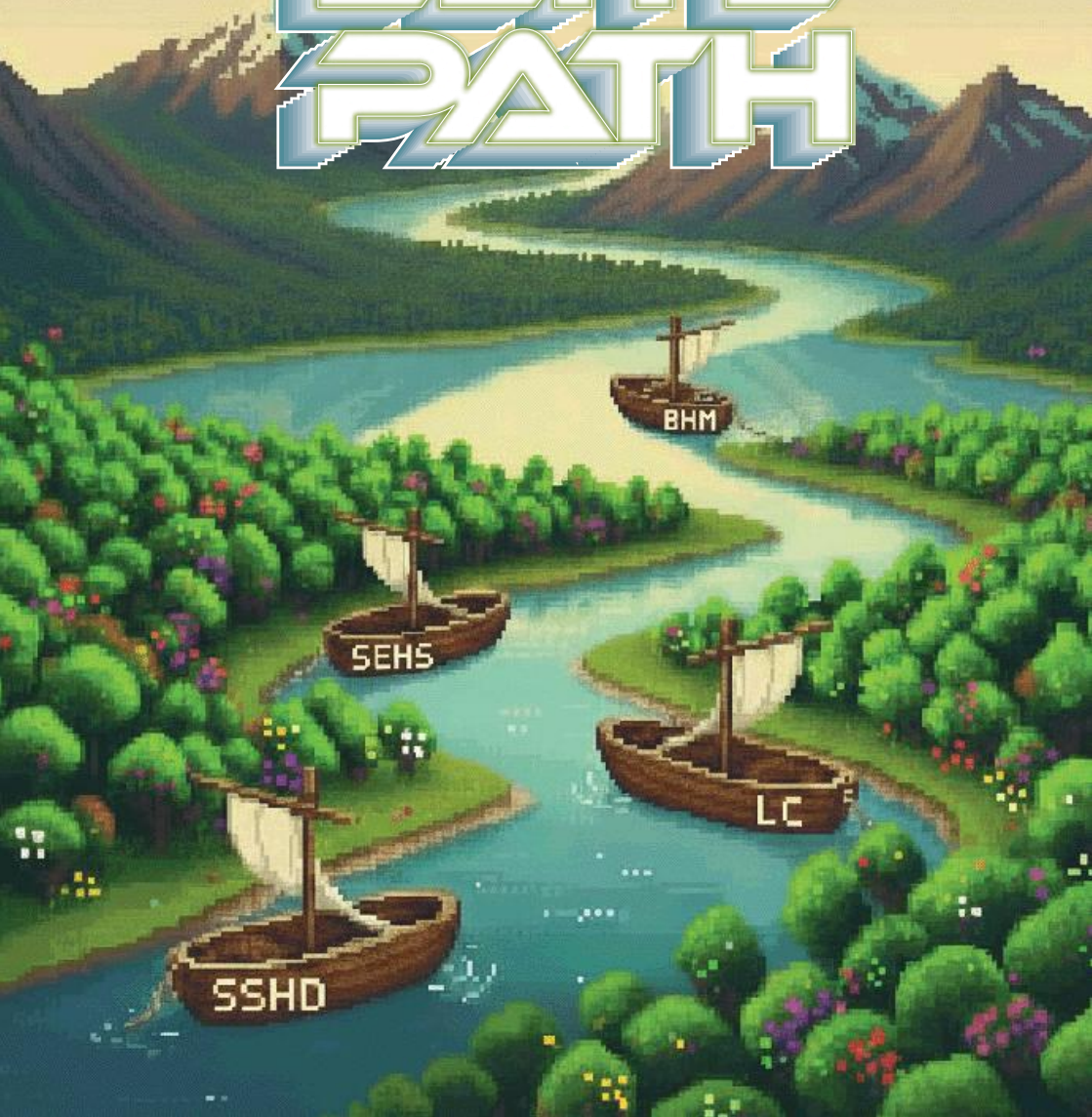
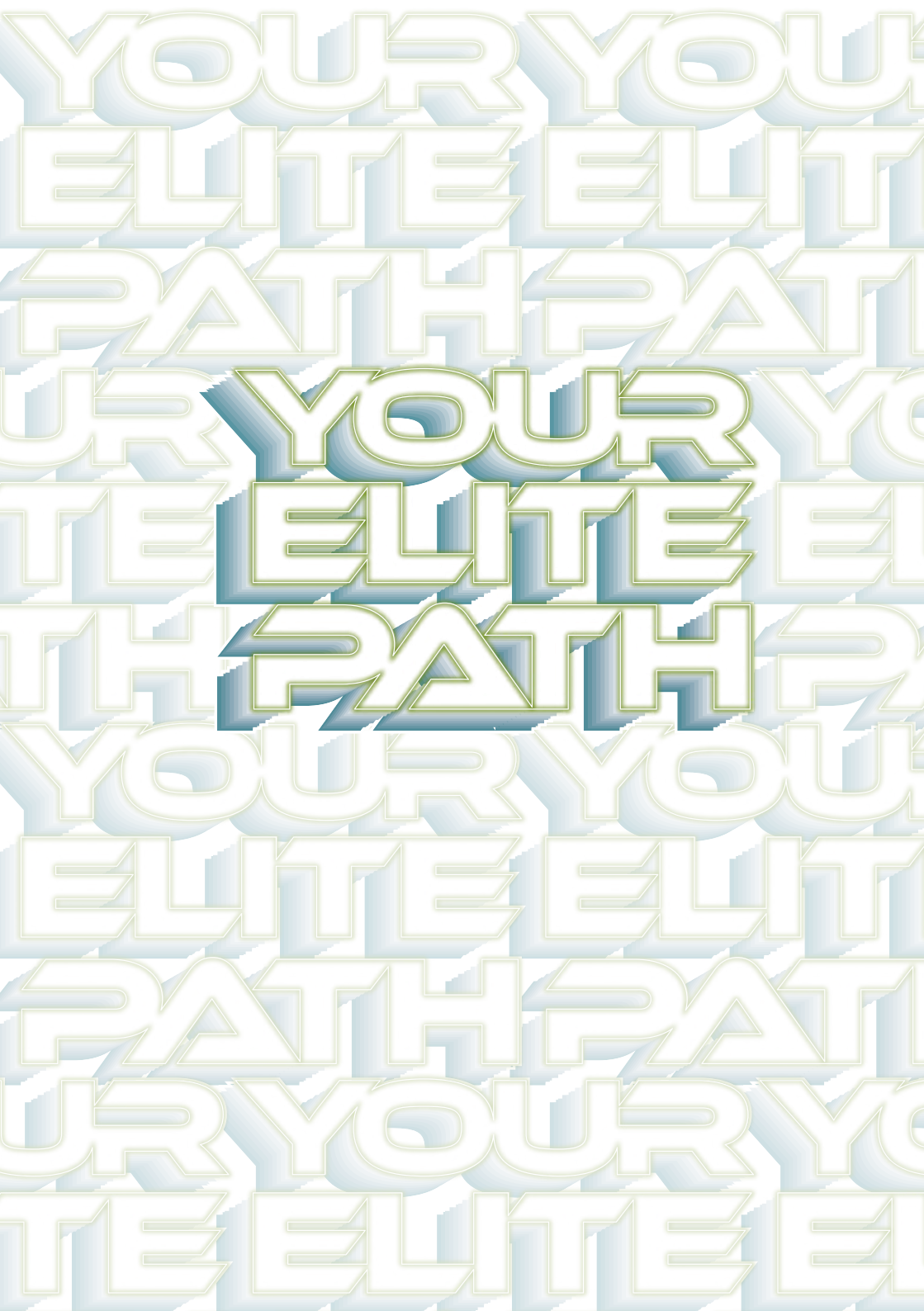


2025

YOUR ELITE PATH





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Preface 前言

培養全方位發展的優秀人才一直是CPCE的核心使命。我們不僅致力於促進學術卓越，更希望通過具意義的行業實習推動學生的專業成長。這些實踐經驗對於提升學生的就業競爭力與職場適應能力至關重要。

為進一步支持學生的職業發展，CPCE於2021年9月成立了CPCE就業服務處，透過「Your Elite Path」計劃，我們鼓勵每位CPCE學生主動把握實習機會。實習不僅是學生未來職業生涯的基石，更是塑造專業身份，拓展行業人脈的關鍵，讓你在踏入職場之初即能脫穎而出。

Cultivating well-rounded and outstanding talents has always been a key mission of CPCE. We are committed not only to supporting students' academic development but also to encouraging their active participation in industry internships, enabling them to excel and grow through practical experience. These practical experiences are invaluable in enhancing students' employability and workplace competencies.

To help students enhance their professional development, CPCE established the Employability Services Office (CESO) in September 2021. With the "Your Elite Path" programme, we encourage every CPCE student to proactively seize internship opportunities. They are not just a "stepping stone" to future careers, but a transformative experience that shapes your professional identity, expands your industry network, and equips you with the practical expertise to excel as soon as you enter the workforce.



Prof. Peter YUEN
阮博文教授

Dean, CPCE
專業及持續教育學院院長

Preface 前言

在當今快速發展的世界，我們相信實習經驗對學生的發展至關重要。「Your Elite Path」計劃致力於幫助學生獲得多樣化的實習機會，使他們能夠將課堂知識應用到專業環境當中。

通過這些實習，學生可以獲得寶貴的工作經驗，磨練專業技能並提高就業市場的競爭力。我們相信，實踐經驗對於培養批判性思維、解決問題的能力和創業精神至關重要。

實習不但加強專業能力的培養，更能塑造學生成為適應力強、全面發展的人才，為成為未來領袖及創新者作好準備。

In today's fast-evolving world, we believe that internships are vital for students' development. The "Your Elite Path" programme is dedicated to helping students secure diverse internship opportunities, allowing them to apply their classroom knowledge in professional settings.

Through these internships, students can gain valuable work experience that enhances their skills and boosts their competitiveness in the job market. We believe that practical experience is crucial for cultivating the critical thinking, problem-solving, and entrepreneurial spirit that our programme promotes.

Beyond professional development, internships facilitate personal growth, shaping students into adaptable, well-rounded individuals prepared to thrive as future leaders and innovators.



Prof. Ricky CHAN 陳怡光教授

Associate Dean (Education), CPCE
專業及持續教育學院副院長 (教育)

Preface 前言

PolyU HKCC推行「Your Elite Path」計劃，旨在匯聚優秀人才，培養學生學術及職業雙向發展。該計劃重於培養學生的綜合技能，為他們未來的職業生涯做好充分準備。

陸博士指出：「除了傳授學生必要的知識與技能外，PolyU HKCC更注重激發學生的創造力，並培養他們的企業家精神。我們一直鼓勵學生勇於探索自己，將創意構想轉化為實際成果。」

實習正是學生實現創新理念的理想平台。通過參與實習計劃，學生得以在真實工作環境中應用所學知識並展現創意。這些經歷不僅讓學生提前接觸專業職責，更能深入了解行業動態。

「Your Elite Path」計劃實際銜接了學術與職業領域，幫助學生順利完成校園到職場的過渡。學生在實習期間累積的實戰經驗與人際網絡，將成為他們持續創新、實現自我價值的堅實基礎。

The "Your Elite Path" programme is initiated by PolyU HKCC, aiming to bring together a group of exceptional talents while addressing the academic progression and career development needs of these outstanding students. The initiative focuses on cultivating students' comprehensive skills, thoroughly preparing them for their future professional journeys.

Dr Luk emphasized, "Beyond equipping students with professional knowledge and skills, PolyU HKCC prioritizes fostering innovative thinking and entrepreneurial spirit. We continually encourage students to push their boundaries and turn creative ideas into tangible outcomes."

Internships serve as the perfect platform for students to bring innovative ideas to life. By participating in internship programmes, students gain valuable opportunities to apply classroom knowledge and demonstrate their creativity in authentic work environments. These experiences not only provide early exposure to professional duties but also deliver a profound understanding of industry dynamics.

