The Sunny Weekly

6th Oct 2025

Sunny Review 上周回顧



1. Sunny Living Week 2025
2. College Forum – "Paths to Mediation on Campus: Resolving Conflict, Building Community"

College Activities 書院活動

1. German Cultural Workshop<New>
2. c!ab Deeper Insight into FoodBanking Network 食物銀行知多點
3. Fitness Training Workshops
4. Social Cantonese Workshop
5. Mental Health First Aid Standard Course
6. Fitness Consultation Sessions
7. 文學散步遊九龍城
8. 語文提昇活動 - 系列講座：訪問與訪問稿寫作_口頭報告策略
9. Joint-College Chinese Martial Arts Class

College Announcements 宣佈事項

1. Rance Lee Award for Creativity 2025-26 – Application Now Open
2. Breakfast Available at College Student Canteen 書院學生飯堂供應早餐
3. Rance Lee Mentorship Programme 李沛良亦師亦友計劃
4. Visitor Policy in College Student Hostels
5. Membership and ExCo Recruitment—WYS Alumni Association 伍宜孫書院校友會會員及幹事會招募
6. Student Pastoral Care
7. WYS's Got Talents – Photography, Poster Design, MC and a lot more!

College Funding & Award Schemes (Year-round Application) 書院資助及獎勵計劃 (全年可供申請)

1. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃
2. Global Learning Award Scheme
3. Self-Motivation Fund for Health and Well-being Activities
4. Self-Motivation Fund for Sports Activities
5. Self-Motivation Fund for Sustainability Activities
6. Mingle Fund
7. Service-learning Project Funding Scheme 服務學習項目資助計劃

Other Activities & Announcements 其他活動及宣佈事項

1. Student Residence Bursary Scheme 學生宿舍助學金計劃<New>
2. CUHK Outgoing Exchange Programmes 2026-27<New>
3. [Online Briefing] Empower Your Visionary Journey with Orbis Future Vision Leader 2025/26: Heal The Healer!
4. Global Citizenship (GC) is now available!
5. Community Resources for Emotional Support
6. Independent Learning Centre (ILC) Services for Students

7. Guided Imagery videos are now available on Sunshine At CUHK's YouTube and Mobile App 意象鬆弛法影片現已登陸中大有晴 YouTube 及 手機應用程式

Sunny Review

1. Sunny Living Week 2025



Building on the success of previous years, *Sunny Living Week* returned this September with a vibrant array of activities designed to *train students' body, mind and spirit*, and encourage them to *contribute to the environment and society*.



The Sunny Living Week kicked off with the Rowing Challenge on 22 Sep. Professor Anthony T.C. Chan (陳德章教授), College Master, and Ms. Sharon S.Y. Wong (黃倩影女士), Vice-Chairperson of the Sunny Sports Committee and Associate Dean of Students, delivered opening remarks, encouraging students to embrace regular exercise and lead a "Sunny Life." A total of 27 student teams took part in the challenge.



We extend our gratitude to the College Rowing Team for their demonstration before the competition, which helped participants gain a clear understanding of how to row safely and skilfully.



Cheers from fellow students echoed throughout the venue, motivating participants to push their limits. Though tired and sweaty, everyone thoroughly enjoyed the challenge.





Another group of Sunnies embarked on a journey of mindfulness through the Tranquil Light: Pressed Flower Lamp Workshop, where they had the chance to calm their minds, soothe their souls, and momentarily set aside their worries through focusing on the beauty of their creations.











Some Sunnies embraced healthy and sustainable living by joining the Healthy Vegan Mooncake Workshop, led by café caterer Ms. Mable H.K. Wong (黃可喬女士). Students learned to make mooncakes using nutritious plant-based ingredients, including red beans, pumpkins and taro. The hands-on experience brought a sense of tranquility and joy, allowing participants to celebrate the Mid-Autumn Festival in a meaningful and eco-friendly way.








To promote waste reduction and sustainable consumption within the College, participants learnt creative upcycling in *Grow Your Paper Workshop* to turn recycled paper into seedballs. With proper care, these seedballs can grow into clover — turning recycled materials into new life and reinforcing the value of eco-friendly practices.









Promoting a sunny lifestyle is a collective effort, and the *Sunny Market* on 26 Sep was a vibrant showcase of wellness and sustainability. Students explored a variety of engaging booths, including the **Coffee and Coconut Body Scrub Booth** from our Green Team and the **Fitness Street Challenge** organized by the Sports Association. Students also had the chance to unwind at the **Music Therapy Workshop** by c!ab or create their own **Sand Art Air Plant Terrariums**. Students and staff members also purchased organic veggies at the **Farmer's Fair,** and enjoyed a refreshing **Organic Winter Gourd Drink** after exploring the booths. Before heading out, many picked up a stylish canvas bag designed by the recipient of the **Rance Lee Award for Creativity**, wrapping up the day with a meaningful keepsake.




Eco-cultural Tour @ Long Valley Nature Park blended nature appreciation with community development that pondered reflections on wetland conservation and adaptations of local farming. Led by Ms. Miko H.Y. Tse (謝愷忻女士), College alumna and founder of The Heirages (蹟蹟復識識), participants were able to gain a better understanding on the ecology, history and development of Long Valley Nature Park.




It is our belief that the sunny spirit has been seeded in Sunnies' mind, and the end of Sunny Living Week marks the beginning of students' sunny journey in their lives.

