

THE SUNNY POST

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WUYEE SUN COLLEGE

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PRACTISING WHAT YOU PREACH

Honorary Fellowship Conferment Ceremony of Wu Yee Sun College

身教言教

伍宜孫書院榮譽院士銜頒授典禮

After years of hard work, Wu Yee Sun College has established the profound tradition in cultivating generations with creativity and the heart to strive for the common good. Professor Rance P.L. Lee, the Founding College Master, has been a role model in pursuing social responsibility, and under his leadership, the College has admitted more than 2,000 students since 2012, with many Sunnies inspired and devoted themselves for the social benefits. To honour Professor Lee's devotion to education over the decades, he was conferred College Honorary Fellowship at the College Inauguration Assembly 2018/19.

College members, students and friends gathered on 14 September morning to welcome the year ahead. Led by College Master Professor Anthony T.C. Chan and the College choir, all students and guests sang the college anthem to kick-start the new academic year. Professor Chan first shared with students the spirit of Sunny Living, and reminded students to achieve 'Sunny Living in Contentment'.

In honour of his tremendous contributions to the development of Wu Yee Sun College and the

community, Founding College Master Professor Rance P.L. Lee was conferred College Honorary Fellowship in the sea of applause from College guests and all the Sunnies. Being the first ever to be awarded this prestigious title, Professor Lee humbly thanked College members, CUHK alumni and College friends who have offered their helping hands in the development of the College, making all the College's achievements possible.

經過多年的耕耘，伍宜孫書院的傳統已逐漸確立，成為培養勇於創新與立志貢獻社會的年青人的搖籃。創院院長李沛良教授一直是書院理念的榜樣，而在他的帶領下，書院至今已錄取超過二千位同學，當中更有不少同學受到啟發，為社會出一分力。書院於開學禮頒授榮譽院士銜予李教授，以表彰他多年來為社會所作的貢獻。

書院師生及友好於九月十四日齊聚，一同迎接新學年。在院長陳德章教授及同學代表帶領下，眾人同唱院歌，為典禮及新學年揭開序幕。陳教授致辭時與同學分享Sunny Living的精神，祝願同學——生活得稱心。

隨後，創院院長李沛良教授在眾人見證及雷動的掌聲之下獲頒授榮譽院士銜，以表揚其對書院發展及社會的貢獻。作為首位榮譽院士，李院長謙遜感謝書院成員、校友及各位友好對書院發展的付出，讓書院得以茁壯成長，達到今天的成就。



Professor Rance Lee was conferred College Honorary Fellowship under the witness of College guests and all the Sunnies.

創院院長李沛良教授在眾人見證之下榮獲書院榮譽院士銜。

Wu Yee Sun College The Chinese University of Hong Kong Honorary Fellow A Citation

Professor Rance P.L. Lee, OBE, BSSc, PhD, JP



Professor Lee witnessed the development of the University over the past 50 years. Graduated in Sociology in 1965, Professor Lee returned to his alma mater after further studies. Other than teaching, he has undertaken numerous administrative duties at the University. In 2011, he was officially appointed the Master of Wu Yee Sun College.

李教授見證了半個世紀以來大學的發展，自一九六五年畢業於社會學系，他於深造後返回母校任教，並參與許多校內的行政工作。至二零一一年獲正式委任為伍宜孫書院院長。

The lifelong connection between Professor Rance Lee, our Founding College Master, and The Chinese University of Hong Kong began when he entered Chung Chi College as an undergraduate student, right after finishing high school. Since then more than half a century has passed, and his bond with the University, where he has studied, worked, endeavoured and achieved, has become more indissoluble than ever.

Professor Lee was admitted to Chung Chi College in 1961, and graduated in Sociology in 1965. He then went abroad for further studies, and received his PhD in Sociology from the University of Pittsburgh in 1968. In the same year, aged 25, he returned to his alma mater as the youngest lecturer with a doctorate in the Department of Sociology at the time. As he advanced to senior lecturer, reader, and eventually chair professor, he has also undertaken numerous administrative duties at the University. Among others, he was Director of the Social Research Centre, Dean of Social Science, Chairman of the Department of Sociology, Chairman of the Senate Committee on Physical Education, Director of Part-time Degree Studies, Chairman of the Management Committee of the Hong Kong Institute of Asia-Pacific Studies, Chairman of the Committee on the Universities Service Centre for China Studies, Chairman of the Advisory Board of Continuing and Professional Studies, as well as a member of the Steering Committee on Campus Master Planning and the Planning Committee for Wu Yee Sun College. Retiring in 2017, Professor Lee has in effect witnessed the development of CUHK since its establishment in 1963, especially during his 49 years of service at the University.

As a meticulous and prolific scholar, Professor Lee has published eight specialist volumes and over a hundred academic papers in these research areas: (1) the development of traditional and modern medical and health service; (2) the socio-cultural factors affecting the mental health of the Chinese, and the Chinese ways of dealing with social stress; and (3) family

problems and social networking in Hong Kong and neighbouring areas. In addition to academic significance, these areas of specialisation also readily suggest a passionate concern for society and humanities on the investigator's part, which probably underlies Professor Lee's close association with whole-person education throughout his career. Since the 1980s, Professor Lee has been frequently invited to give lectures and seminars in tertiary institutions across the mainland, to assist in rebuilding Sociology as an academic discipline, thereby promoting social development and modernisation.

As a caring and responsible citizen, Professor Lee has shared his expertise and served the local society in different capacities. He participated in the Health Services Research Committee, the Council for the AIDS Trust Fund, the Human Reproductive Technology Council, the S.K. Yee Medical Foundation, the Social Welfare Advisory Committee, the Advisory Committee on Social Work Training and Manpower Planning, and the Society of Rehabilitation and Crime Prevention. He also advised various organisations including the Central Policy Unit, the Shatin District Council, the Police Education and Welfare Trustee Committee, the Release Under Supervision Board, the Chinese Christian Universities Alumni Association, the Sir Edward Youde Memorial Fund Council, the Statistics Advisory Board, and the Research Grants Council. In addition, he supported other tertiary institutions, including Baptist University, Lingnan University, Open University and Shue Yan University, in their social science teaching and research development programmes. In 1992, Professor Lee was appointed a Non-official Justice of the Peace by the Governor of Hong Kong, and in 1997, he was awarded Officer of the Most Excellent Order of the British Empire by the Queen of the United Kingdom. As Sunnies, we have often heard Professor Lee talking about social responsibility as an essential element of the College mission, but perhaps without fully realising how our Founding Master has been

practising what he preaches all along.

The Chinese University of Hong Kong is unique among local tertiary institutions for its college system, which is of critical importance for enabling and fostering the all-round personal development of undergraduate students. To this end, Professor Lee has been a great facilitator and made enormous contributions. As the ninth Head of Chung Chi College from 1994 to 2004, he put student development and campus landscaping on the top of his agenda, proactively expanding cultural exchange and talent training programmes, and making the lotus pond improvement works materialise. Thus, the lotus pond was transformed into one of the campus landmarks, Lake Ad Excellentiam, or Weiyuan Lake (未圓湖), with Weiyuan in Chinese literally meaning 'not yet complete'. The naming does not only echo the Chung Chi College motto 'In Pursuit of Excellence', but also reflects Professor Lee's own determination to strive for excellence in everything he does. Consequently, were there any incomplete aspirations, Professor Lee has brought them along to Wu Yee Sun College, and persevered to have them actualised at a new campus landmark he named, the Terrace of Dreams, or Yuanmeng Terrace (圓夢臺), with Yuanmeng literally meaning 'to fulfill one's dreams'.

