

# THE SUNNY POST

**01 - 12**

**MENTOR AND FRIEND**  
**THE RANCE LEE**  
**MENTORSHIP PROGRAMME**  
既是師 亦為友  
李沛良亦師亦友計劃

**13 - 22**

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

**23**

**LET'S SHARE**  
同學分享

**24 - 34**

**GALLERY/**  
**ALUMNI NEWS**  
書院生活點滴/  
校友消息



**ISSUE**  
**FORTY ONE**  
**DEC 2022**

[www.cuhk.edu.hk/wys](http://www.cuhk.edu.hk/wys)  
[www.facebook.com/WuYeeSunCollege](https://www.facebook.com/WuYeeSunCollege)





# MENTOR AND FRIEND

The Rance Lee Mentorship Programme

既是師 亦為友

李沛良亦師亦友計劃





The College's Rance Lee Mentorship Programme aims to line up senior professionals with students and help students enhance their people skills, social networks, and career development. A series of activities were organised in different groups to let mentors and mentees mingle and interact. With years of development, how did the Programme achieve these goals? What features have been introduced to enhance the Programme's sustainability?

---



1/ Visit to the Hong Kong Film Archive and appreciation of the movie directed by Mr. Stephen K.Y. Shin

電影資料館參觀及冼杞然導演電影欣賞

2/ Visit to the Hong Kong Chinese Writing Brush Pen Museum

參觀毛筆博物館

3/ Visit to the NFT Exhibition 'Metavision'

欣賞 NFT 藝術展「METAVISION」

Different groups have initiated various gatherings in the past year related to their interest and background. The visit to the Hong Kong Film Archive and appreciation of the movie directed by Mr. Stephen K.Y. Shin was one of the examples. Ms. Cynthia C.F. Liu is the Former Deputy Director (Culture) of the Leisure and Cultural Services Department, and founding the Hong Kong Film Archive was one of her projects. She thus contacted her colleagues and arranged this special visit for the group. The visit allowed mentees to have a walk-through on the Hong Kong film industry development in the Exhibition, 'More Brilliance, Still Different - The D & B Story Redux.' Mr. Stephen K.Y. Shin, renowned movie director, and our senior mentor, also joined the visit cum movie appreciation and shared his insight into movie making. 'I was so happy that we could share with students the flourishing of Hong Kong movie industry from the 1980s to the 90s. This was special as Mr. Shin played a key role and dedicated his effort to developing D & B Films Co., Ltd., and his sharing brought much insight to the audience.' Ms. Liu recalled. Sharing experiences and resources not easily accessible is one of the precious parts of the Programme, which brought much fun to the group.

Another interesting activity was visiting the Hong Kong Chinese Writing Brush Pen Museum. Mr. Philip W.K. Li, our senior mentor and a calligraphy enthusiast led his group to the museum and explored the history of brush pens and the meaning behind certain brushes made with the first hair-cut of babies. Brush pens with a baby's hair imbed the blessings from its mother. The concept of blessings by brush pens made with human hair or animal hair is extended to husband and wife, lovers or pet lovers. This is a tradition from the Chinese culture, hoping to pass on the love and legacy of the loved ones. The visit was an eye-opening opportunity not just for the mentees but also for the mentors.

The visit to the NFT Exhibition 'Metavision' led by Mr. Li also brought the mentees a rare opportunity to look into the thriving industry and its development in Hong Kong. Together with the alumni mentor, Ivan L.F. Jim (Global Economics and Finance/ Class of 2017), students from different backgrounds enjoyed a casual meet-up exploring the business world and other topics.

Other activities like hiking and gatherings also allowed the mentors and mentees to take a break and have a good chat about their recent development.

## MENTORS AND FRIENDS

However, the Mentorship Programme is not just about wine and dine. These gatherings open the door for students to connect with senior alumni from all walks of life. With the mentor-mentee relationship, mentors' connection could keep their connection with the alma mata. Mentees can also get the chance to interact with the senior CUHKers, who are more than willing to share with them their precious experience in society. A sense of belonging is built among the participants through the bonding in between. Not only can they develop social networking, but they also establish in-depth connections with each other. 'If you and I are from the same College, we share the same identity, bringing people closer. This also creates a sense of belonging.' Mr. Li shared.

Networking is one of the essentials for one's future development. When the Programme was first founded, Professor Rance PL. Lee, the Founding Master, extended invitations to distinguished CUHK alumni to join the mentor team. Thanks to Professor Lee's network, nearly 30 mentors joined the team at the initial stage and became core members of the Programme in later years. All these mentors have had outstanding achievements in their careers and are most willing to help the green CUHKers in every aspect. Sometimes it is not easy to approach seniors in a field, and the Mentorship Programme serves as the best platform for the students to mingle with these distinguished professionals. They can learn not only skills and knowledge but also their life experiences which bring much insight to the young generation. Mentees can meet with mentors from diversified backgrounds, who could be their future friends, partners in their careers, or life-long mentors while sharing the same identity. 'It is like a branch-out,' Mr. Li elaborated, 'we are emotionally connected with the same roots. We build the network which links everyone and facilitate future opportunities for both sides. You may say this is utilitarian somewhat, yet this is true.'

Mentorship provides more than just mentoring, but also a chance to befriend each other. 'Some mentees would keep contact us to update their recent status and have little chat.' Other than group gatherings, they hang out on other occasions. 'For example, one of the mentees loves playing table tennis, and so does his mentor. They become buddies on the court and played table tennis every week.' Mentors and mentees could share their recent developments. The mentees could ask for the mentors' advice on their career and life issues, be it related or not related to their profession, and the mentors



4/ Professor Rance Lee finds networking an essential for one's future development

李沛良教授認為人際網絡是年青人發展路向的要素之一

5/ CUHK alumnus, Mr. Philip Li is happy to share with students advice on their career development

中大校友李永權先生很樂意為同學的事業發展路向提供意見





are always happy to listen to their mentees and give a helping hand. 'I once had a mentee approaching me asking for insight on his banking career, and he did take my advice and hopped to another firm for better development.' Mr. Li shared.



6/ Alumni Mentors sharing in the Kick-off Ceremony for the Programme  
校友學長於計劃啟動禮作分享

'In fact, it is not always us the mentors giving. We learn a lot from the mentees too.' Mr. Li added, 'They helped me a lot with technology, trends, and thoughts among the young generation. We are friends and teachers to each other.' After all, mentors are just ordinary people with emotions and struggles. They could share their real faces without hesitations. As meant in the Programme's Chinese name, the mentors and mentees are, at the same time, friends. 'Professor Rance Lee was my teacher in Chung Chi College, and we have been friends for decades since my graduation. We hope the same teacher-mentor-mentee-friend relationship could also be rooted in Wu Yee Sun College.' He smiled. There were also alumni joining the mentorship gatherings after their graduation. 'I would still share the activity information with my groups who have already graduated. Some of them are happy to meet with us.' Ms. Liu added.

### INTRODUCING ALUMNI MENTORS

After years of development, the Programme welcomed some new blood: alumni mentors were introduced. Alumni of the College are still in their twenties and could serve best as the bridge between the senior mentors and mentees. Some alumni mentors were also mentees of the Programme when they were students, and they were happy to continue their relationship with the College and give back. It is another example of building a sense of belonging: when one enjoyed the experience, they would return to contribute to the Programme as a mentor.

The introduction of alumni mentors also helps extend the pool of mentors for the Programme's development and sustainability. As a new College, it takes time for the pool to grow, and a combination of senior and alumni mentors would help attract more alumni to join the Programme. The composition also reflects the structure of a society. Mentees could get a taste of the social environment before they step out into society by interacting with the seniors, for instance, etiquette, communication skills, and respect.

### NEW MENTORING MODEL

The Programme does face challenges, like in other sister Colleges or institutions. Students might need help understanding the meaning and objectives behind these activities and not actively participate in the programmes. A group-to-group mentor-mentee model was adopted recently to alleviate the situation, with two to four mentors (including College members and alumni) matched with four to six mentees. This allows participants to meet with people with diverse backgrounds and creates more possibilities in organising activities. Different interests could be entertained in the process, enhancing the interaction between the mentors and mentees. Students could get the chance to interact with and learn from mentors from different professions.

