

THE SUNNY POST

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TOGETHER

WE REACH FURTHER

AN INTERVIEW WITH

THE NEW COLLEGE MASTER

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As one of the Founding Members of Wu Yee Sun College, Professor Anthony T.C. Chan has witnessed the establishment and development of the College. In August 2017, the former Associate Master officially took over as the College Master. Even with such substantial change in his position, Professor Chan is confident and energetic to face the upcoming challenges.

TOGETHER WE REACH FURTHER

力致遠 心靠近

AN INTERVIEW WITH THE NEW COLLEGE MASTER

新任書院院長專訪

Student Reporter:

Queenie K.Y. Law (Government and Public Administration/ 3)

學生記者：羅鈞渝（政治與行政學三年級）

作為籌組伍宜孫書院的一份子，陳德章教授見證著書院的誕生和茁壯成長。今年八月，這位書院副院長正式接任院長一職。面對身份上的轉變，陳院長不但未有擔憂躊躇，反而對未來滿懷憧憬和信心。



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1/ Professor Chan is one of the Founding Members and he finds his experience in helming the Department of Clinical Oncology similar to his succession as the Master in the College.

陳教授為書院創院成員之一，他認為自己於過去二十多年帶領腫瘤學系的經驗與現在接任書院院長的歷程十分相似。

2/ Professor Chan recalled that one of the most impressive moments over the years in the Sunny College was to witness the graduation of the Founding Sunnies.

陳教授在書院生活中其中一個最難忘的畫面是見證創院同學畢業。

STARTING FROM SCRATCH

As an oncologist, Professor Chan never gives up on his patients. Our College Motto: Scholarship and Perseverance, and the goal of nurturing students to become passionate and upright leaders in society, matches Professor Chan's life philosophy. He is, therefore, determined to devote his time and effort into College affairs. Starting from scratch, credit must be given to the Founding Master, Members and Sunnies of the College for their effort in developing the College to the scale we see today. 'Our College was still in construction at that time, but these students, with limited resources and support, were highly devoted to College development. It is truly amazing how they were willing to try, to fail, and to establish all sorts of student activities and societies.' Thus, for Professor Chan, one of the most unforgettable moments he had experienced in the College is being able to witness the graduation of these students.

A NEW BROOM

Taking over as the College Master is a big decision for Professor Chan, who is thankful that his family members are all supportive, and are

eager to learn more about the College. As for College affairs, Professor Chan considers it 'a huge responsibility' to take care of the whole-person development of around 1,200 College students. As the Associate Dean of the Faculty of Medicine, Director of the Hong Kong Cancer Institute and Chief of Service of the Department of Clinical Oncology in the Prince of Wales Hospital, Professor Chan would still spare no effort or time in College affairs. 'Initially, I planned to work on College matters on just Mondays and Fridays. After taking over for about ten days, I am able to work in the hospital in the mornings, and come back to the College on most afternoons.' Undeniably, a College Master, on his own, can never handle the multifaceted affairs of the College. Apart from the support from other College members, it is of utmost importance that our students voice their opinions, so that both staff and students can join hands together in fostering the betterment of the College.

VISION FOR THE COLLEGE

The saying 'a new broom sweeps clean' would not be applicable to our new College Master. Professor Chan expressed explicitly that he would

“ Not only in Hong Kong, people around the globe are leading a hustling life. We seem to be striving for things which make ourselves happy, but at the end of the day, it may not be the case. It would be great if I would be able to witness students and members of Wu Yee Sun to actually lead a contented life. ”

“ The House of Sunny Living is where people gather. It would be great if our College is regarded as a homey place by our students. ”

3/ Professor Chan hopes that students can voice out their ideas. He enjoyed interacting with students when he was serving as the advisor in the Student Advisor Scheme.

陳教授希望同學能多表達自己的意見，他亦十分享受於師生茶聚與同學互動。

4/ Professor Chan and Sunnies practicing the College Anthem when it was first released in 2014.

二零一四年書院院歌剛面世時，陳教授與同學練習院歌。

5/ The College is a place for students and members to gather. Professor Chan wishes to make the College homey through various activities.

書院是成員與同學聚首的地方，陳教授希望透過各類型活動凝聚書院每一位師生，讓書院成為他們的另一個家。

not change the core values and general principles of the College. Instead, he will work on promoting activities that have proved to be effective and feasible. 'Academically, more exchange destinations can be provided. As for Sunny Living, a systematic mentorship programme can provide our students with guidance and tips to face adversities positively. In addition, activities in a more relaxed manner, such as Movie Night held at the Central Courtyard can be reconsidered.' Ultimately, opinions from our students matters most. Only with bilateral exchanges can each party recognise the need and concerns of one another. Looking into the future, Professor Chan hopes that the College is where 'relationship' is focused. 'The House of Sunny Living is where people gather. It would be great if our College is regarded as a homey place by our students.'

LIVING IN CONTENTMENT

Four years of university life slip by rapidly, and Professor Chan particularly wishes that our students learn to live in contentment. 'Calligrapher Mr. Ho-yin Yung presented two pieces of calligraphies to our College during the Closing Assembly last semester. I really like the one "Ching Sum" (contentment). Not only in Hong Kong, people around the globe are leading a hustling and bustling life. We seem to be striving for things which make ourselves happy, but at the end of the day, it may not be the case. It would be great if I would be able to witness students and members of Wu Yee Sun College to actually live out the two words.' May we all lead a contented life in the midst of a hustle and bustle city.





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6/ Professor Chan has been serving as the Chairperson of the Scholarships and Financial Aid Committee. He wishes to further develop various programmes, for instance, the Exchange Programme, to provide students with more opportunities to widen their horizon and equip themselves.

陳教授自創院以來一直擔任獎助學金委員會主席，他希望書院往後能更深化各項計劃，如提供更多交流機會予書院同學，讓他們擴展眼界，裝備自己。

7/ As the initiator of the House of Sunny Living, one of the biggest wishes of Professor Chan is to witness the Sunnies to live in contentment.

陳教授為如日坊發起人，成為院長後其中一個心願是見證每位書院同學活出「稱心」的人生。

“ 如日坊的『坊』字，代表一個聚集的地方，
我希望書院可以給予同學家的感覺，成為大家都喜歡的聚腳點。 ”

開基創業

作為一個腫瘤科醫生，陳院長自言從不放棄任何病人，而書院提倡「博學篤行」的精神，對追求新事物鏗而不捨、盡力回饋社會的辦學理念，正正與院長的人生觀不謀而合，他於是下定決心投入書院事務。從零開始，從無到有，作為中大九院中最年輕的書院，伍宜孫書院能夠發展至今時今日的規模，除了有賴創院院長和一班熱心的書院成員為書院奠下基礎之外，首屆同學亦功不可沒。「當時書院尚未建成，但這批學生在缺乏資源的情況下仍然投入書院事務，不怕嘗試，不怕失敗，並主動發展不同領域的學生活動，實在很了不起！」故對院長而言，其中一件在書院經歷過最難忘的事，便是能夠見證首屆學生從入學到畢業，進而踏入人生另一個階段，展翅高飛。

新官上任

接任院長一職令陳教授面對不少變化，其中最難適應的想必是舉家移居書院。慶幸的是，家人們都十分支持他的決定，更希望多了解書院。而在書院工作方面，

陳院長坦言最具挑戰性的是需要照顧一千二百名學生的全人發展。身兼醫學院外務副院長、包玉剛癌症中心總監以及醫院部門主管等多個職務，院長表示會盡力投放更多時間於書院事務上。「上任大概十天，除了原定於星期一、五處理書院事務，我在其他日子主要安排於上午處理醫院、臨床等工作，下午如果沒有會議的話亦可以回到書院，了解和參與不同範疇的活動。」當然，單憑院長一己之力，實在不可能照顧所有學生的全人發展，故除了需要其餘近百名書院成員的支持外，更重要的是同學們多表達意見，雙方一同著手促進書院各方面的發展。

對書院的憧憬

常言道「新人事新作風」，但這句話則未必會套用到新任院長身上。院長表明不會改變書院的核心價值和大方向，反而著重現時已經實驗過可行的項目，再加以深化。「比如說交流計劃，我非常希望書院能提供更多不同國家的大學予同學選擇。而如日坊方面，我相信更多有系統的師友活動可以令同學在人生路上得到有建設

性的指導，即使在面對逆境時亦可處變不驚。另外，一些比較輕鬆的活動可以吸引同學在書院聚集，我曾與周保松教授討論，可以考慮再辦電影分享會，讓同學聚首中央庭園。當然，最重要的還是同學的意見，只有雙向的交流，才會令大家明白彼此的需要和顧慮。」展望未来，院長希望書院能成為注重「關係」的地方。「如日坊的『坊』字，代表一個聚集的地方，我希望書院可以給予同學家的感覺，成為大家都喜歡的聚腳點。」

活得稱心

大學四年倏忽即逝，院長寄語同學要「活得稱心」。「剛過去的書院閉幕禮中，書法家容浩然先生送贈了兩幅書法予書院，我尤其喜歡其中一幅『稱心』。不但是香港，全世界的人都過著忙碌的生活，看似做一些令自己很快樂的事，但到頭來未必活得稱心。若能夠見證書院同學，以至老師們都能真正活出這兩個字，我會很滿足。」在此祝願院長以及書院師生在百忙之中仍然活得稱心如意。

“ 我最希望見證的，是同學們活得稱心。不但是香港，全世界的人都過著忙碌的生活，看似做一些令自己很快樂的事，但到頭來未必活得稱心。若能夠見證書院同學，以至老師們都能真正活出這兩個字，我會很滿足。 ”



COLLEGE SUMMER PROGRAMMES

書院暑期計劃



SUMMER OVERSEAS LANGUAGE PROGRAMME 暑期海外語文學習團

It was the second year the College organised the Summer Overseas Language Programme at the University of Western Australia (UWA). It provided students with a great chance for cultural exchange and language enhancement in Perth. Apart from attending summer English lessons, students could also sit in the UWA lectures with other UWA students this year. They also made new friends from different countries at the Australia China Youth Association (ACYA) and better understood Australian culture and further built up their confidence in communicating with local people in English during their stay with host families.

