

# THE SUNNY POST

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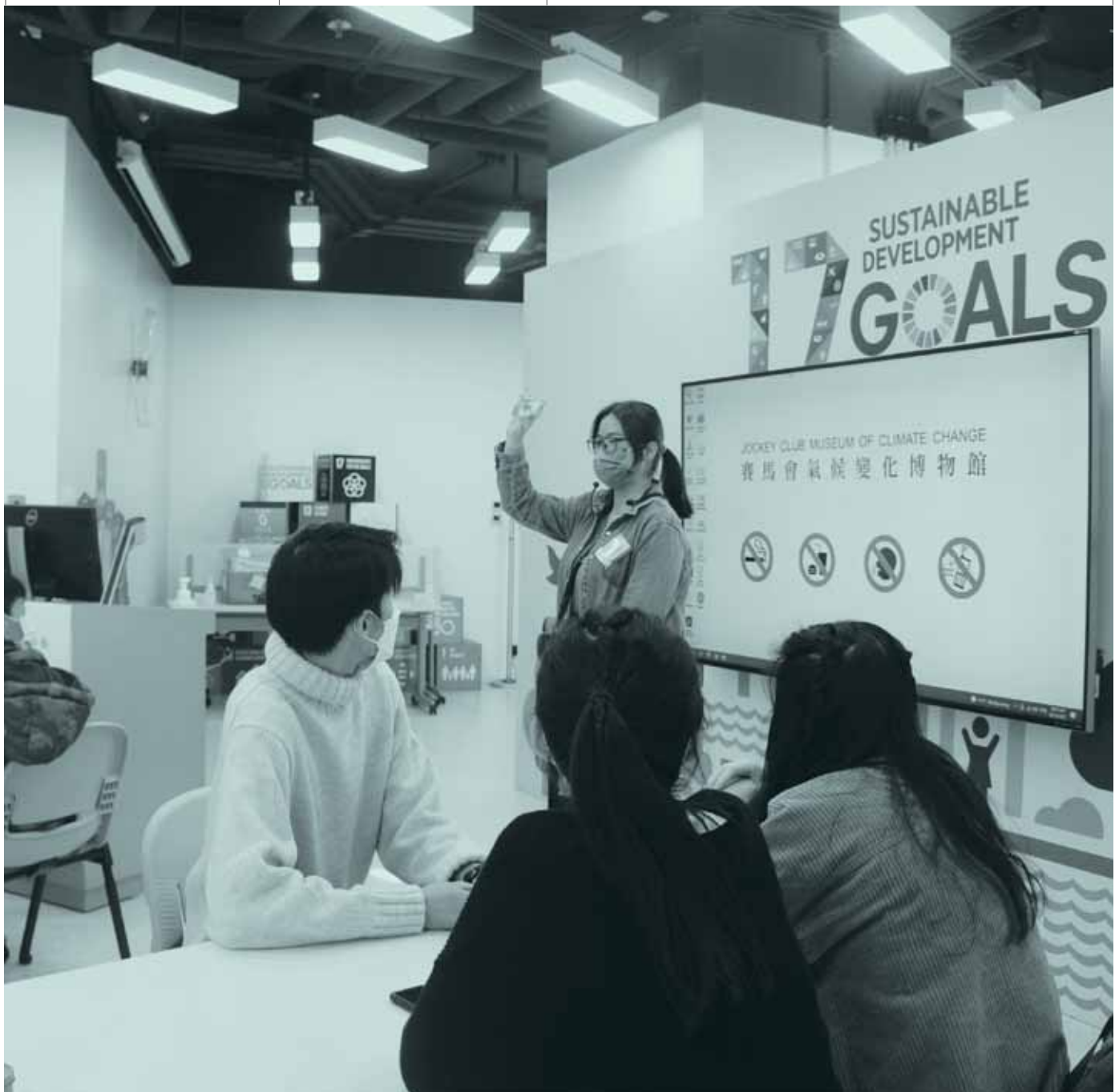
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SERVICE-LEARNING  
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# THE SUNNY LIVING SPIRIT

Interview with College Master

專訪書院院長

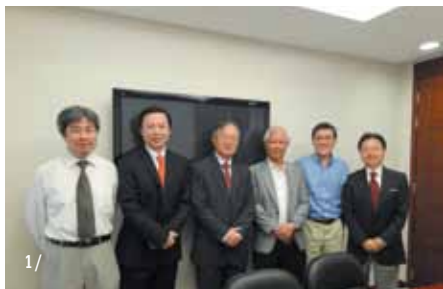
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Wu Yee Sun College, also known as The Sunny College with a vision of providing students with comprehensive whole-person education and pastoral care, encourages students to find their passion and enjoy their Sunny Living at the University. Sunny Living is a positive attitude towards life hoping that students can make the most of their University life, broaden their horizons and find their goals. From inside and outside the College, students will ultimately pursue their dreams and live a fruitful life of creativity, scholarship and perseverance, as the College Master Professor Anthony T.C. Chan mentioned in the College introduction video that he encourages students to, 'be active in College activities, and try to ignite your passion, that is, to awaken your inner fire.'

