The Sunny Weekly

1st Dec 2025

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Sunny Review

1. College Forum – "Chinese Civilization and The Art of War 中華文明和孫子兵法"

The fourth College Forum of this semester, titled "Chinese Civilization and The Art of War 中華文明和孫子兵法" was held by Dr. Yat YAU (邱逸博士), Executive Director of The Academy of Chinese Studies, last Friday. We were pleased to have Mr. Philip W.K. LI (李永權先生), College Senior Mentor, serve as the moderator for the event.

Dr. Yau provided students with meaningful perspectives on the profound principles of The Art of War and their relevance today. His humorous and dynamic presentation created a positive atmosphere, making complex concepts more accessible and enjoyable. Students learnt about the strategic thinking behind Sun Tzu's classic work, gaining a deeper understanding of Chinese military philosophy and its influence on culture and leadership. The forum not only enriched their knowledge of Chinese history and strategic thought but also fostered an engaging, interactive environment, leaving students motivated and eager to explore more about Chinese civilization and its timeless wisdom.

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2. Thank You Dinner for WYS Athletes (2025/26, Term 1)

College athletes excelled in various competitions and tournaments this year. To celebrate the efforts and achievements of College Sports Teams, the College hosted a Thank You Dinner for WYS Athletes on 24th Nov. Sports Team members from the Basketball, Volleyball, Soccer, Swimming, and Track and Field Teams, as well as members from College Sports Association (體育學會), were invited to join the dinner.

We were honored to have the Dean of Students and Chairperson of the Sunny Sports Committee, Professor Kelvin K.F. Tsoi (蔡錦輝教授), deliver welcome remarks and express appreciation for the athletes' dedication and hard work.

During the dinner, Prof. Tsoi also presented the Women's Individual Champion trophy of CUHK Aquatic Meet 2025 to Miss Tess L.Y. Tsoi 蔡樂濡 (MEDUN/6), congratulating her once again on her outstanding achievement.

The evening concluded with a lucky draw and a group photo at the Gallery, making it a truly memorable night for all participants.

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3. Chinese Culture Table – Butterflies and Nature Writing
語文文化桌 - 蝴蝶與自然寫作

This semester, the Chinese Culture Table entitled "Butterflies and Nature Writing 蝴蝶與自然寫作" took place on 26th Nov. We were honored to have Dr. Man-lut CHAU (鄒文律博士), Assistant Professor from the Department of Literature and Cultural Studies, The Education University of Hong Kong, to share his experiences of drawing literary inspiration from observing butterflies. We also extend our gratitude to Prof. Ming-kay POON (潘銘基教授), Associate Master and Dean of General Education, and Dr. Lai-Ling LAM (林麗玲博士), College member of General Education and Academic Affairs Committee and Scholarships and Financial Aid Committee, for co-hosting the dinner following the sharing.

During Dr. CHAU's presentation, he introduced the concept of nature writing and shared his lifelong passion for observing butterflies—these beautiful creatures have served as his muses for several years. His presentation was both inspiring and uplifting, providing our students with valuable insights from his experiences.

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4. English through Wine and Cheese Appreciation

Last Monday, we were grateful to have Ms. Anna W.Y. TAM (譚穎瑜女士), an esteemed professional in the wines and spirits industry, conduct the "English through Wine and Cheese Appreciation" workshop for our College students.

Throughout the activity, students gained valuable knowledge about wine and cheese, including key grape varieties, wine styles, and how geographical factors influence wine production. A special highlight was that Anna shared a wine she personally produced, which had earned her a prestigious award. Students had the opportunity to taste this award-winning wine, deepening their appreciation for the craft and effort behind it.

All participants enjoyed the lively atmosphere, engaging discussions, and the sensory experience of sampling well-selected wines and cheeses. The activity fostered a relaxed and enjoyable environment, perfect for mingling and cultural interaction in the evening.

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College Activities

1. Watt's So Funny – Energy-saving Meme Design Contest 節能 Meme 圖設計比賽

The contest aims to promote awareness and creativity around energy-saving, smart energy consumption, and renewable energy through humorous and impactful memes designed by students.

Eligibility: All Wu Yee Sun College undergraduate students (including incoming exchange students)

Awards:

- **Creative Award –** HK$500
- **Inspirational Award –** HK$500
- **Popular Award –** HK$500

What to do:

1. **Participants must read through and comply with the GUIDELINES**.
2. Create a meme design with the theme of "Energy-saving", such as energy-saving tips, smart energy consumption, and renewable energy.
3. Submit the completed **ONLINE FORM** together with the design file before the submission deadline.

Submission Period: 17th Nov 2025(Mon) – 15th Dec 2025(Mon)

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

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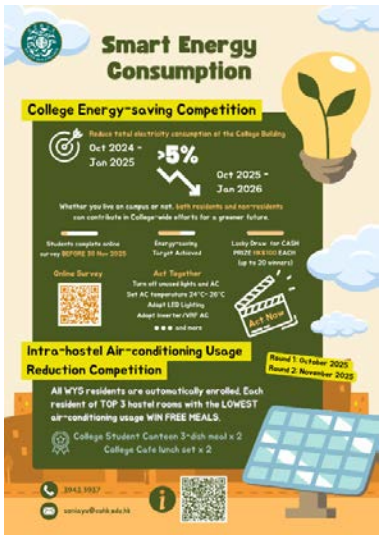
2. Smart Energy Consumption: College Energy-saving Competition and Intra-hostel Air-conditioning Usage Reduction Competition

- **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 15th Dec 2025(Mon):**

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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College Announcements

1. Rance Lee Award for Creativity 2025/26 - Finalist Shortlisted

The following member has recently joined Wu Yee Sun College. Warm welcome from all the Sunnies!

