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# EMBRACING FAILURE TO ACCEPT BIGGER FAILURES

An interview with the first recipients of 'The Wu Yee Sun Award'

## 挫折是為了在未來面對更多、更大的挫敗

第一屆「伍宜孫獎」得獎人專訪

Student Reporter: Candice C.Y. Ng (Journalism and Communication/ 2)  
學生記者: 吳卓恩 (新聞與傳播學二年級)

Last school year, Wu Yee Sun College waved goodbye to their first group of graduates. Among them, Nicolle K.W. Liu and Vivien Y.M. Wong are the first students to become the recipients of 'The Wu Yee Sun Award'. This award recognises their effort in demonstrating the College spirit and contributing to society.

去年伍宜孫書院歡送了第一屆畢業生。當中廖珈媛同學和黃婉雯同學更成為了「伍宜孫獎」的首年得獎人。這個獎項肯定了他們對社會的貢獻以及展現書院「博學篤行」的精神。

Wu Yee Sun College's first group of graduates have parted their ways after four years. The two recipients of 'The Wu Yee Sun Award' have very different plans too.

Vivien is now studying in the Postgraduate Diploma in Education (PGDE) Programme. She is also working at SpeechExpress, a non-profit voluntary group which provides English speaking training to kids. Aspiring to be a secondary school English teacher, she hopes to improve the current education system which stresses heavily on spoon-feeding knowledge. Instead of teaching stock phrases and examination skills, she prefers instilling values and attitudes into her students. She wants them to internalise knowledge and at the same time develop empathy and critical thinking skills. What she is trying to do is to sustain society through education.

Nicolle currently works as a full-time intern at an NGO which helps startups expand their business because she is interested in the development of social enterprises. Interestingly, the founder of the company, Mr. Darius Yuen, is actually one of the mentors in the College Mentorship Programme. She believes that many can benefit when corporates are willing to take a step forward. That is why she wants to sustain society through business.

They have different ambitions. Nicolle aims to improve the current situation while Vivien is working on more like preventive measures, trying to educate better people for a better future. In fact, they have taken up very different roles in the College too. Nicolle focused more on College activities while Vivien tried to demonstrate College motto outside of school.

### HOW IT ALL BEGAN

Four years ago, Wu Yee Sun College was a brand new college without any traditions and systems. Did they expect to achieve anything back then? Thinking back, Vivien joined the Toastmasters Club as she was interested in public speaking, but she became one of the core

members of the Club and actively promoted the Club among College students. The Club used to be less popular due to its academic nature. So, they wanted it to be slightly different from sister clubs of other colleges and tried to add more casual elements. The effect did not take place immediately. Seeing that gradually more and more students inherited this spirit and made the Club more lively, Vivien added, 'It's exhausting being the first group of students to create a culture but there will always be some impact as long as they are willing to do so.' At the same time, Vivien devoted her language abilities in community service, and realised her ideal through serving in SpeechExpress, Shamshuipo Central Happy Teens Club, Hong Kong Playground Association and in a secondary school, hoping to exert greater influence on more people.

Nicolle said she did not really expect to achieve anything in particular at first. She just came across things that had to be done, so she did it. The most important thing on her mind was the Student Union, so she joined the organising committee. 'We always hope that Wu Yee Sun would be different from other colleges. We want to establish our own system and thoughts. We want the College to have its own unique characteristics.'

Take the constitution as an example: it is actually not a difficult job to draft one. However, they would think clearly the meaning behind each part, word by word. That is also one of the perks of being a new college: you get to reconsider every single part of the system's design, instead of merely copying what others have been doing. The result may not be different in the end, but at least they all have a clear picture in mind on the meaning of every single thing.

Nicolle did have moments feeling frustrated and depressed. For a period of time, she did not join any College activities due to exchange and heavy workload. Back then she thought she had done a lot but achieved so little, contrary to her expectations. After four years, she realised her effort was not wasted.



Nicolle and Vivien received the prestigious award from Mr. Albert Wu, Overseer and donor of the College. 書院院監及捐款人伍步昌先生頒發伍宜孫獎予廖珈媛同學及黃婉雯同學。



Nicolle was a student from the School of Journalism and Communication. She currently works as a full-time intern at an NGO which helps startups expand their business by providing experience and financial support. She was a member of the Wu Yee Sun College Student Union Organising Committee, Sunzine and club.

廖迦媛同學就讀於新聞與傳播學院。現正於一所幫助初創企業發展業務的非牟利機構實習，為他們提供所需經驗和接觸投資者。她曾任伍宜孫書院學生會籌委會、書院學生報和創意實驗室成員。

'Rome wasn't built in a day, neither was it built alone. I cannot expect myself to start and end one thing all by myself. That is the meaning of the college system: for us to inherit and pass on one's spirit. I could see many new things popping up now just because we have started something at first. It is really interesting.'

Nicolle mentioned that the obsession to finish everything by herself could be common among the young generation. She now understands that it is not necessary to complete all tasks on her own. After readjusting her attitude, she became active in college activities again and had even joined the student publication Sunzine. Her goal, instead, shifted from organising events, to sharing her mistakes and experiences with junior Sunnies.

She also grasped the opportunities to be an intern in an NGO in Taiwan, and went on exchange in the Netherlands. Taking part in the World Model United Nations programme twice also allowed her to befriend with people all over the world and broadening her horizon. Nicolle was also enthusiastic in creative projects, and was awarded in various competitions and campaigns, especially in video making.

#### THE PHILOSOPHY OF FAILING

Vivien remembered her meltdown back in year four due to various stress and distress. Not only did she question her own ability, but she also thought that she was not qualified to be a teacher when she could not even handle stress. After receiving help and treatments, she was able to hold her head high again. She told herself that she was already admitted to PGDE and she might as well continue to see what she could achieve.

