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FEATURE

'WHY NOT?': WHERE POSSIBILITIES TAKE SHAPE

An Interview with the Awardee of the Wu Yee Sun Award for the Most Distinguished Graduating Student 2026

「WHY NOT?」：可能性的起點

專訪二零二六年度伍宜孫書院最優秀畢業生獎得獎人

When Yoey Y.Y. Law (Integrated BBA, Class of 2026), awardee of the Wu Yee Sun Award for the Most Distinguished Graduating Student 2025/26, first entered the University, she imagined a fairly conventional university journey. Like many business students, she expected to focus on her studies, graduate, and eventually pursue a career in marketing or management. Instead, her years at Wu Yee Sun College led her down a very different path.



1/ Yoey described her first innovation project in a College General Education course as a turning point that reshaped her university experience
Yoey 認為，在書院通識課程中開展的首個創新項目，成為了她大學旅程中的重要轉捩點

Today, Yoey is involved full-time in a sustainability-focused venture that she helped develop during her undergraduate years. Testing new ideas, learning through failure, and finding a supportive community made her university life far different from what she had expected.

A PLACE TO EXPLORE

Even before joining CUHK, Yoey had developed a strong interest in sustainability and green initiatives. This was one of the main reasons she chose Wu Yee Sun College as her first-choice College. 'I was attracted by the College's emphasis on sustainability and social responsibility,' she recalled. To her, the Sunny College seemed to be an ideal place where students could try different things and turn ideas into action.

This spirit of exploration first emerged during the first-year College General Education course, *Creative Social Responsibility and Sustainable Development*. As part of a group project, she and her teammates collected unused face masks left over from the pandemic and upcycled them into scented sachets. Although the project was relatively simple, it introduced her to the process of identifying social issues and designing creative solutions. More importantly, it changed her way of thinking. She realised that ideas do not have to stay in the classroom. With willingness and experimentation, ideas could become something real.

BEYOND THE CLASSROOM

Shortly afterwards, Yoey and a friend became interested in the possibility of transforming rice husks, a common agricultural by-product, into environmentally friendly fibreboards. Building upon the confidence she had gained from her earlier projects, she decided to explore the idea further. The experiment gradually developed into a long-term project, RiceFort. To strengthen their research, the team invited a student majoring in Chemistry to join the project, allowing them to combine their knowledge from different disciplines.

After months of experiments, the team proudly presented what they believed was an excellent prototype during a consultation session for the Sunny Passion Programme. During the presentation, one of the programme advisors, Professor Hugh Thomas, questioned the durability of the material. He picked up the prototype and tested its strength. It broke immediately.

'I was completely shocked. I actually cried,' Yoey recalled. The team later

discovered that mould contamination during production had weakened the material. Although disappointing at the time, the advisors' feedback was exactly what they needed.

Within a week, the team revised their formula and significantly improved the durability of the fibreboards. For Yoey, the incident became one of the defining moments of her university life. The experience taught her that failure is not necessarily a bad thing. Sometimes you need someone to show you the weaknesses in your idea before it can be improved.





2/ Yoey and her team explored the possibility of turning rice husks into environmentally friendly fibreboards
Yoey 和朋友組成團隊，研究如何將稻殼製作成環保纖維板

THE CHALLENGE OF TURNING IDEAS INTO REALITY

Throughout the project, guidance from College members played an important role in helping the team move forward. The advisors continually encouraged the students to think beyond technical improvements and consider applications beyond simply producing fibreboards. They challenged the team to rethink how their innovation could address real-world needs. This pushed the team to explore the possibility of transforming the fibreboards into furniture, allowing them to fully leverage the durability and water-resistant properties of the material.

Like many student-led initiatives, the project faced practical difficulties from the very beginning. Funding was an ongoing concern. Yoey remains grateful for the support provided through the Sunny Passion Programme and the Dorsett Young Entrepreneur Scholarship, which enabled the team to conduct research, develop prototypes and test their ideas. Even with the funding, securing space remained a persistent challenge.

'We were always borrowing places for different purposes,' she recalled. One particularly memorable incident occurred when the team conducted experiments in a laboratory set up inside the beauty salon owned by one team members' mother. 'We accidentally blew something up during testing,' Yoey said with a laugh. 'Thankfully nobody was hurt, but we spent the whole night cleaning everything before the salon opened the next morning.'

BUILDING CONNECTIONS AND NETWORKS

In addition to funding and mentorship, Yoey believes the connections she developed through the College were equally important. Through various scholarships and entrepreneurial funding programmes, she met professionals from



3/

3/ RiceFort was awarded the Sunny Passion Programme Award and the Dorsett Young Entrepreneur Scholarship, receiving a total of HKD170,000 in support
稻一獲「愛陽光計劃」及「帝盛青年創業家獎學金」支持，合共獲得港幣十七萬元資助

different industries who offered practical advice and fresh perspectives. These conversations helped broaden her understanding of sustainability, design and social impact.

One particularly valuable opportunity came through the Dorsett Young Entrepreneur Scholarship. In addition to financial support, the programme connected the team with professionals from the hospitality industry, giving them greater insight into furniture design, production and industry needs. These exchanges helped the team better understand how their ideas might be applied beyond the laboratory.

The College network also opened doors to more community engagement. Through an introduction by Professor Kelvin K.F. Tsoi, College Dean of Students, the team connected with the CUHK Alumni Charity Foundation and became involved in projects supporting families facing specific housing and furniture needs. Working directly with community members allowed the students to better understand the practical challenges people face in their daily lives and reinforced their belief that innovation should ultimately serve society.

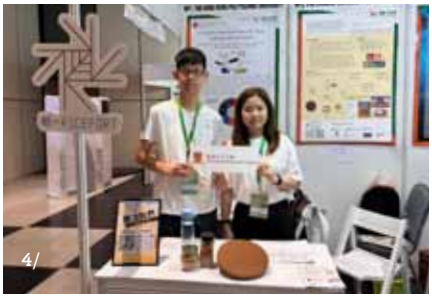
THE SUNNIES

Outside her entrepreneurial experiences, Yoey treasures the friendships and community she found at Wu Yee Sun College. One of her favourite aspects of College life was the welcoming atmosphere. Through student activities, hostel life and informal gatherings, she built friendships with students from a wide range of backgrounds and disciplines. She particularly enjoyed exchanging ideas with fellow Sunnies who shared the same interest in innovation. 'What I really appreciated was how approachable everyone was,' she recalled. 'I particularly valued the flexibility to join activities without feeling pressured, allowing us to fully immerse ourselves in the atmosphere and mingle with others.'

In her senior years, she found another group of Sunnies who shared the same passion for sustainability and creative solutions. In the College Senior Seminar, she worked with friends on a project named 'Imperfectly Perfect', promoting the use of 'ugly fruits' that might not meet commercial beauty standards despite being perfectly edible. The project was subsequently selected as one of the Outstanding

Final Year Projects of 2025/26. With support from the College's 'Be Entrepreneurial!' Funding Scheme, the team was also able to put the idea into practice beyond the classroom.

Yoey believes these experiences were just as important as any entrepreneurial achievement. They helped her discover new interests, form lasting friendships and gain the confidence to pursue ideas she might otherwise have dismissed. 'Sometimes, when I meet younger Sunnies and see them bringing new projects to life, I am reminded of my younger self,' Yoey reflected with a smile.





