

# THE SUNNY POST

**01 - 05**

**ACTION SPEAKS LOUDER THAN WORDS**  
**AN INTERVIEW WITH V'AIR**  
坐言不如起行  
V'AIR 專訪

**06 - 11**

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

**12**

**LET'S SHARE**  
同學分享

**13 - 14**

**CHOW TAI FOOK SERVICE-  
LEARNING PROGRAMME:  
SERVICE-LEARNING TRIP  
TO CAMBODIA 2017**  
周大福服務學習計劃：  
二零一七年度柬埔寨服務學習之旅



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# ACTION SPEAKS LOUDER THAN WORDS

An Interview with V'air

## 坐言不如起行

V'air 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)

Innovation and social responsibility are core values of Wu Yee Sun College. Students are introduced the concepts of creativity and the obligation of being part of the society in the College General Education Programme. To encourage and support College students to put their ideas into practice, the College has launched various funding schemes subsidising different projects.

伍宜孫書院一向鼓勵同學以創新的構思為社會出一分力，透過書院通識課程讓同學了解何謂創意及作為社會公民的責任，而多個資助計劃則撥款支持同學將理念落地生根，付諸實行。

Groups of students have put ideas into practice throughout the years. Through the 'Sunny Passion Programme', Knowledge Vending set up a machine at the College and encouraged students to grab every chance to acquire new knowledge. CUHK Store and Precious Plastic applied for funding in the 'Be Entrepreneurial!' Funding Scheme and hoped to arouse students' awareness on small local stores and upcycling.

Upholding the College mission – Entrepreneurial Spirit and Social Responsibility – another group of College students has established the website 'V'air'. By introducing local outdoor tourist attractions, members of V'air wish that Hong Kong people can learn more about their hometown and reduce flying abroad, thus lowering flight carbon emission. Recently, members of V'air edited and published their new book, hoping that readers will appreciate and eventually protect Hong Kong's natural scenery.

#### PUTTING THE VISION INTO ACTION

The founding of V'air can be traced back to 2015, when two College students Arthur Tsz-chun Yeung and Natalie Sum-yue Chung, both majoring in Geography and Resource Management, participated in the 'Hong Kong Sustainable Campus Consortium COP 21 Challenge'. They discovered that carbon emission from air traffic can be significantly reduced if Hong Kong people travel outbound less. Based on this idea, they gathered like-minded friends with different backgrounds from the College, CUHK, and even other universities to create V'air. Their website mainly conveys the message that not only can local travelling save time and money cost, but it can also lower carbon emission, thus conserving the environment. Compared with other travel websites, V'air put more emphasis on promoting environmental and ecological knowledge. At the same time, they bring the historical and cultural

dimension of the attraction up, so that the readers can understand the site in multifaceted aspects. Other than the online platform, V'air also designs and sells postcards with Hong Kong's natural sceneries in the hopes of encouraging Hong Kong people and foreign tourists to appreciate the natural side of the 'concrete jungle'. Recently, members of the team co-authored their new book, suggesting 39 urban and countryside travelling routes, which encourages readers to treasure the natural environment while sightseeing.

#### CHAMPIONING IN THE 'SUNNY PASSION PROGRAMME'

The College provided an encouraging environment for the team's development. Suet-ying Li, one of the members of V'air, thinks that Wu Yee Sun College is eco-friendly. Natalie also expressed her gratitude to the College for supporting V'air in multiple ways. For instance, knowing that V'air lacks students from the business field, the College arranged College teachers from the Business School to share ideas on how to operate a social enterprise so as to foster the member's management skills. They also participated in the College's 'Sunny Passion Programme' last year with the aim of furthering knowledge on environmental protection to various age groups. Suet-ying explained, 'We first designed a hiking route with secondary school students, then published it on our website as an open competition so that all local citizens could take part in. Participants have to finish missions related to environmental and cultural issues regarding that route. One mission, for instance, requires our participants to distinguish farmland in Long Valley, which allows them to communicate with local farmers, thus establishing community relationships.' Through such public education scheme, secondary students can have hands-on experience in



V'air was founded in 2015 and they dedicate their efforts in promoting local travelling, from setting up a homepage, exhibiting, holding campaigns, all the way to authoring their own travel guide.

V'air 始於二零一五年，致力推廣本地遊。成員從零開始建立網站、參與展覽、主辦比賽，以至出版自己的旅遊書，可謂不遺餘力。



In order to reach out to the general public, the team engaged secondary students to design a hiking route, and organised a competition to arouse interest from the public of different age sectors. Postcards were also printed for people to appreciate the beauty of local sceneries.

為讓大眾了解本地遊的好處，他們邀請中學生設計郊遊路線，再將其發布至其網站並舉辦比賽，讓不同年齡層的人士參與其中。他們亦推出明信片，讓更多人從不同角度欣賞香港景緻。

designing a hiking route; participants can attain knowledge on environmental conservation, which is conducive to both parties. Their award-winning plan was launched last year.

