The Sunny Weekly

19th Jan 2026

Sunny Review 上周回顧



1. College Forum – "A Student's Guide to Lifestyle Medicine for Academic Health & Success"

College Activities 書院活動

1. College Photo Day 2025/26<New>
2. Table Tennis Training Programme 乒乓球訓練班<New>
3. Wellness Moment: Coffee Appreciation 療癒時光：品味咖啡
4. 中醫同你鬆一鬆
5. c!ab 2026 年終展覽 Year-End Exhibition
6. Yoga Class - Stretch your body • Increase your flexibility • Soothe your mind
7. Chinese Calligraphy Workshop 中國書法班
8. Fitness Training Workshops
9. Fitness Consultation Sessions
10. Fitness Room User Introductory Course 2025/26 Term 2

College Announcements 宣佈事項

1. Deferment of Tuition and Hostel Fees for Full-time Undergraduate Students (Term 2, 2025/26) <New>
2. Wu Yee Sun Award for the Most Distinguished Graduating Student 2025/26 – Applications Now Open
3. Dr. Sin Wai Kin Memorial Scholarship 2025/26 – Applications Now Open
4. College Student Grant/Loan 2025/26 – Applications Now Open (for Freshmen ONLY)
5. College Hostel Grant 2025/26 - Applications Now Open (for Term 2 residents)
6. Dorsett Young Entrepreneur Scholarship (帝盛青年創業家獎學金) 2025/26
7. 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
8. Reaching Out Award 2025/26
9. Rance Lee Mentorship Programme 李沛良亦師亦友計劃
10. Visitor Policy in College Student Hostels
11. Membership and ExCo Recruitment—WYS Alumni Association 伍宜孫校友會會員及幹事會招募
12. Student Pastoral Care
13. WYS's Got Talents – Photography, Poster Design, MC and a lot more!

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

1. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃
2. Global Learning Award Scheme
3. Self-Motivation Fund for Health and Well-being Activities

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

1.「中大校長杯（校長杯）學生創業比賽」2025-26 現正接受報名！
Join The Vice-Chancellor's Cup of Student Entrepreneurship (VCCE) 2025–26 – Your Gateway to Entrepreneurship!<New>

4. Self-Motivation Fund for Sports Activities
5. Self-Motivation Fund for Sustainability Activities
6. Mingle Fund
7. Service-learning Project Funding Scheme 服務學習項目資助計劃

2. The 12th Hong Kong University Student Innovation and Entrepreneurship Competition<New>
3. Student Residence Bursary Scheme 學生宿舍助學金計劃
4. Discover UCL Summer School 2026! – Information Session (Thursday, 22 January 2026)
5. Global Citizenship (GC) is now available!
6. Community Resources for Emotional Support
7. Independent Learning Centre (ILC) Services for Students
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

Sunny Review

1. College Forum – "A Student's Guide to Lifestyle Medicine for Academic Health & Success"



The first College Forum of this semester, titled "A Student's Guide to Lifestyle Medicine for Academic Health & Success," was held last Friday. The session was led by Prof. Carmen Wong (黃嘉雯教授), Associate Dean of Faculty Development at the Faculty of Medicine and Clinical Professional Consultant at the JC School of Public Health and Primary Care. We were also pleased to have Prof. Eric K.P. Lee (李錦培教授), College Member of the Health and Spiritual Well-being Committee, serve as the moderator for the forum.





Prof. Wong emphasized the importance of evidence-based approaches tailored for university students. She covered key pillars, including healthy eating, regular physical activity, effective stress management, and sleep health, all of which are crucial for sustaining academic excellence and mental well-being. She also highlighted the significance of building strong social relationships and overcoming common barriers to healthy living within the university environment. The session encouraged students to identify personal challenges and adopt actionable steps toward healthier lifestyles, with the hope that students can make small positive changes after attending the forum.

