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ISSUE
THIRTY SEVEN
OCT 2021

www.cuhk.edu.hk/wys
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**FRESH AIR IN
THE SUNNY COLLEGE**
新常態 新氣象



The campus came to life again after more than a year of silence under the pandemic, as the College welcomed the Sunnies back for the new academic year. With the easing of the pandemic in recent months, the University has resumed face-to-face teaching this semester. We were glad to greet the new batch of Sunnies in August.



More than 300 students joined our College in the new academic year. The freshmen first met with senior College students at the New Student Orientation Day on 13 August, where they learnt more about the College's mission and culture. With face-to-face activities resumed, we were able to welcome our Sunnies in person at the Orientation Camp (O'camp) held on campus in late August.

The theme of the O'camp this year was 'Rising Clouds'. Dani S.L. Chow (Cultural Studies/ 3), Chairperson of the College's Orientation Camp Organising Committee, shared how the theme came about. 'On one of the nights preparing for the Camp, I stayed up late and stared at the sky with a messy mind. It was a cloudy night. However, when time passed by, the sky became clear in the pale light of morning.' This reminded her of two lines from the poem written by Wang Wei, a Chinese poet from the Tang Dynasty, 'I walk unto where water ends, and sit to watch the clouds ascend.' The poem captured the exact message she wished to share with fellow freshmen: Changes in life are inevitable and unexpected. Only by living in the present can we adapt to the ever-shifting environment. There is always a way out, and what we need to do is to find our own way of living.

During the two-day O'camp, more than two hundred freshmen had the chance to get a taste of university life, and meet with fellow Sunnies who will be their closest companions in their next few years at university. Due to the pandemic, the activities had to be scaled down and have their format changed. The freshmen were divided into three groups. Unlike ordinary orientation camps, they were not able to gather in the same venue owing to social distancing policies. They were divided into smaller groups and stationed in different rooms on the College campus.



2/ Mass Games
小組競技

To let them get to know their teammates, they had a series of mass games enhancing their teamwork. Their bonding and coordination were challenged in the Detective Game and Escape Game. Other than adjusting the programme according to number of participants, the City Hunt was transformed into the CU Hunt, in which they got familiarised with the campus they are going to call home for the next few years. They had to complete tasks at different spots on the CUHK campus, and the executive committee members would introduce to the freshmen corresponding stories behind. Although the activities were greatly bounded by different restrictions under the pandemic, the physical distance, however, could not tear them apart. Both the senior and junior Sunnies treasured the time they spent together, sharing laughter in the two-day camp. The most important take-away is that they got to think about their own identity and goals they wish to achieve in the coming years.

The 2021 O'camp was not only the first time for the freshmen to get to know CUHK, it was also the first time for the year two Sunnies to spend so much time together on the College and university campus. Due to the pandemic, all classes were conducted online in the past academic year, and they likely had never met their classmates over the year. Similarly 'fresh' to the face-to-face university life, they underwent training before going into the camp. It was a unique experience for these Sunnies, and it is hoped that they can enjoy more quality time with other Sunnies in the coming years.

Although physical orientation is resumed, the preparation was never easy. Other than modifying the activities and putting number of participants into consideration, programme schedule was one of the challenges the Organising Committee had to cope with. Due to the packed schedule

1/ Professor Ming-kay Poon, Dean of Students; Professor Kong-pang Pun, Convenor of the Working Group for Student Orientation Camp; Dr. Lancelot W.H. Mui, Associate Dean of General Education; and Dani S.L. Chow, Chairperson of the Organising Committee of the O'camp, welcomed the freshmen in the Opening Ceremony

書院學生輔導長潘銘基教授、書院迎新營工作小組召集人潘江鵬教授、書院副通識主任梅維浩博士與書院迎新營籌備委員會主席周秀玲同學於開幕禮歡迎新生加入書院

“ Changes in life are inevitable and unexpected. Only by living in the present can we adapt to the ever-shifting environment. There is always a way out, and what we need to do is to find our own way of living. ”

2/ Mass Games 小組競技

of the release of admission results and start of school term, time clash between course registration period, department and college orientation programme was unavoidable. To allow more flexibility to participants, new activities like the carnival was added to the rundown. In the ever-changing preparation period, conflicts were extremely common. However, they would agree that their hard work paid off when they look back. Just like the theme of the Camp, 'Rising Clouds', there would always be a way out with perseverance and flexibility.

The campus seemed almost frozen in the past year, but it is alive again. Residents return to their hostels; students come in and out of the College office; giggles are heard from smiling faces at the College cafeteria; and sounds of woodwork ring out from the Creativity Laboratory... We are getting back to the steady pace of our campus life. Although we are still adapting to the new normal, we all treasure our time spent at Sunny College. We look forward to meeting with you all in person.