#### RESPONDING TO CRITICISMS

Nevertheless, V'air also faced challenges from the public. Natalie recalled the time when she was questioned whether her organisation discourages travelling abroad, asking 'how can Hong Kong people enjoy views that Hong Kong lacks without leaving the city?' She responded, 'Of course we acknowledge the fact that Hong Kong does not possess all kinds of natural landscapes, but our organisation, V'air, aims at promoting attractions exclusive to Hong Kong. For instance, types of migrating birds in Long Valley are highly diverse, hexagonal rock columns at the High Island Reservoir East Dam are also rarely seen worldwide. Hence, we are not forbidding citizens from travelling abroad. Rather, by focusing on natural resources in Hong Kong, we wish that the public can have a deeper understanding in the place we are living in.' Suet-ying added, 'Some people accused the media of over-promoting certain attractions which may damage the site eventually. However, our purpose is to educate the public on the proper way to appreciate the nature and even get to know more about the culture and history of the site. Thus, what we should ponder on is why some citizens are not caring about the environment and why the general public lacks knowledge on environmental conservation, but not blaming the media for promoting the sites.'

#### PAYING CLOSE ATTENTION TO GOVERNMENT POLICIES

Even though policy advocacy is not the main focus of V'air, the members pay close attention to the government's environmental policies. This year, they published 'News Review for Environmental Policies in Hong Kong 2017' in

the hopes of raising awareness of and discussion on related issues among citizens. Natalie added, 'People always complain that Hong Kong is a concrete jungle with identical malls. The government is developing the countryside for residential and commercial purpose. If everyone is ignorant of the undeveloped areas, the government can easily urbanise these sites. Take Nam Sang Wai as an example. If no one is willing to strive for conservation, the government has every reason to raze this valuable site to the ground.' When more people pay attention to issues of environmental conservation in Hong Kong, the government can never ignore the demand from the majority of citizens.

#### FUTURE PROJECTS

As the College often holds eco-tours such as the 'Cultural and Eco-tour to Hoi Ha Wan' and the 'Eco-Tour on Red Leaves', members of V'air wish to organise similar activities for College staff and students. Indeed, public education can never change the general public's mindset overnight. The members are, therefore, willing to continue to make their voices heard on environmental issues in the future. In conclusion, the members hope that Hong Kong people can take the initiative to learn more about the nature in Hong Kong, and even take action to safeguard these scarce natural landscapes. At the same time, the phenomenon of 'flash mob travelling' can be cut down for the sake of carbon emission reduction.

Two of the lines from the College Anthem encourage our students to rectify unhealthy and unjust culture in our society, making Hong Kong a home where people actually yearn to live in. Other than environmental issues, Hong Kong people still face social, political and cultural challenges. Action speaks louder than words. If you have an idea in mind, why not put it into practice when we are still allowed to try and fail?

“ By focusing on natural resources in Hong Kong, we wish that the public can have a deeper understanding in the place we are living in.

我們希望透過重點介紹香港的天然資源，令普羅大眾重新認識我們身處的香港。



## If you have an idea in mind, why not put it into practice when we are still allowed to try and fail?

若同學忽發奇想，不妨與身邊志同道合的朋友將理念生根發芽，在大學生涯裡放手一試，或許會有意外收穫。

過去數年，多個組別的同学通過各項計劃試行創意點子，如Knowledge Vending 透過「愛陽光計劃」於書院設立「知識售賣機」，讓書院同學善用分秒吸收知識；山城士多及Precious Plastic則參與「創出我天地！」學生資助計劃，希望喚醒同學對本地小店及環保再造的重視。

另外，數位書院同學亦活出書院使命「彰顯創新志業，承擔社會責任」的精神，成立網站 V'air，向大眾介紹本地旅遊景點，在認識香港之餘，亦有助港人減低因外遊乘搭飛機而帶來的碳排放。V'air 成員更於近日將網站內容結集成書，希望與讀者一同欣賞和守護香港的自然風貌。

### 讓理念不再天馬行空

V'air 的誕生源自於兩位就讀地理與資源管理學系的書院同學楊子雋 (Arthur) 與鍾芯蕊 (Natalie)。二人在參加聯合國氣候變化大會香港大專教育界競賽時，發現若港人減少外遊次數，因乘坐飛機而產生的碳排放量便能大大降低。有見及此，兩人組織書院、中大，以至其他院校志同道合的朋友創立 V'air，於其網站和社交媒體宣傳本地旅遊，除了節省外遊的時間與金錢以外，更有助減低碳排放對環境的破壞。相比其他旅遊網站，V'air 更著重推廣有關環保與生態的知識，亦介紹景點的歷史文化背景，讓市民從多角度深入了解香港的自然環境。除網上平台外，V'air 曾用環保紙製作以香港自然面貌為主題的明信片，並於市集售賣，希望港人及遊客多欣賞「石屎森林」水碧山青的一面。最近，V'air 成員獲書商邀請將網站內容實體化，合撰新書《低碳·好行》，當中包括三十九段城市及郊野旅行路線供讀者參考，並以環保、自然的角切入，鼓勵市民遊山玩水之餘亦要愛惜環境。