(Back to top)

College Activities

1. College Photo Day 2025/26



Please note that the College Photo Day is scheduled for **13th Mar 2026 (Fri)**. For students who will graduate in 2025/26, please read through the attached Important Notes and the schedule below regarding gown rental:

- **Gown & Cap Size Trial**
- Period: **7th Jan 2026 (Wed) – 28th Jan 2026 (Wed)**
- Venue: College Office (G03, G/F, East Block)

1) Completion of Online Undertaking Form

- Those who would like to borrow gowns from the College, please submit the Online Undertaking Form
- Deadline: **28th Jan 2026**
- Online Form: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13721551

2) Submission of Bank-in Slip of HK$680 Deposit

- A Bank-in Slip of HK$680 deposit (true copy) should be submitted to the Dean of Students' Office (UG09, UG/F, West Block), or an online transaction record should be submitted by email to carriezeng@cuhk.edu.hk
- Deadline: **28th Jan 2026(Wed)**
- Please note the College will NOT arrange gown borrowing for those who submit a deposit and the form of undertaking after the above-mentioned deadlines

3) Collection of Gown

- Students who have completed the form of undertaking and submitted $680 as the deposit could collect the gown at the designated period with details as below:
- Date: **26th Feb 2026(Thu) or 27th Feb 2025(Fri)**
- Time: 9:00am –1:00pm & 2:00pm – 5:00pm
- Venue: College Theatre (UG/F)

For ***student societies*** who wish to organize celebratory activities during the College Photo Day, please note the details as attached and complete the application form by **2nd Feb (Mon)**:
https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13724556

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

(Back to top)

2. Table Tennis Training Programme 乒乓球訓練班



Looking to sharpen your table tennis skills? 🏓 Join our **Table Tennis Training Programme** and take your game to the next level!

Date: 12th, 26th Feb (Thu)

12th, 19th Mar (Thu)

2nd, 9th, 16th Apr (Thu)

Time: 7:00pm – 9:00pm

No. of Sessions: 7

Venue: Shaw College Indoor Multi-Purpose Room 逸夫書院室內體育及多功能館

Instructor: Mr. Lam Chun Pang

Fee: Free of charge

Quota: 30

Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13725393

Registration Deadline: 8th Feb 2026 (Sun)

Enquiries: Mac Chow (9571 1457)

(Back to top)

3. Wellness Moment: Coffee Appreciation 療癒時光：品味咖啡



Slow down, Savor life 🌿

Have you had your coffee today? 🌞
Whether you're just starting to explore the world of coffee,
or already a passionate coffee lover,

We warmly invite you to an evening immersed in the art of coffee 🌌.
From coffee origins and varieties 🌎,
to processing methods and roasting techniques 🔥,
discover how these elements shape flavor and sensory experience 🌿.

Breathe in the aroma, taste the richness, and embrace a moment of calm 🕊️.
Find your balance and joy 💫.

The workshop includes tasting around 4 different coffees ☕☕☕☕,
each sip guiding you on a journey of healing and tranquillity 🌸.

Date: 29th Jan 2026 (Thu)
Time:
Session 1: 5:30pm – 7:00pm
Session 2: 7:15pm – 8:45pm
Venue: The Lounge in WYS House of Sunny Living
Quota: 8-10 / session
Instructor: Mable Wong (LookUp Coffee)
Deposit: $100 (Refundable after completion of the activity)
Deadline : 26th Jan 2026 (Mon)

Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13725118
Please submit the deposit to the College Office before the application deadline for successful registration and seat reservation. Places are limited. First-come, first-served. The time of deposit payment will be the determinant.

Enquiries:
Ms. Michelle Li (michelle@cuhk.edu.hk / 3943 3933)

(Back to top)

4. 中醫同你鬆一鬆



放鬆身心，重拾平衡！

想減壓、養心，體驗中醫智慧？
報名參加我哋為你準備嘅 **「中醫同你鬆一鬆」**，讓專業中醫師帶領你度過一個舒心嘅晚上！

- ✔ 專業中醫教授親自分享養心秘訣
- ✔ 體驗簡單有效的紓壓按摩技巧
- ✔ DIY 香囊，帶走專屬放鬆小物
- ✔ 品嚐花草茶，享受身心平衡

活動詳情

- 日期：2026 年 2 月 25 日（星期三）
- 時間：下午 6:30 - 8:15
- 地點：伍宜孫書院西座 112 室
- 語言：粵語及普通話
- 費用：全免
- 歡迎伍宜孫書院同學、校友、教職員及教職員家屬參加

<u>活動內容</u>

第一部分：中醫養心與壓力管理分享
講者：張保亨教授 (張教授為中大中醫學院副院長及註冊中醫師，擁有多年中醫臨床和研究經驗，並於中大中醫專科診所應診)

張教授將深入分享中醫如何幫助你管理壓力、調養身心，讓你掌握日常的紓壓方法。

第二部分：紓壓按摩齊齊做
主持：張保亨教授 及 薛樂然小姐
(薛小姐為註冊中醫師，亦是書院樓層導師，熱心推廣中醫養生文化)

