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A TASTE OF WORK LIFE

初嘗社會大學生活



COLLEGE SUMMER INTERNSHIP OPPORTUNITIES

書院暑期實習機會

Student Reporter:

Ching Man (Journalism and Communication/4)

學生記者:

文靖 (新聞與傳播學四年級)

The summer has just passed us by. Dear Sunnies, what did you do to continue the learning spirit during the summer break? For our students to experience different working cultures and business operations in various enterprises and industries, Wu Yee Sun College organised different internship programmes with local and mainland enterprises this summer: Shanghai Professional Learning Scheme, Suzhou Internship and Cultural Programme as well as other summer internship opportunities, with 29 students from different years and majors participating. These diverse internship programmes from the College have provided a platform for students to immerse themselves and physically take part in different levels and types of work in various sectors. Moreover, some students had a chance to work in a field different from their majors. Through the placements, students learnt more about specific aspects of a company's operation. The final year students further benefited from the first-hand career advice offered by professionals in the sectors they aim to join.

暑假匆匆而過，伍宜孫書院的同學們在與課堂暫時告別的時間裡以什麼方式繼續學習呢？書院為了讓同學能了解更多不同行業的企業文化及營運方式，在剛剛過去的夏天舉辦了與不同本地及內地企業合作的項目：上海專業研習計劃、蘇州科技園實習計劃暨文化交流及其他暑期實習機會，一共有二十九名書院同學參與。多樣的實習項目提供不同程度的沉浸，讓同學可選擇體驗不同行業的工作模式，或深入了解一個專業中的實際運作。同學不但得到在主修科目及專業所屬領域以外的工作機會，感受職場氣氛，即將畢業的同學更能親身向志願行業裡工作的專業人士請教，聽取未來就業的寶貴意見。



1/ Student in hotel sector learning the spa service.
參與酒店業組別的同学了解酒店的水療服務。

2/ Students working in the financial sector presenting their report.
參與金融服務組別的同学匯報工作進度。

EXPERIENCING CORPORATE CULTURES

The Professional Learning Scheme in Shanghai provided students with the opportunities to observe this dynamic city through their own eyes, in an 18-day trip comprising a series of professional attachments, corporate visits and cultural activities. Twenty students from our College engaged in various ad-hoc projects and routine operations, and unlocked the door to the bigger world during their work in The Peninsula Shanghai, Tencent, Mark Fairwhale, Sand Bankcard-link, Shanghai Fortune Tech Group and Hongrun Construction. Students also took the chance to learn about business operations, cultural differences and personal development from the inspiring stories of the outstanding professionals in the industries.

Ka-yu Lau (Global Economics and Finance/ 1) served as a business analyst in the Product Development Department at Sand Bankcard-link. Her colleagues showed their appreciation and support for **Ka-yu's** efforts during the two-week internship. She gained a sense of satisfaction as her opinions were highly valued and even considered in the latest product development of the company. **Ka-yu** said she was also impressed by the stories of her mentor who was willing to share with her his personal struggles in making decisions on his career development.

The experience shared by **Sau-yan Yip** (Information Engineering/ 2) has spelt out the importance of healthy corporate culture too. During the internship at Tencent, **Sau-yan** found that the atmosphere of the company was positive with vigour and energy as it offered employees abundant time for lunch breaks, generous welfare packages and sufficient opportunities for professional development. Staff's families were invited to the office to celebrate the Children's Day together. Throughout the internship, **Sau-yan** could see that talents are valuable assets of an

enterprise which are necessary for sustainable corporate development.

How could we miss the cultural exchange session when talking about broadening horizons? To find out the essence of 'The Greatest City of the Far East', our students walked through the streets with friends from Fudan University, experiencing another culture, so different and yet so close to ours. The visit to Shanghai City Planning Museum and Yangshan Deep-Water Port aroused students' interest in the contemporary development of the city. They also explored the history of Shanghai at seminars in Fudan University and visited the Shanghai Jewish Refugees Museum. The week-long exploration inspired students from both places to discuss and share the similarities and differences of their hometowns, which was also one of the most important purposes of the programme.

UNDERSTANDING AN INDUSTRY

The five participants joining the Suzhou Internship and Cultural Programme in July are from different majors and years. Students from Soochow University led a guided tour for our students to renowned gardens and historical sites in Suzhou. Within the one-week cultural visit, they appreciated the beauty of the city as a mix of the old and new and were amazed by how the city evolves amid the retention of ancient buildings and architecture.

Apart from visiting the many spots showcasing the history and culture of Suzhou such as the Humble Administrator's Garden, Hanshan Temple and Lake Taihu, participants were also introduced the collaboration between the government and the business sector to support entrepreneurship and the development of creative industry by providing funding, venues, networks or professional knowledge and skills. The sharing of an application developer company, bred in the incubator for creative sector, was inspiring.

“ I felt a great sense of satisfaction as I found that my opinion were highly valued and even considered in the latest product development of the company. ”

“ 在騰訊實習期間，我了解到公司的業務和基本運作，也發現了他們的員工福利很好，也為員工提供培訓的機會，整間公司都充滿活力。 ”



感受企業文化

上海專業研習計劃透過專業研習、企業及文化參觀，於上海十八天的行程中，讓同學親自了解這個常被拿作與香港媲美的中國內地現代化城市。是次二十位參與同學分別到上海的半島酒店、騰訊、馬克華菲、杉德銀卡通、潤欣科技及宏潤建設體驗了十天的真實職場滋味，也向各大企業的管理層了解關於企業營商環境、文化差異及個人職業發展遇上的挑戰。

就讀全球經濟及金融的一年級生劉珈余同學於杉德銀卡通的產品研發部擔任商業分析的實習崗位，她表示公司同事十分重視及認可她的工作意見及努力，即使作為一個短期的實習生，她的建議還被考慮加入到產品設計內，讓她甚有成功感；珈余的導師也不吝賜教，更與她分享在職業道路上所遇的困難及經驗，讓她獲益良多。來自資訊工程二年級的葉秀茵同學更道出了企業文化的重要，在騰訊實習期間她發現該企業的午飯時間長、員工福利好，更為職員提供培訓進修的機會，因此整個企業給人活力充沛的感覺。秀茵在實習期間更碰上六一兒童節，公司邀請了員工的子女到辦公室共享佳節，讓同學明白到企業對員工的支持能增加公司的凝聚力，讓員工感到被重視及尊重，推動公司持續發展。談到開拓眼界，文化交流定是不可或缺的一環。為了讓書院同學更全面地認識這座城市，來自復旦大學的同學帶著參加者走遍大街小巷，盡情感受「魔都」的風土人情與歷史——透過參觀上海城市規劃館及洋山港，同學認識上海現代發展，參觀上海猶太難民紀念館，並在復旦大學的研討會上，一起探究上海的歷史軌跡。復旦大學的學生雖大多為全國高考的成績優異生，但絕不呆板，更會用粵語與香港學生開玩笑，我們的同學更「禮尚往來」，與他們分享更多粵語的趣味之處，看見兩地學生樂融融地相處，更討論及分享上海與香港的異同。書院同學藉此亦進一步了解中國企業的市場策略及發展模式，實踐了本計劃的重要目的。

環看業界氛圍

除了上海以外，另外五位來自不同學系、不同年級的書院同學於七月份到蘇州參加為期三週的實習計劃。在開始實習前，他們與蘇州大學的學生同遊蘇州名勝，用了短短一星期的時間認識這個新舊交融的城市，考察她如何在各種舊事物中迸發新火花。

除了遊覽拙政園、寒山寺、太湖等展示蘇州歷史和文化底蘊的景點以外，同學們在獨墅湖高教區創意產業園的參訪中認識到政府政策如何配合商界，透過提供資金、場地、人脈網絡或專業支援等來鼓勵創業和支持各種創新意念的實踐。同學們聽過園區內一家應用程式公司的成功創業分享後大為讚嘆，他們對該公司的快速發展感到不可思議之餘，亦為這班青年企業家的成功感到振奮。

上海以商貿發展著名，生活節奏與香港無異，而蘇州貴為「上海後花園」，這座毗鄰的歷史文化名城自然成為了上海人的渡假勝地。儘管蘇州一直予人慢活、悠閒的感覺，其現代化建設與科技發展仍不容小覷。是次實習伙伴公司正是糅合了蘇州新舊特色的文化創意科技發展公司——蘇州藍海形翔系統科技發展公司，五位同學分別加入了渲染運營部和測試部觀察公司的恆常運作和完成「師傅」委派的工作。

