

# THE SUNNY POST

**01 - 06**

THE GROWING SPROUT  
AN INTERVIEW WITH  
THE VOICE OF HISTORY  
成長中的樹苗  
專訪聲昔再現

**07 - 13**

COLLEGE ACTIVITIES/  
STUDENT ACHIEVEMENTS/  
STUDENT ACTIVITIES  
書院活動/ 學生殊榮/  
學生活動

**14**

ALUMNI NEWS/  
校友消息



ISSUE  
**THIRTY FOUR**  
JAN 2021

[www.cuhk.edu.hk/wys](http://www.cuhk.edu.hk/wys)  
[www.facebook.com/WuYeeSunCollege](https://www.facebook.com/WuYeeSunCollege)





# THE GROWING SPROUT

An Interview with The Voice of History

## 成長中的樹苗

專訪聲昔再現





They started off as a College Senior Seminar project; then they expanded and recruited fellow students to join their team; they have registered as a limited company to sustain and facilitate their work. Kelly, Stephy and Yoyo shared with us how the idea of The Voice of History grew and blossomed.

他們的起點是書院的專題研習；他們將計劃規模擴大、邀請同學加入義工團隊；他們將組織註冊為有限公司，期望可幫助計劃持續發展。Kelly、Stephy及Yoyo將與大家分享「聲昔再現」計劃如何成長與開花結果。



The Voice of Mei Ho  
口約緣荷

2/ Workshop on Interviewing Skills  
訪問技巧工作坊

3/ Human Library  
真人圖書館

4/ Rehearsal for Audio Drama Performance  
廣播劇排練

5/ Community Audio Drama Performance  
廣播劇社區演出

#### HOW IT ALL STARTED

The Voice of History was originally a project in the College Senior Seminar. Stephy C.Y. Yeung (Cultural Management/ Class of 2019) and Kelly K.Y. Lau (Global Economics and Finance/ Class of 2019) are two of the members in the team. The Sunnies first met in the HK-Tainan Cultural and Creativity Exchange Programme organised by the Creativity Lab (c!ab) in 2016, where they shared a similar interest in creative projects. A few years later, the good friends formed a group with other Sunnies in the College Senior Seminar to complete a creative proposal which could benefit the community.

The group noticed that bonding between different generations has been weakening in recent years, and it is feared that the history of the local community would be lost in time. To rebuild connectivity between generations and the community, the team introduced the project 'The Voice of Mei Ho'. Their project focused on intergenerational integration and community history inheritance, and in the pilot programme the target community was Mei Ho House and Shek Kip Mei. 'We had this idea develop based on the major programme we were in. I am a student from Cultural Management and different art forms might be a good touching point to the target group,' Stephy shared.

The project was composed of four parts targeting primary students and the elderly. In the first part, the guided community tour, primary students were introduced to the history of the Mei Ho House and Shek Kip Mei decades ago. They were then trained by journalists to interview elderly people about their stories from the old days, and they were given the chance to learn the real stories from elderly members in the human library session. The children were then guided in a workshop hosted by actors to create an audio drama performance with the elderly, sharing what they learnt from their elder friends. The audio drama was presented in the community screening with live effects, revisiting the old days of the community. The funny moments in the residents' childhood, their struggle for a better living, and the memories in festive celebrations were brought back to the audience.

Through conversation and interaction, both the children and the elderly could understand each other in a different way. The social impact was quantified with a survey and students showed impressive progression in their views towards the elderly. In the survey conducted after the pilot programme, it was found that children's impression of and respect towards the elderly were better after joining the programme. The relationship between the children and their senior family members was also improved.

#### THE SPROUT GREW AND FLOURISHED

Although the course ended, the project was not closed. The team has continued their work and expanded their scope to introduce the project to different districts and communities in Hong Kong. They moved to Sai Wan in the second phase of their project, and officially named the programme 'The Voice of History'. They started recruiting other students to join the team, and Yoyo K.Y. Yeung (Global Economics and Finance/ 3) became a member at this stage.

In the second project of this programme, The Voice of Sai Wan, the team looked into the district's rich history and changes from the colonial period until recent years when the Island Line Extension opened. Through guided tours in the community and the human library, students learnt about the changes of the community over the decades. They even got a taste of the traditional handcraft. The children produced their own drama performance and shared the stories they have learnt from their elder friends.

The programme seized the second runner-up in the Enactus Hong Kong 2020 - Jockey Club Youth Social Innovation Action Program, and this recognition is one of the most cheerful milestones to the team.

Like the rest of Hong Kong, the programme was hit by the pandemic heavily. All the face-to-face activities such as community tours and the human library were completely shut down, and the plans were disrupted. The team, however, was not beaten. 'We have changed our mode of activities and programme,' Yoyo shared. 'Activities like the human library and community tours have moved online. The Facebook and Instagram pages are updated regularly with features in different communities. Our readers may learn more about the communities even staying at home. We will observe how the pandemic develops.' They are also working on community maps, which capture spots with social support for the elderly in the Kowloon City community. They are exploring the possibility of including city hunting tasks in the map, at which the elderly could join their kids for a guided adventure in the neighbourhood. The tasks will be presented using QR codes and they can simply scan and read the stories and tasks. 'We plan to print and distribute the maps to one third of the primary schools and nursing homes in Kowloon City.'

