

# THE SUNNY POST

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EXPLORING THE WORLD AND ONESELF  
AN INTERVIEW WITH WU YEE SUN  
COLLEGE OUTGOING EXCHANGE  
STUDENTS

從迷思中尋找自我  
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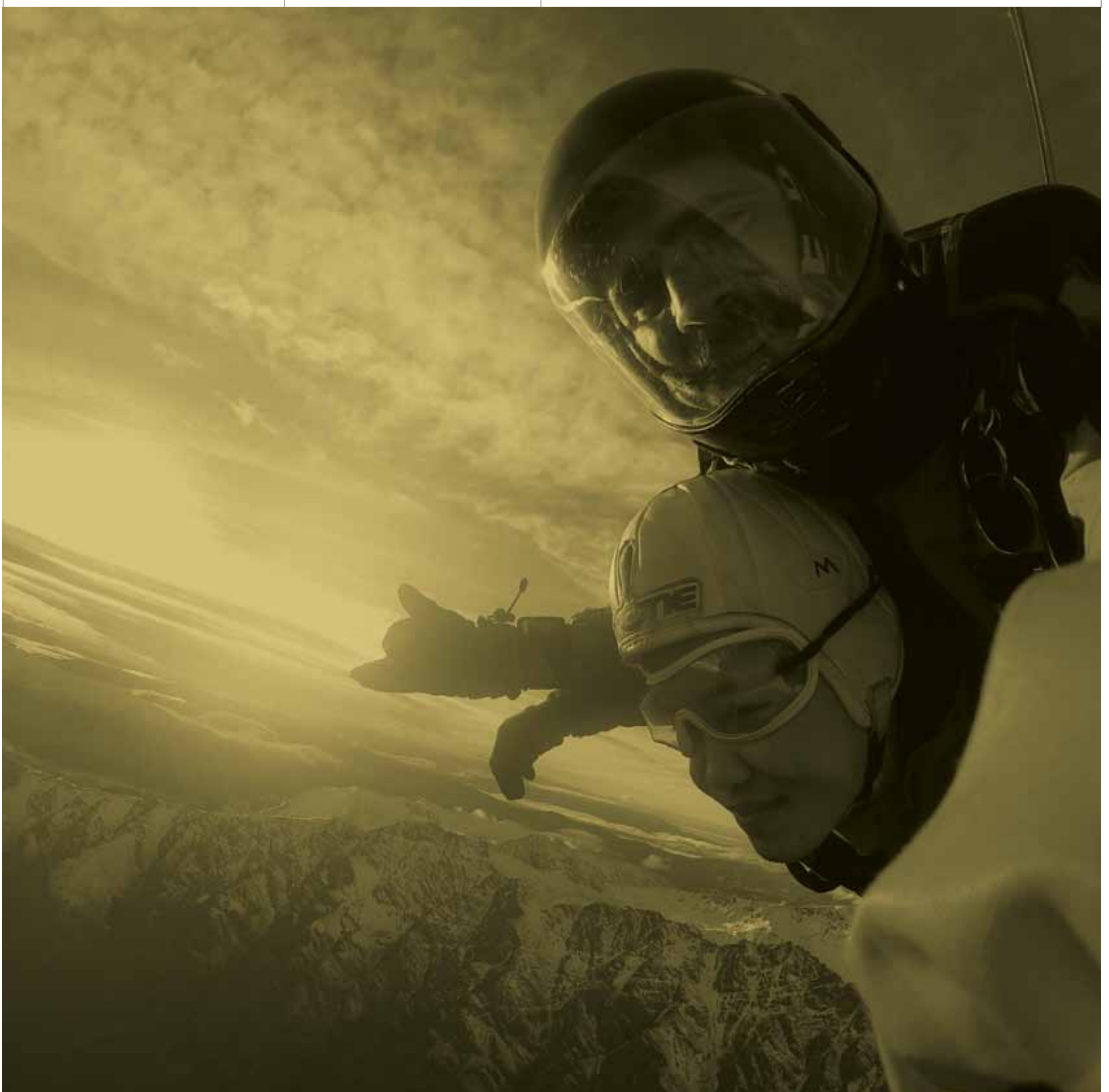
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ISSUE  
TWENTY FIVE  
SEPT 2018

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# EXPLORING THE WORLD AND ONESELF

## 從迷思中尋找自我

AN INTERVIEW WITH WU YEE SUN COLLEGE OUTGOING EXCHANGE STUDENTS

專訪伍宜孫書院同學海外交流之感遇



Student Reporter: Janessa H.W. Chou (Pharmacy / 4)

學生記者：周可穎（藥劑學四年級）

Many students seize the opportunity to explore the world through exchange programmes in their university life. While living abroad could be intimidating at first, the students eventually stepped out of their comfort zone, returning to Hong Kong with self-discovery and enhancement in personal well-being. What did they encounter, and how did they react?

大學四年，不少同學都希望把握機會，到外地交流及遊歷。然而，在外獨自闖蕩生活，對同學來說又是一番挑戰，他們更在過程中跳出舒適圈、重新認識自己。在交流的數個月至一年的時間中，到底他們經歷了什麼，又如何自處呢？



1/



2/

1/ Queenie went on many unexpected adventures, including visits to Tasmania, Uluru and New Zealand. Throughout the journeys, she found herself becoming more open to unplanned events in life, and she enjoyed the excitement which came along.

Queenie 於交流期間展開多個計劃以外的旅程，包括到訪塔斯曼尼亞、烏盧魯及紐西蘭。過程當中，她發現自己面對人生中的意外時態度變得更加開放，亦十分享受當中帶來的樂趣與驚喜。

2/ Australian students have great awareness of contemporary issues in the community and worldwide, and are willing to voice their opinions. Queenie had the chance to look into social issues which had not gained much attention yet in Hong Kong, including Femalism.

澳洲學生對世界及身邊的社會議題有很強的觸覺，而且敢於發聲。Queenie 在留學期間亦接觸到不少香港未太普及的討論，包括女性主義。

With 80 Sunnies participating in exchange programmes in the academic year 2017/18, I had the pleasure to speak with three of these students: Queenie Kwan-yu Law (Government and Public Administration/ 4), Kelly Ka-yu Lau (Global Economics and Finance/ 4), and Hanniel Hon-nip Chow (Psychology/ 4), who went to Monash University in Australia, King's College London in the UK, and University of California, Los Angeles (UCLA) in the US respectively.

### INITIAL CULTURE SHOCK

Queenie, Kelly, and Hanniel were thrilled to live abroad but didn't always find it easy. Although they expected difficulties in language and communication, the first challenge was much tougher than they had imagined: they experienced culture shock and found it hard to bond with the locals due to cultural differences. Queenie recalled that she had a short to-do list before her departure to Melbourne, and making new friends was on the list. However hard she tried to mingle with the locals, she could not blend in owing to lifestyle and leisure habit differences. She found it difficult to find common topics with the locals due to a lack of common ground. Despite the fact that the locals were friendly, Hanniel and Kelly experienced similar cultural barriers: from slang to shows on TV, they could not get into a conversation. With their lack of social networks and the feeling of having an identity crisis in the foreign land, they even found themselves a bit lost.

### SETTLING IN

When the three Sunnies quieted their mind, they noticed that what they needed was their

determination to step out of their comfort zone. They started to search for ways to blend into the local culture and social circles. This often meant joining student clubs to meet new people. 'I joined a local Christian group called Cru at UCLA, and joining it made me realise how common faith transcends cultural differences,' recalled Hanniel. 'By the end of the semester, I became best buddies with the club members and still keep in touch with them.' Meanwhile, Kelly joined King's College's sports classes to meet new people despite how she didn't do much sport in Hong Kong. These classes exposed her to new types of sports, and she made many new friends in the process.

Queenie also forced herself to join her peers, but had a hard time as she did not really enjoy small talk with a bunch of people. She found herself more comfortable with private and meaningful conversations. After discovering how the local people were interested in Asian cultures and bonding with them through cultural exchange, she introduced them to Hong Kong's culture while learning about other countries' cultures. True friendship began. She also learnt how to be happy being by herself when she was alone.

Stepping out of the comfort zone made them more open-minded to new challenges.

### NEW PERSPECTIVES

After months of immersion, Queenie noticed gradual change in her mindset. How obvious was the change? Mrs. Law could tell within two hours after she had returned home. 'Back in Hong Kong, I liked to have everything planned out,' said Queenie. 'Aussie culture is more laid-back and taught me to be more spontaneous.'

“ Back in Hong Kong, I liked to have everything planned out. Aussie culture is more laid-back and taught me to be more spontaneous.

我是一個凡事都要預早安排的人，但到了澳洲後因受到當地悠閒文化的影響，更喜歡随心所欲的生活方式。



“ I found myself less burdened as I was a total stranger to my UK classmates. I became more willing to try new things and relaxed from constraints I had set for myself.

我發現自己在外地時沒有以往的包袱，慢慢變得勇於嘗試和學會放下，發覺這樣的改變令自己更快樂。



3/ Kelly was once hesitant to interact with her schoolmates, but she tried to step out of the comfort zone and forced herself to stay in the hostel pantry for 30 minutes every day, interacting with local students, which turned out well.

Kelly 曾經對與當地學生交流感到不適應，但她嘗試跳出舒適圈，例如逼自己每天留在宿舍茶水間與宿友聊天，結果頗有成效。

I joined a bushwalking (hiking) tour to Uluru despite having no idea what the exact itinerary was like, and it turned out to be an adventure! Queenie also revealed that she enrolled in course related to Femalism which she had always been interested in, and she was happy to have done what felt right: having her direction in further studies confirmed. When she let go of her checklists and timetables, she welcomed more surprise.

Kelly really cared about her grades throughout the past years. She always pushed herself to try her best, and would not allow any mistakes: she was thus never an active speaker in classes. However she found herself less burdened as she was a total stranger to her UK classmates. She became more willing to try new things and relaxed from constraints she had set for herself. She discovered that this lifestyle made her a happier person.

Hannel's views on interpersonal relationships changed. In the past, he would only socialise with his friends, and preferred concentrating on his studies and practice rather than hanging around with no purpose. His mind changed after living in America. He now feels like there is great value

in spending time with people. 'Hanging out with people instead of studying and practising doesn't mean that I am wasting time, but I'm probably also sowing good seeds in others' lives by being a good friend. I also found great joy and growth through spending more time with people, instead of only being a workaholic as I used to be.' After a year, Hannel found himself no longer an alien to that part of the world, but a part of it. Noticing many more exchange students facing the same problem as he did, he and his friends formed a student body to help them. He is also bringing this concept back to CUHK, aiming to enhance the connection between the local and non-local students.

Although the three Sunnies had distinct exchange experiences, they shared the same thought: after living abroad, they became more open and willing to expand their comfort zone. 'I am still who I am, but with some new elements,' Hannel said after collecting his thoughts. Maybe after different trials and self-reviews, we could all come to learn more about our potentials and ourselves.



3/



3/



4/ Hannel enjoyed the easygoing atmosphere in the US, and often had music jam sessions in the piano room on campus.

Hannel 十分享受當地隨和的氛圍，常與剛認識的同學在大學的鋼琴室裡一起合奏。

5/ With all the beloved friends, Hannel now finds Los Angeles to be his second home.

