



伍宜孫書院  
WU YEE SUN COLLEGE

# SHINE BEYOND LIMITS



The Sunny College



院長陳德章教授  
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# Go Green! Be Sunny!

## 院長的話 THE MASTER'S MESSAGE

作為伍宜孫人 (Sunnies)，願你能以書院生活的溫暖體驗，照亮身邊的人。本著書院「創新志業精神，承擔社會責任」的使命，燃亮自己，並於社區裡綻放光芒。

As Sunnies, take the light and warmth you have soaked up during your College years to light up whoever life takes you. Bearing social responsibilities with an entrepreneurial spirit, may you shine ever so brightly for your communities.

## 書院概況 ABOUT WU YEE SUN COLLEGE

承蒙伍宜孫慈善基金的慷慨捐助，香港中文大學伍宜孫書院於2007年成立。書院以「博學篤行」為院訓，鼓勵同學在親切融和與充滿活力的學習氛圍中，培養創新志業精神及社會責任感。同時通過均衡的通識課程、校園生活，以及各項文化和海外交流活動，力求拓寬同學的視野，鼓勵他們積極進取，為貢獻社會和豐盛人生奠定穩固基礎。

伍宜孫書院是一間中型書院，可容納一千二百名學生，每年取錄約三百名新生。書院宿舍提供三百零二間雙人房間，可容納宿生六百零四人。新宿舍正在興建中，預計於2027年落成，屆時將再增加二百五十個宿位。

Established in 2007 by the generous support of Wu Yee Sun Charitable Foundation Limited, Wu Yee Sun College inspires students through its motto: "Scholarship and Perseverance." Here, a vibrant and inclusive community fosters entrepreneurial spirit and social responsibility. With a strong emphasis on whole-person development, the College offers a well-rounded experience through its general education, campus life, cultural events, and overseas exchange programmes. These opportunities help students broaden their horizons and encourage them to forge ahead in making contributions to society and leading a productive and fulfilling life.

Home to 1,200 students, Wu Yee Sun College offers around 302 twin rooms, accommodating 604 residents. A new hostel block, scheduled for completion in 2027, will add an additional 250 beds.



成立於 Founded in

# 2007



可容納 Home to

# 1,200

學生 Students



# 302

雙人房間 Twin Rooms



# 604

宿生 Residents

# SHINE SHINE SHINE

# SHINE BEYOND SELF



伍宜孫書院坐落於士林一巷，位於校園的西部，眺望吐露港怡人景色。書院設備完善，為學生提供理想的學習、康樂及住宿設施。書院的「四年一宿」政策讓所有學生皆有機會體驗住宿生活，宿舍匯聚不同國籍及學科的學生，透過宿舍生活，促進文化交流，擴闊社交圈子。而書院走讀生也可到面向遼闊海景的走讀生舍堂休息，亦可參與及籌劃舍堂活動。

書院致力透過多元的非形式教育協助新生融入書院生活。書院及各學生團體籌劃一系列別出心裁的環境保育、運動鍛鍊及身心健康等主題活動，除了每年院慶（包括大宣地、523人宴、環校跑等活動）、才藝節「宜嘢依夜」，還有體育學會、創意實驗室小組、環保小組、劇社等學生團體的精彩活動，不僅豐富了校園生活，更鼓勵同學發展興趣，尋找夢想。

書院以綠色為標誌色，提倡綠色生活。為鼓勵同學積極參與環保行動，書院設立「自選遊可持續發展活動資助計劃」，支持學生投身各類可持續發展項目。熱心推動綠色生活的同學組成環保小組，與書院緊密合作，推廣天台有機種植，並定期舉辦自然環境清潔、生態導賞、環保手作、植樹等活動，實踐可持續生活方式。

書院生活中，每個人都可以「**Shine Beyond Self**」，在群體中學習共處，在追夢途中彼此扶持。告別昔日熟悉的學習圈子，從獨自一人進入大學，到收獲同行的夥伴，這些轉變往往始於初踏入宿舍的一刻：從與室友、層友、莊員的相識，到一次宵夜、一場活動、一次深夜傾談，點滴日常中逐漸累積成深厚的友誼，並照亮彼此生活。

Nestled on the west side of campus with enjoyable views of Tolo Harbour, Wu Yee Sun College offers an inspiring environment for learning and living. The College is fully equipped with facilities that support academic pursuits, recreation, and comfortable residential life. Our student hostel brings together students from diverse backgrounds and disciplines, fostering a rich atmosphere of cultural exchange and lifelong friendships.

To help new students settle into campus life, the College, together with student groups, organizes a variety of activities centered on environmental conservation, sports, and wellness. Signature events including the 523 Banquet, Sunny Festival, Campus Run, and the "Sunny Yeah" Arts Festival, along with vibrant groups such as the Sports Association, c!ab team, Green Team and Drama Society, offer countless opportunities for students to discover their passions, build friendships, and grow beyond the classroom.

With green as its signature colour, the College promotes green living and the importance of physical and mental well-being. The Self-Motivation Fund for Sustainability Activities encourages students to participate in initiatives that advance sustainable development and reduce inequality. Every year, a group of dedicated students forms the Green Team to champion green living on campus. Working closely with the College, they organize rooftop organic farming, eco-tours, green workshops, and tree planting activities. Together, we bring sustainability to life through meaningful, hands-on experiences.

At Wu Yee Sun College, every student is encouraged to "**Shine Beyond Self**"—to grow through community, support one another in the pursuit of dreams, and embrace new beginnings. Stepping into university life often begins with that very first moment in the student hostel: meeting roommates, bonding with floormates and student leaders, sharing late-night snacks, joining activities, or simply talking into the night. These everyday moments are where real friendships begin—brightening each other's lives and making college life truly unforgettable.



初入大學迎新營，第一件聽到的，便是「大學五件事」：讀書、住宿、拍拖、上莊、做兼職。讀書、拍拖、做兼職榜上有名尚好理解，但為何「住宿」和「上莊」也被視為大學生涯中必須一試，甚至是最難忘的回憶？

就讀工商管理學士綜合課程的 Hayden 在書院迎新營首次接觸宿舍生活，認識了一班書院好友，並夥同他們一起上莊，組成宿舍生會內閣，服務宿舍的同學。除了宿舍會外，Hayden 更是書院體育學會及才藝節「宜嘢依夜」的幹事會成員。眾多職責在身，Hayden 卻指自己樂在其中，非常享受書院的宿舍生活和莊務，即使周末也常常選擇留在書院，投入各項活動。究竟宿舍與上莊生活有何魅力，讓 Hayden 把書院當作第二個家？

At orientation camp, new students often hear about the "Five Must-Do Experiences" in university: studying, living in a dormitory, dating, joining a student committee, and working a part-time job. Studying and working are expected, but what makes dorm life and committee service so essential?

For Hayden, a student in the Integrated Bachelor of Business Administration Programme, it all began at orientation, where he was introduced to dorm life and new friendships, leading him to join the Residential Association. Since then, he has taken up roles in various committees. Despite his busy schedule, Hayden finds joy in college life, even choosing to stay in the student hostel on weekends. What about hostel life and student committees that makes Hayden regard the College as his second home?

## 李俊熹 HAYDEN LEE

工商管理學士綜合課程  
Integrated BBA Programme



好好享受大學時光。不要以為四年很長，其實時間轉眼即逝，所以更要清楚自己想要的是什麼。

Enjoy your university years to the fullest. Time flies faster than you think — four years may seem long, but they will be gone in the blink of an eye. That's why it's so important to know what truly matters to you.