#### SUPPORTS AND CHALLENGES

The team put great effort into realising their ideas. However, without the support from their advisors and partners, the result might not be as fruitful as now it seems, and they are really grateful for their dedication to the project. Professor Dennis K.K. Fan, Senior College Tutor, Former Associate Dean (Undergraduate Studies), CUHK Business School and their instructor in the College Senior Seminar,

“The series of activities indeed bridged the gap between the two generations and this is the little change we wish to bring to the community.

這一系列活動的確為長幼兩代之間築起橋樑，而這正是我們希望為社會帶來的影響。

has been giving advice not only during the class, but also afterwards. He is currently one of the Board members and advisors of The Voice of History and he has encouraged the team a lot by suggesting funding schemes and providing networking opportunities. 'We are really thankful that Professor Fan helped in linking up the community in the initial stage. We were able to build up our own network in connection with this foundation.' They were also greatly supported by their partner organisations. 'Teach for Hong Kong helped with the drama production session. They also introduced their partner primary schools in the pilot programme in Mei Ho House. We are truly thankful to their support.'

Although the two programmes were a success and the project is ongoing, The Voice of History is also facing a big challenge: sustainability in financial support. The team was thankful to the College for providing the initial funding through the Sunny Passion Programme and Service-Learning Project Funding Scheme. However, with no regular source of funding, their programme would not be able to continue. Another problem is their identity. 'We were a group of CUHK students working on a final year project, and people were willing to partner with us at the time. However, after the course has ended, we can no longer make use of this identity. We were only a student organisation and we were even not registered under the Student Union. We, therefore, registered The Voice of History as a limited company.' This move could attract donors and make partnership and reaching out for resources easier in the long run. 'A larger pool of funding would greatly support our expenses as the programme scale expands. One example would be the printing cost for community maps for schools and nursing homes in Kowloon City.'

Another challenge is engaging new volunteers and organisation sustainability. With the programme expanding, they are also recruiting more volunteers. The core team now takes care of administrative and ad hoc work, such as overviewing the programme direction, reaching out for resources, public relations and more. The executive volunteers could explore new projects and offer suggestions to the core team

according to their own interest in community stories and research. This could engage volunteers better so that they could develop a sense of belonging in the team. If the volunteers are interested in further development in the programme, they would invite them to join the core team. It is hoped that the team could grow and develop a more diversified approach.

#### ONE DAY THE TREE WOULD BLOSSOM

While the social impact could be quantified, the most touching moment throughout the programme was in fact seeing the actual bonding being built between generations. Kelly recalled, 'I remember that when I was relieved from the stress during the final event in The Voice of Mei Ho, this scene popped into my eyes: one of the students asked an elderly for a chat. The series of activities indeed bridged the gap between the two generations and this is the little change we wish to bring to the community.'

Stephy recalled another sweet moment during in the programme. After the first series of events, they recruited volunteers to join the upcoming projects, and she noticed that one of the applications was from the parent of a previous student participant. 'The mother shared with us that her child enjoyed and learnt a lot from the programme, and she would like to give her support. This is one of the sweetest memories for me.'

Sometimes the plan does not go as expected, but the effort would pay off in another way. Yoyo remembered a funny moment when she had the first meeting with the core team. The core team members prepared a welcoming surprise to Yoyo but failed. Although Yoyo had noticed the surprise beforehand, their kindness and sincerity touched her heart.

The Voice of History started from a project in the College General Education course. This is just one of the many projects they have engaged with their university life. Some failed, but some survived. Kelly, Stephy and Yoyo could never imagine The Voice of History could go this far. As described by Stephy, the pilot programme was like one of the seeds planted over the several years at CUHK. One day one of the many seeds might sprout and flourish.



6/



7/



8/

The Voice of Sai Wan  
聲昔西環

6/ Guided Community Tour  
社區導賞

7/ Human Library  
真人圖書館

8/ Workshop on Paper Art  
撕紙手藝工作坊

“ The mother shared with us that her child enjoyed and learnt a lot from the programme, and she would like to give her support.

這位媽媽跟我們分享孩子在計劃中學會許多東西，而且十分享受過程，因此她希望能出一分力。



#### 一切的開始

「聲昔再現」源於五位畢業班同學於書院專題研習科中的一份計劃書，楊靜瑤 Stephy（文化管理二零一九年畢業）與劉珈余 Kelly（環球經濟與金融二零一九年畢業）為其中兩位成員。她們相識於二零一六年創意實驗室舉辦的香港-台南文化創意探索之旅，她們同樣對各種創意計劃十分有興趣，自始成為朋友。數年後，數位朋友一起修讀書院專題研習科，擬定了這個裨益社會的創意計劃。

她們留意到不同世代之間的隔閡越來越大，同時擔心社區歷史亦隨著時間消逝。為重新建立長幼兩代及社區之間的連繫，團隊以「口約緣荷」為題，提出加強跨代共融、傳承社區歷史的計劃。先導計劃對象為美荷樓及石硤尾一帶社區的居民。Stephy 指出：「這個計劃其實與我的本科有點關連。我的主修科是文化管理，而藝術正是一種能觸動人心的方式，讓我們能夠更容易向受眾傳遞訊息。」

