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ISSUE
FORTY FIVE
MAR 2024

www.cuhk.edu.hk/wys
www.instagram.com/wuyeesuncollege




OUTSIDE THE CLASSROOM

An Interview with the awardees of
the Outstanding Students Awards 2023

教室之外

專訪二零二三年傑出學生獎得獎人



University life resembles a vibrant tapestry interwoven with challenges. While some students may choose to focus on their studies and research, some others dedicate themselves to student activities and societies by assuming leadership roles, while yet others opt for internships or part-time jobs to refine their readiness for the future. In the Sunny College, a number of our Sunnies were recognised in the Outstanding Students Awards for their remarkable accomplishments and contributions to CUHK and the community.



1/ Valerie teamed up with her schoolmates to work on the immunotherapy research

Valerie 與同學合作進行免疫療法的研究

2/ Other than research, Valerie also cares about public health issues

除了研究項目，Valerie 亦關心公共衛生的議題

BLAZING A TRAIL

Where can one's interests lead them? Valerie S.Y. Leung (Biomedical Sciences/ 4) is deeply passionate about studying cancer and is eager to apply her knowledge in practical settings. Throughout her four years of study, Valerie collaborated with friends in her major programme to translate their knowledge into action.

Her team's project explores the possibility of a new direction for cancer therapy. Immunotherapy, a new form of cancer treatment still under active development, has shown efficacy in treating blood cancer with manageable side effects. However, its application in solid cancer has been limited by challenges in targeting and eliminating cancer cells. The group thus explored the possibility of leveraging virus as a vector to deliver antigens to the targeted cancer cells, facilitating precise targeting by white blood cells. Led by Valerie, the team of seven successfully tested the theory in laboratory experiments. Their achievement garnered recognition at the prestigious International Genetic Engineering Machine (iGEM) Competition in 2022, where they received the silver award.

When asked about their choice of research topic, Valerie offered her insights, stating, 'I am very keen on cancer studies. When we decided to join this competition focusing on cell cultivation, we recalled related knowledge we have learnt from our major course and thought this could be a topic worthwhile for more exploration with its great potential benefits.' Her final year project in Biochemistry was also cancer-related, and she will be continuing her studies in the UK, specialising in cancer biology.

Valerie has always strived to put her learning into practice, regardless of the domain. However, she encountered challenges along the way. In her team's cancer research project, although the School was supportive, her team could not find a mentor within her department due to a lack of experts in the relevant field. Undeterred, the team reached out directly to the authors of the papers they referenced and received invaluable guidance for their research. Reflecting on this experience, Valerie remarked, 'I was once unconfident in what I was working on. We were only a group of undergraduates, and no one could give solid advice at the time. All we had was a bold idea and never knew what we could achieve. It is important to try out. If you never make the first step, there would be nothing.'

In addition to her research pursuits, Valerie also cares about public health issues. Alongside five friends, she participated in the APRU Virtual Global Health Conference, where they proposed a solution aimed at addressing the healthcare needs of asylum seekers by connecting the healthcare systems of their home countries with those of their resettlement destinations.

These experiences have prepared her for further growth and advancement in the field of medicine. 'Never let go of any opportunities. If you do not give it a try, you will achieve nothing.'

EXCELSIOR AND BEYOND

Janet T.M. Hui (Integrated BBA/ 3) is a member of the Hong Kong Taekwondo Representative Team. Building upon her wealth of experience and achievements in the sport, she assumed a leadership position within the University Taekwondo Team and engaged in community service initiatives related to the sport.

Since childhood, Janet has pursued her passion for taekwondo with dedication, achieving remarkable achievements both locally and internationally. She was the champion in the highly competitive Hong Kong Taekwondo Championship in 2019 and grabbed bronze in the recent Hong Kong Black Belt Taekwondo Competition. As Vice-Captain of the University Taekwondo Team, Janet led the Girls' Team to triumph in the USFHK Taekwondo Competition, contributing to the overall silver award in the contest. Janet also competes internationally. At the Sixth Thailand Heroes International Taekwondo Championship, she competed against national teams from Thailand, India, Nepal and Russia, earning silver and gold awards in personal and team fights respectively. Since 2023, Janet has been on the Hong Kong Representative Team, although her involvement is temporarily paused due to her current exchange programme in the US. She currently is preparing for five upcoming competitions, including those outside of the US.

Taekwondo is a difficult sport, which requires high levels of discipline and dedication. Janet, a high achiever, has relentlessly pursued excellence, and is eager to share her experience with fellow athletes at the University. As the Vice-Captain of the University Team, she fostered team spirit and offered unwavering support to her teammates during training sessions.

Janet's involvement in taekwondo extends beyond her personal achievements as she actively contributes to the community through services. For an extended period, she has been assisting in teaching at her taekwondo centre, where she now teaches primary students with special educational needs (SEN). 'As they easily get distracted, I have to repeat more times and teach them with a stern manner and this could help train their discipline, which is also important in sports. Sometimes I have to calm their emotions, as they might get frustrated when their parents are not around,' she shares. This experience has deepened her understanding of the children's needs and strengthened her ability to connect with them effectively. She finds fulfilment in witnessing the growth of the children's confidence through taekwondo. Furthermore, Janet's dedication to serving other minority groups through sports activities reinforces her commitment to integrating sports and service, thereby promoting inclusivity and enhancing the well-being of the underprivileged.

Like taekwondo, life can be tough. Janet advises her fellow Sunnies to pursue interests that they are truly passionate about. 'When things get tough, don't give up! I've seen fellow athletes in taekwondo breaking bones and getting face injuries, yet they never stop pursuing their dreams. You can overcome any difficulty that comes your way. And if you ever feel tired, take a break to rest and recharge. It's essential for pushing yourself further in the long run.'



3/ Janet has remarkable achievements in taekwondo both locally and internationally

Janet 在本地和國際比賽中都取得驕人的成績

4/ Janet hopes to integrate sports and service to promote inclusivity and enhancing well-being of the underprivileged

Janet 希望將體育與服務結合，為社會共融及弱勢社群的福祉出一分力



THE LOVE FOR NATURE

As a nature lover, Kelly P.L. Chan (Food and Nutritional Science/ 4) has always been passionate about wildlife. Her involvement in conservation efforts began during her secondary school years when she started volunteering for various conservation initiatives.

In the summer of 2023, Kelly seized the opportunity to participate in the Bali Turtle Conservation and Rehabilitation programme, thanks to the support provided by the College's Global Learning Award Scheme. Through this service opportunity, she collaborated with volunteers from different countries to protect the endangered sea turtles of Indonesia. The team of 60 volunteers undertook a range of conservation tasks, including monitoring the centre, educating the local community, assisting in the release of sea turtle hatchlings, and conducting habitat clean-up efforts.