Students enjoyed different excursions in Perth, including visiting Kings Park and Swan Valley. They also paid a visit to the World Heritage-listed Fremantle Prison and watched the Australian Football League. Another exciting activity was visiting the Caversham Wildlife Park to feed the kangaroos and getting very close to koalas and other native Australian animals.

今年書院再度與西澳大學合作舉辦暑期海外語文學習團，讓同學於旅程中既提昇英語能力，亦能深入感受當地文化。同學除了通過每天的英語課學習英語外，他們今年更有機會旁聽西澳大學本科的課堂。同學亦透過學校安排的中澳青年聯合會活動認識來自其他國家的朋友。入住當地的寄宿家庭令他們深入認識澳洲文化之餘，亦增強他們以英語溝通的信心。在學校課堂以外，同學更前往不同的地方遊覽，對當地社群及文化有進一步的了解。他們到訪了國王公園及參觀了天鵝谷，亦參觀了世界遺產里曼特爾監獄及觀賞澳洲足球比賽。同學亦前往伯斯野生動物園餵飼袋鼠，以及近距離接觸樹熊及其他澳洲本土動物。



It is really great to have the chance to travel to Australia to experience the local culture and have English lessons there. My host family and teachers taught us a lot about Australian culture, e.g. Australians like being sarcastic in daily life. They try to express something in a funny way, which is different from Hong Kong people. My host family also treats us very well that they always prepare a lot of nice meals and desserts for us. Moreover, one evening, we were just excited about the starry sky. Then our host family immediately took us to the beach to enjoy the night sky. I feel so blessed with this summer exchange experience.

Lok-lam Chu (Economics/2)

One of the big differences between Australia and Hong Kong is transport. Living in western Perth while having classes in eastern, I take the bus to school. During the first week, I was once dropped off at a stop because even the same bus route terminates at different stops. The bus didn't stop for me because I didn't wave towards it. I forgot to tag off the bus so I was charged a full-trip price. And there was no broadcasting for the next stop. All these bus experiences made me realise that Perth is so different from Hong Kong. Some things can be norms in other places and all we need to do is accept and adapt to these changes.

I also started to accept the idea that getting lost in a trip is okay. I even enjoy getting lost in Perth because this is such a lovely city. The craziest thing I did was become lost intentionally and I walked along Swan River until I caught the right train and bus to the host family. I saw people walking and running along the riverside, children playing on the grass, families enjoying a Sunday afternoon picnic, fishing, boating and so on. When I was lost, I got a chance to immerse myself in this city and found something I could never see from tourist spots.

Xuhui Bai (Professional Accountancy/ 1)

Date 日期 29/7 - 19/8/2017

Leading Teacher 領隊老師

Dr. Jose S.H. Lai 賴陳秀卿博士

English Language Teaching Unit
英語教學單位

Participants 參與同學

Xuhui Bai 柏旭輝 (Prof. Accountancy/ 1)

Lok-lam Chu 朱樂霖 (Economics/ 2)

Pui-ka Choi 蔡銀嘉 (Science/ 2)

Xinyu Han 韓欣宇 (IBBA/ 1)

Ka-lam Leung 梁嘉琳 (Public Health/ 2)

Xu Liu 劉栩 (Science/ 1)

Chong Su 蘇翀 (Computer Science/ 2)

Sharon S.L. Tang 鄧蔣朗 (IFAA/ 2)

Jinli Tengsen 藤森金礼 (IBBA/ 1)

Yuet-hei Wong 黃悅希 (Medicine/ 1)

Ka-wing Yau 邱家穎 (Liberal Studies/ 5)

Fan Yeung 楊勛 (Chin. Medicine/ 3)

Partner Institution 合作院校



University of Western Australia

THE THIRTEENTH 'MOONLET' PROGRAMME - SINO-RUSSIAN CULTURAL EXPLORATION

第十三屆小衛星學者計劃 — 中俄友誼之旅

Ten College students, together with over 200 students from other universities, went to Harbin to explore the aerospace development in China. They visited the astronautic museum of the Harbin Institute of Technology and attended talks. They also reviewed the history of Second World War in cultural visits and experienced the local culture.

The participants were excited to cross the border to Russia by over-night train. They were divided into three groups and travelled to Blagoveshchensk, Vladivostok and Khabarovsk respectively. They visited local universities and explored around the cities to embrace the culture there.

十位書院同學與超過二百位來自其他院校的學生前往哈爾濱探索中國航天科技的發展，除了參觀哈爾濱工業大學的航太館，更出席相關講座。此外，他們亦參與文化導賞及觀光，認識二次大戰的歷史和體驗當地文化。

參加者又乘坐過夜火車前往俄羅斯繼續旅程。參加者分為三組，分別前往布拉戈維申斯克市、海參崴和伯力（哈巴羅夫斯克），參訪當地大學和城市遊覽，感受當地的人文風情。

Date 日期 7 - 16/6/2017

Participants 參與同學

Chak-hong Chan 陳澤康 (Computer Sci./ 2)
 Ho-sing Chan 陳浩昇 (Quan. Fin. & Risk Mgt. Sci./ 4)
 Wa-mui Chan 陳華梅 (Chemistry/ 4)
 Man-yi Cheng 鄭紋懿 (Chin. Lang. & Lit./ 2)
 Ho-yin Fung 馮浩賢 (Computer Engin./ 5)
 Lai-yin Lee 李麗妍 (Food & Nut. Sci./ 3)
 Ting-fung Leung 梁庭丰 (Public Health/ 4)
 Shuk-wai Pak 白淑惠 (Food & Nut. Sci./ 2)
 Po-man Wong 黃葆汶 (Medicine/ 2)
 Tsam-yi Wong 王沁怡 (Journal. & Comm./ 4)

Acknowledgement 鳴謝

Ministry of Education Ten Thousand Student Interflow Programme
 教育部香港與內地高校師生交流計劃

Partner Institution 合作院校



Harbin Institute of Technology
 哈爾濱工業大學



哈爾濱和俄羅斯，這兩個耳熟能詳的地方，版圖上之近卻無絲毫親切感，更多的是神秘和陌生。回想在哈爾濱的寥寥數天，最不能忘懷的卻是在七三一部隊遺址目睹的一切。我跟隨著講解員的步伐，看盡一個個冷冰冰的罪證：血清瓶、手術儀器、培養皿、受害者實驗報告……我漸漸感受到當年「馬路大」的無奈和對極惡人性的控訴。可究竟是戰爭促使這場悲劇發生，還是人性的醜惡造就了這場噩耗呢？步出場館，我沉寂了片刻，消化剛才目睹的種種。或者生於安逸的世代，能夠體會到的只是一陣反胃和椎心泣血，我還能做些什麼？

踏進俄羅斯這個神秘的國度，卻是另一番體會。我們走進伯力（哈巴羅夫斯克）的大街小巷時，當地人對我們這些「入侵者」投以好奇的目光，卻沒有絲毫的厭惡，有的更會報以微笑。一次，我和團員主動上前和俄國的司機叔叔閒聊。因為語言不通的關係，我們在言談間使盡了渾身解數：簡單動作、普通話和英語等發揮得淋漓盡致。雖然溝通過程有點困難，但看見叔叔笑得開懷，當下才明白：人與人之間的隔閡從來都不是語言不通所致，而是取決於互相的信賴和交託。這就是極善的人性。伯力，確實是一片洗滌心靈的樂土。可我不敢想像的是：幾十年以後，當地的風土人情又會否慢慢受旅遊業和急速的經濟發展所侵蝕呢？希望他日故地重遊，還能遇見那位「天真爛漫」的司機叔叔。

白淑惠（食品及營養二年級）



十天旅程到訪哈爾濱和海參崴，改變了我過往對兩地的既有印象：哈爾濱原來是個歷史古城，刻劃著當年抗日戰爭的種種痕跡；海參崴除了嚴肅的領導人以外，還有熱鬧的海濱長廊，人民載歌載舞，好不熱鬧。

哈爾濱的731部隊罪證遺址讓我記憶猶新，中學修讀中國歷史的緣故，我自問對抗日戰爭也有些認識，但卻未曾聽聞過731部隊，展館內的文物令我大吃一驚，原來有人可以為了一己之慾而變得非常恐怖，不但設立基地專門研發細菌病毒，使用動植物作為散播細菌的媒介，更利用活人進行各種慘無人道的實驗。一張張圖片和一個個模型觸目驚心，將戰爭的殘酷一一道來。

與哈爾濱沉重的歷史不同，海參崴三面環海，輕輕的海風讓人心曠神怡。適逢俄羅斯國慶，到處人山人海，我們遊覽海濱長廊時，有當地人在唱歌表演，沿途有很多小攤檔，一家大小來海邊吹吹海風、散散步，非常熱鬧，看來俄羅斯人同樣著重家庭，亦有種慢活心態。

十天的回憶不能盡錄，我很慶幸自己能在畢業之際出外見識，到訪異地，了解不同文化之餘，更結識了一群有趣的朋友：我們在哈爾濱吃著五毛錢的冰棒、乘坐中國最高的摩天輪；也在海參崴乘搭刺激的機動遊戲，尖叫的同時卻發現俄羅斯人異常冷靜；在充斥俄文的超級市場利用手機翻譯食物成份，結果還是買錯了飯團口味。這些記憶都將成為青春的印記，日後回想仍當會心微笑。

王沁怡（新聞及傳播學四年級）

SPANISH LANGUAGE AND CULTURAL TOUR

西班牙語文及文化之旅

Fifteen College students experienced Spanish cultures and the passionate and energetic life in Malaga. The host families were very nice. In spite of their simple Spanish learnt from pre-trip meeting, they got along well with the host families, and were served traditional and delicious food every day.