4/ The project earned awards in multiple competitions, while the fibreboard obtained certification confirming its safety for use
項目於多項比賽中獲獎，而團隊所研發的纖維板亦獲得安全使用認證

TAKING THE FIRST STEP

Following graduation, Yoey chose to continue developing the sustainability initiative she had started as a student. Inspired by the College's emphasis on social responsibility, and by her brother, who has high-functioning autism, Yoey and her team have sought to create opportunities for individuals with special educational needs through their work. At the same time, they are refining their business model to secure the resources needed for the venture's long-term sustainability and growth.

Looking back, Yoey feels the most important lesson she took away goes well beyond entrepreneurship. 'The biggest thing I learnt was not to be afraid of taking the first step,' she said. 'I never imagined myself as someone capable of creating something from scratch. Yet here we are today. If you never start, nothing will happen.' Her journey was built upon the experiences, inspiration, and opportunities she encountered throughout her university and College life.

> "I never imagined myself as someone capable of creating something from scratch. Yet here we are today. If you never start, nothing will happen."





5/ The RiceFort team used the fibreboards to create custom-made furniture for people in need
稻一團隊利用纖維板為有需要人士度身訂造傢俱

二零二五至二六年度伍宜孫書院最優秀畢業生獎得獎人為就讀工商管理學士綜合課程的畢業生羅玉儀（Yoey）。初入大學時，她和許多同學一樣，認為自己會走上一條相當傳統的大學之路，努力唸書、畢業，最後投身市場營銷或管理的工作。

然而，在伍宜孫書院的幾年，卻把她帶往截然不同的方向。現時，Yoey 全職投入一個她於本科期間參與創立、以可持續發展為理念的初創項目。她在過程中發掘新的可能，從失敗中學習，以及找到一個鼓勵學生跳出課堂框架、勇於實踐想法的社群。

探索的空間

在入讀中大前，Yoey 已對可持續發展和環保議題抱有濃厚的興趣，這也是她將伍宜孫書院列為首選書院的重要原因之一。

「我很欣賞書院對可持續發展和社會責任的重視。」她回憶說。「伍宜孫十分鼓勵學生嘗試不同事物，讓他們將想法付諸實行。」

她在一年級修讀的書院通識課程「創新社會責任及持續發展」就成為這種探索精神的練習場所。作為分組研習的一部分，她與同組成員收集疫情期間剩餘的口罩，將其升級再造成香薰包，希望推廣綠色生活。

雖然項目規模不大，卻讓她首次接觸到從社會問題出發、設計創新解決方案的過程。更重要的是，這次經驗改變了她的思維方式。她意識到，原來一個想法不一定只停留於課堂之中。只要願意嘗試，想法便有機會變成現實。

課堂以外

不久之後，Yoey 和朋友發現稻殼這種常見的農業副產品能夠製作成環保纖維板，憑藉早前分組研習所建立的信心，她決定進一步探索這個概念。這個實驗逐漸發展成長期項目「稻一」，為加強研究基礎，團隊邀請了一位化學系的同學加入，結合不同學科的知識和專長。

經過數個月的實驗和研發後，團隊帶著他們自認十分成功的樣品，在書院愛陽光計劃的諮詢環節中匯報。其間，顧問老師 Professor Hugh Thomas 質疑材料的耐用程度，並

親自測試其強度。結果，樣板當場斷裂。

「我當時非常震驚，甚至哭了出來。」Yoey 回憶道。其後團隊發現，原來生產過程中的霉菌污染削弱了材料結構。雖然當時十分沮喪，但這次經歷卻讓她獲益良多。事後回想，顧問老師提出的問題正是團隊最需要思考的。

在短短一星期內，團隊重新調整配方，大幅提升了材料的耐用性。對 Yoey 而言，這件事成為她大學生涯最重要的轉捩點之一。失敗未必是壞事，正因為經歷失敗，我們才能了解盲點，繼而改進。

指導與支持

在整個項目發展過程中，書院成員的指導一直是團隊前進的重要動力，他們不斷鼓勵學生跳出技術研發的框架思考，希望同學了解到不只要研究如何製造一種新材料，而是如何以創新思維回應真實的社會需要，以及創造更大的社會價值。在這些啟發下，團隊開始思考將纖維板應用到家俱製作上的可能，藉此充分發揮物料堅固耐用及防水的特性。這種思維方式，也讓 Yoey 和團隊學會如何把學術知識與實際影響連結起來。

將想法實現的挑戰

和許多由學生自發的項目一樣，他們從一開始便面對不少實際困難，資金一直是重要挑戰之一。Yoey 十分感激愛陽光計劃及帝盛青年創業家獎學金的支持，使團隊能夠進行研究、開發原型及驗證構思。然而，資金並不能解決所有問題，空間也是另一項長期困擾。

「我們經常因不同需要而借用各種場地」，她憶述。其中一次最難忘的經歷，是團隊在一位成員母親開設的美容院實驗室內測試。「我們做實驗時不小心爆炸了。」Yoey 笑說。「幸好，當時並沒有人受傷，但我們整晚都在清理現場，確保美容院第二天能如常營業。」

建立有意義的人際網絡

除了資金和導師支援外，Yoey 認為在書院中建立的人際網絡同樣重要。通過不同獎學金及創業資助計劃，她接觸到來自不同行業的專業人士，從他們身上獲得寶貴的實務建





5/ To support residents affected by the Tai Po fire,Yoey and her team designed and built furniture tailored to the specific living environments and needs of each household
為支援大埔火災受影響居民，Yoey 與團隊因應各住戶的居住環境及實際需要，設計及製作合適的傢俱





4/ Through workshops in which primary school students created light boxes from the fibreboards,Yoey's team showcased the potential of this eco-friendly material while promoting green living concepts
Yoey 團隊透過帶領小學生利用纖維板製作燈箱，展示這種環保物料的應用潛力，同時推廣綠色生活理念

議和嶄新的視野。這些交流不但擴闊了她對可持續發展、設計及社會影響力的理解，也讓她看見課堂以外更多的可能。

其中，帝盛青年創業家獎學金除了提供資金支援外，亦為團隊牽線搭橋，讓他們有機會接觸酒店業人士，深入了解家俱產品在業界的應用、設計考量及市場需要。這些交流讓團隊能夠從使用者及業界角度重新審視自己的構想，獲益良多。

書院的人脈網絡亦為團隊打開了參與社區服務的大門，在書院輔導長蔡錦輝教授的引薦下，團隊與香港中文大學校友慈善基金建立聯繫，為大埔火災居民提供家俱支援。通過直接接觸不同社群，Yoey 和團隊對社會的實際需要有了更深刻的理解。

宜孫人

除了創業相關的經歷外，Yoey 亦十分珍惜在書院建立的友誼和歸屬感。其中，她尤其喜歡書院親切而開放的氛圍。在學生活動、宿舍生活，以及日常聚會中，她認識了來自不同學科和文化背景的同學，這些交流讓她接觸到不同觀點，也培養了更開放的心態。「書院其中最吸引我的地方之一，是它的自由度。我們可以隨心參與許多不同的活動，認識朋友。」她表示，無論是討論創業想法、分享學習經驗，還是單純聚在一起聊天，這些互動都讓她獲益良多。她尤其享受與同樣關心創新及社會影響力的朋友交流想法，而與不同學科背景的同學接觸，亦經常為她帶來意想不到的啟發，幫助她以嶄新角度思考問題。

