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THE WU YEE SUN AWARD FOR THE
MOST DISTINGUISHED GRADUATING
STUDENT 2018/19
在十字路口上
專訪二零一八至一九年度
伍宜孫最優秀畢業生獲獎人

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AT A CROSSROADS
An Interview with recipients of the Wu Yee Sun Award for the Most Distinguished Graduating Student 2018/19

在十字路口上
專訪二零一八至一九年度伍宜孫最優秀畢業生獎得獎人
Like many other graduates, Candice C.Y. Ng (Journalism and Communication/4), Natalie S.Y. Chung (Geography and Resource Management/4) and Queenie K.Y. Law (Government and Public Administration/4) are at a crossroads, and they have just made their decisions.

與其他畢業生一樣，吳卓恩（新聞與傳播學四年級）、鍾芯豫（地理與資源管理學四年級）及羅鈞渝（政治與行政學四年級）現正站在人生十字路口，而她們已經決定要如何踏出下一步。

AFRAID OF ROUTINE
Candice’s dream to direct her own drama production has been rooted since high school. Being a long-time fan of American and European dramas, she was fascinated by the scope of the drama world, and how the audience connected with the stories being told on screen. Now graduated from the School of Journalism and Communication, Candice is halfway to her destination.

Since her first year in the university, she engaged herself in various freelance projects to get exposed to the production environment. Coordinated by jcMotion of the School of Journalism and Communication, she had worked for different productions from non-government organisations, the government and the university. Some allowed more creativity, while some required her technical support on graphic designs, and she treasured every opportunity to learn from different positions. However, in the third year of studies, Candice confronted her desire during a full-time internship in one of the local major firms.

‘I worked full-time for the whole month during the internship, and I started to think whether this nine-to-seven job is what I really want.’ The ordinary career path for a graduate like her is to work as a production assistant in a firm for three to four years, and then a director and finally an executive producer. Ordinary, and stable. Candice, however, hesitated in stepping in. ‘I am afraid that once I get used to stability, I will no longer dare quit.’

Candice found that production lines in big firms were too structured and streamlined, which left little room for creativity. She gave an example: although some ads would include jokes to attract audiences, these jokes were elaborated from certain references and one could hardly find new substance from these ads. This is not limited to ads or jokes though. Her own experience also resonates: ‘I once worked in a project for the government. Although we were writing the scripts ourselves, our idea was banned by the administrative staff owing to its boldness.’

In contrast, there are much less constraints in the US industry, productions like dramas have more diversified themes, and the industry tends to break the norms. ‘I had a good time with my friends in the College though, where we could play around with crazy ideas, which seemed quite awkward to me now when looking back,’ she laughed. ‘And I am grateful that we are backed by the College.’ She recalled times when she raised new ideas, like when she filmed the College promotional video and used reusable cutlery sets in Orientation Camp, she and her friends were always supported in every way.

To explore more possibilities, Candice will work freelance in the coming year. She is now working in a team and has been involved in different projects from the government and commercial sector. The team has just travelled to Thailand to shoot a commercial ad, for which she was the assistant director. ‘I am now aiming at the post of producer. Another possibility would be establishing a studio like some of the graduates from the School.’ Although a long way ahead, Candice is ready to take the challenge.

BRINGING VOICES TO THE WORLD
Natalie first discovered her interest in environmental protection after interviewing Dr. Rebecca L.S. Lee in primary six for a competition hosted by Hong Kong Observatory on climate change. She had a glance at the concepts of climate change and environmental protection, which led to exploration on related topics. She then continued her studies on geography in secondary school and in university. Not confining herself in the classroom, Natalie was involved in related campaigns over the years. In Year One, she and two other students joined the Hong Kong Tertiary Schools COP21 Challenge and established V’air, a website which aims to introduce local tourist attractions and encourage Hong Kong people to fly abroad less, thus lowering carbon emission from aviation. ‘We first started this project out of interest. With more research, we
AN INTERVIEW WITH RECIPIENTS OF THE WU YEE SUN AWARD FOR THE MOST DISTINGUISHED GRADUATING STUDENT

Candice suggested using reusable cutlery sets when she led the organisation of the Orientation Camp. Candice 基本上擔任過製作中的所有崗位，例如收音師、攝影師、製片、動燈組，甚至扮演過臨時演員（屍體）。

Other than V’air, Natalie participated in numerous conferences, forums and campaigns, and got to meet professionals from around the industry. Through these networks, they explored opportunities for future collaborations. She also joined the CURH Green Post and worked as a tour guide in the Jockey Club Museum of Climate Change internship programme. Additionally, Natalie brought voices to the government by serving as a member of the Council for Sustainable Development. She also served as SDG Coordinator of the United Nation Sustainable Development Solutions Network – Youth. ’I wish to contribute to environmental protection on different levels, including campus, local community, society and international levels.

