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ON THE ROAD

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An Interview with Recipients of
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We hesitate in taking the wrong path for our studies and career. However, without trying, how would we know which path fits us the best? The recipients of Wu Yee Sun Award for the Most Distinguished Graduating Student, Bonnie T.S. Lee (Graduate of Journalism and Communication), Crystal W.C. Wong (Graduate of Government and Public Administration) and Xeniya Tregubenko (Graduate of Hospitality and Real Estate) shared how they found their purpose after their journey in the University throughout the years.



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1/ Crystal and crew members of the Drama Society at the backstage
Crystal 與宜孫劇社成員於後台留影

2/ As a Marketing Team member of The SunnyYeah Ball, Crystal shared a good time with her teammates in the evening

Crystal 為宜嘢依夜舞會市場及拓展部的成員，當晚與部員參與舞會

LOST IN THE NEW PAGE

Like many other freshmen, Crystal had no clear objectives when she was first admitted to CUHK. Joining societies, organising orientation camps and College events, serving as student representatives in committees, exchanging abroad... she had tried whatever came to mind and opportunities that came her way. She loved drama, so she joined the College's Drama Society and took part in several productions. Crystal enjoyed telling stories with different stage languages, such as acting, effects, storyline and more, which could give the audience something to take away (either some reflection on oneself or simply some thoughts). Each production was typically confined within two to three months from its start to its public performance, and it was always a challenge for so many working groups to cooperate and come up with a production in harmony. She found that teamwork and communication were essential elements to unite a team and achieve the goal with limited time and resources. Meeting friends with a common goal was another fulfillment of her dream. Some of them have remained close friends after each production.

Other than taking part in drama productions, Crystal was an active member in the College. She served as organising committee member and executive committee member in College Orientation Camps to help freshmen adapt to university life. With her artistic and design skills, she helped in the Marketing Team of the Sunny Yeah. She also voiced for students' concerns when she served as student representative in the Health and Spiritual Well-being Committee and the Campus Environment Committee. Unlike drama productions, other than teamwork, the ability to deal with contingencies was also crucial in these roles. She also needed to take up diversified tasks. After taking on so many different roles, she found art and culture her true passion, and she loved working with people to achieve the same goal.

Bonnie, on the other hand, spent most of her time abroad. Admitted as a Global Studies student, she found herself not suitable for the subject after a year of study. With no clear direction, she needed a break and wanted to figure out where her true passion lies. In the summer break after the first year of study, she embarked on a journey of four months in 12 countries and dedicated herself in volunteer work, including paving the trails in Hungary, volunteering in cultural events in Europe, cleaning event venues after musical festivals and more. She did not have concrete plans before her

departure and contacted each volunteer organisation herself. Although the trip was not always filled with sunshine and laughter, she was able to do some self-reflection and figure out her true interest. She met some journalist friends, which made her rethink her interest: she loves travelling around the globe and writing. Journalism was the dream career for her, and she decided to transfer to the School of Journalism and Communication. She recalled her interview with the School during the trip, 'I sat on the grass in rural Denmark when I was being interviewed for my transfer. The interviewer was so curious about what I was doing, and I explained that I was volunteering in Denmark.' She finally made the cut and started her next journey as a Journalism and Communication student.

Xeniya from Kazakhstan had a different story as an international student. Being admitted to CUHK excited her, but at the same time, scared her as she was raised in a rural area in her home country. Without ever seeing buildings taller than five storeys, studying in an international city like Hong Kong means a totally different life ahead. She remembered crying in bed when she first arrived in her hostel room, fearing that she could not meet expectations from people of her homeland. She felt detached as there were not many international students around who shared similar feelings. Fortunately, she was able to meet some seniors in one of the hostel gatherings, who gave her a helping hand. Although bound by the language barrier, she could feel their caring heart. She also met friends who shared similar backgrounds with her and embarked on her adventure in CUHK with growing confidence.

