

THE SUNNY POST

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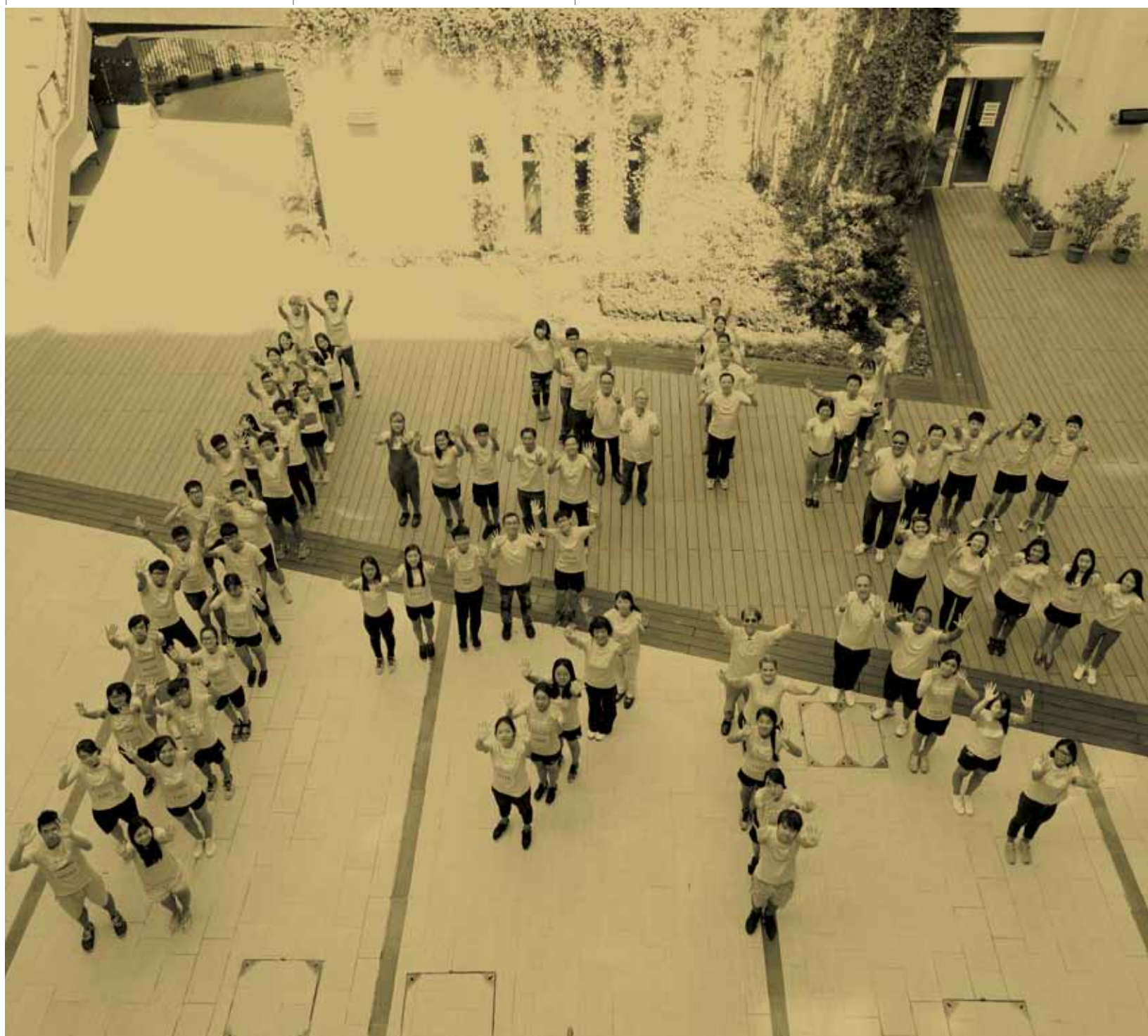
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LAYING FOUNDATION FOR THE FUTURE

Tenth College Anniversary

In the past ten years, Wu Yee Sun College has turned from blueprints to the upright icon in the western valley of the University campus. The Sunny College has cultivated students with the same vision and help them radiate caring qualities with passion and care towards the society. All members of the College gathered to celebrate its tenth anniversary and its development throughout the years, not just with songs and dances, but also creativity and green in action.



為未來奠基

書院十周年院慶

十年之間，伍宜孫書院從一紙藍圖成為香港中文大學的其中一員，屹立於校園西面的翠綠山谷。書院致力培養充滿陽光氣息的同学，為社會作出貢獻，轉瞬十載。在這個特別的日子，書院師生齊聚，同賀書院十年來的成長。而在歡慶當中，同學載歌載舞之餘，亦不忘彰顯創意及環保精神。



TRIBUTE TO OUR FOUNDING MEMBERS

In the sunny morning on 3 November, nearly 300 Sunnies, College members and friends from CUHK gathered at the College Courtyard to kick start the celebration.

Professor Anthony T.C. Chan, College Master, shared his ambition on the College at this special moment. He was thankful to the members' and Sunnies' support to the development of the College and hoped that everyone would enjoy the celebration and lead a sunny life.

While the College would not have such a flourishing development without the senior Sunnies' hard work, Professor Rance P.L. Lee, the Founding Master's lead was vital to the College's solid foundation. To express all Sunnies' gratitude towards Professor Lee, a tree planting ceremony

was carried out under the College members' witness. Camellia, the planted shrub, was of great tolerance to tough environments and could grow in acidic conditions, which was comparable to the determination of Professor Lee and the Sunnies in building the College despite the challenges ahead. Our Sunnies and College members then joined hands to pose for the anniversary photo with our Sunny logo fusing with the number 10, symbolising our '10th' anniversary. The cake-cutting ceremony for the Anniversary then highlighted the theme of this year's celebration: YeegyptSun.

The Round Campus Run which followed kicked off the series of celebrations in the next two weeks. More than 280 Sunnies and CUHK students ran along United College, New Asia College and

returned to our College. We are also honoured to have the support from athletic teams of Chung Chi College, New Asia College, Shaw College, S.H. Ho College and Lee Woo Sing College. Our College won the Champion among the keen competition!

INHERITANCE AND CREATION

In the celebration of the College's birthday, creativity and green were elements which could not be missed. The Sunnies brought in their unconstrained ideas to the campus, and prepared a series of events for fellow students.

'Hong Kong is joked to be a cultural desert, but we believe that Wu Yee Sun is the oasis of creativity here,' Chi-yan Chung (English/ 2), Secretary of the Administrative Section of the College Anniversary said. 'The Tenth Anniversary adopted



1/



3/



2/



4/

Promotion Team recalled.