經過一年間疫情帶來的沉寂，書院為所有同學重開大門，校園逐漸回復生氣。隨著疫情日趨平穩，大學於新學年回復面授課堂，我們亦迎來新一屆書院同學。

3/ Sunnies stationing in different rooms on the campus

各小組於校園不同地方活動

書院在八月十三日的新生迎新日舉辦講座，為同學介紹書院使命及特色。及後超過三百位新生於新學年加入書院。大學實體活動逐漸回復，書院於九月上旬舉辦迎新營，歡迎一班新生加入宜孫大家庭。

4/ CU Hunt

中大遊踪

本年度迎新營的主題為「雲起」，書院迎新營籌委會主席周秀玲同學（文化研究三年級）解釋了她是如何想到這個命題的：「在一個為籌備迎新營煩惱的晚上，我在宿舍望著窗外景色發呆。當時烏雲密布，但隨著時間過去，厚厚的雲層漸漸散開，晨光微曦。」這個景象讓她想起唐朝詩人王維的詩：「行到水窮處，坐看雲起時。」這正是她希望透過迎新營帶給新生們的訊息：人生很多起起跌跌，無論時代與社會如何變遷，只有珍惜當下，善用應變能力，我們才能好好生活，找到出路。

超過二百名新生參與迎新營，提前感受大學生活，並結識將會一起渡過未來數年的朋友。受到疫情影響，營中活動需要減少人數，模式亦有所改變。二百多人分為三個大組，與過往的迎新營不同，他們須於書院多個位置分別進行活動，以配合活動人數限制。





5/



6/

為讓大組同學互相認識，他們再分為多個小組進行競技遊戲。偵探遊戲則著重團隊合作，要求組員在限時內解謎或逃出密室。除了調整活動人數以配合防疫守則，城市遊踪亦變為中大遊踪。各組別須於中大不同角落完成任務，迎新營輔員亦會趁此機會與同學分享每個地點的文化及歷史背景，讓同學把握機會認識校園。雖然迎新營受到種種限制，然而，距離並未成為同學之間的障礙，師兄師姐與新生均十分珍惜兩天的時光，而最重要的，是在營中反思自己的身份與價值，以及自己對未來的目標與期許。

5/ CU Hunt
中大遊踪

6/ Hashtag: #UniversityMall
百萬大道留影

二零二一年度迎新營除了讓本屆新生認識中大，更是二年級同學首次聚首一堂，在書院及中大校園渡過漫長的日與夜。疫情之下，上學年的課堂大部分均於線上完成，他們大概從未與對方真正會面。同為校園「新鮮人」，他們亦有做足準備，在經過一番「補課」後才到營中與新生見面，相信這對二年級同學來說也是一次難忘的體驗。希望眾人能在校園中一起享受寶貴的時光。

雖然是次迎新營回復實體模式，但籌備過程其實經過重重波折。除了要調整活動人數和活動內容，由於本年度公佈大學取錄結果的日子與開學日相距不遠，學系的迎新活動及選課等的時間亦難免與迎新營活動重疊，籌委亦需要加插嘉年華等環節，希望可以提供更大的彈性予參與同學。在這多變的籌備過程中，磨擦與火花是常客，但回望這兩天，相信籌委與輔員都會感到一切辛酸是值得的。就如主題「雲起」一樣，以為山窮水盡，但只要靠著堅毅與靈活性，凡事都總有出路。

過去一年多，書院校園似是凝住了一樣，然而一切已悄然回復生氣。宿生回到宿舍；書院辦公室人來人往；咖啡店不時傳來輕笑聲；創意實驗室的木工聲音也密集起來。我們正逐步抓住書院生活的正常步伐，雖然適應新常态仍需時間，但相信書院師生都會珍惜在這個校園的美好時光。我們期待與你於書院見面。

“ 人生很多起起跌跌，無論時代與社會如何變遷，
只有珍惜當下，善用應變能力，
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COLLEGE ACTIVITIES

書院活動



COLLEGE INAUGURATION ASSEMBLY

書院開學禮



The College Inauguration Assembly was held in early October to welcome Sunnies back to the campus. Owing to the pandemic, the Assembly was held in hybrid mode, with junior students joining in person, and senior students joining via ZOOM. The Assembly commenced with the College Anthem, with Professor Grace L.H. Wong, Chairperson of Scholarships and Financial Aid Committee, leading in the vocals, accompanied by Professor Anthony T.C. Chan, College Master on piano. Professor Chan then welcomed all Sunnies back to the campus life in the Master's Address. He urged students to lead their unique university life with the College as their starting point.

Representative from E'vol, the student group awarded the Silver Award in the Sunny Passion Programme, then shared their work in public health education targeting primary school students. They engaged students in a creative way to enhance their health knowledge with hands-on experience and experiments.

Professor Ming-kay Poon, College Dean of Students, then had a dialogue with two student representatives on service-learning experiences. They shared how they started their engagement in serving students with special educational needs and the elderly, and challenges they have encountered throughout the years. After the sharing, the Sunnies shared a big smile in the group photo, which concluded the College Inauguration Assembly. We are happy to meet with you all again on campus. Looking forward to seeing you in upcoming college activities!

書院於十月上旬舉辦開學禮，歡迎同學回到校園。受疫情影響，是次典禮以混合模式進行，一至二年級同學親身參與開學禮，三年級或以上的同學則於線上參與。典禮以院歌揭開序幕，由獎助學金委員會主席黃麗虹教授領唱、書院院長陳德章教授施琴。陳教授隨後於院長致辭中勉勵同學，以書院為起點，建構獨一無二的大學生活。

「醫化」團隊代表及後分享其愛陽光計劃獲得銀獎的得獎項目。計劃以小學生為對象，透過活動與實驗增進他們的衛生常識，期望加強公共衛生教育。

書院學生輔導長潘銘基教授則與兩位熱心於服務學習的同學對談，兩位同學分享他們於服務學習的心得。除了提及他們如何展開服務有特殊教育需要的學童及長者的相關服務，又分享過程中的各種挑戰。開學禮以大合照作結，期望在書院活動中與各位再聚。

COLLEGE ACTIVITIES

書院活動



STUDENT ACHIEVEMENTS



學生殊榮

Congratulations to both the College Men's and Women's Badminton Team for capturing the second runner-up in the Inter-collegiate Competition held in early October. They did such an amazing job and the trophy was well-deserved!