兩位專業中醫師將帶領大家學習簡單有效的紓壓按摩技巧，紓緩緊張，讓身心更輕鬆。

第三部分：製作紓壓香囊
主持：薛樂然小姐
親手製作香囊，享受天然香氣，帶走專屬你的放鬆小物。

第四部分：花草茶品嚐與放鬆
細味花草茶，感受馥郁香韻，讓身心徹底放鬆。

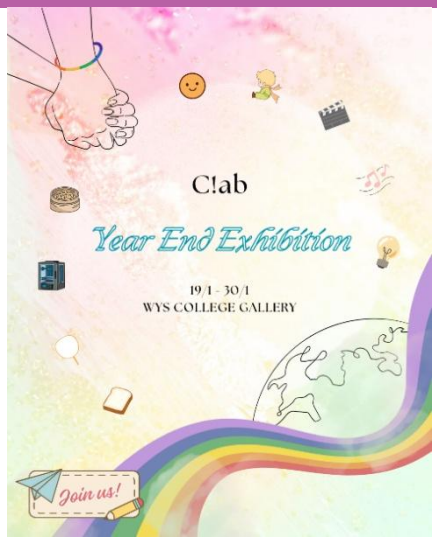
☑ **立即報名，讓中醫智慧陪你鬆一鬆！**

報名: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13724109
(校友如欲報名，請把你的全名及畢業年份電郵致 michelleli@cuhk.edu.hk)

查詢：Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

(Back to top)

5. c!ab 2026 年終展覽 Year-End Exhibition



各位伍宜孫嘅同學注意啦！c!ab 2026 年終展覽終於要開 show 啦🎉 ~ 今年嘅主題係「多元、平等與包容（DEI）」，由 1 月 19 號到 30 號，等我地一齊回顧 c!ab 呢一年嘅各個活動啦😁

如果想打卡支持 DEI？我地有可愛表情符號磁石同打卡道具，影相後掃 QR Code Follow c!ab IG，Tag 我哋分享仲有機會被轉發㗎 ~ 🥳

日期：19/1/2026 ~ 30/1/2026
地點：書院大堂
費用：全免

全部活動免費參加，無需按金！唔好錯過呢個集互動、藝術、科技於一身嘅展覽🎪約埋朋友一齊嚟打卡體驗啦！
-
Attention all Wu Yee Sun students! c!ab's 2026 Year-End Exhibition is finally here 🎉 ~ This year's theme is "Diversity, Equality & Inclusion (DEI)", and from 19th to 30th Jan, let's look back on all of c!ab's activities over the past year~ 😁

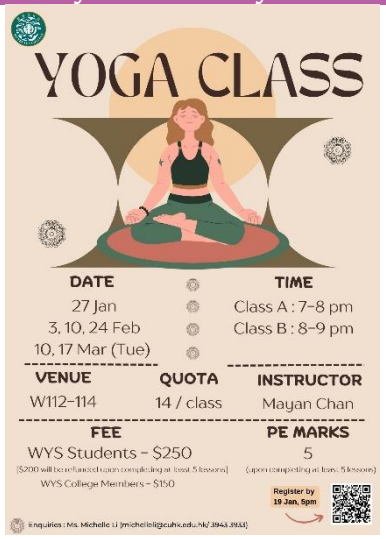
Want to take photos to show your support for DEI? We have cute emoji magnets and photo props! After taking pictures, scan the QR code to follow c!ab's IG, tag us when you share, and you might even get reposted ~ 🥳

Date: 19th Jan 2026 (Mon) - 30th Jan 2026 (Fri)
Fee: Free

All activities are free to join with no deposit required! Don't miss out on this showcase combining interaction, art, and technology—gather your friends and come take photos and experience it for yourself 🎪

(Back to top)

6. 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. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

(Back to top)

7. Chinese Calligraphy Workshop 中國書法班



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。

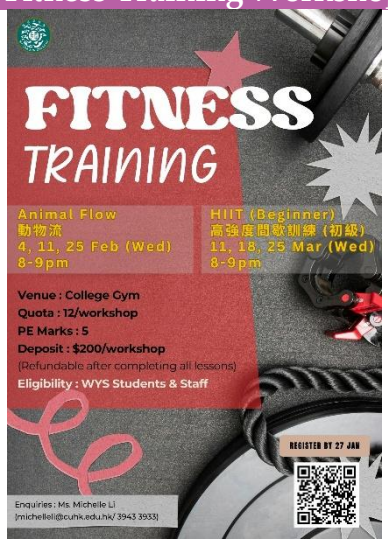
導師：鳴玥 (楊悅松)老師 [筆由字主 首席中文書法導師]
日期：2 月 9、23、3 月 9、16、23 及 30 日 (逢星期一，共六堂)
時間： 6:30pm – 9:00pm
地點：伍宜孫書院西座 112-114 室
報名： https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13720892
截止日期：1 月 26 日 (星期一)
按金：$400 (出席四堂可獲退回全部按金)

