



香港中文大學
The Chinese University of Hong Kong



和聲書院
Lee Woo Sing College

infinite possibilities and care

成就無限可能與關顧



cuhklws



CUHK Lee Woo Sing College

香港中文大學和聲書院

College system of The Chinese University of Hong Kong (CUHK) is unique among local universities. Each of the nine Colleges of CUHK has its own tradition and culture, and together they shape the character of the University and represent the home-away-from-home for numerous local and international students who together compose our University community. The plethora of non-formal learning opportunities offered by the Colleges complement the formal curricula, nurture students' interpersonal skills, build up their confidence and sense of social responsibility, and fully prepare them for challenges in life.



香港中文大學 (中大) 的書院制在本港大學中獨一無二。中大有九所書院，每所書院都別具一格、有各自的文化，但匯聚在一起，卻塑造了中大的精神面貌，亦是無數本地及非本地學生的另一個家。書院生活着重對學生的關懷，促進學生全人發展，提供多種非形式教育，與正規課程相輔相成，旨在培養學生的人際關係技巧、自信心、責任感和應付挑戰的能力。

中大和聲書院成立於2007年，是一所中型的書院，現有一千三百五十多名學生，當中約一半為住宿學生。書院以「知仁忠和」為院訓，致力為香港、國家以至世界培育領袖人才，鍛鍊學生待人接物的技巧和領導才能，從而陶鑄他們成為社會的未來棟樑。



Professor Joseph Lau Wan-ye, SBS, a world-renowned expert on hepato-pancreato-biliary surgery and an Academician of the Chinese Academy of Sciences - Founding Master of Lee Woo Sing College.

書院創院院長 - 劉允怡教授 ·
SBS 國際知名肝膽胰外科專家及
中國科學院院士

"The last piece of the jigsaw in a young person's education should be furnished by the collegiate experience which inspires broader vision, higher goals, and resilience in realizing one's goals. Lee Woo Sing College nurtures future leaders and equips them with global exposure and insightful vision. We provide diverse opportunities for our students with different aspirations in achieving their goals. Academic and cultural overseas exchange programmes, interactions with successful professionals, and various pastoral care and holistic education have been offered over the past years. The College also emphasizes the spirit of 'Harmony', being kind to people and handling things with moderation. It is our wish that our students would seek knowledge, meet new friends and grow in all aspects in a harmonious way during the brief period they spend at the College. We expect that our students contribute to their alma mater and the community as well."

「書院生活是年輕學子人生畫卷上絢麗的筆觸，他們可以從中拓闊視野，確立遠大志向，並培養不屈不撓的精神。和聲書院期望學生具備國際視野和真知灼見，我們為學生每年提供多個國內外的學術和文化交流項目，並安排各項通識及非形式教育課程，讓他們增廣見聞，尋找人生目標。另一方面，書院著重「和」德，強調待人平和、處事適中，在此目標下，為學生提供全面關顧和全人教育，使他們於在書院修讀的數度寒暑裏，尋理想、覓知音，求知識、學做人。我們亦盼望年青學子心存感恩，積極回饋母校及社會。」



Infinite Possibilities & Care

成就無限可能與關顧

Lee Woo Sing College has been developing positively with care, support and trust from students. Succeeding last year's College theme, we will continue to develop our students with "Infinite Possibilities and Care". Apart from practicing and promoting the College's spirits – Leadership, Green and Harmony, via participation and leading diversified activities, we hope our students could care for their peers and the society.

Grow with LOVE, flourish in HARMONY

The College was officially established in 2007 and will be celebrating its 10th anniversary this year. With the celebration theme "Grow with LOVE, flourish in HARMONY", we are organizing more than 10 large-scale celebration activities in the coming year, including setting up a College Archives, 10th Anniversary Mooncake magic and lantern gathering, Open House and Celebratory Ceremony, World Culture Fest, Photo-taking Competition, sports activities, 10th Anniversary Woosing Choir Concert and large-scale student celebratory events, on top of regular activities. The College takes an active role to work with student leaders in organizing various student activities. Through these activities, students' leadership skills were fostered and sense of belonging to the College were enhanced. We hope our students will make the ever-great success in organizing memorable anniversary events with the College with pride and joy.

Harmony and Care are the core values and culture of student service of the College. We are launching a new Onboarding Programme for Year One Students as part of our plan in enhancement of student care and counselling services. The programme aims at helping freshmen to identify their personal goals as early as possible and to adjust themselves for University life via peer networking and mentorship scheme, so as to understand self and the society well, and lay a good foundation of their personal development.

一直以來，和聲書院與學生關係密切，透過互相關懷、支持和信賴，讓書院得以正面發展。選擇和聲為首選書院的學生人數連年增長。書院今年的主題延續去年的「無限可能與關顧」，希望學生藉書院與學生會及其屬會舉辦的活動認識及實踐書院精神——「領袖、環保、和諧」，亦透過關心朋輩、關心社會，在書院建立緊密的人際關係網，積極投入書院生活、參與其中，讓學生在歡樂與多姿多采的氣氛下成長，以身為和聲人感到自豪和喜悅。

和諧建前路 關愛立名聲


政府於 2007 年刊憲公佈和聲書院正式成立，轉眼已十年。書院今年將慶祝成立十周年，主題為「和諧建前路、關愛立名聲」。除了新生迎新活動、節慶活動、音樂及體育會等活動外，今年書院將與學生攜手舉辦十多項十周年院慶活動，包括設立書院院史館、十周年自製和聲月餅獻關懷暨花燈晚會、十周年開放日暨慶祝典禮、大型國際文化節、攝影比賽、體育競技、和聲合唱團十周年音樂會及多項學生會大型慶祝活動等。書院一直提供一個讓學生發揮無限創意的平台，從旁協助，讓他們從籌辦過程中實踐領袖之道、加強學生對書院的歸屬感。我們期望藉十周年院慶的機會，可以與學生一起籌辦一個讓和聲人難忘並引以為傲的十周年院慶活動。

「和諧、關愛」是和聲書院的文化與核心價值，藉成立十周年之際，書院將加強學生關顧及輔導服務。一年級新生踏入大學，將面對生活與學習上的重大轉變，我們今年重點關懷新生，推出一項名為「和聲啟程」的新計劃，目標為讓一年級學生盡早訂立個人目標、並在朋輩及師友協助下適應學習與人際關係的轉變，從而認識自己、瞭解社會、在個人發展基礎上站穩陣腳，追尋理想。




曾子謙
(2012/13 入學) (中文教育)
2014/15 年度書院學生會會長
2015/16 年度書院學生會監委會秘書



Nadia Gabriela 
(2012/13 Cohort - Biomedical Engineering)
Member of WS Choir (2013-2015)
Receipient of Outstanding Student Award
(College Service) (2014/15)



張沐新 
(2014/15 入學) (社會科學)
2015/16 年度學生會幹事會副會長
2017/18 年度學生會幹事會幹事



廖俊鋒
(2013/14 入學) (工商管理)
2014/15 年度和聲工管院會幹事
2016/17 年度書院學生會監委會委員
2016/17 年度傑出學生獎 (全人發展)
得獎者



郭梓樂
(2013/14 入學) (法律)
2015/16 年度書院學生會監委會委員
2016/17 年度傑出學生獎 (全人發展)
得獎者



陳浩然
(2014/15 入學) (醫科)
2015/16 年度書院宿生會會長
和聲合唱團成員 (2014-2017)



「和聲就像一個家庭，或許子女未必能夠理解父母的一切安排，但愛子之心實令人動容。我想無仇不成父子，大家總有不合之處，但只要包容和溝通定能把這個家撐起來，溫暖而融洽。學生在和聲，只要願意發聲，願意改善書院，總擁有機會；這裡，我們努力樹立起學生自治和師生共治；學生團體亦與其他書院看齊，從不妄自菲薄；一步步地改善這一個家，讓它充滿每個成員的回憶和特色。」

亦記得在卸任學生會會長一職時，種種的不捨和感觸，對同學和書院一聲一聲的感激和珍惜。或者，和聲給予了無窮的機會和溫暖。院長的諄諄善誘。曾把我送到遠處的新疆，看那明媚的風光山色，觀那複雜的民族特色；亦把我領到貧窮的貴陽，認識文盲和貧窮的問題，支援缺乏師資的學校，得到愛和教育不分界限的感悟。這一切一切，讓我擴闊眼界，讓我累積經驗，讓我找到志同道合，讓我充實了心靈。一個新的家庭，家族名聲靠著我們打造，我總感到這個使命。我想，中大和聲不會是一段回憶，而是一輩子的事。」



"My first encounter of College life was when I joined the college orientation camp which held in Cantonese. To my surprise, everyone around me was very friendly and helpful. They translated everything to English or Mandarin, and ensured me and other international students to have fun even though I don't understand their languages. They were willing to speak English in my small group during discussions and chit-chats.

I am a member of the College's choir for three years now and I really enjoyed my involvement in the choir because everyone is speaking English and I don't feel left out. I found many loving friends and supportive mentors here.

I think our College is very enjoyable and very family-like as there's a lot of fun and engaging activities. The College has a lot of ways in integrating local, mainland Chinese and international students here. I found my home-away-home in Lee Woo Sing College. Everyone around you really care about you even though they are not your family members but they treat you as a part of it."