Although Natalie had been determined in her goal, many others doubted her choice. Many people around me said studying geography would not bring me a bright future. There is also pressure from society. Sometimes I feel lost and question myself if I have chosen a wrong path. However these uneasy times also urged myself to listen to my heart and know where my passion truly lies.’ It was also hard to find companions who share the same passion, which hindered some opportunities. Fortunately as she reached out to more people, including College students and people from different sectors, she found comrades who strive for the same goal.

She will pursue a two-year MPhil programme in Environmental Change and Management, equipping herself to become an environmental leader on education and policy-making.

OUT OF THE IVORY TOWER

Queenie had been determined to be a good person and serve society. She majored in Government and Public Administration, which was when she started to realize how she could achieve her goal. She now works in Gender issues in international relations. ’I have explored various opportunities in the university to figure out what I could really contribute to. In year three, I took a course on gender issues where I had more chances to look into feminism in a more academic perspective. I also got to meet with stakeholders in the community, and found answers of many questions in my mind.’ Queenie grew up in an environment which encouraged one’s independence, and she thinks this might have shaped her values on gender issues. ’Gender has never been a concern in my family and at school. Taught to be independent and go for my own goals, I was never told a boy or a girl should do or not do something.’ Sadly however, there are a lot more people suffering from their gender identity, and Queenie started to wonder if her knowledge could contribute. She started to find the connection between gender theory and international relations, which was the field she was researching.

Queenie went on the College Term-Long Exchange Programme in Australia in the second semester of year three. During her exchange, she had more chances to explore the topic as the academic development of international relations and support on gender theory was better in Australia. She took a course on gender and international relations and was greatly inspired by the in-depth discussion on related history and theory. She then continued her study on the topic in her thesis, for which she researched Colombian women’s adaption after they returned home from the civil war, and the conflict between their social identity and their wartime experience. ’Many female went on the field during the war and they are reluctant to fit into their original role when returning home.’

After graduation, Queenie will depart to Laos to work under United Nations Entity for Gender Equality and the Empowerment of Women for half a year. She might help with research on women’s social position and liaison with the government and non-government organisations to facilitate women advancement.

Queenie sometimes feels frustrated on the worsening social environment which she feels quite powerless to change. All theories she had learnt stay in the ivory tower. But she has started to embrace doubts in herself: knowledge is the basis for reasonable decisions and would be the foundation to her contribution to society. ’Do what feels right.’ She said, ’It is normal to get lost. We have constraints in life which we have to compromise and we may not know which path we should take. Grab your chance when you are still young, or you may lose it forever.’

Many students have a checklist for their university life. However after four years, not everyone can find their own passion which they would live for. The awardees of the Wu Yee Sun Award for the Most Distinguished Graduating Student have found theirs. What about you?
“I am afraid that once I get used to stability, I will no longer dare quit.”

我擔心自己一旦適應平穩的環境，就沒有再次踏出去的膽量。
Sometimes I feel lost and question myself if I have chosen a wrong path. However these uneasy times also urged myself to listen to my heart and know where my passion truly lies.

Do what feels right. Grab your chance when you are still young, or you may lose it forever.

做自己想做的事。我們一定要趁年輕時抓緊機會，因為機會總是稍縱即逝。
The academic year was concluded at the College Closing Assembly in April. College Master Professor Anthony T.C. Chan shared with students examples of dream chasers, including various speakers of College events over the past year and awardees of Wu Yee Sun Award for the Most Distinguished Graduating Student, and encouraged all Sunnies to devote themselves to realising their own life goals.

The College showed our heartfelt appreciation to Hong Kong Shun Lung Yan Chak Foundation for their donation and establishment of ‘Choi Park Lai Yan Chak Scholarship’, and was honoured to receive another donation from CUHK Alumni Charity Foundation and Mr. and Mrs. Yuk-bing Ko for establishing ‘Mr. and Mrs. Ko Scholarship’.

Representatives from the College International Team introduced the team’s work and advised on how local and non-local students could mingle with each other and enjoy their College life.

After witnessing students’ achievements at the Scholarship and Award Presentation, all attendees posed for a group photo to capture this special moment at the end of the term.

