

Visual	Traditional Chinese subtitles	Simplified Chinese subtitles	English subtitles
次序 :	[生涯規劃●活出真我 VIII]	[生涯规划●活出真我 VIII]	Life Planning●Living a Real Me VIII
	林溥來 — 主持	林溥来 — 主持	Lam Po-loy, Patrick – Host
[主持]	<p>中醫學是中華傳統文化的重要組成部分 至今已有上千年的歷史</p> <p>今集的主角 便是因為一次中醫治療的經驗 立志成為中醫師</p>	<p>中医学是中华传统文化的重要组成部分 至今已有上千年的历史</p> <p>今集的主角 便是因为一次中医治疗的经验 立志成为中医师</p>	<p>Chinese medicine is an integral part of the traditional Chinese culture with over a thousand years of history</p> <p>The guest in this episode decided to practice Chinese medicine after receiving a Chinese medicine treatment</p>
	[因病成醫]	[因病成医]	From a Patient to a Chinese Medicine Practitioner
[趙梓烽]	<p>我是趙梓烽 是一名香港註冊中醫師</p>	<p>我是赵梓烽 是一名香港注册中医师</p>	<p>My name is Chiu Tsz-fung a registered Chinese medicine practitioner</p>
Caption + 簡介	<p>[標題] [趙梓烽 – 中醫師]</p> <p>簡介 暨南大學中醫學士 香港大學中醫碩士 (就讀中)</p>	<p>[标题] [赵梓烽 – 中医师]</p> <p>简介 暨南大学中医学士 香港大学中医硕士 (就读中)</p>	<p>[Caption] Chiu Tsz-fung - Chinese medicine practitioner</p> <p>Profile Bachelor in Traditional Chinese Medicine, Jinan University Master of Chinese Medicine, The University of Hong Kong (in progress)</p>

Theme: 第八輯生涯規劃教育短片 (full version)_趙梓烽+趙梓烽父親

<p>[趙梓烽]</p>	<p>在我幼稚園的時候 不幸地受到水痘 過濾性病毒的侵襲 當時爸爸便帶我去看中醫 水痘便隨之消失 見識到中醫藥的功效後 便慢慢對針灸和中藥產生興趣</p>	<p>在我幼儿园的时候 不幸地受到水痘 过滤性病毒的侵袭 当时爸爸便带我去看中医 水痘便随之消失 见识到中医药的功效后 便慢慢对针灸和中药产生兴趣</p>	<p>When I was in kindergarten I was unfortunately infected with chickenpox a viral infection My father took me to a Chinese medicine practitioner for treatment I was cured after that and experienced the efficacy of the medicine My interests in acupuncture and Chinese medicine grew deeper over time</p>
<p>[主持]</p>	<p>親身見識過中醫的療效之後 已經訂立了自己未來的路向</p>	<p>亲身见识过中医的疗效之后 已经订立了自己未来的路向</p>	<p>Having experienced the efficacy of Chinese medicine he has already mapped out his future</p>
<p>[趙梓烽]</p>	<p>大約在中三的時候 立志要成為一位中醫師 就要選擇化學或生物作為我的選修科 我亦有了解相關的中醫藥院校 因為要成為一位註冊中醫師 必然要獲得一個中醫學士學位 當時了解到內地 和香港同樣具備晉升途徑 明確了我的升學目標 一步一步往中醫之路前進</p>	<p>大约在中三的时候 立志要成为一位中医师 就要选择化学或生物作为我的选修科 我亦有了解相关的中医药院校 因为要成为一位注册中医师 必然要获得一个中医学士学位 当时了解到内地 和香港同样具备晋升途径 明确了我的升学目标 一步一步往中医之路前进</p>	<p>When I was in around Secondary 3 I was determined to be a Chinese medicine practitioner I had to take Chemistry or Biology as elective subjects and also learnt more about colleges of Chinese medicine To be a registered Chinese medicine practitioner you have to be a holder of Bachelor's degree in Chinese Medicine When I understood that there were study paths for Chinese Medicine in both the Mainland and Hong Kong I was more certain about my academic goals and took one step at a time to become a Chinese medicine practitioner</p>