'I remind myself to believe in my potential, to perform what the College believes I can do. I did have some setbacks before but now I get back up and see that there will always be something out of my control. The important thing is that I can achieve what I want to do within my ability. I know my goals and visions. These are some things that I could not do before I was sick. Now, I

would always share my story with friends who are suffering from anxiety and depression.

I was asked what support system I had during an interview and realised that I have been facing my problems alone all the time. Now I understand how important it is to have a supporting system, and hope to become one for others too.'

Vivien met another friend who had similar problems while studying for her diploma. She tries to understand his story and help him face himself. That is something she could do now, but not in the past. She aims to teach her students the importance of empathy through education. All these experiences crafted a better her.

Nicolle also agrees that failures are actually not bad things because only through failing can we grow into a better person. However, she has heard many cases these days where students do not know how to cope with setbacks. She thinks it is probably because the new learning environment and methods are not what students expected. She recommends students to treat failures as an opportunity to develop better learning methods. After all, academic results become less important once one starts working. What really matters are your attitude and the progress you have made. Knowing how to improve your limitations is more crucial when you start working. Vivien also pointed out that learning is not limited to academics. Any experience can be part of learning.

When asked how they could realise the College motto in the future, Nicolle responded by saying, 'It's simple. I can now face more and greater failures in the future.' That echoes the letter of praise written by Professor Eric Poon from the School of Journalism and Communication. It mentioned the importance of failures which exactly reflects her current philosophy of life.

Vivien thinks that she learnt to do her best while not to blame herself for her limitations. 'I used to put the blame on myself whenever something bad happened. Now I know I have already tried my best and I do not have to worry too much. Do whatever you want to and be faithful to yourself.'

#### ON RECEIVING THE AWARD

Vivien was shocked when she knew that she was one of the recipients of this award, thinking that she does not deserve it. She thinks that she still has room for improvement, no matter on self-management or teaching methods. Looking back, she thinks that her teaching performance is still unsatisfactory and is ready to do better. She hopes that she can demonstrate the College motto better to fulfil College's expectations on her.

As for Nicolle who was also surprised to be chosen, she believes she can put more efforts

“ I remind myself to believe in my potential, to perform what the College believes I can do.

我提醒自己要相信自身的潛能、發揮書院相信我擁有的潛能。

四年大學生涯過去，畢業生分道揚鑣，兩位「伍宜孫獎」的得主亦有著十分不同的生活。

黃婉雯同學繼續向著當中學英文老師的夢想進發，正在修讀教育文憑課程。她同時亦於SpeechExpress，一間非牟利教育機構提供義務英語教學。她立志改善現在囿於吞棗的教育制度，盼望能在教學同時傳授價值觀、同理心和批判性思考，最終透過教育改變社會。

廖迦媛同學現忙於實習，在一所幫助初創企業發展業務的非牟利機構工作。有趣的是，該機構的創辦人阮勵欣先生亦是書院師友計劃的導師。廖同學對社會企業的發展感到非常有興趣，所以選擇了這份實習工作。她相信只要企業願意踏出一小步，已經可以令很多人的生活進步。因此，她希望透過商業持續社會發展。

她們有著不一樣的憧憬：廖同學希望改善現在社會的狀況，而黃同學則以培育更好的下一代為目標，建構更美好的社會。事實上，她們一直都走著不一樣的路：在學期間，廖同學主要參與書院內的發展，而黃同學則在社會上發揮書院精神。

#### 最初的起點

那麼在四年前加入這所新書院時，她們有沒有什麼目標呢？回想當初，黃同學只是因為興趣而加入演講會的，結果成為核心成員，積極向書院同學推廣演講會活動。那時，可能因為學會性質偏向學術，以致參加者不多。他們希望學會跟其他書院的有所分別，於是注入了比較輕鬆的元素。當時看不到有什麼效果，但近年學會漸有起息，學生亦慢慢承傳了這種精神籌辦一些不同的活動。黃同學道：「作為書院第一屆的開荒牛，一定比較辛苦，但是默默耕耘後總是會有收穫的。」與此同時，她開始將自己對語言的興趣及專長投放至社區服務，在校外實踐自己的理想，包括於SpeechExpress、深中樂Teen會、香港遊樂場協會及中學等地方服務，期望能以一己之力影響更多人。

廖同學坦言最初沒有想過要達成什麼，所有事情都是覺得應做便做，覺得書院需要什麼，就先做什麼。所以第一步就是籌辦書院學生最核心的組織：學生會。「我們總希望伍宜孫跟其他書院有所不同，建立新的體制和想法，建構書院自己的特色。」

以寫會章為例，其實這並不是什麼難事。但他們會想仔細考慮清楚會章每一部分的意義，這亦是新書院的好處。因為重新建立一個體制時，就要考慮為什麼體制是這樣設計的，而不是跟隨別人一貫的做法。經過一番討論後，結果不一定會有不同，但是起碼他們能重新認清每一件事情背後的意義。

然而她亦有感到挫敗的時候，甚至有一段時間因為到外地交流和本科課業繁重而沒參加任何書院活動。當時她覺得自己做了很多，達成的卻很少，跟預期不一。後來在四年級時回望，她覺得其實當年的一切都沒有白費。

「許多東西不是一朝一夕便有效果的，亦不能只靠一個人就可以完成。我不能期望自己是開始一切的那個

人，同時也是完成的那個人。這就是書院文化的傳承意義。後來看到很多新東西的出現都是因為我們的開始，過程實在很有趣。」

廖同學笑說，可能因為年青人都追求憑一己之力完成所有事情，所以才有這樣的想法。後來她回望時才發現，許多事情根本並非一個人能夠完成。反思過後，她再次活躍於書院活動，加入了學生報：不再只著重舉辦活動，而是積極地告訴其他人當年首屆學生的起點、想法和遭遇的困難，避免新同學犯下他們的過錯。