With the spirit of Sunny Living in mind, we will always stay fit, energetic, and positive, hence be ready for different challenges in life!

(Back to top)

2. College Forum – "Paths to Mediation on Campus: Resolving Conflict, Building Community"



The second College Forum of this semester, titled "Paths to Mediation on Campus: Resolving Conflict, Building Community" was conducted by Ms. Suk-yu Leung (梁淑瑜女士), Managing Director of the Hong Kong Family Mediation Association, last Friday. We were glad to have Prof. Kelvin K.F. Tsoi (蔡錦輝教授), Dean of Students, for moderating the forum.





Ms. Leung provided our College students with valuable insights into conflict resolution. Recognizing that University life is inherently diverse and dynamic, she emphasized that conflicts among society members, roommates or fellow students are common yet manageable. Moreover, she stressed that learning about mediation mechanisms as an effective tool to address disagreements, promote open communication, and rebuild relationships, thereby equipping students with the capacity to cope with future challenges both academically and professionally.

(Back to top)

College Activities

1. German Cultural Workshop



Eager to explore the German culture? Come experience a vibrant blend of language, flavor and tradition at the German Cultural Workshop!

Host: Mr Bernd Esch, German Lecturer from Department of Linguistics and Modern Languages
Date: 22nd Oct 2025(Wed)
Time: 6:45pm – 8:45pm
Venue: W112-114, Wu Yee Sun College
Contents:

- Basic German Language Session - Learn essential phrases, greetings, and expressions
- Food Tasting - Savor authentic German bites
- Beer Tasting (only for participants aged 18 or above) - Sample a selected German beer

Deposit: $50*
Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13717804
Deadline: 13th Oct 2025(Mon)
*Refundable upon completion of the activity; Please submit to the Dean of Students Office on UG/F by deadline

Enquiries: Miss Karen Sham (karensham@cuhk.edu.hk /3943 3935)

(Back to top)

2. c!ab Deeper Insight into FoodBanking Network 食物銀行知多點



當城市面臨糧食浪費同饑餓嘅雙重挑戰時，c!ab 決心行動🌟同我們一齊成為 breadline 志願者，利用你嘅時間和能力，幫助減少食物浪費，緩解糧食不安全問題啦～🥐

參加者需要出席以下簡介會及至少一次麵包收集：

簡介會資訊：
日期：2025 年 10 月 3 日（五）
時間：下午 4:00
地點：c!ab
注：未能親身出席者可參與網上簡介會(日期待確認)

麵包收集日資訊：
第一次麵包收集：2025 年 10 月 8 日（三）
第二次麵包收集：2025 年 10 月 10 日（五）
第三次麵包收集：2025 年 10 月 15 日（三）

每一份努力都能改變生命！立即報名，與我們一起為社區帶來希望！📦💪
https://docs.google.com/forms/d/e/1FAIpQLSdT2Cv25pmTzgkOcM-YSyN88zQLf6TSDH27xWi_pkwSiCcaCw/viewform?usp=header
名額有限，先到先得

As our city faces the dual challenges of food waste and hunger, c!ab is taking action🌟 Join our breadline volunteer program to use your time and skills in reducing food waste and alleviating food insecurity🥐

Participants are required to join the following briefing sessions and at least one bread collection:

Briefing Sessions Details:
Date: 3rd Oct 2025(Fri)
Time: 04:00pm
Venue: c!ab
P.S. Students who are not available could join an online meeting （date to be confirmed)

Bread Collection Details:
1st Bread Collection: 8th Oct 2025 (Wed)
2nd Bread Collection: 10th Oct 2025 (Fri)
3rd Bread Collection: 15th Oct 2025 (Wed)

Every effort counts and can change lives! Sign up now and bring hope to our community! 📦 💪
https://docs.google.com/forms/d/e/1FAIpQLSdT2Cv25pmTzgkOcM-YSyN88zQLf6TSDH27xWi_pkwSiCcaCw/viewform?usp=header
Limited places available, registration is on a first-come, first-served basis.

(Back to top)

3. Fitness Training Workshops



Feeling like your belly's grown a bit after the summer break? Don't wait—sign up for our College **Fitness Training Workshops** now and kickstart your keep-fit journey to find your fittest self again!

Core & Stability Training
Ignite your foundation with exercises that emphasize core activation, posture improvement, and overall stability. Using bodyweight, light dumbbells, and resistance bands, this workshop builds strength from the inside out—perfect for improving balance and control.

Date : 8th , 15th ,22nd Oct 2025(Wed)
Time : 8:00pm – 9:00pm
Deposit : $200 (Refundable upon completing all lessons)

Full-Body Conditioning
Boost your endurance and coordination with a dynamic blend of strength training and low-impact cardio. This full-body workout is designed to energize, sculpt, and challenge you.

Date : 5th ,12th ,19th Nov 2025(Wed)
Time : 8:00pm – 9:00pm
Deposit : $200 (Refundable upon completing all lessons)
Venue: College Gymnasium
Quota: 12 /workshop
PE Mark : 5 /workshop
Instructor : Mr. Tong Kin Shun

Registration : https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13715481

Interested students please fill in the webform AND submit the deposit to the College Office on or before 30th Sep 2025(Tue), 5:00pm. First-come-first-served. The time of deposit payment will be the determinant.