「對於一個國際生，心理上的設想自然是會要在一個擁擠紛亂的城市渡過四年，幸運的話或許能在周末覺得片刻安歇。殊不知進入和聲後，反而彷彿得到了前所未有的安寧。在一天忙碌的生活結束之時，書院總是像家一般溫暖且平靜。由於宿舍和書院密不可分的關係，學生和教職員都有十分密切的關係，甚至和清潔阿姨們都能在見面時暖寒問暖一番。學生之間的關係更不用說，在許多的團體及活動中都能有許多的交流。這樣的融洽讓書院體現出了其獨特做為家的意義，在學業之外又在生活中提供了不一樣的學習。」

由迎新營開始乃至後來影響我至深的學生會，我有幸結交到一群熱心的好朋友。不管是生活大小事他們都十分樂意提供協助，在幫我銜接進入香港的生活的過程中，他們扮演了莫大的角色。書院提供的各式活動更促使本地學生、國際學生以及交換學生有機會互動，認識不同文化並且學習如何予以尊重。初來乍到，總是多少有一點生疏，但是在這樣的環境下，想不跟人混熟也很難。在這裡我找到了我大學生涯中最重要的一部分，而我期待你也有機會享受我所經歷的。」



「和聲作為一所新書院，傳統包袱比較少，發展空間相對較大。三年前我與一群朋友向書院大膽建議和聲人應該有自己的大型院慶活動，院方聽取了我們的意見並接納我們的提議，籌備活動期間給予我們資源外，亦給予我們很好的支援，讓我們成功舉辦三項大型院慶活動，是當時唯一能籌辦與舊書院院慶規模不相上下的新書院。」

除了院慶活動外，和聲亦是新書院中成立了最多學生屬會的書院，正因為有這麼多的機會，學生只要肯去做，肯去提出新點子，書院就能幫大家創造無限的可能。」



Scan to watch Eric and Matthew's story on Youtube 掃描此二維碼前往 Youtube 觀看廖俊鋒同學與郭梓樂同學的故事



「如果沒有書院的話，我們在大學裡面可能只會認識到自己學系的同學，大家的學習與思維方式差不多。但書院提供一個很好的平台，讓我們認識跨學系和年級的朋友，對同一件事的想法大家可能較多元，討論事情時會有更多思想上的衝擊，更能從不同的角度看待事情，這對我們的個人成長有很大的幫助。」

說到和聲的無限可能，就要提一下書院通識科的和聲論壇，由於自己對時事有很濃厚的興趣，機緣巧合下當起此論壇系列的學生主持，與通識老師一起擬定論壇題目與流程，每月一次與書院同學的交流讓我的演講和溝通技巧進步不少，得益不淺。」



「和聲書院背山面海，環境優美，令人心境開朗，對讀書學習很有幫助。可能是新書院的關係，很多人認為和聲書院沒什麼傳統，書院生活乏味，但這就錯了。正因為我們不用跟從既有的模式，同學才有機會自由發展，有創新的機會。2014 年我有幸參加了不少和聲的活動，包括加入宿生會幹事會當會長，代表和聲合唱團到馬來西亞表演，也參加過第一年辦就非常成功的和聲院慶，所有書院同學都有機會參加這些精彩的活動的。」

宿舍生活是書院生活的重要一環，如果沒宿舍的話，上課後便離開中大，那就會錯過了許多晚上才開始的活動。和聲的宿舍很寬敞，樓層整潔，有舒服的床，甚至每個房間均有一個雪櫃，令宿舍生活與家一樣舒服。晚上的時候在 Pantry 跟朋友打邊爐、玩卡牌，去小賣部與同學聊天，或者參加宿生會的活動，是住宿才體會到的樂趣。在和聲住宿的另一好處是想「搵讀」、想玩的人可以參與豐富的宿舍活動，想「搵讀」的又可以到閱讀室或寧靜的房間慢慢讀，適隨便，所有人都適合和聲的生活。」

Caring @ Lee Woo Sing College

關愛 @ 和聲

We care. We listen - The College aims to bridge students with their peers, teachers and alumni, so as to support each other for personal growth and College development. Various communication channels and caring programmes are provided for students in the College. To name a few:

我們關愛・所以用心聆聽 - 為了讓學生與朋輩、老師、校友建立更緊密的關係網・互相切磋交流、從而協助個人成長及書院發展・書院設有一系列關顧活動及溝通渠道・其中包括：

- Regular meeting with Dean of Students and counselling service by appointment
書院輔導長定期會面及預約輔導服務
- Regular gathering with affiliated teachers from eight faculties
來自八個學系的書院老師定期與學系同學聚會
- Onboarding Programme for Year One Students
專為一年級生而設的「和聲啟程」計劃
- Mentoring Programme (under Onboarding Programme for Year One Students)
「和聲啟程」內之師友計劃
- Personal and living adjustment counselling by Warden and Hostel Tutors
宿宿舍監及導師提供個人及生活適應輔導
- Sharing and meeting with Alumni Association
與校友會師友分享及聚會
- Regular afternoon tea gathering with Master and teachers
與院長及老師定期下午茶聚



Professor Stanley Hui
College Dean of Students
Professor, Department of Sports
Science & Physical Education

書院輔導長 - 許世全教授
體育運動科學系教授

"We CARE for every student in LWS. If you have any concerns or comments, you are welcome to talk to me, either via email for an appointment or just to drop by my office during the "Dean of Students Time" on every Wednesday 5:30 – 7 pm. Issues like campus life, friendship, students activities, academic concerns, ideas, comments or suggestions, or even just casual chats, are all welcome.

In order to cultivate a friendly environment, we organize varies activities frequently in order to make you feel comfortable and to feel like home. If you would like to make more friends, our mentorship scheme will be perfect for you.

Most important of all, I encourage you to step out from your personal comfort zone to try new things and to meet new friends. I also strongly recommend you to join at least one or two LWS student societies or club activities. This is the fastest way to make friends. I wish you a memorable yet enjoyable life here at LWS."

「我們關心每一位和聲學生。如果你有任何需要，可以隨時經電郵跟我預約面談，或直接在輔導長時間到我的辦公室，不論是大學生活、與朋友相處、學業問題或任何建議都無任歡迎。書院定期舉辦不同類型的學生活動，並設有師友計劃，讓書院氣氛更友善。最重要的是，我鼓勵你跳出自己的框框，嘗試新事物並認識新朋友。你可以試試參加一至兩項書院活動或學生組織，這樣可以令你更快認識到新朋友。祝各位新生在和聲有一個難忘及享受的大學旅程。」



錢冠廷
(2015/16 入學) (日本研究)

2016/17 年度書院慶宣傳部部主
2016/17 年度傑出學生獎 (領袖才能) 得獎者
和聲合唱團成員 (2015-2017)



方煒斌
(2016/17 入學) (護理)

2016/17 年度書院護理學
系會幹事



「書院每年都會舉辦大大小小的活動，當中包括院慶活動。和聲院慶的籌備工作由不同的分部分擔，其中的宣傳部有約一百位部員，負責整個院慶活動的對外宣傳工作，我很慶幸當上了 2017 年院慶的宣傳部部主，期間除了學會實用的技巧（例如行政及管理人才）外，亦學會珍惜伙伴之間的關係。我很感謝和聲給我一個機會去發掘自己的潛能與實現自己的夢想。」

「朋輩之間常說道，大學五件事之一其中一項很重要的就是上莊。和聲作為一所中型書院，學生數目不多，正正如此，同學上莊的機會亦不少，2017 年我參加了書院護理學會的莊，雖然籌辦活動所需要投放的時間不少，但可以從這些莊務之中找到自己的定位與價值，希望自己與未來的師弟妹好好享受大學生活。」



Scan to watch Keni and Albus's story on Youtube
掃描此二維碼前往 Youtube 觀看
錢冠廷同學與方煒斌同學的故事

Onboarding Programme for Year One Students

和聲啓程

The Onboarding Programme is a comprehensive life and academic guidance and bridging pro-gramme specially designed for year one students. The programme consists of networking ac-tivities, workshops and mentorship scheme, on top of the General Education courses and ac-tivities for year one students. We aim at helping freshmen to identify their personal goals as early as possible and to adjust themselves for University life via peer networking and mentorship scheme, so as to understand self and the society well, and lay a good foundation of their personal development.

The elements (e.g., networking activities and workshops, etc.) of this Programme are listed on the next page. All year one students are automatically enrolled in this Programme. Student completing the basic attendance requirements will receive a certificate of programme completion. For students with outstanding performance in the programme and able to demonstrate their learning outcomes may have a chance to join short-term overseas exchange trips with subsidies. The peer networking and mentorship scheme provide an interactive communication and sharing platform among peers and with mentors during their study in year one. About 20 mentors (senior students) with different background (with local and non-local students) from various faculties have joined the mentorship scheme. Year one students may indicate their preference of mentors for University life counselling according to the mentors' personality and background. Each year one student will be assigned with at least one faculty teacher for personal development and academic guidance.

