

# THE SUNNY POST

## 01 - 10

ONE STEP FURTHER  
AN INTERVIEW WITH  
THE GREEN TEAM – INGREENTY  
從「一步」開始  
專訪環保小組：宜綠無窮

## 11 - 20

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

## 21 - 23

LET'S SHARE  
書院成員及校友分享

## 24 - 30

SUNNY LIVING WEEK/  
THE SIXTH  
GRADUATION CEREMONY/  
FOURTEENTH COLLEGE  
ANNIVERSARY CELEBRATION  
YEETROPOLIS  
陽光生活週/  
第六屆畢業典禮/  
書院十四週年院慶活動



ISSUE  
THIRTY EIGHT  
FEB 2022

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## ONE STEP FURTHER

An Interview with the Green Team – Ingreenity

從「一步」開始

專訪環保小組：宜綠無窮

Student Reporter: Ka-pak Cheung (Translation/ 2)

學生記者：張嘉柏（翻譯二年級）



What are your 2021 memories? The Tokyo Olympic Games after a year of delay? The continued outbreak of the coronavirus? Or the fifth warmest year on record?

For Ingreenity, the College Green Team 2021/22 went through a dim year last year under the pandemic when environmental problems continued to deteriorate. However, as they have mentioned in their Instagram film review post of *Don't Look Up*, as long as we are doing what we should regardless of whether the world is saved or not from the disasters, we could say what Kate Dibiasky did, 'I'm grateful we tried'. Looking back on the year, what has the Green Team 'tried' to achieve?

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### 1/ Recycling beverage cartons

回收紙包飲品盒

### 2/ Visit to Mil Mill

咁坊參觀活動

### ONE STEP FURTHER ON RECYCLING

Last year, a recycling bin for beverage cartons was set up outside the room of the Student Union of Wu Yee Sun College. President of the Green Team, Gary Y.H. Wong (Government and Public Administration/ 2), explained, 'The first pulp mill recycling beverage cartons was founded in Hong Kong several years ago, yet citizens were not used to recycling cartons. I learnt about this when I was in secondary school, and I found that there was no beverage carton recycling bin on campus after I was admitted to the university. So I decided to launch a recycling pilot scheme encouraging College students to do so.'

The blue recycling bin received recyclables from the Sunnies, and Lookup Coffee, the College's café, regularly. Most beverage cartons received at the beginning were below recycling standards, without cleaning or cutting. Gratefully, more Sunnies have learnt to recycle properly when time passes. Cartons collected were then sent to Mil Mill, a recycle centre where Ingreenity organised a site visit in September.

Their effort paid off: they have collected a total of 8.8kg of recyclables in the past 10 months. The university has also announced in the new year that official recycling bins will be set up on campus. 'Most of the time we dispose of the cartons after use,' said Gary, 'In fact, there are more possibilities. We could recycle them simply one step further, and they no longer are trashed in the landfills.'

### PROMOTING SUSTAINABLE AND ENVIRONMENTAL-FRIENDLY LIVING

Green Team had organised various activities throughout the year to promote ways of living that are sustainable and environmental-friendly.



Apart from the site visit to Mil Mill, they also invited our Senior College Tutor, Professor Kwai-cheong Chau from the Department of Geography and Resource Management to guide a field trip in Sham Chung. This eight-km-away estuary near CUHK is not only a flood plain with diverse habitats but also a precious Hakka inheritance. The organiser of the activity, Henry C.F. Lau (Urban Studies/ 2), shared, ‘Though there are border shutdowns, many places in Hong Kong are still waiting to be explored. We should value the ecology and history, travel locally, and achieve low-carbon tourism.’

**3/ Field Trip to Sham Chung**  
深涌文化 x 歷史 x 生態遊

The spread of the virus shuts down borders, as well as some of the face-to-face activities. Ingreinity decided to hold a hand-made mosquito coil workshop, an ecological forum, a plastic-free sharing, an eco-friendly package exhibition, and a vegan cake workshop online. Yet, the pandemic has never stopped the team from promoting sustainable developments in environmental-friendly ways of living. Dozens of Instagram posts had been created, ranging from eco-packaging, Global Recycling Day, World Environmental Day, Earth Day, to eco-friendly tips.

Crystal Y.C. Lo (Translation/ 2), content creator of some posts, shared her work experience, ‘We were likely to learn eco-friendly information from documentaries, or a long piece of published article in the past. Now we are looking for something easy to absorb and eye-catching, so we try to integrate information and present it in an easily understood way. We hope to raise readers’ attention, so they will not find environmental-friendliness dull.’ ‘On the other hand, we don’t want the information to be too concentrated and lose its meaning’, Gary added, ‘We are seeking a balance in between. We try to use different presentation styles or designs, and see how the readers can absorb this information.’



4/ Harvest from rooftop farming  
天台種植收成

### ECO-FRIENDLY ACTIONS

Even if readers could absorb this information, how could the team ensure the readers to act on it?

The team recruited a new batch of Sunny Farmers in last September. Participants learnt different farming techniques including weeding, fertilising and planting during the programme. Bill L.F. Chan (Medicine/ 3) from Green Team Cultivation Batch said, 'We have noticed in the farming activity that Sunnies are willing to step one step forward to save the planet. They always visit the rooftop garden and take care of their crops.' Henry added, 'We hope that students could be in love with farming and the environment, and the farms outside of CUHK and Hong Kong.'

Feedback from the Sunnies was also positive in 'Plastic-free sharing + Giveaway' collaborated with Lookup Coffee. The team did not realise that many Sunnies had brought utensils that they would use daily to the activity. 'I rarely see people doing this on the street, and I asked myself, would it be weird for me to bring my own cup when everyone is using a disposable one? But after I saw the Sunnies' responses, together with my sharing on Instagram, we are spreading the message: this is not weird. We are not alone.'

Indeed, 'Is that weird?' is a question frequently asked when we are trying to practise an environmentally-friendly living habit: why are you not eating beef? Why are you bringing this bulky thermos? Why would you go to plastic free shops rather than convenience stores near you? Those practices are somewhat 'abnormal' for many. The 'abnormal' feeling draws a line between a modern lifestyle and the eco-friendly one. There is still a long way to go in promoting sustainable developments in living an eco-friendly life.



‘Things are out of expectation under the pandemic’, said Gary. The plastic-free progress is discouraging as a drastic amount of disposable containers are used over the past two years due to the demand for takeaways. ‘The situation is deteriorating, and there is no sign of improvement. Still, there are things we can do.’

Gary thought that characters in *Don’t Look Up* were reflecting the truth, ‘We long for a better world, but we do not want to sacrifice. Maybe, it is the feeling of inadequacy, or simply without motivation.’ Action is better than words. ‘To overcome the feeling of inadequacy, changes have to be made by ourselves, step by step. Just start from daily lives, and contribute more afterward.’

