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Sunny Review

1. Congratulations to College Rowing Teams! 恭喜書院划艇隊再奪佳績!



The 22nd CUHK Rowing Championship took place on 4th Jan 2026 (Sun). Wu Yee Sun College sent a total of 27 athletes to compete in six events, including men's and women's coxed eight, quad sculls, and single and double sculls. Ultimately, the team achieved third place in the Women's Coxed Eight event.

Overall, this year's participation scale expanded significantly, with the number of athletes surpassing the combined total of the previous two years. The teams look forward to continuing this enthusiasm for participation next year and achieving even better results at the Championship.

A big congratulations and heartfelt appreciation to every rowing team member for their hard work and commitment!
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2. Yan Chak Service-Learning Programme: Service-Learning Trip to Yunnan 2025/26



10 Sunnies participated in the College Service-Learning Trip to Yunnan from 27th Dec 2025 (Sat) to 3rd Jan 2026 (Sat). Thanks to the leadership of Prof. Joey Yang (楊祖耀教授), College Member and Assistant Professor from JC School of Public Health and Primary Care, our students joined hands with the students and staff member from Yunnan University to organize activities for the children and elderly at Dongshanzhen, Qujing (曲靖市東山鎮).



During the elderly service, the team organized engaging activities such as music ball and finger exercises to bring joy and laughter. They also held heartfelt chat sessions, where the elderly shared their life stories. Participants helped capture these moments by taking instant photos as keepsakes. To conclude, everyone joined in creating personalized memory cards together.



Moreover, the team visited two kindergartens to host a series of lively activities. The local children showcased their creativity by painting lanterns and coloring self-portraits. They also learned about Hong Kong's cultural icons through puzzles and coloring sheets. In addition, energetic ball games were held, filling the playground with laughter as the children ran around joyfully.



On 1st Jan, a birthday party was organized for 40 de facto unattended children. The volunteers took on the role of “parents” to accompany the children in playing games, fostering interaction, and helping the children feel love and companionship. Each child was also given a boiled egg and invited to write down their worries on it. After doodling, everyone joined in the “egg-smashing” – symbolically breaking their worries and embracing a fresh start. The day was wrapped up with a cake-cutting session and shared meals.

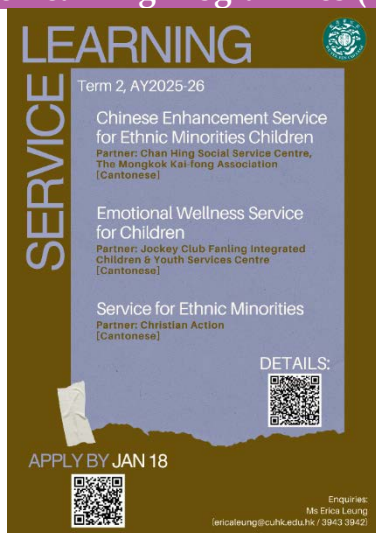


Besides, accompanied by students from Yunnan University, the Sunnies had an opportunity to explore Kunming before returning. Along the way, they exchanged personal stories and forged meaningful friendships. The experience also gave participants deeper insights into the Yunnan community and the lives of children and the elderly in rural areas.

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College Activities

1. Local Service-Learning Programmes (Term 2, 2025-26)



“Nurturing students through assuming social responsibility” is one of our College’s educational goals. This semester, we offer three local Service-Learning opportunities for you to engage in social services. Service targets include ethnic minorities, children, and community members. You will have the chance to understand the needs of various types of service user, plan and implement service-learning projects that address their needs.

For details of service-learning projects, please refer to the [link](#). If you are interested in serving the community and learning from serving others, join us! Please fill in the online form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13724462>) by **18th Jan 2026 (Sun)**.

Interview period: 21st Jan 2026 (Wed) – 22nd Jan 2026 (Thu)

*Successful applicants should submit \$500 deposit. The deposit is refundable for students who have attained 80% attendance and submitted a programme report.

Remarks: Students who were admitted before 2024 and have participated in at least 1 overseas SL trip or 2 local SL programmes are eligible to apply for GEYS4010 Individual Project on Service-learning. Students who were admitted from 2024 onwards and have participated in at least 2 SL programmes are eligible to apply for GEYS4011 Social Responsibility through Community Engagement: Individual Project. Successful enrollment in the course shall be upon the availability of the class quota. The College reserves the right of selection. Students are also advised to check their own study plan and schedule to ensure their eligibility to enroll in the class.

