

THE SUNNY POST

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AN INTERVIEW WITH RECIPIENTS
OF THE WUYEE SUN AWARD
FOR THE MOST DISTINGUISHED
GRADUATING STUDENT 2020/21
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FINDING YOUR OWN PLACE

追尋我路

An Interview with Recipients of the Wu Yee Sun Award
for the Most Distinguished Graduating Student 2020/21

專訪二零二零至二一年度伍宜孫最優秀畢業生獎得獎人

Degel H.C. Cheung (Journalism and Communication/ 4) and Miko H.Y. Tse (Chinese Language Studies and Chinese Language Education/ 5) had different starting points when first admitted to The Sunny College, but both have stepped closer to their destination after years of engagement in the College and community projects, specifically in public education. How did they define themselves after their years in the university, and what path did they take to realise their aspirations?

張曉晴 Degel (新聞與傳播學四年級) 和謝愷忻 Miko (中國語文研究及中國語文教育五年級) 於大學生活的起點不盡相同，經歷不同書院及社區工作的洗禮後，兩人不約而同地走向同一個目標：公眾教育。在大學生活的四、五年間，她們如何調整自我定位，又打算如何實踐所想？



1/ Miko meeting with the University management as a representative from the College Student Union

Miko 代表書院學生會與大學管理層會面

2/ Miko has been active in various College and off-campus activities, and she shared her experience in admission talks

Miko 活躍於書院及校外活動，她於新生迎新日分享其體驗

FROM AN ESCAPE TO COMMITMENTS

Both Degel and Miko selected Wu Yee Sun College as their first choice during college selection. Miko shared the reason behind her choice: 'I preferred new colleges as there was less burden in the college's culture and tradition. I am keen on creative things and green living style, and these were exactly some of the tags of the Sunny College. I therefore decided to join this new college.' In fact, Miko did not expect to engage much in college life, and wished to focus on her studies in the beginning. In her first semester, however, the workload and tight schedule of her major programme stressed her, and she needed some outlet for the pressure. 'I am not very good at adapting to new environments. I thus joined the editorial team of Sunzine, which was the best escape where I could play around and I meet many lovely people. I had the chance to write in more perspectives than in my major, including articles related to society and the campus. This gave me great satisfaction.' Miko also met great teammates and got to know people from all walks of life through interviews and features during her work in the student-initiated magazine. This was how her network built up, which led to many more opportunities in the following years.

Since then, Miko has engaged in various positions in College activities and committees. However, she thought she was not leader material. She joined the College Representative Council in year two, and originally applied for the post of Vice President. However, when no one in the team was willing to take up the post of the President at the time, Miko took up the role at last. 'I never thought that I possessed characteristics of a typical leader,' she added. 'I am not a person with great mobility and flexibility, but with good observation and ability to fill the gaps when needed.' Leadership of a team is important, but Miko found that division of labour is equally important within a team, which she was most willing to coordinate and contribute to.

Miko was also the first President of the College's Music Society. The College never lacked music lovers, but the student music teams formed in earlier years never had a formal organisation until Miko and her team registered it under the College Student Union. She met students who shared the same musical interest when she was waiting outside the interview venue of the Admission Scholarship for Outstanding Artistic Achievements, but they did not have a platform to mingle and perform. Being a performer herself, Miko wished to introduce more live performance opportunities to the College, where she and other music lovers could share this joy with fellow students, and thus the first formal student organisation which falls into the artistic category was formed. Since then, a series of performances and workshops were held on music sharing of greater variety, including the well-known music session during lunch hour and the good show in the 'Music@523' held on the Terrace of Dreams. Miko shared her thoughts on the show: 'I was very grateful to the College for their great support of the show. Although we had to face an enormous amount of workload and pressure, we learnt a lot from the event and

we were able to bring more activities and workshops to fellow Sunnies, like the 523 Banquet. The challenge made the bonding among our team members even stronger. We were able to provide a greater variety of workshops and activities to fellow Sunnies.' Activities like the DIY Cajon Workshop and the Busking Night co-organised by the Creativity Laboratory must have brought our music enthusiasts different meaningful experiences in music.

FROM CREATING TO CONVEYING MESSAGES

Degel, on the other hand, was determined to join the Creativity Laboratory team when she was admitted to the College. 'The c!ab was one of the main reasons I chose Wu Yee Sun College as my first choice,' Degel recalled. She served as one of the conveners of c!ab, specialising in the Entrepreneurship and Management Stream. The conveners were creative and willing to try out new ideas, and the spirit inspired her to take up roles and challenges of distinctive natures in the following years.

One example of Degel's new responsibilities was organising the SunnyYeah. She was the person in charge of the ball, which was less popular compared to other programmes in previous years. To encourage students to participate, she and her team introduced the 'Secret Angel' platform, such that participants could get to know other Sunnies before going to the ball. Antique decorations like the phone booth and phonograph echoed with the theme and they hoped that students could get more connected through conversation.

Attracting participants is important, but Degel wanted to add values to these ordinary activities. Degel faced another challenge when organising the Orientation Camp in 2019, which made her think what more she could offer in the four-day camp for the freshmen. Owing to social restrictions, ordinary activities like the 'Late Night Supper' and the 'City Hunt' had to be transformed due to concern in safety and the social atmosphere. As the Vice President of the Organising Committee of the camp, Degel had to redesign some activities, and how they should engage the freshmen. The activities in the camp were modified at last, and the freshmen had a different experience from previous years. Other than incorporating games related to university life and adaptation, they also included reflection on students' roles in society and how they could realise social responsibility.

In the past two years, it has been hard to get connected with fellow Sunnies as the time they could spend on the campus was very limited. Degel thought she should do something to keep up with the Sunnies even if they could not meet in person. When she served as the Secretary for the Executive Council of the College Student Union, despite usual duties, she also had to take care of students' wellness during hard times in response to the changing social environment. Degel wished to get more connected with fellow students, and thought that another channel to reach out to students and a greater



3/ Miko performed in 'Music@523'
Miko 於「Music@523」演出

4/ DIY Cajon Workshop
自製木箱鼓工作坊



5/ Degel was one of the conveners of club and organised activities including Portrait Photo Shooting Workshop and Film Development Workshop

Degel 為創意實驗室召集人之一，曾辦影樓人像拍攝工作坊及黑白菲林沖洗工作坊等活動

audience could be a drama performance. The Drama Society has been an informal student organisation for years, and it has not been easy for them to keep the Society running. After years of experience in the Society, she and her teammates registered the Society under the Student Union to ensure structured development in the future. Although the workload in senior years of study was extremely heavy, Degel still joined the Drama Society and successfully produced their first annual production in 2021, despite the restrictions during the pandemic. The production featured the dilemma between the development of modernity and preserving traditional customs in an indigenous island. The team wished to provide a platform to arouse audience's reflection upon social issues.