與一班好友共度一年時光後，洛杉磯已成為Hannel 的第二個家。

羅鈞渝Queenie（政治與行政學四年級）、劉珈余Kelly（環球經濟與金融四年級）和周漢轟Hannel（心理學四年級）於二零一七至一八年度參加海外交流計劃，分別到澳洲蒙納許大學，英國倫敦大學國王學院和美國加州大學洛杉磯分校交流半年至一年。雖然三人都做足到外地要面對新事物、新挑戰的心理準備，但剛到埗的他們還是無所適從。

#### 文化差異

首個直接的衝擊是文化差異。即使在出發前已經預計到會有語言及溝通的困難，但身處其中才讓他們明白語言並不是最大的障礙，生活模式與文化才是他們真正需要跨越的鴻溝。Queenie 指，她有為自己訂下一些目標，其一就是多認識當地的朋友。然而，她指自己與當地人聊天時，由於大家的生活習慣和娛樂方式差別很大，除了簡單寒暄，難以找到共同的話題，令她感到無法融入當地人的圈子。Hannel 和Kelly 亦遇上相同情況，上至俚語，下至每天收看的電視節目，他們都無法與對方搭上話。因為社交圈子及個人身份認同都需要從零開始建立，甚至因此而感到有點迷失。

#### 努力融入當地文化

然而，當三位同學靜心下來，就發現他們需要的正是跨出舒適圈的決心，於是開始摸索融入當地人的文化和圈子的方法。Hannel 成功地透過參加課外活動來結交新朋友，回憶道：「我加入一個稱為Cru 的基督教學

生組織，在那裡認識了擁有共同信仰的朋友，回到香港後也有和他們保持聯絡。」Kelly 本身並不熱愛運動，但為了多認識新朋友，她也嘗試參加校內的運動班，在運動過程中交了很多新朋友。

Queenie 初到墨爾本時，也曾嘗試逼迫自己融入當地同學的圈子，但本來不適應大伙兒嘻嘻哈哈、無法真正與人交流的她，發現自己單獨與朋友聊天時更加自在，也能更深入地分享自己的想法。她又留意到外國人對亞洲文化很感興趣，因而跟朋友展開了一連串與香港相關的討論，並因此成為深交。同時，她也「把握」孤獨的時間，學會與自己好好相處，亦對自己有了更多了解。

因為跳出了自己的框框，三位同學才能以更開放的態度面對其他挑戰。

#### 心境的改變

經過半年的洗禮，Queenie 覺得自己的心境有了改變，這個轉變有多明顯？明顯得在回港下飛機後短短兩三個小時的相處裡，母親已經察覺了。「我是一個凡事都要預早安排的人，但到了澳洲後因受到當地悠閒文化的影響，更喜歡隨心所欲的生活方式，例如我在澳洲參加了一個去烏盧魯的行山團，事前我對行程安排未深入了解就報名了，結果反而令我感到更刺激和更有挑戰性。」她又提到自己看到當地有關於女性主義的科目，二話不說就選修了，結果因此確定了自己往後進修的方向。當她暫時放下既有的目標清單與時間表，反而得到

了更多意外的驚喜。

Kelly 以往很重視成績，自我要求很高，不會容許自己出錯，所以她以往並不會踴躍在課堂上發言。在外國住了一段日子之後，她卻發現在外地沒有以往的包袱，慢慢變得勇於嘗試和學會放下，發覺這樣的改變令她更快樂。雖然她還是那個著重成績的Kelly，但感到比以往更敢於拓寬自己的舒適圈。

Hannel 認為這次交流改變他的交友觀念。以往他專注於學業與訓練，因此大多時間都只跟自己生活圈子的朋友來往，甚少與他人漫無目的地消遣。在美國的生活讓他發現在他人身上花時間也是值得的：「即使將時間花在非學習或訓練的地方，亦不代表我在浪費時間。因為作為朋友，我可能正為他人帶來正面影響。與朋友相處的時間讓我找到快樂，也讓我有所成長，自己也不再如此工作狂。」經過一年，這個曾經讓他感到迷失的地方已經如「家」一般熟悉。他發現不少留學生都會因為不適應外地文化而無法融入當地生活，為了幫助這班人，他與一班朋友成立學生組織，更將這個概念帶回中大，希望能夠加強交流生與本地同學的共融。

雖然三人的交流生活各異，但他們都不約而同地表示，自己經過外地生活的洗禮，都變得更樂於拓展自己的舒適圈。「我還是那個自己，只是多了一點新元素。」Hannel 在一番思考後說道。也許在經歷不同的試煉與沉澱後，大家都能更了解自己的可塑性，發現自己的另一面。

“ I found great joy and growth through spending more time with people, instead of only being a workaholic as I used to be.

與朋友相處的時間讓我找到快樂，也讓我有所成長，不再如此工作狂。

”

# COLLEGE SUMMER PROGRAMMES

## 書院暑期計劃



### NEW ZEALAND LANGUAGE AND CULTURE STUDY TOUR 紐西蘭語文及文化學習團

Led by Dr. Jose S.H. Lai, College Fellow and Director of English Language Teaching Unit, 13 Sunnies enjoyed an unforgettable summer in the first language and culture tour to New Zealand. Different from the traditional classroom-setting, students travelled throughout the North and South Islands of New Zealand to gain exposure to the culture of New Zealand. The tour also provided ample opportunities for students to immerse in English learning environment. Through completing their daily travel blogs and communicating with local people all along the tour, students are now more confident in using English in different contexts and can speak English more fluently and naturally. The activities arranged for the students were fun and exciting. They went sailing and kayaking in Bay of Island and visited the Hobbiton movie set in Rotorua. Through visiting the volcano, kiwi bird conservation centre and glowworm cave, students became closer to nature and admired the beautiful scenery of New Zealand. A visit to Maori Village enhanced students' understanding of the history of New Zealand.

十三位同學於今年暑假參加了書院首次舉辦的紐西蘭英語及文化學習團，度過了一個畢身難忘的假期。在院務委員及英語教學單位總監賴陳秀卿博士的帶領下，同學跳出課室的框框，穿梭紐西蘭南北兩島。透過與當地人溝通及交流，以及沿途撰寫旅遊網誌，同學現在對紐西蘭的文化有更深入的認識，並能自信地以流利的英語和外國人溝通。一路上，同學亦參加了不少有趣及刺激的活動。除了於北島乘坐船出海及玩獨木舟，同學更走進《魔戒》的拍攝場地遊覽。透過參觀火山、雀鳥保育中心及螢火蟲洞，同學近距離接觸大自然，享受紐西蘭的醉人美景。到訪毛利族文化村更讓同學進一步了解當地社群及文化。



'This New Zealand Trip can be called an unexpected journey.' That is what I wrote before the trip. Just like the little Hobbit's adventure, this trip is a precious chance for me to explore a new world. New Zealand is a place entirely different from Hong Kong, but the country is facing the same problems at the same time. For example, we are all in the situation where minority languages are fading away, but they choose to preserve it, while our city chooses to ignore it. After we learnt how to protect a language and its culture it feels incredible when you can find the answer to the question that had disturbed you for a long time in a place which seems unrelated to Hong Kong. During this trip, we were encouraged to explore and motivate ourselves to learn. It is for sure that the journey has paved a new way for us, the university students to learn. I would like to thank the College and all the staff for giving us such a great chance to learn, especially to Jose, Lindsey, and Michelle. The tour cannot be so amazing without their hardwork. Thanks for the great memory and everything!

Wing-zit Wong

(Government and Public Administration/ 2)

什麼是學習？是把課本上的知識拓印在腦海里，還是在前人的智慧裡面思考？一直以來，我都在師長的循循善誘中成長，不論吸收知識的喜悅還是面對未知的恐懼，他們都會陪我一起面對，我一直覺得，學習就是如此的，如此安全而刻板的。此次出行，我們遇見了依海為生的David，驅電動車駛過了高速公路，爬在煙霧繚繞的地熱地區，走進遠古森林裡，也攀過雪山，走過瀑布。在整個旅程裡面，我們沒有刻意從書本上學習英語，也沒有老師會故意抽幾個小時為我們上課。但我們沉浸在這個旅程時，英語卻悄然融入我們的生活裡。

我們都說，學習時學習，遊戲時遊戲。旅程完結以後，我在想為什麼非要把學習和開心分開來計算呢？其實學習，就是在一次次嬉笑打鬧中，沉澱所得之物。

嚴瑋擇 (工程學二年級)

Date 日期 13/6 - 2/7/2018

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

Chak-hong Chan 陳澤康 (Comp.Sci. & Engin./ 4)

Qiaochu Chen 陳翹楚 (Prof.Accountancy/ 2)

Yan-tung Cheung 張茵苒 (Chin. Lang. Edu./ 4)

Yee-ching Cheung 張倚菁 (English/ 4)

Christie W.C. Choi 蔡穎芝 (Public Health/ 2)

Ka-yin Lau 劉珈言 (Global Econ. & Fin./ 2)

Ka-yu Lo 羅家裕 (Ins., Fin. & Actuarial Anal./ 3)

Long-tin Loo 盧朗天 (Ins., Fin. & Actuarial Anal./ 3)

Wing-zit Wong 黃穎婕 (Gov. & Public Admin./ 2)

Ching-wa Wu 胡清華 (Info. Engin./ 5)

Chui-him Yeung 楊翠謙 (Medicine/ 2)

Wai-chaak Yim 嚴瑋擇 (Engineering/ 2)

Yile Zhou 周易樂 (Prof.Accountancy/ 4)

## THE FIFTEENTH 'MOONLET' PROGRAMME - SINO-RUSSIAN CULTURAL EXPLORATION

### 第十五屆小衛星學者計劃 — 中俄友誼之旅

Ten Sunnies visited Harbin to explore the astronautic development in China under the host of the Harbin Institute of Technology (HIT). Apart from Harbin, participants were divided into groups to visit the cities of Blagoveshchensk, Vladivostok and Khabarovsk in Russia respectively.

Around 300 participants from Hong Kong and HIT universities joined the programme, and attended a talk on micro-satellite, visited local universities, enjoyed cultural visits and sightseeing to learn about the history and culture of China and Russia. Participants seized the great opportunity to interact with peers from different universities.

在哈爾濱工業大學師生的熱情招待下，十位書院同學在哈爾濱探索中國航天科技事業的發展，並分組前往三個俄羅斯城市，包括布拉戈維申斯克市、海參崴和伯力（哈巴羅夫斯克）進行考察。

參加者除了出席小衛星專題講座、參觀當地大學，又在哈爾濱及俄羅斯境內參與文化導賞及觀光，以了解中俄兩地的歷史與文化。是次計劃約有三百位參加者，分別來自香港各大院校和哈爾濱工業大學，同學都把握時機與其他大學的學生互動交流。

Date 日期 7 - 16/6/2018

#### Participants 參與同學

Sheung-hang Ho 何尚衡 (Cell & Mol. Biol./ 2)  
 Yuen-ting Ng 吳婉婷 (Nursing/ 1)  
 Wing-ho Ng 吳穎豪 (Prof. Accountancy/ 2)  
 Wing Lam 林穎 (Cultural Studies/ 1)  
 Jasmine Y.Y. Lam 林恩悅 (Physics/ 2)  
 Sally H.W. See 史曉樺 (Psychology/ 2)  
 Wai-pan So 蘇惠斌 (Economics/ 2)  
 Sin-kit Tang 鄧倩潔 (Social Work/ 3)  
 Cheung-lee Tsui 徐彰利 (Economics/ 4)  
 Yuk-kwan Wan 尹鈺堃 (IBBA/ 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

#### Pilot Mainland Experience Scheme for Post-secondary Students

專上學生內地體驗計劃

#### Partner Institution 合作院校



Harbin Institute of Technology  
 哈爾濱工業大學



I would like to say this is one of the most intriguing and fruitful journeys I have ever experienced. Before applying to this programme, I had been attracted by the fact that I could travel to both Northeast China Region and Russia at the same time. For me, Russia is a mysterious country that I had dreamed of visiting.