Henry shared similar thoughts as Gary, ‘We are sowing seeds on others’ minds, and it takes time for these seeds to sprout. We are unsure if the seeds would sprout, at least we have sown them.’ Though the recycling bin prepared by the Green Team seems ordinary compared to the official one, a lot of communication and follow-up work have to be done before the cartons are sent to the recycling centre. ‘We believe that life would impact another life. If we contribute more, others will be impacted positively and would gradually understand the significance of what we are doing.’

#### INGREENITY

Green Team 2021/22 named themselves ‘Ingreenity’, a word that combines ‘infinity’ with ‘green’. Upon expiration of their term, the team will continue promoting the development of sustainable and eco-friendly living as Sunnies. ‘Things that can be done on green living is infinite’, Gary concluded, ‘No matter how bad and how challenging the situation is, don’t give up. Try to make changes with perseverance.’

5/ Sunflowers were planted as cover crop during summer break to enrich nutrients and organic matter in the soil

於暑假期間種植太陽花以增加泥土養分及有機物



### 5/ 'Plastic-free sharing + Giveaway' collaboration with the College's café, Lookup Coffee

與書院咩樹咖啡館合辦「走塑分享+  
Giveaway」活動

「我要感謝我們盡力了 (I'm grateful we tried)」這句台詞，出自二零二一年年底在網飛上架的電影《千萬別抬頭》。回望過去，一波又一波的疫情，環保議題成為各國政治角力的籌碼，懸在午夜前一百秒的末日鐘，揮之不去的陰霾濃罩着回憶。但如伍宜孫書院環保小組「宜綠無窮」的 Instagram 貼文中寫道：「只要堅持完成應做的事，無論最終社會的走向如何，我們都問心無愧。最後可以像女主角一樣說：I'm grateful we tried。」一年過去，「宜綠無窮」的莊員有哪些新嘗試呢？又可以做到問心無愧嗎？

#### 從「一步」開始

不知各位行經書院的學生會會室時，有沒有發現門邊多了一個印有回收標誌的藍色膠箱？這是「宜綠無窮」今年增設的紙包飲品盒回收箱，用以收集宿生清洗後的飲品盒。會長黃汝恒 Gary（政治與行政學二年級）說，這是他的提案：「回收紙包飲品盒的廠房早於幾年前已在香港成立，但回收飲品盒的習慣在香港仍未普及。我在中學階段了解過這件事，來到中大宜孫，發現這裡沒有相關配套，便抱着『先導計劃』的心態，在書院放了回收箱，鼓勵大家回收。」就這樣，高度還不及膝的小型回收箱便擔起「先導」重任，定期接收書院成員的飲品盒。「剛開始時，前來回收的人在飲品盒的清洗、剪開後才回收等工序還未做得很好，可能因為大家還不太熟習，所以我們會多花點時間處理。但隨時間過去，懂得這樣做的人已經愈來愈多。」除了宿生，書院藝廊的咩樹咖啡館也會把飲品盒清洗乾淨，投進回收箱。

過去十個月，莊員們自製的回收箱累計收集了接近九公斤的回收物。回收的人多了，回收箱也多了——在年末，香港首間紙包飲品盒回收漿廠咁坊的回收箱「正式進駐」中大和書院。「我們很習慣用完即棄，但其實還有很多可能性。多走一步，拿去回收，很多東西便不用變成垃圾。」多走一步，洗淨、剪開盒子，再多走一步，走到一樓回收早餐的牛奶盒。書院職員會收集盒子，和其他回收的紙類製品一併交給回收人員，分流後運往咁坊廠房，製成紙漿。環保小組的活動部更於去年



“ To overcome the feeling of inadequacy, changes have to be made by ourselves, step by step. Just start from daily lives, and contribute more afterward.

改變要從自身做起，這是正視無力感的方法。從生活逐步改變，做更多的事。



九月籌備了喺坊的參觀活動，帶領同學一探回收物品搬離回收箱之後的工序。

從自製的回收箱，到參觀廠房，再看到中大設置「正式」回收箱，多走的一步不算大，但也算是不小的一步。

#### 多方面推廣可持續發展

「宜綠無窮」的活動主題很多時都從身邊事物、習慣入手，希望從小事開始，改變同學的想法和行動。除了喺坊的參觀活動，活動部也邀請了資深書院導師鄒桂昌教授（地理與資源管理系），帶領書院同學走進深涌，了解深涌文化、歷史和生態。深涌這地名聽起來陌生，但其實和中大只有八公里的距離。半小時船程，建築林立的山城便變為昔日客家村落。紅樹林在外圍，兩層高的村屋疏疏落落，更多的被肆意生長的雜草藏在密林深處。有份籌辦的劉卓峰 Henry（城市研究二年級）說：「即使現在封關，本地也有很多有生態、歷史（價值）的地方待發掘，希望同學可以珍惜，減少外遊，達至低碳旅遊。」

說到疫情，「宜綠無窮」要因應疫情發展規劃活動：手工蚊香工作坊、生態論壇、走塑分享均於 Zoom 舉行；塑膠污染及環保包裝展覽、純素蛋糕工作坊也移師網絡。但如 Gary 所言：「疫情下會雙軌進行，在實體活動取消時想想有沒有網上替代方案，補充空缺；能辦實體活動的話會尋找合適地點。」舉辦活動的同時，他們也在 Instagram 持續分享環保資訊，包括一系列有關環保的貼文，如世界回收日、世界環境日、世界地球日的由來和環保貼士等。教育與推廣召集人羅苑莊 Crystal（翻譯二年級）說：「以前人們要獲取環保知識，可能會看紀錄片，或是長篇文章。但現在人們喜歡用更快的方法吸收資訊，須有吸睛的內容才會一看。我們嘗試把資訊整合，以簡單的方式呈現，令追蹤者更有興趣，不會覺得環保是很悶很無聊的事。」Gary 補充：「我們不想資訊太濃縮，無法帶出原意，依然希望傳達深入的資訊，但也不想太難入口，會在兩者間調和。我們嘗試用不同形式表達，



## 6/ Online Hand-made Mosquito Coil Workshop

天然蚊香線上工作坊

## 7/ Online Eco-friendly Package Exhibition and Quiz

網上環保包裝專題介紹及有獎問答遊戲

加入不同的設計風格，看看如何令同學更容易吸收環保資訊。」

### 從意念到行動

雖然同學吸收了資訊，參與了一次性工作坊、論壇，但會有行動嗎？環保小組的耕種部在九月招收了新一批「Sunny Farmers」，參與的同學齊齊在書院天台學習如何除草、施肥、種植。耕種部召集人陳朗發 Bill（醫學三年級）分享：「我們辦活動時觀察到很多宜孫同學願意踏出小小的步伐保護地球，以耕種部為例，同學很常來天台照顧植物。」Henry 亦言：「書院有天台農莊，希望同學在書院耕種後，可以喜歡上大自然和耕種，不單在書院，也會在中大或香港以外的地方耕種。」