Students then stepped into the Haunted House, which brought great excitement and fun. Unlike other haunted houses with all kinds of characters inside, the House with Egyptian spells was filled only with creatures from the ancient civilisation. King-yeung Li (Food and Nutritional Science/ 2), Person-in-Charge of The Haunted House recalled, 'Although the Egyptian theme restrained the characters and decoration we could involve in the game, we managed to enhance the mysterious atmosphere with our utmost imagination and ensured participants' enjoyment during their walk.'

Sunnies found themselves lost in the Maze at another night, and they figured the way out between the walls with finely painted Egyptian Gods. Participants were amazed by the fanciful and delicate work by their peers. Tsz-yin Cheung (Information Engineering/ 3), Person-in-Charge of

the Maze, was glad that participants enjoyed their adventure inside, and he found the whole process touching, like falling in love and losing the love afterwards.

GO GREEN AND BEYOND

While the Sunnies strived to bring new experiences to our fellow students and friends, they never stopped at mere creation. In the 523 Banquet and the Sunny Festival, Committee members invited all participants to join the green force: to celebrate with minimal disposal.

'When we were brainstorming on the 523 banquet for the Tenth Anniversary of our College, we came up with the idea to incorporate the spirit of Sunny Living into our Egyptian style banquet. Inspired by our College's slogan "Go Green! Be Sunny!", we aimed to reduce waste in the banquet and upcycle unwanted materials,' Yan Louie (Sociology/ 3),

Person-in-Charge of the Banquet said.

Before the Sunnies gathered at the 523 Banquet, they answered to the call in collecting plastic bottles in the hostel, which were upcycled to be decorative lightings in the evening. Hand lights used in the banquet were also recycled for future events. 'All materials that we used were recycled from previous College events. This is definitely the highlight of this year's 523 Banquet. On top of that, we also recycled all the materials we used for decoration in the event in order to make the Tenth Anniversary Banquet a zero-waste one!' Participation of all the Sunnies and College members made this Anniversary a more iconic one: to go green and protect our planet with imagination!

The Sunny Festival adopted another approach: bringing new insights in living a green life. Wai-tung Chan (Cell and Molecular Biology/ 3), Person-in-Charge of the Sunny Festival highlighted, 'Our

the Egyptian theme “YeegyptSun”, as the Sunnies are as tough as sand and are fearless towards adverse conditions, and they unite to carry on the heritage from the seniors and continue to build the pyramid of creativity which stands rock-firm in the desert. Much has to be devoted to develop an upright generation. We aim to promote not only our creativity, but also our love for the environment and our determination to protect it, turning the oasis into a forest.’ They are thankful to the founding members of The Sunny College and will inherit their efforts in bringing common good to the community. The theme echoed with the College’s name and its mission on cultivating creativity and it was hoped that all the Sunnies could join hands and unleash their imagination.

To bring Sunnies into ancient times, the

“ The first ten years laid foundation for our future. ”

Promotion Section decorated the College Gallery with giant Egyptian figures and a fine backdrop with inscriptions and paintings, opposite to the pyramid embellished with lights. ‘To attract more students, we used special rhythms in the promotion beats and Egyptian elements, so that students could understand the highlights of the activities more easily,’ Kam-ming Lau (Mathematics/4), Person-in-Charge from

1/ Tree Planting Ceremony to appreciate Professor Rance P.L. Lee’s contribution in founding the College

舉行植樹儀式以感謝創院院長李沛良教授的貢獻

2/ More than 280 students joining the Round Campus Run

超過二百八十人參與環校跑

3/ Participants solving mysteries in the Maze

師生於迷城中一起解答謎題



5/



6/



5/



6/

principle was to minimise possible waste. We took reference to night markets in Taiwan at which utensils could be loaned, and approached several suppliers in Hong Kong. However, we failed to find a partner. We were grateful that the CUHK Campus Planning and Sustainability Office introduced WeUse, a utensils loaning company, which shared similar views with us. Both parties even sponsored our event.’ Other than utensils ready on site for the comers, the organisers also encouraged participants to bring their own lunchboxes. With all the efforts, only three bags of waste were collected by the end of the Festival, which you could never imagine in other events of its kind. Through the green approaches, participants are inspired to lead a green life.

Professor Anthony Chan has been most impressed by the students’ enthusiasm and creativity in the celebration of the Tenth

Anniversary of Wu Yee Sun College. The Organising Committee in particular must be congratulated for demonstrating the spirit of perseverance in putting together the impressive series of programmes including the 523 Banquet, the Sunny Festival, the Maze and the Round Campus Run. At the Second Graduation Ceremony, Dr. Philemon Y.W. Choi, Guest of Honour, expanded on the College motto ‘Scholarship and Perseverance’ with ‘soul’ and ‘passion’, and the sharing by our valedictorians, Miss Man-ching So and Mr. Shun-shing Shek, clearly demonstrated the ‘ready when called’ entrepreneurial spirit of our Sunny College. We look forward to many more Sunnies looking up to the role models from senior years. With perseverance, they could absolutely achieve a lot in their bright future. The first ten years laid foundation for our future together.

4/ Making up for the Haunted House

同學為「迷離宜孫」作準備及化妝

5/ The Sunnies and College members enjoyed the 523 Banquet under the green lightings and delicate artwork

師生享受523人宴的同時，更可欣賞環保燈飾及精美的埃及裝飾

6/ Teachers and students sharing snacks with green initiatives, while appreciating our Sunnies’ talents on stage

書院成員與同學以更環保的方式分享小食，同時觀賞多位同學精采的演出



7/



8/

7/ The Sunnies joining hands to prepare the lightings using recycled materials for the 523 Banquet

書院同學攜手預備523人宴的環保燈飾

8/ Reusable utensils were prepared to reduce waste

同學可借用餐具以減少浪費

共奠書院宏基

十一月三日早上，近三百位書院及中大師生於書院中央庭園聚首，展開十周年院慶活動。院長陳德章教授於開幕儀式上致辭，期望書院能繼續茁壯發展，又感謝書院教職員及同學多年來對書院發展的支持，並希望各位能活出健康人生及享受緊接的慶祝活動。

書院能有今日的成就，全賴創院師生的付出。書院得以奠下如此堅實的基礎，創院院長李沛良教授實在功不可沒。為表達書院全體師生的謝意，當日特別舉行植樹儀式，所種的茶花有著堅毅不屈的特點，能適應強酸及低磷的土壤環境，抗逆力強，寓意李院長與眾多師生以謙卑的心共同努力，不懼艱辛，植根校園，為建設書院出力。

書院同學及教職員及後一同於中央庭園排列成包含書院太陽標誌的「10」字，象徵書院「10」周年院慶。眾人亦進行切餅儀式，分享喜悅。蛋糕上的金字塔及綠洲與本年院慶主題「宜想天埃」相呼應，寓意書院持續提供肥沃的土壤，培養更多有才能的同學。

