Nature seems timeless and afar. It existed when the soil first nurtured grass and flowers. It was there when the lions roared and the gazelles raced under the starry skies of this blessed planet we call home. Human civilisation gradually took hold, and the industrial revolution rang the bell of the match. Concrete 1, soil 0…or is it so? While proudly replacing natural forests with concrete jungles, are we progressing or declining?
CEREBISH THE SPROUT
IN HAND
守護骨子裡的葉脈
NORWAY AND DENMARK GREEN TOUR
挪威丹麥環保考察之旅

若問起自然，仿佛就要跨越一切時間的維度才能找到答案，那時世界仍在無盡的蔥鬱中。斷崖上有
雄獅咆哮、荒原中有羚羊奔跑，或許還有漫天星辰。退到大氣外俯瞰，是一顆翠綠蔚藍的星球。忽
爾，日晷的影子瘋狂晃動，此起彼落，在無數個日夜中迎來了開啟工業革命的第一聲轟鳴，那是
比賽開始的哨響。之後，無數鋼筋水泥竄動，比拼著蠶食吞噬自然的速度，建起一座座「石屎森
林」。裡面的居民，頓然失去了自己腳下的土地。

Student Reporter: Wai-chaak Yim (Chinese Language and Literature/ 3)
學生記者：嚴瑋擇（中國語言及文學三年級）
Environmental protection is always viewed as a virtuous act: we sacrifice our time, money, and space for the greater good. In fact, environmental protection is not really a sacrifice, but rather it is self-defence: we protect nature to protect ourselves.

'Go Green, Be Sunny!' is not just The Sunny College’s core value, it is also the heart of this journey of hoping to re-envision our relationship with mother nature.

**RECONNECTING WITH THE NATURE**

During a journey, what do you think was the most exciting thing to look forward to? The delicacies? The attractions? Or simply the grids we would place on our Instagram walls? What I learnt was ‘A journey provides me with a chance to criticise myself’ - this was my conclusion after joining the College’s tour to New Zealand last summer. If travelling means only scenery, great food and jealousy from friends, I would say one did not see the world with his heart, but instead merely escaped a suffocating reality for a moment.

Within the 15 days throughout Norway and Denmark, other than the stunning scenery, participants also had a glimpse of the following: a factory which sorts garbage, fishing, and a little reflection on the environmental protection work in Hong Kong... Sounds good?

The Sunnies visited universities and enterprises which stress the green industry, walked on the streets filled only with bicycles, and stayed in a non-profit campsite for students. Within these 15 days, the group had gone really far, and the experience cannot be easily concluded in a few words. But from the travelling Sunnies’ sharing, we might get a taste of their profound experience on this mysterious land.

Garbage is unavoidable in daily life inspite of our effort to reduce waste. The team visited three companies during this trip, including RiR, Tofte Gjenvinning and Romsdal Gjenvinning, which focus on construction waste, plastic and wood waste and electronic waste. With a waste management industry that is well-rounded and mature, citizens are able to cope with the wastes and make the Nordic region an example of environmental protection for the world. The balance between the interests of different stakeholders, employment and cost of living is of course crucial, but students noticed that the key to success was the government’s tireless efforts and full support to its citizens. Through legislation and funding, environmental protection is more than merely a virtue, but the force boosting career orientation and urban development.

It is also about perseverance. You might think of salmon when speaking of Norway. Salmon earns its title of ‘the healthiest type of fish’ for its rich omega-3. Its reputation is built with the industry’s persistence in upholding quality in the whole supply chain. While others would sacrifice quality for profit, Norwegians strive to feed salmons with wild fish to ensure higher nutritional value in the breed.

Another example would be cycling. While the transport system is well developed, the government still promotes cycling as the major transportation in the country. By now, the bike city has reached its full development. Who would have thought that cycling contributed to only 5% of the city’s transport flow back in 2014? The turning point was in 2016 when the government invested 7.2 billion on bike freeway connecting nine cities and downtown areas. Codes of road use were also set up within three years, with supports including laws, traffic signals, and education, hoping to enhance sustainable development and safety throughout the country.

Innovation takes an important role too. Traditionally, green building involves building materials which are recycled from waste. One example would be the surface materials on playgrounds, which are made from recycled tyre rubber. Although no extra material is needed in the recycling process, the process itself utilises a large amount of energy. Reuse is thus more popular in Norway. Old books, furniture, clothes and more are sold in flea markets. You may also see restaurants decorating the interior with reused wine bottles. With the green culture, children are well educated with the sense of environmental protection, and waste of resources rarely occurs in their daily lives.

With pieces of memories from both Norway and Denmark, the Sunnies are still trying to complete the full picture of this journey. However it seems the answer is floating under their footsteps.

**WHAT TO DO BACK HOME**

Reflection on each visit continues at their bus ride to the next stop. Old and new knowledge clashes and allows them to review their way of living in another perspective.

Trevor C.W. Wu (Information Engineering/ 5), joined this journey out of curiosity. Environmental protection is not new to Hong Kong people, yet it seems a distant reality for many households.
Environmental protection is not really a sacrifice, but rather it is self-defence: we protect nature to protect ourselves.

