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THE WAY OF ULTIMATE WISDOM

An Interview with the Deans of Students of Wu Yee Sun College

如入大學之道

專訪伍宜孫書院輔導長



‘There are a thousand Hamlets in a thousand people's eyes.’ The same might be said of university life. If you had the chance to experience university life again, from first-hand to observation, would you make changes and learn something different?

Some people, like our Dean of Students Professor Ming-kay Poon, may have enjoyed himself more at different stages of his university career. Some may find themselves sharing the same experience as our Associate Dean of Students, Dr. Po-kin Leung and Professor Kelvin K.F. Tsoi – trying to make up what they have missed during their university days, and cherishing their gradually developed attitude towards life. The Dean of Students share one thing in common – they treasured the fruitful life lived at university, and dedicated themselves to exploration and try-outs, which brought them unexpected returns.

LOOKING BACK ON SCHOOL DAYS

Professor Poon was quite active back in the days of university. He joined the organising committees in both the programme and college orientation camps in the same summer, and he can totally understand the Sunnies' struggles: 'It is always the same group of students taking up the roles in organising all the activities. I experienced all these as you did,' he smiled. However depressing it might seem, he could still recall the happy moments in between. Funny memories with his committee members and nights going out for a late snack come to mind when he sees the Sunnies devoting themselves to College activities.

Dr. Leung, on the other hand, was an inactive student. He spent most of his time on tutoring, which left him no extra energy for other activities. Sometimes he was so exhausted that he could fall asleep standing on a running vehicle. Now, looking back, he wishes he could've explored more possibilities when he was less occupied and not burdened. Professor Tsoi agreed and he reviewed his days filled up by part-time jobs for supporting daily expenses. Although not living a wealthy life, he learnt that a person's ambition should never be limited by his financial condition, and he strived for the best in every aspect. He also joined the track

and field team, 'and represented the university to lose,' he said with a modest smile. Although he could not win, he learnt the importance of participation: 'One can lose anything but his attitude towards life.' Knowledge learnt from lectures might be worth a hundred credits in the syllabus, but the experiences and virtues one acquires along the way are priceless.

Although their university lives differ, they were all proud to be a CUHKer. They were attracted by the modest atmosphere and decided to join CUHK due to its simple culture. CUHKers' esteem and sense of belonging make up this charming culture. One can get a taste of this unique culture from CUHKers' outfits: students wear 'tui-tees' (t-shirts which are self-designed for student organisations) to show their sense of belonging; they are also comfortable hanging around in the 'unique' uniform for physical education classes. This carefree atmosphere is unique to CUHK. Although the 'tui-tee' culture is common across generations, the Deans have never heard of the 'five to-dos in university'. However, this coheres with the desire for freedom and creativity: no one should be restrained by any frameworks or tradition. The Sunny College encourages creativity, and Professor Poon always hears students' impression of the College such as, 'New colleges have no tradition', and 'The Sunny College's tradition is creativity'. This confuses him: is there really a tradition in the Sunny College? Wu Yee Sun College encourages students to create. The College's 'tradition' in fact lies in every Sunnie's hands.

ME AT WORK IN THE COLLEGE

Professor Poon was a Ying Lin Tang resident in Chung Chi College, while Dr. Leung and Professor Tsoi were from New Asia College and United College respectively. When asked about the reason for joining Wu Yee Sun College, they shared several reasons other than invitation by existing members.



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1/ Professor Poon was appointed the Dean of Students of the College in January. He has taken up the post of the Associate Dean of Students since 2016. He has also been serving as the Coordinator of the College's Chinese Language Programme since the establishment of the College.

潘教授於本年一月獲委任為書院輔導長。他自二零一六年起擔任副輔導長，他亦是書院中文語文計劃主任，自書院成立以來服務至今。

Knowledge learnt from lectures might be worth a hundred credits in the syllabus, but the experiences and virtues one acquires along the way are priceless.

大學學到的知識或許佔上百餘學分，但當中的經歷和做人態度更是彌足珍貴。



2/ Professor Tsoi was appointed as the Associate Dean of Students since January. He is also the Chairperson of the Sunny Sports Committee.

