ARCHIOTOPE: A GREENER MAKEOVER

Lo Yee Cheung, Adrian
MArch, Grad
Champion

International Green Building Conference 2011 Tropical Architecture Design Competition

The winning project, Archiotope, is a greenery-space design, adapted for tropical conditions, that turns a functional but shabby concrete retaining wall next to King George V Memorial Park in Sai Ying Pun into multi-storey green platforms. The vegetated platforms, which induce a better micro-climate, were deliberately shaped to preserve all the existing banyan trees on the site.

To keep carbon emissions as low as possible, Adrian replaced escalators and lifts with barrier-free, bike-friendly ramps. Also, he didn’t include any outer walls to maximise natural light and ventilation.

More than just an environmentally friendly design, Archiotope aims to provide an interactive platform for young tourists and the local community. Hostels, made from sustainable construction materials, can be plugged in and out according to need which fulfills the aim of social and economical sustainability.

Archiotope also received two other awards in 2007. Adrian never stops refining the project. Although it requires long hours in the studio remaking models, he strives to perfect his designs as he believes it is a rewarding process of learning and creating.

Text by Qi qi, MA, BA Year1
ON THE RIGHT TRACK
Yu Wing Hay, Heidi
MBBS, Year 3
Champion in Women Senior 10km
Standard Chartered Hong Kong Marathon 2012

Heidi has had a remarkable record in 800m track and cross-country races ever since her first sports day. But it still came as a pleasant surprise when she scored her personal best result, 3 minutes 57 seconds, in winning the Standard Chartered Hong Kong Marathon at her first attempt.

“The special thing about this competition is that it is about running, not winning. Runners come from all around the world to challenge themselves,” Heidi said.

“Running is truly a sport for all and it brings simple happiness. Once you are on the running track, you forget all the troubles, you simply run forward. And once you reach the end, it is very satisfying,” she says.

“My secondary school has given me many opportunities to develop my talent and love for running.” However, it’s not always easy for Heidi to balance studies and sports. “It had to prioritise my studies and train less intensively on tracks during exams,” she said. “I told myself to get into Medicine first and catch up with running afterward. Now, all I want to do is to grab any chance to run and cherish these precious moments.”

Text by Lo King, BSc, MB, ChB
The Shakespearean Drama Queen

Wong Lok Yan, Rosalind
BA&BED (LangEd-Eng), Year 4
Outstanding Actress Award
The 7th Chinese Universities Shakespeare Festival

To actress-director Rosalind, winning the Outstanding Actress Award among 40 Shakespearean productions from universities in Hong Kong, Macau, Taiwan and China, was a moment of joy. Yet, what made her really proud was the team’s shared dream to keep classic literature alive through imagination and innovation.

In order to portray the charming heroine, Rosalind, In As You Like It, the actress learnt to speak in a Shakespearean-style accent and tone. Moreover, being the director meant spending a lot of time to review rehearsal tapes, to improve the overall performance of the crew and to come up with a unique interpretation for the classic.

“We really had to make it original to win over the judging panel of professors and scholars.” But how? She encouraged the actors to dig deep, read between the lines and digested every tiny detail of the play.

Like her role model, director Kenneth Branagh, she believes that we should all do something to keep alive the literature and culture left by our ancestors.

Text by So Wing In, Janice, BSA(Law), Year 1
The winning product idea Eco$ave is a new detergent formulation that is eco-friendly, money-saving and, perhaps, the solution to the pressing social and environmental concerns about the negative effects of traditional detergents.

With Eco$ave, less detergent is needed for the same amount of grease. "Basically, our new formulation replaces the environmentally unfriendly surfactant content in traditional detergents with a new component that acts like a sequestering builder," explained Victor. "It also strengthens the cleaning performance."

However, that’s only half the battle to create a brilliant product; there’s still branding and marketing work to be done to get the users informed. "If users don’t know how much detergent is enough, any extra detergent, even the cleanest one, will be wasted and ended up polluting the sea," added Isolde.

"Eco$ave looks like a simple concept, but to generate feasible ideas and to consider different aspects, for example, how exactly to implement it, took a lot of work," said Victor. "Starting a company isn’t exactly easy either – there are a lot of risks we have to take into account."

