The Sunny Weekly

10th Nov 2025

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Sunny Review

1. The 10th College Graduation Ceremony



The 10th Graduation Ceremony, held on 6th Nov, marked a significant milestone for our graduates. The event brought together graduates, College members, families, and friends to celebrate the achievements of the Class of 2025.



Our Guest of Honour, Ms. Joyce Man (萬樂人女士), shared an inspiring message: "Life is full of unexpected changes and challenges—learn to adapt, focus, and be kind. Keep moving forward and write your own unique story." She reminded graduates not to let fear or algorithms dictate their lives.



Graduate representatives Ms. Chantawannakul Jarinyagon (BME/2025) and Mr. Chow Kin Long Cody (周健朗先生) (DSPS/2025) reflected on their enriching experiences at the College, university, and in the community. They encouraged their peers to believe in themselves, stay true to their values, and create their own path for the future.



The journey ahead is full of promise and challenges—may our graduates uphold the College's spirit of "Go Green, Be Sunny," give back to society with what they've learned, and light up the world with their brilliance!

Congratulations to the Class of 2025!



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2. Welcome Night for Rance Lee Mentorship Programme 李沛良亦師亦友計劃歡迎晚宴



A Welcome Night for Rance Lee Mentorship Programme was held on 7th Nov (Fri), bringing new and current mentors and mentees together for a pleasant evening. Senior mentors, College mentors, Alumni mentors, and mentees first mingled with each other at the College Gallery.



Mr. Sai-yung Lau(劉世鏞先生), Overseer of Wu Yee Sun College and Convener of the Working Group of the Rance Lee Mentorship Programme; Professor Rance P.L. Lee (李沛良教授), Founding Master of Wu Yee Sun College; Professor Kelvin K.F. Tsoi (蔡錦輝教授), Dean of Students and Member of the Working Group of the Rance Lee Mentorship Programme; and Mr. Bacary Tang(鄧建達先生), the Chairperson of the Alumni Association, delivered welcome remarks to kick off the programme. They encouraged mentees to stay actively engaged with their mentors, highlighting the value of building a diverse and supportive network that fosters personal growth, professional development, and lifelong connections.






Certificates were presented to mentees in recognition of their active participation over the past academic year. The evening continued with a delightful dinner at the Staff Canteen, where mentors and mentees exchanged stories and strengthened their connections.




We look forward to meeting the mentors and mentees again in future gatherings and activities.

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3. c!ab Silver Spoon




On 7th Nov, c!ab hosted a unique event under the Entrepreneurship and Management Stream, which focused on addressing employment barriers faced by elderly workers in Hong Kong. Gingko House, an initiative promoting senior employment through restaurant staffed by older adults, served as the backdrop for an enlightening afternoon tea experience.




During the event, students had the opportunity to interact with the staff, challenge stereotypes, and become more aware of the foundation of inclusive business practices within the city. It provided a platform that bridges generational divides, fosters understanding, and gives value to the contributions of older adults in the workforce. Participants gained insights into the importance of creating inclusive work environments and supporting the employment of elderly individuals. We hope the event served as a meaningful step for students towards promoting diversity, breaking down barriers, and nurturing a more inclusive society.




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4. Social Cantonese Workshop





This semester, we were grateful to have Ms. Kelly K.Y. SHUM (沈嘉儀女士), an experiential instructor specializing in teaching Cantonese as a second language at the Yale-China Chinese Language Academy of CUHK, to organize four sessions of the Social Cantonese Workshop for our College students. During the workshop, our students experienced a gradual learning process, starting with the basics such as phonics, numbers, and greetings, and progressing to practical conversational skills applicable in numerous real-life scenarios.




In addition, the teaching materials incorporated abundant elements of Hong Kong's lifestyles and culture to help the students become familiar with the local experience. We hope that all students found the workshop engaging and

enriching, and that they feel more connected to Hong Kong's culture and language as they continue their studies here at CUHK.

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5. Literary Walk in Kowloon City




We were thankful to have Dr. Lai-Ling LAM (林麗玲博士), a senior lecturer in the Department of Chinese Language and Literature at our University, lead the College students on a literary walk in the Kowloon City district last Friday. They strolled from Lion Rock Road to Kowloon Walled City Park. Prior to the walk, the students had read several literary works related to Kowloon City, carrying the impressions of the city as portrayed by writers into the real streets.