The "Your Elite Path" programme effectively connects academic learning with professional practice, facilitating a smooth transition from campus to career. The hands-on experience and professional networks gained through internships become invaluable assets for students' ongoing innovation and career success.



Dr Anthony LOH
陸偉強博士

Director of PolyU HKCC
香港理工大學香港專上學院院長

Preface 前言

「Your Elite Path」計劃充分展現了PolyU SPEED致力培育「即戰型」人才的承諾。我們要求學生在畢業前完成300小時的校企協作教育(WIE)，這不僅是一項畢業要求，更是幫助學生從校園平穩過渡至職場的關鍵設計，務求讓學生在真實工作環境中培養專業素養與實務能力。

陳博士強調：「實習對學生的職涯發展至關重要。透過Your Elite Path計劃，我們非常慶幸能見證許多同學在實習期間獲得寶貴的業界經驗，這些經歷不僅有效強化他們的專業技能，更能夠幫助他們釐清個人發展方向，在競爭激烈的就業市場中脫穎而出。」

為確保學生獲得最優質的實習體驗，學院不僅提供多元化的實習計劃，更有完善的職前培訓工作坊，其中包括履歷撰寫指導、面試技巧訓練、職場倫理等，都能有效協助學生把握每一個發展機遇，學院更定期舉辦行業趨勢講座，邀請企業高管分享最新人才需求與市場動態，務求幫助學生根據自身優勢定立職涯目標。

PolyU SPEED一直致力確保每位學生獲得專業認證，並具備扎實的實務技能、清晰的職業定位、廣泛的行業人脈，以及持續學習的適應力。這些核心競爭力將成為畢業生職涯發展的永續動力，幫助他們在快速變化的就業環境中保持領先優勢，開創屬於自己的專業道路。



The "Your Elite Path" programme demonstrates PolyU SPEED's unwavering commitment to developing career-ready professionals. Aligning with our Work-Integrated Education (WIE) component, students are required to complete 300 hours of immersive industry experience before graduation. This goes beyond fulfilling academic compliances, it is a transformative process that equips students with practical competencies and professional judgment through real-world application.

Dr CHAN emphasized, "Internships play a pivotal role in shaping students' career paths. Through the 'Your Elite Path' programme, we have witnessed numerous students gain invaluable industry exposure that strengthens their technical abilities while clarifying their professional goals. These experiences give them a distinct advantage in today's competitive job market."

To maximize the internship experience, PolyU SPEED offers a diverse range of internship placement opportunities supported by comprehensive preparation. Students participate in resume workshops, interview training, and professional ethics seminars. We also host regular industry forums where senior executives share insights into talent needs and market trends, helping students align their career plans with industry demands.

At PolyU SPEED, we ensure students earn more than qualifications - they develop practical skills, clear career vision, professional networks, and lifelong learning abilities. These essential competencies empower graduates to thrive in dynamic work environments and build meaningful careers on their own terms.

Dr Jason CHAN, MH, JP 陳繼宇博士MH太平紳士

Director of PolyU SPEED
香港理工大學專業進修學院院長

Preface 前言

「Your Elite Path」計劃旨在匯聚參加實習學生的寶貴經驗，透過特刊記錄他們的實習歷程與心得。我們期望以這些成功案例作為催化劑，讓CPCE的學生認識實習的價值與重要性，並藉此激發更多同學積極參與實習，在真實職場環境中提升專業技能、建立自信。

我們與業界眾多知名企業一直保持緊密的合作關係，為學生提供多元化的實習機會。這些寶貴的實戰經驗不僅能豐富學生的履歷，更能讓他們累積實際的工作能力，為未來職業發展奠定堅實基礎。

此外，CESO還舉辦了各式各樣的工作坊、就業研討會及就業博覽，務求讓學生緊貼行業最新的趨勢，找到心儀的工作。同時，學院也提供個人化的職業諮詢服務，讓每位學生都能獲得量身訂做的就業指導。我們致力培養學生成為全面發展的專業人才，確保他們在投身職場時能夠充分發揮潛能，以卓越的表現脫穎而出。

The "Your Elite Path" programme is designed to compile valuable internship experiences of participating students, documenting their professional journeys and insights through a special publication. We aim to use these success stories as catalysts to help CPCE students recognize the significance of undertaking internships, while inspiring more students to actively participate in these transformative opportunities that enhance professional competencies and build confidence in real workplace settings.

We maintain strong collaborative relationships with numerous renowned industry partners to provide students with diverse internship opportunities. These invaluable practical experiences not only enrich students' resumes but also enable them to develop tangible work competencies, laying a solid foundation for their future career development.

Moreover, CESO organizes various workshops, employability seminars, and career fairs to ensure students stay abreast of the latest industry trends and secure their ideal positions. Complementing these initiatives, the College also offers personalized career counselling services, providing tailored employment guidance for every student. We are committed to nurturing well-rounded professionals who can fully realize their potential and distinguish themselves with outstanding performance when entering the workforce.



Dr Macy WONG
王美芝博士

Head of Employability Services
就業服務總監

Students' Internship Stories

學生實習故事

LAI Sung Yan

黎崇欣

Associate in Business (Accounting)
工商業副學士(會計)

MCI CPA LIMITED
天昊會計師事務所有限公司

我的會計之旅

忘記課本和理論吧——我在 MCI CPA Limited 的實習經歷是我對現實世界會計和金融的洗禮！我不只是去拿咖啡；我被推到了最前線，並成爲了資格認證過程中的關鍵人物。這像是高風險的偵探工作：仔細檢查採購、銷售和庫存，分析損益表，並像華爾街專業人士一樣解析財務報表。

這不僅僅是一個數字遊戲；這是一次身臨其境的體驗，揭開了會計循環的面紗，向我展示了從交易的最初暗示到財務報告的盛大結局。我甚至還偷偷地了解到幕後情況，爲審計做準備並破解了商業的秘密語言。

這次經驗大大磨練了我解決問題和批判性思考的能力。我學會了快速分析複雜情況、制定解決方案並隨時調整策略。這種適應力已經成爲我的秘密武器，讓我能夠以戰略思維和對自己能力的堅定信念來應對障礙。

一瞬間，課堂上那些抽象的概念變得清晰。分析財務數據成爲了一種令人興奮的體驗，我意識到自己在壓力下表現良好——截止日期成爲了我創造力的來源！每當我將課堂知識轉化爲現實世界的解決方案時，我都會感到非常滿足。這次實習不只是一份工作；它就像一個催化劑，激勵我以紮實的知識和對智力挑戰的渴望，全身心投入到充滿活力的商業世界中。

從 2024 年 5 月到 7 月，MCI CPA 不僅僅是一個工作場所；這是我的發射台。我不僅確認了學習會計和金融的渴望，還對它產生了強烈的熱情！我瞬間從零變成了一位貢獻者！這次經歷不僅教會了我會計知識，而是把我培養成爲該領域的未來領導者。





From Zero to Little: My Accounting Journey

Forget textbooks and theory – my post-HKDSE internship at MCI CPA Limited was a baptism by fire into the real world of accounting and finance! I wasn't just fetching coffee; I was thrown into the trenches as the point person for the vouchering process. Think high-stakes detective work: meticulously cross-referencing purchases, sales, and inventory, dissecting profit and loss statements, and analyzing financial statements like a Wall Street pro.

This wasn't just number crunching; it was an immersive experience that ripped open the accounting cycle, showing me everything from the first inkling of a transaction to the grand finale of financial reporting. I even got a sneak peek behind the curtain, prepping for audits and deciphering the secret language of business.

This experience sharpened my problem-solving prowess and critical thinking skills to a razor's edge. I learned to dissect complex situations swiftly, crafting solutions and adapting my strategies on the fly. This adaptability has become my secret weapon, allowing me to tackle obstacles with a strategic mindset and an unwavering belief in my capabilities.

Suddenly, those abstract concepts from class clicked into place. Analyzing financial data became a high-octane thrill, and I realized I thrive under pressure – deadlines became my creative fuel! Every time I translated classroom knowledge into real-world solutions, a surge of satisfaction electrified me. This internship wasn't just a job; it was a catalyst, igniting my passion to dive headfirst into the dynamic world of business, armed with hardcore knowledge and a collegiate-level hunger for intellectual challenges.

From May to July 2024, MCI CPA wasn't just a workplace; it was my launchpad. I didn't just confirm my desire to study accounting and finance – I became obsessed with it! I went from zero to contributing member in a flash! This experience didn't just teach me accounting; it transformed me into a future leader in the field.

YU Dian 于典

Associate in Business (Finance)
工商業副學士(金融)

Jiangsu Longjin Xinghui Industrial
Economic Management Service Co., Ltd
江蘇龍金星輝產業經濟管理服務有限公司

在江蘇龍金星輝產業經濟管理服務有限公司為期一個月的實習中，我擔任金融助理，深入參與了公司運營的多個環節，包括企業拜訪、會議記錄、背景調查以及促銷活動的策劃。這段經歷不僅提升了我的專業技能，也讓我對金融領域有了更深刻的體會。

剛開始時，由於缺乏經驗，我在會議記錄方面表現較為生疏。但在部門經理的耐心指導下，我逐漸掌握了高效整理會議重點的技巧，工作能力和自信心都得到了顯著的提升。實習期間的一大亮點是與團隊共同策劃公司的茶產品促銷活動。方案經過多次修改與優化後，我們最終設計出一套創意與可行性兼容的行銷計劃，並獲得了上司的認可，讓我感到非常欣慰。

在團隊協作過程中，我也遇到不少挑戰，例如成員間的意見分歧。透過這段經歷，我深刻體會到積極傾聽和建設性溝通的重要性，這不僅能協調不同觀點，更能促進團隊合作，最終實現業務目標。

這次實習讓我對金融及企業管理服務有了更深入的理解，每項任務都推動了我的職涯成長，並累積了寶貴的實戰經驗。它不僅為我的未來職涯發展奠定了基礎，也將永遠在我心中留下深刻的印記。





During my one-month internship at Jiangsu Longjin Xinghui Industrial Economic Management Service Co., Ltd, I served as a financial assistant, gaining hands-on experience in various aspects of corporate operations. My responsibilities included conducting company visits, documenting meetings, performing background research, and contributing to promotional campaign planning. This opportunity not only enhanced my professional skills but also provided valuable insights into the financial sector.

Initially, I had limited experience in minute-taking. However, under the guidance of the department manager, I gradually mastered how to organize meeting content effectively, which significantly increased my confidence. A highlight of my internship was collaborating with colleagues to design a promotional strategy for a partner company's tea products. Through brainstorming sessions and multiple revisions, we developed a creative and practical campaign plan. Receiving the manager's approval was incredibly rewarding, as it demonstrated my ability to contribute meaningfully to team projects.

Working in a team also presented challenges, particularly when differing opinions arose. I learned the importance of active listening and constructive communication to align perspectives and strengthen collaboration. These experiences improved my problem-solving skills and reinforced the value of teamwork in achieving business objectives.

This internship deepened my understanding of the financial industry while reinforcing my career aspirations. Each task, meeting, and project contributed to my professional growth, leaving me with lasting lessons and a stronger foundation for my future career. I am grateful for the mentorship I received and the opportunity to apply my skills in a real-world business environment.