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1/ Professor Chan joined the College as one of the Founding Fellows  
陳教授為創院院務委員之一

In August 2021, Professor Chan was appointed as one of the Pro-Vice-Chancellors, and re-appointed as the Master of Wu Yee Sun College. Concurrently holding positions of Professor of Clinical Oncology, the College Master and Pro-Vice-Chancellor, how does Professor Chan realise his vision and promote Sunny Living?

### SUNNY LIVING IN WU YEE SUN COLLEGE

Professor Chan joined CUHK in 1993 where he mainly focused on the study of nasopharyngeal carcinoma. Professor Chan was appointed as the Chairman of Department of Clinical Oncology in 2002, and had overcome challenges in 2003 SARS outbreak. The Oncology professor met Professor Rance P.L. Lee, the Founding Master of Wu Yee Sun College more than ten years ago, from which he was invited to be the Founding Fellow, and later the College Master after Professor Lee's retirement in 2017, leading the team to the promotion of Sunny Living, hoping to enhance students' whole person development, entrepreneurship and social responsibility.

'Everyone has their own Sunny Living. Where am I in such a vast globe? What kind of person am I? Just ask these questions to get to know about yourself.' said Professor Chan.

Sunny Living differs among students. It can be found in physical and mental health, sustainable development, social innovation or meeting friends who share the same vision. Professor Chan encourages students to organise and participate in various activities.

'As long as students can clearly explain their plan and intention, the College would support students' ideas even for uncommon activities or activity that has never been held. "Convention" never restricts students in organising activities, because students' interest and will are always the priority of the College.' In line with CUHK's development, the College will introduce more service-learning activities for students to explore different aspects of life and find their passion and role around the world.

In 2022, the number of students entering the College has increased by 10% when compared to the College's first admission ten years ago. The



College is planning to build a new dormitory with a multi-purpose auditorium for performance or sports purposes, as well as an observatory taken charge by Professor Ming-chung Chu from the Department of Physics and the Astronomy Society of the College. Professor Chan mentioned in the interview that the College will prioritise facilities that are lacking currently in order to provide a better environment for students to organise and participate in various activities.

### EXCELLENCE WITH PURPOSE AND RESPONSIBILITY

Being promoted from the Professor of Department of Clinical Oncology to Pro-Vice-Chancellor, the experience gained from research and teaching applies to administration work in the University. 'As a Pro-Vice-Chancellor, excellence with purpose and responsibility is my goal. The "purpose" here is for the common good. Say, in my medical research on the cure of cancer, the purpose is to save lives, or early diagnosis and control through, for example blood tests developed by colleagues in Chemical Pathology. I am glad that we are able to achieve these goals in our studies in nasopharyngeal carcinoma. When the disease is still asymptomatic, we can diagnose it through blood tests.' said Professor Chan, 'I hope that I can apply those concepts to other leadership roles in the University – Are there better results with the current available methods? Can we get the same result but consume fewer resources? Can the method be more sustainable? We have a goal. Just see how we find the solution. There is no fixed solution. Give it a try. If it fails, then we will try another one.'

Being appointed as the Pro-Vice-Chancellor, Professor Chan still takes part in many other leadership roles in his profession ranging from the Director of the Hong Kong Cancer Institute to the Council Member of The Hong Kong College of Physicians. The working scope of Professor Chan as a Pro-Vice-Chancellor mainly focuses on Alumni Affairs Office, Office of Institutional Advancement and University Safety Office.

### SCOPE OF WORK AS A PRO-VICE-CHANCELLOR

Founded in 1963, 2023 is the 60th Anniversary of CUHK. The number of alumni has reached 250 thousand after 90 Congregations have been



2/ Professor Chan was appointed the second College Master in 2017

陳教授於二零一七年獲委任為第二任書院院長



3/ Alumni Affairs is one of the focuses of Professor Chan as the Pro-Vice-Chancellor

校友事務為陳教授作為副校長的負責項目之一

held in the past 60 years. Different alumni associations are founded, while some of them are formed by alumni who graduated from the same major, others are formed based on colleges or residence regions. One's identity might change over time: from student to alumnus or alumna, from son or daughter to parent, from staff to CEO, and from Hong Kong to overseas. However, their identity as CUHKers has never changed. The Alumni Affairs Office and Professor Chan are striving to connect alumni and create a feeling of home through organising different activities every year.

'Home is where you feel you belong to. CUHKers are part of the CUHK family. You have your memory here at CUHK, and you want to keep up with the current events. You will come back and visit the family, or contribute to CUHK together with other alumni.' said the Professor, 'Life-long learning has become the trend in recent years. Many would go back to classes and study subjects that they have never done so in their school days out of interest or self-help. Lessons only, no exams! And AAO can help to link up such opportunities.' Professor Chan shared that AAO is preparing a series of events to celebrate the 60th Anniversary of CUHK.