The College also very much appreciates the effort and dedication of the Men's and Women's Tennis Team as well.

恭喜書院男子及女子羽毛球隊於十月上旬舉辦的院際比賽奪得季軍，感謝各位同學的付出，實至名歸！

書院亦感激男子及女子網球隊的投入，期待各位同學再接再厲！



COLLEGE FORUM

書院論壇



Mr. Erich K.S. Chan, Student Counsellor from the Wellness and Counselling Centre, Office of Student Affairs, conducted a mental health forum entitled 'Mental Wellness in CUHK' in mid-September.

He shared with students different kinds of mental illnesses they might suffer from in university life and introduced some self-help materials on mental health available online and wellness promotion programmes in CUHK. Students also completed a survey to better understand their mental wellness and gained information on how to seek support from the university if needed.

書院於九月中旬邀得學生事務處心理健康及輔導中心學生輔導員陳啟思先生主持書院論壇。

論壇以「心理健康在中大」為題，讓新生了解大學生活中可能會遇到的精神健康問題，並簡介自救的方法及大學的精神健康推廣活動。同學亦於活動中填寫問卷，認識自己的精神狀態與大學可提供的協助。

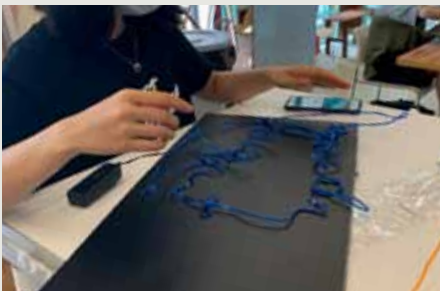
STUDENT ACTIVITIES

學生活動



START DESIGNING!

設計自家用品！



Neon signs have a unique history in Hong Kong. The student conveners of Creativity Laboratory (c!abbers) gathered a group of Sunnies in the Creativity Laboratory to hold the Mini Neon Light Workshop in early August. c!abbers interviewed Jive, a master in neon sign production, and the video was premiered in the workshop, sharing the uses of neon lights in Hong Kong and how their design has changed over time. This sharing helped inspire the participants, and all of them created their own signs with unique messages in the workshop. c!abbers have also rolled out a neon sign design competition, inviting our Sunnies to submit their creative designs. Five outstanding works will be selected and the winners will be awarded the chance to join a private workshop guided by Jive.

Miss Cathy K.K. Sham, a start-up business owner, was invited to host a talk and lead a frame bag workshop for c!ab. Cathy was one of the judges for the frame bag pattern design competition previously organised by c!ab. The designs of the winners were adopted for the frame bag workshop and participants could choose their preferred pattern to create their own bag. They also learnt a lot about business running and changing designs of fashion purses. Two of the c!abbers shared their thoughts on how difficult it is to strike a balance between market needs and uniqueness in designs. The conversation was inspiring and we look forward to similar talks in the future.

創意實驗室學生委員會成員於八月下旬舉行迷你霓虹燈工作坊。學生委員稍早前訪問霓虹燈師傅 Jive，了解霓虹燈的發展及改變。訪問影片於工作坊首播，希望為參加者帶來創作靈感。參加者於工作坊成功完成獨特的迷你霓虹燈，作品各有特色。學生委員更籌組霓虹燈設計比賽，邀請同學遞交作品，贏取 Jive 帶領的小組工作坊名額，最多共有五位同學能獲得這個寶貴的機會。

經營自家品牌的岑家琪小姐早前擔任創意實驗室舉辦的口金包設計比賽評判，日前更親身到書院主持口金包工作坊及分享創業心得。是次工作坊的布匹圖案都是比賽中的得獎作品，參加工作坊的同學均可自由選擇喜歡的圖案，製作口金包。此外，他們更認識到創業之道、口金包的發展和潮流文化等知識，以及平衡市場需求與保留個人風格的難處。同學希望書院能舉辦更多創業講座，讓他們發展其興趣。

STUDENT ACTIVITIES

學生活動

APPRECIATING ART

藝術欣賞



As part of the Hop Wai Art and Cultural Programme, the 'Transience of Life: Seal Carving Exhibition' presented by Professor Shuhui Tao kicked off in late September. 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. The exhibition featured a list of seal carving works created by Professor Tao which have never been exhibited before.

We were grateful to have Professor Shuhui Tao, the artist, and an Assistant Professor from the Department of Fine Arts, Professor Jimmy C.M. Yu, Head of United College, to present a speech at the kick-off ceremony. We were also graced with the presence of Professor Wing-ping Fong, Head of Chung Chi College; Professor Anthony T.C. Chan, Master of Wu Yee Sun College and Professor Chi-tim Lai, Associate Director (Executive) of Institute of Chinese Studies.