Enquiries: Ms Erica Leung (ericaleung@cuhk.edu.hk / 3943 3942)

2. French Cultural Tour (Summer 2026)



Start your French journey here – Join the French Cultural Tour to explore the rich heritage, architecture, and culinary traditions through city tours, local delicacy tastings*, cultural visits, and museum experiences, etc.

Programme Details:-

Destination:	Lyon & Strasbourg, France
Date:	7 th Jun (Sun) – 16 th Jun (Tue), 2026 (9 nights: Arrive in Strasbourg on 7 th Jun (Sun), dismiss in Lyon on 16 th Jun (Tue); Round-trip transport arranged and paid by students)
Leading Teacher:	Mr. Louis Jean MUNSCH (Department of Linguistics and Modern Languages)
Programme fee:	HKD 5,000 (Non-refundable; incl. local transportation, accommodation & guided tour (if any) only ; meals, round-trip ticket and other daily expenses are <u>not included</u>)
Deposit:	HKD 2,000 (Refundable upon full attendance of pre-trip meetings, completion of assigned tasks and trip, and fulfillment of the requirements on post-trip submission)
	Both programme fee and deposit submitted will not be refunded if the student chooses to withdraw from the programme AFTER submitting them
Quota:	12 students
Pre-trip Meetings:	1. 17 th Mar (Tue), 6:45pm – 8:15 pm 2. 12 th May (Tue), 3:30pm – 5:00pm
Interview:	19 th Jan (Mon), 9:30am – 12:30 pm / 20 th Jan (Tue), 2:30 pm – 5:30 pm
Registration:	https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13723140
Registration Deadline:	14 th Jan (Wed)

**Wine tasting will only be arranged for students aged 18 or above. Non-alcoholic drinks will be provided for minors.*

Enquiries:

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

3. English through Perfume Making 調香學英語



本工作坊將由專業調香師教授調香的必備知識，帶領同學探索香水的世界，學習香水的製作、香調，以及香味與情感的關係。同學將學會調配淡香精的基本方法，以便根據各種主題創作獨特的個人香氣，並將通過交流和討論提高對香水賞識的能力。

Join us for an immersive workshop designed to deepen your understanding of perfume. This engaging session will explore the essence of fragrance, including what perfume is and the emotions it can evoke. You'll learn about the various ingredients that make up perfumes and the common classifications, such as Top, Middle, and Base Notes.

Throughout the workshop, you'll receive a hands-on guide to creating your own Eau de Parfum (EDP), allowing you to craft a personalized fragrance based on different themes. You'll also discover how to enhance your enjoyment of scents and engage in a collaborative sharing session to exchange ideas and insights with fellow participants. By the end, you'll not only have a unique fragrance but a richer appreciation for the art of perfumery.

Instructor: Ms. Kitty Lui

[Founder of YUES.STUDIO, member of the Asia Perfume Foundation, specializing in French perfume, and the International Centre of Aroma Design, focusing on Korean perfume.]

Date: 12th Feb 2026 (Thu)

Time: 6:30pm - 8:30pm

Venue: W112 - 114, Wu Yee Sun College

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13722179>

Deadline: 29th Jan 2026 (Thu)

Deposit: \$100 (Refundable upon completion of the activity)

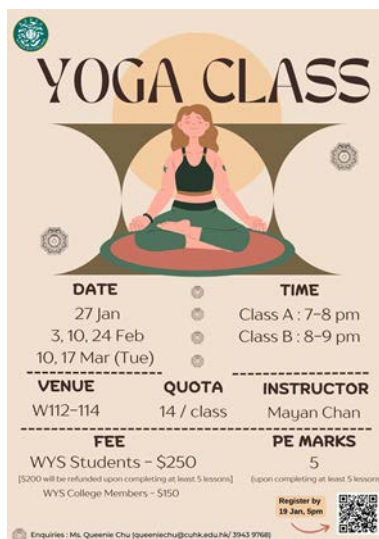
Each participant will create their own personalized fragrance by making a 10ml rollerball perfume and a 20ml perfume spray.

*Please submit the deposit in cash to the College Office (G03) by the application deadline within office hours. First-come-first-served, time of deposit payment will be the determinant.

