

THE SUNNY POST

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FROM PASSION TO PURPOSE
AN INTERVIEW WITH THE
AWARDEES OF THE SUNNY
AWARD 2025/26

從熱忱到使命

專訪二零二五至二六年度

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ISSUE
FORTY NINE
MAR 2026

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FROM PASSION TO PURPOSE

An Interview with the Awardees of The Sunny Award 2025/26

從熱忱到使命

專訪二零二五至二六年度「The Sunny Award」得獎人

Freshmen often find themselves dazzling when they have to plan for their university life. The awardees of The Sunny Award 2025/26, Trini H.L. Lau (Science/ 1) and Tsz-ching Lam (Social Work/ 1), have already spent months in the College and started to realise the university life they wish to live out.



1/ Trini has been passionate about animals and animal welfare since secondary school, and remains committed to advocating for their well-being

Trini 自中學時期起便一直熱衷於動物及其福祉，並持續關注動物福利相關議題

THE LOVE FOR NATURE

Trini believes her decision to study at CUHK and joins Wu Yee Sun College was meant to be. 'I was stunned the moment I first stepped onto CUHK's campus: I knew I had made the right choice,' she recalls, her eyes widening as she describes the lush ecosystem that makes it a haven for wildlife and nature lovers.

Trini has cherished animals since childhood. In primary four, she adopted a turtle from the Hong Kong Society of Herpetology Foundation (HKHERP), a non-profit dedicated to rescuing abandoned amphibians and reptiles and dedicated in arousing awareness of animal welfare. Since secondary six, she has started volunteering at HKHERP: feeding rescued animals, cleaning enclosures, administering medicine, force-feeding the weak, and rehabilitating pets smuggled or discarded.

Drawn by her passion for animals, Trini listed CUHK as her top choice and set her sights on majoring in Biology. It was only after her admission that she fully came to appreciate the campus's natural beauty. The pine tree in the Wu Yee Sun College emblem further affirmed her decision, reflecting the College's commitment to sustainability. She later discovered its emphasis on green living: from rooftop farming and the Green Team to the ample support for student-led initiatives.

'Lives are so fragile,' Trini reflects on her experience at HKHERP. 'One day a turtle is active and eating well; three days later, it's gone. But even a small gesture, like giving medicine in time, can save them,' she continues. Animals are not objects. Some of them, such as pigeons and mice, possess intelligence comparable to that of a three- or four-year-old child. Every species is an indispensable part of the entire ecosystem. Trini extends this idea further: when a tree is pulled down, dozens of birds lose their habitat, and if pollinators like bees disappear, the entire food chain could collapse. 'Every life saved counts,' she stresses. 'I will do my best to make a difference.'

“ Even a small gesture, like giving medicine in time, can save lives. ”

The College provides a nurturing and supportive environment for Trini to further explore her pursuit of sustainability. In the Year One College General Education course - Creative Social Responsibility and Sustainable Development, she instantly bonded with a classmate who shared the same passion. Eyeing the College's rooftop gardens managed by the Green Team planting organics, she wished to spend more time on campus and contribute to green living. She thus plans to apply for hostel residency so that she can join the rooftop farming team in the coming year. She looks forward to participating in more green activities in the future and trying out new initiatives with like-minded Sunnies.

Now, she's rallying for animal protection funding, advocating responsible adoptions: 'Know care basics: don't abandon easily.' Trini continued to dedicate animal welfare, hosting workshops and safeguarding lives in HKHERP, but she wished she could achieve more. She will also join other organisations, striving to advocate for animal rights and contribute to wildlife conservation. As she looks ahead, Trini is determined to deepen her impact, proving that even small efforts can create meaningful change.

SPEAKING OUT FOR THE COMMUNITY

Across the campus, Tsz-ching Lam, another freshman, channels her energy into serving minorities. Her service began in secondary two, organising a Christmas party for underprivileged kids. 'I felt I underperformed,' she admits, critiquing her own setup. Yet, the children's glowing feedback taught her simplicity of joy transcends perfection. 'The games were simple, but their faces lit up winning,' Tsz-ching beams.

Serving the elderly revealed profound lessons. They recounted Hong Kong's lean years, when post-war rationing and food shortages in 1960s made every grain precious. Tsz-ching became interested in listening to voices from the community. Her secondary school team entered a community space competition,



2/ At HKHERP, one of Trini's key responsibilities was hosting workshops to inspire greater public awareness and concern for animal welfare

Trini 在香港兩棲及爬蟲協會其中一項主要職責是主持工作坊，藉此提升公眾對動物福利的關注和重視

●● 一個小小的舉動，例如及時用藥，就能拯救生命。 ●●



3/ Trini shared that simple acts of care, such as providing timely medication, can make a life-saving difference for animals

Trini 強調，即使是看似微小的舉動，例如及時給予藥物，也能大大提高動物的存活機會

surveying residents from Oi Man Estate: sports courts, pet-friendly zones, community space amid concrete, hoping to provide suggestions to build a better community. The project sparked her community focus, in the hope that she could further contribute to services with her own experience.

Recognising the resources and funding opportunities available, Tsz-ching hopes to join the College to create something new in the area she is passionate about, particularly in the era of artificial intelligence. She is eager to serve the community alongside like-minded peers. At the same time, she is still searching for the right approach, acknowledging the challenge of developing ideas that are both original and meaningful in practice.

Their journeys reflect the spirit of discovery that defines life at the College. Whether through environmental stewardship or community service, Trini and Tsz-ching are each charting their own paths, forming friendships with like-minded peers who share their passion and sense of purpose, while contributing to a shared vision of impact and meaning. As they continue to explore, experiment and grow, their stories remind us that university life is not only about finding direction, but also about shaping it, one meaningful step at a time. In pursuing passion and purpose, they also contribute to a shared vision and make a positive and lasting impact.

“ While serving seniors, I had the privilege of hearing them share stories from their lives. Every story left me with something to reflect on and reminded me to be more grateful for the resources and opportunities I have. ”

大學生活伊始，新生往往會感到興奮又迷惘。經過數個月的書院生活，二零二五至二六年度「The Sunny Award」得主劉晞琳（Trini）與林芷澄已逐漸尋找到自己理想中的步伐。

對自然的熱愛

Trini 認為，自己能夠入讀中大並加入伍宜孫書院，彷彿早已注定。「首次踏入中大校園時的震撼，讓我知道自己作了正確的選擇。」她回憶道。談及這片人與各式野生動植物共存的生態環境時，她的眼裡仍然流露出驚喜。

她自小已經熱愛動物。小學四年級時，Trini 從香港兩棲及爬蟲協會領養了一隻烏龜。該機構為非牟利組織，致力於拯救被遺棄的兩棲及爬行動物，並提高公眾對動物福利的關注。直至中六，她開始在該協會擔任義工，餵養被救援的動物、清潔棲息環境、餵藥、替虛弱動物強制餵食，以及照顧被走私或遺棄的寵物。

出於對動物的熱愛，她將中大列為首選，並立志主修生物學。入學後，她更深刻地體會到中大校園的自然之美。伍宜孫書院院徽中的羅漢松，象徵著書院著重可持續發展的理念，進一步印證了她的選擇。她亦發現書院對綠色生活的重視：從天台種植、環保小組，到對同學自發項目的支持，無不體現其投入與用心。

Trini 提到在兩棲及爬蟲協會工作的經歷：「生命其實非常脆弱。一隻烏龜今天可能還很活躍、吃得很好，但三天後就離開了。然而，一個小小的舉動，例如及時用藥，就能拯救牠們。」她又指出：「動物並非物件。有些動物，例如鴿子和老鼠，其智力其實相當於三、四歲的小孩。」每個物種都是生態系統中獨特且不可或缺的一部分：砍掉一棵樹會令數十隻雀鳥失去棲息地，而像蜜蜂這樣的授粉者消失，甚至可能導致食物鏈崩潰。「每一個被拯救的生命都很重要，我希望能夠盡自己所能帶來改變。」