Enquiries:
Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

(Back to top)

4. Social Cantonese Workshop



The Social Cantonese Workshop is designed for international students who are interested in using Cantonese to communicate in daily life. Through real-life scenarios such as ordering food, dining out, shopping, taking public transportation, asking for directions, and making small talk, students will learn practical conversational skills to navigate everyday life in Hong Kong. The workshop also introduces elements of Hong Kong's lifestyle and culture, helping students better understand and integrate into the local community. No prior knowledge of Cantonese is required — just curiosity and a willingness to learn and have fun!

Instructor: Ms. Kelly K.Y. SHUM
Date: 14th , 21st ,28th Oct 2025 and 4th Nov 2025 (Tuesdays)
Time: 7:00pm – 8:30pm
Venue: W112 – 114, Wu Yee Sun College
Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13715651
Deadline: 8th Oct 2025 (Wed)
Deposit: $100 (Refundable upon completing at least 3 sessions)

*This workshop is designed for students **without prior Chinese language experience** and is open **only to English-speaking students**.
*Please submit the deposit in cash to the College Office (G03) by the application deadline within office hours. First-come, first-served, the time of deposit payment will be the determinant.

Enquiries: Miss Aka Chan (wanhungchan@cuhk.edu.hk / 3943 9772)

(Back to top)

5. Mental Health First Aid Standard Course



Empower Yourself. Support Others. Build a Healthier Community.

Join our **12-hour certified training** led by a professional instructor from **The Mental Health Association of Hong Kong**. This course is designed to equip you with practical skills to recognize and respond to mental health challenges—before they escalate.

Objectives

- Gain essential knowledge of common mental health conditions
- Spot early signs of mental health issues or crises
- Offer initial help and support before the situation gets worse
- Encourage individuals to seek professional help or access appropriate community resources

Highlights

- Mental Health First Aid Action Plan: ALGEE
- How to apply Mental Health First Aid across a range of mental health problems i.e., Depression, Anxiety, Substance Abuse, Psychosis, and related crises, i.e., Suicide, Panic attacks, Addiction, and Psychotic behaviour
- Explore local mental health resources & support networks

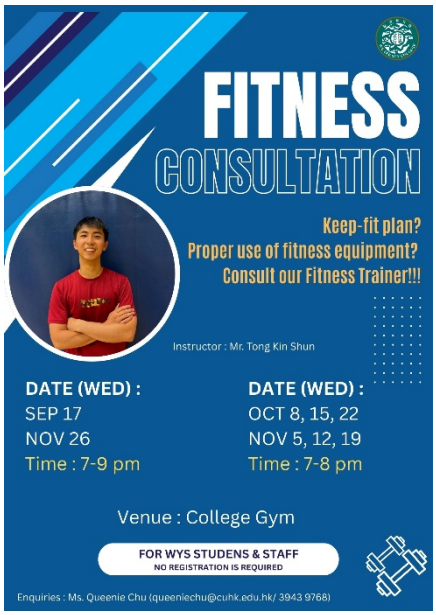
Date : 25th Oct 2025, 1st Nov 2025 (Sat)
Time : 10:00am – 1:00pm & 2:00pm – 5:00pm
Venue : W112
Language : English

Fee : Free of Charge (A deposit of $100 is required. Deposit will be fully refunded upon 100% attendance)
Instructor : Instructor from The Mental Health Association of Hong Kong
All WYS students and staff are welcome to join.
Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13712282
(Please fill in the webform AND submit the deposit to the College Office on or before 16th Oct 2025 (Thu))
Participants who have successfully completed the 12-hour training will be awarded a Certificate issued by The Mental Health Association of Hong Kong

Enquiries : Ms. Michelle LI (michelleli@cuhk.edu.hk / 3943 3933)
Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

(Back to top)

6. Fitness Consultation Sessions



A Fitness Trainer is at our College's Gymnasium!!! Need guidance for a keep-fit plan or proper use of fitness equipment? Mark your calendar!

Date (Wed) :
8th , 15th , 22nd Oct 2025
5th , 12th , 19th Nov 2025
Time: 7:00pm - 8:00pm

Date (Wed) :
26th Nov 2025
Time: 7:00pm - 9:00pm

Venue: College Gymnasium
Instructor: Mr. Tong Kin Shun
Target: Wu Yee Sun College students and staff (No registration is required)
Enquiries: Ms. Queenie Chu (queeniechu@cuhk.edu.hk /3943 9768)

(Back to top)

7. 文學散步遊九龍城



從獅子石道漫步至九龍寨城公園，穿梭於見證時代流轉的街區，見證新舊建築的時空對話。街道上飄散着潮州粿條與南洋香料的味道，僑鄉滋味在街巷小店凝成獨特飲食風景；抬頭可見昔日啟德機場劃過天際的飛行航道，如今已化作社區記憶。同學將以文字採集街區聲音與氣味，書寫隨筆小品。

導師：林麗玲博士 (香港中文大學中國語言及文學系高級講師)
日期：2025 年 11 月 7 日 (星期五)
活動時間：上午 9:00 – 下午 1:00
路線：九龍城獅子石道、侯王道、衙前塱道、南角道、龍崗道、城南道至九龍寨城公園
集合時間及地點：上午 9:00 @港鐵宋皇臺站 B1 出口
語言：粵語 / 普通話
按金：$100 (只收現金，完成活動後退回)
報名：https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13715457
截止日期：10 月 24 日
*名額有限，先到先得。報名次序以遞交按金先後次序為準。請將按金交至書院辦公室。
查詢：Miss Aka Chan (**wanhungchan@cuhk.edu.hk** / 3943 9772)