Wu Yee Sun College was established in 2007 by the generous support of the Wu Yee Sun Charitable Foundation Limited. Professor Lee was invited into the College Planning Committee to deliberate on the vision and mission of the new college. At that time, he was Professor and Chairman of the Department of Sociology. In less than a year after he retired from the Department in 2009, the then Vice-Chancellor Professor Lawrence Lau, with much effort and persuasiveness, succeeded in inviting him to return as the Founding Master of Wu Yee Sun College, and the official appointment was announced in the middle of 2011.

During the tenure of his Mastership, Professor Lee never spared himself and was often personally involved in all business of the College. He was

always ready to go the extra mile, whether it was for strategic planning, recruitment of teaching members, invitation of professional advisors, admissions, fundraising, or student activities. The sincere and amiable Master has managed, in his admirable ways, to call on teachers, alumni and students to join hands to build up a new college characterised by creativity, green living and awareness of social responsibility. In September 2012, the first cohort of students was admitted; and the College building, which now stands on an emerald hillside in the University campus, distantly facing the serene mountains of Ma On Shan and Pat Sin Leng, and overlooking the calm waters of Tolo Harbour, was inaugurated a year later.

The CUHK campus, hilly and rich with tall trees and green foliage, offers many scenic landmarks along its paths and trails. Along Professor Lee's career path, ascending from Lake Ad Excellentiam at the foot of the hill to the Terrace of Dreams at Wu Yee Sun College, the journey from 'not complete' to 'dreams fulfilled' signifies a scholar and educator's long-term dedication to The Chinese University of Hong Kong and its collegiate education. The inscription at the Terrace summarises Professor Lee's experience and his advice for all Sunnies, that dreams seeded by creativity and perseverance are bound to come to fruition should they be nurtured with love and passion. Therefore we should dare to pursue our dreams and have the courage to make them true, for Professor Lee has convincingly walked us through an excellent example.

Mr Chairman, in recognition of his tremendous contributions to the development of Wu Yee Sun College and his unfailing enthusiasm to support liberal arts education in CUHK, may I present Professor Lee Pui Leung, Rance for the award of an Honorary Fellowship of Wu Yee Sun College.

This citation is translated by Professor Olivia O.Y. Kwong



With social responsibility as one of the essential elements of the College Mission, Professor Lee has been practising what he preaches all along, and is the example for all Sunnies.

伍宜孫書院的使命之一是「承擔社會責任」，李教授早以身教實踐了本院的使命，為書院同學樹立榜樣。

香港中文大學 伍宜孫書院榮譽院士 李沛良教授讚辭



Along Professor Lee's career path, ascending from Lake Ad Excellentiam at the foot of the hill to the Terrace of Dreams at Wu Yee Sun College, the journey from 'not complete' to 'dreams fulfilled' signifies a scholar and educator's long-term dedication to The Chinese University of Hong Kong and its collegiate education. 圓夢臺命名呼應了未圓湖，從未圓到圓夢，代表了李教授半個世紀以來對香港中文大學和書院教育的奉獻，亦寄寓了師生校友應當努力實現夢想。

李沛良教授乃本院的創院院長。李教授自中學畢業以後，即入讀崇基學院，此後超過半個世紀的時間，在香港中文大學經歷了人生的不同階段，與中大結下不解之緣。

李沛良教授一九六一年入讀崇基學院，一九六五年畢業於社會學系，此後赴笈海外，在美國匹茲堡大學深造社會學，並於一九六八年取得博士學位，以二十五歲之齡在同年返回香港中文大學任教，乃當時年紀最輕而又具有博士學位的社會學講師。此後歷任高級講師、教授、講座教授；以及許多校內的行政工作，包括社會研究中心主任、社會科學院院長、社會學系系主任、教務會體育委員會主席、兼讀學士學位課程主任、香港亞太研究所管理委員會主席、中國研究服務中心委員會主席、專業進修學院諮詢委員會主席、校園發展計劃督導委員、伍宜孫書院籌備委員會成員等。李教授服務香港中文大學四十九年，至二零一七年榮休。香港中文大學成立於一九六三年，李教授可謂見證了半個世紀以來大學的發展。

李教授治學嚴謹，著述甚豐，已出版專書八種以及論文百餘篇。研究範圍包括：（一）傳統與現代醫療衛生事務的發展，（二）中國人心理衛生的社會文化因素及其應付精神壓力的方法，以及（三）香港及鄰近地區的家庭問題及社會網絡。顯而易見，李教授所精研的課題不單是學術研究的範疇，更是關心社會、熱愛人文的寫照。從學術研究出發，便已注定李教授與全人教育的密切關係。自上世紀八十年代開始，李教授多次應邀到中國各地講學，協助重建社會學，推進社會現代化。

李教授關心社會，嘗參與眾多社會服務工作，包括醫療服務研究委員會、愛滋病信託基金委員會、人類生殖科技管理局、余兆麒醫療基金、社會福利諮詢委員會、社會工作訓練及人力策劃諮詢委員會、香港善導會等。此外，李教授亦參與中央政策組、沙田區議會、警察教育與福利基金、監管下釋囚委員會、全國基督教大學同學會、尤德爵士紀念基金理事會、統計諮詢委員會、香港研究資助局，以及浸會大學、嶺南大學、公開大學和樹仁大學等學府的社會科學教研發展計劃。一九九二年李教授獲港督委任為非官守太平紳士，一九九七年獲英女皇頒授英帝國官佐勳章。伍宜孫書院的使命之一是「承擔社會責任」，李教授原來早以身教實踐了本院的使命。

香港中文大學是全港唯一採用書院制的大專院校。書院制對全人教育極為關鍵，李教授對此貢獻良多。李

教授於一九九四年至二零零四年的十年間，出任崇基學院第九任院長。在任期間，積極拓展多項文化交流與人才培訓計劃，並致力美化校園環境，落實荷花池改善計劃，更為荷花池起了一個新名字——未圓湖。未圓，彰顯了崇基「止於至善」的校訓，也代表了李教授在待人處事上力臻完美的態度。如果崇基學院的未圓湖是象徵了李教授未圓的夢，那麼伍宜孫書院的圓夢臺便是夢想得以再度實踐的地方。

二零零七年，中大厚蒙伍宜孫慈善基金會捐款，成立伍宜孫書院。時任社會學系教授和系主任的李教授，獲邀加入書院籌劃委員會，為新書院的成立籌謀獻策。至二零零九年中，李教授在社會學系榮休。在不足一年後，時任校長劉遵義教授力邀李教授出任伍宜孫書院的創院院長。二零一一年中，大學正式任命李教授為本院創院院長。