環保不是一種保護，而是一種自衛。前者有關憐憫，後者卻是認識到自己與自然相生相依的關係，保護的既是自然，也是自己。

Green living within our economic conditions sounds incompatible in many ways. What surprised Trevor was how all the green elements were planted in the Norwegians’ everyday life. After seeing the blue sky and rainbows, and breathing the chilling fresh air in Norway and Denmark, he finally understands why these people, and their government, cannot leave nature behind. After all, they are just as much a part of the nature and every one of them takes the responsibility to protect their homeland.

To Karen K.Y. Tsang (Food and Nutritional Sciences/3), the experience made her realise what could be done further in Hong Kong. The Norwegian life is closely related to the nature, and they are compassionately aware of damages to the environment. However, in the concrete city of Hong Kong, it is far too hard to appreciate nature itself and people are detached from their origin. What she observed was not merely environmental protection, but a more challenging and rewarding prospect: sustainable development. She is well aware that environmental protection is more than a love for the nature, but also about continuity and inheritance: it brings the colour green to the world, and livelihood to all living creatures and their offspring. Both nature and technology offer us precious resources, and we should never sacrifice the environment for urban developments. If we have a loving heart towards nature, environmental protection is just the method of expressing our love.

Michael C.K. So (Urban Studies/1) reviewed the trip as a sign to make a change. Born and raised in Hong Kong, environmental protection was never an agenda in his life, and his absence seemed to make no difference to the matter. In fact, he realised, the cost is accumulating, and people will have to pay for that one day, from the exhausted landfills, the damages to the marine ecosystem, and more. The damages have always been there, but unlike the Norwegians, we are paying too little attention to nature. Michael looked into the issue and its spirit behind. His determination would be reflected in his actions. Adjusting his living style is his first step, and he is ready to spread his message to others.

Going on a trip seems an escape from the harsh realities of life, but sometimes it is not. We step into the locals’ community to observe their lives, but in turn, we also reflect upon ourselves. As aligned with College missions as they are, all study tours organised by the College offer a diverse experience to each participant. The destination may be the same, but who you are, who you meet and what you do makes your journey unique. The participants of this programme offered in future may not run into the very same restaurant owner from Hong Kong sharing a fun chat. They may not stay with the very same host leading a fishing trip in the beautiful landscape. Instead, they will meet someone special to them, and have different memorable moments of their own. We grow through what we go through in each journey and that, to many, is the reason for travelling. It is also the precious experience the College would like to offer us.

We look forward to meeting you again on our next journey.
說起環保，總覺得是要我們保護甚麼，是一種犧牲自己成全他人的高尚，做到需要歌頌，做不到亦無可厚非。然而，環保不是一種保護，而是一種自衛。前者有關於憐憫，後者卻是認識到自己與自然相生相依的關係，保護的既是自然，也是自己。

「Go Green Be Sunny」不僅是伍宜孫的精神，亦是挪威及丹麥之旅啟程的原因，更是找回自己腳下土地的祈願。

重新認識自然

兩個星期零一天的旅行，可以期待甚麼？是十五間餐廳的晚飯？是數個景點的流連？或是IG裡一堵嶄新的牆？「旅行是一場對自己的拷問」在參與了書院舉辦的紐西蘭之旅後，我曾寫下這句。如果旅行中只剩下美景、美食和他人的羨煞，我們沒有見過世界，我們只是找到了生活中拼命呼吸，無處可逃的自己。

如果在挪威及丹麥的十五天裡，除去眼前的美好，還有垃圾分類的工廠，親手釣起的魚的滑潺，和對香港環保的反思，又可以接受嗎？

十五天內，這群人走訪了大學、參觀了主張環保的創意公司，亦曾在只剩下單車鈴鈴的城市馬路上行走，在不問盈利只為學生的營地中逗留。十五天內，他們走過了太多地方。語多難寄，旅行的一切不能具體地概述，但依然能從他們的敘述中找到那些「不足為外人道」的特別回憶。

有些有關同心協力。再環保也好，垃圾在生活中出現在所避免。他們先後參觀了RiR、Tofte Gjenvinning和Romsdal Gjenvinning這三間不同的垃圾分類廠，他們各司其職，像是建築廢料、木材塑膠、電子垃圾等，囊括了生活不同的範疇，亦是他們一直與不同「垃圾」為伍，北歐的環境保護才能成為世界的典範。問題處理背後，牽涉利益、就職、生活成本等不同維度的衡量，但從固中同學認識到之所以能成功最重要的原因，是政府一直與民同心，同行。政府從立法和資助兩方面入手，使環保不再是情懷的想法，而是能成為職業導向甚至城市發展的推動力。