TO INFLUENCE WITH KNOWLEDGE

The contribution of their hearts are not confined in the College, as Degel and Miko were also active in various community projects. Participating in various volunteer work since secondary school, Degel served The Hong Kong Society for the Deaf, where she adopted her knowledge of journalism learnt from her major programme when developing the service project. In the workshops, the children with hearing impairment had the chance to be a reporter, and applied what they learnt to conduct an interview by the end of the programme. Degel was touched to witness the gradually developing self-esteem among the kids: 'They were extremely shy when I first met them, but they gained confidence through the series of training and interactions. I was really glad to see their change.' Degel had another project related to education during her final year. She had some friends who were vegans and wanted to promote the diet to the public. They thus formed the VegeGo Team and completed the College Senior Seminar with the captioned theme. They applied for the Rance Lee Award to sustain their project after the course, and they are currently running a social media platform which shares different recipes and restaurants. They hope to show the public benefits of the vegan diet, which is deemed bland in the eyes of many.

Meanwhile, Miko has dedicated her effort in environmental conservation, including big and small programmes both inside and outside the University. One of the highlights is to serve as the Ambassador of the Jockey Club Museum of Climate Change. She is an advocate in environmental conservation and thought public education would be a good way to spread awareness on climate change. Other than leading tours in the museum, she also helped with design in publications and training junior guides for museum tours: 'I wish to share knowledge in a simple and interesting way, so that the spirit of environmental protection could be spread.' Another self-initiated project, 'The Heirages', was another form of public education. Miko and her teammates designed a boardgame that introduces local heritage, which targets primary and secondary students. With her background in the major programme (education) and the minor programmes (anthropology and cultural heritage studies), she wished to arouse students' interest in appreciating the past of our city. The project is still ongoing, and the next step will be introducing the board

“ I truly believe that all of us have the tenacity to cope with the hardship.

我相信我們每一個人都有跨越困境的韌性。



game to primary and secondary schools, hoping to bring the knowledge in cultural heritage and conservation to the public.

However, life is not always smooth. The social issues and pandemic have interfered with their plans in the university greatly. Miko was originally going to the Academia Sinica of Taiwan for internship to explore if public education really suited her, while Degel faced the greatest challenge in running the annual performance of the Drama Society when all social activities were shut down. How did they tackle such sudden and unexpected changes? Like many of us, they were lost and depressed when they first got punched. However, both of the Sunnies believed that these unexpected events would bring them to a new position in their lives, and they could overcome the situation with faith. Degel said promisingly: 'I was firstly very frustrated as too many uncertainties were confining us. Whether we could run the show at last; how to continue the performance with facemasks... all these concerned our team a lot. I am grateful to my teammates, who came up with creative ways to solve every problem we had, like modifying the costumes for the performance. I truly believe that all of us have the tenacity to cope with the hardship.'

The university life came to an end after years of trials and struggles. Degel and Miko have planned to continue their work in relation to education and the community. Miko will spend a few years in primary teaching, so that she could get in touch with more people and learn about their diversified backgrounds and stories, after which she would like to go back to campus and further her studies in Anthropology. Meanwhile, Degel will further her studies in Journalism. With great interest in public education, she would like to consolidate her knowledge in this field and apply what she has learnt to contribute to the community.

Looking over the years, both chuckled and said they never expected that they would engage so much in non-academic matters. Although unexpected, the devotion was worthwhile: Miko became more open-minded, humble and understanding of the role she would like to take in a team and within the community; Degel was grateful she had the opportunity to put knowledge into practice. 'Don't be afraid of failures. Be kind to yourself and you can learn and grow from your mistakes,' Miko said. Degel agreed, 'Don't get bounded and feel free to imagine.' Although one cannot get full control of his future, with flexibility and perseverance, one can still find his own position in society and figure out the road ahead.



6/ Degel served as the Secretary of the College Student Union
Degel 曾擔任書院學生會秘書

7/ The SunnyYeah Ball
宜嘢依夜舞會



8/ Miko as the guide for the campus EcoTour

Miko 帶領校園環保遊

9/ Pilot scheme for the community project 'The Heirages'

「蹟蹟復識」先導計劃

從透氣空間變成承擔

Degel 和 Miko 初選書院時即以伍宜孫書院為首選。Miko 分享了選擇背後的原因：「最初選擇宜孫是因為新書院沒有舊書院的傳統包袱，而且自己向來著重綠色生活，又喜歡創新玩意，宜孫正正切合我的喜好。」Miko 笑言自己加入書院初期其實只打算「摺讀」，並未有積極參與活動的計劃。然而，大學生涯第一個學期就讓她吃了苦頭：雙學位課程的課業與工作量極為繁重，壓力大得讓她喘不過氣，她認為自己需要一個透氣的空間。「我對適應新環境的能力向來較弱，為了讓自己從學業壓力中抽離一下，我加入了書院學生報 Sunzine 的出版委員會。這裡反而成為一個遠離壓力的好地方，有別於本科課程，我可以撰寫更多不同面向的文章，例如關於校園或社會的議題，讓我得到很大的滿足感。」她亦認識了一班要好的莊員，又透過訪問及撰稿等機會認識社會上不同背景的人士，漸漸建立起廣大的人脈網絡，為她未來數年帶來更多機遇。

自此，Miko 參與不同的書院活動及於多個委員會服務，但活躍於書院的她認為自己並非領袖人材。她於二年級加入書院學生會代表會，原希望競逐副主席的職位，但因為主席一職無人問津，最後她成為該屆主席。Miko 指：「我從來都不認為自己擁有領袖的特質，既沒有很強的行動力，頭腦也轉得不快，但就對人對事比較敏感，而且喜歡幫別人補位。」領導能力在團隊中固然重要，但分工亦同樣不可忽略，Miko 正正擔當協調團隊工作的角色。

她又於二零一八至一九年擔任首屆音樂學會主席。書院向來不乏音樂愛好者，但早年書院同學所組成的音樂小組一直未成為正式學生組織，直至 Miko 與幾位同好組成正式團體，並於學生會註冊成為學會。她初入書院時在等待藝術傑出入學獎學金面試時，認識了幾位同樣熱愛音樂的同學，但發現大家苦無聚首的平台，於是萌生了創立音樂學會的念頭。她希望為書院同學爭取更多現場演出的機會，同時與同學分享自己與一班朋友對音樂的熱誠，於是開始籌組第一屆音樂學會的團隊，成為書院學生會屬下首個藝術團體。自此，書院迎來更多樣化的音樂表演與工作坊，例如午間音樂會及於圓夢臺舉辦的「Music@523」音樂會等。「我們十分感謝書院對圓夢臺音樂會的支持，雖然我們知道舉辦這個活動困難重重，但這次經歷讓我們吸取經驗，之後亦能為書院同學帶來更多工作坊與活動，如院慶 523 人宴等，讓我們莊內的凝聚力更強。」而自製木箱鼓工作坊及與創意實驗室聯合舉辦的 Busking Night 正是讓書院音樂愛好者聚首的最佳場合。