5/ Kelly's service experience in turtle conservation reinforced her commitment to promote wildlife conservation

Kelly 於海龜保育的體驗加強了她於野生動物保育工作貢獻的決心

6/ As a Girl Guide and a mentor, Kelly dedicates to the empowerment of the youth

Kelly 擔任女童軍及友師，投入青少年發展的工作

Kelly came to appreciate the indispensable role of volunteers in ensuring the survival and welfare of sea turtles. 'Feeding the turtles with fresh fish and giving them a bath were unique experiences. When you were putting them in your palms, you can feel the actual weight and importance of these tiny lives. Cleaning up the beach and educating the local community the importance of protecting their natural habitat would ensure the sustainability of the ecological environment.' Her team had the privilege of releasing the turtles in a protected area and commemorating their return to nature with a simple yet meaningful ceremony.

Back in Hong Kong, Kelly also dedicates in education to arouse local awareness towards wildlife conservation, especially on reptiles. She works for two different organisations and hosts workshops and field trips for primary and secondary students. 'In some activities, we would bring along animals like snakes to the site and allow the participants to interact with them.' Some other workshops include ecotours and specimen preparation, where children could learn from these firsthand experiences.

Kelly's ambition is not limited to conservation; she is deeply committed to empowering teenagers. An active member in the Girl Guide, she previously served as a guider and a district assistant. Additionally, she also served as a mentor in a mentorship programme under the Child Development Fund, which provided her the opportunity to offer guidance to youths in life planning and exploring their personalities.

Through these services, Kelly hopes to encourage individuals to make small but impactful changes in their daily lives. 'University period may be the most flexible period in our lives. How you make use of the time depends on you. Students may want to complete the five things in University, strive for the best GPA or go out for exchanges, but they may also wish to leave their comfort zone and explore the world, to serve at the best of their ability, and contribute to society. In addition to social services, the College also supports students' interests and development in different aspects and provides resources for us to find our new endeavours. Regardless of the time you still have in college, I hope everyone can find the sixth thing of University.'

CONNECTING PEOPLE

Managing and providing backend support for services are not always easy. Capri K.P. Cheung (Translation/ 4) has been active in community service after she is admitted to CUHK.

Capri served as a core member in the Voice of History, a non-profit organisation founded by a College alumnus. With a mission centred on promoting intergenerational communication and cultural preservation through audio drama, Voice of History engages students and seniors from different communities through various initiatives such as the human library, audio drama productions, tours and more. Capri initiated community workshops and guided tours for students from To Kwa Wan and led a four-month programme in which secondary three students delved into community stories. As a core member, she also managed the administration and financial matters of the organisation. It was a challenging position as they had to pitch to schools and other organisations for collaboration.

She gained additional project management experience while serving as a part-time project coordinator at The Hong Kong Federation of Youth Groups (HKFYG) Leadership Institute. Leveraging her knowledge and experience as a community tour guide, she coordinated the 'Cultural Ambassador Programme', which aims to educate teenagers on community building, cultural preservation, grading of historic buildings and guiding skills. As the assistant and trainer of the programme, she provided guidance and support to participants as they organised community guided tours and a community history exhibition in Fanling. Through close collaboration with the programme manager, Capri honed her management skills in community projects.

As a Translation major student, Capri utilises her academic expertise to contribute to the organisation Time Auction, which serves as a matching platform for services and volunteers with specialised skillsets or backgrounds. Capri assists in translating website content from English to Chinese and disseminating relevant posts to other Chinese-based websites, thereby facilitating the recruitment process.

Before enrolling at CUHK, Capri dedicated much of her effort to her studies and had plans to further her major studies through an exchange programme. However, the pandemic interrupted her plans multiple times. Conversely, her service experience exposed her a broader world where she found joy interacting with people and making meaningful contributions. Capri is finally embarking on an exchange programme to Australia in her fourth year of studies, but she has shifted her focus away from translation to other unrelated subjects. 'Initially, I had targeted translation courses at a prestigious university when planning my exchange during my junior years. However, the exchange programme was suspended due to the pandemic. Now, I am taking four courses, including archaeology, criminology — subjects I didn't have a chance to explore previously. Plans don't always work out as expected, so why put ourselves in a box?' she reflects.



7/ Capri served as a guide for community tours for ethnic minorities and shared with them stories around the community

Capri 擔任社區導賞員，為少數族裔講解社區故事

8/ In Time Auction, Capri provided support to content translation for volunteer recruitment ads

Capri 為 Time Auction 翻譯義工招募廣告的內容



9/

9/ The team of six suggested a solution to address the healthcare needs of asylum seekers
Valerie 與五位同學為尋求庇護者的醫療保健問題提出改善方案

10/ Valerie will further her studies in cancer biology after graduation
Valerie 畢業後將繼續攻讀癌症生物學



10/

大學生活充滿姿采又滿是挑戰，有些人可能選擇專注於學習和研究，有人選擇透過實習或兼職，為將來做好準備，亦有些同學致力於學生團體及活動，成為領袖。今年，多位書院同學的努力獲得中大傑出學生獎的認可，嘉許他們在學業以外的優異表現。

開拓新領域

興趣可以帶一個人走多遠？梁心妍同學 Valerie（生物醫學四年級）熱衷於研究癌症和公共衛生，希望將知識付諸實踐。在四年的大學生涯裡，Valerie 聯同一班志同道合的同學，實踐書本的知識。

免疫療法是一種新的癌症治療方法，目前仍在研發當中。此療法已獲證明可有效治療血癌，而且副作用較為可控。然而，由於免疫療法在鎖定和消除癌細胞方面有所局限，這個方法尚未應用於醫治實質固態瘤。因此，Valerie 的團隊研究提出以病毒作為載體，將抗原遞送至目標癌細胞，令白血球能夠精確地辨認癌細胞，並將其消除。在 Valerie 的帶領下，這個七人小組在實驗室成功測試了這個理論，其成果亦於二零二二年在世界級比賽國際遺傳工程機器設計競賽中得到認可，奪得銀獎。

被問及選擇這個研究主題的原因，Valerie 回憶道：「我一直非常熱衷於癌症研究。這個比賽以細胞培養為主題，當我們決定參加這個比賽後，大家就一起重溫了自己在課堂中學到的相關知識，並認為這是一個具有巨大潛力的課題，值得我們進一步探索。」她本科的專題研究亦與癌症有關，畢業後，她將到英國繼續攻讀癌症生物學。

Valerie 希望將她所學到的知識實踐。在這個過程中，挑戰總是在所難免的。在癌症研究的過程中，雖然學院很支持他們的研究，但因為學院裡沒有相關領域的專家，團隊亦求助無門。因此，他們直接寫信予團隊所參考之論文作者，作者亦樂於分享，這些的重要資訊對他們往後的研究相當重要。「我曾經對這個研究信心缺缺：我們只是一群大學生，當時沒有人能夠給予指導。即使心裡有這種大膽的想法，我們其實從來都不清楚自己能夠做到什麼，然而，嘗試是很重要的。如果你不邁出第一步，就什麼都無法達成。」