她亦把握機會到台灣的社會企業當實習生，又到荷蘭作交換生，參加過兩次世界模擬聯合國，跟世界各地的人交朋友，熱切擴闊自己的國際視野，並參與多項不同的比賽，尤其是關於短片製作，屢獲殊榮。

#### 挫折的哲學

黃同學記得四年級時生活上有不同的壓力和困擾，後來更患上情緒病。當時的她不但質疑自己的能力，還認為無法處理壓力的自己沒能力當老師。經過一段時間的治療，她重拾自信，認為既然已經入讀教育文憑，就應該試試自己能學到多少。

「我提醒自己要相信自身的潛能、發揮書院相信我擁有的潛能。之前的確遇過挫敗，但過後重新站起來，卻會發現挫折能令你意識到自己有些事情是做不到、控制不到的。最重要的是在能力範圍內做到什麼和希望達成什麼，清楚知道自己的目標和願景。生病前我一直認為自己有些東西是做不到的，但原來是我經歷過低潮、清楚自己能力後才能做到的。現在看到身邊朋友有焦慮症或抑鬱症，我都會分享自己的故事。

記得面試的時候被問到有什麼力量去支援自己，才想起自己生病時總是一個人面對所有壓力。如今我才明白身邊有人支持自己是多麼重要。經歷過低潮後，希望自己亦能成為別人的力量，幫助其他人。」

黃同學在修讀文憑時亦遇上一個同路人，現在正努力嘗試明白他的故事，幫他面對自己。這正是一件以前做不到，現在卻能幫上忙的事。她更希望能通過教育幫助學生瞭解身邊有需要的人和幫助他們。這些經歷都令她得以勇於面對過去的自己，並做得更好。這對成長十分重要。

廖同學亦同意挫折其實並不是壞事，因為我們經歷過挫折後才能變成更好的人。可是，她知道很多人不懂得面對自己的挫折，大學課業並不如大家想像中那麼容易。學習的問題並不在於有沒有努力，而是在於有沒有適合的學習方法。她建議同學可以將一開始的挫折當作是適應新學習環境的機會。此外，畢業生踏入社會以後，學業成績的並非一切，態度和進步的過程才是最影響前路的要素。認清自身問題然後作出改善，對職場上的人更為重要。黃同學補充，學習並不限於課本上的學習，任何的經驗都是學習之一。大學生若能知道這點，對自己的成長有莫大幫助。

被問到將來如何實踐在書院所學的精神時，廖同學



Vivien majored in English. She is currently reading for a Postgraduate Diploma in Education (PGDE) and works as the Chief Programme Officer at SpeechExpress, a non-profit organisation which provides voluntary English communication training. She was a founding member of the Toastmasters Club of the College. 黃婉雯同學修讀英文，現正攻讀學位教師教育文憑課程。同時她亦於SpeechExpress，一間非牟利教育機構提供義務英語教學。她曾是書院國際演講會的創會成員。

“ The College is a testing ground. I can now face more and greater failures in the future.

在書院遇過的挫折能讓我們懂得在未來面對更多、更大的挫敗。



into services. She admits that she has been more active in the College and will devote more time to serve the community.

Vivien on the other hand hopes to heighten the quality of her community service and serve more in the College. She suggested that by combining Nicolle and her, they would perfectly perform the College's mission and vision.

#### WORDS OF WISDOM

Trying to fulfil both goals also means that you will face immense pressure and a lot of challenges. Nicolle thinks it is very important for one to realise his need for a helping hand when he is at the emotional tipping point. 'You don't necessarily have to tell your friend what had happened, you just need somebody to talk to.'

Vivien also pointed out that you have to clear things up in your head from time to time so you can take in more. 'We have a saying on education: you have to empty yourself to fill others. This helps you grow.'

If you want somebody to talk to, feel free to find them. Nicolle recalled a previous conversation with the university counsellor on the growing number of distressed students. 'Counsellors may not help you the most. Your friends, family or even yourselves do. One problem is that students do not know how to listen to each other. People around you can actually do a lot more than counsellors. College's staff and teachers are very nice and are willing to help students all the time.' Over the past few years, Nicolle has learnt a lot from the College Master and other seniors. If everyone could take the initiative to talk to them, they are more than willing to share their experience.

Lastly, both of them would like to remind their fellow schoolmates to reach out whenever they are in doubt. Sometimes, even if you do not have the ability to do something, you should still try. Do not undermine your chances to succeed. Hope that after reading their stories, you will also be inspired. If you have any questions, do not hesitate to ask them. Trust me, they are really nice!

說：「很簡單，就是在書院遇過的挫折能讓我們懂得在未來面對更多、更大的挫敗。」她又提到新聞與傳播學院潘達培教授為她撰寫的讚辭，談到失敗的重要性，體現了她截至目前為止的人生哲學。

黃同學則認為在書院生活中學會不要因為自己的不足、限制而責備自己。「以前總覺得自己有很多東西做得不完美，都是自己的錯。現在卻清楚自己已經盡全力，有時候真的不用擔心太多、不要想得大遠。想做的事便要立即做，不要愧對自己。」

#### 對於得獎的感想

得知自己獲獎一刻，黃同學表示第一個反應是感到驚訝，坦言覺得自己不值得這個獎項，尤其在挫敗過後覺得自己可以做得更好，無論是自我管理還是教導學生。以前覺得自己在SpeechExpress的教學表現未如理想，有許多進步空間；現在她知道自己有能力做得更好。因此，在獲知自己得獎後，她希望自己能夠多彰顯書院精神，履行書院對她的期望。

同樣對得獎感到驚訝的還有廖同學，她表示自己雖然活躍於書院活動和模擬聯合國等的青年工作，但始終覺得自己對社會的貢獻不夠大。她期望在未來參與更多社會服務，為這片地方作更大的貢獻。

黃同學繼續指希望自己可為書院盡一分力。她一直希望能提升自己社會服務的質素，並同時為書院貢獻更多，然而自己一直比較專注於前者。她笑指若廖同學跟她合作，就應該可以完全實踐伍宜孫獎的精神。

