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EXPLORING THE WORLD AND ONESELF

Many students seize the opportunity to explore the world through exchange programmes in their university life. While living abroad could be intimidating at first, the students eventually stepped out of their comfort zone, returning to Hong Kong with self-discovery and enhancement in personal well-being. What did they encounter, and how did they react?

大學四年，不少同學都希望把握機會，到外地交流及遊歷。然而，在外獨自闖蕩生活，對同學來說又是一番挑戰，他們更在過程中跳出舒適圈、重新認識自己。在交流的數個月至一年的時間中，到底他們經歷了什麼，又如何自處呢？
With 80 Sunnies participating in exchange programmes in the academic year 2017/18, I had the pleasure to speak with three of these students: Queenie Kwan-yu Law (Government and Public Administration/4), Kelly Ka-yu Lau (Global Economics and Finance/4), and Hanniel Hon-nip Chow (Psychology/4), who went to Monash University in Australia, King's College London in the UK, and University of California, Los Angeles (UCLA) in the US respectively.

INITIAL CULTURE SHOCK
Queenie, Kelly, and Hanniel were thrilled to live abroad but didn’t always find it easy. Although they expected difficulties in language and communication, the first challenge was much tougher than they had imagined: they experienced culture shock and found it hard to bond with the locals due to cultural differences. Queenie recalled that she had a short to-do list before her departure to Melbourne, and making new friends was on the list. However hard she tried to mingle with the locals, she could not blend in owing to lifestyle and leisure habit differences. She found it difficult to find common topics with the locals due to a lack of common ground. Despite the fact that the locals were friendly, Hanniel and Kelly experienced similar cultural barriers: from slang to shows on TV, they could not get into a conversation. With their lack of social networks and the feeling of having an identity crisis in the foreign land, they even found themselves a bit lost.

SETTLING IN
When the three Sunnies quieted their mind, they noticed that what they needed was their determination to step out of their comfort zone. They started to search for ways to blend into the local culture and social circles. This often meant joining student clubs to meet new people. 'I joined a local Christian group called Cru at UCLA, and joining it made me realise how common faith transcends cultural differences,' recalled Hanniel. 'By the end of the semester, I became best buddies with the club members and still keep in touch with them.' Meanwhile, Kelly joined King's College's sports classes to meet new people despite how she didn't do much sport in Hong Kong. These classes exposed her to new types of sports, and she made many new friends in the process.

Queenie also forced herself to join her peers, but had a hard time as she did not really enjoy small talk with a bunch of people. She found herself more comfortable with private and meaningful conversations. After discovering how the local people were interested in Asian cultures and bonding with them through cultural exchange, she introduced them to Hong Kong’s culture while learning about other countries’ cultures. True friendship began. She also learnt how to be happy being by herself when she was alone.

Stepping out of the comfort zone made them more open-minded to new challenges.

NEW PERSPECTIVES
After months of immersion, Queenie noticed gradual change in her mindset. How obvious was the change? Mrs. Law could tell within two hours after she had returned home. 'Back in Hong Kong, I liked to have everything planned out,' said Queenie. 'Aussie culture is more laid-back and taught me to be more spontaneous.'
Kelly was once hesitant to interact with her schoolmates, but she tried to step out of the comfort zone and forced herself to stay in the hostel pantry for 30 minutes every day, interacting with local students, which turned out well.

I found myself less burdened as I was a total stranger to my UK classmates. I became more willing to try new things and relaxed from constraints I had set for myself.

I joined a bushwalking (hiking) tour to Uluru despite having no idea what the exact itinerary was like, and it turned out to be an adventure!

Queenie also revealed that she enrolled in a course related to Feminism which she had always been interested in, and she was happy to have done what felt right: having her direction in further studies confirmed. When she let go of her checklists and timetables, she welcomed more surprise.

Kelly really cared about her grades throughout the past years. She always pushed herself to try her best, and would not allow any mistakes: she was thus never an active speaker in classes. However she found herself less burdened as she was a total stranger to her UK classmates. She became more willing to try new things and relaxed from constraints she had set for herself. She discovered that this lifestyle made her a happier person.

Hanniel’s views on interpersonal relationships changed. In the past, he would only socialise with his friends, and preferred concentrating on his studies and practice rather than hanging around with no purpose. His mind changed after living in America. He now feels like there is great value in spending time with people. ‘Hanging out with people instead of studying and practising doesn’t mean that I am wasting time, but I’m probably also sowing good seeds in others’ lives by being a good friend. I also found great joy and growth through spending more time with people, instead of only being a workaholic as I used to be.’ After a year, Hanniel found himself no longer an alien to that part of the world, but a part of it. Noticing many more exchange students facing the same problem as he did, he and his friends formed a student body to help them. He is also bringing this concept back to CUHK, aiming to enhance the connection between the local and non-local students.