從創意到傳遞訊息

Degel 的經歷則有點不同，她選擇伍宜孫書院的原因之一正是希望加入創意實驗室成為其中一員。「創意實驗室是我將宜孫放在第一位的主要原因。」她甫加入書院就成為創意實驗室召集人之一，負責創業及管理相關的活動。團隊其他召集人均是創新之人，願意嘗試有別於其他活動的點子，雖然她在一年後離開了團隊，但當中的精神觸發她於未來數年探索及挑戰不同可能性的決心。

籌辦宜嘢依夜便是其中一個例子。Degel 當時擔任舞會的部主，知道舞會向來不算是熱門環節，為鼓勵更多同學參與，她與部員於舞會先行活動加入懷舊主題，以電話亭及留聲機等裝飾，寓意「以聲傳情」，希望建立平台予同學，用聲音的溫度結識新的有緣人，一同享受舞會的音樂與舞步。

活動能吸引同學固然重要，但 Degel 希望更進一步，為活動賦予更多意義。Degel 於二零一九年籌備新生迎新營時遇上另一個挑戰，讓她反思自己是否能做得更多。由於當時社會環境的影響，慣常的校外活動如「食宵」、「City Hunt」等都因參與者安全及社會氣氛等因素須作出變動。作為迎新營籌委會副主席，Degel 一直為迎新營的模式感到掙扎。最後，迎新營的模式稍作改變後亦順利舉行，除了既有關於認識及適應大學生活相關的活動，他們亦加入其他元素，希望同學反思自己在社會中的角色及如何承擔社會責任。

過去兩年間，書院同學鮮有相聚的時間，關係變得疏離。Degel 擔任書院學生會幹事會秘書時，希望為同學多走一步，重新建立彼此的連繫。除了一般會務，她亦需要應對社會環境的改變，關心同學的身心健康。她又希望透過其他渠道面向更多同學及公眾，而戲劇正是她的最佳選擇。多年來，書院劇社原為非正式學生組織，這個模式讓劇社難以凝聚同好。有見及此，Degel 與莊員將劇社註冊為正式學生團體，更於二零二一年疫情下排除萬難，舉辦首個年度公演。是次劇目講述原始小島島民在文明發展與保留平靜生活、傳統的矛盾與掙扎。透過演出，劇社希望為觀眾提供反思現實的空間。

以知識影響社會

兩人的熱誠並不止於校園，Degel 與 Miko 均活躍於不同的社區計劃。Degel 自中學時期便參與過各類大小型的義工活動，入讀大學後，她於香港聾人福利促進會服務時，更於服務中加入自己本科的知識，以新聞傳理的不同技巧幫助有聽力障礙的兒童。她為有聽力困難的學生設計「小記者」體驗課程，再讓他們應用所學，於計劃尾聲向特定人士進行訪問。Degel 見證著因言語表達困難而缺乏自信的孩子漸漸變得開朗主動，感到十分欣慰。「我們首次見面時，孩子們都顯得非常害羞，但在活動過程中，他們逐漸在對話與互動中建立自信，實在讓我十分感動。」Degel 修讀書院通識專題研習科時，計劃亦與教育有關。「我向來喜歡公眾教育，當時結識到一班支持彈性素食的朋友，覺得這個素食模式十分適合大眾，於是與朋友合作，以此為研習題目並成立 VegeGo Team。」課程完結後，他們更申請李沛良獎勵計劃，在社交平台分享素食食譜、餐廳推介等資訊，希望能吸引大眾嘗試這種健康的飲食文化，讓他們知道素食並非想像中那麼單一乏味。

Miko 於環境保育不遺餘力，除了參與校內外大小活動及計劃，更於賽馬會氣候變化博物館擔任學生大使。成為學生大使的契機除了覺得環保是重要議題，亦因為自己鍾情公眾教育：「我希望能以簡單有趣的方式，向大眾推廣重要的訊息。」除了在博物館帶領導賞團，她亦會幫忙設計及培訓工作，帶領新加入導賞團隊的準大使。此



10/



11/

10/ The first annual production of the Drama Society
宜孫劇社首個公演

11/ Degel and groupmates prepared vegan lunchbox for the Senior Seminar project 'VegeGo'
Degel 及組員為專題研習「VegeGo 有素得計」準備素菜便當

“ I wish to share knowledge in a simple and interesting way.

我希望能以簡單有趣的方式，向大眾推廣重要的訊息。



外，她與書院同學的自發項目「蹟蹟復識識」亦取向公眾教育，以桌上遊戲介紹本地古蹟。Miko 結合教育學院和雙副修人類學及文化承傳學所學，希望透過計劃提高公眾對本地古蹟保育的興趣和關注。計劃仍在運作，他們將向中小學分發遊戲套裝，希望進一步將本地古蹟資訊和保育現況帶入社群。

然而，人生並非永遠一帆風順。社會環境的轉變與疫情令兩人原來的計劃停頓。Miko 原定到台灣中央研究院歷史語言研究所歷史文物陳列所實習，希望從中了解自己是否適合在公眾教育的領域發展，但計劃被逼取消；Degel 於劇社的首個年度製作公演亦面臨重重挑戰。兩人的大計都因為疫情被逼暫停。她們又如何面對這個突如其來的變故？像大部分人一樣，她們都因為種種打擊感到迷失。然而，變故亦將她們帶到人生裡的另一個位置，兩人都堅信凡事總有出路。Degel 回憶道：「最初演出準備工作受到影響時，我感到非常失落和迷惘，現實實在太多不明朗因素將我們困住。到底我們最後能否公演？即使可以公演，戴著口罩又能如何演戲？幸好，一班莊員以創意解決各種困難，如更改戲服造型等，公演才得以成功。我相信我們每一個人都有跨越困境的韌性。」

大學生活在嘗試與跌撞後來到尾聲，Degel 與 Miko 均希望繼續關於教育與社區的工作。Miko 希望加入教師行列，在小學教育中累積經驗，接觸更多不同背景的人，再回到研究院修讀人類學。Degel 則將攻讀新傳的碩士課程，希望能將相關知識用於公眾教育，持續為社會出一分力。

回首過去數年，兩位笑言自己從不認為自己會在學業以外花上這麼多時間，可謂「百足咁多爪」。話雖如此，數年來的付出都是值得的：Miko 變得更謙卑和開放，了解到自己在一個團隊中最合適的位置，取長補短；Degel 感恩自己能夠應用所學所長。Miko 笑言最重要的就是不要害怕失敗，待自己好一點，人可以在錯誤中成長。Degel 亦同意，只要讓自己放膽想像就好，不要在事情還未開始就嚇怕了自己。雖然不能完全控制自己的未來，但憑著靈活與韌性，大家總能在社會中找到自己的位置與出路。

COLLEGE ACTIVITIES

書院活動



COLLEGE CLOSING ASSEMBLY

書院結業禮



The College Closing Assembly was held in late April to conclude the past academic year. Owing to the COVID-19 pandemic, the Assembly was held online. In the College Master's address, Professor Anthony T.C. Chan, College Master, reviewed how the learning environment has changed over the year. He also introduced the awardees of the Wu Yee Sun Award for the Most Distinguished Graduating Student. Despite the obstacles that may be encountered, he wished all students a bright future ahead.

