

Sunny Review 上周回顧

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

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

1. HKWCA Fishpond Conservation - Fishpond and Ecology Conservation Ambassador Programme<New>
2. HKWCA Fishpond Conservation - Fishpond and Ecology Conservation Ambassador Programme<New>
3. Student Residence Bursary Scheme 學生宿舍助學金計劃
4. CUHK Outgoing Exchange Programmes 2026-27
5. Global Citizenship (GC) is now available!
6. Community Resources for Emotional Support<Updated>

Sunny Review

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



The second College Round Table Dinner took place on 20th Oct at the College Staff Canteen. Prof. Ming-kay Poon (潘銘基教授), Associate Master & Dean of General Education, Prof. Terry C.F. Yip (葉卓風教授), Associate Dean of General Education & Vice-Chairperson of Scholarships and Financial Aid Committee, and Prof. Jacque P.K. Ip (葉栢勤教授), Member of Catering Services Committee, were invited to be the moderators for hosting the dinner.



Prof. Poon shared his memorable College experiences to deepen students' understanding of College life and encouraged students to take this opportunity to have meaningful exchanges with College members. Prof. Yip highlighted the unique College system at CUHK. He urged students to seize opportunities for social and academic engagement, connecting with individuals from diverse backgrounds and disciplines. In addition, Prof. Ip emphasized the significance of making full use of available resources, such as applying for scholarships and exchange programmes, to enrich students' academic journeys. The dinner fostered vibrant discussions among the students and College members, inspiring students to make the most of their College life through active engagement.

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2. German Cultural Workshop



Hosted by Mr. Bernd Esch, German Lecturer from the Department of Linguistics and Modern Languages, the German Cultural Workshop engaged with 10 Sunnies to explore German language and culture through interactive activities.



Accompanied by German music, participants also enjoyed a selection of signature German dishes and beer.

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3. Tote-ally Upcycling: DIY Tote Bag Workshop



The Tote-ally Upcycling: DIY Tote Bag Workshop held on 23rd Oct was an engaging and educational experience where students delved into the art of sewing and operating the sewing machine to create personalized tote bags from repurposed clothing and fabrics. Special thanks to Chan Chan (BENG/4) for skillfully guiding participants through sewing techniques, fabric handling, and design principles to craft unique and functional tote bags.



The workshop began with an introduction to the urgency of fast fashion waste, which is polluting the land and sea in developing countries, aimed at raising awareness and promoting the upcycling of unwanted clothing among students. Followingly, participants were offered a challenging opportunity to explore their creativity, master sewing machine operations, and acquire essential skills for working with different fabrics. Participants also delved into design thinking methodologies, piecing together materials to ensure durability and style. Despite the challenges, the process was both enriching and enjoyable. By the end of the session, attendees were able to take home their personalized, stylish tote bags.



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College Activities

1. 院慶 523 人宴 College Anniversary 523 Banquet



喂宜孫！一年一度嘅院慶又嚟啦～首先登場嘅，梗係我哋最期待嘅 523 人宴啦！無論你係想同 friend 一齊 reu，定係想感受下院慶熱鬧氣氛，都好歡迎大家一齊嚟宜孫 can 享受豐富晚宴！

今年人宴有超受歡迎嘅烤魚同椰子雞，等你大飽口福～仲有宜孫 mus soc、和聲 band 同恆仔&晨曦@Tonick 勁爆 live 表演，high 爆全場無難度！
現場仲設有刺激抽獎環節，人人有機會攞走豐富禮品！

咁精彩，仲等咩呀？即刻 tag 埋 fd 一齊報名，唔好錯過宜孫年度盛事啦 💧

523 人宴詳情如下：

日期：11/11/2025（二）

時間：18:30-21:00

地點：伍宜孫書院學生飯堂

收費：

執委：\$160

非執委：\$180（👉早鳥優惠到 26/10！）

正價：\$210

團購票：\$1,920/臺（12 人）

付款方式：FPS/Payme/Alipay

報名：https://docs.google.com/forms/d/1fG2qKUhmhU0OkIMeiOjGBaUm54fagxF_UbogMGojr_Y/

報名截止日期：4/11/2025（二）23:59

所有參加者將於 7/11/2025（五）收到電郵確認通知。

如有任何疑問/查詢，歡迎聯絡我地：

IG: [@wysanni25](#)

