

THE SUNNY POST

01 - 05

CHERISH THE SPROUT IN HAND
NORWAY AND DENMARK GREEN TOUR
守護骨子裡的葉脈
挪威丹麥環保考察之旅

06 - 16

COLLEGE SUMMER
PROGRAMMES/ MENTORSHIP
PROGRAMME
書院暑期計劃/ 師友計劃

17 - 18

ORIENTATION
迎新活動

19 - 20

GALLERY/
NEWS OF COLLEGE MEMBER/
STUDENT ACHIEVEMENTS
書院生活點滴/ 書院成員消息/
學生殊榮



ISSUE
TWENTY NINE
SEPT 2019

www.cuhk.edu.hk/wys
www.facebook.com/WuYeeSunCollege





Nature seems timeless and afar. It existed when the soil first nurtured grass and flowers. It was there when the lions roared and the gazelles raced under the starry skies of this blessed planet we call home. Human civilisation gradually took hold, and the industrial revolution rang the bell of the match. Concrete 1, soil 0...or is it so? While proudly replacing natural forests with concrete jungles, are we progressing or declining?



CHERISH THE SPROUT IN HAND

守護骨子裡的葉脈

NORWAY AND DENMARK GREEN TOUR

挪威丹麥環保考察之旅

若問起自然，仿佛就要跨越一切時間的維度才能找到答案，那時世界仍在無盡的蔥鬱中。斷崖上有雄獅咆哮、荒原中有羚羊奔跑，或許還有漫天星辰。退到大氣外俯瞰，是一顆翠綠蔚藍的星球。忽爾，日晷的影子瘋狂晃動，此起彼落，在無數個日夜中迎來了開啟工業革命的第一聲轟鳴，那是比賽開始的哨響。之後，無數鋼筋水泥竄動，比拼著蠶食吞噬自然的速度，建起一座座「石屎森林」。裡面的居民，頓然失去了自己腳下的土地。

Student Reporter: Wai-chaak Yim (Chinese Language and Literature / 3)

學生記者：嚴瑋擇（中國語言及文學三年級）



1/



2/

1/ Public waste collection company, RiR
廢物回收公司 RiR

2/ Norwegian Industry Cluster
挪威工業區

Environmental protection is always viewed as a virtuous act: we sacrifice our time, money, and space for the greater good. In fact, environmental protection is not really a sacrifice, but rather it is self-defence: we protect nature to protect ourselves.

‘Go Green, Be Sunny!’ is not just The Sunny College’s core value, it is also the heart of this journey of hoping to re-envision our relationship with mother nature.

RECONNECTING WITH THE NATURE

During a journey, what do you think was the most exciting thing to look forward to? The delicacies? The attractions? Or simply the grids we would place on our Instagram walls? What I learnt was ‘A journey provides me with a chance to criticise myself’ - this was my conclusion after joining the College’s tour to New Zealand last summer. If travelling means only scenery, great food and jealousy from friends, I would say one did not see the world with his heart, but instead merely escaped a suffocating reality for a moment.

Within the 15 days throughout Norway and Denmark, other than the stunning scenery, participants also had a glimpse of the following: a factory which sorts garbage, fishing, and a little reflection on the environmental protection work in Hong Kong.... Sounds good?

The Sunnies visited universities and enterprises which stress the green industry, walked on the streets filled only with bicycles, and stayed in a non-profit campsite for students. Within these 15 days, the group had gone really far, and the experience cannot be easily concluded in a few words. But from the travelling Sunnies’ sharing, we might get a taste of their profound experience on this mysterious land.

Garbage is unavoidable in daily life inspite of our effort to reduce waste. The team visited three companies during this trip, including RiR, Tofte Gjenvinning and Romsdal Gjenvinning, which focus on construction waste, plastic and wood waste and electronic waste. With a waste management industry that is well-rounded and mature, citizens are able to cope with the wastes and make the Nordic region an example of environmental protection for the world. The balance between the interests of different stakeholders, employment and cost of living is of course crucial, but students noticed that the key to success was the government’s tireless efforts and full support to its citizens. Through legislation and funding, environmental protection is more

than merely a virtue, but the force boosting career orientation and urban development.

It is also about perseverance. You might think of salmon when speaking of Norway. Salmon earns its title of ‘the healthiest type of fish’ for its rich omega-3. Its reputation is built with the industry’s persistence in upholding quality in the whole supply chain. While others would sacrifice quality for profit, Norwegians strive to feed salmons with wild fish to ensure higher nutritional value in the breed.

Another example would be cycling. While the transport system is well developed, the government still promotes cycling as the major transportation in the country. By now, the bike city has reached its full development. Who would have thought that cycling contributed to only 5% of the city’s transport flow back in 2014? The turning point was in 2016 when the government invested 7.2 billion on bike freeway connecting nine cities and downtown areas. Codes of road use were also set up within three years, with supports including laws, traffic signals, and education, hoping to enhance sustainable development and safety throughout the country.

Innovation takes an important role too. Traditionally, green building involves building materials which are recycled from waste. One example would be the surface materials on playgrounds, which are made from recycled tyre rubber. Although no extra material is needed in the recycling process, the process itself utilises a large amount of energy. Reuse is thus more popular in Norway. Old books, furniture, clothes and more are sold in flea markets. You may also see restaurants decorating the interior with reused wine bottles. With the green culture, children are well educated with the sense of environmental protection, and waste of resources rarely occurs in their daily lives.

With pieces of memories from both Norway and Denmark, the Sunnies are still trying to complete the full picture of this journey. However it seems the answer is floating under their footsteps.

WHAT TO DO BACK HOME

Reflection on each visit continues at their bus ride to the next stop. Old and new knowledge clashes and allows them to review their way of living in another perspective.

Trevor C.W. Wu (Information Engineering/ 5), joined this journey out of curiosity. Environmental protection is not new to Hong Kong people, yet it seems a distant reality for many households.

“ Environmental protection is not really a sacrifice, but rather it is self-defence: we protect nature to protect ourselves.

環保不是一種保護，而是一種自衛。前者有關憐憫，後者卻是認識到自己與自然相生相依的關係，保護的既是自然，也是自己。



Green living within our economic conditions sounds incompatible in many ways. What surprised Trevor was how all the green elements were planted in the Norwegians' everyday life. After seeing the blue sky and rainbows, and breathing the chilling fresh air in Norway and Denmark, he finally understands why these people, and their government, cannot leave nature behind. After all, they are just as much a part of the nature and every one of them takes the responsibility to protect their homeland.

To Karen K.Y. Tsang (Food and Nutritional Sciences/ 3), the experience made her realise what could be done further in Hong Kong. The Norwegian life is closely related to the nature, and they are compassionately aware of damages to the environment. However, in the concrete city of Hong Kong, it is far too hard to appreciate nature itself and people are detached from their origin. What she observed was not merely environmental protection, but a more challenging and rewarding prospect: sustainable development. She is well aware that environmental protection is more than a love for the nature, but also about continuity and inheritance: it brings the colour green to the world, and livelihood to all living creatures and their offspring. Both nature and technology offer us precious resources, and we should never sacrifice the environment for urban developments. If we have a loving heart towards nature, environmental protection is just the method of expressing our love.

Michael C.K. So (Urban Studies/ 1) reviewed the trip as a sign to make a change. Born and raised in Hong Kong, environmental protection was never an agenda in his life, and his absence seemed

to make no difference to the matter. In fact, he realised, the cost is accumulating, and people will have to pay for that one day, from the exhausted landfills, the damages to the marine ecosystem, and more. The damages have always been there, but unlike the Norwegians, we are paying too little attention to nature. Michael looked into the issue and its spirit behind. His determination would be reflected in his actions. Adjusting his living style is his first step, and he is ready to spread his message to others.

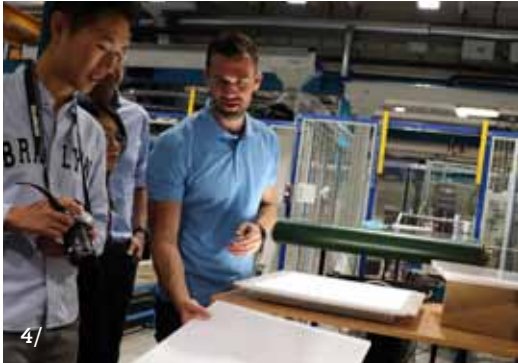
Going on a trip seems an escape from the harsh realities of life, but sometimes it is not. We step into the locals' community to observe their lives, but in turn, we also reflect upon ourselves.

As aligned with College missions as they are, all study tours organised by the College offer a diverse experience to each participant. The destination may be the same, but who you are, who you meet and what you do makes your journey unique. The participants of this programme offered in future may not run into the very same restaurant owner from Hong Kong sharing a fun chat. They may not stay with the very same host leading a fishing trip in the beautiful landscape. Instead, they will meet someone special to them, and have different memorable moments of their own. We grow through what we go through in each journey and that, to many, is the reason for travelling. It is also the precious experience the College would like to offer us.