緊接的環校跑為一連串院慶活動揭開序幕，超過二百八十位書院及中大同學參與。當日活動更得到崇基學院、新亞書院、逸夫書院、善衡書院及和聲書院院隊的支持，參加者途經聯合書院及新亞書院，折返伍宜孫書院，場面熱鬧。在激烈的競爭下，本院同學勇奪全場總冠軍。

傳承與創造

慶祝書院踏入十周年當然不能缺少創意及綠色的元素。書院同學將想像力帶到校園，為大家預備了一系列獨特的活動。

「人們常說香港是文化沙漠，院慶籌委卻深信伍宜孫正是沙漠裡的一片創意綠洲。」院慶行政部文書張慈恩（英文二年級）說：「十周年院慶以埃及為主題，因我們相信宜孫人如黃沙般無懼烈日，能夠團結一致，在這文化沙漠裡共築屹立不倒的創意金字塔。十年樹木，一眾籌委不僅推廣伍宜孫的創意理念，更希望將書院的環保精神發揚光大，將這綠洲育成綠林。」他們感激創院師生的努力，銳意承傳，造福社會。她指出，今年院慶主題取名「宜想天埃」，除了包含主題「埃及」以外，更蘊含兩重意義。其一，「宜想天埃」源自「異想天開」，表現宜孫人思維極富創意的特點；其二，「宜」取「應當」義、「埃」含「塵土」義，故以「宜想天埃」為名鼓勵所有宜孫院慶的參與者發揮創意，任思緒馳騁天地間，不受限於條條框框內。

為帶同學進入古文明的氛圍，宣傳部特意於書院藝廊設置大型壁畫佈景與金字塔燈飾，同學甫踏進書院就

能穿梭至古埃及。宣傳部主劉錦銘（數學四年級）指出：「為讓同學投入院慶，我們在宣傳口號中介紹院慶的主題：古埃及，鼓勵同學參與院慶活動，用詞也務求創新，主題口號中多用一些突然變速的元素，以吸引同學留意，而且還多用了一些獨特的節奏，務求加強宣傳效果；而活動口號中均選用特別的流行曲，有些琅琅上口，有些節奏輕快，種種元素均為以創新為目標。」「大笪地」部亦設置大型紙盒製埃及人物裝飾，希望同學能在神秘的氛圍下盡興。

「迷離宜孫」帶同學深入古墓，過程既驚且喜。有別於同類遊戲，屋中的鬼怪角色都取材自古埃及神話與故事。「迷離宜孫」部主李景揚（食品及營養科學二年級）指，設計遊戲的過程有一定難度，幸而最終效果不俗：「我們認為最大的挑戰是如何將埃及的元素與鬼屋結合。以埃及作主題，在某程度上限制了鬼屋的裝飾及風格，但憑著創意，我們成功解決了很多困難，令埃及這個主題不但沒有降低今年鬼屋的質素，反而提升神秘感。我相信古埃及主題是今年鬼屋成功的原因之一。」

同學又於曲折的「迷城」中探秘，在畫滿古代神祇的迷宮中完成任務，找尋出路。參與的同學均被天馬行空與細緻的裝飾所震撼。「迷城」部主張子然（信息工程學三年級）為同學享受活動過程感到十分滿足，看到迷宮從零開始直至完成，再由成品歸零，這種感覺就像由初戀到熱戀到失戀一樣，永遠活在宜孫人的心中。

綠色啟迪

籌委固然費盡心思，為同學創造與別不同的體驗，然而，他們並不止步於此：523人宴和大笪地都以綠色為目標，邀請所有同學加入環保行列。

「在構思523人宴的過程中，我們希望融合書院 Sunny Living 的理念與埃及金碧輝煌的元素籌辦書院十周年的盛宴，於是便定下了『減少浪費』以及『升級改造』（upcycle）作為我們宜想天埃十周年院慶523人宴的目標，以貫徹書院『Go Green! Be Sunny!』的精神。」523人宴部副部主雷恩（社會學三年級）回憶，籌組晚宴的過程中，幸運地得到書院師生的大力支持。他們在活動前於宿舍邀請同學收集塑膠樽，經過後期

製作化為晚宴的燈海佈置，共同實踐升級改造的理念。當晚派發的手燈也被回收，待於將來的活動循環再用。「值得一提的是，是次523人宴所用的物資大多都是來自去年各大活動回收得來的剩餘物資，以減少浪費，真正實踐循環再用。除此以外，我們在活動結束以後更全面回收所有物資，以達到『零浪費』的目標！」書院師生的參與無疑為十周年院慶盛宴增添更豐富的意義：作為The Sunny College的一份子，一起同心協力以創新理念保護地球及環境。

「大笪地」則為參與同學帶來活出綠色生活的啟發。「大笪地」部主陳章彤（細胞及分子生物學三年級）指，他們的目標是盡量減少活動產生的廢物：「我們希望參考台灣部份夜市，以借用餐具供同學使用的方法減少浪費。在籌劃活動初期，我們因為未能找到合適的公司，曾經考慮轉用即棄而可回收的餐具，但亦未能找到價錢相宜的公司。最後透過校園規劃及可持續發展處找到 WeUse，它是一間餐具租用公司，與我們的環保理念十分相似，而我們亦非常高興能得到 WeUse 提供優惠，以及校園規劃及可持續發展處的贊助以支持是次大笪地。」除可借用餐具，大會更鼓勵同學自備餐具。在眾多參與者和主辦同學的努力下，活動完結經過回收，最後只有三袋垃圾，這是同類活動難得一見的。透過以上元素，希望同學能找到綠色生活的啟發。

為召命作好準備

院長陳德章教授對同學籌辦十周年院慶時付出的熱情和創意留下深刻印象，尤其是籌委在多項活動中彰顯的非凡毅力，523人宴、大笪地、迷城、迷離宜孫與環校跑均為同學帶來精采的回憶，更體現創新志業的精神。在第二屆畢業典禮中，主禮嘉賓蔡元雲醫生細談院訓「博學篤行」，勉勵同學用心做事，找尋自己的熱情所在，奉獻自己。而畢業生代表蘇文婧及石順成正是彰顯書院精神的典範：裝備自己，為召命作好準備。我們期望將來更多書院同學均以各位師兄師姐為目標，透過學習與堅毅，成就美好的前程。十年如梭，我們穩固根基，為未來開創無限可能。

“

十年如梭，我們穩固根基，
為未來開創無限可能。

”



COLLEGE ACTIVITIES

書院活動

COLLEGE INAUGURATION ASSEMBLY AND INSTALLATION OF COLLEGE MASTER

書院開學禮暨院長就職典禮



The College Inauguration Assembly 2017/18 and Installation of Professor Anthony T.C. Chan as College Master was held on 22 September, witnessed by our College members, friends and Sunnies. At the Installation, Chairman of Committee of Overseers, Dr. Joseph Y.W. Pang and Founding College Master, Professor Rance P.L. Lee handed over the College stamp to Professor Anthony Chan, signifying a new era of The Sunny College under the leadership of Professor Chan. Professor Chan then addressed to the audience and expressed his sincere thanks to the College Overseers, Founding Master and College colleagues for their effort in building this College, and shared his visions and expectations, urging students to get prepared and be ready when called. Professor Chan also joined our student choir in leading the audience to sing the College Anthem.