Different groups are also joining together to organise inter-group activities. The hiking and visit to the Hong Kong Film Archive brought different groups together, where they could enjoy laughter and explore university life in their conversations during the gatherings. 'The visit to the Hong Kong Film Archive was a good example. We all learned a lot from the fascinating exhibits, and everyone had a chance to hear the sharing from Mr. Stephen Shin after the visit and appreciate the movie directed by him. It was a precious experience; we were happy to share among mentors and mentees.' Ms. Packy P.Y. Lo, senior mentor who co-organised the activity, shared, 'we hope that we can organise more activities of similar settings so that mentees can have a greater variety of opportunities in this Programme. More inter-collegiate events and collaboration with the Alumni Association would also be nice. This could further enhance diversity and bring parties of different backgrounds together.'

The Programme flourished with the collective efforts of all parties. The series of gatherings are just a means to connect the mentors and mentees. The bond that fuses everyone is the will and sense of belonging to contribute to the legacy of the College. 'I am a mentor in many other mentorship programmes, and some of the mentees are already in their forties. We are still close friends. I hope we can achieve the same in the Rance Lee Mentorship Programme, where we could befriend many more Sunnies and encourage them to give back to the College in the future.' Mr. Li shared his aspiration. We look forward to the growth of this family and its branch-out.



7/ A group-to-group mentor-mentee model was recently adopted in the Programme

「亦師亦友計劃」引進新的「學長 — 同學小組模式」

8/ Inter-group meet-ups could be a good choice to allow more flexibilities  
聯組活動可帶來更多可能性



9/ Mr. Shin shared his insight in the industry during the visit to the Hong Kong Film Archive

洗杞然先生於香港電影資料館參觀中分享他對香港電影行業發展的見解

10/ Participants learnt about the meanings behind different types of brushes

參與者認識不同筆種背後的含意

11/ The visit to the NFT Exhibition provided participants an overview on the recent development of the industry

參與同學在 NFT 藝術展中了解到其業界的最新發展

書院李沛良亦師亦友計劃旨於讓同學認識不同行業的校友及專業人士，透過親身交流，豐富待人接物的技巧，擴展人際網絡及建立事業基礎。過去多年，計劃舉辦了各式活動，讓不同組別的師友交流互動。經過多年，計劃是否有成功達致其目標，近期又有何新發展呢？

過去一年，各個組別根據成員的背景及興趣舉辦了不同類型的聚會。參觀香港電影資料館舉辦的「德寶的童話」展覽及觀看洗杞然導演執導的《三人世界》就是其中一個例子。廖昭薰女士為前康樂及文化事務署副署長（文化），成立香港電影資料館為她任內的重要工作，她特別請舊同事安排是次參觀。同學除了參觀展覽以了解香港電影業的發展外，更能親身與學長及著名導演洗杞然先生交流，聽取有關電影製作的各種見解。「我很高興能與同學分享八十至九十年代香港電影蓬勃發展的盛況，尤其是洗導演於德寶的發展中擔當十分重要的角色，由他作分享實在是最適合不過，讓整個活動生色不少。」廖女士回憶道。經驗分享與難得的師友會面是師友計劃的特色之一，此類活動亦為其組別帶來很多得着和樂趣。

參觀毛筆博物館則是另一項十分有趣的活動。學長李永權先生為書法愛好者，他帶領一班同學參觀博物館，了解毛筆的歷史與各種筆種背後的意義，例如胎毛筆就承載了母親對子女的祝福，這種概念也延伸至夫婦、戀人或主人對寵物的愛意。這些毛筆正正反映了中國文化所著重的傳承之道，把愛傳留下去。無論是學長還是學生，都是在是次參觀中大開眼界。

此外，李永權先生亦與同學欣賞 NFT 藝術展「METAVISION」，一同認識這個近年十分興盛的市場及其在香港的發展。舊生學長詹歷富先生（17 環球經濟與金融）亦參與其中，與同學共度了一個輕鬆的聚會，探索商界的不同面貌。

其他活動如遠足及各式聚會亦讓師友一同放鬆心情，分享生活近況及發展。

### 師與友

師友計劃並不止於吃喝玩樂，這些聚會為同學開啟與來自不同行業的學長連繫的大門。藉著師友計劃，學長們能加強與母校的連結，同學也可以把握機會與師兄師姐交流，從他們珍貴的人生歷練中學習。除了建立社會網絡，參與者亦可建立更深的友誼，增強對書院的歸屬感。「如果你我都來自同一所書院，我們就擁有相同的身份認同，這層關係可以將人們拉得更近，並產生歸屬感。」李先生分享道。

人際網絡是年青人未來發展的重要一環。師友計劃初成立時，多得自身的人際網絡，創院院長李沛良教授邀請了近三十位中大校友加入師長行列，成為計劃的核心成員。這些學長均是擁有傑出成就的人士，樂意從不同方面幫助同是中大人的後輩。日常生活中，我們可能難以接觸個別行業的資深人士，而師友計劃正為同學提供一個絕



佳平台，讓他們與這班傑出的學長交流，除了可以向他們學習社交技巧與知識外，更重要的是從他們的人生經驗中得到啟發。來自不同背景的學長們更可以成為他們的朋友、工作伙伴，甚至終身師友。「這就像是一種對外擴展（branch-out）。我們情感上連結在一起，擁有同樣的根，從而建立一個網絡，將眾人連繫，為雙方帶來更多機遇。你可以說這樣有點勢利，但這是真實的。」李先生笑言。

師友計劃除了有學習的元素，更為友師及同學提供建立友誼的機會。「有些同學會不時與我們聯繫，和我們說一下近況，聊聊天。」李先生分享道。除了組裡的聚會，有些師友會另外相約見面：「例如，其中一位同學熱愛乒乓球，他的學長亦然，兩人自然就成為了波友，每星期都出來打乒乓球。」師友雙方可以分享近況，而友師亦很樂意聆聽同學不同的困惑及提供見解，無論那些大小問題是否與他們的背景或專業有關。李先生回憶指：「曾經有一位舊生問我關於自己銀行界發展路向的建議，他之後有聽取我的意見，轉職另一間銀行，以謀更理想的發展。」

他補充：「實際上，我們也並非總是付出的一方，學長也從同學身上學會很多事，例如科技相關的知識、潮流、年青一代的想法等等，我們都是對方的師長與朋友。」畢竟，友師也是常人，有喜怒哀樂和不同的煩惱，而朋友間可貴的地方在於可以自由地分享自己真實的一面。就如「亦師亦友」這個名稱，學長與同學同時是朋友。「李教授是我在崇基學院的老師，但我們亦是多年的好友。我們希望這種亦師亦友的關係能夠植根伍宜孫書院。」李先生笑言。廖女士亦分享有些校友在畢業後仍有參與師友計劃的活動：「我現時仍會給以前的組員分享活動資訊，雖然他們已經畢業，但仍然很樂意與我們見面。」

### 校友學長

經過多年發展，計劃迎來新力軍：校友學長。書院校友都是二十多歲的年輕人，正好成為資深學長與同學之間的橋樑。有些校友學長在學時亦有參與計劃，他們均十分高興有機會將這份情誼延續及回饋書院。這又是另一個建立歸屬感的好例子：如果同



**12/ The Mentorship Programme serves as the best platform for students to mingle with distinguished professionals**

師友計劃正為同學提供一個絕佳平台，讓他們與傑出的學長交流

“ Not only can they develop social networking, but they also establish in-depth connections with each other.