運營部的兩位同學並非來自市場學系，然而他們的導師（海外商務拓展經理）卻十分信任兩位實習生，讓他們自行處理工作，訓練出良好的時間管理技巧。主修精算的陳嘉茹同學坦言自己沒有相關的專業背景，但實習的成果卻是意想不到的。她從導師身上看到如何在公司中體現甚至提升自我價值，把握機會。實際上「導師她也不是科技相關學科出身，但她為了工作很努力地學習相關知識，加入公司短短三個月便代表公司到法國動畫展宣傳，並得到CEO稱讚。」嘉茹談到在導師身上看到積極用功的工作態度，以及學到適用於任何行業的待人接物技巧。

Shanghai Professional Learning Scheme

上海專業研習計劃

Date 日期 22/5 – 8/6/2016

Leading Teacher 領隊老師

Professor Kam-fai Wong 黃錦輝教授

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

Participants 參與同學

Construction Sector 建築工程組別

Chaewon Lee 李采垣 (Integrated BBA/ 1)

Tsz-kin Mok 莫子健 (Global Economics & Finance/ 4)

Nok-pan Ng 吳諾斌 (IFAA/ Quantitative Finance/ 1)

Xinlei Qi 齊新蕾 (Integrated BBA/1)

Financial Service Sector 金融服務組別

Ka-lung Chui 徐嘉隆 (Accountancy/ 2)

Ka-yu Lau 劉珈余 (Global Economics & Finance/ 1)

Ruiyi Lin 林睿儀 (Integrated BBA/ 1)

Wing-hong Yu 余穎康 (Global Economics & Finance/ 1)

Hotel Sector 酒店業組別

Cheuk-yu Chan 陳倬仔 (Integrated BBA/ 1)

Shirley H.Y Lee 李可瑩 (English/ 3)

Ho-sing Wong 黃浩昇 (Quantitative Finance/ 2)

Information Technology Sector 信息科技組別

Yuheng Li 李雨恒 (Mathematics/ 3)

Shiqi Xiao 肖詩奇 (Earth System Science/ 2)

Internet Service Sector 科網企業組別

Pui-shan Ho 何佩珊 (Integrated BBA/ 1)

Ho-fung Poon 潘可峰 (Sys. Engin. & Engin. Mgt./ 2)

Cheung-lee Tsui 徐彰利 (Economics/ 2)

Sau-yan Yip 葉秀茵 (Information Engineering/ 2)

Retail and E-commerce Sector 零售與電子商貿組別

Fangyuan Chang 常芳園 (Integrated BBA/ 1)

Si Chen 陳斯 (Integrated BBA/ 1)

Tsz-fung Yiu 姚子鋒 (Quan. Fin. & Risk Mgt. Science/ 2)

Collaborators 合作單位

Chamber of Commerce Shanghai City Xu Hui District 上海市徐匯區工商業聯合會

Chamber of Commerce Shanghai City Xu Hui District 復旦大學志德書院

Mark Fairwhale (Shanghai) Commercial Co. Ltd 馬克華菲(上海)商業有限公司

Hongrun Construction Group Co. Ltd 宏潤建設集團股份有限公司

The Peninsula Shanghai 上海半島酒店

Tencent 騰訊

Sand Bankcard-Link Information Service Co., Ltd. 上海久彰電子商務有限公司

Shanghai Fortune Techgroup Co., Ltd. 上海潤欣科技股份有限公司



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3/ College students felt empowered by the success of the young entrepreneurs and were impressed by the rapid development.

同學們聽過園區內一家應用程式公司的成功創業分享後大為讚嘆。

4/ Student hearing advice from his colleague.
同學聽取公司同事的意見。

Suzhou Internship and Cultural Programme 蘇州科技園實習計劃暨文化交流

Date 日期 13/6 – 10/7/2016

Leading Teacher 領隊老師
Professor Hui Lin 林瑾教授

Department of Geography and Resource Management
地理與資源管理學系

Participants 參與同學

Ka-yu Chan 陳嘉茹 (Insur., Fin. & Act Anlys. / Quan. Fin. / 1)
Tsz-yeung Lee 李子揚 (Food & Nut. Sci. / 2)
Yingbo Zhang 張穎博 (Computer Science / 2)
Yuheng Li 李雨恒 (Mathematics / 3)
Tsun-chung Ko 高淦鐘 (Computer Science / 4)

Collaborators 合作單位

C.W.Chu College, Soochow University
蘇州大學敬文書院

Suzhou Land High Tech System Technology Co., Ltd.
蘇州藍海彤翔系統科技有限公司

Hong Kong Gusu Economy Technology and Culture Association
香港姑蘇經濟科技文化協會

Students felt empowered by the success of the young entrepreneurs and were surprised by the rapid development.

Many locals call Suzhou the backyard of Shanghai, which is a vibrant business hub with fast living pace as in Hong Kong. Being famous for its traditional Chinese gardens and comparatively relaxing lifestyle, Suzhou is regarded as a heaven for holidaymakers from Shanghai. Nonetheless, the modern infrastructure and technology is another highlight of the city. Our internship partner, Land High Tech System Technology Co. Ltd., is a perfect example to characterise Suzhou as a city combining the old and the new. Placed in the Rendering Marketing, and Research and Development Departments, students observed the company's daily routine and completed the tasks assigned by their supervisors.

The International Business Development Manager, supervisor of the two interns in the Marketing Department, demonstrated full trust in the interns even though they both had very limited relevant background or experience. They were expected to handle the duties on their own and hence were trained to manage time well. Carol K.Y. Chan (Insurance, Financial and Actuarial Analysis / 1) reflected that what she gained in the programme was unexpected. Without marketing knowledge or background, Carol learnt from her supervisor that opportunities would come when one was able to show his or her own value in the company. 'Just like us, my supervisor was an outsider of the technology field because she did not graduate from a technology-related programme, yet she worked extremely hard to understand the industry. With her efforts, she was appointed to represent the company in an animation exhibition in France. Finally, the mission was completed and compliment came!' said Carol. It is the diligence and attitude that Carol has learnt from her supervisor and the universal skills

to work with people that she has acquired during the internship.

Tsun-chung Ko (Computer Science / 4), graduate of the Computer Science Programme, was both excited and nervous for his debut in the internship programme. He knew very well that exams and lectures were not the reality in a workplace. For a final year student expecting to join the technology industry, career advice from insiders will be as valuable as hands-on experience. He felt lucky that his colleagues were willing to share with him the actual working conditions and explore with him the career prospects in the industry in the mainland. His colleagues were also kind enough to remind him of the importance of the first job upon graduation for his career planning. The career advice from people working in the profession serves the purpose to help students with future planning, echoing the mission of the programme.

The participants appreciated the conscientiousness of Suzhou people very much. Working in an open office, they saw how colleagues worked seriously and extremely hard to complete their duties. Another observation was that the quality was exhibited not only in teamwork but also in self-management. The students have been wondering why one of their supervisors had never left the office before others. They soon realised the reason, 'she has a clear list of duties and keeps record of her own reflections. She also plans ahead the upcoming tasks for the next day.' Experiencing and observing by themselves, the participants could review their performance, integrate these experiences into their own work and improve themselves. Tsz-yeung Lee (Food and Nutritional Science / 2) admitted that he had been a bit lax in work. His supervisor reminded him that his behaviour in the company would determine how co-workers regard him, affecting his prospects in the company.

“ We realised how the real work life was like when we stepped into the office, seeing the busy crowd day and night. The workload was never small, but the new environment gave us energy to continue our work. ”

“與同事漸漸熟悉後，他們更會跟我分享其人生閱歷和見聞，甚至對我將來的出路給予了意見，這都是我所意想不到的！”



Date 日期 6 - 8/2016

Participants 參與同學

Yu-chin Huang 黃晉聰 (Mech. & Auto. Engin./ 3)

Yuk-to Lau 劉育濤 (Sys. Engin. & Engin. Mgt./3)

Jingying Lin 林晶英 (Integrated BBA/ 2)

Xinlei Qi 齊新蕾 (Integrated BBA/1)

Collaborators 合作公司

Deloitte Touche Tohmatsu 德勤

Dorsett Hospitality International 帝盛酒店集團

高浚鐘同學雖然已經是計算機工程學系的準畢業生，但仍為首次實習感到緊張和興奮，畢竟課堂與實際應用截然不同。對於即將畢業亦希望投身與計算機工程學相關行業的浚鐘來說，就業指導比單純體驗工作來得重要，同事毫不吝嗇地跟他分享國內軟件、系統開發業的工作實況，更和他簡單分析過發展前景，提醒他畢業後第一份工作對職涯規劃的重要性。這正是書院希望同學所能得著的專業意見，協助參加者看清未來職業方面的各種可能性和道路。