除了研究項目，Valerie 亦關心公共衛生的議題。她與五位朋友參加 APRU Virtual Global Health Conference，就尋求庇護者的醫療保健問題提出改善方案，透過醫療護照，將尋求庇護者所在地與最終重新定居地的醫療系統連結，解決他們的醫療保健需求。

這些經歷為她在醫學領域的進一步發展奠定了基礎。「永遠不要放棄任何機會。如果我們不嘗試踏出第一步，最終只會一事無成。」

“ If you do not give it a try,
you will achieve nothing.
如果我們不嘗試踏出第一步，
最終只會一事無成。



精益求精之外

許芷鳴同學 Janet (工商管理學三年級) 為香港跆拳道代表隊的成員，多年的實戰讓她累積經驗，並創出佳績。她在大學跆拳道校隊擔任副隊長，又參與運動相關的社區服務，服務有需要人士。

Janet 從小就對跆拳道產生興趣，學習多年，無論在本地和國際比賽中都取得驕人的成績。二零一九年，她就在競爭激烈的香港跆拳道錦標賽中奪得冠軍，並在近期的香港黑帶跆拳道比賽中獲得季軍，展現了她紮實的根基。她在中大擔任跆拳道校隊副隊長，帶領女子隊於香港大學跆拳道比賽贏得女子組冠軍，並奪得全場總亞軍。此外，Janet 亦積極參與國際性比賽。在泰國 The Sixth Heroes Taekwondo International Championship 中，她與來自泰國、印度、尼泊爾、俄羅斯等的國家隊同場競技，分別獲得個人和團體賽的銀牌和金牌，體現了她在訓練中的刻苦和決心。她自二零二三年起獲選為香港代表隊成員，雖然現時因赴美交流而暫時退出代表隊，但她從未停止自己的腳步。現時，她就有五場即將舉行的比賽，包括美國以外的賽事。

跆拳道是一項艱鉅的運動，需要高度的自律和投入。作為一名精益求精的運動員，Janet 一直追求卓越，渴望將自己的經驗帶回校園，幫助隊友。身為校隊副隊長，她在訓練過程中照顧團隊，提升士氣，並支持隊友跨過挑戰，加強型態的表現。

除了運動員的身份，Janet 亦藉著自己的專長，多走一步，透過運動相關的服務貢獻社區。她一直在所屬的跆拳道社協助教學，目前亦有教導有特殊教育需求 (SEN) 的小學生。「因為 SEN 的孩子很容易分心，所以我必須將內容多重複幾遍，並以較嚴厲的方式教導他們。這種教學方法有助訓練他們的紀律，而紀律正是這項運動十分重要的一環。有時，因為當父母不在身邊，孩子可能會感到不安，我就需要安撫他們的情緒，以免影響練習。」這些經驗讓她了解這些孩子的需要，並學會如何與他們相處。Janet 亦很高興能夠透過這些訓練幫助他們建立信心。除了跆拳道訓練，她也在其他體育活動中為弱勢社群服務，種種經歷加強了她將體育與服務結合的決心，希望自己能夠為社會共融及弱勢社群的福祉出一分力。

就像跆拳道一樣，生活可以十分艱難。Janet 希望同學能夠找到自己真正感興趣的事物。「當生活變得艱鉅，千萬不要放棄！我看過不少跆拳道隊友在比賽中骨折或臉部受傷，但他們從未止步，而是堅持完成比賽。感到疲累無助，請停步一歇，在充電過後，就再繼續闖。相信自己可以克服任何難關，這是最重要的。」



11/ Janet has been active in both local and international contests of taekwondo

Janet 活躍於本地及外地的跆拳道賽事

12/ Other than taekwondo, Janet also served disabled people in sports activities

除了跆拳道，Janet 亦於其他體育活動協助殘疾人士

“ If you ever feel tired, take a break to rest and recharge. It's essential for pushing yourself further in the long run.

感到疲累無助，請停步一歇，在充電過後，就再繼續闖。

相信自己可以克服任何難關，這是最重要的。





13/ Kelly cleaning up the beach where the sea turtles inhabit during her service in Bali

Kelly 於峇里島為海龜清潔其棲息的海灘

14/ Serving as a girl's guide, Kelly wishes to empower teenagers
擔任女童軍多年，Kelly 希望能夠為青少年提供指導



熱愛自然

陳珮琳同學 Kelly（食品及營養科學四年級）喜愛自然，自小對野生動物充滿興趣，並從中學開始就成為義工，參與保育工作。

二零二三年夏天，Kelly 得到書院寰宇學習資助計劃的支持，參與峇里島海龜保育計劃。她與來自不同國家的義工合作，保護印尼瀕臨絕種的海龜。這個由六十位義工組成的團隊負責多項工作，包括監測中心的運作、教育當地居民保育的重要性、協助海龜孵化和清潔棲息地等項目。

Kelly 在過程中深刻體會到義工工作對海洋生物的生存和福祉的重要性。「以鮮魚飼養海龜和給牠們刷背都是十分獨特的體驗。當你將牠們捧在掌心時，可以感受到這些微小生命的重量。我們在當地清理海灘，並教育當地居民保護海龜自然棲息地的重要性，以確保生態環境的可持續性。」他們還有機會在禁區放生海龜，並以簡單的儀式慶祝這些小生命回到大自然的懷抱。

Kelly 在香港也致力於教育工作，希望提高大眾對動物保育的意識，特別是爬行動物。她為兩個不同的組織工作，包括為中小學生舉辦工作坊和實地考察。「在某些活動中，我們會帶同蛇等動物到現場，讓孩子與牠們互動。」另外，她也會帶領不同的活動，包括生態遊和標本製作，讓孩子們從第一手經驗中學習。

除了保育，Kelly 同時致力於青少年發展的工作。她是一位女童軍領袖及分區助理，又曾擔任兒童發展基金幼獅計劃的友師，為青少年的人生規劃和自我探索提供指導。

透過這些服務，Kelly 希望自己能夠鼓勵他人，在日常生活中做出微小但強而有力的改變。「大學可能是我們人生中最為自由的一段時間，如何運用這段時間，其實取決於自己。同學可能希望完成大學五件事，過三爆四或出外交流，但亦不妨離開自己的舒適圈，跳出去體驗和探索這個世界，在自己能力範圍之內服務他人，貢獻社會。除了社區服務，書院亦在不同方面支持同學的興趣與發展，提供資源讓我們嘗試新事物。無論你們的大學生涯剩下多少時光，我都希望大家可以找到大學的第六件事。」

“ University period may be the most flexible period in our lives. How you make use of the time depends on you.