蔡教授於一月獲委任為書院副輔導長，他同時擔任書院體育委員會主席。

They wished to do something more with their new identity. Professor Tsoi made a hard decision between the traditional and new colleges. On one hand he wanted to meet more teachers in a larger college, and on the other hand worried that he could not contribute much in such a large community. Dr. Leung hoped to experience a more fruitful college life, while getting balance between work in the department and the college. With the recommendation by Professor Kam-fai Wong and Professor Ming-chung Chu, they finally decided to join the Sunny College. Professor Poon made up his mind with a rather simple reason: the Founding Master, Professor Rance P.L. Lee, invited him to join the newly established college, and he immediately agreed with the invitation from the Former Head of his mother college back when he was still a student.

Speaking of their duties as Deans of Students, they shared the same answer: counselling stresses caring for students' life and needs, and to help students with their life experiences. Professor Poon pointed out that the departments and the colleges play different roles in education, the former focuses on students' learning, while the latter takes care of students' personal development, including life goals and their personal characters, and building up trust with students. Professor Tsoi added, counselling is not the same as discipline. He wants to help and encourage students from his heart and his personal experiences, including failures. He recalls leading the trip to Shanghai a few years ago, when he got the chance to talk to a student in depth about his struggles and the student regained his confidence afterwards. He still found the experience impactful. With the resources available in the College, they hope to support students and better their school life.

SWIMMING UPSTREAM

2020 has been a year full of hardship and suffering. Swimming upstream is always hard.

Graduates can hardly find a job, while students' plans have been interrupted. Dr. Leung raised another point of view, 'The university stage allows students to explore their personalities. Through different exposures and unexpected changes, one may learn more about their real interests and ambition.' Professor Poon agrees that passion is crucial. 'One's job and his career are totally different. Each decision you have made could bring you satisfaction, or down sides if you made the wrong choice.' Compared with knowledge, a student's vision, critical thinking, communication and language skills are far more important in harsh environments, and these life skills would bring one further in his career. As a fresh graduate in the post-financial crisis era, the three Deans think that endurance is another vital quality other than the above. 'We can hardly predict the future. If we could secure a bright future after hardship, our persistence would worth everything.'

As Dr. Leung said, the future might be gloomy. But remember, the pandemic will not last forever, and we will be getting back to normal life. Through different opportunities like internships and exchange programmes, we can better equip ourselves, prepare for the road ahead, and be ready to chase our own dreams. 'Go chase your dreams when you are still young' might sound cliched, but Professor Poon is still a supporter of the saying. 'Young people should try to pursue their dreams. Even if you fail, you can pick yourself up easily. You may not be able to afford failures when you are old!'

Decision making is an essential process of university life, but sometimes we just wish to enjoy the carefree days before this monster called life reaches out to us. Although we may not necessarily be champions of all, a future with no regrets would be good enough.

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活成理想中的樣子，一切便已足矣。

常說「一百個人有一百種大學生活」，但若然你有兩次體驗大學生活的機會，由親身到旁觀，由主導到引導，會有何轉變和得著？有人或如輔導長潘銘基教授樂在其中，又或如兩位副輔導長：梁寶建博士後悔當初決定而想重新投入，蔡錦輝教授珍惜當中建構的態度；但他們之間相同的是，珍惜大學充實的生活，義無反顧地嘗試，或會為自己帶來一抹意料之外的絢麗風景。

回望我的大學生活

潘銘基教授在大學時也算是活躍份子。他在一年級暑假曾「孖莊」舉辦學系和書院迎新營，笑言「過去也是來來去去同一批同學舉辦活動，所以大家的勞累我也經歷過」，雖然聽起來有點淒涼，但看到現時同學投入活動的模樣，當初上莊的歡快、和朋友出外「食宵」等經歷仍歷歷在目，至今仍樂在其中。