While AAO provides chances for alumni to pursue life-long learning, alumni contribute to CUHK by supporting its development through providing opinions and donations, which is related to Professor Chan's second scope of work – institutional advancement. 'Many people might think that "advancement" affairs only refer to donation, but in fact "advancement" also refers to the development of the University, to advance with insight and strategy. What to do? What to construct? What to start? Who to cooperate with?' The founding of Wu Yee Sun College is made possible through advancement. Dr. Wu Yee Sun, the founder of Wing Lung Bank, was dedicated to community service and devoted to education and well-being. Wu Yee Sun College was established under the support of the Wu Yee Sun Charitable Foundation Limited. 'Faculties are also supported by generous donors. Donors often take the initiative to learn about whether any projects require financial support and give generous assistance. We explain project details, achievements, and how we may utilise donations. They are happy to learn about these. Professor Chan shared his feeling about working in these offices, 'I feel like I am lucky: my

work in the College is enjoyable; my work in AAO and Office of Institutional Advancement are also most gratifying. Though my schedule may be tight, most of my work is delightful.'

University Safety Office, the third working scope of Professor Chan, might be unfamiliar to students. Their role is to ensure work environment, laboratory and site safety, such as chemical safety and radiation safety. Having served as Chief of Service in the Department of Oncology for years, Professor Chan understands the importance of workplace safety, 'Despite some differences, my work in the hospital and University Safety Office share lots of similarities.'

#### DIVERSITY AND INCLUSION

CUHK set up the Diversity and Inclusion Office in recent years to promote an inclusive culture and value diversity. As a management team of the University, Professor Chan is also concerned about the working opportunities for females, 'My mother is a doctor. At the time she was still a medical student, there was only one female among ten medical students, and most of them do not advance in their careers. My wife studied engineering, and in her department, there was only two to three female among ten students. After graduating from the University, she worked in the financial sector, where most of the senior management were male.' Therefore, Professor Chan takes particular care of female applicants in any



4/ Professor Chan explained that 'advancement' affairs refers to the development of the University, to advance with insight and strategy. 陳教授解釋 Advancement 的意思是拓展，要有遠見和策略。

“ Everyone has their own Sunny Living.  
Where am I in such a vast globe?  
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每個人的 Sunny Living 都不同。世界很大，我的位置在哪裡？

我是個怎樣的人？大家都可能會問這些問題去認識自己。





5/ Working in the Department of Oncology for years, Professor Chan understands the importance of workplace safety

陳教授在腫瘤學系工作多年，深知環境安全的重要性

recruitment exercise. 'In the male-dominated medical sector, we must do more to give women better support in their careers.'

Professor Chan hopes to provide more opportunities for women academics to advance to senior positions, 'A healthy University should be progressive institutionally.' Equal opportunity should be granted to everyone despite their sex, race, or physical condition.

'Change is never easy, and it often creates discord.' How the Pro-Vice-Chancellor tackles opinions over the University's development? 'I welcome all opinion. I might join the meeting with some pre-conceptions, but I will change my mind if you tell me something sensible that I didn't know before.' There is often diversity in voices, but the key is to be open-minded, and be prepared for communication.

#### SCHOLARSHIP AND PERSEVERANCE

Pine, as in the College emblem, can grow despite the change in environment, no matter if it is under strong sunlight, in a shaded environment, in a warm climate, or in a windy one. The spirit of the pine symbolises the College motto: Scholarship and Perseverance under every condition. Professor Chan continues to serve in the church, in spite of his packed schedule taking up leadership roles in his Department, the College, the University, and society. 2023 is not only the 60th Anniversary of CUHK, but also the 30th year since Professor Chan joined CUHK. 'Time flies,' said the professor, 'because I live with a Sunny Living Spirit, I live in contentment.'



伍宜孫書院別名 The Sunny College。「Sunny」代表的是朝氣健康，生意盎然。書院為同學提供全人教育及關顧同學需要，鼓勵同學活出「Sunny Living」，把握大學生活中的機會，拓寬視野，找到適合自己的方向，再而發揮創意，積極進取，實現夢想，活出豐盛人生。正如書院院長陳德章教授在書院訪問片段中提到，他希望同學積極參與書院活動：「找到自己的熱誠，找到心中的那團火。」去年八月，陳教授獲委任為大學副校長，同時亦續任了伍宜孫書院院長。陳教授兼顧學系教研、書院和大學的發展，又如何實踐理念，引領同學活出 Sunny Living 呢？

### 沐浴在 SUNNY LIVING 的氛圍

陳教授一九九三年加入中大，主力研治鼻咽癌，二零零二年開始擔任行政職務，出任腫瘤學系系主任，經歷過二零零三年沙士的挑戰。十多年前，陳教授結識伍宜孫書院創院院長李沛良教授，成為創院院務委員，並在李院長於二零一七年退休後接任書院院長一職，培育學生的全人發展、創意思維和社會責任，讓學生找到專屬的 Sunny Living。