Hey Sunnies! Our annual College Anniversary celebration is just around the corner, join us at the much-anticipated 523 College Banquet! No matter you're reuniting with friends or just wanting to soak up the festive vibes, everyone is welcome to join us for a fantastic dinner at the WYS Student Canteen!

Enjoy our crowd-favorite grilled fish and coconut chicken, plus electrifying live performances by WYS Music Society, WS Band, and Hangjai & SenHei @Tonick – all set to bring the house down!
Don't miss our exciting lucky draw session – everyone stands a chance to win amazing prizes!

So, what are you waiting for? Tag your friends and sign up for the biggest event of the year at Wu Yee Sun! 💡

Event Details:

Date: 11th Nov 2025 (Tue)

Time: 6:30 pm – 9:00 pm

Venue: Student Canteen, Wu Yee Sun College

Ticket:

EC Member: \$160

Non-EC: \$180 (👉 Early Angry Birds discount until 26/10 !)

Regular fee: \$210

Group Ticket: \$1,920/table (12 people)

Payment methods: FPS / PayMe / Alipay

Registration: https://docs.google.com/forms/d/1fG2qKUhmhU0OkIMeiOjGBaUm54fagxF_UbogMGojr_Y/

Registration deadline: 4th Nov 2025 (Tue), 11:59 pm

All participants will receive a confirmation email by 7th Nov 2025 (Fri).

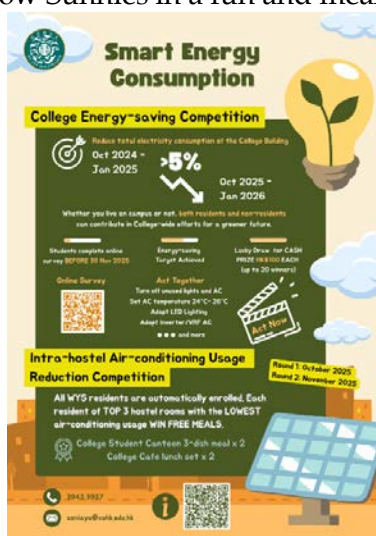
For any questions or enquiries, feel free to contact us:

IG: [@wysanni25](#)

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2. Smart Energy Consumption: College Energy-saving Competition and Intra-hostel Air-conditioning Usage Reduction Competition

- **Save Energy:** Help reduce our collective carbon footprint.
- **Win Prizes:** **Enjoy delicious treats from College Canteen and Café, and an opportunity of CASH PRIZE**
- **Build Community:** Engage with fellow Sunnies in a fun and meaningful way.



College Energy-saving Competition (For ALL WYS students)

Complete the followings **on or before 30th Nov 2025(Sun)**:

1. Online survey (Click [HERE](#)); AND
2. Post one energy-saving action you have taken using your own Instagram account with the hashtag #WYSSavePower and keep the post published until 31st Mar 2026(Tue)

If the targeted reduction in electricity consumption is achieved, students who complete this online survey and post an energy-saving action taken using their own Instagram account before the submission deadline will be entered into a lucky draw. **Each lucky draw winner can receive a cash prize of \$100 (Up to 20 winners).**

Intra-hostel Air-conditioning Usage Reduction Competition (All residents are automatically enrolled)

- The hostel room with the lowest air-conditioning usage during the competition period will be declared the winning hostel room.
- Max. 3 hostel rooms will be awarded. In case of a tie, winners will be selected through a random draw.

