The Sunny Weekly

27th Apr 26

College Activities 書院活動

1. Summer Camp for CUHKFAA Chan Chun Ha Secondary School Students 2025-26<New>
2. Freecycling Scheme at Hostel Check-out 退宿回收
3. Student Energy Ambassadors Initiatives: Yeelighten – PEDAL FOR CAMPUS

College Announcements 宣佈事項

1. WYS Hostel Application 2026/27 (For Local Students admitted in 2025/26 or before)<New>
2. Hostel Check-out for Term 2, 2025-26
3. Extended Opening Hour of Yan Chak Study Room during Centralized Examination Period
4. Rance Lee Mentorship Programme 李沛良亦師亦友計劃
5. Visitor Policy in College Student Hostels
6. Membership and ExCo Recruitment—WYS Alumni Association 伍宜孫校友會會員及幹事會招募
7. Student Pastoral Care
8. 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
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

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

1. [LIMITED SPOTS! JOIN OUR INFO SESSION] AIESEC in CUHK Overseas Internship and Volunteering Exchange 2026 - Open for Application Now!
2. Global Citizenship (GC) is now available!
3. Community Resources for Emotional Support
4. Independent Learning Centre (ILC) Services for Students
5. Guided Imagery videos are now available on Sunshine At CUHK's YouTube and Mobile App 意象鬆弛法影片現已登陸中大有晴 YouTube 及 手機應用程式

College Activities

1. Summer Camp for CUHKFAA Chan Chun Ha Secondary School Students 2025-26

The College is seeking to recruit student helpers to serve as mentors for a two-day summer camp in July. The role involves sharing their College experiences and challenges with junior students from CUHKFAA Chan Chun Ha Secondary School. This initiative aims to give the junior students an opportunity to experience College life and gain insights from the senior peers.

40 junior students will be divided into groups, each group will be led by 2-3 College students to participate in various activities during the camp. College students will be responsible for introducing the characteristics of the College, sharing the College life (such as College activities, exchange activities, etc.), and answering questions about University life based on their own experiences.

Date:	6th Jul – 7th Jul 2026(Mon-Tue) (Itinerary)
Student Helper Engagement:	$64/hr x 19 hrs in total (incl. 4 hrs of preparation; excl. 1-hr lunch break) 6th Jul 2026(Mon): 9:30am - 6:30pm 7th Jul 2026(Tue): 10:00am - 6:00pm
Duties:	Plan & execute in-camp activities - Encourage junior students to establish good learning attitudes and habits
Language:	Cantonese
Quota:	8 WYS College Students *(An interview may be required, subject to registration number)*
Pre-camp Meeting:	11th May 2026(Mon), 3:00pm-4:00pm

Registration:	https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13732253 (Deadline: 3nd May 2026(Sun))
Enquiries:	Miss Jacqueline Lam (jacquelinelam@cuhk.edu.hk / 3943 9774) Miss Karen Sham (karensham@cuhk.edu.hk / 3943 3935)

(Back to top)

2. Freecycling Scheme at Hostel Check-out 退宿回收

Freecycling Scheme at Hostel Check-out 退宿回收

College Green Team is coordinating a freecycling scheme at hostel check-out from 27th Apr 2026(Mon) to 19th May 2026(Tue). Collection boxes will be placed at the G/F lift lobby of East Block and West Block. Items collected will be distributed to resident students of next year or donated to charities. Please join and contribute to a green environment!

一年一度的退宿時間即將到了！書院環保小組將於 2026 年 4 月 27 日(一)至 2026 年 5 月 19 日(二)舉行退宿回收活動，東、西座宿舍地下電梯大堂將設回收箱，讓各位宿生把有用的物品分類回收再用、供下年宿生使用或捐贈予慈善機構。請大家積極參與，為環保出一分力！

Freecycling items include 回收物品包括:

- Books 書本
- Stationery 文具
- Clothes 衣服
- Personal Care 個人用品
- Kitchen utensil 廚具
- Household appliances 小型電器

- Daily necessity 日常用品

Reminders 注意事項:

1) Please make sure the stuff is **clean** 請**清潔乾淨**所有物資

2) Do **NOT** leave Waste Electrical and Electronic Equipment (i.e. air-conditioners, refrigerators, washing machines, televisions, computers, printers, scanners and monitors, stand-alone tumble dryers, and dehumidifiers) at the hostel or recycling bins. Please visit the Environmental Protection Department website at https://weee.gov.hk/en/ for recycling arrangements.
請勿棄置「四電一腦」(空調機、雪櫃、洗衣機、電視機、電腦、打印機、掃描器及顯示器、獨立式乾衣機及抽濕機)於書院宿舍或回收箱。相關回收安排請瀏覽環保署網頁 https://weee.gov.hk/tc/

3) The following are **NOT** accepted, please just share with your friends
恕不接受以下物品，請找三五知己分享
   - **Food 食物**
   - **Beddings (e.g. duvet, blanket, pillow) 床上用品 (e.g. 被、毛氈、枕頭)**