大學可能是我們人生中最為自由的一段時間，
如何運用這段時間，其實取決於自己。



成為橋梁

管理和支援社區服務並不是一件易事。張嘉柏同學 Capri（翻譯四年級）自入讀中大後就一直積極參與社區服務，她曾擔任非牟利組織「聲昔再現」的核心成員，組織由書院校友創辦，透過真人圖書館、廣播劇、社區導賞等活動，連結來自不同社區的學生和長者，促進跨代共融和文化保育。Capri 除了為土瓜灣的學生舉辦工作坊和導賞團，亦統籌了為期四個月的廣播劇計劃。計劃帶領中三學生走入社區，了解社區故事，並以此為藍本創作廣播劇。身為核心成員，她還要負責行政和財務工作，當中最具挑戰性的任務就是接觸學校，和學校商討計劃詳情，或聯絡其他組織尋求合作機會。

Capri 亦在香港青年協會領袖學院擔任兼職協調工作員，協助機構舉行文化保育大使計劃，憑借過往社區服務的經驗，向計劃參加者分享社區建構、歷史建築評級和導賞技巧等，培訓青年領袖在粉嶺舉辦社區導賞團。過程中，Capri 得以和計劃主任密切合作，提升社區計劃的管理技巧和相關技能。

此外，Capri 也善用自己在翻譯系所習的技能為 Time Auction 提供翻譯服務。Time Auction 是義工配對平台，主要協助非牟利組織配對技能義工，而 Capri 的任務就是將其網站的英文招募貼文翻譯成中文，將資訊轉發到其他中文平台，並為網站撰寫中文部落格，增加網頁流量。

入讀中大前，Capri 一直以為自己會專注學業，參與交流計劃，到外地深造翻譯知識。雖然疫情多次打亂她的計劃，但亦令她有機會留港參與更多社區服務，增廣見聞，享受人與人之間互動，認清自己的志向，思考未來如何貢獻社會。今年，Capri 終於能夠實現目標，在大學第四年前往澳洲交流。然而，她將交流學習的重點從深造翻譯技巧轉為就讀與本科毫不相關的科目。Capri 笑言：「報名參加交流計劃時，我的目標是到知名大學修讀翻譯課程，但受疫情影響，交流計劃被逼取消。現在我正修讀四個科目，包括考古學、犯罪學等，這些都是我在香港沒有機會修讀的。既然計劃並不一定能如預期般進行，為什麼我們要以計劃限制自己？」



15/ Capri as a guide for community tours
Capri 擔任社區導賞員



16/ Capri enjoyed interacting with different people and explored opportunities in services
Capri 十分享受人與人的互動，並於服務過程中發掘到不同的機遇

“Plans don't always work out as expected, so why put ourselves in a box?

既然計劃並不一定能如預期般進行，為什麼我們要以計劃限制自己？



COLLEGE ACTIVITIES

書院活動

STUDENT ACHIEVEMENTS



學生殊榮

Our Track-and-Field Team attained excellent results again in the CUHK Athletic Meet 2023 with two bronze medals. Congratulations!

書院田徑隊於的中大田徑精英比賽奪得佳績，贏得兩面銅牌，恭喜得獎的同學！

Javelin Throw 標槍

Chi-kwong Hon 韓智光
(Science/ 1)

Long Jump 跳遠

Audrey T.L. Tong 唐芷蓓
(Integrated BBA & JD/ 1)



COLLEGE FORUM

書院論壇



The fourth College Forum in the first semester, titled 'AI and ChatGPT – Risks, Dangers and Regulations' was conducted by Mr. Stephen K.Y. Wong, Barrister and Former Privacy Commissioner and Principal Government Counsel, in early November 2023. Generative AI tools like ChatGPT have proven incredibly valuable in enriching our social and cultural interactions and research. However, Mr. Wong reminded students not to solely focus on the convenience brought by ChatGPT and AI, but to also consider potential risks and dangers associated with the use of these programmes, including discrimination bias, authoritative errors, intellectual property infringements, among others. Students should remain mindful of relevant regulations and ethical principles when using ChatGPT and other AI tools to prevent academic plagiarism and mitigate other associated risks.

上學期第四場書院論壇「人工智能及 ChatGPT — 風險、危險性及監管」於二零二三年十一月舉行，由大律師及前私隱專員及首席政府律師黃繼兒先生為同學作分享。現時人工智能的應用無所不在，不但讓我們擁有智能生活，而由人工智能驅動的 ChatGPT 更被用作豐富我們的社會、文化互動和研究的工具。然而，黃先生也提醒同學，不要只著重於 ChatGPT 和 AI 帶給我們的便利，也要充分了解使用這些程式的潛在風險和危險性，例如歧視偏見、權威性錯誤、侵害智慧財產權等。同學在使用 ChatGPT 和 AI 時須注意相關法例和道德原則，避免墜進學術抄襲或其他風險之中。



ROUND TABLE LUNCHES/ DINNERS

圓桌午餐/ 晚宴



Three Round Table Lunches / Dinners were organised in October and November. The first Round Table Dinner was hosted by Professor Anthony T.C. Chan, College Master, Professor Kam-fai Wong, Associate Master, and Dr. Jose S.H. Lai, Chairperson of the Service-Learning Committee. This session of the Round Table Dinner brought our local students and students from Thailand, Myanmar and the Mainland together. College members encouraged the students to open up and to make friends with classmates from different countries.

In the second Dinner, Professor Ming-kay Poon, Associate Master and Dean of General Education, Dr. Lancelot W.H. Mui, Associate Dean of General Education, and Dr. Esther W.Y. Wong, Member of the General Education and Academic Affairs Committee, encouraged students to make good use of the College's resources and fundings to enrich their University life.

Another Lunch was hosted by Professor Man-hong Lai, Associate Master, Professor Kelvin K.F. Tsoi, Dean of Students, and Miss Sharon S.Y. Wong, Associate Dean of Students. They shared their personal experiences with students and encouraged students to be courageous in overcoming life's challenges.

書院於十月至十一月期間舉辦了三場圓桌午餐 / 晚宴。第一場圓桌晚宴由院長陳德章教授、副院長黃錦輝教授及服務學習委員會主席賴陳秀卿博士主持。這場圓桌晚宴讓我們的本地生，以及來自泰國、緬甸和內地的學生齊聚一堂。三位老師鼓勵同學敞開心扉，與來自不同國家的同學結交朋友。

第二場晚宴由副院長暨通識教育主任潘銘基教授、副通識教育主任梅維浩博士及通識教育及學術事務委員會成員黃穎瑜博士主持。他們鼓勵同學善用學院的資源和資助計劃，藉以豐富自己的大學生活。

第三場午餐由副院長黎萬紅教授、輔導長蔡錦輝教授及副輔導長黃倩影小姐主持。他們向同學分享了自己的經歷，並鼓勵同學勇敢地克服生活中遇到的所有挑戰。

RANCE LEE MENTORSHIP PROGRAMME



The Rance Lee Mentorship Programme warmly welcomed a new cohort of mentors and mentees for this academic year. The Welcome Night, held in early November, brought together both new and current mentors and mentees for an enjoyable evening. The event commenced with a mini wine tasting session, graciously hosted by Mr. Sam L.H. Cheung, President of Wu Yee Sun College Alumni Association, allowing senior mentors, alumni mentors and mentees to interact and connect. Following this, attendees delighted in a convivial dinner. Professor Rance P.L. Lee, College Founding Master, encouraged participants to cultivate strong connections to build a multifunctional social network and lifelong relationships. Professor Kelvin K.F. Tsoi, Dean of Students, thanked all mentors for supporting the Mentorship Programme. All participants looked forward to future gatherings.

