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ALUMNI E-NEWSLETTER

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Illustration by Chan Pak Yan, Yanice
Design by Chan Pak Yan, Yanice

CHAN CHEUK WANG

ALUMNI UPDATES
& SHARING



Class of 2021

Hong Kong University of Science and Technology (BSc in
Physics with an extended Major in Artificial Intelligence)

Alumni Sharing

By **Chan Cheuk Wang**

I was accepted to the Hong Kong University of Science and Technology after attending A-School for 12 years. I am now studying physics with an extended major in artificial intelligence.

A lot has changed within my immediate surroundings in these two years, and I never anticipated these changes. I used to be an introvert who just cared about schoolwork and grades since I thought that would ultimately determine my path in life. Ever since I had my first internship experience, everything changed. Many things shocked me when I first had the opportunity to work in an actual workspace, from how theories and information from books wouldn't work in practice to how incompetent you are. From these valuable life lessons, I finally ought to learn that: Before anticipating to perform better than others in an unfamiliar discipline, improve yourself first across all fields.

Since then, I've engaged in various activities, like learning a new language and trying photography. In fact, I applied for the position of student ambassador at my university, which I wouldn't have attempted in the past. I became more of an extrovert without even realizing it, and I'm glad I made the switch.

The future can never be determined, nor can it be estimated. Nothing in life goes according to your plans unless you are adamant that it will eventually occur. Because of this, you should always work on improving yourself to be ready for whatever the future holds.



THOMAS KONG

ALUMNI UPDATES
& SHARING



Class of 2019
廣州中醫藥大學（中醫學學士）

Alumni Sharing

By 江永健

中醫學說歷史深遠而流傳久廣，是中華民族的民族醫學，體現到中華民族在數千年來的文化和智慧，是一門可信、安全、有效的醫學。

我如何與中醫結緣？

尤記得多年前在外地旅遊時，我因外感發熱病了好幾天，幸得團中一名中醫師通過望聞問切作出診斷及治理，短短數小時病況得以大大好轉。這次經歷給我體驗到中醫學的奇妙和治本的重要性，見識到中醫藥學蘊含精深的學問和哲理。此外，受那位醫師的仁心所感動，我因而立志成為一名中醫師，祈能堅守仁愛之心和應用博大精深的學問，以臨床治療，幫助有需要的人。

自那年起，我向醫師拜師學藝，學習中醫與哲學的關係：中醫乃一門着重整體觀的科學，需要了解五臟六腑之間的連繫。研究每一個醫案所需要的是邏輯推理能力，而非單靠背誦。

普羅大眾常把中醫與調理養生畫上等號，我認為這樣對中醫的描述是不完全的，除此之外，中醫更是一門治病救人的學科。內地中醫院會把病種分為內科、皮膚科、消化系統科、腫瘤科、腎科、兒科、泌尿系統科、內分泌及糖尿病科、婦科及乳腺病科、腦內科、心血管科、老年病科、呼吸系統科、過敏性疾病科等。而這些科室治療成功的案例多不勝數，有些甚至比西醫療效更為顯著，如三叉神經痛，腫瘤等頑疾。為病人在求醫時提供多個選擇。

《莊子·外篇》：「物物而不物於物，則胡可得而累邪」，這句說話給我的啟發是鑽研中醫學要做到不被固有的事物或知識局限自己的想像，就如：古代臟象學說和歷代醫家甚少提及腦的疾病和概念，難道世上就沒有腦科病嗎？我們要做到汲古求新，首先就是要吸取前人正確的知識；然後放棄前人錯誤或者不合時宜的知識，在這兩者的基礎上發展出個人的見解兼且反覆求證，這是知識「提純」的過程，令到知識得以凝練，此為學習之門徑。

最後，我希望對同學說，不管你將來選擇怎樣的路，也要好好享受追求目標的過程，因為重要的往往會出現在追求想要的過程當中。感謝老師和校友會給我機會分享，能夠在此分享，我與有榮焉！



CATHERINE HUI

ALUMNI UPDATES
& SHARING



Class of 2020
Hong Kong Polytechnic University (Fashion and
Textiles)

Alumni Sharing

By 許希恩



Time flies, and it's hard to believe that it has already been three years since I graduated from HKBUAS. Since then, I have continued my studies at the School of Fashion and Textiles at Hong Kong Polytechnic University, and I am currently on an exchange program at Kingston University in the UK.