Although the three Sunnies had distinct exchange experiences, they shared the same thought: after living abroad, they became more open and willing to expand their comfort zone. ‘I am still who I am, but with some new elements,’ Hanniel said after collecting his thoughts. Maybe after different trials and self-reviews, we could all come to learn more about our potentials and ourselves.
羅鈞渝Queenie（政治與行政學四年級）、劉珈余Kelly（環球經濟與金融四年級）和周漢聶Hanniel（心理學四年級）於二零一七至一八年度參加海外交流計劃，分別到澳洲蒙納許大學、英國倫敦大學國王學院和美國加州大學洛杉磯分校交流半年至一年。雖然三人都做足到外地要面對新事物、新挑戰的心理準備，但剛到埗的他們還是無所適從。

文化差異

首個直接的衝擊是文化差異。即使在出發前已經預計到會有語言及溝通的困難，但身處其中才讓他們明白語言並不是最大的障礙，生活模式與文化才是他們真正需要跨越的鴻溝。Quennie指，她有為自己訂下一些目標，其一就是多認識當地的朋友。然而，她指自己與當地人聊天時，由於大家的生活習慣和娛樂方式差別很大，除了簡單寒暄，難以找到共同的話題，令她感到無法融入當地人的圈子。Hanniel和Kelly亦遇上相同情況，上至俚語，下至每天收看的電視節目，他們都無法與對方搭上話。因為社交圈子及個人身份認同都需要從零開始建立，甚至因此而感到有點迷失。

努力融入當地文化

然而，當三位同學靜心下來，就發現他們需要的正是跳出舒適圈的決心，於是開始摸索融入當地人文化的方法。Hanniel成功地透過參加課外活動來結交新朋友，回憶道：「我加入一個稱為Cru的基督教學生活組，結識了來自多國的學生，我們共同做善心活動，還一起去餐廳聚餐，從中認識了不少新朋友。」Kelly本身並不熱愛運動，但為了多認識新朋友，她亦會參加校內的運動班，融入當地的運動文化。Queenie初到墨爾本時，也曾多多結交當地的朋友，發現自己單獨與朋友聊天時更加自在，更喜歡這樣的日常生活。

心境的改變

經過半年的洗禮，Queenie覺得自己的心境有了改變，這個轉變有多明顯？「半年的時間足以讓我有充足時間去思考自己未來的方向。」她說。她開始多思考自己的未來方向，並且開始積極地去行動。她決定要多花時間與當地的學生一起，並且開始參加當地的社交活動。她開始變得更加開放和積極，開始學習當地的文化和語言，並且開始嘗試不同的事物。她開始學著去接受新的事物，並且不去害怕失敗。

Kelly以往很重視成績，自我要求很高，不會容許自己出錯，所以她以往並不會擅長在課堂上發言。在外地住了一段日子之後，她開始學著去接受新的事物，並且不會害怕失敗。她開始學著去接受新的事物，並且不會害怕失敗。她開始學著去接受新的事物，並且不會害怕失敗。她開始學著去接受新的事物，並且不會害怕失敗。她開始學著去接受新的事物，並且不會害怕失敗。她開始學著去接受新的事物，並且不會害怕失敗。她開始學著去接受新的事物，並且不會害怕失敗。她開始學著去接受新的事物，並且不會害怕失敗。她開始學著去接受新的事物，並且

Hanniel認為這次交流改變他的交友觀念。以往他只注重與朋友保持良好的關係，所以他很少去結交新朋友。但在美國的生活讓他開始學著去與當地人建立友誼。他開始學著去接受新的事物，並且不會害怕失敗。他開始學著去接受新的事物，並且不會害怕失敗。他開始學著去接受新的事物，並且不會害怕失敗。他開始學著去接受新的事物，並且不會害怕失敗。他開始學著去接受新的事物，並且不會害怕失敗。他開始學著去接受新的事物，並且不會害怕失敗。他開始學著去接受新的事物，並且

I found great joy and growth through spending more time with people, instead of only being a workaholic as I used to be.

與朋友相處的時間讓我找到快樂，也讓我有所成長，不再如此工作狂。
NEW ZEALAND LANGUAGE AND CULTURE STUDY TOUR 紐西蘭語文及文化學習團

Led by Dr. Jose S.H. Lai, College Fellow and Director of English Language Teaching Unit, 13 Sunnies enjoyed an unforgettable summer in the first language and culture tour to New Zealand. Different from the traditional classroom-setting, students travelled throughout the North and South Islands of New Zealand to gain exposure to the culture of New Zealand. The tour also provided ample opportunities for students to immerse in English learning environment. Through completing their daily travel blogs and communicating with local people all along the tour, students are now more confident in using English in different contexts and can speak English more fluently and naturally. The activities arranged for the students were fun and exciting. They went sailing and kayaking in Bay of Island and visited the Hobbiton movie set in Rotorua. Through visiting the volcano, kiwi bird conservation centre and glowworm cave, students became closer to nature and admired the beautiful scenery of New Zealand. A visit to Maori Village enhanced students’ understanding of the history of New Zealand.

' This New Zealand Trip can be called an unexpected journey. That is what I wrote before the trip. Just like the little Hobbit’s adventure, this trip is a precious chance for me to explore a new world. New Zealand is a place entirely different from Hong Kong, but the country is facing the same problems at the same time. For example, we are all in the situation where minority languages are fading away, but they choose to preserve it, while our city chooses to ignore it. After we learnt how to protect a language and its culture, it feels incredible when you can find the answer to the question that had disturbed you for a long time in a place which seems unrelated to Hong Kong. During this trip, we were encouraged to explore and motivate ourselves to learn. It is for sure that the journey has paved a new way for us, the university students to learn. I would like to thank the College and all the staff for giving us such a great chance to learn, especially to Jose, Lindsey, and Michelle. The tour cannot be so amazing without their hardwork. Thanks for the great memory and everything!