這種合作和互相支持的精神亦延伸到其他項目之中，在書院通識「專題討論」科中，她與組員推動「果宜唔孫 — 醜陋水果」計劃，鼓勵大眾接受外觀欠佳、卻同樣可食用的水果。該項目更獲選為二零二五至二六年度書院（通識）傑出專題研習報告獎之一。團隊亦成功在書院「創出我天地！」學生活動資助計劃的支持下，將項目付諸實行。

回顧這些年在書院的生活點滴，Yoey 認為，這些與人交流、合作和共同成長的經歷，與任何項目成果同樣珍貴。正正是這些經歷，讓她有勇氣不斷探索新的可能，並逐漸找到自己真正熱愛的方向。「有時遇到比我年輕的宜孫同學，看到他們勇於嘗試新想法、開展新項目時，就彷彿看見當年的自己。」Yoey 笑道。

踏出第一步

畢業後，Yoey 選擇繼續發展自己在大學時期開始的可持續發展項目。受到書院強調社會責任的理念，以及患有高功能自閉症的弟弟啟發，她和團隊聘用有特殊教育需要人士，為他們創造做業機會。同時，他們亦正調整營運模式，以爭取所需資源，支持項目的長遠及可持續發展。

回顧整個大學生涯，她認為自己學到最重要的一課，遠遠超越創業本身：「我學到最重要的事情，就是不要害怕踏出第一步。」她說：「剛進大學時，我從來沒有想過自己有能力從零開始創造。然而，我們竟然真的做到了。如果我們不踏出第一步，什麼都不會發生。」而這段旅程之所以得以展開，正是建基於她在大學與書院生活中累積的經歷、啟發與養分。

> **剛進大學時，**
> **我從來沒有想過自己有能力從零開始創造。**
> **然而，我們竟然真的做到了。**
> **如果我們不踏出第一步，什麼都不會發生。**





7/ Together with her General Education teammates, Yoey launched the 'Imperfectly Perfect' project, creating accessories and jams from imperfect but edible fruits to promote food waste reduction and more sustainable consumption habits

Yoey 與通識科組員發起「果宜唔孫 — 醜陋水果」計劃，將外觀不完美但具食用價值的水果製成果醬及創意飾物，推廣珍惜食物的理念，並鼓勵大眾重新認識這些常被忽略的水果

COLLEGE ACTIVITIES
書院活動

COLLEGE FORUMS
書院論壇









The College organised a series of College Forums, offering students exposure to a rich diversity of ideas and perspectives. In early December, Dr.Yau Yat delivered a forum on Chinese Civilization and the Art of War, introducing the enduring wisdom of Sun Tzu and its influence on culture, leadership and strategic thinking.

In January, Professor Carmen Wong shared practical, evidence-based approaches to lifestyle medicine, highlighting the importance of healthy eating, exercise, stress management, sleep and social connections in supporting academic success and personal well-being.

The early February forum, The Mysteries of Meteorology, featured Professor Wing-mo Leung, who explored fascinating topics such as lightning, hurricanes and weather forecasting technologies, inspiring students to learn more about atmospheric science and future climate challenges.

In late March, Mr. Colin T.C. Lau introduced Hong Kong's anti-corruption efforts and discussed ethical dilemmas that students may encounter in daily life. Through practical examples and advice, he encouraged students to uphold integrity and make responsible decisions.

書院於過去數月舉辦一系列書院論壇，讓同學拓闊視野。邱逸博士於十二月上旬以「中華文明和孫子兵法」為題，深入剖析《孫子兵法》的理念，以及其對文化、領導才能和策略思維的深遠影響。

黃嘉雯教授則以生活醫學為題，於一月中旬的書院論壇介紹均衡飲食、恆常運動、壓力管理、充足睡眠及良好社交關係對學習表現和身心健康的重要性，鼓勵同學建立健康生活習慣。

二月上旬舉行的「氣象學的奧祕」論壇由梁榮武教授主講，帶領同學探索閃電形成、颱風預測及氣象科技等課題，加深對大氣科學及氣候挑戰的認識。

劉子俊先生則於三月下旬主講「從一杯咖啡說起：香港反貪故事」論壇，分享香港的反貪歷程，並通過生活化例子探討誠信與道德抉擇，勉勵同學堅守正直價值。

ROUND TABLE LUNCH / DINNERS
圓桌午宴 / 晚宴








The Round Table Lunch in late November was hosted by Professor Joan Z. Zuo, Associate Master; Professor Kelvin K.F. Tsoi, Dean of Students; and Dr. Po-kin Leung, Associate Dean of Students. They encouraged students to build meaningful connections and highlighted the College's open and supportive environment.

At the Round Table Dinner organised in early March, Professor Anthony T.C. Chan, College Master; Professor Grace L.H. Wong, Chairperson of the Scholarships and Financial Aid Committee; and Dr. Elaine Ng, Member of the Creativity Laboratory Management Committee, shared their experiences with students. They encouraged students to broaden their horizons and make the most of the opportunities and resources available at the College.

A second Round Table Dinner held in mid-March was hosted by Professor Ming-kay Poon, Associate Master and Dean of General Education; Dr. Lancelot W.H. Mui, Associate Dean of General Education; and Dr. Ting-yan Ng, member of the Sunny Sports Committee. They encouraged students to cherish their College life, participate actively in College activities and seize the unique opportunities available to them.

書院舉辦多場圓桌午宴及晚宴，為同學提供與書院成員交流分享的機會。

十一月下旬舉行的圓桌午宴由副院長左中教授、輔導長蔡錦輝教授及副輔導長梁寶建博士主持，他們鼓勵同學建立有意義的人際網絡，並強調書院致力營造開放、關懷及互相支持的環境。

院長陳德章教授、獎助學金委員會主席黃麗虹教授及創意實驗室管理委員會成員吳以琳博士主持三月上旬舉辦的圓桌晚宴。他們結合自身求學及成長經歷，勉勵同學拓闊視野，並善用書院提供的各項資源與發展機會。

另一場於三月中旬舉行的圓桌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體育委員會成員伍亭因博士主持。他們鼓勵同學珍惜書院生活，積極參與書院活動，並把握大學期間獨特而寶貴的學習機會。

STUDENT ACTIVITIES
學生活動

EMBRACING INCLUSION AND CREATIVITY
擁抱共融與創意









Creativity Laboratory (c!ab) brought students together through activities promoting inclusion and creativity over the past few months. The Entrepreneurship and Management Stream organised Silver Spoon at Gingko House, a social enterprise that promotes senior employment. Through interactions with elderly staff members, students gained a deeper understanding of age-inclusive employment practices, challenged stereotypes about older workers, and explored the value of creating inclusive workplaces that recognise the contributions of the silver generation.

To celebrate the achievements of the 2025 cohort, c!ab held a Year-End Exhibition in January showcasing artworks and projects inspired by the theme of 'Diversity, Equity and Inclusion (DEI)'. Interactive exhibits, including sensory activities simulating the experiences of visually impaired individuals, encouraged visitors to appreciate different perspectives. Student-led 3D-printing demonstrations also gave visitors the opportunity to experience the creative process firsthand.