*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)

(Back to top)

8. 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

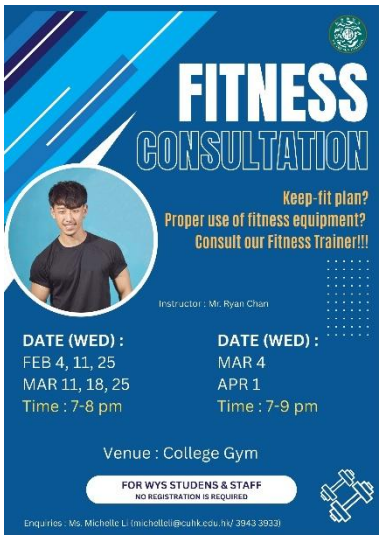
Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13724030

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. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

(Back to top)

9. 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):
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. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

(Back to top)

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



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. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

(Back to top)

College Announcements

1. Deferment of Tuition and Hostel Fees for Full-time Undergraduate Students (Term 2, 2025/26)

The deadline for the fee payment of Term 2, 2025/26 is 30th Jan 2026 (Fri). A late charge of $200 will be levied on late payments of tuition fees and hostel fees. For more information about student fees, please refer to: https://www.fno.cuhk.edu.hk/student/student-fees/faq/.

College students who need to defer tuition and/or hostel fees of Term 2, 2025/26 due to financial difficulties must complete the application form (download here) and submit it along with supporting documents in person to the College Office (G03, East Block) **on or before 23rd Jan 2026 (Fri). Please note that late applications or incomplete forms will NOT be accepted.**

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

(Back to top)

2. Wu Yee Sun Award for the Most Distinguished Graduating Student 2025/26 – Applications Now Open



The prestigious **Wu Yee Sun Award for the Most Distinguished Graduating Student 2025/26** is now open for applications from graduating students of the 2025/26 academic year.

Eligibility Criteria:

- Proactive **graduating students of 2025/26** academic year demonstrating the College motto by participating in various activities to broaden horizons; and
- Cumulative GPA reaches 3.4 or above or Top 10% of the corresponding Department; and
- Outstanding contributions to the Department/ College/ University or society

Applicants are required to submit a Personal Statement of no more than 1,000 words (in English or Chinese) which illustrates his/ her personality, aspirations, as well as achievements in demonstrating the College motto. A Letter of Recommendation written by a CUHK Teacher is mandatory. Late or incomplete applications will not be accepted.

Award Amount
Max. HK$50,000

Online Application
https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13723245

Application Deadline
8th Feb 2026 (Sun)

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

(Back to top)

3. Dr. Sin Wai Kin Memorial Scholarship 2025/26 – Applications Now Open



Dr. Sin Wai Kin Memorial Scholarship*, a newly established admission scholarship, is now open for applications for College freshmen of the 2025/26 academic year.

Eligibility Criteria:

- College freshmen who demonstrate leadership potential and a commitment to serve the community during their university and secondary school studies
- Financial need of applicants may also be considered
- Eligible for students who placed Wu Yee Sun College as their 1st College Preference
- Open to all local and non-local freshmen admitted in 2025

* The scholarship is generously supported by the Sin Wai Kin Foundation.

Award Amount
HK$30,000

Online Application
https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13723179

Application Deadline
8th Feb 2026 (Sun)

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

(Back to top)

4. 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)

(Back to top)

5. 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)

(Back to top)

6. 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 (elishayting@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
Miss Elisha Yting (elishayting@cuhk.edu.hk / 3943-9767)

(Back to top)

7. 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 the 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

(Back to top)

8. 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)

(Back to top)

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

(Back to top)

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/.

(Back to top)

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.

(Back to top)

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.

(Back to top)

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)

(Back to top)

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)

(Back to top)

2. Global Learning Award Scheme



The Global Learning Award Scheme (GLAS) aims to encourage students to initiate or participate in non-local academic or experiential learning programmes with the main purpose of LEARNING. Applicants will be awarded the "Global Learning Award" and receive the award amount after completing all post-trip requirements on time.

Students can apply funding for the self-initiating trips, overseas programmes, and virtual programmes.
For further details, please refer to college website for application guidelines.