We look forward to meeting you again on our next journey.

3/ Fish farm in Måsøval
養魚場





4/ Plasto, Norway's leading company in injection molding
挪威注射製模公司



5/ Ullandhaug økologiske gård
有機農場

說起環保，總覺得是要我們保護甚麼，是一種犧牲自己成全他人的高尚，做到需要歌頌，做不到亦無可厚非。然而，環保不是一種保護，而是一種自衛。前者有關憐憫，後者卻是認識到自己與自然相生相依的關係，保護的既是自然，也是自己。

「Go Green Be Sunny」不僅是伍宜孫的精神，亦是挪威及丹麥之旅啟程的原因，更是找回自己腳下土地的祈願。

重新認識自然

兩個星期零一天的旅行，可以期待甚麼？是十五間餐廳的晚飯？是數個景點的流連？還是IG裡一堵嶄新的牆？「旅行是一場對自己的拷問」在參與了書院舉辦的紐西蘭之旅後，我曾寫下這句。如果旅行中只剩下美景、美食和他人的羨煞，我們沒有見過世界，我們只是找到了生活中拼命呼吸，無處可逃的自己。

如果在挪威及丹麥的十五天裡，除去眼前的美好，還有垃圾分類的工廠，親手釣起的魚的滑潺，和對香港環保的反思，又可以接受嗎？

十五天內，這群人走訪了大學、參觀了主張環保的創意公司，亦曾在只剩下單車鬧鈴的城市馬路上行走，在不同盈利只為學生的營地中逗留。十五天內，他們走過了太多地方。語多難寄，旅行的一切不能具體地概述，但依然能從他們的敘述中找到那些「不足為外人道」的特別回憶。

有些有關同心協力。再環保也好，垃圾在生活中出現無可避免。他們先後參觀了RiR、Tofte Gjenvinning和Romsdal Gjenvinning這三間不同的垃圾分類廠，他們各司其職，像是建築廢料、木材塑膠、電子垃圾等等。囊括了生活不同的範疇，亦是他們一直與不同「垃圾」為伍，北歐的環境保護才能成為世界的典範。問題處理背後，牽涉利益、就職、生活成本等不同維度的衡量，但從固中學認識到之所以能成功最重要的原因，是政府一直與民同心，同行。政府從立法和資助兩方面入手，使環保不再是情懷的想法，而是能成為職業導向甚至城市發展的推動力。

有些有關擇善固執。挪威素以三文魚為人熟知，是所有魚類中omega-3含量最高，亦使它成為世界上最健康的魚類，有「冰海之皇」的美譽。鮮美健康的背後，是一份面對利益而不為所動的堅持。全球三文魚的生產急劇增長，但在當地，捕獲的野生魚類以用作製成魚飼料的數量也保持不變，以確保魚肉的質素。除此以外，又有即使汽車在現代城市中橫行，挪威卻依然推廣單車作為市民主要的交通工具的現象。雖然現在挪威的單車城市發展已經相當完善，但二零一四年時挪威的單車

使用率亦是不足5%的城市。真正的改變始於二零一六年，挪威政府迎難而上，耗資七十二億興建單車高速公路，連接九大城市和市區。單車的交規亦在三年間逐步完善，不僅止於法律、交通手勢的配套，更融入於兒童的教育之中，真正完善整個可持續發展的循環。

有些有關創新。傳統認為，環保建築就是把廢棄物料透過溶解、加工後再做成全性的建築物料，例如香港遊樂場的橡膠地墊，就是通過回收廢棄輪胎再加工而成。儘管這樣的製成品不需要額外的原料，但在製作過程之中依然會消耗大量的能源。挪威提倡舊物重用，例如學校裡舊課本的傳遞，供購買舊家具、衣服和小玩意的集市，亦有重用酒瓶作裝飾品的餐廳。真正做到「物盡其用」，孩子在這種氛圍的耳濡目染的情況下，浪費二字與他們的生活相距甚遠。

挪威之旅的片段零零散散，言說無法拼砌出具體的圖畫，但與他們的敘述之間，石屎森林失去的泥土，仿佛一直在他們的腳下。

將自然帶回家

旅程中，白天走訪各地的見聞並不會在坐上離程巴士的一剎倏然而止，更多的是凝望車窗外時在思緒中翻騰滾燙，演變成一場異國風情與日常生活的彼此窺探。

對於Trevor而言，關於這次旅行的更多是好奇。在香港環保應是矛盾的，既老生常談，卻又在香港離生活很遠。這種矛盾大抵也不難理解，畢竟香港追求的更多是看得見摸得著的數字，但讓他不明所以的，反倒是挪威的一切為何能夠如此植根在生活之中。對他合理的解釋是，當他看見走過的地方有隨處可見的彩虹、穹頂上的藍天白雲、每一口的新鮮空氣，他知道這裡的居民割捨不下這些，當地的政府亦然。畢竟撇去當權者的身份，他們也是居民，所以對承擔環保這個社會責任，政府一向不留餘力。

對於Karen而言，她從這裡看到了香港的不足。挪威的生活與大自然息息相關，所以當自己的家園收到損害，他們能感受到切膚之痛。但在香港，一棟棟高牆的築起早已阻隔開大部分的自然景色，只遺下寥寥綠色。她看到的不是環保，而是環保背後隱藏的問題：可持續發展。她清楚明白，說環保不僅僅只是情懷，更多是關於延續和傳承。環保的保護並不止於眼前的一抹綠，還有未來生命的歡愉。大自然能給予我們的資源並不會比科技少，只是我們太習慣急於求成，所以忽略了許多。如果都有熱愛自然的心，環保只是意志的延伸。

對於Micheal而言，這次旅程有關改變。在香港土生土長的他，生活即便沒有環保的參與，仿佛也沒有影響。但所有的代價都在潛移默化中成長，像是填海導致

對海洋生態造成破壞，層層相疊，在不知不覺中成為日後無法撼動的巨塔。肆意揮霍自然的代價其實一直都在，只是香港人不知道，而挪威的居民深切了解。這次旅程使他知道更多關於環保的範疇，亦對環保背後的理念有更深的了解，當知道為何要環保時，所有的行為都出於自動直覺。他正嘗試改變既有的生活模式，由自己開始，慢慢將這個信念延續下去。

總以為旅行就是逃避現在的生活，其實旅行從不比生活容易。總以為旅行就是用旁觀者去看別人的生活，卻一直從他人身上看到自己，所有的喜怒哀樂都總會跌跌蕩蕩地回到己身。

儘管書院舉辦的旅程都由書院相同的精神出發，但過程所經歷的東西卻大相逕庭，因為旅行最重要的，並不是所去的地方，而是出發者，和當地遇見的人。也許來年這個計劃依然存在，但你可能不會像他們一樣在旅程中遇上香港餐廳老闆，能與他暢談；你可能不會像他們一樣遇到民宿駕車帶你去釣魚，享受大自然的饋贈。因為你會遇上更獨特的人，有更獨特的經歷，然後在一次次旅程中成長，這不正是我們熱愛出走的原因嗎？這亦是書院一直期望學生能夠獲得的寶貴經歷。

希望在下次書院的計劃中，我們能「再會」。

Date 日期 16 - 29/6/2019

Leading Teachers 領隊老師

Dr. Sin-cheung Ho 何倩璋博士

Ms. Maggie M.K. Chan 陳美祺女士

Department of Systems Engineering and
Engineering Management
系統工程與工程管理學系

Participants 參與同學

Tsz-yau Chan 陳子悠 (IBBA & Juris Doctor/1)

Wai-tung Chan 陳韋彤 (Cell & Mol. Biol./ 4)

Hin-Chung Cheung 張衍宗 (Energy & Env. Engin./ 1)

Chung-ying Ho 何頌盈 (Social Science/ 1)

Pui-ki Ip 葉珮琪 (Energy & Env. Engin./ 1)

Yin-hong Kung 龔彥匡 (Cell & Mol. Biol./ 4)

Chi-kin So 蘇智健 (Urban Studies/ 1)

Ka-yan Tsang 曾嘉恩 (Food & Nutritional Sci./ 3)

Yuk-Kwan Wan 尹鈺莖 (Gov. & Public Admin./ 3)

Ka-wai Wong 黃嘉煒 (Financial Tech./ 1)

Ching-wa Wu 胡清華 (Info. Engin./ 5)

Wing-tung Yiu 姚穎彤 (Nursing/ 3)

COLLEGE SUMMER PROGRAMMES



書院暑期計劃

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

The well-received New Zealand Language and Cultural Study Tour is was re-played this summer! Led by Dr. Jose S.H. Lai and Ms. Maggie M.K Chan of the English Language Teaching Unit, twelve Sunnies enjoyed a fruitful learning journey at 'the land of the long white cloud' as New Zealand is known by locals. They travelled through the North and South Islands to admire the beautiful nature and scenery, and gained a better understanding of the history and culture of New Zealand in various activities, such as the visit to a Maori Village. Likewise, sailing in Bay of Island, visiting the Hobbiton movie set in Rotorua and stepping into the scene of The Lord of the Rings made the tour truly memorable. Through removing wilding conifers with their own hands on the mountain, students saved native trees and reflected upon their responsibilities in protecting the environment. Most importantly, by entirely immersing in an English-speaking environment and completing their daily travel blogs, students' proficiency in spoken and written English has been significantly improved.