### 參與「愛陽光計劃」勇奪金獎

團隊認為書院為他們提供了一個良好的環境，幫助

他們發展。V'air 成員之一，就讀中國語言及文學系的李雪瑩形容伍宜孫書院在推廣環保方面做得十分貫徹；而 Natalie 則感謝書院在多方面的支持，例如 V'air 未有就讀商科的同学，書院即為他們介紹教授商科的書院資深導師，分享成立與營運社會企業的知識，令成員們在管理方面更得心應手。在各方支援下，幾位 V'air 成員於去年參加書院資助計劃之一的「愛陽光計劃」，希望將環保保育知識推廣至各個年齡層。「我們與中學生一同規劃行山路線，整理後在網上發布路線，以比賽形式公開予大眾參加，參加者需要進行不同與環保和本土文化有關的任務。其中一個任務要求參加者拍攝及辨認位於塱原的農田，希望在比賽同時，參加者亦有機會與本地農夫溝通，有望建立地區關係。」此公眾教育計劃旨在讓年輕的中學生嘗試規劃行山路線，參加比賽的市民亦能知道更多自然保育的知識，各方皆能得益。V'air 最後奪得「愛陽光計劃」的金獎，而計劃亦於去年以名為「香港遊蹤」的比賽實現。

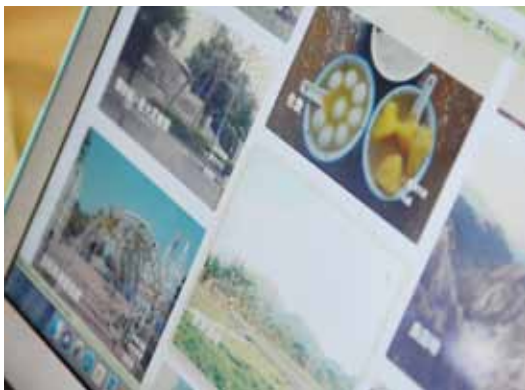
### 面對各方刁難

在推廣環保的同時，公眾對 V'air 的誤解亦不少不免。Natalie 記得有人曾質疑他們是否反對外遊，問到：「難道香港沒有的風景也不能離港觀看？」她回應道：「我們當然承認香港沒有其他國家擁有的天然資源，但 V'air 旨在將香港獨有的自然風貌發揚光大，例如塱原的候鳥品種其實非常豐富，又如萬宜水庫東壩的六角柱石更是世界稀有。故此我們並非禁止市民外遊，而是希望透過重點介紹香港的天然資源，令普羅大眾重新認識我們身處的香港。」而雪瑩亦分享：「我認為一條挺可惜的批評是有人指責 V'air 過份宣傳某些地方，令該景點被市民破壞。但我認為我們用自然環境的切入點報導，目的正是教育公眾如何欣賞大自然，甚至窺探當地的歷史文化，提醒大家珍惜本地資源。因此，我們應該深思為何會有市民作出破壞環境的行為，以及為何大眾對自然保育認識不深，而非怪責宣傳景點的媒體。」



V'air's travel guide was published in 2017, which features details of attractions in Hong Kong. The team introduced their book in sharing sessions held in a local book store and on College campus.

V'air 團隊所著的本地旅遊書《低碳·好行》於二零一七年出版，介紹多個香港自然及文化景點。團隊更分別於書店及書院的新書分享會中與讀者交流。



**關注政府政策**

雖然政策倡議並非V'air 的重點工作，但一眾成員仍十分關注政府的環境保育政策。今年年初，成員們在網站發布「二零一七年十大環境保育新聞回顧」，希望市民多關注及討論有關政策。Natalie 說：「大家經常投訴香港是石屎森林，只有一式一樣的商場。政府發展郊區作住屋、商業用途，這些固然正在發生，但如果大家對尚未被發展的地方不聞不問，政府便能輕易將這些地方城市化。以南生圍為例，如果沒有人願意站出來保育，政府便可肆無忌憚地夷平這些珍貴的地方。」若有更多人關注香港環境保育問題，政府則不能漠視廣大市民的訴求。

**展望未來**

有見書院不時舉辦生態遊，如「西貢海下灣文化生態

遊」和「紅葉。攝影。生態旅遊」等，V'air 的成員亦希望與書院合作舉辦相關活動，供師生參與。公眾教育不可能一朝一夕便能改變所有市民的想法，故成員們都樂意將來繼續為保護環境發聲。總結V'air 的目標，成員們希望大眾在投訴之餘，嘗試踏出一步，主動了解香港，甚至一同守護這些自然景色；同時減少快閃旅遊的風氣，最終達到減少碳排放。

書院院歌其中兩句「立志淑世，為眾解困」，鼓勵同學嘗試一盡己力，改變社會不公、不良風氣，建構更值得嚮往的香港。除了環保議題以外，香港人仍然面對有關社會、政治、文化等層面的挑戰。「踏世道肩重任」似乎言重，但「盡己本份」、進取求變、關心社會等願景都值得同學深思銘記。「坐言不如起行」，若同學忽發奇想，不妨與身邊志同道合的朋友將理念生根發芽，在大學生涯裡放手一試，或許會有意外收穫。

V'air was featured in various media coverage, including Metropop, Apple Daily, Ming Pao, TVB and RTHK.