李教授出任院長後，從籌劃院務、邀請老師和校外專業人士加入書院、收生、籌款，以至組織學生活動等，凡事親躬，悉力以赴，以其真誠和親和力打動老師、校友和同學，共同建立一所具有創意、綠化和社會承擔傳統的新書院。二零一二年九月，本院正式錄取第一批學生；至二零一三年中，本院大樓正式落成，屹立於翠綠環抱的中大山嶺上，遙望八仙嶺和馬鞍山，俯瞰悠悠吐露港。

香港中文大學群巒環翠，古木蒼蒼，從山腳的未圓湖，到伍宜孫書院校園的圓夢臺，勝境處處。李教授在圓夢臺的題辭說：

夢想
源於創意與毅力
有愛心
有熱誠
凡事皆可圓

圓夢臺命名呼應了未圓湖，從未圓到圓夢，代表了李教授半個世紀以來對香港中文大學和書院教育的奉獻，亦寄寓了師生校友應當努力實現夢想。

主席先生，為表揚李沛良教授對伍宜孫書院的建樹，以及對香港中文大學博雅教育的貢獻，現謹恭請主席先生頒授榮譽院士銜予李沛良教授。

此讚辭由潘銘基教授撰寫

SPEECH BY PROFESSOR RANCE LEE 李沛良教授感謝辭

院監會主席彭玉榮博士，各位院監和嘉賓，陳德章院長以及各位老師和同學：

今天獲得我心愛的伍宜孫書院頒授榮譽院士銜，感到十分榮幸，尤其是見到台上台下有許多這麼多年來同甘共苦的老同事、老朋友，不辭勞苦，出席今天的典禮，我十分感激。

記得當我在二零一一年出任伍宜孫書院創院院長時，全院只有我一人，至於校舍只是一片堆滿沙石的建築地盤。幾年後的今天，伍宜孫書院已有過百位老師，一千二百名在校學生，還有兩屆合共五百名的畢業生，且已成立了校友會。難得的是，幾年來有不少崇基、新亞、聯合和逸夫的校友參與，出錢又出力。今日，我們的校園是一座巍峨壯麗、設備齊全、而且風景秀麗的大樓，足以傲視吐露港。

伍宜孫書院得以快速成長，首先要感謝伍宜孫慈善基金會源源不絕的資助，尤其是伍步高博士、伍步昌先生、伍尚宗先生諸位的大力支持，使書院的經費充裕。此外，尚有許多其他社會人士捐助書院的獎助學金和活動經費，我由衷感謝。

不過，有金錢也要有人才。我萬分感激幾年來與我同甘共苦，不斷出謀獻策，共創一所新書院的團隊，尤其是現任院長陳德章教授、副院長鄺啟新教授和黃錦輝教授、院務主任李珮珊女士、舍監潘江鵬教授以及前任輔導長李雅言教授及李賴俊卿教授等，多不勝數。伍宜孫書院在幾年間有今日的成績，絕非我個人的力量，而是整個創院團隊的努力。我今日獲頒授榮譽院士銜，當然感到榮幸，但其實也感到慚愧。讓我再說一聲：多謝。多謝大家的支持和努力。

在這裡，也讓我畧為談談書院之理念和發展方向。我記得，在二零一零年春天，時任校長劉遵義教授邀請我出任伍宜孫書院院長時，曾對我說過：中大有九所書院，最好有不同主題，不同理念，好像崇基強調基督精神，新亞崇尚儒家倫理一樣。

究竟伍宜孫書院主題和理念應該是甚麼呢？伍宜孫博士生前是一個十分成功的創業家，為香港人創辦了永隆銀行，他又熱心社會公益，尤其是教育和醫療。晚年時，愛好盆栽園藝，珍惜大自然的一草一木。我覺得伍宜孫書院之主題，應盡可能切合伍宜孫博士的精神和志向。幾年來，我與陳德章教授以及其他創院老師和學生，反覆思量，不斷嘗試，終於為書院醞釀了一個傳統，創立了一個主題：就是「陽光生活」(Sunny Living)，書院的

別名稱為「The Sunny College」，各位同學就順理成章地成為 Sunnies。

為求彰顯「陽光生活」的使命，書院經常強調三個發展方向，就是 (一) 創意(Creativity)，(二) 綠化 (Go Green)，和 (三) 服務社會 (Serving the Community)。書院力求培育一班年輕人，使他們無論做任何事情，都充滿無限創意，勇於創新；使他們無論在任何地方居住，都過著綠化的生活，愛護周圍的環境；也使他們無論在任何時候，都會關心社會，服務人群。

聽說各位同學即將舉辦一個「陽光生活周」(Sunny Living Week)，推出一連串活動。我知道此消息後，十分高興，因為我見到同學們不但分享，而且積極推動書院的使命。我預祝各項活動順利展開，馬到功成。我更希望各位同學今後都會過著充滿陽光的生活，而且會將溫暖的陽光帶給香港社會甚至整個世界。

以後當別人問起伍宜孫書院的傳統或主題是甚麼的時候，希望大家都會驕傲地說：書院的主題就是「陽光生活」(Sunny Living)。我深信在現任院長陳德章教授的領導下，伍宜孫書院的陽光傳統會愈加鞏固、愈加豐盛。



Professor Lee is thankful to the Wu Yee Sun Charitable Foundation, donors, all College members, colleagues, sister colleges and friends for supporting the development of the College.

李教授感激伍宜孫慈善基金會、捐贈者、書院成員、大學同工、友院及好友的支持，令書院得以茁壯成長。



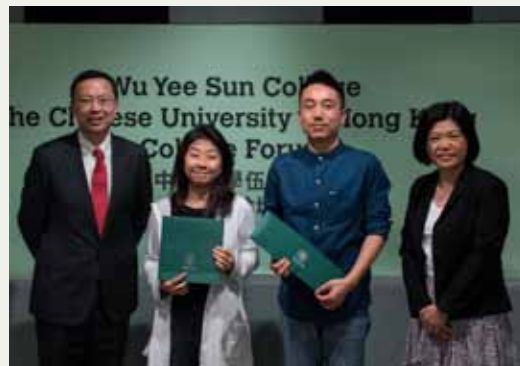
COLLEGE ACTIVITIES

書院活動

COLLEGE FORUMS 書院論壇



HIGH TABLE DINNERS 高桌晚宴



Five College Forums were organised in the first semester, providing a platform for students to interact with distinguished speakers from different fields. Office of Student Affairs conducted a mental health forum entitled 'Newbies@CUHK - Adjustment to University Life' at the beginning of semester, sharing with students some common challenges they would face at the University.

In the second Forum entitled 'Values of Social Enterprises', Mr. Howard H.W. Ling introduced the nature of social innovation, and how one could convert a social innovation into a social enterprise.

Mr. Wing-kai Lau and Mr. Chung-Sing Yip then shared on the topic 'Multiple Possibilities in Education - the Establishment of RTC GAIA School', on how the School was founded and their aspiration for providing alternative ways in education.

In the Forum 'Use the Four "D"s in Art x Education', Ms. Candice M.N. Chong and Mr. Nick L.K. Ho shared how they engaged students in the production 'Sing Out', and what the students have experienced and learnt throughout the process.