不只農莊，宜孫同學也積極響應其他活動。環保小組在十二月和咩樹咖啡館合辦了「走塑分享+ Giveaway」活動，同學只要上傳自攜容器的照片，描述日常使用方法，便可到咖啡館換領飲品。Crystal 指，他們在活動中收到不同投稿，驚覺很多同學日常均會自備器皿購買飲品和食物。「我平日很少會看到有人這樣做，不禁想：『當大家手裡拿的都是外賣杯時，自己自備杯子會不會很奇怪？』但當很多書院同學投稿（自備容器的相片），我再把它們分享至 Instagram，會讓更多人知道，環保不是甚麼奇怪的事，很多人都在做。」

的確，身邊人看到不同常人的環保習慣，出於好奇，總會問上一兩句：為甚麼不吃牛？為甚麼要帶這麼重的保溫杯？超市這麼方便，為甚麼要到較遠的裸買店？沒有惡意，卻點出環保和大眾生活的距離。Gary 坦言，疫情令很多事情脫離預想，沒有堂食，即棄餐具多了，外賣多了，走塑進程不進反退。「所有事都朝著不好的方向發展，也不見得短期內會有所改善。但現實情況即使再差，我們也有可以做的事。」Gary 指出，《千萬別抬頭》裡的人物放諸現實皆準：「大家希望世界變好，卻不願意犧牲，可能因為無力感，也可能是沒有行動的動力。」時間只進不



8/



8/

退，末日鐘的指針懸在午夜前一秒，我們不能回到過去抹掉破壞的痕跡，只可期待明天。然而，只有期待沒用，要有行動改變世界前進的方向。「改變要從自身做起，這是正視無力感的方法。從生活逐步改變，做更多的事。」Henry 續道，環保行動不會短期見效：「我們把種子放在他人心裡，能否發芽仍是未知之數，但起碼我們做了這件事。」小組增設的回收箱看起來簡陋，但原來放置前要與書院溝通，請職員幫忙收集箱中物交予回收人員，看到不合規格的飲品盒還要花功夫清潔。「環保就是要自己多做一點，他人看見了也會受影響，慢慢明白當中的意義。」

**8/ Freecycling Scheme during Hostel Check-out**  
退宿回收

### 宜綠無窮

本屆環保小組取名宜綠無窮 Ingreinity，有「宜樂無窮」之意，要「綠」，要樂，更要「無窮」( Infinity)。Gary 總結：環保路上，可做之事無窮無盡。新一屆環保小組「綠宜島」將會接棒，落莊後，他們會繼續推廣「宜綠」生活。「不論現況多壞，挑戰多大，也不要放棄，堅持去做，嘗試帶來改變。」

“ We believe that life would impact another life. If we contribute more, others will be impacted positively and would gradually understand the significance of what we are doing.

環保就是要自己多做一點，他人看見了也會受影響，慢慢明白當中的意義。



## STUDENT ACHIEVEMENTS



### 學生殊榮

Congratulations! Women's Table Tennis Team of the College captured the second runner-up at the Inter-collegiate Competitions in October. Rounds of applause to all the athletes for their devotion and achievement!

恭喜書院女子乒乓球隊於十月份舉行的院際比賽中均勇奪季軍！感謝每位書院運動員為院隊的付出及努力！



# COLLEGE ACTIVITIES

## 書院活動



## COLLEGE FORUMS

### 書院論壇



Three College Forums were organised between October to December last year, allowing students to meet with distinguished speakers of different backgrounds.

The first Forum was conducted by Professor Christine K.W. Loh, where she shared on the topic 'Sustainable Development: Do you think about Development?'. In the Forum entitled 'Artificial Intelligence+: What You Need to Know', Professor Kam-fai Wong shared how artificial intelligence is applied in different aspects. In the final Forum of Term One, Dr. Derrick K.S. Au and Mr. Hin-cheong Chi went through a journey in exploring oneself in their sharing entitled 'Know Yourself and Stay Healthy'. Through interactions with different speakers, it was hoped that students would have the chance to reflect on how to lead a sustainable and healthy life.

書院於十月至十二月舉辦三次書院論壇，讓同學與不同界別的傑出人士交流。

陸恭蕙教授於論壇中以可持續發展為題，與同學討論聯合國永續發展目標的實踐狀況。黃錦輝教授則於「人工智能 +：面面觀」論壇分享人工智能的廣泛應用。區結成醫生及池衍昌先生於最後一次論壇就與參與同學展開探索自我與內心世界的旅程。透過不同的交流，書院希望同學能夠反思何謂可持續及健康的生活。

# STUDENT ACTIVITIES

## 學生活動



### STAY HEALTHY IN THE PANDEMIC 於疫情中保持健康身心



One of the key parts in establishing a healthy lifestyle is doing exercises regularly. Apart from the Campus Run in the College Anniversary, the College Sports Association also organised the Three Point Shoot and Let's Go! Archery Tag activity in the first semester. In addition, the College organised the Yoga Class and the Fitness Training Workshop - HIIT and Resistance Training. Everyone had an enjoyable time in the workshops and sweated a lot.

In November, the College invited Professor Eric K. P. Lee, Assistant Professor from The Jockey Club School of Public Health and Primary Care, together with Miss Molly Chan, Mindfulness Instructor, to conduct a Mindfulness Workshop for the Sunnies. The workshop aimed to relieve students' stress through concentrating in the present moment.

要有健康的身體，恆常運動亦不能缺少。書院體育學會除了於院慶舉辦環校跑外，他們亦於上學期舉辦「轉身射個三分波」及「來吧！攻防箭」活動。而書院舉辦了瑜珈及兩項健身訓練課程：高強度間歇訓練及阻力訓練。儘管大家汗水淋漓，但從同學的笑臉可見他們樂此不疲。

書院於十一月再次邀得中大賽馬會公共衛生及基層醫療學院助理教授李錦培教授及靜觀導師陳慕寧女士舉辦靜觀體驗工作坊，藉著專注當下感受，幫助同學紓緩壓力。

## STUDENT ACHIEVEMENTS



### 學生殊榮

The College's Swimming Team, and the Track and Field Team seized several prizes in CUHK Aquatic Meet and CUHK Athletic Elite Competition. Our heartiest congratulations to the Sunnies!