計劃對象為長者及小學生，由四部分組成。小學生首先參與社區導賞，了解美荷樓與石硤尾過去數十年的歷史及以往居民的生活方式。了解歷史後，專業記者教導學生採訪技巧，讓他們能夠於真人圖書館環節中與長者進行訪談，聆聽該區舊居民從第一身角度分享他們往日的的生活點滴。同學們再整合手上資料，在廣播劇演員指導下，與老友記合作編寫廣播劇。最後，各位參與者於社區放映會以現場廣播形式，配上現場音效，將社區舊日記憶重現，包括居民童年時的趣事、為生活而奮鬥的點滴與節慶的回憶等。

透過對話與互動，長者與同學們對彼此的認識都加深不少，更有所改觀。活動後的問卷有助團隊了解計劃的社會影響，孩子對長者的印象改善不少，亦較活動前更為尊重他們，孩子與家中長輩的關係更有所增進。

#### 茁壯成長

雖然課程已經完結，但計劃並未因此結束。團隊繼續擴大計劃，期待可將項目推廣至不同社區。在計劃第二階段，他們將舞台移至西環，並將此計劃正式定名「聲昔再現」。團隊亦開始招募更多義工加入，而楊嘉瑤 Yoyo（環球經濟與金融三年級）正是在此時成為這個計劃的一員。

在計劃第二個項目「聲昔西環」中，團隊成員一同探索西區的豐富歷史，包括自殖民地年代至近年西港島綫通車以來的種種變遷。參與的小學生除了通過社區導

賞及真人圖書館認識這段歷史，更有機會在撕紙藝術家指導下一試撕紙手藝。經過一系列體驗與考察，同學們創作自己的劇目，講述他們的所見所聞。

計劃於「創行 — 賽馬會青年社創行行動」中奪得季軍，對團隊來說是極大的鼓舞。

如同香港其他行業，「聲昔再現」亦受到疫情的重大打擊。所有實體活動如社區導賞及真人圖書館都被取消，計劃被大大打亂。然而，團隊並未因此而放棄。Yoyo 指：「我們將活動改以線上形式進行，例如社區導賞及真人圖書館等。此外，我們亦定期將各種舊區小知識上載至 Facebook 及 Instagram 專頁，讓大家都可以了解社區。我們將一直留意疫情發展，再決定來年的活動方式。」他們亦正製作九龍城區的社區地圖，將各種社會支援項目收錄其中，方便該區長者取得資源。他們正研究在地圖中加入互動元素，讓長者可與孩子一同探索社區，完成任務。這些資訊將以掃描碼形式加插於地圖，讓使用者可以簡單查看資訊及社區小故事。「我們計劃印刷並派發地圖至該區約三分之一的小學及院舍。」

#### 支援與挑戰

團隊為實踐計劃出心出力，但沒有顧問及合作機構的幫助，他們或未能走如此遠，團隊十分感激他們的付出與支持。范建強教授為書院資深導師及前中大商學院副院長（本科生課程），同時是團隊於專題研習科的導師，他除了在課程期間指導同學，之後亦繼續擔任「聲昔再現」的團隊顧問及董事會成員。范教授建議團隊申請各種資助，又為他們提供人脈網絡。「我們十分感謝范教授幫助我們連繫舊區人士，這對我們的初始工作十分重要。團隊在此基礎上發展自己的人際網絡，經過一番努力才有現在的規模。」他們亦得到伙伴機構的大力幫助：「良師香港是口約緣荷的合作伙伴，他們更介紹合作小學子團隊，我們十分感謝他們的幫助。」

雖然「口約緣荷」及「聲昔西環」都十分成功，然而，「聲昔再現」仍然面對一大挑戰：計劃資助的可持續性。團隊感謝書院於計劃初始階段提供資助，透過愛陽光計劃及服務學習項目資助計劃支持計劃運作。可是，在沒有穩定資金來源的情況下，計劃則難以持續發展。另外一個難題是團隊身份。「我們最初以中大畢業班課程學生的身份與其他機構聯繫，他們亦樂於與我們合作。但在課程完結後，我們不能再以此身份繼續工作，成為一個甚至未有於學生會登記的學生團體。為解



9/ Posts on Fanpages  
社交網站專頁帖子

“ The pilot programme was like one of the seeds planted over the several years at CUHK. One day one of the many seeds might sprout and flourish.