(Back to top)

8. 語文提昇活動 - 系列講座：訪問與訪問稿寫作_ 口頭報告策略



新學年剛剛展開，相信大家已逐漸投入各科的學習。隨著課程進度推進，各類小組計劃、書面報告及口頭匯報亦陸續展開。在準備過程中，相信同學常常遇到邀請校內外機構合作、安排訪問等工作。臨近學期尾聲，更須思考如何呈現一份出色的匯報。面對這些挑戰，同學應如何有效準備？

中國語言及文學系聯同伍宜孫書院特別合辦兩場「語文提昇活動 - 系列講座」，深入講解**專業邀請函的撰寫技巧**及**口頭報告策略**。無論是畢業專題（FYP）或其他課堂報告與計劃，均能受惠：

- 「從提問到成稿：訪問與撰稿技巧工作坊」: 2025 年 10 月 10 日（星期五）13:30 – 15:00
- 「口頭報告技巧工作坊」: 2025 年 11 月 7 日（星期五）13:30 – 15:00

首場「從提問到成稿：訪問與撰稿技巧工作坊」詳情如下：

日期	2025 年 10 月 10 日（星期五）
時間	13:30 – 15:00
地點	何善衡工程學大樓王統元堂

題目	從提問到成稿：訪問與撰稿技巧
語言	粵語
講者	曾綉薇博士
簡介	成功的訪問能通過對話挖掘人物背後的故事，而出色的訪問稿則可將口中的故事化為有溫度的文字結晶。本工作坊旨在指導同學如何進行有效訪問並撰寫專業訪問稿，討論如何梳理素材，搭建文章結構和忠實呈現受訪者的故事。通過實例分析和互動練習，同學將掌握由事前準備到事後撰稿的完整流程，為每一次「提問和書寫」的機會做好準備，寫出兼具溫度和深度的訪問稿。
報名	https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13716996

查詢：chltproject@cuhk.edu.hk

(Back to top)

9. Joint-College Chinese Martial Arts Class



The College joins efforts with the United College to offer a traditional Chinese martial arts class for beginners. The United College Martial Arts Club (UCMA) will run the class, with enrolment priority given to WYS College students.

- Learning Northern Shaolin Kung Fu
- Learning Lion Dance
- Understanding Traditional Chinese Culture

Chief Instructor: Master LI Chun Hung
A reputed traditional Kung Fu master of Hong Kong, specialising in the North Shaolin and Choy Lee Fat styles. Some award-winning alumni of UCMA will assist him in the coaching.

Dates: Every Wednesday *[Welcoming first session on 17th Sep 2025(Wed)]*
Time: 7:30pm – 9:30pm
Venue: Open Area outside UC Canteen
[Rain Plan: Outside Si Yuan Amenities Centre]

Membership: HK$100

Uniform Fee: HK$250

Registration:
docs.google.com/forms/d/1fKKD_VZ19F1aeCfnMbR8xni3GrpEe3exUkxap2Oeg7w/viewform

Enquiry: ucma.cuhk@gmail.com

(Back to top)

College Announcements

2. Rance Lee Award for Creativity 2025-26 – Application Now Open



Creativity and Sunny Living are two of the College's core values. If you are health-conscious and a green living supporter, grab this chance to promote your creative idea!

Rance Lee Award for Creativity aims at encouraging the integration of creativity and Sunny living in the following 3 areas:

- Rance Lee Award for Creativity in promoting **health and well-being**
- Rance Lee Award for Creativity in promoting **lifetime sports**
- Rance Lee Award for Creativity in promoting **green life**

Unleash your creativity, grab the chance to win **HK$10,000** to promote Sunny Living!

Eligibility:

All WYS undergraduate students, regardless of discipline and year of study, are welcome to apply, and both individual and group projects are eligible for funding.

*The group must comprise 50% of WYS students and the other 50% may be students from other Colleges

Project Duration:
One year and *all projects MUST be implemented before graduation

What to do:

1. Read through the guidelines carefully and fill in the application with attachments of relevant materials as requested on the form.

2. Submit your application **on or before 5th Oct 2025 (Sun) by 11:59pm** and your proposal **on or before 12th Oct 2025 (Sun) by 11:59pm** through one of the following channels –

a. E-mail application form to Miss Elisha Yting (elishayting@cuhk.edu.hk), which can be downloaded from the College Website (https://wys.cuhk.edu.hk/cms/college-life-support/funding-scheme/?scheme=rance-lee-award); OR
b. Fill in the webform (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13716603); OR
c. Submit the hardcopy to DOS Office, UG/F, West Block, Wu Yee Sun College; and
d. Submit a ONE A4 page Executive Summary along with the application form via online or in person

Wait until you hear from the College. Applicants may be invited to a short interview. The college will notify applicants of their application results within one month.

Enquiries:
Miss Carrie Zeng (carriezeng@cuhk.edu.hk / 3943-3934) /
Miss Elisha Yting (elishayting@cuhk.edu.hk / 3943-9767)

(Back to top)

6. Breakfast Available at College Student Canteen
書院學生飯堂供應早餐



Starting from the new academic year, Student Canteen offers breakfast during the following hours:
Monday to Friday : 8:15am – 10:30am
Please click here to view the Menu.