聽罷潘教授多姿多彩的大學生活，梁寶建博士即言自己的大學生活很「摺」。忙於補習的他不僅沒有參與任何活動，更曾在二年級時因忙於補習和學習而在車上站著入睡。現在回想，他後悔當初為何不在有空閒、未有照顧家庭等責任時嘗試更多，以探索不同可能性。而蔡教授亦深有同感，在學時期他為應付經濟負擔，自己常外出兼職，但繁忙的日程使他建立起「人窮志不窮」、做事要全力以赴的人生態度；此外，他亦有抽空參與學校田徑隊，謙稱「代表學校去失敗」，雖然未能在賽場上新獲獎牌，但從中他學會了更珍貴的參與精神。他強調「做人甚麼可以輸，可以輸掉比賽、可以沒錢，但唯獨做人態度不可以輸。」大學學到的知識或許佔上百餘學分，但當中的經歷和做人態度更是彌足珍貴。

三人的大學生活，由個人講到大學；雖然他們的經歷各異，但都為身為中大人而驕傲。三人均表示當初被中大純樸的氛圍甚至「農村風情」所吸引，而中大的可愛在於同學的自在和自豪，如經常穿著「頹 Tee」展示對團體的歸屬感、在校園裡穿著富有中大特色的體育服也毫不在乎等。這種大而化之的爽朗，是山城獨有的美好。雖然「頹 Tee」跨越了幾個年代，但三人對「大學五件事」聞所未聞；然而一無所知的背後，或許是自由意志下突破框架的渴求：想做就做，無需為了別人制定的框架、別人的認同而活於前人的腳步之下。作為一所推崇創新的新書院，潘教授在入學面試時不時聽到同學說「因為新書院沒有傳統」、「書院的傳統就是創新」等對書院的印象，但以上使他常常糾結，伍宜孫書院到

底有沒有所謂傳統？書院的核心價值，是鼓勵同學發揮創意，但書院的「傳統」，就有待各位建構和打破了。

面對我的書院工作

在學時，潘銘基教授是崇基「應林仔」、梁寶建博士和蔡錦輝教授分別來自新亞和聯合，加入宜孫的機緣除了邀請外，更有「不甘」的心態。蔡教授當年在新舊書院之間拉扯，一方面想認識更多來自不同科系的老師，而另一方面又不想成為大型書院中一顆無足輕重的微塵；梁博士則想一改以往「摺」的大學生活，想要投入於書院活動又希望在工作量上取得平衡；結果兩人在黃錦輝教授和朱明中教授的推薦下，決定加入宜孫；至於「應林仔」潘教授則受當年崇基院長、宜孫創院院長李沛良教授邀請而「義不容辭」地加入宜孫，成為早期書院成員之一。

談及三位輔導長在書院的職務，三人異口同聲表示，「輔導」的重點為關心學生生活和需要，以過來人的角色和經驗幫助同學。潘教授指出，學系和書院有明確分工，前者專注於學生的學習情況，而後者則應更著重學生的個人發展，包括生活和性格塑造，並與學生建立信任關係。蔡教授亦強調，輔導並不同於訓導，他希望以最單純的心、個人失敗的經驗來幫助和鼓勵同學；他提起數年前，他帶團到上海時有機會與同學傾談生活難題，讓同學重拾自信，這段經歷至今仍叫他印象深刻。他們希望能善用書院中可用的資源和空間，讓學生得到適切幫助，以完滿其大學生活。

承受現時的逆 / 疫境

二零二零年是命運多舛的一年，疫流而上似乎知易行難，有同學苦於找工作，又或有同學的計劃全被打亂。梁博士鼓勵同學：「大學是認識自己的過程，透過不同的接觸、乃至面對突如其來的轉變，方可了解自己的真正興趣和志向。」對所做的事情有興趣亦是關鍵，潘教授附和道：「事業和志業其實截然不同，每個選擇都會影響自己。樂在其中，抑或害人害己，都不過是一線之差。」相比所學知識，大學生的視野、批判思維、溝通和語文能力在弱肉強食的環境下更為重要、有助走得更遠。初入社會，除了以上技能外，畢業於後金融風暴時期的三位均表示「肯捱」亦是重中之重：我們難以預測變幻無常的未來，但若以承受一剎的痛苦來捱得豐盛的未來，一切也是值得的。

