The Sunny Weekly

20th Oct 2025

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其他活動及宣佈事項

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Sunny Review

1. College Forum – "From People with Disabilities to People of Differences"



The third College Forum of this semester, titled "From People with Disabilities to People of Differences," was conducted by Mr. Peter K.H. WONG (黃錦豪先生), Deputy CEO of Dialogue in the Dark (HK) Foundation, last Friday. We were glad to have Dr. Lancelot W.H. MUI (梅維浩博士), Associate Dean of General Education, for moderating the forum.



Peter highlighted how the Dialogue in the Dark (HK) Foundation is shifting societal perceptions by transforming the narrative from viewing individuals solely as beneficiaries with disabilities to recognizing them as People of Differences (PoDs) and Impact Creators. He discussed how PoDs inspire change across four key segments: the public, education and NGOs, corporate and government sectors, and social services, illustrating the extensive societal impact of this new mindset. Through his engaging stories and practical insights, Peter encouraged students to challenge stereotypes, embrace diversity, and become active contributors to social change.

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2. c!ab 3D Printing Workshop



The c!ab 3D Printing Workshop held on 14th Oct was a resounding success, showcasing the fusion of innovation and creativity in a hands-on learning environment. Participants delved into the realm of additive manufacturing, exploring the intricacies of 3D design and printing techniques.



Under the guidance of skilled instructors, attendees navigated through the fundamentals of 3D printing, from concept ideation to the final production phase. They learned to create intricate designs, understanding the nuances of layering and material selection crucial for optimal printing outcomes.



The workshop fostered a collaborative atmosphere, encouraging knowledge exchange and problem-solving among participants. From prototyping to post-processing, individuals gained practical insights into the transformative potential of 3D printing across various industries.

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3. English through Tea Appreciation 品茶學英語





The "English Through Tea Appreciation" workshop was an engaging and enriching experience that seamlessly combined language learning with cultural exploration. Last Wednesday, we were honoured to have Dr. Joyce LEE (李樂軒博士), an Advanced Certified Tea Sommelier accredited by the China Adult Education Association, offer our College students a sensory journey through the world of teas, from smoky black to fragrant oolong tea, enhancing vocabulary with tea-themed idioms and descriptive adjectives through interactive games.




Additionally, the hands-on activities, such as brewing techniques, provided practical skills like water temperature control and steeping times, making the session both educational and fun. Students gained valuable insights into social etiquette related to tea drinking, fostering a deeper cultural understanding.

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4. SEN CAN - Chocolate Making Workshop

With support from the Committee Against Discrimination and Sexual Harassment, the SEN CAN - Chocolate Making Workshop was successfully held on 16th Oct.

We were honoured to have Hello Cocoa, a social enterprise dedicated to empowering individuals with special educational needs (SEN) through meaningful employment and skills development. They shared inspiring stories of their chocolatiers and demonstrated essential chocolate-making techniques.




Participants enjoyed a hands-on session, learning skills such as tempering and moulding under the guidance of a skilled chocolatier. The workshop also featured heartfelt sharing from a chocolatier and shop manager with SEN, who spoke about their journeys of overcoming challenges and thriving in their roles.




The workshop not only offered an engaging activity but also served as a powerful reminder of the strength, resilience, and potential within every individual.

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5. c!ab Deeper Insight into FoodBanking Network

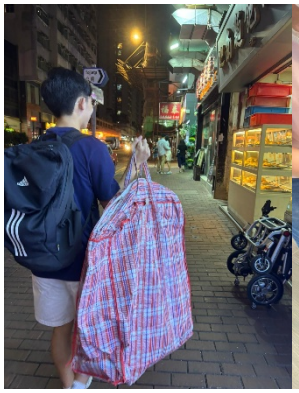




The voluntary food rescue initiative, Deeper Insight into FoodBanking Network, hosted by c!ab on 8th Oct, provided participants with a profound glimpse into food insecurity in Hong Kong. Despite being affluent, the city discards vast amounts of food daily, while a significant portion of the population faces food shortages and poverty. This initiative aimed to combat food waste by joining the breadline.