Under the guidance of the instructor, they attentively observed and recorded their surroundings along the way, capturing the city's atmosphere through their senses and collecting material for creative writing.





The students also participated in a guided tour of the history and culture of Kowloon Walled City and visited the "Kowloon Walled City: A Cinematic Journey" Movie Set Exhibition. Immersed in highly realistic recreated scenes, they felt as if they were truly experiencing the past. This activity not only deepened the students' understanding of Kowloon City's landscape but also provided insight into the everyday lives of the former residents of the Walled City.

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College Activities

1. Wellness & Creativity Nights with Resident Tutors –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



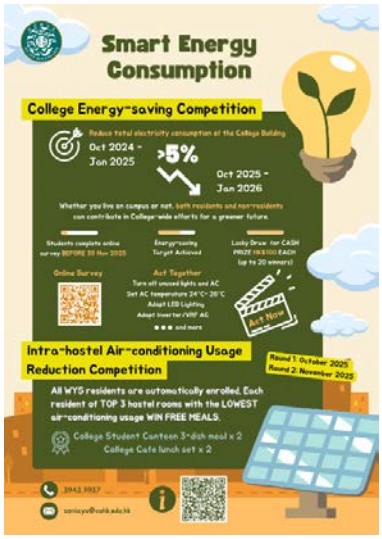
Whether you're a seasoned musician or just love good vibes, you are most welcome to join Music Chill Night! Jam with fellow residents or simply sit back and enjoy a night of music appreciation. Mingle with your peers who are music lovers. Presented by Resident Tutors in collaboration with the Music Society, 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_psmGfvPJ4lHdY_hdO3kKugJL6v7Cw/viewform

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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 for a 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. 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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4. 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。

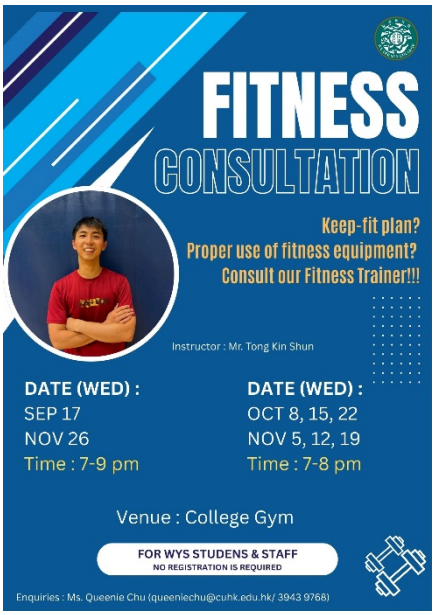
講者：鄒文律博士
講者簡介：香港中文大學中國語言及文學系哲學博士。擁有多年於中學、大學任教創意寫作課和主持文學講座的經驗，亦曾協助教育局舉行教師培訓工作坊。著有學術專書《城景變幻——後九七香港青年作家小說論（1996-2018）》、小說《籠子裏的天鵝》、《N 地之旅》、詩集《刺繡鳥》等作品共十本。屢獲獎項，並擔任大學文學獎在內多個徵文比賽評判。
日期：2025 年 11 月 26 日 (三)
時間：晚上 6:30 至 8:30
地點：伍宜孫書院教職員飯堂
語言：粵語
按金：港幣$50 (完成活動後全數退回)
報名： https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13716789
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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5. 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) :
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. Track & Field Achievement 田徑佳績



Our Track & Field Team achieved outstanding results at CUHK Athletic Meet 2025 (2025 中大田徑精英比賽), earning a Gold Medal in the Discus Throw event held on 5th Nov. Congratulations and our heartfelt appreciation to every team member!

Race	Rank	Name of Athletes
Discus Throw 鐵餅	Champion 冠軍	HON, Chi Kwong (韓智光同學)



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2. Reaching Out Award 2025/26

Full-time undergraduate students are now invited to apply for the Reaching Out Award (ROA) 2025/26 offered by the HKSAR Government.

The award, in the amount of HK$10,000 for each successful applicant, aims to support students in participating in events/competitions (e.g. conferences/forums/workshops/seminars/training camps/competitions/service projects etc.), internships or placements (credit-bearing/non-credit bearing), field/study trips or courses (e.g. foreign language immersion programmes/academic exchange programmes etc.) which are conducted outside Hong Kong in the academic year 2025/26 (1st Sep 2025 – 31st Aug 2026).

Kindly note that the College will nominate a limited number of students for this award this year. Preference will be given to local students and financial need may also be considered.