After the sharing from Professor Chan, three student groups shared their innovative projects which aimed to benefit the community from different perspective. It was hoped that this could provide some inspiration in helping students realise their creativity and opportunities to contribute to the community. Professor Ming-kay Poon, Dean of Students, then had a dialogue with two student leaders on their experience and challenges they have faced in organising the two important College events, SunnyYeah and the College Anniversary, under the pandemic. They encouraged students to reflect on what they want to achieve when engaging themselves in different roles and activities while enjoying the process.

Although we could not meet in person at the Assembly, we look forward to meeting with fellow Sunnies on campus in the coming fall.

書院師生於四月下旬的結業禮聚首，回顧過去一年的大學生活。受疫情影響，是次典禮於線上舉行。院長陳德章教授於致辭時回顧過去一年間大學學習環境的變化，又介紹本年度伍宜孫最優秀畢業生獎得獎同學，勉勵同學，即使路上困難重重，希望同學仍能跨越難關，迎來美好的前景。

三個學生團體隨後分享他們的創意計劃，講述他們如何從不同途徑幫助社會有需要的人士，為書院同學帶來實踐創意的實戰經驗。輔導長潘銘基教授則與兩位學生領袖對話，分享於疫情之下籌辦大型活動如「宜嘢依夜」及院慶時的點滴與挑戰。他們鼓勵同學發掘自己的興趣所在，投身不同的活動，享受當中的過程。

雖然一眾師生是次未能聚首校園，但我們期待於下學年於書院與各位相聚。

COLLEGE ACTIVITIES

書院活動



MEETING WITH THE RECOMMENDED CANDIDATE FOR THE NEXT COLLEGE MASTER 與下任書院院長推薦人選會面



COLLEGE FORUM 書院論壇



The Committee for the Appointment of the Next College Master of Wu Yee Sun College has recommended Professor Anthony T.C. Chan, current College Master, Dean of Graduate School and Li Shu Fan Medical Foundation Professor of Clinical Oncology to continue to be the Master of Wu Yee Sun College from 1 August.

To share with stakeholders his vision for the future development of the College and gather views from them, Professor Chan met with students and staff members in late April in hybrid mode. Ranging from hostel matters, student affairs and College General Education Programme, valuable opinions to enrich the growth of our College were collected. We will continue to communicate with stakeholders and support students' initiatives.

下任伍宜孫書院院長推薦委員會推薦伍宜孫書院院長、研究院院長及李樹芬醫學基金腫瘤學講座教授陳德章教授，於八月一日起續任伍宜孫書院院長。

陳德章教授於四月下旬以混合模式與學生及教職員會面，向所有持份者分享其對書院發展的願景，亦聽取大家的意見。不論是宿舍、學生事務還是書院通識教育，我們都獲取不少寶貴回應，使書院發展得更為多元化及成熟。我們將持續與所有持份者溝通，並支持學生自發的不同類型活動。

The fourth College Forum of semester two entitled 'The Story of VESSEL – the Journey of Discovery' was conducted by Ms. Ruby Yeung in April. Ms. Yeung introduced the mission of VESSEL, a creative hub situated in Kwun Tong which aims at boosting social inclusion and individual discovery. She went through a number of meaningful projects which engaged different sectors of the community and encouraged students to kick start their own projects.

本學期第四次書院論壇於四月順利舉行。是次論壇由楊肇珊女士主講，以「VESSEL發現號」計劃為主題，介紹這個坐落於觀塘的創意平台。計劃旨於推廣社會共融，發掘藝術人材。「發現號」過往多個活動吸引不同界別的人士參與，楊女士亦藉此鼓勵同學開展自己的創意計劃。

STUDENT ACTIVITIES

學生活動



UNLEASH YOUR CREATIVITY!

激發創意！



The student conveners of Creativity Laboratory (c!abbers), Minru Liang (Science/ 1) and Pui-lam Chan (Science/ 1), hosted the mosaic candle holder workshop in late April after learning the technique and origin about mosaic art from a professional studio. The workshop aimed to encourage students to unleash their creativity and join hands to protect the environment by upcycling the daily waste for craft creations. Participants enjoyed a great evening and learnt a lot from their peers. c!abbers are regularly sharing upcycling tips on their Instagram page; follow to learn more!

In order to echo the thematic campaign entitled 'Old Hong Kong', Mr. Kam-sang Mak, who is currently the only hand-painted acrylic minibus sign maker in Hong Kong, was invited to Creativity Laboratory to host a workshop in mid-June. Mr. Mak shared the development of local minibuses and tips for calligraphy. After the sharing, around 20 participants grabbed the chance to create their own minibus signs. After outlining with marker pens, they coloured the signs with acrylic paints to mimic the form of calligraphy. Under Mr. Mak's guidance, everyone successfully created their own piece of art work! There will be more activities staged in related to 'Old Hong Kong', so please stay tuned!

創意實驗室的學生委員梁敏如（理學一年級）及陳珮琳（理學一年級）將較早前學會的馬塞克藝術帶回書院，與同學分享馬塞克藝術的起源及馬塞克燭台的製作方法，鼓勵大家一同發揮創意，透過升級改造日常廢物，創作品藝品，達致創意環保的雙重效益。是次活動於四月下旬舉行，參加者互相學習，享受了一個美好的黃昏。c!abbers 還於 Instagram 專頁分享各種升級再造的小貼士，記得追蹤專頁！

為了呼應「懷舊香港」的活動主題，創意實驗室於六月中旬邀得現時全港唯一手寫小巴牌師傅麥錦生先生主持工作坊。麥師傅首先分享了他的個人故事、香港小巴牌的發展史，以及寫好書法字的秘訣。及後，近二十位參與同學動手製作自己的小巴牌，以麥克筆勾劃字型，再填上丙烯顏料，模仿書法字體的型態。在麥師傅的指導下，每位參加者都成功創作個人小巴牌！c!ab 將舉行更多關於「懷舊香港」的精彩活動，敬請密切留意。

STUDENT ACTIVITIES

學生活動

SHARING EXPERIENCE FROM ABROAD

校友越洋分享



Three sessions of Overseas Alumni Sharing were conducted from April to June. The main objective of this sharing series is to open up a platform for students to interact with and be inspired by alumni who are currently studying or working abroad. In the first session, Mr. Jasper W.F. Toh (Laws/ Class of 2016) discussed his experience of getting a Barrister and Solicitor license in Canada after the completion of undergraduate studies in Hong Kong.