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

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4. Yoga Class - Stretch your body • Increase your flexibility • Soothe your mind



Date: 27th Jan 2026 (Tue)
 3rd, 10th, 24th Feb 2026 (Tue)
 10th, 17th Mar 2026 (Tue)

Time: Class A - 7:00pm to 8:00pm
 Class B - 8:00pm to 9:00pm

Venue: W112-114

Quota: 14 (per class)

Instructor: Ms. Mayan Chan

PE Marks: 5 (upon completion of at least 5 lessons)

Fee:

WYS Students: \$250 (\$200 will be refunded upon completing at least 5 lessons)

WYS College Members - \$150

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13722983>

Interested students, please fill in the webform AND submit the course fee to the College Office on or before 19th Jan 2026 (Mon) 5:00pm (First-come-first-served. Time of payment will be the determinant).

Enquiries:

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

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5. Hiking with Residents 山野探索



Join us for a refreshing morning to celebrate the new Year! Wardens take participants to enjoy a delightful hike and appreciate the beautiful woods.

Route : Wu Yee Sun College > Tai Po Kau Nature Reserve (via Tai Po Kau Fire Lookout) [[Map](#)]

Date: 24th Jan 2026 (Sat)

Gathering Time and Location: 9:00 am @ College Gallery, Wu Yee Sun College

Dismissal Time and Location: 1:00pm @ College Gallery, Wu Yee Sun College

Leading Teacher: Professor Kong-pang PUN, Warden of West Block

Level of Difficulty (Most Difficult: 5) : 2.5

Quota: 10 (First-come-first-served)

[Details](#) | [Application](#)

Enquiry: Ms. Polly Po (polly@cuhk.edu.hk) /3943 1741)

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6. Chinese Calligraphy Workshop 中國書法班

中國書法班

導師：鳴珊 (楊悅松) 老師

日期：2月9、23、3月9、16、23及30日
(逢星期一、共六堂)

時間：晚上6:30至9:00

地點：伍宜孫書院西座112-114室

語言：粵語 / 普通話

截止日期：1月26日

按金：港幣\$400
(出席四堂可獲退回全部按金)

註：名額有限，先到先得，欲報從速。
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(G03)

查詢：Miss Aka Chan (wanhungchan@cuhk.edu.hk / 3943 9712)

毛筆書法課程是一門融合藝術與文化的專業課程，旨在提升同學的書寫技巧和對中國傳統文化的理解。課程內容涵蓋書法的基本理論、工具使用和不同字體的練習，幫助你掌握書法的精粹。同學將在專業導師的指導下，進行臨摹及創作，增強實際操作能力。課程不僅有助於提高你的藝術修養，還能培養耐心和專注力，促進個人心靈的成長。通過書法，你將能夠更深入地探索和體驗中國的文化遺產。

導師：鳴玥 (楊悅松)老師 [筆由字主 首席中文書法導師]

日期：2月9、23、3月9、16、23及30日 (逢星期一，共六堂)

時間：6:30pm – 9:00pm

地點：伍宜孫書院西座 112-114 室

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13720892>

截止日期：1月26日 (星期一)

按金：\$400 (出席四堂可獲退回全部按金)

*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(G03)。

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

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7. Fitness Training Workshops



Ready to shed those extra holiday pounds? JOIN our Fitness Training Workshops to kick-start your fitness journey today!!!

Animal Flow

As the name suggests, animal flow is a series of movements mimicking the movements of animals. The animal flow program blends elements of **yoga**, **gymnastics**, and **animal-inspired movements** to create a dynamic, ground-based workout. **No special equipment is required**, so you can practice Animal Flow anytime, anywhere.

Date: 4th, 11th, 25th Feb 2026 (Wed)

Time: 8:00pm – 9:00pm

- ☒ Improve body coordination and stability
- ☒ Increase body mobility and flexibility
- ☒ Increase muscular endurance
- ☒ Fat burning and body sculpting
- ☒ Suitable for all ages
- ☒ Anytime anywhere

HIIT

HIIT alternates between short bursts of intense activity and brief recovery periods or low-intensity exercises. This method keeps your heart rate elevated, helping you **burn more fat in less time** while boosting endurance and metabolism.