不同媒體亦曾訪問及報導V'air的工作，包括Metropop、蘋果日報、明報、無綫電視及香港電台。



**TIME TO TAKE ACTION!  
是時候行動了！**

**INTERESTED IN JOINING THEM?**

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You can contribute anything - content creation, creativity, marketing, business skills, photography!

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# COLLEGE ACTIVITIES

## 書院活動

### COLLEGE FORUMS 書院論壇



### HIGH TABLE DINNER 高桌晚宴



Two College Forums were organised in January and February to allow students to interact with distinguished speakers. In the Forum entitled 'Identity in Film-making', Ms. Ann O.W. Hui reviewed her work 'Song of the Exile' and her documentary 'As Time Goes By', which greatly relate to herself and her Japanese mother, who spent most of her life in Hong Kong while missing her homeland. She then shared how her views on homesickness have changed over the years, and concluded that we should not be bounded by our presumptions.

Professor Simon X.H. Shen shared in the second Forum on another topic, 'Brave New World', and reviewed the impact of the virtual world on international relations. He discussed with students how the development of technology and the virtual

world have become more significant to the real world. People from different regions are now more connected by the internet and advancement in transport, and they develop multiple identities other than their physical status.

書院於一至二月舉辦兩次書院論壇，同學於活動中把握機會與講者交流。在首次論壇裡，許鞍華女士以「電影製作中的身份認同」為題，分享她兩部作品《客途秋恨》及《去日苦多》與自身經歷的關聯。除了提及日裔母親的思鄉愁緒以外，又回顧她多年來對鄉愁情懷看法的改變，提醒同學不要被既有印象限制自己的眼界。

沈旭暉教授則分析虛擬世界對國際關係的影響。科技與網絡世界的發展和現實社會息息相關，不但拉近不同地區人民的距離，每個人亦同時在現實與虛擬世界發展出不同的身份。

The High Table Dinner entitled 'How Our Cultures Differ' was conducted by two College students, Rustami Ubaydullo and Romario Timothy Vaz, in January. Rustami (Engineering/ 1) is from Tajikistan and Romario (Computer Science/ 2) is from India. They shared on the topics of food, festivals and religions in their own countries and the unexpected things they encountered in Hong Kong with fellow students. The attendees had a great time knowing more about their international friends and are ready to explore the city of Hong Kong with them!

書院本學期首次高桌晚宴於一月舉行，是次晚宴邀得兩位書院同學Rustami Ubaydullo 及Romario Timothy Vaz 分享他們國家的文化。Rustami（工程學二年級）及Romario（計算機科學與工程學二年級）分別來自塔吉克斯坦及印度，除介紹家鄉飲食文化、節慶及宗教，他們亦提到初到香港時與同學遇上的意外趣事。參與同學於當晚把握機會與來自不同文化背景的朋友交流，準備與他們在香港展開探索之旅！



# COLLEGE ACTIVITIES

## 書院活動

### GATHERING TALENTS

#### 廣邀賢才



Members joining the College in 2016 and 2017 have been invited to a Welcoming Tea Gathering in January to learn more about the College. College Master, Professor Anthony T.C. Chan shared with the participants some background information of the College establishment, mission and vision, while Dean of Students, Professor Man-hong Lai highlighted some key student activities and College supports to students. Participants gained a better understanding of the College and were happy to contribute in their areas of specialties and interests.

書院於一月邀請多位於二零一六至一七年加入書院的成員茶聚，讓各位成員交流及了解書院。院長陳德章教授於聚會中為成員簡介書院背景，包括創院使命及願景；輔導長黎萬紅教授則介紹主要學生活動及為同學提供的支援。參與成員除了對書院工作有更深的認識以外，亦表示樂意在各自專長及感興趣的範疇盡一分力。

### FESTIVE MOMENT

#### 共賀聖誕



Santa Claus came to Wu Yee Sun College!

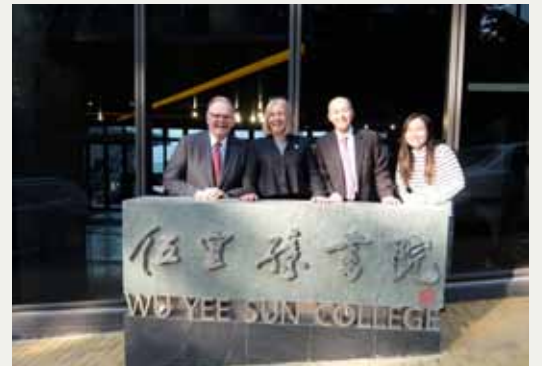
The Christmas and New Year Party this year began with the carol singing led by Professor Anthony T.C. Chan, College Master. More than 50 participants took part in the subsequent turkey-cutting ceremony and enjoyed delicious food together. Professor Kam-fai Wong, College Associate Master, became Santa Claus and distributed gifts and brought a lot of joy to the participants.