Utilizing a digital platform dedicated to food rescue, participants accessed real-time data on bakeries with surplus bread, allowing them to collect and redistribute unsold bread. During this session, volunteers visited six bakeries near Hong Kong University, collecting over 100 bread loaves and delivering them to Sheung Wan.




This experience was not only enriching but also impactful. Participants actively contributed to reducing food waste and supporting communities in need. The use of the digital platform offered flexibility, convenience, and a unique opportunity for volunteers to engage in meaningful work. It was a memorable and eye-opening experience for all involved.

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College Activities

1. 宜孫大笪地招攤 Booths Wanted for Sunny Festival



rahhhenenah!!!💢💃
💫🌟宜孫十八歲生日大笪地招攤啦🔥‼
大家咁辛苦考完 mid-term 想約班朋友狠狠玩一波？😻想做啲嘢 firm 一 firm 班 omate 們? 😋想出嚟做吓小生意賺錢交學費？🤑
咁就嚟宜孫大笪地啦！唔理係想賺大錢🤑定係想同朋友一齊玩😚我哋都歡迎你‼❤️快啲加入我哋啦～

🎪**大笪地詳情如下：**
日期：18/11/2025（二）
時間：18:00-23:00（22:00 開始清場）
地點：伍宜孫書院圓夢臺及如日坊平台
收費：
中大學生：$180（不帶電）；$230（帶電）；$250（遊戲攤位不帶電*）
非中大人士：$260（不帶電）；$310（帶電）；$350（遊戲攤位不帶電*）
另收按金：$200
付款方式：FPS/PayMe
*將為遊戲攤位提供更多空間

🎈**投攤截止日期：**25/10/2025 23:59
‼投攤結果公佈日子：28/10/2025

有興趣嘅同學記得要喺投攤截止之前交左份 google form 佢啦👇
https://docs.google.com/forms/d/e/1FAIpQLScHvmRfq3G4c4D_MxFgFdM4gta0tswYG53BqqZSOlegXuTUqg/viewform

如有任何疑問/查詢，歡迎聯絡我哋：
IG: @wysanni25

rahhhenenah!!!💢💃
💫🌟Wu Yee Sun 18th Birthday Sunny Festival Booth Recruitment is Open Now! 🔥

Looking to unwind with friends after those intense mid-term exams? 😻 Want to strengthen your bond with your hallmates/omates? 😋 Or maybe you're ready to run a mini business and earn some tuition money? 🤑
Then don't miss the Wu Yee Sun Sunny Festival! Whether you're here to make big bucks 🤑 or just chill with your crew 😙, we've got a spot for you. Sign up now and join the fun!! ❤️

🎪 **Sunny Festival Details:**
Date: 18/11/2025 (Tue)
Time: 18:00-23:00 (start clearing up at 22:00)
Venue: Terrace of Dreams & Rooftop of The House of Sunny Living
Fee:
CUHK Students: $180 (Without Electricity); $230 (With Electricity); $250 (Game Booth Without Electricity*)
Non-CUHK Units: $260 (Without Electricity); $310 (With Electricity); $350 (Game Booth Without Electricity*)
Additional Deposit: $200
Payment Method: FPS/PayMe
*More Space will be allocated to game booths

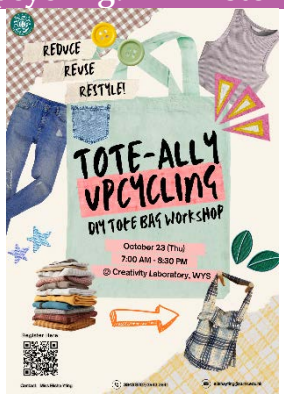
🎈 **Application Deadline:** 25/10/2025 23:59
!! Result Announcement Date: 28/10/2025