EXPLORING ONESELF AND THE WORLD

Crystal's university life was filled with excitement, but she particularly found the two exchange programmes she participated in impressive. She joined the College-organised New Zealand Language and Culture Study Tour in the summer of Year Two. Other than enhancing language skills, the tour also stressed exposure to local culture. Crystal had the opportunity to learn about the Māori culture. The group stayed one night in the marae, accommodation of the Māori people. They were hospitable and welcomed their guests with traditional dance and ceremonies. These aroused Crystal's interest in exploring the unique culture of Māori and she wrote about her experience and findings in her term paper in one of her major courses, discussing how its culture influenced the general election system



3/ The tours to New Zealand and Sweden opened the door to cultural exposure for Crystal

紐西蘭及瑞典之旅為 Crystal 開啟發掘不同文化的大門



for the Māori community in the country.



4/ Hungary was one of the stops of the 12-country journey, where Bonnie participated in an environmental protection volunteer programme

匈牙利為 Bonnie 十二國之旅的其中一站，她於當地擔任環保計劃的義工

5/ Bonnie joined the university's volleyball team during exchange in Singapore

Bonnie 於新加坡交流時加入當地大學的排球校隊

6/ Bonnie worked as an intern in the United Nations

Bonnie 於聯合國實習

The College-organised exchange programme in Sweden offered her a different experience. Crystal went on a one-term exchange programme in 2020. Owing to the outbreak of COVID-19, she was not able to travel around in Europe, but stayed in Sweden and travelled within the country. With more time spent in the local community, she was able to observe closely their daily life. There was no railway in the city where she stayed. Rather than driving or public transport, the locals preferred cycling. Recycling has also been a part of their daily routine, and one could easily find recycling facilities in town, including supermarkets. The government has also made good use of their well-founded image of a green and sustainable country. With the stress on environmental protection, equality, human rights and more, they could bargain for a better place on the global stage, and they have succeeded. With these observations, she finished her graduation thesis with the topic on analysis of Nordic politics. Crystal shared that 'these two programmes aroused my interest in the diversity of cultures around the world. With the collision of different lives on the planet, new ideas are born.'

International exposure was critical to Crystal's personal development and affirmed her goal to pursue a career in international affairs. Back in Hong Kong, she furthered her passion in cultural exchange when she served as a member of the College International Team. The overseas experience also motivated her to work for international NGOs. She worked at UNICEF focusing on children's healthcare, where she reflected on global development practically. In her internship at the Asia Society Hong Kong Center, she cooperated with various embassies on pandemic resilience, mental health and gender issues. She now understands the importance of knowledge and empathy being the keys to becoming a future leader, who could contribute to the global community as a global citizen.

Bonnie never stops being adventurous. After returning from her journey in 12 countries, she only stayed on campus for half a year before travelling to Singapore for another exchange programme. She joined the term-long exchange programme organised by the College and was grateful that she could continue with her passion for volleyball with guidance from a coach

of the university's volleyball team. Not only did she join the school team, but she was also able to play in the Division One games and competitions in neighbouring regions. She made good friends with her teammates, and her Singapore life was filled with joy and sweat. Her training, however, imposed much pressure on her neck injury and the development of spurs stopped her from playing the sport. She was so upset that she had to leave her favourite games, but she chose to move on as there was no turning back.

In the third year of studies, she participated in the government's Hong Kong Universities Volunteer Internship Programme in Vietnam and served in the programme on HIV/AIDS. At first, she thought this was an ordinary internship programme, but what she had encountered changed her mind. She was travelling to a city near the border for a summit with the local youth. When she first arrived, she was surrounded by a couple of Vietnamese children, bringing her flowers and asking for a photo with her. Her colleague stopped them at the scene. These kids were in fact child labourers, who would beg for tips after taking pictures. Responding to them would only worsen the problem. The longer she stayed in the local community, the more social issues she discovered, for instance, traditions such as marriage by abduction and child labour. These involved different powers and struggles related to human rights. She found immersion in the community was even more rewarding than the internship programme itself.

Bonnie originally joined another exchange programme at the University of Southern California offered by the School of Journalism and Communication, but the plan was held back owing to the outbreak of the pandemic. She stayed in Hong Kong and returned to the basics: learning shooting and writing skills. She also took part in online programmes to interact with students from different parts of the world. Her final year project in her major programme was also completed within the period: she compiled her journey in the 12 countries in a book, sharing her journey to make her dream come true.