「和聲啓程」專為就讀書院一年級學生而設，計劃內的一系列活動、工作坊、師友計劃，與為一年級學生提供的通識教育課程連結起來，為新生提供整個學年的全面生活及學習引導。目標讓一年級學生盡早訂立個人目標，並在朋輩及師友協助下適應學習與人際關係的轉變，從而認識自己、拓寬視野、瞭解社會、在個人發展基礎上站穩陣腳。

此計劃的活動及工作坊等元素簡列於右頁。所有一年級學生將自動獲編排參與此計劃，書院會為參加者提供獎勵，達到基本出席率的學生可獲發計劃結業證書，而表現出色及能夠展示其學習成果的學生更有機會獲資助參與書院的短期海外交流活動。計劃中的朋輩交流及師友計劃元素為一年級學生提供一個與同級學生或學長建立溝通及互助網絡的平台。今年將有約二十位來自不同學系（包括本地及非本地高年級學生）的學長參與師友計劃，一年級學生可就每位學長的特質選擇其作為自己的大學生活輔導「師兄、師姐」；而每學系的一年級學生亦會獲分派最少一位學系老師，為學生提供個人成長及學術輔導。



和聲啓程 Onboarding Programme for year one students

Induction & Ceremony 計劃介紹及典禮

- Kick-off Day Camp & Information Market 計劃日營及資訊市集
- Inauguration Ceremony cum Orientation Dinner 入學典禮及迎新晚宴

Mentor & Advisor 師友計劃

- Senior students provide advice on University life adjustment 高年級學長提供大學適應輔導
- Faculty teachers (advisors) provide academic-related counselling 學系老師提供學術有關輔導

Education Programmes 教育課程

- Exploration of self and University course 探索自我及大學課程
- Assembly talks & cross-cultural experience 周會講座及跨文化體驗
- Knowing HK group project 認識香港小組習作

Peer Networking 朋輩交流

- Specific group gathering (Residential students, non-residential, non-local, etc.) 不同群組（住宿 / 非住宿 / 非本地學生等）聚會
- Spring Reception 春茗
- Closing Ceremony 結業典禮

Workshops 工作坊

- Relationship Management 關係管理工作坊
- IELTS Preparation & Calligraphy IELTS 預備班及書法班
- Taste of Life workshop series 品味人生工作坊系列

Health & Wellness 身心健康活動

- Ice-hockey Leadership Training 冰上曲棍球領袖訓練
- Kung-fu taster class 功夫體驗班
- Healthy living and cooking 健康生活及煮食
- Horse-riding & rock-climbing 騎馬體驗及攀石



Care for Non-residential and Non-local Students

走讀生及非本地生關顧

It is the College's mission to provide total care to all groups of students. We especially focus on non-residential students and non-local students. The College offers various daytime facilities, such as lockers, fitness room, reading room, music room, barbeque area, cookery demonstration kitchen, cafe and dining facilities, and non-residential students common room, to non-residential students. They can spend their leisure time between lessons in the College. The Non-residential Students' Association of Student Union organize regular gathering and activities for them as well. Besides, activities organized by the College welcome all students, especially non-residential students, to join. The College organizes afternoon tea gathering since last year for free. We encourage non-residential students to join. For a full event calendar, please visit www.cuhk.edu.hk/ws/events.

We understand students from overseas and mainland China may encounter problems in cultural difference and living adjustment. Our Wardens and hostel tutors provide personal and living adjustment counselling for non-local students. They organize celebration activities during major festivals as well. The College establishes a team of mentors under the Onboarding Programme for Year One Students, which many of the mentors are non-local senior students. They will help and advise non-local freshmen in adapting University life and College cultures, so as to make our College their "home-away-from-home". To further enhance understanding of local and foreign cultures among students, the College organized large-scale cultural promotion events for consecutive four years. More than a thousand non-local students from 25 countries shared food and cultural information of their countries with other students, and performed traditional dance and music during the events.

書院希望所有學生都得到全面的照顧，對照顧非住宿學生及非本地學生亦不遺餘力。書院提供多項日間活動設施予非住宿學生，包括小型儲物櫃、健身室、閱覽室、音樂室、燒烤場、烹飪示範室、咖啡閣及餐廳和非住宿學生活動室，同學可於「天地堂」時到書院歇一會，與朋友聚聚、聊天、玩紙牌遊戲等。學生會走讀生會亦會為非住宿學生定期舉辦聚會及活動。我們十分歡迎非住宿學生參加書院舉辦的所有活動。而書院自去年起推出下午茶聚，特別歡迎非住宿學生參與，費用全免，詳情請留意書院網站的活動日誌 (www.cuhk.edu.hk/ws/events)。

非本地學生來港學習，難免會遇到文化差異與生活上的問題。書院宿舍舍監與導師會為非本地學生提供個人及生活適應輔導，並會在節慶期間舉辦慶祝活動；而今年「和聲啟程」計劃中有許多非本地生擔當師友計劃領袖。我們希望透過此計劃，讓高年級「大哥哥」、「大姐姐」協助非本地新生適應大學生活，融入書院文化，務求令和聲變成他們的「Home-away-from-Home」。書院已連續四年舉辦大型國際文化推廣活動，藉此加強本地及非本地學生的溝通與文化交流，已有來自25個國家和地區共超過一千位非本地學生設立過不同的文化攤位及組隊表演文藝節目，與其他同學分享他們的傳統習俗和美食。



College organizes international cultural events every year, to encourage communication and cultural exchange among local and non-local students. 書院每年都會舉辦國際文化活動，讓本地及非本地生互相認識，促進他們的交流



Franklin Au

Born in Hong Kong, Lives in Shanghai; admitted to CUHK via Non-JUPAS scheme in 2015. LWS was his first choice of Colleges.

歐進祺

生於香港，家住上海，2015年經非聯招辦法回港入讀中大；和聲為他的首選書院

"I was born in Hong Kong and studied in Shanghai, China since I was small. I was admitted in CUHK via GCE A-level examination last year. Living in LWS College makes me feel like part of the family as everyone here treat me like brothers - we eat, we chat, we study together all the time. No matter my skill in playing table-tennis is not that good, my elder peers in the College team always willing to spend time to coach me. The loving and caring atmosphere makes me forgetting my identity as a non-local student - I have never felt being elbowed out and all students here tried their best to assist us in adapting local culture and LWS culture. I am indeed part of LWS College and the College is my home-away-from-home."

「我是香港人，小時候隨父母到上海生活，在當地讀中小學，去年透過英國高考成绩考入中大。經過一年在和聲書院生活，書院對我來說可算是家以外另一個家。在這個溫暖的大家庭裡，我與同學每天一起用膳、一起聊天、一起溫習，我還有幸選拔入到書院乒乓球隊，一班師兄及同輩不嫌我技術普通，陪我一起切磋球技，令到作為家中的獨生子的我感到兄弟情，亦使我在繁重的作業及考試中找到歡樂。最令我感動的是我並沒有因為文化背景不同而被排擠，反而周遭的同學非常耐心地幫助我融入和聲這個大家庭。」



Scan to watch Franklin's story on Youtube
掃描此二維碼前往 Youtube 觀看
歐進祺同學的故事

LWS Spirits - Leadership, Green, Harmony

和聲精神 - 領袖、環保、和諧

Lee Woo Sing College provides a wide range of valuable collegiate experience themed on leadership training, exposure to green education and harmonious life. These three themes match with the three Chinese characters embedded in our emblem, which are "People, Mountain, Harmony". We hope our students live their lives with these WS spirits, even after they are graduated from the College.

和聲書院致力通過舉辦一系列的通識教育課程、海外交流計劃及學生發展項目，為學生提供全人發展機會，培養他們的領導才能；另一方面，書院實施減碳減排的環保措施及推廣綠色生活，教育學生珍惜資源、成為綠色公民；書院亦舉辦多姿多采的文康項目，以促進學生之間及師生之間的和諧生活。這三個目標正好配合我們的院徽所包含的三個中國古字——「人、山、和」，我們希望學生在畢業後能在生活中將這三個和聲精神實踐出來。



"People" -- cares a lot about students' moral and intellectual development; provides students with whole-person education through a wide range of programmes, to nurture future leaders.

「人」-- 注重學生品德培養和智育發展。透過多元化課程和學術交流活動，拓寬學生的視野，培育領袖人材。



"Mountain" -- emphasizes on staff-students' interaction with the nature; raises their environment awareness, so as to develop a sustainable campus.

「山」-- 注重師生與自然環境的和諧互動，透過身體力行來提高學生的環保意識，共創一所可持續發展的校舍。



"Harmony" -- emphasizes the spirit of 'Harmony', being kind to people and handling things with moderation.

「和」-- 強調待人平和、處事適中，並鼓勵年青學子包容和互愛。



Scan to watch College video on Youtube
掃描此二維碼前往 Youtube 觀看書院介紹短片



Care for Intellectual Development

關注學生智育發展

The College provides students with whole-person development opportunities through a series of General Education courses, visiting scholar programmes, leadership training and other developmental programmes. We encourage students to cultivate positive attitudes and values, independent and critical thinking, intercultural sensitivity, team spirit, and leadership; demonstrate care for society, and develop a sense of responsibility.

The structure of College's general education courses is simple yet rich in contents and fit students' needs. Students are required to complete two 3-credits courses, including an induction course and another elective course. Students are also required to attend one assembly per term and one high table dinner per year. Renowned public figures, professionals, alumni and outstanding students are invited to deliver talks in assemblies and high table dinners.

Apart from formal courses, the College organizes workshops in language enhancement, tastes of life and interest classes, and training in public speaking and master of ceremonies. In addition, the College organises a summer work experience programme to broaden students' career horizons.