陳教授說：「每個人的 Sunny Living 都不同。世界很大，我的位置在哪裡？我是個怎樣的人？大家都可能會問這些問題去認識自己。」Sunny Living 因人而異，可以是身心健康、可持續發展、社會創新，或是找到志同道合的朋友。因此，陳院長接任後也秉承 Sunny Living 的理念，繼續鼓勵同學舉辦及參與多方面的活動。就算活動點子不算「主流」，或是從未舉辦過，只要同學能說明用意，並有周詳的計劃，書院也會盡力支持。同理，書院以同學興趣和意願為優先，不會強求同學按慣例舉辦特定活動。陳教授提到，為配合中大政策，書院將提供更多服務學習的機會，讓同學發掘生活的不同面向，找到自己的熱誠，以及在世界裡的角色。

相較創院之初，書院每年的收生人數比起十年前的增加了一成。書院正在籌備興建新宿舍，計劃增設多用途禮堂，可作文娛表演，也可作運動用途。此外，更打算增設觀星台，由物理系系主任朱明中教授和書院天文學會主理。陳院長說，新宿舍會優先考慮目前缺乏的設施，以便舉行更多樣化的活動，增加學生參與機會。

### 定立目標，追求卓越

從系主任、醫學院副院長、書院院長，並兼任副校長，陳教授在教研究生涯所得的經驗也能應用到大學的行政工作：「身為副校長，追求卓越、目標明確，乃是行事指南。目標當然是為社會好。例如我做醫學研究，研究如何治療癌症，目標便是拯救生命，或是及早診斷、監察病症。如鼻咽癌每多沒有病徵，我們便運用由化學病理學系團隊研發的血液檢查，以作早期篩查。當癌細胞仍處無症狀時，我們已利



6/ In line with CUHK's development, the College will introduce more service-learning activities for students to explore different aspects of life

書院將會配合中大政策，為同學提供更多服務學習的機會，讓同學發掘生活的不同面向



7/ The College is planning to build a new dormitory with new facilities, including an observatory

書院正籌備興建新宿舍，計劃增設不同的活動設施，包括觀星台

用血液檢查早作診斷。」陳教授續說：「我希望可以將上述多嘗試、早診斷的概念和團隊間互相合作的精神應用到大學的其他領導角色裡。現有的方法能否有更好的效果？能否花費更少資源卻仍獲得相同的效果？方法能否更可持之以恆？有了目標，就看我們如何找到解決方案。方案不是固定的，先嘗試，不行的話便試其他方法。」

擔任副校長的同時，陳教授同時兼任香港癌症研究所所長、香港內科醫學院委員等要職，陳教授說，副校長的工作範圍十分清晰，他主要負責三大範疇，分別是校友事務處、拓展及籌募處、大學安全事務處。

#### 副校長的工作範圍

陳教授指出，二零二三年是中大的六十周年校慶，過去六十年總共舉行了九十場畢業典禮，校友的數量多達二十五萬。全校有不同的校友會，其中一些是由同一專業的校友組成，另有一些是根據不同書院，或是居住的地區。每個人的身份可能會隨著時間的推移而改變：從學生到校友，從兒女到父母，從員工到行政總裁，從香港到海外。然而，他們作為中大人的身份從未改變。陳教授和校友事務處的同仁每年都會舉辦不同的活動，以聯絡校友，營造一份家的感覺。

「家是讓人覺得自己所屬之處。中大人是中大家庭的重要一員。你在中大留下了記憶，便會希望跟得上在這裡近年來所發生的一切。將來也會回來探望中大這個大家庭，或與其他校友一起貢獻中大。」陳教授說：「終身學習近年來已成為一種趨勢。出於興趣或自我增值，許多人會回到課室學習他們在從前未學習過的科目。只上課，不考試！校友事務處可以幫助聯繫這些機會。」陳教授表示，校友事務處正籌備一系列慶祝中大六十周年的校慶活動。

校友事務處舉辦活動，為校友提供終身學習的機會；與此同時，校友也為大學的發展提供意見，並且出錢出力。陳教授的另一負責範疇：拓展及籌募處（Office of Institutional Advancement）便是處理相關工作。「很多人以為拓展的意思便是籌款，但其實拓展的意思是要有遠見和策略，去想大學要做甚麼，建甚麼，開設甚麼，和誰合作？」伍宜孫書院的創立也離不開拓展及籌募。伍宜孫博士是永隆銀行創辦人，一生熱心公益，關心教育、健康，書院正是由伍宜孫慈善基金會捐助成立。「各學院也有很慷慨的捐款者。捐款者會問我們有甚麼研究項目需要財政支持，然後我們講解項目、預期成果，以及我們會如何運用捐款。捐款者仔細聆聽了我們的解釋後，便樂意慷慨捐助。」陳教授分享他在不同崗位上工作的感受：「我覺得我很幸運，書院的工作讓人十分享受；校友事務、拓展及籌募也是十分滿足的工作。雖然每天的日程都十分緊湊，但絕大部分工作都是讓人感到愉快的。」