Round	**Applying for trips taken during** (for trips overlapping both rounds, first date of the trip shall determine the application period)	**Application period**
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

(Back to top)

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



Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities in order to strengthen your **physical health** and **mental wellness**.

Eligibility:
For Wu Yee Sun College students who participate in health and well-being activities organized by organization(s) other than the College.

There are two categories of activities you can apply :
(i) Health and Well-being Activities
Examples :
Healthy Cooking Class, Trial Course on Musical Instruments, Course about Nutrition or Chinese Medicine, Mindfulness Workshop, Mental Health First Aid Course
Funding amount : Maximum $1500 or Up to 60% of application fee and course fee (whichever is lower)

(ii) Qualification Courses for Health and Well-being Instructors
Examples :
Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art or Music Therapy Instructor Course
Funding amount : Maximum $3000 or Up to 60% of course fee (whichever is lower)

Take a look at the guidelines and the **reflection template** to start your healthy life now!!!
Application : https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283

Enquiries:
Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)
Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

(Back to top)

4. Self-Motivation Fund for Sports Activities



Self-Motivation Fund for Sports Activities *encourages students to participate in various kinds of* ***sports activities*** *and* ***qualification courses for sports coach****, in order to live up the spirit "Sports for Everyone".*

To enhance students' ability to adapt to challenges in life, you are encouraged to participate in activities with resilience element

Funding Amount:

Sports Activities: Maximum $1500 or Up to 60% of application fee and course fee (whichever is lower)
Qualification courses for sports coach: Maximum $3000 or Up to 60% of course fee (whichever is lower)

Take a look on the guidelines and report template, and challenge yourself with different activities.
Application : https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283

Enquiries:
Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)
Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

(Back to top)

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)

(Back to top)

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)

(Back to top)

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.

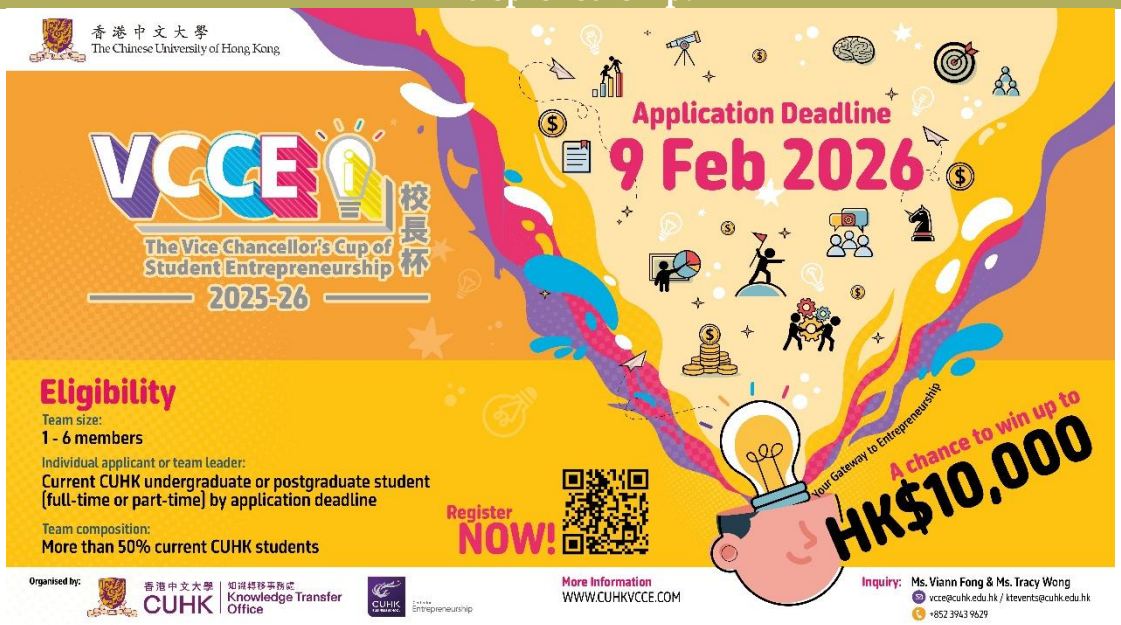
Learn to serve and serve to learn! Please visit the website for more info.

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

(Back to top)

Other Activities & Announcements

1.「中大校長杯（校長杯）學生創業比賽」2025-26 現正接受報名！
Join The Vice-Chancellor's Cup of Student Entrepreneurship (VCCE) 2025–26 – Your Gateway to Entrepreneurship!