幾位參加者亦指十分欣賞同事們認真的工作態度，更分享道：「這種態度不僅僅是在同事間的合作中體現，更可在他們的自我管理中看到。平日帶我們工作的是公司外務負責人，每天下班前她總是比我們遲一些走，剛開始我們並不知道她要做什麼，無意中發現，她在我們離開後很認真地在電腦裡記錄了當天的工作內容和反思，以及明天需要完成的任務，非常清晰完整。」走到部門裡實習的好處是同學們能親身觀察和感受，讓他們將其所見所聞和經驗融會貫通，從而反思自己的工作態度並啟發他們的職場思維。李子楊同學(食品及營養科學二年級)笑言其工作態度略為散漫，但經過這次實習卻有了深刻反思，他體會到工作時的一言一行也可能改變上司和同事對自己的印象而影響其發展前景。

深入了解專業工作

此外，書院同學亦到本地及內地企業進行長達兩個月的實習。參與計劃的四位書院同學在實習期間投入多項商業項目，協助日常營運及推動業務增長。同學先初步認識公司的背景及發展策略，之後親身嘗試前線工作崗位、籌辦大型活動、測試及分析數據等等，整個過程

皆由資深管理人員督導，讓同學深受啟發，更清晰如何可以邁向自己的目標。

於德勤實習的劉育濤同學(系統工程與工程管理學系三年級)認為這是個難得及讓他十分珍惜的機會：「一去到公司我們便參與了一個為期三天的訓練課程，學習一些審計的基本技巧及電腦程式軟件，接著我被分派到全球金融服務部工作。」育濤在部門裡親身投入不同的審計項目，服務來自各界的客戶，切切實實地在工作環境實踐課堂上學習到的相關知識，也讓他不再「隔岸觀火」，一步一步的協助同事完成工作項目。部門同事更與他分享自身的經歷，讓他更深入了解該行業。

而在帝盛酒店集團實習的林晶英同學(工商管理學二年級)則分別在人力資源部、財務部工作。首月，她在人力資源部學習處理同事的查詢，以及籌辦公司活動和內部聯誼派對，更協助舉辦公司年度晚宴；第二個月她轉至財務部，幫助處理公司的財政及行政事務，晶英表示是次的實習經驗讓她認識了支持一所國際企業營運核心部門的工作，相信對其運作模式有更宏觀的了解。

每一個小螺絲都是組成及促成一部大機器順利運作的重要部分，同學從中也能明白到每個崗位都是值得被尊重及欣賞的。

在暑假這二十九位同學踏出舒適區，在本地及內地重新認識了不同行業及職位，更了解了上海和蘇州的社會、經濟及文化面貌。在這個仲夏裡他們認識了新的友伴，更譜下美好回憶，而更重要的是，他們學懂以智慧與堅毅去迎接不同意見與挑戰，為自己的前程穩固根基。



5/



6/

5/ Student assisted in coordinating annual dinner of the corporate.

協助舉辦公司年度晚宴。

6/ Students' supervisors and colleagues were willing to share with them their personal lives and struggle in their careers.

公司同事十分樂意與同學分享他們的生活與事業困惑。



BECOMING PROFESSIONALS

The internship opportunities in Deloitte and Dorsett, on the other hand, motivated students to go beyond themselves, either to learn something new or share their ideas with the management in the industries. Taking part in the business projects led by the experts in Dorsett Hospitality International and Deloitte Touche Tohmatsu, four students from our College gained the opportunities to play a role in the daily operations and contribute to the business growth. During the six to eight weeks, students had a basic understanding of the company background and its forthcoming strategic plan, and they tried front-line roles, organised large-scale events, performed testing and data analysis under the guidance of the experienced management teams. They were deeply inspired and have developed a clearer sense of what they want to become.

Yuk-to Lau (Systems Engineering and Engineering Management/ 3) thinks working at Deloitte is a fruitful experience for him. 'At the

beginning of the internship, we were required to participate in a three-day training course, in which lecturers taught us the basic auditing knowledge we had to know and the technique of using the software.' He later joined the Global Financial Services Industry Department and served clients from different backgrounds for auditing projects. **Yuk-to** felt physically and culturally immersed in Deloitte at a much deeper level by practising the skills learnt from school and helping his team finish the work. He also felt thankful for his teammates' generous sharing of working experience and stories which helped him know more about the industry.

On the other hand, **Jing-ying Lin** (Integrated BBA/ 2) worked at Dorsett Hospitality International as an intern in both the Human Resources and Finance Department. **Jing-ying** learnt to deal with enquiries from colleagues and coordinated corporate events in the Human Resources Department for the first month. She was later transferred to the finance team and assisted

teammates with daily administrative and financial matters. In those two months, **Jing-ying** gained the experience of working in the core departments that support the daily operations of a multinational enterprise. Like what the great Russian actor Constantin Stanislavski said, 'there are no small parts', it does not only apply to a play on the stage, but also to the operation in an enterprise. Every role is crucial to keep a company moving forward.

Twenty-nine Sunnies have stepped out of their comfort zones this summer and grasped the chance to make a connection for their future career paths. Nothing beats hearing from the very people on the ground. At the same time, they gained a better understanding of the social, economic and cultural landscapes in the thriving cities like Shanghai and Suzhou, with the new friends and memories made. More importantly, they earned the wisdom and strength to embrace diversities and challenges, and to build a solid foundation for their future.

“ Working at Deloitte gave me a grounded experience of what auditing might be in a working environment. Working for a well-known accounting organisation helped me learn how my accounting knowledge applies to real situations and reinforces the concepts taught at school. My colleagues not only taught me how to complete the work, but also shared their working experience or even their personal life with me. ”

COLLEGE SUMMER PROGRAMMES

書院暑期計劃



SUMMER OVERSEAS LANGUAGE PROGRAMME 暑期海外語文學習團

The first Summer Overseas Language Programme organised by the College provided students with a great chance for cultural exchange and language enhancement at the University of Western Australia in Perth. Apart from attending lectures and making new friends from different countries at the Australia China Youth Association (ACYA), they also better understood the Australian culture and further built up their confidence in communicating with local people in English during their stay with the host families. The group enjoyed different excursions in Perth, including a day trip to the Swan Valley where students visited a number of wineries. They also paid a visit to the Fremantle City, which is renowned for its well-preserved architectural heritage such as the World Heritage-listed Fremantle Prison. They also went to the Perth Zoo to learn about the behaviours and habitat of the native animals, kangaroos and koalas for sure.

書院首次與西澳大學合作舉辦暑期海外語文學習團，於旅程中同學既提昇英語能力，亦深入感受當地文化。參加者除了通過每天的英語課堂學習英語以外，他們亦透過學校安排的中澳青年聯合會活動認識來自其他國家的新朋友。入住當地的寄宿家庭令他們深入認識澳洲文化之餘，亦增強他們以英語溝通的信心。同學在學校課堂以外，亦前往不同的地方遊覽，對當地社群及文化有進一步的了解，包括在天鵝谷試飲葡萄酒以及到訪弗里曼特爾，參觀不同的古老建築，如世界遺產弗里曼特爾監獄等。同學亦有機會前往珀斯動物園，親親澳洲本土動物，包括袋鼠及樹熊，以及認識它們的生活習性。



This programme has provided an excellent opportunity for me to immerse myself in the culture of Western Australia, and I believed that the results were much more fruitful than merely travelling as a tourist.

The experience of living in a host family was fascinating. I could always learn about the Australian culture, and have a glimpse on issues like work-life balance, family values, attitude towards politics and more during casual chatting. The stay with the host family is a significant enrichment of this language exchange programme.

Besides, our English teacher organised various special activities including a visit to the court in Perth. This was the first time for me to study a real case in a court while I had an unforgettable experience on being a judge in a mock court case which enabled me to have a better understanding of the legal system in Australia.

What's more, we enjoyed an Aussie football match with students from Hong Kong, mainland China, Japan and Thailand. We were greatly influenced by the atmosphere and quickly devoted ourselves to shouting loudly with the nearby audience.

Ting-fung Leung (Public Health/ 3)

Frankly, I had a great trip in Perth this summer. I was very delighted to meet people from different countries, experience the Australian culture and improve my English language skills. The most unforgettable memory in Western Australia is the visit to Rottnest Island. I am already missing the wonderful sceneries there. On that sunny day, we rode bicycles, took selfies and shared food together. I could leave all the troubles behind and solely enjoy the happy moments with my friends. Moreover, I was lucky to meet a good host family. The host mother always prepared different delicious dishes for us, drove us home when it was too late and cared about our health. It was enjoyable to spend the days with them. Besides, I realised that I can speak fluent English if I am willing to do so. Therefore, I believe that I will be more confident to communicate with foreign students in the university after this trip. Lastly, it is my pleasure to join this trip and gain some unique experience.