陳教授第三個工作範疇：大學安全事務處，學生日常可能較少接觸。大學安全

事務處主要審批安全許可，例如化學物品安全性、輻射安全性，確保工作環境、實驗室和工地安全。陳教授管理腫瘤學系多年，深知工作環境安全的重要性：「兩項工作雖有不同，但醫院的安全，與大學安全事務處的管轄範疇還是有許多相似的地方。」

### 多元共融

大學成立了多元共融事務處，以鼓勵多元共融的文化。作為大學管治團隊的一員，陳教授亦關注女性職場發展。「我媽媽也是醫生，她讀醫時，每十個醫學生只有一個女生，而且很多人的事業均未有更大發展。到我太太讀工程學，每十個學生只有兩個女生。太太畢業後任職金融導師，發現金融界管理人員絕大部分是男性。」因此，陳教授在招聘時會關顧女性申請者。「在男性主導的醫學界，我們要做多一步，提供更多支援讓女性發揮所長。」陳教授希望善用自己的身份，協助女性於事業上獲取更大的成就。「一所健康的大學應該在制度上不斷進步。」無論性別、種族或身體狀況如何，都應該給予每個人平等的機會。

「改變絕非易事，它往往會造成不和。」陳教授又如何平衡不同聲音？陳教授指，自己非常歡迎大家的意見。我可能會帶著一些先入為主的想法參加會議，但如果你告訴我一些我以前不知道的明智的事情，我會改變主意的。」意見紛陳，關鍵是要有著開放的思想，並為交流作好準備。

### 博學篤行

書院院徽上的羅漢松，能在陽光猛烈的環境中茁壯成長，也能在遮蔭處落地生根；偏好溫暖氣候，但也不懼凜冽寒風。松樹在不同環境下也能茁壯成長，就像書院院訓一樣：博學篤行。在大學裡，陳教授是院長、副校長；在大學外，陳教授亦是不少委員會和專科學會的成員。即使不同公職在身，陳教授仍堅持服務教會。二零二三年是中大六十周年校慶，也是陳教授在中大度過的第三十個年頭。「時光飛逝」，陳教授說：「但我仍然充滿幹勁，因為 Sunny Living 一直是我的座右銘，使我的心靈滿足。」



8/ Professor Chan encourages students to organise and participate in various activities, to find their passion and role around the world  
陳教授鼓勵同學舉辦及參與多方面的活動，找到自己的熱誠，以及在世界裡的角色

“ I have joined CUHK for 30 years, but it never seemed that long, because I live with a Sunny Living Spirit. I live in contentment.

加入中大三十載，但我仍然充滿幹勁，

因為 Sunny Living 一直是我的座右銘，使我的心靈滿足。



# COLLEGE ACTIVITIES

## 書院活動

### COLLEGE CLOSING ASSEMBLY 書院結業禮



The College Closing Assembly was organised in late April to conclude the past academic year. The Assembly was held online via ZOOM owing to the pandemic. The Assembly commenced with the College Anthem, followed by Professor Anthony T.C. Chan, the College Master's address. Professor Chan reviewed the Service-learning Programme and students' devotion to serve the community in the past academic year. He also introduced the awardees of the Wu Yee Sun Award for the Most Distinguished Graduating Student and shared their journeys in exploring their potentials, serving the community and the College, and influencing others.

Two sharings from the awardees of the Sunny Passion Programme followed the address by Master. Representatives from CU We Create and PacknBack shared how their projects tried to boost creativity and environmental protection in the community respectively.

Although we are currently apart, we share the same passion for our university life and in the community. We look forward to meeting with fellow Sunnies on campus in the coming fall.

書院結業禮於四月下旬在線上順利舉行。典禮以院歌揭開序幕，院長陳德章教授於致辭中回顧書院服務學習計劃，並介紹伍宜孫最優秀畢業生獎得獎同學及她們如何發掘自我潛能、服務社群及影響他人的歷程。

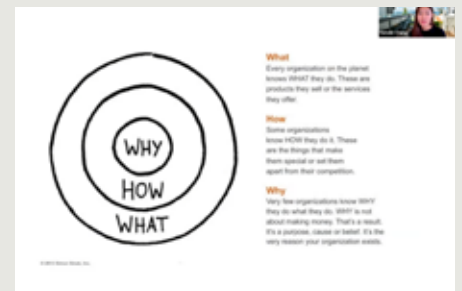
兩組愛陽光計劃得獎同學隨後分享她們的創意計劃，分別講解其計劃如何幫助社群激發創意及加強環保意識。

雖然書院師生未能於校園聚首，但大家對書院生活及服務社會的熱誠未減。我們期待下學年再與各位見面。





## COLLEGE FORUMS 書院論壇



To provide a platform for students to interact with speakers of different professions, four College Forums were organised in the second semester. Owing to the pandemic, all events were held online. In the Forum entitled 'Preparing your mind for a start-up: 6Ws Approach on Market Identification/Validation', Mr. Frederick W.S. Yung gave examples of successful and failing business cases in Hong Kong.