Each resident of the winning hostel room can win **FREE MEALS**

- TWO meals of a 3-dish meal of College Student Canteen & TWO lunch sets of College Café

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3. 果宜唔孫為您呈獻: 水果知識小展覽 Imperfectly Perfect Presents: Fruit Exhibition (Be Entrepreneurial! Funding Scheme)



果宜唔孫為您呈獻 ✨ 水果知識小展覽 ✨

除咗會更加詳細解釋點樣界定醜陋水果、保存小技巧、改造方法之外，我哋仲有重頭戲：水果乾手飾工作坊 🍯
你可以親手製作屬於自己嘅獨特水果乾手飾 🍯 🍯，免費！免費！免費！（重要事情說三次）數量有限，先到先得！記得係以下時間搵我哋啦～

日期：27/10-31/10（29/10 除外）

時間：12:00-19:00

地點：伍宜孫書院大堂

想了解更多我哋嘅活動，歡迎 ig follow @wys_imperfectly_perfect

https://www.instagram.com/wys_imperfectly_perfect

Imperfectly Perfect Presents ✨ Fruit Exhibition ✨

In addition to providing detailed explanations on how to define ugly fruit, preservation tips, and creative ways to repurpose them, we also have a highlight: **Dried Fruit Resin Jewelry Workshop** 🍯

You'll get the chance to create your own unique dried fruit resin jewelry 🍯 🍯! And the best part? It's **FREE! FREE! FREE!** (Important things are worth saying three times.) Quantities are limited, so it's first-come, first served! Make sure to visit us at the following time and place:

Date: 27th Oct 2025 (Mon)–31st Oct 2025(Fri) (exclude 29th Oct 2025(Wed))

Time: 12:00 pm – 7:00 pm

Location: Wu Yee Sun College Lobby

Want to know more about our activities? Follow us on Instagram at [@wys_imperfectly_perfect!](https://www.instagram.com/wys_imperfectly_perfect!)

https://www.instagram.com/wys_imperfectly_perfect

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4. 伍宜孫書院創意實驗室 x 銀杏館 - 耆樂味道 c!ab x Gingko House - Silver Spoon



【伍宜孫書院創意實驗室 x 銀杏館 - 耆樂味道】銀杏館下午茶活動

當今社會下，長者常被視為社會嘅負累一族，大多僱主都唔願意聘用長者，令長者缺乏空間發揮所長 😞 銀杏館提倡長者就業，成立多所僱用長者的餐廳，其分店亦分佈全港各地 📖 黎緊 c!ab 將會同各位同學一起到訪銀杏館油麻地分店，通過下午茶活動同餐廳伙計互動，俾機會大家一齊打破成見，認識本港長者就業問題，同時體驗本土共融企業嘅實踐 🍵 活動詳情如下：

日期：7/11/2025 (五)

時間：15:30 - 17:00

地點：銀杏館（油麻地店）- 九龍油麻地彌敦道 383 號平安大樓 1 字樓

語言：粵語

費用：全免！！

按金：\$20 (將在活動結束後退還)

名額：25 人（先到先得，伍宜孫書院學生優先）

如果想報名的話 請喺 3/11 或之前填妥以下 Google Form:

<https://forms.gle/yYmzxXR1qb2Ts2bT8> (QR code is on poster too!)

有咩疑問歡迎 DM 我哋，或者聯絡負責同學 Thomas Mo (9859 8007)~

【c!ab x Gingko House - Silver Spoon】Afternoon Tea Event

In Hong Kong, elderly workers often face employment barriers 😞 Gingko House promotes senior employment by running restaurants staffed by older adults across the city 📖 In this coming event, c!ab will host an afternoon tea at one of these branches, providing the space for students to engage with staff, challenge stereotypes, and explore inclusive business practices in the city 🍵 Details of the events are as follow:

Date: 7th Nov 2025 (Fri)

Time: 3:30 pm - 5:00 pm

Venue: Gingko House (Yau Ma Tei branch) - 1/F, Alhambra Building, 383 Nathan Rd, Yau Ma Tei, Kowloon

Language: Cantonese

Participation Fee: FREE OF CHARGE

Deposit: \$20 (will be refunded after the event)

Quota: 25 people (First-come first first-served, students from Wu Yee Sun College are prioritised)

To apply, please complete the following Google Form on or before 3rd Nov 2025 (Mon):

<https://forms.gle/yYmzxXR1qb2Ts2bT8> (QR code is on poster too!)

