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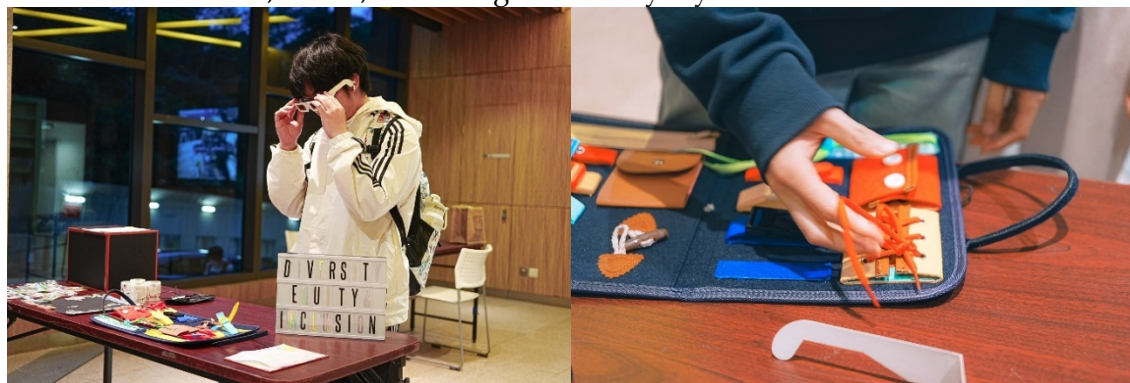
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Sunny Review

1. "Diversity, Equity & Inclusion": clab Year-End Exhibition 25/26



The term for clab 2025/26 has drawn to an end. To celebrate the clabber's achievements, with this year's theme titled "Diversity, Equity, & Inclusion (DEI)", they hosted a Year-End Exhibition from 19th – 30th Jan. Artworks and project displays were showcased at the College Gallery, featuring drawings, fan paintings and 3D printing models all aligning to promoting awareness to cultures, habits, and thoughts of everyday human lives.



To enhance the engagement of visitors towards the exhibits and experience the perspective of a visually impaired individual, the clabbers designed a mystery box, covered with perfume aroma and rough textures. Visitors were invited to put on the blindfold and earphones placed beside the box, and to feel the mystery inside while listening to music. This experience would enhance their sensory imagery through smell and touch. Blindness tools were also displayed for visitors to test out general daily habits, such as tying a shoelace or unzipping a jacket, while being blindfolded. With the 3D printer still newly introduced to the students, the clabbers took turns to be on duty to host a mini workshop to teach students how to use the machine.



As the clabbers wished to invite visitors to celebrate the embrace of DEI, photo-taking props, such as magnet emojis, headbands, colorful sunglasses, and a picture-taking board, were also displayed at the Gallery for everyone to enjoy.



As a final team gathering, a group photo session with Professor Annisa Lee (李賴俊卿教授), Associate Professor of the School of Journalism & Communication, and Chairperson & Director of Creativity Lab, was taken on 20th Jan. To extend a heartfelt appreciation to the team, thank-you cards and desserts were gifted from the College. May the clabbers continue to infinitely expand their creative journey!



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2. Hiking with Residents



A group of residents enjoyed a refreshing hiking trip with Professor Kong-pang Pun (潘江鵬教授), Warden of West Block and Professor Joan Z. Zuo (左中教授), Warden of East Block on 24th January to explore the beautiful Tai Po Kau Nature Reserve. The participants enjoyed the green and peaceful scenery. They also shared stories and laughter along the trails creating a warm and friendly atmosphere.

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3. Wellness Moment : Coffee Appreciation



The **Wellness Moment: Coffee Appreciation** workshop was a refreshing and calming experience that invited participants to pause and enjoy the simple pleasure of coffee. The session offered an engaging introduction to coffee origins, bean varieties, processing methods, and roasting techniques—making it accessible to both beginners and seasoned coffee lovers.



One of the highlights was the tasting of different coffees, each with unique aromas and flavor profiles. Guided by Ms. Mable Wong, from LookUp Coffee, students learned to slow down, observe, and truly savor every sip. This mindful approach turned the tasting into a soothing, sensory journey.