(Back to top)

7. Rance Lee Mentorship Programme 李沛良亦師亦友計劃



承蒙伍步昌先生和李永權先生兩位中大校友的慷慨捐助，以及劉世鏞校友的策劃，師友計劃自 2017 年創院院長李沛良教授榮休後，重新命名為「李沛良亦師亦友計劃」，以表敬意。

本計劃旨在為書院同學建立人際網路，讓同學有機會向**不同行業的校友及專業人士學習**，透過與學長交流，豐富其待人接物的技巧，讓同學能以人脈關係解難，達致事半功倍。

計劃特點
小組模式：3-4 位小組學長(包括資深學長、校友學長及書院老師) 與 4-6 位學友配對，透過參與年度活動及各小組自行策劃的活動相約共聚，互相認識及交流。學長與學友擁有多元化的背景、不同的性格特質及各式各樣的興趣，為兩者的互動增添不少創新意念與想法，及後更可以一起發掘多種可能性。一經加入，學友身份將持續至畢業，學長與學友有更長時間建立伙伴關係，即使離開校園，可以成為校友學長，師友關係仍會持續。

立即填寫李沛良亦師亦友計劃申請表，登記成為學友，擴展你的人際網絡

為支持學長與學友保持聯繫，持續交流，書院提供每年每組 4,000 元港幣(每次活動每人支出不超過 300 元港幣)的資助，以籌劃各項小組活動或聚會，以維繫師友關係；若個別組別已耗盡其每年的資助額，其額外的支出須在活動舉辦前經書院交由李沛良亦師亦友計劃工作小組主席審批。

下載 Activity Fund for Mentorship Gatherings 申請表格及指引

Rance Lee Mentorship Programme aims at supporting our students to build up multifunctional social networks by providing students with opportunities to learn from the experienced alumni and experts in different fields. Group-to-group mentor-mentee model: 3-4 mentors (including Senior Mentors, Alumni Mentors and College teachers) will be matched with 4-6 mentees.

Mentors and mentees can spend some time getting to know each other and hanging out, followed by exploration of many possibilities together! Diversified backgrounds, different characters and various interests bring in creative insights among mentors and mentees.

Submit the Application Form for Rance Lee Mentorship Programme and be a Mentee

(Back to top)

8. Visitor Policy in College Student Hostels

Visiting Hour:

CUHK Student Visitors *(i.e. CUHK current undergraduate and postgraduate students who do not have a hostel place at Wu Yee Sun College)*	**Same-sex** CUHK Student Visitors: 8:00 am – 12:00 am daily **Opposite-sex** CUHK student visitors:

	10:00 am – 11:00 pm daily
Non-CUHK Student Visitors	Saturdays, Sundays and public holidays 10:00am – 11:00pm
Visitors and Residents of Opposite Sex	Aside from the visiting hours stated in Student Hostels Regulations, no persons (including residents) are allowed to enter the floor of the opposite sex, and no residents are allowed to receive visitors of the opposite sex unless prior permission is granted by the Wardens

Overnight Visitor:
Under special circumstances, when a visitor (who must be a CUHK student of the same sex) is invited to stay overnight, the host resident must, after obtaining the consent of his/her roommate, accompany the visitor to purchase the '**Overnight Visitor Ticket**' (HK$60 per head per night).

Register at **Hostel Reception** / **Resident Tutor** / **Resident Association** within the visiting hours

Other Rules:
- The visitor must be accompanied by the corresponding host resident during the stay. Any person staying at the hostel beyond visiting hours will be regarded as an overnight visitor.
- Only **one** visitor is allowed per room per night. Residents of the same room should not host overnight visitors more than 2 nights per week.

Opening Hour of College Facilities
1. WYS non-residents can access College until 11:00pm daily. Only residents can access College building after 11:00pm.

2. The opening hour of College Gymnasium is adjusted to 7:00am – 12:00am.
    a. First-time users should bring their valid (i) CU Link Card and (ii) CUHK Fitness Room User Certificate to College Office (G03) for registration.
    b. Please be reminded not to bring in unauthorized persons or open up the gym door for anyone. Random checking would be conducted and follow up actions would be taken for any violation.

3. The opening hours of other College facilities can be referred at https://www.wys.cuhk.edu.hk/about-us/campus/.

(Back to top)

9. Membership and ExCo Recruitment—WYS Alumni Association
伍宜孫書院校友會會員及幹事會招募

Want to stay in touch with your College friends? Expand your professional network? Give back to the College? WYS Alumni Association lets you take college bonds beyond student life. You can get a lifelong membership for just $500. Apply now, and you will receive a set of 4 reusable drinking straws! (While stocks last)

Simply fill in the application form, and upload the deposit receipt as instructed in the form. WYSAA will keep you posted about events by email, Facebook page (伍宜孫書院校友會 WYS Alumni Association) and Instagram. Stay connected!

WYS Alumni Association is also recruiting new Executive Committee members. If you are eager to organize activities for our alumni and form a deeper and wider alumni network through collaboration with other alumni organizations, you are strongly encouraged to become an ExCo member! Reach out to the current chairperson, Bacary (9783 4356) – he will introduce you to the operation of the Alumni Association and answer any questions you may have.

