



### Superpass Review

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“Superpass”, also “勁過” in Chinese, is a tradition exclusively found at the University of Hong Kong. It is a ritual to offer blessings to all the students in their examinations with good marks and desirable results.

Different student societies in HKU may have their own way of carrying out this tradition, such as organizing a lunch buffet (勁過飯) or simply distributing gifts (勁過禮物). In fact, HKU canteens even offer students “勁過蘋果”. Among the different forms, eating roasted pig and writing Chinese calligraphy are two items on the must-do list. These two are actually seen as the symbols of Superpass.

How about the Nursing Society? This semester we organized a Superpass Blessing event with roasted pig tasting, Chinese calligraphy writing and a photo booth for photo-taking. We invited the Head of the School of Nursing, Professor Agnes Tivari to the opening ceremony of this event. She shared with us that Superpass was one of her favorite activities through which teachers and students had a lot of fun chopping the roasted pig and writing “Fai Chun” (揮春).



Have you ever written a “Fai Chun”? On “Superpass Fai Chun”, we usually write “過三爆四” or phrases that end with a Chinese word “過”, such as “靚住過” and “輕鬆過”. It is because the word “過” has a meaning of “pass”. Meanwhile, “過三爆四” is a very common saying in HKU, which literally expresses students’ wish to score high GPA. Apart from discovering the hidden meanings, staff and students find “Superpass Fai Chun” writing interesting as they don’t usually practice Chinese calligraphy. You will surely enjoy writing “Fai Chun” as you and your friends make fun of or praise each other’s writings!

Besides, we also have a photo booth. We have hand-made some cardboard props for our guests to hold and take photos with. Though simple, the photo booth captured some of the best moments of the guests. After the event, we uploaded the photos taken at the Superpass onto Facebook to share our moments of joy. All in all, all the guests, students and Nursing Society members had a very good time on that day, especially right before the stressful exam period!



You may now wonder, how about those students who did not come to Superpass? Will they receive any blessing? Sure they will! Because in addition to our one-day Superpass event, we have also prepared gifts for all Year 1 to 3 students. It is a memo pad designed by us with “勁” and “過三爆四” on it.

Overall, Superpass Blessing is undoubtedly an event of great fun, great meaning and great tradition. The culture of HKU is a bright, sharp, abundant and fruitful one and I think Superpass is an event that you should not miss if you are a HKU-er. Last but not least, on behalf of the Nursing Society, I wish you all a “Superpass” for your exams and hope to see you at the next semester’s Superpass! You can find us on Facebook, “Unirise Hkunursoc”, and see more photos about us!



護士有很多不同的職級和發展方向。當你成為了註冊護士，便有三個主要的發展方向：臨牀方面，管理方面和學術研究方面。只要有一定的經驗和出色的表現，便有機會晉升為資深護師、病房經理、部門運作經理、護理總經理或護理顧問等職位。

Joyce 十八歲時入讀那打素醫院護士學校，畢業後以註冊護士身份到醫院工作。1973 年她往英國讀書並取得了眼科文憑，兩年後回港時香港正流行紅眼症，當時只有很少醫護人員有專業眼科知識，因此 Joyce 的知識大派用場。

在出色的表現和機遇下，Joyce 獲晉升為護理主任。不久醫院便全面支助她到當時的香港理工學院修讀護士教育。跟現在的文憑教師一樣，當時要在護士學校教書的話一定要有教育文憑。1981 年，她由前線醫護人員改為在護士學校教書，與學生分享知識和當護士的經歷。期後她見證着北區醫院落成，並為醫院提供專業意見，確保醫院能夠暢順運作，為市民服務。

當北區醫院在籌建時，Joyce 已在那兒當高級護士長，當醫院開幕時，她晉升為護理總經理，繼續服務十年直至退休。退休 3 年後 Joyce 再到香港大學護理學院當臨床教育顧問，間接地繼續服務病人。

究竟有甚麼吸引 Joyce 以護理作為終身職業，甚至退休後還要回到護理行業的懷抱呢？不如先談談當護士的好處吧！首先，在人的方面，護士的服務對象是病人。他們需要毫無保留地信任護士，將自己的疑問、擔憂和一些私隱都告訴護士。試問在爾虞我詐的世界裡，100% 的信任在哪裡找呢？而且，看見病人從愁眉苦臉到獲得適當治療後的笑容，是可以令辛苦的工作變成樂事。

在工作方面，當然要談談薪酬了。註冊護士畢業起薪點約兩萬元，比其他行業工作穩定，發展機會多，在當前的社會是很難得的。另外在個人方面，只要努力工作，表現良好，一定有晉升機會。晉升前當然也要進修，汲取新知識和技術。修讀方向沒太大限制，只要自己有興趣，科目與護理相關就行了。發展方向亦可以很多元化，可以做護理工作，也可以教書，除此之外還可能要走進環境酷熱的廚房和雞場去視察及參與公共衛生法例之制定，沒想到吧？曾任香港大學護理學院護理學教授，現任食物及衛生局副局長陳肇始教授便是一個好例子。

醫護界中有着數不盡的難忘事，但要數讓香港人最難忘的，必然是 2003 年的沙士（非典型肺炎）事件了吧。不知讀者們對於那時有什麼印象呢？筆者倒記得那時街上的人都帶上了口罩，只露出那雙憔悴的眼睛，一副憂心忡忡的樣子。那期間醫院裏的職員沒有擔心的時間，大家都在爭分奪秒救人。Joyce 那時在北區醫院工作，不但要顧及北區醫院的病人，還要照顧威爾斯親王醫院和雅麗氏何妙齡那打素醫院轉介的病人。病人多了，病毒也多了，護士的工作量也更多。幸而醫護人員之間團結一致的精神不但沒有消失，反而增強了。沒有人會埋怨，或問為甚麼偏偏是我負責這樣的工作。而且大家都守望相助，盡力避免同事受感染，醫護界中那團結互愛的精神在那時發揮得淋漓盡致。也許這就是 Joyce 到退休都不捨得護理行業的主因吧！



#### Green School Initiative Project

Green School Initiative project was recently launched to foster environmental awareness and work-life balance among students and staff in the School of Nursing, The University of Hong Kong.

Environmental protection has been recognized as an important issue among us. On the other hand, work-life balance may not be the case as demonstrated by many people in Hong Kong working long hours and going home tired and exhausted. This is not good for us both physically and mentally.

To emphasize work-life balance, the School has created a serene place called Peace Garden for the students and staff. This place is actually a room located on 4/F with beautiful and peaceful interior design.

Before entering the room, you will see green grass, flowers and butterflies on the wall and on the door. These decorations play an important part in making the place look "green".

Once you step into the room, you will be in awe of the lovely place. This place provides complete peacefulness and comfort to anyone under stress. The walls are painted with green grass, echoing the design outside the room. The floor is grey in color with a mat with different shades of brown patches, creating an illusion of being in the countryside. There are cozy sofas for people to take a rest or for casual chat. When you sit down on the sofa, the "window" will immediately catch your attention. The "window" is actually a drawing, but through the "window", you can see a serene pathway surrounded by tall green trees. Just by looking at the pathway, you may imagine yourself walking down the path with a smile on your face, and feeling calm and relaxed.

The room makes a nice place for us to rest and get recharged. But is that the only thing about "Green School Initiative"? Of course not! More details will be released soon since it is still a new project.



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