

# THE SUNNY POST

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AN INTERVIEW WITH RECIPIENTS OF  
THE WU YEE SUN AWARD FOR THE  
MOST DISTINGUISHED GRADUATING  
STUDENT 2018/19  
在十字路口上  
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ISSUE  
**TWENTY EIGHT**  
JUN 2019

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# AT A CROSSROADS

An Interview with recipients of the Wu Yee Sun Award for the Most Distinguished Graduating Student 2018/19

## 在十字路口上

專訪二零一八至一九年度伍宜孫最優秀畢業生獎得獎人

Like many other graduates, Candice C.Y. Ng (Journalism and Communication/ 4), Natalie S.Y. Chung (Geography and Resource Management/ 4) and Queenie K.Y. Law (Government and Public Administration/ 4) are at a crossroads, and they have just made their decisions.

與其他畢業生一樣，吳卓恩（新聞與傳播學四年級）、鍾芯豫（地理與資源管理學四年級）及羅鈞渝（政治與行政學四年級）現正站在人生十字路口，而她們已經決定要如何踏出下一步。

#### AFRAID OF ROUTINE

Candice's dream to direct her own drama production has been rooted since high school. Being a long-time fan of American and European dramas, she was fascinated by the scope of the drama world, and how the audience connected with the stories being told on screen. Now graduated from the School of Journalism and Communication, Candice is halfway to her destination.

Since her first year in the university, she engaged herself in various freelance projects to get exposed to the production environment. Coordinated by jcMotion of the School of Journalism and Communication, she had worked for different productions from non-government organisations, the government and the university. Some allowed more creativity, while some required her technical support on graphic designs, and she treasured every opportunity to learn from different positions. However, in the third year of studies, Candice confronted her desire during a full-time internship in one of the local major firms.

'I worked full-time for the whole month during the internship, and I started to think whether this nine-to-seven job is what I really want.' The ordinary career path for a graduate like her is to work as a production assistant in a firm for three to four years, and then a director and finally an executive producer. Ordinary, and stable. Candice, however, hesitated in stepping in. 'I am afraid that once I get used to stability, I will no longer dare quit.'

Candice found that production lines in big firms were too structured and streamlined, which left little room for creativity. She gave an example: although some ads would include jokes to attract audiences, these jokes were elaborated from certain references and one could hardly find new substance from these ads. This is not limited to ads or jokes though. Her own experience also resonates: 'I once worked in a project for the government. Although we were writing the scripts ourselves, our idea was banned by the administrative staff owing to its boldness.'

In contrast, there are much less constraints in the US industry, productions like dramas have more diversified themes, and the industry tends to break the norms. 'I had a good time with my friends in the College though, where we could play around with crazy ideas, which seemed quite awkward to me now when looking back,' she laughed. 'And I am grateful that we are backed by the College.' She recalled times when she raised new ideas, like when she filmed the College promotional video and used reusable cutlery sets in Orientation Camp, she and her friends were always supported in every way.

To explore more possibilities, Candice will work freelance in the coming year. She is now working in a team and has been involved in different projects from the government and commercial sector. The team has just travelled to Thailand to shoot a commercial ad, for which she was the assistant director. 'I am now aiming at the post of producer. Another possibility would be establishing a studio like some of the graduates from the School.' Although a long way ahead, Candice is ready to take the challenge.

#### BRINGING VOICES TO THE WORLD

Natalie first discovered her interest in environmental protection after interviewing Dr. Rebecca L.S. Lee in primary six for a competition hosted by Hong Kong Observatory on climate change. She had a glance at the concepts of climate change and environmental protection, which led to exploration on related topics. She then continued her studies on geography in secondary school and in university. Not confining herself in the classroom, Natalie was involved in related campaigns over the years. In Year One, she and two other students joined the Hong Kong Tertiary Schools COP21 Challenge and established V'air, a website which aims to introduce local tourist attractions and encourage Hong Kong people to fly abroad less, thus lowering carbon emission from aviation. 'We first started this project out of interest. With more research, we



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1/ Candice, Natalie and Queenie were awarded the Wu Yee Sun Award for the Most Distinguished Graduating Student.

Candice, Natalie 及 Queenie 獲頒伍宜孫最優秀畢業生獎。



2/ Candice has worked on almost every role in the production crew, including sound engineer, videographer, producer, portable lighting stand, and even as an extra (as dead body).

Candice 基本上擔任過製作中的所有崗位，例如收音師、攝影師、製片、流動燈腳，甚至扮演過臨時演員（屍體）

3/ Candice suggested using reusable cutlery sets when she led the organisation of the Orientation Camp  
Candice 於籌辦新生迎新營時提議使用可再用餐具套裝

realised that this idea could be further developed, and thus we invited more talents to our team. We are also grateful to Mr. Kam-sing Wong, the Secretary for the Environment, who supported our idea and encouraged us to continue the work of V'air.' Over the years, they gradually extended their work from online to offline: engaging in community works and publishing their first book to promote sustainability. Their team participated in the College's 'Sunny Passion Programme', with the aim of furthering knowledge of environmental protection to various age groups through campaigns and workshops.

Other than V'air, Natalie participated in numerous conferences, forums and campaigns, and got to meet professionals from around the industry. Through these networks, they explored opportunities for future collaborations. She also joined the CUHK Green Post and worked as a tour guide in the Jockey Club Museum of Climate Change internship programme. Additionally, Natalie brought voices to the government by serving as a member of the Council for Sustainable Development. She also served as SDG Coordinator of the United Nation Sustainable Development Solutions Network – Youth. 'I wish to contribute to environmental protection on different levels, including campus, local community, society and international levels.'