The 2026 c!abbers then gathered in February for a Welcoming and Team Building Hot Pot Dinner with Professor Annisa C.H. Lee, Director of c!ab. Through shared meals and conversations, participants strengthened friendships, fostered teamwork and marked the beginning of an inspiring new journey for the coming year.

創意實驗室於過去數月舉辦多項活動，以推廣共融精神及創意思維。創業與管理團隊與銀杏館舉辦「耆樂味道 — 銀杏館下午茶」活動，帶領同學到訪致力提倡長者就業的銀杏館餐廳。通過與年長員工交流，同學不僅加深了對長者友善就業環境的認識，亦打破對高齡勞動力的刻板印象，了解建立共融職場的重要，以及銀髮族對社會及職場的寶貴貢獻。

為回顧二零二五年度的成果，創意實驗室團隊於一月舉辦年終展覽，以「多元、平等與包容」為主題，展出多項藝術作品及創意項目。展覽設有多個互動體驗，包括模擬視障人士感官經驗的活動，鼓勵參觀者從不同角度理解他人的處境。由同學主持的 3D 打印示範亦讓參觀者親身體驗創作過程，感受科技與創意結合的樂趣。

二零二六年度的團隊隨後於二月舉行迎新火鍋晚宴，與創意實驗室總監李賴俊卿教授共聚一堂。成員通過分享美食及輕鬆交流加深認識，建立團隊精神，亦為新一年的創意旅程揭開精彩序幕。

AN EVENING OF MENTORSHIP AND CONNECTION
師友聚首






A Welcome Night for the Rance Lee Mentorship Programme was held in early November, bringing together new and current mentors and mentees. Senior mentors, College mentors, alumni mentors, and mentees first gathered at the College Gallery for networking. Mr. Sai-yung Lau, Overseer of Wu Yee Sun College and Convener of the Working Group of the Rance Lee Mentorship Programme; Professor Rance P.L. Lee, Founding Master of Wu Yee Sun College; Professor Kelvin K.F. Tsoi, Dean of Students; and Mr. Bacary K.T. Tang, Chairperson of the Alumni Association, delivered welcome remarks and encouraged mentees to stay connected with their mentors, make use of the mentorship network, and build meaningful personal and professional relationships.

Certificates were presented to mentees in recognition of their active participation during the previous academic year. The evening concluded with a dinner, where mentors and mentees exchanged experiences and strengthened their bonds.We look forward to welcoming them again at future gatherings.

李沛良亦師亦友計劃歡迎晚宴於十一月上旬舉行，邀請新舊學長及學友聚首交流。資深學長、書院老師、校友學長及學友首先於書院藝廊互相認識。書院院監暨李沛良亦師亦友計劃召集人劉世鏞先生、書院創院院長李沛良教授、輔導長蔡錦輝教授，以及校友會會長鄧建達先生致歡迎辭，勉勵學友積極與學長聯繫，善用師友網絡的資源與機會，拓展視野，建立長遠的人際關係。

大會亦頒發證書予學友，表揚他們去年的積極參與。眾人亦於晚宴分享近況及交流經驗，深化情誼。期待未來於各項聚會及活動中再次相聚，延續珍貴的師友情誼。

STUDENT ACHIEVEMENTS
學生殊榮

The College is delighted to announce that 13 students and graduates have been honoured with the Outstanding Students Awards 2025 presented by CUHK. The awards recognise individuals who have demonstrated outstanding achievements beyond academic excellence, as well as their contributions to the University and the wider community.

恭喜書院十三位書院同學及畢業生榮獲中大頒發的二零二五年傑出學生獎！此獎項旨在表揚學生在學術成就以外的傑出表現，以及他們對大學及社會所作出的積極貢獻。

Arts 藝術
- Helen H.W. Wong 黃鴻華

Innovation and Invention 創意及發明
- Jeffrey Y.L. Chau 周溢禮
- Lee Chun Yin 利雋賢
- Wong Tsz Kwan 黃芷筠

Social Service (Serving the CUHK Community) 服務中大社群
- Chun Yui-chan 陳駿睿
- Kieu Nguyen Khiet Linh
- Phoebe C.L. Tsang 曾昭嵐

Social Service (Serving the Society) 服務社會
- Chun-hei Chan 陳駿熙
- Yi Cheung 張怡
- Hoi-ying Lau 劉海瑩
- Kai-lun Ma 馬啟倫

Special Achievement 特別表現
- Chan Myae Yamon Thwin

Sports 體育
- Tam Cheuk Yi 譚棹而

STUDENT ACTIVITIES
學生活動

STUDENT ACHIEVEMENTS
學生殊榮

The College Track and Field Team achieved outstanding results at CUHK Athletic Meet 2025 in early November. Chi-kwong Hon (Food and Nutritional Science/ 3) earned a Gold Medal in the Discus Throw event. Congratulations and our heartfelt appreciation to every team member!

書院田徑隊於十一月上旬舉行的二零二五年度中大田徑精英比賽中表現卓越。韓智光同學（食品及營養科學三年級）於鐵餅項目勇奪冠軍。恭喜韓同學取得優異成績，亦衷心感謝每位院隊成員的努力與付出！



EXPLORING LOCAL LANGUAGE AND CULTURE
探索本地文學






The College organised two Chinese Language activities that encouraged students to connect literature with their surroundings. During the Literary Walk in Kowloon City organised in mid-November, led by Dr. Lai-ling Lam, College member, students explored the district from Lion Rock Road to Kowloon Walled City Park after reading literary works related to the area. Through observation and note-taking, they experienced the city through their senses and gathered inspiration for creative writing. Participants also learnt about the history and culture of Kowloon Walled City and visited the Kowloon Walled City: A Cinematic Journey Movie Set Exhibition, gaining a deeper understanding of the district and its former residents.

At the Chinese Culture Table: Butterflies and Nature Writing organised in the same month, Dr. Man-lut Chau shared how years of butterfly observation inspired his literary creations, and the concept of nature writing. The dinner gathering offered valuable insights into creative expression and cultural appreciation.

書院舉辦一系列中國語文活動，引領同學從文學角度認識自然與本地文化。於十一月中旬的「九龍城文學散步」活動中，同學在書院成員林麗玲博士帶領下，由獅子石道步行至九龍寨城公園。通過閱讀與九龍城相關的文學作品，並沿途細心觀察及記錄周遭景物，同學親身感受城市面貌，為創意寫作汲取靈感。此外，他們亦參觀九龍寨城歷史文化導賞及「九龍城寨光影之旅」電影場景展覽，加深對九龍城及城寨居民生活的認識。

在同月的「語文文化桌」中，鄒文律博士以「蝴蝶與自然寫作」為題，分享多年觀察蝴蝶的經歷。除了分享如何從大自然中獲取文學創作靈感，亦介紹自然寫作的理念。分享後的晚宴交流亦讓同學獲益良多，提升了同學對文學與文化的興趣和理解。

CONNECTING THROUGH CANTONESE
以語言連繫本地文化






The College was grateful to have Ms. Kelly K.Y. Shum, Part-time Instructor at the Yale-China Chinese Language Academy of CUHK, conduct four sessions of the Social Cantonese Workshop for College students in October and November. The workshops helped non-native Cantonese-speaking students learn the local language and gain a deeper understanding of Hong Kong's culture and everyday life. During the workshops, students progressed from the basics of Cantonese, including pronunciation, numbers and greetings, to practical conversational skills applicable to a variety of everyday situations. The learning materials also incorporated rich elements of Hong Kong culture and daily life, helping students become more familiar with local customs and experiences.