In the second Forum, Ms. Pheobe Y.Y. Chow shared the topic of voice acting by introducing to the participants what voice acting is and the fun behind it.

Miss Natalie S.Y. Chung shared with students on the topic 'Combatting the Climate Crisis: Youth's Role and Mission'. She went through how she started her commitment as a climate advocate and discussed with students how the youth could engage in this field.

In the final College Forum, Professor Kelvin K.F. Tsoi discussed with the audience 'How Can We Use Technology to Improve Population Health?'. He also shared with students the importance of widening one's horizons in the university.

為讓同學與不同專業的人士交流，書院於第二學期舉辦四個書院論壇。因應疫情發展，活動改於線上進行。容永笙先生於首次論壇講解創業準備及六何法，他引用不同的成功及失敗的例子，讓同學明白創業時要訣。

周恩恩小姐於第二次論壇就題目「認識配音業」作分享，除了介紹配音工作，又分享各種趣聞。

鍾芯豫小姐則以「抵抗氣候變化：年青一代的角色與使命」為題，分享她投身環保工作的歷程，與同學討論年青人可以從哪些途徑開展環保工作。

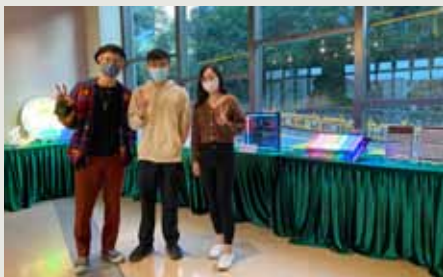
蔡錦輝教授於本學期最後一次論壇中以「如何用科技力量去改善人口健康？」為題目，除了簡介現代科技於大眾健康的應用，亦鼓勵同學到外地交流，擴闊視野。



# STUDENT ACTIVITIES

## 學生活動

### THE OLD HONG KONG 懷舊香港



Curious about the traditional culture of Hong Kong, student conveners of the Creativity Laboratory, the clabbers, spent a year searching for particular Hong Kong traditional crafts and held a series of programmes, wishing to arouse awareness on our distinctive local culture. Attracted by a list of items including traditional minibus sign, neon lights, film photography, frame bag and tie dye, the clabbers have lined up with experts with excellent craftsmanship to share the transformation of different local industries and organised a number of activities, including filming, competitions, talks, workshops and so forth, for promoting Hong Kong's traditional culture to the fellow students. All the crafts created in the past year were exhibited in the College Gallery to share the team's findings about the old Hong Kong.

With the exhibition themed as 'Old Hong Kong', a series of glass-tube-made neon light art decorations created by our College students and a master, together with some traditional forms of neon lights adapting latest LED technology, were showcased in mid-January. A nostalgic scene decorated with stall, LED neon-lights and traditional crafts was set up for photo-taking; while a patchwork created by clabbers was hung up for students to share their feeling about the exhibition and old Hong Kong.

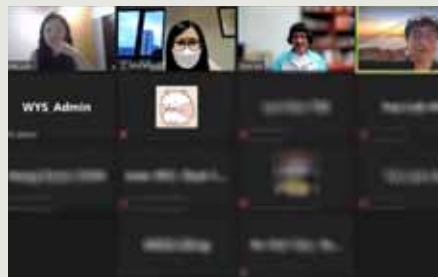
一眾創意實驗室學生委員對香港傳統文化甚為好奇，特意搜尋本港的傳統工藝，並透過舉辦連串活動，喚起同學關注本地獨有的文化。創意實驗室學生成員邀得一流的工藝師傅分享香港不同行業的轉變，又籌辦不同類型的活動，如影片製作、比賽、講座和工作坊等，向同學推廣小巴牌、霓虹燈、菲林攝影、口金包及藍染等傳統工藝，並將工藝創作結集成展，於書院藝廊展出過去一年的探索成果。

以「懷舊香港」為題，展覽於一月中旬舉行，展出一系列由同學及本地霓虹燈師傅創作的作品，採用傳統玻璃管製作手法，把街上的霓虹燈轉變成可放於室內的小擺設。同時，展覽亦展出以LED新技術製作的傳統霓虹燈招牌，配合舊式士多及懷舊展品，構成別具舊日色彩的場景，不少師生到場拍攝留念，參觀人士更可於由 clabbers 製作的百家布上留言及分享感受。



## DOCUMENTARY APPRECIATION

### 記錄片欣賞



How much time do you spend on social media every day? Do you think you are addicted to it? A group of Sunnies watched a Netflix Documentary entitled 'The Social Dilemma' in March to know more about the dark side of social media from their creators. Ms. Agnes Y.Y. Lam, the Lecturer from the School of Journalism and Communication, then led a keen discussion among participants. It was advised that we should always check the authenticity of information on the internet and obtain information from more than one channel. We could also turn off notifications and uninstall unnecessary apps on our mobiles to escape the control of social media.