Although Natalie had been determined in her goal, many others doubted her choice. 'Many people around me said studying geography would not bring me a bright future. There is also pressure from society. Sometimes I feel lost and question myself if I have chosen a wrong path. However these uneasy times also urged myself to listen to my heart and know where my passion truly lies.' It was also hard to find companions who share the same passion, which hindered some opportunities. Fortunately as she reached out to more people, including College students and people from different sectors, she found comrades who strive for the same goal.

She will pursue a two-year MPhil programme in Environmental Change and Management, equipping herself to become an environmental leader on education and policy-making.

#### OUT OF THE IVORY TOWER

Queenie had been determined to be a good person and serve society. She majored in Government and Public Administration, which was when she started to realise how she could achieve her goal. She now works in Gender issues in international relations. 'I have explored various opportunities in the university to figure out what I could really contribute to. In year three, I took a course on gender issues where I had more chances to look into feminism in a more academic

perspective. I also got to meet with stakeholders in the community, and found answers of many questions in my mind.' Queenie grew up in an environment which encouraged one's independence, and she thinks this might have shaped her values on gender issues. 'Gender has never been a concern in my family and at school. Taught to be independent and go for my own goals, I was never told a boy or a girl should do or not do something.' Sadly however, there are a lot more people suffering from their gender identity, and Queenie started to wonder if her knowledge could contribute. She started to find the connection between gender theory and international relations, which was the field she was researching.

Queenie went on the College Term-Long Exchange Programme in Australia in the second semester of year three. During her exchange, she had more chances to explore the topic as the academic development of international relations and support on gender theory was better in Australia. She took a course on gender and international relations and was greatly inspired by the in-depth discussion on related history and theory. She then continued her study on the topic in her thesis, for which she researched Colombian women's adaption after they returned home from the civil war, and the conflict between their social identity and their war-time experience. 'Many female went on the field during the war and they are reluctant to fit into their original role when returning home.'

After graduation, Queenie will depart to Laos to work under United Nations Entity for Gender Equality and the Empowerment of Women for half a year. She might help with research on women's social position and liaison with the government and non-government organisations to facilitate women advancement.

Queenie sometimes feels frustrated on the worsening social environment which she feels quite powerless to change. All theories she had learnt stay in the ivory tower. But she has started to embrace doubts in herself: knowledge is the basis for reasonable decisions and would be the foundation to her contribution to society. 'Do what feels right.' She said, 'It is normal to get lost. We have constraints in life which we have to compromise and we may not know which path we should take. Grab your chance when you are still young, or you may lose it forever.'

Many students have a checklist for their university life. However after four years, not everyone can find their own passion which they would live for. The awardees of the Wu Yee Sun Award for the Most Distinguished Graduating Student have found theirs. What about you?

“ I am afraid that once I get used to stability, I will no longer dare quit.

我擔心自己一旦適應平穩的環境，就沒有再次踏出去的膽量。

”

#### 不甘於平淡

Candice 自高中起就希望可以執導自己的劇集。她喜愛歐美劇集多年，被其世界觀及作品與觀眾間的連繫所吸引。剛於新聞與傳播學院畢業的她，正在實現夢想的路途上。

自大學一年級起，Candice 已經積極參與多個拍攝項目，希望有更多機會接觸實際工作。在學院 jcMotion 的介紹下，她曾協助多個機構的宣傳製作工作，包括非政府組織、政府部門及大學部門等，當中包括劇本創作及圖像製作等工作，希望可以從不同崗位學習。然而，Candice 在三年級的實習中，重新檢視了自己真正的目標。

「我在實習機構全職工作一個月，期間反覆思考自己是否真的希望將來過著如實習期間朝九晚七的生活。」如投身媒體行業，一般新傳畢業生都會從製作助理做起，在三至四年後任導演，最後成為監製，可謂非常典型而平穩的職業路向。Candice 卻對此感到猶疑：「我擔心自己一旦適應平穩的環境，就會失去再次踏出去的勇氣。」

她發現大型機構的作業非常有系統，又傾向於流水式，可供製作人員注入創意的空間少之又少。她舉了一個例子：「不少廣告會以笑話吸引觀眾，但這些笑話其實都衍生自一些參考資料，結果成品了無新意。」這種情況不限於廣告或笑話，她自己也有類似的經歷：「我曾經參與一個政府部門的製作，雖然劇本由我們擬定，卻因劇本意念較為破格而被行政人員否定。」美國媒體行業及製作則較少限制，例如劇集主題就明顯更多樣化，且勇於突破規限及既有價值觀。「我和書院的朋友倒是玩得很放，然而無論點子多跳脫，書院還是會支持我們。」她笑著回憶道：「例如為書院拍攝宣傳影片，及在迎新營使用可再用餐具套裝等，書院都會支持我們的想法。」

為探索更多可能性，Candice 將於未來一年任自由工作者，參與各種製作。她現正與團隊合作「接Job」，包括政府及商業性質的製作。團隊剛到泰國拍攝一個酒店廣告，她在當中擔任副導演。「我現在以成為製作人為目標，或是像我的師姐般成立自己的工作室。」雖然眼前還有很漫長的路，Candice 已準備好面對未知與挑戰。

#### 向世界發聲

Natalie 於小學六年級時參與由香港天文台主辦的比賽，在訪問過李樂詩博士後對環保議題及氣候變化產生極大興趣，因而開始這方面的探索。她於中學及大學修讀地理，更走出校園，參與相關活動。大學一年級時，她聯同另外兩位同學參與第二十一屆聯合國氣候變化大會香港大專教育界競賽並成立 V'air，以網站模式推廣本地景點，希望可鼓勵市民減少境外旅遊，以降低因航空交通產生的碳排放。「我們最初也是為興趣而展開這個計劃。經過一番研究，我們發現可以進一步發展這個想法，於是開始招募成員。我們亦很感謝環境局局長黃錦星先生對計劃的支持。」他們更將網上計劃拓展至社區，舉辦多項社區活動，並出版他們首本書籍，推廣可持續發展。團隊又參與書院「愛陽光計劃」，希望可藉比賽及工作坊將環保保育知識推廣至各個年齡層。