除了建立社會網絡，參與者亦可發展更深的友誼，並增強對書院的歸屬感。





### 13/ Alumni mentors would be the bridge between senior mentors and mentees

校友學長為資深學長與同學之間的橋樑

學享受與學長互動的過程，相信他一定很樂意回來擔任學長，為計劃出一分力。

校友學長的加入亦為計劃帶來更多資源，令學長團隊更為壯大，支持計劃持續發展。作為一所新書院，擴大學長團隊需時，資深與校友學長的組合可以吸引更多校友參與計劃。這個團隊結構亦是一個社會的縮影，同學可以在計劃中一探社會環境，與各位前輩交流，學習不同的社交及溝通技巧，也學會尊重他人，為踏出校園作準備。

#### 引進新師友互動模式

正如其他書院以至院校的同類計劃，書院師友計劃亦面對各種挑戰。參與同學未必真正理解背後的願景，或是未有積極參與這些計劃。為改善這些情況，亦師亦友計劃引進新的「學長 — 同學小組模式」，每組由兩至四位學長（包括書院成員及校友）與四至六位同學組成及配對，除了令每組的組成變得更多元化，亦令活動增添不少創新意念及彈性，不同的興趣亦可在更自由的組合中得到照顧，加強友師與同學的互動。同學亦有更多機會接觸不同專業的學長，向其學習。

各個組別亦可合辦跨組活動，其中，遠足及參觀香港電影資料館就讓不同組別的師友同聚，一起分享大學生活的趣事。「參觀香港電影資料館是一個很好的例子。我們在展覽中了解到香港電影的歷史與發展，而冼杞然導演影後的分享更是難得，能夠與不同組別的師友一起參與其中，真的很開心。」合辦是次活動的學長盧碧瑜博士分享道：「我們希望可以舉辦更多同類型的活動，為計劃帶來更多可能性。跨書院活動及與校友會合作也十分合適，希望可以讓更多中大人連繫在一起。」

連串的活動只是連結師友的方法，各方的參與才是計劃開花結果的關鍵。眾人之間的凝聚力將大家緊扣一起，有了歸屬感，才可以將書院的文化承傳下去。李先生分享了他的願景：「我也在多個師友計劃擔任學長，有些校友已年屆四十以上，但我們仍然是十分親密的朋友。我希望李沛良亦師亦友計劃亦可達到這個目標，讓我們與更多伍宜孫同學建立友誼，期望他們日後也可為書院出一分力。」讓我們一起期待這個大家庭日漸成長，開枝散葉。

“ We are emotionally connected with the same roots. We build the network which links everyone and facilitate future opportunities for both sides.

我們情感上連結在一起，擁有同樣的根，從而建立一個網絡，將眾人連繫，為雙方帶來更多機遇。



**Professor Rance P.L. Lee, College Founding Master**  
**Address at the Kick-off Ceremony of Mentorship Programme**  
**5 November 2022**

Two decades ago, when I was the Head of Chung Chi College, I initiated the Mentorship Programme with support from Mr. Sai-yung Lau, an Alumnus of Chung Chi College. It was quite a bold idea at the time, as Chung Chi was the first college in CUHK to establish a programme of this kind, and we still needed to determine if it would work. After several years, other colleges and even the University has started similar mentor or mentorship programmes. Many know that students could benefit greatly from interaction with distinguished people with social experience and achievements, including alums who graduated over the few decades.

When I was appointed the Founding Master of Wu Yee Sun College, I had ambitious plans to introduce some of the outstanding student programmes from Chung Chi and other colleges to the newly established Sunny College. One of those was the Mentorship Programme, which I greatly loved and treasured. Again with the gracious support of Mr. Sai-yung Lau, I am grateful and honoured that we were able to launch this Programme in the College, entitled 'Mentorship Programme'. I was also thankful to Mr. Albert Wu and Mr. Philip W.K. Li, both graduated from Chung Chi College, for their generous donation to the Programme in 2017 when I retired, providing richer resources for more diverse activities. Some teachers and alumni even suggested naming the Programme after me, for which I was genuinely grateful. Another encouraging development was that the newly established College Alumni Association at the time agreed to join hands with the College to run the Programme, bringing new blood to the whole scheme.

The Mentorship Programme has sufficient resources and manpower. The question is, how could we make the best of everything? In the past few months, we had several meetings and did some research on different mentorship programmes. We noticed that other colleges adopted the one-on-one model in their programmes. This model has its strength but also faces various challenges, for instance, a mismatch of mentors and mentees or the packed schedule of both sides. Thus, we decided to conduct a 'social experiment', which is the new group-to-group mentor-mentee mode. Several mentors will be matched with a few mentees in one group, and they could hold gatherings with their matching, allowing more flexibility in the Programme. We also suggested introducing the concept of 'social networking' and renaming the Programme with the elements 'mentors and friends', hoping that all group participants could interact freely and equally, and founding in-depth friendships with learning and support.

Why do we emphasise social networking? As supported by numerous studies by sociologists, the success and emotions of a person nowadays



14/ Professor Rance Lee addressing in the Kick-off Ceremony of the Programme

李沛良教授於計劃啟動禮致辭



15/ CUHK alumnus and College Overseer Mr. Sai-yung Lau greatly supported the Programme  
中大校友及書院院監劉世鏞先生大力支持師友計劃

are closely related to their social networking. Generally speaking, social networking has three functions:

- (1) Instrumental support, which provides its members support and resolves problems.
- (2) Emotional support, meaning spiritual support when an individual is suffering from confusion, annoyance, loneliness, or anxiety.
- (3) Informational support includes information on the financial investment, housing, renting, and travelling.

However, whether social networking could give its full play depends on its structure. The following three factors play a more significant role:

- (1) Size, the more extensive the network, the more resources it could offer.
- (2) Diversity, a more diverse composition in the members' backgrounds would be more beneficial.
- (3) Sustainability, members' involvement has to last long so that a more stable and deepened relationship can be established.

I wish the College's Mentorship Programme could be equipped with these three factors, but how? The first thing is to increase the number of members in each group, for instance, by inviting mentees to remain in the group after graduation and become alumni mentors or to keep contact even after they have changed their job or living abroad. Another emphasis would be making the composition in each group more diversified, for example, including all four types of members: senior mentors outside CUHK, College mentors who are also College members, alumni mentors, and student mentees with different academic or career backgrounds. Lastly, to ensure sustainability, we encourage members from different groups to come and go or change to another group. They are also welcome to join other groups' activities or initiate inter-group actions. The formation of the whole Programme is, by definition, comprised of the four types of members, but not with a fixed member list. The key is to keep the combination open and flexible, and everyone can find their friends and activities interesting so that life-long friendships can be built.

After all, the network structure is only on paper, no matter how good it sounds. The success of the Programme relies on the involvement of you all. I sincerely wish that you could give us your support so that this 'social experiment' could evolve into a successful model, which we could introduce to other colleges, and let the Wu Yee Sun College 'Mentorship Programme' become a paragon.

創院院長李沛良教授  
亦師亦友計劃啟動禮致詞  
二零二二年十一月五日

記得在二十多年前，當時我是崇基學院的院長，曾經獲得崇基校友劉世鏞先生之協助，創辦 Mentorship Programme (稱為學長計劃)，這個想法在當時頗為大膽，因為崇基是中大的第一所書院創立此計劃，難知成敗。往後數年，其他書院甚至大學本部亦陸續舉辦與此相類的師友計劃或學長計劃。大家都瞭解，讓在校同學多接觸校外有社會經驗又有成就的人士，包括不同年代畢業的眾多校友，乃是一件好事。

當我於二零一零年獲委任為伍宜孫書院創院院長時，滿肚密圈，預備引進崇基及其他書院比較好的學生活動計劃，其中一項我十分心愛、十分珍惜的活動，就是 Mentorship Programme。我很榮幸也很感激，再次得到劉世鏞先生的協助，得以成立此計劃，並命名為「師友計劃」。另一項令我感恩之事，就是當我於二零一七年退休時，獲得崇基校友伍步昌先生和李永權先生的慷慨捐助，使到師友計劃有更充足的資源，藉以舉辦更多的活動。當時，有些老師和校友更建議將本院的師友計劃冠上我的名字，如此好意，我十分感激。另一項值得高興的事，是當時新成立的書院校友會答應與書院聯合主辦師友計劃，使整項計劃可以不斷注入年輕的生力軍。

伍宜孫書院的師友計劃有錢有人力，但如何辦得好，可以發揮最大的效用呢？近幾個月來，我們開過幾次會，發覺其他書院的計劃都是採用「一對一」的模式，有其好處，但也出現許多困難，尤其是配對不當，以及彼此工作或學業忙碌等問題。因此，我們決定做一個「社會實驗」，推出一個新方式，就是採用「小組」模式。每個小組有幾位學長，也有幾位同學，大家可以自由配對和約會，務求增加計劃的靈活性。同時我們決定提出建構「社會網絡」(Social networking) 的理念，並且改名為「亦師亦友」計劃，希望每組的人都能夠自由平等相處，建立親切的友誼，互相學習，互相支持。