With the growing attention of feminism in recent years, Professor Susanne Y.P. Choi introduced its

concept and development over the past century, and clarified some common misconceptions of it in the Forum entitled 'Is Feminism a Joke?'.

書院於本學期舉辦共五次書院論壇，讓同學與來自不同界別的人士對話。學生事務處於首個論壇為新生講解同學於大學時所面對的挑戰。

凌浩雲先生於第二次論壇介紹何謂社會創新，以及這些項目轉化為社會企業的過程。

劉永佳先生及葉頌昇先生則與同學分享教育的其他選擇：教育不只一條路——鄉師自然學校的創建，提醒同學教育的本意與不同面向。

莊梅岩女士及何力高先生以「用四個D去做藝術 x 教育」為題，向同學講述他們與一班中學生如何在劇目「奮青樂與路」中合作，以及眾人在過程中的所學所感。

女性主義於近年漸受大眾認識，蔡玉萍教授就為同學講解女性主義的本義與過去一世紀的發展，又分析各種謬誤。

Two High Table Dinners were organised in the first semester. The first event was conducted by Mr. Hank C.H. Cheng in September, sharing with students how he kick-started his dream to build an aircraft in eight years and flew over the world in his homebuilt craft despite the challenges and difficulties he faced along the process. Mr. Cheng also encouraged students with a 'Just Do It!' spirit to pursue their dreams. The second Dinner entitled 'Challenge and Failure in Climbing the Mount Everest – Actualise Your Dream through Persistence' was held in November. Ms. Ada Y.H. Tsang shared with students how she upheld seven years of persistence to conquer Mount Everest even though she was not a mountain enthusiast when she set up the goal.

書院於上學期共舉辦兩次高桌晚宴。鄭楚衡先生於九月舉辦的高桌晚宴中與同學分享他如何以八年時間實踐他兒時製造飛機的夢想，最終克服所有困難及障礙駕駛自己的飛機環遊世界各地。他亦鼓勵同學向目標進發，勇敢追求他們心中的夢想。曾燕紅女士則於十一月的晚宴分享她用七年時間實現與學生的承諾：作為業餘登山人士，仍然克服重重困難，登上珠穆朗瑪峰。



STUDENT ACTIVITIES

學生活動

CREATIVE PILGRIMAGE 創意巡禮



clabbers, the student conveners of Creativity Laboratory (c!ab), initiated a series of creativity workshops to share the joy and fun of DIY. Workshops varied from handicrafts to digital gadgets were held once per week and lasted for three consecutive weeks in September and October.

A tie-dyeing workshop kick-started the pilgrimage. Participants were encouraged to create their own unique patterns on fabric, such as cotton-made T-shirt, tote bag and handkerchief. With four simple materials - fabric, dye, sticks and rubber bands, our Sunnies created a variety of patterns on fabric with personal touches. Every pattern was unique and you can hardly have another same one.

Portrait Photo Shooting Workshop was held in the following week, introducing a list of photo-taking equipment, shooting angles and postures etc. Participants took turns to play the role of photographer and model throughout the evening. With lots of laughter and fun, they brought home with their great final product: a professional portrait!

clabbers also invited the Sunnies to create their own venation bookmarks in autumn with three simple steps: boiling the leaves, removing the chlorophyll, and colouring the leaves. Again, students were encouraged to create their own bookmarks in various desired shapes and colours.

It was hoped that our Sunnies would get some inspiration from their creative works and share their works in c!ab to stimulate others' creativity.

創意實驗室的學生召集人於九至十月期間一連三星期舉行創意工作坊，每星期聚會一次，從手藝創作到數碼科技，分享自己動手創作的喜悅。

創意巡禮以環保紮染工作坊作啟動，參加者可於棉質上衣、手提袋或手帕上創作獨一無二的圖案。同學只運用四種簡單的材料：布料、染料、木棒和橡皮筋，就能創作個人化圖案，每次創作都有不同造型，獨一無二。

影樓人像攝影工作坊就介紹了一系列人像攝影的知識，如所需的器材、拍攝角度及姿勢等。參加者輪流扮演攝影師及模特兒的角色，感受不同角色所要的技巧。工作坊後，陪同參加者回家的除了歡欣笑臉，當然還有攝影作品——人像照！

創意實驗室的召集人更誠邀同學一同於秋季製作葉脈書籤，當中只需要三個簡單步驟：以熱水稍煮葉片，去除葉綠素，為葉片染上顏色即可。同學只需選擇不同形狀的葉片及加上喜歡的顏色，就能自製多款不同的葉脈書籤。

藉著創意巡禮的連串活動，希望同學能略有啟發，並能發揮創意，將其作品展示於創意實驗室內，分享其創作理念，以誘發他人的創意靈感。

STUDENT ACTIVITIES

學生活動

STUDENT ACHIEVEMENTS



學生殊榮

College Men's Basketball Team delivered excellent performance in Inter-collegiate Competition and won the second runner-up. The College Track and Field Team also achieved outstanding results in CUHK Athletic Elite Competition 2018! Hannel H.N. Chow won the Men's Champion in 1500m and 5000m, and Man-tsun Wu got the second runner-up in Men's 5000m. Our heartiest congratulations!

Hannel and Man-sun also joined hands with Timothy Aaron Kuan in CUHK Cross Country Team, and won the Men's Overall First Runner-up, as well as Overall First Runner-up in the USFHK Cross Country Race. Hannel was also ranked the fifth place in Men's Individual. Our hearty appreciation of their effort and devotion!

書院男子籃球隊於院際比賽表現優異，勇奪季軍。書院田徑隊亦於二零一八年中大田徑精英比賽取得佳績！周漢轟同學分別於男子1500米及5000米賽事取得冠軍，而胡文津同學亦於男子5000米項目奪取季軍。

周同學及胡同學與關冠傑同學代表中大越野隊出戰香港大專體育協會周年越野賽，並奪得男子組總亞軍及全場總亞軍。周同學個人成績亦排名第五。恭喜所有得獎同學並感謝他們的付出！



DEVELOP AN EXERCISE ROUTINE 培養運動習慣



Begin your healthy living style with daily exercises! A variety of sports activities allowed students to get a taste of different exercises. Tranquility of body and mind experienced in Yoga Class relieved students' the stress. Tennis Enhancement Programme trained up students' strength and endurance, while Sports Climbing challenged their courage and stamina to reach the top. Floor Curling satisfied the participants who looked for 'unconventional' sports activities! College students were encouraged to spend a little time to experience various activities which might become their lifetime sports that gradually improve their strength, flexibility and even sleep quality.

Elite athletes also demonstrated their talents in Inter-Collegiate Competitions, including Basketball, Volleyball, Football, Track and Field, and Swimming. Each team devoted much time and effort to deliver their best in the competitions. While their achievements worth rounds of applauses, what we truly treasure is their strong sense of sportsmanship that drives them to strive for excellence as a team.