Through this journey, I learnt more about the modern history of China and Russia and the cultural interflow between the two nations. Although there were several conflicts between the Chinese and Russians throughout history, it is invaluable that we can still keep a close partnership today, rather than dwell on the hatred and hostility due to historical events. It is my belief that peaceful world can only exist under people's forgiveness and mutual understanding.

Moreover, through this trip, I had a lot of experience learning about the life of people who live in the border city and it is quite a scarce chance for me to visit these places as a traveller. More importantly, I made some new friends from both Hong Kong and Harbin during this trip.

Wai-pan So (Economics/ 2)



十日的旅程稍縱即逝，但這十天的經歷和回憶卻足以令我在以後細細回味。除了哈爾濱和海參崴的景色之外，在當地所遇到的人和事都令這次旅程生色不少。

我們在哈爾濱參觀了有關二戰時期日軍侵華的歷史博物館，館中細說著日軍在侵略時犯下的反人道罪行，令我反思戰爭的殘酷和我們現在擁有的和平是經過幾代人的努力才獲得的，而非一時三刻就能得到。

在結束哈爾濱的行程後，我們到了海參崴，我最深刻印象的是當地人的外冷內熱。俄羅斯人有「戰鬥民族」的稱譽，指他們做事果敢大膽而且性格冷酷。但在俄羅斯的經歷卻讓我對他們的印象大大改觀。

還記得我們在酒店大堂查詢附近有什麼特色俄國餐廳值得一試時，兩個相貌兇狠的俄國男人用俄語向我們推薦餐廳，更以Google Map指點方向。縱使有著語言和文化的隔膜，但我深深感受到他們對旅客的熱情，更讓我對這個民族有了不同的印象。

尹鈺堃 (工商管理二年級)



## SUMMER CULTURAL EXCHANGE PROGRAMME · NANJING UNIVERSITY

### 悅行金陵 · 南京大學文化交流團

Warmly received and hosted by Kuang Yaming Honors School of Nanjing University, ten Sunnies visited Nanjing, once the capital of ancient China, to learn about Chinese culture and history. They visited the City Wall of the Ming Dynasty, the Mausoleum of Dr. Sun Yat-Sen, Confucius Temple, Nanjing Museum and Nanjing Massacre Memorial Hall. From these visits, students had a deeper understanding of Chinese history and culture and also realised the importance of peace and perseverance. Students from Kuang Yaming Honors School accompanied the participants to visit different spots in Nanjing and youngsters from the two cities established close friendship after intensive interactions.

南京是中國古都之一，在南京大學匡亞明學院接待下，十位書院同學於七月到訪當地，探索中國文化和歷史。同學參觀了明城牆、中山陵、夫子廟、南京博物院、南京大屠殺紀念館等景點，對國家的歷史與文化有更深入的認識，理解和平和堅持的重要性。此外，匡亞明學院的學生亦陪伴同學四處參訪，遊覽南京，建立深厚友誼。



在參加是次交流團前，我對南京的認識只局限於從書本上而來的知識，因此這趟旅程算是令我體會到什麼是「讀萬卷書不如行萬里路」。南京給我的印象是個既繁榮、又保留濃厚歷史氣息的城市。大至博物館、小至建築物上的一塊磚頭，都不難看見一道道經歷戰爭摧毀而留下的歷史痕跡。

雖然我主修的科目跟歷史無關，但交流團中令我深深明白到身為大學生學習和反思歷史的責任。除了歷史知識的增長外，我們更在這短短八天和南京大學的同學建立深厚的友誼和快樂的回憶，同時在交流過程中認識兩地文化異同，擴闊眼界。

麥嘉雯（護理學一年級）

總覺得小時候已經去過了南京，就不會再有什麼新鮮感，無非就是把曾經忘掉的东西再回想一遍。但是十幾年之後再度回到這裡，卻發現了許多新的故事，就像一部電影，再看一遍就會有完全不一樣的呈現。

同學們的故事是一個全新的世界。就在南京大學，有一群與我們年齡相仿，興趣相近的同學，一起分享七天的美好。相同的話題總會不斷湧現，思想的交融總會在不經意間碰撞出絢爛的火花。一同眺望的風景，經歷的困難，每一天都會有新的認知，也會為我們的情誼錦上添花。

又或者是古都南京，踏過的每一片青石板，上面都已經刻滿了歲月的痕跡和歷史的風塵。從猛瑪象穿過的叢林，到盛唐胡旋，再到槍炮齊鳴，戰火紛飛，這就是一部最精妙的歷史書籍，帶領我們穿越千年時空。

去南京，去南京聽故事。無論是身邊的和風細雨，還是曾經的電閃雷鳴，都是無與倫比的體驗。當雨過天晴，旭日東昇，你還會懷念曾經的濛濛細雨下，你我一同眺望過的遠方。

陳翹楚（專業會計學一年級）

Date 日期 14-21/7/2018

Leading Teachers 領隊老師

Professor Ming-kay Poon 潘銘基教授

Department of Chinese Language and Literature  
中國語言及文學系

Participants 參與同學

Ching-kwan Chan 陳靖瑤 (Medicine/ 1)

Ho-shuen Chan 陳焯璇 (Medicine/ 1)

Qiaochu Chen 陳翹楚 (Prof.Accountancy/ 1)

Man-yi Cheng 鄭紋懿 (Chin. Lang. & Lit./ 3)

Wing-ting Choi 蔡詠婷 (Social Science/ 1)

Chi-fan Chow 周智芬 (Social Science/ 1)

Ming-wai Lee 李明慧 (Nursing/ 3)

Lingxiao Liu 劉凌霄 (Biomedical Sciences/ 2)

Ka-man Mak 麥嘉雯 (Nursing/ 1)

Hin-tung Ng 吳騫桐 (Chin. Lang. & Lit./ 1)

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

Pilot Mainland Experience Scheme for Post-secondary Students

專上學生內地體驗計劃

Partner Institution 合作院校



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

## ITALIAN LANGUAGE AND CULTURAL TOUR

### 意大利語文及文化之旅

Ten Sunnies travelled to Florence, Italy to learn Italian, the art and history of Florence, and to experience its culture in August. Apart from attending Italian language course in the morning, participants visited a wide variety of museums and historical sites in Florence such as the Galileo Museum, the Uffizi Gallery, and Palazzo Pitti to appreciate stunning paintings, sculptures and wax figures. They also had the opportunity to learn to cook Italian dishes.

Thanks to the guidance and special arrangement of the Florence Town Manager, participants had a chance to visit some restricted areas in the Palazzo Vecchio Museum, including the balcony where Hitler had delivered a speech to the public and the conference room where meetings with mayors are held.

Participants had a great time exploring Florence and learning its art and history, especially about the Renaissance.

十位書院同學於八月前往意大利佛羅倫斯學習意大利語及當地的藝術和歷史，並體驗當地文化。除了每天上午的意大利語課外，同學又參觀了多元化的博物館和歷史遺跡，如伽利略博物館、烏菲茲美術館、彼提宮等，欣賞令人歎為觀止的畫作、雕塑及蠟像等，還學習烹調意大利菜式。

感謝佛羅倫斯市政府官員的引領及悉心安排，當參觀舊宮博物館時，同學有機會踏足不對遊客開放的區域，如昔日希特拉曾經致辭的陽台、供市長與其他官員進行會議的會議室等。

同學十分享受在佛羅倫斯四處探索的時光，對當地尤其是文藝復興時代的藝術和歷史認識更深，是一段珍貴的經歷。

Date 日期 5-17/8/2018

#### Leading Teachers 領隊老師

Dr. Klaus John Charles Colanero 羅玉成博士

Office of University General Education  
大學通識教育部

#### Participants 參與同學

On-ting Chan 陳安婷 (Nursing/ 3)

Jody H.L. Cheong 張孝琳 (Chemistry/ 3)

Wei-chieh Huang 黃偉傑 (IBBA/ 2)

Justin C.Y. Leung 梁澤然 (Public Health/ 1)

Lingxiao Liu 劉凌霄 (Biomedical Sciences/ 2)

Yanru Liu 劉彥汝 (Cultural Studies/ 2)

Kin-chak So 蘇建澤 (Nursing/ 3)

Romario-timothy Vaz (Comp. Sci./ 2)

Sum-yu Wong 王心雨 (Mech. & Auto.Engin./ 2)

Yuet-hei Wong 黃悅希 (Medicine/ 2)



*Buongiorno!* Every morning from Monday to Friday, we learnt Italian for four hours. After the lessons, we definitely gained the basic conversation skills. Thanks to our hardworking teacher, we can survive in Italy! Most important of all, we explored Florence in different ways during the afternoon! Dr. Klaus led us and introduced us to Florence. We visited museums, palaces, and several monuments! I was fascinated by the historical architecture and the magnificent churches! They are all decorated with beautiful paintings and delicate sculptures! Not only this, each piece of artwork has its own profound design concept and intriguing story!

By participating in this programme, I experienced local culture, food and traditions! It is hugely different from the Chinese society. Moreover, I had the chance to see the world, gained the courage to explore and challenge myself! Most important of all, I had the chance to interact with foreign people and understand different perspectives. I am happy and thankful for the two-week experience in Italy. We all had a great time! I hope in the near future, I can go back and visit this fascinating country again!

*Wei-chieh Huang (Integrated BBA Programme/ 2)*

I am very grateful to the College and Dr. Klaus for this programme in Florence, a city swamped with cultural and political elements. This 14-day programme not only provided us with an opportunity to learn Italian from the interactive and enthusiastic teacher, Mr. Edwardo, but also allowed us to explore Florence in a comprehensive but easy way.

The student centre and Dr. Klaus arranged guided tours in the museum visits for art and scientific development, which allowed us to really learn something from the exhibition, instead of just giving a passing glance to the compositions without understanding the story behind them. Through these visits, I realised that science and art are indeed the embodiments of human civilisation, and therefore are tight-knit with the human cultural development. They showed the changing mindset of humans along time. Some self-initiated visits were also intriguing. I was amazed by the view of the Florence skyline from the Duomo of Cattedrale di Santa Maria del Fiore and Piazzale Michelangelo. The groupmates were undoubtedly the icing on the cake. Talking with each other and making jokes were the seasoning during visits and lessons. *Grazie tanti!*

*On-ting Chan (Nursing/ 3)*

## SPANISH LANGUAGE AND CULTURAL TOUR

### 西班牙語文及文化之旅

One of the best ways to learn a foreign language is to get immersed into its local life. Fifteen College students flew to Malaga, a port city in southern Spain, to learn Spanish and experience Spanish cultures and lifestyles. Interactive classes were scheduled in mornings, and in the afternoon or weekends, students explored the city through visiting the Picasso Museum, trying traditional and delicious Spanish food, and appreciating the beautiful scenery.