現誠邀各位中大同學參加由香港中文大學知識轉移事務處（KTO）及創業研究中心（CfE）合辦的創業賽事 —— **「中大校長杯（校長杯）學生創業比賽」（VCCE）2025-26**。

為了培育中大學生對創業的興趣和能力，「校長杯」2025-26 將以創業交流活動為始，讓參賽隊伍有機會與各界創業人士交流，吸收寶貴的知識和經驗，為比賽做好準備。勝出的個人或隊伍**可贏取高達港幣$ 10,000 的獎金**，更有機會代表中大參加地區、全國或國際創業比賽，如「香港大學生創新及創業大賽」。

如果你有任何創業概念或創新想法，並希望透過比賽展現實力、累積寶貴經驗，**立即報名參加「校長杯」**，展開你的創業之旅！

參賽資格

- 所有香港中文大學在讀本科生及研究生（全日制或兼讀制），不限學系或學科
- 可以個人或隊伍形式報名參加
- 個人申請者或隊長須於報名截止時仍為中大在讀學生
- 每隊人數可為一至六人
- 隊伍內超過一半成員必須為中大在讀學生

獎項

- 冠軍： 港幣$ 10,000

- 亞軍： 港幣$ 8,000
- 季軍： 港幣$ 6,000

重要日程

- 報名期間 2026 年 1 月 12 日至 2 月 9 日
- 創業交流活動 2026 年 2 月 28 日
- 決賽入圍名單公布 2026 年 3 月 24 日
- 決賽暨頒獎典禮 2026 年 4 月下旬

報名連結

https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13724280

報名截止日期

2026 年 2 月 9 日（星期一）

有關更多比賽的詳情，請瀏覽「校長杯」官方網頁 www.cuhkvcce.com。

如有查詢，歡迎與我們聯絡。電話 3943 9629；電郵 vcce@cuhk.edu.hk。

You are cordially invited to participate in **The Vice-Chancellor's Cup of Student Entrepreneurship (VCCE) 2025-26**, co-organised by the Knowledge Transfer Office (KTO) and the Center for Entrepreneurship (CfE).

Aiming to foster entrepreneurial spirit among CUHK students, VCCE 2025-26 will commence with a Mixer Event, which will help you better prepare for the Final Pitch and offer you the chance to meet like-minded entrepreneurial seniors. Winning individuals/teams **may win prizes of up to HK$10,000**, and they may also have the opportunity to represent CUHK at regional, national, and international competitions such as The Hong Kong University Student Innovation and Entrepreneurship Competition.

Whether you are developing a business plan, a technology start-up, a social enterprise, or any other innovative ventures, VCCE is your Gateway to Entrepreneurship!

Seize the chance and apply now!

Eligibility

- **All current CUHK undergraduate and postgraduate students** (full-time or part-time) from any discipline.
- Applicants may apply as individuals or teams.
- **Individual applicants or team leaders MUST be current CUHK students** by the application deadline.
- Each team may consist of one to six member(s).
- **More than 50%** of the team members must be current CUHK students.

Prize

- Champion: HK$ 10,000
- 1st Runner-up: HK$ 8,000
- 2nd Runner-up: HK$ 6,000

Key Dates

- Application Period 12th Jan – 9th Feb 2026
- Mixer Event 28th Feb 2026
- Announcement of Finalists 24th Mar 2026

- Final Pitch cum Award Ceremony Late Apr 2026

Application Method
Apply online via https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13724280.

Deadline
9th Feb 2026 (Mon)

For further details, please visit www.cuhkvcce.com.

Should you have any enquiries, please feel free to contact us at 3943 9629 or email vcce@cuhk.edu.hk.
(Back to top)

2. 第 12 屆香港大學生創新及創業大賽 Upcoming Competition: The 12th Hong Kong University Student Innovation and Entrepreneurship Competition



賽事推介：第 12 屆香港大學生創新及創業大賽
(銜接兩項全國賽及三項國際賽事)

一年一度大專學界創新創業盛事又來了！今年踏入第 12 屆，繼往開來，獲獎之**創業項目**將有機會參與最權威的全國賽，包括被譽為「全球最大最好的路演平台」的－－「中國國際大學生創新大賽」及「中國青年創業最大平台」的－－「挑戰杯」中國大學生創業計劃競賽；而獲獎之**創新項目**將銜接素有「中國青年創新科技的奧林匹克」美譽之「挑戰杯」全國大學生課外學術科技作品競賽。自 2025 年起，獲獎項目更有機會以香港特別行政區代表隊身份參與**新加坡-國際發明展暨發明競賽(WoSG)**、**印尼發明家日(IID)-世界發明科學展**及**韓國-首爾國際發明展(SIIF)**三項國際賽暨發明展。