健康生活由每日運動開始！書院籌劃各式體育活動，期望同學有機會嘗試箇中樂趣。同學透過瑜伽班感受身心寧靜，緩解日常壓力。網球訓練班改善同學肌肉強度及耐力。運動攀登則讓同學挑戰膽量及體能，攀上高峰。地上冰壺正好讓參加者體驗新穎運動，享受樂趣。在多元化的活動的同時，期望同學能保持運動習慣，逐漸改善強度、柔軟度甚至睡眠質素，邁向健康生活。

精英運動員亦有機會於各項籃球、排球、足球、田徑及游泳院際比賽發揮所長。每隊同學投入大量的時間及努力進行訓練，但求在比賽發揮最強實力。他們遇強愈強的表現值得嘉許，但書院最重視的更是每位同學力求進步、團結向前的運動員精神。



KNOW MORE ABOUT ALCOHOL

了解酒精與健康



Representatives from The Jockey Club School of Public Health and Primary Care conducted a short talk on 'Know More about Alcohol' at the College in October. They talked about the inconveniences and harms caused by alcoholic consumption in an interactive manner. The talk is part of the School's research project aiming to develop an alcohol harm reduction programme for university students in Hong Kong.

香港中文大學賽馬會公共衛生及基層醫療學院於十月到書院舉辦講座，講解過度攝取酒精對健康的影響及禍害。此講座為該學院的研究項目之相關活動，期望可減低酒精對大學生的影響。

STAFF-STUDENT HIKING WITH HKPASEA

秋日師生遠足



Professor Kam-Fai Wong, College Associate Master, led a group of participants with College students, College staff members and members of Hong Kong Professionals and Senior Executives Association to visit Tai Tan Country Trail in November. Participants appreciated the beautiful Sai Kung Coastline along Hoi Ha and Wong Shek while exchanging on their hiking experiences and career aspiration.

副院長黃錦輝教授於十一月帶領一眾書院師生及香港專業及資深行政人員協會會員暢遊大灘郊遊徑。參加者沿途欣賞西貢海下至黃石的海岸景致，交流遠足經驗及職涯路向的看法。

STUDENT ACHIEVEMENTS

學生殊榮



The University has established the Outstanding Students Award 2018 in order to recognise the outstanding achievements of students in the areas of Innovation and Invention, Sports, Art, Social Service and Special Achievement. The College is proud to announce that four Sunnies have received this prestigious award. Kelly K.Y. Lau and Bonnie T.S. Lee were awarded in the area of Social Service, while Stephy C.Y. Yeung and Natalie S.Y. Chung were recognised in the area of Art, and Innovation and Invention respectively. Heartiest congratulations from all the Sunnies!

中大設立二零一八年傑出學生獎，表揚同學於創新及發明、體育、藝術以及社會服務的成就。四位書院同學獲得該項殊榮，劉珈余同學及李天心同學同於社會服務方面獲得嘉許，而楊靜瑤同學及鍾芯豫同學則分別於藝術及創新及發明方面得到肯定。再次恭喜各位得獎同學！



STUDENT ACTIVITIES

學生活動

A TASTE OF THE WORLD CULTURES

淺談各地文化



STUDENT ACHIEVEMENTS



學生殊榮

The College Drama Club presented its production at CUHK Drama Competition 2018 in November, with title 'FLY'. The audience enjoyed the performance and were inspired. The team won the 'Excellent Set Design Award'. Congratulations to the team!

宜孫劇社於十一月舉辦的中大戲劇比賽演出劇目「飛」，精采的演出讓人發人深省，更奪得「優異佈景設計獎」。恭喜得獎同學！



Students enjoyed a peaceful and relaxing moment in their busy life at the Tea Appreciation Workshop conducted by former lecturer from English Language Teaching Unit (ELTU), Mr. Zach C.F. Goh. Students not only got to know more about the origins and types of tea, they also learnt to use different senses to appreciate tea and enjoy the colour, aroma, flavour and texture of tea.

Dr. Guang-ming Wu from the Department of Chinese Culture, The Hong Kong Polytechnic University, was invited to speak at the Chinese Culture Table this term, going through with students the love story of 'The Dream of Red Chamber', one of the four great classical novels of China.

The College also invited Ms. Tak-yee Choi to guide students in Chinese painting. Within six lessons, students were able to complete a couple of drawings, while learning how to appreciate the Chinese culture.

當你上茶樓飲茶時，有否想過茶的起源？除了常見的普洱和香片外，你又知否茶還有多少種類？前英語教學



單位講師Mr. Zach Goh於書院主講茗茶活動，參與同學除了加深對茶的認識外，更有機會用眼、鼻和口等不同感官細意品嚐茶的顏色、香氣、質地及味道，並度過了一個輕鬆的晚上。

《紅樓夢》是古典小說四大名著之一，本學期的文化桌邀得香港理工大學中國文化學系導師胡光明博士，以「賈寶玉和林黛玉的愛情—《紅樓夢》第二十三回賞析」為題，與同學一起細閱當中的古典文學及經典愛情題詞。

本學期書院再次邀得資深中國繪畫導師蔡德怡老師為同學教授一連六堂的中國繪畫班。書院同學在蔡老師的示範及悉心指導下，完成了多幅畫作，對中國文化的修養大大提昇。



FUN WITH HALLMATES

宿生同樂



Hostel is the second home of our residents. A group of dedicated Residents Tutors regularly organise floor gatherings to build up strong bonding between floor-mates and all residents, and share views on hostel and university lives. The hostel Wardens, Professor Kong-pang Pun and Ms. Sandy P.S. Lee, hosted an Open House Party at the Warden's Quarter to celebrate the Mid-autumn festival with mooncakes, snacks and the spectacular view of the Tolo Harbour.

宿舍是宿生們的第二個家，一群熱心的樓導師定期為宿生們舉辦層聚，讓同學們互相認識，建立珍貴的友誼。大家共進晚餐，又分享大學及宿舍生活的喜樂與困難，相互勉勵。兩位舍監潘江鵬教授和李珮珊女士亦在西座舍監宿舍舉行中秋慶祝派對，以月餅和怡人的吐露港景色與宿生同慶佳節。

MEETING WITH THE ADVISORS

與導師會面



To help new students settling in College life, we match them with a College member to serve as their advisor. More than ten groups of students gathered with advisors in the first semester. While enjoying the lunch, students shared the questions and thoughts they encountered in the first months of their university life.

為幫助新生適應書院生活，書院為同學安排師生茶聚，讓一眾書院成員帶領同學融入新生活。超過十組師生於過去數月聚首，除了共進午餐，同學更把握機會與導師分享大學生活的疑惑。

GATHERING WITH OLD FRIENDS

好友聚舊



As an annual highlighted alumni event of CUHK, the Alumni Homecoming Day 2018 was held in late November, welcoming thousands of alumni and their family members to the grand carnival. The booth organised by the College Alumni Association was packed with students, kids and parents playing the games designed to introduce the College and the Alumni Association to visitors. A dinner with alumni and their guests was also hosted in the evening on the same day. It was a wonderful evening to catch up with our alumni and to reconnect with one another!