書院本年再度舉辦紐西蘭英語及文化學習團，讓十二位同學共度一個精彩的學習旅程。在英語教學單位老師賴陳秀卿博士及陳美祺女士的帶領下，同學跳出課室的框框，穿梭紐西蘭南北兩島，感受清新的氣息和醉人美景，亦透過各種活動，如到訪毛利族文化村，領略紐西蘭的風土人情。他們除了於北島學習駕駛帆船出海，更走進《魔戒》的拍攝場地，感受戲中的場景。同學亦有機會親手清除野生雜草，拯救當地的樹木，藉以反思自身的環保責任。同學於整個旅程完全沉浸於英語環境之中，沿途亦一直撰寫旅遊網誌，英語會話及寫作能力自然大大提升。



This tour was such an amazing and memorable experience. It helped me get out of my comfort zone in an unexpected yet exciting way. I had a chance to try different activities that I have never experienced before, such as skiing --- it was so hard but at the same time so much fun! It was the first time I was able to play with snow as the weather in Indonesia is scorching hot throughout the year. Needless to say, I encountered so many unique and funny moments in New Zealand.

New Zealand has stunning landscapes that leave you speechless. Even in Auckland, it has a harmonious combination of nature and city vibes. The majestic mountain covered by glaciers in Queenstown is particularly magnificent.

Almost all New Zealanders have a kind personality and an easy-going attitude. Even with strangers, we could talk comfortably as if we were long-time friends. Overall, it has been a marvellous journey that I will treasure for life. Thank you to the teachers and staffs for making this trip wonderful.

Belinda Agustin (IBBA/ 2)

We travelled all around the North Island, the South Island and a couple of outlying islands to experience the culture and scenery. We met a lot of locals and were motivated to chat with them in order to understand New Zealand in depth, especially the Maori people.

The trip acted as a moving classroom and we improved our English through our daily blogs. We reflected upon what we learned every day, not in a regular classroom but motel rooms, common areas or lounges. It was a fantastic experience to learn English in such a relaxing environment. Through interacting with locals, we compared their lifestyle and culture to ours, making this tour much more than sightseeing but rather an opportunity to broaden our horizons instead. We enjoyed activities such as sailing, painting, tramping, playing a football match and walking around in nature. This unforgettable and valuable trip contributed to our personal growth in an awesome way!

Man-tsun Wu (Physics/ 4)

Date 日期 31/5 - 19/6/2019

Leading Teachers 領隊老師

Dr. Jose S.H. Lai 賴陳秀卿博士

Ms. Maggie M.K. Chan 陳美祺女士

English Language Teaching Unit
英語教學單位

Participants 參與同學

Belinda Agustin (IBBA/ 2)

Ching-kwan Chan 陳靖瑤 (Medicine/ 2)

Wai-ki Cheng 鄭璋琪 (Medicine/ 1)

Ka-wing Chung 鍾嘉穎 (Nursing/ 4)

Chi-ching Lee 利祉澄 (Pharmacy/ 2)

Ming-wai Lee 李明慧 (Nursing/ 4)

Yiu-tin Leung 梁耀天 (Medicine/ 1)

Ho-wun Tong 唐灝媛 (Food & Nutritional Sci./ 2)

Man-hoi Tsoi 蔡文凱 (Economics/ 2)

Man-tsun Wu 胡文津 (Physics/ 4)

Shengbo Yang 楊勝博 (Mathematics/ 2)

Kwun-fung Yau 邱冠峰 (Quan.Fin./ 1)

THE SEVENTEENTH 'MOONLET' PROGRAMME - SINO-RUSSIAN CULTURAL EXPLORATION

第十七屆小衛星學者計劃 — 中俄友誼之旅

In the company of students from Harbin Institute of Technology, ten Sunnies and twenty other CUHK students visited Harbin and Russia in June to study the astronautic development in China.

The visit to the Astronautic Museum of Harbin Institute of Technology and the informative talks enriched participants' knowledge. They also reviewed the history of the Second World War in cultural visits to significant and historical sites such as Unit 731 Museum and Central Avenue.

Apart from visiting Harbin, participants went to Russia by train and were arranged in different groups to visit Blagovescensk, Vladivostok and Khabarovsk respectively. They also got a taste of Russian culture when touring around local universities.

在哈爾濱工業大學的同學陪同下，十位書院同學與二十位其他中大學生於六月前往哈爾濱及俄羅斯，探索中國航天科技的發展。

參加者參觀哈爾濱工業大學的航太館，更出席相關講座，獲益良多。導賞及觀光讓同學體驗當地文化之餘，亦透過參觀731部隊遺址、中央大街等，認識二次大戰的歷史。

及後同學乘坐過夜火車前往俄羅斯繼續旅程，參加者分成三組，分別前往布拉戈維申斯克市、海參崴和伯力（哈巴羅夫斯克），參訪當地大學和在城市遊覽，感受當地的人文風情。

Date 日期 7 - 16/6/2019

Participants 參與同學

Man-hin Chau 周文軒 (Math. & Inf. Engin./ 4)

Pan-fai Cheng 鄭彬輝

(Ins., Fin. & Actuarial Anal./ 2)

Eden Chua 蔡芊庭 (Medicine/ 1)

Pui-shan Ho 何佩珊 (Prof. Accountancy/ 4)

Yu-sing Hung 洪裕星 (Science/ 2)

Tsz-hin Li 李子軒 (Chin. Lang. & Lit./ 3)

Hiu-sze Lo 盧曉思

(Ins., Fin. & Actuarial Anal./ 1)

Sze-man Lok 駱斯敏 (Integrated BBA/ 2)

Hin-Tung Ng 吳蕙桐 (Chin. Lang. & Lit./ 2)

Long-sze Tse 謝朗斯 (Prof. Accountancy/ 2)

Acknowledgement 鳴謝

Ministry of Education Ten Thousand Student Interflow Programme

教育部香港與內地高校師生交流計劃

Pilot Mainland Experience Scheme for Post-secondary Students

專上學生內地體驗計劃

Partner Institution 合作院校



Harbin Institute of Technology
哈爾濱工業大學



During my trip, I experienced both the fun and solemn side of Harbin. The Baroque Walking Street was full of interesting antiques, traditional snacks and beautiful architecture, which provided much insight into Harbin's cultural and historical identity as an international city.

Unfortunately, tragedy marks Harbin's history. Walking around the remains of the Unit 731 facilities was chilling. Whilst mostly destroyed, the museum signs provided an unwanted but necessary mental reconstruction of the horrors of the past. We must never forget, lest we risk repeating mistakes of the past.

In Vladivostok, our visit overlapped with Russia's national day. We saw off-duty military personnel spending time with family and friends whilst proudly wearing their uniforms. Military ships were stationed at the harbour and Russian flags hung in the streets.

I am now back in Hong Kong, not only happy to have seen the summer sights and attractions in Harbin or Vladivostok, but also satisfied to have briefly interacted with their people, their culture and their history.