書院游泳及田徑健兒於中大游泳精英比賽及中大田徑精英比賽中囊括多項獎牌，恭喜各位得獎同學！

#### CUHK Aquatic Meet 2021

二零二一年度中大游泳精英比賽

1st Runner-up in Men's 50m Backstroke and 2nd Runner-up in Men's 50m Breaststroke - Yiu-chun Mak (麥曜津)

1st Runner-up in Women's 50m Backstroke - Tin-yan Yung (容天欣)

1st Runner-up in Women's 200m Breaststroke - Yuen-chong Lo (羅苑莊)

#### CUHK Athletic Elite Competition 2021

二零二一年度中大田徑精英比賽

1st Runner-up in Men's 800m - Ho-kwan Ma (馬顯昆)

2nd Runner-up in Men's High Jump - Wenfei Yang (楊文飛)

2nd Runner-up in Women's 400m - Kei-hei Lai (黎紀希)

2nd Runner-up in Women's Discus - Huen-yu Ho (何萱渝)

# STUDENT ACTIVITIES

## 學生活動

### ART IN SPRING

#### 春日藝術



As part of the Hop Wai Art and Cultural Programme, the 'Even in Pandemic, Spring Comes' presented by Professor Hon-ching Lee kicked off in early December last year. The event was 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 debuted a series of art pieces created by Professor Hon-ching Lee.

We were grateful to have Professor Hon-ching Lee, the artist, taking a long-haul flight from the United States to Hong Kong to officiate the kick-off ceremony. Professor Anthony T. C. Chan, our College master, presented a welcoming speech on behalf of the organisers.

We were also graced with the presence of Professor Wing-ping Fong, the Head of Chung Chi College; Professor Jimmy C. M. Yu, the Head of United College and Professor Chi-tim Lai, Associate Director (Executive) of the Institute of Chinese Studies. A souvenir was presented to Professor Lee expressing our sincere gratitude for exhibiting his latest art pieces for the Programme.

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「疫下春來」於十二月初揭開序幕，展出利漢楨教授一系列首次公開的作品。

利教授特意乘坐長途飛機，自美訪港，主持開幕禮及致辭，主辦單位深感榮幸；書院院長陳德章教授亦代表主辦單位致謝辭。

崇基學院院長方永平教授、聯合書院院長余濟美教授，以及中國文化研究所常務副所長黎志添教授均親臨開幕禮。為表謝意，主辦單位亦致送紀念品給利教授。



## DO IT YOURSELF! DIY 工作坊



To cultivate creativity among the Sunnies, the student conveners of the Creativity Laboratory, c!abbers, organised an Indigo tie-dye workshop and a DIY Cajon workshop in mid-October and early November last year respectively. Participants were encouraged to create their own craftworks under the guidance of the tutors.

By partnering with the Twilight Art Studio, Sunnies visited the Studio to learn the story about indigo tie-dye, the skills, and the techniques to create their own craftworks, and the application of Indigo tie-dye in our daily life. Around 30 Sunnies were separated into two groups to make two out of the three items – T-shirts, tote bags and cushion covers. Each craftwork had its own unique pattern and all our Sunnies enjoyed a great and fun night together.

Being interested in music, c!abbers led a Cajon DIY workshop, guiding the participants on how to use tools available in the Creativity Laboratory and how to build their own Cajon from scratch. Simple techniques for playing the Cajon were introduced to the participants also, who were encouraged to practise more and personalise their Cajon by adding decorations.

創意實驗室學生委員會成員於十月中旬及十一月上旬，分別舉行了藍染工作坊及木箱鼓工作坊，鼓勵同學發揮創意，在導師指導下創作別具個人特色的工藝品。

創意實驗室邀得微光畫室作為合作夥伴，開放畫室給學生參觀，讓他們認識藍染的故事、工藝技巧，以及如何應用藍染於日常生活中。活動當日，約三十同學分成兩組，學習以藍染製作T恤、手提袋及坐墊三個選項中的其中兩款，每人都成功創製獨一無二的藍染圖案，盡興而歸。

一些熱愛音樂的創意實驗室成員特意舉辦木箱鼓工作坊，教導同學使用創意實驗室的工具，由零開始製作木箱鼓。他們還簡單介紹了運用木箱鼓表演的技巧，鼓勵參加者多加練習，以掌握相關技巧，並為木箱鼓加入個人化的設計。

# STUDENT ACTIVITIES

## 學生活動

### GOOD SHOW! 精彩演出



The Drama Society participated in the Drama Competition 2021 hosted by the Office of the Arts Administrator, and the show was put on stage at the Sir Run Run Shaw Hall in early December last year. The team prepared for more than two months and the performance was a great success. A big round of applause for the Drama Society's effort and performance!

中大戲劇比賽於十二月上旬假邵逸夫堂舉行，宜孫劇社於比賽中演出《轉》一劇。是次演出經過超過兩個月準備，十分成功，感謝劇社的付出！

### FUTURE PLANNING 計劃將來



To provide our students with career guidance and enrich their self-understanding, the College collaborated with the CUHK School of Continuing and Professional Studies to organise the GPS Career Development Facilitation Service Scheme for our students for four consecutive years. One-on-one consultation and assessment will be conducted by certified career development facilitators.

Professor Ming-kay Poon, the College Dean of Students, encouraged the participants to seize the opportunity to explore their interests and potential out of their professional studies and presented offer letters to the participants one by one during the briefing-cum-opening ceremony in late October last year.

書院連續四年與中大專業進修學院合辦職涯 GPS 計劃，參加者透過與職涯規劃師一對一面談及評估，加深認識自己，從而找到就業方向。書院輔導長潘銘基教授於十月尾舉行的開幕及簡介會中，勸勉同學要找緊機會，探索個人興趣及學科以外潛能，並逐一頒發確認信給參加者。





## SOCIAL NETWORKING

### 建立人脈網絡



With the revamp of the Rance Lee Mentorship Programme, two alumni mentors joined hands with a senior mentor and a guest speaker to conduct a night talk featuring the importance of social networking in late-November last year.

Social networking allows us to acquire information, get support and a job offer, and more. The event was graced with the presence of Mr. Jason Ma, the Co-founder and the Managing Director of Motiva Consulting to share his experiences and knowledge, including preparation for a CV, the appropriate manner in an interview and the importance of a referral. Our College alumni, Mr. Ivan L.F. Jim (Global Economics and Finance/ Class of 2017) and Mr. Joseph N.H. Chan (Systems Engineering and Engineering Management/ Class of 2016) also shared their personal experience in their workplaces. They stayed behind and had a casual chat with our fellow students for another hour after the talk. Thanks to one of the senior mentors of the Programme, Mr. Philip W.K. Li's moderation, students had a fruitful evening and learnt a lot about the importance of social networking. A number of College students enrolled in the Programme after the talk and were looking forward to their first gathering!