「莊」指的是學生團體、系會、學會或興趣小組，「上莊」則是指成為「莊」的幹事會成員。談到書院眾多莊中哪一支最開心，Hayden毫不猶豫地選擇宿生會。宿生會主要協助書院管理宿舍，並定期舉辦活動聯繫宿生感情，照顧宿生福利。身為宿生會主席的Hayden，與一班莊員一起籌辦各式活動：晚上煮糖水、準備宵夜、舉辦花式乒乓球活動、新年時派送湯圓和揮春，服務宿生。回憶起當初未當選時，每天花上十多小時與莊員相處，一起撰寫年度計劃書、派早餐、製作甜品宣傳內閣…… Hayden認為，主修科的同學與莊員和在宿舍認識的朋友關係性質不同：主修科的同學大多是學術或職涯上的夥伴，課堂上相談甚歡，下課後各自回家；而莊員和在宿舍結識的朋友，則是「生活上的朋友」——朝夕相對，每天一同吃飯、讀書、玩樂，感情更緊密，成為大學生活中最親近的家人。

Hayden還主動分享一段宿生會宣傳期間的小趣事：原來每年宿生會都會邀請歷屆莊員或畢業生回書院聚會，而候任莊員則須穿着中學校服赴會。其中一位畢業生已成中學老師，巧合的是，他正是其中一位候任莊員的中學老師。離開中學校園，本以為再無交集，怎料會在大學時穿着校服再相遇。乍見之下，有點尷尬，又有點忍俊不禁。Hayden指，相比濃厚的傳統舍堂文化，伍宜孫書院更注重莊員間的合作與友誼，下一屆莊員與上一屆莊員之間相處融洽，正因如此，大家的關係一直十分融洽。

談到書院宿舍生活中最難忘的回憶，Hayden思索片刻：「宿舍生活沒什麼特別深刻的大事，最難忘的是日常生活的快樂點滴。」日常的快樂由無數平凡夜晚拼湊而成。他會和宿生會的莊員在書院的各個角落商討活動細節，聊到夜深就一同下山，到火炭、大埔、大圍宵宵，再踩單車去大學站，從山腳徒步回到山腰的宿舍。不下山也可以留在書院，在廚房煮飯，到仁澤書房讀書，累了便到如日坊的The Lounge休息。書院平台「圓夢臺」面向吐露港，天氣晴朗時，碧藍海面映着蔚藍天色，站在平台上可飽覽青綠的八仙嶺，黃昏時可遠眺萬家燈火點亮馬鞍山。偶爾，Hayden會在宿舍夜讀至天色微亮，下樓到圓夢臺看日出，再迎着晨光，漫步至餐廳吃早餐。**一片片平凡的生活碎片，慢慢編織成大學生活中最美好的回憶。**



Student committees usually involve student groups, associations, societies or interest groups. Among all his committee roles, Hayden found the most joy serving in the Residential Association. As chairman, he and his team planned a variety of events to connect with hostel residents and support their well-being. He recalls the days when he spent over ten hours a day with his team, drafting annual plans, serving breakfast and late-night snacks, and making desserts. Hayden believes that, unlike classmates who are mostly academic or career partners, friends made through hostel and committee life become true companions who share everyday moments filled with laughter, trust, and lasting memories.

Hayden also shared a lighthearted story from the promotion period. Each year, incoming cabinet candidates wear their secondary school uniforms to attend a gathering with past members and alumni. At one such event, a member of the incoming cabinet unexpectedly ran into his former teacher from secondary school—who, to his surprise, turned out to be a Residential Association alumnus. Neither of them expected to cross paths again, especially in school uniform. The moment was a little awkward at first, but quickly turned into laughter. Hayden added that relationships between past and current cabinet members are warm and easygoing, without the rigid hierarchy sometimes found elsewhere. That's precisely what makes the College special.

When asked about his most unforgettable dorm memory, Hayden replied, "It's not about one or two big moments, but daily happiness." Sometimes, he would chat late into the night with his committee members in quiet corners around the College, then head down the hill together for late-night snacks outside campus. When not heading out, they would cook together in the shared kitchen, study in the Yan Chak Study Room, or wind down with a movie in the Lounge at the House of Sunny Living. Occasionally, Hayden would study through the night until the sky began to lighten. Then he'd go down to the Terrace of Dreams to watch the sunrise, before strolling to a restaurant nearby for breakfast in the soft morning light. **It's those simple moments in the hostel that weave themselves into the best memories of college life.**





中大九間書院，每間書院都有自己的特色，許多人對伍宜孫書院學生的印象是比較低調。對此，Hayden 回應：「對比其他書院的學生，宜孫人確實是比較內斂，但也不乏願意參加活動的人，只是因為害羞，未必會主動開口。」Hayden 身為活動主辦人，並不強求每位學生都要「好 Chur」：「有些人不喜歡社交或團體活動，或者想專心讀書，這是個人選擇；但也有些心裏想參加，只是不敢開口，或者不知道自己能否融入。」校園裏，外向活躍的人總會成為焦點，慢熱害羞的人很容易被忽略。但無論性格如何，Hayden 相信，每個人都應有機會擴闊自己的社交圈子。

他指出，**書院的優點正是給予學生自由**：想投入社交時，總有活動可以參加；想休息時，也有空間可以喘息。由於學生人數較少，宣傳時更容易觸及那些內心渴望連結，卻裹足不前的學生。這時，書院活動就能成為他們踏出第一步的契機。如果喜歡，就繼續參與更多；若不適應，也能隨時退回自己的步調，不必受群體壓力所縛。

Hayden 很享受在書院與朋友相處的時光。對他而言，無論是住宿舍、上莊、讀書，甚至是什麼也不做，都是大學專屬、可以自由揮霍的青春時光。「離開大學後，要再過這種隨心所欲的日子，大概要等到四、五十年後退休才有可能了。」Hayden 補充道：「人人追求的目標不同，有人追求踴躍參與，你也可以選擇自己喜歡的生活步調。**不必迎合別人的期待，選擇權在你自己手上。**」

談到「大學五件事」，Hayden 笑言，自己並沒有刻意以此為目標，卻在不知不覺間都經歷過了。不過，他希望新生明白，「五件事」不代表完滿的大學生活。真正重要的，是跟隨自己的節奏，選擇自己想做的事：你可以專注學業，積極參與師友計劃，擴闊人脈，為未來職涯鋪路；也可以多接觸新事物，發展個人興趣；亦可以放慢步調，感受校園四季流轉的風景，享受與朋友相伴的日子，擁抱當下每一個平凡卻珍貴的時刻。



Each of CUHK's nine Colleges has its own vibe. Wu Yee Sun College is often perceived as more low-key compared to others. Some say students here aren't particularly social, but Hayden offers another perspective. "It's true that WYS students aren't always the most proactive," he said. "But actually, many are willing to take part. They're just shy and hesitate to speak up." As an event organizer, Hayden believes participation should never be forced. "Some students simply don't enjoy social activities or prefer to focus on academics, while others do want to join but worry they won't fit in."

**What Hayden appreciates about the College is its balance: plenty of opportunities for those eager to connect, and space for those who need time to recharge.** With a smaller student body, the College makes it easier to reach quieter students and invite them to "just try it once." If they enjoy it, they'll come again. If not, they're free to return to their own pace, without pressure or judgment.

Hayden cherishes his time at the College—whether it's living in the hostel, serving on student committees, studying, exploring new interests, or simply doing nothing at all. You can only find this youth in university life—free, unstructured, and yours to embrace. "After graduation, I probably won't live this freely again until retirement, 40 or 50 years from now." He added, "As long as you enjoy the moment, that's enough. Everyone has different goals and paces. **You don't need to live by others' expectations. The choice is yours.**"

On the "Five Must-Do Experiences" in university, Hayden said he didn't set out to complete them, but ended up experiencing them all. Still, he hopes new students won't treat these as a checklist. What truly matters is doing what excites you, trying new things, and enjoying each moment at your own pace. Spend time with friends, watch the seasons shift on campus, and treasure each simple moment. They may just become your most meaningful memories.

# SHINE BEYOND FITNESS

身心健康才能活出正向人生。為了推廣健康生活以及運動的樂趣，書院定期舉辦多元化的體育活動，例如划艇挑戰賽、乒乓挑戰盃、瑜珈班、健身訓練班、環校跑等。書院中庭的如日坊結合三大元素：身心健康、終身運動、綠色生活，透過不同活動讓同學強健體魄，提升精神健康，加強領導能力，將來為社會作出貢獻。如日坊內設有海景健身室，讓同學邊鍛鍊，邊飽覽吐露港的優美景色，舒展身心。書院亦非常重視同學的運動天賦，除了全力支援十七支院隊參加各大賽事，更設有資助計劃鼓勵同學參加公開運動比賽及體育活動。

運動不只是鍛鍊身體，更是一種探索自我、突破界限的歷程。書院一直支持同學「**Shine Beyond Fitness**」，在運動中紓解壓力、建立自信、鍛煉意志，並在一次次挑戰中發掘自己的無限潛能。

At the College, we value healthy living and celebrate the joy of sports. Located at the heart of our campus, the House of Sunny Living embodies a holistic, three-pronged approach that integrates "health and spiritual well-being," "sports for life" and "go green and lead the society." Students can engage in a variety of activities and enjoy a full sea-view gym at the House of Sunny Living, where they can work out while taking in the serene beauty of Tolo Harbour. We are also dedicated to nurturing athletic talent. The College proudly supports 17 athletic teams that compete in major tournaments, and also provides funding to encourage students to take part in open competitions and stay active through sports.

