

# THE SUNNY POST

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# THE GROWING GIANT

## 成長中的傑出團體

Interview with the Sports Association  
Recipient of the Outstanding Student Organisation Award  
傑出學生團體獎得主  
體育學會專訪







To many Wu Yee Sun students, the Sports Association is merely a student body organising sports activities, but the 17-member team is not only an interest group, instead, an organisation promoting both sports culture and emerging sports in the College, and assisting the College Sports Teams. Shirley Y.T. Chan (Electronic Engineering/ 3) and Sally W.L. Shing (Nursing/ 3), are in their second year of serving the Sports Association. The former president and vice-president of the Association recalled that they were both lost when they first reported for their duties in 2014.

在許多伍宜孫學生眼中，體育學會只是舉辦體育活動的學生興趣小組。但他們其實身負推廣伍宜孫書院體育文化、推廣新興的運動和協助院隊的重任。第二屆伍宜孫書院體育學會的主席陳意德(Shirley) (電子工程學三年級) 與外務副主席成蔚羚(Sally) (護理學三年級) 已經連續在體育學會服務兩年。她們在二零一四年加入體育學會，兩人坦言剛開始「上莊」都感到十分迷惘，不知從何入手。



1/



2/

1/ Round Campus Run  
環校跑

2/ Long Rope Skipping Competition  
跳大繩比賽

'Communication and event coordination between the College and the Association is essential, but we didn't even realise that it was our duty, not to say how we could approach the office,' Sally recalled.

#### OBSTACLES AND GUIDANCE

Other than proposed activities and plans, the Association needs to assist the College in the promotion of sports culture in the College, resulting in a tremendous amount of work. Together with the unique nature of the Association, the heavy workload brings pressure and challenges to the team. 'We didn't realise our responsibilities or position in the College, and drafted our plans according to our own desires. Mr. Tze-ming Tang's (the Physical Education teacher supervising the Association) advice and constraints frustrated us, but he was correct when we look back.' The teacher's ideas and intentions were at first hard to understand, but time would tell. Shirley recalled that Mr. Tang raised a series of constraints they might face during operation, including safety and feasibility. The Sports Association requires a higher level of professional knowledge and discretion in its operation to ensure participants' safety. 'We also had communication problems among the cabinet members, but Mr. Tang talked to each of us to ease our difficulties.'

When it comes to activity planning, 'A contest between residents from east and west blocks and non-residents was originally in our plan, as we were aiming at enhancing the students' sense of

belonging and boosting the atmosphere among residents,' Shirley recalled, 'but we didn't know many residents and so communication was hard. We could only scale down the competition and thus, we had the Long Rope Skipping Competition.' However, the challenges did not stop there. 'We had registration forms outside the Room of the Resident Association, but received no responses. We could only shift our targets to freshmen, and engaged the groups from the Orientation Camp,' Sally added. She called every freshman promoting the event and sent out reminders about the competition before the event, just to ensure the big day could run smoothly and all the participants could enjoy it.'

Although it has been a tough time, they really enjoyed the process. Shirley and Sally are both teammates and roommates. 'We worked round the clock before the Inauguration Ceremony which is common in preparation for other events of the Association.' No pain, no gain. That is why they learnt to treasure and enjoy the process.

#### ASSURED DEVOTION

Courage can be washed away by waves of hindrances, but their persistence eventually brought them to their destination. Application for the Round Campus Run was well above the quota with more than 300 students having applied, while participants of the Long Rope Skipping Competition enjoyed the contest very much. The Sports Association was even awarded the Outstanding Student Organisation Award this year which they considered recognition for their hard work. 'Many students have no idea on

“ The Sports Association requires a higher level of professional knowledge and discretion in its operation to ensure participants' safety.