SHEK Pui Hang Ruby

石珮珩

Associate in Business (Hospitality Management)
工商業副學士(酒店管理)

Mandarin Oriental, Hong Kong
香港文華東方酒店

回顧這段在香港文華東方酒店卓越體驗中心的實習經歷，無疑是我職業生涯中一段極具挑戰性卻又收穫豐碩的成長旅程。相較於先前在其他酒店的實習，香港文華東方酒店的高標準服務要求與密集的貴賓接待量，為我帶來了截然不同的工作體驗。

在香港文華東方酒店，與高端客戶群的互動成爲了最具挑戰性的環節。貴賓們期望獲得量身定制的卓越服務，因此我們必須在每個細節都展現出無可挑剔的專業水準。特別是處理餐廳預訂時經常會讓我們面臨困境，由於酒店餐廳經常客滿，但我們仍需設法滿足貴賓臨時提出的用餐需求。這樣的壓力情境，不僅考驗我的危機處理能力，更磨練了我在高壓下保持沉着冷靜的專業素養。

在餐飲知識方面的不足，亦是我面臨的其中一個巨大挑戰。卓越體驗中心的職責要求僱員對酒店各餐廳的特色菜品、食材搭配乃至飲食文化都有深入的了解，因客人經常詢問推薦、飲食選擇、菜單詳情和預訂情況。爲此，我在實習期間付出了很大的努力，試圖儘快記住所有酒店餐廳的信息。



爲了克服這些挑戰，我必須進一步提升我的溝通技巧，例如主動傾聽，快速掌握客人的偏好並提供量身定制的推薦。同時需要學習如何圓滑進行提問，以釐清不同客人的信息。這次經歷讓我明白了在面對不熟悉的主題時保持冷靜和自信的重要性。

總括而言，我在香港文華東方酒店的實習是一次不同於以往的經歷，讓我走出了舒適區，對我的能力亦有了很大的提升。高壓環境和對餐飲知識的高需求使這次實習更具挑戰性。然而，我相信這次經歷促進了我的個人和專業成長。現在，我能夠更好地應對壓力，並與客人進行更好的互動，爲我在酒店業的旅程做好準備。



Looking back on my internship at the Exceptional Experience Centre (EEC) in Mandarin Oriental, Hong Kong, I recognize it as a period of significant challenges and personal growth. The environment at Mandarin Oriental was far more demanding than my previous internship at other hotels, primarily due to the high volume of VIP guests and the constant influx of inquiries.

Interacting with VIPs required an elevated level of professionalism, as they expected impeccable service tailored to their preferences. One of the most stressful aspects was handling last-minute dining requests, as the hotel's restaurants were often fully booked. Despite this, we could not decline VIP guests, forcing me to think quickly and negotiate solutions between guests and restaurants while maintaining composure.

Another major challenge was my limited prior knowledge of the Food & Beverage (F&B) sector. EEC required in-depth familiarity with the hotel's restaurants, menus, and dietary offerings. Guests frequently asked for recommendations, availability updates, and detailed dish descriptions, which I initially struggled to answer confidently. To bridge this gap, I dedicated extra time to memorizing restaurant details and studying menus to provide accurate information.

To adapt, I sharpened my communication skills, particularly active listening, to better understand guest preferences and deliver personalized recommendations. I also learned to ask precise follow-up questions, ensuring I gathered all necessary details to assist guests effectively. Most importantly, this experience taught me to remain calm and confident even when navigating unfamiliar situations.

In conclusion, my internship at Mandarin Oriental was a transformative experience that pushed me far beyond my comfort zone. The high-pressure environment and the steep learning curve in F&B made it more challenging, but it also accelerated my growth. I now feel better equipped to handle pressure, engage with guests professionally, and thrive in the dynamic hospitality industry.

CHEUNG Yik Hang

張亦衡

Associate in Business (International Business)
工商業副學士(國際商業)

CW CPA
華德會計師事務所

去年夏天，我有幸在CW CPA實習，與來自不同背景的四位會計學生共事——其中一位是本地學生，三位則來自海外。CW CPA獨特的國際化視野，讓我們這些初入會計領域的新鮮人得以親身參與跨國會計實務，這份經歷遠超乎我原先的期待。與這樣多元的團隊合作，不僅讓我在工作中獲得了專業成長，也透過日常交流和同事們的分享，深入了解到不同的文化。

實習初期，我主要負責一些基礎行政工作，例如發票整理和更新客戶資料。隨著對業務的熟悉增加，我開始參與更具挑戰性的專業任務，包括審閱公司文件、編制財務報表、協助預算分析以及處理稅務相關事宜，這些都是會計師必備的基本能力。

我的上司非常關心我們這些實習生。我們並沒有被安排進行重複性的工作，而是在審計、稅務、財務諮詢等不同部門輪崗，從而讓我們全方位了解會計領域。這不僅加深了我對會計專業的認識，也讓我更加熱愛這個行業。

除了專業知識的提升，我更珍惜在多元文化環境中與國際同事建立的友誼與合作經驗。在合作過程中，我學會了跨文化溝通、靈活應變和團隊合作的重要性。CW CPA帶給我的專業技能和國際視野，將成為我未來職涯中的寶貴資產。





Last summer, I had the valuable opportunity to intern at CW CPA alongside four fellow accounting students from diverse backgrounds - one local and three international students. This experience was especially meaningful, as the firm places a strong emphasis on global perspectives and provides young professionals with real exposure to international accounting practices. Working alongside this multicultural team allowed me to gain fascinating insights into different cultures through our daily interactions and their personal stories.

At first, I was assigned basic administrative tasks, such as organizing invoices and maintaining the client database. As I became more familiar with the work, my responsibilities grew to include reviewing company documents and gaining hands-on experience with core accounting functions. I assisted in preparing financial statements, conducting budget analyses, and supporting tax-related matters—essential skills for any aspiring accountant.

My supervisor genuinely cared about our development. Instead of having us do repetitive work, we were arranged to rotate through different departments—such as audit, taxation, and financial advisory—so we could gain a comprehensive understanding of the accounting field. This experience not only deepened my understanding of accounting but also strengthened my passion for the industry.

Beyond professional development, I truly valued the collaborative spirit and the friendships I built with my international colleagues. Working together on projects taught me the importance of communication, adaptability, and teamwork in a multicultural setting. The technical skills and global perspectives I gained at CW CPA will be invaluable assets as I move forward in my career.

LIU Chun Hei

呂俊熙

Associate in Business (International Business)
工商業副學士(國際商業)

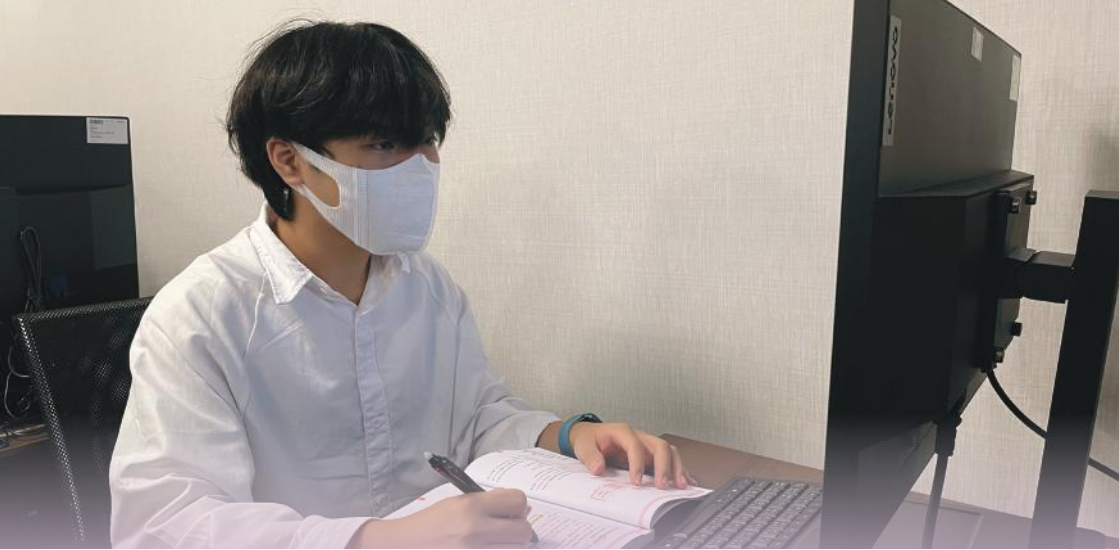
Wilson Service Limited
威信服務有限公司

這段工作經歷讓我收穫豐碩，不僅對職場人際關係有了全新的認識，更在實務中深化了人力資源管理的能力。我的主要職責包括計算離職前線員工的最終薪資、福利及強積金，回應同事有關薪酬、扣款及出勤紀錄的查詢，定期更新人力資源庫，確保所有數據的準確與機密性。

透過這次實習，我學會如何妥善安排優先順序並高效完成任務，我的時間管理能力得到顯著的提升。雖然和在學校管理課業有點相似，但職場的節奏和要求明顯更高、更具挑戰性。我在團隊合作方面也有很深的體會，其中包括如何執行上司指令，與同事相互配合，以及在遇到困難時主動尋求協助。更重要的是，我了解到自身的每個決定都可能影響整個團隊。

最令我印象深刻的是，我學會了如何將勞工法例應用於實際案例。處理離職個案時，我必須根據相關法例作出判斷，確保公司和員工雙方的權益都得到保障。這不僅增強了我的法律意識，也讓我日後面對特殊情況時更有信心和把握。總括而言，這次實習不單加深了我對人力資源管理的認識，也擴寬了我對企業運作的視野，為我的職涯發展打下了堅實的基礎，令我更加期待未來在人力資源領域的發展。





This work experience has been truly rewarding, giving me new insights into workplace dynamics and practical human resources management. My main duties included calculating the final pay, benefits, and MPF for departing frontline employees, answering staff queries about salaries, deductions, and attendance, as well as maintaining the HR database to ensure accuracy and confidentiality.

Through this role, I significantly improved my time management skills, learning how to prioritize tasks and deliver results efficiently, which is very similar to academic scheduling, but is much more demanding in a professional setting. Teamwork also took on new meaning for me; I learned to respect instructions from supervisors, thoughtfully support colleagues, and seek help when facing challenges, always considering the broader impact of my actions.

One of the most valuable lessons was applying the Labour Legislation in real-world scenarios. Handling resignation cases required me to interpret relevant legal provisions and ensure the rights of both the company and employees were protected. This practical legal knowledge has prepared me to confidently navigate complex situations in the future.

Overall, this internship deepened my understanding of human resources management and broadened my perspective on how organizations operate. The experience has laid a strong foundation for my career development, and I am eager to further explore the HR field.

HO Yee Kwan 何倚筠

Associate in Business
(Logistics and Supply Chain Management)
工商業副學士(物流及供應鏈管理)

Shangri-La, QingDao
青島香格里拉大酒店

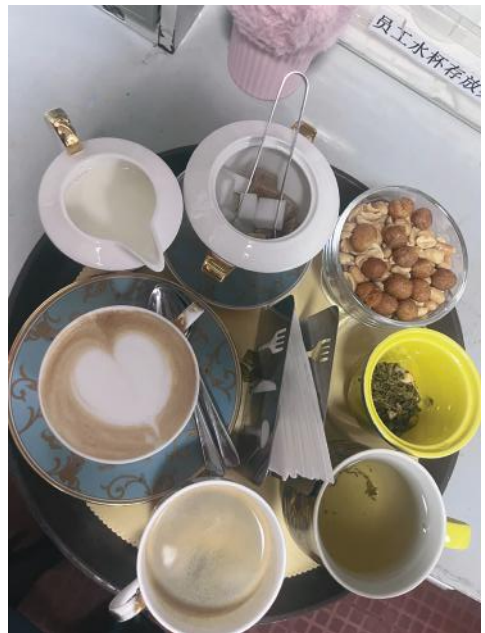
懷著對內地職場文化的好奇心，以及提升國語能力的目標，我踏上了這次實習之旅。這段經歷不僅讓我親身體會到當地的工作氛圍，也讓我專業技能和職場素養上獲得顯著提升。

在個人能力培養方面，嚴謹的培訓計劃讓我學會了如何高效分配時間；在餐飲部大廳酒廊的實務工作，特別是在客流高峰時段，我的團隊協作能力得到了很大的提升；而每日處理各類賓客需求與突發狀況的過程，不僅鍛煉了我的臨場應變能力，還大幅增強了我解決問題的技巧。

我在專業知識的積累同樣豐碩。我不但考取了消防安全認證資格，並對內地食品安全管理體系的運作有了更深入的認識。我的日常工作涵蓋多項服務：從賓客接待、咖啡沖泡、茶藝展示到調酒服務。值得一提的是，通過反覆練習，我熟練掌握了拿鐵拉花技巧，並掌握各類茶品特性與國際酒品知識。每當賓客對我的調飲表示讚賞時，那份專業認可帶來的成就感總讓我倍感鼓舞。

憑藉優質的服務，我成功邀請多位賓客留下好評，因此獲選為公司的「悅享大使」。雖然初期面臨語言溝通的挑戰，但通過主動練習與同事的協助，我逐步克服了這一障礙。

最珍貴的是，這次實習為我開啟了物流管理領域的大門。通過觀察主管操作SCM系統、實踐JIT管理模式以及參與倉庫管理的過程，我將理論知識與實務操作有效結合，這不僅深化了我對供應鏈管理的理解，更堅定了我在這個領域發展的職業志向。





Driven by curiosity about the workplace culture in mainland China and a desire to improve my Mandarin, I embarked on this internship journey with great anticipation. This experience not only gave me a first-hand understanding of the local working environment, but also helped me develop both my professional and personal skills.