The highlight of the programme is to learn Spanish by attending lessons there. The teachers were passionate and the students had much fun and interacted well with other students and teachers. Apart from language learning, the students participated in some cultural activities arranged by Malaga University such as museum visits and day trip to Ronda. The students also planned and enjoyed their spare time to experience the local culture, for instance, going to the beach and trying tapas. Through these interaction in daily life and activities, the students could practise their Spanish not only at school, but also with the host families and on the Spanish streets.

十五位書院同學於暑期遠赴西班牙馬拉加城體驗西班牙文化，並感受西班牙人的熱情和活力。寄宿家庭的成員都很友善，即使同學只能在出發前學習簡單的西班牙語，仍無礙他們的溝通，大家相處十分融洽愉快。

是次旅程的亮點是同學可以在當地學習西班牙語。老師熱衷教學，同學之間又有很好的互動，令同學能在輕鬆的氛圍中學習。除了上課以外，同學還參與了由合作院校舉辦的文化體驗活動，例如參觀博物館及到隆達遊覽。另外，同學亦善用閒暇時間，自己策劃活動，感受當地文化，例如在沙灘暢泳、品嚐地道海鮮炒飯等。通過這些日常互動和活動，同學可以在學校、寄宿家庭中，甚至大街小巷裡學習和練習西班牙語。



It is my very first time in Spain, and I spent two weeks with unexpected experiences in Malaga. Malaga is a very chill and relaxing place for vacation and learning Spanish. The locals are generally nice and helpful, so do the teachers. Before this trip, I have never learnt anything about Spanish, even not able to remember all the alphabets of Spanish. With the intense course of Spanish in the Language Centre, six hours per day, and help from those friendly teachers, I am able to speak elementary Spanish. This trip to Malaga really brought me to a new world, the Spanish World, which is very different from what I thought and imagined before, even distinct from the western world we are familiar with. The Spanish culture I experienced may become the reason to motivate my Spanish study after I am back in Hong Kong. Those Spanish cuisine, drinks and architecture became best memories in this trip and I would like to visit Spain, especially Malaga again. I am very thankful for the opportunity the College offered, the arrangement and everything which makes the trip possible.

Yuet-hei Wong (Medicine/ 1)

Spending two weeks in Malaga has been an eye-opening experience for me! It was the first time that I travelled to a region where my mother tongue lost much of its function. We needed to order food, ask for directions and talk to the host family in a foreign language. Most of the time I found myself bumbling and felt really lost in the new language. After much guessing, misunderstanding and Google-translating, I started to understand the most obvious truth: that language-learning is much more than just a subject or an exam. Instead, it is for real-life communication.

During the stay, there were moments when I was aware of the cultural differences, such as the way they cook rice, how they do the laundry, the dining time, the ardent temperament of Spaniards. Meanwhile, there were also moments when I realised the same things we share around the world. When we were in an exotic street of Spain, we were surrounded by world-famous brand names that can as well be found in any typical shopping centres in Hong Kong. The trip has definitely broadened my horizons and got me to know more about the 'identity' thing!

*Wing-sau Cheung
(Chinese Language and Literature/ 2)*

Date 日期 3 - 16/7/2017

Leading Teachers 領隊老師

Miss Maria Consuelo Vega Leon

Department of Linguistics and Modern Languages

語言學及現代語言系

Participants 參與同學

Chi-chung Chan 陳志聰 (Social Work/ 5)

Yuen-kiu Chan 陳婉喬 (Public Health/ 3)

Wing-sau Cheung 張泳秀 (Chin. Lang. & Lit./ 2)

Wing-tung Cheung 張詠童

(Hotel & Tourism Mgt./ 4)

Alice C.M. Hon 韓靖雯 (Sociology/ 2)

Yin-hong Kung 龔彥匡 (Cell & Mol. Biol./ 2)

Ming-wai Lee 李明慧 (Nursing/ 2)

Yunzhi Luo 罗允执 (Social Sci./ 1)

Suet-ning Sin 單雪寧 (Chin. Medicine/ 2)

Wing-yin To 杜泳賢 (Electronic Engin./ 2)

Yan-yung Tsai 蔡欣容 (Chin. Medicine/ 3)

Hiu-kwan Wong 黃曉君 (Biology/ 2)

Po-man Wong 黃葆汶 (Medicine/ 2)

Sze-ki Wong 黃穎思 (English/ 4)

Yuet-hei Wong 黃悅希 (Medicine/ 1)

Partner Institution 合作院校



University of Malaga

YAN CHAK SERVICE-LEARNING PROGRAMME: SERVICE-LEARNING TRIP TO YUNNAN 仁澤服務學習計劃 — 雲南服務學習之旅

Co-organised by Wu Yee Sun College and Yunnan University, 16 College students travelled to Yunnan to conduct service in May. Accompanied by six students from Yunnan University, the Sunnies strived to provide various services to the children, women and the elderly left behind in the Xiaoliang Community, Huodehong Zhen, LudianXian, Zhaotong Shi, Yunnan. For instance, they visited the elderly, held health talks, taught the elderly and women to do stretching exercises, taught the kids handcrafts and played with them. They also invited all villagers to the campfire to dance and sing together. Apart from service, the students also had an unforgettable experience: stepping into the site after the 2014 Ludian Earthquake. They sowed the seeds of corn and potatoes under the burning sun; exchanged ideas with the youth who had returned from cities to their hometown and discussed with the women from a cooperative over local economic development by improving the production and selling of maltose. The students have gone through the two-month process of 4E (Envisioning, Enabling, Experiencing, Evaluating) and also 4F (Fact, Feeling, Finding, Future) which was covered in every debriefing conducted upon the completion of the day's service. In return, it is delightful to see that they have made great progress in their personal growth, developing team spirit, showing their care and social responsibility.

伍宜孫書院與雲南大學於五月合辦為期十天的雲南服務學習之旅，十六位書院同學群策群力，在六位當地大學生的相輔相成下，順利完成服務。參與同學為雲南省昭通市魯甸縣火德紅鎮小涼山社區內的「三留」（留守兒童、婦女和老人）困境群體，提供到戶探訪、健康教育、健身操、手工製作、集體遊戲，以及社區篝火晚會等多元化活動和服務。另一方面，同學也共同經歷了一些難得的親身體驗，包括參觀魯甸地震災區遺址、種植玉米和洋芋、與當地的返鄉青年進行交流，以及和當地一個合作社的婦女成員們分組探討如何透過改良麥芽糖的生產和銷售推動社區經濟。透過兩個多月來的集體「4E」（展望、賦與能力、體驗、檢視）服務學習歷程，以及每次社區服務完成後的即日共同「4F」（事實、感受、發現、將來）反思和分享，同學們在其個人成長、團隊精神、人文關懷，以及社會責任感等方面，均有所提升。

Date 日期 21 - 30/5/2017

Leading Teachers 領隊老師

Mr. Wai-hung Tang 鄧惠雄先生

Department of Social Work
社會工作學系

Participants 參與同學

Kin-wai Chan 陳堅偉 (Medicine/ 1)

Yi-man Cheng 鄭儀敏 (Pharmacy/ 2)

Wing-yi Cheung 張穎怡 (Chemistry/ 2)

Heidi H.Y. Chiu 趙煦忻 (Law/ 2)

Marco T.H. Fung 馮子匡 (Urban Studies/ 1)

Tianyi Gu 谷天一 (IFAA/ 2)

Tsz-chiu Kwok 郭子超

(Quan. Fin. & Risk Mgt. Sci./ 1)

Yu-ching Lam 林好晴 (Economics/ 3)

Ka-yu Lau 劉珈余 (Global Econ. & Fin./ 2)

Lok-lam Leung 梁洛琳 (Journal. & Comm./ 2)

Wai-lam Ng 伍慧琳 (Integrated BBA/ 2)

Ping Ngai 魏平 (Biochemistry/ 4)

Oi-lam Poon 潘凱琳 (Translation/ 4)

Wing-sze Wong 黃穎思 (Cell & Mol. Biol./ 3)

Hoi-tung Yeung 楊愷彤 (Arch. Studies/ 3)

Wing-hong Yu 余穎康 (Global Econ. & Fin./ 2)

Acknowledgement 鳴謝

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香港順龍仁澤基金

Partner Institution 合作院校



Yunnan University
雲南大學



社會責任是書院教育的重點，於今年五月，我們一行十六人，開展了為期十日的雲南之旅，從服務中學習。

回顧整個旅程，感動的地方實在不少，特別是一群返鄉青年放棄在城鎮中發展的機會，懷着一顆赤子之心回鄉貢獻，真在讓人敬佩。我們亦親身體會災後重建的艱辛，空巢老人的無奈和留守兒童的困境。