In the second session, Miss Alice C.M. Hon (Sociology/ Class of 2019) and Miss Queenie K.Y. Law (Government and Public Administration/ Class of 2019) shared their experience of pursuing further studies in Australia and Sweden, the differences in learning styles between studying in Hong Kong and other countries, and how they have adapted to these differences.

Miss Wing-size Yip (Hotel and Tourism Management/ Class of 2016), who is currently working as a freelance content writer and workshop facilitator in Lille, France, shared in the third session her journey as an exchange student to developing her career path. She also encountered through challenges and hardships and introduced some tips to overcome the obstacles, encouraging participants not to set a limit on themselves. Through the sharing, we hoped to bring in new perspectives to students when they are making their future plans. The series was a great success with the participation of members from the Student Exchange Committee, students and alumni.

書院於四至六月舉辦了三場海外校友分享會，此系列旨在提供互動平台，讓學生能與現於海外學習或工作的校友交流，並從中獲得啟發。杜鈞鋒校友（法學士課程二零一六年畢業）於首場分享會講述畢業後回流加拿大的生活，以及如何在安大略省取得大律師及事務律師的執照。

於第二次分享會，韓婧雯校友（社會學二零一九年畢業）及羅鈞渝校友（政治與行政學二零一九年畢業）分享她們到澳洲及瑞典修讀碩士課程的決定，並探討兩地與香港在學習風氣上的不同。

葉泳詩校友（酒店及旅遊管理學二零一六年畢業）現於法國里爾工作，她在第三場分享會講述由參加交換計劃到發展自己的職涯的歷程，同時分享她所經歷的挑戰以及跨過難關的方法。在分享結束前，她特別鼓勵參加者不要給自己設限。透過各位校友的分享，書院期望能為學生帶來不同的視角，在規劃未來時能有更多的可能性。這系列的分享會獲得學生交流委員會成員、學生及校友的鼎力支持。



START PLANNING YOUR CAREER

規劃職涯人生



GPS Career Development Facilitation Service Scheme, jointly organised by the College and CUHK School of Continuing and Professional Studies (CUSCS), aims to provide our students with career guidance and enrich their self-awareness through one-on-one consultation and assessment by certified career development facilitators. The briefing-cum-opening ceremony was held in late March via Zoom.

Professor Ming-kay Poon, College Dean of Students, encouraged participants to seize this chance to explore their interests and reach their full potential in their professional studies, while Dr. Ella P.O. Chan, the director of CUSCS and certified GCDF trainer, shared further details about the scheme. Five participants from different years met and became acquainted their facilitators during the event. They have completed four meetings and shared feedback in June.

職涯 GPS 由書院聯同中大專業進修學院合辦，旨在讓同學加深自我認識，規劃職涯人生。本計劃邀得獲認證的職涯規劃師為同學提供諮詢及評估，透過一對一的面談，讓參與者探索個人路向。開幕暨簡介會已於三月下旬透過 Zoom 順利舉行。

書院輔導長潘銘基教授於簡介會鼓勵同學抓緊機會，發掘個人興趣及學科以外的潛能；中大專業進修學院院長、全球職涯發展認證培訓師陳寶安博士則分享是次計劃的詳情。五位來自不同年級的學生初次透過 Zoom 認識個人專屬的職涯規劃師，並於六月完成四次面談及分享個人想法。

TAKING UP THE TORCH

新莊上任



A new cabinet of Non-residents Association, 'Hypersonic', was formed and successfully held their Inauguration Assembly via Zoom in late March. Professor Anthony T.C. Chan, College Master, and other College members were present to show support. The Master expressed appreciation to students' effort and encouraged them to radiate their positive energy to other non-residents as well. We wish them every success in their upcoming plans.

新一屆走讀生會「宜聲走響」正式成立，並於三月下旬成功於網上舉行就職典禮。院長陳德章教授及其他書院成員皆現身支持。院長特別感謝同學的付出，並鼓勵同學繼續為其他走讀生帶來正面影響。祝願他們莊務亨通。

STUDENT ACTIVITIES

學生活動

COVID-19 FROM THE PERSPECTIVE OF CHINESE MEDICINE

從中醫角度看新冠肺炎



TAKE CARE OF THE LOVED ONES

照顧身邊人



College member Professor Boating Zhang from the School of Chinese Medicine conducted the workshop entitled 'From the Perspective of Traditional Chinese Medicine on COVID-19: Anti-Epidemic Herbal Sachet Making' in April. Professor Zhang shared with students the efficacy of herbals used and tips for carrying the sachet, along with the importance of disease prevention including diet control, regular exercise, overload avoidance, anxiety and irritability reduction, as well as nourishment with Chinese Medicine.

書院成員及中醫學院註冊中醫師張保亭教授於四月為書院舉辦「從中醫角度看新冠肺炎——抗疫香囊製作工作坊」。張教授為同學介紹抗疫香囊所用的藥材、香囊的功效，以及佩戴方法。此外，她又解釋「治未病」的防疫保健概念，包括：飲食要有節制、身體須有適度鍛煉、避免勞逸過度、減少焦慮煩躁，以及中醫調養等。

Professor Patrick W.L. Leung, Chairperson of the College Student Counselling and Disciplinary Committee, conducted a workshop on Post-traumatic Stress Disorder in March. Professor Leung shared with students the cause and clinical features of PTSD. He also advised students to seek psychological treatment and look for positive moments in life if they experience symptoms of PTSD.