We hope that participants found the workshops both engaging and enriching, and that the experience strengthened their connection with Hong Kong's language and culture as they continue their studies at CUHK.

書院於十月至十一月邀得中大雅禮中國語文研習所兼職導師沈嘉儀女士主持四節社交廣東話工作坊，協助非粵語母語同學學習廣東話，並加深對香港語言及文化的認識。在工作坊中，同學由發音、數字及日常問候語等基礎內容開始，逐步掌握不同生活情境的實用會話技巧。

此外，教材融入豐富的香港文化及生活元素，協助同學加深對本地習俗和日常生活的認識。期望同學在學習語言之餘，亦能深入了解香港文化，並在中大的學習旅程中與本地社群建立更緊密的聯繫。

EXPLORING THE FRENCH WAY OF LIFE
通過語言探索法國




The French Cultural Workshops returned in mid-March. Mr. Louis Jean Munsch, French Lecturer and Modern Languages Coordinator in the Department of Linguistics and Modern Languages, introduced participants to French culture and useful everyday French expressions. Students also had the opportunity to get a taste of French food and learn about table manners in France.

書院於三月中旬再次舉辦法國文化工作坊。語言學及現代語言系法語講師暨現代語言課程統籌 Mr. Louis Jean Munsch 為參加者介紹法國文化及日常法語用語。同學有機會品嚐法國美食，同時學習法國餐桌禮儀，加深對當地文化的認識。

STUDENT ACTIVITIES
學生活動

DISCOVER THE FUN OF LEARNING ENGLISH
感受英語的樂趣








The College organised a series of English language workshops, providing students with engaging opportunities to develop their English skills through hands-on cultural and creative experiences. In the English through Wine and Cheese Appreciation workshop, led by Ms. Anna W.Y. Tam, students learnt about grape varieties, wine styles and the influence of geography on wine production while enjoying thoughtfully selected wines and cheeses. A highlight of the session was the tasting of an award-winning wine produced by the speaker herself.

At the English through Food Making workshop, facilitated by Ms. Jenna Lee, students prepared Kimchi Mac and Cheese, as well as Cheese Muffins while expanding their culinary vocabulary and practising conversational English in a relaxed setting.

The English through Perfume Making workshop, hosted by Ms. Kitty Lui, introduced students to the language of fragrance and the art of perfumery. Participants explored perfume ingredients and fragrance layers before creating their own personalised fragrances.

書院舉辦一系列英語主題工作坊，通過文化體驗與創意實踐，讓同學在輕鬆的環境中提升英語能力。

在品酒嚐芝學英語工作坊中，譚穎瑜女士帶領同學認識不同葡萄品種、葡萄酒風格及產區特色，並通過品嚐各式葡萄酒與芝士，加深對相關知識的了解。當中最令人印象深刻的是試飲由講者親自釀製並獲獎的葡萄酒。

在由李珍娜女士主持的烹飪學英語工作坊中，同學親手製作韓式泡菜芝士通心粉及芝士鬆餅，通過學習食材、烹飪技巧及相關詞彙，同學得以提升英語會話能力及烹飪技巧。

此外，呂潔婷女士主持的香水製作學英語工作坊帶領同學認識香水相關詞彙、香調結構及調香藝術。同學更親手嘗試，為自己調配獨一無二的香水。

ILLUMINATING CREATIVITY THROUGH TRADITION
霓虹光影下的創意體驗




Fifteen local and non-local students participated in the Mini Neon Light Workshop in mid-February. Instructors from Neonlitehk introduced the art of neon light making and demonstrated neon tube-bending techniques. Under the instructors' guidance, participants designed and crafted their own neon light pieces featuring a Chinese character of their choice. The workshop offered participants a unique opportunity to experience a traditional Hong Kong craft while expressing their creativity through hands-on learning.

十五位本地及非本地同學於二月中旬參與迷你霓虹燈工作坊。來自 Neonlitehk 的導師為同學介紹霓虹燈製作工藝，並示範彎曲霓虹燈管的技巧。在導師的指導下，參加者親手製作以自選漢字為主題的霓虹燈作品。是次工作坊讓同學通過親身體驗，認識香港獨特的霓虹燈文化及傳統工藝，並發揮創意創作獨一無二的作品。

WELLNESS MOMENTS
享受片刻寧靜






To promote mental well-being, the College organised two wellness activities. At the Wellness Moment: Coffee Appreciation workshop in late January, students learnt about coffee origins, bean varieties and roasting methods. Led by Ms. Mable H.K. Wong of LookUp Coffee, participants sampled a variety of coffees and enjoyed a mindful sensory experience.

In late February, the College hosted Stress Relief through Traditional Chinese Medicine for students, staff and alumni. Professor Baoting Zhang, a Registered TCM Practitioner and Associate Director of the CUHK School of Chinese Medicine, shared practical stress-management tips and massage techniques. Participants also made herbal sachets with Ms. Anna Xue, a Registered TCM Practitioner and Resident Tutor, and concluded the evening with a herbal tea tasting session.

為鼓勵同學關注身心健康，書院舉辦兩項療癒身心活動。一月下旬舉行的咖啡品鑑工作坊中，同學認識咖啡產地、豆種及烘焙技術，並在黃可喬女士帶領下品嚐不同咖啡，通過感官體驗享受片刻寧靜。

此外，書院於二月下旬舉辦「中醫同你鬆一鬆」活動，邀請師生及校友一同放鬆身心。註冊中醫師暨中醫學院副院長張保亭教授分享實用的中醫紓壓知識及按摩技巧；註冊中醫師兼宿舍導師薛樂然小姐則帶領參加者製作紓壓香囊，並以養生花茶品嚐環節為活動畫上圓滿句號。

STUDENT ACTIVITIES
學生活動

FUN THROUGH SPORTS
運動同樂








A series of sports activities in the first semester brought together Sunnies through friendly competition and fitness training. Basketball enthusiasts showcased their skills at the WYS Basketball Cup 3x3, while students also participated in Yoga, Core and Stability Training, and Full-Body Conditioning sessions to promote healthy and active lifestyles. These activities encouraged physical well-being, teamwork and personal development.

To recognise the dedication of College Sports Teams, the College hosted the Thank You Dinner for College athletes in November. Members of various College Sports Teams gathered to celebrate their accomplishments, while Professor Kelvin K.F. Tsoi, Dean of Students and Chairperson of the Sunny Sports Committee, expressed appreciation for their hard work and presented the Women's Individual Champion trophy of the CUHK Aquatic Meet 2025 to Miss Tess L.Y. Tsoi.

The spirit of sportsmanship continued with the Table Tennis Challenge 2026, which welcomed 27 students, staff and alumni. Following several days of exciting matches, participants demonstrated determination, skill and camaraderie, making the event another memorable occasion for the College community. Congratulations were extended to all winners and participants for their enthusiastic involvement.