She grabbed the final chance to continue her studies at the University of Southern California in Year Five. Her final semester abroad was even



7/ The 12-country journey of Bonnie was published in summer of 2022

Bonnie 將十二國之旅的體驗集結成書，並在本年夏天出版

8/ Bonnie on the set of the awarded film, 'Cup of Noodles'

Bonnie 參與得獎電影《Cup of Noodles》的拍攝工作



9/ Xeniya worked as an intern in the Rosewood Hong Kong
Xeniya 於瑰麗酒店實習

10/ Xeniya and her mentees in the buddy programme of the School of Hotel and Tourism

Xeniya 與酒店及旅遊管理學院師友計劃的師弟妹合照



more packed. Other than taking courses on shooting and film production, she took part in three movie productions, some of which won awards. She also treasured her time in the States, as she knew that she had to leave very soon. She was more proactive than the locals and volunteered to serve as the anchor of the University of Southern California Television. She interviewed demonstrators on the streets, reported on baseball games even though she had no idea on the rules at all. She strived to make the impossible possible, hoping to leave no regrets for the future.

Xeniya aimed high in her studies and built a solid foundation in her professionalism in hospitality. Besides bettering herself, she learnt to be humble and a team player who could work with people of different backgrounds and opinions. She especially cherished her opportunity to work in two of the five-star hotels in Hong Kong. She started to think of giving back to communities after she had gained so much throughout the years.

Building bonds within the community was one of her goals. In view of weakened bonding opportunities between teachers and students during the pandemic, Xeniya approached the office of the School of Hotel and Tourism and suggested creating an Instagram page for the School, sharing happy moments and latest news of teachers and students, hoping to reconnect all members again. The page also became the window for outsiders such as employers, the education sector and prospective students to have a glimpse of the School's life. She also initiated the buddy programme of the School to help students who encountered problems in their studies and career planning. Students were encouraged to seek help: be they tips for a good interview, uncertainties in studying and job hunting, or any other matters. It came full circle, where she saw her face on her junior fellows – they, like her younger self, were curious, lost, uncertain and frustrated. Giving them a helping hand was one of the best ways she could give back to the School.

She then stepped out of the campus. In the College Senior Seminar, Xeniya teamed up with other international students to set up a tutoring platform named 'Unitutor' to support ethnic minority students. Owing to the lack of resources, these students had insufficient support for their studies. This programme aimed at helping them fight for better resources from society. They supported them with the knowledge and experiences gained when studying abroad. She was especially grateful for Professor

Hugh Thomas' help throughout the process. Xeniya was also one of the co-founders of the social platform 'Eat Drink Learn', which provided advice to students who aimed for hospitality in tertiary education. Many of the followers were from Kazakhstan, where working in such an industry was not yet considered a profession. She was glad that her experience gave them some inspiration in different career possibilities. She also joined hands with five girls from universities of other regions to start the platform 'Re-Imagine', where they hoped to inspire a sustainable and inclusive lifestyle.

TURNING TO A NEW CHAPTER

After the full-stop of their studies in CUHK, they turned to the next page of their life-long journey. Crystal is currently working in the West Kowloon Cultural District and is planning to further her studies in international politics, concentrating in global sustainable governance. Bonnie is now an analyst at a media analytic company, and she wishes to continue her passion in multimedia or film production, and to contribute to the Hong Kong film industry and bring local productions to the world stage. Xeniya is staying in Hong Kong. Other than gaining more experience in hospitality and tourism, she hopes to find other ways to help people who are passionate in this field. She also hopes to contribute to her homeland, be it small or big.

We are only a small part of this big world. We might be lost and are afraid of taking the wrong path. With an open mind and bravery, we could always take our first step, emerge ourselves in unlimited possibilities, and pave our own trek.

“ Knowledge and empathy are the keys to becoming a leader. We can contribute to our global community as global citizens.

知識與同理心是成為領袖的要素。

作為世界公民，我們都可以為全球發展出一分力。



11/



12/

11/ Xeniya and other Kazakhstan students in Hong Kong organised an event to celebrate Nauruz, and shared with CUHK students their festive moment and culture

Xeniya 與其他在香港留學的哈薩克斯坦的學生舉辦活動慶祝諾魯茲節，並向其他中大同學介紹哈薩克斯坦節慶及文化

12/ Good friends in the College became partners and established the 'Unitutor' platform

在書院的好友亦成為合作夥伴，設立「Unitutor」平台





13/Crystal enjoyed interacting with people from different cultures
Crystal 十分享受與來自不同文化背景的人交流