Submit the Google form before the application deadline if you are interested 👇
https://docs.google.com/forms/d/e/1FAIpQLScHvmRfq3G4c4D_MxFgFdM4gta0tswYG53BqqZSOlegXuTUqg/viewform

If you have any questions/enquiries, feel free to contact us:
IG: @wysanni25

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2. Tote-ally Upcycling: DIY Tote Bag Workshop



Unleash your creativity and sustainability spirit at our Tote-ally Upcycling: DIY Tote Bag Workshop! Join us with our lab assistant, Chan Myae Yamon Thwinin (BENG/4), in a hands-on experience where you'll craft your own tote bags from unwanted clothing fabrics. Learn to use a sewing machine, expand your skill set, and dive into the vibrant world of c!ab.

Not just about upcycling, this workshop is a gateway to a more creative and connected community. It's a chance to mingle with College mates, have fun, and embrace the essence of c!ab. Students can then take away their very own designs after the workshop. Let's breathe new life into fabrics, equipment, and your imagination! 👗🧵🪡

Details ---
Date: 23rd Oct 2025(Thu)
Time: 07:00 pm – 08:30 pm
Venue: c!ab
Deposit: $50 (Refundable after completion)
Quota: 10-12 (first-come, first-served)

Remarks: Students are recommended to bring their own unwanted clothes, preferably those with longer and thicker fabrics.

Submit the deposit before 22 Oct (Wed), 5 pm at the DOS Office, UG/F to confirm your attendance (Refundable after completion)

Details & Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13719508
Enquiries: Miss Elisha Yting (elishayting@cuhk.edu.hk / 39439767)

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3. c!ab MindSpace Visiting 精神健康體驗館參觀



MindSpace Visiting

What do you think of Mental Illnesses? 🧠
Is it "Taboo"? Or something to be ashamed of?
Even today, stigma and stereotypes still cloud our understanding of mental health.

In the upcoming event, c!ab will bring you to step into MindSpace ✨ Through immersive and interactive activities, you'll explore emotions, stress, and psychological well-being from a whole new perspective 📘 It's time to rethink, relearn, and reconnect—with yourself and others. Sign up now to join us!

Date: 13/11/2025 (Thu)
Time: 12:00pm - 05:00pm
Location: MindSpace
Language: Cantonese
Fee: Free
Deposit: HK$50 (will be refunded after the workshop)
Application Deadline: 2nd Nov 2025(Sun)

If you are interested in understanding the world of mental illness and helping raise awareness, come and join us now!

Limited places available, registration is on a first-come, first-served basis

Register Now: https://forms.gle/hzXBCxcECvnb3NT78

精神健康體驗館參觀

精神病 = 報應？家醜？定係…誤解？ 🧠
嚟緊 c!ab 會帶大家走入精神健康體驗館 ✨
透過互動活動，打破對精神病嘅偏見，重新認識精神健康 ~
用一個全新角度了解情緒、壓力同心理狀況 📘

聽講活動仲有沉浸式體驗等緊大家㗎!
快啲報名啦，唔好錯過!

日期：13/11/2025（四）
時間：12:00-17:00
地點：精神健康體驗館
語言：粵語
費用：全免
按金：HK$50 (將在工作坊結束後退還)
報名截止日期：2/11/2025（日）

如果大家想對精神健康有更深入了解的話，就快啲報名參加啦(Link in bio)
名額有限，先到先得
報名: https://forms.gle/hzXBCxcECvnb3NT78

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4. WYS Campus Run 環校跑



The annual Campus Run is back 🏃make sure to register with your friends! 🙌

WYS Campus Run
Date: 14th Nov 2025(Fri)
Time: 11:00am - 01:00pm
Gathering Venue: Wu Yee Sun College Gallery
Eligible participants: WYS students, staff and alumni
Quota: 200 (including male & female)
Fee: Free of Charge
Application Deadline : 7th Nov 2025(Fri)