(Back to top)

10. Student Pastoral Care

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain new perspectives! DON'T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.

1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please email kikiwkchan@cuhk.edu.hk for arrangement.

2) You may also approach the **University's Wellness and Counselling Centre** at **3943 7208** for help.

3) A **24-hour Emotional Support Hotline** at **5400 2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

(Back to top)

11. WYS's Got Talents – Photography, Poster Design, MC and a lot more!



The College is recruiting all sorts of talents to contribute in various College events. If you are interested in or excellent at any of the fields below, register now! Students may be invited for an interview for further discussion.

--- Photography / Video-production
--- Master of Ceremonies
--- Simultaneous Interpretation
--- Organizing workshop for College students
--- Audio-Visual Support
--- Writing (e.g. creative writing or student reporter in publications)
--- Art & Design (e.g. posters or infographics)

Let us know what you are interested in and excellent at:
https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838

Don’t hide your talents, shine in the College!

Enquires: Ms Carrie Zeng (carriezeng@cuhk.edu.hk /3943 3934)
Miss Kiki Chan (kikiwkchan@cuhk.edu.hk /3943 9775)

(Back to top)

College Funding & Awards Schemes

1. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃



Grab the chance, be creative!

Be Entrepreneurial! Funding Scheme supports students to implement various short-term projects fulfilling the College’s core values of **creativity**, **entrepreneurial spirit**, and **social responsibility**.

All undergraduate students, regardless of discipline and year of study, are welcome to apply all year round. **The maximum funding amount is up to HK$20,000!**

Online application is now available, simply submit your application with one click
- https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13716661
Check out the details through this link.

Enquiries:
Ms Carrie Zeng (carriezeng@cuhk.edu.hk / 3943 3934)

(Back to top)

2. Global Learning Award Scheme



The Global Learning Award Scheme (GLAS) aims to encourage students to initiate or participate in non-local academic or experiential learning programmes with the main purpose of LEARNING. Applicants will be awarded the "Global Learning Award" and receive the award amount after completing all post-trip requirements on time.

Students can apply funding for the self-initiating trips, overseas programmes, and virtual programmes.
For further details, please refer to college website for application guidelines.

Round	**Applying for trips taken during** (for trips overlapping both rounds, first date of the trip shall determine the application period)	**Application period**
Winter	1st Nov 2025 – 30th Apr 2026	1st May 2025 – 31st Oct 2025

Application: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13709358

(Back to top)

3. Self-Motivation Fund for Health and Well-being Activities



Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities in order to strengthen your **physical health** and **mental wellness**.

Eligibility:
For Wu Yee Sun College students who participate in health and well-being activities organized by organization(s) other than the College.

There are two categories of activities you can apply :
(i) Health and Well-being Activities
Examples :
Healthy Cooking Class, Trial Course on Musical Instruments, Course about Nutrition or Chinese Medicine, Mindfulness Workshop, Mental Health First Aid Course
Funding amount : Maximum $1500 or Up to 60% of application fee and course fee (whichever is lower)

(ii) Qualification Courses for Health and Well-being Instructors
Examples :
Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art or Music Therapy Instructor Course
Funding amount : Maximum $3000 or Up to 60% of course fee (whichever is lower)

Take a look at the guidelines and the **reflection template** to start your healthy life now!!!
Application : https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283

Enquiries:
Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)
Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

(Back to top)

4. Self-Motivation Fund for Sports Activities



Self-Motivation Fund for Sports Activities *encourages students to participate in various kinds of* ***sports activities*** *and* ***qualification courses for sports coach****, in order to live up the spirit "Sports for Everyone".*

To enhance students' ability to adapt to challenges in life, you are encouraged to participate in activities with resilience element

Funding Amount:
Sports Activities: Maximum $1500 or Up to 60% of application fee and course fee (whichever is lower)
Qualification courses for sports coach: Maximum $3000 or Up to 60% of course fee (whichever is lower)

Take a look on the guidelines and report template, and challenge yourself with different activities.
Application : https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283

Enquiries:
Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)
Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

(Back to top)

5. Self-Motivation Fund for Sustainability Activities



To encourage students to conserve natural and cultural resources and empower the underprivileged with an aim of achieving sustainable living for everyone, Self-motivation Fund for Green Activities has extended its scope and now re-named as **Self-motivation Fund for Sustainability Activities**.

Funding Amount:
Sustainability Activities:
Maximum $1500 or Up to 60% of application fee and course fee (whichever is lower)

Qualification courses for instructors of sustainability activities: Maximum $3000 or Up to 60% of course fee (whichever is lower)

Take a look on the guidelines and reflection template, and challenge yourself with different activities.

Application : https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283

Enquiries:
Ms. Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

(Back to top)

6. Mingle Fund



Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College.

The Fund mainly supports daily and social activities with the participation of Both local students and international / incoming exchange students (i.e. there should be at least one local student AND at least one international / incoming exchange student.)

Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK$100 subsidy for the activity.

More Details: *https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/*

Enquiries:
Ms. Karen Sham (karensham@cuhk.edu.hk / 3943 3935)

(Back to top)

7. Service-learning project Funding Scheme 服務學習項目資助計劃



If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College's Service-learning Project Funding Scheme supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning project.

Learn to serve and serve to learn! Please visit the website for more info.