從迷惘到訂明目標，想必是大學生的必經之路。然而，我們如何才能在混沌中理出一絲頭緒，以此為線索決定未來的路向？二零二一至二二年度伍宜孫書院最優秀畢業生獎的三位得獎人——李天心 Bonnie（新聞與傳播學畢業生）、黃穎婕 Crystal（政治與行政學畢業生）及 Xeniya Tregubenko（酒店旅遊及房地產畢業生）就在數年大學生活中親自探索。

翻開人生新一頁時的迷惘

和許多新生一樣，Crystal 在入學時並沒有十分明確的目標。上莊、迎新營、籌組書院大型活動、擔任學生代表、海外交流等，她通通都嘗試過。她熱愛戲劇，於是加入宜孫劇社，在大學數年間投入多個製作，包括宜孫劇社的劇目《流芳百世》、《給星空的一種禮讚》及《琥珀》，希望透過舞台的語言，包括演技、舞台效果、故事等元素為觀眾帶來一些思考的空間。每個劇目由準備至正式演出歷時大約兩至三個月，要在如此短的時間內讓多個不同的分工小組磨合並製作有一致性的演出作品是難度十分高的事。她指最重要的是要互相聆聽、合作，團隊才能在有限的資源及時間中達到目標。她更在過程中認識許多志同道合的朋友，至今仍然是十分親密的伙伴。

她也活躍於書院活動，如在書院迎新營擔任籌委及輔員，幫助師弟妹適應大學生活；參與書院才藝節市場及拓展部的工作，發揮自己於藝術及設計的技能；在書院健康生活委員會及校園環境委員會擔任學生代表，就書院大小事務為同學發聲。這些經驗又與戲劇不同，除了團隊合作，亦考驗應變能力，需要適應不同的角色與工作。在林林總總的活動及職務中，她發現自己由始至終都熱愛藝術與文化，與人共事，為同一目標努力。

Bonnie 則將更多時間投放至外地交流及遊歷。她入學時就讀全球研究課程，然而修讀期間卻發現自己並不適合這個學科，對於自己的意向又不清晰，因此希望藉著出走跳出現況，同時摸索自己的未來路向。第一學年後的暑假，她在書院資助下毅然出走五個月，走訪共十二個國家，在多地進行義工服務，包括在匈牙利鋪行山徑、在歷史文化活動中當義工、到大型音樂節清理垃圾等。出發時她未有實在的計劃，服務機構都是在旅程期間逐間接洽。即使旅途一波多折，卻讓她重新反思自己的人生面向，更因此認識一些記者朋友，在與他們傾談間發現自己喜歡四處遊歷，又喜歡寫作，於是下定決心轉修新聞與傳播學。她笑言：「轉系時我需要進行面試，而面試正是在丹麥一個遍遠地區的草地上進行的。面試的老師也好奇自己為何會在野外進行面試，我就回答指自己正在丹麥的郊區當義工。」最後她順利入讀新聞與傳播學院，展開她在媒體及傳理的探索。

Xeniya 的經歷則十分不同。來自哈薩克斯坦偏遠城鎮的她，以往未曾見過高於五層的建築物。當她知道自己成功入讀中大，除了興奮之外，惶恐亦隨之而來。她到達香港當天，就為充滿未知之數的異地大學生活而落淚，擔心自己未能達成家鄉對自己的期望。由於國際生人數不多，讓她對香港生活的抽離感更為強烈。可幸的是，她在開學後不久參與書院宿舍中的聚會，遇上十分友善的師兄師姊，縱然有語言之隔，她仍然充份感受到他們的關懷與幫助。她亦逐漸認識到與自己背景相似的同學，開始重

拾自信，與朋友一起展開中大的旅程。

在不同的旅程中發掘自我 面向世界

雖然大學活動多姿多彩，Crystal 卻對兩次外地交流的印象尤其深刻。她於二年級暑假期間參與書院舉辦的紐西蘭英語及文化學習團，此計劃除了讓同學精進語文能力，更重要的是讓參加者了解不同的文化。她在交流期間就首次接觸到毛利人及其文化。在旅程其中一晚，他們有機會到毛利人的會堂住宿。毛利人十分好客，會以舞蹈及傳統儀式歡迎賓客。經過一系列體驗，她對毛利文化產生很大興趣，回港後甚至以毛利文化作為本科科目功課的題目，研究該文化對其族群在國會選舉制度的影響。