🌟The total length is 2.6km, with options of Full Route & Leisure Route
🌟5 PE marks will be awarded to participants (For Full Route)
🌟Trophies for the top 3 male and female runners 🏆 and medals for 4th and 5th places 🏅 (For Full Route)
🌟Recommended dress code: WYS Go Green Tee

Click the link below to register and find the detailed regulations Here
Registration: https://forms.gle/4zbvETdA7ZTtyBuKA

If you have any enquiries, please feel free to pm wys.sports.asso IG

一年一度嘅環校跑又嚟啦🏃 記得同埋班 Friend 一齊報名啦💪🏻

WYS Campus Run
日期: 14/11/2025 (星期五)
時間: 11:00 - 13:00
集合地點: 伍宜孫書院大堂
對象: 伍宜孫書院學生、教職員 及 校友
名額: 男女總共 200 名
費用: 全免
截止報名日期: 7/11/2025 (星期五)

🌟全程 2.6 公里，可以選擇全程 / 悠閒路程
🌟參加者有 5 分 PE 分 (只適用於全程)
🌟男女頭三各有獎盃🏆 而四五名會有獎牌🏅(只適用於全程)
🌟參加者建議穿著淺綠色 Go Green Tee

有興趣參加嘅可以攞下面個 link 報名同查閱比賽章程及規則 :
報名表格 : https://forms.gle/4zbvETdA7ZTtyBuKA

如有疑問，歡迎 IG pm wys.sports.asso 查詢

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5. 語文文化桌 - 蝴蝶與自然寫作



蝴蝶被稱為最美麗的昆蟲。在香港與蝴蝶相遇，書寫蝴蝶，能帶給我們對自然、文化、人與非人類生命之間哪些感悟？鄒文律博士將與你分享在香港賞蝶、寫蝶的故事。

講者：鄒文律博士
講者簡介：香港中文大學中國語言及文學系哲學博士。擁有多年於中學、大學任教創意寫作課和主持文學講座的經驗，亦曾協助教育局舉行教師培訓工作坊。著有學術專書《城景變幻——後九七香港青年作家小說論（1996-2018）》、小說《籠子裏的天鵝》、《N 地之旅》、詩集《刺繡鳥》等作品共十本。屢獲獎項，並擔任大學文學獎在內多個徵文比賽評判。
日期：2025 年 11 月 26 日 (三)
時間：晚上 6:30 至 8:30
地點：伍宜孫書院教職員飯堂
語言：粵語
按金：港幣$50 (完成活動後全數退回)
報名： https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13716789

截止日期：2025 年 11 月 18 日

*名額有限，先到先得。
報名次序以繳交按金先後次序為準，請將按金交至書院辦公室(G03)。

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

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6. 3 on 3 Basketball Competition



Looking for the right sport to energise yourself as the school year begins? Why not invite some friends to play basketball together? 🏀 We will be holding the WYS Basketball Cup, with plenty of prizes awaiting.

🏀WYS 3x3 Basketball Cup 🏀
Date: 1st Nov 2025(Sat)
Venue: NA gymnasium
Time: 04:30pm - 09:00pm
Number of participants: 48-80 (12 teams of boys, 4-8 teams of girls)
Quotas are limited
Fee: $80 per team (via FPS/PayMe) with a minimum of 3 games

⚠Team forming requirements: 3-4 people in a team with at least 3 Wu Yee Sun Students.
⚠At most 2 College Basketball Team members/ 1 U-team member allowed in the same team
⚠Special remarks: Participants can obtain 5 PE marks

🔗Registration Form & Rules:
https://forms.gle/PjEqjqLggjfRsRV88

三人籃球賽 2025
日期: 11 月 1 日（星期六）
時間：下午 4 點 30 分至 9 點
地點：NA Gym
人數：48-80 人（12 隊男子，4-8 隊女子）
費用：每隊$80（可以經 Payme 或 FPS 繳交）