為何強調社會網絡呢？因為依據許多社會學家在各地的研究證實，在當今社會生活的人，其成敗與哀樂都與其所建構之社會網絡息息相關。一般來說，社會網絡有三大功能：

- (1) 實際效益 (Instrumental support)，能夠為成員提供協助，解決實際的問題，例如升學、就業和醫療照顧等問題；
- (2) 情緒支援 (Emotional support)，當個人有困擾、有煩惱、感到孤寂或焦慮的時候，可以有人傾訴和慰藉，在心靈上給予支持；
- (3) 提供資訊 (Informational support)，例如金融投資、買樓、租屋和旅遊等資訊。

不過，一個社會網絡是否能夠充份發揮這些功能，又要視乎其結構。一般來說，有三個因素比較重要：

- (1) 成員人數 (Size)，網絡愈大，資源愈多。
- (2) 多元性 (Diversity)，成員的社會背景愈多元化愈好，即具有各式各樣的人。
- (3) 持續性 (Sustainability)，成員的參與要能長期維持，使彼此的關係日益深化和穩定。

我希望伍宜孫書院的亦師亦友計劃，能具有以上三個特點，但怎麼辦呢？首先要使每個小組的成員可以逐漸增加，例如鼓勵小組的同學 (Mentees)，畢業後依然留在小組，成為校友學長 (Alumni mentors)，也希望學長們即使轉工或移居外地，依然可以保持聯繫。其次要使到每個小組的成員盡量多元化，例如，每個小組都有四類人：來自校外的資深學長 (Senior mentors)，由書院成員組成的書院學長 (College mentors)，校友學長 (Alumni mentors)，以及在校同學 (Student mentees)，而且每類人都盡量來自不同學科或不同行業。最後，關於網絡的持續性，我們鼓勵各個小組的成員，可以來去自如，可以申請轉組，可以參加別組的活動，也可以搞跨組合作的活動。整個計劃的組織，意念上按照上述四類成員組成，但實際上不追求絕對固定的成員名單，盡求開放和靈活，讓各人都可以從中找到適合自己的活動和朋友，建立永恆的友誼。

不過，無論網絡的結構多完美，整項計劃之成敗，取決於各位是否踴躍參與，我衷心期待大家都熱心支持，使到這個「社會實驗」成為一個成功的模式，甚至可以推展到其他書院，使伍宜孫書院的「亦師亦友計劃」成為一個楷模。

# COLLEGE ACTIVITIES

## 書院活動

### COLLEGE INAUGURATION ASSEMBLY

#### 書院開學禮



The College Inauguration Assembly was held in early October to welcome students back to the campus. The ceremony was The Assembly commenced with the College Anthem, followed by Professor Anthony T.C. Chan, the College Master's address. The College is welcoming its 15th Anniversary, and he reviewed the development of the College throughout the years, giving tribute to the Wu Yee Sun Charitable Foundation, College members, and students for their support of the College's establishment and flourishing. He also shared updates on the construction of the new hostel building and its features.

Professor Ming-kay Poon, College Associate Master and Dean of General Education, shared how students could explore their identity and purpose by engaging in the College General Education Programme and service-learning opportunities. Professor Kelvin K.F. Tsoi, the College Dean of Students, also took the opportunity to encourage students to explore their life at the University and try out the diversified types of activities offered by the College to enrich themselves.

In the student sharing session, Crystal Y.C. Lo (Translation/ 3) showed the audience her experience and learning in Europe through the Global Learning Award Scheme. Admission Scholarships were also presented during the ceremony. All attendees then posed for the group photo at the end of the Assembly and headed towards the year of new excitements.

書院開學禮於十月上旬舉行，以歡迎同學重返校園。典禮以院歌展開序幕，書院院長陳德章教授於致辭時回顧書院成立十五年來的發展，並感謝伍宜孫慈善基金會、書院成員及同學給予的支持，讓書院得以穩健發展，他亦分享興建新宿舍的進展及將會興建的學生設施。

副院長及通識教育主任潘銘基教授則與同學討論如何在書院通識教育課程及服務學習活動中認識自己及尋找目標；輔導長蔡錦輝教授則在致辭中鼓勵同學透過參與不同的書院活動，在大學生活中發掘自我，裝備自己。

羅苑莊同學（翻譯三年級）於分享中帶同學一覽她透過寰宇學習計劃到歐洲交流時的經歷及所學。典禮上亦頒發多項入學獎學金，並以大合照劃上句號，期望同學於新一年過得豐盛。



## COLLEGE FORUMS

### 書院論壇



Five College Forums were organised in the first semester to provide a platform for students to interact with distinguished speakers from different industries.

In the first Forum, the freshmen learnt about 'Mental Wellness in CUHK' and discussed ways of adapting to university life. In the Forum entitled 'Exploring the History of Hong Kong,' Mr. Po-hung Cheng had a walkthrough with the participants of the city's development by appreciating the historical photos. Mr. Chi-ming Shun discussed with students the impact of climate change on our city in the Forum titled 'Climate Crisis'. In the event entitled 'Myths and Facts about Exercise and Health,' Professor Lobo H.T. Louie shared tips for leading a healthy life through exercise with students. In the final Forum, Ms. Yingshi Lin introduced the traditional performing art to the participants and demonstrated different gestures on stage.

It is hoped that students could contribute to building a sustainable community through exchanging ideas and reflection.

書院於上學期舉辦共五次書院論壇，讓同學與不同界別的人士交流，增廣識見。

學生事務處於首次論壇中為新生講解心理健康的重要性，以及適應大學生活的要訣。鄭寶鴻先生於「香港歷史考察之旅」論壇帶同學欣賞歷史照片，一探香港百多年來的發展與故事。岑智明先生則以「氣候危機」為題，與同學討論氣候變化所帶來的切身影響。雷雄德教授於「運動科學是與非」論壇與同學分享日常保持健康體魄的方法。最後一次論壇是「林穎施談戲曲」，粵劇花旦林穎施女士親自演示，帶領同學欣賞戲曲這門傳統藝術。

透過不同的交流與反思，書院希望同學能夠為建構可持續發展的社區出一分力。

## STUDENT ACHIEVEMENTS



### 學生殊榮

The College's Swimming Team seized several prizes in the CUHK Aquatic Meet. Our heartiest thanks to their effort and contribution!

書院游泳隊於中大游泳精英比賽囊括多項獎牌，感激他們為院隊的努力與付出！

First Runner-up in Women's 50M Butterfly and Second Runner-up in Women's 100M Backstroke – Tess L.Y. Tsoi

女子 50 米碟式亞軍及女子 100 米背泳季軍 — 蔡樂濡

First Runner-up in Men's 50M Backstroke - Yiu-chun Mak

男子 50 米背泳亞軍 — 麥曜津

First Runner-up in Men's 4 x 50M Freestyle Relay

男子 4 x 50 米自由式接力亞軍

Second Runner-up in Men's 4 x 50M Medley Relay

男子 4 x 50 米四式接力季軍



# STUDENT ACTIVITIES

## 學生活動

### UNLEASH YOUR CREATIVITY

#### 創意無限



The Sunnies are exploring new ideas in different art forms! Nineteen students joined the terrarium workshop organised by Creativity Laboratory (c!ab) in early October to learn the art of terrariums and create their pieces. They layered up soil, rock, sand, gravel, foliage, fern, and live moss in glass containers, crafting the unique landscape with their creativity. Throughout the two-hour workshop, the students learnt to plant in a household and the terrarium arts similar to Bonsai. We look forward to the flourishing of their mini-landscape.

Following the graffiti workshop held in June, four Sunnies created their piece on the wall outside the College Theatre under the guidance of the graffiti workshop tutor. They designed their work using bubbled letters with the theme 'Happiness.'