另一個於瑞典進行的書院交換計劃又讓她有另一番體會。她於二零二零年上半年當交換生，正巧遇上疫情，因為封城而未能到訪其他國家。但她卻有更多時間進行國內遊，留意當地人的生活模式。讓她驚訝的是，可持續發展在當地不只是廣告上的口號，而是完全融入生活的習慣。她所在的城市沒有地鐵，除了駕車或乘坐公共交通工具，當地人更習慣踏單車代步；回收是常態，就連超級市場都設有回收設施。當地政府亦十分把握自己在環保方面發展的好形象，連同社會平等及著重人權等的要素，為國家在國際舞台上爭取更好的位置，而他們的努力顯然頗有成效。於是，她以這些觀察為起點，於學系畢業論文分析北歐政治。她回憶道：「這兩次交流的經驗讓我對不同文化產生極大的興趣。在各種的文化交流與碰撞下，新的意念就會誕生。」

外地體驗對她個人的發展意向有極大影響，令她希望自己日後能向國際關係及事務的方向發展。回港後，她先加入書院國際小組，與其他同學分享自己的經歷。兩次海外經驗又啟發她參與外地非政府組織的工作，她於聯合國兒童基金會進行實



14/ Bonnie was one of the members of the College's Relay Team

Bonnie 為書院院隊出戰接力賽

“ I envy those who know their purpose from the very beginning. I try everything with all my heart. After more than four years, I finally realised my own purpose: to record my thoughts with the camera, and contribute to society.

我羨慕那些清楚自己想要做什麼的人。我什麼都嘗試，並出盡全力。四年多過去，我才發現自己其實一直希望用鏡頭拍下所思，並對社會作出貢獻。





15/ Bonnie participating in a local production

Bonnie 參與本地節目製作

習，協助兒童衛生及健康的工作，過程讓她反思全球發展的實行。此外，她在亞洲協會香港中心的實習則主要與各國大使館合作，協助性別議題及疫情期間精神健康相關的工作。透過眾多經驗，她明白到知識與同理心是成為領袖的重要特質，而作為世界公民，這些條件將幫助她為全球發展作出貢獻。

Bonnie 則是一個靜不下來的人。到十二國遊歷回港後，她在中大只停留半年，就於二年級下學期參與書院交換計劃到新加坡交流。自中學時期便醉心於排球的 Bonnie 在當地遇上該校校隊的教練，不但加入校隊，更參與甲組賽事，再到鄰近地區比賽，與一班隊友成為至交。她的新加坡生活由運動與汗水填滿，但密集的訓練亦讓她頸項的骨刺加劇，最終使她無法繼續排球運動。雖然傷心，但大局已定，她也選擇繼續向前走，迎接其他挑戰。

三年級的她又經特區政府的推薦計劃到越南河內的聯合國分部實習，協助當地預防愛滋病的項目。她本以為實習只是一份工作，但在當地的見聞卻讓她印象深刻。她其中一次出差需要到邊境地區與當地青年進行峰會，抵達當地後，她在路上遇上許多小童帶著花邀請她合照，但同事即時阻止了他們，因為這些孩子其實是童工，在合照後會向遊客索取小費，答應合照無疑會助長這個情況。這背後其實反映著當地的童工問題。在當地越久，她就了解到更多社會上的議題，如搶婚、童工等，當中其實牽涉許多人權的問題與角力。她發現在地實習除了讓自己增加工作經驗，更重要的是有機會親身了解當地的社會與文化，再深入探究其底蘊。

回港不久，Bonnie 本打算於四年級再參與院系的交換計劃到南加州大學交流，但因疫情爆發，她留港繼續課業，並重回基本，學習及鑽研拍攝、寫作等技巧，又參與線上交流活動，與不同地區的大學生互動。她同時需要完成本科的專題研究，在朋友建議下，她將自己在十二國的遊歷集結成書，分享自己追夢的經歷。