體育學會需要更多專業知識及準則作支持，保障參加者的安全。





## “ The Sports Association has a new role – to be the internal and external link for the College.

體育學會現在有一個新的角色，就是作為書院對內與對外的橋樑。

「體育學會需要經常與書院聯絡和籌辦活動，但我們不單不懂得如何聯絡他們，亦不知道這原來是我們的工作之一。」Sally回憶道。

### 困難當前 良師指引

除自己擬定的活動外，體育學會亦需要協助書院推動體育氛圍，工作繁重，又因為學會性質比較特別，壓力和困難也隨之而來。「一開始我們不知道體育學會的責任與定位，抱著作為一個普通學生組織的心態，只是做自己想做的事，因此對我們的顧問老師Ming Sir (鄧子銘先生) 所提出的意見和限制而感到沮喪。但事後證明，他是對的。」老師的顧慮與苦心，作為學生未必在一時三刻就能理解，但時間會讓我們知道答案。Shirley提及，他們草擬活動時，Ming Sir總會提出很多實際執行時的限制，包括活動安全、可行性等，體育學會需要更多專業知識及準則作支持，保障參加者的安全。「當時我們內部亦有溝通問題，Ming Sir還會單獨約見我們每個莊員去了解情況，幫助我們。」

談到策劃活動時遇到的困難，Shirley說道：「當初為了提高書院學生的歸屬感和增加宿舍氣氛，我們曾經考慮過舉辦東西宿舍和走讀生的競技比賽。可惜我們跟宿生並不熟絡，與各方的溝通也較困難，最後我們只能將該活動簡化，變成跳大繩比賽。」可是問題沒有因而減少，「我們在宿生會的小賣部外張貼報名表，但無人問津，我們只好將目標轉移至新生，希望鼓勵他們以新生營大組的形式參加。」Sally補充。當時Sally私下聯絡每一個新生，向他們宣傳該活動，在比賽前又提醒每一組參加隊伍比賽事宜，做那麼多功夫，只是希望活動能順利舉行，學生能投入和享受。

儘管一直走來的路途不平坦，她們仍認為自己「Chur」得開心。Shirley與Sally既是莊員也是室友，「在交職典禮前一晚我倆通宵工作至破曉。其實基本上學會有什麼大活動，我們都會通宵趕工。」也許過程總要稍微添加辛酸困難，我們才更懂得珍惜和享受。

### 無數汗水 一份認同

過程的困難且磨人，甚至會奪去人繼續前行的勇氣，但所幸堅持仍能看見成果。院慶環校跑超額報名，超過三百人踴躍支持，跳大繩比賽中參加同學也開心享受遊戲過程，學會更獲得本年度書院傑出學生團體獎，

她們認為這是一份肯定。「很多伍宜孫同學不知道體育學會做了些什麼，甚至不知道有我們的存在，但這獎項給予了我們一份認同，情況也慢慢改善了。」

接過獎項，Shirley與Sally感覺責任更加大：「體育學會現在有一個新的角色，就是作為書院對內與對外的橋樑。對外是指我們與其他書院的溝通，我們會邀請其他書院參加我們的運動比賽，有點像運動外交；而對內，我們冀能聯絡宿生，也會照顧走讀生。」

### 成熟為禮 接力交棒

擔任過主席的Shirley感慨道：「在體育學會學到的東西，比我上其他的莊學到更多。我感覺這一年多裡自己成熟了很多，學懂了對外對內的溝通和行政的技巧，如何帶領團隊，慢慢我也學會如何處理團體事務。」透過師長的循循善誘，現在身為體育學會顧問的她們更走在教導指引下莊的路途上，但她們認為自己還是新手，還有很多需要學習：「從前我們什麼都背負上身自己做，很少跟其他人合作，現在學懂了放手把工作交給其他人。希望體育學會的成員能像我們一樣，能吸取知識和經驗。」運動精神告訴我們，交出手中的接力棒才能跑得更遠。

Shirley補充：「我們是個很大的團體，第二屆內閣有十七個莊員，在分配人手上很花腦筋。」因此在今年新一屆團隊組成時，她們主動提出擔任顧問一角，幫助新成員熟悉學會運作。此外，體育學會亦設立了雲端資料庫，方便以後的莊員在網上參考過去的資料或活動。

### 未來計劃 建立傳統

「我們有很多計劃，多了與各方面合作，還考慮借出運動設備，還有舉辦工作坊，當然很多都還處於討論階段。」而在眾多計劃當中，Shirley和Sally最希望達成的還是體育學會能建立屬於伍宜孫書院的傳統：「我們希望有一兩個具象徵性而可以一直承繼下去的活動，例如別人一聽到跳大繩就想到伍宜孫。另外，同學也能更加主動發表意見，例如透過制定一些資助計劃，鼓勵同學多做運動，由同學建議和提出所想做的運動，並且由體育學會幫助實行。」

我們一起成長，碰壁，然後進步。伍宜孫體育學會如是，伍宜孫書院的你我也如是。

3/ Level One Sports Climbing Certificate Course  
一級運動攀登證書班

4/ Golf Fun Day  
高球同樂日

5/ Sports Fun Day  
運動同樂日



“We hope that there would be one or two symbolic activities that succeed, say Long Rope Skipping, which can instantly be related with the College when mentioned.