承蒙洽蕙堂贊助，由崇基學院、聯合書院、伍宜孫書院合辦，中國文化研究所文物館協辦的洽蕙藝文計劃「歲時：陶淑慧篆刻展」於九月下旬揭開序幕，展出陶淑慧教授首次公開的篆刻作品。

是次展覽展出陶教授新近創作的自用印，她以「歲時」為題，作品內容均與時間相關，包括天干地支系列、節氣系列、花令系列等。



RELIEVE STRESS WITH CERAMICS

陶瓷減壓



A group of Sunnies got a chance to slow down their pace by joining the Mini Ceramic Plate Workshop in late September, wiping away their stress from their busy schoolwork. They learnt the basic technique in ceramics and created their own plates in various different shapes. All of them enjoyed a peaceful and calm evening by concentrating on every little step including modelling and staining.

一班書院同學在繁忙的課業中停下急促的步伐，於九月下旬參與手捏陶瓷小碟子工作坊，靜心享受陶瓷製作的樂趣。同學親手塑造屬於自己獨一無二的陶瓷小碟子，除了學會陶藝的手捏及上色技巧，亦同時享受難得的寧靜一刻。



WARM WELCOME TO OUR FOREIGN FRIENDS! 有朋來自遠方



Thirty-one incoming exchange students from 15 different countries and regions are joining our College this semester! The College organised a Virtual College Time to express our warmest welcome to them in mid-August. Members of the Student Exchange Committee attended the event and Professor Ming-chung Chu encouraged exchange students to actively participate in College activities and enjoy their Hong Kong journey.

Student representatives shared with participants some useful Cantonese expressions, some must-dos in Hong Kong and tips for a fruitful exchange life at the College and CUHK. They had a great time interacting and getting to know one another through the breakout room discussions.

三十一位來自十五個不同國家與地區的交換生於本學期加入伍宜孫書院！書院於八月中旬舉辦線上書院時間，以歡迎一眾交換生。書院學生交流委員會成員出席是次活動，交流委員會主席朱明中教授鼓勵交換生積極參與書院活動，並希望他們能享受在香港的時間。

學生代表與參加者分享實用廣東話用語、香港必做之事，以及豐富交換生活的小建議。及後參加者於小組內都得到互相認識及交流的機會。

TIME FOR ESPORTS 電競決鬥



The Sports Association organised the PUBG Mobile Battle in July, gathering esports lovers in the evening full of excitement. Participants formed teams and battled each other. Winners were awarded attractive prizes!

體育學會於七月舉辦電競比賽，吸引書院電競好手一較高下，氣氛熱烈。除了享受比賽，勝出的隊伍更贏得豐富獎品！

STUDENT ACTIVITIES

學生活動



MID-AUTUMN CELEBRATION

同慶中秋



Our College dedicates itself to making the hostel a home for each and every one of its residents. Thanks to the Resident Tutors and the College Resident Association, a Mid-autumn Festival Celebration was arranged in September to encourage every resident to enjoy themselves over the holiday, while gaining a better understanding of the local culture.

The Resident Association decorated the Central Courtyard with beautiful lanterns to enhance the festive atmosphere. The Resident Tutors prepared mooncakes, fruit and snacks for residents and everyone enjoyed the night view under the full moon.

書院致力為宿舍建構融洽的氛圍，宿舍樓導師及宿生會就於九月為同學舉辦中秋晚會，讓大家一起慶祝及享受節日氣氛，並了解本地文化。

宿生會更於中央庭園掛起燈籠，又為同學預備月餅、水果及小食，讓同學一起在滿月下歡度佳節。

PASSING ON THE TORCH

薪火相傳



Sunstrella, the Eighth Wu Yee Sun College Rotaract Club was inaugurated in mid-July.

The outgoing President shared his ups and downs in the ceremony and he wished the incoming President would work together with his team to organise more meaningful activities to contribute to the community and help people in need. Congratulations to Sunstrella!

伍宜孫書院第八屆書院扶青團「宜耀青川」於七月中旬正式上任。

上屆團長於典禮中分享過去一年的工作點滴與挑戰，期望現屆團長與團隊致力為社區及有需要人士提供服務。恭喜「宜耀青川」！

LET'S SHARE

老師分享



Connecting the Dots

串聯人生的重點

'What brought you to our organisation?' For many of us, this is a question we often encounter, whether it is in a school interview, a college interview, a job interview, or at a social event. It keeps reminding us of the calling. Calling is important. Yet, to develop our calling into abiding passion and pave our own path is more crucial than simply remembering the calling. Three of our College members: Professor Ming-kay Poon, Professor Kong-pang Pun and Professor Stephen L. Chan were promoted to professor this year. How did they walk through their life path as a student, as a researcher and College member, and finally as a professor?

MY ACADEMIC PATH

Although they worked in different departments, the reason why the three professors chose their major was the same – because of their past experience.

Professor Ming-kay Poon from the Department of Chinese Language and Literature studies Chinese classics and natural history. The former includes classics regarding Chinese philosophical thought, literature in the Han and Tang dynasty, and the like, whereas the latter refers to the study of natural objects' origins. Speaking of his interest in his studies, Professor



Professor Ming-kay Poon
潘銘基教授

Poon said that he usually tells bedtime stories to his children, and many of them are about animals. The idea of studying animals with his kids eventually popped up into his mind. Professor Poon shared an example, 'Like the Chinese word "giraffe", the word probably originated from another word "Kirin". The characters of "Kirin" and "giraffe" are closely linked with each other. In fact, "giraffe" in modern Japanese and Korean is also pronounced as "Kirin".' Language is a daily tool we utilize in our lives, but do we really know its origin? Looking back in time, our ancestors turned images into words, and, as time passed, words formed vocabulary, and later

“ The Sunny College is just like a treasure, providing us with opportunities to utilise and explore our talents. Take something along with you before leaving the treasure.