此外，獲獎項目還可獲得**獎金、資源對接、公開展覽、媒體曝光**等機會。想發揮你的創新意念？想實現你的創業夢想？機會難得，趕快報名參加啦！

第 12 屆香港大學生創新及創業大賽	
截止日期	**截止報名：2026 年 3 月 30 日(一)** **截止遞交作品：2026 年 4 月 10 日(五)**
參賽組別	**(I)創新類**(論文/創新發明) (①生命科學/②能源環境化工/③資訊技術／④數理/機械) **(II)創業類** (①創業計劃/②初創企業/③社企/文創)

獎　項	1. 作品獎項：特等獎、一等獎、二等獎、三等獎； 2. 獎金總值超過**港幣 50 萬元；** 3. 獲獎項目將有機會代表香港特別行政區及所屬院校參加上述全國賽及國際賽暨展覽； 4. 獲獎項目可獲資源對接、公開展覽、媒體報導等發展機會
大賽網址	**http://www.hkchallengeplus.com/**

附件是本屆賽事之海報及宣傳單張，詳情請見大賽網站，如有任何疑問，歡迎致電 25281993 與李小姐/陳小姐聯絡，或電郵（iec@newgen.org.hk）向我們查詢，謝謝！

Upcoming Competition: The 12th Hong Kong University Student Innovation and Entrepreneurship Competition

The annual highlight of innovation and entrepreneurship for tertiary students is coming! In our 12th annual competition, the winning **entrepreneurship projects** will form as a Hong Kong representative team to participate **the China International College Students' Innovation Competition** **and/or** **the "Challenge Cup" China College Students Entrepreneurship Competition**, which are known as "The Best and Biggest Roadshow Platform Worldwide" and "The Biggest Platform of Chinese Young Entrepreneurs" respectively while the winning **innovation projects** will enter **the "Challenge Cup" National College Students' Extracurricular Academic Science and Technology Contest** which is recognized as the "China Youth Innovation and Entrepreneurship Olympic". Since 2025, award-winning projects have had the opportunity to represent Hong Kong in three international exhibitions and competitions: WorldInvent™ Singapore (WoSG), Indonesia Inventors Day (IID) and Seoul International Invention Fair (SIIF).

Wanna show your skills and talents? Wanna turn your innovative dreams into reality? Wanna meet more similar great minds? Visit this website (www.hkchallengeplus.com) to learn more about the competition and important dates. Don't miss this golden opportunity to thrive - submit your application **right now!**

Details of the Competition:

The 12th Hong Kong University Student Innovation and Entrepreneurship Competition	
Deadline	Application Deadline：**30th Mar 2026(Mon)** Project Submission Deadline：**10th Apr 2026(Fri)**
Categories	**(I) Innovation** (Research Thesis/ Invention); (①Life Sciences / ②Energy, Environmental and Chemical Engineering / ③Information technology / ④Mathematics and Physics/ Mechanics and Control Systems) **(II) Entrepreneurship** (①Entrepreneurship Proposal/ ②Startup/③Social Enterprise/Cultural & Creative Services)
Awards	1. Awards： Grand Prize, First Prize, Second Prize, Third Prize 2. Total cash prize value is over HKD$500,000. **3.** Top winners will represent HKSAR and their colleges in the above mentioned National and International Competition(s) 4. Resource connections, public exhibitions, media coverage, etc.
Website	**http://www.hkchallengeplus.com/**

Attached are the poster and leaflet. For more details, please refer to our official website (www.hkchallengeplus.com). For enquiries, please kindly contact Ms. Jody Li or Ms. Esther Chan at 2528 1993 or by email (iec@newgen.org.hk).

Let your talent shine and make your mark today!