⚠每隊人數上限為 4 人，下限為 3 人（隊中最少要有 3 名伍宜孫學生）
⚠每隊最多 2 名書院院隊成員/ 1 名校隊成員
⚠參加者會有 5 分 PE 分

🔗報名及比賽規則:
https://forms.gle/PjEqjqLggjfRsRV88

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7. Recruitment of Student Ambassadors for College Graduation Ceremony 2025

We are recruiting student ambassadors to provide on-site support for the College Graduation Ceremony on 6th Nov 2025 (Thu), please see below for details:

Date: 6th Nov 2025 (Thu)
Time: 10:00 am – 05:00 pm (exact working hours may vary depending on assigned duties)
Duties: assist in venue set-up, greeting and ushering guests, crowd control and distribution of materials
Venue: Lecture Theatre, Shaw College or Wu Yee Sun College
Rate: $64 per hour
Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13718571

Please submit your application **by 20th Oct 2025(Mon)**. Shortlisted students will receive an email from the College for further arrangements.

For enquiries, please feel free to contact Ms Stephanie Leung (stephanieleung@cuhk.edu.hk /3943 9773) for more information.

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8. Wellness & Creativity Nights with Resident Tutors – Traditional Chinese Herbal Aroma Bag Workshop and Music Chill Night

Feeling overwhelmed with mid-terms? Resident Tutors invite you to unwind and connect through two exciting activities:

Traditional Chinese Herbal Aroma Bag Workshop

20th Oct 2025(Mon) | 8:00pm – 9:00pm | c!ab



Join Resident Tutor Anna, a postgraduate student in Chinese Medicine, for a hands-on workshop where you will create your own herbal aroma bag! Choose from blends designed for stress relief, mosquito repellent, or better sleep. Learn about the healing properties of traditional herbs while crafting something uniquely yours.

Registration: https://docs.google.com/forms/d/e/1FAIpQLSdO-k4am5xFvY2ylPBZXOCkz-qMH9v3VDMaLdAshjEWK0_VFA/viewform

Music Chill Night (Collaborated with Music Society)

Music Gathering (Performers Only): 21st Oct | 7:00pm – 9:00pm | The Lounge

Performance (Open for ALL): 14th Nov | 6:30pm – 8:30pm | College Gallery



Whether you're a seasoned musician or just love good vibes, you are most welcome to join Music Chill Night! Jam with fellow residents or simply sit back and enjoy a night of music appreciation. Mingle with your peers who are music lovers. Presented by Resident Tutors in collaboration with the Music Society, do not miss the opportunity of enjoying relaxing and harmonic evenings.

Sign up for Music Gathering (For Performers) now:
https://docs.google.com/forms/d/e/1FAIpQLSebDpN_Xu3hGB-clpKx_psmGfvPJ4lHdY_hdO3kKugJL6v7Cw/viewform

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9. WYS Term-long Exchange Programme 2025/26 - Open for Application



The College Term-long Exchange Programme 2026/27 is now open for application.

A wide array of outgoing exchange opportunities is available in 2026-27, destinations include Australia, Canada, Italy, Netherlands, Singapore, USA, etc. For details, please refer to the College website (https://wys.cuhk.edu.hk/whole-person-development/exchange/). If you are interested to apply for an exchange, please submit your application online (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13718900) by **29th Oct 2025(Wed)**.

Online Introduction Session

If you wish to know more about the College Exchange Programme, or how to better prepare for your application, you are invited to attend the **online** Introduction Session on **24th Oct 2025 (Fri), 06:45pm – 08:00pm**. Our previous students will also share about their exchange journey. Sign up here.

Notes for Application Form

Kindly note that the application form **MUST be completed in English**.

Please make sure you press the "**Submit**" button to submit your application, and a confirmation email will be sent to you after successful submission. **Late applications will not be processed or accepted.**

Applicants will be given chances to change their preference by mid-Jan 2026 after the Term 1, 2025/26 result is released. Therefore, please make your choices based on the details on the College website for the time being.