As a young designer, I was eager to develop my skills and explore new creative avenues, and PolyU provided the perfect platform to do so. The faculty was incredibly supportive and provided valuable opportunities throughout my studies. During my time at PolyU, I was able to transform my knowledge into practical experience by assisting professors with their research projects, participating in competitions, and working with various companies such as K11 and Newtimes Development Ltd.

This semester, I embarked on an exchange program at Kingston University. It was an incredible opportunity to experience a new culture and gain exposure to the fashion industry in Europe. The program was intense, with a heavy emphasis on hands-on projects and industry collaborations. My exchange experience at Kingston University was life-changing, allowing me to broaden my horizons, develop my skills, and gain new perspectives on the fashion industry. I was able to network with industry professionals, learn new design-thinking perspectives, and make lasting connections with fellow students from around the world.

After completing my exchange program in April, I wasted no time and started my travel plans immediately. I have been exploring various places outside of London, including Oxford, Cambridge, and Brighton. In addition to that, I had the chance to travel to Iceland and France, which were both incredible experiences. I am thrilled to continue my travels this summer with my former friends from HKBUAS, as we continue to discover more of Europe together. Through my experiences at A-school, PolyU, and Kingston University, I am so grateful to meet so many incredible and supportive people, and I have built lifelong friendships with them.

Life is full of incredible experiences waiting to be discovered, and I encourage everyone to keep exploring and pursuing their dreams.

陳千縈

ALUMNI UPDATES
& SHARING



Class of 2022

The Chinese University of Hong Kong (Integrated
Bachelor of Business Administration Programme)

Alumni Sharing

By 陳千縈

大學五件事，大家也耳熟能詳吧。讀書這些基本事我就不分享了，我將會分享讀書以外多姿多彩的大學生活。首先，大學是個全新的環境，生活圈子也要重新建立，我鼓勵各位踴躍參加不同活動，擴闊交友圈子。無論你是外向還是內向，也要踴躍參加不同迎新營。只要願意踏出第一步，總會找到志同道合的朋友。我現在大學的好朋友和莊員們也是迎新營認識的。其次，我特別想分享「上莊」的經歷，「Dem Beat」是中大獨有的文化，在宣傳期時，不同學會也會「Dem 宣傳 Beat」，我的學會也不例外，我們穿上統一的服飾在大學站廣場大聲宣傳。雖然過程很累、很辛苦，真的有血有淚，更不斷燃燒青春，但是這些青春的舉動，恐怕也只是大學能經歷到吧。同時，我也積極參與不同活動，例如在我書院的「Shawlane」中，我與莊員們投下攤位出售章魚小丸子。過程中，我們從煮食及控制成本一竅不通，到慢慢煮出可口的小丸子及降低物資和食材成本。最終當天，我們成為了受歡迎的攤位，大家對我們讚不絕口。雖然沒有賺到很多錢，但是這種自己一手一腳籌辦活動的機會難得，這些經驗從課本中也難以體會，從中學習到控制成本及宣傳手法，有助我這個商科學生得到實踐的經驗，走出課堂學習。最後，在此寄望大家能考上心儀大學，多參與活動及結交朋友，走出課室，享受大學時光，在這四年內找到自己的一片天。



ANSON NG

ALUMNI UPDATES
& SHARING



Class of 2020
National Taiwan Normal University (Physical
Education and Sports Science)

Alumni Sharing

By Anson Ng

I am currently studying for a Bachelor's degree in Physical Education and Sports Science, with a minor in Health Promotion & Health Education and coursework in Sports Injury Prevention. In my point of view, NTNU provided me with a well-rounded education and numerous opportunities for personal growth. One of the highlights of my university experience was being part of the school's swimming team. Being a member of the team allowed me to engage in competitive sports and improve my skills. I am proud to say that I participated in three intercollegiate games, where I not only honed my swimming abilities but also learned valuable lessons in teamwork, discipline, and perseverance.