The last College Forum of this term entitled ‘The Lesson from Soil’ was conducted by Ms. Wenning Mak Chen, Founder of HomelandGreen (Hong Kong), in late March. Ms. Chen shared with students her path in establishing HomelandGreen (Hong Kong), an organisation dedicated to combating desertification. Through years of investigation and field works, the organisation has helped ease desertification in different areas on the mainland. They also provided various opportunities to educate the public, especially the young generation, on the importance of soil protection and sustainable development.

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A series of themed creativity programmes stimulating the five senses, including 523 Sakura Festival, Veggie Bouquet DIY Workshop and Film-Photo Exhibition, were staged in this term.

At the beginning of this spring, c!abbers (c!ab student convenors) initiated 523 Sakura Festival at this beautiful season of Sakura blossom. They prepared a Sakura Flower Raindrop Cake to share with College friends, organised a Sakura Pendant Making Workshop, led a Shibori Indigo Dyeing Workshop and spread love through the College on air, a message or song dedication event at the College canteen. It is hoped that our Sunnies were embraced with love and happiness through participating in these activities.

To celebrate the Photo Day of our graduating students, c!abbers collaborated with Hong Kong Organic Farm and hosted a Veggie Bouquet DIY Workshop. Participants were invited to choose different vegetables to create their own bouquets. The fresh and healthy bouquets were pleasantly consumed instead of being thrown away after the Photo Day like many other floral bouquets.

With a strong interest in film-photo, c!abbers organised a series of relevant programmes, including a Black-and-White Film Development Workshop, a Competition with the theme 'Light' and an Exhibition of the shortlisted entries from the competition at College Gallery for the public and professional judges to cast their votes.
The University presents Long Service Awards to recognise long-serving staff members whose full-time University service has reached the thresholds of 15, 25 and 35 years respectively.

At the 2018 Award Presentation Ceremony, College Master Professor Anthony T.C. Chan, Associate College Master Professor Kam-fai Wong and College Fellow Professor Hui Lin received the 25-year Long Service Award, while College Fellow Professor Nicole W.T. Cheung received the 15-year Long Service Award.

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Everyone knows that exercise is good for one’s health, but it is not easy to take the first step. In this term, the College gave students a little boost by offering fun-filled sports activities.

‘Multi-culturalism x Sports – Kabaddi’ brought students a brand new experience of this South Asian traditional sport. Participants could train their strength and dexterity at the same time while they learnt about different cultures.

The College Sports Association also presented another event, Bubble Soccer, for students to run and kick in the inflatable bubble suits while bouncing off other players.

To launch or maintain their exercise routine, students could make good use of the regular fitness trainings at the College Gymnasium. High-intensity interval training (HIIT) gave students proper training on how to burn fat more efficiently for better body shape, whereas plyometric training helped participants enhance muscle power and agility.

Sports is perfect for fun, for health and for friendship. Let’s get moving!

運動有益身體健康自是人人皆知，但踏出第一步亦非易事。新穎而有趣的運動或可為同學增添動力。

「多元文化 x 運動 — 卡巴廸」讓同學從此項南亞傳統運動中了解其他地區文化的同時，還可訓練參加者的耐力與敏捷度。

書院體育學會亦為同學籌備泡泡足球活動，讓參加者在泡泡裝備內邊跑邊踢，衝鋒陷陣。

同學又可善用健身室的健身訓練，建立或維持運動習慣。高強度間歇式訓練教授同學於短時間內消脂及塑造身體線條；漸進式體能訓練則幫助參加者改善肌肉強度及反應。

運動既改善身體機能，亦是賞心樂事，又能促進友誼。齊來「樂」「力」運動﹗
Physical health and psychological health are both important for one’s well-being. For the former, the College organised a talk in March targeting Liver Health, conducted by Professor Grace L.H. Wong from the Department of Medicine and Therapeutics, Professor Baoting Zhang from the School of Chinese Medicine and Professor Joan Z. Zuo from the School of Pharmacy. Professor Wong started the talk by introducing common liver diseases and the prevention methods. Professor Zhang then briefed participants on how the season of spring nourishes our liver. Professor Zuo shared with participants the relationship between drugs, health supplements and liver. Dr. Samuel C.M Chan from the University Health Services held an interactive discussion with the participants, who later underwent a Fibroscan Examination to know more about their liver health.

Zendala Mindfulness Workshop was re-run by certified Zentangle teachers Miss Molly Chan and Miss Meko Ng this term. Students obtained pleasure, peace and relaxation through drawing symmetrical and regular patterns along a rotating direction.