我們希望有一兩個具象徵性而可以一直承繼下去的活動，例如別人一聽到跳大繩就想到伍宜孫。

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what we are working on, or even our existence. This award gives us acknowledgement, and students are getting more familiar with us.’

With this award, Shirley and Sally admitted that they were expecting greater responsibilities, ‘The Sports Association has a new role – to be the internal and external link for the College. External work includes inviting other Colleges to our sports events, which can be considered as a form of “sports diplomacy”. We also get in touch with the residents and non-residents in the College to strengthen the internal link.’

#### THE BATON

‘I learnt a lot in the Sports Association compared with my previous service in another student body,’ Shirley, the former President, added, ‘I became more mature in this year of service, and familiarised with internal and external communication as well as administrative work. With the hands-on experience of leading a team, I gradually learnt how to manage team work.’ With guidance from teachers, the current advisors, Shirley and Sally, are succeeding the role of guiding the new cabinet, but they admitted that they are still green and have a lot to learn. ‘We used to burden ourselves with all the administrative work, but now “division of labour” becomes the phrase to live by. We hope that the new cabinet members

can acquire knowledge and experience as we did.’ Sportsmanship reminds us of the importance of passing on the baton in a relay.

‘We were a big team with 17 committee members in our second cabinet, and we had a headache during work division,’ Shirley added. To help get the new cabinet’s work on track, they suggested staying in the new cabinet as advisors. A cloud database was also set up for easy access of the event archives online.

#### THE UNIQUE TRADITION

‘We have got plans. Joint programmes and workshops would be one, and we plan to loan sports equipment. Of course many of the above need further discussion.’ Among the suggested plans, building the College tradition is their utmost target, ‘We hope that there would be one or two symbolic activities that succeed, say Long Rope Skipping, which can instantly be related with the College when mentioned. Fellow Sunnies may also give us their wish list. A subsidising programme can be an item on the list. Students may suggest the type of sports they wish to try out, and the Sports Association can help execute this suggestion.’

We grow, we flop, and we mature. The Sports Association does so too, as does every one of us in the Sunny College does.



6/



7/



8/

6/ Annual Athletic Dinner  
週年運動員聚餐

7/ Fitness Test  
體能測試

8/ From right: Shirley Y.T. Chan, Sally W.L. Shing and Peter C.C. Wan represented the Association to accept the Outstanding Student Organisation Award  
右起: 陳意德、成蔚玲及溫展程代表學會接受傑出學生團體獎





# COLLEGE ACTIVITIES

## 書院活動

### COLLEGE CLOSING ASSEMBLY 書院結業禮



Time flies, and the College Closing Assembly concluded the academic year in April. The College Anthem, performed by our fellow students, kick-started the Assembly with its beautiful melody and lyrics. Our College Master, Professor Rance P.L. Lee, reviewed the great events of the College from the past year, while three groups of students shared their projects and experiences from the Sunny Passion Programme, Service-learning Trip to Cambodia and Green Team. Scholarships and awards were also presented afterwards.

時光飛逝，四月舉行的書院結業禮為本學年畫上句號。由書院同學演奏的院歌為典禮揭開序幕，院長李沛良教授隨即回顧過去一年的書院重要日子，三組同學亦分享他們在「愛陽光計劃」、「柬埔寨服務學習之旅」及「環保小組」中的工作與體驗，獎學金頒授儀式亦於隨後舉行。

### COLLEGE FORUMS 書院論壇



The last three College Forums of this term were inspiring with different types of sharing from speakers from various professions. Mr. Victor C.H. Tsang, Executive Director of PMQ Management Co Ltd., shared with students the idea of 'Curation in Transmedia Storytelling'; Professor Suguru Mizunoya, College member from the Global Studies Programme, helped students realise the relationship between 'Social Responsibility and Development' from an international perspective; while Ms. Mei Li, the Founder of Hong Kong History Watch, shared with students her experience when interviewing some Comfort Women.