4/ Tsz-ching's service began in secondary two, organising a Christmas party for underprivileged kids
芷澄的服務之路始於中學二年級，當時她參與學校的義工服務，為基層兒童舉辦聖誕活動

“ 在服務長者期間，我有機會與他們細談往事，
每段人生背後的故事都令我有反思，
讓我更加珍惜自己擁有的資源。 ”



5/ Serving the elderly revealed profound lessons, which Tsz-ching treasured a lot. 在服務長者的過程中，芷澄更深刻體會到每段人生背後的故事

書院正好為 Trini 提供各種機會與支持，讓她能進一步探索並追求她在可持續發展方面的興趣。得知書院環保小組主理書院天台種植，Trini 希望來年入住宿舍後能夠花更多時間留在校園，成為其中一份子，推動綠色生活。此外，她在修讀一年級的書院通識「創新社會責任及持續發展」科期間，與一位志同道合的同學一拍即合，兩人都熱愛動物，關注的議題也相近。她期待日後能夠參與更多綠色活動，與興趣相近的同學嘗試新項目。

如今，她正為動物保護項目爭取資金，推動負責任的領養理念：「最重要的是讓大眾了解基本照顧知識，不要隨便棄養。」Trini 持續在兩棲及爬蟲協會推動動物福利，包括舉辦工作坊和恆常護理，但她仍希望能做得更好。她亦會加入其他機構，致力為動物爭取權益，做好動物保育。展望將來，她希望自己能盡一分力，相信再微小的努力，也能帶來深遠的改變。

為社群發聲

另一位新生林芷澄則將心力投入社群服務。她的服務之路始於中學二年級，當時她參與學校的義工服務，為基層兒童舉辦了一場聖誕活動。她坦言：「我覺得自己做得不夠好。」但孩子們真誠的回應讓她明白，快樂其實不需要完美。她又曾經在學校接待來訪的長者，與他們玩地壺球，即使只是稀鬆平常的體育課運動，原來也能為他們帶來歡樂。「遊戲雖然簡單，但他們在勝出的時候都會笑得很開懷。」她笑著說。

在服務長者的過程中，她更深刻體會到每段人生背後的故事。在一次與長者一同製作甜品的活動中，她有機會與他們細談往事，包括香港昔日的艱難歲月。在二戰時期，由於糧食短缺，每一粒米都彌足珍貴，這些經歷讓他們養成珍惜食物、不輕易浪費的習慣。她指：「我也因此有所反思，要更加珍惜自己擁有的資源。」

University life is not only about finding direction, but also about shaping it, one meaningful step at a time. In pursuing passion and purpose, we also contribute to a shared vision and make a positive and lasting impact.

芷澄因此對社區聲音產生濃厚興趣。她與中學同學組隊參加社區「公共空間」大改造拼貼比賽，走訪愛民邨居民，希望了解居民需要，為建設更理想的社區提出建議。受訪居民均樂意分享意見，提出運動場地、寵物共融區、綠化、增加社區空間等建議，該組最終獲得最佳表現獎。這個項目啟發了她對社區服務的熱忱，也讓她希望能夠將自身經驗帶到書院當中，進一步貢獻社會。

回想當初選擇伍宜孫書院的原因，芷澄表示，她最初在網上瀏覽九所書院的介紹，被書院多元化的資助機會吸引，而書院著重創新及社會責任的理念，與自己的志趣不謀而合。接著數年，她希望能夠在自己關注的領域中開展創新項目。她提到，創新思維在人工智能時代下十分重要，能夠讓自己保持競爭力。現時，她仍在探索合適的方向，並坦言，要構思既具創意又切合實際的方案並不容易。

兩人懷著不同的理念選擇伍宜孫書院，無論是保育或社會服務，Trini 與芷澄都正在各自的道路上探索。期望她們能夠在書院與志同道合的朋友建立深厚連結，在追尋熱情與使命感的同時，亦為共同的願景與影響力作出貢獻。



6/ Tsz-ching hopes to amplify the voices of the community and help bring their concerns and aspirations to wider attention

芷澄希望凝聚社區聲音，讓居民的訴求和期望獲得更廣泛的關注

大學生活不僅是尋找方向的旅程，更是一步一腳印塑造未來的過程。

在追尋熱情與使命感的同時，也為共同的願景貢獻力量，創造更深遠的影響。

COLLEGE ACTIVITIES

書院活動

COLLEGE INAUGURATION ASSEMBLY

書院開學禮



After a fruitful summer, our College members and Sunnies came together in mid-September for the College Inauguration Assembly to mark the beginning of the new academic year.

The Assembly began with the College Anthem, followed by an inspiring address from Professor Anthony T.C. Chan, College Master, who emphasised the importance of self-compassion and the pivotal role of team leaders in motivating their teams to align with shared goals, empowering them to overcome even the most complex challenges.

Student representatives then shared their enriching experiences from service-learning and the Green Tour to Norway and Denmark. Meagan M.K. Lo reflected on her meaningful journey serving local communities, shedding light on the hidden struggles of underprivileged children and the transformative power of empathy, listening, and presence. Selina P.K. Ko and Leanne W.L. Chung walked the audience through their insights from the Green Tour, highlighting how developed cities address environmental challenges in different aspects, from waste management to food security.

Scholarships were also awarded during the ceremony, and the Assembly concluded with a group photo capturing the smiling faces looking forward to the year ahead.

經過精彩的暑假，書院師生於九月中聚首一堂，一起在開學禮迎接新學年。

同唱院歌後，書院院長陳德章教授致辭，他強調自我關懷的重要性，並指出領袖在團隊中扮演關鍵角色，勉勵成員朝共同目標邁進，克服挑戰。

其後，學生代表分享了他們在服務學習及挪威丹麥綠色考察團中的經歷。羅曼珈同學回顧了其服務本地社區的體驗，讓大家可以了解基層兒童鮮為人知的困境，並分享同理心、聆聽與陪伴的重要性。高寶喬同學及鍾泳琳同學則帶領在場師生回顧綠色考察團的見聞與啟發，介紹發達城市如何從廢物管理、糧食安全等不同層面應對環境挑戰。

典禮期間亦頒發了多項獎學金，大會最後以大合照作結，記下每一張期待新學年的笑臉。



COLLEGE FORUMS

書院論壇



Three College Forums were organised between September and October, providing students with valuable insights on social and personal development topics.

The first forum, 'Adaptation to University Life', introduced the College General Education Programme, highlighting service-learning opportunities, academic honesty, mental wellness, and anti-deception awareness.

In the second forum, Ms. Suk-yu Leung presented 'Paths to Mediation on Campus: Resolving Conflict, Building Community', highlighting mediation as an effective tool for conflict resolution.

In the third forum, 'From People with Disabilities to People of Differences', Mr. Peter K.H. Wong encouraged students to challenge stereotypes, embrace diversity, and foster positive social change.

書院於九月至十月期間舉辦三場書院論壇，圍繞社會及個人發展主題，為同學提供寶貴見解。首場論壇「大學新鮮人」介紹書院通識教育課程，強調服務學習機會、學術誠信、心理健康及防騙意識，協同學適應大學生活。

第二場論壇中，梁淑瑜女士以「大學生活中的調解之道：化解衝突，連結社群」為題，分享透過調解促進溝通及化解衝突的方法。

第三場論壇「從殘疾人士到多元人士」中，黃錦豪先生鼓勵同學打破刻板印象、擁抱多元，共同推動社會進步與變革。

STUDENT ACHIEVEMENTS



學生殊榮

The College is delighted to share that Tsang Yi-tung (Physics/ 3) has been awarded the Innovation and Technology Scholarship 2025.