書院就像寶藏，機會處處，讓每個人發揮另一才能。

難得走進寶藏，就不要空手而回。



“ We have to be a person with kindness, and to be able to help others in need. 要做一個有善、有作為、有能力幫助他人的人。 ”

our language system. It is natural for us to investigate the origin of words, as well as the culture and social value implied. 'Living in Hong Kong, a Chinese society,' said Professor Poon, 'We should get to know our own place, to know Chinese culture, to know its language and culture in the old days.' Professor Poon also shared his vision in Chinese education. 'All of us can read Chinese,' said the professor. 'But it is hard to master the language. Even students from the Department of Chinese Language and Literature may not be able to fully understand classical Chinese.' In view of this, Professor Poon would like to popularise this profession through publishing books and serving as guest speakers in talks, sharing cultural knowledge related to local trends and news to primary and secondary school students.

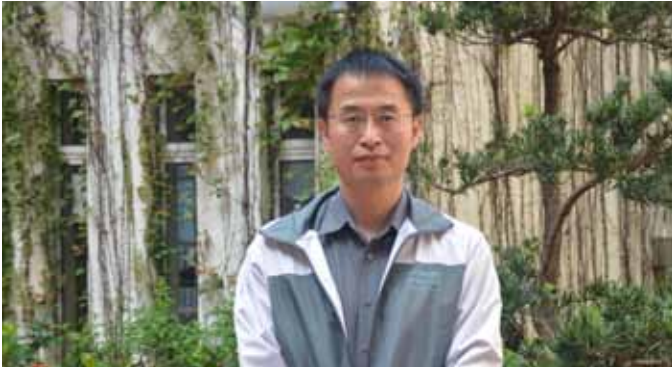
Professor Kong-pang Pun, who researches mixed-signal integrated circuit design, also shared his story. His interest in his profession was instigated during his school days when he first met a professor who specialized in chips. Professor Pun was amazed by how those abstract mathematical concepts could be applied in real life: especially in just a fingernail-sized chip. Since then, he decided to follow in his teacher's academic footsteps. Professor Pun, however, encountered difficulties in his research. 'Not every idea can be realised in chip production,' said Professor Pun. 'Sometimes, an idea, which I regard as a good idea, may not be as effective as expected in the experimental stage.' Another challenge comes from other researchers. They might have proposed similar ideas before Professor Pun did, and thus he had to end his research projects eventually.

As university researchers, they have to compete with local or overseas scholars. Professor Stephen L.

Chan also encountered similar difficulties. 'You can imagine we are in a football match. In Hong Kong, where we only have to compete with local teams, we may feel complacent about our performance,' said the professor. 'But in the end, we have to face the world. We have to cooperate and compete with overseas teams.' In the beginning, Professor Chan felt frustrated after receiving scathing comments against his research, the research which he was satisfied with. Getting used to the frustration while handling a heavy workload as a doctor is difficult. It is Professor Chan's passion and determination which motivated him to improve himself continuously in these hard times. When Professor Chan was still a medical student 20 years ago, he met different cancer patients. They suffered a lot from continuous pain or even death as the therapeutic methods were not as advanced. 'Although every person would grow old and get sick, I keep asking myself: Is it possible to lengthen patients' life? If not, is there any way to improve their quality of life?' Professor Chan started working as an oncologist after graduation. The road to success is paved with adversities, frustration and doubt. To overcome it all, Professor Chan empowered himself with passion, perseverance and examination.

MY TEACHING PATH

It seems to be a common problem among all teachers, no matter which schools they are teaching in, that students are not concentrating in classes. Professor Poon talked about his classes. Some of his students were not interested in Chinese classics. Therefore, he tried to arouse their interest by pointing out the relations between classics and their daily life. 'The motto of our university, "Through learning and temperance to virtue", is a line from the Analects of Confucius, while "Scholarship and Perseverance", the motto



Professor Kong-pang Pun

潘江鵬教授

of our College, is extracted from the Doctrine of the Mean.' He shared with his students the way to apply these principles in life. Professor Poon also explained, 'Sometimes students may think that the course is boring. However, as Steve Jobs has said, you have to trust that the dots will somehow connect in your future.' Knowledge learnt in lectures may not make a big difference at this moment, but it does frame your life when you look back.

'Students nowadays have abundant knowledge,' Professor Steven Chan says appreciatively of the new generation, 'And the time needed to absorb new and general knowledge is shorter. This is their advantage.' Professor Chan hoped that students may improve themselves in learning with a more in-depth approach. He would, therefore, introduce daily medical procedures with more substantiation in knowledge, including their history and stories. 'Possibilities of life should be discovered on a broader horizon.' Professor Chan concluded.

MY COLLEGE LIFE

In CUHK, not only do we have our roles in faculties or departments, but we also have our own identity in colleges. Impressed by the passion of Professor Rance P.L. Lee, the Founding Master of Wu Yee Sun College, and the College's vision, the three professors joined the Sunny College in 2011 upon receiving invitations. They all committed to the College in different roles: Professor Poon has served as the Coordinator of the Chinese Language Programme since he first joined, and he became our Dean of Students starting from January 2020; Professor Pun is the Warden of the Student Hostel (West Block), while Professor Chan is serving as a member of the Catering Services Committee and Health and Spiritual Well-being Committee.