二零一八年中大校友日為中大校友活動的重點之一，本年度的活動於十一月舉行，吸引過千校友及其親友出席。書院校友會亦於當日設置攤位，與眾人同樂之餘，同時介紹書院及校友會。當晚書院亦設晚宴，讓各位舊同學聚首，了解近況。

STUDENT ACTIVITIES

學生活動

DRAMA APPRECIATION 舞台劇欣賞



The drama performance 'R & J Peony' was on show in October at Shaw College Theatre. The drama aims at exploring the cultural differences between China and western countries in terms of views of love by integrating two famous stories: 'Romeo and Juliet' and 'The Peony Pavilion'. The play was co-organised by Wu Yee Sun College, Chung Chi College, United College and Shaw College. Mr. Hardy S.C. Tsoi, our Senior College Tutor and Former Arts Administrator and Manager of CUHK Sir Run Run Shaw Hall, directed the performance. The audience enjoyed the interesting and inspiring drama.

揉合《羅密歐與茱麗葉》及《牡丹亭》兩部中西經典的舞台劇「鑄情」於十月假逸夫大講堂上演。是次演出由伍宜孫書院、崇基學院、聯合書院及逸夫書院合辦，並由本院資深書院導師、前藝術行政主任及邵逸夫堂經理蔡錫昌先生執導。觀眾均十分享受是次演出。

ART CREATION 藝術創作



Wu Yee Sun College, Chung Chi College and United College are honoured to have invited Professor Hon-ching Lee, Honorary Art Advisor of three Colleges, to be the instructor of Woodblock Printmaking Workshop this semester. Participants learnt from three sessions of the workshop the techniques of printmaking and carving using simple materials like wood pieces, carving knives and even disposable chopsticks to create their unique art pieces. Professor Lee also shared at the Art East and West Seminar on the topic of 'The Past Art Masters and the Talented Newcomers in the Eyes of an Over-80 Senior Artist', and reviewed some great works of artists from different generations. Dr. Raymond M.L. Tang, Curator (Hong Kong Art) of Hong Kong Art Museum, then guided the audience through the golden age of Hong Kong art in the 1960's



at his talk titled 'A Glimpse on the Origins of Modernist Art in Hong Kong'.

伍宜孫書院、崇基學院及聯合書院邀得三院藝術顧問利漢楨教授擔任「木刻版畫工作坊」導師，指導學員以簡單工具如木板、雕刻刀，甚至即棄筷子，創造獨一無二的個人作品。利教授後於「藝術中與西」講座中以「八十後重溫藝壇前輩及瞻前新秀」為題，暢談各年代優秀藝術家的故事及其精彩作品；香港藝術館館長（香港藝術）鄧民亮博士則以一九五零年代本地文藝期刊《文藝新潮》說起，與出席者回望香港現代藝術的興起。



LEARN FROM THE HISTORY

從歷史中學習



The College International Team held their first forum-based activity in November, with the theme on World War II. People from different countries presented their views in the discussion. It started off with Denmark, and participants learnt about how Danish people view World War II as well as the rise of different ideologies during and after the war. Three more presentations about the Soviet Union, Indonesia, and Taiwan followed. After the presentations, participants socialised, enjoyed some pizza and played an interesting quiz together.

書院國際小組於十一月舉辦首個論壇，以二次大戰為題，探討不同國家在這個歷史事件中的角色。來自不同國家的同學於活動中分享己見，先由來自丹麥的同學講述自己對二戰的看法，以及戰前戰後各種理想主義的冒起。隨後更有關於蘇聯、印尼及台灣的分享。經過一輪討論後，同學一同享用薄餅及聊天，又嘗試各種小遊戲，增進友誼。

TIME FOR MUSIC!

今日宜樂



The College Music Society organised two music performances in November. Pieces were performed in a relaxing atmosphere during lunch hour. What a pleasure for diners to enjoy their excellent performances while having lunch!

書院音樂學會於十一月在學生飯堂舉辦午間音樂會「今日宜樂」，為享用午餐的師生帶來輕鬆的音樂表演，共度寫意的午後時光。

OUTSIDE CLASSROOM

跳出班房



To enhance students' learning experience, a series of general education activities were organised in this term. Interactive social issue workshops and meet-up allowed intense discussion on problems in society. Through art workshops, students were able to know more about and appreciate themselves. They were also enlightened in direction of life in movie appreciations. Some students chose to learn in the field through joining cultural walk in CUHK and ecological tour. It is hoped that students could gain more through a variety of activities, suiting their own interests.

為讓同學有更好的學習體驗，書院於上學期舉辦一系列通識教育活動。除了可以於社會議題工作坊或訪談中討論各種社會問題，又可以在藝術工作坊中認識及學會欣賞自己。有些同學則選擇從電影欣賞中感悟人生的取捨與方向，或是參與中大文化遊及生態遊，親身走上前人的路。透過多元化的活動，書院期望同學能就著自己的興趣，對通識課的討論有更深切的體會。

GALLERY

書院生活點滴





5/



5/



5/



5/



5/



5/



5/

Inauguration Assembly 2018/19 and Honorary Fellowship Conferment Ceremony 二零一八至一九年度開學禮 暨 書院榮譽院士頒授典禮

1/ Group photo
大合照

2/ College Anthem
院歌

3/ Address by Master
院長致辭

4/ Student Sharing by Hannel H.N. Chow (Psychology/ 4)
學生分享：周漢磊同學（心理學四年級）

5/ Presentation of College scholarships and awards
頒授書院獎學金及獎項

Meeting with Vice-Chancellor 校長到訪

6/ Vice-Chancellor Professor Rocky S. Tuan visited the College in October and toured around some of the College facilities such as Creativity Laboratory and House of Sunny Living. He then met with College members and students to exchange views on the whole-person development and informal education provided by the University and the College.

校長段崇智教授於十月到訪書院，除了參觀書院設施如創意實驗室及如日坊，又與書院教職員及學生會面，旨在加強聯繫及溝通，攜手為學生全人發展及非形式教育努力。

Delegation Visits 訪問團來訪

7/ A delegation of teachers from Swedish universities visited our College in October, and Ms. Robin Walker, International Programs Coordinator of Mount Allison University, a new partner institute of College term-long exchange programme, visited our College in November. The delegates toured around the campus to learn more about College features.

瑞典研究及高等教育國際合作基金會於十月到訪書院；Mount Allison University為書院交換生計劃的新伙伴院校，該校代表 Ms. Robin Walker 亦於十一月來訪。來訪人士參觀書院設施，了解書院的特色。

Farewell to Incoming Exchange Students 與交換生道別

8/ Coming to the end of the semester, the College organised a dinner to bid farewell to our exchange students from different countries in late November. Participants shared their stories of living here and expressed their views of Hong Kong.

書院於學期完結時，為交換生舉辦告別晚宴，讓他們與來自不同國家的朋友細談過去幾月中於香港生活的點滴。

CHALLENGE ACCEPTED AND ACHIEVED!

THE FIRST-EVER SUNNY LIVING WEEK



Sunny Living Week, echoing with the College's initiative 'House of Sunny Living', is a full-week event targeting on the well-being of the body, mind and spirit of our students and their contributions to the environment and society. It kick-started with Sunny Relay Race in which participating teams took the challenge of rowing for 2 km and riding a specially-designed bicycle to make three cups of smoothies! The laughter and cheers during the race demonstrated the spirit of 'Sports for Life'. It is not just about how well we do in a race, but how much we enjoy the process and how eager we are to improve ourselves.