Bonus for "Interacting Across Cultures"

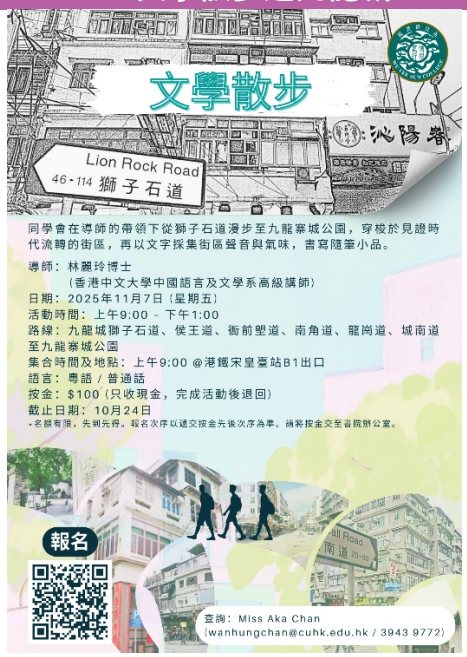
"Interacting Across Cultures" is a platform developed by The Independent Learning Centre. The materials in this Platform may give students some insight, especially about cultural differences and communication tactics. You are recommended to complete modules 1-4, 6-7 before departure. Check it out at:
https://www.ilc.cuhk.edu.hk/workshop/IAC/#c01

In the application form, you will be asked to indicate if you have completed and submitted the modules. Kindly note that it is **not compulsory**, yet a **BONUS will be given** to those who have completed them. Your submission will also serve as reference material for interviewers.

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

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10. 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)

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11. English Through Wine and Cheese Appreciation 品酒嚐芝學英語



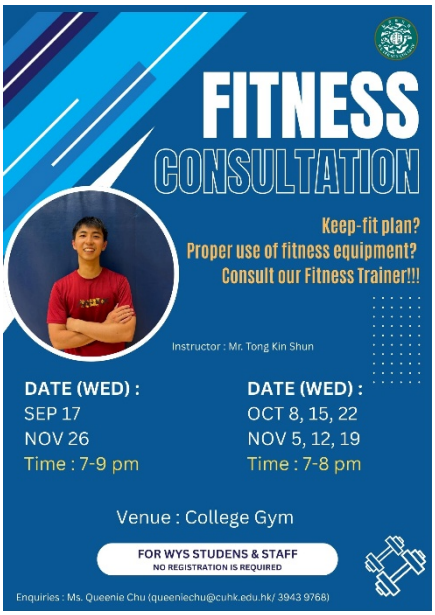
洋酒與芝士一向被譽為餐桌上的天作之合，巧妙配搭兩者可使滋味倍增，為味蕾帶來豐富的享受。通過參加「品酒嚐芝學英語」工作坊，同學可以學到洋酒與芝士的有趣知識、用於洋酒釀造的重要葡萄品種及相應的成酒風格、入門洋酒術語，並可即場體驗與品嚐精選洋酒與芝士的配搭。

Let's taste the fun and charm of wine and cheese pairing! This workshop will include: fun facts on wine and cheese, important grape varieties and their wine styles, how geography plays its magic on wine, a brief introduction to the French wine terms, and of course, a comprehensive tasting of well-selected wines and cheese!

Instructor: Ms. Anna Tam
[2022 Pioneer in Spirits and Bar Industry Award Winner, 2023 World Gin Award Gold Medal Winner, and 3 Sips Gin Distiller, Co-founder and Distiller of Annastill XiangJiu, 2025 International Wine and Spirits Contest Silver Award Winner]
Date: 24th Nov 2025 (Mon)
Time: 6:30pm – 8:30pm
Venue: W112 – 114, Wu Yee Sun College
Eligibility: **Students aged 18 or above**
Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13714050
Deadline: 10th Nov 2025 (Mon)
Deposit: $100 (Refundable upon completion of the activity)
*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)

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12. 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) :
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)

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College Announcements

1. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be out of town from 24th Oct 2025(Fri) to 2nd Nov 2025(Sun). During this period, Professor Joan Z. Zuo (左中教授), Associate College Master and Warden of East Block has been appointed the Acting Master of Wu Yee Sun College.