書院同學在各種藝術形式發掘新點子。書院十九位同學於十月上旬參與了由創意實驗室舉辦的盆景工作坊，學習創作自己的盆景。同學在玻璃容器內堆疊泥土、造景石、碎石粒、觀葉植物、蕨類植物和青苔，運用創意打造獨特的景觀。在兩小時的工作坊中，同學學習到在家種植植物的要訣以及盆栽的藝術。希望他們的盆景都能茁壯成長！

承接六月的塗鴉工作坊，十一月上旬，書院四位同學在工作坊導師指導下在演藝廳外的牆上塗鴉，以「開心」為題，畫出自己設計的泡泡字型壁畫。歡迎各位同學到演藝廳外與塗鴉打卡合照！





## MENTORSHIP AND FRIENDSHIP 師友情誼



The Kick-off Ceremony of the Rance Lee Mentorship Programme was held in early November to facilitate the communication between mentees and mentors. Over 50 senior mentors, College mentors, alumni mentors, and mentees attended the ceremony. Professor Rance P.L. Lee, College Founding Master, and Professor Anthony T.C. Chan, College Master, encouraged students to seize the opportunities to learn from mentors and gain insights through interacting with them.

Mr. Sai-yung Lau, Convenor of the Working Group of the Rance Lee Mentorship Programme, and Professor Kelvin K.F. Tsoi, College Dean of Students, conducted an on-stage sharing to introduce the Programme further. Senior mentors and alumni mentors were also interviewed to share their experiences and expectations towards the Mentorship Programme. Mentors and mentees were then divided into groups and had a great time chatting. Some groups are actively planning different activities for the coming future.

李沛良亦師亦友計劃啟動禮於十一月上旬舉行。啟動禮旨在促進師友之間的溝通，讓他們互相認識。超過五十位學長及同學出席是次啟動禮，創院院長李沛良教授及院長陳德章教授鼓勵同學把握機會與學長交流，並從中向他們學習。

工作小組召集人劉世鏞先生及書院輔導長蔡錦輝教授也到台上分享，又邀請幾位學長分享他們於亦師亦友計劃的經驗及期望。及後師友分組互動，各個小組亦積極籌備不同類型的活動，如參觀博物館及電影欣賞等。

## SHARING THE JOURNEY TO A YOUNG BARRISTER 大律師之路分享



**About Us – Owen Tsoi**

- **Practice Areas:**
  - Contract Law
  - Tort Law – Personal Injury, Water Seepage
  - Company Law – Derivative Action and Shareholders' Agreement Action
  - Land Law
  - Probate & Trust
  - Different levels of criminal matters
- **Selected Case:**  
*Bat Wing Sun v. Bat Wing Kwong* [2021] HKCFI 3706, HCA 244/2012 – representing the defendant as defendant against the legal owner of the property's claim for possession and counterclaiming against the same for declaration of beneficial ownership in a trial (with Mr. Vincent Li)

**Expectations from the Scheme**

- **What you should expect:**
  - Experiencing the real life of being a Barrister/Counsel
  - Opportunities to shadow different members in diverse cases and different aspects of a dispute
  - Develop both soft skills and legal acumen
  - Gaining constructive and candid feedback
  - Assist in gauging your interests in the industry and any specific practice areas
  - Broadening your connections
  - The experience will assist your pupillage applications in the future

Our alumnus, Mr. Owen C.M. Tsoi (Laws/ Class of 2018) offered a mini-pupillage scheme for College students majoring in Law. An introduction session was conducted in late October. Owen shared his journey from being a Law student to a young barrister. He encouraged students to seize the opportunity in the University to prepare themselves for future career development.

書院校友蔡仲文先生（18 法學）為書院的法律學生提供實習機會，並於十月下旬舉行了簡介會。蔡先生分享了他在中大修讀法律及成為大律師的經驗，鼓勵同學於大學善用機會，為將來的職涯發展作好準備。

# STUDENT ACTIVITIES

## 學生活動

### STUDENT ACHIEVEMENTS



#### 學生殊榮

The College's Track and Field Team fought hard in the CUHK Athletic Elite Competition and seized several prizes. Our heartiest congratulations to the Sunnies!

書院田徑健兒於中大田徑精英比賽中囊括多項獎牌，恭喜得獎同學！

Champion in Men's 800M –  
Ho-kwan Ma

男子 800 米冠軍 — 馬顯昆

First Runner-up in Women's  
400M - Tin-yan Yung

女子 400 米亞軍 — 容天欣

Second Runner-up in Women's  
Discus Throw - Huen-yu Ho

女子擲鐵餅季軍何萱渝



### GREEN START FOR THE NEW ACADEMIC YEAR 綠色新一步



We had a green start for the new academic year! Members of the Green Team completed soil preparation in the summer for organic farming at College Rooftop Garden in East Block. After attending a briefing session conducted by Professor Kwai-cheong Chau and Green Team members to acquire foundational knowledge and basic farming skills, the newly recruited farmers sowed the seeds for the upcoming season. They were also excited when harvesting sweet potatoes planted in last semester. We are sure the giant tomatoes, cherry tomatoes and corns will be well taken care of by these passionate farmers.

The Green Team also kick-started a new green initiative, the 'Bulk Buy Shop', which promotes 'bring-your-own-container' and 'zero-packaging'. They offer daily necessities and some groceries (noodles, pasta, seasoning) at the moment. Please do support our students' green initiatives!

我們以綠色生活開啟新一學年！環保小組成員於暑假期間為新一年的有機種植備好泥土，迎接新一批學生農夫。在鄒桂昌教授及環保小組教授基本種植知識及技巧後，同學為來年的耕作散下種子，又收割了上一學期種植的番薯，不亦樂乎。相信這班充滿熱誠的同學會好好照料他們種植的番茄、櫻桃小番茄及玉米。

此外，環保小組亦展開另一項綠色企劃「裸買士多」，希望推廣自備容器的購物習慣及減少不必要的包裝物料。現時士多提供生活用品及食品（麵類及調味料），請支持書院同學的綠色力量！



## SPORTS FOR EVERYONE

普及運動



Doing regular exercise can help enhance our fitness and improve our overall well-being. This semester, the College organised the Yoga Class and the Fitness Training Workshop - High-intensity Interval Training (HIIT) and Core Training for College students. College Sports Association also organised the 'Free Throw Shoot' and 'Indoor War Game' for the Sunnies. Everyone had great enjoyment and sweated a lot.

恆常運動不但能增強我們的體能，還可以提昇身心健康。書院於本學期舉辦了瑜珈及兩項健身訓練課程：高強度間歇訓練及核心肌群訓練。而書院體育學會亦舉辦了「罰系籃球」及「室內射擊野戰」，讓同學透過揮發汗水，將壓力統統趕走。

## RESILIENCE: EXPLORING ONE'S POTENTIAL AND TEAM CHALLENGE

加強韌性：發掘潛能及團體挑戰



With the theme of resilience, the College organised the 'Rock Climbing Activity' in early October for College students to encourage them to learn more about themselves and step out from their comfort zone. The activity was well received among the participants. Students were given chances to enjoy the rock-climbing experience, demonstrate their team spirits and explore their potential and possibilities.

A few Sunnies joined the Team Challenge Activity organised by the Boys' and Girls' Clubs Association of Hong Kong (BGCA) in mid-October in Ma Wan. They challenged abseiling, high rope climbing and city hunt during the try-out. Students were divided into teams to take part in the activities, and were given chances to demonstrate their team spirits and step out of their comfort zone.

一班書院同學於十月中旬參加由小童群益會於馬灣舉辦的團體挑戰活動。當中活動包括戶外緣繩下降、高繩網及野外定向等，活動中，同學踏出了他們的舒適圈，展現團體合作精神，共同完成任務。

為鼓勵同學認識自我及踏出舒適圈，書院於十月上旬舉辦了攀石體驗活動，同學很享受是次活動，不但展現了合作精神，更探索了自我的可能。

# STUDENT ACTIVITIES

## 學生活動

### STUDENT ACHIEVEMENTS



#### 學生殊榮

The College Drama Club participated in the CU Drama Competition 2022 and performed in early November, competing with four other College Drama Societies and Medegg's Production. The play 'Seven-Night Stand' is a collaborative effort by 40 Sunnies.

The team was awarded Best Script, Best Sound Design, and two Best Actor awards. Congratulations to the Drama Society on an excellent show and receiving four awards!