有些有關擇善固執。挪威素以三文魚為人熟知，是所有魚類中omega-3含量最高，亦使它成為世界上最健康的魚類，有「冰海之皇」的美譽。鮮美健康的背後，是一份面對利益而不為所動的堅持。全球三文魚的生產急劇增長，但在當地，捕獲的野生魚類以用作製成魚飼料的數量也保持不變，以確保魚肉的質素。除此以外，又有即使汽車在現代城市中橫行，挪威卻依然推廣單車作為市民主要的交通工具的現象。雖然現在挪威的單車城市發展已經相當完善，但二零一四年時挪威的單車使用率亦是不足5%的城市。真正的改變始於二零一六年，挪威政府迎難而上，耗資七十二億興建單車高速公路，連接九大城市和市區。單車的道路規條亦在三年間逐步完善，不僅於法律，交通手勢的配合，更融入於兒童的教育之中，真正成為整個持續發展的循環。

有些有關創新。傳統認為，環保建築就是把廢棄物料透過溶解、加工後再做成全性的建築物料，例如香港遊樂場的橡膠地墊，就是通過回收廢棄輪胎再加工而製成。這種製成品不需要額外的原料，但在製作過程之中依然會消耗大量的能源。挪威提倡舊物重用，例如學校裡舊課本的傳遞，供購買舊家具、衣服和小玩意的集市，亦有重用酒瓶作裝飾品的餐廳。真正做到「物盡其用」，孩子在這種氛圍的耳濡目染的情況下，浪費二字與他們的生活相距甚遠。

挪威之旅的片段零零散散，言說無法拼砌出具體的圖畫，但與他們的敘述之間，石屎森林失去的泥土，仿併一直在他們的腳下。

將自然帶回家

旅程中，白天走訪各地的見聞並不會在坐上離程巴士的一剎倏然而止，更多的是凝望車窗外時在思緒中翻騰滾燙，演變成一場異國風情與日常生活的彼此窺探。

對於Trevor而言，關於這次旅行的更多是好奇。在香港環保應是矛盾的，既老生常談，卻又在香港離生活很遠。這種矛盾大抵也不難理解，畢竟香港追求的更多是看得見摸得著的數字，但讓他不明所以的，反倒是挪威的一切為何能夠如此植根在生活之中。對他合理的解釋是，當他看見走過的地方有隨處可見的彩虹、穹頂上的藍天白雲、每一口的新鮮空氣，他知道這裡的居民割捨不下這些，當地的政府亦然。畢竟撇去當權者的身份，他們也是居民，所以對承擔環保這個社會責任，政府一向不留餘力。

對於Karen而言，她從這裡看到了香港的不足。挪威的生活與大自然息息相關，所以當自己的家園收到損害，他們能感受到切膚之痛。但在香港，一棟棟高墻的築起早已阻隔開大部分的自然景色，只遺下戔戔綠色。她看到的不只是環保，而是環保背後隱藏的問題：可持續發展。她清楚明白，說環保不僅僅只是情懷，更多是關於延續和傳承。環保的保護並不止於眼前的一抹綠，還有未來生命的歡愉。大自然能給予我們的資源並不會比科技少，只是我們太習慣急於求成，所以忽略了許多。如果都有熱愛自然的心，環保只是意志的延伸。

對於Micheal而言，這次旅程有關改變。在香港土生土長的他，生活即便沒有環保的參與，仿佛也沒有影塵。但所有的代價都在潛移默化中成長，像是填海導致對海洋生態造成破壞，層層相疊，在不知不覺中成為日後無法撼動的巨塔。肆意揮霍自然的代價其實一直都存在，只是香港人不知道，而挪威的居民深切了解。這次旅程使他知道更多關於環保的範畴，亦對環保背後的理念有更深的了解，當他要為環保時，所有的行為都出於自動直覺。他正嘗試改變既有的生活方式，由自己開始，慢慢將這種信念延續下去。

總以為旅行就是逃避現在的生活，其實旅行從不比生活容易。總以為旅行就是用旁觀者去看別人的生活，卻一直從他人身上看到自己，所有的喜怒哀樂都總會跌跌蹣跚地回到己身。

儘管書院舉辦的旅程都由書院相同的精神出發，但過程所經歷的東西卻大相徑庭，因為旅行最重要的，並不是所去的地方，而是出發者，和當地遇見的人。也許今年這個計劃依然存在，但你可能不會像他們一樣在旅途中遇上香港餐廳老闆，能與他暢談；你可能不會像他們一樣遇到民宿駕車帶你去釣魚，享受大自然的饋贈。因為你會遇上更獨特的人，有更獨特的經歷，然後在一次次旅程中成長，這不正是我們熱愛出走的原因嗎？這亦是書院一直希望學生能夠獲得的寶貴經歷。

希望在下次書院的計劃中，我們能「再會」。
COLLEGE SUMMER PROGRAMMES
書院暑期計劃

NEW ZEALAND LANGUAGE AND CULTURE STUDY TOUR
紐西蘭語文及文化學習團

The well-received New Zealand Language and Cultural Study Tour is back again this summer! Led by Dr. Jose S.H. Lai and Ms. Maggie M.K. Chan of the English Language Teaching Unit, twelve Sunnies enjoyed a fruitful learning journey at "the land of the long white cloud" as New Zealand is known by locals. They travelled through the North and South Islands to admire the beautiful nature and scenery, and gained a better understanding of the history and culture of New Zealand in various activities, such as the visit to a Maori Village. Likewise, sailing in Bay of Island, visiting the Hobbiton movie set in Rotorua and stepping into the scene of The Lord of the Rings made the tour truly memorable. Through removing wilding conifers with their own hands on the mountain, students saved native trees and reflected upon their responsibilities in protecting the environment.