Overall, the workshop offered not only valuable coffee knowledge but also a peaceful moment to unwind. It was a meaningful and well-rounded experience for anyone seeking a gentle wellness break.

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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:

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

1) Completion of Online Undertaking Form

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

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

- o 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
- o Deadline: **28th Jan 2026(Wed)**
- o 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

- o 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:
- o Date: **26th Feb 2026(Thu) or 27th Feb 2025(Fri)**
- o Time: 9:00am – 1:00pm & 2:00pm – 5:00pm
- o 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)

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2. French Cultural Workshop (11 & 18 Mar 2026)



The **French Cultural Workshop**, hosted by Mr Louis Jean Munsch from the Department of Linguistics and Modern Languages, is making a comeback again! This 2-session workshop is your gateway to explore French language and culture in a fun and interactive setting.

Through French food tasting and a traditional French dinner, you'll not only learn useful phrases but also gain insights into the rich dining culture of France.

Session Details:

1st Session

Date: 11th Mar 2026(Wed)

Time: 6:45pm – 8:45pm

Venue: W112, Wu Yee Sun College

Contents Learn basic French while enjoying French snacks (e.g. dacquoise, cheese, baguette)

2nd Session

Date: 18th Mar 2026 (Wed)

Time: 6:45pm – 8:45pm

Venue: W112, Wu Yee Sun College

Contents: Continue learning French and experience a French dinner

Note: Attendance at the 1st Session is required to join the 2nd Session.

Deposit: \$100 (please submit to Dean of Students Office on UG/F; refundable upon attending both sessions)

Seats are limited – don't miss this chance to say oui to French culture!

Register Now: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13726841>

Deadline: 13th Feb 2026(Fri)

First come, first served.

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

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3. 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)

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4. Walking Campaign 2026

Walking Campaign 2026 will be held on 27th Feb 2026 (Friday morning) this year. It aims at promoting the benefits of walking and encouraging a healthy low-carbon lifestyle.

The opening ceremony will be held at the Station Piazza. Walking through a 30-minute route to Wu Yee Sun College, participants could enjoy the beautiful scenery of the campus.

Students who are studying required or elective physical education programmes will be rewarded with extracurricular participation marks (5 marks) upon the completion of activity.

All participating WYS students will receive a College Jacket. For students who registered via the RAS system, please visit the College Office (G/F) to collect the College Jacket from 23/2 to 26/2. Kindly present your confirmation email from UMSO for verification.

Event Details :

Date: 27th Feb 2026(Fri)

Time: 9:30 am – 11:30 am (Registration time: 8:45 am – 9:30 am. Late registration will not be accepted.)

Venue for Registration: Station Piazza

Dress Code : College Jacket

Registration Period: 26th Jan 2026(Mon) (10:00 am) – 13th Feb 2026(Fri) (5:00 pm)

Registration Link: <https://webapp.itsc.cuhk.edu.hk/ras/restricted/eventlist?id=72>

(Limited quota. First come, first serve. Successful applicants will receive notification by email. On-site registration is not accepted.)

All participating WYS students will receive a College Jacket. For students who registered via the RAS system, please visit the College Office (G/F) to collect the College Jacket from 23rd Feb 2026(Mon) to 26th Feb 2026(Thu). Kindly present your confirmation email from UMSO for verification.

Enquiries :

Wu Yee Sun College – Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

Health Education Service (umso-healtheducation@cuhk.edu.hk / 3943 6428)

This event is jointly-organized by Committee on Health Promotion and Protection, Communications and Public Relations Office, Estates Management Office, Wu Yee Sun College, Physical Education Unit, Security and Transport Office, and University Medical Service Office

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5. 中醫同你鬆一鬆

中醫同你鬆一鬆

2月25日(三)

6:30pm - 8:15pm 伍宜諾書院W112

第一部份
中醫養心與壓力管理分享
講者: 張保寧教授

第二部份
紓壓按摩齊齊做
主持: 張保寧教授及 薛樂然小姐

第三部份
製作紓壓香囊
主持: 薛樂然小姐

第四部份
花草茶品嚐

講者及主持簡介:

- 張保寧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
- 薛樂然小姐為註冊中醫師, 亦是書院樓層導師, 熱心推廣中醫養生文化