The structured training program taught me efficient time management while working with the lobby lounge team, especially during busy hours, and has strengthened my teamwork and communication skills. Handling a variety of guest needs and unexpected situations each day greatly enhanced my ability to think on my feet and solve problems.

Apart from that, I also gained valuable professional knowledge. I obtained a fire safety certification and became familiar with the food safety management system in mainland China. My daily duties ranged from greeting guests, making coffee, and mixing drinks, to serving tea and cocktails. Through continuous practice, I mastered latte art, learned about different types of tea, and expanded my knowledge of international spirits. Every time a guest complimented my latte art or cocktails, I felt a real sense of accomplishment.

Thanks to my commitment to service, I encouraged guests to leave positive reviews and was proud to be named the “Joy Ambassador” of my company. Although I initially struggled with language barriers, I gradually overcame them by practicing and seeking help from colleagues.

Most importantly, this internship sparked my interest in logistics management. Observing my supervisor use the SCM system, apply JIT concepts, and manage the warehouse gave me a deeper appreciation of how classroom theories connect to real-world operations. This experience has solidified my career aspirations in logistics and supply chain management.

SAU Yuen Ming 仇炫明

Associate in Business (Tourism Management)
工商業副學士(旅遊管理)

Shangri-La Qiantan, Shanghai
上海前灘香格里拉酒店

回顧過去三個月在上海前灘香格里拉酒店的實習工作，時間雖短但獲益良多。我不但在實習過後對酒店行業有更深入的了解，還在工作過程中開拓了自己的視野，擴闊了社交圈子，同時也體驗到異地城市的魅力。

我的崗位是前廳部行政酒廊「豪華閣」的服務生。在日常工作上，我的最大得著就是學會如何與他人有效溝通，其中包括與同事協調及與客人交流，我亦有幸得到與社會上層人仕對話的機會，每一次的交流都讓我的視野更加開闊。

在實習過程中，有時也難免會遇上不少困難與阻礙。記得有一次遇上了一位需求較多的外籍客人，我充分發揮英語專長，結合所學服務技巧，盡力滿足客戶需求。

這次經歷讓我深刻體會到，高端飯店服務對細節的把控都可能成為客人難忘的體驗，我亦真切感受到酒店與款待業的挑戰性與魅力。我期望未來能持續在此行業繼續深耕，將專業知識轉化為更優質的服務，為每位客人創造難忘的入住體驗。





Reflecting on my three-month internship at the Shangri-La Hotel in Qiantan, Shanghai, it was a completely rewarding experience. I gained a deeper understanding of the hotel industry through hands-on experience, broadened my horizons by meeting diverse people, and experienced the charm of a different city.

I was assigned to the executive lounge, also known as the "Horizon Club." Working in the Horizon Club was a unique opportunity, as it integrates various functions in one place. Through daily operations, I learned how to communicate effectively with others, including coordinating with colleagues and engaging with guests. It also gave me the rare opportunity to interact with influential individuals such as CEOs of luxury brands, celebrity family members, and political figures, which greatly expanded my perspective.

During my internship, it was inevitable to encounter various challenges and obstacles. I still remember that there was a foreign guest with specific requirements, and I utilized my language skills and professional knowledge to meet the guest's requests as best as I could.

This experience taught me the importance of attention to detail when catering to high-end guests and helped me to discover the value of the hospitality industry. I hope to continue developing in this field and applying my expertise in practice.

SIU Kwai 蕭達

Associate in Business (Tourism Management)
工商業副學士(旅遊管理)

JEN Beijing by Shangri-La
JEN北京新國貿飯店

去年暑假，我有幸在JEN北京新國貿飯店展開為期三個月的實習。和許多款待專業的學生一樣，我會憧憬自己能在禮賓部迎接來賓。然而，當得知被分配到Beersmith餐酒吧時，滴酒不沾的我，心裡既緊張又不安，深知這將是一大挑戰。但最終，這段經歷卻成爲我人生中獨特且難忘的一課。

Beersmith位於外國人聚集的商業區，每天都有許多外籍顧客，讓我有機會充分展現語言天賦。來北京前，我特意學了一些不同語言的常用問候語，以表達對外賓的尊重。沒想到，大部分外國客人竟來自俄羅斯，於是我臨時學習了些俄語問候。最難忘的是，有希臘客人主動教我說希臘語的「謝謝」，當我之後用這句話和其他希臘客人打招呼時，他們還稱讚我的發音標準。這種跨文化的互動，成爲我實習過程中最精彩的片段，也讓我明白到很多寶貴的收穫其實來自服務之外的點滴互動。

此外，Beersmith的同事和主管也給予我極大的溫暖與支持。剛入職時，我對點餐系統不熟練，常常手忙腳亂，但同事總是耐心指導及不斷鼓勵我。這些肯定讓我更有動力，也讓我希望成爲團隊中值得信賴的一員。

在實習過程中，最令我頭疼的是向客人推薦酒品。由於自己完全不喝酒，因此對各類酒品一竅不通。調酒師知道後，他們使用額外的時間來教導我不同酒精飲品的獨特之處和味道。現在，我也能自信地向客人介紹酒品了。雖然這段實習與我最初的想像有所不同，但收穫卻遠超預期。從最初的焦慮與想家，到最後一天時的依依不捨，吧台的熱鬧氛圍、與世界各地客人的對話，以及團隊夥伴間的默契，都成爲我職場初體驗中最寶貴的部分。如果有機會，我一定會再次參加這樣的實習。





Last summer, I completed my summer internship at Hotel Jen Beijing by Shangri-La. There is no doubt that my first idea of working in a hotel is to become a part of concierge. However, I was assigned to work at the hotel's bar, Beersmith. As a non-drinker, I felt nervous and unsure about handling the job and customer interactions. It was certainly going to be a big challenge, but ultimately, my experience at Hotel Jen Beijing provided me with unique and memorable experiences.

It is easy to see European and American guests in Beersmith, which gave me wonderful opportunities to practice my language skills and learn some new languages. Before coming to Beijing, I had learned some basic expressions in different languages as a sign of respect, since foreign visitors often learn Chinese when they come to China. To my surprise, most foreign customers at Beersmith were actually Russian, so I picked up some Russian phrases during my internship. The most unforgettable moment was when I helped some Greek customers who later taught me how to say "thank you" in Greek. When I used this phrase with other Greek guests later, they complimented my accurate pronunciation. These interactions made me feel proud that my internship allowed me to learn beyond just service skills.

Beyond language learning, I was deeply touched by the warmth and support of my supervisors and colleagues at Beersmith. When I first started, I struggled with the ordering system and took longer to process orders, but my colleagues always encouraged me with simple affirmations like "good job". Their patience and kindness motivated me to work harder and strive to become a valuable member of the team.

My biggest challenge was recommending beers and cocktails to customers since I am not familiar with alcoholic drinks. Thankfully, the bartenders took time out of their breaks to give me a mini lecture about all kinds of beer, wine and cocktail options at Beersmith, explaining their unique characteristics. Thanks to their guidance, I gradually became more confident in making recommendations to customers.

Although my internship didn't turn out exactly as I had imagined, the experience far exceeded my expectations. I went from feeling anxious and homesick at the beginning, to not wanting my last day to end. The lively bar, the chance to meet people from around the world, and the camaraderie with my team made this an unforgettable chapter in my career journey. If given the opportunity, I would gladly participate in this internship again.

LAU Justin Christian 劉正言

Bachelor of Arts (Honours) in Business
(Operations and Supply Chain Management)
商業(榮譽)文學士(營運及供應鏈管理)

仁孚行有限公司
Zung Fu Company Limited

在仁孚工作期間，我深入了解了管理一系列令人印象深刻的汽車品牌的各個部門的運作。這次經驗不僅加深了我對汽車產業複雜性的理解，也凸顯了每個品牌採用的獨特市場方法。仁孚的產品組合包括梅賽德斯-奔馳和Smart等知名品牌，展示了使每個品牌脫穎而出的獨特策略。

我追蹤銷售、行銷、服務和物流等各個團隊，獲得了有關他們應對的動態挑戰的寶貴見解。例如，銷售團隊透過利用數據和尖端技術，熟練地適應不斷變化的市場條件和不斷變化的客戶偏好。他們在提供卓越客戶服務的同時加強推廣的承諾給我留下了深刻的印象。在行銷方面，我親眼目睹了有效定位每個品牌的創新策略，團隊與外部機構合作創造了引人入勝的廣告素材和敘事。

我的知識擴展到了服務部門，在那裡我觀察到技術人員利用先進技術有效地診斷和維護車輛。這次經驗增強了我對優質服務在培養長期客戶忠誠度方面的關鍵作用的信念。



一個突出的時刻是與仁孚首席執行官共進午餐，這極大地塑造了我對領導力的看法。他坦誠地討論了他所面臨的挑戰，包括經濟衰退和永續發展日益重要的問題。他對領導適應性以及培養創新和開放溝通文化的必要性的見解令人大開眼界。我意識到，高效的領導者會親力親為，與團隊深入互動，並積極主動地合作應對挑戰。

此外，我對奧比斯盲文計畫的參與增強了我對社區參與的讚賞。透過了解運作上的細微差別，我成功地將我們的募款工作與視障社區的真正需求結合。與行銷團隊的合作對於推廣我們的慈善拍賣至關重要，確保我們的訊息具有影響力並推動參與。後勤部門的專業知識對於活動的順利進行發揮了重要作用，凸顯了跨部門團隊合作不可否認的力量。



During my time at Zung Fu, I took a deep dive into the operations of various departments managing an impressive array of car brands. This experience not only sharpened my understanding of the automotive industry's complexities but also highlighted the distinct market approaches each brand employs. Zung Fu's portfolio, which includes renowned names like Mercedes-Benz and Smart, demonstrates the unique strategies that set each brand apart.

I shadowed teams across sales, marketing, service, and logistics, gaining invaluable insights into the dynamic challenges they tackle. For instance, the sales team adeptly adapts to shifting market conditions and evolving customer preferences by leveraging data and cutting-edge technology. Their commitment to enhancing outreach while delivering exceptional customer service genuinely impressed me. In marketing, I witnessed the innovative strategies that effectively position each brand, as the team collaborated with external agencies to create captivating advertising materials and narratives.

My knowledge extended to the service department, where I observed technicians utilizing advanced technology to diagnose and maintain vehicles efficiently. This experience reinforced my belief in the critical role of quality service in fostering long-term customer loyalty.

A standout moment was sharing lunch with the CEO of Zung Fu, which significantly shaped my perspective on leadership. He candidly discussed the challenges he has navigated, including economic downturns and the increasing importance of sustainability. His insights on adaptability in leadership and the necessity of cultivating a culture of innovation and open communication were eye-opening. I realized that effective leaders are hands-on, deeply engaged with their teams, and proactive in addressing challenges collaboratively.