Nim-chi Yu (Sociology/ 3)

Date 日期 3/6 - 2/7/2016

Leading Teacher 領隊老師

Dr. Jose S.H. Lai 賴陳秀卿博士

English Language Teaching Unit
英語教學單位

Participants 參與同學

Cheuk-yiu Chan 陳焯瑤 (Food Nut. Sci./ 3)
Wing-man Chan 陳泳雯 (Nursing/ 3)
Ziyao Chen 陳子堯 (Integrated BBA/ 1)
Man-yi Cheng 鄭紋懿 (Chin. Lang. & Lit./ 1)
Ho-yin Fung 馮浩賢 (Comp. Engin./ 4)
Ting-fung Leung 梁庭丰 (Public Health/ 3)
Yui-chit Li 李睿哲 (Biochemistry/ 3)
Sammi S.Y. Lo 羅芯宜 (Biochemistry/ 2)
Wing-lum To 杜穎琳 (Liberal Studies/ 2)
Po-man Wong 黃葆汶 (Medicine/ 1)
Nim-chi Yu 余念慈 (Sociology/ 3)
Tin-wing Yung 容天穎 (Statistics/ 1)

Partner Institution 合作院校



University of Western Australia

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

小衛星學者計劃 — 中俄友誼之旅

Warmly received and hosted by the Harbin Institute of Technology (HIT), participants of the programme explored the astronautics development in China and experienced the cultures of Russia. HIT plays a leading role in astronautics research, having successfully developed and launched five satellites to date. The journey commenced with a talk on micro-satellite and a visit to the University's astronautic museum. The cultural visits and sightseeing were eye-opening to students. The group of approximately 300 Hong Kong and Harbin students then arrived in Khabarovsk, a Russian city near the Chinese border. Apart from tourist spots, they were entitled a rare chance to visit the Pacific National University and appreciated the performance by their Russian counterparts, and they enjoyed interactions with each other. Crossing the border between China and Russia, participants made special memories during the summer in a journey of two countries.

在哈爾濱工業大學（哈工大）師生的熱情招待下，十位書院同學於旅程中探索中國航天科技事業的發展，並體驗「冰城夏都」哈爾濱及俄羅斯的生活與文化。

哈工大是中國航天科技研究的先鋒，她曾研製並發射五顆小衛星。專題講座和航太館的參觀為十天旅程揭開序幕，加深參加者對主辦院校的了解；同學們更在哈爾濱及俄羅斯境內參與文化導賞及觀光，當中與當地人的交流令同學眼界大開。其後，參加者（近三百位來自香港各大院校和哈爾濱工業大學的學生）抵達俄羅斯邊境城市哈巴羅夫斯克（伯力）。他們不但參觀了這遠東異域城的名勝，更難得地到訪太平洋國立大學，欣賞俄羅斯學生精心為之準備的文藝表演。一個旅程，兩個國家，同學們走在國土邊界，看盡兩地的人文風情，所見所聞讓平凡的暑期變得毫不簡單。

Date 日期 17/5 – 30/5/2016

Participants 參與同學

Agnes M.Y. Chan 陳玟茵

(Insur., Fin. & Act. Anlys. / Quan.e Fin./ 1)

Lok-lam Chu 朱樂霖 (Economics/ 1)

Moxun Guo 郭墨薰 (Chin.Lang. & Lit./ 2)

Kwan-tsun Ha 夏鈞後 (Medicine/ 1)

Yu-hin Ho 何宇軒 (Insur., Fin. & Act. Anlys. / 4)

Michael C.S. Hong 康正生 (Cultural Mgt./ 1)

Yuen-tung Ma 馬焯滿 (Science/ 1)

Lun-yiu Nie 聶麟驍 (Prof.Accountancy/ 1)

Hoi-tung Yeung 楊愷彤 (Arch. Studies/ 1)

Partner Institution 合作院校



Harbin Institute of Technology
哈爾濱工業大學



The trip started off at Harbin, which is highly influenced by her close neighbour, Russia. Russian architecture can be seen everywhere (the most prominent characteristic is undoubtedly the 'onion' top of a building). We visited a Russian city called Khabarovsk. Although it is in proximity with China, it still takes 15 hours of transportation to reach there from Harbin. It was my first time to sleep on the train overnight. It was tough, yet extraordinary. In Khabarovsk, we went to places like museums, churches and plazas. Particularly, I found it interesting to learn about the main religion in Russia, Orthodox Christianity. During the visit to one of the churches, the guide explained to us how the equipment is used by the believers when they pray there. It is undeniable that three days in Khabarovsk is insufficient for us to understand this city. In many spots, we only had time to take a few photos before leaving. However, overall speaking I still find the place interesting and I hope to pay another visit to Russia in the future in order to explore her culture.

Kwan-tsun Ha (Medicine/ 1)



首先，我非常榮幸能夠有機會參加這次活動。在這次活動中，我第一次前往中國的東北地區，得以親身體驗北方文化。一直對東北人的好客有所耳聞，這次經歷使我發現當地人的熱情果然名不虛傳。當地的老師非常盡心地為我們規劃旅程，讓我們盡可能深入體驗當地特色，而志願工作者則十分熱心地為我們介紹哈爾濱的風土文化。正是他們的付出，使這次活動更加完美。

參加此次活動之前，我對哈爾濱的了解僅僅停留在冬天的冰雕展覽上，而此次活動則讓我感受到哈爾濱夏天的別樣風情與當地獨特的歷史文化。在哈爾濱的短短九天的時間裡，我們遊覽了哈爾濱的地標性建築物索菲亞大教堂和著名景點中央大街，參觀了許多風格各異的建築。哈爾濱在歷史上有很長一段時間由俄國統治，一度有超過一半的居民來自其他國家。特有的歷史給哈爾濱留下了大量有著異域風情的建築，從中依然可以窺見到這座城市曾經的繁華與多元。

總而言之，此次活動令我印象深刻，獲益頗多。我與當地大學的志願者，以及來自港澳的同學結下了深厚的友誼，而充實的旅程亦擴展了我的見識，這些無疑都給我的大學一年級生活增添了不少色彩。

聶麟驍 (會計學一年級)

SPANISH LANGUAGE AND CULTURAL TOUR

西班牙語文及文化之旅

Fifteen College students embraced Spanish cultures and enjoyed the passionate lifestyles in Malaga, a port city in southern Spain. Notwithstanding the survival tips from the leading teacher before the trip, once they arrived at the host families, they soon realised that the simple Spanish they acquired in Hong Kong was inadequate for daily communication. Grasping the precious chance to practise Spanish, their effort to overcome the language barrier turned out to be the most valuable and memorable experience.

Students studied rather hard to pick up the language in a short time. The six-hour Spanish lesson every morning was great fun because of the interaction with the passionate teachers. Any cultural and daily events followed, such as refreshing their spirit by the beach, ordering paella and tapas in restaurants, visiting the Picasso Museum and the day trip to Granada, became real-life tests of their language proficiency.

十五位同學於暑期遠赴西班牙馬拉加城體驗截然不同的西班牙文化，並感受西班牙人的熱情和活力。領隊老師在出發前為同學簡介了西班牙的文化，並教授了一些基本的西班牙語，讓同學們為文化衝擊作預備。甫踏進寄宿家庭，大家便開始擔心與「家人」之間的語言隔閡，而他們發現在出發前學習之基本西班牙語並不足以進行日常溝通。然而，每天指手畫腳地聊天卻將起初的憂慮轉化成此行的最深刻的回憶片段，並令他們的西班牙語突飛猛進。

在享受西班牙人的悠閒生活方式之餘，同學們亦不忘努力學習。每天六小時的課堂與相處令師生之間打成一片，在愉快的氛圍中學習。同學們把握各種機會應用堂上所學，於沙灘暢泳、到餐廳品嚐地道海鮮炒飯、參觀畢卡索博物館、格拉納達一天遊等文化交流體驗活動都成為練習西班牙語的好機會。



I truly think that I have grown up a lot after this Spanish tour. The most rewarding part is that I was able to live like a local. Our host family surely did a lot to help us blend in. From authentic homemade Spanish cuisine, to an encouraging learning environment, our host has provided us with a well-rounded cultural experience. At first, I was a bit nervous when I knew that our host could only speak little English. However, that ended up being my favourite part of the trip. We used all kinds of hand gestures and sound effects instead of Google Translate, just to learn more daily-used Spanish. Our efforts had definitely paid off since towards the end of our stay, we were able to do a little bit of chit-chat with our host. During weekends, we would do grocery shopping at the markets and enjoy tapas along the beach. This journey allowed me to see the world with a different perspective by living a different lifestyle and seeing beyond tourists' trails.