李沛良師友計劃加入書院校友導師的元素後，兩位書院校友即攜手與資深導師及專業人士於十一月底一起主持夜話活動，分享人脈網絡的重要性。

透過人脈網絡，大家可以獲取資訊、取得支援及尋找工作等。書院很榮幸能邀得傲天顧問有限公司的聯合創辦人及董事總經理馬家文先生，以其專業經驗及知識，分享如何協助求職者撰寫履歷表、面試應有的態度，以及獲得人脈引薦的重要性。兩位書院校友詹歷富先生（環球經濟與金融二零一七年畢業）及陳念謙先生（系統工程與工程管理學二零一六年畢業）亦分享個人職場體驗，他們更於夜話活動後，特意以小組的互動對話模式，與學弟學妹深入分享個多小時。得到李沛良師友計劃資深導師李永權先生主持夜話活動，書院學生都獲益不淺，更明白人脈網絡的重要性。一眾同學都積極報名參加計劃，並期望能盡快與一眾導師聚會。

# STUDENT ACTIVITIES

## 學生活動

### CELEBRATING WITH FOREIGN FRIENDS 與外地好友共賀佳節



To celebrate Christmas with our exchange and non-local students, an icing cookie workshop and a Christmas gathering was held in December last year. During the workshop, students learnt the basic skills in icing drawing on cookies and designed their own cookies.

The Christmas gathering then followed, with more than 20 students and College members attending. Cecilia S.Y. Leung (Medicine/ 1) and Chananchida Choochua (Integrated BBA/ 4) were invited to sing Christmas songs with fellow participants. The Christmas gathering climaxed with the exciting games. All participants had a great time celebrating Christmas at the College and had the chance to mingle with peers from different regions.

書院與交換生及國際生齊賀聖誕，於十二月舉辦糖霜曲奇工作坊及聖誕聚會。參加者於工作坊學習應用糖霜的基本技巧，並運用其創造力製作充滿特色的糖霜曲奇。

其後，超過二十名同學及書院成員參與聖誕聚會，當日更邀得梁詩雅同學（醫學一年級）及 Chananchida Choochua 同學（工商管理四年級）表演。活動以刺激的遊戲作結，參加者都十分享受比賽過程。參加者透過這些活動能聚首一堂，與不同地區的學生交流，增進友誼。

### REFLECTION ON LANGUAGE LEARNING 莫思一步停



Mr. Yat-yan Lam, a prestigious tutorial teacher, was invited to conduct five sessions of the Chinese Language Programme in the first semester. Mr. Lam shared with students how to learn Chinese in different situations and discussed difficulties students might face during the process. He also shared with the students the changes and the value of languages in modern society.

於上學期，書院邀得補習名師林溢欣先生，舉辦一連五堂的「莫思一步停：中文學習的世界」。林先生透過不同情境，分享學習中文的方法，並反思學習中文過程中面對的情況，進而探討語言在現今社會的轉變和價值。



## ADVANCING ENGLISH SKILLS

精進英語能力



Ms. Jenna Lara Collett, College Member and Lecturer from the English Language Teaching Unit, conducted three sessions of Social English Workshops in November last year. Through a series of interactive conversation practice, students are now more confident in expressing themselves orally in English.

書院同學於十一月參加由英語教學單位講師 Ms. Jenna Lara Collett 教授的三課社交英語工作坊。透過互動的對話練習，同學更有信心運用英語溝通及表達自己。

## EXCHANGE OPPORTUNITIES

外地交流機會



The introduction session of College Term-long Exchange Programme was conducted in late October last year. Professor Ming-chung Chu, the Chairperson of the Student Exchange Committee, shared with participants the details of our partner institutes. Jennica P.L. Ku (Global Studies/ 4) and Wing-zit Wong (Government and Public Administration/ 5) shared their inspiring exchange experience in the University of Zurich and the University of Uppsala respectively. They encouraged the participants to take this opportunity to explore the world and themselves through experiencing different lifestyles.

書院交換生計劃簡介會於十月下旬舉行，學生交流委員會主席朱明中教授於簡介會中分享了夥伴院校的資訊。古佩琳同學（全球研究四年級）及黃穎婕同學（政治與行政學五年級）於較早前曾到瑞士蘇黎世大學及瑞典烏普薩拉大學交換，她們與同學分享了交換期間的趣事，又鼓勵參加者透過交換計劃到其他國家體驗不一樣的生活方式，探索世界，並加深對自我的了解。

# STUDENT ACTIVITIES

## 學生活動

### STEP OUT OF THE COMFORT ZONE

#### 踏出舒適圈



With the aim of encouraging students to learn more about themselves and step out from their comfort zone, the College launches the Resilience Programme to equip students with the ability to face upcoming challenges. The first programme 'Wilderness Survival Skills Workshop' was conducted in mid-November. The participants practised the skills of 5C, namely 'Cover', 'Cordage', 'Container', 'Combustion' and 'Cutting Tools' to help survive in the wilderness. The students were also divided into groups to work together to complete different tasks to enhance their team spirits and learnt how to think out of the box.

The second activity of the programme, 'Rock Climbing Activity' was organised in early January, encouraging students to learn more about themselves and explore their potential possibilities. The activity was well received among the participants. Students were given chances to enjoy the rock-climbing experience, demonstrate their courage, team spirits and explore their creativities.

為鼓勵同學認識自我，踏出舒適圈，書院開辦 Resilience Programme，早前舉辦首個野外求生活動，讓同學透過參與，學懂裝備自己，面對未來挑戰。活動於十一月中旬舉行，參加者透過實踐 5C 求生術，學習搭建帳篷、繩結運用、製作容器、生火及野外煮食，以及運用切割工具等，學習尋找合適的資源，克服困難。同學透過分組活動，運作創意，完成挑戰，體現團體精神。

Resilience Programme 的第二項活動，攀石體驗活動已於一月上旬進行。活動旨在鼓勵同學發掘自我、探索更多可能性。除了享受攀石樂趣，同學亦能訓練膽量、提昇團隊精神和發揮創意。



## TRADITIONAL CRAFTSMANSHIP

### 傳統工藝



The College collaborated with Eldage and organised the Chinese Seal Engraving Workshop for the Sunnies. Mr. Kam-chuen Ng, an experienced craftsman on seal engraving, was invited to conduct the workshop to let our students learn more about the effort behind traditional handicrafts. Mr. Ng shared with the participants the history of traditional Chinese seal carving and demonstrated the skills in seal designing and engraving. The participants then had the chance to design and carve their own seal.