Studying at NTNU also enabled me to build friendships from diverse backgrounds and academic disciplines. Interacting with different majors broadened my perspective and enhanced my understanding of various subjects beyond my own area of study. These friendships fostered a supportive and collaborative environment, enriching my overall university experience. One of the many aspect that impressed me about NTNU was the diversity of its academic programs. As a student in the Sports and Exercise Science department, I had the opportunity to explore various topics, such as exercise physiology, sports psychology, and biomechanics. Additionally, my minor in Health Education provided me with a comprehensive understanding of health promotion strategies and the importance of educating others about maintaining a healthy lifestyle. The university's commitment to offering a wide range of courses allowed me to tailor my education to my interests and career aspirations.

Living in Taiwan throughout my university studies was an incredibly vibrant and colorful experience. From the bustling night markets to the breathtaking natural landscapes, Taiwan captivated me with its rich culture, delicious cuisine, and warm-hearted people. The vibrant campus life at NTNU also contributed to my overall enjoyment. Engaging in extracurricular activities, attending cultural events, and exploring the city with friends created unforgettable memories that will stay with me for a lifetime.

Looking back, these three years of university life have been transformative. NTNU provided me with a supportive learning environment, valuable experiences in competitive sports, and a diverse community of friends. I have grown not only academically but also personally, developing essential skills and qualities that will undoubtedly shape my future. My time at NTNU has been nothing short of remarkable, and I am grateful for the opportunities and experiences it has afforded me.

In summary, my journey at National Taiwan Normal University has been a fulfilling and enriching one. Through my studies in the Sports and Exercise Science department, involvement in the swimming team, friendships with students from different disciplines, diverse coursework, and immersion in the vibrant Taiwanese culture, I have grown into a more well-rounded individual. NTNU has truly provided me with a platform for personal and academic growth, and I will always cherish the memories and lessons gained during my time there.

KRISTIE HO

ALUMNI UPDATES
& SHARING



Class of 2018
Hong Kong Polytechnic University (Bachelor of
Science in Nursing)



Alumni Sharing

By Kristie Ho

I will soon graduate from the Hong Kong Polytechnic University as a registered nurse. Due to the pandemic, university life was a blur for me. But if you ask me why I chose nursing initially, I would say it was because of nurses' stable and well-compensated income. After five years, the reason I started remains unchanged, but I am lucky that I figured out why I wanted to continue.

The Covid-19 pandemic greatly affected nursing students. It changed our hands-on laboratory sessions to online and postponed our clinical practicum. Albert Einstein once said, "In the midst of every crisis, lies great opportunity." The pandemic struck hard, but it brought opportunity. I do not consider these opportunities as 'great' ones, but chances for me to learn, help, and experience.

In late January 2022, I started working as a TUNS (Temporary undergraduate nursing student) at an accident and emergency department. I quickly adapted to the new environment, and everything seemed all right. Yet, the fifth wave of the pandemic changed everything.

Everyone in this city remembers what happened to the healthcare system during the fifth wave of the pandemic. Daily news had been reporting our healthcare system reaching its limit and countless patients waiting outside of A&E. I witnessed everything with my eyes.

Not only did numerous people with Covid-19 come to the A&E to seek help, but we were also accepting critical cases from nursing homes. At the same time, we had to take care of those who came to the A&E for non-Covid-19 related issues. I tried my very best to do anything I could to help the patients and their families. Although I am a student nurse and there was not much I could do, merely assisting patients' basic needs and providing more explanation to them and their families helped reassure them.

The satisfaction I acquired from nursing care is unique and could never be replaced by any other. The reason why I started this career may not be that 'holy', but the reason I wanted to continue is straightforward: I wanted to help, and I enjoy helping others.