Most importantly, by entirely immersing in an English-speaking environment and completing their daily travel blogs, students' proficiency in spoken and written English has been significantly improved.

This tour was such an amazing and memorable experience. It helped me get out of my comfort zone in an unexpected yet exciting way. I had a chance to try different activities that I have never experienced before, such as skiing --- it was so hard but at the same time so much fun! It was the first time I was able to play with snow as the weather in Indonesia is scorching hot throughout the year. Needless to say, I encountered so many unique and funny moments in New Zealand.

New Zealand has stunning landscapes that leave you speechless. Even in Auckland, it has a harmonious combination of nature and city vibes. The majestic mountain covered by glaciers in Queenstown is particularly magnificent.

Almost all New Zealanders have a kind personality and an easy-going attitude. Even with strangers, we could talk comfortably as if we were long-time friends. Overall, it has been a marvellous journey that I will treasure for life. Thank you to the teachers and staffs for making this trip wonderful.

Belinda Agustin (IBBA/ 2)

Date 日期 31/5 - 19/6/2019
Leading Teachers 領隊老師
Dr. Jose S.H. Lai 賴陳秀卿博士
Ms. Maggie M.K. Chan 陳美祺女士
English Language Teaching Unit 英語教學單位

Participants 參與同學
Belinda Agustin (IBBA/ 2)
Ching-kwan Chan 陳靖珺 (Medicine/ 2)
Wai-kwai Cheng 鄭瑋琪 (Medicine/ 1)
Ka-wing Chung 鍾嘉穎 (Nursing/ 4)
Chi-ching Lee 利沚澄 (Pharmacy/ 2)
Ming-wai Lee 李明慧 (Medicine/ 4)
Yiu-tin Leung 梁耀天 (Medicine/ 1)
Ho-wun Tong 唐灝湲 (Food & Nutritional Sci./ 2)
Man-hoi Tsoi 蔡文凱 (Economics/ 2)
Man-tsun Wu 胡文津 (Physics/ 4)
Shengbo Yang 楊勝博 (Mathematics/ 2)
Kwun-fung Yau 翁冠峰 (Quan.Fin./ 1)

We travelled all around the North Island, the South Island and a couple of outlying islands to experience the culture and scenery. We met a lot of locals and were motivated to chat with them in order to understand New Zealand in depth, especially the Maori people.

The trip acted as a moving classroom and we improved our English through our daily blogs. We reflected upon what we learned every day, not in a regular classroom but motel rooms, common areas or lounges. It was a fantastic experience to learn English in such a relaxing environment. Through interacting with locals, we compared their lifestyle and culture to ours, making this tour much more than sightseeing but rather an opportunity to broaden our horizons instead. We enjoyed activities such as sailing, painting, tramping, playing a football match and walking around in nature. This unforgettable and valuable trip contributed to our personal growth in an awesome way!

Belinda Agustin (IBBA/ 2)

Man-tsun Wu (Physics/ 4)
THE SEVENTEENTH ‘MOONLET’ PROGRAMME - SINO-RUSSIAN CULTURAL EXPLORATION

第十七屆小衛星學者計劃 — 中俄友誼之旅

In the company of students from Harbin Institute of Technology, ten Sunnies and twenty other CUHK students visited Harbin and Russia in June to study the astronomic development in China. The visit to the Astronautic Museum of Harbin Institute of Technology and the informative talks enriched participants’ knowledge. They also reviewed the history of the Second World War in cultural visits to significant and historical sites such as Unit 731 Museum and Central Avenue.

Apart from visiting Harbin, participants went to Russia by train and were arranged in different groups to visit Blagovescensk, Vladivostok and Khabarovsk respectively. They also got a taste of Russian culture when touring around local universities.

在我的旅程中，我体验到了哈尔滨的欢乐和庄重。巴洛克步行街充满了有趣的古董、传统的美食和美丽的建筑，这为我提供了深入了解哈尔滨作为国际城市的文化和历史身份的洞察。

在瓦良格号，我们的参观与俄罗斯的国庆日重叠。我们看到了正在休假的军人和他们的家人在欢度这个节日。有军舰停泊在港口，俄罗斯国旗在街道上飘扬。

我现在回到了香港，不仅对在哈尔滨和瓦良格号看到的夏季景色和景点印象深刻，而且还和当地人交流，了解了他们的文化及历史。

Eden Chua (Medicine/1)
XI'AN STUDY TOUR
追尋歷史的軌跡—西安

Ten Sunnies had a rewarding time in July exploring Xi'an with students from Chung Ying College of Xi'an Jiaotong University and Stanley Ho East Asia College of the University of Macau. Participants visited museums, attended talks hosted by professionals, appreciated Qingqiang opera performance and put on traditional Chinese costumes to experience Xi'an’s history and culture. They also gained more insights into the current development of new villages in Mainland China after visiting Yuanjiachun. Another highlight of the programme was the voluntary service offered at Xingqing Palace, engaging the participants from all three colleges and demonstrating their care for society.