Sports are more than just physical training—they are a journey of self-discovery and pushing personal limits. We actively promote the spirit of "**Shine Beyond Fitness**," encouraging students to relieve stress, build confidence, strengthen resilience, and unlock their full potential through every challenge.





大學生活忙碌，要讀書、上莊、實習、社交，運動很多時不在大學生的日程內。身心俱疲的時候，為何仍要選擇運動？就讀內外全科醫學士課程的 Sara 自小已對音樂和運動感興趣，中學時是泳隊和田徑隊成員，更曾任青年交響樂團首席，跟着團隊到國外演奏。進入大學後，Sara 順理成章加入管弦樂團，第二年加入伍宜孫書院和中大的划艇隊，和隊伍一同奪冠，再從隊員身份晉升為下屆女子划艇隊的學生教練，成為隊內的中堅分子。看似是天之驕子的履歷，但原來 Sara 在大學前從未接觸過划艇，一切的成就都是長時間的刻苦訓練換來的。

划艇訓練從陸上開始，先經歷兩個多月的體能和划艇機訓練，之後才是正式的下水演練。Sara 憶述，開始訓練時還是夏天，烈日當空，一行人在戶外運動場訓練，大汗淋漓，地上一滴滴全是滴落的汗水：「很辛苦！夏鼎基運動場看台上掛着溫度計，大家看着那大大的『38.1° C』真的想放棄。」這種酷暑中的訓練每周要經歷兩次，過程中，Sara 生過放棄的念頭。有一次划艇訓練，十分鐘內要完成二千米，怎麼划都未到盡頭，Sara 憶述：「很想說自己肚痛或想嘔，停下來離開。」

University life—packed with lectures, internships, social events, and endless deadlines—often leaves little room for sports. So what drives someone to keep exercising when both body and mind are exhausted? For Sara, a Medicine student at CUHK, it's about challenging herself and discovering a stronger, more resilient version of who she can be.

Growing up, Sara discovered her passion for music and played an important role in the Hong Kong Youth Orchestra. But she took on an entirely new challenge after entering college: rowing. Despite having no prior experience, she joined the Wu Yee Sun College and CUHK rowing teams, and quickly proved herself. After helping the teams clinch championship titles, she went on to serve as the student coach for the next women's team. While her achievements may seem effortless, they are built on dedication and relentless hard work on and off the water.



## 翟韓珊 SARA CHAK

內外全科醫學士課程  
M.B., Ch.B.



大學裏，有些人會很緊張成績，努力衝高 GPA。但其實大學也是一個探索新事物的好機會，就算不確定某些事情是否適合自己，或是擔心自己什麼都不懂，都要把握機會發掘潛能，不要把所有時間都花在成績上，也要體會生活，平衡各種新體驗。

**University life isn't just about grades. Make the most of every opportunity to explore your talents, push your limits, and expand your network.**





**無數次想離開，但最後還是選擇留下**，Sara說，是同伴驅使她繼續前進：「我看到旁邊的人，同樣滿頭大汗，同樣疲憊，如果現在放棄，影響隊伍，我會很內疚。」划艇不是個人運動，艇上人的動作、節奏、意志必須劃一，八個人缺一不可。每次訓練都是建立默契的過程，一人退出，整個隊伍都無法出賽。Sara解釋：「我們第一年新人時是用單槳，每人負責一邊，你沒出力，船會走偏，那麼全艇都會知道你沒用力。」

一開始是出於內疚而拒絕放棄，後來是同伴的情誼和熱血吸引 Sara：訓練前一起去茶餐廳，訓練時間外一起去攀石、行山、划獨木舟、踩單車，到比賽時互相激勵，同步同進，賽後一起抱頭痛哭，種種回憶都是比獎牌更珍貴的收穫。訓練的確艱苦，比賽會有失誤，但隊內從不責怪彼此，更少有爭執。Sara說，自己很多時划到一半已經筋疲力盡，後半段全憑意志力堅持，而多次鍛練累積的默契在此時派上用場。大腦累到無力思考，但身體會下意識跟着隊伍的節奏活動，Sara笑言：「我們全艇人閉上眼也能划。」專注當下每個動作，捕捉隊友一呼一吸的節奏，眼中只剩前面隊友的身影，一切雜念隨濺起的水花退去。Sara分享：「當下不為輸贏，只為一班人的熱血而做。」

Rowing training begins on land, with over two months of strength conditioning and rowing machine workouts. Sara recalled starting in the height of summer, under a blazing sun. The team trained outdoors at the stadium, soaked in sweat. "It was brutal," she said. "There were thermometers hanging on the stands showing 38.1°C. We all looked at that number and just wanted to quit." These intense sessions took place twice a week. At times, Sara considered giving up. She remembered one particular workout: rowing 2,000 meters in ten minutes. "I wanted to pretend I had a stomachache or that I was about to throw up—just to stop and escape."

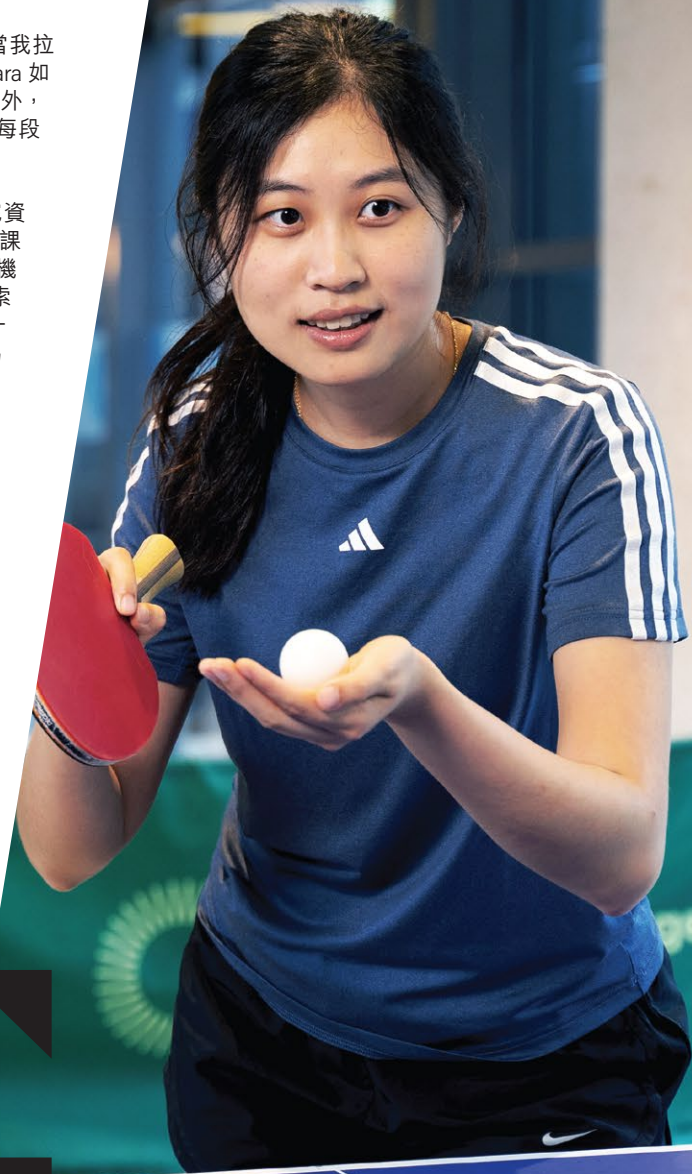
**Quitting crossed her mind many times, but she stayed.** What kept her going was her teammates. "I saw everyone around me, soaked in sweat and exhausted. If I gave up and let the team down, I'd feel incredibly guilty." Rowing, after all, is not an individual sport. Synchronization in movement, rhythm, and mindset is essential. All rowers must work as one; every person matters. Each training session is a step toward building that unspoken bond. If even one person drops out, the entire crew can't race. Sara explained. "If you didn't give it your all, the boat would veer off course. Everyone would know exactly who wasn't pulling their weight." At first, Sara kept going out of guilt. Over time, it was the camaraderie and fighting spirit that drew her in. From team meals before practice to rock climbing, hiking, and canoeing together, the bonds they built extended far beyond the boat. They cheered each other on during races and cried together afterwards. Those shared moments became far more meaningful than any medal.