書院通過舉辦一系列的通識教育課程、訪問學人計劃、領袖培訓課程及其他學生發展項目，為學生提供全人發展機會，鼓勵學生培養積極的態度及正面的價值觀，多關心社會，並培養個人責任感、獨立及批判思考能力，跨文化溝通能力，團隊精神及領導能力。

書院的通識教育課程結構簡單，但內容豐富並切合學生需要。書院學生只需在就學期間完成兩科三學分的課程，其中包括一科大學生活銜接課程及一科選修科。另外，學生每學期需出席一次週會及每年出席一次高桌晚宴，每次週會及高桌晚宴書院均會邀請社會知名人士、不同行業的精英、傑出畢業生跟學生分享心得。

除通識課程外，書院會定期舉辦語文增潤、品味人生及興趣工作坊，亦會不時舉辦訓練學生自信及溝通能力的課程，例如司儀訓練及演講工作坊等。另外，書院亦會在暑期舉辦工作體驗計劃，從而擴闊學生視野。

General Education and Leadership Training Programmes

通識及領袖訓練課程

- Wide range of credit-bearing general education elective courses, including The Art of Leadership, China and The World, Field Studies of Nature's Genius in Biodiversity, Kunqu and Peking Opera, Understanding Globalization, etc. 多元化帶學分的通識選修課程，包括：領導藝術、中國與世界、生物多樣性的智慧與實地考察、京崑戲曲課程、認識全球化等
- Leadership Forums and Academic Seminars 領袖講座系列及學術論壇
- Kunqu and Peking Operatic Art courses 京崑導賞及體驗中國戲曲課程
- Language Enhancement Programmes: IELTS Exam Preparation, English Evening, Colloquial English Workshop, Toastmaster Club, Cantonese Workshop, etc. 語文增潤課程：IELTS 預備班、英語夜、英語俗語工作坊、演講會、廣東話班等
- Assemblies and High Table Dinners 週會及高桌晚宴
- Tastes of Life workshops: Latte Art, Coffee Appreciation, Wine Tasting, Cocktail, Pinhole Camera Making, Photography, Culinary Art 品味人生工作坊：咖啡欣賞、咖啡拉花、品酒、雞尾酒、紙盒相機製作、攝影班、廚藝欣賞
- Work Experience Programme 工作體驗計劃



Professor Joseph Kwong
College Dean of General Education
Assistant Professor, Department of
Obstetrics and Gynaecology

書院通識教育主任 - 鄺約瑟教授
婦產科學系助理教授

“‘What kind of person do I want to be?’ This question is one of the key elements for guiding students to achieve a fruitful and meaningful University life. In Lee Woo Sing College, we ask you to think even further - ‘How to develop myself into the type of person I aspired to be?’ - this is also the way we inspire our students to develop into all-round excellence via our Leadership Training and General Education Courses.

Our programmes bring forward broad interdisciplinary and learning approaches, through different teaching strategies, in order to widen students’ perspective and learning abilities. In the long run, we hope to instill our students with a wide range of knowledge, attributes and experiences that they can draw on for the challenges in the future."

『「我希望成為怎樣的人？」這個是每位大學生必須思考，也是可以引領他們邁向豐盛而富意義的大學生活的引題。在和聲書院，我們希望學生們可以想得更遠——如何發展成為我們期望的那類人？」——這亦正是書院領袖訓練及通識教育的目標。

我們的課程提供引導，透過正式及非正式的跨學科學習，開拓學生視野及提升他們的學習能力，讓他們找出自己的人生方向。我們希望學生能投入書院所設計的課程，以此作為滋養人生、確立價值觀的基礎。』



Overseas Exchange and Experiential Learning Programmes

海外交流及體驗學習活動

Good leaders should have global exposure and insightful vision. The College provides students with various opportunities for both long-term and short-term exchange to enrich their international exposure and global perspective, enhance their academic life, and to promote independence. Exchange programmes include a variety of choices of universities in Australia, Canada, mainland China, Denmark, Germany, Italy, Japan, Korea, Singapore, Sweden, United Kingdom and United States (for long-term), and Perth (Australia), Xian, Xinjiang & Harbin (China) (for short-term), etc.. Social service elements will be added to exchange programmes this year. A new scheme “Victor Fong Global Experiential Learning Program” is launched to send students to areas from Chinese Silkroad to Europe.

Apart from exchange programmes, the College offers special experiential learning programmes for students to broaden their horizons. Those programmes include:

- Kunqu and Peking Opera programmes
- China Silkroad cultural exploration trip
- Pine League Performance - Musical Performance in Tsing Hua University, Beijing (Woosing Choir)
- Winter Trip to Harbin, China (Northeast Forestry University)
- Outward Bound Training Programme

優秀的領袖必須具備國際視野和真知灼見。為擴闊同學的國際視野及鍛鍊他們的獨立能力，書院提供多個海外和國內的長期學術交流計劃及短期交流項目。長期交流計劃地區包括澳洲、加拿大、中國大陸、丹麥、德國、意大利、日本、韓國、新加坡、瑞典、英國及美國，而短期交流計劃地區則包括澳洲珀斯、中國西安、新疆及哈爾濱等。書院今年會加強交流活動的社會服務元素，推出「方元德寰宇體驗計劃」，讓學生到中國絲路沿線至歐洲國家進行文化交流。

除交流活動外，書院亦為學生提供獨特的體驗學習活動，讓學生擴闊眼界之餘，更能從中學習各項領導才能。體驗學習活動包括：

- 京崑戲曲活動
(學員參加「姹紫嫣紅」大型演出及到上海戲曲學校受訓)
- 中國絲路西北文化考察
- 北京清華大學松聯盟藝術交流活動(和聲合唱團交流活動)
- 哈爾濱東北林業大學冰雪之旅
- 野外定向訓練



College students visited hospital specializing in leukemia in Xinjiang during their culture exploration trip there (2016). 2016年，書院學生參與新疆文化交流活動，探訪當地白血病專科醫院，透過繪畫活動瞭解病童內心世界



馮芷慧
(2015/16 入學) (新聞及傳播)

曾參與 2017 年度中國絲路西北文化考察活動



「十四天的旅程讓我踏足未知的國度、感受中華大地的遼闊和絲綢之路在歷史上的重大影響，收穫豐富！旅行的意義在於認識未知的人事，即使沒有相熟的朋友同行，慶幸我鼓起勇氣報名，在新的圈子度過愉快的十四天。我們從西安到寧夏銀川，再到敦煌，然後向中國西北進發，途經吐魯番，最終到達烏魯木齊。透過參觀不同的名勝、博物館和當地導遊的講解，認識不同地方對於絲綢之路的重要發展意義。當然少不了與三間當地大學的學生交流學業上和生活中的點滴。

我在西安參觀了舉世聞名的兵馬俑，感受秦始皇陵的威嚴。在寧夏挑戰了飛索橫越黃河。印象中的沙漠是荒蕪的，但敦煌鳴沙山現在已是非常熱鬧的旅遊景區。身為佛教徒，有幸去到佛教聖地莫高窟，了解不同朝代的審美觀和對佛教的尊敬。新疆的天然景色美得動人，葡萄王國吐魯番的43度高溫叫人難忘，深刻的還有烏魯木齊無處不在的安檢。實在十分感謝和聲書院給我參與這次交流的機會，讓我擁有這段特別的回憶！」



Lee Wing Shan
(2014/15 Cohort - Professional Accountancy)

Joined Western Australia Experiential Learning Tour 2016



"Apart from learning local culture like aboriginal Australians as well as the skills of writing research papers, the slow-paced lifestyle in Perth also allowed me to fully enjoy what was happening right now and helped me to pause to observe everything surrounding me like the beauty of nature in the 11-days experiential learning trip. It is totally different to Hong Kong which is a prosperous metropolis emphasizing on efficiency, making us tired of the hectic pace of city life and forget to give ourselves a break in daily life.

As the saying goes "Walking with a friend in the dark is better than walking alone in the light". I have never been to Australia and it was absolutely a new place for me to adapt to. Yet no matter how tough the challenges are, my friends were always standing by my side to support and comfort me. I would like to thank my teammates for being with me all the time, and to Lee Woo Sing College who offered me a chance to participate in the Australia trip to broaden my horizons."



鄭瑋淦
(2015/16 入學) (建築)

曾參與 2016 年度哈爾濱之旅



「2016年聖誕有幸前往哈爾濱渡過一個白色聖誕。無論在飲食，建築，生活習慣等各方面，哈爾濱和香港也有很大的差異。雖然有這些不同，但當地東北林業大學的同學也很熱情的迎接我們並在其後的每一天向我們介紹及解釋當地的風土人情。令我印象最深刻的必然是到訪聖索菲亞教堂及到中央大街感受節日氣氛。

到訪不同國家欣賞不同風格的建築一直是我作為建築系學生的夢想。此外在零下十多度的溫度下，在中央大街走走邊吃不會溶掉的冰棍也是一個難得的體驗。如果有機會再次到訪哈爾濱，我會再一次到冰雪世界遊玩，去外貌較現代的哈爾濱歌劇院以及再一次和熱情的當地人交流。」



Calvin Chan
(2015/16 Cohort) (Integrated BBA)

Completed Wong Fook Luen Elite Development Programme 2016



"I gained in-depth knowledge on Western and Chinese business etiquette, intrapersonal skills, such as public speaking and interviewing skills, and different dressing codes etc. via classes of the Beijing leadership training trip (as part of the Elite Development Programme).

Beside classes, we visited Xiaomi Headquarter to meet their Chief Officer, experienced amazing VR products at HTC and visited the residence of Spanish consulate general during the trip. The Beijing trip not only gave us effective lessons for our personal development and careers planning, but also gave us inspiring experience through visiting successful entrepreneurs and prime local firms.

The huge amount of fun and friendship have made this trip enjoyably and I would call this a truly 'harmonious' College experience."

Care for Environment - Leading technologies, Creative green ideas

科技・創意－推動綠色生活

Economy is growing fast, so is the imbalance of the earth's resource. Being members of the global village, we have to do our best to protect the environment.