Professor Man-hong Lai, Dean of Students, addressed to the students afterwards, to invite students to join various College programmes and activities, and equip themselves through experiential learning, acquire generic skills,

develop leadership with social concerns and learn to have work life balance and lead a Sunny life.

We were also thankful to a long-lasting supporter of the College for a donation to establish the 'Rance Lee Fund for Sunny Living'. A group of students then shared their learning experience in Baltic States in summer, supported by the College's Global Learning Award Scheme.

二零一七至一八年度書院開學禮暨陳德章院長就職典禮於九月二十二日在過千位書院師生好友見證下順利舉行。典禮上進行移交儀式，院監會主席彭玉榮博士及創院院長李沛良教授將書院印章交予陳德章教授，任命陳教授為新任院長，書院亦在陳教授帶領下翻開新篇章。陳教授致辭時感謝各院監、創院院長及書院成員多年來建設書院的用心，亦分享他上任後的期望，勉勵同學裝備自己，在召命來臨時能夠作出貢獻。陳教授其後與學生合唱團一起帶領全院師生合唱院歌。

輔導長黎萬紅教授亦邀請同學積極參與書院活動，嘗試各種體驗學習、培養共通能力及領導才能、關心社群及學會平衡工作與生活，以活出美好人生。

書院感謝一位多年來持續支持書院發展的捐贈者再次捐款，成立「李沛良教授如日計劃基金」。一班同學

又為大家分享他們在暑假期間參與寰宇學習獎勵計劃到波羅的海國家遊歷的體驗。

1/ Installation of College Master
書院院長就職儀式

2/ Address by College Master
院長致辭

3/ Address by Dean of Students
輔導長致辭

4/ Donation Presentation
捐贈儀式

5/ Sharing by Students
學生分享



COLLEGE ACTIVITIES

書院活動

COLLEGE FORUMS 書院論壇



HIGH TABLE DINNERS 高桌晚宴



Five College Forums were organised in this semester to allow students to discuss diversified topics with professionals from all backgrounds. In the first Forum in September, Ms. Erica K.M. Lam conducted a mental health forum entitled 'Mental Wellness in CUHK'. She shared with students different degrees of mental illness and taught students how to manage stress in university life, and how to seek help when needed.

Mr. Wing-ching Shih hosted the Forum with the topic 'Learning through Natural Approach', and went through his experience in learning. He shared with students how one can acquire knowledge which best fits their personality and strength.

Students had the chance to go through the history of Hong Kong in the Forum entitled 'From Challenges to Opportunities - Hong Kong in the 50s to 70s', conducted by Professor Joseph S.P. Ting. Students were excited to discuss with Professor Ting how one should interpret history and cope with upcoming new challenges.

Mr. Dick M.K. Lee was happy to share with students on the topic 'Leadership with a Heart'. Mr. Lee went through his experience as the leader of the workforce of 36,000 people at Hong Kong Police – to have good communication with colleagues, have a common goal, and be seen leading at the front.

In the final Forum entitled 'What is Competition Ordinance?', Ms. Amy Lai and Ms. Erika Yu from the Competition Commission introduced to students the Competition Ordinance, some common misconceptions and answered their questions towards the execution of the ordinance.

書院於上學期共舉辦五個書院論壇，讓同學與各個界別的專業人士探討多個題目。林桂銘女士於首次書院論壇「心理健康在中大」為同學簡介不同程度的情緒病，她亦分享如何在大學生活中處理多方而來的壓力，並於有需要時向人求助。

第二次論壇由施永青先生主講，他就「從絕學無憂到自然學習法」作分享，除回顧他年輕時學習的經驗外，亦與同學討論每個人如何方能以適合自己特質與長處的方式習得知識。

丁新豹教授則帶領同學於「化危機為生機：五零至七零年代的香港」論壇中重遊五十至七十年代的香港，同學亦抓緊機會向丁教授提問，了解大眾應如何理解歷史及面對社會上的新挑戰。

李明達先生就「Leadership with a Heart」一題分享他在香港警隊中領導超過三萬六千人的經驗，提醒同學成功的領袖應與團隊及同事有良好的溝通，擁有共同目標，以及成為一個面向大眾的人物，表明自己的承擔。

最後一次書院論壇由競爭事務委員會主講，兩位委員會代表為同學解開競爭法之迷思，除介紹何謂競爭法外，亦解答各種相關謬誤，以及競爭法實行時的不同情況。

The High Table Dinner entitled 'Nurturing Arts within Medical Humanities' was conducted by Dr. Dana Lo, Senior Medical Officer, University Health Service of The Hong Kong Polytechnic University, in October. She shared with students the ethical issues and the relationship between doctor and patient, and how she promoted medical humanity through various art forms.

Mr. Adrian Chow, song writer and music producer, introduced to students the 'Social Aspects in Canto Pop' at the High Table Dinner held in the same month. He went through the development of Canto Pop and introduced how these works related to social conditions and influences on the public.

香港理工大學大學醫療保健處高級醫生羅思敏醫生於十月舉辦的高桌晚宴中與同學分享「醫學人文裡的藝術情懷」，除分析醫生與病人的關係與經常遇上的道德問題，亦分享她以各種藝術形式推廣醫學人文的經驗。

本地音樂製作人周博賢先生亦於同月主講高桌晚宴，他就「香港流行曲的社會面向」的講題向同學講解多年來本地音樂作品展現的社會環境與它們對大眾的影響。

STUDENT ACTIVITIES

學生活動



CREATE ROUND THE CLOCK! 隨時、創你所想



With the generous donation of Seeds Foundation, the College Creativity Laboratory (clab) underwent major renovation in the past summer and the refurbished laboratory has been re-opened on 22 September 2017.

clab is now transformed into a completely new creative playground with partitioning and malleability. Our Sunnies are encouraged to exchange ideas and have brainstorming at the discussion zone; followed by transforming their ideas into reality through conducting experiments and working on their prototypes at the heavy duty workstation. A Student Organisation Booking Scheme has also been rolled out to facilitate the mass production of their creative works.

To align with the College mission, upcycling concept has been adopted in the furniture designs. The heavy-duty working tables, discussion tables and display shelves are made of either vintage wine cases or wooden cable drums. The student conveners also took part in a number of upcycling workshops to tailor-make the display shelves, wine bottle lights and concrete lamps.