One of the challenges for the students was to live with their host families who are locals and only speak little English. Students had to communicate with them using the Spanish they learnt from lessons and body language. They were given many chances to practice Spanish in daily life and they had successfully overcome the cultural shock.

From this programme, students not only learnt another language but also tasted the Spanish culture and experienced the passionate and relaxing lifestyle there. They had a memorable and wonderful experience.

學習語言最好的方式之一就是到當地生活。十五位同學前往西班牙南部城市馬拉加城學習西班牙語，並體驗當地的文化風情和生活方式。同學早上透過互動課堂學習西班牙語，下午和週末則四處尋幽探訪，感受當地生活，例如參觀畢加索博物館、品嚐當地特色美食、飽覽美景等。

其中一大別具意義的挑戰是同學入住當地寄宿家庭，因為家庭成員不太懂英語，所以同學只能現學現賣課堂上習得的西班牙語，加上身體語言和他們溝通。由於兩地文化不同，同學面對不少文化衝擊，但最後都一一克服過來。

行程結束後，同學不但學會了一門新的語言，更體驗了西班牙文化，以及親身感受當地人熱情悠閒的生活方式，留下美好難忘的回憶。



Out of curiosity and the fact that I have never participated in any Wu Yee Sun activity before, I signed up for the Spanish Language and Cultural Tour to Malaga for two weeks. It was indeed the first time for me to stay in such a far away place for so long. It sounded quite challenging for me at first, but later it turned out to be one of the most fascinating and unforgettable experiences I've ever had in my life!

We had Spanish lessons every morning, while getting the chance to explore the city and travel after lessons and during the weekend. The Spaniards are so warm and welcoming and we had a great time meeting new friends, experiencing exotic culture and travelling to lots of attractions. Apart from sightseeing, we also got the precious chance to experience the life of the locals by living with host families. It was the first time for me to stay with a host family. Just thinking of the delicious food cooked by the host during the stay would still make my mouth water.

This trip is one of the most unforgettable adventures in my life and I would recommend this to anyone who wishes to step out of their comfort zone and experience the world in a way that a typical tourist wouldn't.

*Kin-lun Chan (Translation/ 2)*

This Spanish tour has been a precious experience to me. I have broadened my horizons while living with my host family and studying Spanish in Malaga. The host family is really nice. They cooked plentiful special Spanish dishes for me and practised Spanish with me. I felt like being home.

We had an intensive Spanish course there. It was a special memory because this was my first time studying overseas. My Spanish improved a lot throughout the two weeks. The school organised different activities as well. For example, they took us to some famous scenic spots and explained the history to us.

I had a good time in Malaga. The views in Malaga are so attractive. I am so glad that the College gave me this chance to explore the beauty of Malaga. I could experience the local culture in Spain, like flamenco, food and beverages etc, which are so different from our daily lives. I was so lucky that I could enjoy the World Cup with local people too! This tour was so memorable to me and I enjoyed a lot. It would be an extraordinary memory in my College life.

*Yan-yi Wong (Chinese Medicine/ 4)*

Date 日期 2-14/7/2018

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

Kin-lun Chan 陳健麟 (Translation/ 2)

Tsz-lam Cheung 張子林 (Science/ 1)

Mei-lam Ho 何美琳 (Linguistics/ 2)

Tsz-wa Hong 康芷華 (Japanese Studies/ 1)

Pui-doll Kwong 鄺沛多 (Law/ 2)

Yat-ying Lau 樓一瑩 (Contemp. China Studies/ 1)

Yan-yue Law 羅欣瑜

(Geog. & Resource Mgmt./ 5)

Hei-tung Leung 梁晞彤 (Medicine/ 2)

Wan-chung Leung 梁允聰

(Japanese Studies/ 2)

Clarence L.Y.Lo 盧諾言 (Prof.Accountancy/ 4)

Yan Louie 雷恩 (Sociology/ 3)

Cheuk-long Ma 馬卓朗 (Urban Studies/ 2)

Yuen-sze Sheng 盛苑詩

(Sys. Engin. & Eng. Mgmt./ 1)

Cheuk-ye To 杜卓頤 (Journal. & Comm./ 2)

Sui-nam Tsui 崔瑞楠 (Architectural Studies/ 1)

Yan-yi Wong 王欣怡 (Chinese Medicine/ 4)

Partner Institution 合作院校



University of Malaga

## CHOW TAI FOOK SERVICE-LEARNING PROGRAMME: SERVICE-LEARNING TRIP TO SRI LANKA 周大福服務學習計劃：斯里蘭卡服務學習之旅

Seventeen College students of different backgrounds joined hands in the Service-learning Trip to Sri Lanka to serve the local community in Kilinochchi, located in northern Sri Lanka. The Sunnies provided service to children, widows and the elderly affected by the civil war in the past few decades. Through a variety of games and simple classes, the students aimed to enhance the local children's knowledge on health and English, and inspire them to enjoy happiness in their daily life. They also visited the elderly to teach them ways to lead a healthy life style and made memory books with them. The widows learnt basic first aid knowledge and tried new recipes with fresh fruit under the guidance of the Sunnies, and designed their own bags with colourful dyes. The Sunnies also paid a visit to an orphanage, did funny handicrafts and played a game of cricket with the orphans, which is one of the most popular sports in Sri Lanka.

The delegation also had the chance to visit the Port City in Colombo, which is one of the major projects of The Belt and Road Initiative. They interacted with local secondary teachers and students regarding the Initiative during the visit to St. John's College in Jaffna, a college established 195 years ago. After concluding the 11-day trip, participants had to chance to reflect on war and peace, and had deeper understanding on The Belt and Road Initiative.

共十七名來自六個不同學院的書院同學於七月參與斯里蘭卡服務學習之旅，前往位於該國北部的基利諾奇進行服務。同學分別為當地因近年長期內戰而不幸地成為遺孀、孤兒和獨居長者等，提供費心準備的服務和活動。他們透過遊戲及課堂教授當地兒童健康知識及英文，同時希望他們能在生活中尋找快樂。同學又探訪獨居長者，除了介紹健康生活的秘訣，又與他們製作紀念冊，記錄生活點滴。當地遺孀亦在同學帶領下學習急救方法和嘗試健康新菜式，並以顏料親手設計及製作袋子。參加者於另一下午到訪當地孤兒院，與兒童做科學小手作，更一嘗當地熱門運動：板球。

團隊亦有機會前往位於科倫坡的港口城，及並應邀前往位於賈夫納，在創校至今已有一百九十五年的 St. John's College 內，就着「一帶一路倡議」，與該校校長及師生進行簡報與交流。經過十一天的服務與考察，同學對戰爭與和平有所啟悟，亦更了解「一帶一路倡議」的細節。

**Date 日期** 18 - 28/7/2018

**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**

Hiu-lam Chan 陳曉藍 (Chinese Medicine/ 3)

Chun-chieh Chang 張鈞捷 (Biomedical Sci./ 1)

Hiu-yan Cheung 張曉欣 (Archit. Studies/ 3)

Cho-tung Chow 仇楚彤 (Nursing/ 2)

Sum-yue Chung 鍾芯豫

(Geog. & Resource Mgmt./ 3)

On-yin Foong 馮安然 (Cultural Mgmt./ 3)

Ritter W.C. Fung 馮偉程 (Urban Studies/ 2)

Liyin Gou 苟力尹 (IBBA/ 2)

Tsz-ying Lam 林芷盈 (Biomedical Engin./ 2)

Po-yu Lau 劉寶榆 (Cultural Mgmt./ 3)

Tsz-ching Lee 李芷晴 (Nursing/ 2)

Yuk-ting Lee 李玉婷 (Nursing/ 3)

Man-yi Ng 吳敏怡 (Japanese Studies/ 2)

Rustami Ubaydullo (Engineering/ 1)

Hei-man Tang 鄧希雯

(Chin. Lang. Studies & Chin. Lang. Edu./ 4)

Lee-kuen Wong 黃莉娟 (Nursing/ 2)

Minyi Yang 楊敏儀 (Mech. & Auto. Engin./ 3)

**Acknowledgement 鳴謝**

Chow Tai Fook Charity Foundation

周大福慈善基金

**Collaborator 合作單位**

The National Council of YMCAs of Sri Lanka



We had an unforgettable moment with the local volunteers and the target groups we served on this peaceful land. With the help of various games and classes, we had built up a close relationship with the locals, especially the war-affected children who were always joyful. Though we had only organised simple activities, they enjoyed them very much. It was a great encouragement for us just by seeing their smiling faces.

We tried to sustain our effort by having comprehensive evaluation meetings. Every day after the service, all members had to fill in an evaluation form, and the feedback would be summarized by Natalie and me, the leader and the vice leader. I do believe it was crucial to have daily evaluation as the colour of memory fades with time. Each of us might see something differently owing to difference in our backgrounds and positions we served. A general evaluation could help us gather different views, making us more familiar with the effectiveness of the activity arrangement and the responses of our target groups, thus enabling us to refine the upcoming activities.

I am grateful to have this precious experience, giving me some fresh insights into the consequences of the nation's civil war. Though each of us may only have limited power, I believe, with diversity and unity, we Sunnies could make our 'Global Village' a better place.

Ritter W.C. Fung (Urban Studies/ 2)



*Nandri - Thank you. This was what an old man who was so poor that he had barely any clothes on him and his widowed daughter said when we handed them a bag full of rice and other necessities. The phrase was simple, but it was very different in nature compared to what I usually hear. I hear a lot of thanks in my daily life but I rarely hear praises which are so powerful that you actually feel the benefit that your support is having to the other side. Very different and unexplainable experience.*

I got an important lesson from this Service-learning Trip. Before the trip, I thought that I had a lot of problems or distractions in my daily life. However, when I saw people who had literally nothing and no one to hold on in their harsh days, I understood that most of the problems that I thought I had were just illusions. Not having a good lunch for a day is nothing compared to not knowing where to find food for the next few days. Not having the best laptop is ludicrous relative to not having a book for your studies. Therefore, appreciate whatever you have, since there're people who dream about one-tenth of what you already own.

Rustami Ubaydullo (Computer Science/ 1)

## YAN CHAK SERVICE-LEARNING PROGRAMME: SERVICE-LEARNING TRIP TO SICHUAN 仁澤服務學習計劃：四川服務學習之旅

Eleven College students from different majors visited Sichuan in May to serve the local community. Students strived to design and provide various services to the underprivileged. In the primary school visit, they shared with the kids some knowledge of Hong Kong and prepared some games which were brand new to the kids. They also organised activities for kids with special needs and their families, and also teenagers with cerebral palsy. The group brought them to the Ocean Park in Chengdu and acted as their tour guide to introduce different animals shown in the Park. Besides, they also visited an elderly home to bring happiness and love to the elderly. They performed on stage, taught the elderly some simple Tai-Chi and did handcrafts together.