Eden Chua (Medicine/ 1)



俄羅斯在世界歷史及文化舞台上的角色舉足輕重，是次行程得以讓我們揭開俄羅斯神秘的面紗，親身探索這個古典優雅、瑰麗壯闊國度。

我們第一站到訪哈爾濱，曾經有大量俄羅斯人移居哈爾濱，因此造就了哈爾濱與其他中國城市不同的建築風格，色彩豐富而含蓄，菱角線條典雅，富有歐陸特色。其中一個我們到訪的景點展現了這種風格如何在地化。

在中華巴洛克街上，映入眼簾是一片巴洛克風格的建築，身處其中仿如置身在歐洲小鎮裡，令人有寧靜、永恆的感覺。而街道兩側，小販的叫喊聲和人力車夫穿插其中，提醒我們當時身處哈爾濱的街道上。中國與歐洲文化碰撞，形成了街道上獨特的風景。

旅程中最令人難忘的，是哈爾濱的人的直爽。初來時我以為他們說話比較粗魯和不顧人情，相處後才知道他們不喜歡掩飾、說話直白、為人豪爽。而俄羅斯人也跟我印象中不一樣。印象中的俄羅斯人高傲冷酷而勇悍，相處過後，我發現他們其實十分熱情好客，即使我們語言不通，他們仍主動跟我們說話，指手畫腳地跟我們說話，教導我們選購紀念品，提醒穿拖鞋的同學小心天雨地滑。難怪總有人說旅途上最美的風景是人。

周文軒 (數學與信息工程學四年級)

XI'AN STUDY TOUR

追尋歷史的軌跡—西安

Ten Sunnies had a rewarding time in July exploring Xi'an with students from Chung Ying College of Xi'an Jiaotong University and Stanley Ho East Asia College of the University of Macau. Participants visited museums, attended talks hosted by professionals, appreciated Qingqiang opera performance and put on traditional Chinese costumes to experience Xi'an's history and culture. They also gained more insights into the current development of new villages in Mainland China after visiting Yuanjiachun. Another highlight of the programme was the voluntary service offered at Xingqing Palace, engaging the participants from all three colleges and demonstrating their care for society.

十位書院同學於七月前往西安，與西安交通大學仲英書院及澳門大學何鴻燊東亞書院的同學遊歷這個古都，學習西安的歷史和文化。他們參觀博物館和出席由學者主持的講座，又觀賞秦腔表演，更穿上漢服，感受各式古典美。此外，他們又到訪袁家村，了解中國新式農村的現況和發展。行程的另一亮點是由三所院校的同學攜手於興慶宮進行義工服務，彰顯大家關懷社會的精神。



出發之前，我們對西安之旅的期待都僅限於參觀兵馬俑、認識新朋友；誰料經過短短一周，居然讓我們收穫了遠超期望的友誼與歷史文化新體驗，滿載而歸。

出乎我的意料之外，給我留下最深刻印象的參觀活動不是兵馬俑，而是昭陵博物館。我想你大概和我們一樣，從沒有聽說過昭陵。誰能想到，它竟是歷史知名的皇帝——唐太宗的陵墓！隨著館長引經據典而不乏潮語段子的活潑講解，一幅大唐盛世的畫卷在我們眼前緩緩鋪開，而深蘊在展品背後的故事，也終於和我們在初中史課上所學的重臣、名家對上了號。

至於整個旅程中最令人覺得時光飛逝的行程莫過於漢服體驗。很多人到日韓旅行都會試穿和服、韓服，卻很少人懂得欣賞中國傳統服飾的漢服之美。這次，我非常榮幸能在大雁塔旁，穿上輕紗罩衫、襲地長裙，親身體會古代女子輕搖蓮步的嫵媚和一寸肌膚也不肯外露的忠貞（還有熱，哈哈）。儘管我們不斷喊著「好熱好熱」，也沒有人捨得脫下這層帶我們穿越時光的古今之繫。

但是最讓我覺得不枉此行的，卻是我們和西安交通大學幾位同學所建立起的情誼。他們帶我們到城牆上騎單車、請我們吃西安的桂花糕和冰粉、為我們改變自己的生活作息陪吃陪玩陪通宵、有人甚至腳受傷了也堅持帶我們到處遊覽……種種熱情款待，無法一一細數。因

此，我十分慶幸西安之旅只是我們關係中的一個逗號：我們不僅在他們回訪伍宜孫書院時再續前緣，往後也會把這段珍貴的友誼維繫下去。

雷妙婷 (中國語言及文學三年級)

西安有美食，有想念的人，有忘不掉的景，也有讓你不禁沉醉其中的濃厚歷史氣息。每一趟旅行，最可貴的是在走馬觀花的行程中仍能收穫刻骨銘心的感情，一路有歡聲笑語，有揮灑過的汗水，也有深夜交流，將1430公里的距離拉近。

短短的八天七夜裡，為我留下最深刻的印象的是漢服體驗活動。這不只是港澳同學們的第一次，也是部分交大同學們的第一次。穿上漢服走在街上，你一言我一語地稱讚對方，只需要一個眼神，便會自覺拿起手機捕捉對方不經意的美。一群人穿著漢服走在街上，彷彿穿越回了當年的長安城。此刻再次回味，多想與你們繼續走下去。

譚嘉倩 (護理學一年級)

Date 日期 8 - 15/7/2019

Leading Teacher 領隊老師

Professor Kong-pang Pun 潘江鵬教授

Department of Electronic Engineering
電子工程學系

Participants 參與同學

Hau-ting Chan 陳巧婷 (Nursing/ 2)

Pan-fai Cheng 鄭彬輝

(Ins., Fin. & Actuarial Anal./ 2)

Sing-yuen Chiu 趙乘願 (Chin. Lang. & Lit./ 2)

Sin-ting Ho 何倩婷 (Architectural Studies/ 2)

Pui-doll Kwong 鄺沛多 (Financial Tech./ 2)

Miu-ting Lui 雷妙婷 (Chin. Lang. & Lit./ 3)

Pui-yu Ng 吳佩如 (Chin. Lang. & Lit./ 2)

Kwan-yuk Ngan 顏崑玉 (Biomedical Sci./ 1)

Ka-sin Tam 譚嘉倩 (Nursing/ 1)

Tsz-ching Wai 韋梓貞 (Nursing/ 2)

Acknowledgement 鳴謝

Ministry of Education Ten Thousand Student Interflow Programme

教育部香港與內地高校師生交流計劃

Pilot Mainland Experience Scheme for Post-secondary Students

專上學生內地體驗計劃

Partner Institutions 合作院校



Chung Ying College,
Xi'an Jiaotong
University
西安交通大學
仲英書院



Stanley Ho East
Asia College of the
University of Macau
澳門大學
何鴻燊東亞書院

ITALIAN LANGUAGE AND CULTURAL TOUR

意大利語文及文化之旅

Ten Sunnies travelled to Florence, Italy in August to learn the Italian language and to discover the beauty of this historical city. Apart from attending language classes in the morning, participants visited various artistic and architectural heritage sites such as the Galileo Museum, the Uffizi Gallery, and Palazzo Pitti to appreciate stunning paintings, sculptures and wax figures. They also had the opportunity to get inside the world of famous Italian gourmet culture by learning to cook its traditional dishes.

Participants had a great time exploring Florence and came to understand why it is known as 'The Cradle of the Renaissance'. From the experience, they gained inspiration on how art, science, and society can interplay to improve people's lives.

十位書院同學於八月前住意大利佛羅倫斯，學習意大利語及探索這個歷史名城。除了每天上午的意大利語課堂外，同學參觀了多元化的博物館和歷史遺跡，如伽利略博物館、烏菲茲美術館、彼提宮等，欣賞令人歎為觀止的畫作、雕塑及蠟像等，還有機會親身體會意大利的美食文化，學習烹調意式菜餚。

同學十分享受在佛羅倫斯四處遊歷的時光，對當地尤其是文藝復興時代的藝術和歷史認識更深，亦在旅程中得到啟發，感受到藝術、科學及社會如何互相影響，從而改善人民的生活，受益匪淺。

Date 日期 4 - 17/8/2019

Leading Teacher 領隊老師

Dr. Klaus John Charles Colanero 羅玉成博士

Office of University General Education
大學通識教育部

Participants 參與同學

Cheuk-yu Chan 陳倬仔 (IBBA/ 4)

Tsz-ching Chan 陳紫晴 (Sociology/ 2)

Chi-Fan Chow 周智芬 (Psychology/ 2)

Shu-yao Jia 賈淑瑤 (Science/ 1)

Yan-yuet Jasmine Lam 林恩悅 (Physics/ 3)

Pui-ling Lee 李沛玲 (Translation/ 1)

Ruo-shui Li 李若水 (Prof.Accountancy/ 1)

Lily Ng 吳莉莉 (Cultural Studies/ 2)

Lee-kuen Wong 黃莉娟 (Nursing/ 3)

Hiu-ting Yuen 阮曉婷 (Chin. Lang. & Lit./ 3)



During the tour, we were exposed to novel ideas in the areas of culture, economy and society. Florence, being historically vibrant, is well-known as the heart of the Renaissance. By visiting different museums and historic places, I developed an in-depth understanding of the Renaissance and was stunned by the masterpieces of great men, such as Leonardo da Vinci, Michelangelo Buonarroti and Raffaello Sanzio. I started to look at architecture, paintings and sculptures differently and not to view them as mysterious matters beyond my understanding. Through observations in the town, I also noticed the implicit linkage between culture, economy and society in Florence which led to my reflection on the interrelationship of these important aspects and the situation in Hong Kong, especially when our city is often dubbed as a 'cultural desert'.