又到聖誕！

今年的聖誕及新年派對由聖誕歌曲開始，院長陳德章教授帶領超過五十位書院師生頌唱節日歌曲，眾人又一起參與切火雞儀式及享用美味佳餚，歡度佳節。副院長黃錦輝教授再次扮演聖誕老人派發禮物，將歡樂傳遞予每一位參加者。

### DELEGATION VISITING

#### 友校來訪



Two delegations visited the College in December. Delegation from Xiamen University visited our College campus, and they were received by Dr. Po-kin Leung, Associate Dean of Students and Ms. Sandy P.S. Lee, College Secretary.

Dr. James Harris, President of the University of San Diego and Ms. Sue Cunningham, President of Council for Advancement and Support of Education, joined a College tour during their visit and were impressed by the College's features including Creativity Laboratory and The Lounge.

兩間院校的訪問團分別於十二月來訪書院。廈門大學代表團在書院副輔導長梁寶建博士及院務主任李珮珊女士的帶領下參觀校舍，了解本校的書院制度。University of San Diego兩位代表亦於遊覽書院校園後，表示對創意實驗室及如日坊留下深刻印象。



# STUDENT ACTIVITIES

## 學生活動



### LEARN TO CREATE 學習創造



Creativity Laboratory (clab) held a black and white film development workshop led by the former clab student convener, Hei-ming Fung, in November. The workshop aimed at introducing the uniqueness of traditional film photography to the Sunnies. Participants were required to shoot black and white photos in advance and develop their own films during the workshop. Though digital photography is very common nowadays, the uniqueness and the characteristics of black and white films are difficult to imitate. clab is the ideal place for the photographic lovers to organise monthly workshops, exchange shooting experience and technique. Stay tuned for further film development workshops in the coming future!

clab invited Ms. Elaine Chen to present a talk 'From Making to Entrepreneurship – The MIT Way' in January. Ms. Chen is a senior lecturer at Massachusetts Institute of Technology Sloan School of Management and an Entrepreneur-in-Residence at the Martin Trust Centre for MIT Entrepreneurship. She is also a startup veteran and product strategy and innovation consultant. She shared the joy and fun of having classes with MIT students, a number



of successful cases among her students and their works during the talk. Participants grabbed the chance to raise questions on the inspiration of creative work, ways to evaluate if an idea works or not and how to start a start-up as a university student and more.

創意實驗室於十一月舉行黑白菲林沖洗工作坊，並由護理學系的馮熾明同學（前創意實驗室召集人）帶領工作坊及分享傳統菲林攝影的獨特性。參加者需拍攝一輯菲林相片，並於工作坊學習黑白菲林的沖洗技巧。雖然現今數碼科技盛行，黑白菲林相片的獨特性及質感卻是無可取替的。創意實驗室將會成為攝影愛好者的理想基地，讓他們可定期舉行工作坊聚會，分享攝影及沖洗的技巧與心得，請密切留意未來有關菲林沖洗的活動。

創意實驗室於一月邀得Ms. Elaine Chen 親臨主講「以麻省理工學院的方式——學習從手作至創業」。Elaine是麻省理工學院斯隆管理學院的高級講師，並同是馬丁·特拉斯特麻省理工學院創業中心的駐場創業家，同時是一位創業專才、產品研發及策略顧問。於講座活動中，她分享自己與麻省理工學院學生互動有趣的課堂情況，以及幾位學生成功創業的故事。參加者都非常享受當晚的講座，發問不斷，以了解創作靈感、創意的可行性，及如何以學生身分開創個人事業等議題。

### STUDENT ACHIEVEMENTS 學生殊榮



College Men's Rowing Team won the Overall Second Runner-up, together with United College in the 14th CUHK Rowing Championship held in January. Ka-wing Yip was the Champion in Men's M1x.

College Women's Table Tennis Team won their first trophy in the Inter-collegiate Competition in February. The Second Runner-up came with the tremendous effort of every team member.

Rounds of applause to all the athletes for their devotion and achievement!

男子划艇隊在一月舉行的第十四屆中文大學賽艇錦標賽與聯合書院同獲季軍。葉嘉泳同學更在男子單人雙槳項目取得金牌。

女子乒乓球隊投入訓練，並於二月舉行的院際比賽首次贏得季軍，成績令人鼓舞。

感激每位書院運動員為院隊的付出！



# STUDENT ACTIVITIES

## 學生活動

### CHALLENGES IN FILM MAKING

電影製作的挑戰



We were honoured to have invited Mr. Fung Ho, Director of the film 'War of the Youth', to watch his work at the College Theatre with College students in February. The director shared with participants his experience and difficulties on film production and how he pursued his interest and passion for film making.