The Scholarship by the Innovation and Technology Commission of the HKSAR Government, HSBC, and the Hong Kong Federation of Youth Groups supports 25 innovative students annually. Each awardee receives up to HK\$150,000 for elite training, including research attachments, mentorship, internships, service projects, and achievement showcases. Our heartfelt congratulations to Yi-tung, and we wish her continued success in the years to come.

恭喜曾伊彤同學（物理學三年級）榮獲二零二五年創新科技獎學金。

創新科技獎學金由香港特別行政區政府創新科技署、滙豐銀行及香港青年協會設立，每年資助二十五位具創新潛力的優秀學生。每位得獎者可獲最高港幣十五萬元資助，參與一系列精英培訓計劃，包括科研實習、師友指導、企業實習、服務項目及成果展示等活動。書院衷心祝賀伊彤同學獲此殊榮，並祝願她在未來繼續追求卓越，取得更豐碩的成就。

COLLEGE ACTIVITIES

書院活動



STUDENT ACHIEVEMENTS



學生殊榮

Our Swimming Team excelled at CUHK Aquatic Meet 2025. Tess L.Y. Tsoi (Medicine/ 6) achieved outstanding results, winning Three Gold medals and Women's Individual Champion. Congratulations on this remarkable accomplishment!

Events included:

Women's 200M Individual Medley

Women's 100M Backstroke

Women's 50M Butterfly

書院游泳隊在中大游泳精英比賽再次大放異彩！

蔡樂瑜（醫學六年級）勇奪三面金牌，並榮獲女子個人全場總冠軍！再次恭喜蔡同學！

比賽項目包括：

女子二百米個人四式

女子一百米背泳

女子五十米碟泳



ROUND TABLE LUNCH / DINNERS

圓桌午餐 / 晚宴



In October, two Round Table Dinners were organised to strengthen connections among students and College members.

The first dinner, hosted by Professor Anthony T.C. Chan, Professor Joan Z. Zuo, and Professor Delon Y.S. Hsueh, brought together students and members from different countries to exchange ideas on cultural exchange and College life.

The second dinner was moderated by Professor Ming-kay Poon, Professor Terry C.F. Yip, and Professor Jacque P.K. Ip, who shared reflections on their College experiences, introduced opportunities for academic and social engagement, and encouraged students to make full use of College resources. They urged students to build meaningful connections, and actively participate in College life.

書院於十月舉辦兩場圓桌晚宴，促進同學與書院成員之間的交流，增強對書院的歸屬感。

首場晚宴由院長陳德章教授、副院長左中教授及薛育昇教授主持，讓來自不同國家的同學與書院成員就文化交流及書院生活分享意見。

第二場晚宴則由潘銘基教授、葉卓風教授及葉栢勤教授主持，與同學分享大學及書院生活經驗，介紹學術及社交參與機會，並鼓勵同學善用書院資源、建立友誼，積極參與書院活動，豐富大學生活。

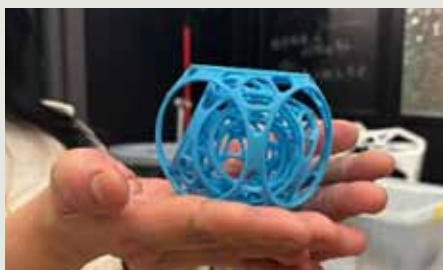
STUDENT ACTIVITIES

學生活動



CREATIVELY RESPONSIBLE

創意有責



At the intersection of technology, social responsibility, and creative sustainability, Creativity Lab has launched a series of hands-on workshops and community initiatives that blend learning with tangible impact.

The Science and Technology student convenors of c!ab hosted a 3D Printing Workshop where participants explored additive manufacturing. Under the guidance of experienced instructors, students learnt the essentials of 3D printing, from mastering design intricacies and layering techniques to understanding material selection. The workshop fostered collaboration and problem-solving, offering practical insights into how 3D printing is transforming various industries.

Under the Socio-political stream, c!ab's voluntary food rescue initiative, 'Deeper Insight into FoodBanking Network', addressed hidden food insecurity in affluent Hong Kong. Leveraging a digital platform, volunteers identified and collected surplus bread from six local bakeries, and redistributed it to the community in Sheung Wan. This event not only reduced waste but also provided meaningful engagement for volunteers supporting those in need.

在科技創新、社會責任與永續創意的交會點上，創意實驗室開展了一系列融合學習和為社區帶來改變的活動。

創意實驗室科學及科技組舉辦 3D 打印工作坊，在導師引導下，參與者深入探索立體列印的工藝，包括設計細節、分層技術及材料選擇，體驗完整的製作流程。工作坊鼓勵相互合作，希望加強同學的解難能力，讓他們能夠親身了解 3D 打印如何推動不同產業的轉型。

在社會政治創新方面，義工食物援助計劃「食物銀行知多點」直面富裕香港背後隱藏的糧食安全問題。透過網上平台，義工成功聯繫六間本地麵包店，向他們收集剩餘麵包，將其分發予上環社區的需要人士。這項由科技輔助的活動不僅減少了食物浪費，也讓義工在支援有需要人士的過程中深受啟發。

STUDENT ACTIVITIES

學生活動

TOTE-ALLY UPCYCLING TOTALLY 升級改造



Our Sunnies participated in a DIY Tote Bag Workshop, learning sewing skills to create personalised tote bags from repurposed fabrics. The workshop aimed to raise awareness of fast fashion waste and promote upcycling practices. Participants explored their creativity, developed sewing techniques, and learnt to work with different fabrics. Through design thinking, they created tote bags that balanced durability and style. Everyone took home a uniquely designed tote bag.

書院環保大使為同學舉辦 DIY 手提袋工作坊，透過學習縫紉技巧，將回收布料改造成獨特的手提袋。工作坊旨在提升同學對速食時尚廢棄物問題的認識，並推廣升級再造的環保理念。參與者不僅發揮創意、掌握縫紉技術，更學習運用不同布料進行創作。透過設計思維，他們製作出兼具耐用性與美觀性的作品。每位同學都完成並帶走了自己親手設計的独特手提袋。

SOW FOR SUSTAINABILITY 為可持續發展播種



The College is dedicated to fostering a green lifestyle, encouraging nature-loving students to play an active role in environmental protection. In early October, more than 30 enthusiastic student farmers took part in the Organic Rooftop Farming – Sowing Day, guided by Professor Kwai-cheong Chau, a member of the College Campus Environment Committee. Participants gained practical experience sowing and watering tomato, cherry tomato, and pumpkin seedlings, while learning the fundamentals of sustainable farming and its importance to food security and environmental stewardship. To build on this experience, Professor Chau hosted a follow-up session in early November titled 'Understanding Soil and Organic Farming'. The workshop offered valuable insights into soil composition as well as the opportunities and challenges of rooftop farming. Many students joined out of a genuine passion for nature and the soothing rhythm of plant life. This initiative not only advances sustainable living but also strengthens bonds among like-minded peers and enhances overall well-being.

書院致力推動綠色生活，讓熱愛自然的同學為環保出一分力。在書院校園環境委員會成員鄧桂昌教授的指導下，逾三十位學生農夫於十月上旬參加了天台有機耕種的播種日。參加者了解到可持續農耕的基本要點及其在糧食安全與環境保護中的重要角色，並親身體驗播種及澆灌番茄、車厘茄及南瓜幼苗的過程。為加深認識，鄧教授於十一月上旬舉辦了後續講座「認識土壤與有機農耕」，介紹土壤結構及有機農耕的特色、優勢與挑戰。許多同學因熱愛自然及植物生長的平靜節奏而參與計劃，此項計劃不僅推廣可持續生活，更促進志同道合者之間的交流，並提升身心健康。



ENGLISH THROUGH TEA APPRECIATION 品茶學英語



The English Through Tea Appreciation workshop was an engaging and enriching experience that seamlessly combined language learning with cultural exploration. In October, we were honoured to have Dr. Joyce Lee, an Advanced Certified Tea Sommelier accredited by the China Adult Education Association, lead our College students on a sensory journey through the world of tea, from smoky black tea to fragrant oolong tea. Through interactive games, students expanded their vocabulary by learning tea-related idioms and descriptive adjectives. In addition, hands-on activities, such as tea-brewing techniques, enabled students to acquire practical skills, including water temperature control and steeping times, making the session both educational and enjoyable. Students also gained valuable insights into the social etiquette associated with tea appreciation, fostering a deeper understanding of tea culture.