Wing-zit Wong
(Government and Public Administration/ 2)
THE FIFTEENTH ‘MOONLET’ PROGRAMME - SINO-RUSSIAN CULTURAL EXPLORATION

第十五屆小衛星學者計劃 — 中俄友誼之旅

Ten Sunnies visited Harbin to explore the astronomic development in China under the host of the Harbin Institute of Technology (HIT). Apart from Harbin, participants were divided into groups to visit the cities of Blagoveshchensk, Vladivostok and Khabarovsk in Russia respectively.

Around 300 participants from Hong Kong and HIT universities joined the programme, and attended a talk on micro-satellite, visited local universities, enjoyed cultural visits and sightseeing to learn about the history and culture of China and Russia. Participants seized the great opportunity to interact with peers from different universities.

在哈爾濱工業大學師生的熱情招待下，十位書院同學在哈爾濱探索中國航天科技事業的發展，並分組前往三個俄羅斯城市，包括布拉戈維申斯克市、海參崴和伯力（哈巴羅夫斯克）進行考察。

參加者除了出席小衛星專題座講、參觀當地大學，又在哈爾濱及俄羅斯境內參與文化導賞及觀光，以了解中俄兩地的歷史與文化。是次計劃約有三百位參加者，分別來自香港各大院校和哈爾濱工業大學，同學都把握時機與其他大學的學生互動交流。

Date 日期
7 - 16/6/2018

Participants 參與同學
Sheung-hang Ho 何尚衡 (Cell & Mol. Biol./ 2)
Yuen-ting Ng 吳婉婷 (Nursing/ 1)
Wing-ho Ng 吳穎豪 (Prof. Accountancy/ 2)
Wing Lam 林穎 (Cultural Studies/ 1)
Jasmine Y.Y. Lam 林家欣 (Physics/ 2)
Sally H.W. See 史婉詩 (Psychology/ 2)
Wai-pan So 苏惠斌 (Economics/ 2)
Sin-kit Tang 鄧倩潔 (Social Work/ 3)
Cheung-lee Tsui 徐彰利 (Economics/ 4)
Yuk-kwan Wan 尹鈺堃 (IBBA/ 2)

Acknowledgement 鳴謝
Ministry of Education Ten Thousand Student Interflow Programme
教育部香港與內地高校師生交流計劃
Pilot Mainland Experience Scheme for Post-secondary Students
專上學生內地體驗計劃

Partner Institution 合作院校
Harbin Institute of Technology 哈爾濱工業大學

I would like to say this is one of the most intriguing and fruitful journeys I have ever experienced. Before applying to this programme, I had been attracted by the fact that I could travel to both Northeast China Region and Russia at the same time. For me, Russia is a mysterious country that I had dreamed of visiting.

Through this journey, I learnt more about the modern history of China and Russia and the cultural interflow between the two nations. Although there were several conflicts between the Chinese and Russians throughout history, it is invaluable that we can still keep a close partnership today, rather than dwell on the hatred and hostility due to historical events. It is my belief that peaceful world can only exist under people's forgiveness and mutual understanding.

Moreover, through this trip, I had a lot of experience learning about the life of people who live in the border city and it is quite a scarce chance for me to visit these places as a traveller. More importantly, I made some new friends from both Hong Kong and Harbin during this trip.

Wai-pan So (Economics/ 2)
SUMMER CULTURAL EXCHANGE PROGRAMME · NANJING UNIVERSITY

悅行金陵·南京大學文化交流團

Warmly received and hosted by Kuang Yaming Honors School of Nanjing University, ten Sunnies visited Nanjing, once the capital of ancient China, to learn about Chinese culture and history. They visited the City Wall of the Ming Dynasty, the Mausoleum of Dr. Sun Yat-Sen, Confucius Temple, Nanjing Museum and Nanjing Massacre Memorial Hall. From these visits, students had a deeper understanding of Chinese history and culture and also realised the importance of peace and perseverance. Students from Kuang Yaming Honors School accompanied the participants to visit different spots in Nanjing and youngsters from the two cities established close friendship after intensive interactions.

南京市是中國古都之一。在南京大學匡亞明學院接待下，十位書院同學於七月到訪當地，探索中國文化和歷史。同學參觀了明城牆、中山陵、夫子廟、南京博物院、南京大屠殺紀念館等景點，對國家的歷史與文化有更深入的認識，理解和平和堅持的重要性。此外，匡亞明學院的學生亦陪伴同學四處參訪，遊覽南京，建立深厚友誼。

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ITALIAN LANGUAGE AND CULTURAL TOUR

意大利語文及文化之旅

Ten Sunnies travelled to Florence, Italy to learn Italian, the art and history of Florence, and to experience its culture in August. Apart from attending Italian language course in the morning, participants visited a wide variety of museums and historical sites in Florence such as the Galileo Museum, the Uffizi Gallery, and Palazzo Pitti to appreciate stunning paintings, sculptures and wax figures. They also had the opportunity to learn to cook Italian dishes.