除了 V'air 以外，Natalie 亦參與各種研討會、論壇及活動，認識許多業內人士以擴展人際網絡，增加與外界的合作機會。她又加入中大綠色報，並於中大氣候變化博物館擔任導賞員。除此以外，她積極於社會及國際層面發聲，Natalie 現正擔任可持續發展委員會成員，及於聯合國可持續發展解決方案青年網絡服務，「我期望可以在不同地方為環保出力，包括校園、社區、香港，以及國際層面。」

儘管 Natalie 的目標十分清晰，卻有許多人質疑她的選擇。「很多身邊人認為修讀地理不會有好的前景，社會上的目光也給我不少壓力。當時也曾懷疑過自己是否走錯了路，但低潮時期亦讓我梳理心底的想法，聆聽自己的心願與熱誠所在。」而尋找同路人則同樣困難，過程中亦難免因此錯失良機。幸運地，她漸漸在多年的努力下接觸到更多擁有相同目標的盟友，包括書院同學及社會人士，一起向目標進發。

她將於牛津大學攻讀環境變化與管理碩士課程，希望能深入了解相關議題，將來專注於政策倡議。

#### 踏出象牙塔

Queenie 為政治與行政學畢業生，對國際關係十分感興趣。在三年級時修讀的一門課為她帶來啟發，讓她了解自己能以什麼方式成為一個對社會有貢獻的人。性別議題及國際關係正是她的答案。「我在大學數年間投入



4/ Natalie and her teammates in V'air set up booths promoting local attractions

Natalie 與 V'air 的成員設置攤位，向大眾推廣本地遊

5/ V'air's first travel guide was published in 2017

V'air 首本本地旅遊書《低碳·好行》於二零一七年出版

“ Sometimes I feel lost and question myself if I have chosen a wrong path. However these uneasy times also urged myself to listen to my heart and know where my passion truly lies.

當時也曾懷疑過自己是否走錯了路，  
但低潮時期亦讓我梳理心底的想法，聆聽自己的心願與熱誠所在。



不同工作，希望找尋自己的目標。三年級時偶然修讀關於性別議題的科目，讓我有學術方式認識女權主義，我更有機會與相關人士見面，以第一身了解他們的聲音，當中的對話解開不少我心中的疑惑。」

她成長於一個鼓勵獨立的环境，回想起來，她覺得自己對性別的價值觀可能是這樣建立起來的。「無論在家裡或求學時，我都被告知自己應該獨立，訂立自己的目標。性別對我來說從來不是阻礙，身邊人亦不會說男生或女生應該或不應該做什麼。」然而，無數人卻受他們的性別所困，Queenie 開始思考自己的所知是否能幫助他們，並發現性別議題與國際關係有很大關連。

Queenie 於三年級下學期參與書院交換計劃，到澳洲交流半年。由於當地對國際關係及性別議題的討論與發展更為成熟，她在一門關於國際關係及性別議題的課程中獲益良多，對其歷史及理論有更深入的了解。她的畢業論文亦以此為主題，探討哥倫比亞女性在國家內戰後重返家庭崗位時的矛盾。「很多女性在戰時走到前線，但當戰爭結束，她們並不希望重拾傳統女性的工作。」

畢業後，Queenie 將到老撾為聯合國婦女權能署工作半年，該署工作包括研究當地女性的社會地位，協調政府與非政府機構之間的合作，在制定政策上加入女性的聲音。

回想起來，Queenie 有時會為社會環境倒退感到無力，感到多年所學與現實脫節。然而，她逐漸學會接受對自己的質疑，明白到知識是明智抉擇及日後貢獻社會的根基。「做自己想做的事。感到迷失是正常的，生活中太多事情需要妥協，前路也許不清晰，但我們一定要趁年輕時抓緊機會，因為機會總是稍縱即逝。」

許多同學都有大學生活的「必做」清單，然而經過四年，並非每位同學都能找到自己的熱誠所在。伍宜孫最優秀畢業生獎得獎人已經找到了她們的人生目標了，你呢？



6/



7/

6/ Queenie was thankful to have studied in Australia, where she met great friends and learnt about international relations and gender issues in-depth. Queenie 很高興能於澳洲交流，除了結識良朋，她更有機會深入地探究國際關係與性別議題。

7/ Queenie attended training for United Nations. Queenie 參與聯合國的培訓。

“ Do what feels right. Grab your chance when you are still young, or you may lose it forever.

做自己想做的事。我們一定要趁年輕時抓緊機會，因為機會總是稍縱即逝。



# COLLEGE ACTIVITIES

## 書院活動



### COLLEGE CLOSING ASSEMBLY

#### 書院結業禮



### COLLEGE FORUM

#### 書院論壇



The academic year was concluded at the College Closing Assembly in April. College Master Professor Anthony T.C. Chan shared with students examples of dream chasers, including various speakers of College events over the past year and awardees of Wu Yee Sun Award for the Most Distinguished Graduating Student, and encouraged all Sunnies to devote themselves to realising their own life goals.

The College showed our heartfelt appreciation to Hong Kong Shun Lung Yan Chak Foundation for their donation and establishment of 'Choi Park Lai Yan Chak Scholarship', and was honoured to receive another donation from CUHK Alumni Charity Foundation and Mr. and Mrs. Yuk-bing Ko for establishing 'Mr. and Mrs. Ko Scholarship'.

Representatives from the College International Team introduced the team's work and advised on how local and non-local students could mingle with

each other and enjoy their College life.