Please visit the College website to learn more about the eligibility and application procedures, and pay special attention to the submission requirements and supporting documents needed. For those who will go for Term 2 exchange programme, please be reminded to submit the required documents to the College Office before departure.

Please note that students can only be awarded **once** throughout the entire study programme. Late applications and incomplete submissions will not be processed.

Application Deadline: 5:00 pm, 19th Jan 2026(Mon)

Enquiries:
Ms. Stephanie Leung (stephanieleung@cuhk.edu.hk / 3943 9773)

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3. Special Arrangement of Catering Service at Wu Yee Sun College Student Canteen on 11th Nov 2025

For preparation of the College Anniversary, please note below the special arrangement of the Student Canteen:

11 November 2025 (Tuesday)	**Dine-in service will be suspended from 5:00pm.** Only takeaway service will be available.

	(Last order for dine-in service will be **4:30pm**)

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4. 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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5. 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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6. 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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7. 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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8. 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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9. 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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10. 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. Sunny Passion Programme (愛陽光計劃) 2025_26



The Sunny Passion Programme (愛陽光計劃) 2025/26 is now open for application! Students who are keen on making a difference to society by generating innovative, creative, and entrepreneurial ideas for social benefits, are welcome to submit your applications to SPP.

The winning teams will be awarded HK$10,000, HK$6,000, and HK$4,000, respectively, in mid-April 2026.

Eligibility:
All WYS students can apply individually or in groups (collectively referred to as a team)*. Final-year WYS students can submit their Senior Seminar course proposals if the proposals meet the purpose of the SPP. If the Senior Seminar course proposal is a group project, please be reminded to obtain consent from all members who contributed to the project before submitting the proposal.

*A team MUST comprise at least 50% WYS students. Other teammates may be students from other colleges of CUHK.

What to do:
(1) Submit the application form no more than 500 words with (2) the Business Model Canvas (please refer to Appendix 1 of the Guidelines) in one A4-page by **11:59pm, 21st Dec, 2025(Sun)** through one of the following channels –

1. e-mail the softcopy of the document to Miss Carrie Zeng (carriezeng@cuhk.edu.hk) and/or Miss Elisha Yting (elishayting@cuhk.edu.hk); or
2. click the following link (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13719746) and complete the online application form
3. Send the original hard copy of the documents to the College Office, Wu Yee Sun College in person

Let your passion shine bright! For more details, please refer to the College website at https://wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=sunny

Should you have any enquiries, please feel free to contact:
Miss Carrie Zeng (carriezeng@cuhk.edu.hk / 3943-3934)
Miss Elisha Yting (elishayting@cuhk.edu.hk / 3943-9767)

2. 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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3. 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**
Summer	1st May 2026 – 31st Oct 2026	1st Nov 2025 – 30th Apr 2026

Application: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13720683

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4. 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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5. 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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6. 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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7. 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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8. 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. Call for Submission: General Education Award for Best Expository Writing and Professor T-C Chen General Education Award for Best Visual Representation



We are now calling for submissions of writings and visual representations related to General Education (GE) courses, including **GE Foundation** courses, **University GE Four-Area** courses as well as **College GE** courses offered in the academic years **2023-24** and **2024-25**.

The GE Award for writing, titled "***General Education Award for Best Expository Writing***", invites submissions of writings from all GE courses, i.e., GE Foundation courses, University GE Four Areas and College GE courses.
The GE Award for visual representation, named "***Professor T-C Chen General Education Award for Best Visual Representation***", invites submissions of visual representations of how GE is encountered, experienced and conceptualized through GE courses.

An award ceremony, together with a student seminar featuring the awardees' writings and an exhibition of the students' visual representations, is scheduled for **a Saturday in Mid-June 2026**.

I. General Education Award for Best Expository Writing 通識教育優秀論文獎

A. Submission Guidelines
- Term papers, research and field trip reports and other kinds of reflective writings are welcome.
- Students may submit entries based on revised versions of the papers they wrote for GE courses offered in the academic years 2023-24 and 2024-25, including summer semesters of 2024 and 2025. In general, revisions should be limited to:
  a. Improvement of structure and argumentation
  b. Elaboration of obscure or undeveloped points
  c. Correction of factual inaccuracies
  d. Application of proper citation style

e. Improvement of grammatical accuracy and language style

- The length of Chinese essays should be between 2500 and 4000 characters; English essays should be between 2000 and 3200 words.
- The MLA citation style is recommended for all submissions.
- Each submission should be accompanied by a title, which should be the one given by the student and not the topic assigned by the course teacher. A paragraph should be added to specify the connection between the paper and the GE course(s) concerned.
- Student should submit i) a PDF file and a Word file of the same paper, both with student name/ID and teachers' comments removed, and ii) a completed online submission form: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13718023
- Submissions will be reviewed by members of the review panel. Each submission will be assessed by at least two reviewers. Shortlisted writings will be sent to members of the selection committee for final adjudication.