Date: 11th, 18th, 25th Mar 2026(Wed)

Time: 8:00pm – 9:00pm

- ☒ Strengthen cardiopulmonary function
- ☒ Improve athletic performance
- ☒ Stimulate metabolism
- ☒ Burn fat
- ☒ After Burn Effects

Deposit: \$200 / workshop (Refundable upon completing all lessons)

Venue: College Gymnasium

Quota: 12 /workshop

PE Mark: 5 /workshop

Instructor: Mr. Ryan Chan

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13724030>

Interested students, please fill in the webform AND submit a deposit to the College Office on or before 27th Jan 2026 (Tue) (First-come-first-served. Time of deposit payment will be the determinant).

Enquiries:

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

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8. Fitness Consultation Sessions

FITNESS CONSULTATION

Keep-fit plan?
Proper use of fitness equipment?
Consult our Fitness Trainer!!!

Instructor : Mr. Ryan Chan

DATE (WED) :
FEB 4, 11, 25
MAR 11, 18, 25
Time : 7-8 pm

DATE (WED) :
MAR 4
APR 1
Time : 7-9 pm

Venue : College Gym

FOR WYS STUDENTS & STAFF
NO REGISTRATION IS REQUIRED

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

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):

4th, 11th, 25th Feb 2026

11th, 18th, 25th Mar 2026

Time: 7:00pm – 8:00pm

Date (Wed):

4th Mar 2026

1st Apr 2026

Time: 7:00pm – 9:00pm

Venue: College Gymnasium

Instructor: Mr. Ryan Chan

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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9. Fitness Room User Introductory Course 2025/26 Term 2

Fitness Room User Introductory Course
健身室使用者課程

Instructor : Mr. Ryan Chan

Date: 28/01/2026 (Wed)
Time: 7:00pm - 9:00pm
Venue: College Gym
Quota: 15 (First come, First served)
Eligibility: College Students & Staff

Registration:

*Year 1 students may obtain the CUHK Fitness Room User Certificate from PE lessons.

For those who have registered successfully, a confirmation email will be sent to you and please observe the following:

- Please gather at the College Gymnasium (LG/F, House of Sunny Living) before the class starts.
- Please dress in appropriate clothing and wear sports shoes.
- Please bring along the fee (Student: HK\$25 / Staff: HK\$40) to be submitted after the class for the application of CUHK Fitness Room User Certificate. Please tender the exact amount of fee.

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

The full Sea-view Fitness Room is open for use. In accordance with the University's guidelines, only those who can present a valid CUHK Fitness Room User Certificate can use the Fitness Rooms on the University campus.

Students/ members who are not CUHK Fitness Room User Certificate holders may attend a Fitness Room User Introductory Course organized by the College with details as follows:

Date: 28th Jan 2026 (Wed)

Time: 7:00pm - 9:00pm

Venue: College Gym

Quota: 15 (first-come, first-served)

Fee: Student: HK\$25 / Staff: HK\$40

(Please submit the fee to the instructor after the class for the application of the CUHK Fitness Room User Certificate)

Instructor: Mr. Ryan Chan

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13722992>

Application Deadline: 21st Jan 2026

**Year 1 students may obtain the CUHK Fitness Room User Certificate from PE lessons.*

Enquiries:

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

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10. College Team Tryouts (2025-26 Term 2) 書院院隊選拔 (2025-26 下學期)



Are you a professional athlete or simply passionate about sports? Don't miss the College Team tryouts! We're recruiting athletes for our **tennis, table tennis, and badminton** teams. Show off your talents and join us for the tryouts – we can't wait to see you on the court!

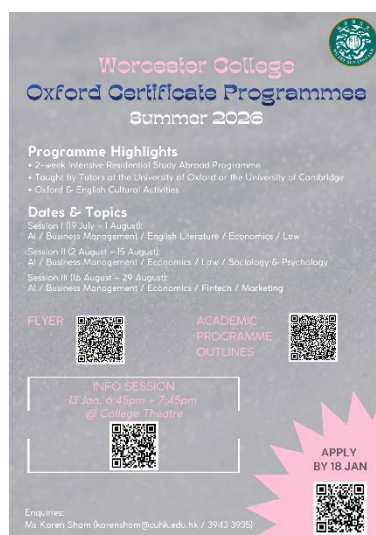
Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's & Women's Tennis	6 th Jan, 2026 (Tue)	6:00-8:00p.m.	Tennis Court No. 3, 4 (Near UGym)	Mr. Ka kit Hui 3943 3986 kakithui@cuhk.edu.hk
Men's & Women's Badminton	6 th Jan, 2026 (Tue)	8:00-10:00p.m.	United College Thomas Cheung Gym.	Mr. Ka Wing Lai 3943 3987 eaglelai@cuhk.edu.hk
Men's & Women's Table Tennis	8 th Jan, 2026 (Thu)	7:00-9:00p.m.	Shaw College Sports Centre	Mr. Ka kit Hui 3943 3986 kakithui@cuhk.edu.hk