#### 對同學的話

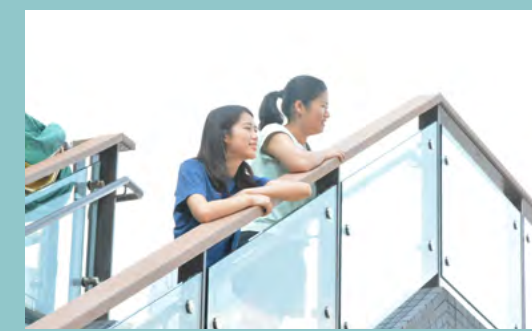
可是，要同時兼顧對書院及社會的建設遇到的困難和壓力也會隨之增多。廖同學提醒大家當意識到自己可能出現情緒問題的時候，緊記要尋求幫助。「你不一定需要向其他人和盤託出自己的困境，但與他人溝通能幫助自己跳出框框。」

黃同學亦指與人溝通能幫自己清空腦裡一部分的東西，讓自己可以吸收更多。「常說教育者要承載別人，便先要倒空自己。這樣才能令自己成長更多。」

他們都表示很歡迎同學找他們談天。廖同學回想之前與大學輔導員的對話，感慨越來越多學生受情緒困擾的問題。「其實最能幫到自己的人未必是輔導員，而是身邊的朋友、家人、甚至自己。同學之間可能還未學會互相聆聽，幫助其他人梳理他們的想法。如果每人都踏出一步，朋輩家人或是老師能夠做到的東西其實比輔導員多。其實，書院教職員常與大家見面，而且十分友善，相信他們都很願意幫助同學。」四年過去，廖同學在院長和其他師長身上學到許多。若大家願意跟他們溝

通、傾訴，他們定會分享自己的經歷。

最後，兩位同學都以自身經驗叮囑大家，遇到困難時切記主動尋求協助。同學或會認為自己的能力不足以達成自己心中的目標，但機會當前，亦不妨嘗試，不要埋沒成功的機會。希望同學看過他們的分享後，都能夠有所得著。有問題的話，不要害羞，找他們談談吧！



# COLLEGE ACTIVITIES

## 書院活動

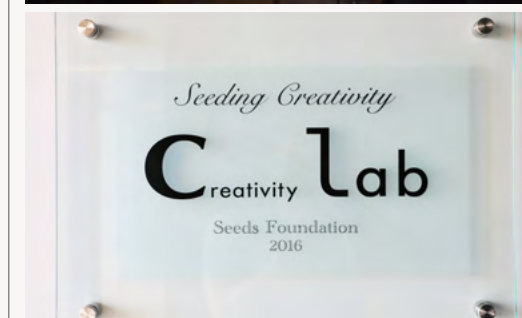
### COLLEGE INAUGURATION ASSEMBLY 書院開學禮



The Sunnies welcomed the new academic year in the College Inauguration Assembly in September. Professor Rance P.L. Lee, College Master, shared his dream and expectation on our Sunnies, and encouraged them to grasp the opportunities to chase their dreams. Professor Anthony T.C. Chan, Associate Master, introduced the new House of Sunny Living, which aimed at helping our students lead a healthy life. Professor Annisa C.H. Lee, Dean of Students, and Cabinet members from Creativity Laboratory (clab), invited students to initiate their own projects in clab and seize every opportunity to realise their new ideas. Donation to clab from Seeds Foundation was also presented during the occasion. Student representatives then shared their overseas and mentorship experiences.

書院於九月的開學禮迎來新學年，院長李沛良教授於典禮上分享他對同學的期望，並鼓勵同學把握機會追夢。副院長陳德章教授則簡介書院的新項目如日坊，希望能助同學活出健康生活。輔導長李穎俊教授及創意實驗室學生團隊亦邀請同學發揮創意，於實驗室嘗試新點子。典禮上亦進行捐贈儀式，承蒙種子基金支持創意實驗室之發展，期望能幫更多同學實現夢想。同學代表及後分享她們於海外及師友計劃中的得著。

### PLAQUE UNVEILING CEREMONY 圓夢臺及仁澤書房揭幕



Plaques for three prominent facilities of the College, namely the Terrace of Dreams, Yan Chak Study Room and Creativity Laboratory have been installed recently. Fellow guests, teachers and students were invited to witness the opening and to share this joyful moment after the College Inauguration Assembly. Professor Rance P.L. Lee, College Master, expressed his gratitude to all teachers and advisors who have contributed their inputs on the naming and inscriptions. He also hoped that all College members and students could utilise these facilities and hence enjoy a delightful environment for their work and study.

圓夢臺、仁澤書房及創意實驗室為三個書院重要設施，於開學禮後眾多嘉賓及師生見證設施牌匾的揭幕。院長李沛良教授感謝各位老師及顧問就設施命名及題字提供意見，並期望書院師生能善用設施，享受書院生活。

### APPOINTMENT OF COLLEGE ASSOCIATE DEANS OF STUDENTS 書院副輔導長委任

Professor Ming-kay Poon, Associate Professor at the Department of Chinese Language and Literature, and Dr. Lancelot W.H. Mui, Lecturer at The Jockey Club School of Public Health and Primary Care, have been appointed as College Associate Deans of Students from 1 October 2016 to 31 July 2018.

Professor Poon is one of the coordinators of the College Language Programme, while Dr. Mui devoted his efforts in promoting healthy life in the College.