「品茶學英語」工作坊將語言學習與文化探索完美結合，為同學提供了一次既有趣又豐富的體驗。書院於十月邀得獲中國成人教育協會認證的高級茶藝師李樂軒博士，帶領書院同學展開一場感官之旅，探索不同茶品，從帶有煙燻香氣的紅茶到芬芳馥郁的烏龍茶等都一一品嚐。同學透過互動遊戲，學習與茶相關的慣用語和描述性形容詞，從而擴展英語詞彙。此外，工作坊亦安排了親身體驗環節，讓同學學習泡茶技巧，掌握水溫控制和茶葉浸泡時間等實用知識，整個活動既具教育意義又充滿樂趣。同學還深入了解與茶文化相關的社交禮儀，從而加深對茶文化的認識和理解。

IMMERSING IN GERMAN CULTURE 德國文化體驗



Hosted by Mr. Bernd Esch, German Lecturer from the Department of Linguistics and Modern Languages, the German Cultural Workshop in October engaged ten Sunnies in exploring German language and culture through interactive activities. Accompanied by German music, participants also enjoyed a selection of signature German dishes and beer.

書院成員 Mr. Bernd Esch（語言學及現代語言系）於十月主持了德國文化工作坊，教授基本德文用語。同學透過互動活動練習問候語及自我介紹。工作坊亦設有料理及啤酒品嚐環節，讓同學透過親身體驗，加深對德國文化的認識。

STUDENT ACTIVITIES

學生活動

WELCOMING FOREIGN FRIENDS

歡迎外地朋友



FRESH FACES, NEW CONNECTIONS

聯繫新生



To welcome incoming exchange students and introduce them to College life, a College Time session was held in late August. Professor Ming-chung Chu, Chairperson of the College Student Exchange Committee, and other College Members met with students over lunch, while student ambassadors later led a campus tour. We wish all exchange students an enjoyable stay in Hong Kong!

In addition, the International Team organised two welcoming sessions for non-local freshmen in late August and early September to help them settle into College life. Professor Kelvin K.F. Tsoi, Dean of Students, encouraged students to participate actively in College activities. Senior students shared practical advice and experiences, while group games, a scavenger hunt, and a DJ Night helped participants make new friends and enjoy a fruitful start to university life.

書院於八月下旬舉辦迎新午宴，歡迎交換生加入書院，並讓他們認識書院生活。學生交流委員會主席朱明中教授及書院成員與交換生交流，學生大使亦於宴會後帶領同學參觀校園，祝願他們在香港及中大生活愉快。

此外，國際小組於八月下旬及九月初為非本地新生舉辦兩場迎新會，協助他們適應書院生活。書院學生輔導長蔡錦輝教授鼓勵同學積極參與書院活動。國際小組及高年級學生分享大學生活經驗及實用建議，並安排團體遊戲、尋寶遊戲及音樂之夜，讓同學結識新朋友，展開充實精彩的大學生活。

To introduce freshmen to student clubs and societies, the CUHK Art Fair was successfully held at University Mall in late September. The Dessert Society and Cantonese Debate Club set up booths to welcome new members, bringing fresh energy and excitement to the student community.

為了讓新生認識校內學生團體，中大藝墟於九月下旬在百萬大道順利舉行。書院甜品學會及粵語辯論隊設置攤位招募新成員，為團隊注入新活力，並為校園社群增添更多色彩。



WELCOMING NEW BLOOD 招募新血



The Welcoming Tea Gathering took place in early September, bringing together representatives from the Council, Student Publication Committee, and affiliated societies. Each group set up booths to introduce their organisations to fellow Sunnies. We hope it helped students, especially freshmen, discover clubs and societies that spark their interest. Various new cabinet meet-up sessions were also held in September and October. These sessions helped prepare new executive committees and lay the groundwork for a range of engaging student activities.

迎新茶聚於九月上旬舉行，評議會、學生出版委員會及屬會的代表均設立攤位，向同學們介紹其組織，希望透過是次茶聚讓新生了解自己感興趣的學生組織。一系列的傾莊及成莊活動亦於九至十月舉行，準備為同學帶來一系列精彩的活動。

BUILDING MENTAL WELLNESS AWARENESS 提升精神健康意識



The College invited the Mental Health Association of Hong Kong to deliver a two-day Mental Health First Aid Standard Course in English. Throughout the programme, participants gained a deeper understanding of common mental health conditions, including depression, anxiety disorders, substance use disorders, and psychosis, as well as appropriate ways to respond to related crises.

Through interactive discussions, video case studies, and experience-sharing sessions, participants learnt how to identify signs of mental distress, provide initial support, and encourage individuals in need to seek professional assistance or make use of suitable community resources. Upon successful completion of the course, participants were awarded a certificate issued by The Mental Health Association of Hong Kong.

書院邀請香港心理衛生會舉辦為期兩天、以英語授課的「精神健康急救標準課程」。課程內容涵蓋常見精神健康問題，包括抑鬱症、焦慮症、物質使用障礙及思覺失調等，並介紹在相關危機情況下的適切應對方法。

透過互動討論、個案短片及經驗分享等環節，參加者加深了對精神健康議題的認識，學習辨識精神困擾的徵兆、提供初步支援，以及鼓勵有需要人士尋求專業協助或善用合適的社區資源。完成課程後，參加者獲頒由香港心理衛生會發出的課程證書。

STUDENT ACTIVITIES

學生活動

SHARED MOMENTS, LASTING CONNECTIONS 師友同樂



Our mentorship groups organised wonderful gatherings this year, offering participants a mix of outdoor adventures and cultural experiences.

In June, alumni mentors and mentees enjoyed a fun-filled squid fishing trip led by senior mentors Mr. Philip Li and Dr. Packy Lo. Senior mentor Ms. Cynthia Liu's group also initiated a visit to M+ for the exhibition 'Picasso for Asia – A Conversation' and a screening of 'The Mystery of Picasso'. They also explored the creative world of animation during an inspiring visit to the studio of self-taught independent animator Mr. Neco C.Y. Lo.

In July, the programme continued with a visit to the Hong Kong Film Archive, where participants discovered the exhibition 'Legends of HK Film Comedies, 1980s and 1990s' and had the rare opportunity to exchange ideas with the Archive's curators. The month concluded with an enriching trip to Nina Park Wood Fossil Experience Centre, co-organised with the Chung Chi College Mentor Programme. Professor Lung -sang Chan, a distinguished Hong Kong geologist, served as guest guide, sharing expert insights into prehistoric trees and Earth's evolution through captivating fossilised wood exhibits.

These gatherings helped participants build networks and friendships.. Sign up to be part of this enriching and supportive community!