Thanks to the guidance and special arrangement of the Florence Town Manager, participants had a chance to visit some restricted areas in the Palazzo Vecchio Museum, including the balcony where Hitler had delivered a speech to the public and the conference room where meetings with mayors are held.

Participants had a great time exploring Florence and learning its art and history, especially about the Renaissance.

Buongiorno! Every morning from Monday to Friday, we learnt Italian for four hours. After the lessons, we definitely gained the basic conversation skills. Thanks to our hardworking teacher, we can survive in Italy! Most important of all, we explored Florence in different ways during the afternoon! Dr. Klaus led us and introduced us to Florence. We visited museums, palaces, and several monuments! I was fascinated by the historical architecture and the magnificent churches! They are all decorated with beautiful paintings and delicate sculptures! Not only this, each piece of artwork has its own profound design concept and intriguing story!

By participating in this programme, I experienced local culture, food and traditions! It is hugely different from the Chinese society. Moreover, I had the chance to see the world, gained the courage to explore and challenge myself! Most important of all, I had the chance to interact with foreign people and understand different perspectives. I am happy and thankful for the two-week experience in Italy. We all had a great time! I hope in the near future, I can go back and visit this fascinating country again!

I am very grateful to the College and Dr. Klaus for this programme in Florence, a city swamped with cultural and political elements. This 14-day programme not only provided us with an opportunity to learn Italian from the interactive and enthusiastic teacher, Mr. Edwardo, but also allowed us to explore Florence in a comprehensive but easy way. The student centre and Dr. Klaus arranged guided tours in the museum visits for art and scientific development, which allowed us to really learn something from the exhibition, instead of just giving a passing glance to the compositions without understanding the story behind them. Through these visits, I realised that science and art are indeed the embodiments of human civilisation, and therefore are tight-knit with the human cultural development. They showed the changing mindset of humans along time. Some self-initiated visits were also intriguing. I was amazed by the view of the Florence skyline from the Duomo of Cattedrale di Santa Maria del Fiore and Piazzale Michelangelo. The groupmates were undoubtedly the icing on the cake. Talking with each other and making jokes were the seasoning during visits and lessons. Grazie tanti!

On-ting Chan (Nursing/ 3)
SPANISH LANGUAGE AND CULTURAL TOUR

One of the best ways to learn a foreign language is to get immersed into its local life. Fifteen College students flew to Malaga, a port city in southern Spain, to learn Spanish and experience Spanish cultures and lifestyles. Interactive classes were scheduled in mornings, and in the afternoon or weekends, students explored the city through visiting the Picasso Museum, trying traditional and delicious Spanish food, and appreciating the beautiful scenery.

One of the challenges for the students was to live with their host families who are locals and only speak little English. Students had to communicate with them using the Spanish they learnt from lessons and body language. They were given many chances to practice Spanish in daily life and they had successfully overcome the cultural shock.

From this programme, students not only learnt another language but also tasted the Spanish culture and experienced the passionate and relaxing lifestyle there. They had a memorable and wonderful experience.

Out of curiosity and the fact that I have never participated in any Wu Yee Sun activity before, I signed up for the Spanish Language and Cultural Tour to Malaga for two weeks. It was indeed the first time for me to stay in such a faraway place for so long. It sounded quite challenging for me at first, but later it turned out to be one of the most fascinating and unforgettable experiences I've ever had in my life!

We had Spanish lessons every morning, while getting the chance to explore the city and travel after lessons and during the weekend. The Spaniards are so warm and welcoming and we had a great time meeting new friends, experiencing exotic culture and travelling to lots of attractions. Apart from sightseeing, we also got the precious chance to experience the life of the locals by living with host families. It was the first time for me to stay with a host family. Just thinking of the delicious food cooked by the host during the stay would still make my mouth water.

This trip is one of the most unforgettable adventures in my life and I would recommend this to anyone who wishes to step out of their comfort zone and experience the world in a way that a typical tourist wouldn't.

Kin-lun Chan (Translation/ 2)
Seventeen College students of different backgrounds joined hands in the Service-learning Trip to Sri Lanka to serve the local community in Kilinochchi, located in northern Sri Lanka. The Sunnies provided service to children, widows and the elderly affected by the civil war in the past few decades. Through a variety of games and simple classes, the students aimed to enhance the local children’s knowledge on health and English, and inspire them to enjoy happiness in their daily life. They also visited the elderly to teach them ways to lead a healthy life style and made memory books with them. The widows learnt basic first aid knowledge and tried new recipes with fresh fruit under the guidance of the Sunnies, and designed their own bags with colourful dyes. The Sunnies also paid a visit to an orphanage, did funny handicrafts and played a game of cricket with the orphans, which is one of the most popular sports in Sri Lanka.

The delegation also had the chance to visit the Port City in Colombo, which is one of the major projects of The Belt and Road Initiative. They interacted with local secondary teachers and students regarding the Initiative during the visit to St. John’s College in Jaffna, a college established 195 years ago. After concluding the 11-day trip, participants had to chance to reflect on war and peace, and had deeper understanding on The Belt and Road Initiative.