Speaking of college life, Professor Poon shared his understanding of the purpose of the college system: 'The reason for establishing colleges is that they cater to students' needs.' He recalled a student who was suffering from emotional instability and had the intention to injure themselves during counseling. Professor Poon immediately transferred the student to hospital with Professor Annisa C.H. Lee while trying to stabilise his emotional state. Professor Poon pointed out that student counseling and support could only be achieved through teamwork, with the support from Associate Deans of Students as well as fellow colleagues. Professor Pun held a similar opinion. The College did not have students yet when organising the first Orientation Camp back in 2012. The camp was successful in the end with the help of students from other colleges. Professor Joseph J.Y. Sung, the then-Vice-Chancellor, also joined one of the Orientation activities. 'I haven't faced big challenges in my college work as my colleagues helped a lot in preparation and execution,' said Professor Pun. 'With the outstanding leadership of the two College Masters, we rarely experienced any pressure in our college duties. On the other hand, it was relaxing.'

Our Founding College Master, Professor Rance P.L. Lee, and Current master, Professor Anthony T.C. Chan, always emphasise the balance between college and academic development. 'Professor Lee and Professor Chan, of course, would love to see teachers dedicating themselves to the college,' said Professor Poon, 'But they think it is more important to seek a balance between college and academic development.' Professor Chan nodded and said, 'Professor Lee said that we don't have to be nervous in the College.' As a doctor, Professor Chan had to cope with intense competition and stress. 'Our College is a place to relax. We can simply chat with students and

“ Do I understand myself? Do I have a vision broad enough to see the world? What can I do for others when I am growing old?
 我看清自己了嗎？開始見天地了嗎？
 年紀大了，能見眾生嗎？ ”

colleagues with different backgrounds.' Professor Chan vividly remembered a scene in a scholarship interview session, in which a student took out a guitar and sang a song for the interviewers. Another unforgettable scene was a late afternoon tea, with the Catering Services Committee members and Professor Chan laying on bean bag chairs after the committee meeting. Some of them were wearing suits, while some were in casual wear, but they all enjoyed the afternoon drinking coffee, talking about philosophy and university life. 'This is our College's characteristic.' Without many restrictions, the College encourages students to be creative and reveal their potential. Ideas often pop up from casual chats like these. The 'Sunny College' atmosphere was co-created by College members and students.

COLLEGE AND ACADEMIC DEVELOPMENT

'Scholarship and Perseverance' and 'to carry forth the light and warmth to the industries with entrepreneurial spirit, to the global community with social responsibilities' is not only the spirit of Sunny College, but also the mission of the College. Professor Pun believes that both departments and colleges should nurture students. The College's value of all-around development echoed the values that his department advocated: creativity, integrity and interdisciplinary knowledge. This is the unique advantage of CUHK graduates, as well as the expectations of Professor Pun towards the Department of Electronic Engineering and our graduates. 'Be a person with kindness, who can make a difference and help others in need.'

Education in the College echoes that in the department in the sense that they shared the same mission, as well as providing alternative opportunities for students and teachers to utilize their talents. Professor Chan

enjoyed college activities. He could simply relax and return to work after 'recharging' himself in the College. For Professor Poon, the Sunny College was just like a treasure, providing us with opportunities to utilise and explore our talents. 'Take something along with you before leaving the treasure,' said Professor Poon. 'Grab chances, participate in and organise college activities, and enjoy your own college life.'

It is not easy to enjoy unique college life without regrets when you are busy working on assignments, exams, societies and part-time jobs. We might lose our direction mid-way, and doubt whether we are making the right decision. Professor Chan shared his view, 'In the movie *The Grandmaster* (2013), they said that there were three stages in life: to observe and understand ourselves, then the world, and finally the people.' In the university, we have to know our strengths and weaknesses. In our career path, we have to broaden our horizons to integrate and compete with others around the world, searching for our own identities in society. As time passes by, we might be sophisticated enough to pass our knowledge to the next generation. We could ask ourselves when we have lost our direction, 'Do I understand myself? Do I have a vision broad enough to see the world? What can I do for others when I am growing old?' We can understand the stage we are in by asking these three questions, and clear our mind for our next steps. Professor Pun also gave his answer: linking dots. 'You have to trust that the dots will somehow connect in your future.' Although everything is unconnected at the moment, things get linked up when you step forward and look back. Your unique experience in college and university life will contribute to your future in its own way.



Professor Stephen L. Chan

陳林教授

「為甚麼選了我們呢？」入學面試、書院面試、求職面試，以至日常社交中，這個問題反覆出現，提醒我們，每個行動都有其初衷。不忘初心固然重要，但更重要的是抱着熱誠，繼續走下去的意念。三位書院成員：潘銘基教授、潘江鵬教授、陳林教授在今年榮升為教授，他們又是怎樣從學生轉到研究工作，再而加入伍宜孫書院，今而成為教授的呢？