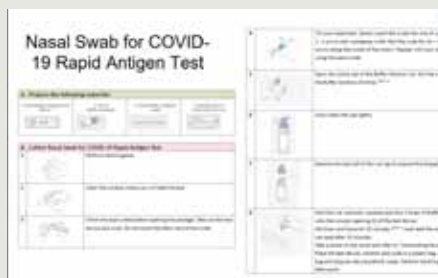
書院學生輔導及紀律委員會主席教授梁永亮教授於三月份為同學主講「照顧身邊人：多點認識創傷後遺症」工作坊。梁教授與同學分享創傷後遺症的成因、臨床病徵及其認知論，並建議有病徵的同學盡早尋求心理治療，尋找生活中正面的經歷。



SAFEGUARD YOUR OWN HEALTH 健康防護



Safety		
Adverse reactions	CommonVax (安爾康)	Continuity (智必斯)
Very common (≥10%)	COVID-19 Headache, fatigue	COVID-19 pain, swelling Fatigue, dizziness, arthralgia, myalgia, headache
Common (1-10%)	COVID-19 Sore throat, pruritus, erythema, induration Myalgia, nausea, diarrhea, arthralgia, cough, rhinorrhoea, loss of appetite, dysuria, sore throat, nasal congestion, abdominal pain	COVID-19 Nausea
Uncommon (0.1-1%)	COVID-19 Sore throat, hyperemesis, abdominal pain and tenderness, fever, fatigue, edema, rash, dizziness	COVID-19 Pruritus
Rare (0.01-0.1%)	Muscle spasms, eyelid edema, nose bleed/epistaxis, abdominal distension, constipation, hypotension, vesicular dermatitis, oral herpes, Stevens-Johnson syndrome	Acute peripheral facial paralysis



To help students better understand the safety and efficacy of vaccination as well as the testing arrangements for residents in the new academic year, the sharing session entitled 'Information on Vaccination and Testing Arrangements' shared by Professor Anthony T.C. Chan, College Master and Professor Grace L.H. Wong, Department of Medicine and Therapeutics, was held in hybrid mode in mid-May. Moderated by Professor Ming-kay Poon, College Dean of Students, the benefits and common questions about vaccination were addressed with reference to clinical data. The College encouraged students to receive vaccination at their earliest opportunity for the sake of safeguarding the health and well-being of all our students and colleagues.

為了讓同學深入了解接種新冠肺炎疫苗的安全性及功效，以及宿生於新學年的檢測安排，院長陳德章教授與內科及藥物治療學系黃麗虹教授於五月中旬在「接種疫苗及檢測安排簡介會」作分享。是次簡介會由書院輔導長潘銘基教授主持，疫苗功效及常見疑問於會上均輔以相關臨床數據解釋。書院鼓勵同學盡早接種疫苗，以保障所有員生的健康與福祉。

APPRECIATING CHINESE ART 欣賞中國繪畫



Four sessions of Chinese Painting Class were conducted successfully via hybrid mode in March. Under the guidance of instructor Ms. Tak-ye Choi, students completed painting featuring animals, fruit and vegetables. Through this event, students were also able to deepen their appreciation in Chinese art and culture.

為期四堂的中國繪畫班於三月份透過混合模式成功舉行。同學在導師蔡德怡女士的悉心指導下，完成了各種蔬果及動物等畫作，同學對中國文化的素養亦大大提升。

STUDENT ACTIVITIES

學生活動



NOVEL WRITING AND APPRECIATION



當代小說賞析及創作



The College invited Ms. Gigi. L.C. Leung, a young Hong Kong writer, to conduct four more sessions of the Novel Writing Workshop via Zoom in March. Through literature reading, in-class discussion and writing practice, students acquired knowledge of the skills involved in writing novels. This course also covered fantasy novel and interdisciplinary creation that further enhances students' creativity and writing ability.

書院於本學期再次邀得香港青年作家梁莉姿小姐舉辦為期四堂的「當代小說賞析及創作」網上小說創作工作坊。同學在導師的指導下，透過閱讀不同地方的文學作品、課堂討論及寫作練習，學習小說創作的技巧。本課程亦涉獵魔幻小說及跨藝術互文創作，進一步加強同學的創作能力及寫作技巧。

STAY MOTIVATED AND HEALTHY!



保持積極健康



The pandemic has not stopped us from trying out new sports to train our body and mind. The first FIFA Competition was held in late March. Semi-finalists gathered at the College Theatre for the final round, while fellow students and staff members cheered for them virtually on Facebook Live. The exciting atmosphere was no less than viewing the competition on site.

Another engaging event was the new sports activity 'Let's Cornhole', in which players take turn to throw bean bags at a raised platform with a hole in the far end. A bag in the hole scores three points, while one on the board scores one point. The scores of that turn will be cancelled if a player exceeds the score of 21. Both participants and audience members felt exhilarated when counting scores. Stay motivated! Stay healthy!

疫情無阻我們對運動的熱情。書院於三月下旬首次舉辦 FIFA 電競比賽，晉身準決賽的同學於書院演藝廳參與四強賽事。其他同學及老師則在線打氣，透過 Facebook 現場直播支持各同學，緊張氣氛猶如置身現場。

我們亦舉辦另外一項新興運動 Cornhole。參加者輪流拋擲沙包至投擲板得一分，進洞得三分，但得分超過二十一分則該輪分數為零。因此參加者與觀眾計分時都十分緊張，氣氛熱烈。記得保持積極的心境與健康的體魄！

LET'S SHARE

老師分享



Professor Annisa C.H. Lee

Professor Lee is the Associate Professor at the School of Journalism and Communication. She is the Associate Master of Wu Yee Sun College and the Director of the Creativity Laboratory.

She has served as the Dean of Students of the College from 2014 to 2017 and is currently teaching the year one course of the College General Education Programme.

When I received the Faculty of Social Science Exemplary Teaching Award, what surprised me more were the reactions of my colleagues as they were so happy for me. Maybe they thought that I enjoy teaching but teaching to me is actually a very serious responsibility of changing lives.

A TEACHER STARTS THE HIDE AND SEEK PROCESS

On the cognitive level, a teacher obviously starts with instilling relevant knowledge to the students. Creating a favorable environment for students to learn with useful courses and applicable outcomes is an essential first step but the more important part is to engage responses from students and understand how they perceive and use what they learned. The word 'education' is derived from the Latin root 'educere', meaning 'to draw out'. Like blood concealed under the skin, a student's true form cannot be readily seen behind the façade of normalcy. This is especially true today when many students are hiding behind peer comparisons, low self-esteem, loneliness, cyberbullying, political confusion with a bold looking poker face. Therefore, education is like 'drawing out' blood, the teacher needs to spend extra efforts to bring out the unique potential of students.

VERIFYING PASSION WITH DEEP LISTENING

The first step is to get to know the students. A rewarding part of teaching is listening to or reading individual assignments. In the School of Journalism and Communication, I would ask students to write down their own philosophy of life that governs their



future actions in a Legal and Ethics course. This helps me understand their core value system that affects every aspect of life's decisions. I begin to understand why some students conduct things the way they are. I listened to every student's sharing of a chosen issue in a rehearsed Ted-talk style speech for a course related to issue advocacy. Among other things, students are graded for their authenticity and genuine self-representation. I can tell from their speeches what make their hearts tick when their eyes light up with voices intensified during the presentations. I want to discover together with the student his or her clues of passion.