Text by Jiang Ziying, Patrick, LLB Year 1
Fun Time at the Bun Carnival

HKU Sport Climbing Team
1st Runner-up in Invitation Relay
Bun Carnival - Climbing Carnival 2011

Having claimed various titles in sport climbing competitions in the past, the HKU Sport Climbing Team decided to take upon a new challenge, entering one of the most representative traditional events in Hong Kong - the Bun Carnival 2011 Invitation Relay.

The team members extended their passion for sport climbing to bun scrambling not simply because the carnival sounded fun and exciting, They wanted to gain more experience beyond joining conventional sport climbing competitions, and also wished to build stronger team spirit by engaging in activities that encouraged greater teamwork.

"I like to climb as it is challenging and it is never boring. Apart from physical strength, sport climbing also requires a clear mind to plan the best movement in limited time," said team member Kathy.

However, bun scrambling places great emphasis on speed. While the team had to train more to increase speed, unfortunately, two hours of practice were all they got right before the competition.

The team attained second place, missing first by just 0.02 of a second, and is determined to win in the next carnival.

Text by Wong Ngai Min, Cinco, BBA(Act) Year 1
HKU's Karate Team has won the Champion for Combined title for an impressive six consecutive years. Three team members shared their winning stories.

**What is Karate to you?** It's a game of self-challenge, an endless quest to improve your strength, speed, mind power and many other qualities.

**What's the team like?** We share a close bond, just like brothers and sisters. Our Sifu teaches us everything about karate and cares about us, even our lives outside Dojo (training centre).

**What was the most touching moment in this competition?** When the team was selected, our captain led a moving and solemn vow that declared our determination to train hard and break through.

**What was in your mind when fighting?** In the three minutes of fighting, we didn’t have time to be nervous. We had to keep a cool, clear mind and be confident that we had the strength and techniques to pull off great winning moves.

**What was it like when the results were announced?** It felt like we’d accomplished our ultimate mission when holding aloft the HKU flag and the trophies. And that’s when we started feeling the muscle pain.
Wushu Master in the Making

Amirkhan Mukanov
BEng, Year 1
Bronze Medal in Adult Male 70kg Sanshou in Wushu Sanshou Championship
The 10th Hong Kong Wushu International Championship

Amirkhan was a chubby kid in Kazakhstan desperate to get fit. He took up Karate, Judo and, at the age of 15, began practicing Mixed Martial Arts (MMA).

Last February, his uncle signed him up for the three-day Wushu tournament. “It was my first big sports event,” said Amirkhan. He had only two weeks to master Sanshou - a sport similar to MMA - and to get in shape after missing months of training. Also, he had to lose 9 kg to qualify. “I could only have apples after a simple breakfast every day.” He recalled. “I got up at six, ran uphill to The Peak and did hours of intensive training after class,” he said.

“There were moments I felt negative, lonely and exhausted. I thought I was not up for it. Luckily, a friend encouraged me to focus and think about the game as if it’s the only thing that mattered in my world,” he said.

With that in mind, Amirkhan reached the semi-final. In the end, he lost by techniques and experience. “When I received the bronze medal certificate, showing everyone my country flag,” he said, “I recalled what my master always says – ‘Impossible is only a word, impossible is nothing.’”
HEALTH CAMPAIGN THAT SAVES LIVES

Cheung Yan Yiu, Benedict
MBBS, Year 1
Keung Ho Ying, Amy
MBBS, Year 1

Woo Ho Kei, Jacqueline Candace
MBBS, Year 1
Yeung Wai Yue, Gloria
MBBS, Year 2

2nd Runner-up
Health Campaign Competition for the 35th East Asian Medical Students’ Conference 2012

The competition was part of the seven-day medical conference held in Singapore. Participating teams from 12 different countries had to plan a health campaign on the theme of “Infectious Diseases” by assuming that their city was about to experience an epidemic. We picked influenza as it poses real threats to Hong Kong, said Gloria.

“We didn’t have much chance to work on projects from the perspective of the general public until this competition,” she said. “Our campaign poster aimed to attract attention and remind people that doing something as simple as washing hands can make a huge difference,” added Amy.

“Making the one-minute promotional video was so much fun,” said Gloria. “We showed a pair of parallel stories on split screens. One side showed all the right things to do when suffering from flu, while the other was the complete opposite that ended up spreading the disease among the community.”

The presentation day was serious business. “We practised our speech and smiles hoping to impress the judges and general public who later voted for the best campaigns,” said Benedict. “We were at an international conference, representing Hong Kong, so we just had to give our very best,” added Gloria.

Screenshot of campaign video

Campaign poster