本學期最後三次書院論壇由各界別的講者帶給大家獨特的分享。元創方總幹事曾昭學先生講述「超媒體的內容策展」；全球研究課程水野谷優教授讓同學從國際層面理解「社會責任與發展」的關係；而「歷史監察 網民自發」召集人李美娜女士則講述她訪問慰安婦時的所思所感。

### VISITING DELEGATIONS 來訪書院



Students from CUHKFAA Chan Chun Ha Secondary School visited our College and enjoyed conversations with Professor Rance P.L. Lee, College Master, at a breakfast meeting in March. A group of students from CUHKFAA Thomas Cheung Secondary School, led by their principal and teachers as well as CUHK MBA alumni, visited the College in April. They were introduced the College campus during their stay.

In April a group of staff members from the Administrative Services Office, CUHK Shenzhen visited us and toured round the College campus.

來自香港中文大學校友會聯會陳震夏中學的同學於三月到訪書院，並與院長李沛良教授共進早餐。香港中文大學校友會聯會張煊昌中學校長和老師，以及中大工商管理碩士舊生亦於四月帶領一班同學來訪書院，聽取書院校園簡介。

來自中大深圳分校的行政人員亦於四月來訪，在訪問期間遊覽書院校園。

# STUDENT ACTIVITIES

## 學生活動

### CREATIVITY WORKSHOP SERIES

#### 創意工作坊系列



A series of fun yet inspirational workshops were held in the Creativity Laboratory (clab) in the second term to jumpstart students' creativity. Ranging from silkscreen printing, upcycling a thumb piano and a USB lamp, crafting wooden tableware, photography to aquaponics installation, the workshops have attracted over 60 participants. clab will continue to promote a creative learning culture among College students and encourage collaborative partnerships by widening the use of the physical clab space as well as the tools and equipment acquired to facilitate students' realisation of their creative projects.

創意實驗室於今個學期舉辦一系列有趣而具啟發性的工作坊，推動學生的創意發展。由絲網印刷、升級再造拇指琴及USB座檯燈製作、木餐具雕刻、攝影，以至魚菜養耕微生態裝置等，工作坊共吸引超過六十位同學參與。創意實驗室將繼續推廣創意學習的文化及鼓勵朋輩合作，加強利用創意實驗室及運用所添置的工具及設備，協同學實踐創意項目。

### HOP WAI ART AND CULTURAL PROGRAMME

#### 洽蕙藝文計劃



Thanks to the generous support of Hop Wai Tong, Wu Yee Sun College, Chung Chi College and United College have jointly invited Ms. Larine Chung, a Hong Kong artist residing in America to visit the Colleges in March and April. The visiting programme comprises an Art Exhibition titled 'Larine Chung 2015 Home-Coming' which showcased her captivating paintings and the featured Hong Kong collection, and a talk titled 'Reflection: Looking back to My Art Journey'. College students also got hands-on experience in sketching and watercolour painting at the 'Learning Drawing from Renaissance Masters' Workshop and 'Daily Sketching with Watercolour' Workshop.

承蒙洽蕙堂贊助，伍宜孫書院、崇基學院及聯合書院邀得旅美藝術家鍾蕾琳女士擔任本年度訪問藝術家。訪問活動包括「Larine Chung 2015 回·家」展覽，展出鍾女士之優秀畫作，包括點題的香港系列；她又隨後主講「回顧我的藝術之路」講座。書院同學亦踴躍參與素描工作坊及水彩工作坊，從中學習炭筆素描及水彩素描技巧。





## GREEN ACTIVITIES

### 綠色活動



The Green Team shared their harvest of cherry tomatoes and strawberries with the Sunnies in tasting events in March, allowing our students to get a taste of the fresh fruits from our rooftop garden.

The first WYS Green Month was held in March. The Green Team held a Green Night Talk on conservation and development in country parks, hosted by Professor Kwai-cheong Chau, Chairman of College Campus Environment Committee, which echoed with the theme of the Hiking and Planting day. They also helped reduce the carbon footprint of our College by encouraging College members and students to switch off non-essential lighting on the night of 28 March.

The Team also tried to fuse 'green' with culture by organising a trip to two Frontier Closed Areas in April with Professor Chau's lead. The Hostel Check-out Freecycling was also held, allowing transfers of recycled items.