Another group of Sunnies opted for a different Sunny Living experience by participating in Movie Appreciation and Sharing on 'Weeds on the Fire'. College Member Professor Jia Tan (Department of Cultural and Religious Professor) moderated an in-depth discussion session with students on this inspirational sports movie that encourages young people to be persistent and keep pursuing their dreams.

Serenity at heart is also an important element in a positive life. At the Soul Candle session, our Sunnies learnt florigraphy – the language of flowers, and integrated the knowledge in

the design of their unique candles. They then participated in a mindfulness practice, where Dr. Matthew Chu, an educational psychologist, shared on how to attain the state of mindfulness.

Diet cures more than doctors, as the saying goes. In the Healthy Organic Veggie Cooking Competition, the participating groups followed the instructions of Ms. April H.C. Wong, a qualified nutritionist of Hong Kong Nutrition Association, and prepared a Thai-style lettuce wrap with mixed organic veggies and other veggie dishes of their own creation. In the pop-up kitchen, participants benefited from Ms. Wong's advice and clarifications on vegetarian diet as well as the short talk on organic farming by a local farmer Mr. Yu-wing Wong. On the same day, different Sunny Living Activity Booths including Wood Painting Keyring DIY Workshop by Creativity Laboratory (clab), Darts Game by Sports Association, Plastic Recycling Sorting Game by Rotaract Club, Venture HK-Spot the Attraction Game by V'air and Handmade Mosquito Repellent Workshop by Green Team were set up at the College Gallery. Those getting tired from the workshops and games could get free organic sugarcane water and buy organic vegetables at the Organic Farm

Booth to re-gain their energy!

The Knowing Your Community - Eco-cultural Tour @Ma On Shan was held right after the struck of Super Typhoon Mangkhut. The aftermath of the natural disaster did not deter our Sunnies who, instead, showed perseverance and determination at the mountains! More than 40 College students and staff members explored Ma On Shan, our neighbour of extremely close proximity, and discovered the natural beauty of Hong Kong's countryside under the lead of Professor Kwai-cheong Chau, Chairperson of the College's Campus Environment Committee. Although the hike was not a piece of cake for many of us, the overwhelmingly gorgeous scenes were worth the challenges and time!

The Get-Together Lunch made a joyful conclusion to this meaningful series. The end of the Sunny Living Week marks the beginning of students' sunny journey at the College and at large, in their lives. It is our firm belief that the positive spirit seeded in these Sunnies' young minds will eventually lead them to 'Sunny Living in Contentment', as shared by College Master Professor Anthony T.C. Chan at the Inauguration Assembly this year.



新學年、新挑戰！ 書院首辦陽光生活週

陽光生活週呼應書院「如日坊」推動的健康生活，鼓勵同學強健體魄，提昇精神健康及加強領導能力，貢獻社會。一週精彩活動由Sunny Relay Race起動！同學組隊參與比賽，透過划艇及以改裝單車製作三杯消暑沙冰一較高下。過程中的汗水、笑聲和友儕間的打氣歡呼正反映「普及運動」精神，相對於成敗，細味比賽過程及自我挑戰來得更為重要。

書院演藝廳內雖無耀眼陽光照射，卻能提供另一種陽光體驗。書院邀得書院成員兼文化及宗教研究系譚佳教授主持《點五步》電影欣賞及分享會，這齣勵志運動電影引起同學踴躍發表意見，並銘記劇中運動員堅毅不屈、追尋夢想的精神。

熱血以外，心寧氣靜亦為陽光生活的重要一環。同學於乾花燭燭工作坊初學花語，認識花卉的特點及其象徵意義，並以此融入自己的乾花燭燭作品中，以雙

手觸碰大自然的氣息。其後由教育心理學家朱可達博士指導的靜觀練習讓同學體驗如何有意識地、不加批判地將注意力置於此時此刻之上，藉以釋放壓力、調節情緒和帶來行為上的改變。

英文諺語有云：飲食有節，勝於求醫。現代人一般大魚大肉，以快餐果腹，素食、健康食材等看似「離地」，但原來觸手可及。在有機素菜新「煮」意比賽中，香港營養學會認可營養學家黃曉晴女士引領參賽者以有機農產品製作泰式生菜卷，以及另一款自創菜式。觀眾為參賽者打氣的同時，亦學到有關素食的資訊和釐清謬誤，以及從本地農夫黃如榮先生的講解中接觸到有機耕種的知識。同時，比賽場外亦非常熱鬧，書院學生團體設置各種特色攤位，包括創意實驗室團隊的木烙匙扣工作坊、體育學會的飛鏢攻略、扶輪青年服務團的塑膠分類遊戲、香港遊蹤@伍宜孫的

特色景點問答遊戲，以及綠色小組的蚊膏製作。玩樂過後，同學可購買有機蔬菜或享用免費竹蔗水滋潤一下。

對書院同學而言，每天從校園遠眺得到的馬鞍山，想必是個「這麼近，那麼遠」的地方。在書院校園環境委員會主席鄒桂昌教授帶領之下，同學得以探索這個好鄰里於地質地貌、歷史及保育的一面。馬鞍山文化生態之旅雖受超強颱風山竹影響而延期，但無損參加者的興致，超越「入門級」的路程難度亦令參加者更珍惜得來不易的明媚風光。

陽光生活週以輕鬆午聚結束，席間同學交換活出正能量的心得，亦重溫了活動期間的趣事和感受。一週的活動雖結束，但書院期望這顆藏在同學心中的陽光生活種子，日後能茁壯成長，讓同學一如院長陳德章教授於本年度開學禮中的勉勵——活得稱心。



Hello everyone! I'm Connie. Whenever we talk about vegetarian food, the first few descriptions which pop up in our mind would probably be 'expensive', 'bland' or 'insatiate'. To break the myth, my roommate and I decided to join the Healthy Organic Veggie Cooking Competition. We were provided with basil, star fruit, bitter melon, lemongrass, butterfly pea, tofu and some nuts – everything seemed weird and didn't sound tasty. 'Are we really going to make a dish with these ingredients? Seriously?' – This was my immediate response at that time. Guess what the instructor made with these? A veggie Thai lettuce wrap! I was so surprised by the complexity and harmony of the flavours with the use of different herbs. Its sour and spicy taste make it a good appetizer with high nutritional value. Veggie food doesn't necessarily mean insipid. You can make a variety of cuisines with different combinations of herbs and seasonings like thyme, basil and oregano. You may wonder – isn't it very expensive and can only be purchased in high-end supermarkets? Well the truth is you can plant it at home or in dormitory (make good use of the abundant sunlight in CU campus!). Eating healthily is not as difficult and unaffordable as you think. I also joined the Soul Candle Workshop, in which we made

and designed our own candle with soybean wax and assorted dried flowers. Our instructor introduced the various flower languages and the benefits of using soybean wax instead of petroleum-derived paraffin wax. I would say these two activities manifest the spirit of 'Sunny' living – healthy and go green. You can strengthen your physical health by having a balanced and organic diet, and improve your mental health by practising aromatherapy, which relaxes your mind. I would definitely keep living a 'Sunny Life' simply by exercising and consuming more organic and cruelty-free products!