誠如梁博士所言，現在的風景乍看毫無出路，但疫

情總會過去、生活會逐漸回復正常；在過程中，不如從多角度充實自己，如把握不同的實習、交流等機會，舖平自己將來要行的路，讓追夢時得以奮身起行。「趁年輕追夢」一詞聽起來似乎為老生常談，但潘教授笑言：「趁年輕多去嘗試追夢，即使跌倒也很快可以復原，不然留到老去時骨質疏鬆就難以癒合了。」

作出決定，興許是每個大學生的必經之路；自由自在，彷彿是每個大學生的期許之道。在人生路上，我們或許無需或未能稱王稱霸，但求能無怨無悔追尋我路、活成理想中的樣子，一切便已足矣。



3/ Dr. Leung has been serving as the Associate Dean of Students since November 2017. He has been active in coordinating activities related to science and astronomy. 梁博士自二零一七年十一月起擔任書院副輔導長，他亦協調及舉辦各類科學及天文相關的活動。

COLLEGE ACTIVITIES

書院活動



COLLEGE INAUGURATION ASSEMBLY

書院開學禮



The College Inauguration Assembly 2020-21 was held in mid-September as a fresh start for the new academic year. Owing to the pandemic, the Assembly was held online via Zoom. The ceremony commenced with the College Anthem, and College Master Professor Anthony T.C. Chan shared with fellow students how the College supports students in realising their dreams and the essence of perseverance during the process. He also referred to the encouraging stories of three Sunnies and their Sunny Moments in achieving their goals.

After the sharing from College Master, Dean of Students Professor Ming-kay Poon discussed with students the meaning of being a university student and urged students to explore and live for their own passion.

Miss Miko H.Y. Tse (Chinese Language Education/ 5), representative from The Heirages, shared the self-initiated programme which aims at introducing local heritage conservation to secondary students through its boardgame. Miss Tracy L.K. Wong (Nursing/ 5) then went through the journey of Volunteering Education (VED), an organisation initiated by College students introducing long-term and in-depth education



programmes in Southeast Asia.

We look forward to meeting with fellow Sunnies on campus soon to share more about their upcoming plans for the year.

書院於九月中旬舉行開學禮，與書院成員及同學迎新學年。由於疫情的關係，是次典禮於網上進行直播。典禮以院歌為序幕，隨後，書院院長陳德章教授與同學分享書院為同學提供的支援，幫助他們追尋夢想，並提醒追夢時毅力的重要性。他又提及三位書院同學的故事以及他們在書院中的 Sunny Moment，希望鼓勵同學為自身目標努力。

書院輔導長潘銘基教授則與同學討論大學中的「大」與「學」為何，探討何謂大學生，期望同學發掘自己的興趣與熱情所在。

謝愷忻同學（中國語文教育五年級）及後介紹自發項目「蹟蹟復識識」，此計劃的對象為本地學生，以桌上遊戲介紹本地文物保育的知識。黃莉娟同學（護理學五年級）則講述她與同學成立非牟利組織 Volunteering Education (VED) 的經歷，以及其在東南亞地區推廣長期教育項目的情況。

我們期望在新一年與同學再次於校園相聚，分享更多對未來的計劃。

COLLEGE FORUM

書院論壇



The College Forum entitled 'Green Tech, Green Finance and Sustainable Development Goals - Climate Change Solutions?' was conducted by Dr. William Yu, Founder and Chief Executive Officer of World Green Organisation, in October. Owing to the pandemic, the event was broadcasted via Zoom. Dr. Yu introduced how global businesses could contribute to sustainability. He shared some examples of corporates which dedicated in specific sustainable development goals (SDGs) and the development of green finance in the Asia-Pacific Region.

書院於十月舉辦書院論壇，由世界綠色組織創辦人及行政總裁余遠騁博士為同學講解綠色科技、綠色金融與永續發展目標的關係，並探討其改善氣候變化的成效。除了介紹全球商業機構如何對可持續發展作出貢獻，並列舉數個例子，簡介現時亞太地區綠色金融的發展情況。由於疫情所限，活動以網上形式進行直播。

STUDENT ACTIVITIES

學生活動



UNLEASH YOUR CREATIVITY!

展現創意！



Adapting to the 'new normal', Creativity Laboratory (clab) organised a series of orientation programmes in a curated 'hybrid' mode. The Sunnies joined Zoom gatherings and face-to-face workshop to have idea jamming.