中國語言及文學系潘銘基教授及賽馬會公共衛生及基層醫療學院梅維浩博士獲委任為書院副輔導長，任期由二零一六年十月一日起至二零一八年七月三十一日。

潘教授為書院語文計劃的領導老師之一，而梅博士一直致力幫助推動書院健康生活的工



## STUDENT ACTIVITIES

## 學生活動

## COLLEGE FORUMS

書院論壇



Two College Forums were organised in September and October. The first Forum, entitled 'Mental Wellness in CUHK', was conducted by the Office of Student Affairs for all year one students. Ms. Olivia H.C. Jung shared with students different degrees of mental problems and how to seek support from CUHK if students suffer from mental health problem. In the second Forum, Mr. Yui-siu Lau went through the important social movements and critical moments in Hong Kong over the past decades, and raised questions for students to reflect upon what they could do to bring greatest benefit to Hong Kong.

書院於九月及十月共舉辦兩個書院論壇。首個論壇由中大學生事務處學生輔導及發展組主持，張曉靜女士與一年級同學分享「心理健康在中大」。她為同學講解不同程度的精神健康問題及提供學校支援的途徑。書院於第二次論壇邀得劉銳紹先生回顧香港數十年來的社會運動及歷史事件，並希望同學反思自己如何為社會帶來最大貢獻。

## HIGH TABLE DINNERS

高桌晚宴



Two High Table Dinners were organised this term. The first Dinner held in September was hosted by Dr. Peter C.W. Pang, who shared with students his experience in going to underdeveloped areas to conduct surgery to help people with cleft lips. He encouraged students to pursue their dreams and advised them to support organ donation.

Mr. Gilbert Y.C. Chow was invited in the second Dinner and he shared with students his experience in teaching English phonics and basic grammar to children living in Shamsuipo, where he grew up. He pointed out that those children, when given proper guidance and equal opportunities, would grow and become good citizens. Students were inspired by their passion in serving the needy.

書院本學期共舉辦兩次高桌晚宴。彭志宏醫生於九月的首次晚宴與同學分享他到落後國家幫助免唇患者做手術的經歷。周潤祥先生則於十月的晚宴細談他回到自己成長的深水埗教導學童英語，並提出孩子只要有適當的指導及平等的機會，將來必可成為良好的公民。出席同學均為兩位講者助人的熱誠而感動。

## VISITING ARTISTS IN THE FALL

藝術家秋季來訪



Thanks to the generous support of Hop Wai Tong, Wu Yee Sun College joined hands with Chung Chi College and United College to invite Professor Aiguo Zhang and Professor Yongjiang Wang, two experienced and renowned artists from the mainland, to visit the three Colleges this fall. The Joint Exhibition of the artists showcased some of their best works in the field of Chinese calligraphy and seal carving. The seminars delivered by both professors were interactive and had motivated participants to understand more about this important representation of Chinese culture. In the workshop, participants learnt some fundamental concepts in Chinese calligraphy through practice, as well as to appreciate the seal carving demonstration from the two masters.

承蒙洽蕙堂贊助，伍宜孫書院、崇基學院及聯合書院邀得張愛國教授及汪永江教授擔任訪問藝術家，兩位資深藝術家於「借古開今——張愛國、汪永江書法篆刻聯展」中展出其書法及篆刻作品，並主持講座，內容涵蓋書法歷史、演變及於文化教育承傳之角色。一眾同學於書法工作坊執起毛筆、寫寫大字，每位都獲教授品評，亦有幸見識到教授的篆刻示範，眼界大開。



## NEW EXPERIENCES IN SPORTS

運動新嘗試



Sports are essential to healthy living! Some of the Sunnies joined the windsurfing class organised by the Sports Association and tasted the excitement and fun of windsurfing in late August. Training Workshop and Yoga Class were introduced this semester to promote healthy living. Students enjoyed training of their muscle strength and endurance with the new fitness equipment at our gym. Yoga class participants also pampered themselves with moments of tranquillity to relieve their stress.

Our College Basketball, Volleyball, Football and Swimming Teams also went through rounds of keen competitions this term.

運動是健康生活的要素！一班書院同學於八月參與滑浪風帆班，一嘗滑浪的滋味。本學期書院更新增健身訓練班及瑜伽班，推廣健康生活。健身訓練班的同學善用新添置的健身器材訓練肌肉強度及耐力。瑜伽班同學亦給自己一點寧靜時刻，舒緩壓力。

書院籃球隊、排球隊、足球隊及泳隊亦在本學期參與各項書院賽，戰況激烈。

## ENGLISH THROUGH MAKE-UP

化妝學英語



A group of Sunnies joined the English through Make-up workshop in late September. Miss Olivia Wong, the former English Language Teaching Unit Instructor and professional make-up artist, taught students the English terms relating to make-up and the appropriate way to wear a day make-up and make-up for a job interview by using different kinds of make-up tools and brushes. Students also practised the techniques in choosing and applying colours on their faces, from eyes to lips.

書院同學於九月參加了由前英語教學單位講師及專業化妝師Miss Olivia Wong主講的「化妝學英語」活動。同學們除了學習到不同化妝品的英文名稱及化妝技巧的英文用語外，更運用合適的化妝工具及技巧，塑造一般日常及得體的見工妝容。

## CULTURE BEHIND THE LOCAL BLOCKBUSTER

電影與文化



The Chinese Culture Table in this term was hosted by Dr. Ka-wing Yip from the Department of Chinese Language and Literature. During the Dinner, Dr. Yip discussed with participants the features of the popular local production 'The Midnight After', including the characters, identity, and the metaphor behind. Dr. Yip also pointed out the differences between the motion picture and its original: the movie provides more visual information to the audience, while the novel leaves the readers more room for imagination. She at last compared the characteristics of the electronic literature in the Chinese community.