書院跟社企傳耆合作，於十月下旬舉辦圖章雕刻工作坊。吳錦泉師傅擁有豐富的雕刻經驗，除了分享傳統中國圖章的歷史，又講解字體設計及圖章雕刻的技巧，讓參加者感受雕刻圖章背後的刻苦。參加者更親自設計及創作自己的手雕圖章。

## FESTIVE MOMENT

### 共賀佳節



With the approaching of Christmas, the College celebrated the festive season with College members, colleagues, and student leaders gathering in the College Canteen in December last year. Professor Anthony T.C. Chan, the College Master, hosted a turkey carving ceremony together with College members and wished every participant a happy holiday.

Professor Kam-fai Wong, College Associate Master and the Chairperson of College Life and Personal Growth Committee, dressed up as Santa Claus to distribute gifts to the participants. To double the joy and happiness, Professor Wong, the Santa, also presented other gifts to the lucky participants by lucky draw! All the participants had a joyful and fruitful gathering that afternoon. They were encouraged to write their Christmas wishes on a card and decorate the Christmas tree at the College Gallery.

適逢聖誕佳節，書院成員、同事及學生領袖在十二月於書院學生飯堂慶祝聖誕。院長陳德章教授與一眾書院成員主持切火雞儀式，並祝願各人聖誕快樂！

副院長兼才德培育及書院生活委員會主席黃錦輝教授特意打扮成聖誕老人，為每位參加者送上聖誕禮物。黃教授更以抽獎的方式，為幸運兒送出多一份禮品，讓歡欣快樂倍添。每位參加者都滿載而歸，非常享受是次的聚會。他們還於聖誕賀咭上寫上聖誕願望，掛在書院大堂的聖誕樹上，以傳揚喜悅。

# LET'S SHARE

## 書院成員分享

### LOOKUP COFFEE

#### 咩樹咖啡館

The College Café, Lookup Coffee, opened last October in the College Gallery, serving coffee, beverages and light meals for members and students.

書院咖啡館「咩樹咖啡館」於去年十月開業，坐落書院藝廊，為書院師生提供各式咖啡、飲品及輕食。

**Q: Why did you choose to start your business at Wu Yee Sun College?**

When we attended the tender briefing session, we were attracted by the College's vision and its core value. We care about the ecosystem, fair trade, connection with people, and their stories. As you can see from our logo, the tree is one of the main features of the design. The character 'Meh' in the name of the café includes some local elements of Hong Kong. We hope that the café could serve as a platform for teachers and students to communicate and to connect with the community.

One of the examples would be the collaboration with local farmers. We introduce seasonal menus and share their stories. The theme in January, for example, was ginger. People might be familiar with ginger, but there are also some other types used in different dishes. You might not know what galangal is, but it is actually a common ingredient in Tong Yum Kung. Sometimes we would find things 'so far yet so close' once we get to know about them.

The other time when the storm attacked Hong Kong last October, one of the local farmers had to harvest the eggplants first, or else they would lose all the crops in the next rainstorm. Thus, the oil-poached eggplant pie was on the menu during the week when the storm was over. The dish was quite popular, and this had somehow brought the farmers and the Sunnies together and connected them through the café.

**Q: The café had different collaborations with the College. Could you name a few?**

Different students have approached us for collaboration. The Green Team had invited us to launch the 'Plastic Free + Giveaway' scheme, and many students gave support to the programme. A group of students working on the College Senior Seminar collaborated with us to introduce the Vegetarian Week, while another group hosted a workshop on recycling coffee grounds, and invited us to place a box of free coffee grounds next to the cashier to promote the habit. The box is still there even after the event as this is quite meaningful.

We also supported catering services, for example, the College Christmas activities. In the Christmas gathering for international students, one of the dishes included a cake that was made with soy sauce: this combination seemed weird, but it was actually inspired by French deserts flavoured with salt. We also introduced ground bean sauce, which is made from grounds from soy sauce production. This might actually be new to local people too, and the activities have given us a great channel to bring these great products to the Sunnies. This best represents Hong Kong people's spirit in making the best use of everything.

**Q: What do you think about the Sunnies?**

The College is like a community, and the students welcome us a lot, and we feel like we are a part of the big family. The College students are more engaging than we expected. There are always students approaching us for collaborations. They do not just upload nice photos or stories, but they do observe, care, and act. This matches with Meh Tree's idea. There will be many more interesting things coming up. We look forward to sharing them with you!



1/ Mabel sharing the freshly baked cookies  
店主 Mabel 分享剛出爐的曲奇

#### 問：為何會選擇在伍宜孫開業？

我們參與投標簡介會時，就已經被書院的理念所吸引。我們都很著重生態、平等貿易、人與人之間的連繫與各種故事等等。如大家有留意，樹木正是「咩樹」標誌中的重要元素。此外，店名中用上廣東話用字，其實是希望加入本地的元素，希望我們可以成為書院師生與本地社區的交流平台。

其中一個例子是與本地農夫合作。我們會以時令的食材設計菜式，並介紹各種材料背後的故事。本年一月的主題就是薑。大家可能很熟悉生薑這種材料，但其實薑還有許多不同的類別，例如南薑。雖然大家未必有聽過這個品種，但其實它是冬陰公的材料。很多看似與我們無關的東西，只要大家多點留意，其實都會發現它們與大家息息相關。

去年十月，香港受颱風吹襲，其中一位農夫需要提早收割茄子，否則就會失收。於是，我們就有了之後頗受歡迎的油浸茄子批了。這位農夫意外地就以我們作為平台與各位有了關連。

#### 問：你們與書院都有不少合作，可以舉例嗎？

開業以來不少同學提出與我們合作。其中環保小組邀請我們合辦「走塑分享 + Giveaway」活動，許多同學響應活動。另外，也有進行書院專題研習計劃的同學建議合辦素食週；又有舉辦咖啡渣循環再用講座的同學提議於我們店面設置箱子派發免費咖啡渣，由於頗有意義，我們現在還保留箱子繼續派發咖啡渣呢。

除此之外，我們也會提供餐飲服務支援，例如書院的聖誕活動。我們於國際生聯歡活動中提供的餐點包括以本地醬園出品的頭抽所製的蛋糕。雖然這個配搭好像有點陌生，但其實我們是參考加入海鹽的法式甜品設計出來的。我們也有使用磨豉醬的菜式，即使是本地人也不一定知道這種醬料是製作豉油時的豆渣製成的，但這種物盡其用的產品正好反映香港人靈活變通、充分利用資源的作風。

#### 問：你對書院同學有什麼看法？

書院就像一個社群，同學都十分歡迎我們，令我們覺得自己成為了這個大家庭的一分子。同學也比我們想像中主動，會分享和提出各種合作。他們不會只顧著喝咖啡「打卡」，還會觀察、關注、行動，這正與我們的理念相同。我們將會有更多有趣的項目，期待與大家分享！

#### 2/ Lookup Coffee at the College Gallery

位於書院藝廊的咩樹咖啡館

#### 3/ Collaboration with students: recycling coffee grounds

與同學合作咖啡渣循環再用



# LET'S SHARE

## 校友分享



### Candace Y.W. Ho (Professional Accountancy/ Class of 2017)

#### 何鈺媛（專業會計學二零一七年畢業）

Candace is an alumni mentee of the Rance Lee Mentorship Programme.