出發之前，我們對西安之旅的期待都僅限於參觀兵馬俑、認識新朋友；誰料經過短短一周，居然讓我們收穫了遠超期望的友誼與歷史文化新體驗，滿載而歸。

出乎我的意料之外，給我留下最深刻印象的參觀活動不是兵馬俑，而是昭陵博物館。我想你大概和我們一樣，從沒有聽說過昭陵。誰能想到，它竟是歷史知名的皇帝——唐太宗的陵墓！隨館長引經據典而不乏潮語段子的活潑講解，一幅大唐盛世的畫卷在我們眼前緩緩鋪開，而深蘊在展品背後的故事，也終於和我們在初中歷史課上所學的重臣、名家對上了號。

至於整個旅程中最令人覺得時光飛逝的行程莫過於漢服體驗。很多人到日韓旅行都會試穿和服、韓服，卻很少人懂得欣賞中國傳統服飾的漢服之美。這次，我非常榮幸能在大雁塔旁，穿上輕紗罩衫、襲地長裙，親身體會古代女子輕弱蓮步的嫵媚和寸寸肌膚也不肯外露的忠貞(還有熱，哈哈)。儘管我們不斷喊著「好熱好熱」，也沒有人捨得脫下這層帶我們穿越時光的古今之繫。

但是最讓我覺得不枉此行的，卻是我們和西安交通大學幾位同學所建立起的情誼。他們帶我們到城牆上騎單車、請我們吃西安的桂花糕和冰粉、為我們改變自己的生活作息陪吃陪玩陪通宵、有人甚至腳受傷了也堅持帶我們到處遊覽……種種熱情款待，無法一一細數。因為西安有美食，有想念的人，有忘不掉的景，也有讓你不禁沉醉其中的濃厚歷史氣息。每一趟旅行，最可貴的是在走馬觀花的行程中仍能收穫刻骨銘心的感情，一路有歡聲笑語，有一起揮灑過的汗水，也有深夜交流，將1430公里的距離拉近。

短短的八天七夜裡，為我留下最深刻的印象的是漢服體驗活動。這不只是港澳同學們的第一次，也是部分交大同學們的第一次。穿上漢服走在街上，你一言我一語地稱讚對方，只需要一個眼神，便會自覺拿起手機捕捉對方不經意的美。一群人穿著漢服走在街上，彷彿穿越回了當年的長安城。此刻再次回味，多想與你們繼續走下去。

譚嘉倩 (護理學一年級)
ITALIAN LANGUAGE AND CULTURAL TOUR

Ten Sunnies travelled to Florence, Italy in August to learn the Italian language and to discover the beauty of this historical city. Apart from attending language classes in the morning, participants visited various artistic and architectural heritage sites 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 get inside the world of famous Italian gourmet culture by learning to cook its traditional dishes.

Participants had a great time exploring Florence and came to understand why it is known as 'The Cradle of the Renaissance'. From the experience, they gained inspiration on how art, science, and society can interplay to improve people’s lives.

During the tour, we were exposed to novel ideas in the areas of culture, economy and society. Florence, being historically vibrant, is well-known as the heart of the Renaissance. By visiting different museums and historic places, I developed an in-depth understanding of the Renaissance and was stunned by the masterpieces of great men, such as Leonardo da Vinci, Michelangelo Buonarroti and Raffaello Sanzio. I started to look at architecture, paintings and sculptures differently and not to view them as mysterious matters beyond my understanding.

Through observations in the town, I also noticed the implicit linkage between culture, economy and society in Florence which led to my reflection on the interrelationship of these important aspects and the situation in Hong Kong, especially when our city is often dubbed as a ‘cultural desert’.

Learning Italian was another main focus of this tour. The teacher was very encouraging and the environment motivated us to speak Italian. The teacher also invited us to tell him more about Hong Kong and we enjoyed the cultural exchange. We also got an opportunity to ‘live like Italians’ by cooking traditional Italian dishes, learning Italian gestures and slowing down our pace.
2019 SUMMER RETURN VISIT
二零一九年度暑期互訪計劃

Students and teachers from Chungying College of Xi’an Jiaotong University, Kuang Yaming Honors School of Nanjing University, School of Public Affairs and Administration of University of Electronic Science and Technology of China and School of Ethnology and Sociology of Yunnan University had a one-week exchange with our College students this July. Revolving around the theme of ‘Social Inclusion’, the delegation gained much insight in how ethnic minorities and the disabled integrate into the community via various activities, including interacting with ethnic minority students at a local secondary school, visiting Kung Yung Koon to learn about different religions, tasting Southeast Asian food, and serving ethnic minority children by teaching them to make Chinese knots and playing team-building games. The most special episode must be travelling around in wheelchairs by themselves so as to truly experience the barriers encountered in the lives of the disabled. On top of the knowledge gained, cross-border communication and friendship among students from different backgrounds was also established through this meaningful collaboration.