宜孫劇社於十一月參與中大戲劇比賽，與另外四個書院及醫學院劇社一同競逐殊榮。這次演出由四十位書院同學共同完成，劇目為「Seven-Night Stand」。

劇社奪得優異創作劇本獎、優異音響設計獎及兩個優異演員獎，恭喜得獎同學！



### NEW BIRTH IN ART

#### 涅槃重生



As part of the Hop Wai Art and Cultural Programme 2022/23, the 'Awareness: New Birth' exhibition presented by Professor Hon-ching Lee was jointly organised by Chung Chi College, United College, Wu Yee Sun College, and co-organised by the Institute of Chinese Studies Art Museum in late November. The exhibition featured a list of new art pieces created by Professor Lee.

Other than traditional painting skills, Professor Lee has also made use of fire and light to create a new series of artworks. Fire brings destruction, but at the same time, comes along with light. Professor Lee's art pieces show hope and rebirth brought by the light after turbulence.

承蒙洽蕙堂贊助，由崇基學院、聯合書院、伍宜孫書院主辦，並由中國文化研究所的文物館合辦的洽蕙藝文計劃「涅槃重生 — 利漢楨教授作品展」於十一月下旬揭幕，展出一系列利漢楨教授最新的創作。

利教授除了用傳統筆墨、設色外，還特意用上「火」與「光」。「火」能破壞，亦能生「光」，光明帶來希望。利教授以作品喻意經歷世事紛擾後，萬物重生，如春光和煦帶來生機。



## CELEBRATING MID-AUTUMN 共賀中秋



Warmest welcome to all our residents! We dedicate to making the hostel home for each and every one of you. Resident Association has set up amazing lantern decorations to enhance the festive atmosphere, while the Resident Tutors prepared festive food for the residents. Everyone enjoyed the evening under the full moon.

歡迎各位宿生加入這個大家庭！書院致力為每一位住宿同學營造家的感覺，希望同學可以享受宿舍生活。為慶祝中秋佳節，樓導師及宿生會於九月上旬為同學舉辦聚會，讓同學可以在校園感受節日氛圍。宿生會於不同角落掛上燈籠，為書院加添節日氣氛；樓導師則為同學準備節日食品，讓各位在滿月下度過一個愉快的晚上。

## APPRECIATING THE ART OF PENJING 盆景藝術欣賞



In September, guests from the Hong Kong Penjing and Artstone Society paid a visit to the College. They shared the knowledge and history of Penjing, the unique art form of cultivating tiny trees in miniature pots. An exhibition will be held in the College Gallery in the spring to share the traditional art of plants with College students.

香港盆景雅石學會會員於九月下旬到訪書院，與書院成員分享盆景的歷史及介紹盆景藝術的意念。書院將於春季在書院藝廊舉辦盆景展覽，讓同學親身感受這項傳統栽種藝術的美。

## OVERSEAS EXCHANGE OPPORTUNITIES 海外交流機會



The introduction session of the College Term-long Exchange Programme was held in early November. Prof Ming-chung Chu, the Chairperson of the Student Exchange Committee, shared with participants the details of our partner institutes. Miss Ellie S.W. Chow and Miss Janice L.H. Sze shared their inspiring exchange experience in the US and Finland respectively. They encouraged participants to take this opportunity to explore the world and themselves by experiencing an alternative lifestyle.

書院交換生計劃簡介會於十一月上旬舉行，學生交流委員會主席朱明中教授於簡介會中分享夥伴院校的資訊。周淑樺同學及盧曉思同學於較早前曾到美國及芬蘭作交換生，她們除了與同學分享交換期間的趣事，又鼓勵參加者透過交換計劃體驗不一樣的生活方式，從而探索世界，並加深對自我的了解。

# STUDENT ACTIVITIES

## 學生活動

### IMMERSION IN CHINESE CULTURE 感受中華文化



Students grabbed the chances to get immersed in the Chinese culture. The Chinese Culture Table of this semester, entitled 'Dream Big', was conducted by Mr. Ka-hing Ngan (Pseudonym: 蒲葦), a famous author, to share his interesting anecdotes in pursuit of two dreams, to become a teacher and an author. During the sharing Mr. Ngan read several excerpts of model essays and appreciated the wonderful writings of other authors with the students. He also encouraged students to strive to dream big and pursue their dreams bravely.

We were grateful to have Ms. Tak-yee Choi, a senior Chinese painting instructor, for teaching five sessions of Chinese Painting Workshops again in our College. With the demonstration and guidance of Ms. Choi, students completed paintings of fruit, vegetable, flowers, insects, fish, birds, animals, and landscapes. The students' Chinese cultural literacy has also improved after joining the workshops.

同學於新一年把握機會感受中華文化。本學期文化桌邀得著名作家蒲葦老師（顏加興先生），以「老師夢和作家夢」為題，與同學分享他追尋兩個夢想的歷程與趣事，以及不同身份之中的相同和相異之處。席間講者與同學一起細閱數篇範文節錄，欣賞其他作家的美妙文筆，最後更勉勵同學把握年輕的時光，努力增值自己，勇敢追夢。

書院亦再次邀得資深中國繪畫導師蔡德怡老師為同學教授一連五堂的中國繪畫班。書院同學在蔡老師的示範及悉心指導下，完成了蔬果、花卉、蟲魚、花鳥、動物及山水等畫作，大大提昇同學對中國文化的素養。

### STEP INTO THE COMMUNITY 走進社區



In mid-September, College students and Professor Kam-fai Wong visited the homeless in Yau Ma Tei, Shum Shui Po, and Tai Kok Tsui districts. They delivered food and daily necessities to people with special needs. Through interaction with the needy, students had more understanding of homelessness. Join us to serve the community!

黃錦輝教授及數名書院同學於九月中旬探訪油麻地、深水埗及大角咀區無家者，除了發放食物及物資外，他們亦為有特別需要的人士提供服務。透過互動，同學對無家者有更深入的了解。若大家對社會服務感興趣，歡迎參與書院的服務學習計劃。



## SERVING THE COMMUNITY

### 服務社群



Two Service-Learning Programmes were conducted between September and November. In the Service for Ethnic Minorities, students participated in pre-service training conducted by Christian Action to learn about the needs and the cultural background of the service targets. Students implemented their planned service for the ethnic minority children hoping to enhance their understanding of different cultures, improving their self-confidence and also racial harmony. We invited a group of ethnic minorities youth to visit CUHK. 16 of them joined our guided tours to get a glimpse of the key attractions on our campus. Students also shared their major programmes, student associations and hostel life, hoping to encourage the participants in planning their own study and career path.

Another group of students joined the Service for Intergenerational Digital Inclusion in collaboration with the Institute of Active Ageing of The Hong Kong Polytechnic University. Our students assisted the elder tutor to co-teach in eight Zoom sessions, and designed and hosted four extra tutorial sessions which aimed to increase the digital participation of elderly and narrow the digital generation gap. Students had a great time interacting with the elderly and got to know more about their difficulties in using digital devices during the service.

兩項書院服務學習計劃於九月至十一月舉行。於少數族裔服務中，同學先參與由基督教勵行會舉辦的前期培訓，以在服務前對服務對象的需要和文化背景有更深入的了解。其後，同學以增加少數族裔孩子們對不同文化的了解、增強其自信心及促進種族和諧為目標，將早前制定的計劃付諸實踐。最後，我們邀請到十六位少數族裔青年到訪中大，在同學的導賞下參觀校園的著名景點。同學亦就著自己的主修學科、團體組織和校園生活等相關經驗進行小型分享，鼓勵少數族裔青年們尋找自己的學業和職業路向。

另一組同學則參與書院與香港理工大學活齡學院共同協作舉辦的跨代數碼共融服務。同學需要協助長者導師於八節線上課堂中進行教學，還需要自行設計及主導四節課後輔導課，從而提高長者學員的數碼參與度及縮小跨代數碼素養差距。同學在活動中與長者學員有了愉快的交流和互動，並在服務過程中進一步體會到他們使用電子設備方面時遇到的困難。

# LET'S SHARE

## 同學分享



### SERVICE-LEARNING PROGRAMME

*The Service-Learning Programme provides students opportunities to engage in social services to learn how to serve and at the same time learn through serving others.*

My desire to give back to the community motivates me to interact with a variety of communities in order to better understand their needs. Therefore, I took part in the Service for Intergenerational Digital Inclusion under the Wu Yee Sun Service-Learning Programme. As part of the programme, we taught the elderly how to use a range of smartphone functions so that they may get better use of their devices and reap the benefits.