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13723768>

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College Announcements

1. Oxford Certificate Programmes at Worcester College



The *Oxford Certificate Programmes at Worcester College (University of Oxford)* feature a two-week intensive residential study abroad experience for university students. Students will experience teaching and living in an authentic Oxford College setting, complemented by a series of Oxford and English cultural activities. Interested students are invited to join the information session on **13th Jan 2026 (Tue)** and submit an application by **18th Jan 2026 (Sun), 11:59pm**.

Oxford Certificate Programmes at Worcester College

- Intensive Residential Study Abroad Programme for University Students -

Duration: 2 weeks per session

Sessions (choose one of the below):

Session I – AI / Business Management / English Literature / Economics / Law (19th Jul 2026 (Sun) – 1st Aug 2026 (Sat))

Session II – AI / Business Management / Economics / Law / Sociology & Psychology (2nd Aug 2026 (Sun) – 15th Aug 2026 (Sat))

Session III – AI / Business Management / Economics / Fintech / Marketing (16th Aug 2026 (Sun) – 29th Aug 2026 (Sat))

Academic Programme Outline: <https://bit.ly/Oxford-2026>

Extracurricular activities: Oxford city walking tour, Oxford University tour, excursion to Cambridge, Farewell dinner/lunch, etc.

Students will receive a **Certificate of Attendance and Achievement**, as well as an **Academic Transcript** with a summary of the programme content and academic performance issued by Worcester College (University of Oxford).

Fees per session (incl. tuition, room & breakfast) – after deducting a scholarship of 500GBP upon the College's referral:

Twin room occupancy (13 nights): 3,830GBP

Single room occupancy (13 nights): 3,930GBP

Information Session:

Date: 13th Jan 2026 (Tue)

Time: 6:45pm – 7:45pm

Venue: College Theatre, Wu Yee Sun College

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13722683>

A representative of Oxford Certificate Programmes will introduce the Programmes in person.

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13722685>

Deadline: 18th Jan 2026 (Sun), 11:59pm
An interview may be required for selection.

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

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2. College Student Grant/Loan 2025/26 – Applications Now Open (for Freshmen ONLY)

College students who have financial difficulties may apply for the College Student Grant*/Loan 2025/26. Students who cannot get sufficient financial assistance under the Government Tertiary Student Finance Scheme (TSFS) or are not covered by TSFS but have financial difficulties may apply for this scheme. Please note that for the Student Grant, applicants must be local undergraduate students.

Applications are now open for freshmen ONLY **until 2nd Feb 2026 (Mon)**. Please download the [application form](#) and submit the completed form with supporting documents in person to the College Office (G03, G/F, East Block) before the deadline. Late applications or incomplete forms will not be considered.

**College Student Grant is generously supported by Mr. and Mrs. John Lo Student Grant Schemes*

Enquiries:

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

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3. College Hostel Grant 2025/26 - Applications Now Open (for Term 2 residents)

College students (local undergraduates of all years) residing in the hostel for TERM 2 ONLY with financial needs may apply for College Hostel Grant*. The grant amount for 2025/26 will be a maximum of \$2,720 for one term.

Applications are now open **until 2nd Feb 2026 (Mon)**. Local students with Term 2 residence are eligible to apply. Please download the [application form](#) and submit the completed form with supporting documents in person to the College Office (G03, G/F, East Block) before the deadline. Late applications or incomplete forms will not be considered.

** College Hostel Grant is generously supported by Mr. and Mrs. John Lo Student Grant Schemes*

Enquiries:

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

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4. Dorsett Young Entrepreneur Scholarship (帝盛青年創業家獎學金) 2025/26



The application period for the Dorsett Young Entrepreneur Scholarship (帝盛青年創業家獎學金) 2025/26 is now open!