After witnessing students' achievements at the Scholarship and Award Presentation, all attendees posed for a group photo to capture this special moment at the end of the term.

書院師生於結業禮聚首，回顧過去一年的大學生活。院長陳德章教授勉勵同學保持對追夢的熱誠，並如本年度多位活動嘉賓及伍宜孫最優秀畢業生獎獲獎人一樣，全力將夢想實現起來。

書院衷心感謝香港順龍仁澤基金會捐款成立「蔡伯勵仁澤獎學金」，以及香港中文大學校友慈善基金與高毓炳伉儷成立「高氏伉儷獎學金」，支持同學出外交流。

學生團體國際小組則於台上分享過往一年的工作及活動，鼓勵本地生和非本地生共融合作，擴闊視野並豐富書院生活。

於獎學金頒贈儀式見證同學的成就後，出席嘉賓和同學拍大合照，為學期終結留念。

The last College Forum of this term entitled 'The Lesson from Soil' was conducted by Ms. Wenning Mak Chen, Founder of HomelandGreen (Hong Kong), in late March. Ms. Chen shared with students her path in establishing HomelandGreen (Hong Kong), an organisation dedicated to combating desertification. Through years of investigation and field works, the organisation has helped ease desertification in different areas on the mainland. They also provided various opportunities to educate the public, especially the young generation, on the importance of soil protection and sustainable development.

本學期最後一次書院論壇於三月以「土壤教會我謙恭」為題，綠蔭家園(香港)創辦人麥陳尹玲女士向出席同學娓娓道出成立這個關注荒漠化的非牟利志願團體的由來，並介紹過往於中國內地防治荒漠化的研究和工作。團體希望透過教育及活動，推廣大眾對泥土保育及可持續發展的知識及重視。

# COLLEGE ACTIVITIES

## 書院活動

### HIGH TABLE DINNER

#### 高桌晚宴



The second College High Table Dinner of this term entitled 'Let's Slash' was held in March. Miss Ming-lok Wong first revealed why she quit the much sought-after job as an Administrative Officer in civil service and started to pursue her real passion by working as a radio host, author as well as script and lyrics writer for theatre performances. She later spoke on how she overcame the obstacles of being a freelancer and how to maintain a positive mindset by enjoying every moment. To conclude, Miss Wong shared how her freelance life had helped her develop the new life-coaching career with the aim to help other people discover their potentials and their own passion in life.

書院於三月邀得前政務主任黃明樂小姐於高桌晚宴主講，與出席者分享她為何告別「鐵飯碗」，轉型成為擁有作家、電台主持、填詞人、編劇等多重身份的自由創作人。她表示自己在當中亦面對障礙，但最終選擇堅持理想，繼續做喜歡做的事，並時刻保持良好心理質素。最後，她講述如何憑著自己多方面的經驗，開拓人生導師的新事業，幫助其他人發掘自我潛能及人生目標。

### CREATIVITY SHOWCASE

#### 創意活動巡禮



A series of themed creativity programmes stimulating the five senses, including 523 Sakura Festival, Veggie Bouquet DIY Workshop and Film-Photo Exhibition, were staged in this term.

At the beginning of this spring, clabbers (club student convenors) initiated 523 Sakura Festival at this beautiful season of Sakura blossom. They prepared a Sakura Flower Raindrop Cake to share with College friends, organised a Sakura Pendant Making Workshop, led a Shibori Indigo Dyeing Workshop and spread love through the College on air, a message or song dedication event at the College canteen. It is hoped that our Sunnies were embraced with love and happiness through participating in these activities.

To celebrate the Photo Day of our graduating students, clabbers collaborated with Hong Kong Organic Farm and hosted a Veggie Bouquet DIY Workshop. Participants were invited to choose different vegetables to create their own bouquets. The fresh and healthy bouquets were pleasantly consumed instead of being thrown away after the Photo Day like many other floral bouquets.

With a strong interest in film-photo, clabbers organised a series of relevant programmes, including a Black-and-White Film Development Workshop, a Competition with the theme 'Light'



and an Exhibition of the shortlisted entries from the competition at College Gallery for the public and professional judges to cast their votes.

創意實驗室學生召集人籌辦連串活動，包括523櫻花節、畢業菜束工作坊及菲林相片比賽作品展，為同學帶來五感創意新體驗。

大地回春的三月，負責同學特意於櫻花綻放的季節舉辦523櫻花節，以愛與喜樂的正能量包圍同學。他們自製櫻花甜品免費送贈同學，又舉辦櫻花匙扣工作坊、靛藍絞染工作坊及飯堂廣播電台，以櫻花作主題，傳揚關愛的訊息。

三月亦是畢業的季節，創意實驗室與香港有機農莊合辦畢業菜束工作坊。參加者發揮創意，選取所愛的蔬菜製作菜束，既可用作畢業相拍攝，又可於拍攝後享用健康美味的蔬菜，絕對是一物二用。

有見同學熱愛菲林攝影，創意實驗室召集人再度舉行黑白菲林工作坊，並鼓勵同學學以致用，參加以「光」作為主題的菲林攝影比賽。入圍參賽作品於書院藝廊展出，透過專業評判團及公眾投票，挑選出最優秀的得獎作品。





## DIALOGUES WITH ART LOVERS 以藝會友



Thanks to the generous support of Hop Wai Tong, Wu Yee Sun College, Chung Chi College and United College have jointly invited Friends of Shizhai, a curating organisation formed by local Chinese calligraphy artists, to visit the Colleges. The visitation kick-started with the Opening Ceremony 'A Chinese Calligraphy Exhibition by Friends of Shizhai', followed by a talk by well-known artist Mr. Da-wei Ou as well as a demonstration by Mr. Tak-mou Lam. After a week's break, Mr. Kwong-choi Tsang shared his insight on the study of Lantingji Xu Shenlong version before participants learnt the useful techniques for imitating this art piece.