這次計劃讓同學加深對少數族裔和殘疾人士融入社會的了解，並與來自不同地區的人士建立友誼，真正做到跨地域文化交流。

Date 日期 23 - 29/7/2019

Participants 參與同學
Hau-ting Chan 陳巧婷 (Nursing/ 2)
Pan-fai Cheng 鄭彬煇 (Ins., Fin. & Actuarial Anal./ 2)
Sing-yuen Chiu 趙乘願 (Chin. Lang. & Lit./ 2)
Wing-ting Choi 蔡詠婷 (Psychology/ 2)
Chi-Fan Chow 周智芬 (Psychology/ 2)
Sin-ting Ho 何倩婷 (Architectural Studies/ 2)
Pui-doll Kwong 鄆沛多 (Financial Tech./ 2)
Ka-kwan Lee 李嘉鈞 (Chin. Lang. & Lit./ 3)
Miu-ting Lui 雷妙婷 (Chin. Lang. & Lit./ 3)
Ka-man Mak 麥嘉雯 (Nursing/ 2)
Tsz-yau Vanesaa Mak 麥芷柔 (Nursing/ 2)
Pui-yu Ng 鄧佩如 (Chin. Lang. & Lit./ 2)
Kwan-yuk Ngan 颜崑玉 (Biomedical Sci./ 1)
Ka-sin Tam 譚嘉倩 (Nursing/ 1)
Tsz-ching Wai 韋梓貞 (Nursing/ 2)
Hiu-ting Yuen 阮曉婷 (Chin. Lang. & Lit./ 3)

Partner Institutions 合作院校

南京大學匡亞明學院
Kuang Yaming Honors School, Nanjing University

西安交通大學仲英書院
Chungying College, Xi’an Jiaotong University, Xi’an Jiaotong University

電子科技大學公共管理學院
School of Public Affairs and Administration, University of Electronic Science and Technology of China

雲南大學民族學與社會學學院
School of Ethnology and Sociology, Yunnan University

香港大學公共管理學院
School of Public Affairs and Administration, University of Electronic Science and Technology of China

Kuang Yaming Honors School, Xi’an Jiaotong University

南京大學匡亞明學院
Kuang Yaming Honors School, Nanjing University

西安交通大學仲英書院
Chungying College, Xi’an Jiaotong University, Xi’an Jiaotong University

電子科技大學公共管理學院
School of Public Affairs and Administration, University of Electronic Science and Technology of China

雲南大學民族學與社會學學院
School of Ethnology and Sociology, Yunnan University

香港大學公共管理學院
School of Public Affairs and Administration, University of Electronic Science and Technology of China

Note: The text is a translation of the Chinese content. The original version is provided for reference.
SUMMER INTERNSHIP PROGRAMME

With the kind support of Dorsett Hospitality International, our Sunnies had valuable hands-on working experiences in the hotel industry this summer. They were guided by professionals and took a role in the daily operation of the assigned departments. During the eight-week attachments, our Sunnies gained a better understanding of business jargon, operations, new professional software and tools. Their interpersonal skills were also crafted by working with people from different cultural backgrounds. They were deeply inspired and treasured such opportunities a great deal. Not only do they have a clearer sense about their career development now, but they also have a stronger network of professionals and mentors.

Being a non-local student, I found the summer internship programme a great experience. I had my first exposure to work in the hotel industry and getting to know the specific IT knowledge in relation to this industry. I also learnt a lot about the regulations and employee-employer relationships. Throughout these eight weeks, I had to work with people from different cultural backgrounds, which helped to polish my social skills. I really treasured the internship opportunity, which guided me to consider pursuing my career in this field.

Myratgeldi Jumageldiyev (Comp. Sci./ 1)

In the midst of the internship, not only did my bosses assign me with routine administrative tasks, they started putting me in charge of various operating reports such as Hotel Acquisition Strategy, Combined Hotel Profit and Loss, and General Banking Reports. Afterwards, I also helped the investment analyst in drafting equity research of American IPO for the firm's short-term investment, through using Bloomberg software to collect up-to-date and important financial or market information in determining whether an investment decision is rational and reasonable. I felt thankful and blessed for their help. When I found difficulties in performing the tasks, they immediately answered my questions and encouraged me to ask further questions. These experiences were immensely meaningful and remarkable.

Lastly, this internship has helped me combine the knowledge I have acquired from my academic studies with the technical skills I gained in the office to complete finance-related tasks. Thanks to my bosses and colleagues in Dorsett for providing me with various insights of the ever-changing business world, thus making my summer holiday fruitful and rewarding.