每個師友小組均舉辦了別具意義的聚會，為學長、學友帶來不同體驗。六月，資深學長李永權先生、盧碧瑜博士與一眾校友學長、學友參加了趣味十足的釣墨魚活動。資深學長廖昭薰女士與她的小組則到訪 M+ 參觀展覽《畢加索 — 與亞洲對話》》，同時欣賞紀錄片《畢加索之謎》。此外，他們更走進動畫世界，拜訪自學成才的獨立動畫家盧子英先生，深入了解其創作歷程。

七月，學長學友參觀香港電影資料館，欣賞展覽《娛樂無窮 — 笑看八、九十年代香港喜劇電影》，並有難得機會與資料館策展人交流。月底，李沛良亦師亦友計劃與崇基學院學長計劃合辦「如心園木化石體驗館」參觀活動，邀得香港著名地質學家陳龍生教授擔任導賞嘉賓，深入講解遠古樹木的奧秘及地球演化，並欣賞珍貴的木化石藏品。

這些聚會不僅促進了學員之間的聯繫，更建立了深厚的網絡與長久的友誼。



ENJOYING LOCAL CULTURE

感受本地文化



Creativity Laboratory organised an International Movie Night in mid-September, inviting both local and non-local students to enjoy Hong Kong's popular historical action film 'Twilight of the Warriors: Walled In'. The Sunnies enjoyed the film about Hong Kong's architectural history, as well as the immigrants. They gleefully exchanged ideas on Hong Kong's culture and film production. The event not only provided an opportunity for the locals and non-locals to mingle, but also further established newfound friendships.

創意實驗室於九月中舉辦「國際電影之夜」，邀請本地及非本地學生一同欣賞香港廣受歡迎的歷史動作電影《九龍城寨之圍城》。眾人觀賞這部描繪香港建築歷史及移民故事的電影之餘，更一起分享對香港文化及電影製作的看法與感受。是次活動不僅為本地與非本地學生提供了互相認識和交流的機會，更促進了彼此的友誼。

CHOCOLATE MAKING FOR INCLUSION

甜點共融



With support from Committee Against Discrimination and Sexual Harassment, the SEN CAN - Chocolate Making Workshop was successfully held in mid-October. We were honoured to have Hello Cocoa, a social enterprise dedicated to empowering individuals with special educational needs (SEN) through meaningful employment and skills development. They shared inspiring stories of their chocolatiers and demonstrated essential chocolate-making techniques.

Participants enjoyed a hands-on session, learning skills such as tempering and moulding under the guidance of a skilled chocolatier. The workshop also featured heartfelt sharing from a chocolatier and shop manager with SEN, who spoke about their journeys of overcoming challenges and thriving in their roles. The workshop not only offered an engaging activity but also served as a powerful reminder of the strength, resilience, and potential within every individual.

在防止歧視及性騷擾委員會的支持下，SEN CAN — 巧克力製作工作坊於十月中旬圓滿舉行。社企「可可阿樂」一直致力於提升特殊學習需要人士的技能與價值，透過專業培訓及就業機會，賦能他們掌握多元的職場技巧。是次工作坊由該機構主持，內容包括巧克力師的勵志故事分享，以及基本巧克力製作技術的示範。

在專業巧克力師的指導下，參加者親身體驗了製作過程，學習調溫與塑形等技巧。工作坊亦邀請了 SEN 巧克力師及店長分享他們克服挑戰、在工作中成長的心路歷程。這次工作坊不僅僅是一個烹飪活動，更提醒我們，讓我們看到每個人都有其韌性、獨特性及內在潛能。

STUDENT ACTIVITIES

學生活動

CONNECTING WITH PROSPECTIVE STUDENTS

認識中大



The CUHK Info Day 2025 welcomed nearly 60,000 visitors in mid-October. Our student ambassadors warmly introduced the College's mission and vibrant life at the University Mall booth, led guided tours showcasing key facilities, and hosted a creative Mandala Fan Painting Workshop at Creativity Laboratory. It was wonderful to see so many happy faces, and we look forward to welcoming them back to CUHK soon.

中大於十月中旬舉辦本科入學資訊日，吸引近六萬名訪客。書院學生大使於林蔭大道的攤位為參觀者介紹書院理念和多元化的書院生活，並帶領他們遊覽書院，參加創意實驗室體驗活動。我們期待不久後再次在中大見到大家的笑臉！

EXPLORING UNIVERSITY LIFE 探索大學生活



College Associate Master and Dean of General Education, Professor Ming-kay Poon, hosted a sharing session to introduce various aspects of the University life in CUHK to nine students of CUHKFAA Chan Chun Ha Secondary School in July. Through Professor Poon's sharing, students not only learnt about the features of CUHK, but also gained a better understanding on strategies of JUPAS selection and prioritisation, as well as their future career and study plans.

In addition, Professor Poon quoted stories from Chinese history to inspire the students with positive attitude towards life. The sharing session was then followed by a college tour. Students were inspired by Professor Poon's sharing and impressed by the College facilities.

書院副院長及通識教育主任潘銘基教授於七月出席由香港中文大學校友會聯會陳震夏中學舉辦的交流分享會，向到訪書院的中學生分享中大的特色。透過潘教授的分享，同學們不僅加深了對中大的認識，也對大學聯招的申請策略和優先順序有了透徹的了解，對他們未來的職業和學習規劃幫助良多。

此外，潘教授亦引用了中國歷史故事，勉勵同學們要積極樂觀地面對生活和挑戰。同學又於分享會完結後參觀書院，了解書院生活。潘教授的分享令同學們深受啟發，而書院完善的設施也讓他們留下了深刻的印象。



IMMERSIVE EXPERIENCE IN UNIVERSITY LIFE

沉浸式大學生活體驗



The Summer Camp with CUHKFAA Chan Chun Ha Secondary School and The High School Affiliated to Shandong University brought our College students and fifty-eight secondary school students together to experience University life in our College in mid-July.

The four-day summer camp commenced with a warm welcome from our College students, followed by the addresses from Professor Ming-kay Poon, College Associate Master and Dean of General Education, Ms. Yina Fu, Secretary of CPC Committee of the High School Affiliated to Shandong University, and Ms. Suk-yin Ho, Principal of the CUHKFAA Chan Chun Ha Secondary School.

The summer camp offered various activities that focus on enhancing different skills for secondary school students. These included workshops on study skills to improve learning efficiency, life planning to help students set and achieve their goals, and mock interview to prepare them for future admission opportunities.

Apart from the workshops, the secondary school students also enjoyed the University campus tour and visited the Jockey Club Museum of Climate Change, which gave them a glimpse of University life and provided them with valuable insights into environmental issues. Both our College students and secondary school students gained inspiration through the immersive summer camp experience.

由香港中文大學校友會聯會陳震夏中學及山東大學附屬中學合辦的書院暑期生活體驗營於七月中旬舉行，共有五十八名中學生參與，由書院同學精心籌劃活動，讓他們親身體驗大學與書院生活。

為期四天的體驗營在書院同學的熱情接待下展開，並由書院副院長暨通識教育主任潘銘基教授、山東大學附屬中學黨委書記傅藝娜女士，以及香港中文大學校友會聯會陳震夏中學校長何淑妍女士致辭。

體驗營設有多元化活動，包括學習技巧、生涯規劃及模擬面試工作坊，協助同學提升學習能力、規劃未來發展及面試技巧，為升學作準備。

此外，中學生亦參觀了大學校園及賽馬會氣候變化博物館，加深對大學生活及環境議題的認識。書院學生與中學生均從這次沉浸式學習體驗中獲益良多，拓闊視野並促進交流。

STUDENT ACTIVITIES

學生活動

SHARED MOMENTS IN HOSTEL LIFE

宿舍共聚時光



College Hostels aim to provide residents with a comfortable, welcoming environment where they can truly enjoy campus life alongside their peers.

To foster stronger connections, the Mingling Dinner with Residents was held in three sessions, including Cantonese, Putonghua, and English, bringing together students from diverse backgrounds. The evenings were filled with warm conversations, inspiring messages from the Wardens, and lively games organised by the Resident Association. With good food, laughter, and cultural exchange, the events created a relaxed and inclusive atmosphere for everyone.