書院於上學期舉辦多項體育活動，讓同學、書院及校友通過運動促進交流，培養健康生活習慣。籃球愛好者於三人籃球賽一展身手；同學亦積極參與瑜伽、核心穩定訓練及全身體能訓練等活動，在提升體能的同時，享受運動帶來的樂趣與活力。

為表揚書院運動員的付出，書院於十一月舉辦運動員聚餐。各書院院隊成員聚首一堂，一起慶祝數個月以來的成就。輔導長及體育委員會主席蔡錦輝教授於晚宴上感謝各運動員的努力和貢獻，並向蔡樂濡同學頒發中大游泳精英比賽女子個人全場總冠軍獎盃，以表彰其卓越成績。

深受歡迎的乒乓挑戰盃亦載譽歸來，共吸引二十七位書院同學、書院成員及校友參與。經過連日比賽，參賽者充分展現拼搏精神、精湛球技及團隊友誼，同時為書院生活留下難忘的回憶。恭喜各得獎者，並感謝所有參加者的熱情投入。

FOSTERING A VIBRANT HOSTEL COMMUNITY
共建宿舍社群






College Hostels strive to foster a welcoming and vibrant community where residents can enjoy healthy living and build meaningful connections. The Resident Tutors organised a Badminton Doubles Challenge, bringing together 30 residents for an evening of friendly competition. Residents also joined a hiking trip to Tai Po Kau Nature Reserve with Wardens Professor Kong-pang Pun and Professor Joan Z. Zuo, enjoying nature while strengthening friendships.

To celebrate the Lunar New Year, Resident Tutors hosted festive activities including a Red Couplet Writing Workshop and a Lantern Festival Gathering. The celebrations concluded with an Open House Party hosted by the Wardens, featuring homemade dumplings, fresh produce from the College rooftop garden, and opportunities for cultural exchange. These activities fostered a warm and inclusive hostel community.

書院宿舍致力營造融洽而充滿活力的生活環境，讓宿生建立友誼與歸屬感。宿舍導師舉辦羽毛球雙打挑戰賽，吸引三十位宿生參與，在輕鬆競技中鍛鍊體魄並增進情誼。宿生亦與舍監潘江鵬教授及左中教授一同前往大埔滘自然保護區遠足，在欣賞自然景色之餘加深交流。

為慶祝農曆新年，宿舍導師舉辦揮春書寫工作坊及元宵節聚會。舍監亦舉辦開放宿舍活動，邀請宿生品嚐自家製餃子及書院天台種植的新鮮車厘茄，並分享生活點滴。連串活動促進了宿生之間的友誼，營造充滿活力的宿舍社群。

STUDENT ACHIEVEMENTS
學生殊榮

Congratulations to the College Table Tennis Teams on their outstanding achievements at the Inter-Collegiate Competitions in early February. Both the Men's and Women's Teams delivered impressive performances and were awarded First Runner-up, bringing honour to the College.

Our heartfelt congratulations to the teams!

書院乒乓球隊於二月上旬舉行的校際賽中表現出色，男子隊及女子隊都勇奪亞軍，為書院增添殊榮。

再次恭喜各院隊成員！



STUDENT ACTIVITIES
學生活動

STUDENT ACHIEVEMENTS
學生殊榮

The 22nd CUHK Rowing Championship was held in January. Wu Yee Sun College sent 27 athletes to compete in six events, including the Men's and Women's Coxed Eight, Quadruple Sculls, and Single and Double Sculls. Demonstrating remarkable teamwork and determination, the team secured Third Place in the Women's Coxed Eight event.

This year also marked a significant milestone for the College Rowing Teams, with athlete participation exceeding the combined total of the previous two years. The team looks forward to maintaining this enthusiasm and achieving even better results at next year's Championship.

第二十二屆中大划艇錦標賽於一月舉行。書院共派出二十七位隊員參與六個項目，包括男子及女子八人有舵艇、四人雙槳艇，以及單人艇和雙人艇賽事。憑藉出色的團隊合作與拼搏精神，書院於女子八人有舵艇項目勇奪季軍。

本年度划艇隊的參與規模亦再創新高，參賽人數超越過去兩年的總和，書院划艇隊期待來年繼續保持這份熱誠，在錦標賽中再創佳績。



BUILDING CONNECTIONS ACROSS CAMPUSES
跨校交流






In mid-March, a Tennis and Badminton Friendly Match was successfully held with Muse College, CUHK (Shenzhen). Led by Professor Anthony T.C. Chan, College Master, a delegation of 23 College members and student athletes visited our sister college, where they received a warm welcome from Professor David Y. Chen, Master of Muse College, and fellow College members.

Participants took part in a series of friendly tennis and badminton matches, demonstrating excellent sportsmanship while strengthening the ties between the two colleges. The visit also included a lunch gathering and campus tour, during which participants visited the newly established School of Music at CUHK (Shenzhen) and explored its state-of-the-art facilities. It was a memorable and meaningful day of friendship, cultural exchange and collaboration between the two colleges.

書院於三月中旬與香港中文大學（深圳）思廷書院舉辦網球及羽毛球友誼賽。在院長陳德章教授帶領下，二十三位書院成員及院隊同學到訪姊妹書院，並由思廷書院院長陳永勤教授及一眾書院成員接待。

參加者於網球及羽毛球友誼賽中切磋交流，體現體育精神之餘，同時加深兩院之間的聯繫。其後，眾人共晉午餐及參觀校園，更到訪中大（深圳）新成立的音樂學院，參觀其完善的設施。是次活動促進了兩院之間的交流與合作，並為參加者留下珍貴的回憶。

WELCOMING FOREIGN FRIENDS
歡迎外地朋友




The Evening Reception for Incoming Exchange Students was held in mid-January to welcome incoming exchange students to the College community. Professor Ming-chung Chu, Chairperson of the Student Exchange Committee, Professor Joan Z. Zuo, Associate Master, Professor Kelvin K.F. Tsoi, Dean of Students, together with members of the Student Exchange Committee, warmly welcomed the students. The evening was filled with lively conversations, with Student Ambassador Miss Oi-wa Cheang sharing useful living tips.

書院於一月中旬舉辦交換生迎新晚會，歡迎新一批交換生加入書院大家庭。學生交流委員會主席朱明中教授、副院長左中教授、輔導長蔡錦輝教授，以及學生交流委員會成員，一同歡迎交換生加入書院的大家庭。除了交流分享，學生大使鄭愛華同學亦為交換生介紹在港生活資訊，協助他們適應新環境。

COLLEGE VISITS
到訪書院






A delegation of 16 teachers and students from Nanjing Jinling High School Xianlin Campus visited the College in early February. Professor Ming-kay Poon, Associate Master, and Ms. Yolinda C.Y. Wong, College Secretary, welcomed the group and introduced the College's distinctive features. A student ambassador then led a campus tour, allowing visitors to learn more about the student life at the College.

The College also welcomed two groups of international delegates in late February. Representatives from Mount Allison University, one of the College's exchange partners, visited the College and were hosted by Professor Ming-chung Chu, Chairperson of the Student Exchange Committee, Ms. Yolinda Wong and past exchange students. APAIE 2026 delegates also visited the College as part of a CUHK campus tour, during which student ambassadors introduced hostel life and College facilities. The visitors expressed appreciation for the College's hospitality and welcoming environment.