Professor Yvonne N.W. KAM (甘雅媛教授)
B.Sc. (Pharm.) (Hons.), Ph.D.
Research Assistant Professor, School of Pharmacy

Professor Ngar Woon Kam attended University College London for her bachelor's Pharmacology degree and obtained her PhD in the William Harvey Research Institute in the Department of Experimental Medicine and Rheumatology in 2012. She was awarded the best poster presenter of the research showcase in the Year of 2013 William Harvey Day for her PhD study on the immunosuppressive capacity of stromal cells in autoinflammatory disease. She subsequently moved to Hong Kong and joined as a Postdoctoral Research Fellow in the Department of Medicine and Therapeutics, The Chinese University of Hong Kong. In 2016, she joined the Department of Clinical Oncology at the University of Hong Kong as a Postdoctoral Research Fellow and became a Research Assistant Professor in 2021 in the Laboratory of Synthetic Chemistry and Chemical Biology under the Health@InnoHK Program launched by the Innovation and Technology Commission.

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2. Rance Lee Award for Creativity 2025/26 - Finalist Shortlisted

The final presentation for the Rance Lee Award for Creativity took place on 13th Nov 2025 (Thu). We are pleased to announce the finalists in the area of promoting Green Life. The shortlisted finalist is as below:

Area	Project Name	Project Idea
Green Life	Yeecycle	Yeecycle's workshops offer a unique approach to addressing the pressing issue of wastepaper in Hong Kong. By engaging youth and families in the creative process of making seed paper, the project aims to foster a culture of sustainability and awareness.

The award-winning team will now proceed to implement their ideas, and the fellow award will be presented in the College Closing Assembly on 17th Apr 2026(Fri).

Congratulations to the awardees!

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3. WYS Hostel Application 2026/27 (For Non-local Students admitted in 2025/26 and before)

Hostel application for non-local students admitted in 2025/26, and before for the academic year 2026/27, is now open until **8th Dec 2025(Mon)**. Please read through the "Fact Sheet on Hostel Accommodation for Non-local Students" and "Application Note" before submitting your online application.

Fact Sheet on Hostel Accommodation for Non-local Students (For 2024-25 intake and before)
Fact Sheet on Hostel Accommodation for Non-local Students (For 2025-26 intake and after)
Application Note *(read through Appendix 3 for instructions of online document submission)*
Online Application

Enquiries:
Ms. Polly Po (polly@cuhk.edu.hk) / 3943 1741)
Ms. Sonia Yu (soniayu@cuhk.edu.hk) / 3943 3937)

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4. Meeting of Student Hostels Committee – Next Meeting Date 4th Dec 2025(Thu)

The upcoming meeting of the Student Hostels Committee will be held on 4th Dec (Thu) at 10:30am. College students can approach the corresponding student members through the College Student Union (wyssurc@gmail.com), Resident Association (wysra.yeelevin@gmail.com) and Non-Resident Association (wys.starriyee@gmail.com) if there are any suggestions or comments. Thank you for your valuable input.

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5. Extension of Opening Hours of Yan Chak Study Room during Centralized Examination Period

The opening hours of Yan Chak Study Room will be extended to 24 hours a day during centralized exam period from 1st Dec 2025(Mon) to 19th Dec 2025(Fri). College students can access the room with their CU link cards. Please observe the rules of study room use and be considerate of other users.

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6. 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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7. Reservation of Rowing Machines in College Gymnasium for Rowing Team Training

All rowing machines in the College Gymnasium will be reserved at the following timeslots for the 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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8. 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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9. 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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10. 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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11. 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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12. 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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13. 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)

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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 Application] CUHK Convocation Outstanding Community Services Award 2025/26

The **CUHK Convocation Outstanding Community Services Award 2025/26** is now calling for applications. The Award is granted to undergraduates of the University with outstanding performances, to encourage more diversity of student development, and to reflect the support and caring from CUHK alumni toward students. Each award values at **HK$10,000**.

The College will nominate ONE candidate to compete for the Award. You are cordially invited to apply for the Award through self-nomination. Please submit your application via the online form by **7th Dec 2025 (Sun), 11:59pm**. Students' self-nomination will be channeled to the Service-Learning Committee for consideration.

CUHK Convocation Outstanding Community Services Award 2025/26 (HK$10,000)

- Full-time **Year 2 or above** undergraduate students of any discipline
- Have records of active and enthusiastic participation and promotion of community services
- Have outstanding contributions to the community
- Have demonstrated outstanding leadership and organizational abilities
- Must be a full-time undergraduate student during the tenure of the award (i.e. for the whole academic year of 2025/26). Final-year students who will graduate after completing their undergraduate studies at the end of Term 1 of 2025/26 are NOT eligible.

For further details of the Award, you may refer to the website of CUHK Convocation. Please feel free to contact me should you have any queries.

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2. 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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3.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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4. 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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5. 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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To unsubscribe, please email us at info.wys@cuhk.edu.hk.