Resident Tutors also played an active role in strengthening community bonds through a variety of engaging activities. These included a Mid-Autumn Festival celebration featuring mooncake sharing and DIY lantern-making workshops, an Aroma Bag Workshop introducing traditional Chinese herbs for stress relief, a Music Chill Night organised in collaboration with the Music Society, and a Badminton Doubles Challenge combining fitness and fun. These initiatives contribute to a vibrant hostel experience where friendships grow and lasting memories are made.

書院宿舍生活旨在為學生提供舒適及融洽的環境，讓他們能夠與朋友享受大學生生活。

為促進交流，宿舍聚餐分別以廣東話、普通話及英語舉行，讓來自不同背景的學生共度充滿活力的夜晚。宿生於席間聆聽舍監的勉勵、與其他宿生和宿舍導師分享軼事，以及投入由宿生會成員主持的互動遊戲，在歡笑聲中享受美食及文化交流。

宿舍導師及後更透過多元活動持續促進宿生間的情誼，包括舉辦中秋節慶祝活動讓大家可以品嚐傳統月餅及製作燈籠、紓壓的中草藥香囊工作坊、與音樂學會合辦以樂會友的 Music Chill Night，以及羽毛球雙打挑戰賽，旨在推廣健康與運動樂趣。這些活動營造出充滿活力的宿舍生活，讓宿生在宿舍建立深厚友誼，留下美好回憶。

LET'S SHARE

同學分享



Australia Language and Culture Study Tour

Long-yin Yung (Chemistry/ 3)

From 1 to 17 June, Wu Yee Sun College organised a language and culture study tour to Sydney and Canberra, Australia, to enhance students' English communication skills and provide opportunities to explore educational, social, physical, and global perspectives. The tour encouraged me to step out of my comfort zone, building my self-confidence and independence as I overcame challenges with the support and companionship of my friends.

It is not uncommon for Hong Kong students to be described as the 'Oriental Shakespeare', as we are well trained in formal and written English and often speak in a formal tone, even in everyday conversations. The Study Tour provided opportunities to engage with Australians from diverse backgrounds through guided tours and talks on topics such as Indigenous Aboriginal culture, multiculturalism shaped by early settlers and later immigrants, and the Australian education system. We also had free time to explore the city and were encouraged to interact with local residents. These experiences helped improve my conversational English through observation and practice while having the opportunity to immerse ourselves in Australia's vibrant culture.

It was my great pleasure to participate in the Study Tour. I would like to express my sincere gratitude to Dr. Jose Lai, Miss Jacqueline Lam, and all the friends who joined the trip for making it such a memorable and enriching experience.



AUSTRALIA LANGUAGE AND CULTURE STUDY TOUR

澳洲語言及文化學習之旅



Led by Dr. Jose S.H. Lai, Coordinator of College English Language Programme, a team of 12 Sunnies embarked on their journey to Sydney, Australia in June to go for an enriching language and cultural learning experience.

During the 17-day study tour, our Sunnies visited several historical sites and museums to learn the history and culture of Australia, such as the Australian War Memorial, Cockatoo Island and Hyde Park Barracks, to learn how wars and convicts of the colonial period have shaped the country. Our Sunnies also had the opportunity to enjoy the Australian nature and wildlife.

On the last day of the study tour, students shared their learnings and findings throughout the trip in a debriefing session. While marveling the beauty and prosperity of Australia, they also observed some of the community issues there, including the rising number of homeless, and the positive and negative impacts of the Australian educational system on the youth. It was a remarkable and fruitful trip for the students, which not only enhanced their

confidence in communicating with the locals in English, but also broadened their horizons and increased their understanding of the Australian culture.

在書院英語語文計劃主任賴陳秀卿博士的帶領下，十二位書院同學於六月前往澳洲悉尼，開啟了一段豐富多彩的語言及文化學習之旅。

在為期十七天的學習旅程當中，同學們參觀了多個歷史遺跡和博物館，了解澳洲的歷史和文化，例如澳洲戰爭紀念館、鸚鵡島和海德公園軍營，探討殖民時期的戰爭和囚犯如何塑造了這個國家。此外，同學們還有機會欣賞到澳洲的自然風光和野生動物。

在旅程的最後一天，同學們互相分享他們在整個旅程中的得著和發現。在為澳洲的美麗和繁榮感到驚嘆的同時，他們也觀察到了當地一些社區問題，例如日益增多的無家者，以及澳洲教育體系對青少年的正面和負面影響。對同學來說，這絕對是一次意義非凡且收穫豐富的學習旅程，不僅增強了他們運用英語與當地人交流的信心，同時也拓闊了視野，加深了他們對澳洲文化的了解。



SERVICE-LEARNING TRIP TO CAMBODIA

柬埔寨服務學習之旅



In late May, 20 Sunnies embarked on a nine-day Service-Learning Trip to Phnom Penh, Cambodia. The trip was a meaningful and eye-opening experience for all participants. While the team was there to serve the local community, our Sunnies also gained invaluable insights and experiences from the trip.

Our Sunnies worked with the International Christian School of Cambodia to organise lessons and activities in art, English, music, sports and STEM for 210 children aged 4 to 16, who come from underprivileged backgrounds. Most of the children speak little-to-no English, yet they were eager to interact with the Sunnies using single words and gestures.

During the weekend, the Sunnies also visited some of the children's families at their homes, gaining insights into their lives and challenges. When we bid farewell at the conclusion of the trip, not a few shed tears as both the Sunnies and the children exchanged embraces. Through this service-learning experience, our Sunnies were able to reflect on

being thankful for the many blessings in life that they enjoy, to thinking about how they might use their studies or professions to be changemakers in the community and beyond.

五月下旬，二十位書院同學踏上了為期九天的柬埔寨金邊服務學習之旅。這趟旅程對所有參加者而言都是一次意義深遠、令人眼界大開的新體驗。同學們除了為當地社區貢獻力量，也在過程中獲益良多。

書院與一所支援貧困家庭及孤兒的學校合作，為超過二百名孩子設計了涵蓋藝術、英語、音樂、體育及科學的課程與活動。雖然大部分孩子幾乎不懂英語，但他們仍以簡單詞彙與手勢熱情地與同學交流，展現出真摯的互動。

週末期間，書院同學更走訪部分孩子的家庭，深入了解他們的生活狀況與日常挑戰。旅程尾聲時，師生與孩子們依依不捨，彼此以淚水、擁抱與祝福道別。透過這次服務學習，同學們不僅反思並感恩自身生活中的幸運，也思考如何善用知識與技能，為社區帶來改變與希望。



GREEN TOUR: NORWAY AND DENMARK

挪威丹麥環保考察之旅



In early June, 11 Sunnies participated in the Green Tour to Norway and Denmark to learn about green initiatives and sustainable development in Scandinavia. Led by Dr. Sin-cheung Ho, the group visited various establishments, including incineration plants, waste management companies, recycling centres, re-use markets, food banks, as well as a chocolate factory, a fruit farm and an ecological farm. The participants were inspired by the development and operation of sustainable businesses, as well as the ways in which local communities are educated about green living.

Apart from the visits, they also enjoyed a series of cultural explorations, such as a hike to Pulpit Rock, a walk from Fløyen, a guided tour of the Norwegian Fisheries Museum, and a visit to CPH Village (student housing). Our Sunnies had a great time exploring Bergen, Stavanger and Copenhagen while reflecting on green development in Hong Kong.

十一位書院同學於六月上旬前往挪威和丹麥，探索當地的可持續發展措施及環保實踐。在何倩璋博士的帶領下，同學參觀了焚化廠、廢物處理公司、回收中心、重用市場、食物銀行，以及朱古力工廠、果園和生態農場等地，了解可持續企業的發展與營運模式，以及當地如何透過教育推廣綠色生活。

除了參觀活動外，同學亦參與了一系列文化探索活動，例如登上佈道石、漫步弗洛伊恩山、參觀挪威漁業博物館，以及到訪哥本哈根學生公寓。書院同學在探索卑爾根、斯塔萬格和哥本哈根的時，也反思香港的綠色發展，度過了一段充實而難忘的旅程。



CULTURAL TOUR TO NANJING

南京暑期文化交流計劃



Led by Professor Ming-kay Poon, College Associate Master and Dean of General Education, seven Sunnies embarked on a six-day Cultural Tour to Nanjing in late June. The teachers and students of Kuang Yaming Honors School, Nanjing University warmly received the group.