They had their first gathering via Zoom in late September, getting to know more about clab and the peers who shared the same interest in joining clab. Their bonding has been strengthened after the joyful face-to-face UV resin workshop in early October. Although they were using the same artform, the Orgone Pyramid, their works were presented and decorated in different ways, which reflected one's idea and personality. It was hoped that the participants could be empowered by their unique craftworks and find companions with similar and different ideas.

The third gathering in mid-October was a remarkable one for all. It was the first time for students to get access to their creative playground, Creativity Laboratory, in 2020 due to the pandemic. Many of them are year one students and it was the first time for them to return to the College campus. Although some students could not join the third gathering physically, they joined their peers via



Zoom and all shared a great chat in the evening. A variety of programme ideas were discussed. Let's stay tuned for upcoming events!

創意實驗室於過去兩個月配合「新常態」，舉辦一系列混合模式的活動，讓同學在線上或親身參與工作坊，交換創意想法。

他們於九月下旬進行首次線上聚會，了解創意實驗室的運作，並認識有興趣加入團隊的同學。第二次活動為十月上旬舉行的能量金字塔工作坊，同學親自設計自己的金字塔，雖然成品有著相似的形態，但其展現方式卻因人而異，表現出各人獨特的創意及性格。工作坊期間，同學之間的聯繫亦更加緊密。希望同學能通過是次活動，從作品中了解自我，並找到與自己或異或同的伙伴。

第三次聚會對眾人均十分特別。各位同學自疫情以來首次踏足書院校園，由於當中不乏一年級學生，這次更是他們首次回到書院。雖然並非所有同學都能親身出席聚會，但他們仍於線上加入討論，商議新一年的活動方向。就讓我們期待創意實驗室未來的新計劃及活動！

FIRST AID TIPS

急救小知識



An online talk on First Aid for Scald Injury was conducted by College member and physician from CUHK University Health Service, Dr. Samuel C.M. Chan in late September. In the talk, Dr. Chan introduced different types and levels of burn injury. He also elaborated tips on self-care and first aid for scald injury to prevent infection and reduce pain before medical help is sought. A quiz was conducted at the end of the talk to assess students' understanding on the topic.

書院成員陳忠牧醫生（大學保健處）於九月下旬主講「燙傷急救小貼士」網上講座，為同學簡介不同程度的燙傷及其處理方法。他除了介紹送醫前防止感染及減輕痛楚的自理及急救知識，更在活動完結前與同學進行小測驗，確保同學理解講座中提及的資訊。



LET'S SHARE

同學分享

Jerry C.H. Lam

Advisor of Organic Farming, Green Team
Geography and Resource Management/ 4



I believe all of you have heard of the 'Organic Farmer Recruitment Scheme' organised by the Green Team every September. Do you know the farming process of our rooftop farm?

If we start planting in October, January to April is usually the harvest period for our farmers. After the growing season, organic farmers bury the inedible crop residues six inches deep into the soil, and plant cover crops during the summer holiday off-season.

When the soil is exposed to the sun for a long time, it easily cracks and becomes compact. Not only does this affect water and air penetration, but also makes the soil difficult to cultivate. Planting cover crops in summer is just like covering the farmland with a huge umbrella. This cover helps maintain good soil structure. During the rainy season, plant roots can also hold the soil in place against erosion. At the same time, the dense leaf canopy can help inhibit weed growth and prevent them from competing for nutrients with future crops.

After some time, organic farmers will turn the unflowered cover crops into the soil for decomposition by microorganisms. Other than facilitating soil aeration and root respiration, this action also increases organic matter content in the soil. When organic matter further decomposes into humus in the future, the soil structure, as well as its water and nutrient retention, will be improved.

In addition, many common cover crops (such as green beans, sunn hemp and other legumes) have the nitrogen fixation ability. The Rhizobium bacteria in their root nodules have a symbiotic relationship with

the plants, and it can convert atmospheric nitrogen into soil macronutrients. These nitrogen-fixing cover crops, called 'green manures', can in turn improve soil fertility, and lower farmers' reliance on chemical fertilizers.