A trip to Lai Chi Wo, a part of the Hong Kong UNESCO Global Geopark and an ancient but well-conserved Hakka village in northeastern New Territories, was held on a cool, rainy day. Despite the gloomy weather, the field trip offered participants an occasion to get in touch with nature. Professor Kwai-cheong Chau, Chairperson of Campus Environment Committee and leading teacher of the trip, also shared his tremendous geology and geography knowledge and introduced to participants the history, cultures and customs of the Hakka village visited.
STUDENT ACTIVITIES

In this term, the College International Team collaborated with Asbury Methodist Primary School, a local school in Lai King, with the aim of connecting the world with their pupils.

'World Buddies', who were the non-local students joining the programme, shared their culture and life experience in an interesting way. Various sessions were conducted at the school with different topics each time. The pupil improved their English through games, songs and learning the fun facts of different countries in the class. At the same time, non-local students gained a deeper understanding of Hong Kong culture from the children. The meaningful collaboration certainly deserves a re-run next year!

A group of Sunnies joined the Spanish Cooking Class conducted by Miss Maria Consuelo Vega Leon, Assistant Lecturer at the Department of Linguistics and Modern Languages in March. Not only did students only learn to prepare Pan Tumaca and Guacamole using healthy avocados and tomatoes, but they also got to know more about food culture in Spain and tried different Spanish food during the tasting session. All of them had an enjoyable evening!

The College and the International Team co-hosted a dinner to bid farewell to our exchange students from different countries. Participants had a great time chatting and playing games together. It is hoped that the exchange students will keep in touch with their local friends and come back for a visit in future.

The College will again organise summer outbound activities of a wide variety with learning purposes such as cultural exposure, language learning, and investigation on green issues. To mark the commencement of their fruitful journey, leading teachers and participating students attended the Kick-off Ceremony in which students were encouraged to make best use of the opportunities to explore their destination to the fullest.

期末將至，書院及國際小組舉辦交換生歡送晚宴，大家談天說地，樂在其中。交換生冀能與本地認識的朋友保持聯繫，日後重臨香港。

書院本年將再舉辦多元化境外暑期活動供同學參與，學習目的包羅萬有，例如文化交流、外語學習，以及環保考察。為標誌豐富多姿的暑假即將開始，領隊老師和參與同學出席書院暑期活動啟航禮，期望同學好好把握機會，積極探索目的地的不同特色。
Eleven College students challenged themselves to a journey of self-discovery at the Outward Bound Camp held in late March. The four-day camp started off with sea jumping, an activity accompanied by, in the exact order, struggle, scream, excitement and sense of achievement. It served as a perfect preview of the entire programme: discover your potentials while immersing in the beauty of wilderness.

With their mobile phones taken away and only given basic survival tools, participants had nothing to rely on but themselves and each other. Physical tasks including land expedition, wood-cutting and cordage-weaving proved them to be more persistent and determined than they thought, and crisis management experiences from unexpected incidents left them with a positive attitude to deal with adversities in life.

The camp was planned to conclude with a sunrise challenge which participants, after a long night walk, failed to see due to weather conditions. But at the end, it was the team support in the dark that matters, and who says the captivating night view along the way was not better than the sunrise?

Mr. Siu-wa Lui, a Calligraphy expert, conducted five sessions of Chinese Calligraphy Workshops in this term. Under the guidance and demonstration of Mr. Liu, students learnt about the proper yet dynamic ways of using ink brush and developed their interest in Chinese culture.

本學期書院舉辦为期五課的中國書法班。同學在資深書法導師雷紹華先生的悉心示範及指導下，通過隸書臨習，學習中國書法的用筆和結構原理，同學對中國文化的素養亦得以大大提升。
STUDENT ACTIVITIES

NEW CABINETS IN ACTION

The new cabinets of various student organisations, such as College Student Union, Resident Association, Non-residents Association and Sports Association took office in the spring term. They vowed at the inauguration ceremonies to commit to serving their fellow students. Having numerous plans in their minds, they intend to bring their peers an array of activities and services for great fun and a sense of belonging to the College.

To better understand and to show support to student organisations, College Master Professor Anthony T.C. Chan hosted a mingle dinner to meet with the cabinet members together with College staff members. Representatives of student organisations shared with each other their year plan and explored the possible synergy.

VIBRANT HOSTEL LIFE

Living in the hostels enables one to be bonded with students from all walks of lives and create beautiful memories with the like-minded. Both Resident Tutors and Resident Association are dedicated to providing opportunities for residents to make new friends. Resident Association Sungrazian held a poon-choi dinner gathering and prepared dessert for all residents. On top of regular floor gatherings, Resident Tutors invited Wardens and residents of all floors to a barbecue at the Terrace of Dream, as well as prepared refreshments during the exam period to show support. As residents moved out from the hostels at term end, we all look forward to gathering again in the place we called home.