這個先導計劃就像在大學數年間撒下的無數種子，總有一天，其中一顆會破土而出，開花結果。



決這個問題，聲昔再現正式申請成為有限公司。」此舉除了讓計劃更容易吸引資助，亦使團隊出師有名，長遠來說更有利於與其他團體建立合作關係。「隨著計劃規模擴大，各項目均需要更多資金，資助將日益重要。例如早前提及的九龍城社區地圖印刷，就會有大量支出。」

此外，他們亦面對招募義工及團隊發展的挑戰。隨著更多義工加入團隊，現時核心成員的工作主要變為行政及處理突發事宜，例如決定計劃大方向、尋找資助、公關聯絡等。義工則可以探索自己有興趣的社區議題及故事，如果覺得可以發展，就可向核心團隊提出。這個方式讓整個計劃的項目更多樣化，且能加強義工的歸屬感。如義工有意於計劃中作長遠發展，可邀請他們加入核心團隊。

#### 開花結果

社會影響固然可以量化，但計劃中最讓成員感觸的卻是見證不同世代之間的關係在計劃完結時變得更密切。Kelly 回想到：「我尤記得在『口約綠荷』的活動告一段落、自己終於鬆一口氣時，眼前的畫面讓我十分感動：一位小學生主動與長者聊天。這一系列活動的確為長幼兩代之間築起橋樑，而這正是我們希望為社會帶來的影響。」

Stephy 則有另一段特別的回憶。經過第一階段的活動，團隊開始招募新一批義工，在眾多申請者中，她留意到其中一位是上一輪參與同學的家長。「這位媽媽跟我們分享孩子在計劃中學會許多東西，而且十分享受過程，因此她希望能出一分力。這對我而言真的是很窩心的回憶。」

計劃或會不似預期，但每個人的付出會以意外的方式兌現。Yoyo 就分享了她初加入團隊時的一件趣事。團隊為她準備了小驚喜以慶祝她成為其中一員，卻因 Yoyo 事先發現了小驚喜而事敗。雖然任務失敗，但一眾成員的貼心與誠意還是讓 Yoyo 十分感動。

「聲昔再現」源自書院專題研習，而這個計劃只是他們在大學生活中眾多嘗試的其中一項，有些失敗了，但另一些成功延續過來。Kelly、Stephy 與 Yoyo 從未想過「聲昔再現」能走得那麼遠。正如 Stephy 所說，這個先導計劃就像在大學數年間撒下的無數種子，總有一天，其中一顆會破土而出，開花結果。

Learn more about The Voice of History at their Homepage  
瀏覽「聲昔再現」主頁，了解更多他們的工作



<https://www.thevoiceofhistory.com/>  
Come and join them!  
加入團隊成為其中一份子吧！

10/ Team Photo of The Voice of History  
「聲昔再現」團隊合照



# COLLEGE ACTIVITIES

## 書院活動

### STUDENT ACHIEVEMENTS



#### 學生殊榮

Congratulations to the College Tennis Team (Men) for capturing the First runner-up in Inter-collegiate Competition held in early November! They did such an amazing job and deserved the trophy.

Our hearty applause goes to the College Table Tennis Team (Women) for capturing the Second runner-up in the Inter-collegiate Competition in the same month too! We very much appreciate the Men's team for their devotion as well.

We would also like to thank the College Badminton Team for their brilliant performance in the Inter-collegiate Competition in late October. Their strong morale and sportsmanship serve as an exemplary model to other students, especially in these times of the pandemic.

恭喜書院男子網球隊於十一月舉辦的院際比賽勇奪亞軍！他們的出色表現與努力於比賽中得到了肯定。

書院女子乒乓球隊亦於同月舉行的院際比賽奪得季軍，恭喜各位隊員！書院亦十分感激男子乒乓球隊的付出。

書院感謝羽毛球隊於十月下旬院際比賽的投入與出色表現，在疫情持續的情況下，他們的堅持與體育精神對書院同學是最大的鼓舞。



### THE 88TH CONGREGATION FOR THE CONFERMENT OF BACHELOR'S DEGREES THE 5TH GRADUATION CEREMONY OF WU YEE SUN COLLEGE

#### 第八十八屆大會（頒授學士學位典禮）第五屆伍宜孫書院畢業典禮



The 88th Congregation for the Conferment of Bachelor's Degrees cum The 5th Graduation Ceremony of Wu Yee Sun College was held on 19 November in Sir Run Run Shaw Hall. As the pandemic situation remained volatile, the University decided to move the ceremony online.

At the virtual ceremony, College Master Professor Anthony T.C. Chan congratulated all the graduates entering a new chapter of their lives and encouraged them to equip themselves for upcoming challenges. Professor Mai-har Sham, Pro-Vice-Chancellor of CUHK, presided at the Congregation and conferred all the Bachelor's

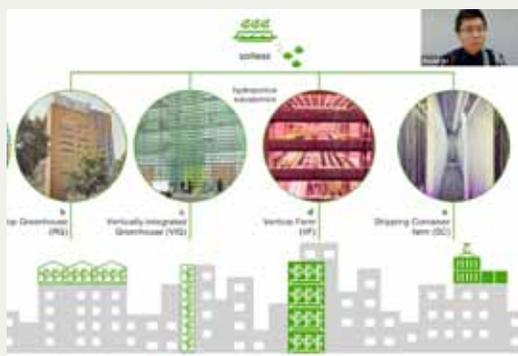
degrees. The College wishes to meet all the graduates on campus again in the near future.

第八十八屆大會（頒授學士學位典禮）暨第五屆伍宜孫書院畢業典禮於十一月十九日假邵逸夫堂舉行。由於疫情反覆，大學決定將典禮改於網上進行。

典禮中，書院院長陳德章教授恭賀各位畢業生踏入人生新一頁，並鼓勵他們裝備自己，準備迎接新挑戰。副校長岑美霞教授於典禮中頒授學位典禮予畢業生。我們期望在不久的將來再次於書院校園與各位畢業生聚首一堂。



## COLLEGE FORUMS 書院論壇



Three College Forums were organised in October and November. Owing to the pandemic, all events were conducted online, but the interactions between speakers and students were not bound by the screen.