The next step is to let the students try out their passion. I am currently teaching in the year one College General Education course, Creative Social Responsibility and Sustainable Development. We introduce the design thinking method into the course so that students could transform their ideas into actions. One of the major elements of design thinking is to 'empathize' with the target audiences. Many students

“ A meaningful vision is a compass to navigate a student’s future purpose-driven journey. ”

learn to shift their positions with users and see the problems from others’ perspectives. I would listen carefully to every group project presentation. Many topics are worthy issues, such as helping the disabled, supporting the elderly, recycling wastes, protecting the green environment, reducing consumptions, and removing stigma of mental disorders, etc. All these ideas reflect the kindness and passion of a young heart which needs the encouragement of the teacher to enable it to carry on. I narrow down their interests and encourage them along the forming path in the Creativity Laboratory (c!ab) and into the final year projects in the College Senior Seminar.

As the Director of the Creativity Laboratory (c!ab), I wish to provide a platform for students to put their thoughts into actions. The c!ab serves as the playground for the Sunnies. Through various supports from the College, like funding schemes such as the Sunny Passion Programme, ‘Be Entrepreneurial!’ Funding Scheme, and Dorsett Young Entrepreneur Scholarship and supervisors’ advice from five streams (Arts and Culture, Entrepreneurship and Management, Science and Technology, Socio-Political Innovations and Design Thinking), our students could possibly jumpstart their ideas and refine their projects through trials and errors in their learning years. An idea is a seedling. V’air is one of the examples. The project was not really that mature when the idea first came

into the team’s mind, but it slowly developed from a website to a published guide on local tourism, and then physical guided tours exploring the wonders of Hong Kong sceneries in a low carbon approach. The College provides the soil, water and nutrients for the Sunnies to explore and implement their ideas. After four years, students could summarize their learnings and experiences in the year four course, College Senior Seminar.

REMOVING BARRIERS OF LEARNING

For some students, they require deep listening from the teacher. Our students are smart young people who usually do not have problems learning cognitively but emotional problems become one of the major barriers that deter their growth. The emotional level is the hardest part to handle and sometimes teachers cannot see or have no time to tend to it. Most students appear stable and active on the outside but throughout years of teaching in this changing time, I found that troubled emotions are like raging water crashing behind a weak dam. Therefore, a teacher must spend time to help them resolve their mental block. In the capacity of second level academic advisor and former College Dean of Students, I have had the privilege to counsel some students and move them out of their emotional turmoil so that they could regain their strength in their studies and university life.



FINDING PURPOSE IN LIFE

In this motivating process, a holistic approach regarding the cognitive, emotional and spiritual wellbeing of the student has to be considered. A train going full speed to the wrong terminal is faulty. Not only will it end up in confusion, it will also stall to complete stop due to an absence of goals and motivation. On this meaning and purpose searching level, a teacher needs to point the student to a higher plane beyond self. When I was teaching the General Education courses, I talked about second level creativity as God creates on the first level as the original Creator. Students understand that they are not only the designers but also wonderful designs. They are on a path to find out their talents, meaning and purposes in life. We cover many topics including social responsibility, environmental sustainability, materialism and minimalism, health advocacy, media friendship and wealth, etc. In the advocacy session, many students shared their meaningful call in life such as caring for the earth, alerting cancer awareness, or improving the education system. A meaningful vision is a compass to navigate a student's future purpose-driven journey. If a student starts to think about his or her purpose in life during my term as a teacher, I feel safe to let them charter into the real world independently and my duty as a teacher is fulfilled.

CONCLUDING WORDS

Hong Kong is experiencing an unprecedented turmoil. Many of our students are suffering from existential and identity crises. Emotionally they are charged with negative moods, PTSD and anxiety. Educating them with mere knowledge is simply not enough at this age and time. Teachers must spend more time to understand their students' mental, emotional and existential needs in order to restore them back to a proper learning path. Many are waiting for us to give them answers, not only to the Math problems, but also to life itself. Teachers are in the best position to do so. If we do not do it in the University, who will?



LET'S SHARE

同學分享

SELF-MOTIVATION FUND FOR SUNNY LIVING ACTIVITIES

「自選遊」身心靈健康活動資助計劃

GREEN ACTIVITIES

As a final-year student majoring in Journalism and Communication, I am always curious about local social issues. Throughout my university life, I have been involved in events and initiatives related to social innovation with the goal of alleviating social problems. Whilst I enjoy raising public awareness through integrating social value into marketing campaigns for both businesses and purpose-driven organisations, I believe the first step to help the cause is to truly understand the situation not only by desk research but also immersing myself into it. In view of the current political and pandemic situation of Hong Kong, I am particularly interested in the importance of self-sustainability in terms of food supply. The support from Self-Motivation Fund for Green Activities enables me to participate in agriculture courses and reflect on the solutions to tackle the problem.

One of the programmes that the Self-Motivation Fund has subsidised for me is a certificate course about sustainable agriculture. The 11-week programme, organised by the Policy for Sustainability Lab of the University of Hong Kong, has allowed me to understand the history and challenges of agricultural development in Hong Kong. The course focuses on introducing the basic concept and understanding of sustainable agriculture. It includes a range of knowledge and practices for pursuing economically viable, environmentally sound and socially responsible agriculture. Applications of these practices are illustrated through local case studies and farm visits. As a person who has never practised farming, these activities have inspired me in terms of the difficulties in growing crops and maintaining financial sustainability

of a farm in Hong Kong. Apart from the land use conflict between urban development and rural preservation, farmers also face shortages of resources and insufficiency in marketing knowledge. Such insight has enabled me to realise the importance of collective power in order to support the local agriculture system.

I am grateful to have the support from the Self-Motivation Fund, as it allows me to participate in programmes that massively enrich my knowledge set. It has also guided me to affirm my ambition in spreading important social value messages through different communication channels. After graduation, I will be joining an architecture-based multidisciplinary design company dedicated to creating positive impact through design. I believe I would definitely have the opportunity to convert my learnings from the agriculture courses into actual executions in order to raise public awareness of agriculture in Hong Kong.

*Wing-nam Yuen (Journalism and Communications/ 5)
Certificate in Sustainable Communities*

有機耕種基礎班





Sunny Living spirits have been seeded in students' mind during Sunny Living Week held at the beginning of the year. Let's see how the students thrive in their Sunny Living journey with the support of our 'Self-Motivation Fund'.