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2. Reservation of Rowing Machines in College Gymnasium for Rowing Team Training

All rowing machines in College Gymnasium will be reserved at the following timeslots for College Rowing

Team Training:

From 13th Oct 2025(Mon) – 31st Dec 2025(Wed)	
Monday	8:00 pm – 9:30 pm
Tuesday	6:30 pm – 8:30 pm

Wednesday	8:00 pm – 9:30 pm
Thursday	6:30 pm – 8:30 pm

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3. 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)

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4. 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.

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5. 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

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6. 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/.

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7. 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.

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8. 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.

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9. 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)

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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)

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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

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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)

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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)

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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)

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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)

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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)

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Other Activities & Announcements

1. HKWCA_Fishpond Conservation - Fishpond and Ecology Conservation Ambassador Programme



Fishponds are not only places for fish cultivation, but also important artificial wetland habitats. They provide habitats and breeding grounds for birds and possess rich biodiversity. Fishponds exemplify the harmonious coexistence of humans and nature and embody the traditional fish farming techniques, as well as the history and culture of Hong Kong's fisheries.

Organised by Hong Kong Wetlands Conservation Association (HKWCA), "**Go Go Fishpond Ranger - Fishpond and Ecology Conservation Ambassador Programme**" aims at raising public knowledge and awareness of fishponds, thus promoting fishpond and ecology conservation and fostering harmony of humans and nature.

Programme Content

- Comprehensive indoor and outdoor training and assessment
- Voluntary services - promote fishpond culture & ecological conservation to the public; participate in conservation works

Target: Tertiary students (Welcome students of all majors; priorities will be given to students studying environmental-related subjects)

Quota: 20 students
Fee: Free of charge

- *Trainees who have completed the training and passed the assessment will become "Fishpond & Ecology Conservation Ambassador" to promote fishpond and ecology conservation to the public.*
- *The programme duration is 1 year. "Fishpond & Ecology Conservation Ambassador" with designated service hours will be awarded a certificate.*

Event Details: https://bit.ly/HKWCA_MAamb2025_PromoFlyer
Enrollment Form: https://bit.ly/HKWCA_MaAmb2025
Enrollment Deadline: 31 Oct 2025 (Fri)

Should you have any questions, please feel free to contact HKWCA at 5547 9784 or via email education@hkwca.org.hk.

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2. Morgan Stanley Hong Kong - 2026 Finance Full-Time Analyst Program

The Morgan Stanley Hong Kong office is currently recruiting for talent to join our **2026 Full-Time Analyst Program** in the **Finance Division**.

We are looking for:
Final-year students pursuing a Bachelor's or Master's degree, who are graduating before July 2026.

About the opportunity:
Finance protects the Morgan Stanley franchise by serving as guardian of the Firm's books and records. The division prepares financial and regulatory reports and maintains relationships with industry and firm regulators, serves as the conduit of financial information to the outside investment community. Finance plays a critical role as advisor to Morgan Stanley's various businesses and its senior management team.

The Finance Analyst Program offers an intensive hands-on introduction to Finance at Morgan Stanley. The Analyst will be rotating across teams during the first 2 years and work on a range of projects.

Apply now:
Learn more about the Finance Full-Time Analyst Program, and submit an online application **by October 26, 2025 at 23:55 HKT.**
https://morganstanley.tal.net/vx/brand-0/spa-1/candidate/so/pm/1/pl/1/opp/20490-2026-Finance-Full-Time-Analyst-Program-Hong-Kong/en-GB

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3. 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)

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4. 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)

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5. 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!

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6. 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

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7. 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

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8. 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

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