從零經驗到落水比賽，從划艇新手到學生教練，Sara 自言划艇教會她很多事：「我從未試過像划艇這麼辛苦的事。當我拉琴、讀書覺得累想放棄時，我會想，划艇我都堅持了，為何現在不堅持？」醫科生學業繁重，還要兼顧樂團的活動，Sara 如何確保身心健康？Sara 說，音樂與運動正是她紓緩壓力的方式：「想到之後要去拉琴和划艇，就會快點讀完書。」另外，Sara 認為自己善於轉換心態，面對不如意的事，就將「不好的事想成好的」，轉念看待壞事，從中找到正面意義，從每段經歷汲取養分，繼續走更遠的路。

談及書院的支持，Sara 指書院一向積極鼓勵學生參加身心健康的活動，划艇隊的訂衫費、租艇費、艇會會費都蒙書院資助，乃至比賽時書院都一路同行，支持院隊的發展。Sara 還申請了書院的「身心靈健康活動資助計劃」，完成攀登證書課程、陶器製作班等。「我是知道有書院支持才會報名參加各種活動。如果當初不是進伍宜孫書院，我應該不會有太多機會探索不同活動。」Sara 寄語新生：「大學生活不只成績，探索更重要。有些活動你不懂也可以參加，要抓緊機會探索才能，挑戰自我，拓寬社交圈子。」中學時的 Sara 從未想過自己會成為划艇隊的一份子，但正正是一次次艱苦訓練，一場場熱血比賽，讓她**學會全力以赴不留遺憾，學會共同進退的團體精神，學會主動發掘自己的無限潛能**。運動不是為了獎牌，而是為了挑戰自我，造就更強韌的自己。

Training was grueling, and mistakes were inevitable, but blame was never part of the team culture—nor were conflicts. When exhaustion hit halfway through a race, it was sheer willpower, and the silent understanding built through countless hours of training that carried her through. Sara smiled and said, "We could row with our eyes closed." In those moments, she focused only on syncing with her teammates—their breathing, their movements, the silhouettes in front of her. Everything else faded in the face of the splashing water. "At that point, it wasn't about winning or losing," she said. "It was about the passion we shared." From a complete beginner to a student coach, Sara says rowing pushed her limits like nothing else. "Whenever I feel like giving up on the violin or my studies, I remind myself—I got through rowing; I can get through this too."

Reflecting on the College's support, Sara shared that Wu Yee Sun College has always encouraged students to pursue healthy, active lifestyles. From uniform costs and boat rentals to HKCRA membership fees, the College sponsors the rowing team and even sends staff to cheer them on at competitions. Sara has applied for the College's Self-Motivation Fund to explore more interests, such as climbing certification courses and pottery. "I signed up for all these activities because I knew the College would back me. If I hadn't joined the College, I wouldn't have had so many chances to try new things." Back in secondary school, Sara never imagined she'd become a rower. But through intense training and thrilling competitions, **she learned to give her all, embrace teamwork, and unlock her full potential**. This is her advice to freshmen: "University life isn't just about grades. Make the most of every opportunity to explore your talents, push your limits, and build your resilience."



為鼓勵同學拓展全球視野，到異地探索世界，追尋夢想，書院籌辦一學期至一學年的「交換生計劃」和「短期學習活動」，亦設有多種獎助學金讓同學於在學期間最少獲得一次書院資助參與交流活動，或者親身策劃非本地學習體驗活動，活動類型包括學術研討會、比賽、實地考察、實習、義工服務、文化團及自我挑戰等。

「**Shine Beyond Borders**」不只是離開香港那麼簡單。跨越地理界限，擁抱不同文化與故事，在陌生的環境中認識世界，也重新認識自己。



交換計劃目的地 Destinations of exchange programmes:

澳洲 Australia

芬蘭 Finland

荷蘭 Netherlands

加拿大 Canada

德國 Germany

新加坡 Singapore

捷克 Czech Republic

意大利 Italy

英國 United Kingdom

丹麥 Denmark

中國內地 Mainland China

美國 United States

At Wu Yee Sun College, we believe global exposure fuels personal growth. We offer term-long exchange programmes, as well as short-term learning trips, all supported by scholarships, enabling students to embark on at least one funded overseas experience during their studies. From academic conferences and competitions to field research, internships, volunteer service, cultural tours, and personal challenges, the opportunities are as diverse as they are transformative.

“**Shine Beyond Borders**” is more than just leaving Hong Kong. It’s about crossing geographical boundaries, embracing diverse cultures and stories, and rediscovering yourself in unfamiliar places.

過去十三年已有約  
Over the past  
thirteen years

1,900

位同學曾到外地體驗交流  
students have been to other  
places for exchange experience

# SHINE BEYOND BORDERS



對許多香港人而言，旅行並不陌生。有些人出國是為了打卡觀光，吃喝玩樂，暫時逃離城市急促的生活節奏；對就讀健康與體育運動科學的Kin而言，離開熟悉的環境，不只是為了放鬆，更是為了開拓眼界。Kin自幼接觸羽毛球，中學時曾奪得學界羽毛球精英賽男雙冠軍。然而，他的目光不止於本地球場。早在大學一年級時，他已參與書院的服務學習計劃，到訪緬甸孤兒院擔任活動導師。副修新聞與傳播學的他，其後又於四年級和六年級分別報名書院的交換生計劃前往澳洲與美國，期間不僅深造攝影技術，更積極探索運動賽事管理與體育教育等相關職涯方向，拓展國際視野，為職涯鋪路。

While many travel to sightsee or relax, Kin, a student majoring in Physical Education, Exercise Science and Health, sees each trip as a purposeful leap. Kin picked up badminton as a child and went on to win the boys' doubles title at the Schools' Elite Championships. Yet his ambitions stretch far beyond local courts. In his freshman year, he joined the College's service-learning programme, leading activities at an orphanage in Myanmar. As a journalism minor, he later spent semesters in Australia and the United States, sharpening his photography skills, and exploring careers in sports event management and physical education — all turning travel into a journey of growth and discovery.

## 湯堅信 KIN TONG

健康與體育運動科學  
Physical Education,  
Exercise Science and Health



如果你有想做的事，就放在心裏。即使此刻仍未知道如何實現，只要有機會，就要勇敢去試，走着走着，路就行得通了。機會不知何時來臨，所以要隨時準備好，至少要知道自己想走的方向。

If there's something you want to try, hold onto that dream. Even if you don't yet know how to make it happen, seize the moment when you get the chance, be brave and go for it. Step by step, the path will open.



在澳洲蒙納許大學 (Monash University) 交流期間，Kin 選修了專業攝影課程，首次接觸到香港少見的菲林沖曬、街頭攝影與攝影藝術創作。Kin 一年後再透過書院申請前往美國麻省大學阿默斯特分校 (University of Massachusetts Amherst) 交流。他最難忘的經歷，是參與當地冰球隊的實習機會。校園鄰近籃球發源地春田市，運動文化濃厚，校內開設多門與體育行業相關的課程。Kin 修讀了體育行銷課程，在校方安排下，前往美國冰球聯盟球隊「春田雷鳥」(Springfield Thunderbirds) 實習，深入了解球隊的市場推廣與銷售策略，甚至運用人工智能工具拓展潛在客群。

不過即使有科技輔助，球隊經理向 Kin 分享：真正能打動人心，留住客源的，往往是觀眾在觀賽當下所感受到的「人情味」。要在一個地方建立起強大的運動文化，除了歷史背景、資源投入與配套設施，比賽本身如何透過創新方式吸引觀眾，以及球員、工作人員與觀眾之間的互動同樣關鍵。Kin 身處一個運動文化濃厚、與香港氛圍截然不同的環境，讓他不禁思考：在美國所見所學，能否為香港的體育發展帶來啟發？他希望日後能將這些經驗轉化為實踐，探索本地體育發展的更多可能。

Kin 首次赴澳洲當交換生時，特意為自己開設 YouTube 頻道紀錄生活。頻道簡介寫着：「用運動探索世界」。旅行不只於觀光，Kin 希望以運動為橋樑接觸世界，認識志同道合的朋友，拜訪來自不同國家的傑出運動員，聆聽他們的故事，也反思自身，在他人的分享中汲取成長的養分。Kin 曾在香港羽毛球賽中結識資深獨立羽毛球攝影記者梁家樂先生，對方邀請 Kin 一同前往馬來西亞、新加坡和印尼。在書院「寰宇學習獎勵計劃」資助下，Kin 走出香港賽場，踏入世界羽聯世界巡迴賽的新聞發布室，親身體驗國際賽事背後的媒體工作。



At Monash University, Kin signed up for a professional photography class and discovered the art of film development, street shooting and creative projects—techniques he'd never tried back in Hong Kong's digital-first scene. A year after his exchange in Australia, Kin started his following exchange at the University of Massachusetts Amherst. Just outside Springfield, the birthplace of basketball, the campus is steeped in sports culture. There, Kin took part in an internship with the Springfield Thunderbirds of the American Hockey League, a hands-on experience gained through his sports marketing course. Through the internship, he delved into real-world team operations, including market promotion, sales strategies and even AI-powered fan outreach.