If you are in year 2 or above with great insight into the business world for Hong Kong and Mainland China, this is your chance to demonstrate your entrepreneurial talents with innovative ideas in setting up your own business! Each recipient/group will be offered up to **HK\$80,000**, including **HK\$15,000** and up to **HK\$65,000** as the operational cost.

How to Apply-

Submit an **(1) application form** together with **(2) a one-page Executive Summary** and a **(3) one-page business model canvas** to state the creative ideas with entrepreneurial spirit, targeting Hong Kong and/or the Mainland China market on or before **11:59 pm, 8th Feb 2026 (Sun)** through one of the following channels –

1. By online: Complete the [online application form and upload the required documents](#); or
2. By email: Submit the softcopy (application template is available via College Website) of the three required documents to Ms. Carrie Zeng (carriezeng@cuhk.edu.hk) and/or Ms. Elisha Yting (elishaying@cuhk.edu.hk); or
3. In person: Submit the original hardcopy (application template is available via College Website) of the documents to the counter of the Dean of Students' Office, on UG/F counter during office hours.

Blast off to success! For more details, please refer to the [College Website](#).

Should you have any enquiries, please feel free to contact:

Ms. Carrie Zeng (carriezeng@cuhk.edu.hk / 3943-3934) or

Ms. Elisha Yting (elishaying@cuhk.edu.hk / 3943-9767)

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5. Closure of College Building during the Chinese New Year 2026 丙午年農曆新年期間書院大樓關閉

The College building will be closed from 11:00pm on 16th Feb 2026(Mon) to 8:00am on 20th Feb 2026(Fri) for the Chinese New Year holiday. **Residents, please leave the hostels and the College building by 11:00pm on 16th Feb 2026 (Mon).** Non-local students who need to stay in the hostel during this period, please submit an online application **by 19th Jan 2026(Mon)** for Wardens' consideration. The result will be announced on 27th Jan 2026(Tue) tentatively.

Those who do not obtain special approval from the Wardens will **NOT** be able to access the College building and hostels with their CU Link Card during the holiday period. Thank you for your kind attention.

書院大樓將於農曆新年期間（2026年2月16日(星期一)晚上11時至2026年2月20日(星期五)早上8時）關閉。宿生請於**2月16日(星期一)晚上11時前**離開宿舍及書院大樓。非本地生如須於上述期間居留宿舍，請於1月19日(星期一)前遞交網上申請，以供舍監考慮。結果暫定於2026年1月27日(星期二)公佈。

未獲舍監特別批准者於農曆新年假期間將**不能**以中大通進入書院大樓及宿舍，敬希垂注。

Application Link
申請連結:



<https://shorturl.at/kGiSv> or [Here](#)

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

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

為書院同學建立人際網絡——
於人生不同歷程中不可或缺的重要元素
Support our students to build up
multifunctional social networks —
a crucial element across
all stages of life

年度活動
Annual Activity

07.11.2025 7:00 pm
歡迎晚宴 Welcome Night

及各組自行策劃的聚會
and some other social
gatherings arranged by
individual group

立即登記
成為學友
Join as Mentee Now

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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8. Visitor Policy in College Student Hostels

Visiting Hour:

CUHK Student Visitors (i.e. CUHK current undergraduate and postgraduate students who do not have a hostel place at Wu Yee Sun College)	Same-sex CUHK Student Visitors: 8:00 am – 12:00 am daily Opposite-sex CUHK student visitors: 10:00 am – 11:00 pm daily
Non-CUHK Student Visitors	Saturdays, Sundays and public holidays 10:00am – 11:00pm
Visitors and Residents of Opposite Sex	Aside from the visiting hours stated in Student Hostels Regulations, no persons (including residents) are allowed to enter the floor of the opposite sex, and no residents are allowed to receive visitors of the opposite sex unless prior permission is granted by the Wardens

Overnight Visitor:

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

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

Other Rules:

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

Opening Hour of College Facilities

1. WYS non-residents can access College until 11:00pm daily. Only residents can access College building after 11:00pm.
2. The opening hour of College Gymnasium is adjusted to 7:00am – 12:00am.
 - a. First-time users should bring their valid (i) CU Link Card and (ii) CUHK Fitness Room User Certificate to College Office (G03) for registration.
 - b. Please be reminded not to bring in unauthorized persons or open up the gym door for anyone. Random checking would be conducted and follow up actions would be taken for any violation.
3. The opening hours of other College facilities can be referred at <https://www.wys.cuhk.edu.hk/about-us/campus/>.