Additionally, my involvement in the Orbis Braille initiative amplified my appreciation for community engagement. By understanding the operational nuances, I successfully aligned our fundraising efforts with the genuine needs of the visually impaired community. Collaborating with the marketing team was pivotal in promoting our charity auction, ensuring our messaging was impactful and driving participation. The logistics department's expertise was instrumental in executing the event smoothly, underscoring the undeniable power of teamwork across departments.

AU Tsoi Yee

歐采頤

Bachelor of Arts (Honours) in Hospitality Management
款待業管理(榮譽)文學士

Hong Kong Disneyland
香港迪士尼樂園

在香港迪士尼樂園半自助餐廳工作的兩年，讓我學到了許多餐廳營運和賓客服務的重要技能，例如團隊合作、溝通技巧和適應能力。作為服務員，每天的工作都充滿不同的挑戰，而在克服挑戰的過程中，我更加堅定了自己對款待行業的熱情，以及為客人創造難忘體驗的動力。

我印象最深刻的一次挑戰，是餐廳在舉辦特別活動時突然迎來大量賓客，而當天人手卻相對不足。我和同事們緊密合作，迅速調整分工，互相支援，最終在高壓環境下成功保持高質素的服務。這次經歷讓我深刻體會到團隊合作的力量，也讓我在困難情況下依然能為賓客帶來美好體驗而感到滿足。

在與賓客的日常互動中，我認識到清晰的溝通是提供卓越客戶服務的關鍵。有一次，由於我沒有仔細查看，錯將一件我以為是垃圾的物品收走，結果造成了誤會。這次經歷促使我檢討並改進自己的溝通習慣，例如在與客人交談時更靠近、主動詢問並確保表達清楚。這些調整讓我與賓客的互動變得更加順暢，也讓我對服務細節有了更敏銳的觀察力。

在迪士尼工作的最大收穫，是與人建立真誠的互動。無論是賓客對我幫忙拍照後的笑容和稱讚，還是同事對我努力的認可，這些都讓我體會到幫助他人的快樂和成就感。這段經歷不僅增強了我的專業能力，更進一步加強了我對款待行業的熱誠。我期望未來能夠運用這些經驗，繼續在這行業為每一位賓客創造更多奇妙回憶。





During my two years as a server at the semi-buffet restaurant in Hong Kong Disneyland, I developed essential skills in restaurant operations, dining organizing, teamwork, communication, and adaptability. Each shift brought new challenges, and overcoming them only strengthened my dedication to the hospitality industry and my passion for creating memorable experiences for every guest.

One particularly memorable challenge arose during a special event when our restaurant was suddenly overwhelmed by an unexpected surge of guests while we were short-staffed. Working closely with my colleagues, we quickly reorganized our tasks and supported each other, ensuring that we maintained high service standards while keeping the pressure at bay. This experience was a vivid reminder of the power of teamwork and the satisfaction that comes from delivering excellent guest experiences, even under demanding circumstances.

Through daily interactions with guests, I also learned that the key foundation in delivering outstanding guest service depends on maintaining clear communication. On one occasion, I mistakenly removed an item I thought was trash, only to find it belonged to a guest. This incident taught me to improve my communication habits by leaning in when speaking to seated guests, asking clarifying questions, and expressing myself more clearly. These adjustments significantly improved my interactions with guests and heightened my awareness of the subtleties involved in customer service.

The most valuable lesson I gained from my time at Hong Kong Disneyland was the importance of building genuine connections with people. Whether receiving a heartfelt thank-you from a guest for taking a beautiful photo or being recognized by colleagues for my dedication, I found great joy in making others happy. This experience not only gave me a sense of personal fulfillment but also deepened my enthusiasm for the hospitality industry. I look forward to continuing to use my skills and experiences to contribute to the magic of guest experiences in the future.

CHEUNG Hoi Lin

張凱蓮

Bachelor of Business Administration
(Honours) in Accountancy
會計學 (榮譽) 工商管理學士

Forvis Mazars CPA Limited
富睿瑪澤會計師事務所有限公司

去年夏天，我有幸在富睿瑪澤會計師事務所有限公司的會計及外包服務部門實習。在為期三個月的實習中，我熟練掌握了雲端會計系統 Xero 的操作與應用，這對我而言是一項全新的技能提升。我的工作內容涵蓋了處理客戶全套帳務、管理銀行交易與對帳、協助進行月度及年度財務結算，並參與年終審計相關的支援工作。

我在實習期間最具挑戰性的任務，是協助一位資料不完整的客戶完成年終結算。我發現其支出分類存在系統性錯誤，且帳目記錄過於簡略，難以進行追溯。為釐清問題，在經理的指導與覆核下，我主導了與客戶的溝通流程，系統性地梳理問題並多次撰寫郵件進行詳細確認。經過一個多月的反覆溝通，我最終成功協助客戶理順帳目，順利完成結算。



整個實習過程中，經理和同事們給予了我大量的指導與充分支持，讓我收穫了許多課本以外的寶貴知識。此外，得益於公司的法國背景，我還有幸與同事一同參與法國文化協會的活動，親身體驗製作法式甜點朗姆巴巴，豐富了跨文化體驗。

這次實習經歷不僅深化了我對會計基礎知識重要性的理解，也讓我將課堂所學運用到實際工作中。最重要的是，它堅定了我投身會計行業的熱情與信心，讓我對當初選擇會計專業充滿篤定，毫不動搖。



Last summer, I interned in the Accounting & Outsourcing Department at Forvis Mazars CPA Limited. Over nearly three months, I learned to use the cloud accounting system Xero, which was a brand-new skill for me. My responsibilities covered a full set of accounts assignments, bank management services, supporting year-end procedures, and assisting with monthly and annual accounting tasks.

One of the biggest challenges I faced was providing year-end support to a client who submitted incomplete information. I identified misclassified expenses and found the accounts too simplified to interpret. To resolve this, I proactively drafted detailed inquiry emails outlining the discrepancies. These communications, reviewed and approved by my manager, facilitated structured dialogue with the client. After more than a month of back-and-forth, I successfully rectified the classification errors, enabling the timely and accurate completion of the year-end closing.

I am truly grateful to my manager and teammates for their invaluable guidance and unwavering support throughout the internship. They taught me so much beyond what I could learn from textbooks. Thanks to the company's French background, I was honored to be invited to make Baba au rhum with my colleagues at the French Cultural Association, which was a memorable experience.

This internship reinforced the importance of having a solid foundation in accounting and gave me the chance to apply classroom knowledge to real-world situations. It also confirmed my passion for the accounting field, and I have no regrets about choosing it as my major.

WONG Chun Hei

黃鎮希

Bachelor of Business Administration
(Honours) in Accountancy
會計學 (榮譽) 工商管理學士

WWC Professional Corporation Limited
黃黃張專業有限公司

在WWC會計師事務所為期兩個月的審計實習中，我深入參與了真實的審計工作，例如執行分錄測試、從總帳抽樣核查交易等。

這段實習大幅提升了我的團隊合作與解難能力。參與客戶年度審計時，我能按時高效地完成任務，並在遇到疑問時主動向同事請教，確保工作準確無誤。

實習初期，許多審計流程對我來說都較為陌生，畢竟這是我第一次接觸專業審計工作。為了盡快適應，我積極向資深同事請教，並利用空閒時間翻閱以往的審計底稿以補充專業知識。

最讓我印象深刻的是，有一次需要在兩萬條賬目中篩選特定交易記錄。當時我只會用基本功能，同事便耐心教我使用高級篩選功能，演示如何設置多重條件，如「日期範圍」及「金額區間」，幫助我精準且高效地找到所需數據。



這次實習更加堅定了我成為註冊會計師的目標，並使我深刻認識到審計對企業合規營運的重要性。未來，我希望運用專業知識協助更多機構規避財務風險，維護市場秩序和投資者的信心。



During my two-month internship as an audit intern at WWC CPA, I gained hands-on experience in practical audit work, including performing posting tests (JE tests), sampling transactions from the general ledger, and more.

This experience greatly enhanced my teamwork and problem-solving skills. While working on a client's annual audit, I consistently completed tasks on schedule and proactively consulted colleagues whenever uncertainties arose, ensuring both efficiency and accuracy in my work.

At the beginning, I was unfamiliar with many audit procedures since this was my first exposure to practical auditing beyond academic coursework. To adapt quickly, I actively sought guidance from senior team members and reviewed prior audit working papers during my spare time.

One of the most memorable experiences occurred when I needed to filter specific transaction records from over 20,000 accounts. Initially, I only knew basic functions, but a colleague taught me how to use advanced filtering techniques. By setting multiple conditions such as "date range" and "amount range", I was able to identify the target data efficiently and accurately.

This internship solidified my aspiration to become a certified public accountant. I had a deeper appreciation for the importance of auditing in supporting corporate compliance. Looking ahead, I hope to leverage my expertise to help organizations mitigate financial risks and uphold market integrity and investor confidence.

LEUNG Lok San

梁樂燊

Bachelor of Business Administration (Honours) in
Innovation and Design Management
創新及設計管理(榮譽)工商管理學士

DefyPay

2024年6月至12月，我在 DefyPay 擔任業務發展實習生。該公司利用區塊鏈技術，為建築行業打造透明、高效、可追溯的工資支付平台。我負責的工作涵蓋業務拓展、數據分析及系統優化等多項工作，這是一段全面且充實的學習經歷。

實習期間，我大大提升了時間管理、團隊協作和問題解決能力。參與跨部門項目並在緊湊時間內交付成果，讓我學會如何有效規劃時間及鍛煉清晰溝通的能力。

我參與的其中一個重點項目是協助推廣基於區塊鏈的工資支付系統，旨在提升建築工人及分包商的支付透明度與效率。我還負責用戶數據的整理與分析，為市場策略提供參考依據，並協助設計和優化系統功能，確保智能合約支付流程順暢及保障數據安全。

我遇到最大的挑戰是向沒有技術背景的客户解釋區塊鏈技術，例如企業客户及分包商。為了解決這個問題，我製定了簡單易明的溝通策略及利用可視化工具，幫助他們理解這項技術的優勢。

這段實習讓我深入認識到技術與建築行業的結合，並學會了利用區塊鏈解決支付延誤等實際問題，以及如何通過創新提升行業效率與信任。這段經歷進一步確立了我在技術驅動行業中從事業務發展工作的職業目標。

我最難忘的時刻是受到香港數碼港邀請，在結業禮上分享我的實習經歷，回顧我對DefyPay和區塊鏈生態系統的貢獻，讓我倍感自豪與鼓舞。





From June to December 2024, I worked as a Business Development Intern at DefyPay, a company leveraging blockchain technology to revolutionize the construction industry with a transparent, efficient, and traceable payroll platform. My role encompassed tasks across business development, data analysis, and system optimization, offering me a well-rounded and immersive learning experience.

Throughout my internship, I honed essential skills such as time management, teamwork, and problem-solving. Working on cross-functional projects with tight deadlines taught me to prioritize effectively and communicate clearly among team members.

A highlight of my internship was assisting in the promotion of blockchain-based payroll system, which aims to improve payment transparency and efficiency for construction workers and subcontractors. I also analyzed payment and user data to generate actionable insights for market strategies, and contributed to designing and optimizing system functions to ensure smooth smart contract transactions and robust data security.

The greatest challenge I faced was explaining blockchain concepts to non-technical stakeholders, such as corporate clients and subcontractors. To address this, I developed simplified communication strategies and visual aids, making the technology more accessible and relatable.

This experience deepened my understanding of the intersection between technology and the construction sector. I witnessed firsthand how blockchain can address real-world issues like payment delays and foster greater efficiency and trust. The internship reinforced my ambition to pursue a career in business development within tech-driven industries.

One unforgettable moment was being invited by Hong Kong Cyberport to share my internship journey at their graduation ceremony. It was a proud moment to reflect on my contributions, not just to DefyPay but also to the broader blockchain ecosystem.