Candice C.Y. Ng (Journalism and Communication/ 1)

Spanish people are very passionate and they are very willing to pay attention to people around. Whenever we entered a shop, the shop assistants would greet us warmly with 'Hola ¿Cómo estás?' (Hello, how do you do?) Some passersby were excited to see Chinese and greeted us with '你好' in Putonghua. One funny moment was that a Spanish boy greeted me with 'こんにちは' blissfully and all I could do was to return him a polite smile and try my best to hide the embarrassment.

Their friendliness was also shown in food ordering. In Hong Kong, we used to wait for the call of the number printed on our receipt. However, in Spain, they would ask for your name when you ordered so that they could call upon your name directly. I find that warm and think it is much better when people called me by my name but not by a series of numbers.

While Hongkongers are trying so hard to grab every second in our lives, in Spain, I found that there is much we have missed.

Ka-yi Ng (Psychology/ 1)

Date 日期 3/7 – 16/7/2016

Leading Teachers 領隊老師

Miss Maria Consuelo Vega Leon

Department of Linguistics and Modern Languages

語言學及現代語言系

Participants 參與同學

Kwan-hiu Chan 陳君曉 (Environmental Sci./ 2)

Wa-mui Chan 陳華梅 (Chemistry/ 3)

Si Chen 陳斯 (Integrated BBA / 1)

Janessa H.W. Chou 周可穎 (Pharmacy / 1)

Yin-tung Fu 符彥彤 (Medicine/ 2)

Ka-yu Lau 劉珈余 (Global Econ. & Fin./ 1)

Wing-ching Lau 劉詠情

(Sys.Engin. & Engin.Mgt./ 2)

Lai-yin Lee 李麗妍 (Food & Nutritional Sci./ 2)

Hui-yee Li 李曉儀 (Psychology / 2)

Candice C.Y. Ng 吳卓恩 (Journal. & Comm./ 1)

Ka-yi Ng 吳嘉怡 (Psychology/ 1)

Ho-sing Wong 黃浩昇

(Insur., Fin. & Act. Anlys./ Quan. Fin./ 2)

Wai-man Wong 黃惠敏 (Journal. & Comm./ 1)

Wing-sze Wong 黃穎思 (Cell & Mol. Biol./ 2)

Karen H.T. Yeung 楊愷彤 (Arch. Studies/ 2)

Partner Institution 合作院校



University of Malaga

YAN CHAK SERVICE-LEARNING PROGRAMME: SERVICE-LEARNING TRIP TO SICHUAN 仁澤服務學習計劃 — 四川服務學習之旅

Initiated since the College establishment, the co-organised Service-learning Programme has brought four batches of students to improve English education and serve the needy in Sichuan. Our students first paid a visit to a centre for autistic kids and assisted them to attend lessons to improve their social skills. It is the first time for our delegation to teach in an urban primary school. The teaching quality and students' performance vary a lot between urban and rural schools, which enriched College students' understanding of the Chinese education system. They then joined students from University of Electronic Science and Technology of China and conducted English classes for one week in Enting Elementary School, which was built after the Sichuan earthquake in 2008, with a theme 'Dream'. The participants also went to the ruins of the 2008 Sichuan earthquake and were deeply shocked by the power of nature. The two nights in the Qiang-Village and Zhong-Village brought additional cultural experience enabling them to see Sichuan from another angle. 伴隨著書院成長，四川服務學習之旅由創院以來第四次讓書院同學到四川義教英語，服務當地有需要人士。同學們首先在成都探訪自閉兒童，協助他們上課，訓練其社交能力。他們亦首次在內地的小學義教，這次的經驗令他們更了解中國現今的教育制度和情況。一如往年，書院同學聯同四川電子科技大學同學到汶川地震後興建的恩庭小學服務，以「夢」為主題，教授當地學童英語。除了義教以外，參加者在汶川地震遺址體會到大自然的威力，以及自然災害對社會帶來的影響，而在羌寨和藏寨的文化體驗則為服務學習增添趣味，讓同學們看見四川的不同面貌。

Date 日期 22/5 – 4/6/2016

Leading Teachers 領隊老師

Mr. Nelson K.T. Lam 林國棠先生

Physical Education Unit
體育部

Ms. Miranda K.Y. Lee 李楓怡女士

English Language Teaching Unit
英語教學單位

Participants 參與同學

Heidi H.Y. Chiu 趙煥忻 (Nursing/ 3)

Melody Cheung 張靜怡 (Laws/ 3)

Wing-ki Lam 林詠淇 (Nursing/ 2)

Ka-kei Lee 李嘉琦 (Medicine/ 3)

Tsz-yeung Lee 李子揚 (Food & Nutritional Sci./ 2)

Kwan-ling Leung 梁筠聆 (Laws/ 2)

Tsz-yan Mok 莫子茵 (Nursing/ 2)

Ping Ngai 魏平 (Biochemistry/ 1)

Lun-yiu Nie 聶麟驍 (Prof. Accountancy/ 1)

Hiu-lam Tse 謝曉琳 (Laws/ 2)

Owen C.M. Tsoi 蔡仲文 (Laws/ 2)

Partner Institutions 合作院校

University of Electronic Science and
Technology of China
四川電子科技大學

Enting Elementary School

恩庭小學

Acknowledgement 鳴謝

Hong Kong Shun Lung Yan Chak
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香港順龍仁澤基金



I have been to several teaching service trips in the past, but none was like this one. This time, I was truly able to identify with the stories and culture deep-rooted in the people in Sichuan. Standing amongst the ruins of the 2008 earthquake, my heart was heavy for the souls still crushed under the tilted two floors protruding from the soil - the only remains of a five-storey teaching block.

Families and friends of the victims and the whole community of Sichuan must have encountered immense pain during that period. This undoubtedly affected the children at Zitong Primary School. In our free time, I would talk to the students. I was disheartened to learn that many children lived with their grandparents as their parents had to go to the city to live and work. Yet this did not change the fact that they were more disciplined and passionate for learning than any students I have taught. They appreciated us being there not only as English teachers, but as people to aspire, and remembered everything they learnt.

Melody Cheung (Laws/ 3)



The minority Qiang in Sichuan is most fascinating in the trip. The unique architecture and culture amazed me with their ancient wisdom.

The Qiang buildings were characterised by their fully stone-built structure, with no concrete or other modern building materials. To my surprise, they are extremely well-founded, considering none had collapsed in the destructive earthquake in 2008.

The wisdom of this minority is also reflected in the design of houses. It is hard to imagine ancient locks and keys would have decent effect. However, by the special combination of wood pieces, the keys do have a high identification and anti-theft power. Another surprise is the multi-function drain flowing in every house. Besides cooling, washing, and drinking, the drain can serve as a secret escape path in an emergency, which really astonished me.

Besides seeing the touchable buildings, I had an evening party and danced with the Qiang people. Their pleasant voice and the amazing dance were unforgettable. It is not too much to describe the visit as an eye-opening experience.

Ping Ngai (Biochemistry/ 1)

SUMMER CULTURAL EXCHANGE PROGRAMME · NANJING UNIVERSITY

悅行金陵 · 南京大學文化交流團

Nanjing, once the capital of ancient China, is the ideal place for students to learn Chinese traditional culture and history. Through interactions with peers from the old city and visits, students knew more about the life of the city's current inhabitants. Visiting the City Walls of the Ming and Qing Dynasties, they were astonished by the strength of Nanjing in the ancient war-time. The Mausoleum of Dr. Sun Yat-Sen reminds today's youngsters of his perseverance and patriotism while the Nanjing Massacre Memorial Hall captures all the grief and sorrow to ensure everyone learns the importance of peace from the sacrifice. The programme is enriched by the exchange experience with the friendly local counterparts. Participants started to understand the pride of local people towards the city, admitting they should pick up the attitude to enjoy the beauty of Hong Kong.