Following the Welcome Night, different groups organised gatherings tailored to their interests. Senior mentors Mr. Philip W.K. Li and Mr. Raymond C.S. Wong enjoyed a delightful tea gathering with the mentees, while Ms. Cynthia C.F. Liu and Dr. Laurie Y.C. Lau accompanied the mentees on a visit to the Palace Museum. These gatherings provided valuable opportunities for seniors and juniors to connect



and explore shared interests.

Initiated by Mr. Philip Li's mentorship group, more than 15 participants, including senior mentors, alumni mentors, graduated mentees and student mentees, gathered at the College in early January for a barbeque gathering to exchange New Year greetings.

To enjoy the stunning view and pleasant weather, mentors and mentees set up two grills at the Terrace of Dreams. Professor Rance Lee, along with Senior Mentors Mr. Philip Li and Mr. Raymond Wong, joined the alumni mentors and mentees for food, drinks and enjoyable conversations in the relaxing afternoon. Participants caught up with one another on their studies and career development, and laughter filled the air.

The mingling of different groups created an atmosphere where mentors and mentees of different backgrounds could engage in casual dialogue and connect with one other. It is hoped that activities of this kind will foster stronger connections among participants of this programme, facilitating the establishment of a robust network that will be beneficial for their future and the cultivation of life-long friendships.





李沛良亦師亦友計劃



李沛良亦師亦友計劃在本年度迎來了新成員。書院於十一月上旬舉辦啟動禮，讓一眾師友齊聚一堂。感謝伍宜孫書院校友會會長張力行先生主持，資深學長、校友學長及學友首先在品酒會上相互交流，隨後享用豐富的晚餐。席間，書院創院院長李沛良教授鼓勵師友保持密切的聯繫，以建立社交網絡及友誼，輔導長蔡錦輝教授亦感謝友師對計劃的支持。眾人都對來年的活動充滿期待。

啟動禮後，各組別根據自己的興趣籌辦了不同的聚會，當中資深學長李永權先生及黃志新先生與同學們茶聚，交流學習與工作的經驗，廖昭薰女士和劉耀忠博士則與學友一同參觀香港故宮文化博物館的展覽，這個聚會亦為學長們和學友提供了一個機會，了解和探索他們感興趣的事物。



在李永權先生組別的提議下，超過十五位資深學長、校友學長、已畢業的學友和書院學友於一月上旬齊聚書院，舉行燒烤聚會，共賀新禧。

為了享受優美的景色，眾人在圓夢臺上架設了兩個燒烤爐，李沛良教授、李永權先生和黃志新先生與各人一起享用美食，談天說地，度過了一個輕鬆的下午。大家分享學業和事業上的趣事與發展，其樂融融。

各個組別合辦活動能夠令師友聚會更多樣化，讓彼此相互聯繫。希望此類活動能夠加強計劃參與者之間的互動，幫助他們為未來建立人脈網絡，尋找珍貴的友誼。



STUDENT ACTIVITIES

學生活動

CREATING WITH PERSONALITY

展現獨特創意



Creativity Lab (c!ab) hosted a series of captivating events for students to promote the College values, such as going green, taking up social responsibilities and developing entrepreneurial skills. In the Perfume Making Workshop, students delved into the world of scents, creating personalised fragrances that reflected individual preferences and personalities, as well as individual charisma and first impressions.

In promoting sustainable practices, c!ab organised a Preserved Moss Frame Workshop. Inspiring awareness of sustainable practices, students are reminded to appreciate the beauty of nature and its everlasting embrace in our daily lives.

Later in mid-January, a DIY Leather Workshop was organised to unleash students' creativity, allowing participants to understand traditional hand-making techniques and the artistry of leather crafting.

In line with the College's entrepreneurial values, c!ab arranged a tour at the Experience Centre in the Hong Kong Science and Technology Parks Corporation. Students engaged with interactive exhibits, cultivating an innovative mindset.

A BBQ Gathering was also hosted at the roof of The House of Sunny Living in early January. Professor Annisa C.H. Lee, the Director of c!ab, and College staff, were invited to share the joy and celebrate the accomplishments of c!ab.

創意實驗室 (c!ab) 舉辦了多個工作坊和參觀活動，以推廣創新與可持續發展的理念。調香工作坊帶同學進入香水的世界，調製出充滿個性的香水。同學對香水氣味的偏好能夠反映出其喜好和個性，同時能展現個人魅力和予人的第一印象。

為了促進可持續發展，c!ab 亦舉辦了永生苔畫工作坊，讓同學欣賞大自然的美，並將這份審美融入到日常生活中。

c!ab 於一月中旬舉辦了皮革產品工作坊。參與者可以認識到傳統的皮革工藝及其手工製作技術，提升藝術修養。

團隊亦安排了一次香港科技園創科體驗館的參觀活動，讓同學參與互動展覽，培養創新思維。

c!ab 團隊又在如日坊平台舉辦了燒烤聚會，創意實驗室總監李賴俊卿教授與書院職員亦有參與，共享喜悅，慶祝團隊過去一年的成果。



THE ART OF NATURE AND CULTURE 自然與文化之美



The Hop Wai Art and Cultural Programme 2023/24 kicked off in early December with the 'Green – An Art Exhibition by Professor Lee Hon Ching', jointly organised by Chung Chi College, United College, Wu Yee Sun College, and co-organised by the Art Museum. The exhibition hosted in the United College Wu Chung Library served as a part of the Programme featuring the latest art pieces created by Professor Hon-ching Lee, the art advisor of the three Colleges. The artworks showed the vitality of nature in different forms.

In mid-December, Hop Wai Exhibition on Chinese Calligraphy, Painting and Seal Carving was organised at the Lobby Gallery of Chung Chi College Administration Building. This event served as the second part of the Hop Wai Programme, featuring Chinese modern art pieces created by six local artists who graduated from the Department of Fine Arts at CUHK.

二零二三至二四年度治蕙藝文計劃於十二月上旬展開，計劃由崇基學院、聯合書院及伍宜孫書院合辦，先以「綠 — 利漢楨教授作品展」為開首，於聯合書院胡忠圖書館展出書院藝術顧問利漢楨教授近期的作品，以不同形式展現大自然的生機。

此外，治蕙藝文書畫篆刻展於同月中旬假崇基學院行政樓展開，共展出六位於中大藝術系畢業之本地青年藝術家的書畫篆刻近作。

MENTAL FIRST AID 精神健康急救



A four-session Mental Health First Aid Course was conducted by The Mental Association of Hong Kong in term one. Participants acquired basic knowledge of common mental health problems such as depression, anxiety, substance abuse problems, psychosis, and related crisis situations. Students learnt how to encourage people in need to seek professional help or make use of appropriate community resources. At the end of the course, students also received a certificate issued by the Association.