南京市金陵中學仙林分校十六位師生於二月上旬到訪書院，副院長潘銘基教授及書院院務主任黃翠欣女士接待來訪師生，介紹書院特色，其後由學生大使帶領參觀校園，讓訪客了解書院校園生活。

書院於二月下旬亦迎來兩批國際訪客，書院交流夥伴 Mount Allison University 訪問團在學生交流委員會主席朱明中教授、黃翠欣女士及曾參與交流計劃同學的接待下，了解書院最新發展。出席二零二六年度亞太國際教育協會年會暨展覽的代表團亦到訪書院，由學生大使介紹宿舍生活及書院設施，訪客均對書院的款待及環境留下深刻印象。

LET'S SHARE
老師分享

天台田園種植活動簡介

梁樹風博士
中國語言及文學系講師

在書院的高樓之上，也可以開闢一片屬於自己的小田地？

只要有泥土、種子和一點點綠，城市的天台也能變成療癒身心的小田地。親手以有機方式種出的蔬菜香草，不但能為我們帶來新鮮、安心的食材，療癒肚子；在照料植物的過程中，我們也能放慢腳步，放鬆心靈，重新感受與泥土、季節和自然連結的平靜與喜悅。

秋天，是香港耕作的好時節，少了夏日猛烈的太陽，多了清爽的秋風，正適合播種、栽培與觀察植物成長。走到天台，看見植物在微風中欣欣向榮，枝葉舒展，那份蓬勃生機，本身就是一種溫柔而有力的療癒，也讓人真切感受到有機種植的魅力：不急於催谷，不以速成為目標，而是在合適的時候，給植物最自然、最恰當的照顧。

本活動將帶領參加者走進書院的天台田園，學習實用的「都市有機種植」技巧，包括播種、育苗、有機施肥、日常照顧及收成方法。我們將從泥土開始，認識堆肥、天然養分、植物健康與生態平衡，學習如何在城市有限的空間中，以不依賴化學肥料和農藥、尊重自然節奏的方式照顧作物。我們亦預備了不同種類的種子，讓大家親手嘗試：從觸摸泥土、撒下種子，到嫩芽破土、收成品味，一步一步體驗有機種植由零開始的樂趣。

種植不只是技術，也蘊藏着豐富的人文趣味。活動中，梁博士將與大家一邊種植，一邊認識植物背後的有趣故事：例如「小薯」（small potato）一詞是怎樣出現的？蕃茄到底是水果還是蔬菜？古人種植芫荽時，又為何需要配以「猥語」？通過這些妙趣橫生的人文故事，大家不但能學會種植，也能從植物中收穫豐盛的文化養分。

導師梁博士自幼熱愛種植，尤其鍾情於有機耕作中那份順應自然、尊重土地、耐心等待的精神。自加入伍宜孫書院以來，梁博士一直是書院環保小組的成員，積極參與和推動校園綠化及可持續生活實踐。對他而言，有機種植不只是「不用化學肥料」那麼簡單，而是一種看待生命的態度：相信泥土有自己的力量，相信植物有自己的節奏，也相信人在自然面前應該先學會觀察、謙卑與配合。當然，他的種植之路亦非一帆風順，他也曾經是令植物聞風喪膽的「植物殺手」，而在一次又一次「揠苗助長」下，也有不少植物壯烈犧牲了。然而，正是在多年的試驗、觀察與改進中，他逐漸摸索出有機種植的「時」與「法」：如何順應天時，如何理解植物與泥土的需要，如何在適當的時間給予適當的照顧，而不是急於用速成的方法干預植物的生長。

多年下來，有機種植對他而言，早已不只是技術，而是一種與自然相處的生活方式。從泥土、種子到收成，每一個階段都蘊藏着觀察、等待與照顧的樂趣；每一次鬆土、澆水、施以天然肥料，都是重新學習尊重生命節奏的過程。梁博士希望在這次活動中，與大家分享親身的有機種植經驗，讓參加者在輕鬆愉快的氣氛中學會種植，也在照顧植物的過程中，感受生活的節奏、土地的溫度與心靈的安定。

無論你是種植新手，還是希望在繁忙生活中尋找一片寧靜的人，都歡迎加入天台田園種植活動。讓我們在開學之際，一起播下種子，以有機方式親近泥土，學習與自然合作，享受田園的樂趣；收穫知識，收穫健康，也收穫心靈的放鬆與喜悅。







SERVICE-LEARNING TRIP TO YUNNAN
雲南服務學習之旅

Ten Sunnies joined the College Service-Learning Trip to Yunnan from 27 December 2025 to 3 January 2026. Led by Professor Joey Z. Yang, College Member and Assistant Professor from The Jockey Club School of Public Health and Primary Care, they collaborated with students and staff from Yunnan University to organise activities for children and elderly residents in Dongshan Town, Qujing.

For the elderly residents, the team organised music ball games, finger exercises and sharing sessions, creating joyful moments while learning about their life experiences. Instant photographs and personalised memory cards were also prepared as keepsakes.

The students also visited two local kindergartens to conduct lantern painting, colouring, cultural games and sports activities, introducing the children to Hong Kong culture in an engaging way.

On 1 January, the team organised a birthday party for 40 de facto unattended children. Volunteers accompanied the children through games and activities, offering care and companionship. Participants also joined an 'egg-smashing' activity, symbolising the release of worries and a fresh start, before enjoying a cake-cutting ceremony and a shared meal.

Before returning to Hong Kong, the Sunnies visited Kunming with students from Yunnan University, gaining a deeper understanding of the local community while building lasting friendships.

十位書院同學於二零二五年十二月二十七日至二零二六年一月三日參與仁澤服務學習計劃雲南服務學習之旅。在書院成員暨賽馬會公共衞生及基層醫療學院助理教授楊祖耀教授帶領下，同學與雲南大學師生合作，為曲靖市東山鎮的兒童及長者舉辦多項服務活動。

在長者服務環節中，團隊通過音樂傳球、手指操及交流分享，為長者帶來歡樂，並聆聽他們的人生故事。同學亦為長者拍攝即影即有照片及製作回憶卡，留下珍貴時刻。

此外，團隊到訪兩所幼稚園，舉辦燈籠彩繪、填色、文化遊戲及球類活動，讓小朋友在輕鬆愉快的氛圍中認識香港文化。

元旦當日，團隊為四十位留守兒童舉辦生日會，藉着遊戲及互動活動陪伴孩子成長，為他們送上關愛與溫暖。小朋友亦參與「打蛋儀式」，象徵拋開煩憂、迎接新開始，其後一同切蛋糕及聚餐。

行程尾聲，同學在雲南大學同學陪同下遊覽昆明，加深對當地社區的認識，並建立珍貴友誼。







WALKING CAMPAIGN
樂步行

The Walking Campaign was held in late February, bringing energy and warmth to the College community. With over 60 College staff members and students participating, their enthusiasm, laughter and strong team spirit brought warmth and vitality to the College.

The campaign commenced with an Opening Ceremony at the University Piazza, officiated by Professor Anthony T.C. Chan, Pro-Vice-Chancellor and College Master. Participants then set off on a walking route from the Piazza to Wu Yee Sun College, taking the opportunity to enjoy the beautiful campus scenery while experiencing the physical and mental benefits of walking.