The conclusion of the visitation programme was closely followed by another exhibition of different art forms. Renowned artist and College Honorary Art Advisor Professor Hon-ching Lee showcased his recent works at the exhibition titled 'After 80: little little show - an Art Exhibition by Professor

Hon-ching Lee'. The pipa performance of Professor Fung Tung of the Department of Geography and Resource Management added a graceful touch to the Opening Ceremony joined by many dear friends.

承蒙洽蕙堂贊助，伍宜孫書院、崇基學院及聯合書院邀請到本地著名書法策展組織「石齋之友」擔任本年度訪問藝術團體。訪問活動以「勝緣——石齋之友書法邀請展」揭開序幕，隨後著名書法家區大為先生主講「書法是怎樣練成的」，林德茂先生亦與參加者研究及欣賞「懷素自敘帖」的用筆藝術。一周過後，香港藝術館博物館專家顧問曾廣才先生分析「唐摹神龍本蘭亭集序」，隨後參加者從導師身上學習臨帖技巧。

訪問活動結束，另一場精彩展覽緊接而來。書院名譽藝術顧問利漢植教授於「八十後小小展—利漢植教授作品展」中展示多件近作。一眾嘉賓出席開幕典禮，以藝會友，地理及資源管理學系馮通教授的琵琶演奏更為活動添上優雅的序幕。

## NEWS OF COLLEGE MEMBERS 書院成員消息

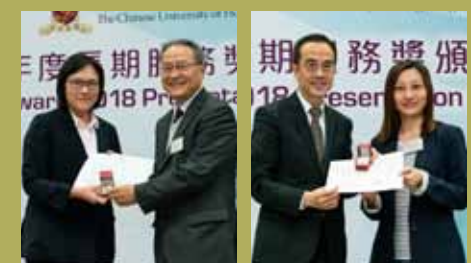


The University presents Long Service Awards to recognise long-serving staff members whose full-time University service has reached the thresholds of 15, 25 and 35 years respectively.

At the 2018 Award Presentation Ceremony, College Master Professor Anthony T.C. Chan, Associate College Master Professor Kam-fai Wong and College Fellow Professor Hui Lin received the 25-year Long Service Award, while College Fellow Professor Nicole W.T. Cheung received the 15-year Long Service Award.

大學設有長期服務獎，以表揚忠誠服務大學三十五年、二十五年和十五年的員工。

於二零一八年度頒獎禮上，院長陳德章教授、副院長黃錦輝教授及院務委員林琿教授獲頒二十五年長期服務獎，而院務委員鄭慧婷教授則獲頒十五年長期服務獎。



# STUDENT ACTIVITIES

## 學生活動

### STUDENT ACHIEVEMENTS



#### 學生殊榮

Mr. Man-hin Chong and Miss Yat-ying Lau were awarded respectively with Silver Broze in the category 'In Dialogue with Nature' and Bronze Award in the category 'In Dialogue with Humanity' in the Best Essay Award 2017-18 of General Education Foundation Programme, which recognises excellent student essays written for the General Education Foundation courses, where they demonstrate innovative ideas and critical thinking.

Mr. Chi-lon Lee won the Champion in Tertiary Institute Group of Hong Kong Inter-school Bowling Championships 2019. We hope that his passion for bowling will further motivate his peers to play sports and start a healthy lifestyle.

Heartiest congratulations again!

書院同學於各項比賽中獲獎，成績斐然！

莊文軒同學及樓一瑩同學於2017至18年度通識教育優秀論文獎中，分別於「與自然對話」組別獲銀獎及「與人文對話」組別獲銅獎，以表揚他們在通識教育基礎課程論文中展現的理念及批判性思維。

李志朗同學於全港學界保齡球公開賽2019大專組個人賽(男女混合)勇奪冠軍。書院期盼他對保齡球的熱誠能鼓舞同輩，享受運動及健康生活。

再次恭喜所有得獎同學！



### LET'S GET MOVING! 「樂」、「力」運動



Everyone knows that exercise is good for one's health, but it is not easy to take the first step. In this term, the College gave students a little boost by offering fun-filled sports activities.

'Multi-culturalism x Sports – Kabaddi' brought students a brand new experience of this South Asian traditional sport. Participants could train their strength and dexterity at the same time while they learnt about different cultures.

The College Sports Association also presented another event, Bubble Soccer, for students to run and kick in the inflatable bubble suits while bouncing off other players.

To launch or maintain their exercise routine, students could make good use of the regular fitness trainings at the College Gymnasium. High-intensity interval training (HIIT) gave students proper training on how to burn fat more efficiently for better body shape, whereas plyometric training helped participants enhance muscle power and agility.

Sports is perfect for fun, for health and for friendship. Let's get moving!

運動有益身體健康自是人人皆知，但踏出第一步亦非易事。新穎而有趣的運動或可為同學增添動力。

「多元文化 x 運動 — 卡巴迪」讓同學從此項南亞傳統運動中了解其他地區文化的同時，還可訓練參加者的耐力與敏捷度。

書院體育學會亦為同學籌備泡泡足球活動，讓參加者在泡泡裝備內邊跑邊踢，衝鋒陷陣。

同學又可善用健身室的健身訓練，建立或維持運動習慣。高強度間歇式訓練教授同學於短時間內消脂及塑造身體線條；漸進式體能訓練則幫助參加者改善肌肉強度及反應。

運動既改善身體機能，亦是賞心樂事，又能促進友誼。齊來「樂」「力」運動！



## LIVING A SUNNY LIFE

### 身心健康之道



Physical health and psychological health are both important for one's well-being. For the former, the College organised a talk in March targeting on Liver Health, conducted by Professor Grace L.H. Wong from the Department of Medicine and Therapeutics, Professor Baoting Zhang from the School of Chinese Medicine and Professor Joan Z. Zuo from the School of Pharmacy. Professor Wong started the talk by introducing common liver diseases and the prevention methods. Professor Zhang then briefed participants on how the season of spring nourishes our liver. Professor Zuo shared with participants the relationship between drugs, health supplements and liver. Dr. Samuel C.M Chan from the University Health Services held an interactive discussion with the participants, who later underwent a Fibroscan Examination to know more about their liver health.