Learning Italian was another main focus of this tour. The teacher was very encouraging and the environment motivated us to speak Italian. The teacher also invited us to tell him more about Hong Kong and we enjoyed the cultural exchange. We also got an opportunity to 'live like Italians' by cooking traditional Italian dishes, learning Italian gestures and slowing down our pace.

Pui-ling Lee (Translation/ 1)



Under sunshine and sensing the wind in Florence, we sat on Ponte Vecchio, an old bridge carrying the past and the present of Florence, and memories of natural changes, wars and culture. Once it was destroyed by flood, but people rebuilt and preserved it. This helps my reflection on Hong Kong - we have lost Lee Tung Street, a place representing traditional handcrafts, and more similar cases may come. If our culture was built on the foundation of history, don't we have the responsibility to save our historic buildings for the next generation?

The sun rose and shone on the trees in Giardino di Boboli. The grounds' mazelike design was a metaphor for a tough life. We could walk straight ahead with difficulty, we could also choose an easier side path. Neither of them was absolutely correct. Only when we started walking, would we know the result.

At sunset, the day seemed to come to an end. We visited the Hospital of Innocents. Most of the orphans were nameless and most couldn't live into adulthood. I pondered upon how lucky we are. We have names, but can we live out of our names? Names identify us and carry the hope of our parents. Do we remember their messages to us? I closed my eyes and thought: who am I?

Yan-yuet Jasmine Lam (Physics/ 3)

2019 SUMMER RETURN VISIT 二零一九年度暑期互訪計劃

Students and teachers from Chungying College of Xi'an Jiaotong University, Kuang Yaming Honors School of Nanjing University, School of Public Affairs and Administration of University of Electronic Science and Technology of China and School of Ethnology and Sociology of Yunnan University had a one-week exchange with our College students this July. Revolving around the theme of 'Social Inclusion', the delegation gained much insight in how ethnic minorities and the disabled integrate into the community via various activities, such as interacting with ethnic minority students at a local secondary school, visiting Kung Yung Koon to learn about different religions, tasting Southeast Asian food, and serving ethnic minority children by teaching them to make Chinese knots and playing team-building games. The most special episode must be travelling around in wheelchairs by themselves so as to truly experience the barriers encountered in the lives of the disabled. On top of the knowledge gained, cross-border communication and friendship among students from different backgrounds was also established through this meaningful collaboration.

來自四所內地院校，包括西安交通大學仲英書院，南京大學匡亞明學院，電子科技大學公共管理學院，以及雲南大學民族學與社會學學院的師生，於七月來訪伍宜孫書院，與書院學生進行一星期的交流。計劃主題為社會共融，探討少數族裔及殘疾人士如何融入社會。參加者到訪香港道教聯合會圓玄學院第三中學，了解該校如何協調和鼓勵少數族裔學生學習中文和適應校園生活；又於共融館認識不同宗教及文化，並到附近社區品嚐東南亞食物；教導少數族裔兒童編織中國結和參與團隊遊戲，既有意義又充滿歡樂。另外，參加者到訪香港傷健協會共融軒，認識該會的工作及殘疾人士的生活，亦有機會學習輪椅操作，親身體驗肢體傷殘人士在社區行走的困難。是次計劃讓同學加深對少數族裔和殘疾人士融入社會的了解，並與來自不同地區的人士建立友誼，真正達到跨地域文化交流。



這次與伍宜孫書院的互訪活動使我了解到香港在社會共融方面所作出的成就，諸多機構在全力幫助少數族裔和傷殘人士融入社會，如幫助少數族裔學習漢語而開設的學校以及在無障礙設施方面的建設。通過在共融館的參觀，我了解到許多他國的文化和習俗，而與南亞裔的孩子們一起做遊戲也讓我對他們有了更深的認知。另外，在伍宜孫書院的這幾天也讓我對中大的書院文化有所了解。總而言之，本次互訪讓我親身感受到香港的多元化和包容。

南京大學匡亞明學院
孫思鈺 (數學 二年級)

這次訪問，除了異域風情讓我感慨萬千，更有傷健共融讓我久久不能釋懷。共融，歸根究底，是文化的融合，是文化在某種程度上的大同，是人們對理想世界最殷切的期盼和追求。共融，是一個深沉的話題，是一個永恆的話題，是一個希望的話題。也許完全的共融還很遙遠，但是它充滿了希望，一直都有人在努力實現這個目標，那麼它就不會讓人感到黑暗，充滿了光明。

西安交通大學仲英書院
張文逸 (工商管理 二年級)



七月份的尾巴，我在這次互訪活動中收穫了一段沉甸甸的別樣記憶。以社會共融為主題，圍繞南亞少數族裔和傷殘人士兩大群體，我們通過講座、學校參觀、正式和非正式機構全方面地瞭解他們在港的生活情況和所面臨的問題。活動之餘，總結分享會上思維的碰撞和交鋒，通過參觀交流，五大院校的同學從自己的專業積極踴躍地探討主題，年輕的我們對於社會共融，已然躍躍欲試，想貢獻出我們的一分力。這次活動，讓我深深體悟伍宜孫書院對當代青年的那份期待，“Go Green Be Sunny”，做積極向上的人，頂起社會的一片天。由衷感謝這次活動中伍宜孫書院的所有老師和學生大使對我們細緻入微的照顧，期待我們下一次的交流！願我們友誼長存！

電子科技大學公共管理學院
邵天藥 (城市管理 三年級)

很榮幸在這次活動中更全面地了解香港這個城市，我感受到她的包容、自由和繁華，也看見了她貧富懸殊與種族矛盾的陰暗面。我很高興認識這樣一座城市，她讓我看見華夏文明的另一種發展可能性，儘管我無法判斷哪一種更合理，但香港的存在已經足夠美好。

雲南大學民族學與社會學學院
徐悅爾 (社工 三年級)

Date 日期 23 - 29/7/2019

Participants 參與同學

Hau-ting Chan 陳巧婷 (Nursing/ 2)
Pan-fai Cheng 鄭彬輝
(Ins., Fin. & Actuarial Anal./ 2)
Sing-yuen Chiu 趙乘顯 (Chin. Lang. & Lit./ 2)
Wing-ting Choi 蔡詠婷 (Psychology/ 2)
Chi-Fan Chow 周智芬 (Psychology/ 2)
Sin-ting Ho 何倩婷 (Architectural Studies/ 2)
Pui-doll Kwong 鄺沛多 (Financial Tech./ 2)
Ka-kwan Lee 李嘉鈞 (Chin. Lang. & Lit./ 3)
Miu-ting Lui 雷妙婷 (Chin. Lang. & Lit./ 3)
Ka-man Mak 麥嘉雯 (Nursing/ 2)
Tsz-yau Vanesaa Mak 麥芷柔 (Nursing/ 2)
Lily Ng 吳莉莉 (Cultural Studies/ 2)
Pui-yu Ng 吳佩如 (Chin. Lang. & Lit./ 2)
Kwan-yuk Ngan 顏崑玉 (Biomedical Sci./ 1)
Ka-sin Tam 譚嘉倩 (Nursing/ 1)
Tsz-ching Wai 韋梓貞 (Nursing/ 2)
Hiu-ting Yuen 阮曉婷 (Chin. Lang. & Lit./ 3)

Partner Institutions 合作院校



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



Chungying College,
Xi'an Jiaotong
University
西安交通大學
仲英書院



School of Public
Affairs and
Administration,
University of
Electronic Science
and Technology of
China
電子科技大學
公共管理學院



School of Ethnology
and Sociology,
Yunnan University
雲南大學
民族學與社會學學院

SUMMER INTERNSHIP PROGRAMME

暑期實習計劃

With the kind support of Dorsett Hospitality International, our Sunnies had valuable hands-on working experiences in the hotel industry this summer. They were guided by professionals and took a role in the daily operation of the assigned departments. During the eight-week attachments, our Sunnies gained a better understanding of business jargon, operations, new professional software and tools. Their interpersonal skills were also crafted by working with people from different cultural backgrounds. They were deeply inspired and treasured such opportunities a great deal. Not only do they have a clearer sense about their career development now, but they also have a stronger network of professionals and mentors.

承蒙帝盛酒店集團提供暑期實習計劃，同學得以體驗酒店業的工作，機會難能可貴。同學在專業人員的指導下，於所屬部門學習有關酒店業的日常運作，認識行內術語、最新專業軟件及工具；他們更學會與不同文化背景的人士共處，溝通技巧亦更進一步。短短八個星期的實習，同學獲益良多，他們不但更清晰個人的事業發展方向，還能與專業人士建立聯繫，以助日後的就業發展。

Date 日期 6-8/2019

Participants 參與同學

Myratgeldi Jumageldiyev (Comp.Sci./ 1)

Kwan-Yui Sin 冼君睿 (Quan.Fin./ 1)

Collaborator 合作單位

Dorsett Hospitality International

帝盛酒店集團



Being a non-local student, I found the summer internship programme a great experience. I had my first exposure to work in the hotel industry and getting to know the specific IT knowledge in relation to this industry. I also learnt a lot about the regulations and employee-employer relationships. Throughout these eight weeks, I had to work with people from different cultural backgrounds, which helped to polish my social skills. I really treasured the internship opportunity, which guided me to consider pursuing my career in this field.