YEUNG Hoi Ting

楊凱婷

Associate in Chinese Language and Literature
中國語言及文學副學士

Guangzhou Nanyue International
Travel Agency Co., Limited
廣州南粵國際旅行社有限集團

2023年6月至7月，我有幸在廣州南粵國際旅行社研發部擔任行程策劃，開啟為期兩個月的實習。我的主要職責涵蓋旅行規劃，其中包括對國內遊學目的地進行深入調研，設計完整的旅遊路線及簡報，並將這些資訊通過公司微信平台推送給客戶。同時，我也會根據客戶需求，為其量身訂做專屬的私人行程，並親自與客戶溝通和對接。

這段實習經歷大大提升了我的團隊協作和溝通能力。我時常與同事攜手合作、共同推進項目，彼此間也給予很多支持與幫助。此外，我在解決問題方面也有明顯成長，遇到突發挑戰時，能夠保持冷靜，仔細分析問題並有條理地尋找最佳解決方案。

實習期間，我最難忘的一段經歷是為一位客戶策劃高中生赴本地大學參加專題研學活動。由於疫情影響，校方一開始不允許外來人員進入校園，但我們團隊沒有放棄，持續與校方溝通協調，最終順利促成了活動的落地，並獲得客戶的高度肯定。這次經歷讓我深刻體會到團隊合作的力量，也明白了只要堅持和善用創意，難題終能迎刃而解。





From June to July 2023, I had the opportunity to intern at Guangzhou Nanyue International Travel Agency Co., Limited., where I worked as a planner in the Research and Development Department. My main responsibilities included researching domestic study tour destinations, designing detailed PowerPoint presentations for tour routes, and distributing these materials to clients via the company's WeChat platform. I also worked directly with clients, specializing in crafting customized private itineraries to meet their specific needs.

This experience greatly enhanced my collaboration and communication skills, as I frequently partnered with colleagues to execute projects and support one another. My problem-solving abilities were also put to the test and strengthened, I learned to stay calm, think critically, and approach unexpected challenges with a systematic mindset to find effective solutions.

One of my most memorable achievements was coordinating a specialized research program for high school students at a local university. Initially, pandemic restrictions prevented external visitors from entering the campus, but our team persisted, maintaining close communication with university officials until we found a workable solution. In the end, the program was carried out smoothly and received excellent feedback from our client. This experience not only highlighted the power of teamwork, but also taught me the value of perseverance and creative problem-solving in overcoming obstacles.

WONG Wa Ki 黃樺淇

Bachelor of Engineering (Honours) in Electrical Engineering
電機工程學(榮譽)工學士

Housing Department
房屋署

去年暑假，我得到在房屋署實習的機會，這是一段非常寶貴的學習經歷。在為期三個月的實習中，我被分派到屋宇設備部門，並有幸參與多個項目。

實習初期，由於對運作流程不熟悉，令我在處理文件和協助會議進行時感到有些手足無措。但隨著時間推移，我逐漸適應了工作環境，並學會如何與同事高效合作。我積極向上司及前輩請教工程知識、行業運作及他們過往的經驗。他們的指導讓我能夠將課堂所學應用於實際工作當中，例如計算發電機容量、審查大廈電力分配、分析建築物能源使用等，這大大加深了我對行業的認知及工程知識實踐的理解。

我的上司會與我分享他在緊急情況下親自到

屋邨協助恢復供電的經歷，至今仍難以忘懷那些居民在電力恢復後露出的笑容和感激之情。他對華富邨重建安置項目的熱誠也深深感染了我，他反覆檢視設計，並與不同部門定期開會，監察工程進度。這讓我明白到，即使自己身處辦公室，也能對社會和市民帶來重要的影響。

這次實習不僅加深了我對工程和行業的實際認識，也為我的職業規劃提供了更明確的方向和目標。





Last summer, I had the invaluable opportunity to intern at the Housing Department, where I was assigned to the Building Services Division and actively participated in several projects.

In the early days of my internship, I felt somewhat overwhelmed when handling documents and assisting in meetings. This was due to my unfamiliarity with the operational processes. However, as time went on, I gradually adapted to the work environment and learned to collaborate effectively with my colleagues. I took the initiative to ask my supervisors and senior staff about engineering knowledge, industry practices, and their personal experiences. Their guidance helped me bridge the gap between theory and practice, allowing me to apply what I learned in school to real tasks such as calculating generator sizes, reviewing building power allocations, and analyzing energy usage in buildings. This significantly deepened my understanding of the industry and the practical application of engineering concepts.

My supervisor once shared with me how he went to a housing estate during an emergency to assist in restoring power. He recalled the residents' smiles and heartfelt gratitude, an experience he cherishes to this day. His dedication to the Wah Fu Estate redevelopment and resettlement project was also inspiring; he constantly reviewed designs and coordinated with various departments to monitor project progress. This made me realize that even from an office setting, I could make a meaningful impact on society and the public.

This internship not only reinforced my practical understanding of engineering and the industry but also provided me with clearer direction and goals for my future career planning.

LI Jinpeng 李錦朋

Bachelor of Engineering (Honours) in
Mechanical Engineering
機械工程學(榮譽)工學士

Fugro Technical Service Ltd. (Material Lab)
輝固技術服務有限公司

在輝固技術服務公司材料實驗室的實習經歷，是重塑我專業認知的蛻變之旅。初入實驗室時，面對精密儀器的複雜操作與自身專業知識的不足，我曾感到惶恐與不安，然而，正是這些挑戰，意外地成為我成長的關鍵契機。

與多元背景團隊的協作讓我深刻體會到清晰溝通與互助的重要性。記得有一次材料測試出現異常結果，團隊一起集思廣益，最終找出問題根源並成功解決，這些經驗不僅完善了我的系統性思維，更大幅提升我的解難能力。

除了團隊合作，我也精進了專業技術操作能力。從材料成分分析到強度評估，我熟練掌握了多種實驗設備的操作及各類檢測流程。這些實戰經驗不僅增強了我的自信，更讓我加深對材料科學的理解。

我在實習期間亦面對不少有關專業術語與陌生流程的挑戰，透過主動向導師請教，我逐步學會獨立作業。這種自主性不僅強化了我的技術執行力，更培養了嚴謹的職業素養。

這段實習經歷讓我明白適應力和持續學習在職場上的重要性，更為我的履歷增添在實驗室的實操經驗。回顧這段歷程，它為我的職涯打下了堅實基礎，賦予我信心迎戰未來的挑戰。





During my internship at the Materials Lab of Fugro Technical Services Limited, I embarked on a transformative journey that shaped my professional identity. At first, I felt overwhelmed by the complexity of the lab environment and my limited technical knowledge. However, this challenge became a turning point in my growth.

Collaborating with a diverse team taught me the importance of clear communication and mutual support. When our team encountered unexpected results during a complex materials testing project, we worked together to identify the root cause and develop effective solutions, which significantly improved my problem-solving abilities.

In addition to teamwork, I also sharpened my technical skills, becoming proficient in using various laboratory equipment and conducting tests, from material composition analysis to strength evaluations. These hands-on experiences not only boosted my confidence but also deepened my understanding of material science.

Facing technical jargon and unfamiliar procedures was challenging, but with guidance from my mentors, I gradually learned to work independently and take ownership of my tasks. This independence strengthened my technical abilities and sense of responsibility.

The insights I gained were invaluable. I realized the importance of adaptability and continuous learning in a professional setting.

Moreover, this internship also enhanced my resume, demonstrating my ability to thrive in a fast-paced, technical environment. Looking back, this experience laid a solid foundation for my future career, equipping me with essential skills and the confidence to tackle new challenges.

PONG Zhun Log

彭晉樂

Bachelor of Engineering (Honours) in
Mechanical Engineering
機械工程學(榮譽)工學士

Associated Engineering Ltd
聯誼工程有限公司

在聯誼工程有限公司的實習，為我提供了寶貴的實踐經驗。這段實習讓我培養了時間管理、團隊合作和解決問題等關鍵技能。

我被分配到樓宇維修裝置團隊，參與了多個專案，其中包括北區社區健康中心、社會福利設施及政府聯合辦公大樓。我的主要工作是協助吊船系統的運送、安裝和維護。由於天台環境經常變動，我需要頻繁修改電腦輔助設計模型，這大大提升了我的 AutoCAD 技能和項目管理能力。

實習期間最大的挑戰，是需要同時處理多個不同階段的專案，這很容易產生混淆。為了克服這個困難，我會把每個項目的細節記錄在筆記本上，並經常請示我的上司確認，這有效提升了我的工作效率，並盡可能減低錯誤發生。

這次經歷加深了我對施工流程的認識，特別是現場協作的重要性。參觀工地讓我學習到許多專業術語和觀察到即時的工作流程，這些都是在學校或辦公室難以接觸到的。

最令我印象深刻的是，工地艱苦的環境與獲得的知識形成鮮明的對比。作為承包商，我經常需要到現場協作、檢查環境和管理工程進度。儘管與辦公室相比，在施工现场的工作總是很艱苦，但收穫卻遠超想像，令每一次經歷都別具意義。





The internship at Associated Engineers Limited provided me with an invaluable opportunity to gain hands-on experience in the construction engineering field. Throughout the internship, I developed key skills, including time management, teamwork, and problem-solving.

I was assigned to the building maintenance unit, where I participated in several projects, including a community health centre with social welfare facilities and a joint-user government office building. My responsibilities included assisting with the delivery, installation, and maintenance of gondola systems. Due to frequent changes in rooftop designs, I often had to revise CAD models, which significantly enhanced my AutoCAD and project management skills.

One major challenge was working on multiple projects at different stages simultaneously, which could easily become confusing. To address this, I diligently recorded project details in my notebook and regularly consulted with my supervisor, which improved my efficiency and minimized errors.

This experience deepened my understanding of construction processes, especially the importance of on-site collaboration. Visiting construction sites exposed me to real-world workflows and technical terminology that cannot be learned in classrooms or offices.

A particularly memorable aspect was the stark contrast between the demanding site environment and the valuable knowledge gained. As a subcontractor, I frequently visited sites to coordinate, inspect conditions, and monitor progress. Although site conditions were much tougher than the office, the learning outcomes were far greater, making each visit uniquely rewarding.

ZHOU Wing Kiu

周咏翹

Bachelor of Engineering (Honours) in
Mechanical Engineering
機械工程學(榮譽)工學士

Hyatt Centric Victoria Harbour Hong Kong
香港維港凱悅尚萃酒店

我曾在香港維港凱悅尚萃酒店工程部擔任實習生，讓我有機會學到了許多課堂上沒有接觸過的知識，特別是酒店的暖氣、通風和空調系統(HVAC)和基礎消防系統的運作。

實習期間，我多次參與了酒店的消防演習，對消防系統的運作有了更深入的認識。每次演習前，我們都需要關閉自動灑水系統，並集中測試廣播警報、火警鐘和緊急照明。演習通常會選定三個樓層進行測試，同時隔離其他樓層的消防系統，以確保演練不影響正常運作。這些實際操作讓我體會到酒店消防系統的複雜性，例如煙霧探測器、灑水器 and 火警警報等各個環節的協同作用。

在實習過程中，最大的挑戰是要熟悉酒店關鍵設施的位置，例如電氣室、控制室、冷水機泵房和冷卻塔等。為此，我利用空餘時間自發進行動線勘察，反覆記憶路線，花了一個星期才將所有地點記熟。

這次實習讓我受益匪淺，不僅接觸到全新領域的知識，更能將所學應用於實踐當中。這段實務經驗讓我對這個行業產生更濃厚的興趣，也為未來的職涯發展奠定了信心。





During my internship, I worked as a trainee in the Engineering Department at the Hyatt Centric Victoria Harbour Hong Kong. This experience allowed me to gain practical knowledge beyond what I had learned in my academic program, particularly in hotel HVAC (heating, ventilation, and air conditioning) systems and basic fire safety systems.

I had the opportunity to participate in several hotel fire drills, which deepened my understanding of fire protection systems. Before each drill, we would deactivate the fire sprinkler system and focus on testing the broadcast alarms, fire bells, and emergency lights. Each session involved testing three floors while isolating the fire system on the other floors. Through this hands-on experience, I realized how complex hotel fire safety systems are, including the roles of smoke detectors, sprinklers, and alarms.