本學期文化桌於十月舉行，書院邀得中國語言及文學系講師葉嘉詠博士與同學一起探討文學改編電影《那夜凌晨，我坐上了旺角開往大埔的紅VAN》中的特色，包括討論影片中的角色、身分認同，以及政治隱喻等議題。葉博士亦指出小說給予讀者較大的想像空間，而電影則給予觀眾較明確的畫面。最後葉博士更向同學介紹兩岸三地網絡文學的特色。

# STUDENT ACTIVITIES

## 學生活動

### STEP UP FOR A GREEN AND HEALTHY LIFE! 為健康綠色生活多走一步！



Health Seminar 健康講座



Mosquito Repellent Balm Workshop 蚊膏製作坊



Harvest from Rooftop Organic Farm 環保小組收成



Shorelines Cleaning Activity 海岸清潔活動



Salad Jar Making Workshop 沙律罐製作坊



Reading Club 讀書會

With the new initiative - The House of Sunny Living, the College furthered its efforts in bringing our students a green and healthy life in the College.

A Liver Health Seminar conducted by Professor Baoting Zhang and Professor Grace L.H.Wong from Chinese and Western perspectives on liver health was held in September. Professor Wong introduced different types of liver diseases to the participants and gave advice on prevention and treatment. Professor Zhang recommended several dietary recipes and Chinese massage for liver health. Participants also underwent the Fibroscan test after the talk.

More than 30 Sunnies and CUHK students, staff members and alumni, led by Professor Kwai-cheong Chau, Chairman of the Campus Environment Committee, walked to Ma Shi Chau Special Area to participate in a shorelines cleaning activity. Close to 100 kgs of rubbish were collected at the GeoPark within an hour, including surprising items such as refrigerator and car tyre. What stays in their mind is not only the brilliant view of the shores, but also the knowledge about

ecosystem and the importance of waste sorting and separation.

Arranged by the Green Team, students also got a chance to make their own mosquito repellent with natural materials and prepare healthy salad in mason jars. Is salad not enough to fill your stomach? It is now harvest time for the sweet potatoes grown at our Rooftop Organic Farm. Such special gifts were of course presented to College Master Professor Rance P.L. Lee, as well as shared with other Wu Yee Sun students in the form of sweet soup!

Thirty Sunnies joined the first gathering of the Reading Club, in the newly renovated Lounge of the House of Sunny Living in October. Professor Po-chung Chow from the Department of Government and Public Administration, shared with the Sunnies his new book discussing 'The Little Prince', and guided them to think about the meaning of life, encouraging them to pursue their dreams.

隨新項目「如日坊」展開，書院舉辦更多活動，期待為同學帶來健康綠色生活。

書院於九月舉辦「肝臟健康勿忽視 健康檢查你要知」健康講座。黃麗虹教授從西方醫學角度為大家講解不同的常見肝病，以及介紹預防及治療方法。而張保亭教授則為參加者推介多種中醫食療及教授按摩技巧。參加者亦於講座後進行了肝臟纖維掃描檢查。

環保小組於九月舉辦海岸清潔活動，三十多位書院及其他中大師生與校友步行前往位於馬屎洲特別地區的海岸公園清理垃圾。於一小時的活動中，參加者執拾了接近一百公斤的廢物，當中更有較大件的垃圾如雪櫃及車胎。活動結束後，領隊兼書院校園環境委員會主席鄒桂昌教授向參加者講解源頭減廢及廢物回收以循環再用之重要性。

此外，小組亦舉辦了多項迎新活動，包括以天然物料自製蚊膏，以及製作健康美味的沙律。沙律未能滿足同學的胃口嗎？環保小組於書院天台花園種植的蕃薯正值收成季節，如此心意禮物除送予院長李沛良教授外，小組亦預備了蕃薯糖水，與一眾書院同學分享，更添滋味！

書院成員周保松教授（政治與行政學系）主持首個於如日坊舉行的活動，在讀書會中與同學分享他的新著作《小王子的領悟》，並與他們反思生命的意義及鼓勵他們追尋夢想。



### INITIATE YOUR PROJECTS AND COLLABORATE WITH c!ab! 想像不如行動！



Orientation Barbecue Gathering 迎新燒烤夜



Silkscreen Printing Workshop 絲印製作工作坊



Make-up Workshop 舞台化妝班



Woodworking Workshop 木工工作坊



Student-initiated Music Concert 學生音樂會



Movie Screening 放映會

In the last few months, with the generous donation from the Seeds Foundation to the Creativity Laboratory (clab) for supporting its development, and with the opening of access to all College students, our Sunnies have organised a series of activities and projects in collaboration with clab.

The current cabinet held the orientation barbecue gathering in September and helped students from different years learn more about the mission and recent development of clab through sharing. Workshops including woodworking and silkscreen printing were also organised to provide opportunities for students who want to serve as the cabinet next year to experience the operation of clab and understand the rights and duties of being a cabinet member.

The first ever student-initiated music concert was successfully organised in late September with the cooperation of Wu Yee Sun Underground Band and clab. Over 50 Sunnies joined the event to enjoy the amusing music performed by three student teams. The audience was immersed in the joyful atmosphere and some also performed after the show as well. The whole event lasted for over three hours and all participants enjoyed

a fabulous night.

A make-up workshop was organised by the Drama Society in mid-October and clab supported the event by providing the make-up tools and equipment needed. The participants were demonstrated the key difference between stage make-up and everyday make-up, and practised with different tools, including brushes, powder puff and more.

A movie screening was organised by students with clab at the College Theatre in late October. Nearly 60 students joined the event and watched the movie 'Five Centimetres Per Second', a production by director Makoto Shinkai who has produced the recent blockbuster 'Your Name'.

With the plentiful resources and the open access, apart from the aforementioned events, more and more Sunnies and student bodies including Sunzine, Drama Society and College Anniversary Organising Committee are collaborating with clab recently. All other Sunnies are also welcome to join or start your own projects here!