Kwan-Yui Sin (Quan. Fin./ 1)
Joining this camp for the very first time, I am so grateful to be one of the mentors. I would like to thank the college for offering this opportunity to share my past experiences to the students and reflect upon myself.

I can see their enthusiasm in exploring the new environment and enjoying the activities. It was a memorable scene when they helped each other and gave mutual support when tackling difficulties. I recall facing many challenges and obstacles in my studies and university life in the past two years as well, and I am truly thankful for the support from teachers and peers throughout these moments.

In spite of the joy and laughter in games and activities, they revealed their anxiety and frustration in the mock interview. I appreciated their courage and determination when they grasped the chance to ask questions and seek advice from mentors in this session.

From our chats and interactions it was clear to me that many of them wished to enter university, but some might not be able to plan or foresee much on their possible future paths. I can understand their worries, so I was happy to share with them regarding my own experience of academic studies, university life, as well as life goals.

This experience intrigued me to review whether I am satisfied with the university life I have had so far. I am positive that it has been fruitful and remarkable, and I hope that in future, I can be a more influential person by making actual efforts and offering emotional support.

Wang-chi Lau (Mathematics/2)
At the end of June, I joined a programme known as Global Entrepreneurship Bootcamp (GEB) via Global Learning Award Scheme. The primary aim of GEB is to provide participants with an overwhelming lifetime experience to develop the necessary entrepreneurial skills to start their venture. GEB serves as a platform to interact with mentors, successful entrepreneurs who are willing to hear what budding entrepreneurs are thinking of and guide them on the right path to making a successful startup.

My experience at GEB was great. In a short amount of time, my team and I validated a business idea and pitched it to the judges. We spent our days and nights building a great business plan which is innovative and at the same time feasible, and eventually we won the 'Judge's Special Mention' award. We had many mentors from different parts of the world from whom we received a lot of insight about our business plan and, in my opinion, this attribute alone makes GEB a must-attend programme.

Seeing so many young entrepreneurs in the same place was something that I have never experienced before. I got inspired by them and those encounters motivated me to be more active overall. I am really happy that I joined Global Entrepreneurship Bootcamp in Bangkok and recommend it to everyone who wants to strengthen his/her entrepreneurial as well as social skills.

Rustami Ubaydullo (Comp. Sci./ 2)
Having majored in journalism and communication, I have the opportunity to be exposed to many social issues. My intense interest in social entrepreneurship is solidified. After careful consideration, I finally decided to take a gap year and explore the opportunities in this field. I have co-founded WeLeap, a student-led organisation that promotes social entrepreneurship by deconstructing tactics of purpose-driven businesses with successful social entrepreneurs through interviews and collaborations.

Apart from local interviews, I am also interested in exploring more about the purpose-driven businesses around the world. This summer, I have applied for the Global Learning Award Scheme to visit impact businesses in Bali with Hayley, my partner in WeLeap. To most people, Bali is the paradise on earth with beautiful sceneries. This less-developed city, however, is beyond that. I am impressed by the active involvement and contribution by different sectors in the society on environmental protection and other social-related movements. Although they face serious waste

mismanagement and water pollution, locals turn problems into opportunities by setting up impact businesses that can alleviate social issues in a self-sustainable way. By performing in-depth studies and sharing my insights on social media, I hope to bring their experience and strategies back to Hong Kong. The interviews and site-visits we conducted have also helped me to establish a wider network of connections with social entrepreneurs from all around the world.

I believe the impact of the field trip to Bali is not one-off but life-long. This visit has solidified my belief in the potential of purpose-driven businesses. I believe that social entrepreneurship is an essential mindset for all, such that both personal and social good can be achieved.

Wing-nam Yuen ((Journal. & Comm./ 3)
Studying abroad has always been a dream of mine, and the Global Learning Award Scheme is definitely making my dream come true. I always want to explore different things and opportunities in life, and this one-and-a-half month in Europe really gave me an eye-opening experience. I enjoyed every moment in France. All the ups and downs have become my unforgettable memories.

I have joined a four-week summer school organised by the Université Catholique de Lille in France. I have made a lot of new friends from different countries. It is always interesting to communicate with them and learn about the differences between us. The French language class and museum class granted me a lot of insight. Learning a foreign language is tough, but very fun at the same time. It helps you to overcome the language barrier, get to know more about the local culture and give yourself a new challenge. The museum class has offered chances to visit a bunch of museums, including Palais des Beaux-arts de Lille, Annexe du Louvre Lens, and La Piscine. I also visited some other world-renowned museums during my stay such as The British Museum and The Louvre. It really gave me a totally different museum-visiting experience from Hong Kong.

I am very glad to have stepped out of my comfort zone and explored all these new things. Grasp your chance to have an adventurous journey and think beyond your imagination!

Tsun-yan Wong (Sociology/3)
This summer, we were grateful and lucky to have the opportunity to travel to Australia for more than two weeks with the generous support from the College’s Global Learning Award Scheme. Our trip was separated into two parts. We first drove from Sydney to Melbourne: two iconic and vibrant cities in Australia; then to Tasmania, where one of the most beautiful and unpolluted natural sceneries in the world is nourished.