This campus-wide activity was made possible through the joint efforts of multiple CUHK units, including the College, the Committee on Health Promotion and Protection, the Communications and Public Relations Office, the Estates Management Office, the Physical Education Unit, the Security Office, the Transport Office, and the University Medical Service Office. The College would like to thank all College members and students for their enthusiastic participation and support. Their energy and commitment contributed greatly to the event's success, and we look forward to walking together again.

二月下旬舉行的樂步行圓滿舉行，為書院帶來滿滿活力與溫暖。超過六十位書院教職員及同學踴躍參與，參與師生的熱情、歡笑聲和團隊精神為活動增添了不少色彩。

活動於大學廣場舉行開幕禮，由副校長暨院長陳德章教授主禮。參加者其後由大學廣場出發，步行至伍宜孫書院，沿途欣賞校園優美景色，同時體驗步行為身心健康帶來的益處。

是次全校性活動得以順利舉行，有賴中大多個部門攜手合作，除了本院外，包括健康促進及防護委員會、傳訊及公共關係處、物業管理處、體育部、保安處、交通處，以及大學醫務處。書院亦感謝所有書院成員及同學的支持和參與。大家的熱情投入為活動增添活力，亦令是次活動圓滿成功。期待日後再次與大家同行，共享健康生活的樂趣。







CUHK ALUMNI HOMECOMING
中大校友日

The Wu Yee Sun College Alumni Association hosted a game booth at University Mall during the CUHK Alumni Homecoming in early March, welcoming alumni and visitors with a variety of games and souvenirs. The games were simple yet engaging, bringing smiles and laughter to participants as they took on the challenges and won their favourite prizes.

The College also hosted an alumni reunion tea reception, providing a valuable opportunity for alumni to reconnect with one another and with the College. We were delighted to have Professor Joan Z. Zuo, Associate Master, join the gathering and meet with alumni. The afternoon was filled with warm conversations and fond memories as participants shared their experiences and learnt about the latest developments at the College. It was a wonderful occasion for alumni to renew friendships, meet new friends and enjoy time together in the welcoming atmosphere of their College.

中大校友日於三月上旬舉行，伍宜孫書院校友會於百萬大道設置遊戲攤位，並準備了豐富禮品與校友及訪客同樂。遊戲簡單有趣而不失挑戰性，參加者踴躍參與，在笑聲中完成挑戰並換取心儀獎品。

書院亦於同日舉辦校友茶聚，為校友提供重聚及交流的機會。我們十分榮幸邀得副院長左中教授出席聚會，與校友一同分享近況。校友們於席間暢談往事，分享生活及工作經歷，同時了解書院的最新發展。是次聚會讓校友重聚舊友，同時結識新友，感受書院大家庭的歸屬感。







SUNNY YEAH
宜嘢依夜









Sunny Yeah, held under the theme 'Yeelysium', brought together students through a series of enjoyable activities designed to bring joy and relaxation amid a busy academic term. The programme featured two signature events, the Cooking Competition and the Singing Contest, which showcased the diverse talents of the College community.

The programme began with the Cooking Competition, where participants competed in the Master Chef and Creative Cuisine categories. Judged by Professor Ming-kay Poon, Associate Master and Dean of General Education; Professor Joan Z. Zuo, Associate Master and Hostel Warden (East Block); Professor Kelvin K.F. Tsoi, Dean of Students; and Professor Kong-pang Pun, Hostel Warden (West Block), students impressed the panel with their culinary skills and imaginative creations.

As a flagship event of Sunny Yeah, the Singing Contest attracted over 50 solo and group entries during the preliminary rounds. Following a competitive selection process, finalists advanced to the grand final in March, where they delivered captivating performances filled with passion and enthusiasm. The final was judged by Professor Joan Z. Zuo, Professor Grace L.H. Wong and Dr. Elaine Ng, all of whom are College members. After intense competition, awards were determined based on the judges' scoring, while the Popular Award was decided through audience voting. Guest performer Lagchun, a CUHK alumni, added excitement to the evening.

The College extends its heartfelt congratulations to all winners and sincere appreciation to the Organising Committee, College members and participants whose contributions made Sunny Yeah 2026 a great success.









以「Yeelysium」 為主題的宜嘢依夜於三月圓滿舉行，通過一系列精彩活動為同學繁忙的課業帶來歡樂與輕鬆的時光。今年的活動包括廚藝比賽及歌唱比賽，充分展現書院同學多元的才華與創意。

活動首先以廚藝比賽揭開序幕，參賽同學於「廚神組」及「創意料理組」中一展廚藝。由副院長暨通識教育主任潘銘基教授、副院長暨東座舍監左中教授、輔導長蔡錦輝教授及西座舍監潘江鵬教授組成的評審團對同學精湛的烹飪技巧及充滿創意的作品留下深刻印象。

作為宜嘢依夜的重點活動，歌唱比賽初賽吸引逾五十個個人及組合單位參與。經過激烈競逐後，入圍參賽者晉身三月舉行的總決賽，並以充滿熱情與感染力的演出爭奪獎項。決賽由左中教授、書院成員黃麗虹教授及吳以琳博士擔任評審，獎項根據評審評分選出，而「最受歡迎獎」則由現場觀眾投票產生。

活動亦邀得中大校友力臻擔任表演嘉賓，為比賽增添精彩氣氛。

書院衷心祝賀所有得獎者，並感謝籌委會、書院成員及所有參加者的付出與支持，為「宜嘢依夜」畫上圓滿句號。

COLLEGE PHOTO DAY
畢業班拍攝日



Congratulations to the Graduating Class of 2025/26! College Photo Day 2026 was held on 13 March, filling the campus with joy, laughter and cherished memories.

Graduating students gathered with friends throughout the campus to celebrate their achievements and capture this important milestone through memorable photographs. College Master Professor Anthony T.C. Chan, together with College members, joined the photo sessions and shared in the celebrations.

Student societies also set up booths, creating opportunities for graduates to commemorate their university journey with fellow students. One of the highlights was the portrait sketching station, where graduates received personalised sketches as a unique keepsake of their time at the College.

The day was filled with warm reunions, cheerful smiles and unforgettable moments. We look forward to celebrating this special achievement with our graduates again at the Graduation Ceremony.









恭喜二零二五至二六年度畢業生！畢業班拍攝日於三月十三日舉行，校園洋溢着歡笑與喜悅，留下無數珍貴回憶。

畢業班同學與好友齊聚校園，以照片記錄大學旅程的重要里程碑，慶祝多年來的努力與成果。院長陳德章教授及多位書院成員亦親臨合照環節，與同學一同分享畢業的喜悅。

多個學生組織設置攤位，讓畢業生與同學拍照留念，記錄難忘的書院時光。其中，人物肖像速寫攤位備受歡迎，為畢業生送上別具意義的紀念品。

當日歡笑聲此起彼落，眾人一起度過難忘的重聚時。期待於畢業典禮上再次與畢業生一同分享這份喜悅，見證人生的重要里程碑。

Go Green!
Be Sunny!

The publicity name of Wu Yee Sun College is
'The Sunny College': half word-play on Dr. Wu's name
and half the College vision.
May the College and its members radiate positive energy
and be a passionate force that makes the world
a better place.

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

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