書院於二月邀得導演賀峰先生與同學共賞他的作品《青春戰記》。他於觀賞影片後與師生交流，除了分享一部電影作品背後所須的苦工與挑戰以外，亦回顧他大學畢業後踏進電影製作這個全新界別追夢的經歷。

### JAPANESE ARCHERY EXPERIENCE

日本弓道體驗



Everyone needs a dose of fun. We are excited to collaborate with Hong Kong Kyudo Association to bring in Japanese Archery Class, a mix of aesthetic, spiritual and energetic experience, to our students. Setting the Central Courtyard as dojo, students were immersed into the atmosphere of kyudo to calm their body and mind.

若想為每天生活增添樂趣，體驗新運動是其中一個好方法！書院與香港弓道協會將揉合藝術、精神及活力的日本弓道帶到校園，讓同學在變成道館的中央庭園沉澱心靈，重新感受自己的身體與靈魂。

### SURVIVAL HACKS IN FRANCE!

旅法小貼士



College students grabbed the chance to get tips for surviving in France! In the French Survival Language Activity held in February, Mr. Louis Jean Munsch, College member from the Department of Linguistics and Modern Languages, taught students French vocabulary on numbers, shopping, food and drinks through interactive activities. They also had a taste of French food and drinks to learn more about the dining culture in France.

同學於二月參與法語求生工作坊，在書院成員Mr. Louis Jean Munsch（語言學及現代語言系）的指導下，參與者學會不同法語日常用字，如關於數字、購物、飲食等的詞彙，又品嚐法式食品，以了解法國飲食文化。



## RELAXING GATHERING WITH MENTORS 師友共聚



Mentors and mentees enjoyed a relaxing afternoon to celebrate the festive season in December. The tasty bites stimulated not only the participants' appetite, but also their minds. Mr. Sai-yung Lau, Convener of Rance Lee Mentorship Programme took the opportunity to invite participants' feedback for enhancing the programme.

We were more than happy to gather again in February to welcome the new mentors and mentees. With the new input, each mentorship group is starting their activity plan for the upcoming year!

學長與同學於十二月共聚，慶祝聖誕佳節！享受精緻小吃之餘，席間的交流更刺激他們的新思維。李沛良師友計劃召集人劉世鏞先生藉此機會邀請各位學長及學員提出建議及意見，以深化師友計劃的學習成果。

師友於二月再次重聚，歡迎新加入的學長與同學。每個師友小組更把握良機，共同計劃來年的活動！

## THE WAY TO SUCCESS 邁向成功之道



This year, the College conducted The Way to Success Course for our students again in term one. With an aim to train students to be successful leaders, six modules, 'The Way to Success', 'Communication with Impact', 'Life Management', 'Trust and Integrity', 'Servant Leadership' and 'Failing Forward', were conducted. With lectures, games and interactive discussions hosted by experienced mentors throughout the course, we hope our students can have a holistic development and a sharper edge to overcome life's challenges in the future.

書院於上學期再次舉辦六個單元的「成功之道」課程。此課程旨在訓練同學成為成功的領袖，同學除了上理論課以外，亦透過遊戲及與導師的互動討論，學習他們的寶貴經驗。透過舉辦「成功之道」課程，書院祈盼同學能得到更全面的個人發展，以及更有信心地克服未來的挑戰。

## MEETING WITH YOUNG FRIENDS 與年輕朋友聚首



Professor Man-hong Lai, College Dean of Students, met a group of students and a teacher of CUHKFAA Chan Chun Ha Secondary School in a December morning. Students were eager to gain insight into learning and personal development in the breakfast meeting. Professor Lai also shared with them the challenges and prospect of university life. We are looking forward to meeting with them again in future collaborations with the School!

書院輔導長黎萬紅教授於十二月與香港中文大學校友會聯會陳震夏中學的同學聚會，同學於見面時分享學習及個人成長的體會，黎教授亦與同學討論大學生活的挑戰與機遇。我們期待於將來與友校合作的活動中再次與他們相聚！



# STUDENT ACTIVITIES

## 學生活動

### GREETINGS TO NEW FRIENDS 迎接新伙伴



After waving farewell to incoming exchange students in the first semester, a new batch of around 40 incoming exchange students are joining our College this semester! The International Team and the College hosted a dinner to present our warmest welcome in January. In order for the exchange students to experience a taste of Chinese cuisine, hot pot and Pun Choy were served. After ice-breaking games, they learnt some simple but useful expressions and greetings in Cantonese and listened to a presentation by a representative from V'air regarding green travelling in Hong Kong. They also gained a better understanding of the College, CUHK and Hong Kong through a quiz game. Participants spent a wonderful night making friends and learning more about Hong Kong.

在與上學期的交換生道別後，新一批約四十位交換生於下學期加入書院。國際小組及書院於一月合辦晚宴，歡迎他們加入書院。除了讓交換同學嘗試火鍋及盆菜等中式菜式，當晚亦預備了各種破冰遊戲及廣東話日常用語工作坊，V'air 代表亦介紹香港多個景點，推廣綠色本地遊。透過小遊戲，同學亦對書院、中大及香港加深認識，希望他們享受在書院的生活，與背景各異的同學成為朋友。

### PREPARING FOR THE NEW YEAR 喜迎佳節



College students seized every opportunity to celebrate the Lunar New Year. The College invited Ms. Tak-yee Choi and Mr. Siu-wa Lui to guide students in festive Chinese paintings and Fai Chun for the New Year. Students were able to complete drawings and greetings celebrating the Year of the Dog, while acquiring knowledge and skills on the traditional art forms.