In the early morning on a weekend in September, Professor Kwai-cheong Chau, Chairperson of the Campus Environment Committee, led our Green Team members and farmers to the rooftop farm. To prepare for the farmer recruitment in October, we buried the cover crops together. In the past, we used to go to the FVMCS to purchase seeds of cover crops. However, this June we collected the vines of 'tropical kudzu' within the campus and propagated the vines to our rooftop farm. This type of legume with its nitrogen-fixing ability is a cover crop recommended by the Food and Agriculture Organization of the United Nations for use in third world countries as it is inexpensive and easy-to-obtain. Thanks to the care from the workman during the summer holiday, the soil is now well nourished. In the absence of pests, our rooftop farms were also decorated with a green ribbon. With such a success, we seem to have taken a step forward to achieving 'sustainable agriculture' — the balance of environmental protection, economy and health!

After reading, do you want to pay a visit to our Organic Farm? I hope everyone can still live a green lifestyle during the pandemic and continue to support our Sunny Farmers! Wishing you good health and great harvest in the coming year!

Ching-yeung Tsoi

Member, Green Team
Nursing/ 2

The first event of rooftop organic farming held on 18 October was a great success with the guidance from Professor Kwai-cheong Chau and support of more than 30 students and Professor Anthony T.C. Chan, the College Master. Professor Chau shared a lot of knowledge and advice regarding soil and organic farming. Everyone is looking forward to nurturing tomatoes, sweet potatoes and corn. The farmers will make effort in ensuring a suitable environment for the plants to grow strong and healthy.

1/ Professor Chau sharing his views on the growing condition of cover crops this year

2/ Farmers uprooting cover crops for burial

3/ Root nodules with nitrogen-fixing ability on leguminous plants

4/ Yellow cucumber grown during the summer holiday

5/ Student farmers preparing for planting

6/ More than 30 students joining the first event of rooftop organic farming



COLLEGE ORIENTATION DAY 2020

二零二零年書院迎新活動

With the effort of the organising committee, the College Orientation Day 2020 was successfully held on 31 August 2020 online with over 250 students joining us on the day! The theme this year was Nirvana, aiming at cultivating freshmen's sense of belonging to the College through a series of activities and togetherness. The word Nirvana represents the process of 'break and build', wishing the freshmen to maintain the spirit which could help them live through uncertain times. Due to the pandemic, the activity was conducted online in order to avoid large crowd gatherings.

Professor Anthony T.C. Chan, College Master and Professor Ming-kay Poon, College Dean of Students greeted all the freshmen for joining our big family and encouraged them to actively participate in different kinds of College activities. Dr. Lancelot W.H. Mui, Associate Dean of General Education, briefly highlighted the features of the College General Education Programme and advised the students to build up sensitivity to sustainable development in a

global context.

The freshmen were divided into three groups representing 'wind', 'forest' and 'fire' which symbolise adversity, determination and reborn. They got to know each other through ice-breaking games.

Different student organisations also welcomed our freshmen via the online platform by introducing various student organisations and societies and encouraged them to take part in different College activities to make some new friends and contribute to the College. A Q&A session was hosted by the Organising Committee afterwards to provide more information to the freshmen.

Once again, we welcome all the Sunnies to join our College and we look forward to meeting all of you face-to-face soon. We wish all freshmen a fruitful university life ahead!

本年度的書院迎新活動於一眾籌委的努力下，已於八月三十一日透過網上平台順利舉行，是次活動有超過二百五十位同學參加。今年的主題為涅槃，籌委會希望透過一系列的活動凝聚新生，加強同學對書院的歸屬感。涅槃象徵重生，祝願新生縱然面對困境，仍能充滿希望。因應疫情發展，為避免人群聚集，活動於網上進行。

書院院長陳德章教授及書院輔導長潘銘基教授歡迎各新生加入書院大家庭，並鼓勵同學多參與書院活動。書院通識教育副主任梅維浩博士跟同學介紹書院的通識課程特色，期望同學能夠了解可持續發展對全球的重要性。

今年，迎新活動分為三組，分別以「風」、「林」及「火」為主題（燁辰、承天及青染），進行分組活動，讓同學互相認識。

不同的學生團體亦於當日向新生介紹各學生活動組織，希望同學能夠積極參與，認識新朋友的同時，亦能貢獻書院。籌委亦於活動當中安排了問答環節，讓新生了解書院不同範疇的資訊。