One of the challenges I faced was familiarizing myself with the key areas of the hotel, such as electrical rooms, control rooms, and the locations of the chiller pumps and cooling towers. To overcome this, I spent my free time walking around the hotel to memorize all these locations, which took about a week.

I enjoyed this internship very much. It exposed me to areas of knowledge I had never encountered before and allowed me to apply what I had learned in practice. The practical experience made me appreciate the profession even more and fueled my interest in this field, while giving me greater confidence as I prepare for my future career.

LEE Wing Chun 李穎俊

Bachelor of Science (Honours) in
Building Engineering and Management
建築工程及管理學(榮譽)理學士

China State Construction
Engineering (Hong Kong) Limited
中國建築工程(香港)有限公司

我在中國建築工程(香港)有限公司完成了為期176小時的實習，有幸參與了香港浸會大學「CARE舍堂村」的相關項目。這個融合學生宿舍與音樂教學大樓的區域，成為我將理論轉化為實踐的最佳場所。透過實地參與，我不僅掌握了施工現場的運作節奏，更在執行空拍攝影、進度管控與物料管理等實務工作中，切身體會到建築工程的多樣性與複雜性。

實習期間最令我印象深刻的是參與消防安全檢查。在資深工程師帶領下，我實際參與了整套消防設備的檢測流程：從校核灑水頭安裝間距、測試煙感探測器靈敏度，到驗證緊急照明系統的供電轉換，每個環節都需嚴格對照建築條例與設計規範。記憶猶新的是操作消防泵浦壓力測試時，我們必須反覆調校壓力參數，確保系統能在緊急狀態下維持法定水壓要求。這些實作經驗讓我真切體會到，建築安全正是建立在這種一絲不苟的專業堅持之上。

這段實習經歷最珍貴之處，在於讓我見識到工程專業的嚴謹本質。每項檢測數據的背後，都承載著對生命安全的責任。這種追求精準的職業態度，不僅堅定了我從事建築工程事業的決心，也為我未來的職涯發展奠定了堅實的基礎。





I completed a 176-hour internship at China State Construction Engineering (Hong Kong) Limited, where I was assigned to the Village CARE project at Hong Kong Baptist University—a development comprising a student residence and a music teaching block. Through field observation and hands-on participation, I gained a clear understanding of day-to-day site operations. By collaborating closely with colleagues and supervisors, I successfully handled on-site photography, drone operations, progress tracking, and materials inventory. These responsibilities gave me first-hand insight into the diversity and complexity of construction projects.

A highlight of the internship was participating in fire safety inspections. I observed how the team verified fire protection systems, including sprinklers, smoke detectors, and emergency lighting, conformed to design drawings and statutory requirements. For example, we checked the correct installation of sprinklers and smoke detectors, and tested emergency lights and exit signs to ensure proper operation under emergency conditions. I also assisted in testing the fire pumps, using pressure-testing equipment to measure system pressure against regulatory benchmarks. This confirmed that the pumps could deliver sufficient pressure to support the sprinkler system during an emergency. The process underscored how every detail of a fire safety system must be rigorously executed in accordance with code to ensure building safety.

This internship provided me with invaluable practical experience, especially in fire safety, and reinforced the importance of precision and accountability in engineering. It strengthened my commitment to a career in construction engineering and equipped me with the foundational skills and perspectives essential for my professional development.

WONG Ching Hei

黃政晞

Bachelor of Science (Honours) in
Building Engineering and Management
建築工程及管理學(榮譽)理學士

Sanfield (Management) Limited
新輝(建築管理)有限公司

從2024年6月24日到8月23日，我在新界西沙地區的Sanfield(管理)有限公司實習，總計396小時。我的任務集中在西沙C區，包括Go Park和社福中心。這段經歷讓我探索了多個工程領域，包括建築工程和土木/結構工程。

在實習期間，我學習了多項重要技能。時間管理至關重要，因為我處理了許多活動，包括BIM培訓和現場考察。團隊合作成為協作任務中的重要組成部分，解決問題的能力亦是透過我在現場遇到的真實情況培養起來的。其中一個最難忘的經歷是BIM培訓，使我能夠掌握Revit和Navisworks等軟體。我生成了逼真的3D建築模型，並利用碰撞檢測來解決設計問題。此外，物業交接的現場考察讓我了解了質量保證標準和交接程序的複雜性。

在實習期間，我在適應施工文件和檢查標準的複雜性上遇到了一些困難。具體的法規和標準可能會讓人感到壓力。為了解決這個問題，我積極向經驗豐富的同事尋求建議，他們提供了重要的見解。這種方法不僅提高了我的信心，也改善了我在現場的整體效率。



這次實習讓我對建築行業有了寶貴的見解，特別是合作與注重細節的重要性。它確認了我的工程職業目標，強調了持續學習和適應的必要性。

一次特別難忘的經歷是在現場檢查時操控無人機，這既令人興奮又開闊了我的視野。在探索遼闊的西沙地區時，我從各個角度拍攝了驚艷的照片，獲取了獨特的景觀視野。這次經歷讓我更加關注環境因素，如天氣和障礙物，以及操作安全的必要性。它強調了在無人機操作中謹慎規劃與決策的重要性，這也是我實習的一個亮點。整體而言，我在Sanfield的經歷是有利的，拓寬了我的技術技能，並影響了我在建築領域的未來目標。



From June 24 to August 23, 2024, I interned with Sanfield (Management) Limited in the Sai Sha region for 396 hours total. My assignment focused on Sai Sha C, which includes Go Park and the Sz Heung Welfare Center. This experience allowed me to explore a variety of engineering fields, including Building Engineering and Civil/Structural Engineering.

During my internship, I learnt multiple important skills. Time management was essential as I handled many activities, including BIM training and site visits. Teamwork became an important component during collaborative tasks, and problem-solving abilities were developed through real-world situations I encountered on-site.

One of the most memorable experiences was the BIM training, which allowed me to become capable in software such as Revit and Navisworks. I generated realistic 3D building models and used clash detection to address design problems. Furthermore, site visits for property handovers helped me acquire quality assurance standards and the complexities of the handover procedure.

During my internship, I struggled to adjust to the complexity of construction documentation and inspection standards. The specific regulations and standards may be stressful. To address this, I actively sought advice from experienced colleagues, who provided significant insights and clarification. This method not only increased my confidence, but it also improved my overall efficiency in the field.

This internship provided invaluable insight into the construction industry, especially the value of collaboration and attention to detail. It confirmed my engineering career goals, emphasizing the importance of constant learning and adaptation.

A particularly memorable experience was flying a drone during site inspections, which was both thrilling and eye-opening. As I explored the huge Sai Sha area, I took stunning photos from all angles, acquiring a unique view on the landscape. This experience made me more mindful of environmental aspects like weather and obstacles, as well as the need for operating safety. It underlined the importance of careful planning and decision-making in drone operations, and it was a highlight of my internship. Overall, my experience at Sanfield was beneficial, broadening my technical skills and influencing my goals for the future in construction.

LAM Wing Tung

林穎彤

Associate in Applied Social Sciences
(Counselling for Social Services)
應用社會科學副學士(社會服務輔導)

Folk Culture & Education Co. Limited
國風教育文化

我目前正修讀社會服務輔導課程，這個領域注重運用社交能力與不同群體建立聯繫。同時，我也期望未來能投身教育事業，特別為有特殊教育需求的兒童提供服務。在實習期間，我學會了獨立工作，更透過創意思考與學生建立良好關係。這段經歷也讓我累積了搭建活動攤位、引導兒童參與教育活動的實務經驗。

當中有兩個項目令我印象深刻。第一個是在一所學校舉辦攤位活動，從材料準備到現場佈置，都需要由我親自負責，這對我來說是全新的挑戰。活動中，我遇到了一些有特殊需求的學生，例如行動不便或有溝通困難的兒童。通過觀察他們的需要，我學會及時調整自己的方式以吸引他們的注意力，最終實現了有效的互動交流。

另一次是帶領學生進行中國傳統剪紙課程。當天學生人數不僅超出預期，教室投影機又突然故障，導致無法按計劃展示剪紙步驟。在求助未果後，我立即改變教學方式，讓所有學生圍成一圈近距離觀摩，最終順利完成課堂。這次經驗讓我深刻體會到靈活應對和獨立解決問題的重要性。



透過這些實踐，我培養了與兒童溝通和獨立工作能力，為未來投身青少年輔導工作奠定了堅實的基礎。這些經驗也讓我體會到，根據不同情況調整溝通方式，能顯著提升互動參與。這段實習經驗對我而言彌足珍貴，至今仍是我職涯中最難忘的寶貴經歷。



I am currently studying counseling for social services, a field that emphasizes strong interpersonal skills to connect with people from diverse backgrounds. I hope to work with children in the future, especially those with special educational needs. During my internship, I learned to work independently, think creatively, and develop strategies to build rapport with students. I also gained hands-on experience by setting up activity booths and engaging children in educational activities.

Some projects were particularly meaningful to me. The first was when I took full responsibility for preparing event materials and setting up an activity booth at a school, this was a completely new experience for me. There, I met students with special needs, such as children with physical disabilities or those who faced challenges in communication and mobility. By observing their needs, I learned how to adapt my approach and interact with them effectively.

Another memorable experience was leading a traditional Chinese paper-cutting class. More students attended than I expected, and the classroom projector suddenly stopped working, so I couldn't demonstrate the steps as planned. After failing to get help, I quickly changed my approach and invited all the students to gather around for a closer look. This experience taught me the importance of flexibility and independent problem-solving.

Through these experiences, I have developed strong skills in connecting with children and working independently, which have laid a solid foundation for my future career in youth counseling. These experiences have also shown me how adjusting my communication style according to different situations can greatly enhance engagement.

This internship has been incredibly valuable to me and remains one of the most unforgettable and precious experiences in my career journey.

CHAN Ka Yi

陳嘉怡

Bachelor of Arts (Honours) in Media and Communication Design
媒體及傳意設計(榮譽)文學士

Three Workshops
三工作坊

《從挫敗到成長：我在Three Workshops的設計實習之旅》

實習初體驗

我有幸透過學院講師推薦，在Sem Break期間加入Three Workshops擔任設計實習生。我的日常工作主要負責製作宣傳貼文，並參與了蛇年運勢卡的设计專案。

挑戰與自我懷疑

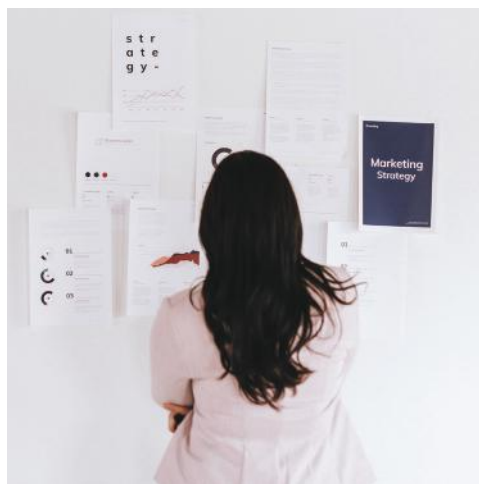
起初，我常因未能準時完成任務或作品效果不如預期而感到挫敗，甚至懷疑自己是否適合這個行業，有時我更會犯下一些低級錯誤，讓焦慮加劇。但與家人傾訴後，我領悟到一個重要道理：「人非聖賢，誰能無過？關鍵是學會接納自己，並從錯誤中學習。」

心態轉變與成長

我開始調整心態，不再強求完美，而是專注於每天一點一滴的進步。漸漸地，我的工作效率提升，作品也獲得同事和上司的認可。他們的耐心指導和反饋，讓我受益匪浅。

實習的收穫

這次實習讓我更了解行銷設計行業的運作，也幫助我釐清未來的職涯方向。雖然過程中充滿挑戰，但正是這些困難，讓我學會了抗壓、適應與自信，並更加堅定了我追尋設計之路的決心。





From Frustration to Growth: My Design Internship Journey at Three Workshops

First Steps into the Industry

Thanks to a referral from my lecturer, I was fortunate to join Three Workshops as a design intern during my semester break. My daily responsibilities included creating promotional social media posts, as well as contributing to a major project—designing Chinese zodiac fortune cards for the Year of the Snake.