作為團長，我時刻反思着一個短短十日的旅程能否為當地社區帶來改變，擔心着我們只帶來短暫的快樂，而非長遠的影響。慶幸臨別時得知當地社工從衛生講座和營火晚會中受到啟發，將來會舉辦更多活動加強社區聯繫感，讓此行更有意義。

旅程得以順利進行，要感謝書院細心的安排，機構熱情的接待和團員積極的參與。感恩。

劉珈余（環球經濟與金融二年級）



火德紅鎮是一個隨處可見的典型鄉郊地區，那裡堅毅的農民，令人印象深刻。

有一位中年婦人的慘況令人難忘。她在地震的時候摔斷了肋骨，醫藥費和重建的費用讓她欠下巨債，以致無法治療癌症，她皮膚已經腐爛，雖然只有五十三歲，但比她的母親更顯滄桑，為了享受優惠，甚至提早購買棺材，在陋室中尤為顯眼。

雖然老人們命運多舛，但依然努力活下去，比起妄自菲薄的人更為高尚。我們幫助老人，老人們也一直在用親身經歷教導我們堅毅不拔的精神。

魏平（生物化學四年級）

在短短十日內，我充分感受到鄉民的純樸和温情。對著我們這些外來人，老鄉們都會熱情地緊握我們的手，常常想要招呼我們入屋坐坐、吃吃飯，甚至要我們留下來住一晚。是老鄉讓我感受到原來人與人之間的關係可以如此簡單溫暖。更重要的是，原來我們的服務不只有短期的效用，而對當地社區發展有重大的啟發。我們當時舉辦了一個營火舞會，讓大家聯誼。沒想到，在我們看來很普通的活動，竟也能為當地社工帶來衝擊，讓他們有多一個渠道去維繫社區關係。這讓我感到我們的服務是有實質幫助的。

林好晴（經濟學三年級）

XI'AN STUDY TOUR

陝西歷史文化之旅

Ten Sunnies visited Xi'an in July. With the company of students from Chung Ying College of Xi'an Jiaotong University, they learnt and experienced Xi'an's history and culture through various activities such as visiting museums, attending talks hosted by professionals, appreciating the performance of the Qingqiang opera and putting on traditional Chinese costumes. They also gained more insight into the current development of the new villages in Mainland China by visiting Yuanjiachun. The programme was even more meaningful when the participants from the two Colleges engaged in voluntary teaching in a local secondary school, which demonstrated the College spirit that emphasises social responsibility.

十位書院同學七月前往西安，與西安交通大學仲英書院的十位同學一起遊歷這個古都，學習西安的歷史和文化。他們參觀博物館和出席由學者主持的講座，又觀賞秦腔表演，更穿上漢服，一嚐古人日常生活的滋味。此外，他們又到訪袁家村，了解中國新式農村的現況和發展。行程中最具意義的，是兩所院校的同學前往當地一所中學進行義教，彰顯書院重視社會責任的精神。



What impressed me most during my stay in Xi'an is not just the historic sites and the beautiful scenery, but also the people whom I met there. Through having various activities with them during the tour, I learnt a lot about the daily lives of local people as well as traditional culture. I am very surprised that many local people are very knowledgeable in traditional culture and arts; they are so enthusiastic about these traditions that they never hesitate to perform in front of other people! They are also very passionate about Chinese history and willing to express their views on some historical issues, no matter what discipline they are studying. Their enthusiasm really surprises me. I also learnt a lot from volunteer service in a junior school as everyone used their expertise in the service. I am glad that the students there were all very eager to learn and they seemed to enjoy the activities we arranged. Although the trip was relatively short, I made some friends there and we had a very good time together!

Chi-wai Chan

(English Studies and English Language Education/ 2)



參加陝西歷史文化之旅，增長了我對西安文化與歷史的認識。西安是世界著名的古都，見證著中國的繁榮。到訪城牆、兵馬俑、碑林等，是難能可貴的體驗。這個城市散發出一種獨特的魅力，實在引人入勝。

更有意義的是，我們跟西安交大同學一起到初中義教。有著同一目標、齊心協力去做好一件事，感覺非常熱血。積極進取、服務社會，這正是我們的書院精神。

這次旅程實在是個認識與發掘自我的機會。感謝書院提供這個機會，令我獲益良多。

丁鎮鴻 (心理學二年級)

Date 日期 15 - 23/7/2017

Leading Teachers 領隊老師

Professor Kong-pan Pun 潘江鵬教授

Department of Electronic Engineering
電子工程學系

Participants 參與同學

Chi-wai Chan 陳梓維

(Eng. Studies & Eng. Lang. Edu./ 2)

Hiu-man Chung 鍾曉雯 (Cultural Mgt./ 1)

Zhijun Li 黎志鈞 (Engineering/ 1)

Man-yi Liu 廖文懿 (Social Science/ 1)

Tsz-ching Lo 盧芷晴 (Law/ 2)

Yuen-sze Sheng 盛苑詩 (Geog. & Res. Mgt./ 1)

Chun-hung Ting 丁鎮鴻 (Psychology/ 2)

Chun-in Wai 韋春妍 (IBBA/ 1)

Lee-kuen Wong 黃莉娟 (Nursing/ 1)

Tsz-ki Yip 葉芷期 (Mathematics/ 2)

Acknowledgement 鳴謝

Ministry of Education Ten Thousand Student
Interflow Programme

教育部香港與內地高校師生交流計劃

Partner Institution 合作院校



Chung Ying College
Xi'an Jiaotong University
西安交通大學仲英書院

SUMMER INTERNSHIP PROGRAMMES

暑期實習計劃

Summer Internship Programmes motivated students to learn by working in a setting where they are guided by a professional. Taking part in the business projects led by the experts at Dorsett Hospitality International, students played a role in the daily operations and contributed to its business growth. During the eight-week attachment, students gained a basic understanding of the company background and forthcoming strategic plan. Then they tried frontline roles, organised large-scale events and took part in data analysis. They are deeply inspired and had a clearer sense of what they want to become. Most importantly, they are establishing a strong network of professionals and mentors.

暑期實習計劃鼓勵同學跟隨專業人士在實際工作環境學習。參與帝盛酒店集團實習計劃的同學在專業管理層指導下參與多項商業項目，協助日常營運及推動業務增長。八星期的實習期讓同學初步認識公司的背景及發展策略，之後親身嘗試前線工作崗位、籌辦大型活動、測試及分析數據等等。同學深受啟發，更清晰如何邁向自己的目標，並與專業人士建立聯繫。

Date 日期 6 - 8/2017

Participants 參與同學

Wing-yan Leung 梁穎茵 (Integrated BBA/ 1)

Ching-ching So 蘇晴晴 (Arch. Studies/ 2)

Yiqi Xu 徐藝綺 (Prof.Accountancy/ 2)

Collaborator 合作單位

Dorsett Hospitality International

帝盛酒店集團



It is a precious opportunity for me to join the Internship Programme, especially as an architecture student, internships are optional and are not usually offered to year two students. Therefore, I am really thankful for such a special learning experience in this summer. I have been assigned to the Project Team, which is my first choice, as it tackles all the property-related projects and thus academically relating to what I have learnt in the previous year and what I am supposed to do in the future.

Surprisingly, on my first day reporting to duty, I was temporarily attached to the department of interior design until my supervisor's return. I have no background knowledge of interior design but the colleagues were friendly and willing to teach me. Starting from zero, I have learnt about different types of materials such as marbles, wallpapers, metals, mirrors and glasses with so many patterns that we can seldom see. Although I have just started the internship, new things come to me every day. Being a student in the Sunny College with Sunny Spirit, I am ready to challenge myself in this summer!

Ching-ching So (Architectural Studies/2)

還記得初進帝盛時的緊張和惶恐，由於我是第一次做實習，又不諳粵語，第一天上班，只和Finance Department的八位同事簡單的打了聲招呼，就回到自己的座位等待分配工作。

轉眼間，為期兩個月的實習竟已過大半，我亦收穫頗多。讓我非常感激的是這八位待人友善、樂意教導新人的同事。起初，我學用粵語與同事交流時，看得出大家是連聽帶猜才能明白我想表達的意思，但他們從沒表現出任何不耐心，反而鼓勵我大膽講出口，讓我勤加練習。如今，我能用粵語和同事在工作時進行流暢的交流，多虧同事們的耐心包容。

日常工作時，與我想像中不同的一點是，除了上司以外，其他同事也會分配一些任務給我，讓我有機會接觸到不同方面的工作內容。正式進入一間公司實習，才知道自己在學校裡所學的知識並未學得透徹，工作技能也有待提高。有時在工作上遇到難處，向同事們請教，大家都樂意告訴我事情的來龍去脈，與我分享他們的經驗和辦法。

這短短兩個月的經歷，是我走出象牙塔的第一步，也打破了我對職場的諸多幻想和誤解。感謝書院提供的實習機會，讓我在這個暑假初識香港的職場文化，未來的就業計劃也變得更為實際。

徐藝綺 (專業會計學二年級)

PROFESSIONAL LEARNING SCHEME IN SHANGHAI

上海專業研習計劃

The Professional Learning Scheme in Shanghai provided students the opportunities to see this dynamic city with a series of professional attachments, corporate and cultural visits. Engaging in various ad-hoc projects and routine operations, participants opened their minds to a bigger world during their working life at The Peninsula Shanghai, Tencent, Mark Fairwhale, Sand Bankcard-link, Shanghai Fortune Tech Group and Hongrun Construction. Students also took this opportunity to hear inspiring stories of business operations, and learn about cultural differences and personal development from the outstanding professionals. The Sunnies walked through the streets with students from Fudan University, and discussed and shared the similarities and differences of their homeland. The visit to Shanghai City Planning Museum and Yangshan Deep-Water Port aroused students' interest in the contemporary development of the city. They also explored the history of Shanghai at seminars in Fudan University and through a visit to the Shanghai Jewish Refugees Museum. To better equip the students for their career development, Mr. and Mrs. Malcolm Au kindly invited the group to their home for a sharing session with young entrepreneurs. The Sunnies acquired knowledge of the social, economic and cultural landscapes in Shanghai. With their new friends, they gained the wisdom and strength to embrace diversities and challenges.