Hau-wa Chan (Medicine/ 4)

*Winner of Soul Candle Design Competition and
Healthy Organic Veggie Cooking Competition*

Sunny Living Week 比我想像中有趣多啦！首先是發現了本地同學們對於體育活動都很認真。在內地，同學們對待體育活動熱情度都不太高，和這裡並不一樣。無論甚麼活動，大家都一臉興奮、裝備齊全，香港的遠足也比內地「野性」很多，鍛煉身體和意志的意味大過休閒。我大概永遠都忘不了趟沒有擦防曬霜的馬鞍山生態「美黑」之旅，以及 Sunny Relay Race 精疲力竭的滿足感。對我來說，Sunny Living Week 的活動除有益身心外，更像是一場文化體驗！

陳琳靖 (會計學一年級)

'I believe I should try something new now, or else I may not have the time or courage to do it in future. I have learnt florigraphy and the use of essential oil to relax our minds in making soul candles. I have also learnt to be persistent in the hiking trip. Honestly, I could not believe I made it when I recalled the rocky and steep road on the trail! It was worth all the effort when I saw the magnificent scenery with people paragliding above your head and feeling the breeze. Despite the different natures in these two activities, I have enjoyed both as it is critical to strike a balance to live a sunny life with both dynamic and tranquil activities. In my daily life, I enjoy reading and playing online games but I always grab my parents out of the home to play table tennis with me. That's how I enjoy my every sunny week!'

Tsz-yan Yip (Nursing/ 1)

ELEVENTH COLLEGE ANNIVERSARY CELEBRATION

ECSUNTRIC



To celebrate the 11th Anniversary of the College, the Organising Committee of College Anniversary 'Ecsuntric' designed a series of celebration activities, actualising the fantastic and creative ideas of the Sunnies. The celebration also provided students with a platform to showcase their talents.

Round Campus Run, co-organised by the Organising Committee and Sports Association, started the series of celebration, with more than 300 participants sharing the joy. We were delighted to have the support of S.H. Ho College and Diligentia College, CUHK (Shenzhen) in joining the College Invitational Race. Among the keen competition, our College athletes strived to win the Overall Champion.

Around 300 students and teachers attended 523 Banquet to enjoy hotpot dinner. Many Sunnies with music talents seized this opportunity to perform on stage. The banquet climaxed with the performance of pop star Miss Joey Wong. Participants had a good time chatting with friends, having fun in lucky draws and enjoying the melodious performance on stage.

With the theme 'International Culture', this year's Sunny Festival attracted hundreds of Sunnies and guests from other Colleges. French, Japanese, Taiwanese and Hong Kong snacks were sold at the food stalls, while Malaysian Congkak, Taiwanese Bottle fishing and more games were introduced at the game booths. Various cultural performances also took place at the centre stage.

The crowd enjoyed performances of Chinese musical instrument, Kazakh Dombra, Arabic Oud, K-Pop and Indian dance. The Organising Committee also rented reusable dishware and cutlery from a social enterprise to ensure a green evening.

Haunted House and the Chamber marked the end of the celebration. Participants had to cooperate and complete challenging tasks within a short period of time in order to leave the Chamber, followed by a mission in the Haunted House. They strived to accomplish the mission despite jump scares and the haunting atmosphere. With enjoyment over the week, the Sunnies created one of their best memories in their college life.



斐宜所思

書院十一週年院慶活動

為慶祝書院十一週年，書院院慶活動籌委會「斐宜所思」設計了一系列活動，展現學生具創意，以及多才多藝的一面。

一眾書院成員及學生代表出席與體育學會合辦的「環校跑」，與約三百位跑手一同慶祝書院生辰，當天更有善衡書院和香港中文大學（深圳）學勤書院參與書院賽。於激烈競爭中，書院運動員勇奪全場總冠軍。

在院慶傳統「523人宴」中，師生聚首一堂，同享火鍋盛宴。其後精彩的學生表演令人目不暇給，而籌委為抽獎環節精心挑選的禮品亦提升了現場的歡樂氣

氛。歌手王灝兒的演出更將全場氣氛推至高潮，大家都盡興而歸。

今年「大笪地」的主題是國際文化，吸引了數以百計的師生前來參加。當晚的攤位展售來自不同地區的飲食及遊戲，例如台灣、日本、法國及本地小食，更有馬來西亞播棋等遊戲。另外，當晚也有來自各地的藝術表演，例如中國、哈薩克、亞拉伯樂器，以及韓國和印度舞蹈。喜慶之時同學亦不忘環保，向一間社會企業租借餐具供同學使用，又鼓勵同學自備餐具，以減少浪費。

「迷離宜孫」及「密室逃脫」為院慶壓軸活動，令

參加者既「驚」又「喜」。參加者要攜手合作在短時間內拆解難題，才能離開密室，緊隨進入鬼屋完成任務。即使期間加插驚嚇場面，尖叫声此起彼落，同學仍然奮力完成任務。經過一星期的活動，相信同學都對書院生活留下深刻美好而難忘的印象。



THE THIRD GRADUATION CEREMONY



The College celebrated the Third Graduation Ceremony on 15 November! The Ceremony began with welcome remarks made by College Master, Professor Anthony T.C. Chan. He expressed his sincere gratitude to the graduates for their participation in college life which contributed to the growth and development of the College. He encouraged graduates to be persistent in pursuing their dreams, and be thankful for their families and friends. He then introduced the Guest of Honour, Senior Counsel Mr. Sew-Tong Jat. Mr. Jat delivered his address recalling his memories

in college days. He reminded graduates to get themselves prepared, as opportunities that yield the most fulfilling life may come unexpectedly. With many challenges ahead, he concluded that graduates should have a strong belief that the future would be better than the present, and they should use their knowledge and talents to give back to the society and the country as a whole.

After the motivational addresses, each of the graduates had their names read aloud as they walked onto the stage to receive their ceremonial certificates. The final speeches were delivered

by the valedictorians Miss Dawn L.H. Leung and Mr. Vincent Y.F. Chong who were both recipients of Wu Yee Sun Award for the Most Distinguished Graduating Student in the year of 2017/18.

The Ceremony officially came to a close with the throwing of caps in the group photo session. The College would once again like to congratulate all the graduates for their achievements and thank all those who attended, gave speeches and made the Graduation Ceremony such a great memory.



第三屆畢業典禮



書院於十一月十五日舉行第三屆畢業典禮，恭賀同學踏入人生新階段。院長陳德章教授致辭為典禮揭開序幕，他感謝畢業同學積極投入書院生活，對書院發展付出良多。他又鼓勵同學繼續追尋夢想，並銘記家人及朋友對自己的支持。隨後，主禮嘉賓翟紹唐資深大律師於致辭中回顧學生年代的生活，提醒畢業生為未知的機會做好準備，迎向豐盛人生。即使面對挑戰，亦應謹記將來必會更好，善用知識與所長，貢獻社會及國家。

畢業生之後逐一到台上領授畢業證書。伍宜孫最優秀畢業生獎得獎人及畢業生代表梁樂曦校友及莊業豐校友亦上台致辭，感謝書院及親友多年來的支持。

典禮最後以大合照作結，攝下畢業同學拋起畢業帽的一刻，象徵人生新一頁的展開。再次恭賀各位畢業同學及感謝到賀的嘉賓。





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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