Zendala Mindfulness Workshop was re-run by certified Zentangle teachers Miss Molly Chan and Miss Meko Ng this term. Students obtained pleasure, peace and relaxation through drawing symmetrical and regular patterns along a rotating direction.

A trip to Lai Chi Wo, a part of the Hong Kong UNESCO Global Geopark and an ancient but well-conserved Hakka village in northeastern

New Territories, was held on a cool, rainy day. Despite the gloomy weather, the field trip offered participants an occasion to get in touch with nature. Professor Kwai-cheong Chau, Chairperson of Campus Environment Committee and leading teacher of the trip, also shared his tremendous geology and geography knowledge and introduced to participants the history, cultures and customs of the Hakka village visited.

要活得健康，身體及心靈上的健康缺一不可。書院於三月份舉辦了「養肝護肝保健康 胡亂補肝易傷肝」健康講座，內科及藥物治療學系黃麗虹教授先介紹常見的肝病及其預防方法，及後中醫學院張保亭教授講解春季養肝防病，藥劑學院左中教授則分享肝臟與營養補充品及藥物的關係。在保健處陳忠牧醫生主持下，參加者踴躍發問。講座完結後，參加者更進行肝臟纖維掃描檢查，了解自己的肝臟健康。

美國禪繞認證導師陳慕寧小姐及伍佩華小姐亦於本學期再次舉辦禪陀羅正念工作坊，同學透過繪畫有規律的圓形圖案，心情得以放鬆，並獲得喜悅與平和。

書院同學於風雨中探索荔枝窩，其為一條擁有超過三百年歷史的客家圍村，所處位置亦在香港聯合國教科文組織世界地質公園之內。此行不但讓同學從忙碌生活中靜下來，感受大自然之美，更從領隊兼校園環境委員會主席鄒桂昌教授的精彩講解中學習到地理知識和香港客家村落的歷史、文化和風俗。

## STUDENT ACHIEVEMENTS



### 學生殊榮

Our Sunnies once again shone at the stage of 'Sustainable Development Promotion Award for Students of Higher Education Institutions'. The award targets to promote the concept of sustainable development to local undergraduate students, and to encourage them to organise projects for applying sustainable practices in daily lives and spreading the messages to their peers, families and the community.

Submitted by our Sunnies Miss Natalie S.Y. Chung, Mr. Tommy K.C. So and another CUHK student, their project 'Venture Hong Kong' aiming at encouraging the public to explore unique spots of Hong Kong via orienteering competitions won both the 'Proposal Award' and 'Implementation Award'. The team shared with members of the Council for Sustainable Development and other participants their ideas and experience in running the projects at the Prize Presentation Ceremony.

書院同學再奪高等院校學生推動可持續發展獎！該獎項旨在向香港高等院校學生推廣可持續發展的概念，並鼓勵他們透過舉辦活動，向朋輩、家庭及社會宣揚信息。

鍾芯豫同學及蘇建澤同學聯隊友提交「香港遊蹤」項目建議書，以近似野外定向的比賽，鼓勵公眾以有趣的方式探索香港每個角落。團隊榮獲「項目規劃獎」及「項目推行獎」，並於頒獎禮上與可持續發展委員會成員及其他參賽者分享推行項目的理念和經驗。



# STUDENT ACTIVITIES

## 學生活動

### WORLD BUDDIES 跨國跨代友共情



In this term, the College International Team collaborated with Asbury Methodist Primary School, a local school in Lai King, with the aim of connecting the world with their pupils.

'World Buddies', who were the non-local students joining the programme, shared their culture and life experience in an interesting way. Various sessions were conducted at the school with different topics each time. The pupil improved their English through games, songs and learning the fun facts of different countries in the class. At the same time, non-local students gained a deeper understanding of Hong Kong culture from the children. The meaningful collaboration certainly deserves a re-run next year!

書院團體國際小組與位於荔景的亞斯理衛理小學合作，舉辦「跨國夥伴計劃」，將該校小學生與異國文化連接起來。參與計劃的非本地生擔起「跨國夥伴」一職，透過具趣味性的互動跟小學生分享他們的文化和生活經驗。

計劃分為數節課堂進行，而每節的主題都不一樣。通過遊戲、唱歌，及學習其他國家的有趣小知識，小學生的英文水平得以提升。同時，非本地生對香港文化亦有更深入的了解。

### INTERNATIONAL EXPOSURE 國際視野



The College and the International Team co-hosted a dinner to bid farewell to our exchange students from different countries. Participants had a great time chatting and playing games together. It is hoped that the exchange students will keep in touch with their local friends and come back for a visit in future.

The College will again organise summer outbound activities of a wide variety with learning purposes such as cultural exposure, language learning, and investigation on green issues. To mark the commencement of their fruitful journey, leading teachers and participating students attended the Kick-off Ceremony in which students were encouraged to make best use of the opportunities to explore their destination to the fullest.