上海專業研習計劃讓同學透過專業研習以第一身角度了解商業運作與中國經濟發展。伍宜孫書院與復旦大學志德書院的同學遠赴上海及浙江安吉，參觀茶園、農場、竹業公司及電子商貿孵化器等處，了解創新創業的概念如何與鄉村經濟互相配合，同時討論及分享上海與香港的異同。同學亦到上海半島酒店、騰訊、馬克華菲、杉德銀卡通、游族網絡及可可空間參與專業研習，了解機構日常營運，體驗真實職場的滋味，從而開拓思維，放眼世界。同學又把握機會，向各大企業的管理層了解關於企業營商、文化差異及個人發展的挑戰。同學亦應邀到知名企業家區文中伉儷家中作客，與來自香港及內地的年青企業家交流個人發展及創業心得，並分享他們對實習及中國發展的意見，收穫甚豐。三星期的行程讓同學全面認識上海的社會、經濟及文化面貌，亦結識新友伴及良師，思考自己的特質及潛能，以開放的態度接納及面對不同意見。



在五月二十一日至六月十日，我參加了上海專業實習交流計畫。期間與復旦大學的同學到浙江安吉考察，之後進入游族網絡進行實習。

安吉的整個行程的安排緊湊，我們參觀了許多企業，深入了解安吉企業如何幫助推行「美麗鄉村」的建設。同學經過幾日的行程後分組進行報告，分享見聞。

在游族網絡的實習中，我被安排到人事部進行實習。當時洽達公司招聘內地實習生，因此我能直接參與招聘的整個流程。從看簡歷、打電話通知應聘者、發送電子郵件等招聘流程，深入了解人事部的工作細節。

除了考察安吉和進入公司實習之外，我們更與復旦大學的同學們建立了友誼，亦結識了書院不同年級、主修的同學。

施昱坤（環境科學二年級）

起初以社會創新的概念理解可可空間這類型的企業，但實際深入瞭解後發現，它與想像中的樣貌相差甚遠。可可空間是順應著中國政策「大眾創業，萬眾創新」而設立的眾創空間，為欲創業的初始小型企業提供辦公空間與資源，以投資這些項目作為營利手段。原先以為會是團隊間彼此激盪想法、相互討論的辦公室生態，但看到的更多是分析各個項目前瞻性的商業模式運營。

而在區文中先生家中的年輕企業家分享，則是完全不一樣的體會：與自身年齡相差不多的企業家中理解大學與工作的連結，包含多領域實習的嘗試，並在大小企業間選擇適合自己的工作場域；又或是捨棄鐵飯碗以追求樂在其中的工作；也可以是在特定的領域深耕堅持多年，最終闖出一番名堂。

總的來說，透過實際進入企業研習以及與年輕企業家交流，讓我對於上海以至部份的中國藍圖與脈絡有更加清晰的理解，也汲取許多人生經歷作為未來方向的參考，收穫良多。自由活動時間裡看見的上海城市景貌也令人歎為觀止，蓬勃發展的外賣服務在街上四處可見，諸如微信支付及支付寶便捷進步的付款方式相當普及，呈現出一個都市的快速發展。將這些所見所聞帶回香港，甚至帶回我的家鄉台灣，猛地發覺有許多地方足以借鏡與學習。

沈欣儒（專業會計學一年級）

Date 日期 21/5 – 10/6/2017

Leading Teacher 領隊老師

Prof. Kelvin K.F. Tsoi 蔡錦輝教授
Stanley Ho Big Data Decision Analytics
Research Centre
何鴻燊海量數據決策分析研究中心

Professor Kam-fai Wong 黃錦輝教授

Department of Systems Engineering and
Engineering Management
系統工程與工程管理學系

Participants 參與同學

Financial Service Sector 金融服務組別

Jun-ho Thai 戴俊利 (Quan. Fin. & Risk Mgt. Sci./ 2)
Man-ho Wong 黃文浩 (IBBA/ 2)
Yuet-yiu Wong 王悅堯 (Global Econ. & Fin./ 1)
Di Wu 吳迪 (Quan. Fin./1)

Hotel Sector 酒店業組別

Wei-chieh Huang 黃偉傑 (IBBA/ 1)
Zhiyi Wang 王之儀 (Economics/2)

Interactive Entertainment 互動娛樂組別

Yue Chen 陳玥 (IBBA/ 1)
Yukun Shi 施昱坤 (Environmental Science/2)

Internet Service Sector 科網企業組別

Tsz-yin Cheung 張子然 (Info. Engin./2)
Xinyu Han 韓欣宇 (IBBA/ 1)
Cheuk Pan Leung 梁卓斌 (Economics/2)
Hengshen Rong 容恒樂 (Statistics/1)

Retail E-commerce Sector 零售與電子商貿組別

Ka-kin Cheng 鄭家健 (IBBA/ 1)
Ching-wen Huang 黃靖雯 (IBBA/ 1)
Ho-ye Wong 黃浩儀 (Japanese Studies/4)

Social Innovation Sector 社會創新組別

Hsin-yu Shin 沈欣儒 (Prof. Accountancy/1)
Nuannuan Wu 鄔暖暖 (IBBA/ 1)

Acknowledgement 鳴謝

Chamber of Commerce Shanghai City Xu
Hui District 上海市徐匯區工商業聯合會

The Peninsula Shanghai, Tencent, Mark
Fairwhale, Sand Bankcard-link, Shanghai
Fortune Tech Group & Hongrun Construction
上海半島酒店、騰訊、馬克華菲、杉德銀卡
通、游族網絡及可可空間

Zhide College, Fudan University 復旦大學
志德書院

Mr. and Mrs. Malcolm M.C. AU 區文中伉儷

Participants and Destinations

參與同學及目的地

Austria 奧地利

Ho-kiu Ip 葉可翹 (IBBA/ 4)

Cambodia 柬埔寨

Yiu-joe Leung 梁耀祖 (Medicine/ 2)

Canada 加拿大

Sai-yu Chan 陳世耀 (Medicine/ 2)

Meihua Luo 羅鎂華 (Social Science/ 1)

China 中國

Chia-jung Hsu 許家榮 (IBBA/ 1)

Yuk-shing Lam 林育城 (Economics/ 3)

Siu-ping Lam 林小冰 (Journal. & Comm./ 5)

Tsz-kin Li 李梓健 (Gov. & Public Admin./ 4)

Denmark 丹麥

Zhi-yi Wang 王之儀 (Economics/ 2)

Chung-wai Yau 邱頌偉 (Medicine/ 2)

Egypt 埃及

Wai-hung Ng 吳偉雄 (Chin. Lang. & Lit./ 4)

Ka-wing Yip 葉嘉泳

(Phys. Edu., Ex. Sci. & Health/ 2)

Finland 芬蘭

Wai-shan Lui 呂璋珊 (Chin. Lang. & Lit./ 2)

Man-kit Choi 蔡文傑 (Public Health/ 3)

Ka-lung Chui 徐嘉隆 (Prof. Accountancy/ 3)

Iam-chi Kuai 季欽智 (Cultural Mgt./ 3)

France 法國

Joycelyn Grace Chan 陳芷莹 (Medicine/ 2)

Wai-tung Chan 陳韋彤 (Cell & Mol. Biol./ 2)

Germany 德國

Kwai-sheung Lo 羅桂嫦

(Gov. & Public Admin./ 5)

Greece 希臘

Ka-wai Chan 陳嘉慧 (Gov. & Public Admin./ 5)

Israel 以色列

Xiaolei Jin 金曉磊 (Hotel & Tourism Mgt./ 5)

Tsz-ching Lum 林紫晴 (Chin. Lang. & Lit./ 3)

Christy Y.C. Kwok 郭芷靜

(Int'l Business & Chin. Enterprise/ 4)

Japan 日本

Kwan-tsun Ha 夏鈞俊 (Medicine/ 2)

Korea 韓國

Cho-tung Chow 仇楚彤 (Nursing/ 1)

Cheuk-yan Lau 劉卓欣

(Eng. Studies & Eng. Lang. Edu./ 2)

Hei-tung Leung 梁晞彤 (Medicine/ 1)

Kazakhstan 哈薩克斯坦

Wing-tung Ho 何穎彤 (Env. Sci./ 3)

Ka-cheung Law 羅嘉祥 (Env. Sci./ 3)

Lao PDR 老撾

Ka-chun Cheng 鄭家駿

(Gov. & Public Admin./ 4)

GLOBAL LEARNING AWARD SCHEME**寰宇學習獎勵計劃**

The Global Learning Award Scheme aims to encourage students to create, design, plan or participate in non-local academic or experiential learning programmes in order to broaden students' international perspectives and enrich their experiences. Some students applied for overseas programmes to attend major-related courses or pick up a third language. Apart from that, there are some students who initiate their own programmes and go abroad to realise their dreams. For example, four students formed a group and visited Baltic States including Lithuania, Estonia and Latvia to learn the history, culture and development of those countries which once belonged to former Soviet Union. Moreover, a student went to Nepal for the Mount Everest Base Camp Trek to explore the changing culture and environment there.