It is hoped that more students will make good use of the laboratory and unleash their creativity with new ideas in the years ahead!

With a newly renovated clab, the student

conveners have invited a number of student bands, who are interested in and good at singing, to stage a four-hour long concert as the kick-off event for the relaunch of this signature place at our College. clab was transformed into a concert hall, equipped with professional musical instruments, lighting and sound system, that amazed all the audience who attended and witnessed such a remarkable occasion.

Over two dozens of songs with a variety of music genres, included but not limited to the classical music, K-pop, jazz, rap and freestyle were performed, non-stop, throughout the night. The event was also live-broadcast at the platform of Facebook fanpage so that everyone could celebrate the wonderful and joyful moment. With the collaborative effort among the Sunnies, the student-initiated music concert was held successfully and everyone enjoyed the music night.

書院的創意實驗室厚蒙種子基金的慷慨捐助，順利於開學前完成翻新工程，並於九月二十二日全面重新開放。

創意實驗室化身創作遊樂場，別具間隔彈性及延伸性的空間設計，讓同學們於討論區切磋及交流創作意念，並於實驗工場製作原型樣板，將天馬行空的想法實踐出來。創意實驗室更推出全新學生團體借用服務，以便學

生團體製作大量宣傳品，展示其創意工藝。

貫徹書院使命，創意實驗室採用升級改造的環保設計概念，不論是實驗工場的工作檯，或是展示架上的木箱都是以紅酒木箱升級再造而成，就連討論區的桌子都是以木製電纜滾筒組成；此外，同學們更參加工作坊，親手製作展示架上的木箱、酒樽吊燈及混凝土錫絲燈。

希望同學能善用全新的創意實驗室，誘發靈感，提出更多創新意念！

創意實驗室經過翻新工程後，空間運用更加靈活，迎新音樂夜當晚更變身為音樂演奏廳，於會場內上演超過四小時的音樂表演，以慶祝這項別具標誌性的設施重新開放。一眾創意實驗室學生籌委更邀得多隊學生組合表演，配合專業的樂器、燈光及音響設備，與觀眾一同見證設施重開的重要時刻。

匯聚古典、爵士、韓流K-POP、Rap及Freestyle等多種音樂，當晚上演超過二十多首不同的歌曲，仿如金曲串燒夜。活動盛況更於Facebook直播，讓未能親臨的朋友都能欣賞到精彩的表演，感受歡樂的活動氣氛。活動得以順利完成，全賴一眾學生的支持及參與，他們合作無間，全力以赴，才能讓大家享受一個精彩的音樂夜。

STUDENT ACTIVITIES

學生活動

STUDENT ACHIEVEMENTS



學生殊榮

College students Sum-yue Chung, Suet-ying Li, Wai-shan Lui, Tsz-chun Yeung, key members of v'air - an online platform that encourages local travel in a bid to reduce the environmental impact of air travel, have recently co-authored a book titled 《低碳·好行》. It introduces readers to local sight-seeing points from a low-carbon emission perspective, and provides knowledge on ecology and environmental tips.

Join us to share the College's pride of our students' achievement and read the book which is now available at Yan Chak Study Room!

四位書院同學首度融合網站v'air的內容及最新的綠色郊遊景點結集成書，並命名為《低碳·好行》。新書延續v'air的宗旨，致力提倡本地旅遊，以減少乘坐飛機外遊，達到減低因飛機燃料所產生的二氧化碳排放量，從而讓每個人都能為解決環境污染問題出一分力。作者鍾芯豫、李雪瑩、呂璋珊、楊子雋均親自走訪書中所提及的各個本地旅遊景點，並為讀者提供保護生態環境的小貼士！

一同分享新書出爐的喜悅，請即到仁澤書房免費細閱！



RELAX AND GET HEALTHY! 鬆一鬆 更健康



Professor Stephen L. Chan, Department of Clinical Oncology and Professor Baoting Zhang, School of Chinese Medicine, both Members of Health and Spiritual Well-being Committee, were invited to give a Cancer Health Talk in November. Participants were delighted to learn from them the evident-based approach in Western Medicine and holistic approach in Traditional Chinese Medicine.

To let students relax from their studies, two Reading Club meetings were also organised in October and November respectively. Miss Soso Cheng, author of the book 《跑步時，我孤獨，但不寂寞》，shared her experience in running, which has brought her more benefits emotionally and socially on top of physical fitness, becoming healthier with better body shape.

In the Reading Club conducted in November, Professor Po-chung Chow, College Fellow from the Department of Government and Public Administration, shared with students the background of his work 《在乎》，and relationship between him and his teachers. He also encouraged students to interact more closely with fellow teachers.

健康生活委員會委員腫瘤學系陳林教授及中醫學院張保亭教授獲邀為「防癌秘笈：中西醫面面觀」擔任講者，參加者從中了解與對比西醫講求臨床實證，以及中醫講求整體調理體質的防癌方法。

為讓同學從繁重的課業中放鬆心情，書院於十至十一月舉辦共兩場讀書會。十月的活動邀得《跑步時，我孤獨，但不寂寞》作者鄭素素小姐分享她的故事。她坦言自己開始跑步只是因為喜歡別具型格的運動手錶，及後，她發現跑步不單可以強身健體，讓體態更完美，還可以開拓社交生活，提昇個人情緒，實在讓她獲益不少。

書院院務委員、政治與行政學系周保松教授則於十一月的讀書會分享他撰寫《在乎》一書的背景和書中他與三位良師的故事。讀書會上同學亦請教周教授如何建立師生情誼，周教授則勉勵同學多主動接觸老師。



LEISURE WITH INSPIRATION 同遊共學



Professor Kam-Fai Wong, College Associate Master, led a group of 38 participants with College students, College staff members and members of Hong Kong Professionals and Senior Executives Association to go hiking in Sai Kung in October. Participants enjoyed a fruitful morning with the scenery of the rafts in Yung Shue O and completed the challenge of hiking along Pak Tam Road.

書院副院長黃錦輝教授在十月帶領三十八位師生及香港專業及資深行政人員協會會員到西貢遠足。參加者欣賞榕樹澳漁排景緻及挑戰北潭路山徑，共度充實的上午。

SPORTS FOR LIFE 終生運動



The College dedicates to promoting healthy living with a variety of sports activities. The re-run of Darts Training Class, Yoga Class, Tennis Training Programme and Fitness Training gave students a break from their hectic academic work, while helping them establish exercise routines.

The elite athletes also had the opportunities to challenge themselves in the Inter-Collegiate Competitions. The Basketball, Volleyball, Football, Track and Field, and Swimming Teams developed strong team spirit throughout the trainings and competitions. The sportsmanship is what we hope to cultivate in our students.