Yet, as the team manager reminded him, what wins hearts and keeps fans coming back is the human touch. Kin witnessed firsthand how a strong sports culture relies not just on history, funding and facilities, but on innovative ways to draw crowds and the dynamic connections between players, staff and audiences. Immersed in this vibrant environment so different from Hong Kong, he's eager to bring fresh ideas home and help shape the future of local sports.

Kin's journeys go well beyond sightseeing. As his YouTube bio declares, "Exploring the world through sports," he uses athletics as a passport to forge friendships, meet elite athletes and draw inspiration from their stories. Before setting foot at UMass Amherst, he teamed up with veteran badminton photographer Edwin Leung. With support from the College's Global Learning Award Scheme, they followed the BWF World Tour across Malaysia, Singapore, and Indonesia.

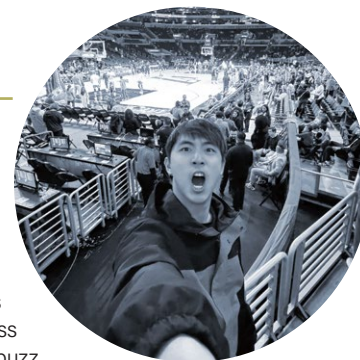




從賽場上的運動員，到賽事後台的媒體區，Kin 沒有放下運動員身份，反而以多年的羽毛球經驗協助自己捕捉那些稍縱即逝的精彩瞬間。Kin 分享，他留意到三站比賽的媒體區文化各有不同：新加坡的媒體室氣氛安靜，大家專注處理工作；馬來西亞的氣氛較為熱絡，記者之間樂於互相支援，有需要時甚至會借用彼此的相片用作媒體發布；而印尼的比賽級別較高，媒體區規模最大，人員進出頻繁，整體工作節奏更為繁忙。Kin 視這次經歷為一次難能可貴的學習機會，因為並非所有級別的賽事都設有媒體室。能與一眾世界級體育攝影記者共事，深入了解各站的工作文化與流程，實屬難得。能從旁觀察專業攝影師的拍攝技巧，到訓練場親身觀摩頂尖運動員備戰，每分每秒都是嶄新的體驗與學習機會。

一嘗世界級大賽攝影師工作的滋味後，Kin 趁着在美國當交換生的機會，展開他構思已久的「傑出運動員訪問之旅」。有賴 Kin 在羽毛球賽事中認識的美國運動員協助聯繫，他獲邀來到洛杉磯參與當地一支青年羽毛球隊的陪練，該隊的教練正是 2000 年悉尼奧運羽毛球金牌得主。他亦成功聯絡到 Yannie，她是首位打入美國全國大學體育協會（NCAA）最高級別女子籃球聯賽的香港球員。在 Yannie 帶領下，Kin 走進校園的訓練設施，近距離了解高水平大專運動員的日常訓練，觀察她們如何在競技與學習之間取得平衡，應對身心壓力的挑戰。以上種種訪問經歷，Kin 都一一剪輯成影片，上載至他的 YouTube 頻道。他表示，建立頻道的初衷是希望透過 vlog 記錄旅程點滴，見證自己成長與學會獨立的過程。隨著機緣之下接觸到多位世界級運動員，Kin 萌生了成為「運動旅遊記者」的想法，拍攝來自不同地區的運動員的故事。無論是新奇或辛酸，他都希望如實呈現每段經歷。即使日後未必以攝影為職業，而是投身教育界，他也希望與學生分享這些影片，讓他們了解國際體壇的多元面貌，從大師訪談中學習如何提升個人技術與視野。

Kin 以羽毛球為起點，一步步走進世界各地的球場、課堂與運動員的故事中，以運動認識世界各地的人。Kin 坦言，這一切其實並非刻意規劃而成。一切的關鍵，只在於順勢而為。畢業在即，他正籌備參與海外實習計劃，前往外地學校擔任義務體育老師，冀望再拓闊自己在體育領域的世界視野。Kin 寄語新生：「如果你有想做的事，就放在心裏。即使此刻仍未知道如何實現，只要有機會，就要勇敢去試，走着走着，路就通行通了。」**學習的場域從不限於教室，背靠書院，勇於走出香港，追尋夢想，走出自己獨一無二的路。**



There, Kin shifted from athlete to sports photography apprentice, drawing on his years of badminton experience to anticipate shuttle trajectories and freeze split-second action through the lens. In crowded media rooms, he watched deadlines crackle to life as images became headlines. He felt Singapore's press hall pulse with quiet intensity, Malaysia's media tent buzz with supportive camaraderie, and Indonesia's press zone surge with electric urgency. Side by side with world-class photographers, and at courtside as champions trained, Kin absorbed lessons that no classroom could offer, forging a vision of sport that transcends borders and breathes inspiration into every frame.

After tasting life behind the lens of world-class sports photographers, Kin seized his chance in the United States to kick off his "Elite Athlete Interview Tour." Leveraging contacts from badminton tournaments, he landed in Los Angeles as a practice partner for a youth team coached by the Sydney 2000 Olympic gold-medalist. On-court rallies doubled as interviews, where he probed training methods, daily schedules and performance tips. Next, he tracked down Yannie—the first Hong Kong athlete to compete in NCAA Division I women's basketball—and stepped onto campus to witness how top student-athletes balance grueling practice with demanding coursework. Every insight, every drill and every personal story found its way into his YouTube channel. What started as a simple vlog grew into a vision of sports journalism. Kin now dreams of becoming a "sports and travel reporter," capturing athletes' highs and lows from every corner of the globe. Even if he eventually pursues a career in education instead of photography, he'll continue to share these films to show local young athletes the wider world of sports.

Kin began with badminton, but his journey soon carried him from courts to classrooms around the world and into the lives of athletes he never thought he would meet. He admits none of this was meticulously planned. Everything hinged on one simple principle: seize the moment. Now, as graduation approaches, he's lining up an overseas internship teaching sports at a foreign school. His advice to freshmen? "If there's something you want to try, hold onto that dream. Even if you don't yet know how to make it happen, seize the moment when you get the chance, be brave and go for it. Step by step, the path will open." **Learning isn't confined to a classroom; with the College at your back, dare to leave Hong Kong, chase your passions, and carve out your own unique path.**

創意是革新的起點。書院鼓勵同學於在學期間孕育創新意念，積極提供資源助同學實現所想。書院標誌性的創意實驗室 (c!ab) 空間設計靈活，配備先進工具器材，同學可以在此暢想並實現各種天馬行空的想法，更可以在 c!ab 就藝術及文化、設計思維、創業與管理、科學及科技、社會政治創新五大領域邀請豐富經驗的教授擔任顧問，為計劃提供意見。另外，書院提供不同階梯的資助計劃，支持同學實踐創意，鼓勵同學以個人或小組名義籌辦活動，甚至將想法發展成初創企業。

多元化體驗式學習是書院的一大特色，書院通識教育課程以書院精神為基礎，除課堂學習外，還包括論壇、工作坊、服務學習等，讓同學從活動中學習，培養創新志業精神及社會責任感。

書院通識課程架構（適用於二零二四年或以後入學之學生）

General Education Programme Structure (Applicable to 2024 entry and onwards)

課程 Course	學分 Unit	年級 Year of Study
所有學生 All Students		
GEYS1000 – 書院聚會 / 書院論壇 College Assembly / College Forum	/	所有年級 All Years
粵語母語學生 Cantonese-speaking Students		
GEYS1010 – 創新社會責任及持續發展 Creative Social Responsibility and Sustainable Development	3	一年級 Year 1
GEYS4011 – 實踐社會責任：服務學習 Social Responsibility through Community Engagement	3	三或四年級 Year 3 or Year 4
非粵語母語學生 Non-Cantonese-speaking Students		
ELTU2008 Service-learning: The Spirit of Hong Kong	3	一年級 Year 1
GEYS4010 – 專題討論 College Senior Seminar	3	四年級 Year 4

書院期望每位同學能夠「Shine Beyond Comfort」，勇敢跳出舒適圈，在陌生的領域中摸索方向，從每次獨特的經驗中汲取養分，運用創意找出屬於自己的道路。

We encourage students to “Shine Beyond Comfort” — to step boldly beyond their comfort zones, explore the unfamiliar, grow through new experiences, and use creativity to carve out their own path.