Mr. Hoi-wai Chua introduced the mission of Hong Kong Council of Social Service (HKCSS), and some social innovation projects initiated by CUHK alumni. He then discussed the challenges HKCSS faces, and how the youth could engage in social innovation.

Dr. Ronald C.W. Yu shared how human activities have affected the environment, and offered ways to reduce pollution and 'remove' pollution through circular economy.

In the final Forum, Dr. Rebecca L.S. Lee described her journey as a designer, polar explorer and scientist, and discussed the crisis in the polar environment. She also encouraged students to seize opportunities, discover their own potential, and contribute to society.

書院於十一月舉辦共三次書院論壇。受疫情影響，三次活動均於網上進行，但無阻同學與講者的熱烈討論與交流。

蔡海偉先生於論壇中介紹香港社會服務聯會的工作，又分享了中大畢業生的社會創新項目。他亦提到社聯面對的挑戰，並提出不少年青人參與社創的建議。

余浚維博士則與同學討論人類活動如何影響環境，以及減少污染的方法，包括循環經濟等概念與實踐。

李樂詩博士於最後一次論壇分享她過去數十年的經歷，講述她投身設計、極地探索及科研的過程，並探討極地環境的潛在危機。她亦鼓勵同學把握機會，發掘自己的潛能，以貢獻社會。

## MUSIC APPRECIATION 校園音樂欣賞



The Homecoming Chamber Concert was held in late November in the Chung Chi Chapel. The concert was co-organised by the Department of Psychiatry in collaboration with Wu Yee Sun College, Chung Chi College, New Asia College and Morningside College.

At the concert, College Master Professor Anthony T.C. Chan gave a piano performance with Professor Arthur D.P. Mak as the violist for the musical composition Kol Nidrei. The concert was a great success and it has brought us enjoyment, comfort, resilience, and unity as the CUHK community continues to fight the pandemic.

The Homecoming Chamber Concert for CUHK 於十一月下旬假崇基學院完滿舉行。書院院長陳德章教授聯同麥敦平教授於演奏會中以鋼琴及中提琴合奏樂曲 Kol Nidrei，為聽眾帶來悅耳的琴聲。是次演奏會由精神科學系、伍宜孫書院、崇基學院、新亞書院及晨興書院合辦，除了讓聽眾欣賞美妙的音樂，更希望為大家帶來平靜、凝聚力及療癒情緒，幫助中大成共同抗疫。

# STUDENT ACTIVITIES

## 學生活動

### ONLINE MINDFUL YOGA AND FITNESS TRAINING

虛擬正念瑜伽與體能訓練



It is not easy to stay at home for such a long time. Our yoga and fitness trainers have led classes to show students how they could work out with limited space. With a yoga-mat-sized space, participants experienced a peaceful moment to communicate with their body and mind. Some poses can even be done on a bed. Participants who challenged themselves in training core muscles or body movement, followed the videos taped by trainers to learn the moves. They also had live interactions with trainers for more fitness advice.

You can always find a way to exercise. Keep up the healthy routine!

過去一年，大家都不能時常外出活動，有見及此，書院為同學舉辦一系列虛擬瑜伽及體能訓練班，讓導師帶領同學在室內有限的空間舒展筋骨，鍛鍊體魄。在一張瑜伽墊大小的空間裡，同學可享受片刻寧靜，專注於自己的身心。有些動作更可在床鋪上完成，方便同學在家運動。同學亦可選擇不同類型的訓練，包括核心肌肉訓練及功能性訓練，希望能切合不同參加者的需要。同學與導師於鏡頭前即時交流，得到適切的提示，以改善動作及聽取保持身心健康的建議。

體能訓練林林總總，快點找尋適合自己的模式，開始鍛鍊體魄！

### CHALLENGE YOURSELF!

挑戰自己！



Get a break from ZOOM classes and challenge yourself! The Sports Association organised the competition 'Among Us' to let fellow Sunnies take up sports challenges and interact with each other online.

They also hosted the 'One-minute Sports Challenge'. Students could upload videos of different training tasks like push-up, plank and sit-up to Instagram. The winners with most 'likes' received have taken some big prizes home!

是時候在繁忙的線上課堂中透透氣了！體育學會舉辦為同學「Among Us」比賽，讓同學挑戰自己的體能之餘，又可以與其他同學在線上互動。

此外，他們亦舉辦一分鐘運動挑戰，同學於Instagram上載各種體能訓練的影片，例如掌上壓、平板支撐及仰臥起坐等，影片獲得最多「讚」的同學就可以贏得豐富獎品。勝出同學的獎品真的非常吸引！

### HEALTH AND PEACE WITH CHINESE MEDICINE

中醫保健安神工作坊



Professor Baoting Zhang, Assistant Director of the School of Chinese Medicine and registered Chinese medicine practitioner, hosted two online Workshops on Chinese Medicinal Massage on Sleep Enhancement in mid-November. On screen, Professor Zhang demonstrated some massage techniques which enhance sleep equality and relaxation. In the second workshop, she introduced the ingredients in the tea pack which can nourish liver function and eyesight. Participants could follow Professor Zhang's instruction to prepare tea for enhancing health and peace of mind.