Challenges and Self-Doubt

In the beginning, I often struggled with meeting deadlines and achieving the desired design quality, which led to frustration and self-doubt. At times, I made careless mistakes that only increased my anxiety about whether I was cut out for this field. However, after talking with my family, I learned an important lesson: “Mistakes are human—what matters is self-compassion and continuous improvement.”

A Shift in Mindset

With this new perspective, I began to focus on progress instead of perfection. Gradually, my efficiency improved, and my work started earning praises from colleagues and supervisors. Their guidance and regular feedback were invaluable to my growth.

Key Takeaways

This internship provided me with deeper insight into the marketing and design industry and helped clarify my career aspirations. Despite the challenges, this experience taught me resilience, adaptability, and the confidence to continue pursuing my passion for design.

LAM Hoi Yu

林海榆

Bachelor of Social Work (Honours)
社會工作(榮譽)學士

Hong Kong Family Welfare Society
Women and Family Enhancement Centre
家福會婦女及家庭成長中心

我有幸在一個專注於長者婦女服務的社會機構進行為期六個月的實習，這段經歷讓我深刻體會到社會服務的價值，同時也磨練了我的時間管理、團隊協作與解難能力。

我參與了幾個小組活動和個案輔導，特別是為長者婦女籌辦的義工小組。我們定期舉辦主題聚會，邀請長者分享她們的故事及運用她們的能力。這不僅可以讓她們感受到關懷，也促進了彼此的連結。令我驚喜的是，透過引導她們發掘自身專長，許多長者從受助者轉變為能夠主動服務社區的貢獻者，在這個過程中更點燃了我對這份工作的熱忱。

在實習中，我面臨了不少挑戰，其中最深刻的莫過於如何處理長者的情緒問題。記得某次有位長者情緒低落，我透過積極傾聽與陪伴，逐步引導她抒發感受，並提供了適當的建議，有效舒緩了她當下難受的心情。這讓我意識到，社會工作不僅是解決問題，更是用生命影響生命的過程，真誠的陪伴往往比專業技巧更為重要。

這段實習讓我更深入了解社會工作的意義，也讓我對未來的職業方向有了更清晰的想法。每一次與長者的互動都是我最珍貴的回憶，我希望能繼續在這個領域發展，為更多需要幫助的人帶來改變。





During my six-month internship at a social service organization specializing in elderly women's care, I gained profound insights into the vital role of social work while developing essential skills in time management, teamwork, and problem-solving.

I participated in several group activities and casework, particularly with a volunteer group for elderly women. We organized multiple gatherings that provided platforms for them to share their life experiences and rediscover their capabilities. This not only made them feel cared for but also fostered deeper connections among them. Witnessing their transformation from care recipients to active contributors in the community was truly inspiring, further strengthening my commitment to this meaningful work.

The internship also presented significant challenges, especially in providing emotional support for the elderly. On one occasion, an elderly woman was experiencing profound sadness. By offering active listening and thoughtful guidance, I helped ease her emotional burden. These experiences underscored how emotional support is the cornerstone of effective social services.

This internship gave me a deeper understanding of the significance of social work and provided a clearer idea of my career direction. Every interaction with the elderly has become a treasured memory, and I hope to continue developing in this field and bring positive change to more people in need.

LAW Yuk Ping

羅玉萍

Bachelor of Social Work (Honours)
社會工作(榮譽)學士

YWCA Jockey Club Family Wellness Centre
女青賽馬會家庭健康促進中心(何文田)

在現今社會，實習經驗對學生的職業發展至關重要。實習不僅讓我們有機會將理論知識應用於實踐當中，更能提升職業素養和各項實用技能。我在YWCA完成了為期半年的實習，主要工作是支援居住於劏房的特殊教育需要 (SEN) 家庭。在這段時間，我不僅提升自己的時間管理能力，也學會如何在團隊中有效協作。

實習期間，我參與了多項針對SEN家庭的計劃，幫助他們獲得必要的資源和支持。這些計劃包括舉辦社區活動、提供心理輔導，以及分發教育資源。通過這些工作，我對這些家庭所面臨的困難有了更深刻的理解，也學會根據不同情況靈活應對問題。

當然，我在實習過程中也遇到不少的困難。如何與不同背景的家庭有效溝通，以及在有限時間內處理多項任務，對我來說都是重大的挑戰。為了解決這些問題，我學會了合理安排優先次序，並善用項目管理工具來規劃工作，這不僅提高了我的工作效率，也增強了團隊的凝聚力。



這段實習經歷讓我對社會服務和教育領域有了更深入的認識。我明白到，支援SEN家庭不僅僅是提供資源，更重要的是建立信任和關係。這更加使我堅定未來投身社會服務工作的決心，並激發了我對幫助他人的熱情。總括而言，這次實習是我職業生涯中的重要一步，讓我積累了寶貴的經驗和技能。



In today's society, internship experiences are crucial for students' career development. Internships not only provide opportunities to apply theoretical knowledge in practice but also help students build professional skills and competencies. I completed a six-month internship at the YWCA, where my main focus was supporting families living in subdivided housing with special educational needs (SEN). During this time, I enhanced my time management skills and learned how to collaborate effectively within a team.

Throughout my internship, I participated in several programs aimed at assisting SEN families in accessing essential resources and support. These programs included organizing community activities, providing psychological counseling, and distributing educational resources. Through these tasks, I gained a deeper understanding of the challenges faced by these families and learned to adapt my approach to different situations.

However, the internship was not without its challenges. Communicating effectively with families from diverse backgrounds and managing multiple tasks within tight deadlines were particularly demanding. To overcome these obstacles, I learned to prioritize my workload and made use of project management tools to organize my tasks. This not only improved my efficiency but also strengthened our team cohesion.

This internship experience significantly deepened my understanding of the social service and education sectors. I realized that supporting SEN families involves more than just providing resources; building trust and relationships is equally important. This realization solidified my commitment to pursuing a career in social services and ignited my passion for helping others. Overall, this internship was a significant milestone in my professional journey, equipping me with valuable experience and skills.

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在精神健康綜合社區中心實習的六個月裡，我深刻體會到個案管理與社區支持的關鍵價值。該中心致力於提供全面的精神健康服務，並協助應對各種挑戰。實習期間，我培養了時間管理、團隊協作和解難等重要技能，特別是在策劃小組活動方面獲益良多。

在社區工作中，提升活動出席率一直是一大難題，尤其在假期期間更為明顯。為了解決這個問題，我主動與服務對象個別聯繫，並強調社區支持的重要性，最終成功大幅提升了出席率。這份成就感讓我深刻認識到建立信任的重要性，也明白到社會工作不僅是提供服務，更是促進有意義連結的過程。

每當我聽到服務對象分享小組活動為他們生活帶來的正面改變，都進一步堅定了我投身精神健康支援工作的決心，並激勵我持續探索更有效的支持方式。這次實習經歷對我來說既獨特又充實，是我成長路上的重要一課。

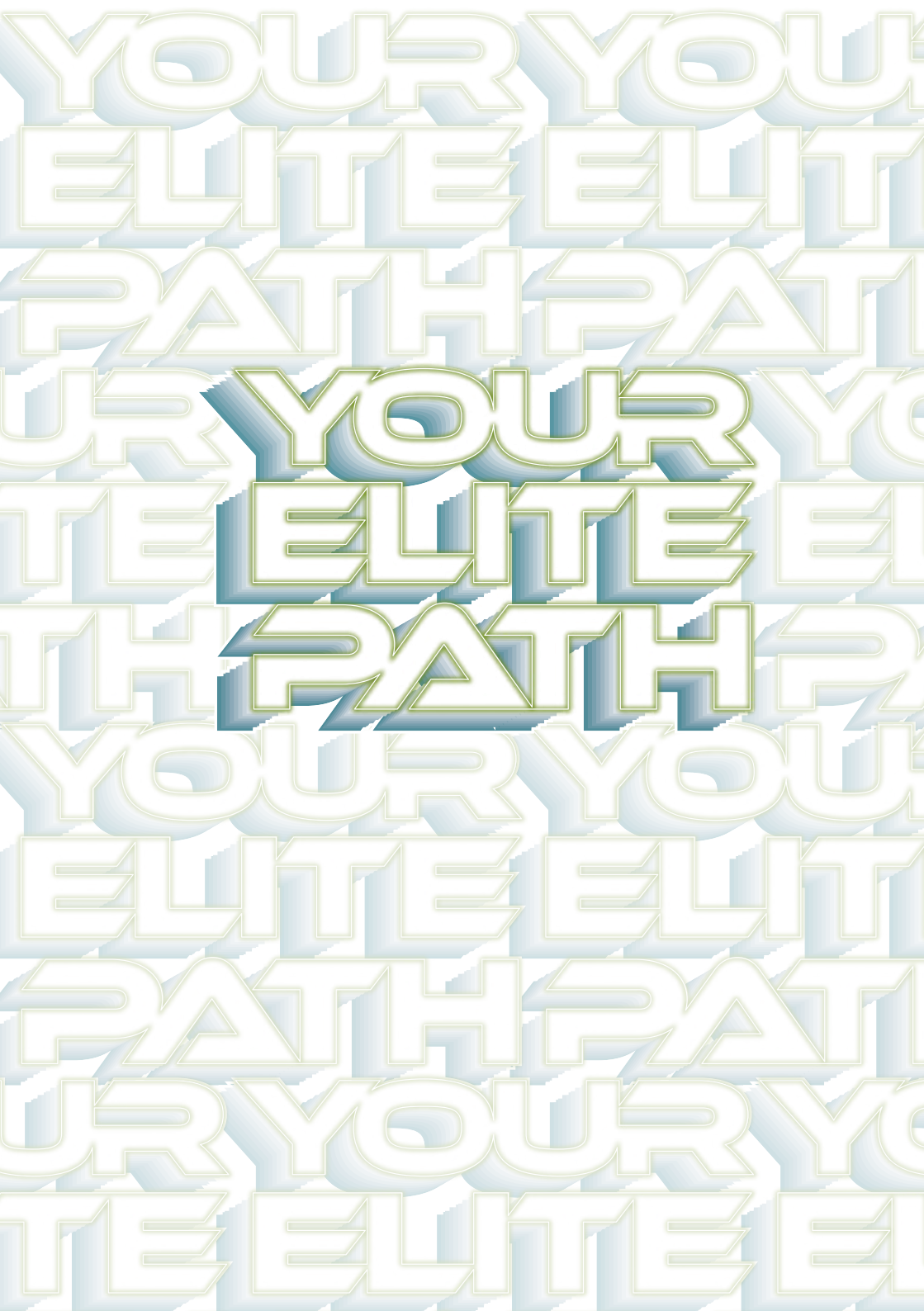




During my six-month internship at the Integrated Community Centre for Mental Wellness, I gained a deep appreciation for the importance of case management and community support. The organization is committed to providing comprehensive mental health services, helping individuals navigate a variety of challenges. Throughout my internship, I developed essential skills in time management, teamwork, and problem-solving, especially through organizing group activities.

One of the biggest challenges in community work is maintaining high event attendance, particularly during holiday periods. By engaging with clients individually and highlighting the value of community support, I successfully boosted attendance, with most sessions reaching near full capacity. This accomplishment was incredibly rewarding and taught me the importance of building trust with clients. I realized that social work is not just about providing services, but about fostering meaningful connections and supportive networks.

Listening to clients share how group activities positively impacted their lives further strengthened my dedication to mental health support. This experience inspired me to keep exploring more effective ways to help those in need, making my internship both unique and deeply fulfilling.





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