Myratgeldi Jumageldiyev (Comp. Sci./ 1)

Being a Finance intern in Dorsett Hospitality International was a rewarding experience which reminded me to familiarise myself with the intensively competitive business world in the upcoming years to fully equip myself to tackle this environment.

In the first week of the internship, I gradually adapted to the working environment with the enormous help from my bosses and colleagues, guiding me through special hotel-and-business-related terms. It has greatly helped me deal with techniques for handling and analyzing various auditing, accounting and investing documents.

In the midst of the internship, not only did my bosses assign me with routine administrative tasks, they started putting me in charge of various operating reports such as Hotel Acquisition Strategy, Combined Hotel Profit and Loss, and General Banking Reports. Afterwards, I also helped the investment analyst in drafting equity research of American IPO for the firm's short-term investment, through using Bloomberg software to collect up-to-date and important financial or market information in determining whether an investment decision is rational and reasonable. I felt thankful and blessed for their help. When I found difficulties in performing the tasks, they immediately answered my questions and encouraged me to ask further questions. These experiences were immensely meaningful and remarkable.

Lastly, this internship has helped me combine the knowledge I have acquired from my academic studies with the technical skills I gained in the office to complete finance-related tasks. Thanks to my bosses and colleagues in Dorsett for providing me with various insights of the ever-changing business world, thus making my summer holiday fruitful and rewarding.

Kwan-Yui Sin (Quan. Fin./ 1)

RANCE LEE MENTORSHIP PROGRAMME

李沛良師友計劃

SUMMER CAMP WITH CUHKFAA CHAN CHUN HA SECONDARY SCHOOL

伍宜孫書院 X 香港中文大學校友會聯會陳震夏中學「我與中大早有約」暑期生活營

The Summer Camp with CUHKFAA Chan Chun Ha Secondary School was successfully held in July. Seven student mentors from the College designed the programme with an aim to explore the personal goals of 27 Secondary 5 students. Our student mentors prepared games to train the students' cooperative and analytical skills. They also shared with the participants their experiences and challenges faced in their university life. At the JUPAS mock interview and the session of 'Letter to Yourself after DSE', the secondary students identified their strengths and weaknesses through self-reflection. With the valuable feedback from the student mentors, they are now better prepared for their JUPAS interview next year. We were also honoured to have Dr. Laurie Lau, a mentor of the Mentorship Programme, to deliver a lecture on 'STEM Education and Development in Hong Kong'. On the last day of the camp, students presented their mini-projects in a video clip or drama to express their aspirations towards university life. They have now gained much more confidence and persistence, and the connections built with our student mentors made the camp more treasurable.

廿七位來自香港中文大學校友會聯會陳震夏中學的中五學生參加「我與中大早有約」暑期生活營，在七位伍宜孫書院學生友師帶領下，體驗大學生活。書院學生友師積極籌備營內活動，以訓練同學的合作及分析能力，又分享於大學生活面對的困難。模擬面試體驗和「致DSE後的自己」寫信活動讓同學了解其長處與弱點，學生友師亦提供寶貴意見，務求協助同學為來年的大學面試作充份準備。李沛良師友計劃學長劉耀忠博士與學生講解「香港STEM教育與發展」，讓同學一嚐大學課堂的滋味。最後，同學以話劇及影片展示自己對大學生活的嚮往及憧憬。經過各種體驗活動，同學更添自信與毅力，以應付文憑試及未來的挑戰。三天的活動雖眨眼已逝，學生友師仍與中學生保持緊密聯繫，友誼長存。



Joining this camp for the very first time, I am so grateful to be one of the mentors. I would like to thank the college for offering this opportunity to share my past experiences to the students and reflect upon myself.

I can see their enthusiasm in exploring the new environment and enjoying the activities. It was a memorable scene when they helped each other and gave mutual support when tackling difficulties. I recall facing many challenges and obstacles in my studies and university life in the past two years as well, and I am truly thankful for the support from teachers and peers throughout these moments.

In spite of the joy and laughter in games and activities, they revealed their anxiety and frustration in the mock interview. I appreciated their courage and determination when they grasped the chance to ask questions and seek advice from mentors in this session.

From our chats and interactions it was clear to me that many of them wished to enter university, but some might not be able to plan or foresee much on their possible future paths. I can understand

their worries, so I was happy to share with them regarding my own experience of academic studies, university life, as well as life goals.

This experience intrigued me to review whether I am satisfied with the university life I have had so far. I am positive that it has been fruitful and remarkable, and I hope that in future, I can be a more influential person by making actual efforts and offering emotional support.

Wang-chi Lau (Mathematics/ 2)

Date 日期 15-17/7/2019

Participants 參與同學

Chi-fan Chau 周智芬 (Psychology/ 2)

Wang-chi Lau 劉宏智 (Mathematics/ 2)

Ka-man Mak 麥嘉雯 (Nursing/ 2)

Yuen-kiu Tang 鄧沅翹 (Mathematics/ 3)

Sally H.W. See 史曉樺 (Psychology/ 3)

Ho-wun Tong 唐灝浚

(Food & Nutritional Sci./ 2)

Man-tsun Wu 胡文津 (Physics/ 4)

Partner School 合作學校



CUHKFAA Chan Chun Ha Secondary School

香港中文大學校友會聯會陳震夏中學

GLOBAL LEARNING AWARD SCHEME

The Global Learning Award Scheme aims to encourage students to create, design, plan or participate in non-local academic or experiential learning programmes in order to broaden students' international perspectives and enrich their experiences. Some students applied for overseas programmes to attend major-related courses or pick up a third language, while some others worked as volunteers in Mainland China and overseas. Apart from that, there are also Sunnies initiating their own programmes and going abroad to realise their dreams such as visiting various European countries for cultural exploration.

Participants and Destinations

參與同學及目的地

Australia 澳大利亞

Yet-chung Christopher Chan 陳日中

(Medicine/ 4)

Yue-Shun Sabrina Chia 賈于純 (Medicine/ 4)

Lok-tin Oscar Leung 梁洛天

(Gov. & Public Admin./ 4)

Yuk-man Ng 吳郁文 (Gov. & Public Admin./ 4)

Austria 奧地利

Qiaochu Chen 陳翹楚 (Prof.Accountancy/ 2)

Cambodia 柬埔寨

Peggy Lau 劉璧鑽 (Medicine/ 1)

Canada 加拿大

Wing-chun Chan 陳穎雋 (Pharmacy/ 1)

Wai-fung Chung 鍾煒峯 (Medicine/ 1)

Chak-yin Justin Leung 梁澤然 (Medicine/ 2)

Hiu-wai Wong 黃曉慧 (Medicine/ 1)

Way-hang Jonathan Wong 王滙恒

(Medicine/ 2)

China 中國

Xuhui Bai 柏旭輝 (IBBA/ 3)

Ho-shuen Chan 陳澔璇 (Medicine/ 2)

Ah-wing Ching 程雅穎 (Nursing/ 4)

Yee-mien Go 吳愉敏

(Quan. Fin. & Risk Mgmt. Sci./ 1)

Man-leong Law 羅文亮 (Biology/ 2)

Hei-tung Leung 梁晞彤 (Medicine/ 3)

Yuen-ting Ng 吳婉婷 (Nursing/ 2)

Zichen Weng 翁子晨 (IBBA/ 4)

Ho-lam Yu 余濬林 (Nursing/ 2)

Wing-tan Yuen 袁穎丹 (Biology/ 2)

Czech Republic 捷克共和國

Yan-yuet Jasmine Lam 林恩悅 (Physics/ 3)

Lily Ng 吳莉莉 (Cultural Studies/ 2)

Lee-kuen Wong 黃莉娟 (Nursing/ 3)

Hiu-ting Yuen 阮曉婷 (Chin. Lang. & Lit./ 3)



At the end of June, I joined a programme known as Global Entrepreneurship Bootcamp (GEB) via Global Learning Award Scheme. The primary aim of GEB is to provide participants with an overwhelming lifetime experience to develop the necessary entrepreneurial skills to start their venture. GEB serves as a platform to interact with mentors, successful entrepreneurs who are willing to hear what budding entrepreneurs are thinking of and guide them on the right path to making a successful startup.

My experience at GEB was great. In a short amount of time, my team and I validated a business idea and pitched it to the judges. We spent our days and nights building a great business plan which is innovative and at the same time feasible, and eventually we won the 'Judge's Special Mention' award. We had many mentors from different parts of the world from whom we received a lot of insight about our business plan and, in my opinion, this attribute alone makes GEB a must-attend programme.