For any enquiries, please send us a DM, or contact our person-in-charge Thomas Mo at 9859 8007~

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5. 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/PjEqjLggifRsRV88>

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/PjEqjLggjfRsRV88>

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6. 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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7. 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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8. clab 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, clab 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 clab 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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9. 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](https://www.instagram.com/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

有興趣參加嘅可以搵下面個 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](https://www.instagram.com/wys.sports.asso) 查詢

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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、衙前墾道、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. 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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12. 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 exciting activities:

Music Chill Night (Collaborated with Music Society)

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_psmGfvPJ4IHdY_hdO3kKugJL6v7Cw/viewform

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13. 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) :
 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 13 th Oct 2025(Mon) – 31 st 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. 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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4. 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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5. Visitor Policy in College Student Hostels

Visiting Hour:

CUHK Student Visitors	Same-sex CUHK Student Visitors: 8:00 am – 12:00 am daily
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<i>(i.e. CUHK current undergraduate and postgraduate students who do not have a hostel place at Wu Yee Sun College)</i>	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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6. 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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7. 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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8. WYS's Got Talents – Photography, Poster Design, MC and a lot more!



**JOIN
WYS'S GOT
TALENT**

- Photography/Video-production
- Master of Ceremonies
- Simultaneous Interpretation
- Organizing Workshops for College Students (e.g. handicraft)
- Audio-Visual Support
- Writing
- Art & Design

Registered students may be invited to assist in different occasions
Don't hide your talents, shine in the College!

REGISTER

Enquiries:
Miss Linda Tsang (lindaTsang@cuhk.edu.hk / 3543 3834)
Miss Kiki Chan (kikiwkchan@cuhk.edu.hk / 3943 7778)

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>

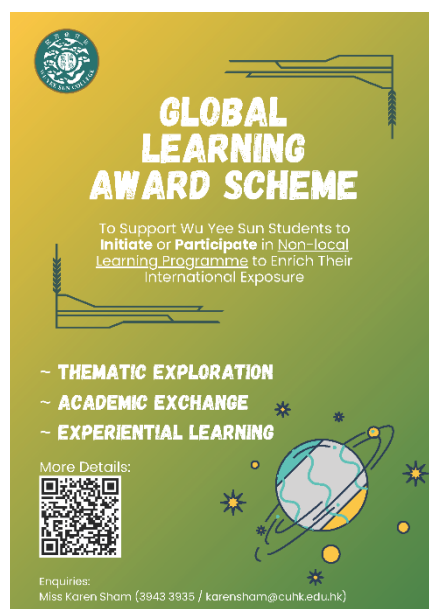
Check out the details through this [link](#).

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, <u>first date</u> of the trip shall determine the application period)	Application period
Winter	1 st Nov 2025 – 30 th Apr 2026	1 st May 2025 – 31 st 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

Application & Guidelines: 

Sports Activities

Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports activities 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.

Max. funding amount
\$1500
 OR
 Up to 60% of application fee & course fee (whichever is lower)

Examples
 Standard Chartered Hong Kong Marathon
 Oxfam Trailwalker
 Spartan Race
 Yoga Class, Dance Workshop

Qualification Courses for Sports Coach

Max. funding amount
\$3000
 OR
 Up to 60% of course fee (whichever is lower)

Examples
 Rowing
 Rope-skipping
 Orienteering
 Taekwondo

伍宜孫書院
 WU YEE SUN COLLEGE

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

*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



Self-Motivation Fund for Sustainability Activities

Application & Guidelines: 

Sustainability Activities

Self-Motivation Fund for Sustainability Activities encourages students to participate in various kinds of sustainability activities that promote sustainable development and reduce inequality.