Creativity is the foundation upon which innovation thrives. The College is committed to cultivating an environment where students are empowered to develop bold ideas and are supported at every stage of their creative journey. Our signature Creative Laboratory (c!ab) provides a dynamic and flexible space designed to spark imagination and foster experimentation. Fully equipped and supported by expert consultants, c!ab invites students from all disciplines to bring their visionary concepts to life. To further support student creativity, the College offers a variety of funding opportunities to support student-led initiatives.

Diverse experiential learning opportunities are also a hallmark of the College. Our General Education Programme blends classroom learning with forums, workshops, and service-learning opportunities, inspiring a lasting commitment to innovation and social responsibility.

# SHINE BEYOND COMFORT





中學教育講求循規蹈矩，評估個人能力往往依賴一場場的測驗考試與一套套的標準答案。升上大學後，世界彷彿豁然開朗：上課時間可以自由安排，論文沒有標準答案，要否專心學業，參加學會，還是投入發展個人興趣，全由學生自行抉擇。選擇多了，但對初入校園的新生而言，難免感到眼花繚亂。就讀工商管理學士及法律博士雙學位課程的 Joanne 剛入學時，一度以為大學只需專注讀書，突然面對林林總總的資源與機會，也曾感到無所適從。直到九月開學，Joanne 在書院通識課中接觸到創意思維，並在書院老師的鼓勵下抱着一試無妨的心態嘗試申請書院資助計劃，怎料一舉成功，從此開啟 Joanne 的社創之路。

書院通識教育課程着重創新志業、社會責任和持續發展，一年級學生於課上學習聯合國十七個可持續發展目標與創意思維技巧，共同探討推動社會可持續發展的方法。Joanne 與組員對「良好健康與福祉」特別感興趣，決定以改善中學生的身心健康為目標，設計相關活動。她最初構想結合運動、音樂與師友計劃三者：中學生可透過應用程式或網站約伴運動、分享紓壓音樂，並與大學生配對交流，以協助中學生面對學業與生活上的困難和挑戰。為了解計劃是否可行，Joanne 先設計問卷訪問中學生，構思應用程式的名稱、標誌與介面設計，再於課堂上向導師介紹方案。導師見她構思周全，便鼓勵她參與「愛陽光計劃」，申請書院資助，將計劃化為行動。申請過程出乎意料地順利，Joanne 的計劃「Sportspathy」很快獲得評審讚許，成功獲批資助，於9月先行舉辦一次中學生運動日。

## 梁臻瑤 JOANNE LEUNG

工商管理學士及法律博士雙學位課程  
Integrated BBA Programme and Juris Doctor



Secondary school often focuses on rules and the “right” answers, but university opens a world of choices—academic, social, and personal. For many freshmen, this sudden freedom can feel overwhelming. Joanne, who initially planned to focus solely on her studies, experienced this uncertainty firsthand. Yet through a series of unexpected experiences, she discovered her passion for social entrepreneurship and set out on a path of purpose and possibility.

As part of the College's General Education Programme, first-year students dive into the Sustainable Development Goals (SDGs) and are challenged to develop creative solutions for social impact. Inspired by SDG 3: Good Health and Well-being, Joanne and her team developed a project aimed at enhancing the physical and mental well-being of secondary school students. Their idea—Sportspathy—combines sports, music, and mentorship through an app designed to promote physical activity, emotional release, and connections with university mentors. To assess its feasibility, Joanne conducted a student survey, came up with the project's name and logo, designed the app's interface, and pitched the concept in class. Her thoughtful work impressed her instructor, who encouraged her to apply for funding through the College's Sunny Passion Programme to turn the idea into reality.

大學提供了安全的環境，讓我們盡情探索各種可能。儘管去試，實現夢想。  
**University offers a safe space for us to explore all possibilities freely. Give it a try, and make your dream come true.**



資金有了，但真正的挑戰才剛剛開始。Joanne 坦言，自己中學時主修理科，專注發展音樂興趣，加上中學提供的資源有限，從未有過籌辦活動的經驗，但她是 Sportspathy 團隊的領導人，所有決策均由她拍板，唯有「一路做一路學」。預約健身房，佈置場地，招募學生，準備膳食，物色專業健身教練，制定急救應對計劃，Joanne 事事親力親為，書院的體育老師亦在旁指導。到一切準備就緒，十位初中學生連同家長來到中大，在 Joanne 和隊友的帶領下參觀校園，進行熱身遊戲，體驗健身訓練。活動結束後，有家長主動向 Joanne 道謝，說子女第一次踏足大學校園，便為環境深深吸引，更立下定讀大學的決心。Joanne 回憶：「雖然人數比預期少，但之後整理相片時，看到一張張開心的臉孔，心裏還是覺得很滿足。」

Joanne 曾以 Sportspathy 計劃書申請中大的社創資助計劃，無奈高手如雲，經驗尚淺的 Sportspathy 團隊未能通過甄選。然而，這次失敗的經歷卻為她帶來意想不到的轉機。當日她們與其他申請者一同向評審介紹計劃書。開始一刻，Joanne 便意識到自己的項目難以匹敵於其他成熟的團隊，但她不甘心就此放棄。到了拉票環節，她傾盡全力爭取支持，表現出人意表，在場的人工智能教學輔助工具「巫筆」創辦人被她的表現打動，隨即邀請 Joanne 加入團隊，成為市場策劃的核心成員，負責推銷至學校和補習社。本身不諳 AI 領域的她加入團隊後要快速熟讀項目內容與運作原理，了解顧客需要，訓練臨場應變力，最終協助團隊將產品推廣至七十多間學校和補習社，更代表團隊成功申請伍宜孫書院「創出我天地」和「帝盛青年創業家獎學金」資助。

With no prior experience in event planning, she suddenly found herself leading every aspect of the project—from booking venues and setting up the gym, to recruiting students, arranging meals, hiring fitness coaches, and drafting first aid plans. It was all a process of learning by doing. After the event, several parents came up to thank Joanne, sharing how their children, many visiting a university campus for the first time, left feeling newly inspired to pursue higher education. Joanne, who had once questioned her abilities and lack of experience, later reflected, "Although the turnout was smaller than expected, seeing all those joyful faces in the photos made every effort worthwhile."

Joanne had previously applied for other social innovation funding at CUHK with the Sportspathy proposal. However, she was unsuccessful in the selection process, as both the team and the project were still too inexperienced compared to the many strong applicants. Although she was not selected, the experience became an unexpected and valuable turning point in her life. During her pitching session to the funding judges, Joanne's performance left a strong impression on the founder of the innovative AI-powered teaching assistant tool, Chinese Writing Wizard, who later invited her to join the team as a core member responsible for pitching to schools and education centres. When Joanne first joined the team, she had little experience in the AI field. However, she quickly immersed herself in mastering the project's concepts, operational principles, and customer needs. Her commitment and efforts contributed to the successful promotion of the product to over 70 schools and tutoring centres. Joanne further supported the team in securing funding from the Wu Yee Sun College "Be Entrepreneurial!" Funding Scheme and the Dorsett Young Entrepreneur Scholarship.