LEE CHEUK YU

ALUMNI UPDATES
& SHARING



Class of 2018

香港科技大學（機械工程及商業管理雙學位）



Alumni Sharing

By Lee Cheuk Yu

各位師弟妹，大家好！我是2018年的畢業生，即將從科大的機械工程及商業管理的雙學位畢業。日月如梭，中學畢業已經是五年前的事，如今本科畢業也近在眼前，即將加入中電成為見習工程師，繼續向成為工程師的目標邁進。回首過去，有些感悟想跟各位師弟妹分享，略解對大學生活的疑惑。

進大學後，人認為進了大學就是進了世外桃源，可以安逸地過生活，每天快活地吃喝玩樂。然而，有些人卻認為進大學以後是另外一個戰場，無時無刻都在追趕不同目標，不是努力讀好書拿好成績，便是勤力找實習充實履歷。誠然，人各有志，沒有哪一種生活更為高尚，只有哪一種日子更適合你自己。

於我而言，大家在擁有更多自由的同時，更需要懂得選擇你的生活。在宿舍與朋友們耍樂，在學會和同學們籌備活動，在迎新營和組員們揮灑汗水，統統都是大學生活不可或缺的一部分，但大學更是一個裝備自己的地方。所謂裝備自己，不只是認真讀書這麼簡單，更是透過參加各類活動挖掘自己的可能性，迎接各種挑戰讓自己從磨練中蛻變。途中的跌宕起伏，將會成為成長的養分，讓你成就更好的自己。

謹記，不要安於現狀而苟且，不要畫地為牢而自縛，不要妄自菲薄而自蔑。願大家不因碌碌無為而悔恨，不為虛度年華而羞恥，活出精彩的生活。



PEONY WONG

ALUMNI UPDATES
& SHARING



Class of 2021
University of British Columbia
(Bachelor of Fine Arts)

Alumni Sharing

By Peony Wong

Hello, this is Peony. I was an alumni at HKBUAS and my family immigrated to Canada when I was in grade 11. School in Canada has been fun. It's less stressful and life is generally slower here. My family immigrated to a place called Prince Edward Island, stayed for two years then moved to Vancouver last August. After staying in Vancouver for two weeks, my family drove me up to a place called Kelowna where I will start my university journey.

I bet a lot of you don't know but UBC actually has two campuses. One is in Vancouver, the other one is in a small town called Kelowna. And in Kelowna, I had enrolled in the Bachelor of Fine Arts program, majoring in Visual arts. I will say that the Visual Arts program there is more hands off. The workload was not as overwhelming compared to people enrolled in art school, but it certainly was not little. There are a lot of classes I am required to take. For example Art History, Creative and Critical Studies and Visual Art courses. For my first year I took sculpting, drawing and media arts class, which all of them are the courses that I needed for my degree.

If you are to compare HKBUAS's art class to my classes in UBCO I will say that HKBUAS's art class has ingrained in me the necessary mentality for my work ethic. I feel like for high schools in Canada a lot of the students were not taught the same way Visual Arts was taught in HKBUAS. The "art mentality" and education that I received in HKBUAS was certainly my mental foundation in how I should approach art, as I remembered visual art class was always fun.

In UBCO I am able to try out a lot of different mediums. For example, I had to do woodworking, and then learn how to use photoshop, and learn how to mix colour hues and values. For first years, the program in UBCO was designed for students to test what kind of mediums they liked the most, so students could pivot towards an area that they are interested in second year. I was surprised when I looked back at how diverse my work was. I even learned how to use a sewing machine because my sculpting teacher decided it would be cool to have wearable art as an assignment. Though, currently I would say one of my biggest personal challenges is putting myself back to that mentality that art is fun. I feel like I have lost that enthusiasm for art. It is not fun anymore as I rarely have that feeling again thinking that art is fun. Also I had to think about what kind of job and career I will want in the future. I think it's the same for the majority of us. Some people go to college thinking they had all their future figured out just to be lost after going into college. That was me going to UBCO.

People change, and what they want will also change. Going to university is a valuable experience, but also think carefully before going to one. But in the end my experience in UBCO was valuable as I am starting to get the hang of being independent, and breaking out of my comfort zone.

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Address: 6 On Muk Lane, Shek Mun, Shatin, N.T.

Phone : 2637 2270

Website: www.hkbuas.edu.hk



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