書院在此再次歡迎各位新同學加入，期望很快便能跟大家見面，祝願大家的大學生活豐盛充實！



SUNNY LIVING WEEK: NEW NORMAL, NEW ATTEMPTS, NEW BREAKTHROUGHS

陽光生活週：新常態 · 新嘗試 · 新突破

Following the success from previous years, Sunny Living Week returns in October. Since face-to-face teaching was basically suspended under the pandemic, the activities were switched to online formats with innovative elements added to train students' body, mind and spirit, and encourage them to contribute to the environment and society.

The week started off with Music Sharing by College Master Professor Anthony T.C. Chan presenting 'Deux Arabesques' composed by Claude Debussy through the live broadcast on the College Facebook page. Facilitated by Dean of Students Professor Ming-kay Poon, Professor Chan shared with the audience the importance of music in his life, and the atmosphere and development of music in the College. The Master also suggested some types of music which may help relieve stress and strengthen our spiritual health. He also encouraged the audience to keep exercising to stay physically fit.

Apart from the classical piano performance by the College Master, four enthusiastic bands, Re:member, Flat 9, Barry Lam's Jazz and Trio, and Aa & Elaine's Duo, from Music Buffet shared with us modern progressive rock, jazz, and their originals on the College YouTube Channel. A total of six pieces were performed, namely 'Sweet Memories', 'Days of Wine and Roses', 'Precious Child', 'Re:me', 'The Girl from Ipanema' and 'Someday My Prince will come'. Everyone certainly chilled out with the music broadcasted throughout the Sunny Living Week!

Haven't been to the countryside for a long period of time? Just stay at home and spare 20 minutes to enjoy a video of a Virtual Eco-cultural Tour guided by Professor Kwai-cheong Chau, Chairman of College Campus Environment Committee and Mr. Chi-yip Kung, our alumnus to give ourselves a break from the hassles! At the same time, audiences had the chance to reflect on the relationship between the natural environment, Hakka cultural inheritance and rural land planning, and explore along Kai Kuk Shue Ha, Fung Hang and Kuk Po where Hakka people resided 300 years ago.

Staying at home for Zoom classes can be tiring. So some students opted to join Yoga at Home via Zoom to stretch the body, recharge themselves and relieve their stress. The yoga instructor observed the participants' postures, and everyone could receive appropriate and timely fitness advice.

Under the pandemic, we cannot but use disposable masks every day. This arouses reflection on the importance of environmental protection. We need to save the Earth by reducing the use of other disposable items in our daily life. The instructor of the Beeswax Food Wraps Workshop introduced the method to make reusable beeswax food wraps with cloth and beeswax. The material packs were sent to students beforehand, and they could follow the instructor's steps to make their own wrap simultaneously at home. At the end of the workshop, some students shared their finished products on the screen. Both the students and the instructor were satisfied and pleased with this new experience.

Ms. Amanda Yik and Mr. Yiu-sun Chan, Forest Therapy Guides of the US Association of Nature and Forest Therapy Guides and Programs, brought us a brand-new Virtual Forest Bathing experience via Zoom, with their mobile phones in a natural outdoor environment. Students used their five senses to feel and to admire the nature through the instructors' screen. Students also shared their feelings with the instructors and could notice something that they normally neglect in the daily busy life. After joining the virtual forest bath, students found themselves more peaceful and calm.

To have a healthy body, we need to eat a variety of food in order to intake enough Vitamin A, C, E, iron, zinc and protein to maintain normal functioning of our immune system, which help our body fight diseases. Mr. Leslie K.P. Chan, a registered dietitian, shared with students the relationship between diet and immunity at the 'Boost Your Immunity: Light Food Making Workshop'. He also demonstrated making two healthy and yummy dishes, homemade fish meat siu mai with millet and Okonomiyaki with carrot and squid tentacles to conclude the Sunny Living Week.