Joanne 在書院內外均累積了不少申請資助的經驗，有成功，也有失敗，但她認為**每一次試錯都是成長的機會**。她分享：「大學和書院很多的資源和機會不要求經驗，只要自己願意付出努力和時間成本，便可以實現所想。」對比中學時的自己，如今的 Joanne 更能言善道，更願意主動學習，也更開放去接觸不同領域的人事物。這些改變不是來自課堂，而是源於她在課外參與社創計劃的經歷。她認為，申請資助的過程中不單能了解自己不足之處，亦能從其他申請人身上學習：「原來大學有很多優秀的人，有很多有趣的想法和初創公司。」自己未必及得上其他人，但每次提案過程中可以觀察別人的思路、團隊組成、管理方式和匯報技巧，學以致用，在下一次的申請中再接再厲。雖然 Sportspathy 因未能實現財政可持續性而暫停後續計劃，Joanne 並未因此卻步，而是延續對社會創新的熱誠，推動更多具影響力的活動。Joanne 正申請大學資助，將自己的音樂專長融合音樂教育，在校內為非本地生舉辦音樂表演和工作坊，讓音樂融入中大的日常生活。

回顧大學生涯，Joanne 的經歷與成長環環相扣：從通識課接觸創意思維、第一次嘗試申請資助，到成為初創企業的核心成員，每一次成功或失敗的申請經歷逐步引領她走向前所未見的世界。對她而言，**創意不一定是驚为天人的點子**。觀察社會需要，針對問題改善現有做法，或將外地的經驗引入在地實踐，為社會帶來正面影響，也屬創意的一種。創意需要不怕失敗的勇氣，創意思維會在不斷嘗試中慢慢塑形，每次失敗都是成長的養分。勇於探索，主動挑戰未曾涉足的領域，正是大學與書院生活最可貴的部分。

Along the way, she experienced both successes and setbacks—but viewed **every attempt as a valuable opportunity for growth**. Compared to her secondary school days, Joanne has grown into a more articulate, proactive, and open-minded individual—transformations shaped not only in the classroom, but also through hands-on involvement in social entrepreneurship. She believes that the process of applying for funding is a valuable learning journey, helping her identify her own gaps, draw inspiration from others, and refine her ideas. “There are so many talented people, creative ideas, and budding start-ups all around you,” she reflected. For Joanne, each proposal is not just a stepping stone but a chance to sharpen her teamwork and project management skills, preparing her to seize even greater opportunities ahead.

Looking back on her three years at the University, Joanne sees her experiences and growth as deeply intertwined. Each successful or unsuccessful attempt gradually opened doors to an uncertain yet rewarding journey. For Joanne, **creativity isn't just about groundbreaking ideas**; it can also involve enhancing existing practices or drawing on experiences from elsewhere to drive meaningful change within local communities. True creativity requires the courage to embrace failure, as continual trial and error gradually shapes creative thinking and turns each setback into a source of growth. The most valuable lessons came from learning to observe, stepping into the unknown with courage, and taking the initiative to challenge oneself beyond familiar boundaries.



# SHINE BEYOND IMPACT



伍宜孫書院以「彰顯創新志業，承擔社會責任」為己任，致力培育學生的社會承擔精神，積極提供本地與海外的服務學習機會，讓同學走進社區，親身服務弱勢群體。服務對象包括長者、少數族裔及中學生等，學生可藉此了解不同群體的需要，發揮創意，規劃及實踐服務計劃，回應社會關注。此外，為普及服務學習體驗，大學將服務學習元素列為畢業要求之一，書院通識課程結合書院理念與實踐機會，讓學生參與服務學習，從中培養溝通、策劃、組織及解難能力。

書院相信，每位同學都可以「**Shine Beyond Impact**」，主動關心身邊事物，以行動回應社會，從中反思自身與社會的關係，以及期望自己成為怎樣的人。

Wu Yee Sun College is committed to nurturing an entrepreneurial spirit grounded in social responsibility. Students engage in both local and global service-learning. By stepping into real communities, they uncover genuine needs, spark creative ideas, and turn concepts into action. To encourage greater exposure in service-learning, it is included as part of the graduation requirement at CUHK. By integrating the College's mission with practical opportunities, students can develop essential skills in communication, planning, leadership, and problem-solving—all of which help build the mindset needed to thrive in a rapidly changing world.

We believe every student has the power to “**Shine Beyond Impact**”—to care deeply about the world around them, take meaningful action, and reflect on their role in society and the person they hope to become.



千禧年前後，大學迎新營曾提倡「大學生應關心社會」，大學生身為社會的未來棟樑，應積極貢獻社會。但隨着風潮退去，這番言論漸漸沒入功利導向的主流視野之外。為何大學生就應承擔社會責任？大學是為未來鋪路的階段，讀書、實習、比賽、交友、海外交流、發展興趣，投資自己不好嗎？計量金融學的Moon也曾抱有類似想法，直到文憑試備考期間的一次經歷徹底改變了她的想法。

Back at the turn of the millennium, orientation camps often urged that “university students should care about society.” As tomorrow’s leaders, students were urged to give back. But as academic pressure and career ambitions took over, that ideal faded into the background. Why shoulder social responsibility when university is all about studying, internships, competitions, friendships and overseas exchanges? Quantitative Finance major Moon wrestled with the same question—until one experience during her DSE exam preparation that flipped her perspective.

## 劉月瑩 MOON LAU

計量金融學  
Quantitative Finance



很多能力和想法，其實你自己也沒意識到自己擁有。所以，不要留在舒適圈，要勇於擁抱機會，參加活動、認識新朋友、善用大學的資源，書院資助和獎助學金可以讓你更有更豐富的大學生活。

You may not even realize the strengths and ideas you already have until you step out of your comfort zone. Be brave—embrace new opportunities, join activities, meet new people, and make the most of the resources available at university. College funding and scholarships can definitely enrich your university life.

文憑試前的 Moon 與許多中學生一樣，認為「學習至上」，認為花時間參與社會服務毫無意義，反正往後不會當社工，倒不如把精力集中在課業上。但在備考期間，為了尋找更理想的溫習環境，她經常借用社福機構的設施，並參與社工舉辦的身心放鬆活動，紓緩壓力，這才慢慢理解社會服務的意義。升上大學後，Moon 主動參與書院的服務學習計劃，擔任義務導師，教導少數族裔兒童中文。服務對象年齡不一，中文程度也參差不齊，加上 Moon 他們過往甚少接觸少數族裔學生，實屬一大挑戰。即使事前已了解學生的宗教背景與母語，準備好教材，真正踏入課室的第一課，仍是意外連連。

由於事前已得知學生的中文程度參差，但甫踏入課室，義師團隊便發現實際情況與預期大有出入。以往的輔導班着重訓練聽講能力，導致學生無法辨認中文字。又因學生年紀尚小，難以長時間集中精神，經常中途放下工作紙，到其他小組玩。面對混亂的課堂秩序，Moon 難免感到手足無措。雖然服務初期狀況百出，團隊每節課後都會召開檢討會議，反思改進空間。Moon 與組員費盡心思，只為激發學生的學習興趣。一次課堂上，Moon 要求學生選出自己喜愛的運動，並唸出相應的中文字。一名學生因不認識該字而遲疑，旁邊的同學打岔：「『籃球。』」該學生當場被激起好勝心，從此在課堂上表現得更為專注投入，自此團隊學會善用朋輩壓力來激發學習動機。

Moon 和組員均非教育主修出身，面對課堂上的種種挑戰，只能見步行步，不斷透過課後檢討調整教學安排與應變策略。來到最後一節課，她所負責的小組學生向她送上手機殼貼紙，以表謝意。Moon 笑言：「收到手機殼貼紙，我真的很感動，開始想：『之後不會再見，怎麼辦？』這份不捨，反而鼓勵我繼續參與更多社會服務項目，幫助更多人。」課堂上，學生或許调皮好動，或許寡言少語，有時令義師感到挫敗，誤以為他們無心學習。但其實兒童心思細膩，只要感受到你真誠的付出，自然會回以善意。人與人之間的連結未必能以言語衡量，卻能在不經意的細節中留下深刻印記。**即使日後未必再有聯繫的機會，短暫的相處時光已留下一段珍貴的回憶。**

Before the DSE, Moon believed that “learning comes first”—volunteering seemed pointless without financial return or a clear benefit for university admission. But while hunting for better study spaces, she started using social-welfare center facilities and joined their relaxation sessions, gradually realizing the true value of service. Her first real chance to design a project from scratch didn't arrive until her junior year. That semester, she and nine classmates were tasked with teaching Chinese to children from ethnic minority groups of different ages and language proficiencies. Even after researching their religious and linguistic needs and preparing lessons in advance, the first class was full of surprises.

In the classroom, restless children abandoned their tasks mid-lesson to chase friends around the room. But rather than giving in to frustration, Moon and her teammates regrouped after every session, holding debriefs to reflect and improve. Determined to spark curiosity, they introduced colourful brush-pens so students could map strokes like a drawing. They even harnessed peer pride: when one boy hesitated to read “basketball,” a classmate interrupted, “Basketball?” His competitive spark lit up the room, and from that moment on, he tackled every lesson with new focus.