她最後抓緊大學生活的尾巴，在五年級重新開展她在南加州大學的旅程。她修讀拍攝、電影製作等科目，參與了三部電影的製作，當中更有作品獲得獎項。除此之外，因為自知待在美國的時間不多，所以她比當地同學更願意嘗試，把握機會擔任大學電視台的新聞節目主播。她曾採訪當地的示威人士，又在不熟悉賽規的情況下為棒球比賽作報導，種種看似不可能的事，她都盡力將其實現，希望做到無悔青春。

Xeniya 則在本科致力爭取最優秀的成績，為自己在酒店旅遊及房地產方面打好穩固的根基。她除了精進自己，也學會了謙卑，在團隊中聆聽不同意見，成為一個具有團隊合作精神的人。除了課堂，她十分珍惜在本地兩間五星級酒店實習的機會，當中的經驗可遇不可求。追求卓越之外，她開始反思自己是否能將自己所獲得的分享給他人，為社群出一分力。

建立人與人之間的連繫正是其中一環。有見於疫情對師生關係及校園生活的影

響，她建議為學院建立官方 Instagram 專頁，希望可以藉著分享院內師生近況，將所有人的距離重新拉近。專頁亦成為僱主、教育界人士及有興趣入讀該學科的學生了解此院系的地方。她又發起系內的師友計劃，在學系中幫助同學解答學業及職業發展上的難題，例如面試的要訣、求職疑難、學業上的困惑等等，鼓勵同學遇上困難時主動求助。她形容這就像是一個循環，在各位學弟學妹眼中彷彿看到當年的自己，好奇、迷惘、充滿疑惑與不安。能夠為他們伸出援手，正是她能回饋學系的最佳方式之一。

她的目標不止於校園。Xeniya 又於書院通識「專題討論」科與其他國際生合作建立輔導平台「Unitutor」，為本地少數族裔提供課業支援服務。由於他們缺乏資源，一般難以在學習上得到足夠支援。該計劃就希望可以協助他們在社會上爭取更多機會，以自身的經歷提供幫助。她尤其感謝指導老師譚安厚教授的幫助，計劃才得以成功。她又參與社交平台「Eat Drink Learn」的成立，為不同國家對酒店旅遊相關學科有興趣的學生提供意見，當中有不少來自哈薩克斯坦的學生尋求意見。由於此行業在當地的發展還很少，根本未有正式的相關職業，她很高興自己的經驗能為年青一代帶來不同發展方向的啟發。她亦與另外五位來自不同地區的女大學生合作，成立「Re-Imagine」平台，期望可幫助不同地區的女性活出可持續及更豐盛的生活。

展開新章

三人在中大的旅程暫告一段落，並在她們人生的新一章寫下新目標。Crystal 現時在西九文化區工作，正計劃繼續進修國際政治，專攻全球的可持續發展及管治模式。Bonnie 則於媒體數據分析機構工作，將來有意向創意媒體或電影拍攝方面發展，期望可以用自己的鏡頭，將香港作品帶到國際舞台。Xeniya 現時留港發展，除了增進自己在酒店及旅遊業方面的經驗，她期望自己可以發掘更多渠道，幫助有志於此的人。她也希望未來可以回饋家鄉，無論是慈善或回國發展，她都願意盡一分力。

世界很大，人很渺小。我們初時可能會惘然若失，擔心自己走上錯誤的路。但只要抱持開放的心境，勇於踏出第一步，親身感受，就可以理出自己的思緒，一步一步建構屬於自己的道路。



16/ The 'Eat Drink Learn' platform co-founded by Xeniya and her friends

Xeniya 與朋友共同創立的平台「Eat Drink Learn」

“As I graduate, I am filled with gratitude and power to stand for more than just myself.

在我畢業之時，我滿懷感激之心，且擁有超越自我、足以幫助他人的能力。



STUDENT ACTIVITIES

學生活動

GRAFFITI WITH CREATIVITY

創意塗鴉



Ten students joined a graffiti workshop, which was organised by Creativity Laboratory (c!ab) in late June, to learn the graffiti development in USA. They wrote their names and messages in bubble letter format and created their own artwork in wild-style. Throughout the four-hour workshop, students had hands-on experience to create their own works in graffiti style by spraying. They were planning to design wall painting themed with **HAPPINESS in the future**.