南京曾經是古代中國的首都，於這古城內學習中國傳統文化及歷史實在最適合不過。與城內的同輩相處亦讓同學對這個城市的現況有更深入的理解。走到明城牆的雕堡，同學驚嘆南京在古代戰時的防禦力；大家面對着國父孫中山先生的墓碑，無不為其堅毅的精神和愛國情操肅然起敬；南京大屠殺紀念館記錄了近代中國在戰爭中的慘痛經歷，生靈塗炭的場景警戒人們遠離戰亂，追求和平。透過南京城認識祖國歷史，以古鑑今並不是計劃的唯一課題，兩地師生的熱切交流更令活動生色不少。香港和南京有著不一樣的文化，同學們自然有著不同的價值觀，然而這差異卻是交流互動的基礎。書院同學對於南京人對其城市的喜愛十分好奇，南京人會驕傲地與外地人分享南京的美，這在香港並不常見。他們決定要向南京人學習欣賞自己的城市！



This summer, I had an opportunity to visit Nanjing for seven days with other Sunnies. Although I have been to other places in mainland China before, the experience was still unique to me. Accompanied by the students of the Nanjing University (NJU), we went to many famous historical sites. It was amazing to learn the history of Nanjing from our tour guide when we were standing on the same pebble, where our ancestors did hundreds of years ago. Apart from sightseeing, we also had a lot of interactions with NJU students. They arranged a campus visit, friendly badminton matches and a talent show for us to get to know each other better. I have learnt more about what university life in mainland China is like, especially the similarities and differences between NJU and CUHK, while I was chatting with them. I could also feel the warmth and enthusiasm of the students. Staying in Nanjing for only a week was definitely too short for me to learn all the history and cultures, and I really hope to have a chance to visit Nanjing again in the future.

Wing-tung Yuen (Biochemistry/ 2)

時間像是無情的巨輪，輾過昔日的寸寸青蔥，只剩下片片斑駁。然重要的不是竭力去追逐它的身影，而是留下磨不滅的點點堅持。

「我希望我死後，能葬在他之下。」我彷彿能穿透時間的帷幕，看到蔣介石說這句話時的唏噓與悲涼，還透著一絲不服輸的堅持。從多年前立下的師徒之宜，已經經過太多的風霜，太多的動亂，性格上的棱角被磨礪得更適合這亂世的生存法則，才登上了現在的位置。然而無論事過境遷，還是無法磨滅烙印在心頭的某種堅持——師徒之宜。

「一日為師，終身為父」。蔣介石切實的執行了這句話，到了兩鬢蒼白時也沒有忘記，還是想著能殮葬在孫中山墓地之下的地方以示尊重。可惜，世事變幻無常，到最後這還是未能如願，成為了帶入棺材的遺憾。

一則小小的故事，卻讓我有一瞬間的頓悟。

我們自小為了追尋自己的目標，不得不做出許多抉擇與取捨，有時需要卸下自己的身段和尊嚴，裝上公式化的笑容；有時需要拋下以往的真誠，戴上面具。放下單純，掛上看透；拋卻天真，戴上睿智，為了達到目標，把許多兒時的特質都無情拋棄，來換取成熟的偽裝。

想擁有，必須先放手，然我明白到總有一種東西無論如何都要貫徹到底，從一而終，不能放下，這才使得人生沒淪為夢想的囚籠，而是雨後的彩虹。

張鈺榮 (數學二年級)

Date 日期 30/6 – 5/7/2016

Leading Teachers 領隊老師

Professor Man-hung Lai 黎萬紅教授
Department of Educational
Administration and Policy
教育行政與政策學系

Participants 參與同學

Pak-shing Chan 陳柏盛 (Computer Science/ 2)
Sau-shan Cheng 鄭琇珊 (Biochemistry/ 2)
Moxun Guo 郭墨薰 (Chin. Lang. & Lit./ 2)
Kwan-tsun Ha 夏鈞俊 (Medicine/ 1)
Yin-tung Fu 符彥彤 (Medicine/ 2)
Tianhong Huang 黃天鴻 (Prof. Accountancy/ 1)
Kam-ming Lau 劉錦銘 (Mathematics/ 2)
Po-yu Lau 劉寶榆 (Cultural Management/ 1)
Chor-ting Ng 吳楚婷 (Medicine/ 2)
Wing-tung Yuen 袁穎彤 (Biochemistry/ 2)
Yurong Zhang 張鈺榮 (Mathematics/ 2)

Partner Institution 合作院校



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

RETURN VISIT OF HK - TAINAN CULTURAL AND CREATIVITY EXCHANGE PROGRAMME 香港-台南文化創意探索之旅 — 成大回訪

With the rewarding experience of the Tainan tour organised in January, the Creativity Lab (clab) cooperated with the Faculty of Social Science and received the delegation from Taiwan National Cheng Kung University (NCKU) to our College in late May. The return visit aimed to enhance the revitalisation projects of Sai Kung conducted by the Sunnies before by bringing the NCKU students there for an on-site visit and seeking advice from their expertise. After the field trip to Sai Kung led by our College students, and the presentation of their findings to various key stakeholders of Sai Kung, constructive feedbacks were received for the students to understand how to improve the feasibility of the whole project. Visits to various historical monuments, museums and cultural parks have marked the end of the half-year programme. Apart from enriching student's knowledge and exposure, the precious friendship and unforgettable memories built have made the programme become more remarkable.

參考年初舉辦台南之旅的成功經驗，創意實驗室與社會科學院再次合作，於五月下旬接待台灣國立成功大學的師生到臨書院，希望讓他們親自到西貢進行考察，借助他們於文創及保育的相關專業知識，為早前同學草擬的活化計劃提供意見。在書院同學帶領下，考察團於西貢與該區商販及居民進行訪問，加深了解他們的日常生活及對近年發展的看法，希望獲得更多相關資料以助完善計劃細節。翌日兩地的同學一同向一眾持份者進行報告，同學於交流中得到極具價值的意見，了解如何提昇計劃的可行性。最後，書院同學與成大學生一同參觀香港的歷史建築及文創設施，了解本地文化，象徵著這個為期半年的計劃順利完結。

Date 日期 29/5 – 2/6/2016

Leading Teacher 領隊老師

Professor Chi-yue Chiu 趙志裕教授
Faculty of Social Science 社會科學院

Professor Annisa C.H. Lee 李穎俊教授
School of Journalism and Communication
新聞與傳播學院

Professor Letty Y.Y. Kwan 關欣儀教授
Department of Psychology 心理學系

Participants 參與同學

Chak-hong Chan 陳澤康 (Engineering/1)
Yip-fung Chong 莊業豐 (Laws/3)
Sum-yue Chung 鍾芯豫 (Geog. & Resource Mgt./1)
Hei-ming Fung 馮煒明 (Nursing/3)
Kwan-yu Law 羅鈞渝 (GPA/1)
Cheuk-pan Leung 梁卓斌 (Econ./1)
Lok-hei Leung 梁樂曦 (Journal. & Comm./2)
Tsun-fai Li 李浚揮 (Risk Mgt. Sci./4)
Tsz-kin Li 李梓健 (GPA/3)
Nicolle K.W. Liu 廖珈媛 (Journa. & Comm./4)
Candice C.Y. Ng 吳卓恩 (Journal. & Comm./1)
Kin-tat Tang 鄧建達 (Chemistry/4)
Wai-man Wong 黃惠敏 (Journal. & Comm./1)
Wing-sze Wong 黃穎思 (Cell. & Mol. Biol./2)
Ching-yiu Yeung 楊靜瑤 (Cultural Mgt./1)

Partner Institution and unit 合作院校及單位

Taiwan National Cheng Kung University
台灣國立成功大學

Faculty of Social Science 社會科學院



We were delighted to welcome the creative buddies from Tainan. Field work was conducted in Sai Kung to collect primary data which illustrate the problems faced by Sai Kung residents. After a night of hard work, Tainan and Hong Kong students came up with solutions to improve the social and cultural lives of Sai Kung residents. The ideas were presented to former Sai Kung district council member and teaching staff at Yan Chai Hospital Wong Wha San Secondary School. The group was also inspired by the community map drawn by students from YCHWWS and their Sai Kung Heritage Museum.

The group also paid a visit to the start-up lab at the Science and Technology Park, JCCAC and PMQ to know more about the creative and cultural industry development in Hong Kong. We also embarked on a Walk in Hong Kong journey in Central and Sheung Wan led by professional tour guides to appreciate the beauty of the local architecture, the street stories and history of Hong Kong. Though the programme has ended, the memories and knowledge shared among Tainan and WYS students will last long.

Sum-yue Chung
(Geography and Resource Management/1)

It was blissful to meet my friends from NCKU for the second time after our exchange tour to Tainan. In their return visit to Hong Kong, we finally have the opportunity to take them to Sai Kung, our focus of study in the co-project, instead of merely showing them pictures and videos. With an intensified understanding to the community in Sai Kung, we presented to the former district councillor our proposal on enhancing Sai Kung's community identity. It was an exclusive experience to work with master students from the Institute of Creative Industries Design. Their mode of design thinking really inspired me a lot, especially in the way of looking at the needs of different parties. We also took our visitors to different places in Hong Kong, not only to the tourist spots. We were given a tour by Walk in Hong Kong to the western district. The Taiwanese were impressed by the tour guides with the old Hong Kong stories, and so were we, the locals. I am really thankful for being able to participate in the exchange tour, which allowed me to make friends with people from Tainan, exchange thoughts and views with them, and broaden my perspectives.