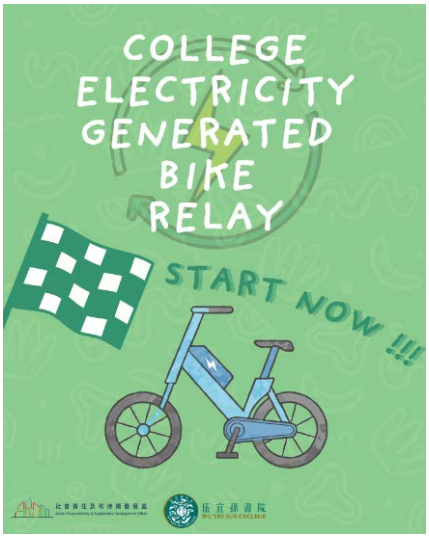
4) Students should not leave the freecycling items at the hostel lift lobbies
請勿將退宿回收物品棄置於宿舍樓層電梯大堂

5) Students are welcome to take stuff they want during the collection period
歡迎同學於回收期間領取有用物資

(Back to top)

3. Student Energy Ambassadors Initiatives: Yeelighten – DIY Workshop of Solar-Powered Decorative Lighting and PEDAL FOR CAMPUS

Student Energy Ambassadors Initiatives
PEDAL FOR CAMPUS



Pedal for Campus is introducing energy bikes that allow you to charge your devices while pedaling. It's a fun, healthy, and eco-friendly way to generate power while staying active.

Residents of the hostel floor with most electricity generated will also win prizes. The bike is currently stationed at 2/F. It will be placed at other floors in coming weeks.

Follow their Instagram for latest news @pedalforcampus

(Back to top)

College Announcements

1. Hostel Check-out for Term 2, 2025-26 and Summer Hostel 2026

Online application for hostel residence 2026-27 for Local Students admitted in 2025-26 or before is open **between 22nd Apr 2026(Wed) and 19th May 2026(Tue)**. Please read through the "Note to Applicants" before submitting your online application.

Application and Document Submission Period: 22nd Apr 2026(Wed) – 19th May 2026(Tue)
Note to Applicants: https://wys.cuhk.edu.hk/cms/wp-content/files_mf/1776854739WYS_Hostel_202627_LNF_ApplicationNote.pdf

For Selection (Scoring Scheme)
Online Application Document Submission on Designated OneDrive URL

For College Admission Scholarship Recipients (*with guaranteed hostel place offer for 2 years of study*) *(Use Guaranteed Hostel Quota)*
Online Application Document Submission on Designated OneDrive URL

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

(Back to top)

2. Hostel Check-out for Term 2, 2025-26 and Summer Hostel 2026

Hostel Check-out for Term 2, 2025-26

The College hostel check-out deadline for the academic year 2025-26 is **13th May 2026(Wed)**. Resident should complete the check-out procedure **before 2:00pm (for 5/F-8/F residents) and 3:00pm (for 2/F-4/F residents) on 13th May 2026(Wed)**. Residents who need to check out of the hostel beyond office hours due to special reasons, the College Office will inform you of the check-out arrangement by email upon approval. **The hostel deposit of those who do not complete the check-out procedure by the designated check-out deadline will be forfeited.**

The construction works of the new hostel is commencing and expected to be completed by 2027. Noise and dust will be generated. Please be aware of the increased vehicular traffic. Pedestrians should use proper crossing facilities instead of walking on the driveways, and they should keep to the footpath even when vehicular traffic is not visible. When you are crossing a road, please allow sufficient time and watch out for traffic with caution. Avoid other activities such as playing mobile games, using a mobile phone/smart device, and listening to an audio device, etc., which may distract your attention.

Online Hostel Check-out Form	https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13710486
Note for Hostel Check-out and Summer Hostel 2026	https://wys.cuhk.edu.hk/cms/wp-content/files_mf/1775123559WYS_Hostel_Checkout_202526_T2_SH2026_Note.

If you encounter any difficulty uploading the document, please immediately email us for assistance.
Enquiries:
Ms. Polly Po polly@cuhk.edu.hk / 3943 1741
Ms. Sonia Yu soniayu@cuhk.edu.hk / 3943 3937

(Back to top)

3. Extended Opening Hour of Yan Chak Study Room during Centralized Examination Period

The opening hour of Yan Chak Study Room will be extended to 24 hours a day during the centralized exam period, 22nd Apr 2026 (Wed) – 9th May 2026 (Sat).

The opening hours of other College facilities can be referred at https://www.wys.cuhk.edu.hk/about-us/campus/.

(Back to top)

4. 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 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)

5. 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)

6. 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)

7. 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)

8. 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. [LIMITED SPOTS! JOIN OUR INFO SESSION] AIESEC in CUHK Overseas Internship and Volunteering Exchange 2026 - Open for Application Now!

Dear CUHK Students,

Are you looking to create an impactful and memorable summer? This is your opportunity to sign up for a Global Talent or Global Volunteer project with AIESEC!

AIESEC is an international, non-profit, and youth-run organization that aims to unleash leadership potential through cross-cultural exchanges and overseas internships for youngsters worldwide. Our main objective is cultivating well-rounded mindsets and empowering students to develop into global leaders.