費用全免

歡迎貴院同學、校友、教職員及教職員家屬參加

查詢: Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)
[校友如欲報名, 請把你銜全名及畢業年份電郵致 michelleli@cuhk.edu.hk]

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

活動內容

第一部分：中醫養心與壓力管理分享

講者：張保亭教授 (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：張保亭教授 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)

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6. 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)

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College Announcements

1. Acting Appointment 署理職務

College Master Professor Anthony T. C. Chan (陳德章教授) will be out of town during the following periods. The Acting Master arrangements for Wu Yee Sun College are as follows:

3rd Feb 2026(Tue)(pm) – 4th Feb 2026(Thu): Professor Ming-kay Poon (潘銘基教授), Associate College Master and Dean of General Education

14th Feb 2026(Sat) – 18th Feb 2026(Wed) : Professor Joan Z. Zuo (左中教授), Associate College Master and Warden of East Block

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2. Awards for Creativity, Student Development and Talents 2025/26 – Applications Now Open

To recognize the talents and contributions of College students in different areas, the following awards are now open for applications:



Please note that no selection interview will be arranged for "Outstanding Athletic Achievements Award" and "Social Services Award". For the rest of the awards, only eligible and shortlisted applicants will be invited to selection interviews. They will be notified via their CUHK email accounts within 14 days after the close of applications, and are required to confirm their availability before the stipulated deadline. Late or incomplete applications will NOT be accepted.

Applicants for "Outstanding Student of the Year Award" and "Student Leader of the Year Award" are required to submit a self-introduction video of no more than 3 minutes.

Selection Panel & Process

- A selection panel normally consists of two to three Committee Members from College Scholarships & Financial Aid Committee (Sunny Sports Committee for "Outstanding Athletic Achievements Award").
- Applicants will be assessed holistically based on the information submitted on their application form and interview performance. The eligibility criteria serve as the minimum threshold for consideration.
- Selection panels will consider the number of awards a student has applied for in the same round of applications.
- GPA is not a deciding factor unless otherwise specified.
- The decisions made by the selection panels are final and not subject to review. The reasons for shortlisting, granting, or declining an award will not be disclosed.
- All awards are subject to the availability of quota.

More information about eligibility

Go to <https://wys.cuhk.edu.hk/cms/college-life-support/scholarships/>

(College Life & Support > Scholarships & Financial Aid > Sort by Type > Awards for Creativity, Student Development and Talents)

Application Deadline

22nd Feb 2026 (Sun)

Enquiries

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

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3. 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)

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4. 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)

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5. 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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6. 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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7. 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
Miss Elisha Yting (elishaying@cuhk.edu.hk / 3943-9767)

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8. 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](#)

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9. 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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10. Visitor Policy in College Student Hostels

Visiting Hour:

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

Overnight Visitor:

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

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

Other Rules:

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

Opening Hour of College Facilities

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

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

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

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

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

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12. Student Pastoral Care

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

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

telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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



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

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

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

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

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

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

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College Funding & Awards Schemes

1. 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>

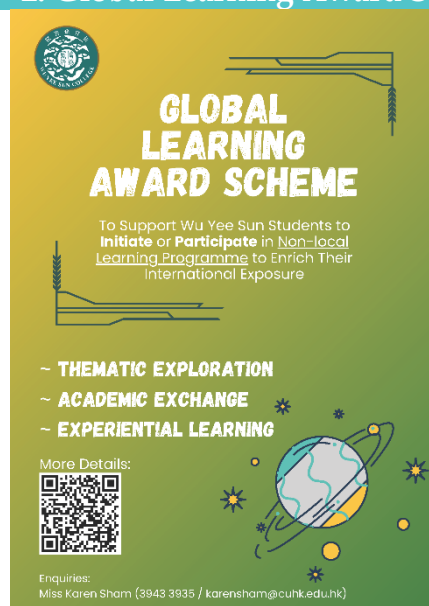
Check out the details through this [link](#).