Enjoyment of a 'green life' is one of the core collegiate experiences for Lee Woo Sing College students, and one of which they are right to be proud. In addition to installation of infrastructures reducing carbon footprint (including installation of Hong Kong's first hostel smart meter system and high-performance CIGS solar energy generation system), we have installed the energy monitoring and information systems on campus. Students may check their real-time energy usage and that of the hostel from their mobile devices. We adopt green practices in our daily lives. For example, we were the first College at CUHK to implement an on-campus food waste classification system and to enhance both teachers' and students' awareness of the importance of energy conservation and environmental protection. Our campus attained the Platinum rating under the 'Building Environmental Assessment Method (BEAM)' in February 2017 for its green building features and advanced green infrastructure.

In addition to green technologies and hardware installed on campus, we actively promote green culture in the College. A series of green activities are held regularly every year, such as workshops, visits to green organizations, organic farming courses, flea market and our signature green education showcase - GreenWS Day. Starting from 2015/16 year, the Green Life Ambassador programme has been enhanced. More creative elements have been added to allow students to organize their own activities to promote energy conservation and environmental protection in the College.

The College has been awarded the Silver Prize in the "Public Organization, Utility, University" Sector of CLP GREEN PLUS Recognition Award in 2014 in recognition of College's excellent effort in promoting environmental protection.

現今經濟發展迅速，地球資源分配失衡日益嚴重。作為這個地球村的一份子，我們應該盡力去保護環境，為自己及下一代締造綠色的居住條件。

綠色生活是每個和聲人引以為傲的書院經驗之一。書院不僅在校舍安裝減碳減排的綠色基礎設施（包括全港首個宿舍智能電力讀數裝置及高效能 CIGS 薄膜太陽能發電系統等），亦已在校舍安裝能源監察及資訊系統，學生可通過手機等裝置瀏覽自己及整座宿舍的即時用電量。我們鼓勵師生將環保投入生活，例如書院的師生飲食中心是大學實施全面顧客自行廚餘分類的餐廳，措施用以提升他們對節約能源及環境保護的意識。書院校舍於 2017 年 2 月獲香港建築環保評估協會按建築環境評估法 (BEAM) 評定為鉑金級別標準認證，以表揚其校舍建築及設計注入多項環保元素。

除綠色科技及硬件外，我們亦積極在書院內推動綠色文化，每年定期舉辦一系列環保工作坊、機構參觀、有機種植活動、跳蚤市場及大型綠色教育活動 -- 綠色和聲日。綠色生活大使計劃已由 2015/16 年度開始加添多項綠色創意元素，讓學生自主籌辦更多活動，推動書院內環保節能氣氛。

書院在推動綠色生活方面廣受認同，並獲得 2014 中電環保節能機構嘉許計劃 - 公營機構及公用事業與大學組別銀獎。



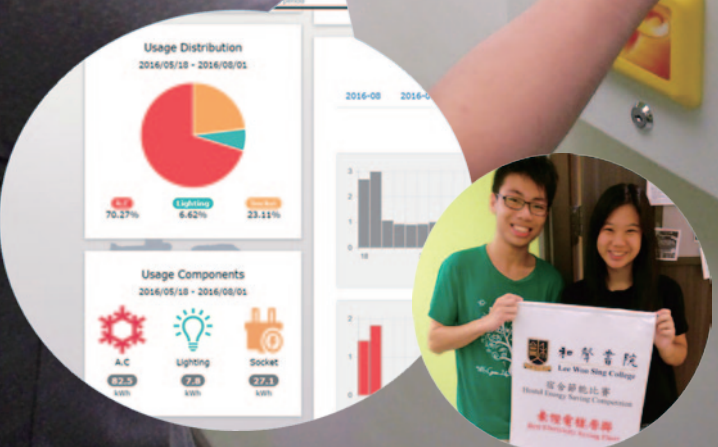
Green Facilities and Featured Activities

綠色設施及特色活動

- First-in-HK hostel smart meter
全港首個宿舍智能電力讀數系統
- First-in-HK high-efficiency CIGS solar panels
全港首個高效率 CIGS 太陽能發電系統
- Real-time Energy Monitoring and Information System
實時能源監察及資訊系統
- Heat-reduction glass coating
高效能隔熱玻璃塗料
- Energy-saving ceiling fan and mini-fridge
宿舍房間安裝風扇及小型節能雪櫃
- Energy-saving appliances and electric cooking
節能電器裝置及電能爐具
- Hostel floor energy saving competition
宿舍樓層慳電比賽
- Green courtyard
綠化休憩庭園
- Sky Garden
空中花園
- Canteen food waste reduction and processing
師生飲食中心減廢及廚餘處理措施
- Participation in University waste charging pioneer scheme
參與校內垃圾徵費先導計劃
- Green life ambassadors
綠色生活大使計劃

Students can check their electricity usage pattern via the web platform on their mobile devices and computers. Once free quota is used up, they may top-up their account with Octopus via automated kiosks.

學生可經流動裝置或電腦經網上查閱自己的用電模式。當免費電量用畢時，可在自助增值機以八達通為戶口增值。



Smart Meter - First-in-Hong Kong Energy Monitoring System for Students

全港首個智能電力讀數裝置

The College's hostel smart meter system is the first similar system implemented in student hostels in Hong Kong. It is aimed at raising students' awareness of energy saving and environmental protection.

The smart meter system is able to capture the electricity usage of air conditioning, lighting and electric sockets per bedroom individually. Students would have a chance to study their electricity consumption habit, usage comparison via an online platform, and adjust their habit when necessary. All the electricity usage in each bedroom is counted as a whole. Students have to top-up with Octopus card value for excessive usage on a progressive scale.

Unused quota is to be brought forward to the next month. All unused quotas are cashed and rebated to students. 419,000 units of electricity has been rebated to students since implementation of the smart meter, i.e., students have saved more than three hundred thousand of electricity together. Our hostel uses 40% less electricity than other CUHK hostels of similar capacities.

書院在宿舍安裝智能電力讀數裝置是全港首個宿舍智能電力管理系統。

智能電力讀數裝置可分別讀取每房間的冷氣、照明及電插座的用電量，學生可經網上系統查閱該等資料及用電量級別，以了解自己的用電習慣，繼而按需要調節用電情況。所有電器用電會統一計算。當免費電量用完時，學生要使用八達通卡為戶口作漸進計算增值。

系統會將未用完的電量累算於下一個月，直到學生退宿時，剩餘電量會折算現金回扣給學生。自系統啟用以來，書院已將419,000度電折算現金回扣給學生，代表書院學生同心協力在四年間節省了三十多萬度電，我們的宿舍用電大概比同規模的中大宿舍少四成。

Our Green Achievements

我們的綠色成果



Our hostel rooms use approximately 40% less electricity than hostels of comparable capacities

我們的宿舍房間用電比其他同等宿舍節省大約四成



419,000+ units of electricity were saved by implementing the smart meter system - good for 93,600 electric cars to complete a trip between WS and Central HK

自啟用至今，智能電力讀數裝置已節省超過419,000度電，足夠讓93,600架次電動私家車由和聲前往中環！



Nearly 600 students completed the two College G.E. courses on green education

開辦兩科綠色教育通識課程，至今已有接近600位學生修讀



Awarded the Silver Prize in the Public Organization, Utility, University Sector of CLP GREEN PLUS Recognition Award (2014)

獲中電環保節能機構嘉許計劃 - 公營機構及公用事業與大學組別銀獎 (2014)



Received the "Energy Conservation", "Green Event Organizing" CUHK 'GO!' Green Awards and listed 2nd runner up for Overall Green Actions. We were the only College received these awards (2015).

獲中大「識綠·更易辦」嘉許計劃「節能」獎、「綠色活動」獎及「綜合行動獎」第三名，是唯一獲此等獎項之書院 (2015)



The energy efficiency of appliances is reviewed from time to time. We saved extra energy by replacing lighting with LED and air conditioning with energy saving models

書院持續檢視校舍的能源效益，過去兩年更換LED照明及更慳電之變頻冷氣，額外節省用電



Organized hostel materials reuse programme for 4 years. Approximately 3,000 items were collected and reused

連續四年舉辦宿舍回收重用活動，回收及派發物件共約3,000件



WS's CIGS Solar PV system produce an average of 2,800kWh of electricity per month, which has the highest conversion rate of similar scale of PV system in HK

書院的CIGS太陽能發電系統每月平均製造2,800度電，是全港同規模之太陽能發電系統中轉換效能最佳之裝置



Care for Harmonious Life one family where harmony attains

和諧 · 一家 推廣和諧之道

Harmony is one of the great Chinese virtues. The College believes that it would have taken a paragon of virtue to live a harmonious life, not only of people-to-environment, but people-to-people as well. That is why harmony is one of the core spirits of the College.

Harmonious atmosphere is created based on good communication. This is the belief of College Master, teachers, Wardens' team and College Office as well.

The College promotes harmonious life via regular meetings, including Master and teachers' regular meeting with representatives of WSSU, Wardens and hostel tutors' regular meeting with representatives of WSSU Residential Students' Association, and a series of student and teacher activities such as afternoon tea gathering, sunset concerts, students-teachers sports competition, Master's Cup and chef competition, etc., to create a warm and home-like atmosphere in College hostels. In 2017, the College Office team received the CUHK Positive Workplace Service Award (Teams) for appraising the team's positive attitude in assisting students' development. We hope students, teachers and staff can work together in fostering a positive and harmonious culture in the College.