During the trip, participants visited several historical sites and museums to learn the history and culture of Nanjing together with students from NJU. They not only gained a deeper understanding of each other's cultures and backgrounds, but also formed lasting friendships. The programme was wrapped up by the students' presentations on their observations and learnings throughout the trip. Students from both sides enjoyed this fruitful experience and shared an unforgettable memory.

六月下旬，書院副院長暨通識教育主任潘銘基教授帶領七位書院同學前往南京大學匡亞明學院，與當地師生展開交流。

在行程中，團隊與南大師生一同參觀歷史名勝及博物館，深入了解南京的歷史與文化。這些活動不僅加深了彼此對文化與背景的認識，也建立了深厚友誼。最後，同學們分組進行報告，分享此行的收穫與體會。



COLLEGE ORIENTATION CAMP

書院迎新營



With the theme of 'Refine', the College Orientation Camp was successfully held in late August, welcoming around 130 freshmen to the College. Participants were grouped together with senior students serving as facilitators, allowing them to explore College and university life through engaging activities and meaningful interactions.

We were honoured to have Professor Ming-kay Poon, College Associate Master; Professor Kelvin K.F. Tsoi, College Dean of Students; and Professor Kong-pang Pun, Convener of the Working Group for Student Orientation Camp to be the Guests of Honour at the Opening Ceremony to greet our freshmen and welcome them to join the Sunny family!

Freshmen were divided into two big groups, fostering team spirit and cross-group interaction. They participated in a variety of activities including mass games, a night walk, social games, and a campfire. We believe the Orientation Camp was a rewarding experience for all, filled with laughter,

bonding, and discovery. We wish our freshmen a vibrant and fulfilling university journey ahead!

書院迎新營於八月下旬順利舉行。是次迎新營以「淬鍊」為題，約一百三十名新生分為不同小組，與組爸組媽一起體驗書院及大學生活。

開幕儀式上，書院副院長潘銘基教授、輔導長蔡錦輝教授及迎新營籌備委員會潘江鵬教授為大會致辭，歡迎一班新生加入宜孫的大家庭！

新生分為「熒天」及「瀛風」兩個組別，於不同的遊戲中交流同樂，當中包括集體遊戲、夜行、校園遊、人生大富翁及營火晚會等，相信他們享受過程之餘，亦認識到新朋友，並加深對書院的了解。希望同學未來數年有充實的書院生活！

WELCOMING DINNER

迎新晚宴



To extend our warmest welcome to the incoming freshmen, the Wu Yee Sun College Welcoming Dinner was successfully held on the evening of 26 August. With the enthusiastic support of over 30 College Members and over 60 senior students, the event was filled with joy, laughter, and meaningful connections.

Professor Anthony T.C. Chan, College Master, introduced the College members and encouraged freshmen to actively seek guidance and support from them throughout their university journey. Professor Kelvin K.F. Tsoi, College Dean of Students, inspired students to engage with one another and make the most of their university life. Mr. Tristan C.Y. Li, President of The Student Council, The Student Union of Wu Yee Sun College, shared his personal experiences and insights from his first year at the College.

The evening was further enlivened by a performance from Wusica, the College's Music Society, which added warmth to

the occasion.

Participants enjoyed lively conversations and were excited about the new chapter ahead. We look forward to seeing our freshmen thrive and make lasting memories at the College!

新生迎新晚宴亦於八月二十六日順利舉行，當晚超過三十位書院成員及八十位書院同學一同參與，與新生一起度過了愉快的晚上。

院長陳德章教授為晚宴致歡迎辭，向新生介紹各位書院成員，並鼓勵他們踴躍與書院成員交流及尋求意見。輔導長蔡錦輝教授邀請同學積極參與各類活動，充實大學生活。書院學生會評議會主席李卓諺同學亦分享了他在書院首年的生活及體驗，鼓勵同學多發掘不同的機會，拓展眼界。

音樂學會宜弦致樂則為新生帶來精彩的歌唱表演。眾人在歡樂的氛圍中聊天交流，對緊接的書院生活充滿期待。

COLLEGE INAUGURATION ASSEMBLY

書院開學禮



1/ Group photo

大合照

2/ Address by College Master

院長致辭

3/ Sharing by students

學生分享

4/ Scholarship Presentation

頒授獎學金



SUNNY LIVING WEEK



Building on the success of previous years, Sunny Living Week returned in September with a vibrant array of activities designed to nurture students' body, mind, and spirit, while inspiring them to contribute to the environment and society.

The Sunny Living Week kicked off with the Rowing Challenge. Professor Anthony T.C. Chan, College Master, and Ms. Sharon S.Y. Wong, Vice-Chairperson of the Sunny Sports Committee and Associate Dean of Students, delivered opening remarks, encouraging students to embrace regular exercise and lead a 'Sunny Life'. A total of 27 student teams took part in the challenge. We extend our gratitude to the College Rowing Team for their demonstration before competition, which provided participants with a clear understanding of safe and skillful rowing techniques.

Cheers from fellow students echoed throughout the venue, motivating participants to push their limits. Though tired and

sweaty, everyone thoroughly enjoyed the challenge.

Another group of Sunnies embarked on a journey of mindfulness through the Tranquil Light: Pressed Flower Lamp Workshop, where they had the chance to calm their minds, soothe their souls, and momentarily set aside their worries through focusing on the beauty of their creations.

Some Sunnies embraced healthy and sustainable living by joining the Healthy Vegan Mooncake Workshop, led by café caterer Ms. Mable H.K. Wong. Students learnt to make mooncakes using nutritious plant-based ingredients, including red beans, pumpkins and taro. The hands-on experience brought a sense of tranquility and joy, allowing participants to celebrate the Mid-Autumn Festival in a meaningful and eco-friendly way.

To promote waste reduction and sustainable consumption



within the College, participants learnt creative upcycling in Grow Your Paper Workshop to turn recycled paper into seedballs. With proper care, these seedballs can grow into clover, giving recycled materials a new life and reinforcing the value of eco-friendly practices.

Promoting a sunny lifestyle is a collective effort, and the Sunny Market was a vibrant showcase of wellness and sustainability. Students explored a variety of engaging booths, including Coffee and Coconut Body Scrub Booth from our Green Team and Fitness Street Challenge organised by the Sports Association. Students also had the chance to unwind at the Music Therapy Workshop organised by Creativity Laboratory or create their own sand-art air plant terrariums. Students and staff members also purchased organic veggies at the Farmer's Fair, and refreshed themselves with Organic Winter Gourd Drink. Before heading out, many picked up a stylish canvas bag designed by the

recipient of the Rance Lee Award for Creativity, wrapping up the day with a meaningful keepsake.

Eco-cultural Tour @ Long Valley Nature Park blended nature appreciation with community development that pondered reflections on wetland conservation and adaptations of local farming. Led by Ms. Miko H.Y. Tse, College alumna and founder of The Heirages, participants were able to gain a better understanding on the ecology, history and development of Long Valley Nature Park.

We believe that the Sunny spirit has taken root in the minds of our Sunnies and the end of Sunny Living Week marks the beginning of students' sunny journey in their lives. With the spirit of Sunny Living in mind, we will always stay fit, energetic and positive, hence be ready for different challenges in life!