Nandri - Thank you. This was what an old man who was so poor that he had barely any clothes on himself and his widowed daughter said when we handed them a bag full of rice and other necessities. The phrase was simple, but it was very different in nature compared to what I usually hear. I hear a lot of thanks in my daily life but I rarely hear praises which are so powerful that you actually feel the benefit that your support is having to the other side. Very different and unexplainable experience.

I am grateful to have this precious experience, giving me some fresh insights into the consequences of the nation’s civil war. Though each of us may only have a glimpse of the war-affected children who were always joyful, though we had only organised simple activities, they enjoyed them very much. It was a great encouragement for us just by seeing their smiling faces. We tried to sustain our effort by having comprehensive evaluation meetings. Every day after the service, all members had to fill in an evaluation form, and the feedback would be summarized by Natalie and me, the leader and the vice leader. I do believe it was crucial to have daily evaluation as the colour of memory fades with time. Each of us might see something differently owing to difference in our backgrounds and positions we served. A general evaluation could help us gather different views, making us more familiar with the effectiveness of the activity arrangement and the responses of our target groups, thus enabling us to refine the upcoming activities.

I am grateful to have this precious experience, giving me some fresh insights into the consequences of the nation’s civil war. Though each of us may only have limited power, I believe, with diversity and unity, we Sunnies could make our ‘Global Village’ a better place.
YAN CHAK SERVICE-LEARNING PROGRAMME: SERVICE-LEARNING TRIP TO SICHUAN 仁澤服務學習計劃 : 四川服務學習之旅

Eleven College students from different majors visited Sichuan in May to serve the local community. Students strived to design and provide various services to the underprivileged. In the primary school visit, they shared with the kids some knowledge of Hong Kong and prepared some games which were brand new to the kids. They also organized activities for kids with special needs and their families, and also teenagers with cerebral palsy. The group brought them to the Ocean Park in Chengdu and acted as their tour guide to introduce different animals shown in the Park. Besides, they also visited an elderly home to bring happiness and love to the elderly. They performed on stage, taught the some simple Tai-Chi and did handicrafts together.

Apart from service, they went to a village under Tianshu District for service and investigation. The group discussed with the management committee members of the village how to beautify the community and develop its economy. Students also visited Xuankou Secondary School which was located in the earthquake epicenter in the Wenchuan Earthquake to pay tribute to the victims and heroes who were died in the disaster. After going through the two-month process of training and preparation, and also daily debriefing during the trip, students have made great progress in their personal abilities, vigilance of danger, flexibility, team spirit, caring and social responsibility.

Eleven College students from different majors visited Sichuan in May to serve the local community. Students strived to design and provide various services to the underprivileged. In the primary school visit, they shared with the kids some knowledge of Hong Kong and prepared some games which were brand new to the kids. They also organized activities for kids with special needs and their families, and also teenagers with cerebral palsy. The group brought them to the Ocean Park in Chengdu and acted as their tour guide to introduce different animals shown in the Park. Besides, they also visited an elderly home to bring happiness and love to the elderly. They performed on stage, taught the some simple Tai-Chi and did handicrafts together.

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I am so glad to have this valuable chance to participate in this Sichuan Service-learning trip and be the delegation leader. I would say the most distinguishing feature of this trip is that we can have flexibility in designing different kinds of service to various service targets, including the left behind children, the elderly and disabled kids, and teenagers. What impressed me most is the time being with the kids in the Ren He primary school (人和小學). The kids were so involved in the activities we designed and willing to share their school life with us. I believe sometimes good memory and happiness do bring a great impact to the kids.

Furthermore, we have spent a great time with the students from The University of Electronic Science and Technology of China. We exchanged our views in organising voluntary service and explored the unique Sichuan (蜀漢) culture together during the trip. As a final year student, joining this trip reminds me of the importance of providing voluntary service. Being busy is not an excuse and we should not set a limit on dedicating ourselves to charity work.

Cheung-lee Tsui (Economics/ 4)
SUMMER INTERNSHIP PROGRAMME
暑期實習計劃

The Summer Internship Programme motivated students to learn by working in a setting where they are guided by a professional. Taking part in the business projects led by the experts in Dorsett Hospitality International, students played a role in the daily operations and contributed to the business growth. During the eight-week attachment, students had a basic understanding of the company’s background and forthcoming strategic plan. Then they gained hands-on experiences in frontline roles and brought in new ideas for business projects with their creativity.

Interns were deeply inspired and able to unleash their potentials. Not only do they have a clearer sense of what they want to become, most importantly, they also have a strong network of professionals and mentors.

林芊和（心理學三年級）

Working as a Brand Marketing intern with Dorsett Hospitality International was a precious and meaningful experience that I would never forget and regret.

I was surprised by the way my team manager engaged me in the team when I first joined. On the first day of my internship, I attended four meetings with external clients and my team. I was immediately plunged into a strange world where people spoke in terms of ‘OTA’, ‘BAR’, ‘rate parity’, etc. My manager of course understood my lack of prior hospitality knowledge. Yet, instead of assigning me only the routine administrative tasks, I was treated just like a full-time management trainee and got assigned actual and meaningful tasks which are crucial and beneficial to me. I have gained more than just enough exposure to prepare a proposal for a marketing campaign and develop marketing solutions. I was so thankful that my team was so supportive and gave me many opportunities to learn in different projects. They shared a lot of their experience and tips on conducting marketing research, drawing up comprehensive and professional marketing proposals in a more effective way. These in-house experiences altogether have equipped me with greater confidence and stronger motivation to learn. Thanks to my manager, the team and Dorsett for providing me with this opportunity to enrich my summer.