十位書院同學於六月下旬參與創意實驗室舉辦的塗鴉工作坊，了解美國塗鴉文化的發展歷史，又學習如何以泡泡字體及野性風格進行創作，繪製屬於自己的塗鴉作品。經過四小時的工作坊，同學除了有親手創作噴畫的機會，他們更計劃以快樂為主題，在未來創作更多壁畫。

ENJOYING SUNSHINE WITH MENTORS

與師友郊遊同樂



Thanks to the sunny and pleasant weather, the first hiking activity of the Rance Lee Mentorship Programme was held in late May. Participants from different small groups gathered at the entrance of Tai Po Kau Nature Trail in the morning. They briefly introduced themselves and started the walk in groups. Our senior mentors, alumni mentors and mentees had a great chat and got to know each other. Some groups had lunch gatherings afterwards while other groups are actively planning different activities including museum visits, NFT tours and gatherings for the future.

李沛良亦師亦友計劃於五月下旬舉辦首個遠足活動。來自不同小組的參與者於風和日麗的週末上午齊集大埔滘自然教育徑，在簡單介紹後，眾人便分組展開登山活動。各位學長、校友及同學均十分享受期間的交流，其中一些組別更於活動後共晉午餐。其他組別亦正計劃其他活動，包括博物館參觀、NFT 導賞團、聚餐等，希望大家能盡快再聚。



WELCOME BACK TO THE HOSTEL LIFE! 回歸宿舍生活



Professor Man-hong Lai, Associate Master and Warden of the East Block, and Professor Kong-pang Pun, Warden of the West Block, our Resident Tutors and Yeeternity, the Executive Committee of the Resident Association this year, greeted the new residents in early September at the College Gallery for hostel check-in. We dedicate to foster hostel spirit and make the hostel the perfect second home for every resident.

Green Team has also set up a booth for distributing second-hand items collected at the previous hostel check-out. Let's go green starting from the first day of the hostel life!

書院宿舍東座舍監黎萬紅教授、西座舍監潘江鵬教授、宿舍樓導師及書院宿生會「煦宜」幹事於九月上旬入宿期間歡迎各位同學返回校園。各位致力為同學提供舒適的住宿環境，加強同學對宿舍的歸屬感，讓宿舍成為同學的第二個家。

環保小組亦設置攤位，為同學分發於上學年回收的二手物資，以達致環保的理念。讓我們一起為綠色書院生活出一分力！

EXPERIENCING UNIVERSITY LIFE 體驗大學生活



The College was glad to welcome the participants of the Summer Institute (SI) in late August for a College Visit to get a glimpse of our facilities. Two student sharing sessions about hostel life and exchange programmes were also held in our Creativity Laboratory (c!ab). Organised by the Office of Academic Links, SI was a two-week credit-bearing programme to provide secondary school students with the opportunity to experience campus life while exploring different academic fields at CUHK.

書院於八月下旬接待中大暑期課程的同學，為他們介紹書院設施，又於創意實驗室舉辦講座，分享宿舍生活及交流計劃的特點。中大暑期課程由學術交流處籌辦，為本地中學生提供為期兩星期的大學生活體驗，讓他們一嘗校園生活及了解中大的各個學科。

STUDENT ACTIVITIES

學生活動

INTRODUCING COLLEGE LIFE 書院簡介



Professor Sunny K.S. Kwong and Professor Ming-kay Poon were invited to hold two sharing sessions for students from the CUHKFAA Chan Chun Ha Secondary School to provide them with more information about CUHK in mid-July. They shared different topics including university life, College life and the way of studying with the visitors. Students were inspired by their sharing and had a good conversation with them.

香港中文大學校友會聯會陳震夏中學的學生於七月中旬來訪，書院邀得鄭啟新教授及潘銘基教授為同學介紹大學及書院生活，又分享學習要訣。同學亦十分享受與兩位的交流，深受啟發。

WELCOMING NEW STUDENTS 歡迎新生加入中大



The New Student Orientation Day was held in mid-August to greet and welcome our freshmen, and to help them gain a better understanding on the college system and the campus environment.

The College Associate Master, Professor Ming-kay Poon, and the Dean of Students, Professor Kelvin K.F. Tsoi, presented at the College Talk to introduce the College missions, key initiatives and exciting programmes offered to our students. Our College student, Jason W.L. Sung, also joined the session to share his experience in organising student activities supported by the College.