何校友為李沛良師友計劃參加者。

Hiking is one of the most popular activities in Hong Kong. Hikes in the cool weather is tempting: leaving the hustle and bustle of the city behind, strolling along the beautiful seashore, enjoying the warm sunshine. This is why autumn hikes are so attractive to the locals.

Other than enjoying the trip ourselves, we may also share the joy to the disadvantaged in society, living up to the motto of Wu Yee Sun College. In November last year, to support the 'Pink Together 2021' campaign hosted by the Hong Kong Breast Cancer Foundation, a group of College alumni who had graduated for several years joined their mentors to hike from Discovery Bay to Mui Wo for fund raising. The fund raised would be used for supporting breast health education and patient support.

The Mentorship Programme brings participants not only personal and intellectual growth, but also serves as an extension of the university education, allowing the young alumni to actively support social welfare. One small step for each person means one giant leap for Hong Kong.

在香港，登山可謂是最受歡迎的大眾活動之一。在涼爽的季节登山，是件很诱人的事。離開煩囂的市區，在美麗的海邊漫步，享受著明媚但並不熾熱的陽光，這就是秋季登山的魅力所在。

登山讓我們收獲了喜悅和幸福，但如果能把它們帶給社會上的弱勢群體，那才不負伍宜孫書院的院訓。去年十一月，為響應香港乳癌基金會舉辦的「乳健同躍動 2021」，一群畢業數年的書院校友在學長學姐的帶領下從愉景灣徒步前往梅窩，當中的捐款已轉給基金會，用於乳健教育及患者支援。

李沛良師友計劃帶給參加者的，不只是個人社交、見識上的成長，它更是大學的延展，讓年輕的校友們身體力行，積極參與社會公益。每人的一小步，就是香港的一大步。

#### 1/ The mentors and mentees hiking on Lantau Island

學長與校友於大嶼山遠足





# SUNNY LIVING WEEK

## 陽光生活週



Following the success from previous years, the well-received Sunny Living Week returned last October, offering various new activities to train students' bodies, minds, and spirits, and encourage them to contribute to the environment and society.

This Year, the College has invited successful applicants of the Self-Motivation Fund for Health and Well-being, and Green Activities to share their experiences and insights. During the 'Unlock Your Stress' workshop, Mr. Tim T. H. Wong (Integrated BBA/ 2) first shared with participants his experience in joining the Mental Health First Aid and Breakaway Training and other counselling courses, followed by Mr. Felix C. T. Lau (Social Work/ 2) helping calm everyone's mind through playing the singing bowl. All participants enjoyed a peaceful, silent and soothing moment together. Miss Linda Y. L. Guo (Chinese Medicine/ 4) concluded the session by leading the participants to further relieve their stress through

sitting in meditation and feeling the flow of Qi.

During the 'Whispers of Plants' workshop, Miss Man-ziu Chung (Psychology/ 3) shared her experiences in creating dried flower décor and how it has brought her joy. Miss King-yung Wong (Nursing/ 3) showed the participants her collection of yarns including those made of plants. The process of knitting yarns took time but also brought her a strong sense of satisfaction. After the learning of horticultural therapy, Miss Sin-nga Wong (Social Work/ Class of 2021) shared how relevant activities in such therapy could facilitate our expressions of feelings and self-reflection.

Apart from keeping a healthy mind, body fitness is also essential. Doing physical exercises not only can keep us fit, but also boost our mood and improve our overall well-being. In this year's Sunny Living Week, the College brought students the valuable chance to try fencing. To

### 1/ Sharing on Self-Motivation Fund for Health and Well-being, and Green Activities

「自選遊身心靈健康活動」及  
「綠色活動計劃」資助項目分享





most of the participants, it was their first time putting on the gears and taking up the fencing foils. They all had an enjoyable time trying a new sport. Another group of students opted for playing flyball, a new sports game that trains students' coordination and reaction. Under the guidance of the trainer, students learnt how to throw and catch the ball skillfully. Everyone enjoyed the session a great deal.

Some Sunnies explored the universe by joining a scientific talk titled 'Exploring New Worlds' delivered by Dr. Po-kin Leung, Associate Dean of Students and Lecturer from the Department of Physics. Dr. Leung shared with students the planets beyond our well-known solar system, followed by a keen discussion among the participants.

What's better than a visit to the organic farm led by Professor Kwai-cheong Chau, the Chairperson of Campus Environment Committee, to conclude the Sunny Living Week? During the trip titled 'Organic Farming – Healthy Food and Beyond', participants tasted the

locally made bean custard, while shopping for freshly harvested veggies. More importantly, they learnt further about what organic farming is, and its benefits compared to conventional farming as well as the challenges of organic farming in Hong Kong.

The end of Sunny Living Week marks the beginning of the Sunny Living Journey. With the spirit of Sunny Living in mind, it is hoped that students would always be able to stay positive and resilient even under challenging times and hence be ready for different challenges in life!

## 2/ Fencing Night

劍擊體驗夜

## 3/ Let's Play Flyball

旋風球體驗日





陽光生活週於今年十月再次完滿舉行，讓同學透過一系列的活動加強身心健康，以及提高對環保的意識。

書院邀請了獲「自選遊身心靈健康活動」及「綠色活動計劃」資助的同學分享他們的經驗與見解。王子皓同學（工商管理二年級）就「壓力解鎖之旅」的主題，分享自己參與精神急救及脫身術課程、危機解難，以及其他輔導課程的所學及得著。劉卓浚同學（社會工作二年級）接著以頌鉢聲帶領大家享受寧靜、療癒的時刻。最後，郭揚玲同學（中醫學四年級）就透過中醫打坐，帶領大家一起感受身體的「氣」，讓參加者進一步舒緩壓力。

於「花草絮語」的分享中，同學嘗試將大自然融入家中，一起親親大自然。鍾敏瑤同學（心理學三年級）首先示範利用天然植物製作乾花花藝作品，並分享過程中所得到的愉悅。王景蓉同學（護理學三年級）則分享她所擁有的紗線收藏品，當中包括植物所造的紗線。紗線編織雖然花時間，但過程中能帶給她無比的成功感。王倩雅同學（社會工作二零二一年畢業）最後以她所學的園藝治療總結以上活動，希望幫助同學表達自己的情感，並作出反思。