Apart from service, they went to a village under Tianfu District for service and investigation. The group discussed with the management committee members of the village how to beautify the community and develop its economy. Students also visited Xuankou Secondary School which was located in the earthquake epicenter in the Wenchuan Earthquake to pay tribute to the victims and heroes who were died in the disaster. After going through the two-month process of training and preparation, and also daily debriefing during the trip, students have made great progress in their personal abilities, vigilance of danger, flexibility, team spirit, caring and social responsibility.

共十一位來自不同院系的同學於五月參與四川服務學習之旅，為當地社群提供服務。同學為當地的弱勢群體悉心策劃多元化的義工服務，例如與一所小學的留守兒童分享香港的情況，為他們介紹新遊戲。另外，同學又帶殘障青年、具特殊學習需要的兒童與其家長到成都海洋公園遊覽，同學更充當導遊，為他們講解園內的各種動物。此外，同學們亦到訪一間敬老院，為長者送上表演，又教他們做簡單的太極動作及一起做手工，為他們帶來歡樂和關愛。

除了服務外，他們前往了天府新區轄下一條村內，進行社區觀察和服務，並與當地村委會及志願者組織成員一起探討如何美化當地的一條明清老街和發展社區經濟。同學們前往四川汶川特大地震中位於震央映秀的漩口中學遺址，為災難中死去的人民和英勇犧牲的英雄致哀。透過兩個多月的事前集訓和準備，及每天服務完成後的集體檢討和反思，同學們在個人能耐、居安思危、臨場應變、團隊精神，以及社會關懷和責任等方面，均有所提升。



This service-learning trip gave me a chance to serve local community while learning about Sichuan culture and obstacles the underprivileged face.

The most rewarding part of the trip was visiting the theme park with an autistic boy. It was a huge challenge for me. At the beginning, I felt disappointed as I found that he was very silent and rarely responded to me. I tried to find out what he was interested in and put myself into his shoes. It was amazing that relationship and trust were built between us when we made handicraft items together. I will never forget the moment, when he took the initiative to hold my hand. He was autistic, but he was also just a little boy. Autism was part of him, but it was not all of him.

This unforgettable experience changed my perception of autism. Seeing the smile on this little boy's face made me realize that autism is not a disease. Acceptance was the best way to understand them. We should look beyond the label of autism, be patient and show our love when interacting with them.

This service-learning trip was very meaningful as I learnt so much from the service targets. The time in Sichuan inspired me a lot!

*Ka-lai Chan (Nursing/ 3)*

I am so glad to have this valuable chance to participate in this Sichuan Service-learning trip and be the delegation leader. I would say the most distinguishing feature of this trip is that we can have flexibility in designing different kinds of service to various service targets, including the left behind children, the elderly and disabled kids, and teenagers.

What impressed me most is the time being with the kids in the Ren He primary school (人和小學). The kids were so involved in the activities we designed and willing to share their school life with us. I believe sometimes good memory and happiness do bring a great impact to the kids.

Furthermore, we have spent a great time with the students from The University of Electronic Science and Technology of China. We exchanged our views in organising voluntary service and explored the unique Shuhan (蜀漢) culture together during the trip.

As a final year student, joining this trip reminds me of the importance of providing voluntary service. Being busy is not an excuse and we should not set a limit on dedicating ourselves to charity work.

*Cheung-lee Tsui (Economics/ 4)*

**Date 日期** 22 - 31/5/2018

**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**

Ka-lai Chan 陳嘉麗 (Nursing/ 3)  
Qiaochu Chen 陳翹楚 (Prof. Accountancy/ 1)  
Ka-kin Cheng 鄭家健 (IBBA/ 2)  
Ah-wing Ching 程雅穎 (Nursing/ 3)  
Lok-lam Chu 朱樂霖 (Economic/ 3)  
Wei-chieh Huang 黃偉傑 (IBBA/ 2)  
Hui-ching Shiu 蕭曉晴 (IBBA/ 2)  
Chun-pong Tang 鄧鎮邦 (Social Work/ 3)  
Cheung-lee Tsui 徐彰利 (Economics/ 4)  
Ka-yi Wong 王嘉怡 (Prof. Accountancy/ 2)  
Lee-kuen Wong 黃莉娟 (Nursing/ 2)

**Acknowledgement 鳴謝**

Hong Kong Shun Lung Yan Chak Foundation  
香港順龍仁澤基金會

**Partner Institution 合作院校**



University of Electronic Science and  
Technology of China  
四川電子科技大學

## SUMMER INTERNSHIP PROGRAMME

### 暑期實習計劃

The Summer Internship Programme 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 in Dorsett Hospitality International, students played a role in the daily operations and contributed to the business growth. During the eight-week attachment, students had a basic understanding of the company's background and forthcoming strategic plan. Then they gained hands-on experiences in frontline roles and brought in new ideas for business projects with their creativity.

Interns were deeply inspired and able to unleash their potentials. Not only do they have a clearer sense of what they want to become, most importantly, they also have 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。帝盛酒店集團實習計劃的同學在專業管理層指導下參與不同商業項目，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，以創意為公司項目注入新元素。實習計劃讓同學發揮所長，亦深受啟發，更清晰如何邁向自己的目標，而且能與專業人士建立聯繫。

Date 日期 18-28/7/2018

Participants 參與同學

Chien-ho Lin 林芊和 (Psychology/ 3)

Sze-may Tan 陳詩媚 (IBBA/4)

Collaborator 合作單位

Dorsett Hospitality International

帝盛酒店集團



Working as a Brand Marketing intern with Dorsett Hospitality International was a precious and meaningful experience that I would never forget and regret.

I was surprised by the way my team manager engaged me in the team when I first joined. On the first day of my internship, I attended four meetings with external clients and my team. I was immediately plunged into a strange world where people spoke in terms of 'OTA', 'BAR', 'rate parity', etc. My manager of course understood my lack of prior hospitality knowledge. Yet, instead of assigning me only the routine administrative tasks, I was treated just like a full-time management trainee and got assigned actual and meaningful tasks which are crucial and beneficial to me. I have gained more than just enough exposure to prepare a proposal for a marketing campaign and develop marketing solutions. I was so thankful that my team was so supportive and gave me many opportunities to learn in different projects. They shared a lot of their experience and tips on conducting marketing research, drawing up comprehensive and professional marketing proposals in a more effective way. These in-house experiences altogether have equipped me with greater confidence and stronger motivation to learn. Thanks to my manager, the team and Dorsett for providing me with this opportunity to enrich my summer.

Sze-may Tan (Integrated BBA/ 4)

在帝盛酒店實習雖然只有短短一個半月，但卻遠遠超出我對實習的期待。上司讓我們盡可能地參與內部及外部會議，每次會後鼓勵我們給予及時反饋，而讓我不斷練習精煉自己的表達內容以及整理思緒的能力。除此之外，在短短一個半月裡，我與另外兩位實習生合力構思，寫出要交予外部公司的一份企劃書，而深入的思考除了創意以外的實際運作面向等細節，透過草擬的過程，深刻體驗市場推廣的工作，同時在與不同外部公司的接觸下，獲得許多新的刺激，讓我思考更多未來工作的可能性，是非常豐富的一段學習歷程。

林芊和 (心理學三年級)

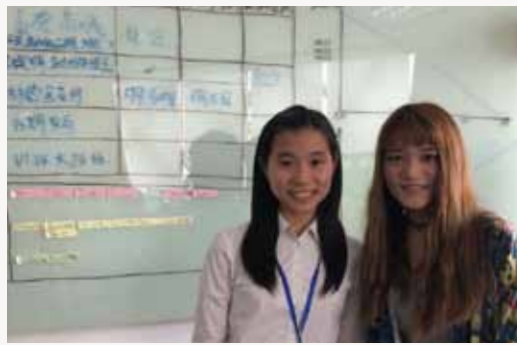
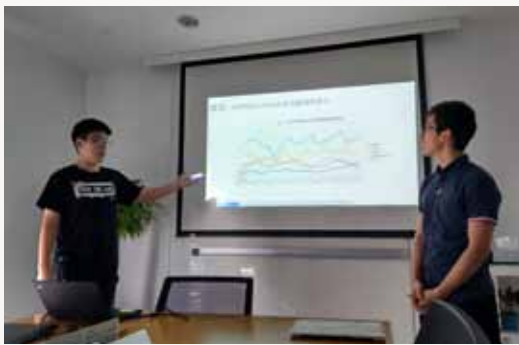
## PROFESSIONAL LEARNING SCHEME IN SHANGHAI

### 上海專業研習計劃

The Professional Learning Scheme in Shanghai provided students the opportunities to see this dynamic city through their own eyes, with a series of professional attachments, corporate and cultural visits. The journey began with the cultural exchange at Fudan University, focusing on mini-study on community enhancement of Nanjing Road East. Students of our College and Zhide College were separated into two groups on a field trip for a deeper understanding of local communities. Participants also visited Qidong, which has prosperous development in fisheries and supported the industrial production for Shanghai. Engaging in various ad-hoc projects and routine operations for the next two weeks, participants opened their minds to a bigger world during their working life in The Peninsula Shanghai, Tencent, and Sand Bankcard-link. Students also took the chance and learnt the inspiring stories of business operations, cultural differences and personal development from the outstanding professionals.

To better equip students on career development, Mr. and Mrs. Malcolm Au generously hosted our students and initiated a sharing session with young entrepreneurs, who came from renowned businesses with their unique story to strive for excellence along their career path. What we shall truly treasure in this programme is not only the extensive socio-cultural exposure or strong personal network, but also the eagerness to learn and people skills our students strengthened through the encounter of challenges.