期末將至，書院及國際小組舉辦交換生歡送晚宴，大家談天說地，樂在其中。交換生冀能與本地認識的朋友保持聯繫，日後重臨香港。

書院本年將再舉辦多元化境外暑期活動供同學參與，學習目的包羅萬有，例如文化交流、外語學習，以及環保考察。為標誌豐富多姿的暑假即將開始，領隊老師和參與同學出席書院暑期活動啟航禮，期望同學好好把握機會，積極探索目的地的不同特色。

### SPANISH CUISINE 西班牙美食夜



A group of Sunnies joined the Spanish Cooking Class conducted by Miss Maria Consuelo Vega Leon, Assistant Lecturer at the Department of Linguistics and Modern Languages in March. Not only did students only learn to prepare Pan Tumaca and Guacamole using healthy avocados and tomatoes, but they also got to know more about food culture in Spain and tried different Spanish food during the tasting session. All of them had an enjoyable evening!

語言學及現代語言系助理講師 Miss Maria Consuelo Vega Leon 於三月份教授同學製作兩款健康的西班牙小食。透過參加是次活動，同學除可大顯廚藝外，對西班牙飲食文化亦有更深入的認識，並渡過一個歡欣的晚上。



## EMBRACE COMPASSION, EMBRACE UNCERTAINTY

同行互相 敢探未知



Eleven College students challenged themselves to a journey of self-discovery at the Outward Bound Camp held in late March. The four-day camp started off with sea jumping, an activity accompanied by, in the exact order, struggle, scream, excitement and sense of achievement. It served as a perfect preview of the entire programme: discover your potentials while immersing in the beauty of wilderness.

With their mobile phones taken away and only given basic survival tools, participants had nothing to rely on but themselves and each other. Physical tasks including land expedition, wood-cutting and cordage-weaving proved them to be more persistent and determined than they thought, and crisis management experiences from unexpected incidents left them with a positive attitude to deal with adversities in life.

The camp was planned to conclude with a sunrise challenge which participants, after a long night walk, failed to see due to weather conditions. But at the end, it was the team support in the dark that matters, and who says the captivating night view along the way was not better than the sunrise?



十一位書院同學於三月底參加外展訓練營，來一趟自我發現之旅。四日三夜行程以「跳碼頭」開始，最初的掙扎、尖叫，逐漸轉化為興奮和成功感，這種沉浸於大自然中的潛能探索，正是整個旅程的前瞻。

身上無手機，手中只有簡單工具，能依靠的就只有自己和隊友。完成攀山涉水、木工及繩結等體能挑戰後，參加同學才發現原來堅持到底，就能做到；而旅途中的突發事件及解決方法均有助同學日後以積極態度面對逆境。

原定以欣賞日出為終結，卻因天氣情況未能如願。經過四天的訓練，參加者都體會到，漆黑中的互相扶持比美景來得更為重要，而且，誰說沿途夜色不比日出迷人？

## THE ART OF CALLIGRAPHY

書法藝術



Mr. Siu-wa Lui, a Calligraphy expert, conducted five sessions of Chinese Calligraphy Workshops in this term. Under the guidance and demonstration of Mr. Liu, students learnt about the proper yet dynamic ways of using ink brush and developed their interest in Chinese culture.

本學期書院舉辦為期五課的中國書法班。同學在資深書法導師雷紹華先生的悉心示範及指導下，通過隸書臨習，學習中國書法的用筆和結構原理，同學對中國文化的素養亦得以大大提升。

# STUDENT ACTIVITIES

## 學生活動

### NEW CABINETS IN ACTION

#### 新莊上任



The new cabinets of various student organisations, such as College Student Union, Resident Association, Non-residents Association and Sports Association took office in the spring term. They vowed at the inauguration ceremonies to commit to serving their fellow students. Having numerous plans in their minds, they intend to bring their peers an array of activities and services for great fun and a sense of belonging to the College.

To better understand and to show support to student organisations, College Master Professor Anthony T.C. Chan hosted a mingle dinner to meet with the cabinet members together with College staff members. Representatives of student organisations shared with each other their year plan and explored the possible synergy.

學生團體迎來換屆，書院學生會、宿生會、走讀生會、體育學會等等新莊正式上任。他們於就職典禮宣誓，致力為書院同學提供多元化的活動及服務，期望為同學帶來歡樂之餘，亦提升同學對書院的歸屬感。

為加深了解及鼓勵學生團體籌劃活動，院長陳德章教授宴請各書院學生團體的幹事與書院教職員聚餐。席間學生團體代表分享其工作計劃與展望，亦尋求與其他學生團體合作，達致協同效應。

### VIBRANT HOSTEL LIFE 精彩宿舍生活



Living in the hostels enables one to be bonded with students from all walks of lives and create beautiful memories with the like-minded. Both Resident Tutors and Resident Association are dedicated to providing opportunities for residents to make new friends. Resident Association *Sungrazian* held a poon-choi dinner gathering and prepared dessert for all residents. On top of regular floor gatherings, Resident Tutors invited Wardens and residents of all floors to a barbecue at the Terrace of Dream, as well as prepared refreshments during the exam period to show support. As residents moved out from the hostels at term end, we all look forward to gathering again in the place we called home.

書院宿舍讓不少同學留下美好的宿舍生活回憶。宿舍導師和宿生會舉辦不同類型的活動，讓宿生互相認識。宿生會幹事會「慧宜」舉行盆菜宴，並預備美味的中式糖水；宿舍導師則安排盛大的燒烤晚會，讓宿生一邊享用美食，一邊與舍監和良朋於圓夢臺欣賞吐露港美景。宿舍導師除定期與宿生聚會之外，亦於考試期間預備打氣小食。學期終結、宿生退宿時至，大家依依不捨之餘，亦期待日後於宿舍重聚。



## SUNNY YEAH!



The beautiful voices surrounding the College marked the beginning of Sunny Yeah, a student-initiated large-scale event. At the Singing Contest, Rap was introduced for the first time on top of the groups *Individual* and *Band*, adding more diversity to the contest. Shortlisted contestants competed in the Final with their best efforts. Featuring a variety of music ranging from soothing tones to energetic rhythms, the night was filled with the contestants' love for music that deeply moved the crowd.