The College takes an active role to work with student leaders in organizing various student activities. In the past few years, students took the initiative to organize the College Anniversary celebrations. The organizing committee members consist of more than two hundred students per year. Through a series of activities, the students' leadership skills were fostered and sense of belonging to the College were enhanced.

「和」是中國人的優良傳統，古語云「會於中和，斯為美善」。書院秉承此中國傳統美德，強調人與人的和諧及共融，以「和」作為書院的重要精神之一。和諧氣氛建基於良好的溝通，這亦是院長、書院老師、舍監團隊及院務室同事的共同目標。院長及書院老師會定期與書院學生會代表、舍監及宿舍導師定期會面交流，亦會定期舉辦一系列學生及師生互動活動，例如下午茶聚、黃昏音樂會、師生運動比賽、院長杯及廚神大賽等活動，促進學生之間及師生之間的交流，讓彼此在溝通過程中學習和諧之道。書院院務室團隊亦一直以正向態度在各方面協同同學發展，2017 年更獲大學頒發正向員工服務獎（團隊），我們希望師生員工能共同實踐和諧及正向的文化精神。

另一方面，書院亦積極協助學生領袖籌辦各項學生活動，過去幾年由學生牽頭主辦的院慶活動，不但節目豐富，每年更動員了二百多名學生組成籌備委員會，讓他們從中實踐領袖之道，並加強了同學對書院的歸屬感。



College's Signature Events 書院主要活動

- Onboarding Programme Kick-off Day Camp & Information Market 和聲啟程計劃日營及資訊市集
- Orientation Camp 新生輔導營
- Inauguration Ceremony cum Orientation Dinner 入學典禮及迎新晚宴
- WS Mooncake Magic 和聲月餅獻關懷活動
- College Anniversary events 書院院慶活動
- World Culture Fest 環球文化節
- Graduation Ceremony and Photo Day 畢業典禮及畢業生拍照日
- Presentation Ceremony for Outstanding Student Award and Scholarships 傑出學生獎及獎學金頒獎典禮
- GreenWS Day 綠色和聲日
- Kunqu and Peking Operatic Performances 「姹紫嫣紅」京崑戲曲表演
- Alumni Homecoming Day and Homecoming Dinner 校友日及校友晚宴
- Woo Sing Choir Annual Concert 和聲合唱團周年音樂會
- Athelete Certificate Presentation Ceremony 運動員周年頒獎禮
- Chef Competition 廚神大賽
- 10th Anniversary Photo-taking Competition 十周年攝影比賽



Scan to listen to College song - "Sound of Harmony" on Youtube
掃描此二維碼前往 Youtube 收聽書院院歌 < 和諧之聲 >

Arts, Music and Sports Programmes

藝術、音樂及體育活動

Apart from caring students' intellectual development, the College cares for their spiritual and physical needs as well. We have been developing in music, arts and sports, and organize regular arts appreciation activities, sunset concerts and sports competition activities.

The College established her Woo Sing Choir in 2012. Nearly 300 students have joined and being invited by organizations in the University and from outside for singing performance. The choir has been invited to Malaysia to perform in Asean Arts Festival in 2014; and will perform for CUHK in the Pine League Musical Performance at Tsing Hua University, Beijing in December 2017. Besides external performances and daily practice, the choir organizes annual concerts and performs in all sort of College ceremonies. Apart from the Choir, our Drama Club under WSSU is a well-established College drama society in CUHK. The Club won twice in 2015 and 2016 for the Best Performance Award in Inter-Collegiate drama competition.

There are 15 College sports teams in LWS which welcome all students to join. In the past few years, we have outstanding performances in especially rowing (overall men champion in inter-Collegiate rowing competition for consecutive two years). To promote sportsmanship in the College, a group of sports-enthusiastic students formed a Sports Association. They organize a series of sports related activities for our students such as Master Cup, Sports Day and workshops, and manage fitness room and table tennis facilities.

和聲書院除了關心學生智育發展外，亦照顧學生身心靈需要，積極發展音樂、藝術及體育項目，定時舉辦藝術欣賞、黃昏音樂會、體育競技項目等。

音樂方面，書院於 2012 年成立和聲合唱團，至今已有接近三百人次學生參與其中，屢獲校內外團體邀請演出，2014 年更獲邀到馬來西亞參與 Asean Arts Festival 演出；2017 年底，合唱團會代表中大參與北京清華大學舉辦之「松聯盟藝術交流活動」。和聲合唱團除定期練習外，亦會為書院各項典禮表演，另外每年均會籌辦大型的合唱團音樂會或匯演。而和聲學生會屬下學生劇社亦是中大具規模的書院戲劇團體，2015 及 16 年均獲得中大劇賽最佳演出獎。

書院設有十五隊體育隊伍，歡迎所有學生經選拔參與。過去兩年，我們的划艇隊更連續兩年取得院際比賽男子全場總冠軍。為推廣全院參與運動，一班對運動充滿熱誠的學生自發組成體育協會，舉辦不同的體育活動，豐富同學的書院生活，其中包括院長盃、書院陸運會、不同類型的體育工作坊、協助書院管理健身室和乒乓球設施等。

The Woo Sing Choir, with a total of 80 members, is the largest student choir in CUHK. 和聲合唱團現有 80 位成員，是中大最大的學生合唱團



Roy Li
Admitted to CUHK in 2013. Led the WS rowing team to win several championships. Recipient of College Outstanding Student Award (Leadership Skills, 2015/16) (Sports, 2016/17)

李蔚洛
2013 年入讀中大，帶領書院划艇隊贏取多個獎項。2015/16 年度書院傑出學生獎（領導才能）及 2016/17 年度書院傑出學生獎（體育）得獎者

"In the past few years of University life, my most memorable moment is when the LWS rowing team won the overall men championship in last year's annual intercollegiate rowing competition. This was the year I served as the captain of the team. The award was usually obtained by Colleges with more people and resources. New Colleges like LWS is very difficult to win due to limited resources. However, we have a group of very enthusiastic teammates. We worked hard together to achieve the success after six months of special training lasting days and nights. I was very moved when LWS was announced the overall men champion on stage."

「在中大幾年的大學生活中，我最難忘的是去年當我做划艇隊隊長的時候，帶領團隊奪下一年度院際賽男子划艇全場總冠軍。以往這個大獎都是由人材與資源較多的書院包辦，缺乏資源的新書院如和聲要贏到此獎項實在是很困難的，但我們有一班很有心的隊員，大家經過半年日以繼夜的特訓，同心協力取得佳績，在頒獎台上宣佈我們贏得大獎實在是很震撼、很感動。」



Scan to watch Roy's story on Youtube
掃描此二維碼前往 Youtube 觀看
李蔚洛同學的故事

List of College Sports Teams 書院體育隊伍

- Badminton (Men's and Women's)
羽毛球（男子及女子隊）
- Basketball (Men's)
籃球（男子隊）
- Rowing (Men's and Women's)
划艇（男子及女子隊）
- Soccer (Men's)
足球（男子隊）
- Swimming (Men's and Women's)
游泳（男子及女子隊）
- Table Tennis (Men's and Women's)
乒乓球（男子及女子隊）
- Tennis (Men's and Women's)
網球（男子及女子隊）
- Track & Field (Men's and Women's)
田徑（男子及女子隊）
- Volleyball (Men's)
排球（男子隊）

Student Associations and activities

學生團體及活動

Apart from ambassador programmes and events organized by the College, students are encouraged to join the ten student bodies and associations registered under the College Student Union (WSSU). WSSU organizes several large-scale events, such as orientation camp and College anniversary celebratory events.

Her branch, including the Residential Students' Association, Non-residential Students' Association, affiliated Associations, provide welfare and services for specific groups. All freshmen are welcome to join.

除了書院主辦的大使計劃及活動外，書院有十個學生團體，讓學生按其興趣及需要參與。其中書院學生會每年籌備多項大型活動，例如新生輔導營及院慶等，並由其分支組織，包括宿生會、走讀生會及屬會等，為其會員提供福利服務及活動。歡迎各位新生參與其中。

List of WSSU Associations 書院學生會團體

- WSSU Executive Council
書院學生會幹事會
- WSSU Directive Council
書院學生會監委會
- WSSU Residential Students' Association
書院學生會宿生會
- WSSU Non-residential Students' Association
書院學生會走讀生會
- The Society of Business Administration, WSSU
書院學生會工商管理學院院會
- The Nursing Society of the Nethersole School of Nursing, WSSU
書院學生會那打素護理學院院會
- Medical Society, WSSU
書院學生會醫學系系會
- The Rotaract Club of WSSU
書院學生會扶輪青年服務團
- Drama Club, WSSU
書院學生會和聲劇社
- The Dessert Society, WSSU
書院學生會甜品學會



Henry Leung
Admitted to CUHK in 2015
President of College Student Union
(2017/18)

梁俊傑
2015 年入讀中大；
2017/18 年度書院學生會會長

"The College's Student Union functions to ensure that students' voices are valued and interests are safeguarded. Through continuous conversations between students and college, we endeavor to create a better WS, which turns out to be the college that every student has a strong sense of belonging to. We organize large-scale activities every year, such as anniversary celebration, orientation camp and singing contest etc.

It has only been several years since our foundation. It is no deny that there is room for improvement in terms of transparency, range and quality of services etc. We would like the concerns and efforts from all of you on the college affairs, so that all of us are entitled to a greater WS life. Meanwhile, it is the 10th anniversary of LWS college next year. We are looking forward to more students taking part in it. Only all the college members stay hand in hand that infinite possibilities can be created."