上海專業研習計劃透過專業研習、企業參觀及文化交流，讓同學以第一身角度了解商業運作與中國社會經濟發展。以「南京東路社區改善研究」為中心，伍宜孫書院與復旦大學志德書院同學分組考察，深入認識當地社區特色及需要。其後，同學又到以漁業為基礎的啓東，了解其與上海發展的關係。同學亦到上海半島酒店、騰訊及杉德銀卡通參與專業研習，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。知名企業家區文中伉儷為了讓同學對個人職涯發展有更充足的準備，特意邀請同學到其家中作客，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。每位企業家都帶著自己獨一無二的故事，與同學分享他們一步一步建立的事業。同學亦主動提問，並分享對未來發展的疑惑及理想。三星期匆匆而過，同學應銘記於心的不只是上海社會文化的深度遊或廣闊的人脈網絡，更是歷經不同文化衝擊後，仍然不忘對學習的熱情及對別人的尊重。



這次來上海交流對我來說是全面和深遠的，尤其是在騰訊的實習最令我大開眼界。大公司給人的印象就是架構複雜，決策緩慢，但是在騰訊這家市值超過三萬億的公司裡的所見所聞令我吃驚。在開會文化方面，他們盡可能不開會，有任何問題都可以馬上走到上司的座位討論。即使是部門總監，亦不設有自己的房間，以此打破上司和下屬間之隔膜，問題亦能迅速得到討論及解決。即使真的需要開會，他們亦會盡量把開會的人數和時數減到最少。在這樣的環境下工作，效率能大大的提升。

另外公司亦給予員工很高的自由度，例如員工可以穿拖鞋上班，工作時可自由到桌球室打球，正是這份自由度賦予了員工對工作的熱愛和對項目設計的創新能力。這次的專業研習加深了我對科技行業工作環境的了解，令我更好的規劃三年後畢業的去路，實是一次寶貴的旅程。

易健豪（金融科技學一年級）

是次上海之旅主要分為兩大部分，包括在復旦大學和當地學生交流以及到不同機構實習。作為一名社會學的學生，在交流期間到南京東路考察當地的社會機構像是老人院以及舊區重建對我而言是很有趣而且富有參考價值的。以前我一直認為內地的社區發展是相對落後於香港的，然而事實卻是當地的某些政策和作法頗值得我們參考，包括讓老人短暫居住和社區內共享客廳、書房的服務，讓我大開眼界。

此外，我們在當地實習的時候也相對了解到內地的企業文化。我被分派到上海騰訊公司的Next Studio實習，主要負責幫忙翻譯上交蘋果公司的文案和構思遊戲的新玩法及主題。這些工作都是我以前未曾接觸過的範疇，對我而言也算是新的挑戰。

最後，在這趟上海之旅中我也認識到許多來自伍宜孫不同科系的朋友，在當地度過十分有趣的時光，在此感謝主辦單位以及書院的細心安排。

韓婧雯（社會學三年級）

Date 日期 20/5 - 9/6/2018

Leading Teacher 領隊老師

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

On-ki Cheung 張安琪 (Prof. Accountancy/2)

Wei-li Kerk 郭偉俐 (Prof. Accountancy/2)

Sheung-hei Chan 陳尚禧 (Economics/2)

Ka-yin Lau 劉珈言 (Global Econ.& Fin./1)

Hoi-ting Siu 蕭愷淳 (Global Econ.& Fin./1)

Alice C.M. Hon 韓婧雯 (Sociology/3)

Che-wei Kuo 郭哲維 (Mech. & Auto.Engin./4)

Kai-lai Ng 吳佳麗  
(Sys. Engin. & Engin. Mgmt. / 3)

Zichen Weng 翁子晨 (IBBA/3)

Kin-ho Yick 易健豪 (Financial Technology/1)

Acknowledgement 鳴謝

Mr. and Mrs. Malcolm M.C. AU 區文中伉儷

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

The Peninsula Shanghai 上海半島酒店

Sand Bankcard-link Information and Service Company Limited 杉德銀卡通資訊服務有限公司

Tencent 騰訊

Zhide College, Fudan University 復旦大學志德書院

Ministry of Education Ten Thousand Student Interflow Programme

教育部香港與內地高校師生交流計劃

Pilot Mainland Experience Scheme for Post-secondary Students

專上學生內地體驗計劃

**Participants and Destinations**

參與同學及目的地

**Amsterdam, Pisa and Geneva**

阿姆斯特丹·比薩和日內瓦

Cheuk-kit Cheung 張焯杰 (Physics/ 1)

Haywood Woo 胡曉和 (Physics/ 2)

**Australia 澳大利亞**

Jeremiah-seeway Chan 陳思偉 (Medicine/ 3)

Pui-chuen Cheng 鄭沛銓 (Comp. Sci./ 2)

Weng-lam Cheung 張泳琳 (Comp. Sci./ 2)

Sheung-hang Ho 何尚衡 (Cell &amp; Mol.Biol./ 2)

Chun-hung Kwan 關竣鴻 (Quan. Fin./ 2)

Chun-ming Lai 黎雋銘 (Physics/ 2)

Jasmine Y.Y. Lam 林恩悅 (Physics/ 2)

Christy T.Y. Lee 李祉柔 (LLB/ 2)

Yuk-ching Li 李鈺澄 (Earth Sys. Sci./ 2)

Yiu-joe Leung 梁耀祖 (Medicine/ 3)

Yuen-kiu Tang 鄧沅翹 (Mathematics/ 2)

**Austria 奧地利**

Yile Zhou 周易樂 (Prof.Accountancy/ 3)

**Cambodia 柬埔寨**

Chun-tung Mou 繆鈞同 (IBBA/ 2)

**Central Europe 歐洲中部**

Xuhui Bai 柏旭輝 (Prof.Accountancy/ 2)

Chenyu Jiang 江宸宇 (Comp. Sci./ 2)

Feng Liang 梁楓 (Cultural Mgmt./ 2)

Meihua Luo 羅鎂華 (Archit. Studies/ 2)

**Chile 智利**

Hsin-ju Shen 沈欣儒 (Prof.Accountancy/ 2)

**China 中國**

Chia-jung Hsu 許家榮 (IBBA/ 2)

Wai-shan Lui 呂璋珊 (Chin. Lang. &amp; Lit./ 3)

**Croatia, Slovenia, Austria, Czech Republic, Poland 克羅地亞, 斯洛文尼亞, 奧地利, 捷克共和國, 波蘭**

Man-kit Choi 蔡文傑 (Public Health/ 4)

Chun-wah Ho 何俊華

(Ins., Fin. &amp; Actuarial Anal./ 4)

Tin-wing Yung 容天穎 (Statistics/ 4)

**Germany 德國**

Ka-tsun Lee 李嘉浚

(Quan. Fin. &amp; Risk Mgmt. Sci./ 2)

**Germany, Italy, Switzerland 德國, 意大利, 瑞士**

Hiu-Sze Wu 胡曉思 (Physics/ 3)

**Hawaii 夏威夷**

Yun Lee 李昀 (Psychology/ 1)

**Hungary, Czech, Slovakia, Germany 匈牙利, 捷克, 斯洛伐克, 德國**

Tin-sum Lee 李天心 (Global Studies/ 1)

**India 印度**

Elgin 彭仁就 (Prof.Accountancy/ 1)

Kin-ho Yick 易健豪 (Fin. Technology/ 1)

**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, while some others worked as volunteers in Mainland China and overseas. Apart from that, there are also Sunnies initiating their own programmes and going abroad to realise their dreams such as visiting various European countries for cultural exploration.



Throughout the whole trip, religion is the highlight. At first, I was terrified by the ritual of Hinduism. However, when I experience the Ganga aarti, there was no more terror, but peace. I even stayed and observed the ritual for two days.

In the morning, Indians go to Ganga, their mother river to take a bath and see the sunrise. In the evening, they will have a ritual to thank god for giving them one more day of life. That admiration to God is something rare in Hong Kong. I still remembered how shocked the Indians were when I told them I don't have any religion. I feel that Indians know that life is hard, so they feel grateful for one more day of life, even if they face natural disasters, human diseases and a harsh environment.

In contrast, Hong Kong is well developed and we are kept away from these tragedies. We are blessed by the God (it may or may not be the God we know, but it is a greater force that we can't conceive for convenience, I call it the God). Sarcastically, we are the ones who stand farthest from God. There is too much temptation in this Pearl of the East. Not many of us will applaud for the grace of the greater force.

It is not compulsory for us humans to pay tribute to him/her. However, after the trip, I know that at least we need to bear in mind that it has never been easy for us to live longer. It is even harder for us to live better. Though, if the sky is not dark enough, we cannot see the magnificence of stars. Only by bearing this fear and worries in life can we have motivation to work for a better life, for ourselves and other people who suffer the same hard life with us.

I wouldn't have discovered this if I have not been to India, at least not at this age. Therefore, I think the College really brought me something that no one can offer this summer. That is the trip to India.

*Kin-ho Yick (Financial Technology/ 1)*



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，以及到內地或國外做義工。此外，也有不少書院同學構思和籌劃自己的活動，實現夢想，包括前往歐洲國家進行文化探索。



Animal welfare has always been something I am passionate about and after securing a job offer, I took on a volunteer trip to the Moholoholo Wildlife Rehabilitation Centre for two weeks. Situated nearby South Africa's renowned Kruger National Park, Moholoholo is the home to over 100 abandoned, injured or poisoned animals, and it is actively involved in wildlife reintroduction.

As a volunteer in the Rehab Center, I was responsible for the daily operations of the centre. A typical day as a volunteer includes cleaning the enclosures, cleaning and sweeping the meat room and clinic, as well as feeding and providing enrichment activities to the animals. The volunteering experience was extremely memorable and mesmerising as I had opportunities to get up close with the big cats and other African native wildlife. Not only was I able to observe our ambassador lions close up, I was also given the chance to interact with rare animals such as black leopard and caracals. These opportunities were something one could never find elsewhere in the world, not to say a concrete jungle like Hong Kong.



As an urbanite who was born and raised in a metropolitan, we do not really have any opportunities to learn about and interact with African wildlife, and this volunteering project had certainly taught me a lot on that. It furthermore gave me a much better understanding towards the concept of wildlife rehabilitation and conservation.

*Yan-ho Tang (Hospitality and Real Estate/ 5)*

#### Italy 意大利

Jody H.L. Cheong 張孝琳 (Chemistry/ 3)  
Wei-chieh Huang 黃偉傑 (IBBA/ 2)  
Justin C.Y. Leung 梁澤然 (Public Health/ 1)  
Lingxiao Liu 劉凌霄 (Biomedical Engin./ 2)  
Romario-timothy Vaz (Comp. Sci./ 2)  
Sum-yu Wong 王心雨 (Mech. & Auto. Engin./ 2)  
Yuet-hei Wong 黃悅希 (Medicine/ 2)

**Italy, Spain and Portugal** 意大利，西班牙，葡萄牙

Ka-kit Chu 朱嘉傑 (Mathematics/ 4)

#### Japan 日本

Chun-chieh Chang 張鈞捷  
(Biomedical Engin./ 1)

#### Korea 韓國

Li-cong Chua 蔡勵聰 (Cell & Mol. Biol./ 3)

#### London, Marseille, Nice, Milan, Venice

倫敦，馬賽，尼斯，米蘭，威尼斯

Phoebe L.T. Lee 李樂桐  
(Eng. Studies & Eng. Lang. Edu./ 1)

#### Nepal 尼泊爾

Ching-kwan Chan 陳靖瑤 (Medicine/ 1)

#### Nordic Four Countries 北歐四國

Cheuk-yu Chan 陳倬仔 (IBBA/ 3)  
Pui-shan Ho 何佩珊 (Prof. Accountancy/ 3)  
Wing-ching Lai 黎詠晴 (Pharmacy/ 2)  
Karine K.W. Mang 孟嘉詠 (Pharmacy/ 2)

#### South Africa 南非

Yan-ho Tang 鄧欣浩 (Hosp. & Real Estate/ 5)

#### Spain 西班牙

Hei-tung Leung 梁晞彤 (Medicine/ 2)  
Yan Louie 雷恩 (Sociology/ 3)  
Julia Robrecht (IBBA/ 2)

#### Taiwan 台灣

Wing-nam Yuen 袁穎藍 (Journal. & Comm./ 2)

#### Turkey 土耳其

Joyce P.H. Lee 李沛希 (Prof. Accountancy/ 3)

#### United Kingdom 英國

Tong-ka Chan 陳唐嘉 (Physics/ 2)  
Hoi-chi Ng 吳海慈 (Int. Bus. & Chin. Ent./ 2)