[主持]	<p>一分耕耘 當然希望有一分收穫 但現實有時候會不似預期</p>	<p>一分耕耘 当然希望有一分收获 但现实有时候会不似预期</p>	<p>We always expect that we get what we paid for Yet, reality doesn't meet expectation sometimes</p>
[趙梓烽]	<p>當時的文憑試放榜 未能如願入讀中醫學學士課程 當時亦非常失落和迷惘</p> <p>爸爸當時安慰我不要因此氣餒 並給予我很多指引 亦幫助我進行人生規劃 爸爸認為我到內地升學 亦不失為一個好方法</p> <p>當時我們便選擇了 大灣區其中一個城市升學 完成了預科課程 後來再修讀中醫學位課程</p>	<p>当时的文凭试放榜 未能如愿入读中医学学士课程 当时亦非常失落和迷惘</p> <p>爸爸当时安慰我不要因此气馁 并给予我很多指引 亦帮助我进行人生规划 爸爸认为我到内地升学 亦不失为一个好方法</p> <p>当时我们便选择了 大湾区其中一个城市升学 完成了预科课程 后来再修读中医学位课程</p>	<p>Because of my unsatisfactory DSE results I was not admitted to the Chinese Medicine programme I felt so disappointed and frustrated at that time</p> <p>My father encouraged me to pull myself together and gave me a lot of guidance to assist in my life planning My father believed that it might be a good idea to study in the Mainland</p> <p>I then chose to study in a college in one of the cities in the Guangdong-Hong Kong-Macao Greater Bay Area to complete my secondary education Later, I completed a Bachelor's Degree in Chinese Medicine</p>
[主持]	<p>想透過內地升讀中醫學學位 再回港註冊成為中醫師的路徑又是如何</p>	<p>想透过内地升读中医学学位 再回港注册成为中医师的路径又是如何</p>	<p>What are the pathways to study a Bachelor's Degree programme in Chinese Medicine in the Mainland for becoming a registered Chinese medicine practitioner in Hong Kong?</p>

Theme: 第八輯生涯規劃教育短片 (full version)_趙梓烽+趙梓烽父親

[趙梓烽]	<p>首先要完成 由香港中醫藥管理委員會認可的大學 所頒發的中醫學學士課程 完成課程後再回到香港 參加由香港中醫藥管理委員會所統一安 排的 中醫執業資格試 合格後就能申請 成為一名註冊中醫師</p>	<p>首先要完成 由香港中医药管理委员会认可的大学 所颁发的中医学学士课程 完成课程后再回到香港 参加由香港中医药管理委员会所统一安排的 中医执业资格试 合格后就能申请 成为一名注册中医师</p>	<p>First of all you have to complete a Bachelor's Degree in Chinese Medicine in a university recognised by the Chinese Medicine Council of Hong Kong Then, you have to return to Hong Kong to sit for the Chinese Medicine Practitioners Licensing Examination organised by the Chinese Medicine Council of Hong Kong Upon passing the exam You are eligible for registration as a registered Chinese medicine practitioner</p>
[主持]	<p>梓烽執業至今已經大半年 非常享受自己的工作</p>	<p>梓烽执业至今已经大半年 非常享受自己的工作</p>	<p>Tsz-fung enjoys his job so much since practising Chinese medicine half a year ago</p>
[趙梓烽]	<p>中醫師是一份有趣的工作 在診所內面對不同的病人 和病人的關係也可以稱得上亦醫亦友 很多時候都需要細聽他們的狀況和病情 過程中抽絲剝繭 很多時候重點就是藏於這些細節</p>	<p>中医师是一份有趣的工作 在诊所内面对不同的病人 和病人的关系也可以称得上亦医亦友 很多时候都需要细听他们的状况和病情 过程中抽丝剥茧 很多时候重点就是藏于这些细节</p>	<p>Chinese medicine practitioner is an interesting job You can meet different patients in a clinic You are sometimes a doctor or a friend of your patients Most of the time you have to listen to their case and conditions attentively to dig out the details The focus is often hidden in the details</p>
[趙梓烽]	<p>從事醫療護理行業 必須具備的條件是有愛心和興趣 如果缺少了這兩個條件 是很難堅持下去的</p>	<p>从事医疗护理行业 必须具备的条件是有爱心和兴趣 如果缺少了这两个条件 是很难坚持下去的</p>	<p>In the medical care industry compassion and passion are the prerequisites Without the two prerequisites it is hard to hold on</p>
[主持]	<p>除了愛心和興趣</p>	<p>除了爱心和兴趣</p>	<p>Besides compassion and passion</p>