「書院學生會的任務就是令學生的聲音能夠得到書院的重視，保障學生的利益，透過與學生和院方不斷的溝通，從而令和聲書院變得更好，成為一個令同學有歸屬感的書院。學生會每年都會籌辦數個大型活動，包括院慶、新生輔導營，歌唱比賽等。

和聲書院學生會只有數年歷史，當中還有很多需要改善的地方，包括透明度，服務的種類及質素等。我們鼓勵更多學生關注書院事務，在建設書院上出一分力，令到同學在和聲生活時更加舒適，方便。同時，下一年度就是和聲十週年的院慶，希望有更多的同學能夠參與其中，運用每個同學的創意，去創造出無限的可能。」



Hostel Living as a Part of Personal and Character Development

舍堂生活－個人及品格發展

College's residential experience is a unique and defining feature of University life. Our hostel features more than simply the hostel itself: it includes own dining, recreational, fitness and music facilities, plus dedicated groups of wardens, tutors, hostel staff and executives of WSSU Residential Students' Association, who work hard to care for each individual student in the College family. Living on-campus – living where you study, studying where you live – offers a fundamentally distinct way to engage College life. You have a greater number of opportunities to deepen your ties to both the College and the University at large by building deep, long-lasting relationships that will last for decades.

In LWS hostel, we believe students could learn more than just the way they live with students of their age coming from different countries, different background and different faculties – we hope our students could learn mutual respect to each other and learn from each other – so as to build a harmonious community. That could benefit individual by providing an opportunity for them to develop into a better person with good communication skills and empathy to others, so as to accommodate the needs of others, and of course the hostel community as a whole by modelling a “home-away-from-home” for all students.

Learning does not only mean acquiring knowledge from textbooks. Students can learn from peers, no matter from junior or senior students, for knowledge and life experience via daily life and hostel activities – having a night chat, reading club, interest groups, etc.. Our wardens and hostel tutors are always there to provide guidance of living and personal development. Indeed they are good mentors, no matter for formal and informal advice.

舍堂生活是大學生活不可或缺的一部份。和聲書院的宿舍除了提供餐膳、休閒、健體及音樂等設施外，還有一隊由舍監、導師與職工組成的團隊和書院學生會宿生會幹事，為每位宿生提供全人關顧。於大學住宿並不只於方便上課，更讓學生可多參與大學、書院及舍堂活動，從而認識來自不同學系的朋友，與不同文化背景的同學和諧相處，建立深厚友誼。

在和聲宿舍，我們相信學生學習的不僅是如何如來自不同國家、不同文化背景和不同院系的同學相處，而是能學會相互尊重，彼此學習，共同建構一個和諧的群體。這不但對學生的個人成長、溝通技巧和增進同理心有所幫助，亦可為學生營造一個家以外的另一個家，讓整個宿舍、以至書院群體獲益。

學習並不僅指從教科書中獲得知識。學生可以從朋輩身上學習，無論是比自己高年級或低年級的同學，你都可以通過日常生活和宿舍活動（包括宿舍夜話、讀書會、興趣小組等）學到不少的知識和生活經驗。書院的舍監及宿舍導師會為學生提供生活和個人發展指導，事實上，他們就像是學生的人生導師，無論是正式的或非正式的建議，他們都樂意與學生一起商談。



Professor Yam Yeung
College Associate Master
Professor, Department of
Mechanical and Automation
Engineering

書院副院長 - 任揚教授
機械與自動化工程學系教授

"Lee Woo Sing College hostel is a place where students of different background, disciplines, years of study, and talents can meet, interact, and learn from each other while growing in their personal experience and characters.

We encourage our students to join the various hostel activities of their interest and moreover, to take lead in organizing functions of their own. Activities such as joining the WSSU Residential Students' Association, or helping the Wardens' team on events, etc., will definitely add colour to one's hostel life and broaden the horizon of his/her personal development. We very much look forward to your participation and involvement in LWS hostel activities!"

「和聲書院宿舍是一個讓學生與不同背景、不同學習範疇、不同年級、擁有不同技能的學生一同學習、一同成長，建立自己獨特品格的地方，通過不同形式的生活學習及互動，我們希望營造和諧的宿舍氣氛。

而我們亦鼓勵學生在閒暇時間多參與自己有興趣的宿舍活動，甚至組織籌辦活動。無論是參與書院學生會宿生會或協助舍監籌辦活動，都會為你的宿舍生活增添姿采，並可擴闊眼介及從與朋輩學習中讓自己成長。我們十分期待你的參與，並樂在其中。」



Hostel Care and Hall Activities

宿舍關顧及舍堂活動

- Regular meeting with Wardens/ Hostel Tutors
舍監及宿舍導師定期會面
- Personal and living adjustment counselling by Warden and Hostel Tutors
宿舍舍監及導師提供個人及生活適應輔導
- Hall orientation activities and home warming dinner
宿舍迎新活動及晚宴
- Onboarding Programme - Hostel Living Workshops
「和聲啟程」計劃宿舍生活工作坊
- Night Talks and Movie Nights
夜話及電影欣賞
- Celebratory events during festival time (including Mid-Autumn Festival, Thanksgiving, Chinese New Year, White Valentine Festival, Easter, etc.)
節慶慶祝活動 (包括中秋節、感恩節、農曆新年、白色情人節、復活節等)
- Regular floor gathering
定期層聚
- Dessert gathering
糖水會
- Cheering activities during examination periods
考試期間打氣活動
- Regular hall activities organized by WSSU Residential Students' Association
書院學生會宿生會定期舉辦的宿舍活動

All-in-one Campus

五臟俱全的校舍

The College has implemented a number of new technologies on campus, including an integrated security system, Hong Kong's first-ever smart meter system and an Octopus automatic fee collection system, to name just a few. The campus buildings are designed to blend in with their natural surroundings, and most dorm rooms enjoy beautiful views, whether of green and pleasant mountains or the gorgeous scenery offered by Tolo Harbour. To add colour to college life, the College has also beefed up its on-campus communal facilities, which now include a 400-person catering centre offering multinational cuisine, a café, a green courtyard equipped to host outdoor concerts, a multi-purpose hall, a 80-persons mini-theatre, a full hill-view fitness room, learning commons, a cookery demonstration room, activity rooms and a barbeque area.

和聲書院校舍採用多項嶄新科技，包括智能保安系統、全港首個智能電力讀數裝置、八達通自動收費系統等。而校舍亦巧妙地與自然環境融合，大部分宿舍房間都可飽覽優美的吐露港景色或怡人的山景。書院校舍內的文康設施一應俱全，包括可容納四百多人的師生飲食中心、可用作舉辦戶外音樂會之綠化休憩庭園、大型多用途禮堂、可用作舉辦話劇及演奏會之小劇場、落地玻璃健身室、烹飪示範室及燒烤場等，為書院學生的生活增添姿采。



Scan to watch the video "One Day @ WS", and see the great view and College facilities of WS on Youtube
掃描此二維碼前往 Youtube 觀看和聲的一天短片，並欣賞各項書院設施與景色



View from Student-Staff Catering Centre 師生飲食中心窗外景色



View from Courtyard 從庭園遠眺八仙嶺景色



View of valley where College situated in 書院位於士林路山谷一景



Full hillview fitness room
全山景健身室

List of Communal Facilities

學生設施一覽

- The Dining Hall and Multi-purpose Hall
大禮堂及多用途禮堂
- Mini-theatre
小劇場
- Multi-purpose Seminar Rooms
多用途演講室
- Reading Rooms
閱覽室
- Outdoor Courtyard
戶外庭園
- Fitness Room and Table-tennis Facilities
健身室及乒乓球設施
- Music Centre, Band Room and Piano Room
音樂中心・樂團練習室及鋼琴室
- Cookery Demonstration Room
烹飪示範室
- Cafe and Catering Facilities
咖啡閣及餐廳
- Multimedia Learning Commons and Computer Room
多媒體學習空間及電腦室
- Non-residential Students Common Room/ Games Room
非住宿學生活動室 / 遊戲室
- Barbeque Area
燒烤場
- Sky Garden
空中花園
- Temporary Residence
臨時宿舍
- Lockers
儲物櫃



live
study
play
dine
fun

ALL-in-ONE Facilities

- ◀ ❶ Cookery Demonstration Room
烹飪示範室
- ◀ ❷ Fitness Room 健身室
- ◀ ❸ Bedroom 學生宿舍
- ◀ ❹ Multi-purpose Hall
多用途禮堂
- ◀ ❺ Temporary Residence
臨時宿舍
- ◀ ❻ Sky Garden
空中花園

- Dining Hall 大禮堂 ① ▶
- Mini-theatre 小劇場 ② ▶
- Learning Commons 學習空間 ③ ▶
- Multimedia Studio 多媒體工作室 ④ ▶
- Band Room 樂團練習室 ⑤ ▶
- Reading Corner 閱讀閣 ⑥ ▶
- Multi-purpose Seminar Room
多用途演講室 ⑦ ▶



Scan to take a
virtual tour to our
campus
掃描此二維碼前
往虛擬校園遊



Scholarships, Bursaries, Special Prizes & Financial Assistance

獎助學金、特別獎項及經濟援助

The College provides a full range of scholarships, bursaries, loans and special prizes to award students with outstanding performance, and support students with financial difficulties. The scholarships, bursaries and loans provided in 2017/18 year are approximately 2.6 million in total. Special scholarships are available for students studying in Faculty of Arts, Public Health and Life Sciences, as well as outstanding performance in green education, leadership, social services, sports and music, culture, College spirit and caring activities. There are 15 admission scholarship awards (range from \$10,000 to full tuition for 4 year-study) worth over \$1 million to be offered in 2017/18. Major prizes and scholarships for local students are highlighted below. More information: www.cuhk.edu.hk/ws/scholarship