書院積極以各式體育活動推廣健康生活。飛鏢班、瑜伽班、網球訓練班及健身訓練讓同學從繁重的學習中喘息，並建立持續的運動習慣。

精英運動員亦有機會於院際比賽挑戰自己。書院籃球隊、排球隊、足球隊、田徑隊及泳隊同學團結一致投入各隊的訓練與比賽，書院期望每位同學皆能建立運動員精神。

STUDENT ACHIEVEMENTS 學生殊榮



College Track and Field Team delivered their best in CUHK Athletic Meet 2017! Man-tsun Wu won the Men's Champion in 1500m and 5000m, and Tsz-hin Leung got the second runner-up in Men's Discus. The women's team also performed well in 4x100m: Tin-sum Lee, Stephanie Y.C. Tsang, Wing-nam Yuen and Wing-tung Yuen brought us with second runner-up. Man-tsun Wu won the Men's Champion in CUHK 10K Night Challenge with a record of 00:34:58. Our hearty congratulations!

書院田徑隊再次於中大田徑精英比賽取得佳績！胡文津同學分別於男子1500米及5000米賽事取得冠軍，而梁梓軒同學亦於擲鐵餅項目奪取季軍。女子隊表現同樣出色，袁穎藍、曾婉晴、李天心及袁穎彤四位同學同心合力於4x100米接力項目贏得季軍。

衷心祝賀胡文津同學於中大十公里夜跑以34分58秒衝過終點，贏取男子組冠軍！再次恭喜所有得獎同學！



STUDENT ACTIVITIES

學生活動

APPRECIATING WINE



AND ITS CULTURE

嗜酒 嘗文化



What is more fun than learning English over glasses of wine? Ms. Anna Tam and Mr. Jim Pan, professional Wine Trainers, conducted a workshop for College students in November. They introduced different kinds of wine to students and guided them the ways to appreciate and taste wine. Participants enjoyed the evening not only with enhancement in their knowledge in wine, but also its cultural meaning behind.

有什麼比品酒談文化更有趣？兩位專業葡萄酒培訓師譚穎瑜女士及潘軍先生於品酒學英語工作坊中為同學介紹各種酒類，以及品嚐酒類的方法。參與同學除了解各種酒類的知識，更了解到其文化背景。

CULTURE RELATING



TO OUR DAILY LIFE

文化底蘊與日常生活



Students grabbed the chance to appreciate the Chinese art forms in the Chinese Painting workshop. They learnt how to draw fishes, birds and lotuses, which are commonly seen in our daily life, under the guidance and demonstration of the artist Ms. Tak-ye Choi.

They also had the best platform at Chinese Culture Table to share the strategy in university life. Dr. Tak-wah Leung from the Department of Chinese Language and Literature led students' discussion on how to lead a fruitful undergraduate life with theories in 'The Art of War'. They came to a conclusion that students should carefully think and plan their desired life in the university.

同學於中國繪畫班跟隨導師蔡德怡女士的指導，學會畫魚、蓮、鳥等常見於日常生活的事物，感受其寫意之情。

中國語言及文學系講師梁德華博士則以「從《孫子兵法》看大學生活」為題，與同學分享《孫子兵法》中的智慧作為啟發，總結出同學應慎重地思考、籌劃自己想過的大學生活。

BRAND NEW



ADAPTATION OF

THE CLASSICS

重新演繹名著



The drama performance 'Three Kingdoms' was on show on 31 October and 1 November at Shaw College Theatre. It is an adaptation of one of the four great classical novels of Chinese literature. Mr. Hardy S.C. Tsoi, our Senior College Tutor and Former Arts Administrator and Manager of Sir Run Run Shaw Hall, directed the performance and offered an entertaining and inspiring drama to the audience. The play was co-organised by our College, Chung Chi College, United College and Shaw College.

由伍宜孫書院、崇基學院、聯合書院及逸夫書院合辦，話劇「三國」於十月三十一日及十一月一日假逸夫大講堂上演。此劇以中國四大名著之一《三國演義》為藍本，由資深書院導師及前藝術行政主任蔡錫昌先生監製，為觀眾帶來一個有趣且具啟發性的晚上。



CREATE FROM EXPERIENCE

從經驗到創作



Thanks to the generous support of Hop Wai Tong, Wu Yee Sun College, Chung Chi College and United College have jointly organised 'How I Work' - An Art Exhibition by Professor Hon-ching Lee, a renowned artist based in the United States who has been working in the art field for decades. The opening ceremony was held in October, and graced by the Pipa performance of Professor Tung Fung, Former Associate Vice-President. Professor Lee also shared the stories behind the exhibits at the 'Meeting with the Artist' session, and served as instructor of the Introductory Workshop: Printmaking and Sculpture, in which participants learnt the techniques of printmaking and carving using simple materials such as wood, carving knives and even fire to create their unique art pieces.

承蒙洽蕙堂贊助，伍宜孫書院、崇基學院及聯合書院得以合辦「我點工作」— 利漢楨教授作品展。利教授為旅美藝術家，從事藝術工作多年，除創作及授課外，亦籌辦多次大型藝術展覽。展覽開幕典禮於十月舉行，三院邀得前協理副校長馮通教授演奏琵琶，為典禮生色不少。利教授其後於「藝術家對談」中，與出席者分享其創作心得，亦為「版畫和雕塑入門工作坊」擔任導師，指導學員以簡單工具如木板、雕刻刀，甚至火焰，創造獨一無二的個人作品。

ONE-ON-ONE CAREER PLANNING

個人職業指導



Our pilot collaboration with The School of Continuing and Professional Studies, CUHK (CUSCS) for GPS Career Facilitation Service Scheme aims at providing our students with career guidance and enriching their self-understanding through one-on-one consultation meeting with Global Career Development Facilitator (GCDF).

After the presentation of confirmation letters, eight participants enjoyed their first encounter with GCDF and talked about the upcoming four meetings.

書院首次與中大專業進修學院合辦「職涯」先行計劃，為同學提供職業及生涯指導，增強對自身的認知。計劃以一對一方式進行，期望同學能與職涯導師緊密互動，提供最切身的意見。

計劃開幕禮於十月舉行，八位參與同學和其導師見面，及討論將來四次會面的詳情。

GATHERING THE ALUMNI

校友齊聚



Big thanks to a group of enthusiastic alumni who work on a voluntary basis to assist in the formation of the College Alumni Association!

The Alumni Association is now in full operation and had their first meeting with CUHK alumni and family members during the Alumni Homecoming Day held in early December. We were pleased to have College Associate Master, Professor Kam-fai Wong to host the dinner with alumni in the evening on the same day. It was a delightful gathering with alumni sharing their latest updates and their suggestions about the first reunion activity to organise for Alumni Association.