中大中醫學院助理院長及註冊中醫師張保亭教授於十一月中旬為書院舉辦了兩項網上中醫保健工作坊。張教授首先在安神助眠穴位按摩時示範於頭面、手掌和上肢內側進行推拿按摩，以助寧心安睡及舒緩情緒。張教授然後在清肝明目茶包製作時講解各藥材的功效，同學根據張教授的指示，在家學習沖泡藥茶的方法，以達致清肝明目及養心安神之效。



## ROAMING THIS PANDEMIC WITH ART 疫中游藝



With the generous support from Hop Wai Tong, the 'Roaming this Pandemic with Art' Exhibition was launched following a kickoff ceremony held in mid-December at Wu Yee Sun College. The event is jointly organised by Chung Chi College, United College, Wu Yee Sun College, and co-organised by the Institute of Chinese Studies Art Museum. This exhibition is part of the Hop Wai Art and Cultural Programme 2020-21 featuring a list of art pieces created by Professor Hon-ching Lee which have never been exhibited before.

We were grateful to have Professor Rance P.L. Lee, Founding Master and Honorary Fellow of Wu Yee Sun College, and Professor Wing-ping Fong, Head of Chung Chi College, to present a speech at the ceremony, which was also graced with the presence of Professor Jimmy C.M. Yu, Head of United College; Professor Anthony T.C. Chan, College Master of Wu Yee Sun College; and Professor Chi-tim Lai, Associate Director (Executive) of Institute of Chinese Studies. We were equally thankful to Professor Hon-ching Lee for his generous support in donating most of his exhibits for fundraising purposes.

承蒙洽蕙堂贊助，「疫中游藝」展覽於十二月中旬假伍宜孫書院揭開序幕。是次活動由伍宜孫書院、崇基學院及聯合書院，聯同中國文化研究所文物館合辦。展覽為本年度洽蕙藝文計劃活動之一，展出利漢楨教授多件從未展出的畫作。

書院邀得創院院長暨榮譽院士李沛良教授、崇基學院院長方永平教授、聯合書院院長余濟美教授、本院院長陳德章教授，以及中國文化研究所副所長黎志添教授出席揭幕儀式。同時，書院亦十分感謝利教授將多件展品捐出作籌款用途。

## SHINE ON STAGE 舞台神髓



Our College Drama Society performed a play reading at the CUHK Drama Competition 2020 in early November. The script featured a debate about recording history and the meaning of remembering and forgetting before doomsday.

Their performance attracted more than 150 audience members. Ms. Carmen C.M. Lo and Mr. Ki-tuen Fong shared their feedback on the script with students, and the script was highly appreciated by Mr. Ki-tuen Fong. Thanks to the hardworking crew for their inspiring work!

宜孫劇社於十一月上旬參加中大戲劇比賽，話劇劇本講述世界末日之時紀錄歷史、記憶與遺忘的意義。他們的演出吸引超過一百五十位觀眾，羅靜雯女士及方祺端先生於演出後分享他們的感想，方先生亦對劇本讚賞有加。感謝劇社成員的付出與努力！

# STUDENT ACTIVITIES

## 學生活動

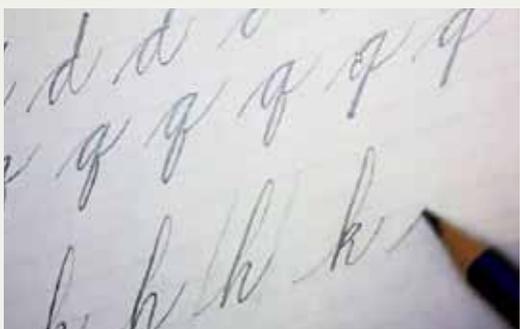
### MINDFUL CALLIGRAPHY

#### 書寫靜心



### ENJOY LANGUAGE FUN AT HOME

#### 在家感受語文樂趣



The Workshop on Mindful Calligraphy which was conducted by Miss Molly Chan, Mindfulness Instructor, was held in early November via ZOOM. Participating students learnt the basic techniques of writing western calligraphy and at the same time immersed themselves in the present moment while lettering. Everyone enjoyed a calm and relaxing evening.

Miss Chan conducted another Zentangle Workshop in late January via Zoom. Participating students had the chance to enjoy a peaceful, comfortable and silent moment during the pandemic when they focused on zentangle drawing. The beautiful images created by repeated simple patterns also gave the participants artistic satisfaction.

書院於十一月月上旬舉辦「書寫靜心」西洋書法體驗工作坊，由靜觀導師陳慕寧小姐指導同學西洋書法的基本知識，透過書寫讓他們專注於當下，享受平靜與放鬆的一個晚上。

書院於一月下旬舉辦靜觀禪繞工作坊，陳小姐再次帶領同學繪畫禪繞畫，一同暫時放下疫情期間的煩惱，感受寧靜的片刻。同學按自己的喜好畫出獨特的圖案，各有特色，相信他們都對成品感到滿意。

Three sessions of Online Social English Workshops conducted by Ms. Jenna Lara Collett, College Member and Lecturer at the English Language Teaching Unit, were held in October. Students learnt more about phrasal verbs and idioms for the language of friendship and dating. Through conversational practice, students are now more confident in expressing themselves orally in English.