Sze-may Tan (Integrated BBA/4)

SUMMER INTERNSHIP PROGRAMME
暑期實習計劃

在帝盛酒店實習雖然只有短短一個半月，但卻遠遠超出我對實習的期待。上司讓我們盡可能地參與內部及外部會議，每次會後鼓勵我們給予及時反饋，而讓我不斷練習精煉自己的表達內容以及整理思緒的能力。除此之外，在短短一個半月裡，我與另外兩位實習生合力構思，寫出要交予外部公司的一份企劃書，而深入的思考除了創意以外的實際運作面向等細節，透過草擬的過程，深刻體驗巿場推廣的工作，同時在與不同外部公司的接觸下，獲得許多新的刺激，讓我思考更多未來工作可能性，是非常豐富的一段學習歷程。

林芊和（心理學三年級）
PROFESSIONAL LEARNING SCHEME IN SHANGHAI

The Professional Learning Scheme in Shanghai provided students the opportunities to see this dynamic city through their own eyes, with a series of professional attachments, corporate and cultural visits. The journey began with the cultural exchange at Fudan University, focusing on mini-study on community enhancement of Nanjing Road East. Students of our College and Zhide College were separated into two groups on a field trip for a deeper understanding of local communities. Participants also visited Qidong, which has prosperous development in fisheries and supported the industrial production for Shanghai. Engaging in various ad-hoc projects and routine operations for the next two weeks, participants opened their minds to a bigger world during their working life in The Peninsula Shanghai, Tencent, and Sand Bankcard-link. Students also took the chance and learnt the inspiring stories of business operations, cultural differences and personal development from the outstanding professionals.

To better equip students on career development, Mr. and Mrs. Malcolm Au generously hosted our students and initiated a sharing session with young entrepreneurs, who came from renowned businesses with their unique story to strive for excellence along their career path. What we shall truly treasure in this programme is not only the extensive socio-cultural exposure or strong personal network, but also the eagerness to learn and people skills students strengthened through the encounter of challenges.

上海專業研習計劃

上海專業研習計劃透過專業研習、企業參觀及文化交流，讓同學以第一身角度了解商業運作與中國社會經濟發展。以「南京東路社區改善研究」為中心，伍宜孫書院與復旦大學志德書院同學分組考察，深入認識當地社區特色及需要。其後，同學又到以漁業為基礎的啓東，了解其與上海發展的關係。同學亦到上海半島酒店、騰訊及杉德銀卡通參與專業研習，了解機構日常營運，體驗真實職場的滋味。從而開拓思維，放眼世界，同學亦把握機會，向各企業的管理層了解關於企業文化、企業差異及個人發展的挑戰，知名企業家文申中先生為導師，讓同學對個人職涯發展有更充足的準備，特意邀請同學至其企業工作坊，與來自香港及內地的年青企業家交流個人發展及創業心得。每位企業家都帶著自己獨一無二的故事，與同學分享他們一步一步建立的事業，亦同宗創建體驗，探討未來發展的信念及理想。此三星期匆匆而過，同學應銘記於心的不只是上海社會文化的深度遊或廣闊的人脈網絡，更是經歷不同文化衝擊後，仍然不忘對學習的熱情及對別人的尊重。
Participants and Destinations

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GLOBAL LEARNING AWARD SCHEME

The Global Learning Award Scheme aims to encourage students to create, design, plan or participate in non-local academic or experiential learning programmes in order to broaden students’ international perspectives and enrich their experiences. Some students applied for overseas programmes to attend major-related courses or pick up a third language, while some others worked as volunteers in Mainland China and overseas. Apart from that, there are also Sunnies initiating their own programmes and going abroad to realise their dreams such as visiting various European countries for cultural exploration.

Throughout the whole trip, religion is the highlight. At first, I was terrified by the ritual of Hinduism. However, when I experience the Ganga aarti, there was no more terror, but peace. I even stayed and observed the ritual for two days.

In the morning, Indians go to Ganga, their mother river to take a bath and see the sunrise. In the evening, they will have a ritual to thank god for giving them one more day of life. That admiration to God is something rare in Hong Kong. I still remembered how shocked the Indians were when I told them I don’t have any religion. I feel that Indians know that life is hard, so they feel grateful for one more day of life, even if they face natural disasters, human diseases and a harsh environment.

In contrast, Hong Kong is well developed and we are kept away from these tragedies. We are blessed by the God (it may or may not be the God we know, but it is a greater force that we can’t conceive for convenience, I call it the God). Sarcastically, we are the ones who stand farthest from God. There is too much temptation in this Pearl of the East. Not many of us will applaud for the grace of the greater force.
As an urbanite who was born and raised in a metropolitan, we do not really have any opportunities to learn about and interact with African wildlife, and this volunteering project had certainly taught me a lot on that. It furthermore gave me a much better understanding towards the concept of wildlife rehabilitation and conservation.