We are very grateful to Mr. John K.H. Lee, College Affiliated Fellow, for all his help and valuable advice given to the Preparatory Committee during the formation process. We are also thankful to the support from Alumni Affairs Office.

感謝一班書院校友的熱心幫助，書院校友會已於年底成立。他們更於十二月的中大校友日設置攤位，首次與各位校友及其家人見面。當晚，書院副院長黃錦輝教授亦主持晚宴，與多位書院校友重聚，分享近況，又討論首個校友活動的方向。

書院衷心感謝特邀院務委員李劍雄律師為校友會籌備委員會提供寶貴的意見及幫助，亦感謝校友事務處的支持。

STUDENT ACTIVITIES

學生活動



HAVING FUN WITH PEERS 與好友發掘新興趣



Various student bodies brought great excitement to the Sunnies during term time. International Team organised a tour to the Victoria Park for non-local students to see its famous lantern displays. The students then headed down to Tai Hang to watch its Fire Dragon Dance before having dinner, celebrating the Mid-Autumn Festival.

Themed meetings were organised by Toastmasters Club to allow the Sunnies to speak out in diversified topics, including holiday enjoyment and love on movies. Students were able to enhance their skills in public speaking and build up confidence when delivering a speech.

Fifteen participants joined the workshop organised by Green Team and made their own mosquito repellent using natural ingredients. The product became essentials to the Sunnies to keep themselves away from mosquito stings. Such special gift was of course presented to College Master, Professor Anthony T.C. Chan, as well as other College guests!

The Drama Society took part in the CUHK Drama Competition and had their performance in November. Their production 'Traveller' told



the story of people meeting by chance in foreign countries. The whole team put in a lot of effort planning for the production, recruiting crew members and making the props. Rounds of applause for their efforts and performance!

各個學生組織於過去數月為同學帶來不同的活動，國際小組首先帶非本地同學到維多利亞公園觀賞中秋燈飾，再到大坑參觀舞火龍的慶典，共賀佳節。

國際演講學會為同學舉辦不同主題的聚會，讓同學以假期消遣及電影等題目練習演講，精進英語溝通能力及加強自信。

環保小組於十月舉辦蚊膏製作坊，十五位同學親自以天然材料製作蚊膏，以便每天帶備在身，避免蚊叮蟲咬。同學更將製成品贈予院長陳德章教授及書院嘉賓，分享成果。

宜孫劇社則參與中大劇賽，並於十一月演出作品「旅人」，帶出在異地相遇的故事。劇社為籌備演出竭盡全力，除招募劇組成員外，又製作多項精緻的道具，最終演出非常精采。

ENJOY HOSTEL LIFE WITH YOUR FRIENDS! 同享理想宿舍生活



Hostel life is of great fun. Every month, Resident Tutors organise floor gatherings to mingle with resident students and create occasions for residents to meet their fellow floor-mates. They also shared the joy of reunion and celebrated Mid-Autumn Festival together. Don't miss the chance to make the most of your hostel life and make new friends with students from different walks of life!

宿舍生活充滿樂趣，宿舍層導師每月均會舉辦層聚，讓宿生交流認識。他們於中秋時一同歡度節日，又分享生活瑣事。快把握機會認識你們的鄰居，與他們一同共度大學生活！

LET'S SHARE

同學分享



Ho-kiu Ip 葉可翹 (Integrated BBA/ 5)

Ho-kiu is active in her College life and grabbed every chance to expose herself in various challenges and opportunities, including service-learning, exchange and mentorship programme.

A Gift of a Lifetime from The Sunny College

These four years have been an unforgettable ride on a roller coaster. It is a fruitful journey flooded with excitement, frustration, surprise, self-doubting and self-discovery.

Before writing this, I read my diary which I wrote on the first day in CUHK: 'I want to achieve high GPA, get an internship and graduate on time'. These seem like words that I have put down yesterday. But at the same moment, I am amazed by how far I have been and grown in the College. I have learnt that having various items checked on the CV could be important for job hunting, but more importantly, these exposures allowed me to understand my strengths, weaknesses and discover my passion.

In year two, the College supported me to have summer exchange in England, which has completely opened up my mind: that the world is so big and there are so many things to be explored. I have made lifelong friends from different countries. Their stories have inspired me that there are many possibilities in life, and what we have to do is to believe in ourselves and try bravely.

Since then, I have decided to follow my heart and try whatever I am interested in, and not to be limited by my major studies. To learn a new language, to sit in lessons from different disciplines, to volunteer, and to join sharing sessions, talks, and conferences on diverse social issues.

I am interested in education, therefore I joined the College's Service-learning Trip to Cambodia, where I have made really good friends who share similar passions. Also, after joining the College Mentorship Programme, I hoped to pass on the care from my mentors to others as well. Therefore, I became a mentor of a group of Secondary 5 students in the summer camp jointly organised by the College and CUHKFAA Chan Chun Ha Secondary School. Through sharing College life with high school students, it was also a great opportunity to reflect upon my own growth in these years.

I am also passionate in music, art, culture and creativity. Therefore, I have joined the International Conference of Culture and Creativity in Tainan, jointly organised by the College and National Cheng Kung University. The conference has inspired me that culture and social innovation can bring people in a community closer and enhance community cohesiveness. I have also explored more about language and music in Vienna with the support of College Global Learning Award Scheme. It has inspired me that learning art and music can be a lifelong journey of self-exploration. Thus, I have now joined the Ukulele Volunteer Team outside the University to spread happiness to people in need through music.

All these experiences do not come easily. I think I am really lucky to be in Wu Yee Sun College, a place that allows us to learn, to fall, and to stand on our feet again.

I am extremely grateful for all the warm encouragement and guidance from the teachers, College staff and also friends who I have made in my College life. It is a home where passionate minds gather and support each other.

I once asked myself: what is the biggest accomplishment during my university life? Now I have the answer: I have found my passion in integrating arts, music and culture into education. The College has given me a gift of a lifetime - a curious and humble heart that never stop learning, hoping to make a difference to the society, even it's just a tiny one.

Last but not least, I would like to share with you a motto that inspired me a lot throughout these years: 'Don't count the years, make the years count'.



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1/ Service-learning Trip to Cambodia

2/ Cambridge formal dinner at King's College

3/ Summer Camp with CUHKFAA Chan Chun Ha Secondary School in the Mentorship Programme

GALLERY

書院生活點滴



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New Student Orientation 2017

二零一七年迎新活動

The New Student Orientation began with the Orientation Camp 2017. In the four-day-three-night camp, more than 230 freshmen experienced not only the exciting games, but also the green initiatives promoted by the Organising Committee. To encourage reduction of disposable utensils, participants used the cutlery sets sponsored by the College during the camp, in particular the visits to 'small shops' in City Hunt. The Organising Committee also arranged recycling boxes on the campus to minimise the waste. Their effort in promoting a green O'camp echoed with the theme 'To Brave the Wind and Billows'.