走過學術研究之路

三位教授專業不同，但選擇學術專業的原因都和其經歷相關。潘銘基教授出身中文系，主要教授古文獻學，也研究博物學，探究事物的起源。潘教授的孩子還小時，他會跟孩子說動物故事，哄他們入睡。時間久了，便萌生和孩子一起研究動物的念頭。「例如『長頸鹿』，可能就是古代的『麒麟』，兩個詞語有著千絲萬縷的關係。『長頸鹿』在今天的日文、韓文裡，便正正用『麒麟』的讀音來表示。」我們日常看多了漢字，習以為常，卻不會看看字詞本來的面目。事物總不會憑空而來，正是古人將眼前所見，由影像變成圖像，再化形為字，才建構了如今的語言系統。溯本尋源，字詞如是，背後的文化、社會價值亦如是。「我們生活在香港，在一個中國人的社會，了解自己的地方，了解華人文化，看古代文字和文化是十分正常的。」有感中文易學難精，潘教授期望透過撰寫書籍，以及應邀到中小學演講，深入淺出地分享與社會民生、時事相關的文化專題，將專業知識普及。

研究集成電路設計（芯片設計）的潘江鵬教授接話。唸大學時，他有幸遇到專研集成電路的教授，開始接觸相關領域。潘教授覺得，指甲大小的芯片竟可實現數學的抽象概念，是一件很神奇的事，自此便決定跟隨導師，走上芯片設計的研究之路。但一路走來並不是一帆風順，潘教授說，不是每個構想都可以化為成品，自認為好的想法，測試途中卻發現實際性能不及預期；或是研究中途，其他研究者捷足先登，發表了類似的成果，他也只好結束項目。在大學做研究，時常要跟國內外的專家比拼研究速度，專研內科腫瘤科的陳林教授也遇過類似的困難。陳教授笑言：「就像足球聯賽，在香港閉門作賽，自我感覺良好，但研究工作要面向世界，和世界合作、比拼。」自己非常滿意的研究結果，走出香港，卻要面對同行的各種批

判。醫生的工作本已繁重，還要調節心態，不讓挫敗感影響工作，剛開始時確實難以適應。能逐步改進，堅持至今，靠的是熱誠和決心。

陳教授在學時接觸了很多癌症病人，二十年前的治療技術不及現在，病人症狀難以舒緩，陳教授很想幫助他們，因而埋下成為腫瘤科醫生的種子。「很多年輕病人受癌症折磨，甚至死亡，雖知生老病死是人必須經過的階段，但我也會不斷問自己：有沒有辦法延長病人壽命？就算沒法延長，那有否方法可以改善他們的生活質素？」一紙履歷的份量太輕，以文字紀錄的二十年研究成果，看着容易，背後卻隱藏了大大小小的挫折。要度過逆境，要靠興趣和熱誠。心中有熱誠，便有力量——持之以恆，不怕吃虧，不斷反省、改善的力量。

走過教學之路

從小學到大學，為人師表，似乎都要面對學生上課不專心的問題。潘銘基教授笑言，他教古文獻學，但很多學生對此並不感興趣。因此，他在課堂上會儘量連結古文和生活。教授分享，中大校訓出自《論語》，書院院訓出自《中庸》，二書皆是經典。博學篤行、博文約禮，說易、行難，潘教授會跟同學談論經典和當下生活的關係以及實踐方法，拉近經典和生活的距離。潘江鵬教授點頭，表示同學偶爾認為課程內容困難無趣。但如喬布斯所言，過往所學都像小小的一點，在未來的某一刻，它們會互相串連，交織人生路。堂上所學，當下未必能即時應用，但日後所成就，回頭一知，才發現每個小點都大有用處。

陳林教授稱讚，新一代學生的知識面很廣，吸收也快，但稍缺縱向視野。陳教授希望學生深入了解知識背後的源由，課上會向學生講解醫學程序、事件背後特別的故事、歷史、出現原因等。教授鼓勵學生，用更宏觀的角度看世界，自會發現更多可能性。

走過書院之路

在中大，有學系，也有書院。三位教授在伍宜孫書院創院院長李沛良教授的邀請下，在二零一一年加入書院。兩位潘教



“ Although everything is unconnected at the moment, things get linked up when you step forward and look back. 當下看似亂灑亂潑的點點油墨，待時機到了，後退一步，自會豁然開朗。 ”

授不約而同地表示，他們被李沛良教授的誠意打動，認同書院理念，便受邀加入。潘銘基教授負責統籌中文語文活動，並在二零二零年一月出任學生輔導長；潘江鵬教授擔任學生宿舍委員會主席及宿舍舍監，負責學生宿舍和迎新營事務；陳林教授則任膳食委員會和健康生活委員會委員。

談及書院工作，潘銘基教授認為，書院的存在價值便是關心學生需要。教授憶述，曾有學生在輔導期間情緒不穩，更一度有自殘傾向。他和李穎俊卿教授一邊安撫學生，一邊安排學生送院，過程有驚無險。潘教授指出，他在書院不是單打獨鬥，兩位副輔導長和其他同事一直在旁支援，在團隊協作中才能完成輔導工作。潘江鵬教授也分享，書院剛成立時未有學生，幸得其他書院的學生幫忙，第一屆迎新營才得以順利舉行，時任校長沈祖堯教授也有參與營中活動。教授說，有賴書院同事在準備和執行工作上的支援，自己的書院工作沒有太大挑戰：「兩任院長領導有方，回書院開會並不是壓力，反而很愉快。」