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 "伍宜孫書院 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. 🌐 [CUHK OAL] Information Sessions on Summer Programmes in the UK
(Wednesday - Thursday, 4th - 5th Feb 2026)

University of Leeds - Leeds International Summer School

Study in the lively, student-friendly city of Leeds and explore the rich history and natural beauty of the UK through cultural excursions

-  **Date:** 4th Feb 2026 (Wed)
-  **Time:** 3:30 pm – 4:30 pm
-  **Venue:** Conference Room 1, 13/F Yasumoto International Academic Park
-  **Speaker:** Ms Jemma Stern, Global Opportunities Assistant Manager
-  **Registration:** [link](#) (please register **on or before 1st Feb 2026 (Sun)**)
-  **Webpage:** [link](#)

Pembroke College, University of Cambridge - Summer Programme

Immerse yourself in Cambridge student life for an unforgettable summer

-  **Date:** 5th Feb 2026 (Thu)
-  **Time:** 4:30 pm – 5:30 pm
-  **Venue:** Conference Room 1, 13/F Yasumoto International Academic Park
-  **Speaker:** Mr Isaac Shortman, International Programmes and Recruitment Systems Manager
-  **Registration:** [link](#) (please register **on or before 1st Feb 2026 (Sun)**)
-  **Webpage:** [link](#)

Who should attend?

Undergraduate students interested in international study opportunities in the summer

Why join?

- Get first-hand insights into the summer programmes
- Explore how it fits into your academic goals
- Ask questions

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

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2. Summer Subsistence and Travel Loan Scheme 2025/26

Summer Subsistence and Travel Loan Scheme offered by Office of Admissions and Financial Aid (OAFA) is now open for applications until 13th Mar 2026(Fri). The aim of the Scheme is to provide interest-free loan to needy full-time local undergraduate students who will participate in academic exchange programmes abroad in summer of current academic year/term time of next academic year or to those who will join other extra-curricular activities or academic trainings/programmes in summer.

Applicants should submit their online application in CUSIS (Website: <http://www.cuhk.edu.hk/cusis>; Login MyCUHK > Click 'CUSIS' icon > Click 'Scholarships and Financial Aid' icon > Select 'Online Application Form' > Public Application > Click the magnifying glass to select 'Summer Subsistence Travel Loan') during the application period from 2nd Feb 2026(Mon) to 13th Mar 2026(Fri), and be reminded to read the 'Guidelines' and submit the required documents to the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid (Room 1206, 12/F, Yasumoto International Academic Park) during the period from 9th Mar 2026(Mon) to 13th Mar 2026(Fri).

Applicants will be informed of the results by the end of May via CUHK @link email.

More information about the scheme:

https://admission.cuhk.edu.hk/wp-content/uploads/2026/02/SSTL_2526_Guidelines.pdf

For enquiries, please contact OAFA at 3943 1898/3943 7205 or by email at sfas@cuhk.edu.hk.

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3. [OAL] 2026 Summer Opportunities in Singapore - NUS and NTU

The National University of Singapore and Nanyang Technological University are offering exclusive thematic programmes this summer. Please refer to the information below and visit their websites for full details. If you have any enquiries, please contact Ms. Jessica Poon at jessicapoon@cuhk.edu.hk.

Don't miss this wonderful opportunity!

**2026 National University of Singapore (NUS) Young Fellowship Programme
AI and Graduate Research**

(Application deadline: 8th Feb 2026 (Sun))



The National University of Singapore (NUS) is launching the [2026 NUS Young Fellowship Programme](#) this summer. The theme for the programme is “AI and Graduate Research”. Selected students from prestigious universities will join this month-long programme starting from 22nd Jun 2026(Mon). Participants will be able to exchange ideas and address common concerns with students from different cultural backgrounds.