SUNNY LIVING WEEK



延續過去數年的成功，書院於九月再度舉辦 Sunny Living Week，透過不同的活動提升同學的身心靈健康，並鼓勵他們為環境與社會作出貢獻。

活動以「划艇挑戰賽」揭開序幕。書院院長陳德章教授及體育委員會副主席兼副輔導長黃倩影女士致開幕辭，鼓勵同學養成規律運動的習慣，並實踐「陽光生活」。當日共有二十七支學生隊伍參加比賽。書院特別感謝划艇隊於比賽前為大家進行示範，讓參加者更清楚掌握正確及安全的划艇技巧。現場同學的歡呼聲此起彼落，激勵參加者突破自我，雖然汗流浹背，但大家都樂在其中。

另一班同學則透過「靜光花影：押花燈工作坊」展開一段靜心之旅，專注於創作之美，讓心靈平靜，暫時放下煩憂。部分同學

選擇參加由咖啡店黃可喬女士主持的「健康純素月餅工作坊」，學習以紅豆、南瓜及芋頭等營養豐富的食材製作低碳健康月餅，製作過程中亦為大家帶來寧靜與喜悅，讓大家過一個更有意義的中秋。

為推廣減廢及可持續發展，參加者在「再生種紙工作坊」學習升級再造，將回收紙製成「種子球」。只要悉心照料，這些種子球將長成三葉草，賦予回收物新生命，並強化環保理念。

推廣陽光生活需集眾之力量，「陽光市集」成為展現健康與可持續生活的熱鬧平台。師生探索多個攤位，包括由環保小組主辦的「咖啡渣椰子油磨砂攤位」及體育學會舉辦的「街頭體能挑戰」。大家亦可選擇參加創意實驗室舉辦的音樂治療工作坊，或親手製作盆景沙畫空氣鳳梨。師生亦在「有機農墟」選購有機蔬



菜，並享用清爽的有機冬瓜茶。同學在離開前亦帶走「李沛良創意獎勵計劃」得主設計的帆布袋，為當天活動劃上完美句號。

「生態文化遊：塋原自然生態公園」將自然欣賞與社區發展結合，啟發大家思考濕地保育及本地農業的轉變。在書院校友兼「蹟蹟復識識」創辦人謝愷忻女士的帶領下，參加者得以深入了解塋原濕地的生態、歷史及發展。

我們相信，陽光生活的精神已經在同學心中萌芽，活動的結束，同時亦標誌著陽光旅程的開始，希望大家保持健康活力，積極向上，迎接未來的每一個挑戰！

COLLEGE ANNIVERSARY

書院院慶



The College has turned 18!

The celebration in November kicked off with the 523 Banquet, with more than 120 College Members and students joining the event and enjoying the mouth-watering grilled fish and coconut chicken. With gifts sponsored by College Members, participants also had a great time at the lucky draw, alongside the much-anticipated performances by the College Music Society, Wusica, WS Band, and Hong Kong pop band ToNick. The participants shared an enjoyable evening with laughter and great chats.

The Adventure Night drew over 260 attendees, each eager to test their limits through a series of physical challenges. The campus buzzed with energy and the joyful laughter of participants.

Another signature event of the College Anniversary Celebration was the Campus Run, organised by the College Sports Association. We were honoured to have Founding

Master Professor Rance P.L. Lee join us. We also appreciated the presence of College Master Professor Anthony T.C. Chan, and Dean of Students and Chairperson of the Sunny Sports Committee Professor Kelvin K.F. Tsoi, who delivered opening remarks to encourage our runners. After the cake-cutting ceremony at the Central Courtyard, participants headed to the College entrance and got ready for the Run! Two routes, the 'Full Route' and the 'Leisure Route', were available for runners this year. Participants were able to enjoy the cheerful and sporting atmosphere at their own pace. All participants had a fantastic time during the Run and created unforgettable memories with their peers.

The celebration wrapped up with the Sunny Festival. Featuring over 30 booths selling handicrafts, clothing, food, and drinks at the Terrace of Dreams, the event allowed College Members and students to enjoy the evening alongside music, dance, and football freestyle performances at the Central Courtyard.



書院十八歲啦！

書院院慶活動於十一月以「523 人宴」揭開序幕，超過一百二十位書院成員及同學踴躍參與，一同品嚐烤魚及椰子雞。當晚多位書院成員慷慨贊助，參加者在幸運抽獎環節滿載而歸。大會亦邀得音樂學會 Wusica、WS Band，以及香港流行搖滾樂隊 ToNick 帶來的精彩演出，為眾人帶來難忘而歡樂的晚上。

「歷奇」活動吸引逾二百六十位參加者到場，挑戰一系列體能項目，突破自我極限。書院洋溢着活力與歡笑聲，充分展現參加者的熱情和團隊精神。

由體育學會主辦的「環校跑」為書院院慶活動的另一項重點項目。書院十分榮幸邀得創院院長李沛良教授親臨參與，同時感謝書院院長陳德章教授，以及輔導長及體育委員會主席蔡錦輝教授於活動開始前致辭，為跑手們打氣。眾人於中央庭園舉行切蛋糕儀式後，參加者隨即移師書院正門，整裝待發迎接賽事。本年度的環校跑設有全程及悠閒路程兩個組別，讓跑手按自己的步伐參與活動，盡情感受充滿活力與運動精神的歡樂氣氛。所有參加者均樂在其中，並與一眾師生締造難忘的回憶。

一連串慶祝活動以宜孫大筵地圓滿作結。當晚超過三十個組別於圓夢台設置攤位，售賣手工藝品、服飾、美食及飲品；書院成員及同學一邊享受熱鬧市集，一邊欣賞中央庭園的音樂、舞蹈及花式足球表演，共度愉快的晚上。

THE TENTH GRADUATION CEREMONY

第十屆畢業典禮



The Tenth Graduation Ceremony, held in early November, marked a significant milestone for our graduates. The event brought together graduates, College Members, families, and friends to celebrate the achievements of the Class of 2025.

Our Guest of Honour, Ms. Joyce L.Y. Man, shared an inspiring message: 'Life is full of unexpected changes and challenges. Learn to adapt, stay focused, and be kind. Keep moving forward and write your own unique story.' She reminded graduates not to let fear or algorithms dictate their lives.

Graduate representatives Ms. Chantawannakul Jarinyagon

(Class of 2025, Biomedical Engineering) and Mr. Cody K.L. Chow (Class of 2025, Data Science and Policy Studies) reflected on their enriching experiences at the College, the University, and in the community. They encouraged their peers to believe in themselves, stay true to their values, and forge their own paths for the future.

The journey ahead is full of opportunities and challenges. May our graduates uphold the College's spirit of 'Go Green! Be Sunny!', give back to society through what they have learnt, and light up the world with their brilliance!



第十屆書院畢業典禮於十一月初舉行，標誌著畢業生人生中的重要里程碑。典禮匯聚畢業生、書院成員、家人及好友，一同慶祝他們的卓越成就。

主禮嘉賓萬樂人女士為畢業生寄語：「人生充滿意想不到的變化與挑戰，要學會適應、專注和保持善良。不斷向前邁進，譜寫屬於自己的人生。」她亦勉勵畢業生不要讓恐懼或演算法主導自己的人生。

畢業生代表 Chantawannakul Jarinyagon 小姐（25 生物醫學工程）及周健朗先生（25 數據科學與政策研究）回顧他們在書院、大學及社區中的經歷，勉勵畢業生相信自己，堅守價值

觀，並為自己的未來開創獨特的道路。

前路充滿機遇與挑戰，願各位畢業生秉承書院「Go Green! Be Sunny!」的精神，運用所學回饋社會，發光發熱！



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

Editors: Dr. Alina Wan Dr. Shu-fung Leung

編輯: Dr. Alina Wan 梁樹風博士

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 August 2026

下期通訊將於二零二六年八月出版



香港中文大學伍宜孫書院

WU YEE SUN COLLEGE

THE CHINESE UNIVERSITY OF HONG KONG