書院於上學期邀得香港心理衛生會為同學舉辦為期四節的精神健康急救基礎課程。當中介紹了常見的精神及情緒問題，包括抑鬱症、焦慮症、藥物濫用問題和重性精神病，以及相關的危機情況。完成課堂後，同學了解到如何鼓勵有需要人士尋求專業支援或運用合適的社區資源，同學亦獲得由該會頒發的證書。

STUDENT ACTIVITIES

學生活動

COMMUNICATION WITH FUN

輕鬆傳意



We were thankful to Ms. Jenna Lara Lee, Lecturer at the English Language Teaching Unit, for conducting the Social English Workshops for students. Through the workshops, students learnt important speaking strategies for making new friends as well as connecting with others while travelling. Learning phrasal verbs can help students apply their English knowledge in various situations beyond just friendship and dating.

書院邀得英語教學單位講師 Jenna Lara Lee 女士為同學舉辦社交英語工作坊。同學們學習到結交新朋友以及在外地旅遊時所用到的重要口語技巧，又學會不同的片語動詞，以擴闊自己在交友和約會以外的英語知識。

CULTURAL NIGHT

文化之夜



To introduce local movie culture to non-local students, the 'HK Movie Night for International Students' featuring 'Shaolin Soccer' was organised in October 2023. Exchange and non-local students gathered and enjoyed the evening with complimentary local snacks and drinks.

書院於二零二三年十月舉辦電影之夜，並放映了電影《少林足球》，讓交換生和非本地學生齊聚一堂，了解本地電影文化，同時享用本地小食和飲品。

REFLECTING ON SOCIAL DILEMMA

反思智能社會兩難



The 'Movie Appreciation: The Social Dilemma' activity was led by Ms. Agnes Y.Y. Lam, Lecturer from the School of Journalism and Communication. She shared insightful observations on the digital attention crisis in recent years and guided students to reflect on the dangerous consequences of the growing dependence on social media as depicted in the film. This activity has made students to become more aware of their social networking habits.

書院於上學期再次邀得新聞與傳播學院講師林沃饒女士為同學舉辦《智能社會：進退兩難》電影欣賞活動。林女士為同學分享她對數位注意力危機的深刻觀察，並引導同學反思電影情節中日益依賴社交媒體所造成的後果，讓同學在使用社交媒體時加以警惕。



LEARNING FROM CULTURAL GEMS

學習文化瑰寶



The College organised a series of language and cultural activities in term one, allowing students to learn from the cultural gems and create. The Chinese Culture Table in term one, entitled 'Seeing the world through Neologism' was conducted by Dr. Jia Ye, Lecturer from the Office of University General Education, in late November. The evolving nature of fashion trends and cultural norms necessitates the creation of new vocabularies and expressions to convey prevailing thoughts, ideas and nuances. Thus, according to Dr. Ye, working in the translation industry presents both challenging yet interesting opportunities, requiring translators to remain attuned and inquisitive, adeptly deciphering the significance of neologisms for their audience's comprehension.

The Creative Writing Workshops concluded with laughter after four engaging sessions held in October and November. Students actively participated in imagination-boosting writing practices and games designed by the instructor, Miss Wan-hung Chan, and enthusiastically shared their ideas with one other. Moreover, by studying the works of famous writers, students enriched their understanding of writing and developed confidence in crafting flash fiction.

書院於上學期舉辦了一系列語文及文化活動，讓同學從文化中學習，博古通今。語文文化桌於十一月下旬舉行，這次的文化桌主題為「從新鮮詞看世界」，由大學通識教育部講師葉嘉博士為同學分享。隨著時間的演變、時尚和文化的變遷，人們會創造出新的詞彙來表達屬於那一個時代的某些事物或情感；此外，葉博士向同學表示從事翻譯行業是一項充滿挑戰且有趣的工作，譯者需要一直對新知識保持敏感度和好奇心，並向公眾傳譯出新詞彙的準確意思。

經過十月至十一月共四節的課堂，創意小說寫作坊在一片歡笑聲中劃上句號，同學們積極參與由導師陳韻紅小姐所設計的創作練習，就專題內容與其他學員交流想法。他們於遊戲中迸發想像力的同時，也通過研讀優秀的中外文本習得各家所長，同學們的寫作能力與創作自信均得到顯著提升。

STUDENT ACTIVITIES

學生活動

DEDICATE TO SPORTS

投入運動項目



College athletes delivered their best in various competitions and tournaments this year. To celebrate the effort and achievements of the College Sports Teams, the College organised a Thank You Dinner for WYS Athletes in November. Sports Team members from Basketball, Volleyball, Soccer, Swimming and Track-and-Field teams were invited to join the dinner to thank them for their dedication. Members from College Sports Association were also invited in appreciation of their efforts in organising various sports activities for College students in the past year. The evening concluded with a lucky draw and a group photo.

At the start of term two, our College Men's and Women's Rowing Teams participated in the 20th CUHK Rowing Championship. Thanks for their utmost effort and dedication. Our hearty appreciation to every team member!

Recognising the benefits of regular exercise in enhancing fitness and improving overall well-being, the College offered various sports activities in the past few months. Some Sunnies joined the Yoga Class to stretch their bodies and improve their mobility, while some others opted to join the Resistance Band Training to strengthen their muscles or the High Intensity Interval Training (HIIT) to burn extra fat. Everyone had an enjoyable time. The College Sports Association also organised the 'Let's Play Flyball' activity to provide opportunities for College students to mingle together with great fun before the examination period.

上學期院隊表現理想，所有隊員都全情投入，竭盡所能。故書院於十一月舉辦了運動員聚餐，邀得游泳、田徑、足球、籃球及排球隊成員共聚一堂，答謝各位運動員的努力及付出。聚餐亦邀請了體育學會成員參與，答謝他們過去一年為書院籌辦各項體育活動。除了豐富的晚宴外，當晚亦設有抽獎環節，眾人又於聚餐後留影，大家都渡過了一個難忘的晚上。

下學期伊始，書院同學就參與了第二十屆香港中文大學賽艇錦標賽，在此感謝各位運動員的付出及貢獻。

除了比賽項目，書院同學亦於過去數月參與了不同的體育活動，以提升體能及改善身心靈健康。一班同學於上學期參加了瑜珈班伸展身體，改善柔軟度。有些同學則參加了阻力帶訓練以鍛鍊肌肉，或高強度間歇訓練以燃燒身體多餘的脂肪。書院體育學會亦舉辦了旋風球體驗日，讓大家試玩這項新興的運動，在考試前放鬆身心。



VISITING COLLEGE

來訪書院



Fifty students from TWGHs Li Ka Shing College visited our College in mid-October. Professor Ming-kay Poon, College Associate Master and Dean of General Education, delivered a presentation to introduce CUHK and our College to our visitors. Mr. Chun-hei King, Mr. Pui-ki Luo and Miss Ngai-lam Mo, the graduates of the secondary school and now our Sunnies, also shared their experiences on determining JUPAS programme choices and preparing for becoming a CUHKer. Our student ambassadors Mr. KC Jason and Mr. Ho-him Yip then led a college tour to introduce the College life for the students.