環保小組於三月車厘茄及草莓首次收成時舉行試食會，讓同學有更多的機會品嚐書院天台收成的鮮甜成果。

他們又於書院首個環保月舉辦多項活動，如參與行山植樹日，又舉辦綠色夜話。書院校園環境委員會主席鄧桂昌教授呼應植樹日的主題，就香港郊野公園的保育與開發作分享。小組又鼓勵書院成員及同學參與三月二十八日的「地球一小時」，加入關燈行動以降低碳排放。

小組亦於四月舉辦「闖入邊境禁區」活動，由鄧教授帶領同學遊走於禁區，將文化及保育這兩種元素結合。宿舍亦再次舉辦退回回收，讓同學交換回收物資，減少浪費。

## NIGHT TALKS

### ON LAW

### 法律夜話



The College was pleased to organise a series of night talks in the hope of cultivating students' understanding on the principles of law through interesting sharing of different legal cases on contract law, family law, succession, domestic servant and copyright law. The talks were also open to students from other Colleges as well as colleagues from other departments or units. Special thanks must be given to our College Affiliated Fellows Mr. John K.H. Lee and Mr. Peter T.W. Yam, as well as CUHK Alumni Mr. Kim-hung Ho and our College student Jasper W.F. Toh (Laws/ 3). We hope to arrange more similar night talks in future to enhance students' general legal knowledge on daily affairs.

為培養學生對法律概念的理解，書院於今個學期舉辦兩場法律夜話，分享不同的法律案例，如合約法、家庭法、遺產繼承、家庭傭工、版權法等。是次的夜話系列更開放予非伍宜孫書院學生及教職員參加。書院特別感謝特邀院務委員李劍雄律師及任達榮先生，中大校友何劍雄律師及書院三年級法律系杜鈞鋒同學主持夜話，並期望在日後舉辦更多同類的活動，以加強學生對日常事務的法律知識。

# STUDENT ACTIVITIES

## 學生活動

### STUDENT ACHIEVEMENTS



#### 學生殊榮

The CUHK Woodball Team won the overall championship, the women's team championship and the men's team second runner-up in the USFHK Woodball Competition held in late March. Our College students, Cheria C.S. Heng, Perry Ku and Kenneth C.K. Heng, are members of the team and contributed to the triumph. Cheria also seized a bronze medal for the women's individual prize. Congratulations!

Under keen competition among the new Colleges, the Pentagon Championship came to an end in April. The Pentagon Championship is composed of a series of sports competitions as well as a Singing Contest and mass games. Our College teams obtained excellent results in various tournaments, such as becoming the Champion of Basketball Competition and first-runner-up in the Soccer Competition. Our students' efforts and participation contributed to our position of Overall First-runner-up in the Pentagon Championship. Congratulations!

中大活木球隊於三月舉辦的香港大專體育協會活木球賽奪得總冠軍、女子組冠軍及男子組季軍! 書院同學幸卓思、古柏蔚及幸卓杰為該隊成員, 幸卓思更於女子個人賽中奪得銅牌。恭喜得獎隊伍! 在激烈競爭下, 聯五書院舍堂競技「伙盃」於四月圓滿結束。伙盃比賽項目包括運動項目、歌唱比賽及多種團體遊戲。書院於各項比賽均取得優異成績, 當中包括籃球賽冠軍及足球賽亞軍。經過一班同學的奮鬥, 書院隊伍最終摘下全場總亞軍。恭賀各位同學!



### ENGLISH LANGUAGE ACTIVITIES



#### 英語活動



A group of Sunnies participated in a series of Social English Workshops. Under the guidance of Ms. Maggie M.K. Chan, College member from the English Language Teaching Unit, they learnt the skills to entering and leaving conversations, and most importantly, how to keep them going. They also understood the importance of accent and culture in communication. By the end of April, all the participants were familiar with the communication skills and applied what they had learnt in daily life. The Toastmasters Club also held meetings on various themes and engaged students interested in English speaking.