書院設有多項獎學金、特別獎項以獎勵學業成績優異和各方面有傑出表現的同學，並特設獎勵報讀文學院、公共衛生及生命科學學科，及在綠色教育、領導才能、社會服務、體育及音樂、文化、書院精神、關顧活動方面有關之獎學金，另有助學金、工讀及貸款計劃供同學申請，以減輕同學的經濟負擔。2017/18 年度獎助學金及貸款總金額為港幣 260 萬元，書院將會為學生提供更多獎助學金名額。本年度之新生入學獎學金有 15 個，總額超過港幣一百萬元，每個獎學金提供港幣一萬元至資助四年全部學費不等。以下為部份本地生獎項及獎學金簡介，詳情請瀏覽 www.cuhk.edu.hk/ws/scholarship

Ti Hua KOO and Dorothy VEE KOO Admission Scholarship for Local Students 顧鐵華費肇芬伉儷本地生入學獎學金

One award of full scholarship and seven awards of half scholarship (will cover annual tuition fee of HK\$42,100 and half tuition fee of HK\$21,050 respectively) for 2017/18. Only eligible for students with excellent academic results in secondary school and HKDSE/IB/GCE AL examinations who have chosen LWS College as their first choice of College preference 2017/18 年度提供一個免全年學費獎學金及七個免半年學費獎學金 (分別為港幣 42,100 元及港幣 21,050 元)。合資格申請學生需於中學公開試取得優良成績並選擇和聲為首選書院



Victoria Lee Admission Scholarship 李薇欣入學獎學金

Five awards of admission scholarship of HK\$10,000 each for 2017/18. Only eligible for students with excellent academic results in secondary school and HKDSE/IB/GCE AL examinations who have chosen LWS College as their first choice of College preference 2017/18 年度提供五個獎學金 (每名額為港幣一萬元)。合資格申請學生需於中學公開試取得優良成績並選擇和聲為首選書院

"Flourish in Harmony" Admission Scholarship 「方興未艾」入學獎學金

An award of HK\$168,400 in total (covers up to four years of annual tuition fee HK\$42,100) renewable scholarship for 2017/18. Only eligible for female students of Faculty of Arts, preferably in History, Chinese Language and Literature, or Philosophy with genuine financial needs. Awardee should demonstrate excellent academic results

in secondary school and HKDSE/IB/GCE AL examinations who have chosen LWS College as their first choice of College preference 2017/18 年度提供一個港幣 168,400 元之可續領獎學金 (最多四年，每年免港幣 42,100 元全年學費)。此獎學金特別為入讀文學院 (主修歷史、中文或哲學科目優先) 而有經濟需要之女生而設。合資格申請學生需於中學公開試取得優良成績並選擇和聲為首選書院

Shanghai Fraternity Association Lee Woo Sing Diligence Bursary 上海總會和聲奮進助學金

HK\$300,000 in total provided for College students who have financial needs and demonstrate diligence in their studies each year. Each bursary recipient will be awarded HK\$20,000. 提供每年總額港幣三十萬元予有經濟需要的勤奮的和聲書院學生，每名受助學生可獲發港幣二萬元資助

Founding Master Gold Medal for Graduating Students 創院院長畢業生榮譽金獎

All College final-year students may apply or be nominated for this award. This Medal is awarded in view of the students' excellent academic performance, good conduct and outstanding leadership calibre during their studies. Awardee will receive a 24k gold medal and certificate. 此獎項頒授予學業成績優良、有良好品格及有出色領導才能的書院應屆畢業生，得獎者會獲頒一面足金金牌及證書以作鼓勵

Outstanding Student Award 傑出學生獎

This award aims at encouraging promising students who not only exhibit academic excellence, but also outstanding all-round development, leadership skills, engagements in societal services, efforts in promoting and supporting environmental protection initiatives, sports achievement and significant contribution to the College. 此獎項頒授予學業成績優良、並在全人發展、領導才能、社會服務、綠色生活、體育活動及書院服務方面有傑出表現的書院學生

Other Non-admission Scholarships and Bursaries 其他非入學獎助學金

There are a number of non-admission scholarships and bursaries provided for College students who have all-round and balanced development, and have contributions to College activities. Those include: 除以上獎助學金外，書院亦提供其他非入學獎助學金予發展全面及對書院有貢獻的書院學生，其中包括以下範疇：

- Outstanding academic performance 優異學術表現獎
- Academic improvement 學業成績進步獎
- Outstanding College teams 傑出書院團體獎
- Sports, music, arts & culture 體育、音樂、藝術及文化
- Green living 綠色生活
- Non-residential student service 非住宿生服務獎
- Caring Ambassador / Mentor 傑出學長

Catering Outlets and Privilege

餐飲選擇及優惠



Since establishment in April 2013, the Student-staff Catering Centre has been bringing our LWS-ees a brand-new on-campus dining experience 365 days a year. The Catering Centre includes a food hall - WS Pavilion, a Shanghainese Restaurant - The Harmony, sandwich and salad shop - The Green and a coffee shop – Café Tolo. It is also one of the most popular canteens in the University. Starting from May 2016, all valid WSAccess+ and affiliate card holders will enjoy 20% off for all orders at all catering outlets in Lee Woo Sing College.

書院師生飲食中心自 2013 年起營運，四所餐廳包括中西快餐食堂 - WS Pavilion、上海菜館 - 滬軒、輕怡餐點 - The Green 及 Cafe Tolo 咖啡閣，全年無休為提供全面膳食服務。我們的餐廳亦是中大最受歡迎的餐廳之一。由 2016 年 5 月開始，所有持有效和聲卡及教職員聯誼會卡人士於所有和聲書院餐廳惠顧均可獲八折優惠。



WS Pavilion

Serves freshly baked pasta, Asia-Pacific and a-la-carte delicacies, Chinese traditional dishes and barbeque items, and noodles. 提供即製意粉、東南亞美食、中式快餐、燒味及湯麵



The Harmony 和聲滬軒

The CUHK first-ever Shanghai Cuisine Restaurant absorbed the best of the Shanghai-style cooking and offers outstanding Shanghainese cuisine and beverages 中大首間提供正宗上海菜之餐廳



Cafe Tolo

Café Tolo besides the Courtyard serves premium branded coffee, fresh sandwiches and light snacks 位於戶外庭園旁的 Cafe Tolo 提供優質咖啡及三文治等小食



The Green

The Green provides freshly made sandwiches, salad and beverages of your own choices. Low calories and vegetarian options are available. 提供即製三文治及沙律，備有低卡及素菜選擇。



WS Facts

和聲知多點

- WS has most of her students coming from Faculty of Business (23%), followed by Faculty of Medicine (18%), Faculty of Social Science (16%). 和聲最多學生的學院是商學院，佔約 23%；其次為醫學院 (18%) 及社會科學學院 (16%)。
- One-seventh of WS students are non-local. Many of them are mainland Chinese, Indonesian and Korean. 和聲有約七分一非本地生，其中以中國大陸、印尼及韓國學生較多。
- There are more than 70 teachers affiliated to WS. One-fourth of them are coming from Faculty of Medicine. 和聲有七十多名來自不同學系的老師，其中醫學院老師約佔四分之一。
- About half of the students eligible for admission scholarships were granted with the awards in 2016/17. 2016/17 年度成功獲派入學獎學金比率佔符合資格人數約一半。
- The general successful application rate of student hostel in 2016/17 is 70%. 2016/17 年度整體住宿成功申請比例為七成。
- “1 year residence throughout 4 years of study” scheme has been implemented 書院已實行四年一宿制。
- There are 12 temporary residence places for non-residential students to stay overnight. 和聲特別為走讀生設立 12 個臨時宿位，讓他們有需要時可在書院留宿。

Admission Procedures

入學程序

Prospective students may apply for CUHK degrees via the following schemes:
擬入讀香港中文大學學生可循以下途徑申請入學：

- JUPAS Scheme 聯合招生辦法 (local applicants 本地學生)
- Non-JUPAS Scheme 非聯合招生辦法 (local and international applicants 本地及國際學生)
- NHEEE 全國普通高校統一招生計劃 (mainland Chinese applicants 內地學生)



After admitting to CUHK
獲香港中文大學取錄後

Students will receive an online College preference form. They may select their preferred College accordingly and put their most preferred College on the top of the list.
學生將收到一份選擇書院的網上表格，請將心儀書院排於前列。

E.g., 例： **1 Lee Woo Sing College**
和聲書院

Students selected Lee Woo Sing College as their first or second choice will be invited for an interview (face-to-face for local students*; telephone interview for non-local students)
選擇和聲書院為首選或次選之學生將獲邀參與面試（本地學生需親臨面試*；非本地學生將進行電話面試）

Admission to Lee Woo Sing College,
starts a leader's, green and harmonious life
加入和聲書院，展開領袖、綠色及和諧生活



* Face-to-face interview for local students admitted to CUHK (2017/18 cohort) via JUPAS scheme will be held on 12-15 August 2017.
2017/18 入學之本地學生（經聯合招生辦法）之面試日期為 2017 年 8 月 12-15 日



和諧建前路 關愛主名聲

Grow with LOVE · Flourish in HARMONY

(Established in 2007, Lee Woo Sing College is going to celebrate its 10th Anniversary in 2017
和聲書院於 2007 年成立，將於本年度慶祝成立十周年)



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