Seeing so many young entrepreneurs in the

same place was something that I have never experienced before. I got inspired by them and those encounters motivated me to be more active overall. I am really happy that I joined Global Entrepreneurship Bootcamp in Bangkok and recommend it to everyone who wants to strengthen his/her entrepreneurial as well as social skills.

Rustami Ubaydullo (Comp. Sci./ 2)



Having majored in journalism and communication, I have the opportunity to be exposed to many social issues. My intense interest in social entrepreneurship is solidified. After careful consideration, I finally decided to take a gap year and explore the opportunities in this field. I have co-founded WeLeap, a student-led organisation that promotes social entrepreneurship by deconstructing tactics of purpose-driven businesses with successful social entrepreneurs through interviews and collaborations.

Apart from local interviews, I am also interested in exploring more about the purpose-driven businesses around the world. This summer, I have applied for the Global Learning Award Scheme to visit impact businesses in Bali with Hayley, my partner in WeLeap. To most people, Bali is the paradise on earth with beautiful sceneries. This less-developed city, however, is beyond that.

I am impressed by the active involvement and contribution by different sectors in the society on environmental protection and other social-related movements. Although they face serious waste

mismanagement and water pollution, locals turn problems into opportunities by setting up impact businesses that can alleviate social issues in a self-sustainable way. By performing in-depth studies and sharing my insights on social media, I hope to bring their experience and strategies back to Hong Kong. The interviews and site-visits we conducted have also helped me to establish a wider network of connections with social entrepreneurs from all around the world.

I believe the impact of the field trip to Bali is not one-off but life-long. This visit has solidified my belief in the potential of purpose-driven businesses. I believe that social entrepreneurship is an essential mindset for all, such that both personal and social good can be achieved.

Wing-nam Yuen ((Journal. & Comm./ 3)

Participants and Destinations

參與同學及目的地

France 法國

Tsz-ching Lee 李芷晴 (Nursing/ 3)

Hiu-wah Sally See 史曉樺 (Psychology/ 3)

Tsun-yan Wong 黃浚欣 (Sociology/ 3)

Germany 德國

Pui-ka Choi 蔡銀嘉 (Chemistry/ 4)

Lok-lam Chu 朱樂霖 (Economics/ 4)

Cheuk-pan Leung 梁卓斌 (Economics/ 4)

Hin-kiu Sin 洗顯翹 (Medicine/ 1)

Greece 希臘

Yuen-chee Chung 鍾宛諮 (Medicine/ 1)

Hungary 匈牙利

Pui-shan Ho 何佩珊 (Prof.Accountancy/ 4)

Indonesia 印度尼西亞

Wing-nam Yuen 袁穎藍 (Journal. & Comm./ 3)

Israel 以色列

Sum-yu Wong 王心雨 (Mech. & Auto.Engin./3)

Italy 意大利

Sin-man Chan 陳倩奴 (Prof.Accountancy/ 1)

Tsz-yau Chan 陳子悠 (BBA & JD/ 1)

Japan 日本

Chun-long Ching 程俊朗 (Medicine/ 1)

Wai-ling Ngan 顏慧玲

(Contemp. China Studies/ 3)

Liechtenstein 列支敦士登

Cheuk-yiu Ng 吳卓遙 (Pharmacy/ 3)

Mongolia 蒙古

Ka-hei Chan 陳嘉禧 (Nursing/ 1)

Beatrice Lau 劉緯 (Medicine/ 1)

Yi-jie Liew 廖乙洁 (Social Science/ 1)

Tsz-yau Vanessa Mak 麥芷柔 (Nursing/ 1)

Bo-wei Peh 白博璋 (IBBA/ 1)

Tsz-nok Poon 潘子諾 (Quan. Fin./ 1)

Chi-shan Tang 鄧智嫻 (Prof.Accountancy/ 1)

Chak-hei Wong 王澤熙 (IBBA/ 1)

Ka-yi Yeung 楊嘉怡 (Sociology/ 1)

寰宇學習獎勵計劃

寰宇學習獎勵計劃旨在鼓勵同學創造、設計、策劃或參與非本地學習或體驗活動，從而建立廣闊的國際視野，並豐富其經歷。有不少同學報讀海外暑期課程，增長學科知識，亦有同學善用假期學習外語，以及到內地或國外做義工。此外，也有不少書院同學構思和籌劃自己的活動，實現夢想，包括前往歐洲國家進行文化探索。

Participants and Destinations

參與同學及目的地

Denmark 丹麥

Cho-tung Chow 仇楚彤 (Nursing/ 3)

Europe 歐洲

Khan Maryam (IBBA/ 3)

Finland 芬蘭

Wai-tung Chan 陳韋彤 (Cell & Mol. Biol./ 4)

Yin-hong Kung 龔彥匡 (Cell & Mol. Biol./ 4)

Yuk-kwan Wan 尹鈺堃

(Gov. & Public Admin./ 3)

Nepal 尼泊爾

Yvonne Yuet-yan Chan 陳悅恩 (Medicine/ 1)

Wang-ho Ng 吳泓昊 (Medicine/ 1)

Poland 波蘭

Chun-hung Kwan 關竣鴻 (Quan. Fin./ 3)

Ching-yiu Yeung 楊靜瑤 (Cultural Mgmt./ 4)

Portugal 葡萄牙

Yifan Wu 吳逸凡 (Comp. Sci./ 2)

Russia 俄羅斯

Zi-jian Guo 郭子健 (IBBA/ 4)

Singapore 新加坡

Wing-yi Cheung 張穎怡 (Chemistry/ 4)

Ka-ka Yu 余嘉嘉 (Biomedical Sciences/ 2)

Spain 西班牙

Tsoi-ling Ngai 魏采玲 (Hotel & Tourism Mgt./ 4)

Switzerland 瑞士

Sze-wing Chan 陳思穎 (Medicine/ 1)

Mei-kei Choi 蔡美琦 (Journal. & Comm./ 1)

Yeuk-nam Kwok 郭若楠 (IBBA/ 1)

San-wai Ma 馬樂威 (Biochemistry/ 2)

Nga-ling Yu 余雅婷 (Ins., Fin. & Actuarial Anal./ 1)



Studying abroad has always been a dream of mine, and the Global Learning Award Scheme is definitely making my dream come true. I always want to explore different things and opportunities in life, and this one-and-a-half month in Europe really gave me an eye-opening experience. I enjoyed every moment in France. All the ups and downs have become my unforgettable memories.

I have joined a four-week summer school organised by the Université Catholique de Lille in France. I have made a lot of new friends from different countries. It is always interesting to communicate with them and learn about the differences between us. The French language class and museum class granted me a lot of insight. Learning a foreign language is tough, but very fun at the same time. It helps you to overcome the language barrier, get to know more about the local culture and give yourself a new challenge. The museum class has offered chances to visit a bunch of museums, including Palais des Beaux-arts de Lille, Annexe du Louvre Lens, and La Piscine. I also visited some other world-renowned museums.

during my stay such as The British Museum and The Louvre. It really gave me a totally different museum-visiting experience from Hong Kong.

I am very glad to have stepped out of my comfort zone and explored all these new things. Grasp your chance to have an adventurous journey and think beyond your imagination!

Tsun-yan Wong (Sociology/ 3)



This summer, we were grateful and lucky to have the opportunity to travel to Australia for more than two weeks with the generous support from the College's Global Learning Award Scheme. Our trip was separated into two parts. We first drove from Sydney to Melbourne: two iconic and vibrant cities in Australia; then to Tasmania, where one of the most beautiful and unpolluted natural sceneries in the world is nourished.

As we were driving along the coast from Sydney, we visited the Buchan Caves Reserve and joined a guided tour to explore one of the caves. The cave was full of spectacular limestone formations and we were all very amazed that the stones were formed more than three million years ago!

In addition, located just ninety minutes from the busy metropolitan area of Melbourne, Philip Island was one of the most unforgettable places we visited during our trip because it has rich wildlife such as koalas, penguins and whales. We joined the Penguin Parade, which allowed us to witness the return of little penguins to their homes after sunset. In fact, the island is one of the largest penguin colonies in



the whole world, with more than 30,000 penguins currently living there. It was a precious opportunity to learn more about the habitat of penguins by observing them in close distance.

In Hobart of Tasmania, we were lucky to have the chance to participate in the Dark MOFO, the annual art and musical festival of the city. We joined the winter feast with more than one hundred stores selling local food and drinks in the wharf. The trip was memorable as we were exposed to astonishing natural landscape and understood more about the culture of Australia.