在過去數個月，創意實驗室 (clab) 得到種子基金的慷慨捐贈支持，加上實驗室正式全面開放予所有書院學生使

用，讓一些同學和學生團體能夠與clab合作籌辦更多創意活動。

應屆幹事會於九月下旬舉辦了迎新燒烤夜，與不同年級的同學分享他們過往的工作，從而更了解clab的成立目的及最新發展。幹事亦準備了不同的工作坊，包括木工及絲印製作，讓有興趣加入幹事會的同學能夠親身體驗clab的實際運作，以及明白幹事的職權及工作範圍。

書院首個由同學自發舉辦的音樂會，在伍宜孫地下樂隊及clab的合作下順利完成。超過五十位書院同學出席活動，一同欣賞三隊學生隊伍的演出。在正式表演完結後，更有不少觀眾同學上台一同表演，各參加者亦盡興而歸。宜孫劇社與clab於十月中旬合辦舞台化妝班，clab除了協助活動推廣，亦為化妝班提供一系列的化妝用品及工具。參加同學除了了解舞台與日常化妝的分別及要訣外，亦藉此學習運用不同化妝用品的技巧。

書院同學與clab合辦放映會，與近六十位同學在書院演藝廳一同觀賞由近期大熱動畫《你的名字》導演新海誠執導的前作《秒速五厘米》。

clab在全面開放及添置更多設備及工具後，已經有更多同學及學生團體，包括學生報、宜孫劇社及院慶籌委會等在clab進行不同的工作，clab更歡迎其他同學參與及籌組自己的活動，期待在clab與你見面！

# STUDENT ACTIVITIES

## 學生活動



### STUDENT ACHIEVEMENTS



#### 學生殊榮

Men's Swimming Team captured the bronze medal in 4 X 50m freestyle relay of CUHK Aquatic Meet 2016. The four students, Wilson W.S. Wong, Wai-lok Wong, Kwun-chuen Chan and Tsz-chiu Kwok delivered their best.

Hanniel H.N. Chow broke the Hong Kong Junior Record with 9'34"57 and won the champion of 3000m steeplechase (Boy's A1) in the Hong Kong Junior Age Group Athletic Championship.

College students Arthur T.C. Yeung, Natalie S.Y. Chung and Wai-shan Lui teamed up with another HKUST student to participate in the Sustainable Development Promotion Award for Students of Higher Education Institutions organised by the Environment Bureau and won the Proposal Award. Their initiative was to further develop their innovative idea 'v'air.com', to promote local tourism. The Competition is now proceeding to the Implementation Phase and V'air is holding different workshops and exhibitions to promote their ideas. Congratulations!

書院泳隊摘下中大游泳精英比賽男子自由式4x50米接力賽季軍。四位成員黃偉辰同學、黃璋樂同學、陳冠銓同學及郭子超同學拼盡全力，表現優秀。此外，周漢蕙同學以破香港青年紀錄的成績9'34"57奪得香港青少年分齡田徑賽男子甲一組3000米障礙賽冠軍。

楊子雋同學、鍾芯豫同學及呂璋珊同學與另一位香港科技大學同學組隊參與高等院校學生推動可持續發展獎比賽，更於建議書階段得獎。四位同學以早前開發的「v'air.com」參賽，希望推廣本地旅遊。現時比賽進入推行項目階段，團隊正忙於舉辦各種工作坊及展覽，向公眾推廣他們的理念，期望讓此項目更上一層樓。書院謹致賀忱。



### WELCOME TO THE COLLEGE!

#### 歡迎加入宜孫大家庭！



The College's warm welcome for non-residents in the new academic year kick-started with a pleasant lunch gathering in early September. Professor Kong-Pang Pun and Dr. Michael C.K. Tong, Chairman and Vice-Chairman of the Student Hostel Committee, attended the party and encouraged students to voice out their ideas on their ideal Non-Resident Hall life. Some students interested in forming the Non-Resident Hall Executive Committee have started their discussion on the work plan already, while some others made a unique gift to their new friends by drawing cute faces on biscuits! The food lovers continued their delightful non-resident life at the Halloween Cookie Baking Workshop in October, and got each other in the spirit with the spooky yet frightfully delicious cookies.

Our residents started their residential life with the joyful hot-pot gathering organised by the Resident Association. With ice-breaking activities and chats, the residents got to know their neighbours better and we hope they would enjoy the forthcoming hostel life!

Incoming exchange students were also greeted

by the International Team upon their arrival in CUHK! They gathered in mid-September to enjoy the Chinese Mid-Autumn Festival with mooncakes and lanterns.

新學年伊始，書院先為走讀生舉辦一場熱鬧的歡迎午宴！學生宿舍委員會主席潘江鵬教授、副主席湯自強醫生與三十多位走讀生談及理想中的走讀生活，有出席者發起組織走讀生舍堂幹事會，亦有同學為新相識的朋友在餅乾上畫笑臉，送來心思心意。喜歡美食的同學於十月參加萬聖節曲奇烘焙班，每塊曲奇都有獨特造型，創意十足！

宿生會亦為住宿同學舉辦火鍋聚會，透過破冰活動，希望同學能認識左鄰右里，期望未來一年能對宿舍生活留下美好的回憶。

國際小組則於九月中為來港交流的同學準備了一個地道的迎新晚會：一起慶祝中秋節！同學一起品嚐月餅之餘，亦點起燈籠，在校園賞月，共度佳節。

# LET'S SHARE

## 同學分享



書院院隊踏入第五年，團隊日漸壯大，亦在不同賽事中爭取更佳成績。然而，在隊員心目中，輸贏只是其次，更重要可貴的是訓練過程的喜樂和隊員間的連結。



去年我們在院際足球賽奪取殿軍，這不但是屬於我們的佳績，更是院隊首次在足球賽晉身四強，促使我們訂立更遠的目標，期望今年獲取更好的成績。九月初各隊員已展開訓練，努力備戰。首戰與敬文書院勢均力敵，小勝一球。次輪面對崇基學院，我們早已預期是一場苦戰，拉鋸期間出現錯誤讓對手有機可乘。雖然我們最終落敗，未能晉級，但隊員之間互相激勵，互相支持，讓我們印證比勝利更寶貴的運動員精神。來年我們亦絕不輕言放棄，希望有更多同學加入，與我們一起傾盡全力，享受比賽。