Details of the programme

Programme Schedule:	<ul style="list-style-type: none"> On-site programme in Singapore: 22nd – 26th Jun 2026 Online tutorials: 26th Jun – 24th Jul 2026 Online final presentation: 24th Jul 2026 	
Programme Highlights:	<ul style="list-style-type: none"> A comprehensive week on NUS campus, featuring engaging lectures and workshops led by NUS Professors and Researchers Online tutorials and hands-on practice Visits to cutting-edge research labs and iconic local landmarks 	
Eligibility:	<ul style="list-style-type: none"> Undergraduate students (Year 3 or above) in any discipline CGPA: 3.0/4.0 or above Have a good command in English 	
Quota:	Up to Two CUHK students will be nominated to join the programme.	
Selection Criteria by NUS:	<ul style="list-style-type: none"> Academic excellence Diverse personal and professional background Exceptional accomplishments beyond academics 	
Supported by NUS:	<p>If selected by NUS to participate in the programme, the following items will be provided by NUS (terms and conditions apply):</p> <ul style="list-style-type: none"> A one-time payment of S\$500, disbursed upon successful completion of the full programme. Complimentary on-campus accommodation Coverage of all programme-related fees <p><i>* Students shall take care of the flight tickets, local transportation, meals, personal expenses.</i></p>	
Selection Procedure:	Date	Item
	8th Feb (Sun)	Complete the webform

11 th Feb (Wed) or before	Shortlisted result will be announced by OAL via email
15th Mar (Sun)	Selected students to complete NUS's application form along with the following documents: <ul style="list-style-type: none"> • A personal curriculum vitae (CV), personal statement, and passport-size photo • Optional but recommended: Transcript and two recommendation letters * details are available here .
April	NUS will announce the application results to the selected students directly.

Visit [the website](#) to learn more information.

Nanyang Technological University (NTU) Global Connect Fellowship 2026
(Application deadline: 8th Feb 2026 (Sun))



Nanyang Technological University (NTU) is launching a fully funded experiential research programme, [Global Connect Fellowship 2026](#), from 1st Jul – 31st Aug 2026.

Details of the programme

Programme Schedule:	1 st Jul – 31 st Aug 2026
Programme Highlights:	<ul style="list-style-type: none"> • Mentorship by world-leading faculty • Master classes for skills development • Professional development seminars • Social engagement & networking opportunities • Poster presentation
Eligibility:	<ul style="list-style-type: none"> • UG and Master's (by Research) students graduating in 2025-26 or 2026-27 preferably in STEM • CGPA: 3.0/4.0 or above • Have a good command in English • Strong interest in pursuing research & PhD at NTU
Quota:	Up to five CUHK students will be nominated to join the programme.

Supported by NTU:

If selected by NTU to participate in the programme, the following items will be provided by NTU (terms and conditions apply):

- S\$5,000 for a two-month research experience
- Fully covered on-campus housing

** Students shall take care of the flight tickets, local transportation, meals, personal expenses.*

Selection Procedure:	Date	Item
	8th Feb (Sun)	Complete the webform
	11 th Feb (Wed) or before	Shortlisted result will be announced by OAL via email
	15th Feb (Sun)	Selected students to complete NTU's application form .
	End of May	NTU will announce the application result to the selected students directly.

Visit [the website](#) to learn more information.

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4. 「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!

VCCE The Vice Chancellor's Cup of Student Entrepreneurship 2025-26

Application Deadline 9 Feb 2026

Eligibility
 Team size: 1 - 6 members
 Individual applicant or team leader:
 Current CUHK undergraduate or postgraduate student (full-time or part-time) by application deadline
 Team composition:
 More than 50% current CUHK students

Register NOW!

A chance to win up to HK\$10,000

Organised by: CUHK Knowledge Transfer Office

More Information: WWW.CUHKVCCE.COM

Inquiry: Ms. Viann Fong & Ms. Tracy Wong
vcce@cuhk.edu.hk / steven@cuhk.edu.hk
 +852 3943 9629

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.cuhkvce.com.

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

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5. 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 : 30 th Mar 2026(Mon) Project Submission Deadline : 10 th 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/>



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6. 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)

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7. 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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8. Community Resources for Emotional Support

<TourHeart+ X Wellness and Counselling Centre>

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



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

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

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



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

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

<Samaritan Befrienders HK>

Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.

24-hour Hotline: 2389 2222 (Cantonese)

Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead

English Emotional Support Hotline: 2389 2223

An English Emotional Support Hotline has been set up to provide emotional support to English speakers

Service Hour : Monday to Friday 6:30 pm-10:00 pm

Suicide Crisis Intervention Centre: 2341 7227 for appointment

Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services

Family Helpline: 2319 1177

Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis

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9. Independent Learning Centre (ILC) Services for Students

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

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

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

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

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

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10. 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/vQCrlWhy168>

🌊 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.