Yuk-man Ng

(Government and Public Administration/ 4)

Participants and Destinations

參與同學及目的地

Taiwan 台灣

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

Thailand 泰國

Shan-ni Cheng 鄭珊妮
(Geog. & Res. Mgt./ 2)

Ubaydullo Rustami (Comp. Sci./ 2)

The Netherlands 荷蘭

King-long Chiu 趙景朗 (Medicine/ 1)

Tsz-ching Lee 李芷晴 (Nursing/ 3)

Hoi-man Tam 譚凱文 (Urban Studies/ 2)

United Kingdom 英國

Ching-kwan Chan 陳靖瑤 (Medicine/ 2)

Sai-yiu Chan 陳世耀 (Medicine/ 4)

Tsz-lam Cheung 張子林 (Chemistry/ 2)

Kwan-yu Mike Chiu 趙鈞汝 (Global Studies/ 1)

Venus Lai 賴玟駱 (Medicine/ 1)

Yiu-kwan Ian Li 李耀鈞 (Medicine/ 2)

Hui-yan Tong 唐曉妍 (Law/ 3)

USA 美國

Tsz-chung Joyce Au 區祉誦
(Geog. & Res. Mgt./ 1)

Alena Boyko (Physics/ 2)

Chun-chieh Chang 張鈞捷
(Biomedical Sciences/ 2)

Si Chen 陳斯 (Quan. Fin./ 4)

Hon-nip Hanniel Chow 周漢轟 (Psychology/ 4)

Yat-ning Jasmine Hui 許逸寧 (Medicine/ 2)

Adela Jansen 葉芸妘 (IBBA/ 2)

Gigi Lam 林芷芝 (Medicine/ 3)

Hsin-ju Shen 沈欣儒 (Prof. Accountancy/ 3)

ORIENTATION

迎新活動



New Student Orientation Day

新生迎新日

1/ The CUHK New Student Orientation Day was held on 6 August to greet and welcome all freshmen, and to help them gain a better understanding of the College system and the campus environment. The College Dean of Students Professor Man-hong Lai and Associate Dean of Students Dr. Po-king Leung gave a speech to present the College missions, key initiatives and exciting programmes offered to our students. Two of our College senior year students also shared their college life and self-initiated projects. They encouraged freshmen to pursue their dreams and follow their passion by actively participating in extra-curricular activities. Campus tours were led by our student ambassadors, allowing freshmen to get a glimpse of our College facilities.

中大於八月六日舉辦新生迎新日，歡迎新一屆同學成為中大一份子。書院同學於當日向新生詳細解釋書院特色，而書院輔導長黎萬紅教授及副輔導長梁寶建博士亦於書院講座中介紹書院背景及學生活動詳情。兩位同學代表更於講座中分享其書院生活。新生亦把握機會參與校園遊，在學生大使的帶領下了解書院環境及設施。



Orientation camp 迎新營

2/ The 2019 College Orientation Camp was successfully held in late August. To echo with the theme 'Breakthrough', the Organising Committee designed a variety of activities to let the freshmen embrace possible challenges in their upcoming university life. Be it a happy or challenging experience, the participants stood side by side and will certainly grow together in our College.

The Organising Committee continued the green initiative of encouraging reduction of disposable utensils through distribution of foldable food containers and cutlery sets, which are sponsored by the College and CPSO respectively. It is probably just a small step in Orientation Camp, but we hope that students will

reuse them and incorporate the value of environmental conservation in their everyday lives.

The College also hosted a Welcoming Dinner for all the new Sunnies in the first evening of the Camp. College members and students had a wonderful time in our dining hall.

Big thanks again for the tremendous effort of the Organising Committee which has made the Orientation Camp a great success. The adventures and fun time are valuable memories each and every one of us will treasure.

二零一九年度迎新營於八月下旬順利舉行。為配合「火引冰薪」的主題，迎新營籌委為同學設計多項活動，讓他們體驗未來數年大學生活中可能遇到的挑戰。無論過程是甜是苦，只要同學並肩同行，相信他們都可以在書院中一起學習成長。

承接往年迎新營的環保概念，籌委為參與同學派發由書院和校園規劃及可持續發展處贊助的可摺疊餐盒及環保餐具。藉著這一小步，希望同學可以將環保的概念貫徹，為綠色生活出一分力。

書院亦於迎新營首日舉辦迎新晚宴，歡迎新一屆同學加入書院，參與師生於席間交流分享對書院生活的期盼。

感謝籌委為迎新營付出的努力，讓同學度過一個難忘的迎新營，相信當中的歷奇與趣事將一直留在同學心中。

GALLERY

書院生活點滴

NEWS OF COLLEGE MEMBER



書院成員消息

College member Professor Ming-kay Poon served as a Member of the Organising Committee of an academic conference organised by the Department of Chinese Language and Literature and supported by the College's Academic Conference Sponsorship Scheme in June 2019.

書院成員潘銘基教授擔任「第四屆滄海觀瀾——古典文學體式與研究方法學術研討會」籌委會成員。會議由中國語文及文學系於二零一九年六月舉辦，並獲書院撥款資助。



Cheers to Friendship!
友誼萬歲！

1/ A group of College alumni celebrated their timeless bond with the College and between each other at the 'Long Time No See' Dinner Gathering organised by the College Alumni Association in August. Graced by the presence of Founding College Master Professor Rance P.L. Lee, everyone shared vivid memories of their time at the College and exchanged updates with their old friends. The College Alumni Association was also honoured to receive a generous donation of HK\$20,000 from Professor Lee in support of their important work of keeping alumni strongly connected.

書院校友會於八月舉辦聚餐，讓一眾好友重溫美好的書院生活，並互相問候近況。創院院長李沛良教授亦撥冗出席，席間更捐贈港幣二萬元予校友會，以支持其維繫校友情誼之重任。



A Taste of University Life at Summer Institute 2019
大學生活初體驗

2/ Over 320 students from secondary schools in Hong Kong, Mainland China and overseas participated in the Summer Institute 2019, a two-week credit-bearing programme offered by the Office of Academic Links. College Associate Dean of Students Dr. Po-kin Leung delivered a speech to the participants on the unique college system of CUHK and highlighted the College's missions and key initiatives.

三百二十多名來自本地及海外的高中生參加由學術交流處舉辦的Summer Institute。同學於這個為期兩周的夏令營，入住本書院宿舍，一嚐大學生活的滋味。書院副輔導長梁寶建博士在簡介會上介紹中大獨有的書院制，以及本書院的特色。



3/



3/

Sixth College Rotaract Club Installation Ceremony
第六屆書院扶輪青年服務團就職典禮

3/ Joint Installation Ceremony of Sunrius, the Sixth Wu Yee Sun College Rotaract Club and their fellow clubs of Chung Chi College and Lee Woo Sing College, was successfully held in July. Professor Man-hong Lai, College Dean of Students and representatives of Rotary Club of Tai Po (Mother Club of WYS Rotaract) and District Rotaract Club, attended the ceremony to show their support. Led by Leo C.H. Wong, President of the new committee, the committee members took the oath for their commitment in service for their members and the community.

第六屆伍宜孫扶輪青年服務團「青風高宜」於七月聯同崇基學院及和聲書院扶輪青年服務團舉行聯合就職典禮。書院輔導長黎萬紅教授、母會大埔扶輪社及地區扶輪青年服務團代表均出席支持。王澤熙同學以團長身份帶領團員宣誓，矢志服務社群及其他團員。



4/



4/

Tea Gathering with Non-local Freshmen
非本地生茶聚

4/ The new batch of non-local freshmen have arrived at the College! To extend our warm welcome, a tea gathering was held in mid-August to let them interact with our College members and fellow Sunnies. Ice-breaking games and chit-chat definitely helped them integrate with their new family members at the College! 新一屆非本地生已經加入書院！為歡迎他們，書院於八月中舉辦茶聚，並邀請書院成員及同學，與書院新生見面交流。除了破冰遊戲，他們更交換書院生活的心得，希望在未來數年間盡情享受書院生活，結交摯友。

STUDENT ACHIEVEMENTS



學生殊榮

College students Arthur C.H. Chow and Cecilia S.Y. Leung have been awarded The Hong Kong Jockey Club Scholarships in July, recognizing not only their achievements in academic studies, but also their good character, demonstrated leadership and commitment in social services.

書院同學周澤亨及梁詩雅同學於七月獲頒香港賽馬會獎學金，獲獎同學除學業成績彪炳外，亦同時具備優良品格和領導才能，並且熱心公益，積極回饋社會。





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. Alina Wan Professor Ming-kay Poon

編輯: Dr. Alina Wan 潘銘基教授

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/

The next Sunny Post will be published in December 2019

下期通訊將於二零一九年十二月出版



香港中文大學伍宜孫書院

WU YEE SUN COLLEGE

THE CHINESE UNIVERSITY OF HONG KONG