Students glammed up with their friends for the night of The Ball. Professor and Mrs. Anthony T.C. Chan led the first dance and invited students to join the dance floor. Throughout the evening, participants enjoyed performances, dances, tasty bites and drinks and certainly the fun moments with their friends.

The delightful atmosphere and joyful memories created certainly achieved the meanings of the event. The Organizing Committee took a step forward to integrate green elements in decoration production, echoing with the College missions. The telephone booth, the phonograph and the globe décors were upcycled from scrap wood, plastic

boards and cardboards. Big applause for their tremendous effort in bringing their fellow Sunnies such meaningful moments!

響徹書院的歌聲為年度學生盛事——「宜嘢依夜」揭開序幕。今年歌唱比賽首設饒舌組別，讓不同風格的參賽者同台競技。成功晉身決賽的參賽者施展渾身解數，時而悠揚，時而活潑，務求充滿熱忱的音樂能感動現場的觀眾與評判。

同學亦盛裝打扮參加以懷舊為主題的舞會。院長陳德章教授與夫人翩翩起舞，帶領同學逐漸加入舞池，享受與同伴舞動的節奏，一起欣賞其他精采表演，並享用精緻茶點。

宜嘢依夜除了為同學帶來無數歡欣的回憶，亦賦予活動另一重意義。籌委於宣傳融入環保元素，以廢木、舊膠板及紙皮製作電話亭、留聲機及地球儀等大型宣傳裝飾，美輪美奐之餘，亦為減廢出一分力。

## MENTORSHIP GATHERING

師友共聚



Mentors and mentees of Rance Lee Mentorship Programme gathered to refresh what they had gone through in the past year while welcoming the new mentees. One of the groups shared their experiences and inspirations gained via their interactions such as watching art performances, visiting community projects, and participating in orienteering competition together. The College also arranged a guided tour to HSBC Archives for mentors and mentees to explore the heritage of the banking industry and Hong Kong history. While mentors provided exclusive opportunities for the mentees, mentees also took the opportunities to reflect their thoughts to mentors for their better understanding of the younger generation.

李沛良師友計劃的學長和學員再次於書院聚首一堂，重溫過往一年的所學所想，並歡迎新加入的學員。當日邀得其中一個小組分享經驗，組員透過不同形式的互動，例如欣賞藝術表演、參觀社區項目及參予野外定向活動等，增進友誼並共同成長。書院亦籌備到匯豐銀行歷史檔案部參觀，讓學長與學員透過歷史文物一同探究本港銀行業的發展及本地歷史。計劃讓學員獲得寶貴的機會向學長學習，同時，學長亦從與學員的相處中，更了解新一代青少年的世界。

# GALLERY

## 書院生活點滴



College Photo Day 2018/19  
二零一八至一九年度書院畢業班拍攝日

1/ College Photo Day was not only the moment for the graduating class to take pictures with their best friends, but also the day to celebrate their accomplishments in their years of journey at the College and the University. Excitement could be found on campus everywhere as gowned graduands posed with different backgrounds and props along with their classmates and friends. The College Master, Professor Anthony T.C. Chan, joined with more than 20 College members and shared the happiness with the graduating class on this festive day.

書院畢業班拍攝日不僅是畢業班同學與他們摯友拍照的時刻，也是慶祝他們順利完成書院及大學生涯的里程碑。穿上畢業禮袍的準畢業生洋溢興奮之情，手持拍攝道具與摯親好友在書院的每個角落拍照留念。院長陳德章教授連同二十多位書院成員與準畢業生分享喜悅，共同紀念這重要的日子。







# GALLERY

## 書院生活點滴



### College Closing Assembly 書院結業禮

2/ Group photo  
大合照

3/ Presentation of College scholarships and awards  
頒授書院獎學金及獎項



### General education activities

通識活動

4/ To enhance students' learning experience, a series of general education activities were organised for year one students, which allowed them to learn in an interactive and casual environment. Activities like a cultural walk in CUHK, movie appreciation, workshops on social issues and drama, and mindfulness classes were included.

為讓同學有一個更好的體驗，書院為一年級同學舉辦一系列通識活動，務求為同學提供一個自在的學習環境，加強互動。活動包括中大文化遊、電影欣賞、社會及戲劇議題工作坊，與正念工作坊。

### College Annual Athletic Dinner

書院運動員週年聚餐

5/ College Annual Athletic Dinner was held in mid-April to celebrate the effort and achievements of College sports teams over the past year. Heartiest thanks to all members of the teams!

書院於四月中舉辦運動員週年聚餐，慶祝各院隊於過去一年的佳績。感謝各位運動員的付出！

### Delegation visiting

訪問團來訪

7/ Around 30 students from Kuang Yaming Honors School of Nanjing University visited the College in late May. The delegates were received by Professor Man-hong Lai and they were introduced to the features of the College. They also toured around the campus to know more about the comprehensive facilities and rich College life of students.

南京大學匡亞明學院共三十位同學於五月下旬到訪書院，黎萬紅教授為訪問團簡介書院特點，他們亦參觀書院各項設施，了解同學的校園生活。



# Go Green! Be Sunny!

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

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

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

THE SUNNY POST IS PRINTED ON RECYCLED PAPER

本通訊以再造紙印刷

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The Sunny Post is also available on the College website:

本通訊亦已上載至書院網頁:

[www.wys.cuhk.edu.hk/news-information/publications/](http://www.wys.cuhk.edu.hk/news-information/publications/)

The next Sunny Post will be published in August 2019

下期通訊將於二零一九年八月出版



香港中文大學伍宜孫書院

WU YEE SUN COLLEGE

THE CHINESE UNIVERSITY OF HONG KONG