Yan-ho Tang (Hospitality and Real Estate/5)

Animal welfare has always been something I am passionate about and after securing a job offer, I took on a volunteer trip to the Moholoholo Wildlife Rehabilitation Centre for two weeks. Situated nearby South Africa’s renowned Kruger National Park, Moholoholo is the home to over 100 abandoned, injured or poisoned animals, and it is actively involved in wildlife reintroduction.

As a volunteer in the Rehab Center, I was responsible for the daily operations of the centre. A typical day as a volunteer includes cleaning the enclosures, cleaning and sweeping the meat room and clinic, as well as feeding and providing enrichment activities to the animals. The volunteering experience was extremely memorable and mesmerising as I had opportunities to get up close with the big cats and other African native wildlife. Not only was I able to observe our ambassador lions close up, I was also given the chance to interact with rare animals such as black leopard and caracals. These opportunities were something one could never find elsewhere in the world, not to say a concrete jungle like Hong Kong.

Yan-ho Tang (Hospitality and Real Estate/5)
This is the third time I joined this camp. I am so glad that I was still able to be one of the mentors and I really want to show my gratitude to Wu Yee Sun College indeed. The experience not only offered me the opportunities to share my past with the younger ones, but also allowed me to reflect upon myself.

Being a fresh alumnus, I have already gone through a fruitful university life in the past four years. Once I was puzzled and did not know how to cope with the new environment. I have also faced many challenges and obstacles in my studies, as well as social life on campus. Luckily, I had gained so much care and guidance from peers and seniors, for which I am still grateful for their support.

The three-day camp was surely a wonderful and enlightening voyage. When I spent time with the secondary school students, I could see the old me inside them. I understood their anxiety and frustration, and I am so glad that I could share my experiences with them and raise their interests towards different paths in the future. I felt a strong sense of satisfaction when they gave me lovely positive feedback. Their eagerness to learn really inspired me a lot about the power of education and guidance. It is always blissful to influence others positively and recognise the value inside oneself. I hope in the future, I can continue being an influential person and guide people who are in need.

Wai-lok So (Class of 2017)
南京的人就是热情，哪怕你不是南京人，哪怕下雪。我跟小女儿说起要到南大文学交流处交流，先有先见之明的她：「南京真是一个好地方，我想跟我爸爸一起去！」当然，女儿来这里到南京，但这次是因我工作。一八四二年，南京在政治上有了莫名的联系。就在这一年，清政府为了第一次鸦片战争的战败，在江宁府（今南京）的英国战舰上（Cornwallis）签订了丧权辱国的「南京条约」，大清的江宁府（南京）便改称南京。在这样的背景下，南京便成为了中国近代历史上的一个重要城市。今年，在水木清华的教授，南京的教授，便带领「悦行金陵」南京大学交流团，与同学们访问南京。

来南京之前，接待单位是南京大学亚洲学院的师生。区亚明先生（1906-1996）曾经在文革前后来校担任中文系教授，也在校教《中国思想家评传》。在参观校史馆时，我便被介绍到区亚明先生的《中国思想家评传》。整套书共二百部，非常精彩。在参观时我便被透露到区亚明先生对南京的了解。他的学生在南京大学，他的教授在南大，他的教授在南大，他的教授在南大，他的教授在南大，他的教授在南大，他的教授在南大，他的教授在南大。

南京是六朝古都，十朝都会，是南朝的首都。在南京大学的安排下，我们一行人参观了丰富的文化景观。登上阅江楼，远眺长江，一九六八年正式通车的南京长江大桥便映在眼前。从长江源头，长江是天险，据之可保半壁江山。阅江楼的名字来自明太祖朱元璋，但建成却在六百年后的二零零一年，不再「有记无楼」。登高望远，发人深思，无论是六朝，十朝，还是近代中国的历史，南京都是历史的见证者。在这样被动的情况下，南京便跟香港结下「不解之缘」。这是我在小学时便已接触过的一段香港历史。今天，在车水马龙的新街口，赫然发现矗立了一所英式百货公司——House of Fraser，远远的又看见了英国最大的玩具公司——Hamleys。在这样的情况下，看见英国的一切，令人不期然想起清臣耆英和香港第一任总督砵甸甸（Sir Henry Pottinger）出现的场面。

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A new batch of Sunnies was warmly welcomed in College Orientation Camp 2018. The participating freshmen attained a better understanding about College life and established rapport with peers through various interactive tasks. The Organising Committee also continued the green initiative of reducing disposable utensils by giving out cutlery sets sponsored by the College.

On the first day of College Orientation Camp, the College organised Welcoming Dinner to greet all new students. Professor Anthony T.C. Chan, College Master and Professor Man-hong Lai, College Dean of Students shared their aspirations towards College life and warmly encouraged the freshmen to embrace new challenges. College staff members also mingled with students in every table during the dinner.

The College Student Advisor Scheme, as an extension of College Orientation, aims at helping freshmen settle into College life. Most of the groups are assigned according to the small groups of Orientation Camp, which helps strengthen the bonding among students. The first meeting is arranged by the College to let advisors and students enjoy their first encounter.

