最後，我深感榮幸能獲得由香港青年總裁協會所頒發之獎學金，對我而言實乃一大鼓舞，謹此致上衷心謝意。與此同時，我亦要感謝工作實習辦公室以及實習導師周國良博士於實習期間之照顧，謝謝您們。

# 3<sup>rd</sup> Prize

## ENG 285

**FU Yung**

*Department of English Language and Literature*

My undergraduate is major in English Studies. I was placed as a teaching assistant in a primary school for my internship. I was able to apply my English language skills to assist students on grammatical work and give them guidance on word pronunciations. Through this internship experience, it was a perfect opportunity for me to understand if I would be suited for a teaching job before deciding that would be the direction for my future career. I discovered teaching is not only just about delivering knowledge, it also requires a great deal of patience and other skills such as time management and organization skills. I am thankful to have the opportunity to learn and reflect on my strengths and weaknesses from the internship experience.

# 3<sup>rd</sup> Prize

## HIST 380

### LEE Sze Lung

*Department of History*

To experience a great internship opportunity is what most students strive for. For me, the most effective learning method is by working closely with a mentor, who can transfer the knowledge and skills required for the position.

My most valuable takeaway from the internship is developing more confidence in communicating with people as I was once very nervous when talking to strangers. I now feel more confident meeting new people and have improved my communication skills after the internship.

I would like to thank Dr. Lo Wing Sang for his advice, suggestions and encouragement. Also, many thanks to Alan, Orlando, and Budsum for guiding and teaching me during my internship.



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# JOUR 403

**NG Hoi Kwun, Isabel**

*Department of Journalism and Communication*

To attain a fulfilling and exciting internship journey, you must prepare yourself to be as flexible, as hardworking and as independent as you possibly can! I was honoured and fortunate to be engaged in a 3-month summer internship in Singapore, working at a food tech startup – YoRipe. It was a very fulfilling experience to be working in a working environment with colleagues from a diverse cultural background. Thank you HKYCOA for the award, and Dr. Lam Wun Sum for the nomination and to everyone who had given me support throughout my university life. Your appreciation and guidance have meant so much to me.



# 3<sup>rd</sup> Prize

## ACCT 471

**CHENG Ka Hei**

*Department of Accounting*

To me, the process of applying the professional knowledge into the real business world fulfills a fruitful internship experience.

During my internship, the most valuable experience was the opportunity to complete a project independently where I had to complete the auditing work for several companies and to produce the first draft for review. This experience gave me more insights on my future career that requires intensive focus on performing jobs independently.

I am grateful for the internship opportunity that the university arranged for the students to become more competitive for our future.

# 3<sup>rd</sup> Prize

## BUS 490

### CHEN Shimin

#### *Department of Business Administration*

First of all, thanks to the BA department for giving me this opportunity to do an off-campus internship. Also my heartfelt thanks to HKYCOA for the donation of the award.

The internship has given me a good learning opportunity to work in a local company in Hong Kong. One of the reasons that I selected this company was because I wanted to acquire a better understanding on Hong Kong's work environment, and to apply my own human resource management knowledge in a workplace.

Through internship, I gained a lot of valuable feedback and suggestions from my colleagues which will help me better prepared in future. I have learnt how to manage good use of my time and organize multiple tasks effectively. These are all very valuable skills and knowledge that will make a positive impact to my future career development. It has been a rewarding and fulfilling experience.



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## ECON 460

### WEI Lishan

#### *Department of Economics and Finance*

In 2019, I joined the internship program held by the Department of Economics and Finance and worked at Harris Fraser as a compliance intern for three months. By engaging with colleagues from different departments, my interpersonal and problem-solving skills have improved. I was able to learn more on how a business operates in a dynamic changing environment. This practical experience has broadened my horizon and more importantly my mentor provided me with plenty of advice and was able to share her experience that made me plan well ahead for my future career.





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## LAW 323

### **SZE On Ni**

#### *Department of Law and Business*

I was given the opportunity to work for the Hong Kong General Chamber of Social Enterprises (HKGCSSE) during the summer internship. Not only this internship allowed me to gain the knowledge and skills from a real business environment, it also gave me an opportunity to make new connections to plan for my future career. My experience at HKGCSE included a variety of tasks such as updating the company website; created a video to promote an event on Facebook; drafting of invitation correspondence; guided a social enterprise tour for Shenzhen

University's students; assisted in various events and workshop. These were practical experiences that I cannot obtain from the classroom. I now feel more confident transitioning into a job.





# 3<sup>rd</sup> Prize

## SOC 470

**LI Wanyi**

*Department of Sociology*

What attributes a good internship experience varies depending on a number of factors. Yet what is most important is to enjoy and engage in the learning process throughout the whole internship. The more passionate you have with the assignment, the more you can contribute to the placement. My internship experience provided valuable and memorable learning opportunities, where I was able to apply the knowledge and skills to conduct and provide data collection for a research project. The workplace supervisor gave me a lot of suggestions and useful advice to improve on my communications and interpersonal skills which will be helpful for my future career in any sector.

## SOC 490

**MAK Yuen Yi**

*Department of Sociology*

「點解要入大澳做呀？」好多朋友都這樣問我，但我相信到大澳實習的經歷一定會迥然不同。在大澳女青實習，我體會了不少教科書上無法嘗試的體驗，例如認識大澳的文化、歷史以及當前的社區問題，甚至擔當一個小導遊的角色帶團遊覽大澳，這些經歷令我更自信，所學到的亦終生受用。

一點一滴的成長都是多得大澳女青同事和學校老師的教導和鼓勵，十分感謝大家對我的幫助。我十分榮幸能夠獲獎。

# 3<sup>rd</sup> Prize

## SW 363

### **LEUNG Chun Ho**

*Department of Social Work*

A good fieldwork placement will enable inspirational opportunities and will allow time for self-reflection. I was fortunate to have had three fieldwork placements which I was able to enhance my practical skills and the reflect on social work value. The most impressive and unforgettable placement experience for me was during my third placement working in a drug counselling centre. I was able to learn much about the types of drug counselling service and support available for drug abusers. This valuable experience has inspired me to proceed my future career in the drug counselling field. More importantly, I am better equipped to be a professional social worker in future after the training in the fieldwork placement experience. I hope I could apply what I learnt during the placements in my future career, to serve the low advantage people in the society.

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## SW 471-2

### **CHAN Yee Man**

*Department of Social Work*

Being confident is an important element to attribute a good internship experience. It will also help you grow stronger especially when facing all the challenges during placements. After completing three placements, these valuable challenges have made me become mentally stronger and more prepared for my future career. I would never forget how much I learnt in all of the three placements which enabled me to keep with the passion in the social work field. Lastly, I would like to take this opportunity to thank our fieldwork coordinator, Cherry and Ming, and my work supervisors whom provided me with lots of assistance and support.