從三位教授的口中得知，兩任院長很注重同事院務和專業平衡發展。潘銘基教授說：「李院長和陳院長固然期望老師為書院盡心付出，但更重要的是可取得平衡，兼顧學術發展。」陳林教授亦指，李沛良教授曾對他說，工作上競爭大、壓力大，「進來書院，不用太緊張，可以放下包袱，把書院視作放鬆的地方，和不同背景的學生、同事相處。」陳教授猶記得一次學生資助的面試，有同學突然取出吉他，為三位面試官唱了一首歌；還有一次，陳教授和同事開會後，提議到餐廳吃飯，隨想隨行，一行人到了餐廳，窩在豆袋椅上喝咖啡，聊哲理，聊大學生活，當中有如陳教授般穿襯衣西褲的，也有穿休閒裝的。教授認為，這就是書院的特色，沒有固定框框，對每份創意予以包容和鼓勵。書院精神，是讓學生、老師、同事在舒適的環境下發展興趣潛能。這種由院長、老師、同事、學生共同營造的「Sunny College」的氛圍，在九所書院中有其獨特之處。

書院、教學並行

博學篤行，秉承創新志業精神，肩負起社會責任，在世界各地、各行各業發光發熱，造福人群，這是書院使命，也是教

育宗旨。潘江鵬教授表示，書院和學系的本質都是教導學生。他經常和學系的教授討論，思考學生將來會成為怎樣的人。他們都認為，創意、誠信、跨學科知識，應是中大電子工程學系學生的比較優勢，而這正正和書院全人教育的理念呼應。「要做一個友善、有作為、有能力幫助他人的人。」——這是潘教授對學系畢業生的期望，也是對書院同學的寄望。

書院和學系教育相輔相成，也是一個學系以外，讓同學和老師放下工作，以另一身份發揮所長的地方。陳林教授表示，他很享受每次書院活動，放鬆了，「叉電」了，活動過後可用截然不同的目光看待工作。而對潘銘基教授而言，書院就像寶藏，機會處處，讓每個人發揮另一才能。潘教授寄語同學：「難得走進寶藏，就不要空手而回。」要把握機會，參與活動、舉辦活動，擁有獨一無二的大學生活。

要活出無悔的大學生活，說來容易，但學業繁忙，打工、課業、考試、莊務接踵而來，我們會漸漸迷失方向，質疑當初決定。三位教授一路走來，從學術研究、教學工作，再到書院工作，又是以甚麼為指引？陳林教授在訪問最後引用了電影《一代宗師》的對白：「見自己、見天地、見眾生」。求學時期，要先了解自己的優缺點。到學有所成，開始工作，甚至走出香港發展，便要見天地，融和、競爭，找到自己專屬的角色。在行內打滾了一段日子，稍有閱歷，便要將知識傳承，授予下一輩。人生總要經歷這三階段，迷茫時可以問自己，「我看清自己了嗎？開始見天地了嗎？年紀大了，能見眾生嗎？」認清當下要務，取一些，捨一些，昂首前行。又或如潘江鵬教授所引的話：「過往所學都像小小的一點。」當下看似亂灑亂潑的點點油墨，待時機到了，後退一步，自會豁然開朗。相信同學於書院與大學所經歷的一切亦如是。

GALLERY

書院生活點滴



The New Student Orientation Day was held in mid-August to welcome the new batch of CUHK students. A College Talk was held in Sir Run Run Shaw Hall to introduce the Sunny College's mission and features. The freshmen also had the chance to join College Tours and have a visit to the College campus.

新生迎新日於八月中旬順利舉行。除了歡迎一班新生加入中大，書院亦於當日舉辦講座，讓同學了解書院使命及特色。同學更有機會參與校園遊，到書院參觀不同設施。



The CUHK Summer Institute (SI) was organised by the Office of Academic Links (OAL) in July. It was a two-week summer programme to provide secondary school students with opportunity to experience university life. We are glad to be invited to arrange a College Visit for the participants. We once again expressed our warmest welcome to the participants and we wish them all the best in their future endeavors.

學術交流處於七月舉辦為期兩星期的中大高中生暑期課程，讓中學生體驗大學生活。書院應邀為同學舉辦校園遊，希望參與同學能找到自己的目標與熱情所在。



Before the pandemic, every summer the College used to collaborate with Chan Chun Ha Secondary School to organise a summer camp for secondary students to experience university life, build connection with our College student mentors and learn from each other.

A group of students from the school made a half-day visit to our College, enjoying a lecture on 'Creativity', presented by Professor Ming-kay Poon, College Dean of Students. Creative and interesting works by ancient Chinese poets were introduced in the lecture. Student mentors also led a campus tour introducing College facilities to the visitors, and the mentors shared some tips for getting a university placement with them.

伍宜孫書院與香港中文大學校友會聯會陳震夏中學於本年度再次合辦夏令營，讓中學生體驗大學生活，並與書院學生建立師友關係，彼此互相學習。

鑑於疫情，本年度的夏令營活動改為半日營，一眾師生體驗大學課堂，在書院輔導長潘銘基教授講解下，透過中國文學及古人的有趣創意作品，了解何謂創意。書院同學則擔任學長，帶領中學生遊走書院，認識不同設施，並分組分享挑選大學學科的小貼士。

COLLEGE INAUGURATION ASSEMBLY

書院開學禮



1/

1/ Group photo

大合照

2/ College Anthem

院歌

3/ Address by Master

院長致辭

4/ Sharing by Students

學生分享

5/ Presentation of College scholarships and awards

頒授書院獎學金及獎項



2/





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/

The next Sunny Post will be published in December 2021

下期通訊將於二零二一年十二月出版



香港中文大學伍宜孫書院

WU YEE SUN COLLEGE

THE CHINESE UNIVERSITY OF HONG KONG