B. Prizes

- There are three categories of top awards: one Gold (HK$ 5,000), up to three Silver (HK$ 3,000 each) and up to ten Bronze Awards (HK$1000 each). The Final Adjudication Panel has the right to determine the total number of awards if deemed appropriate.
- Papers selected for the three categories of awards will be published in a booklet. Recipients of awards will be invited to present their papers at the student seminar. The best presenter will receive a book coupon prize of HK$ 1,000.
- Authors of papers selected for final adjudication which are not later recommended for the Award will receive honorary mention in the booklet and on the office website.

II. Professor T-C Chen General Education Award for Best Visual Representation 陳天機教授通識教育最佳視覺表現獎

A. Submission Guidelines

- Video clips, drawings and paintings, photos, models, sculptures, etc. are all welcome. Visual representations can be accompanied by audio.
- Each submission **must be** accompanied by an account of the relation between the submission and the GE course(s) that inspired it.
- Students should i) upload their works to their personal CUHK OneDrive and ensure the sharing settings are correctly adjusted to allow access, and ii) complete the online submission form: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13718025. For any non-digital works such as 3D models, please just upload a photo of the work at the submission stage.

B. Adjudication and Prizes

- Submissions will be evaluated by an Adjudication Panel for this award. Shortlisted submissions will be displayed during and after the award ceremony and the student seminar.
- There are three categories of top awards: one Gold (HK$ 5,000), up to three Silver (HK$ 3,000 each) and up to ten Bronze Awards (HK$1000 each). The Final Adjudication Panel has the right to determine the total number of awards if deemed appropriate.
- Visitors to the exhibition will be invited to vote for the best representation during the visit. An award (HK$1,000) will be given to the representation with the highest popular votes.

Please note that each student is allowed to submit at most ***ONE*** entry for ***EACH*** Award. The deadline of submission for both Awards is 23rd November 2025 (Sunday). Submissions that are incomplete or received after this date will not be considered. The results will be announced online by the end of March 2026. Awardees and their departments/programmes and Colleges will be informed individually.

For enquiry, please email gefp@cuhk.edu.hk or call 3943 3730.

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2. 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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3. CUHK Outgoing Exchange Programmes 2026-27



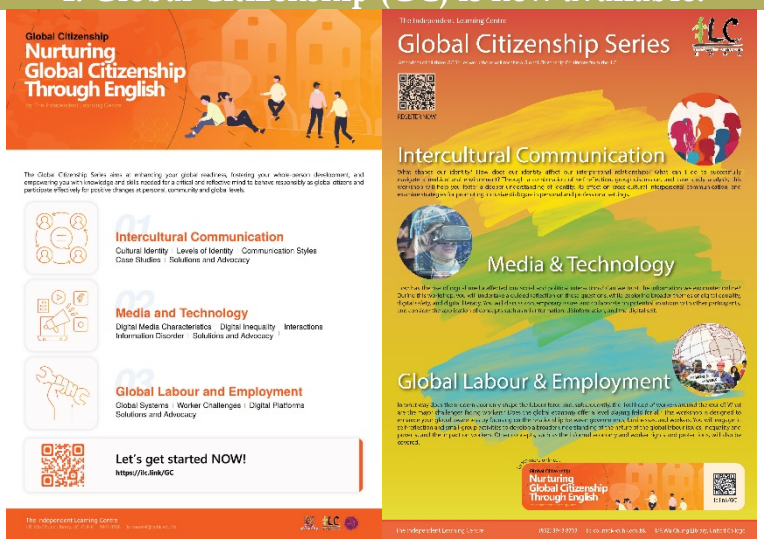
Call for action!

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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4. Global Citizenship (GC) is now available!



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

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

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5. 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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6. Independent Learning Centre (ILC) Services for Students

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

1. University Study Skills Series
2. Writing Success Series

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

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

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

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

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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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