Wardens and Resident Tutors also invited students to write Fai Chun and decorate the campus.

Professor Man-hong Lai, College Dean of Students, and Professor Ming-kay Poon, College Associate Dean of Students, hosted a reunion lunch in early February. Students shared their New Year holiday plans and exchanged views on current affairs and campus life. The Deans also recalled their stories in the university so that students could view their College life from different perspectives.



The International Team celebrated the New Year with non-local students, and introduced to them the tradition of the Chinese festival. Participants also had the chance to try Lunar New Year dishes and write their own Fai Chun.

為迎接農曆新年，書院同學在不同活動中為節日作準備。書院邀得蔡德怡老師及雷紹華老師分別為同學教授新年賀畫及書法。在老師的示範及悉心指導下，同學除了學習繪畫年花、狗年賀圖及寫揮春的技巧外，亦對中國傳統藝術有更深的認識。

舍監及宿舍導師亦與宿生寫揮春，為校園添上新春氣氛。

輔導長黎萬紅教授及副輔導長潘銘基教授於二月初與同學享用團年飯，迎接新春佳節。席間同學分享假期計劃及對時政與書院生活的意見，輔導長亦談及大學時期的小故事，讓同學從另一角度了解書院生活。

國際小組則為外地同學舉辦新年聚會，介紹農曆新年的習俗，嘗試寫揮春及品嚐賀年食品。



# LET'S SHARE

## 同學分享

呂璋珊（中國語言及文學三年級）

呂同學參與多項書院活動，除了活躍於服務學習，又與同學申請寰宇學習獎勵計劃，展開「波羅的海三小國之旅」。她又加入V'air，合作撰寫本地旅遊指南《低碳。好行》，為大眾介紹綠色旅遊。



有人說，大學就是鍋湯。浸在這鍋湯四年，能決定你是個怎樣的人。所以，慎選湯料。有人說，你是你身邊最常出現的五個人的平均值。所以，慎選好友。

如果說，我還算是個不錯的人，大概是因為我身邊的朋友都還不錯。如果說，我比三年前變得更好，大概書院這鍋湯煮出來的東西還不錯。三年前，伍宜孫書院才剛剛招了第四屆學生。「創新志業、社會責任」具體是甚麼東西？我也搞不太懂。只是聽說，如果你有甚麼創新的意念，只要你願意實踐它，書院會全力幫助你。感覺上，這個書院挺鼓勵人發夢。這鍋湯料挺符合我的性格。

《牧羊少年奇幻之旅》裡說：「當你真心渴望某件事

時，全宇宙都會聯合起來幫助你。」這是我這三年來深切體會到的東西。當初想去波羅的海不過是因為看了《信報》上關於愛沙尼亞電子公民的報道，覺得這個地方非去不可，結果很幸運地找到了朋友願意聆聽我的想法，一起做了一個關於「波羅的海三小國」的專題，並得到書院「寰宇學習獎勵計劃」的支持。當初我不過單純喜歡爬爬山，沒事就拍照放到網上，誰知道這讓我認識到V'air 的小伙伴。這一年，我們一起合作寫書，也一起參加了書院的「愛陽光計劃」，推出「香港遊蹤」，推廣香港低碳本地遊。和他們的合作也讓爬山這件事增添了一份環保的意義。

很高興這三年來，我還是一個愛發夢的女孩，身邊的朋友還是跟我一樣不切實際，書院也願意我這種人繼續存在。

1/ 寰宇學習獎勵計劃：波羅的海三小國之學習考察

2/ 考察期間製作介紹當地文化特色的節目

3/ 於書院開學禮分享考察旅程的所見所聞

4/ 書院服務學習計劃：雲南之旅及柬埔寨之旅

5/ 新書分享會：《低碳。好行》



## CHOW TAI FOOK SERVICE-LEARNING PROGRAMME:

# SERVICE-LEARNING TRIP TO CAMBODIA 2017



The College organised 'Service-Learning Trip to Cambodia 2017' from 27 December 2017 to 4 January 2018. Nineteen local and international students from different majors went to Phnom Penh and Kampot to serve university and secondary students, elderly, orphans, and also street children and their parents.

The team prepared a wide variety of activities. Creativity was stressed in tasks including games, making handicrafts, and designing tote bags and aeroplanes. The participants also had the chance to write Chinese red banners and enjoy music and dance in the cultural night event. To arouse people's sense of social responsibility, activities including tree planting and rubbish collection were organised. The local students also had a taste of science experiments. It is delightful to see the students incorporating the Sunny College's core values, such as creativity and social responsibility, into their service content. For instance, our students encouraged the participants to fully utilise their creativity in the Collection Game. When asked to collect things starting with the letter 'A', the participants were so creative that some of them collected A4 paper while some collected Apps in their mobile phones.