這次哈薩克之旅十分精彩，我們不但體驗到傳統桑拿，更能品嚐地道的哈薩克菜，例如馬肉、馬腸及羊肉鍋。他們的飲食文化亦很有趣，前菜十分多元化及份量很多，然而主菜份量十分少，和香港飲食文化大相逕庭。在厄斯克門的最後一天，民宿主人和我們喝伏特加，象徵高興地歡送朋友，十分有趣。而我曾經問過當地的翻譯，為何他們無須開空調，她反問我：「為甚麼要開？既不環保又容易生病。」她們的態度實在值得我們學習。此外，她認為哈薩克有很多不同種族的人，但都能和平共處，是十分難得的。現在某些地方的人民飽受戰亂影響，和平的確難能可貴，而在香港，我們應珍惜得來不易的和平。

我最喜歡的地方是峽谷，住在哈薩克包中，就如露營般有趣。厄斯克門也很好，然而當地有一種蟬，若被咬到便要到醫院即時治理，一旦發病，死亡率亦很高。即使我們做好預防措施，我們同行還是有三人被叮，印象不太好。而阿拉木圖剛如一般大城市，滿是摩天大廈，不過在這裡我們能到訪雪山和體驗俄式桑拿，是非常獨特的經驗。透過這次考察，我了解到哈薩克這個神秘的國家，體驗到當地的風土民情，認識到當地的特有物種，甚至在搬運飲用水進大峽谷的過程中，明白到大自然資源的珍貴。能到訪鮮有耳聞的國家，實在是難得的機會。只有親眼看到宏偉的大峽谷、壯麗的雪山才能體會到大自然的魔力，感激寰宇學習獎勵計劃讓我能有探索其他國家、拓闊視野的機會。

羅嘉祥 (環境科學三年級)

In this inspiring tour, I gained the opportunity to visit some of the very successful and new startups in Israel, and attend various innovation and entrepreneurial focused lectures held by Hebrew University. Israel is indeed a very interesting and unique country, both politically and economically and I am impressed by its success on turning itself into a startups nation, despite the unstable circumstances ahead of them. I am sure with more future collaborations among Hong Kong, the Mainland and Israel economically and culturally, each party can exploit the competitive advantages of one another and to benefit the most out of the new era of innovation.

After the tour, I have conducted in-depth research on the startup ecosystem of Hong Kong. I believe with the support of the government and international entrepreneurs to take Hong Kong as a testing ground or gateway to the Asian market, a potentially large market is ready for Hong Kong to accommodate and nurture more startups in the future. I do believe Hong Kong can achieve its goal and transform into a knowledge based society, leveraging on new technologies and innovations to build up a smart city by 2030.

Christy Y.C. Kwok

(International Business and Chinese Enterprise/ 4)

寰宇學習獎勵計劃旨在鼓勵同學創造、設計、策劃或參與非本地學習或其他體驗活動，從而建立廣闊的國際視野並豐富其經歷。有不少同學報讀海外暑期課程，增長學科知識，亦有同學善用假期學習外語。除此以外，亦有不少書院同學親自設計和籌劃活動，將自己的想法付諸實行，例如：四位同學組成小組前往波羅的海國家，包括立陶宛、愛沙尼亞和拉脫維亞，學習這些前蘇聯國家的歷史、文化和發展。另外，亦有書院同學選擇到尼泊爾登上珠穆朗瑪峰大本營，探索它正面臨的氣候及文化轉變。



Throughout the ten-day programme, I have learnt a lot about Japanese culture and language. In these ten days, I have spoken Japanese a lot with different people whom I met in Japan. My confidence in speaking in Japanese has increased a lot.

The activity that I enjoyed the most is surely the homestay programme. Although it was just a short homestay for two days, I have chatted a lot with Imamura's family and we had a really nice weekend. He shared with me many things about his life and I also introduced my own city and its characteristics.

Also, I have got a taste of the Japanese culture from the workshops of kimono fitting and sado. If I have a chance, I would try to further explore the Japanese culture in the future.

In conclusion, although this is just a short-term programme, I have really experienced a lot here in Kagoshima. This programme is really a great one!

Kwan-tsun Ha (Medicine/ 2)



'One day, I will live in Estonia!' That was what I told myself the day I was on my way back to Hong Kong. Remembering that a long time ago, I read an article about the rapid development of technology in Estonia, which said the citizens there can simply use their ID card to apply for schools, take medicine, transfer money, or even vote for the parliamentary candidates online, I said 'I must go to Estonia to experience all these!' That was why I decided to go on this trip.

Twenty-five years ago, Estonia was a poor country with no telephone network. Today, Estonia has the largest Wi-fi coverage in the world, and one of the leading advocates in Europe for STEM education. As we learnt from Lok's words and the E-Estonia showroom, the Estonian government has put great effort in favouring its development in e-commerce and IT industry. After witnessing the advance of Estonia, my wish to live in Estonia has been strengthened! Next time I visit here, will be the time that I settle for life!

Wai-shan Lui (Chinese Language and Literature/ 2)

Participants and Destinations

參與同學及目的地

Nepal 尼泊爾

Chun-kit Chan 陳俊傑 (Geog. & Res. Mgt./ 4)

Poland 波蘭

Wing-yu Ng 伍詠如 (History/ 4)

Romania 羅馬尼亞

On-ting Chan 陳安婷 (Nursing/ 2)

On-yin Foong 馮安然 (Cultural Mgt./ 2)

Serbia 塞爾維亞

Qian He 何倩 (Law/ 4)

Singapore 新加坡

Wing-yu Fung 馮穎愉 (Medicine/ 4)

Ching Man 文靖 (Journal. & Comm/ 4)

Korea 韓國

Ching-yi Tsang 曾靜怡 (Nursing/ 4)

Malaysia 馬來西亞

Kai-ho Yu 余啟豪 (Environmental Science/ 2)

Mongolia, Russia 蒙古、俄羅斯

Yee-ting Chan 陳懿婷 (Geog. & Res. Mgt./ 3)

Tsz-ching Lum 林紫晴 (Chin. Lang. & Lit./ 3)

Nim-chi Yu 余念慈 (Sociology/ 3)

Poland 波蘭

Ho-yin Lau 劉皓然 (History/ 3)

Spain 西班牙

Hoi-tung Yeung 楊愷彤 (Arc. Studies/ 3)

Sri Lanka 斯里蘭卡

Jeremiah Seeaay Chan 陳思偉 (Medicine/ 2)

Taiwan 台灣

Sum-yue Chung 鍾芯豫 (Geog. & Res. Mgt./ 2)

Ukraine 烏克蘭

Ka-tsun Lee 李嘉浚 (IFAA/ Quan. Fin./ 1)

United Kingdom 英國

Yip-fung Chong 莊業豐 (Law/ 4)

Hangu Chen 陳含谷 (Prof. Accountancy/ 2)

Tin-yan Lee 李天欣 (Medicine/ 4)

Lun-yiu Nie 聶麟驍 (Prof. Accountancy/ 2)

Emily T.Y. Tong 唐天恩 (Medicine/ 2)

Hok-tsz Wong 黃學孜 (Medicine/ 2)

USA 美國

Claudia W.K. Chan 陳穎琪

(Biomedical Engin./ 3)

Tong-ka Chan 陳唐嘉 (Science/ 2)

Laura L.W. Leung 梁樂樺 (Medicine/ 2)

Yuk-ching Li 李鈺澄 (Science/ 1)

Ka-lok Lo 羅嘉洛 (Physics/ 3)

Man-tsun Wu 胡文津 (Physics/ 2)

Hui-see Wu 胡曉思 (Physics/ 2)

Chiu-chun Yang 楊智鈞

(Global Business Studies/ 3)

2017 SUMMER RETURN VISIT

二零一七年度暑期互訪計劃

Over 40 teachers and students from Chungying College of Xi'an Jiaotong University, Kuang Yaming Honors School of Nanjing University, University of Electronic Science and Technology of China and Zhide College of Fudan University visited our College and had a one-week exchange programme with our 11 College students in July. In line with the programme theme 'Mental Health', the delegation visited The New Life Psychiatric Rehabilitation Association to have a better understanding of mental health in Hong Kong. Furthermore, thanks to the arrangement of CUHKFAA Chan Chun Ha Secondary School, our delegates had a chance to visit the school to learn more about the structure of secondary school and students' school life in Hong Kong. They also toured the Fok Ying Tung Remote Sensing Science Building. Highlight of the programme was the social service day, which allowed participants to visit social enterprises and NGOs, have lunch in social enterprise restaurants and provide service to the elderly, mentally ill people and those who have recovered from mental illnesses by playing games and chatting with them.