二零一八年書院迎新營歡迎新一屆Sunnies！參與迎新營的新生透過互動遊戲，體驗書院生活及與朋輩結為伙伴。籌委會亦延續去年業績減碳行動的決心，為減少使用即棄餐具，參加者改用書院贊助的餐具套裝。

書院於迎新營第一天特設迎新晚宴，歡迎一眾新生。院長陳德章教授與輔導長黎萬紅教授分享他們對書院生活的期待，又鼓勵新生勇於接受新挑戰。書院教職員亦在晚宴期間與同學親切交流。

師生茶聚作為迎新活動的延伸，期望幫助同學適應書院生活。書院為每個師生分組以原書院小組為基礎，強化同學間的聯繫。書院為師生老師與同學安排第一次聚會，讓師生互相認識，方便以後深入交流！
1/ New batch of Sunnies meeting College staff members in Welcoming Dinner
新生與老師於迎新晚餐共聚

2/ Enjoying the Mass Game!
投入大組競技

3/ Team up to complete the task!
發揮團隊精神

4/ Showcasing the dancing movements
同學展現精湛舞技

5/ Capture the moment of Night Party
留住樂會精彩一刻

6/ Interactions in College Student Advisor gatherings
師生聚會交換

7/ See you in the Orientation Camp next year!
明年書院迎新營再會！
A Taste of University Life at Summer Institute 2018
大學生活初體驗

The Fifth Cross-Strait Forum on Education of Modern Residential Colleges was successfully held at CUHK in July. The Forum brought together scholars, teachers and students from Hong Kong and overseas institutions to exchange views on modern college education in universities. Professor Kong-pang Pun, Chairman of Student Hostels Committee, gave a presentation on behalf of the College on the College’s role in cultivating students’ creativity and the drive for innovation. He then joined hands with Ms. Sandy P.S. Lee, College Secretary, to lead a College tour for Forum participants.

The Installation Ceremony of Sunrizon, the Fifth Wu Yee Sun College Rotaract Club, was held in July. Professor Man-hong Lai, College Dean of Students and representatives of Rotary Club of Tai Po (Mother Club of WYS Rotaract) and District Rotaract Club, gave encouraging speeches on the Club’s theme, ‘Be the Inspiration’. Led by Justin J.P.Huang, President of the new committee, the committee members took the oath for their commitment in service for their members and the community.
Heartiest congratulations to Yuen-yung Lee Corliss (Government and Public Administration/ 4) on receiving the CUHK Convocation Outstanding Community Services Award this year. Corliss has been passionate about volunteer services since secondary school and this prestigious award reflects her long and dedicated services to the community. Another College student, Tin-yan Lee (Medicine/ 5) has been awarded the Sir Edward Youde Memorial Scholarships 2017/18 for demonstrating her excellent academic performance and involvement in extra-curricular activities.

恭喜政治與行政學四年級李宛融同學獲得二零一七至一八年度香港中文大學校友評議會傑出社會服務獎!李同學自中學以來一直積極參與義工服務，這個榮譽獎項肯定了她為社區人士服務的努力。而內外全科醫學五年級生李天欣同學則獲得二零一七至一八年度尤德爵士紀念獎學金，為獲得此榮譽的七名中大本科生和研究生之一，嘉許她在學業方面的優秀成績。

Self-motivated Fund for Sports Activities
自選遊體育活動資助計劃

Everyone has to begin with a baby step when they try out something new. The Self-motivation Fund for Sports Activities encourages students to take up a new challenge in various sports activities, such as the Vita Green Charity Cycling Marathon Challenge 2018 and Food Salvager - Urban Adventure Challenge 2018 @Kowloon East, and live a healthy lifestyle. The passion in creating social impact and sense of belonging to the community from the participation in sports events has exceeded our expectation.

每個人都要從邁開第一步的小小步開始嘗試新事物。「自選遊」體育活動資助計劃鼓勵同學透過不同體育活動（例如：維特健靈慈善單車馬拉松2018和食物救援—都市冒險挑戰賽2018@九龍東）挑戰自己，建立健康生活習慣。今天人們驚喜地看到不少學生參與各種體育活動不止學會注重身體健康，更期望能推己及人，關愛社會。

Sports Fun in Summer
夏日運動同樂

The Lounge was filled with cheers when a group of students and staff members watched the live broadcast of the 2018 FIFA World Cup Final together in July. Subsequent to the buffet, Professor Anthony T.C. Chan, College Master; Professor Kelvin K.F. Tsoi, Chairman of Sunny Sports Committee and Professor Kong-pang Pun, Warden of West Block, were also immersed into the exciting atmosphere with all students.

師生於七月共聚，在The Lounge觀看世界盃決賽現場直播，齊聲吶喊助威!享用自助晚餐後，院長陳德章教授、體育委員會主席蔡錦輝教授及西座舍監潘江鵬教授與眾同樂，一起沉浸於緊張刺激的氣氛之中。

Jazz Funk Dance Experience Day was another perfect escape for students who were not too interested in football. The newbies learnt the rhythms and moves not just for beautiful body movements, but also for better body co-ordination and exercises.

不熱衷足球的同學亦另有選擇!體育學會舉辦的爵士舞體驗日讓新手學習節奏和肢體動作，展現曼妙舞姿之餘，亦改善身體平衡。
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，造福人類。