In the three sessions of the Chinese Creative Writing Workshop held in November, Ms. Lee-chi Leung taught students creative writing skills and students were able to learn through reading a variety of literature, in-class discussion and writing practice. Students were able to write in a more creative way after the classes.

書院於十月舉行三場網上社交英語工作坊，由書院成員及英語教學單位講師 Ms. Jenna Lara Collett 與同學分享英語中表達友誼與約會的用詞。透過會話訓練，同學對運用英語表達自己的信心大增。

為期三堂的網上小說創作工作坊亦於十一月順利舉行。同學在香港青年作家梁莉姿小姐指導下，透過閱讀不同地方的文學作品、課堂討論及寫作練習，學習小說創作的技巧。課程完結後，同學的寫作能力及創作力都得以提升。



## BRAINSTORMING FOR SERVICE-LEARNING

服務學習新構思



A focus group was conducted in late December to gather students' feedback and opinions on the College Service-learning Programme. Students shared their views on the development direction of service-learning activities, expectation and innovative ideas on local services. Further details on the Service-learning Programme will be announced soon. Please stay tuned!

為了解同學對書院服務學習計劃的感想及意見，書院於十二月下旬舉辦焦點小組，討論服務學習相關活動的發展方向及期望，又提出各種本地服務計劃的創新構思。書院稍後將公布服務學習計劃的細節，記得留意書院的最新消息！

## OPPORTUNITIES TO STUDY ABROAD

了解海外交流機會



The introduction session of College Term-long Exchange Programme was conducted in late November. Professor Ming-chung Chu, Chairperson of the Student Exchange Committee, shared the details of partner institutes with participants. Miss Cheuk-ye To and Miss Xueqing Huang shared their inspiring exchange experience in St. Edward's University and Mount Allison University respectively. They enthusiastically encouraged participants to seize this chance to enrich their university life.

書院交換生計劃簡介會於十一月下旬透過網上平台順利舉行，學生交流委員會主席朱明中教授為參與同學介紹各間交流院校，又邀請杜卓頤同學及黃雪晴同學分享早前到 St. Edward's University 及 Mount Allison University 的交流經驗，兩位都大力推薦同學把握交流機會，讓大學生活更添豐盛。

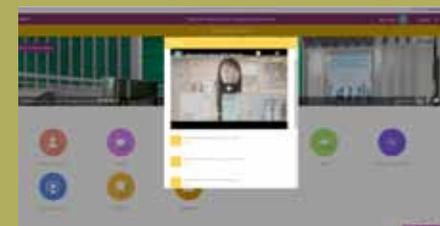
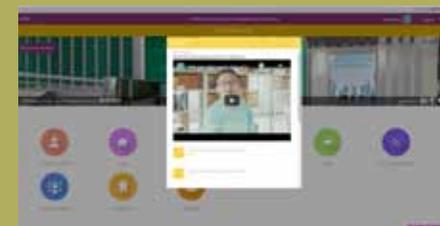
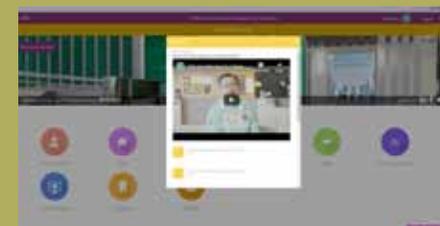
## CUHK Virtual Information Day

中大網上本科入學資訊日



The CUHK Virtual Information Day was successfully held in mid-October. The College provided information to all the visitors in the virtual booth. Our College Master Professor Anthony T.C. Chan and Dean of Students Professor Ming-kay Poon welcomed all the visitors via the online platform. Professor Grace L.H. Wong, Chairperson of Scholarships and Financial Aid Committee, also introduced a variety of College scholarships to our visitors. We had a chat room hosted by student ambassadors to answer questions raised by the visitors as well. Although we could not meet the guests and visitors face-to-face, we could still have a chance to let them get to know us more.

中大網上本科入學資訊日於十月中旬順利舉行。書院於虛擬攤位中為訪客介紹書院特色，院長陳德章教授及輔導長潘銘基教授於線上歡迎各位參加者，獎助學金委員會主席黃麗虹教授亦簡介各項書院獎助學金。除此之外，書院學生代表於聊天室解答問題，雖然未能與眾訪客見面，書院仍能讓他們認識書院。



# STUDENT ACTIVITIES

## 學生活動



### LET'S CELEBRATE! 同賀院慶



To celebrate the 13th Anniversary of the College, the Organising Committee of College Anniversary prepared '523 Game Show' to foster interaction between College members and students. In view of the current development of the pandemic, the '523 Game Show' was conducted via Facebook live in mid-January.

Professor Anthony T.C. Chan, College Master; Professor Man-hong Lai, Associate Master; Professor Ming-kay Poon, Dean of Students and student representatives attended and competed in various games. They demonstrated how well they knew the College and competed in different interesting tasks. There were also performance by Miss Tang Lai Ying and Mr. Billy Cheung, and lucky draw. More than 150 participants shared our joy online.