超過四十位來自四所內地院校，包括西安交通大學仲英書院、南京大學匡亞明學院、電子科技大學政治與公共管理學院，以及復旦大學志德書院的師生，於七月來訪伍宜孫書院，與書院十一位學生進行一星期的交流。為配合是次回訪計劃的主題「精神健康」，參與同學一起參觀新生精神康復會以加深對香港精神健康狀況的認識。此外，得到香港中文大學校友會聯會陳震夏中學的悉心安排，參加者到訪該校與學生交流，藉此了解香港中學體制和校園生活，他們更參觀霍英東遙感科學館。而計劃的亮點就是「服務體驗日」，參加者不但到訪社會企業及慈善組織，還在社會企業餐廳享用午膳，更與長者、精神病患者及康復者進行互動，和他們玩遊戲及聊天，為他們提供服務。

Date 日期 23 - 29/7/2017

Participants 參與同學

Cheuk-yu Chan 陳倬仔 (IBBA / 2)

Chi-wai Chan 陳梓維

(Eng. Studies & Eng. Lang. Edu. / 2)

Sau-shan Cheng 鄭綉珊 (Biochemistry / 3)

Ho-yin Fung 馮浩賢 (Computer Engin. / 5)

Sing-sin Lee 李星倩 (Chin. Lang. Edu. / 4)

Ping Ngai 魏平 (Biochemistry / 4)

Hengshen Rong 容恒樂 (Statistics / 1)

Yuen-sze Sheng 盛苑詩 (Geog. & Res. Mgt. / 1)

Yukun Shi 施昱坤 (Env. Science / 2)

Lee-kuen Wong 黃莉娟 (Nursing / 1)

Tsz-ki Yip 葉芷期 (Mathematics / 2)

Partner Schools 合作院校



Zhide College
Fudan University
復旦大學志德書院



Kuang Yaming
Honors School,
Nanjing University
南京大學匡亞明學院



Chungying College,
Xi'an Jiaotong
University
西安交通大學仲英書院



School of Political
Science and Public
Administration,
University of
Electronic Science
and Technology of
China
電子科技大學政治與
公共管理學院



這次交流可以說是我自己對義工活動去污名化的過程。學習中，「復元」這個概念給我留下了很深的印象，我明白了不應該把康復者當作是病人，而是一個獨特的個體，給予他們足夠的尊重。

復旦大學志德書院
關欣欣 (社科二年級)

此行短暫卻讓人感觸頗多。熱情的伍宜孫書院老師和同學以自己的熱情和行動詮釋了何為「博學篤行」；以「精神健康」為主題的系列講座讓我們瞭解了香港地區的精神健康狀況；參觀新生康復會、看到庇護工廠的工人工作，我深刻地理解了什麼是「復元」……

電子科技大學政治與公共管理學院
李騰歡 (行政管理 二年級)



此行各校精英薈萃，與之交流獲益良多，更有伍宜孫書院精心準備的精神健康交流主題，讓我更深入的瞭解了地域差別，取長補短，可謂不虛此行。

南京大學匡亞明學院
周逸頤 (生物化學 二年級)

丁酉酷暑赴香港，
尋覓心理何為康。
四校齊聚伍宜孫，
相互交流同成長。
陳中勉勵求進步，
新生會裡探復康。
救世軍旁行不流，
慈山寺佛開心光。
實踐路上奮求索，
寶貝仙女揚帆航！

西安交通大學仲英書院
張瑞 (生物醫學工程二年級)

MENTORSHIP PROGRAMME 師友計劃

SUMMER CAMP WITH CUHKFAA CHAN CHUN HA SECONDARY SCHOOL

伍宜孫書院 X 香港中文大學校友會聯會陳震夏中學「我與中大早有約」暑期生活營

Nine student mentors from the College had designed and organised the second Summer Camp with CUHKFAA Chan Chun Ha Secondary School since May, with the aim to explore and reflect the ideal university life with 30 secondary 5 students. Some of the student mentors are the mentees of our College Mentorship Programme. They put what they have learnt from their mentors into enhancing the learning motives of secondary students. The experience also reminded them to reflect upon their future development. Through a series of games and sharing, student mentors showcased different options of university life where the juniors may turn the challenges into opportunities. Professor Patrick W.L. Leung, Chairman of College Student Counseling and Disciplinary Committee and Chairman of Department of Psychology, also encouraged students to be aware of the self-fulfilling prophecy and sharpen their critical thinking skills in his talk about psychology. Professor Man-hong Lai, our College Dean of Students, motivated students to take every opportunity to learn from the challenges ahead. The enrichment gained from the camp was presented in creative forms like video, drama and comics by the secondary students on the last day.

九位伍宜孫書院學生友師從五月份開始籌備「我與中大早有約」暑期生活營的活動，期望與三十位中五學生一起探索及反思大學生活。部分學生友師為書院師友計劃學員，將其學長傳授的經驗學以致用，加強中學生的學習動機，亦藉此提醒自己思考未來的目標。學生友師透過遊戲及簡介分享自己對大學生活的選擇，鼓勵後輩將多種可能性轉化為機會。書院學生輔導與紀律委員會主席及心理學系系主任梁永亮教授亦藉著心理學講座，鼓勵同學多角度思考；書院輔導長黎萬紅教授也勉勵同學學習面對挑戰。中學生深有體會，最後以影片、短劇、漫畫等形式匯報其學習成果。



I joined the College Mentorship Programme when I was in year two. At that time, I was very confused with what I wanted to achieve in my future. My mentors encouraged me to explore more by joining different activities and internship programmes. Their advice and sharing made me understand that there are a lot more possibilities than I thought there were.

Looking at the high school students, I felt like going back to the old days, when I was fighting with DSE and finding my dream. It is normal to get frustrated at certain points of life, and I still remembered how my mentors supported me through all those stages. They might not give me concrete answers telling me what the next step would be, but the encouragement and guidance meant a lot. Hoping to pass on the love and care from one generation to the next is the reason why I joined this camp.

Through sharing with the high school students our experience and life in the University, we also have a golden chance to reflect upon our growth thoroughly. More importantly, the high school students and the Sunnies have become good friends, and we still keep in contact with each other. I savour this special experience with these energetic students indeed.

Ho-kiu Ip (Integrated BBA/4)

It was enlightening to meet my mentors who were eager to share their own thoughts and experience with us. Their sharing not only provided me with a deeper insight onto the industries in which I was interested in, but also what they regarded as crucial qualities in life.

The three-day camp is definitely a joyful and enlightening journey. While I tried to guide my mentees to think about their campus life and future career, I found myself at the same time reflecting on mine. Through holding different activities, I realised the importance of leadership skills, and after hearing some positive feedback from my mentees, a sense of satisfaction crowded into my mind.

The experience not only provides me with the opportunity to hone my communication skills, but most importantly, to build precious relationship with people from different generations – both older and younger ones. It is always inspiring to meet people with different backgrounds and exposing oneself with new ideas and values, and recognise how others see things different from ourselves. With the new insights, we could reflect upon ourselves and become a better person.

Man-hin Chong

(Insurance, Financial and Actuarial Analysis/ 2)

Date 日期 17 – 19/7/2017

Participants 參與同學

Yi-tak Chan 陳意德 (Cultural Mgt./ 5)
 Man-hin Chong 莊文軒 (IFAA/ 2)
 Yuk-wun Ho 何鈺媛 (Prof.Accountancy/ 4)
 Ho-kiu Ip 葉可翹 (Integrated BBA/ 4)
 Sing-sin Lee 李星倩 (Chin. Lang. Edu./ 4)
 Cheuk-pan Leung 梁卓斌 (Economics/ 2)
 Cheuk-long Ma 馬卓朗 (Social Science/ 1)
 Wai-lok So 蘇璋樂 (Biology/ 4)
 Yuen-kiu Tang 鄧沅翹 (Science/ 1)

Partner School 合作學校



CUHKFAA Chan Chun Ha Secondary School

香港中文大學校友會聯會陳震夏中學

STUDENT ACHIEVEMENTS



學生殊榮

Congratulations to the Sunnies! Hanniel H.N. Chow was awarded the prestigious HSBC Overseas Scholarship for his excellent academic result and distinguished accomplishments in sports and music, who will be supported by the scholarship to spend an academic year as an exchange student in University of California, Los Angeles in 2017/18. Wai-lok So and Tsz-ming Lo were also awarded the HSBC Hong Kong Scholarships for their academic excellence and their commitment to serving the Hong Kong community. Ka-chun Cheng was awarded the CUHK Convocation Outstanding Campus Service Award this year, out of the nine nominees from the nine colleges, for his active and enthusiastic participation in College activities through the years. Our heartiest congratulations to all of them!