一眾書院同學參加為期五個星期的社交英語工作坊, 在書院成員陳美祺女士 (英語教學單位) 的指導下學習如何以英語開始、維持及結束對話。他們亦對因口音及文化差異帶來的溝通問題有更深切的了解。工作坊於四月下旬告一段落, 參與同學均從中了解英語溝通的要訣, 並將之應用至日常生活中。國際演講會的主題聚會亦讓英語愛好者一起分享演講的樂趣。

### CHINESE LANGUAGE AND CULTURAL ACTIVITIES



#### 中國語文及文化活動



The College organised two Chinese Language Activities. The Chinese Calligraphy Workshop allowed students to learn under the guidance of Mr. Siu-wa Lui the skills of Regular Script Writing; while other students enjoyed a night of illustrative magazines and newspapers with Dr. Fanny Y.M. Li, Lecturer of the Department of Literature and Cultural Studies of The Hong Kong Institute of Education. Students got to understand more about the life of Hong Kong and Guangdong residents in the Qing Dynasty.

書院於本學期舉辦共兩項中文活動。於四月完結的書法班讓同學在雷紹華老師的示範及指導下, 通過楷書的臨習, 對書法的技巧有更好的掌握。語文文化桌亦邀得香港教育學院文學及文化學系講師李婉薇博士主講「晚清粵港生活面面觀—畫報中的圖像和粵語作品」, 介紹晚清畫報的歷史及功用, 藉此讓同學在欣賞畫報的同時能更深入了解當時粵港居民的生活狀況。





## OUTBOUND COLLEGE PROGRAMME EXHIBITION 外遊計劃展覽



The Outgoing Programme Exhibition showcased our Sunnies' exposure and reflection gained from a variety of short-term exchange programmes, held last summer and Christmas, ranging from cultural exchange to service-learning trip, from internship to language enhancement. There was also sharing from Sunnies receiving College's funding to realise their own projects in places including France, India and Inner Mongolia. Tin-long Lui (Medicine/ 3) expressed his gratitude to the College for supporting him to explore Hindu medication in India, while Mei-ki Lau (Social Work/ 3), who participated in the Service-learning Programme to Sichuan for three years, let us know the influence they have made on the students from Sichuan Enting Elementary School.

於去年暑假及聖誕假期參加了外遊活動的同學們透過外遊計劃展覽與書院師生分享他們的得著和感受。外遊活動的主題五花八門，包括短期文化交流、服務學習、語文精修或專業研習計劃，亦有不少同學獲書院資助到法國、印度、內蒙古等地交流體驗。呂天朗同學（醫學三年級）在開幕禮中感謝書院資助他到印度探索地道醫術；三度於四川恩庭小學義教的劉美琪同學（社會工作三年級）則為目睹小學生的成長與轉變而動容。

## SUMMER PROGRAMME KICK-OFF CEREMONY 暑期活動啟航禮



More than 100 Sunnies are participating in various outbound activities held by the College in the summer vacation. The Kick-off Ceremony with the attendance of dozens of College members and student participants signified the commencement of a bright summer. Leading teachers of the College-organised tours mingled with participants during the event. They were all ready for a fruitful summer with this warm start!

暑期伊始，過百位書院同學與老師將於悠長假期到世界各地交流、遊歷，擴闊眼界。各書院暑期活動的參加者於暑期活動啟航禮聚首，見證充實暑假的開展。領隊老師與同學們在閒聊中互相認識，分享外遊經驗和各地文化。

## SPORTS ACTIVITIES 體育活動



Aiming to boost the sense of physical health among College students, various sports activities were organised in the past few months. Fitness Class - Core Training was held in March, in which participants learnt simple but intensive muscle-training exercises to enhance the strength of their core muscles. In the Woodball Workshop, participants gathered and experienced the modern sport, which is gradually becoming more popular. Sports Team members also did their best in collegiate competitions, and gathered at the College Annual Athletic Dinner and CUHK Sports Teams Annual Dinner to share their hard work over the year.

為推廣健康運動氛圍，多項體育活動於過去幾個月相繼舉行，讓同學舒展筋骨。參與核心肌群訓練班的同學於活動中嘗試簡單而集中的肌群訓練，以加強核心肌群的強度。此外，一班同學亦於活木球工作坊體驗這種日漸盛行的運動，一起渡過輕鬆的晚上。書院院隊成員亦於各院際比賽奮力出戰，並於書院運動員週年聚餐及中大運動員周年聚餐聚首一堂，分享過去一年努力的成果。





# STUDENT ACTIVITIES

## 學生活動

### HOSTEL ACTIVITIES



#### 宿舍活動

### STUDENT ORGANISATIONS



#### 學生團體

### VISITORS

#### 來訪書院



Professor Shyhnan Liou from the Institute of Creative Industries Design of National Cheng Kung University visited our College after his talk in the Pi Centre, CUHK. He paid a visit to our College's Creativity Laboratory where he was introduced to different College- and student-led initiatives that were launched to promote creativity among College students by our club helper.