Candice C.Y. Ng
(Journalism and Communication/1)

GLOBAL ACADEMIC EXPOSURE AWARD SCHEME

寰宇學術探索計劃

Global Academic Exposure Award Scheme aims to encourage students to create, design, plan or participate in non-local academic programmes, so as to broaden students' international perspectives and enrich their academic experiences. Apart from attending summer school overseas or picking up a third language, a student has spent the whole summer in Canada for sports training to improve his skills and endurance while another student travelled to Britain for a heritage conservation and revitalisation inspection, which could possibly be a model of our own city.

寰宇學術探索計劃旨在鼓勵同學創造、設計、策劃或參與非本地學習活動，從而建立廣闊的國際視野並豐富其學習經歷。有不少同學報讀海外暑期課程，增長學科知識，亦有同學善用假期學習外語。除了一些常見的暑期活動外，一位書院同學決意到加拿大受訓，追尋一個屬於田徑運動員的夢想；另一位同學則選擇到英國研究當地一個保育及活化古蹟的民間計劃，冀望為香港的古蹟活化事業帶來一點新氣象。



Conservation in Hong Kong is not satisfactory. Some of our heritages in Hong Kong are not being well conserved as the budget is huge, which both the government and the heritage owner do not want to bare. The general public think that conservation of heritages will pose constraints to the economic development. I would thus like to study the situation.

British heritage conservation is one of the major parts of my project. I interviewed representatives of the National Trust, a charitable organisation which focuses on heritage conservation, and visited the 600-year old Knole House run by the Trust. The major income of the Trust comes from membership and commercial operation. Therefore, attracting members and earning money from heritage are vital in sustaining the Trust's operation.

In my visit, I found that there are leisure facilities around the old House which attract families and senior citizens. This phenomenon echoes what the interviewee said: the Trust is doing something more than heritage conservation in order to attract members. They combine the heritage with other elements, like cafés and parks, and make it a package for leisure and family fun.

Ching-wa Wu (Information Engineering/ 2)



若人生是方程式，生命應該簡單不少。付出收獲成正比是何等佳音？但今天我想以一個跑手的身份分享一個血淋淋的經驗。生命待我不薄，在四年的訓練間，我由無名小卒變為兩年入選港青、有兩個青年紀錄的運動員。但我深知它們是出於僥倖，假以時日、我便會從榜上除名。而且，這兩個都不是我最想破的紀錄。

我想做好的半馬拉松及三千米障礙賽，現仍在瓶頸中。因此，我計劃於暑假到加拿大訓練。本想藉著破釜沉舟的決心，以及加國高手雲集的比賽得以突破，但生命給我的答案卻非如此。

在加拿大的全國賽中，我以0.02秒的時間失落紀錄，甚至賽後方知因跨欄的失誤被取消資格。但正是這痛心經歷使我在跨欄技術上有突破，學懂了「左右開弓」。失敗使人成長，因為成功是由無數失敗砌成的。我頓然醒悟到面對更多失敗是唯一增加成功機會的方法。

於是，我在第二個訓練週期中進步了不少。由過欄節奏到身體狀態，我都感到自己在接下來的比賽會取得成功。

但既然人生不是方程式，那場比賽卻是強差人意。

充足的訓練、恢復，換來的卻是比賽中的超強逆風。結果，我以慢了二十秒的時間完賽。我又明白了一點：無論你付出多少，外圍的因素總是可以抹殺你的努力。除非，你不再嘗試。我又明白了平常心的意思：既然命運可以隨意擺佈你的人生，為何不抱着有失敗準備的心態做每個嘗試？即使有準備，擊倒命運亦需要運氣。輸是應該，贏是好彩。面對失敗何必沮喪？

周漢轟 (心理學一年級)

Participants and Destinations

參與同學及目的地

Australia 澳洲

Wing-yan Law 羅詠欣 (Mol. Biotech./ 3)

Canada 加拿大

Hannel H.N. Chow 周漢轟 (Psychology/ 1)

Cheuk-wing Lui 呂卓穎 (Laws/ 3)

China 中國

Tian-hong Huang 黃天鴻 (Prof. Accountancy/ 1)

Czech Republic 捷克

Yvonne I.W. Yim 嚴漪蕙

(Eng. Studies & Eng. Lang. Edu./ 3)

Denmark, Greenland 丹麥、冰島

Tsz-yan Mok 莫梓欣 (Geog. & Resource Mgt./ 4)

France 法國

Wing-tung Yuen 袁穎彤 (Biochemistry/ 2)

Germany 德國

Kunning Hao 郝坤寧 (Architectural Studies/ 2)

Israel 以色列

Zi-jian Guo 郭子健 (Integrated BBA/ 1)

Korea 韓國

Ching-yi Tsang 曾靜怡 (Nursing/ 4)

Malaysia 馬來西亞

Kai-ho Yu 余啟豪 (Environmental Science/ 2)

Mongolia, Russia 蒙古、俄羅斯

Yee-ting Chan 陳懿婷 (Geog. & Res. Mgt./ 3)

Tsz-ching Lum 林紫晴 (Chin. Lang. & Lit./ 3)

Nim-chi Yu 余念慈 (Sociology/ 3)

Poland 波蘭

Ho-yin Lau 劉皓然 (History/ 3)

Spain 西班牙

Han-gu Chan 陳含谷 (Prof. Accountancy/ 1)

Kwan-tsun Ha 夏鈞俊 (Medicine/ 1)

Tung-faat Lai 黎東發 (Biochemistry/ 3)

Chang-keng Ma 馬昌經 (Medicine/ 2)

Jiewen Zhong 鍾杰文 (Prof. Accountancy/ 1)

Sri Lanka 斯里蘭卡

Michelle M.C. Ho 何敏晴 (Medicine/ 3)

Christy T.C. Lam 林芷晴 (Medicine/ 1)

Taiwan 台灣

Ka-wing Yau 邱家穎 (Liberal Studies/ 4)

United Kingdom 英國

Chung-man Lui 雷頌敏 (English/ 3)

Ching-wa Wu 胡清華 (Info. Engineering/ 2)

USA 美國

Choy-may Leung 梁采薇 (Medicine/ 4)

MENTORSHIP PROGRAMME

師友計劃

SUMMER CAMP WITH CUHKFAA CHAN CHUN HA SECONDARY SCHOOL

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

Five student mentors from Wu Yee Sun College and 30 Secondary 5 students spent their time together in a three-day-two-night camp to explore and reflect on university life. Student mentors shared the ups and downs in their journeys to show that they can turn numerous possibilities into opportunities. The aspiration of secondary students also brought in new energy to revive our student mentors' pursuit of goals. Such a mutual reflective process ignited the hidden strengths of both groups and connected them as friends. With sharing and talks by our College members and students, it was hoped that the youngsters could embrace their imperfection and be a true and kind person, and to keep their curiosity and be self-motivated. The proactive response from the crowd proves their eagerness for a better self. Let's look forward to meeting with them in CUHK in the future!

Date 日期 12 - 14 /7/2016

Participants 參與同學

Yi-tak Chan 陳意德 (Cultural Mgt./ 4)
 Ho-yin Fung 馮浩賢 (Computer Engin./ 4)
 Sing-sin Lee 李星倩 (Chin. Lang. Edu./ 3)
 Hei-wai Ng 吳熙偉 (Int'l Bus. & Chin. Econ./1)
 Wai-lok So 蘇瑋樂 (Biology/3)

Partner School 合作學校



CUHKFAA Chan Chun Ha Secondary School

香港中文大學校友會聯會陳震夏中學



我本是伍宜孫書院師友計劃的學員，在大學四年歷盡不如意人、事，與眾多大學生一樣，在現實與理想之間感到徬徨及迷惘，在我最無助之際，幸得師友計劃的學長——廖昭薰女士的指導及幫助，終於走出困境。深明遇上好的學長並非必然，能在指導學業的同時分享生活更是難得，廖女士對我而言，是師、也是友。

這次來交流的是香港中文大學校友會聯會陳震夏中學的學生，雖然與他們相處不多，但我亦能深深地感受到他們對大學的憧憬比當年的我更顯堅毅。自問在學術上沒有什麼能幫助他們，也就只能介紹一下大學與書院的環境，陪伴他們一嘗住宿生活，以及分享我的故事與經歷，好讓他們參考參考。三日兩夜轉眼即逝，大家只能匆匆交換聯絡，留下一句「大學見」。現在回想，我仍有不少需要改善的地方，不知道他們在我的分享中有沒有得到什麼啟發，但我還是衷心祝福他們能夠找到一條屬於自己的道路，同時也感謝他們的出現提醒了我當年的純粹與對夢想的渴求。希望對他們來說，我能成友、也為師。

陳意德 (文化管理四年級)

Ask not what your College can do for you. Ask what you can do for the College. Missing the chance of joining the return visit of National Cheng Kung University due to internship has left me an opportunity to become a student mentor for the camp with Chan Chun Ha Secondary School.