恭喜周漢聶同學獲頒滙豐海外獎學金！周同學於學術成績、運動及音樂方面都表現出眾，他將獲全額資助於二零一七至一八學年到美國洛杉磯交流。蘇瑋樂同學及羅子明同學亦獲頒滙豐香港獎學金，表揚他們在學業及社會工作上的傑出表現。鄭家駿同學於九間書院的候選人中脫穎而出，獲大學頒發傑出校內服務獎，嘉許他在過去數年對書院的貢獻及成就。再次恭喜各位得獎同學！



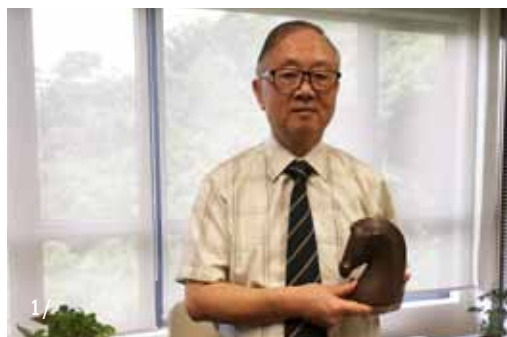
Hanniel H.N. Chow 周漢聶 (Psychology/ 3)



Wai-lok So 蘇瑋樂 (Biology/ Class of 2017)



Ka-chun Cheng 鄭家駿
(Government and Public Administration/ 5)

GALLERY
書院生活點滴

1/



2/



2/

Farewell to the Founding College Master,
Professor Rance P.L. Lee
歡送創院院長李沛良教授

1/ After seven years of service in the College, Professor Rance P.L. Lee, the College Founding Master, waved goodbye to our fellow Sunnies and members. To thank Professor Lee's contribution to the College all along, Wu Yee Sun Charitable Foundation hosted a farewell dinner and presented to him a 'Horse Head' sculpture, thanking him for his leadership in founding the College.

創院院長李沛良教授於服務書院七年後正式榮休，為感謝李教授多年來的工作，伍宜孫慈善基金會於七月為李教授設宴，並贈予雕塑，以感謝他對書院的領導及貢獻。

2/ Mr. Philip Li, a mentor in our Mentorship Programme, also organised a farewell dinner in honour of Professor Lee, thanking him for setting a solid foundation for the College. Two other mentors Mr. Raymond Wong and Mr. Tony Leung and a group of mentees from Wu Yee Sun College and Chung Chi College were invited to join the dinner. A souvenir was designed and presented by the mentees to Professor Lee, wishing him a happy life after retirement.

李永權先生（書院師友計劃學長）亦於同月設宴歡送李教授，感激他為書院建立穩固的基石。另外兩位學長黃志新先生及梁家棟先生與一眾伍宜孫書院及崇基學院的同學亦一同恭賀李教授榮休，並贈予親自設計的塑像，祝願李教授退休生活幸福美滿。



3/



4/



5/

Visiting Delegations
訪問團來訪

3/ About 320 local and international students from Summer Institute 2017 attended our College introduction talk in July. The Programme was organised by Office of Academic Links, offering the participants the opportunities to gain insight into adapting to the university learning environment as well as to experience the campus residential life.

超過三百二十位參與大學暑期計劃的本地及外地同學，於七月中旬來訪書院。是次計劃由大學學術交流處舉辦，讓即將選報大學的學生體驗中大課堂及宿舍生活。

4/ A group of school counsellors visited CUHK in May. A guided tour was led by our student ambassadors and the group visited the College hostel rooms and the associated facilities provided for student residents. 約十位輔導員於五月到訪中大，書院學生大使於書院校園遊為到訪人士介紹宿舍及其設施，並分享書院生活點滴。

5/ Organised by the Office of Academic Links, Professor Ramon Saldivar, T. Robert and Katherine States Burke Family Director of Stanford University Bing Overseas Studies Program and Ms. Irene Kennedy, Executive Director of Stanford University Bing Overseas Studies Program and Associate Vice Provost for Undergraduate Education visited CUHK and the College in July. Professor Anthony T.C. Chan greeted the guests with a few Stanford University alumni working at CUHK. The delegation was impressed by the diversity of space dedicated to student activities such as our Creativity Laboratory and House of Sunny Living.

由學術交流處主辦，史丹福大學訪問團於七月到訪中大及書院，陳德章教授聯同於中大工作的史丹福大學校友接待訪問團，來訪人士均被書院多樣化的學生活動設施所吸引，對創意實驗室及如日坊印象尤深。

LET'S SHARE

師生分享



Professor Man-hong Lai 黎萬紅教授

Professor Lai is the new College Dean of Students. She is the Associate Professor at the Department of Educational Administration and Policy.

Welcome back to the campus life! Although you will be busy planning your studies and activities at the beginning of this new academic year, I am sure you are also excited about the prospect of meeting more new friends, teachers, members and staff at Sunny College. I am looking forward very much to meeting you all during the year to come. Although you are undoubtedly making numerous decisions of your own about how to enrich your College and university life, I would like to share a few tips, so that you can enjoy your time at Sunny College even more.

Enjoy experiential learning:

We all have dreams or imaginations upon a fruitful life. However, we might not really be putting every thought into practice. Colleagues at Sunny College would thus like to provide as many opportunities for you as possible. Through participating in various activities which is the important opportunities of experiential learning, you will go through the process of knowledge generation, reflection, consolidation, and application for further experience. You can then learn new knowledge and bring in new elements as well as ideas into your daily life. Service-learning, internship, exchange programmes and many more activities will give you a unique opportunity to enrich your experiential learning. The College will also invite professionals to consolidate this aspect. Seize your opportunities!

Nurture generic skills:

Another wonder of College life is the diversified learning you might not find in formal classroom learning. At the College, with peers from all backgrounds, you will be able to interact with friends who have different mindsets and learn to see things from different angles, and then cultural capital will be accumulated. Generic skills, including initiative, problem-solving skills, teamwork, and communication skills, can be acquired during your interactions in this integrated community; possessing these skills will make it much easier for you when you join the workforce. So why not drop by Creativity Lab and other student associations, meet more friends and explore ideas you might never have thought of? A casual chat with your neighbour could also bring you new insights. Don't be shy!

Develop your lifelong hobby:

University life is the important stage between secondary education and work life. While schoolwork and your future career have a high priority in your life, your hobby is of equal importance. Engaging a hobby can help you maintain a balance between your work and the leisure time of your life and improve the quality of life. What we at Sunny College want to do is to create an environment where students can live a contented life: this is the key to Sunny Living.

I hope the above tips will help you enjoy a sunny and enlightening College life with fellow Sunnies. Please don't forget to say hi when you bump into anyone of us; we are always ready to hear what you have to say about College life.



周漢轟同學 (心理學三年級)

周同學獲頒滙豐海外獎學金，獎學金金額超過港幣十六萬元。他將於本年九月負笈美國加州大學洛杉磯分校交流學習一年。周同學主修心理學，副修音樂，除了學業成績出眾以外，更是運動及音樂好手。他曾入選香港田徑隊，為男子3,000米障礙賽及4x1,500米接力香港青年紀錄保持者，並奪得多項精英運動員殊榮。副修音樂的他擅長演奏鋼琴及夏威夷小結他。他希望能學以致用，到加州大學洛杉磯分校研讀心理學，將來成為臨床心理學及音樂治療方面的專才。

他們說我是文武全才的中大學生，真的是這樣嗎？說自己沒有為這媒體的誇許自豪過是一種虛偽。但回頭細想，這真的只因我努力而擁有的成就嗎？卻也不是。說到底，我是個幸運的人，或是上帝在背後默默安排吧。其實，我是個知其然而不知其所以然的得獎者。

申請這獎學金的過程困難重重，我在當中多次想放棄，但每一次我都對自己說：「將這份麻煩的表格也填好吧，不過是麻煩一點，連這種小事都做不了，將來要怎麼做大事？」一次又一次，我的申請表出現錯漏，被獎學金組退回表格，但我又奇蹟地一次又一次的堅持著。過程中又因累積學業成績平均積點 (cGPA) 下跌，差點失去申請下屆獎學金的資格，幸得教授幫助，透過上訴令cGPA再次越過申請的門檻。然而在第二輪面試，又因面試表現未如理想，覺得自己根本上不可能得到這獎學金。每當我想起之前一切努力將要付諸流水時，我的心中便是一味的酸澀。也許上帝想跟我開個玩笑吧，四月底，我竟收到滙豐的通知，我得獎了。倏忽，我得以脫離家庭經濟制肘到美國交流。但到今天，若我真要回答「你覺得你為何會取得這獎學金？」一問時，我會說：「其實我就是一直堅持做一些看不到希望，甚至自己討厭的事。也許我傻氣的堅持感動了上帝，最後，我便知其然而不知其所以然的取得獎學金了。」

直至今日，我在人生不同的問題上都面對著各種難關。至少，其中一個是自我懷疑吧。在運動上，面對每一場跑得差的比賽，做得不好的訓練，我都不免會質問自己到底有沒有足夠的能力繼續走下去。音樂上，我常常覺得自己技巧不如很多有音樂才華的人，至少，我會覺得身邊很多音樂人的能力比我強。學業方面，其實我已有無數個測驗或功課「Below Mean」。在我日常的掙扎中，其實我完全看不出自己是媒體報導中的那一個人。相反，我是一個跟所有人一樣，為生活種種難題掙扎的人。有時，我能說服自己不與他人作無謂的比較，但有時，我也會覺得別人有的比我更好，會羨慕他人的生活。說到自己的缺點，我是個自大的人，有時會讓人心感不適。但自大的反面就是自卑，有時在自己與人比較中我雖未曾「覺得自己係零」，但我也會覺得自己很差和有所不足。

說到這裡，可能你會發現我不過是個跑得快一點，興趣多一點，幸運一點的普通人吧。對，這就是我。請不要相信媒體中那個面對成敗得失能輕易一笑置之的是真實的我，事實是，我面對難關時也會不斷跟朋友訴苦，有時甚至有些杞人憂天。面對這些情況的你並沒有錯，因為這就是人生。

人生就是充滿掙扎的。我冀以胡力威師傅的說話共勉：「人唔掙扎同條鹹魚有咩分別？」但願各位Sunnies都會走出迷惘的幽谷，終得到生命的冠冕。





Go Green! Be Sunny!

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

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

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

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