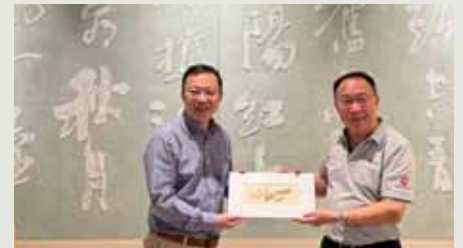
Over 30 incoming student exchange administrators of CUHK exchange partners visited CUHK and had a short visit to our College in early December. Miss Yolinda C.Y. Wong, College Secretary, warmly welcomed the delegation and provided a guided tour of the College. Visitors were impressed by the College facilities and had an enjoyable time.

五十位東華三院李嘉誠中學的同學於十月中旬到訪書院，書院副院長及通識教育主任潘銘基教授為同學介紹中大及書院特點。三位李嘉誠中學舊生，同時為書院學生的景駿義同學、羅沛麒同學及莫藝霖同學亦與師弟妹分享選擇大學聯招選項的要訣，讓他們為加入中大作好準備。另外兩位書院代表 KC Jason 同學及叶浩謙同學隨後帶領參加者遊覽書院設施，分享書院生活點滴。

超過三十位中大交換合作院校代表於十二月上旬到訪中大並參觀書院。院務主任黃翠欣小姐於當日接待訪問團，並為他們介紹書院設施。眾人都對書院留下深刻的印象。

VISIT TO SISTER COLLEGE

訪問姊妹書院



The College was glad to organise a visit to Muse College at CUHK (Shenzhen) in November 2023. Led by Professor Anthony T.C. Chan, College Master, the delegation of over 20 College members and students visited our sister College. We were warmly welcomed by Professor David Y. Chen, Master of Muse College, and their College members. The group toured around the various facilities at Muse College and iconic spots at CUHK (SZ) campus. The participants then discussed potential areas for collaboration while enjoying a wonderful lunch together.

院長陳德章教授於十一月率領二十多名書院師生參觀香港中文大學（深圳）思廷書院。一行人獲思廷書院院長陳永勤教授及書院成員的熱烈歡迎，除了參觀書院各項設施及中大（深圳）校園的主要景點，又共晉午餐，討論將來的合作機會。

STUDENT ACTIVITIES

學生活動

FESTIVE CELEBRATION

同賀佳節



EXPLORE AND

CHALLENGE

YOURSELF

發掘及挑戰自我



College members, colleagues and student representatives gathered in mid-December to celebrate the joy of Christmas. The dance performance by Angel Y.C. Cheung and Jody B. Fang, recipients of the Global Learning Award Scheme, and the Christmas carols by Charlotte Ho, one of last year's Sunny Yeah Singing Contest finalists, added a festive touch to the celebration in the Central Courtyard.

Following the performances, College Master Professor Anthony T.C. Chan extended warm wishes for a joyful festive season and presided over a turkey-carving ceremony with College members. Attendees enjoyed a delightful buffet lunch and cherished the opportunity to reunite with friends.

書院於十二月中旬舉行聖誕聚會，書院成員、職員及學生代表共聚一堂，歡賀佳節。寰宇學習資助計劃的得獎者張演晴同學及方寶瑩同學為大家帶來跳舞表演，才藝節歌唱比賽參賽者何思樂同學則高唱聖誕歌曲，增添節日氣氛。

書院院長陳德章教授隨後獻上節日祝福，並與一眾書院成員主持切火雞環節。及後參加者享用自助午宴，眾人歡度了一個愉快的下午。



In mid-November, the College organised the Rock Climbing activity under the Resilience Programme with the aim of encouraging students to challenge themselves and explore their potential. Dr. Po-kin Leung, Associate Dean of Students, together with students enjoyed the challenging yet rewarding rock-climbing experience.

書院於十一月中旬舉辦攀石活動，旨在鼓勵同學挑戰自我，發掘自身潛力。書院副輔導長梁寶建博士與同學均十分享受是次充滿挑戰的活動，並從中獲得成就感。



CASUAL CHAT WITH WARDENS ON HOSTEL LIFE 與舍監分享宿舍生活



Two sessions of 'Dinner with Wardens' were held in the first semester to offer residents a casual and relaxed atmosphere conducive to meaningful conversations and creating a sense of belonging away from home.

Over 40 residents attended the events to share thoughts, express concerns, and exchange interesting stories related to hostel life. Such interactions are crucial for creating a sense of community and fostering bonds among residents.

Moreover, through sharing their own experiences, Wardens helped cultivate an atmosphere of openness and approachability. This is helpful in encouraging residents to feel at ease reaching out to Resident Tutors, Wardens, and the College Office with any inquiries or feedback they may have.

書院於上學期舉辦共兩場「舍監聚餐」活動，為宿生提供一個輕鬆愉快的環境，讓他們分享生活，營造他們的第二個家。

超過四十位宿生透過參加是次活動分享想法、表達關注的事項以及與其他宿生分享有趣的宿舍軼事。這些互動對於建立宿舍文化和加強宿生之間的聯繫至關重要。

此外，舍監的經驗分享亦創造了親和的氛圍，鼓勵宿生向舍監、宿舍導師和院務室尋求協助或反饋意見。

60TH ANNIVERSARY OF CUHK 中大六十周年校慶



2023 marks the 60th Anniversary of The Chinese University of Hong Kong. A series of commemorative activities took place throughout the year, culminating in the 60th Anniversary Banquet held in early December at the Hong Kong Convention and Exhibition Centre. College honorary fellows, members, alumni and students attended this signature event to celebrate the University's many remarkable milestones and achievements.

二零二三年標誌著香港中文大學成立六十周年。中大舉辦了一連串慶祝活動，並於十二月上旬假香港會議展覽中心舉行六十周年晚宴。

書院榮譽院士、成員、校友及同學在晚宴上聚首一堂，共同慶賀中大的成長與成就。

THE EIGHTH GRADUATION CEREMONY

第八屆畢業典禮



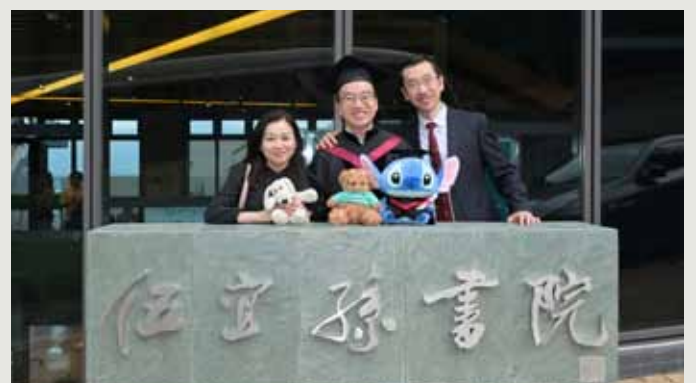
To commemorate one of the greatest achievements of their lives, the Wu Yee Sun graduating class, with their beloved ones, gathered on campus to celebrate their important milestone on 9 November 2023.