The students also had an in-depth discussion

with university students and Cambodian parents to have a better understanding of the education system in Cambodia and shared the benefit and importance of education. Students from both universities presented and exchanged ideas on the Belt and Road Initiative and gained inspiration on the opportunities brought by this Initiative.

Experiences including homestay, visiting historical sites and museums, mangrove tree-planting and fire-flies observation during the boat trip also made the trip an unforgettable one.

After undergoing the process of planning, preparation, implementation, daily evaluation, and sharing throughout the Trip, the students gained more insight into the lives of Cambodians and development in Cambodia. In addition, their interpersonal and leadership skills and sense of social responsibility were also enhanced.

書院於二零一七年十二月二十七日至二零一八年一月四日期間舉辦「二零一七年度柬埔寨服務學習之旅」，十九名來自不同學系的本地生和國際生遠赴金邊和貢布，服務大學生、中學生、長者、孤兒、街童及其父母。

書院同學為他們策劃各式活動，除了著重創意的布袋設計、摺放紙飛機和小手工以外，又和參與人士玩小遊戲。參與者亦有機會寫揮春和在篝火晚會載歌載舞，感受文化傳統。同學又與當地中學生一起挖洞種樹和清理垃圾，藉以提升他們對社會責任的意識。學生亦有機會一嚐進行科學實驗的樂趣。當中令人鼓舞的是同學構思的活動充份彰顯書院創新精神及對社會責任的重視，例如，在「收買佬」遊戲中，同學要求參加者收集以英文字母「A」開首的物件，有人收集A4紙，有人收集應用程式（Apps），可見參加者創意無限。

此外，同學亦與當地大學生和家長進行深度交流，以了解柬埔寨的教育制度及分享接受教育的重要性。兩地大學生更就「一帶一路」策略互相交流，了解當中帶來的機遇。

為讓同學體驗當地生活，他們亦分組入住當地民居，又參觀博物館、萬人塚及金邊大學，並嘗試栽種紅樹及坐船觀賞螢火蟲。

經過一連串服務學習活動，包括策劃、籌備及執行各種服務內容，並於每天服務完結後進行集體反思和互相交流感受，同學們不但加深了對柬埔寨的認識，在人際關係、領導才能及社會責任感等方面，皆有所提升。



## 周大福服務學習計劃： 二零一七年度柬埔寨服務學習之旅



I come from Indonesia, another Southeast Asian nation and, consequently, the condition of Cambodia matches my expectation which is similar to my home country. Cambodia has a gloomy history which is so hurting to hear. However, their enthusiasm and affection cover all of the dreadful scenes, they are so friendly that you can wave your hand at random people and they will wave back to you. Moreover, my homestay family asked us to travel around Phnom Penh together, brought us breakfast on our last day, and even told us to give them a call so they can provide accommodations for us once we come back to Cambodia. This trip gave me the opportunity to experience many memorable activities such as meeting with new-crazy-friends from Hong Kong, learning new languages, rush-shopping in Phnom Penh, strolling around at the riverside of Kampot, watching fireflies at night, serving street children and the elderly, feeling the excitement among students, and other first time experiences. Lastly, I'm pleased to be the part of this trip and 100% recommend other students to join this once-in-a-lifetime service-learning trip to shape our personality and learn more new things.

*Elgin*  
(Professional Accountancy/ 1)



I miss everything in Cambodia. We grew and learnt a lot in these nine days. Although it is really a pity that we did not have much time to visit different places, like the National Museum and Angkor Wat, we met and served people from various social classes. It is not usual to meet and make friends with the people from different social classes, like street children, orphans and university students, if we simply go travelling. Each of them gave me a unique impression.

The most impressive and enjoyable part is the time we had lunch with the university students. We chatted from the differences in climate to that in the education system and political issues between Hong Kong and Cambodia. I was amazed by their strong sense of national belonging as they said they were willing to do everything for their country and share the history and beauty of Cambodia with others.

I am thankful that Chow Tai Fook sponsors us and our College provides me with this precious opportunity to serve in Cambodia. I am willing and eager to serve and care for my local community more and continue to join more service trips after this fascinating one.

*Ka-yan Tsang*  
(Food and Nutritional Sciences/ 2)

Date 日期 27/12/2017 - 4/1/2018

Leading Teacher 領隊老師  
Mr. Wai-hung Tang 鄧惠雄先生  
Department of Social Work 社會工作學系

Siu-yin Chan 陳小燕 (Integrated BBA/ 1)  
Man-hin Chau 周文軒 (Maths & Info Engin/ 3)  
Yan-tung Cheung 張茵茵 (Chin Lang Edu/ 3)  
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Ka-ying Wong 王嘉英 (Liberal Studies/ 5)  
Tsun-yan Wong 黃浚欣 (Sociology/ 2)  
Kin-ho Yick 易健豪 (Financial Technology/ 1)





# 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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