Our student ambassadors made every effort to introduce our uniqueness to freshmen in the Consultation Session. Four College tours were conducted by the ambassadors as well for freshmen to get familiarised with our College facilities and environment.

新生入學資訊日於八月中旬順利舉行，除了歡迎一班新入學同學加入中大，又讓他們了解中大書院制及校園環境，為大學生活作準備。

書院副院長潘銘基教授及輔導長蔡錦輝教授於書院講座為同學簡介書院精神、特點及各式活動，宋蔚霖同學又為參與者分享他在舉辦活動時於書院所得到的協助。

書院學生大使亦為同學詳細解答各種書院相關的問題，新生又可參與校園遊，到書院參觀不同設施。

LET'S SHARE

同學分享



RANCE LEE MENTORSHIP PROGRAMME

The Rance Lee Mentorship Programme provides students with opportunities to learn from the experienced alumni and experts in different fields. Gatherings in small groups are planned throughout the year to allow mentors and mentees to interact and exchange life experiences.

The NFT trip is an enjoyable and memorable team gathering for us as all of the mentees are from the Business School. Thank you Ivan for inviting us, the Hong Kong Digital Asset Society for organising the event, and Philip for having dinner with us. We visited the NFT exhibition at K11 Musea in June. With professional explanations from the guide, we were able to have a brief understanding of NFT, a new trend of digital assets in Hong Kong, including its features, fascination, and recent local development. Many NFTs of different series were shown publicly with the generous permits from their owners and sponsors such as Bored Ape Yacht Club, Moonbirds and CryptoPunks.

We had dinner together after the sharing of the trader. Chatting with each other is also a pleasurable and meaningful experience. Looking forward to the next gathering in the upcoming future.

Senior Mentor:

Mr. Philip W.K. Lee

Alumni Mentor:

Mr. Ivan L.F. Jim (Class of 2017, Global Economics and Finance)

Mentees:

Cheuk-yee Chau (Integrated BBA/ 3)

Sze-wing Tong (Insurance, Financial and Actuarial Analysis/ 3)

Mei-yan Wong (Quantitative Finance/ 3)

Yeuk-nam Kwok (Integrated BBA/ 5)

Tsz-ching Lau (Integrated BBA/ 2)

Contributor: Mei-yan Wong



ALUMNI NEWS



校友消息

Bonnie T.S. Lee (Class of 2022, Journalism and Communication)'s new book on her adventure in 12 countries was launched in the Hong Kong Book Fair 2022. The book collects her experience in volunteering in different parts of the world in a four-month journey, and her reflection upon life on her way.

校友李天心（新聞與傳播學二零二二年畢業）的新書《別讓世界看扁你》於二零二二年香港書展發佈。書中收錄她遊歷十二國擔任義工的經歷，並紀錄她於長達四個月的旅途中對自身的反思。



COLLEGE ORIENTATION CAMP

書院新生迎新營



With the theme of 'Genesis', the College Orientation Camp was successfully held on 31 August and 1 September on the College campus. About 200 freshmen were divided into groups together with our student leaders to experience the College life.

We were honoured to have Professor Anthony T.C. Chan, College Master, Professor Kelvin K.F. Tsoi, Dean of Students and Professor Kong-pang Pun, Convener of the Working Group for Student Orientation Camp, to be the Guests of Honour to greet our freshmen and welcome them to join the Wu Yee Sun family!

The freshmen were separated into two big groups to interact with each other and took part in different games such as ice-breaking and CU Hunt. It is hoped that they would get to know their friends and the College better after the Orientation Camp. Once again, we wish all freshmen a fruitful university life ahead!

本年度新生迎新營以「創世」為題，於八月三十一日至九月一日順利舉行。迎新營於書院校園舉辦，約二百位新生分為不同小組，在師兄師姐帶領下體驗書院生活。

書院邀得院長陳德章教授、輔導長蔡錦輝教授及迎新營工作小組主席潘江鵬教授作開幕嘉賓，歡迎一班新生加入書院的大家庭。

新生分為「遨魄」及「青巒」兩個大組，透過不同活動互相認識，包括破冰遊戲及中大定向等。相信同學在兩日的活動中認識到不少新朋友，亦希望他們能在接下來的書院生活加深友誼。期望各位新生在中大活出精彩一頁！





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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編輯: Dr. Alina Wan 潘銘基教授

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