為慶祝書院成立十三週年，書院院慶籌委於一月中旬舉辦「523 Game Show」，讓書院成員及同學透過各種競技一起互動。鑑於近日的疫情發展，是次活動於Facebook直播，讓同學在家中亦可同樂。

院長陳德章教授、副院長黎萬紅教授、輔導長潘銘基教授及學生代表於活動中進行多項精彩的比賽，考驗大家對書院的認識之餘又加入不同的競技環節，同場亦有鄧麗英小姐及張浚霆先生的音樂表演及抽獎活動，十分盡興。超過一百五十位參加者參與當晚的活動，在笑聲中同賀院慶。

### TAKING CARE OF THE ROOF TOP FARM 天台種植日常



Although the campus is closed during the pandemic, our Green Team members and Sunny farmers came back to the College regularly to take care of the crops they have planted in earlier months under the guidance by Professor Kwai-cheong Chau, Chairperson of the Campus Environment Committee. Other than pruning for increasing the yield and quality of the plants, they also added support to the tomato plant, so that the plant could be exposed to more sunlight. Weeds were removed to ensure more nutrients available to the crops. Let's look forward to the great harvest in the coming months!

書院校園雖然於疫情期間不對外開放，但一班書院綠色小組的成員及天台種植農夫仍會定期回到書院照料天台種植的植物。在校園環境委員會主席指導下，他們除了將植物多餘的枝葉剪除以改善收成及作物品質，又為蕃茄樹加上支架，讓植物吸取更多陽光。他們亦為農地除草，以增加作物可吸收的養分。就讓我們期待眾人辛勤過後的收成吧！

# ALUMNI NEWS

## 校友消息



1/ Miss Natalie S.Y. Chung (Geography and Resource Management/ 2019), our alumnus, was elected as one of the nine most impactful young sustainability leaders in Asia Pacific by Eco-Business, which launched the Youth A-List this year to recognise the outstanding work of individuals under the age of 30 who advance environmental and social sustainability in the Asia Pacific region.

From a competitive pool of nominations, 20 nominees were shortlisted and assessed by an expert panel of judges. The panel was impressed by Natalie's passion and commitment to environmental education and policy advisory in Asia through her organisation V'air Hong Kong. As co-founder and director of V'air, she educates youth by conducting eco-tours, talks, and workshops, as well as facilitating publications and consultation.

'The future is in the hands of youth,' she said. 'I look forward to the great reset and a green recovery in 2021, where we create a new equilibrium that is more inclusive and sustainable.'

書院校友鍾芯豫小姐（地理與資源管理學系二零一九年畢業）獲選為 Eco-Business Youth A-List 在亞太區裡可持續發展最具影響力的九位青年之一，以肯定眾人在環境及社會可持續發展中的出色表現。

二十位被提名者在激烈爭中脫穎而出，並由專家評審團選出最終得獎人。評審團對鍾小姐的熱誠印象深刻，她除了致力於環保教育工作，又透過本地組織 V'air 投身亞洲政策諮詢的工作。作為 V'air 聯合創辦人及總監，她為青少年舉辦環保相關活動，包括生態遊、講座、工作坊、出版刊物及提供諮詢等。

「未來就在青年一代手中。」她寄語：「我期待二零二一年會有一系列重整與復原，各方面達致新平衡，讓世界變得更包容及可持續。」

2/ CUHK Alumni Homecoming day was held in late November. It was the first time that the Alumni Affairs Office organised the event via an online platform, and each college was invited to hold a 30-minute webinar session on the day. Our alumni Mr. Sam L.H. Cheung (Law/ Class of 2016) and Mr. Sunny H.S. Liu (Geography and Resource Management/ Class of 2016) together with Miss Yolinda C.Y. Wong, Acting College Secretary, shared the latest development of the College through the webinar session. They also encouraged graduates to join the Wu Yee Sun Alumni Association (WYSAA), which has served as a networking platform for graduates since 2017.

中大校友日於十一月下旬順利舉行。校友事務處首次將活動改於網上舉行，並邀請各書院主持三十分鐘的分享環節。書院邀得校友張力行先生（法律二零一六年畢業）、廖浩榮先生（地理及資源管理二零一六年畢業）及書院署理院務主任黃翠欣小姐分享書院最新發展，同時鼓勵畢業生加入書院校友會，成為這個自二零一七年誕生的大家庭的一份子。



# 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。

THE SUNNY POST IS PRINTED ON RECYCLED PAPER

本通訊以再造紙印刷

Editors: Ms. Jenna Lara Collett Professor Ming-kay Poon

編輯: Ms. Jenna Lara Collett 潘銘基教授

The Sunny Post is also available on the College website:

本通訊亦已上載至書院網頁:

[www.wys.cuhk.edu.hk/news-information/publications/](http://www.wys.cuhk.edu.hk/news-information/publications/)

The next Sunny Post will be published in March 2021

下期通訊將於二零二一年三月出版



香港中文大學伍宜孫書院

WU YEE SUN COLLEGE

THE CHINESE UNIVERSITY OF HONG KONG