The programme met my expectations: I gain so much knowledge from the help offered to the elderly. Understanding obstacles in their daily lives is the first thing that pops into my mind. The first question in my head was how to understand the challenges they face on a daily basis. As a modern adolescent, you probably can't imagine that elderly people have trouble changing the fundamental phone settings, including languages and text sizes, but they do. Not to mention the features and procedures for various applications like Zoom. However, because of this, I feel such a great sense of accomplishment when they finally master the techniques. After participating in the programme for a semester, I feel that I am more comfortable giving presentations and working with people. Nevertheless, I also admire how persistent the elderly are despite

the difficulties they face. I should take a lesson from them about humility and overcome the hesitation to ask questions to learn new things.

The most unforgettable part of the service would be the lesson teaching different mobile games. It is so delightful to have the chance for me to play and have fun with the seniors. Some of the apps are also new to me. Different puzzle games not only provided fun for us but also help me better comprehend their worries about deteriorating reflexes and memory.

In order to improve their quality of life via better use of their mobile devices, we sincerely hope that the elders could learn and gain something from the service. For instance, they wish to have better access to the most updated information about social issues that impact them, such as interesting exhibitions and travel routes to destination they would like to visit.

I would like to connect with more people in the community in the future so that I can learn more about how to better myself and continue my passion for making an impact on society, especially for those who are in need.





# COLLEGE INAUGURATION ASSEMBLY

## 書院開學禮



1/



2/



2/



2/



3/

1/ Group photo with Year One and Four students

與一年級及四年級同學合照

2/ Admission Scholarship Presentation

頒授入學獎學金

3/ Students taking selfies

同學自拍留影

# SUNNY LIVING WEEK

## 陽光生活週



Following the success from previous years, the well-received Sunny Living Week returned in October, offering various new activities to train students' bodies, minds, and spirits and encouraging them to contribute to the environment and society.

The Sunny Living Week was kick-started with Sunny Rowing Race. Ms. Sharon S.Y. Wong, Associate Dean of Students and Vice-Chairman of the Sunny Sports Committee, delivered the opening remarks and encouraged students to keep doing regular exercises and lead a Sunny Living Style. The nonstop cheers from fellow students motivated the participants to keep rowing faster and faster. Everyone got sweaty and tired but enjoyed the race a lot.

Another group of Sunnies began their healthy and green living by joining the Vegan Fig Tart Baking Workshop. Café Caterer Ms. Mable H.K. Wong taught students how to use plant-based ingredients and



seasonal figs to make yummy tarts to allow us to stay young, healthy, and fit.

In this Sunny Living Week, we have invited awardees of the Self-Motivation Fund to share their learnings again. Ms. Man-yiu Chung (Psychology/ 4) and Ms. Yuet Ting (Integrated BBA/ 4) taught fellow students how to make elegant mosaic lamps in the Turkish Mosaic Lamp Workshop. By sticking the mosaic glass tiles and beads onto the lamps piece by piece with care and full concentration, they calmed students' minds and soothed their souls. The products also brought students a great sense of satisfaction.

Another way to show our love for nature is through upcycling. Some Sunnies joined the Coffee Scrubbing Soap Workshop conducted by our alumnus, Miss Kiki W.K. Chan. Participants learnt how to make their coffee scrubbing soap using coffee grounds collected from our College café. The Café Caterer, Ms. Mable H.K. Wong, also





shared with students the use of Coffee grounds at the workshop.

Promoting a sunny lifestyle takes a collective effort. The Sunny Market, with different activity booths, was held to share the important message with the students, including the Bulk Buy Shop and the DIY Potted Plants booth from Green Team, and the Darts Game from the College Sports Association. Students could also calm their minds at the Scented Wax Tablet booth or purchase organic vegetable, fruit, and natural products at the organic farm booth.

Hiking is one of the best ways to immerse ourselves in nature. While enjoying the beautiful sceneries in Northeast New Territories, our Sunnies have also taken the opportunity during Eco-Cultural Tour: Hakka Culture @ Kuk Po to learn about the history, culture, and development of the 300-year-old Hakka Community, as well as the influences of climate change. Led by



Professor Kwai-cheong Chau, Chairperson of the College Campus Environment Committee, participants gained a better understanding of the indigenous knowledge of the Hakka people and how their wise use of natural and cultural resources could shed light on sustainable development.

We believe that the sunny spirit has been seeded in Sunnies' minds, and the end of Sunny Living Week marks the beginning of students' sunny journey in their daily lives. With the spirit of Sunny Living in mind, we will always stay fit, energetic, and positive; hence be ready for different challenges in life!



# SUNNY LIVING WEEK

## 陽光生活週



陽光生活週於十月圓滿舉行，讓同學透過一系列的活動強健體魄、提昇身心健康，以及提高環保的意識。

一週精彩活動以陽光划艇賽起動！同學及書院成員組成二人隊伍參與比賽。書院副輔導長及體育學會副主席黃倩影女士先為比賽致開幕辭，鼓勵大家要持之以恆做運動，實踐陽光生活。黃女士更身體力行，一同參與比賽。友儕間的歡呼及喝采聲鼓勵參賽者挑戰自己的速度。儘管大汗淋漓，大家在比賽中明白合作的重要，希望大家於比賽過後亦持續做運動。

俗語有云：不時不食。在全素無花果撻工作坊，書院咖啡店「咩樹」店主黃可喬女士在工作坊教授同學利用時令的無花果製作出有營又美味的全素果撻，讓大家坐言起食，一起實踐健康綠色生活。



保持平靜樂觀的心境為陽光生活重要的一環。書院於是次陽光生活週再次邀得「自選遊身心靈健康活動」資助計劃支持的同学分享他們的學習成果。鍾敏瑤（心理學四年級）及丁悅（工商管理四年級）帶領大家一起動手製作土耳其馬賽克燈。在創作中，同學得以把煩憂放下，讓心靈得以放鬆，所製作出的馬賽克燈亦為同學帶來無限的滿足感。

平平無奇的咖啡渣，原來用途良多。於咖啡渣磨沙皂工作坊中，書院校友陳煒琪女士就與同學一起利用書院咖啡店回收的咖啡渣升級再造，製作磨沙皂。咖啡店店主黃可喬女士亦跟大家分享咖啡渣的用途，讓大家身體力行，支持環保。

陽光市集當日有多個學生團體設置攤位，包括環保小組的DIY盆栽製作及裸買士多，以及體育學會的飛標攻略。當天亦設有香薰蠟牌工作坊，以及來自本地不同農場的有機農墟，讓





同學全方位感受到陽光生活的氛圍。

若想沉醉於大自然，莫過於漫步山野間，欣賞處處風光如畫。一眾參與「生態文化遊：客家文化在谷埔」的 Sunnies 讚嘆新界東北的明媚風光，同時透過到訪逾三百年歷史的客家村落，學習其歷史、文化與發展，以及氣候變化對社區的影響。校園環境委員會主席鄒桂昌教授帶領參加者深入了解客家文化的傳統睿智，學習巧妙利用天然及文化資源，啟發我們對可持續發展的想像與行動。

經過一連串活動後，相信陽光生活的種子已埋在同學心中，希望同學於往後的日子繼續實踐陽光生活的精神，時刻保持健康的體及樂觀正面的心態，迎接未來的種種挑戰。



# COLLEGE 15TH ANNIVERSARY

## 書院十五周年院慶



2022 marks the 15th Anniversary of the College. Thanks to the effort by the College Anniversary Organising Committee and Sports Association, a series of celebration activities were organised under the theme 'Yeeladdin' to gather College members and students to celebrate the big day of the College.

The anniversary celebration kick-started with the 523 Banquet on 14 November, with more than 100 College members and students attending to share the joy. The College's Music Society, Let's Yo, Mr. Alfred Wu, and Miss Jaime Cheung were invited to perform on stage, giving students an enjoyable time. There was also a lucky draw that let students bring happiness back home. Participants had a great time with friends and enjoyed the banquet.