除了心靈健康，強健的體魄亦十分重要。做運動不但令我

們保持良好的體魄，還能穩定我們的情緒，提升身心健康。書院就於本年帶給同學體驗金牌劍擊運動的機會。很多參加者都是第一次穿上劍擊裝備，手握花劍與朋友對戰！另一組同學則參與新興活動旋風球，在教練指導下，學習投球及接球，並從中鍛練手眼協調及反應力，樂趣無窮。

遼闊的宇宙內，眾多的地方其實比我們想像的世界更神奇。書院副輔導長及物理學系講師梁寶建博士就於「尋找新世界：系外行星探索」講座與大家一起以科學的角度探索太陽系以外的行星與世界，並與同學進行熱烈的討論。

陽光生活週最後以校園環境委員會主席鄧桂昌教授所帶領的「有機種植 — 健康飲食之外」參觀活動作結。同學到上水古洞參觀火龍果有機農場，不但親身接觸大自然，洗滌身心靈，更可以一嚐本地山水豆腐花，並購買新鮮採摘的有機蔬果。更重要的是，透過是次參觀，同學更了解何謂有機種植，以及其好處和在香港所面對的挑戰。

雖然陽光生活週已經完結，但我們相信陽光生活的種子已埋在同學心中，希望同學於住後的日子會繼續實踐陽光生活的精神，即使在逆境下仍時刻保持樂觀正面的心態，並勇於迎接未來的種種新挑戰。

#### 4/ Talk on 'Exploring New Worlds'

「尋找新世界：系外行星探索」講座

#### 5/ Visit to the Organic Farm:

Organic Farming – Healthy Food and Beyond

「有機種植 — 健康飲食之外」參觀活動



# THE SIXTH GRADUATION CEREMONY

## 第六屆畢業典禮



The 90th Congregation for the Conferment of Bachelor's Degrees of The Chinese University of Hong Kong and the Sixth Graduation Ceremony of Wu Yee Sun College was held in early November 2021 at Sir Run Run Shaw Hall successfully.

It was a great honour for the College to have invited Dr. Joseph Lee, the Executive Chairman of Wofoo Group to be the guest of honour at the ceremony. Dr. Lee reminded the graduates that what they had learnt in their university life was not just skills but also, the importance of respect, love, understanding, and honesty. Dr. Lee encouraged the graduates to equip themselves and be prepared for future challenges.

Our heartiest congratulations to all the graduates

again. We hope they will always remember the College spirit, 'Go Green! Be Sunny!'. With creativity and passion, we believe that they will light up the world and shine in the community.

香港中文大學第九十屆大會（頒授學士學位典禮）及伍宜孫書院第六屆畢業典禮已於十一月月上旬假邵逸夫堂舉行。

書院很榮幸邀得和富集團主席李宗德博士擔任主禮嘉賓。李博士提醒各位畢業生在大學所學的不單只有技巧，亦要謹記社會所需要的尊重、關愛、包容和誠信，要為未來而努力。

書院在此再次恭賀所有畢業生，希望各位將來都記住書院「Go Green! Be Sunny!」的精神，以創意及熱誠，成為世界的光，在社會發熱發亮。



# FOURTEENTH COLLEGE ANNIVERSARY CELEBRATION - YEETROPOLIS

## 書院十四週年院慶活動



To celebrate the fourteenth anniversary of the College, the Organising Committee of College Anniversary 'Yeetropolis' prepared a series of celebration activities in last November to gather College members and students to celebrate the big day of the College.

The celebration kick-started with the 523 Banquet, with more than 150 students and members attending to share the joy. The College Music Society performed onstage and the CU Magic Society performed interactive magic tricks. The banquet climaxed with the singing of the Popstar Miss Cath Wong and students enjoyed her performance very much. Some lucky Sunnies also brought back gifts from the lucky draws. All participants had a great time gathering with friends and enjoying the joyful night.

The Sunny Festival on the following day was filled with

stalls selling creative handicrafts, clothes, food, and drinks. Some students also hosted game booths that attracted many guests throughout the evening. Performances by the Shaw Band, Skyline, 波士碧池, the Chung Chi band, and Kolor, were all highlights of the evening. The audience enjoyed the performances very much.

Hosted by the College Sports Association, runners gathered again in the Round Campus Run to continue the celebration. We were honoured to have the College Master, Professor Anthony T.C. Chan, and the Chairman of the Sunny Sports Committee Professor Kelvin K.F. Tsoi, to deliver opening remarks to encourage our runners. Our heartiest appreciation again to all the participating students and College members. Congratulations to all the winners!

The Chamber of Secret and Adventure marked the



end of the series of the celebration. Participants were assigned into groups and had to solve various riddles and complete the challenges to leave the chamber. Participants then needed to compete against the executive committee in various adventurous tasks. Despite the challenging tasks, participants were excited about joining and completing the games prepared by the organising committee.

為慶祝十四周年院慶，院慶籌委「Yeetropolis」於十一月準備了一連串的慶祝活動，讓書院師生能聚首一堂，一起慶祝書院的大日子。

院慶慶祝活動以 523 人宴作開始，超過一百五十位書院成員及學生出席是次活動。當日，籌委邀得書院音樂學會及中大魔術學會作表演，而歌手黃妍小姐的表演更將活動氣氛推至高潮，參加者均十分享受當晚的活動。晚宴更設刺激的抽獎活動，得獎者皆收到不少實用的獎品，恭喜所有幸運兒。

大筵地於翌日舉行，書院學生擺設攤檔，售賣創意手工藝品、自家設計的衣服、自製小食及飲品等；部分同學設置遊戲攤檔，吸引了不少來賓參與。當晚邀得不少校內團體表演，如逸夫樂隊、Skyline、波士碧池、崇基樂隊；校外團隊 Kolor 亦獲邀演出，當晚氣氛高漲，觀眾均十分享受表演節目。

緊接的環校跑則由書院體育學會籌辦，是次活動由院長陳德章教授及體育委員會主席蔡錦輝教授致開幕辭鼓勵跑手。活動吸引多名書院成員及同學參與，他們的毅力及堅持值得欣賞，恭喜所有得獎者！

密室及歷奇活動為最後一項院慶慶祝活動。參加者分組於密室參與解謎活動，逃出密室，及後與一眾籌委作競技比賽。連串挑戰項目均十分刺激，參加者都十分享受當晚的活動。



# 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

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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 May 2022

下期通訊將於二零二二年五月出版



香港中文大學伍宜孫書院  
WU YEE SUN COLLEGE  
THE CHINESE UNIVERSITY OF HONG KONG