	我想最重要是遇上一位啟蒙老師 亦即是趙爸爸	我想最重要是遇上一位啟蒙老師 亦即是趙爸爸	I believe the crucial part is the presence of an enlightening mentor Tsz-fung's father
Caption	梓烽爸爸 — 趙煥森	梓烽爸爸 — 趙煥森	Tsz-fung's Father - Chiu Wun-sum
[趙梓烽父 親]	我本身對於中醫藥亦有興趣 平時生活上多跟他一起行山 辨認草藥 講解藥性 慢慢地培養他的興趣 對子女的管教方法不能太嚴 也不能太鬆 要細心、多溝通和多陪伴他 有時候他遇到困難時 多開解他 以一個朋友的身份與他溝通 我跟他比較像朋友的關係 多於父子的關係	我本身对于中医药亦有兴趣 平时生活上多跟他一起行山 辨认草药 讲解药性 慢慢地培养他的兴趣 对子女的管教方法不能太严 也不能太松 要细心、多沟通和多陪伴他 有时候他遇到困难时 多开解他 以一个朋友的身份与他沟通 我跟他比较像朋友的关系 多于父子的关系	I am very interested in Chinese medicine I always go hiking with him to identify different herbs and their nature and explain the efficacy of the herbs to gradually nurture his interest in the field Parenting can never be too strict nor too lenient Attention, communication and companionship are the keys when he is in troubles I console him and communicate with him as a friend I am more like a friend than a father figure to him
[主持]	當趙爸爸知道梓烽的理想 又給了甚麼建議予梓烽？	当赵爸爸知道梓烽的理想 又给了什么建议予梓烽？	When Tsz-fung's father learnt of his son's dream what suggestions did he give?
[趙梓烽父 親]	要給予他足夠的信心 足夠的精神上和生活中的支持 引導一條正路給他 讓他自己一步一腳印地發掘和前進	要给予他足够的信心 足够的精神上和生活上的支持 引导一条正路给他 让他自己一步一腳印地发掘和前进	I gave him confidence sufficient mental support and support in daily life and showed him the right path So that he could take his steps to explore and move forward in life

Theme: 第八輯生涯規劃教育短片(full version)_趙梓烽+趙梓烽父親

[主持]	父母的陪伴與鼓勵是子女最好的支持 尤其是當子女遇上挫折的時候	父母的陪伴与鼓励是子女最好的支持 尤其是当子女遇上挫折的时候	Parental companionship and encouragement are the best support to children especially when they face setbacks in life
[趙梓烽父親]	梓烽當時文憑試成績並不理想 所以那段時間我便陪伴他 慢慢去行這段路 多與他溝通 向他解釋 人生路上每個時段都有難關和順境 也有挫折 最重要的是自己能否站起來面對 再追上去 這才是最重要	梓烽当时文凭试成绩并不理想 所以那段时间我便陪伴他 慢慢去行这段路 多与他沟通 向他解释 人生路上每个时段都有难关和顺境 也有挫折 最重要的是自己能否站起来面对 再追上去 这才是最重要	Tsz-fung's HKDSE results were not satisfactory I stood by him during that period of time to walk through hard times together and communicated with him more I explained to him that having ups and downs is normal in different stages of life setbacks as well Pulling yourself together to face it and continuing your pursuit of goals are of utmost importance
[主持]	縱使梓烽已經學有所成 趙爸爸仍然期望他可以繼續努力學習 不忘初衷 造福社會	纵使梓烽已经学有所成 赵爸爸仍然期望他可以继续努力学习 不忘初衷 造福社会	Despite Tsz-fung's success his father wants him to continue his study and uphold his original belief to contribute to society
End Slogan	[凡事不要怕辛苦·多嘗試·機會是留給有準備的人。要有準備·才會有可能成功。] — 趙梓烽	[凡事不要怕辛苦·多尝试·机会是留给有准备的人。要有准备·才会有可能成功。] — 赵梓烽	"Never fear of hardship and make more attempts in life. Chance favors the prepared mind. Success occurs when opportunity meets preparation."- Chiu Tsz-fung