Enquiries:
Ms. Karen Sham (karensham@cuhk.edu.hk / 3943 3935)

(Back to top)

Other Activities & Announcements

1. Student Residence Bursary Scheme 學生宿舍助學金計劃

Eligibility

To be eligible to apply for the CUHK Student Residence Bursary 2025/26, applicants must:
1. be local full-time undergraduate students;
2. be registered residents of the hostel and have resided in hostel for at least 75% of the time of the term (based on the availability of the hostels for students);
3. have average monthly household income (during the period from 1st Apr 2024(Mon) to 31st Mar 2025(Mon)) lower than the median of the monthly household income published in the most recent Quarterly Report on General Household Survey by the Census and Statistics Department (*Please refer to the Guidelines for the monthly household income bandings*);
4. be not able to benefit from the government hostel subsidy or receive less than $1,920 per term under the government hostel subsidy.

Amount of Bursary

1. For eligible needy students who are not able to benefit from the government hostel subsidy, the value of each bursary will be $1,920 per term.
2. For eligible needy students who receive less than $1,920 per term under the government hostel subsidy, the value of each bursary will be the difference between $1,920 and the approved amount of the government hostel subsidy.
3. The maximum amount of bursary for residents of all types of shared rooms will be the same.

Application Procedures

1. Eligible students who live in hostel for the first term or the whole year should submit their online application in CUSIS (Website: https://www.cuhk.edu.hk/cusis; MyCUHK > Click 'CUSIS' icon > Click 'Scholarships and Financial Aid' icon > Select 'Online Application Form' > Public Application > click the magnifying glass to select "Student Residence Bursary") during the application period **from 2nd Oct 2025(Thu) to 28th Nov 2025(Fri)**.
2. Applicants should print out Section 7 of the online application form and submit it together with the supporting documents to the College on or before the application deadline.

Application details: https://admission.cuhk.edu.hk/fees-financing-your-studies/financial-aid/open-for-applications/

Enquiries:
Office of Admissions and Financial Aid (3943 1898 / 3943 7205)

(Back to top)

2. CUHK Outgoing Exchange Programmes 2026-27



Call for action!
Talk to the team at the on-campus outreach activities and i-Centre (1/F, YIA). Submit your application through CUSIS now!

Should you have any enquiry about the programmes,
please feel free to contact OAL (iasp@cuhk.edu.hk / 3943 7597)

(Back to top)

3. [Online Briefing] Empower Your Visionary Journey with Orbis Future Vision Leader 2025/26: Heal The Healer!



Discover How You Can Make a Difference – Online Briefing on October 8, 2025

Are you ready to tackle global challenges and make a real-world impact? Join Orbis Online Briefing Sessions to learn how university students like you are empowered to create innovative solutions through mentorship, training, and competitions.

-- Event Details --
Date: 8th Oct 2025(Wed)
Time: 1:30 – 2:30 PM (Cantonese) / 5:30 – 6:30 PM (English)
Register Now

Why Join Orbis Future Vision Leader 2025/26?
By 2050, the number of visually impaired individuals is expected to triple globally, placing immense pressure on healthcare systems. This campaign is your chance to make a difference by becoming an advocate for eye health in Hong Kong! Orbis welcomes students in fields such as medicine, nursing, optometry, healthcare innovation, and public health, or related fields.

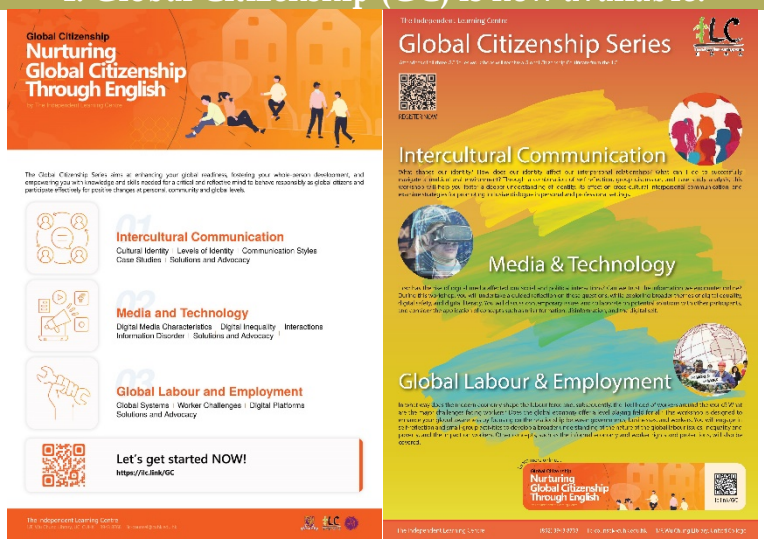
Calling all Global Eye Health Enthusiasts!

More details
Enroll Now

Enquiries: student.hk@orbis.org / 2508 7025

(Back to top)

4. Global Citizenship (GC) is now available!



Global Citizenship (GC) is now available! There are 3 modules, including intercultural communication, media and technology, and global labour and employment, which you learn more about yourself and your role as a global citizen in the today's world! Check it out at https://ilc.link/GC

Students who complete the 3 modules in the GC series will be qualified to earn a wonderful ILC token of appreciation!