書院足球隊 陳思偉 (醫學二年級)



今年是我第三年加入伍宜孫排球隊參加書院賽，感激隊友的信任，令我有幸擔起隊長的角色。還記得第一年參加院隊，知道要在三次練習後便和幾位素不相識的隊員參加比賽，我實在驚訝不已。當時球隊就像一盤散沙，甚至連身邊隊友的名字都還未記清便要出賽，結果當然慘不忍睹。第二年我們再次一同作賽，但可惜還是因為怯場而未能發揮水準，結果只取得個位數的分數。落敗的滋味當然難受，但最失望的是自己沒有好好把握機會。

因此我們許下諾言，來年不能重蹈覆轍。今次相信是我們七人最後一次一起出戰書院賽，我們都為此努力練習，希望隊友間培養出更多默契，實現去年定下的目標。結果，我們做到了，甚至比目標走得更遠。雖然依然失落於比賽，但至少我們盡力、投入去打每一球，相信教練和隊友都會為這個結果感到滿意。最後，感謝書院對球隊的支持，陳教練和安sir都為排球隊付出不少，希望明年有機會再見！

書院女子排球隊 梁傑琳 (酒店及旅遊管理學三年級)



轉眼間，今年已是伍宜孫書院第五年參加中大游泳精英比賽了，亦是我第四次參賽及首次擔任隊長。初入大學，我加入了連四人接力隊也辦不成的伍宜孫泳隊。由去年起，泳隊人數已大幅增加。男子隊今年更在接力項目中勇奪季軍，而女子隊亦首次派出兩支接力隊伍參賽，進步實在令人感動又自豪。

自問我不是頂尖的泳手。第一次參賽時，我甚至被「精英」兩字嚇倒……但當我得知一位同學儘管不曉得起跳，仍勇敢參賽，我看見了體育精神的可貴。後來，我加入別的運動隊伍，對游泳失去興趣，更曾萌生退出泳隊的念頭。可是，想到一間書院豈能沒有泳隊？我便選擇繼續游下去，這就是我的動力。

書院女子泳隊 余頌恩 (公共衛生學四年級)

# GALLERY

## 書院生活點滴



### College Inauguration Assembly 書院開學禮

1/ Group photo of the College Inauguration Assembly  
書院開學禮大合照

2/ Sharing on House of Sunny Living by Professor Anthony T.C. Chan  
陳德章教授為如日坊作簡介

3/ Sharing on Creativity Laboratory by Professor Annisa C.H. Lee and student team  
李穎俊教授及創意實驗室學生團隊分享

4/ Student sharing on the language and cultural programme in Australia and mentorship programme by Wing-man Chan and Yi-tak Chan  
陳泳雯同學及陳意德同學就澳洲語文及文化計劃與師友計劃作分享

5/ Presentation of College scholarships and awards  
頒授書院獎學金及獎項



### Orientation Activities 迎新活動

College welcomed a new batch of Sunnies in late August. Professor Rance P.L. Lee, College Master and Professor Annisa C.H. Lee, Dean of Students warmly greeted the new students and encouraged them to pursue their goals while being open about failures. After enjoying a delicious meal, interactive sessions took place to introduce College Exchange Programmes and Service-learning Programmes. Every table sent a representative to complete the puzzles on stage, which finally formed the word 'SUNNY'. It highlighted each and every participant's commitment to be the 'Sunnies'. This year's theme of the Orientation Camp: 'Novice Village' symbolised the freshmen's upcoming journey in the university. Through different tasks like City Hunt, Detective Game and Mass Game, freshmen worked together to overcome various challenges and learnt from the senior students. In the College, new students can always make friends with peers and teachers, to learn from each other and set their own personal goals.

書院於八月特設迎新午宴歡迎新生。院長李沛良教授及輔導長李穎俊教授鼓勵各位新同學在大學追求自己的目標之餘，同時抱持開放的態度面對挫折。師生享受過午餐後，同學透過互動環節認識書院交流計劃及服務學習計劃。接著，各小組派代表上台拼貼出Sunny字樣，象徵每位新生預備成為The Sunny College的一分子。今年迎新營主題「宜孫新手村」象徵新生未來的大學生活。新生之間互相合作，請教高年級學生，以完成城市追蹤、偵探遊戲及大組競技等項目。正如書院生活一樣，新生與同輩、老師結伴同行，互相學習，訂定自己的個人目標。

6/ Freshmen and student counsellors of the Sunny College in 2016/17  
書院二零一六至一七年度新生及輔導員

7/ Welcoming Lunch  
迎新午宴

8/ Mass Game  
大組競技

9/ Night Gala  
晚會

### Delegation from Shenzhen University 深圳大學訪問團來訪

10/ A delegation from Shenzhen University led by Professor Shuangyin Wang, Vice Dean, Research Institute of Contemporary Chinese Ideology and Culture visited our College in late August. Professor Rance P.L. Lee, College Master and Ms. Sandy P.S. Lee, College Secretary introduced to the delegation our College as well as the collegiate system of CUHK in the welcoming talk. A campus tour was led to show our guests various facilities of the College for a better understanding on our operations. 深圳大學訪問團於八月下旬到訪書院。團隊由社會科學學院王雙印教授帶領，院長李沛良教授及院務主任李瑛珊女士除為到訪人士簡介中大書院制，亦帶領他們參觀書院校園，加深對書院運作的了解。







# Go Green! Be Sunny!

The publicity name of Wu Yee Sun College is  
'The Sunny College': half word-play on Dr. Wu's name  
and half the College vision.

May the College and its members radiate positive energy  
and be a passionate force that makes the world  
a better place.

書院的別名是The Sunny College，它既從伍宜孫博士的「孫(Sun)」演化而來，  
也寓意書院朝東，學生第一時間感受到太陽東升的朝氣與光芒，  
有活力有熱誠，矢志追求理想，造福人群。

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