Although Sunny Living Week has ended, it is hoped that the Sunny Living spirits have been seeded in students' mind and it also marks the beginning of their Sunny journey. It is always important for students to stay positive, resilient and healthy under challenging times so that they will dare to take challenges, dare to try and dare to dream.





今年的陽光生活週於十月再次完滿舉行，在肺炎疫情下，面授課程基本上已暫停，故今年的活動改以網上形式進行，當中注入新元素，讓同學在這個「新常態」下可以透過一系列的活動提升身心健康，以及提高對環保的意識。

今年的活動中，書院院長陳德章教授就以音樂分享為陽光生活週揭開序幕。在輔導長潘銘基教授的主持下，院長首次於 Facebook 直播下跟同學大談音樂對他的重要性，並分享書院的音樂氛圍及未來的發展。此外，院長亦推薦了數種音樂予同學以紓緩平日的壓力，增強同學的心靈健康。他亦鼓勵同學多做運動，保持健康的體魄。

除了院長的古典鋼琴演奏外，我們更有四隊對音樂充滿熱誠的樂隊：Re:member、Flat 9、Barry Lam's Jazz and Trio 及 Aa & Elaine's Duo 於書院 YouTube 頻道中為同學送上六首搖滾、爵士音樂，以及他們的原創歌曲，讓大家透過不同的節奏及旋律放鬆心情，為整個陽光生活週添上音樂氣息。

很久沒有出郊外走走？只須安坐家中，給自己二十分鐘，跟隨校園環境委員會主席鄒桂昌教授及校友龔志業先生的步伐，同學便能心神漫遊毗鄰沙頭角海的河谷地

帶，一覽雞谷樹下、鳳坑及谷埔的客家鄉村佈局與生態環境，探索自三百年前南遷至此的客家人如何承傳文化及與自然環境共生。

每天都坐在書桌前，對著電腦上課，身體難免繃緊僵硬起來，跟隨導師在家中練習瑜伽定能讓同學舒展筋骨，為自己充充電，鬆一鬆。導師更在線上觀察同學的姿勢，給予即時的意見。

當口罩成為我們每天的必需品，更讓我們反思環保的重要性，於日常生活中更需積極實踐環保理念，向即棄用品說不。蜂蠟保鮮布工作坊導師就教大家運用棉布及蜂蠟，製作可重用的蜂蠟保鮮布。書院預先將製作蜂蠟布的材料寄予同學，同學只須安坐家中，就可以在導師的指示下一起動手製作環保蜂蠟布。在活動完結時，有些同學更把他們親手製作的蜂蠟布展示於鏡頭前，無論同學及導師都很滿意是次活動帶來的新體驗。

多接觸大自然及綠色的植物有助放鬆心情，森林浴嚮導易琪女士及陳堯樂先生就在戶外以視像電話帶領同學一起放慢腳步，拋低日常瑣事，利用五官去感受及細味大自然的一草一木。於活動中，同學不但與嚮導分享他們當下的感受，更透過觀看森林浴嚮導的螢幕分享，察覺到一些於平時繁忙的生活所忽略的事物。是次虛擬森

林浴讓參加者暫時放下憂慮及煩惱，他們亦感受到大自然的平靜與愉悅。

要擁有健康的身體，當然要從日常生活中攝取足夠的營養素，如維他命 A、C、E、鐵、鋅及蛋白質，維持自身免疫力，幫助身體擊退疾病。註冊營養師陳國寶先生就在抗疫有營輕食製作工作坊中為同學講解飲食與免疫力的關係，並示範製作兩款有營美食，自家製小米魚肉燒賣及甘筍絲魷魚鬚大板燒，為陽光生活週畫上完美的句號。

經過一連串活動後，相信陽光生活的種子已埋在同學心中，希望同學於往後的日子會繼續實踐陽光生活的精神，時刻保持樂觀正面的心態應付逆境，成為勇於挑戰，樂於嘗試，敢於追夢的人。

View the video of the
Virtual Eco-cultural Tour here
在此重溫虛擬文化生態遊影片





Go Green! Be Sunny!

The publicity name of Wu Yee Sun College is
'The Sunny College': half word-play on Dr. Wu's name
and half the College vision.

May the College and its members radiate positive energy
and be a passionate force that makes the world
a better place.

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

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