As we were driving along the coast from Sydney, we visited the Buchan Caves Reserve and joined a guided tour to explore one of the caves. The cave was full of spectacular limestone formations and we were all very amazed that the stones were formed more than three million years ago!

In addition, located just ninety minutes from the busy metropolitan area of Melbourne, Phillip Island was one of the most unforgettable places we visited during our trip because it has rich wildlife such as koalas, penguins and whales. We joined the Penguin Parade, which allowed us to witness the return of little penguins to their homes after sunset. In fact, the island is one of the largest penguin colonies in the whole world, with more than 30,000 penguins currently living there. It was a precious opportunity to learn more about the habitat of penguins by observing them in close distance.

In Hobart of Tasmania, we were lucky to have the chance to participate in the Dark MOFO, the annual art and musical festival of the city. We joined the winter feast with more than one hundred stores selling local food and drinks in the wharf. The trip was memorable as we were exposed to astonishing natural landscape and understood more about the culture of Australia.

Yuk-man Ng  
(Government and Public Administration/ 4)
New Student Orientation Day

The CUHK New Student Orientation Day was held on 6 August to greet and welcome all freshmen, and to help them gain a better understanding of the College system and the campus environment. The College Dean of Students Professor Man-hong Lai and Associate Dean of Students Dr. Po-king Leung gave a speech to present the College missions, key initiatives and exciting programmes offered to our students. Two of our College senior year students also shared their college life and self-initiated projects. They encouraged freshmen to pursue their dreams and follow their passion by actively participating in extra-curricular activities. Campus tours were led by our student ambassadors, allowing freshmen to get a glimpse of our College facilities.
The 2019 College Orientation Camp was successfully held in late August. To echo with the theme ‘Breakthrough’, the Organising Committee designed a variety of activities to let the freshmen embrace possible challenges in their upcoming university life. Be it a happy or challenging experience, the participants stood side by side and will certainly grow together in our College.

The Organising Committee continued the green initiative of encouraging reduction of disposable utensils through distribution of foldable food containers and cutlery sets, which are sponsored by the College and CPSO respectively. It is probably just a small step in Orientation Camp, but we hope that students will reuse them and incorporate the value of environmental conservation in their everyday lives.

The College also hosted a Welcoming Dinner for all the new Sunnies in the first evening of the Camp. College members and students had a wonderful time in our dining hall.

Big thanks again for the tremendous effort of the Organising Committee which has made the Orientation Camp a great success. The adventures and fun time are valuable memories each and every one of us will treasure.
A group of College alumni celebrated their timeless bond with the College and between each other at the ‘Long Time No See’ Dinner Gathering organised by the College Alumni Association in August. Graced by the presence of Founding College Master Professor Francis P.L. Lee, everyone shared vivid memories of their time at the College and exchanged updates with their old friends. The College Alumni Association was also honoured to receive a generous donation of HK$20,000 from Professor Lee in support of their important work of keeping alumni strongly connected.

1/ A group of College alumni celebrated their timeless bond with the College and between each other at the ‘Long Time No See’ Dinner Gathering organised by the College Alumni Association in August. Graced by the presence of Founding College Master Professor Francis P.L. Lee, everyone shared vivid memories of their time at the College and exchanged updates with their old friends. The College Alumni Association was also honoured to receive a generous donation of HK$20,000 from Professor Lee in support of their important work of keeping alumni strongly connected.

2/ Over 320 students from secondary schools in Hong Kong, Mainland China and overseas participated in the Summer Institute 2019, a two-week credit-bearing programme offered by the Office of Academic Links. College Associate Dean of Students Dr. Po-kin Leung delivered a speech to the participants on the unique college system of CUHK and highlighted the College's missions and key initiatives.
Sixth College Rotaract Club Installation Ceremony

第六屆書院扶輪青年服務團就職典禮

3/ Joint Installation Ceremony of Sunrius, the Sixth Wu Yee Sun College Rotaract Club and their fellow clubs of Chung Chi College and Lee Woo Sing College, was successfully 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, attended the ceremony to show their support. Led by Leo C.H. Wong, President of the new committee, the committee members took the oath for their commitment in service for their members and the community.

Tea Gathering with Non-local Freshmen

非本地生茶聚

4/ The new batch of non-local freshmen have arrived at the College! To extend our warm welcome, a tea gathering was held in mid-August to let them interact with our College members and fellow Sunnies. Ice-breaking games and chit-chat definitely helped them integrate with their new family members at the College!

STUDENT ACHIEVEMENTS

學生殊榮

College students Arthur C.H. Chow and Cecilia S.Y. Leung have been awarded The Hong Kong Jockey Club Scholarships in July, recognizing not only their achievements in academic studies, but also their good character, demonstrated leadership and commitment in social services.

書院同學周澤亨及梁詩雅同學於七月獲頒香港賽馬會獎學金，獲獎同學除學業成績優異外，亦同時具備優良品格和領導才能，並且熱心公益，積極回饋社會。
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.