國立成功大學創意產業設計研究所劉世南教授於Pi Centre演講後到訪書院，創意實驗室學生助理為其介紹各種書院及同學提出的活動計劃，以及如何以此向其他書院同學推廣創意思維。



To bring residents closer, a series of hostel activities were organised over the past semester. In celebration of the Lunar New Year, residents and resident tutors wrote Red Banners together in February. A number of Joint-floor Gatherings of Residents were held in March and April, where participants grabbed the chance to socialise with other residents and exchanged views on their hostel life. Resident Tutors also gave snacks to hostel residents during the exam period, encouraged them to study hard and, of course, wished them luck in their exams!

為讓宿生共融，宿舍於過去一學期舉辦一系列活動：宿生與樓導師於二月一起揮毫迎接新春，又在三至四月期間舉辦聯層聚會。樓導師更於考試期間派發「打氣」小食，希望同學努力備試，同時祝願他們考試成功。



Congratulations to the 2015/16 Student Union Executive Council, Sapphire, their Inauguration Ceremony was held in April, where College students were invited to write the College's history hand in hand. Big thanks and goodbye to Easternity and Westident, Temporary Resident Associations of East and West Blocks for their contributions last year, Horisun, the first official Resident Association of Wu Yee Sun College Student Hostels in history, was inaugurated in April. The Third Inauguration Ceremony of Sports Association was also held in March.

第二屆學生會幹事會「鶴宜」於四月正式上任，幹事會於交職典禮上邀請書院同學共創書院歷史。此外，感謝上屆學生宿舍東、西座臨時宿生會「東凌日」及「西霜月」於過去一年的服務，「伍迎曦」已接棒成為書院史上首屆宿生會。第三屆體育學會亦順利於三月上任。





# LET'S SHARE

## 同學分享



**Vivien Y.M. Wong**  
(English/ 3)

Recipient of the Outstanding Student of the Year Award 2014/15

2014-2015. Stepping up to the final year of my university study, these labels no longer mean anything to me. It's just days of work followed with weeks of busyness. But looking back, there is always something special you have achieved in a particular year.

As some of you might know, besides being a committed volunteer of Sham Shui Po Central Happy Teens Club and the Playground Association, I am also a committee member of two 'jongs': The College Toastmasters Club and SpeechExpress.

For both Toastmasters and SpeechExpress, I started out as a member, but for some reason, mostly because I was often in a daze whenever anything happens, I became a committee member of both clubs. But well, what's done is done. Indeed, they are not easy roles to take on, but they are good challenges for me to improve on various skills, so not much harm.

My happy-go-lucky attitude changed after becoming a volunteer at Happy Teens Club in early 2014. A few months after befriending my students, I came to realise that there are many teachers who, on purpose or by accident, degrade students, who called students good-for-nothing, who didn't pay attention to students' personal growth. I know they probably wanted to goad the students to improve, but for students who initially have low self-esteem, it is simply demoralising. I realised that I was so lucky, to have had a teacher who always tried hard to inspire us and move our hearts, whose quote still ring in my ears: There are many successful people in the world, but there are just too few 'good people'. I don't want to train you to become just a successful person but a person with humanity and goodness.

I was frustrated. Those students in front of me, although they are disadvantaged have their hobbies. They have their worth. How can teachers base everything on examination results but never on the human being as a whole? Even when I explained to them that they have their own worth, they would still say 'but my teacher said I am useless', 'If I don't get good examination results, I wouldn't be able to make a living and help my family', and the line that pierced my heart the most is 'You have a good family background. You don't have to worry about making ends meet. You can never understand me. Dreams are only for those who have the available resources'. I couldn't reply, because that was sad but true. That student was also in tears

when she said those lines, leaving me helpless and heartbroken.