HKNGCA Innovation & Entrepreneurship Centre
Tel: 2528 1993 / 2528 1909

Email: iec@newgen.org.hk
Website: www.hkchallengeplus.com
FB page：香港新一代文化協會創新及創業中心
Awardee Exhibition(Virtual): http://virtual-expo.hkchallengeplus.com/



(Back to top)

3. Student Residence Bursary Scheme 學生宿舍助學金計劃

Eligibility

To be eligible to apply for the CUHK Student Residence Bursary 2025/26, applicants must:
1. be local full-time undergraduate students;
2. be registered residents of the hostel and have resided in the hostel for at least 75% of the time of the term (based on the availability of the hostels for students);
3. have an 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 **second term only** 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 5th Jan 2026 (Mon) to 27th Feb 2026(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)

(Back to top)

4. 🌍 Discover UCL Summer School 2026! — Information Session (Thursday, 22 January 2026)



🗓️ **Date:** 22nd Jan 2026 (Thu)
🕒 **Time:** 3:30 pm – 4:30 pm
📍 **Venue:** Lai Chan Pui Ngong Lecture Theatre (LPN LT), G/F YC Liang Hall
👩‍💼 **Speaker:** Ms Charlotte Murphy, Senior Student Recruitment and Partnerships Officer, UCL
💻 **Registration:** link (please register **on or before 19th Jan 2026 (Mon))**

✨ **What's it about?**

- Introduction to UCL Summer School
- Learn about credit-bearing modules, application process, and student life in London
- Hear how the summer school can enrich your academic journey and global experience

💁‍♂️ **Who should attend?**

Undergraduate students interested in international study opportunities in the summer

🎉 **Why join?**

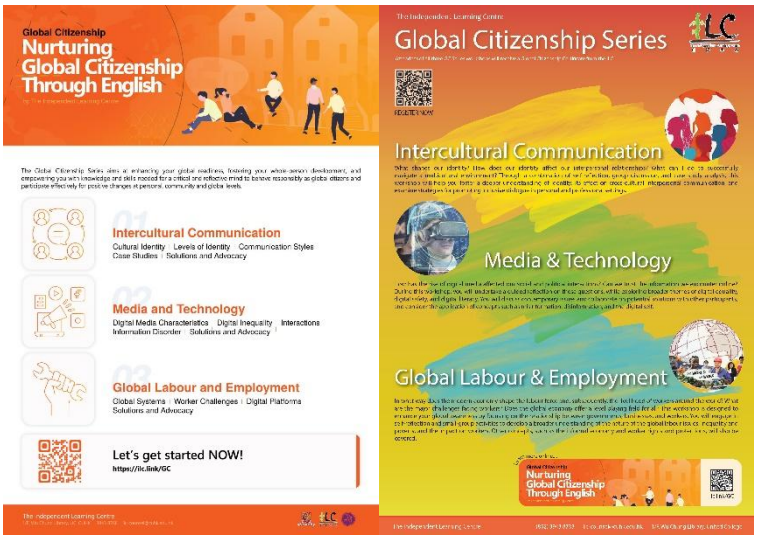
- Get first-hand insights into UCL Summer School
- Explore how it fits into your academic goals
- Ask questions

Don't miss out — come and learn more about this exciting opportunity to study at a world top 10 university in central London!

For enquiries, please contact the Office of Academic Links by email: iasp@cuhk.edu.hk.

(Back to top)

5. Global Citizenship (GC) is now available!



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

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

(Back to top)

6. Community Resources for Emotional Support

<TourHeart+ X Wellness and Counselling Centre>

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



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

<Jockey Club Electronic Clinic for Psychological Service (JC eClinic)>

Common mental disorders such as depression and anxiety are highly prevalent among young adults. The clinical psychological services team of New Life Psychiatric Rehabilitation Association aspires to make evidence-based psychological interventions more accessible and affordable to the public. They offer the following service to young adults free-of-charge :



Jockey Club Electronic Clinic for Psychological Service (JC eClinic) offers high-intensity psychological intervention through online platform for young adults with mixed diagnoses of depression and anxiety. It offers a hybrid mode of delivery, including an online platform with self-learning modules and live sessions meeting with therapists. The therapy delivered by JC eClinic is Transdiagnostic Cognitive Behavioral Therapy developed by Boston University.

Details : https://eclinic.hk/e_clinic/

<Samaritan Befrienders HK>
Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.
24-hour Hotline: 2389 2222 (Cantonese)
Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead

English Emotional Support Hotline: 2389 2223
An English Emotional Support Hotline has been set up to provide emotional support to English speakers
Service Hour : Monday to Friday 6:30 pm-10:00 pm

Suicide Crisis Intervention Centre: 2341 7227 for appointment
Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services

Family Helpline: 2319 1177
Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis

(Back to top)

7. Independent Learning Centre (ILC) Services for Students

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

1. University Study Skills Series
2. Writing Success Series
3. Job Preparation Series
4. CRE/ JRE Series
5. Exam Preparation Series

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

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

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

(Back to top)

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

(Back to top)

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