Moon and her teammates weren't education majors, so they improvised every step, tweaking lessons and tactics after each class. On the final day, a shy girl from Moon's group pressed a phone-case sticker into her hand as a thank-you gift. Moon was amused at how moved she was: “I thought, ‘What if we never meet again?’ That bittersweet moment pushed me to keep volunteering and help even more people.” Kids can be playful or quiet, and at times, it feels like they don't care. Yet beneath the mischief lies sensitivity: when they sense genuine effort, they respond in kind. Connections aren't measured in words but in small, unexpected moments. **Even if paths never cross again, those few hours leave memories that last a lifetime.**





義師團隊中不乏一年級學生，Moon 指出，書院的服務學習計劃是義工服務的理想起點：服務期不長，同時能結識來自不同學系和年級的同學，大家互相提點，協作完成項目，從中提升溝通、策劃和組織能力。這次服務學習的經驗亦啟發她構思書院通識課的專題討論。書院通識課要求學生針對社會或特定群體的需要構思有所裨益的項目，Moon 與朋友決定以視障人士為主題。事緣 Moon 一次過馬路時看到視障人士拿着白杖在走，正猶豫是否協助之際，綠燈亮起，那位視障人士已自行走過馬路。她這才意識到，社會大眾對如何與視障人士互動普遍缺乏認識。於是 Moon 和組員拜訪盲人輔導會，了解視障人士的生活點滴與需求，亦親身體驗「黑暗中對話賽馬會對話體驗館」的模擬場景。Moon 有感而發：「視障人士日常生活已充滿挑戰，與其思考改革政策、社區建築與儀器，不如想想自己日常可以做些甚麼。」訪談中，她發現不少視障人士在商場常因玻璃門光滑、缺乏標示而誤撞受傷。於是團隊決定從校園做起，在書院的玻璃門貼上醒目的提示貼紙，標示位置之餘，也附上簡單指引，提醒公眾如遇視障人士，應如何提供合適協助。

正如 Moon 的座右銘所言：「勿以善小而不為」，微小的舉動也能帶來深遠影響。相比歷屆專題討論項目，Moon 的計劃在人力、時間、資金與技術上的要求不算高，卻切中日常生活為大眾忽略的細節，最終憑藉其創意與行動力奪得「傑出專題研習報告獎」。專題討論既回應了社會需要，也反映了 Moon 的成長歷程與書院的教育理念。Moon 分享：「可能你不是太外向，或者不清楚參與社會服務的樂趣，覺得做義工很無謂，相信我，其實只要參加一次，你一定可以有所收穫。」收穫可以是學到新技能、建立與社會的連繫、啟迪人生，或者只是一段簡單但充實的回憶。

從一年級到四年級，Moon 漸漸釐清自己的方向，找到了帶來內心喜悅的泉源，亦學懂如何滋養熱誠，保留性格中真誠善美的一面。即使畢業後，踏入節奏急促、現實壓力重重的職場生活，每當對生命意義感到迷惘時，至少記得那一套讓自己得以靠岸、重新充電的方法。

Many volunteers were first-year students, and Moon says the College's service-learning programme is the perfect launchpad: short commitments, mixed teams from every discipline, and hands-on collaboration that sharpens communication, planning and leadership skills. That first taste of community work inspired the idea behind her capstone project. It began with a moment at a busy crosswalk: Moon spotted a visually impaired pedestrian feeling his way forward with a white cane. "Should I offer help?" raced through Moon's mind. Before she could decide, the light turned green, and the pedestrian confidently strode across on their own. That fleeting hesitation struck her. Hence, for her final year project in the College General Education Programme, Moon and friends chose to focus on people with visual impairments. The team visited The Hong Kong Society for the Blind, talked with members about daily challenges, and tested the "Dialogue In The Dark Exhibition". At the interviews, Moon learned that visually impaired people often collide with unmarked glass doors in shopping malls, leaving many with bruises or cuts. So her team started on campus, applying bright, high-contrast stickers to the College's glass entrances. Each sticker not only marks the door's outline but also offers bullet-point tips.

Through these hands-on projects and digital outreach, Moon's team turned simple insights into lasting change, showing that true inclusion begins with small acts of awareness. As her motto reminds her, **"Do not despise small goodness"—even the tiniest act can spark a powerful ripple.** By earning the Outstanding Final Year Project Award, she proved that actual impact often lies in the details. Moon urges anyone who doubts the value of volunteering: "You don't have to be an extrovert or know exactly why you're doing it—just take that first step."

From freshman uncertainties to senior confidence, **Moon found her direction, kept her compassion alive and learned how to recharge her purpose—lessons she carries with her far beyond graduation.**



# 如何加入伍宜孫書院？

正式註冊為香港中文大學學生後，新生將會收到由入學及學生資助處發出的書院志願表。如有意加入伍宜孫書院，請於志願表上列明選擇。由於申請人數眾多，書院將優先考慮把伍宜孫書院列為較高志願的學生。

非聯招 (Non-JUPAS) 學生無需面試。書院將於五月至八月期間邀請學生提交一段自我介紹短片。

聯招 (JUPAS) 學生則會在入學後遞交書院選擇。選擇伍宜孫書院為第一志願的學生將獲面試邀請，請新生填妥網上表格選擇面試時段，書院將於截止日後以電郵 / 電話確認面試時間。

大學將於8月下旬公佈最終書院編配結果。

# HOW TO JOIN WU YEE SUN COLLEGE?

Once you've officially enrolled at CUHK, the Office of Admissions and Financial Aid will send you a College Preference Form. To express your interest in Wu Yee Sun College, simply list us among your preferences—students who rank us higher will be given priority.

For non-JUPAS applicants, no interview is required. Between May and August, you'll be invited to submit a short self-introduction video.

JUPAS applicants who choose Wu Yee Sun College as their first choice will be invited for an interview. After submitting an online form to select a timeslot, the College will confirm the interview schedule via email or phone once the deadline has passed.

Final college placements are announced in late August.

## 考慮因素 Key Factors

## 中大書院生活 COLLEGE LIFE AT CUHK

書院制是中大特色，每間書院均有各自的文化和特色，到底如何選擇適合自己的書院？不妨來聽聽Sunnies的經驗分享：  
CUHK is the only university in Hong Kong to offer a collegiate system. Each college boasts its own culture, traditions and vibe. But how do you pick the perfect fit? Let Sunnies' stories show you one way:

當初我參考了網上討論，以及在大學迎新日收集書院資訊，再根據自己的喜好為各間書院評分。  
I started by scouring online forums and gathering brochures on Orientation Day. Then I ranked each college based on what mattered most to me.

交流 / 海外學習機會多？  
Exchange opportunities/  
overseas exposure

書院氣氛？特色？  
Vibe

學生資助多？競爭大嗎？  
Financial support

書院餐廳質素如何？  
Canteen

書院規模？  
College size

面試要求？  
Interview

宿舍舒適度？  
Dorm comfort

宿位？  
Dorm space

書院生活其實佔了大學生活的一大半，選書院之前最好先做足資料搜集。不過網上資料未必百分百可信，建議你趁大學迎新日，親自問問不同書院的師兄師姐，了解他們的書院生活。

College life makes up more than half of your university journey, so thorough research is crucial before you choose. But remember, online info isn't always 100% reliable. So do speak with senior-year students in person during the Orientation Day and find out what their college life is really like.

鳴謝 Acknowledgement

受訪同學 Featured Students

(按姓氏的字母順序排列 in alphabetical order by surname)

翟韓珊同學 (內外全科醫學士課程)	Ms Sara Chak (M.B., Ch.B.)
柯慧昕小姐 (2024 公共衛生)	Ms Natalie W.Y. Koh (Public Health, Class of 2024)
林懷明同學 (內外全科醫學士課程)	Ms Bella W.M. Lam (M.B., Ch.B.)
劉月莹同學 (計量金融學)	Ms Moon Y.Y. Lau (Quantitative Finance)
李俊熹同學 (工商管理學士綜合課程)	Mr Hayden C.H. Lee (Integrated BBA Programme)
梁臻瑤同學 (工商管理學士及法律博士雙學位課程)	Ms Joanne Leung (Integrated BBA Programme and Juris Doctor)
呂卓翹同學 (翻譯)	Ms Jacqueline C.K. Lui (Translation)
Luong Ngoc Minh 同學 (工商管理學士綜合課程)	Ms Luong Ngoc Minh (Integrated BBA Programme)
湯堅信同學 (健康與體育運動科學)	Mr Kin-shun Tong (Physical Education, Exercise Science and Health)

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