#### USA 美國

Rachel H.Y. Cheng 鄭穎宜 (Nursing/ 3)  
Lok-tung Ho 何樂彤 (English/ 4)  
Katherine-min Jia 賈旻慰 (Public Health/ 3)  
Man-him Ng 吳文謙 (Pharmacy/ 3)

#### Vietnam 越南

Jih-ping Huang 黃治平 (Global Studies/ 1)  
Kam-wai Kwok 郭錦維  
(Quan. Fin. & Risk Mgmt. Sci./ 1)  
Man-leong Law 羅文亮 (Science/ 1)  
Corliss Y.Y. Lee 李宛融 (Gov. & Public Admin./ 4)  
Katie Y.K. Leung 梁綺琦 (History/ 1)  
Yuet-ching Lin 林悅晴 (Cell & Mol. Biol./ 4)  
Yuen-ting Ng 吳婉婷 (Nursing/ 1)  
Denise H.Y. So 蘇可凝  
(Eng. Studies & Eng. Lang. Edu./ 1)  
Emily T.Y. Tong 唐天恩 (Medicine/ 2)  
Ho-lam Yu 余濬林 (Nursing/ 1)  
Wing-tan Yuen 袁穎丹 (Science/ 1)

# 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

Summer Camp with CUHKFAA Chan Chun Ha Secondary School was successfully held in July. Five student mentors from Wu Yee Sun College designed and organised the programmes, with an aim to explore with 30 Secondary 5 students their personal goals. The camp presented different perspectives of 'Life' through various activities: a group of medical students was engaged to share about mental well-being and lead a visit to 'Silent Teachers' in Dissecting Laboratory for life-and-death education. Dr. Po-kin Leung, College Associate Dean of Students, talked about extra-terrestrial life. Student mentors then revisited the present life with the secondary students on what they want to achieve, and what kind of person they truly want to become. The mock JUPAS interview and letter-writing for themselves were meant to let them identify their strengths, weaknesses and personal character. The silhouette mini-projects reflected the little dreams they aspired for. Our student mentors, some of whom are the mentees of our College Mentorship Programme, put what they have learnt from mentors into enhancement of the secondary students' learning motives. Meanwhile, such experiences have rewarded them with bonding with the youths and reflection on their own development.

「我與中大早有約」暑期生活營於七月順利舉行。五位伍宜孫書院學生友師積極籌備營內活動，與三十位中五學生一起探索及反思個人目標。生活營為中五生呈現對「生命」這課題的不同理解：一群醫科生分享心理健康資訊及帶領參加者到大學解剖實驗室，向無言老師學習生死教育。書院副輔導長梁寶建博士又與學生講解外星生命，了解宇宙萬物如何形成。學生友師再重新與同學探究現在他們想達成的目標，想成為怎樣的人。模擬面試體驗及「給放榜後的自己」寫信活動旨在讓他們更了解自己的強項、弱項與個人特質。剪影手作讓同學映照自己對未來的憧憬。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，同時與他們建立關係，並提醒自己思考未來的目標。

Date 日期 16-18/7/2017

#### Participants 參與同學

Man-leong Law 羅文亮 (Biology/ 1)  
 Chun-hung Kwan 關竣鴻 (Quan. Fin./ 3)  
 Sally H.W. See 史曉樺 (Psychology/ 3)  
 Wai-lok So 蘇瑋樂 (Class of 2017)  
 Yuen-kiu Tang 鄧沅翹 (Science/ 2)

#### 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



This is the third time I joined this camp. I am so glad that I was still able to be one of the mentors and I really want to show my gratitude to Wu Yee Sun College indeed. The experience not only offered me the opportunities to share my past with the younger ones, but also allowed me to reflect upon myself.

Being a fresh alumnus, I have already gone through a fruitful university life in the past four years. Once I was puzzled and did not know how to cope with the new environment. I have also faced many challenges and obstacles in my studies, as well as social life on campus. Luckily, I had gained so much care and guidance from peers and seniors, for which I am still grateful for their support.

The three-day camp was surely a wonderful and enlightening voyage. When I spent time with the secondary school students, I could see the old me inside them. I understood their anxiety and frustration, and I am so glad that I could share my experiences with them and raise their interests towards different paths in the future. I felt a strong sense of satisfaction when they gave me lovely

positive feedback. Their eagerness to learn really inspired me a lot about the power of education and guidance. It is always blissful to influence others positively and recognise the value inside oneself. I hope in the future, I can continue being an influential person and guide people who are in need.

Wai-lok So (Class of 2017)

# LET'S SHARE

## 老師分享



潘銘基教授

潘教授為書院副輔導長，同時為中國語言及文學系副教授。潘教授於七月帶領「悅行金陵·南京大學文化交流團」，與同學出訪南京。



七月在南京

南京的人都很熱情，那怕都不是南京人。幾個月前，跟小女兒說要到南京作文化交流，有先見之明的她說：「南京是一個好地方，我想跟爸一起去！」當然，女兒沒有來到南京，但這裡確是個好地方。

一八四二年，南京跟香港在政治上有了莫名的關係。就在這一年，清政府因為第一次鴉片戰爭的戰敗，在江寧府的英軍旗艦汗華囉號（Cornwallis）上跟英國政府簽訂了喪權辱國的「南京條約」，大清的江寧府<sup>1</sup>便是現在的南京，條約裡包括將香港島永久割讓給英國。在這樣被動的情況下，南京便跟香港結下「不解之緣」。這是在小學時便已接觸過的一段香港歷史。今天，在車水馬龍的新街口，赫然發現豎立了一所英式百貨公司——House of Fraser<sup>2</sup>，遠遠的又看見了英國最大的玩具公司Hamleys。看見玩具店，我本能地循例進去巡視一番，目的自然是要進貢兒女。在南京條約簽訂的城市裡看見英國的一切，令人不期然想起清臣耆英和香港第一任總督砵甸乍（Sir Henry Pottinger）出現的場景。

來到南京，接待單位是南京大學匡亞明學院的師生。匡亞明先生（1906-1996）曾經在文革前後兩度出任南京大學校長，本身是教育學家。早在攻讀研究院之時，便已拜讀過匡先生主編的《中國思想家評傳叢書》，整套叢書共二百部，蔚為大觀。家中常看的是《賈誼評傳》和《顏師古評傳》，當然還有匡先生親撰的《孔子評傳》。南京大學是理工科與人文學科並重的雙一流大學，南大匡院的同學本身都是理工科學生，但在參觀、交流時所展現的文化素養，便是文理並重的最佳寫照。

南京是六朝古都，十朝都會，在南京大學的安排下，我們一行人參觀了豐富的人文景觀。登上閱江樓，遠眺長江，一九六八年正式通車的長江大橋便映在眼前。從來，長江都是天險，據之可保半壁江山。閱江樓的名字來自明太祖朱元璋，但建成卻在六百年後的二零零一年，不再「有記無樓」。登高望遠，發人深思，無論是六朝、十朝，以至近代中國歷史的千軍萬馬，干戈威揚，殺伐之音，如在目前。東晉時王導說：「當共戮力王室，克服神州，何至作楚囚相對？」敵人在對岸，靠天險保護，到了夫子廟，在秦淮河畔，便可感受到南京的安逸生活。遠在一九二四年，朱自清發表了他那篇名聞中外的《槳聲燈影裡的秦淮河》，當時「持證從業」的妓女妓院是合法的，朱自清因此說秦淮河是「紙醉金迷」的地方。現在，妓院沒有了，「紙醉金迷」卻仍不變。秦淮河兩岸的食店、紀念品店、南京特色食品等，仍然足以令到參觀者「紙醉金迷」。

我們還參觀了中山陵。欲窮千里目，更上一層樓，這裡是近代中國革命者孫中山先生長眠之地。從前在香港，孫中山先生誕辰是放假的，不知道從什麼時候開始，大家不談革命，領導辛亥革命推翻清廷的國父誕辰便不再需要紀念了。爬上中山陵，還真的要花點力氣。稱之為「陵」，畢竟跟歷代帝王的墳墓有相似之處，中山陵還是依山而建的，不要忘記，在它旁邊便是明太祖朱元璋的明孝陵。孫中山先生領導革命黨人推翻封建帝制，而中山陵這種皇陵式的墳墓雖是前有所承，卻幾乎肯定是後無來者。來到南京，一切彷彿走回民國時期時光隧道。到過北京故宮、台北故宮，南京博物院當然也是珍品無數，但更令人駐足的自然是那條融合民國特色的民國館商店街。來到這條時光長廊，有著民國時期的街道風光，保留了上世紀二十年代的色調、氣味，讓人置身於充滿舊時代特色的環境之中。同樣是民國特色，不能不提的是行程裡參觀的總統府。不單是總統府，更早的是太平天國天王洪秀全在此稱帝。南方的政權都是短祚的，看來這裡並不適合政治家，更適合的是老百姓豐足平穩的生活。走過總統府，看見一幅幅近代政要的老照片，踏在前人曾經走過的路上，感覺上忽然跟中國近代史有著微妙的關係。只是，古今多少事，都付笑談中，人類的歷史就是一次又一次的灰飛煙滅。

有些事可以忘記，有些事不敢也不應該忘記。南京是抗日戰爭時期民國政府的首都，是日軍重點侵略的對象。參觀「侵華日軍南京大屠殺遇難同胞紀念館」令人心情非常沉重。戰爭本來就是殘酷的，死傷無數也不是偶然的事。戰國時期，秦趙長平之戰，秦將

白起坑殺了四十萬趙國降卒；西楚霸王項羽也曾經坑殺二十萬新安降卒；他如五胡亂華、滿清入關、太平天國屠殺等，都令人深深明白戰爭的可怕。看過展覽，結合過去的認識，南京大屠殺最可怕的並不是屠殺的本身，而是侵略者該如何面對鐵證如山的歷史。或者，仇恨並不能解決問題，況且事實放在眼前，能夠勇於承認，深刻反省，才能讓逝者得到一點點的安息。

南京文化之旅還有自由活動的部分，可以用自己的步伐，從另一角度體驗南京。秦淮河畔的夫子廟商園以夫子廟命名，可因時間所限，在團體參觀時候未能內進欣賞，誠為憾事。在中文系，我教的是《論語》、《孟子》，到不同地方的孔廟參觀比較，正是此行的重要目的。進入夫子廟，先看到的是孔門十哲<sup>3</sup>其中八個的豎像，顏回因為已晉升四配，與孔伋（子思）、曾子、孟子都在大成殿內配享。可憐的卻是卜商（子夏）。十哲之八在外兩兩相對，平衡勻稱，煞是好看，中國人做事喜歡成雙成對，顏回已配享在內，卜商又無此雅名，只能滯留在內，孤苦無依，也是南京夫子廟之奇景。沒有曲阜孔廟的肅殺，也沒有台南孔廟的古樸，跟台北孔廟有所不同，弟子雕塑也沒有長崎孔子廟的多，但這裡的對岸，便是昔日妓院林立的秦淮河。也只有這裡，才能孕育出一個又一個才子佳人的愛情故事。