(Back to top)

5. Community Resources for Emotional Support

<Jockey Club Electronic Clinic for Psychological Service (JC eClinic)>

Common mental disorders such as depression and anxiety are highly prevalent among young adults. The clinical psychological services team of New Life Psychiatric Rehabilitation Association aspires to make evidence-based psychological interventions more accessible and affordable to the public. They offer the following service to young adults free-of-charge :



Jockey Club Electronic Clinic for Psychological Service (JC eClinic) offers high-intensity psychological intervention through online platform for young adults with mixed diagnoses of depression and anxiety. It offers a hybrid mode of delivery, including an online platform with self-learning modules and live sessions meeting with therapists. The therapy delivered by JC eClinic is Transdiagnostic Cognitive Behavioral Therapy developed by Boston University.

Details : https://eclinic.hk/e_clinic/

<Samaritan Befrienders HK>
Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.
24-hour Hotline: 2389 2222 (Cantonese)
Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead

English Emotional Support Hotline: 2389 2223
An English Emotional Support Hotline has been set up to provide emotional support to English speakers
Service Hour : Monday to Friday 6:30 pm-10:00 pm

Suicide Crisis Intervention Centre: 2341 7227 for appointment
Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services

Family Helpline: 2319 1177
Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis

(Back to top)

6. Independent Learning Centre (ILC) Services for Students

Independent Learning Centre (ILC) provides a resource rich environment for students to reflect on and engage in their role as Independent Learners. If you are interested in improving your academic and language skills, you can visit the ILC website regularly for the latest updates (https://www.ilc.cuhk.edu.hk/EN/workshops.aspx). Below are some ILC workshop highlights for the academic year 2023-24 :

1. University Study Skills Series
2. Writing Success Series

3. Job Preparation Series
4. CRE/ JRE Series
5. Exam Preparation Series

If you are looking for more advanced reading and writing skills, here are some online modules you can use: Active Reading Series (which provides tips and practices on reading journal articles more critically, more efficiently, and more effectively); Critical Thinking Series (which shows students what logical fallacies are and how to avoid them); and the Academic Publication Series (which shows novice writers the road map of getting their first papers publishes) - https://ilc.link/ARCTAPS

For students who think they will benefit from having a one-to-one meeting with our teachers on their specific learning needs or need guidance in devising their independent learning plan, they can book a 30-minute consultation session, and our schedule can be found here: https://www.ilc.cuhk.edu.hk/EN/consultation.aspx

The ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support our students. Details are available at: https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx

(Back to top)

7. Guided Imagery videos are now available on Sunshine At CUHK's YouTube and Mobile App 意象鬆弛法影片現已登陸中大有晴 YouTube 及 手機應用程式



Living in a busy city, we often feel the urge to escape and release the emotions that have been piling up. However, it's not easy to set aside a whole day from our studies or work.

Guided imagery can help you relieve stress and soothe anxiety by imagining a tranquil and pleasant place. Simply set aside 10 minutes and go on an impromptu journey with Sunshine At CUHK.

Guided Imagery – Forest (English Version): https://youtu.be/Ie16jU9h6Kc
🌳 Walking through an imaginary forest through guided imagery and allowing yourself to relax.

Guided Imagery – Lake (English Version): https://youtu.be/vQCrlWhyl68
🌄 Enjoying an imaginary lake view through guided imagery and finding your inner peace.

Guided Imagery – Mountain (English Version): https://youtu.be/GZPMIsTDhKc
🏞 Hiking on an imaginary mountain through guided imagery and awakening your inner strength.

Other guided Imagery videos are all available on Sunshine At CUHK's YouTube channel. Remember to comment, like, and subscribe!
📽️ Sunshine At CUHK 中大有晴: https://youtube.com/@sunshineatcuhk9210

You can also enjoy the guided imagery videos in Sunshine At CUHK Mobile App under the "Mindfulness Exercise" section. Download it now!
📌 iOS: https://apple.co/3qKoTDK
📌 Android: https://bit.ly/3wS5JNt

生活在忙碌的都市之中，我們總會想出走一下，解放堆積如山的情緒。但要放下學業或工作一整天又談何容易。

意象鬆弛法可以通過想像一個寧靜宜人的地方來幫助你緩解壓力和焦慮。只要 10 分鐘，讓中大有晴陪你來一場說走就走的旅程。

意象鬆弛法 – 森林篇(廣東話版): https://youtu.be/SnpmdYdviaI
🌳 透過意象鬆弛法，在腦海中漫步森林，讓自己放鬆一下。

意象鬆弛法 – 湖水篇(廣東話版): https://youtu.be/D8vPbHU0teo
🌅 透過意象鬆弛法，在腦海中欣賞湖水，尋找內心的平靜。

意象鬆弛法 – 山丘篇(廣東話版): https://youtu.be/TstpaewapjI
🏞️ 透過意象鬆弛法，在腦海中登上山丘，喚醒內心的力量。

其他意象鬆弛法影片盡在中大有晴 YouTube 頻道。記得留言，讚好同訂閱啊！
📽️ Sunshine At CUHK 中大有晴: https://youtube.com/@sunshineatcuhk9210

你亦可於中大有晴手機應用程式中的「靜觀練習」欄目中觀看意象鬆弛法影片。立即下載！
📌 iOS: https://apple.co/3qKoTDK
📌 Android: https://bit.ly/3wS5JNt

(Back to top)

To unsubscribe, please email us at info.wys@cuhk.edu.hk.