The adventure was set at the Central Courtyard in the following two days. The Organising Committee prepared various tasks for participants to complete one by one. One remarkable checkpoint was the slide way set up by the OCs along the stairs. The participants were excited about joining the games.

The Sunny Festival also followed with 40 booths selling handicrafts, clothes, food, and drinks. With the theme 'Yeeladdin', Bollywood dance and Belly Dance brought the audience exotic moments with music and movement. The NA Band, Shaw Band, Yes Official, JCE rope skipping, DEZ, Miss Emiko Tsui, Miss Jamie Ho, and Mr. Yan-ting Chow conducted a singing and dance performance, which the audience enjoyed. The activity attracted more than a thousand participants and was a great success!

The College Anniversary Celebration was concluded by Round Campus Run hosted by College Sports Association. We were honoured to have Founding Master Professor Rance P.L. Lee, College Master Professor Anthony T.C. Chan and Dean of Students and Chairperson of Sunny Sports Committee Professor Kelvin K.F. Tsoi to deliver opening remarks to encourage our runners. Our hearty appreciation again to all the participating students and College members. We look forward to the flourishing of the College's development in the upcoming years!





書院於二零二二年迎來十五周年。感謝院慶籌委及體育學會的努力，凝聚了一眾書院成員及同學，他們籌備了一系列的慶祝活動，讓師生一同慶賀書院成立的大日子。

院慶慶祝活動由十一月十四日舉行的 523 人宴作開始，超過一百位書院成員及學生參與是次活動。書院音樂學會、搖搖團體 Let's Yo、胡學軒先生及張天穎小姐獲邀表演。晚宴更設有抽獎環節，參加者不但能與好友聚首一堂，更經歷了一個難忘的晚上。

緊接的是兩天後的歷奇活動，活動設於書院中央庭園，籌委精心預備了一系列的挑戰予參加者，當中最具特色的裝置必定是由籌委設計及組裝的滑梯，連串項目都十分刺激，參加者也很享受各種挑戰項目。

歷奇活動後一日，是萬眾期待的大笪地。當日有超過四十個攤位參與，書院同學除了售賣各種創意手工藝品、自家設計的衣服、自製特色小食及飲品外，亦有同學設置攤位遊戲，吸引了不少同學參與。本年度院慶活動以「Yeeladdin」為主題，加入了不少異國特色，籌委除了在裝置藝術上別出心裁外，在表演上亦安排到寶萊塢舞蹈、肚皮舞等特色表演。另外，多個校內、校外團體亦獲邀表演，當中包括新亞樂隊、逸夫樂隊、

花式跳繩團隊、余宗遙先生、徐嘉蔚小姐、何佩小姐及周殷廷先生。當日活動吸引過千人到書院參與，熱鬧非常。

院慶活動以由書院體育學會主辦的環校跑作結。書院很榮幸邀得創院院長李沛良教授、院長陳德章教授、輔導長及體育委員會主席蔡錦輝教授致開幕辭，鼓勵一眾選手。書院再次感謝各位成員及同學參與活動，讓我們一起期待書院未來的發展！



# THE SEVENTH GRADUATION CEREMONY

## 第七屆畢業典禮



The Seventh Graduation Ceremony of Wu Yee Sun College was successfully held on 24 November at the Shaw College Lecture Theatre. We were honoured to have Professor Rance P.L. Lee, the Founding Master to be the Guest of Honour of this year's ceremony. Professor Lee shared the founding history and development of the College, and encouraged the graduates to equip themselves to prepare for the future challenges. Congratulations to all the graduates again. We hope they can live up the spirit of 'Go Green! Be

Sunny!'. With their creativity and passion, we believe they can light up the world and shine in the community.

伍宜孫書院第七屆畢業典禮已於十一月二十四日假逸夫書院大講堂舉行，並很榮幸邀得創院院長李沛良教授擔任主禮嘉賓。李院長跟與會者分享了創院故事和書院的各項發展，並鼓勵畢業生為未來而努力。書院在此再次恭賀各位畢業生，希望他們活出書院「Go Green! Be Sunny!」的精神，以創意及熱誠，在社會上發熱發亮。





# SUNNYEAH

## 宜嘢依夜



After months of delay due to the pandemic, the SunnyYeah 2022 returned in early November!

The cooking competition was the first event held on 7 November. Four student groups competed in the contest. Dr. Po-kin Leung, Associate Dean of Students, along with the operator of the College Café, and College resident tutors Miss Michelle K.Y. Hon and Mr. Leo Y.C. Tse were invited to be the judges. The participants showcased their cooking skills and creativity in the competition.

The highlight was the College Singing Contest held on 10 November. Professor Kelvin K.F. Tsoi, College Dean of Students, Dr. Po-kin Leung, Associate Dean of Students and Dr. Elaine Ng, College member, were invited to be the judges for the contest and gave valuable comments to the contestants. The contestants of the Solo and Duet sessions gave their best performance to compete with each other. RubberBand was invited to be the



performing guest and shared the joy with the audience of the Singing Contest. All of the participants had an enjoyable evening. We once again congratulate all the winners of the contest.

因為疫情的延後，宜嘢依夜終於在十一月上旬載譽歸來！烹飪比賽為本年度首個活動，當日書院邀得副輔導長梁寶建博士、宿舍樓導師韓嘉欣小姐及謝業俊先生，以及書院咖啡店負責人擔任評判。參加者分為四組，運用創意，展示廚藝，分別煮出不同的菜式。

歌唱比賽為宜嘢依夜另一項重要節目，本年年度的歌唱比賽邀請到書院輔導長蔡錦輝教授、書院副輔導長梁寶建博士及英語教學單位吳以琳博士擔任評判。比賽分為獨唱及合唱項目，各參賽者施展實力，競逐各殊榮。是次活動更邀得RubberBand擔任表演嘉賓，與觀眾歡度了一個愉快的晚上。書院在此再次恭喜各得獎者，並感謝籌委會成員的籌辦，讓同學投入書院多姿多彩的生活。



# ALUMNI NEWS

## 校友消息



Together with the College Alumni Association, the College hosted an Alumni Dinner Gathering on 17 November as a reunion during the College's 15th Anniversary. College Master, Professor Anthony T.C. Chan, Associate Master and Dean of General Education, Professor Ming-kay Poon, Dean of Students, Professor Kelvin K.F. Tsoi, and 14 alumni participants attended the dinner. Master shared the upcoming development of the College, and the alumni updated their recent development after graduation. The alumni then shopped around at the Sunny Festival and enjoyed the lively atmosphere.

The College has also set up photo booths and decoration at the Alumni Homecoming Day for our alumni. We look forward to welcoming them back again soon!

趁着書院十五周年的大日子，書院聯同校友會於十一月十七日舉辦校友聚會。書院院長陳德章教授、副院長及通識教育主任潘銘基教授、書院輔導長蔡錦輝教授及十四位校友出席了是次聚會。院長於聚會中分享書院的最新發展，校友亦分享了他們的近況。晚宴後，一眾校友們到訪大笪地支持學生攤位及欣賞表演。

書院亦於中大校友日在校園設置拍攝裝飾供校友拍照留念。我們期待與大家再聚！

### CUHK INFO DAY

#### 中大資訊日



After three years, CUHK Info Day returned to the CUHK campus in mid-October. Our student ambassadors highlighted the College's core values and shared their College life with interested visitors. More than 40 participants joined our guided tours to get a glimpse of the key learning and recreational facilities on the College campus. We wish them every success in the coming public examinations.

睽違三年，實體中大本科入學資訊日在十月中圓滿舉行。書院學生大使於百萬大道的攤位為參觀者介紹書院理念，並化身導遊帶同學遊覽書院，增加參與同學對大學生活的認識。祝願各位同學在公開試取得滿意的成績。





# 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

Editors: Dr. Elaine Ng Dr. Shu-fung Leung

編輯: 吳以琳博士 梁樹風博士

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 March 2023

下期通訊將於二零二三年三月出版



香港中文大學伍宜孫書院  
WU YEE SUN COLLEGE  
THE CHINESE UNIVERSITY OF HONG KONG