The documentary screening with English subtitles provided a relaxing way for students to refresh their vocabulary and also enhance their confidence in English speaking through discussion with support from the instructor.

書院同學於三月透過觀看網飛記錄片《The Social Dilemma》，了解社交媒體的陰暗面。在新聞與傳播學院講師林沃饒女士的帶領下，參加者更分享他們的意見及感想，進行了一場熾熱的討論。記錄片建議我們應時常查閱網上資料的可信性，並應從多個渠道獲取資訊，以辨別資訊的真偽。影片最後建議我們應關掉電話上的通知功能及刪除多餘的應用程式，以免受社交媒體的操控。

透過觀看附有英文字幕的記錄片，同學可以輕鬆地重溫日常用語，在導師的引導下，同學亦能更自信地以英語表達自己的想法。

## STUDENT ACHIEVEMENT

### 學生殊榮



**Congratulations to Siu-hin Wong (Medicine/ 2), who was awarded Bronze Award in the Best Essay Award 2020-21 of General Education Foundation (GEF) Programme! The Best Essay Award recognises excellent student essays written for the two GEF courses, In Dialogue with Humanity and In Dialogue with Nature. Siu-hin's essay in the course In Dialogue with Humanity touched on the topic 'The Meaningless Meaning in the Meaningless World'. Congratulations again to Siu-hin!**

恭喜黃兆軒同學（醫學二年級）於二零二零至二一年度通識教育優秀論文獎奪得銅獎！此獎項肯定同學於通識基礎課程與人文對話科及與自然對話科中的傑出文章。黃同學於與人文對話科的文章討論何謂「意義」。再次恭喜黃同學！

# STUDENT ACTIVITIES

## 學生活動

### WRITE CREATIVELY 創意寫作



A series of Creative Novel Writing Workshops were held in February and March. Under the guidance of the instructor, Ms. Wan-hung Chan, students learnt to write creative pieces with great enjoyment and without pressure from public examinations. Through reading different works by famous authors, students learnt various innovative writing skills. Coming from different educational backgrounds, students also got more inspiration through sharing peers' works in the lessons.

一連四堂的「創意小說寫作坊」於二至三月順利舉行，在導師陳韻紅女士的悉心指導下，同學擺脫以往公開考試的枷鎖，真真正正享受文字創作的樂趣！透過閱讀不同名人的著作，同學學習到創新及有趣的寫作技巧。同學來自不同學系，彼此分享及交流時得以激發更多創意靈感，獲益良多。

### DAILY ANTI-EPIDEMIC TIPS 日常抗疫



**1.5 中醫調養**  
**1.5.1 中藥湯水**

材料包括：黃芪5錢、玉竹5錢、桂圓5錢

功效：補氣益血、健脾、潤肺、安神。

以上材料是三人份量，煲兩小時即可，可以當茶飲，也可以加糖或冰糖一起煮。

**香港目前常用的 抗疫中成藥**

展示了多款中藥產品，包括清花清毒膠囊、年華清毒膠囊、以及中藥丸。

**1.5.1 中藥湯水**

煎煮：豆類用清水浸泡30分鐘，豬瘦肉洗淨切成肉沫後用龍蝦肉及紫蘇葉之外的各種食材加水2000-3000ml。大火滾開後轉小火煮30分鐘，加入肉沫及紫蘇葉，再煮5分鐘，加入適量食鹽調味後即可飲用。

服用：袋瀉飲用，飯後1小時溫服，近1個月可以方法 每週連續服用3天，或每2-3天服1次。

**1.5.2 穴位保健:足三里**

展示了足三里穴位的按摩方法，包括小腿前側、外膝下3寸、以及足三里穴位的按摩。

Professor Boating Zhang, Assistant Director of the School of Chinese Medicine and registered Chinese medicine practitioner, hosted an online talk to share anti-epidemic tips from the perspective of Chinese medicine with students. During the talk, Professor Zhang introduced some common traditional Chinese Medicine and explained their efficacy and differences. She highlighted that individual health status and patient's symptoms should always be taken into account when taking Chinese medicine. She also shared with participants several recipes for Chinese soup. At the end of the talk, Professor Zhang introduced Chinese massage and Qi Gong Ba Duan Jin, which can help strengthen our immune system. Each participant received an anti-epidemic herbal sachet for the prevention of COVID-19.