因為南京大學同學的推薦，我還到了六朝博物館參觀。幾個展廳，展出了六朝（東吳、東晉、宋、齊、梁、陳）時期的都城輝煌、文化渲染、藝術精品、精英人物等等，目不暇給。整個博物館設計新穎，非常舒適，只要用智能手機掃描二維碼，便能收聽展品的介紹，何其方便！難怪這裡曾經得到全國博物館十大陳列展覽精品（二零一四年）的第三名。在博物館裡，有一個裝潢是用了王羲之的《蘭亭集序》，雅緻莊重，雖無崇山峻嶺，但確有茂林修竹，美不勝收。六朝博物館的空調也是一絕，在我看來，是整個南京最容易讓人忘記自己是身處七月南京的地方。

南京的美食，在抵寧以前就有朋友跟我介紹了，鹽水鴨、鴨血粉絲湯、獅子頭、雞汁湯包、美齡粥，都多次佔據我的胃部。甚麼是科技的時代？從點菜便可以知道。菜單（Menu）終於真的成為了菜單，拿起手機，掃一掃二維碼，便可以點菜、付款了，邊吃邊想，長久下去，餐廳裡的服務員還是需要的嗎？在這個年代，企業都是跨行業的，得益於做團購外賣的兼營打車，現在兩大集團在拼得你死我活，寡頭壟斷（Oligopoly）的情況下受惠的只會是消費者。打車用了0.01人民幣（你沒聽錯，是一仙）走了兩公里的路，不知道是哪本科幻小說裡的情節。走累了，外面用餐的人也多，就回到酒店叫外賣，不到十五分鐘，四方八面的騎手就把食物送來了。溫度還在，想來還比關羽溫酒斬華雄要快一點。

八天的行程很快便到尾聲，風景食物都是帶不走的。能夠長存心中的，只能是南京大學師生的熱情款待。明年今日，你們來到香港之時，我們也將用最大的努力呈現出美好的香港風情。

<sup>1</sup> 江寧府，在今江蘇境內。南唐始置，元代時改為集慶路，明代改稱為南京應天府。清順治二年（一六四五年），清軍攻陷南京，易名為江寧府。清亡，民國政府改之為南京府。

<sup>2</sup> House of Fraser，中譯福來莎百貨，乃英國百貨公司。二零一六年十二月，福來莎百貨在南京開設旗艦店。

<sup>3</sup> 《論語·先進》11.3「德行：顏淵，閔子騫，冉伯牛，仲弓。言語：宰我，子貢。政事：冉有，季路。文學：子游，子夏。」後人即以此文所言為孔門四科十哲。

# GALLERY

## 書院生活點滴



7/

### New Student Orientation 2018

二零一八年迎新活動

A new batch of Sunnies was warmly welcomed in College Orientation Camp 2018. The participating freshmen attained a better understanding about College life and established rapport with peers through various interactive tasks. The Organising Committee also continued the green initiative of reducing disposable utensils by giving out cutlery sets sponsored by the College.

On the first day of College Orientation Camp, the College organised Welcoming Dinner to greet all new students. 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 new challenges. College staff members also mingled with students in every table during the dinner.

The College Student Advisor Scheme, as an extension of College Orientation, aims at helping freshmen settle into College life. Most of the groups are assigned according to the small groups of Orientation Camp, which helps strengthen the bonding among students. The first meeting is arranged by the College to let advisors and students enjoy their first encounter.

二零一八年書院迎新營歡迎新一屆Sunnies！參與迎新營的新生透過互動遊戲，體驗書院生活及與朋輩結為伙伴。籌委會亦延續去年推廣減廢行動的決心，為減少使用即棄餐具，參加者改用書院贊助的餐具套裝。

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，又鼓勵新生勇於接受新挑戰。書院教職員亦在晚宴期間與同學親切交流。

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。書院為每組老師與同學安排第一次聚會，讓每組互相認識，方便以後深入交流！



1/ New batch of Sunnies meeting College staff members in Welcoming Dinner  
新生與老師於迎新晚宴共聚

2/ Enjoying the Mass Game!  
投入大組競技

3/ Team up to complete the task!  
發揮團隊精神

4/ Showcasing the dancing movements  
同學展現精湛舞技

5/ Capture the moment of Night Party  
留住晚會精彩一刻

6/ Interactions in College Student Advisor gatherings  
師生茶聚交流

7/ See you in the Orientation Camp next year!  
明年書院迎新營再會！

# GALLERY

## 書院生活點滴



8/



9/



11/



8/



10/



11/

### A Taste of University Life at Summer Institute 2018

大學生活初體驗

8/ About 320 local and international students from Summer Institute 2018 attended our College introduction talk in July. Delivered by Dean of Students Professor Man-hong Lai, the College talk presented the uniqueness of CUHK's collegiate system, and introduced the distinctive features of our College including the interesting programmes offered to our students. Miss Florence Y.M. Tsui, Coordinator of Creativity Laboratory also shared the creative projects initiated by our Sunnies.

三百二十多名來自本地及海外的高中生參加由學術交流處舉辦的Summer Institute。同學於這個為期兩周的夏令營，入住本書院宿舍，一嚐大學生活的滋味。輔導長黎萬紅教授在書院簡介會上介紹中大書院制及本書院的特色，創意實驗室項目協調員徐婉雯小姐亦分享了許多由同學發起的創意項目。

### Delegations Visiting

訪問團來訪

9/ The Fifth Cross-Strait Forum on Education of Modern Residential Colleges was successfully held at CUHK in July. The Forum brought together scholars, teachers and students from Hong Kong and overseas institutions to exchange views on modern college education in universities. Professor Kong-pang Pun, Chairman of Student Hostels Committee, gave a presentation on behalf of the College on the College's role in cultivating students' creativity and the drive for innovation. He then joined hands with Ms. Sandy P.S. Lee, College Secretary, to lead a College tour for Forum participants.

第五屆海峽兩岸暨港澳地區高校現代書院制教育論壇於七月在中大校園舉行。論壇吸引香港地區及外地院校領導及代表參加，並以書院於現代大學國際化所扮演的角色為主題。學生宿舍委員會主席潘江鵬教授代表書院作出題為「書院在培養學生的創新精神方面的角色」之報告，並與院務主任李珮珊女士一同帶領與會者參觀書院校園。

10/ A delegation of CUHK (Shenzhen) Diligentia College, led by the College's Master Professor Yang Gu, visited our College in July. College Master Professor Anthony T.C. Chan, Chairman of Student Hostels Committee Professor Kong-pang Pun, Associate Dean of Students Professor Ming-kay Poon and College Secretary Ms. Sandy P.S. Lee welcomed the delegation and exchanged views on College operations. A campus tour was led to show them the beautiful scenes and facilities of our College.

香港中文大學灣（深圳）學勤書院訪問團在院長顧陽教授帶領下，於七月來訪書院，並與院長陳德章教授、學生宿舍委員會主席潘江鵬教授、副輔導長潘銘基教授及院務主任李珮珊女士交流書院工作心得，亦參觀校園設施。

### Fifth College Rotaract Club Installation Ceremony

第五屆書院扶輪青年服務團就職典禮

11/ The Installation Ceremony of Sunrizon, the Fifth Wu Yee Sun College Rotaract Club, was held in July. Professor Man-hong Lai, College Dean of Students and representatives of Rotary Club of Tai Po (Mother Club of WYS Rotaract) and District Rotaract Club, gave encouraging speeches on the Club's theme, 'Be the Inspiration'. Led by Justin I.P. Huang, President of the new committee, the committee members took the oath for their commitment in service for their members and the community.

第五屆伍宜孫扶輪青年服務團「扶宜直上」就職典禮於七月順利舉行。書院輔導長黎萬紅教授、母會大埔扶輪社及地區扶輪青年服務團代表以國際扶輪主題「成為勵志領導者」為題，鼓勵同學積極參與社會事務。黃治平同學以團長身份帶領團員宣誓，矢志服務社群及其他團員。



## STUDENT ACHIEVEMENTS



### 學生殊榮

Heartiest congratulations to Yuen-yung Lee Corliss (Government and Public Administration/ 4) on receiving the CUHK Convocation Outstanding Community Services Award this year. Corliss has been passionate about volunteer services since secondary school and this prestigious award reflects her long and dedicated services to the community. Another College student, Tin-yan Lee (Medicine/ 5) has been awarded the Sir Edward Youde Memorial Scholarships 2017/18 for demonstrating her excellent academic performance and involvement in extra-curricular activities.

恭喜政治與行政學四年級李宛融同學獲得二零一七至一八年度香港中文大學校友評議會傑出社會服務獎！李同學自中學以來一直積極參與義工服務，這個榮譽獎項肯定了她為社區人士服務的努力。而內外全科醫學五年級生李天欣同學則獲得二零一七至一八年度尤德爵士紀念獎學金，為獲頒此榮譽的七名中大本科生和研究生之一，嘉許她在學業方面的優秀成績。



12/



12/

**Self-motivated Fund for Sports Activities**  
自選遊體育活動資助計劃

12/ Everyone has to begin with a baby step when they try out something new. The Self-motivation Fund for Sports Activities encourages students to take up a new challenge in various sports activities, such as the Vita Green Charity Cycling Marathon Challenge 2018 and Food Salvager - Urban Adventure Challenge 2018 @Kowloon East, and live a healthy lifestyle. The passion in creating social impact and sense of belonging to the community from the participation in sports events has exceeded our expectation.

每個人嘗試新事物都始於跨過心理關口的一小步。「自選遊」體育活動資助計劃鼓勵同學透過不同體育活動（例如：維特健靈慈善單車馬拉松2018及食物救援—城市定向挑戰賽2018 @九龍東）挑戰自己，並建立健康生活習慣。最令人驚喜的莫過於不少學生參與各種體育活動不止學會注重身體健康，更期盼推己及人，關愛社會。



13/



13/

**Sports Fun in Summer**  
夏日運動同樂

13/ The Lounge was filled with cheers when a group of students and staff members watched the live broadcast of the 2018 FIFA World Cup Final together in July. Subsequent to the buffet, Professor Anthony T.C. Chan, College Master; Professor Kelvin K.F. Tsoi, Chairman of Sunny Sports Committee and Professor Kong-pang Pun, Warden of West Block, were also immersed into the exciting atmosphere with all students.

Jazz Funk Dance Experience Day was another perfect escape for students who were not too interested in football. The newbies learnt the rhythms and moves not just for beautiful body movements, but also for better body co-ordination and exercises.

師生於七月共聚，在The Lounge觀看世界盃決賽現場直播，齊聲吶喊助威！享用自助晚餐後，院長陳德章教授、體育委員會主席蔡錦輝教授及西座舍監潘江鵬教授與眾同樂，一起沉浸於緊張刺激的氣氛之中。

不熱衷足球的同學亦另有選擇！體育學會舉辦的爵士舞體驗日讓新手學習旋律與肢體動作，展現曼妙舞姿之餘，亦改善身體平衡。





# Go Green! Be Sunny!

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

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

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

THE SUNNY POST IS PRINTED ON RECYCLED PAPER

本通訊以再造紙印刷

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The Sunny Post is also available on the College website:

本通訊亦已上載至書院網頁:

<http://www.wys.cuhk.edu.hk/publications.php>

The next Sunny Post will be published in November 2018

下期通訊將於二零一八年十一月出版



香港中文大學伍宜孫書院

WU YEE SUN COLLEGE

THE CHINESE UNIVERSITY OF HONG KONG