Max. funding amount
\$1500
 OR
 Up to 60% of application fee & course fee (whichever is lower)

Examples
 Eco-cultural Tour
 Uncycling Workshops
 Design-thinking Workshops

Qualification Courses for Instructors of Sustainability Activities

Max. funding amount
\$3000
 OR
 Up to 60% of course fee (whichever is lower)

Examples
 Horticultural Therapists
 Docent Training on Ecotourism
 Certified Environmental, Social and Governance (ESG) Planner

伍宜孫書院
 WU YEE SUN COLLEGE

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

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)

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)

Other Activities & Announcements

1. Information Sessions: Summer Programmes in the UK 2026 (WYS)



Are you looking for an unforgettable summer study abroad experience? Look no further! Representatives from Girton College, University of Cambridge and University of Birmingham will visit the CUHK campus on Thursday, 6 November 2025 and Friday, 7 November 2025 to introduce what their summer programmes offer.

Don't miss out the opportunity to learn about these exciting offers. Come along to the sessions and take the first step towards an extraordinary summer adventure! Discover how spending your summer abroad can enhance your current studies and boost your future career prospects.

Girton College, University of Cambridge, UK
Economics Summer Programme (29 June - 25 July 2026)
Globalisation Summer Programme (19 July - 15 August 2026)
Business Summer Programme (29 June - 25 July 2026)
Engineering Summer Programme (19 July - 15 August 2026)
Courses: [link](#) | Accommodation: [link](#) | Programme Fees: [link](#) | Application: [link](#)
Fee-paying

University of Birmingham, UK
Information on dates and fees for
Birmingham International Summer School (BISS) 2026 coming soon.
Please refer to information on BISS 2025 for reference.
Academic Programmes: [link](#) | Accommodation: [link](#) | Programme Fees: [link](#) | Application: [link](#)
Fee-paying

Information Sessions at CUHK			
Date	Time	Venue	Institution
6 November	3:30pm - 4:30pm	Conference Room 1, 13/F YIA	Girton College, University of Cambridge
7 November	10:30am - 11:30am	WMY 408	University of Birmingham

Limited seats. Register [here](#) on or before Tuesday, 4 November 2025.

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2. HKWCA_Fishpond Conservation - Fishpond and Ecology Conservation Ambassador Programme

The poster for the 'GO GO Fishpond Ranger' programme features colorful illustrations of fishponds, birds, and people. It includes the title in both English and Chinese, a list of aims and content, a schedule table, and a 'Join Now!' button with a QR code.

魚塘管理協議計劃 GO GO Fishpond Ranger
Fishpond & Ecology Conservation Ambassador Programme

Aims

- To raise public awareness and appreciation of fishponds.
- To promote fishpond conservation and foster a sense of human and nature.

Content

- To learn about fishpond ecology, conservation and management.
- To become a 'Fishpond Ranger' and promote fishpond conservation to the public.

Quota & Target

200 participants, all of whom are expected to be young people (18-25 years old).

Fee

Free

Date	Content	Time
11/11/2025 (Sat)	Indoor Training & Assessment Introduction to Fishpond Ecology, Conservation and Management Fishpond Ecology Quiz	09:00 - 17:30
22/11/2025 (Sat)	Outdoor Training I Introduction to Fishpond Ecology, Conservation and Management	09:00 - 17:30
10/12/2025 (Sat)	Outdoor Training II Introduction to Fishpond Ecology, Conservation and Management	09:00 - 17:30

Join Now!
11.10.2025

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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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

<TourHeart+ X Wellness and Counselling Centre>

TourHeart+, in collaboration with the Wellness and Counselling Centre, the Office of Student Affairs at the Chinese University of Hong Kong, provides comprehensive mental health support services for all full-time undergraduate and postgraduate students at CUHK.



It combines online self-help mental health support platform with in-person counselling services, offering tailored support levels based on the mental health needs and challenges faced by students in academic and personal lives.

<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/vQCrIWhyl68>

🌊 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/SnpmdYdvial>

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