'We live in a changing world, and we need to prepare ourselves for these challenges,' said Dr. Philip Chen, our officiating guest in his speech during the Graduation Ceremony. In his speech, Dr. Philip Chen reminded graduates the importance of being well-equipped and embracing innovation to tackle future challenges. Graduate representative Miss Rose S.N. Lam shared her valuable experiences as a University student, and concluded her address with an invitation to graduates to cherish and reminisce about their memories at CUHK after a decade.

With pride, the Wu Yee Sun College wishes our graduates a bright prospect ahead. Congratulations to all graduates!

伍宜孫書院第八屆畢業典禮於二零二三年十一月九日舉行，是次典禮邀得陳南祿博士擔任主禮嘉賓。「我們處於不斷變化的世界，因此我們要為將來的挑戰做好準備。」陳博士於嘉賓致辭中分享道，他鼓勵畢業生裝備自己，對創新持開放、接納的態度，以應對社會的變遷。畢業生代表林善濃校友分享她在學時的寶貴經驗，並邀請畢業生十年後再次相聚。

書院在此再次恭賀各位畢業生踏入人生的新階段，希望他們能秉持書院「Go Green! Be Sunny!」的精神，以創意及熱誠，成為世界的光，在社會發光發亮。



COLLEGE ANNIVERSARY

書院院慶



The College turns 16! Thanks to the dedicated efforts of the College Anniversary Organising Committee and the Sports Association, a series of events were organised under the theme 'SunYeeBob' to bring together College members and students to share in the joyous occasion. The celebration kicked off with the Round Campus Run organised by the College Sports Association in mid-November. We were honoured to have College Master, Professor Anthony T.C. Chan, and Dean of Students and Chairperson of Sunny Sports Committee, Professor Kelvin K.F. Tsoi, deliver opening remarks to encourage our runners. Following the cake-cutting ceremony held in the Central Courtyard, participants embarked on the exciting run, with options for the full route or the leisure route, to partake in the lively and sportive atmosphere.

In January, more than 150 College members and students attended the 523 Banquet, where they enjoyed a delightful dinner accompanied by amazing performances from the WYS Music Society, Sammi Kwan and Jeffrey Ngai. Sponsored by College members and The Humble Studio,



participants also relished the excitement of a lucky draw.

The Sunnies enjoyed another festive evening during the Sunny Festival, featuring over 30 booths selling handmade crafts, clothes, food, and drinks at the Terrace of Dreams. Music and dancing performances were delivered by Yanting Chau, Goo Chan, SAGA, BLOOM, Shaw Band and NA Band at the Central Courtyard. Despite the cold weather, the audience enjoyed a spirited evening filled with laughter and joy.

The Immersive Screaming House marked the end of the celebration. This unique experience combined the beloved character SpongeBob with a thrilling Haunted House setting. Participants had the opportunity to tour Squidward's home and indulge in a welcome snack at SpongeBob's home. Despite the screams and frights, attendees were brimming with excitement and amusement throughout the event.





ALUMNI NEWS

校友消息



書院十六歲了！感謝院慶籌委會及體育學會的籌備，本年院慶以「SunYeeBob」為主題，讓師生同享歡樂。一連串慶祝活動於十一月中旬以環校跑揭開序幕，活動由體育學會舉辦，當日邀得書院院長陳德章教授、輔導長及體育委員會主席蔡錦輝教授致開幕辭，勉勵各位參與同學。在中央庭院舉行切蛋糕儀式後，比賽就正式開始！參與者可以選擇全程或悠閒路線，感受歡樂的運動氛圍。

超過一百五十位書院成員和同學於一月參與 523 人宴，當晚大會邀得書院音樂學會、Sammi Kwan 和魏浚笙演出，氣氛熱烈。在書院成員和 The Humble Studio 的贊助下，眾人亦於抽獎環節滿載而歸。

書院同學又於大笪地一展所長，於圓夢臺設置三十多個攤位，出售手工藝品、衣飾、食物和飲料。大會亦邀得周殷廷、陳澤鴻、SAGA、BLOOM、Shaw Band 及 NA Band 於在中央庭院表演，將氣氛推至最高點。即使天氣稍冷，同學仍能盡興而歸。

尖叫映畫屋則為同學帶來獨特的沉浸體驗，籌委將深受歡迎的海綿寶寶角色與鬼屋環境結合，讓參加者參觀章魚哥的家，並在海綿寶寶家中享用小吃。儘管尖叫声不絕於耳，參與者仍然十分樂在其中。連串慶祝活動就以止畫上完美的句號。



Having suspended for five years, the CUHK Alumni Homecoming returned to the University Mall in early December. The Wu Yee Sun College Alumni Association hosted a game booth and prepared some gifts for the participants. Laughter filled the air as everyone made every effort to finish the games so to choose the gift they liked!

The College also hosted a reunion dinner for the alumni. Professor Kam-fai Wong and Professor Ming-kay Poon, our Associate Masters, joined the alumni to catch up with each other. We were glad to meet everyone and had a great time at our 'home' – the College.

經過五年，中大校友日終於在十二月上旬回歸百萬大道。書院舊生會設置遊戲攤位，並準備了各款小禮物予參加者。當日笑聲滿載，眾人歇盡所能完成遊戲，希望能帶走喜歡的禮物。

書院亦於當晚設舊生晚宴，書院副院長黃錦輝教授及潘銘基教授與多位舊生同聚，交換各自的近況。我們很高興能於書院這個家與眾人重聚。





Go Green! Be Sunny!

The publicity name of Wu Yee Sun College is
'The Sunny College': half word-play on Dr. Wu's name
and half the College vision.

May the College and its members radiate positive energy
and be a passionate force that makes the world
a better place.

書院的別名是The Sunny College，它既從伍宜孫博士的「孫(Sun)」演化而來，
也寓意書院朝東，學生第一時間感受到太陽東升的朝氣與光芒，
有活力有熱誠，矢志追求理想，造福人群。

THE SUNNY POST IS PRINTED ON RECYCLED PAPER

本通訊以再造紙印刷

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The Sunny Post is also available on the College website:

本通訊亦已上載至書院網頁:

www.wys.cuhk.edu.hk/news-information/publications/

The next Sunny Post will be published in May 2024

下期通訊將於二零二四年五月出版



香港中文大學伍宜孫書院
WU YEE SUN COLLEGE
THE CHINESE UNIVERSITY OF HONG KONG