The College also welcomed the freshmen on the first day of Orientation Camp with Welcoming Dinner. Professor Anthony T.C. Chan, College Master and Professor Man-hong Lai, College Dean of Students shared their aspirations

towards College life and warmly encouraged the freshmen to embrace the challenges. More than 30 College staff members also mingled with students at the dinner.

College Student Advisor Scheme, as an extension of College Orientation, aims at helping freshmen settle down in College life. Most of the groups are assigned based on their grouping in the Orientation Camp, which helps strengthen the bonding among students. Advisors and students enjoyed their encounters and will continue the gathering in term two.

一系列迎新活動以書院迎新營開始！超過二百三十位新生在這四日三夜不單體驗到刺激好玩的遊戲，更感受到籌委會推廣減廢行動的決心。為減少使用即棄餐具，活動期間，包括於城市追蹤到訪各小店時，參加者改用書院贊助的餐具套裝。籌委會亦於大組基地設立回收箱，減少浪費。籌委會克服無數困難以

推動環保迎新營，其努力正正回應今年的主題「乘風破浪」！書院於迎新營第一天特設迎新晚宴，歡迎一眾新生。席間，院長陳德章教授與輔導長黎萬紅教授分享他們對書院生活的期盼，鼓勵新生勇於接受新挑戰。超過三十位書院職員亦在晚宴期間與同學多多交流。

師生茶聚作為迎新活動的延伸，期望幫助同學適應書院生活。師生茶聚的分組以迎新營小組為基礎，強化同學間的聯繫。書院老師與同學互相交流，並相約在下學期繼續聚會！

1/ Welcoming Dinner
迎新晚宴

2/ Mass game
大組競技

3/ Reusable cutlery sets
可再用餐具套裝

4/ City Hunt
城市追蹤

5/ Gala Night
晚會

6/ Group photo
大合照

7/ College Student Advisor
Scheme
師生茶聚



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3/

Inauguration Assembly 2017/18 and Installation of College Master
二零一七至一八年度開學禮暨院長就職典禮

1/ Group photo

大合照

2/ College Anthem

唱院歌

3/ Presentation of College scholarships and awards

頒授書院獎學金及獎項



3/



3/

GALLERY

書院生活點滴



The Second Graduation Ceremony

The College Second Graduation Ceremony was held on 16 November. College members and guests, family and friends, came together to celebrate the accomplishments of the 275 graduates.

The Ceremony began with College Master, Professor Anthony T.C. Chan giving the welcome address. Professor Chan congratulated the graduates for their accomplishments. He reminded our graduates to appreciate the people who help them, who are there for

them and those who become obstacles to them.

Professor Chan then invited the Guest of Honour, Dr. Philemon Y.W. Choi, Founder of Breakthrough and President of Youth Global Network, to give a speech to the audience. Dr. Choi shared his journey back from his return to Hong Kong after receiving his Medical Degree in Canada to his active participation in youth affairs. Dr. Choi encouraged our graduates to be open to possibilities, and to live a positive and fulfilling life.

After the graduates walked across the stage and were presented with their certificates and souvenirs, Man-ching So and Shun-shing Shek gave the valedictorian speeches and bid farewell to the College and their classmates.

The College would like to thank College Overseers, College guests, family and friends who attended the Ceremony for their warm support. Congratulations again to the Class of 2017, and best of luck in their future endeavors!



Meeting Master and Deans of Students 院長及輔導長聚會

Professor Anthony T.C. Chan, College Master, hosted a hotpot dinner for representatives of Student Union and took the chance to elicit their comments and suggestions about College life. Professor Man-hong Lai, College Dean of Students, Professor Ming-kay Poon and Dr. Po-kin Leung, College Associate Deans of Students organised two tea gatherings to enhance the communication with students as well.

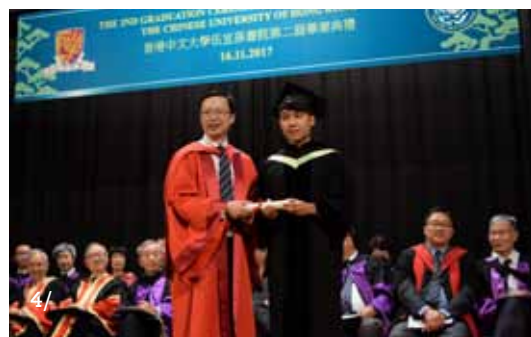
院長陳德章教授與學生會代表共享火鍋晚餐，並與之交流書院生活的意見及提議。輔導長黎萬紅教授及副輔導長潘銘基教授與梁寶建博士亦安排了兩次輔導長茶聚，期望增加與同學的溝通。



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第二屆畢業典禮

書院第二屆畢業典禮於十一月十六日舉行，書院成員、嘉賓與畢業生親友齊集，與二百七十五位畢業同學同賀這個重要的日子。典禮在院長陳德章教授的賀辭中展開，他祝賀各位畢業生學有所成，又提醒各位應感激及欣賞在人生路上幫助過自己的每一個人及各種挑戰。陳教授及後邀請主禮嘉賓突破創辦人及突破運動青年會長蔡元雲醫生致辭，回顧他由從醫走進青年工作的歷程，勉勵同學放

開懷抱，迎接機遇，並活出正面與豐盛的人生。各位畢業生亦上台領取畢業證書及紀念品。其後，蘇文婧及石順成代表全體畢業生感謝書院及眾多親友的支持，並與書院師生道別。書院感激各位院監、嘉賓及同學親友蒞臨同賀，並祝各位畢業生前程似錦！

- 1/ Group photo
畢業生合照
- 2/ Welcome Address by College Master
院長致歡迎辭
- 3/ Address by Guest of Honour
主禮嘉賓致辭
- 4/ Presentation of Graduation Certificates
頒授畢業證書
- 5/ Valedictorian speech by graduate representatives
畢業生代表致辭
- 6/ Graduates taking photos with their family and friends in the College
畢業生與親友於書院拍照留念



Delegation visiting the College
訪問團來訪

The delegation of Mount Allison University visited our College with the accompany of Dr. and Mrs. Michael Wu in November. Professor Anthony T.C. Chan, College Master and Ms. Sandy P.S. Lee, College Secretary welcomed and introduced to the delegation our College as well as the collegiate system of CUHK. A campus tour was led to show them the beautiful scene and facilities of our College. 來自Mount Allison University的訪問團在伍步高博士伉儷陪同下於十一月到訪書院。院長陳德章教授及院務主任李珮珊女士為訪問團成員介紹中大書院制，並參觀校園，了解書院設施及欣賞吐露港景色。



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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