書院宿舍讓不少同學留下美好的宿舍生活回憶。宿舍導師和宿生會舉辦不同類型的活動，讓宿生互相認識。書院學生會、宿生會、走讀生會、體育學會等等新莊正式上任。他們於就職典禮宣誓，致力為書院同學提供多元化的活動及服務，期望為同學帶來歡樂之餘，亦提升同學對書院的歸屬感。

為加深了解及鼓勵學生團體籌劃活動，院長陳德章教授宴請各書院學生團體的幹事與書院教職員聚餐。席間學生團體代表分享其工作計劃與展望，亦尋求與其他學生團體合作，達致協同效應。

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The beautiful voices surrounding the College marked the beginning of Sunny Yeah, a student-initiated large-scale event. At the Singing Contest, Rap was introduced for the first time on top of the groups Individual and Band, adding more diversity to the contest. Shortlisted contestants competed in the Final with their best efforts. Featuring a variety of music ranging from soothing tones to energetic rhythms, the night was filled with the contestants’ love for music that deeply moved the crowd.

Students glammed up with their friends for the night of The Ball. Professor and Mrs. Anthony T.C. Chan led the first dance and invited students to join the dance floor. Throughout the evening, participants enjoyed performances, dances, tasty bites and drinks and certainly the fun moments with their friends.

The delightful atmosphere and joyful memories created certainly achieved the meanings of the event. The Organizing Committee took a step forward to integrate green elements in decoration production, echoing with the College missions. The telephone booth, the phonograph and the globe décors were upcycled from scrap wood, plastic boards and cardboards. Big applause for their tremendous effort in bringing their fellow Sunnies such meaningful moments!

Mentors and mentees of Rance Lee Mentorship Programme gathered to refresh what they had gone through in the past year while welcoming the new mentees. One of the groups shared their experiences and inspirations gained via their interactions such as watching art performances, visiting community projects, and participating in orienteering competition together. The College also arranged a guided tour to HSBC Archives for mentors and mentees to explore the heritage of the banking industry and Hong Kong history. While mentors provided exclusive opportunities for the mentees, mentees also took the opportunities to reflect their thoughts to mentors for their better understanding of the younger generation.

李沛良師友計劃的學長和學員再次於書院聚首一堂，重溫過往一年的所學所想，並歡迎新加入的學員。當日邀得其中一個小組分享經驗，組員透過不同形式的互動，例如欣賞藝術表演、參觀社區項目及參予野外定向活動等，增進友誼並共同成長。書院亦籌備到匯豐銀行歷史檔案部參觀，讓學長與學員透過歷史文物一同探究本港銀行業的發展及本地歷史。計劃讓學員獲得寶貴的機會向學長學習，同時，學長亦從與學員的相處中，更了解新一代青少年的世界。
College Photo Day 2018/19
二零一八至一九年度書院畢業班拍攝日

1 / College Photo Day was not only the moment for the graduating class to take pictures with their best friends, but also the day to celebrate their accomplishments in their years of journey at the College and the University. Excitement could be found on campus everywhere as gowned graduands posed with different backgrounds and props along with their classmates and friends. The College Master, Professor Anthony T.C. Chan, joined with more than 20 College members and shared the happiness with the graduating class on this festive day.

書院畢業班拍攝日不僅是畢業班同學與他們摯友拍照的時刻，也是慶祝他們順利完成書院及大學生涯的里程碑。穿上畢業禮袍的準畢業生洋溢興奮之情，手持拍攝道具與摯親好友在書院的每個角落拍照留念。院長陳德章教授連同二十多位書院成員與準畢業生分享喜悅，共同紀念這重要的日子。
College Closing Assembly
書院結業禮
2/ Group photo
大合照
3/ Presentation of College scholarships and awards
頒授書院獎學金及獎項
4/ To enhance students’ learning experience, a series of
general education activities were organised for year one
students, which allowed them to learn in an interactive
and casual environment. Activities like a cultural walk in
CUHK, movie appreciation, workshops on social issues
and drama, and mindfulness classes were included.

5/ College Annual Athletic Dinner was held in mid-April
to celebrate the effort and achievements of College sports
teams over the past year. Heartiest thanks to all members
of the teams!

7/ Around 30 students from Kuang Yaming Honors School
of Nanjing University visited the College in late May. The
delegates were received by Professor Man-hong Lai and
they were introduced to the features of the College. They
also toured around the campus to know more about the
comprehensive facilities and rich College life of students.
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。