

不受身份所限：疫下休學尋機遇

Opportunities Under Suspension of Studies during the Pandemic

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就讀中醫的 Vincent 除了兼顧學業外，更勇於在不同範疇作出新嘗試。他不僅是二〇二〇年香港中文大學傑出學生獎的得主，今年休學的他更成立了 YouTube 頻道「準醫師日記」，又憑豐富的辯論經驗，創立了口才訓練公司「專業溝通協會」。

中醫學生的學業繁重，需要兼顧讀書和實習，Vincent 指自己百忙中仍然堅持參與辯論比賽、開立 YouTube 頻道及口才訓練公司的原因，都是源於一句話「與其患得患失地生存，不如活一個無憾的人生。」他發現身邊不少同學入讀大學後，彷彿已經達成了所有理想，再沒有動力追夢；然而，Vincent 認為持續接受不同挑戰和歷練，才能成為一個更優秀的人。因此，他加入了崇基辯論隊，更擔任中學辯論隊教練。他表示要平衡教練的工作和學業並不容易，他曾要在一星期內應付四場辯論比賽和期中考試，結果每天只能睡三至四小時。然而，Vincent 對辯論的熱愛，令他認為再辛苦也是值得的。

辯論的經驗也促使 Vincent 開設口才訓練公司。他發現在社會上有許多場合，簡單如功課匯報，也需要表達技巧和演說能力，而不少新一代都對此缺乏自信。他指坊間缺少由辯論演講出身的人提供的口才訓練課程，因此，他希望以自身的訓練和經驗，教導溝通技巧。疫情下，大部分的辯論比賽都被迫取消，Vincent 於是聯同其他中學的辯論教練，舉辦一對一



Vincent 與兩位夥伴創立了專業溝通協會。

Vincent and his two co-founders of the Professional Communication Association.



Majoring in Chinese Medicine, Mr. Tse Chi Yung Vincent does not only focus on his study, but also actively works on several projects. Besides being a recipient of the 2020 CUHK Outstanding Students Awards, he is a YouTuber of his own channel "Little EC Dairy" and, with his experience in debate, the co-founder of an eloquence training company "Professional Communication Association".

Although the workload of a Chinese Medicine student is heavy, Vincent still insists on participating in debate competitions, starting his YouTube channel, and establishing his eloquence training company. The quote "It's better to live a life without regrets than to live by worrying about gains and losses" has inspired Vincent a lot. He found that some classmates stopped following their dreams once they entered the university. However, Vincent believes that only by continuously accepting different challenges can make him a better person. Therefore, Vincent joined the Chung Chi debate team in Year one and started being a secondary school debate team coach. He said it was tough to balance the work and studies. There were once four debate competitions and mid-term exams all packed in the same week. At that time, he could only sleep three to four hours a day. However, because of his enthusiasm, he gladly endured all the hardships.

His extensive experience in debate is a great resource for him to build up his eloquence training company. Understanding the importance of public speaking and presentation skills in many occasions, and seeing many youngsters are shy of expressing themselves, Vincent wants to provide communication training with his experience, filling the gap in the lack of communication training conducted by seasoned debaters.



Vincent 於加拿大國際學術會議得到最佳論文匯報獎。
Vincent was awarded the Research World Excellent Paper Award for Best Presentation.

的辯論比賽，希望透過較簡單的賽制和新穎的論題吸引大眾，進而推廣辯論。

Vincent 創立 YouTube 頻道「準醫師日記」，則源於他在修讀中醫時的體會。他發現大部分人受過往概念影響，對中醫或多或少有些誤解。因此，他希望能在 YouTube 頻道上，一方面以日常的例子帶出正確的中醫資訊，消除大眾對中醫的疑慮，另一方面以輕鬆有趣的方式，推廣中醫知識。

此外，Vincent 曾獲崇基「遊歷學習計劃」資助，遠赴加拿大發表學術論文。那是一份大學通識科的期末論文，題目與永續農業和中醫藥有關，文章意外地被教授選出，得到赴加參與國際會議的機會，更在會議中獲最佳論文匯報獎。得以在眾多博士生中脫穎而出，他感到非常驚喜和意外，明白到文章的內容和質素不會受限於個人身份，無需妄自菲薄，被身份局限個人的想像和發揮。

今年是 Vincent 的休學年。休學，為的是追尋夢想。疫情下種種突如其來的改變，令他明白到很多事情都不是理所當然。於是，他選擇了在原定的畢業年休學，以打穩公司基礎。他亦想藉這一年，抓緊學生的身份，發展 YouTube 頻道。他坦言，以學生的身份創作，承受的壓力較小。

疫情令很多人失去了大大小小的機會，但 Vincent 卻希望以休學生這最自由的身份，做最多的事。即使最終未能成功，換來的都是最珍貴的經驗。

Besides, most of the debate competitions were forced to be cancelled during the pandemic. Vincent, thus, held some one-on-one debate competitions with coaches from other schools. He believes that adopting simplified rules and interesting topics would better promote debate.

The study of Chinese medicine has inspired Vincent to create his YouTube channel "Little EC Diary". He found that most people misunderstood Chinese medicine. He wanted to clarify misinformation by giving daily examples on the one hand, and to popularize Chinese medicine knowledge in a casual and interesting way on the other.

Moreover, Vincent was supported by the FLY Award of the College to present his academic paper on sustainable farming and Chinese medicine in an international conference in Canada. The paper was the final assignment of an University General Education course. Vincent was surprised that the paper was selected for the international conference by the professor and that he could stand out among the PhD students and was awarded the "Research World Excellent Paper Award for Best Presentation". He emphasized that we should not look down on ourselves because of our identity. It could never limit our ability.

Vincent is now taking a gap year as he wants to pursue his dreams. The sudden changes under pandemic made him realize that things were not taken for granted. He then chose to suspend his final year to grow his company and develop his YouTube channel. The identity of a student allows him to create videos more freely.

To most people, it was a tough year to live with pandemic, but Vincent believes that he can make use of this freest status to do as much as he can. Success may not be guaranteed, but it is certain that all the efforts he made will be his most precious experience.



Vincent 帶領中學辯論隊於公開比賽獲獎。
The secondary school debate team coached by Vincent won prizes in an open debate competition.