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

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

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

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

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10. Student Pastoral Care

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

- 1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please email kikiwkchan@cuhk.edu.hk for arrangement.
- 2) You may also approach the **University's Wellness and Counselling Centre** at **3943 7208** for help.
- 3) A **24-hour Emotional Support Hotline** at **5400 2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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



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

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

Let us know what you are interested in and excellent at:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838>

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

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

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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>

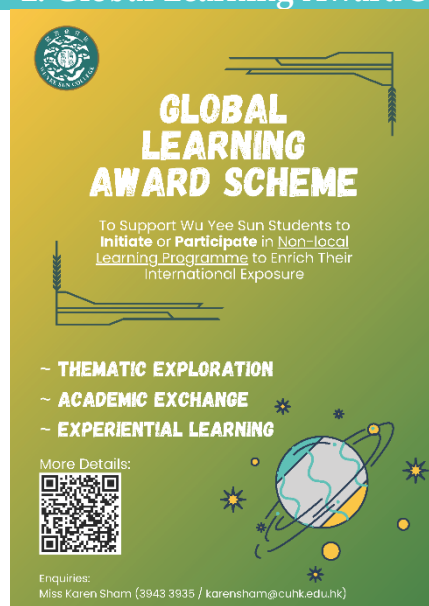
Check out the details through this [link](#).

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
Summer	1 st May 2026 – 31 st Oct 2026	1 st Nov 2025 – 30 th Apr 2026

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

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

Self-Motivation Fund for Health and Well-being Activities

Application & Guidelines:

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**.

Health and Well-being Activities

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

Examples

- Healthy Cooking Class
- Course about Nutrition / Chinese Medicine
- Mindfulness Workshop
- Mental Health First Aid Course

Qualification Courses for Health and Well-being Instructors

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

Examples

- Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course
- Art/Music Therapy Instructor Course

伍宜孫書院
WU YEE SUN COLLEGE

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

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

The infographic is titled "Self-Motivation Fund for Sports Activities" and features a QR code in the top right corner labeled "Application & Guidelines". It is divided into two main sections: "Sports Activities" and "Qualification Courses for Sports Coach".

Sports Activities

- Text: "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'." and "To enhance students' ability to adapt to challenges in life, you are encouraged to participate in activities with resilience element."
- Icon: A basketball and a soccer ball.
- Max. funding amount: **\$1500** OR Up to 60% of application fee & course fee (whichever is lower).
- Examples: Standard Chartered Hong Kong Marathon, Oxjam Trailwalker, Spartan Race, Yoga Class, Dance Workshop.

Qualification Courses for Sports Coach

- Icon: A certificate with a seal.
- Max. funding amount: **\$3000** OR Up to 60% of course fee (whichever is lower).
- Examples: Rowing, Rope-skipping, Orienteering, Taekwondo.

At the bottom left, there is a logo for WU YEE SUN COLLEGE and contact information: "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



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

Funding Amount:

Sustainability Activities:

Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)

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

Take a look on the [guidelines](#) and [reflection template](#), and challenge yourself with different activities.

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

Enquiries:

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

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6. Mingle Fund



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

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

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

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

Enquiries:

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

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



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

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

Enquiries:

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

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Other Activities & Announcements

1. 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>

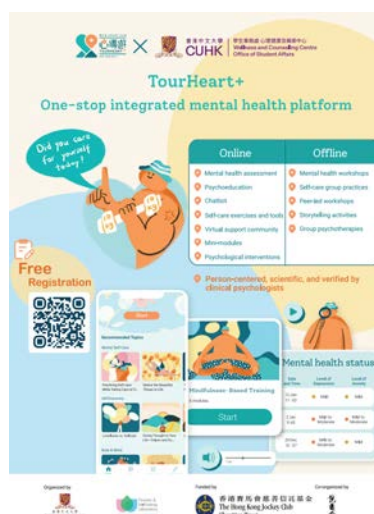
Students who complete the 3 modules in the GC series will be qualified to earn a wonderful ILC token of appreciation!

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2. 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 :

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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4. 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/vQCrlWhyI68>

🌊 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.