We can discuss. We can protest. But many problems rest in the root of society. I don't like this kind of education system. It's corrupting humanity. But what can we do? Every person has their own role in society, in which they have their rights and responsibilities. Rules are set by people of authority. If you are in the lower stratum, no matter how you rebel, the effect will seldom match that of the authority. Therefore, if I am in a position where I can't change the situation, then I will move to a position where I can. It was that day of tears and frustration that I decided to become a teacher like my secondary school class teacher. My students' teacher didn't give them the determination to improve, but instead, sparked in me the desire to strive for better and climb to a more authoritative position. I want to nurture students to become good people, who possess compassion and creativity. I believe reciting difficult words just to show off and acing an exam is not real language education, but the desire to communicate and understand others is, so I will adopt this approach when I teach. Indeed, I am experimenting with this in the Happy Teens Club by organising text-based English workshops and LSxEnglish workshops. I believe these attributes can bring students to new heights, not with a gloomy outlook towards life, but with the confidence and providence to change society for the better. And that's why I will work even harder, not because I go along with the current dogma, but because I despise it.

That September, I officially became the president of the Toastmasters Club where I can train my leadership skills. Coincidentally, around that time, the CEO of SpeechExpress saw in me the ardent passion in teaching and promoted me to Chief Programme Officer to be in charge of all education materials. Facing the blank word documents in front of me, I know that despite the small scale, I am in a better position than I was to make a change. My secondary school teacher changed me and I changed my students, and maybe somewhere in the future, my students would change even more people. The key is to first empower yourself, be dissatisfied and dare to make a change.

Think. Think about what you can and want to do. Think about what you did, what you are doing, and what you WILL do. Act, not beg, or you will not get anything.

With a goal in mind, I typed away on a clean white page of education.



# GALLERY

## 書院生活點滴



1/

### College Closing Assembly

書院結業禮

1/ Group photo of the College Closing Assembly  
書院結業禮大合照

2/ Students' sharing  
同學分享

3/ Awardees of College scholarships and awards  
書院獎學金及獎項得獎同學

### College Signage Design Competition

書院門牌設計比賽

4/ The College Signage Design Competition was organised in March to collect students' suggestions on the College signage at the campus entrance. Among the applications, the design 'Chasing the Sun' by Sing-sin Lee (Chinese Language Studies and Chinese Language Education/ 2) received the highest votes and her input will be taken into consideration in the future design.

書院於三月舉辦門牌設計比賽，收集同學對校舍門牌設計的建議。李星倩同學（中國語文研究及中國語文教育二年級）的設計「逐陽」獲得最多票數勝出，其設計將考慮納入規劃當中。



2/



2/



3/



3/



4/



4/





### WYSSU Social Concern Group: Sex Worker Series

書院社會關注組：性工作者系列

5/ The Social Concern Group of WYSSU, organised the Sex Worker Series to introduce the current situations of sex work in Hong Kong to College students.

伍宜孫書院學生會社會關注組舉辦性工作者系列活動，為書院同學帶來連串講座及分享，講解現時香港性工作者的情況。



### How to Organise Service-learning Programmes?

籌劃書院服務學習計劃經驗分享

6/ Our College Service-learning Programme Director, Mr. Wai-hung Tang, exchanged ideas on service-learning with participants of the 'Conference on Service-learning in Chinese Societies' organised by Chung Chi College in May. Mr. Tang shared his experience and highlighted how our College mission 'Entrepreneurial Spirit with Social Responsibility' has been incorporated into previous programmes. Participants of the Conference also exchanged ideas of service-learning programme design and practice.

書院服務學習計劃主任鄧惠雄先生於崇基學院舉辦的「華人社會服務學習會議」作分享，除自身體驗外，亦提及將書院使命融入服務學習計劃的經驗。與會者亦就服務學習計劃的設計及推行作交流。



## PUBLICITY & COMMUNICATION

宣傳及通訊



FACEBOOK FAN PAGE  
書院FACEBOOK

Please "LIKE" the College Facebook Fan Page to check out our updated news and leave your comments.

請即登入我們的專頁「讚好」，瀏覽書院最新動態並留下意見。

<http://www.facebook.com/WuYeeSunCollege>



### PROMOTIONAL EVENTS 宣傳活動



1/ Academic Planning Day for Secondary 5 Students  
中五生升學規劃日 (28/ 3/ 2015)



2/ Consultation Day for JUPAS Applicants  
聯招入學諮詢日 (9/ 5/ 2015)



# 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

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編輯: Damian James Fitzpatrick博士 潘銘基教授

The Sunny Post is also available on the College website:

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<http://www.wys.cuhk.edu.hk/index.php/en/news-a-events/publications>

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WU YEE SUN COLLEGE

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