During the three-day-two-night camp, not only did we interact with our buddies, providing them with advice in academic and career areas, but we also had fascinating experiences through activities like attending an astronomy lecture, visiting the Fok Ying Tung Science Building (UC Ball) and joining a reflective session held by our Dean of Students. Those activities aside, playing games together, talking about our school lives and having revisions for their upcoming public examination made the camp a unique one.

The camp allows me to relax and to develop strong bonding with other participants. More importantly, it reminds me of those old days while I was still wearing my school uniform. Time passes, but those memories will last.

Hei-wai Ng

(International Business and Chinese Economy/1)



五位書院同學於今個暑假由學員變成學長，與三十位中五學生一起於三日兩夜間探索及反思大學生活。學生友師分享自己的起跌，鼓勵後輩將多種可能性轉化為自己的機會。中五同學對未來的想像亦為幾位學長帶來新的思考角度。共同反思的過程不但激發兩組同學隱藏的能力，更讓他們結成友伴。這份連繫鼓舞同學更積極參與各項活動：書院成員及同學透過分享及講座，鼓勵同學接納自己的棱角，同時待人以誠，希望他們抱著開放心態學習不同知識，並主動學習。中五同學積極的迴響突顯同學熱切改進自己。期望之後能與他們於中大再會！



香港中文大學校友會聯會陳震夏中學同學感想：

感謝你們花三天時間給予我們美好的回憶，令我們對中大、伍宜孫書院有更多的認識，令我們對自己的將來有更大期望和抱負，我們會更積極地面對自己的將來及作最佳的選擇。

梁穎敏

感謝各位招待我的師兄師姐，你們這幾天以來的安排使我增加考入中大的動力。

林文熙

感謝你們三天的照顧，以及提供大量關於中大的資訊，而且在我們的相處過程中，處處關心我們的需要，十分感激你們的照顧。

陳曉婷

伍宜孫書院是一個很有趣的地方，令我對大學生活越來越有期盼及入讀大學的渴望，多謝幾位伍宜孫書院的同學，我亦希望能與你們一樣，work hard、play hard，多謝你！

Holly

在這三天的日子中，我深深能夠體會到中大的生活以及了解伍宜孫書院美麗之處，最重要的是中大的師長教會我們很多不同的道理和人生課堂，使我們可以認清目標、發奮圖強，我亦希望將來有幸再與各位互相交流，使自己的視野更加廣闊。

容靖彤

感恩你們抽空帶領我們成為一個三天兩夜的中大人，你們的悉心照料和安排為我們追夢的長途中添加了幾分色彩！謝謝你們！明年中大見，師兄師姐！

呂佳娜

三日兩夜的帶領、分享，還有之前所做的準備功夫都需要花費你們的心力和汗水，衷心感謝！一期一會。

方明圓

感謝各位熱情的招待，這次在中大實在是獲益良多，不僅感受了大學生活，也加深對中大的認識，對各位籌辦此次活動的師生表達衷心的感激！

Hui Ka Po

GALLERY

書院生活點滴



Latest harvest of our Rooftop Organic Farm!

天台耕種最新收成!

1/ With the continuous effort of Green Team, it is now harvest time for the red cabbages grown on our Rooftop Organic Farm! Such special gifts were of course presented to Professor Rance P.L. Lee, College Master, Professor Kwai-cheong Chau, Chairman of the College Campus Environment Committee and Ms. Sandy P.S. Lee, College Secretary! Would you like to join hands with us and grow your own plants on the farm?

經過環保小組的悉心栽培，書院剛於天台花園收成紫椰菜，同學更與院長李沛良教授、校園及環境委員會主席鄧桂昌教授及院務主任李珮珊女士分享成果！快加入環保小組，一起種植健康的蔬果！

Delegation from the South China Normal University

華南師範大學到訪書院

2/ The delegation of the South China Normal University visited the College in July, and Professor Rance P.L. Lee, College Master, and Ms. Sandy P.S. Lee, College Secretary, received the delegation and shared with them the College system in CUHK.

華南師範大學代表團於七月到訪書院進行交流，院長李沛良教授及院務主任李珮珊女士接待訪問團及為來訪人士介紹中大書院制。

New Student Orientation Day

新生迎新日

3/ As a tradition of the University, the New Student Orientation Day was held this year on 9 August to greet and welcome the freshmen. Our student ambassadors made every effort to connect with students to introduce our College's uniqueness. Professor Sunny K. S. Kwong, College Associate Master, and Ms. Sandy P.S. Lee, College Secretary introduced our College characteristics and student programmes for freshmen in College talks. Two of our College student representatives also joined the talks to share their College life. Campus tours were led by the ambassadors as well for the new students to get familiarised with our College facilities and environment.

中大於八月九日舉辦新生迎新日，歡迎新一屆同學成為中大一份子。書院同學於當日向新生詳細解釋書院特色，而書院副院長鄭啟新教授及院務主任李珮珊女士亦於書院講座中介紹書院背景及學生活動詳情。兩位同學代表更於講座中分享其書院生活。新生亦把握機會參與校園遊，在學生大使的帶領下了解書院環境及設施。



Rotaract Club of WYS College - Sunwise Installation Ceremony

書院扶輪青年服務團「伍步青雲」就職典禮

4/ The Installation Ceremony of Sunwise, the Third Wu Yee Sun College Rotaract Club, was held in July. Enlightening and encouraging speeches about the Club's theme 'We rise by lifting others' were given by Professor Kam-fai Wong, Associate College Master, and representatives of Rotary Club of Tai Po (Mother Club of WYS Rotaract) and District Rotaract Club. We were honoured by the presence of Professor Nicole W.T. Cheung, College Rotaract Club Advisor, and various guests from District Rotary Committee, Rotary Club of Tai Po, Rotaract Club of Tai Po (Sister Club of WYS Rotaract) and fellow Rotarians and Rotaractors. Louie Yau (Sociology/ 1), President of Sunwise, led the Committee to take the oath to serve their members and society in the forthcoming year.

書院扶輪青年服務團「伍步青雲」於七月舉行就職典禮。書院副院長黃錦輝教授、伍宜孫書院青年服務團母社大埔扶輪社及地區扶青團代表於典禮上，就「伍步青雲」主題「We rise by lifting others」致辭。當日亦得到扶青團顧問鄭慧婷教授、各區扶青團幹事、大埔扶輪社及大埔扶青團（書院青年服務團姊妹團）及友團、友社成員的支持。書院青年服務團團長雷恩同學（社會學一年級）帶領幹事宣誓，承諾服務成員及社會。

Visit of Mount Allison University Delegation

Mount Allison University訪問團來訪

5/ The delegation of Mount Allison University visited our College in July in company with Dr. Michael Wu, Chairman of Wu Yee Sun Charitable Foundation Limited, who helped facilitate the visit. Professor Rance P.L. Lee, College Master, and Ms. Sandy P.S. Lee, College Secretary, welcomed the delegation and introduced to them our College as well as the College system of CUHK. A campus tour was led to show them the beautiful scene and facilities of our College which was fascinated by the delightful weather.

Mount Allison University訪問團於七月到訪書院，伍宜孫慈善基金會主席伍步高博士陪同訪問團到訪。院長李沛良教授及院務主任李珮珊女士歡迎訪問團代表，並簡介中大書院制及帶領參觀書院校園。

College Introduction to Participants of Summer Institute

中大暑期計劃書院體驗

6/ More than 290 local and international students from Summer Institute 2016 attended our College introduction talk in July. The participants were Secondary 5 students (or equivalent) from different secondary and international schools who will apply to universities after the summer holiday. They were partaking in a two-week summer programme organised by OAL which offered them opportunities to explore their interests in different disciplines before university application as well as to experience our university residential life. The College talk was delivered with the aim to introduce CUHK's unique College system, the vision and mission of our College as well as the key initiatives and programmes offered to these potential students.

超過二百九十位參與大學暑期計劃的本地及外地同學，於七月來訪書院。來自各地的中五或同級同學將於暑期後選報大學，因此趁暑假之際參與為期兩星期的暑期計劃。是次計劃由大學學術交流處舉辦，讓同學在選報學校前發掘自己的興趣，並一嘗宿舍生活。除介紹書院制外，他們亦了解到伍宜孫書院的特色及多樣的計劃。



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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WU YEE SUN COLLEGE

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