中大中醫學院助理院長及註冊中醫師張保亭教授於四月舉辦「中醫日常抗疫」網上講座。張教授為參加者介紹市面常見的抗疫中成藥、其功效與不同之處。張教授強調中成藥須根據個人的體質、病因和病情服用。此外，張教授亦為大家推薦了數款中醫抗疫湯水的食譜，又介紹增強體質的穴位按摩及氣功八段錦。每位參加者均獲贈抗疫香囊，以預防新冠肺炎。



# LET'S SHARE

## 書院同學分享



### SERVICE-LEARNING PROGRAMME

#### 服務學習計劃

同學於第一學期以環保為題，與相關服務的機構合作，為中學生舉辦設計思維工作坊，期望可讓參與學生反思升級再造的重要性及環保的更多可能性。

服務學習的活動內容，不一定以服務他人為主題，更可以為了宣揚一個訊息。我們三人同樣想以環保為題，適逢通過都市固體廢物收費草案，「減少廢物」便成了活動主題。我們再參考了不同非政府組織的環保活動，最終舉辦了升級再造（Upcycling）工作坊，以紙皮製作卡片套。

由於我們的服務對象是中學生，所以當我們在策劃計劃時，首先要做的事就是切合中學生的性格和能力作準備。我們參考不少成品，自行在創意實驗室研究產品的制作方法，以自身經驗教導參加者。

雖然參加者未必有手工藝的經驗和興趣，但他們也十分投入活動，認真嘗試。令人驚訝的是，紙皮經過一番裝飾後，卡片套成品就如市售的一樣吸引。而在工作坊的後半部分，學生領袖參考網上升級再造的創意，加入自己的想法，例如用已損壞的行李箱製成茶几，大家都獲益良多。

以往我們較多以參加者的身份參與服務，但這次卻是以策劃者及導師的身份參與其中。身份的轉變令感受截然不同。計劃由零開始，從構思內容、聯絡機構、與學生領袖溝通、到工作坊真正舉辦，當中有些問題是我們未曾預想過的。認識學生領袖們的魄力、他們對於活動的見解，每一個階段都受益匪淺。期望是次工作坊能作為一個契機，鼓勵中學生代表發起其他有趣的環保活動，繼續推廣環保活動。一次性的工作坊雖看似微不足道，但我們相信已燃起中學生心中環保的信念。

梁啟傑同學（地球系統科學三年級）

鄭嘉汶同學（地球系統科學三年級）

梁敏如同學（理學二年級）



# SERVICE-LEARNING PROGRAMME

## 服務學習計劃

The College worked with various NGOs to initiate a series of service-learning programmes under the theme 'Social Inclusion'. The aim of the activities is to encourage our students to understand the needs of different community groups, and to address social issues by applying academic knowledge. We have served a wide range of service targets, including ethnic minority children, persons with visual impairment, primary and secondary students.

In the first semester, a group of Sunnies, together with secondary students, participated in a design thinking workshop, and conducted a needs assessment on three social issues, namely ethnic minorities, youth mental health and environmental conservation. In the process of planning, students made good use of their creativity to design suitable activities and took the initiative to coordinate with NGOs on logistics arrangements. All activities were successfully held in December.

Most of the in-person activities had to be suspended due to the worsening pandemic situation in the second semester, while some students were innovative and switched some activities online.

In the 'Life Coaching Programme', College students had



pre-service training and provided ten sessions of English teaching and life coaching under the supervision of Dr. Jose S.H. Lai, the Chairperson of the Service-Learning Committee. It was hoped to bring in positive attitude to primary and secondary students, and to boost their confidence through enhancing their interest in learning English.

Another group of students provided one-on-one mentoring to primary students of ethnic minorities in February and March. Chinese learning activities in small groups and sharing on Hong Kong Diploma of Secondary Education Examination (HKDSE) were also organised to assist ethnic minorities in learning Chinese and adapting to life in Hong Kong.

Service-learning broadens students' horizons and learning experiences, and encourages students to address the community needs by using their knowledge, creativity and empathy. We are hopeful that together we can build a caring and inclusive community.







書院於本年度以社會共融為題，與本地慈善組織合作，推出了一系列的服務學習項目，讓學生走進社區，了解不同社群的需要，應用學科知識，回應社會議題。服務對象廣泛，包括少數族裔學童、視障人士、中學生等。

於首學期，其中一組同學與中學生進行設計思維工作坊，就少數族裔、青少年精神健康及環保三大議題，進行深入探討及需求評估，過程中運用創意設計服務內容，並聯繫相關服務的機構安排活動細節，最終與中學生於假期實踐服務計劃。

於第二學期，因應第五波疫情，大部分實體服務項目需要暫緩。同學積極求變，部分活動轉為網上進行。當中「成長路上伴你行」的同學於一月接受培訓，並在服務學習委員會主席賴陳秀卿博士的帶領下，進行共十節的英語教學及輔導，向中、小學生灌輸正向思想及積極的人生價值觀，同時藉此增強學生對英文的興趣，並提升他們的自信心。

另一組同學於二月至三月期間為小一至小六少數族裔兒童提供一對一輔導，同時舉辦學習中文的小組活動及香港中學文憑考試應試技巧分享，期望向少數族裔提供學習支援，以及幫助適應在港生活。

服務學習有助擴闊學生視野及學習經歷，更鼓勵學生發揮所長，運用知識、創意和同理心，回應不同社群的需要，共同建構關愛與共融的社會。



### 1/ Life Coaching Programme

成長路上伴你行

### 2/ One-on-One Mentoring

一對一輔導

### 3/ Upcycling Workshop

升級再造工作坊



# 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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