陽光生活種子早已埋在同學心中，齊來看看同學如何透過書院的「自選遊獎勵計劃」，持續實踐陽光生活的精神。

SPORTS ACTIVITIES

過去一年在書院的支持下，我先後參加了潛水、攀石和山藝課程，也成為了一位歷奇教練和緣繩下降教練，與一年前的自己相比，變化頗大。

我深知自己並非運動細胞發達或熱愛運動之人，因此我也常問自己為什麼要參加這些課程，幾乎每一個週末都奔波於偏僻上課地點、家和宿舍，甚少休息時間。或許就像朋友們所說，我是一個很難閒下來的人，充實的時間表讓我更有安全感，再加上疫情打亂了原有的計畫，我便決定在這段長留香港的日子裡，學習不同的技能，讓我可以從不同的視角欣賞香港的景和人，也嘗試從中找到自己的人生目標。

學習潛水的日子總是叫我難忘，十一月的天氣已經甚為清涼，當時需要每個星期六準時早上八點半到西貢碼頭上船，然後急匆匆地組裝裝備、換潛水衣，只想爭取早一點跳下水。現在想起來，自己也是挺瘋狂的，天氣又冷、又適逢中考試的日子，壓力確實不少，但看到十幾米的大藍水、魚群在身邊圍繞、成片的珊瑚，就會覺得一切都值得。這項運動，讓我潛入香港的海底，在十幾米的深處重新認識了這個地方，發掘了這個城市別樣的美。

成為一位運動教練，是我給自己的一項挑戰。我一向不擅於表達，而教練正需要簡單扼要地為活動進行講解，同時需要考驗反應力和領袖技巧，在課程開始之前我已經預想到一路的困難，自己也是深思已久，才下定決心報名參加。幸運的是，我明確地感受到自己每個星期都有所進步，不僅是技巧和體能方面的提升，還有在表達自我和團隊溝通的方面，我都一點點地改善著。

每一項運動都帶來了不同的驚喜，因此，我也更樂於嘗試不同的項目，我想，過去一年最大的收穫並不是新的知識或者是技能，而是心態上的改變。我更願意踏出自己的舒適圈，了解自己並不熟悉的區域，甚至從體驗中有所領悟。

雖然自己常說要擠出很多時間去學習並不容易，但當真的有所成果時，那種滿足感是無法替代的，所以在未來的日子裡我也會嘗試不同的運動，考獲證書。在此，也要感謝書院的支持，鼓勵我參加各種課程，讓我可以在大學的時光裡作出不同的嘗試，使我對自己甚至是身邊的事物有新的認知。

劉嘉鳳 (城市研究二年級)

高結構及一級教練證書課程

緣繩下降技術及一級教練證書課程

PADI 進階開放水域潛水員

Sport Climbing Level 1 Course





For more details of the Self-motivation Fund for Sunny Living Activities, please visit the College website!

想了解「自選遊」身心靈健康活動資助計劃的申請細節？馬上瀏覽書院網頁！

HEALTH AND WELL-BEING ACTIVITIES

I believe that mental wellness is important to people's growth. However, I always hesitated to join any trainings due to the high cost of the related workshops and qualification courses. Thanks to the College's Self-Motivation Fund for Health and Well-Being Activities, my financial burden was lessened. I first participated in a singing bowl self-healing workshop, which I found quite inspiring and thus took part in a qualification course in sound healing. I also spent part of the funding received to buy a singing bowl so that I can practise and self-heal at home.

With the support from the College, I joined other activities to strengthen my spiritual wellness. I am planning to take a qualification course in hypnotherapy to further improve my mental health and well-being as well as my friends'. After gaining some healing experience, I may help organise some workshops about hypnotherapy. I hope to provide hypnotherapy counselling to people in need in the future as well.

Cheuk-tsun Lau (Social Work/ 2)
Singing Bowl Level 2: Self-Healing
 (頌鉢自我療癒一天工作坊 Level 2)

Sound Healing Basic Course
 (頌鉢初階治療師課程)

平衡內在：生命之花工作坊
 KCCA incense All Master Class



LET'S SHARE

同學分享



Gigi Lam (Medicine/ 4)

Gigi joined the ESMO Asia 2019 Congress, which is a platform gathering the most experienced international experts in multidisciplinary oncology every year.

Is cancer a worrisome or even scary thought for you? Certainly it is a difficult journey for many patients. As a medical student and an aspiring researcher, I welcome the challenge to walk this path together with these patients.

In the ESMO Asia 2019 Congress, I had the honour of representing the combined tumour boards of three local hospitals to present a multicenter phase II of novel pre-operative chemotherapy in late-stage rectal cancer. These patients generally have a poor prognosis and current treatments are not able to improve their long-term survival outcomes. It was incredibly exciting to investigate how intensifying the chemotherapy regimen would be able to improve patients' conditions. We found that this type of therapy was effective in decreasing the size of the tumour so that the surgery to remove it would be more feasible and have fewer complications. In fact, upon studying the microscopic histology of the tumour after surgery, we found that more patients had a pathological complete response to the treatment, which makes it less likely for the cancer to recur. During the Congress, I also had the chance to discuss with international colleagues about the similar methods they too were investigating and compare our insights.

To be honest, I definitely would not have gotten this chance without the backing of the CUHK Faculty of Medicine, which has always been incredibly supportive of students' research interests and opportunities. In particular, I owe my thanks to my mentor at the Department of Clinical Oncology at the Prince of Wales Hospital, Professor Brigette B.Y. Ma, who has ever been my guiding light on this journey. I also had the privilege of meeting other luminaries from our home

institution at this conference, including our College Master Professor Anthony T.C. Chan.

Having the chance to hear such leading experts speak was certainly the highlight of the Congress. If you have looked at a conference schedule before, it might seem a little intimidating — almost like a few full days of lectures, except on the weekend! But don't let that stop you — for those with true passion in their calling, you will find it a thrilling rollercoaster as you are whisked from one groundbreaking research to the next cutting-edge technology.

In the past year, it has become difficult to travel and such conferences have mostly turned virtual. Unfortunately, I have to say that virtual events don't quite capture the same atmosphere of inspiration and excitement as real-life events, but it also has the benefit of making such valuable learning opportunities more widely accessible to everyone. Why not look up the opportunities in your area of interest and give it a try from the comfort of your own desk? After all, it could be the first step to making your way to an in-person conference when the world returns to a new normal.



COLLEGE PHOTO DAY FOR 2020/21 GRADUATING CLASS

二零二零至二一年畢業班拍攝日

College Photo Day was not only the moment for the graduating class to take pictures with their family and friends, but also the day to celebrate their accomplishments in the years of their journey at the College and the University. Although everybody had to wear facemasks due to the pandemic, happy faces were still noticeable. The College Master, Professor Anthony T.C. Chan, joined with more than a dozen of College members to take the faculty and departmental photos with the graduating class, sharing the happiness on this festive day.

書院畢業班拍攝日不僅是畢業班同學與親朋好友拍照留念的時刻，也是慶祝他們順利完成書院及大學生涯的里程碑。即使各人戴上口罩，亦難掩他們的燦爛笑容。院長陳德章教授連同十多位書院成員出席學院及學系畢業班拍攝，與準畢業生一同分享喜悅，共同紀念這重要的日子。







Go Green! Be Sunny!

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

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

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

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