The information on the programs available is attached below for your reference. We strongly encourage you to explore and seize these opportunities to enrich your lifetime experiences, expand your global network, and foster personal growth. Don't miss the chance to gain new insights this summer!

Global Volunteer
Desiring to contribute to society, yet having no idea where to begin? Wait no more and apply for our Global Volunteer Program! This is an invaluable opportunity to unleash your creativity and artistic skills through volunteer opportunities that promote cultural awareness and education regarding your aptitude. Whether teaching arts to local communities or participating in cultural exchange events, you can make a lasting impact on the world while enriching your own hands-on, artistic perspective.

Program Highlights:
Duration: 4-8 weeks
Date: Flexible
Content: Healthcare, Education, Environmental Protection, Marine Conservation, Gender Equality, etc.
Destination: Sri Lanka, Nepal, Taiwan, the Czech Republic, Azerbaijan, etc.

Eager to make a difference not only to yourself but also to the world? SIGN UP HERE now for a Consultancy Chat with our Exchange Participant Managers!

For any inquiries, please contact Cheryl TSOI at +852 9169 6450 or via email at cheryl.tsoi@aiesec.net

Global Talent
While you may have gained valuable experience through local internships, this is your chance to embark on an international adventure and further your steps in other parts of the world! Discover your passion and potential with global competencies that will offer you a unique niche in today's environment. By immersing yourself in a new culture, you'll develop cross-cultural communication skills and obtain a more comprehensive perspective, which is essential for success in any career. Hence, we offer a wide range of occupational fields and countries where there must be one that suits you best!

Program Highlights:

Duration: 6-78 weeks
Date: Depends on your preference!
Destination: Romania, Serbia, Taiwan, Malaysia, Sri Lanka, Germany, Brazil etc.
Career Fields: IT, Marketing, Business, Engineering, Finance, etc.

Take the first step towards your global journey by signing up to schedule a consultancy chat with our Exchange Participant Managers HERE.

For any inquiries, please contact Ellie LIU at +852 5282 2383 or via email at ellie.liu@aiesec.net

We look forward to your participation. See you this summer!

AIESEC in CUHK
Instagram: @aiesechk
Facebook: AIESEC in Hong Kong
Website: https://aiesec.hk/

各位中大同學,

你準備好將你嘅暑假變成一段充實又有意義嘅旅程未？呢個就係你跳出舒適圈、擴闊全球視野嘅獨特機會。

AIESEC 是一個國際性、非營利及由青年主導的組織，旨在通過跨文化交流和海外實習釋放年輕人的領導潛力。我們的主要目標是培養全方位的心態，並賦予學生發展成為全球領袖的能力。我們強烈鼓勵你探索並抓住這些機會，因為這些計劃旨在豐富你的人生經歷、擴大你的全球網絡並促進個人成長。千萬不要錯過這個在夏季獲得新見解的機會!

海外義工服務學習計劃

渴望為社會出一分力，但不知道從何開始？最好的方法是立即申請我們的海外義工服務學習計劃！這是一個釋放你的創造力和藝術技能，並且促進文化意識和教育的寶貴機會。無論是協助傳承當地社區的藝術、教授相關知識，還是參與文化交流活動，你都能在充實自己實踐藝術視角的同時，對世界產生深遠的影響。

計劃亮點：
持續時間：4-8 週
日期：彈性安排!
內容：醫療保健、教育、環境保護、海洋保育、性別平等等
目的地：斯里蘭卡、尼泊爾、台灣、捷克、阿塞拜疆 等

如果你希望為世界帶來改變，並且在增進個人成長的同時，亦為全球社區作出貢獻，就請把握好這個黃金機會！有興趣的同學可以透過以下連結報名，我們會先為你安排一對一的諮詢服務，進一步闡述計劃的詳情，並了解你的期望與需要~

如有任何疑問，請隨時聯絡 Cheryl TSOI，電郵：cheryl.tsoi@aiesec.net 或 WhatsApp : +852 9169 6450。

海外工作實習計劃

除了在本地參與實習計劃並獲得寶貴的經驗之外，有沒有想過去世界各地探索自己的職業發展，展開一場國際冒險，並在世界其他地方邁出新的步伐？如果你想獲得更多元化的工作經驗、體驗不同的職場文化、將自己所學的知識應用於實務，甚至提升更多工作技能，那麼為期 6 至 78 個星期的海外實習計劃就非常適合你！這個計劃將會全方位幫助你提升職場競爭力，讓你在全球環境中具備獨特的優勢。

根據你的志願，我們會提供多個工作領域的實習職位，而實習網絡遍佈全球多個國家和地區。讓你在累積工作經驗的同時，也能發現自己的熱情與潛力，並發展跨文化交流技能，拓展更全面的視野。這些能力對於任何職業的成功都是不可或缺的。通過沉浸於新文化，你將為自己在當今全球化的環境中奠定獨特的立足之地。這麼多選擇，涵蓋各種職業領域和國家，總有一個最適合你!

計劃亮點：
持續時間：6-78 週
日期：根據你的偏好!
目的地：羅馬尼亞、塞爾維亞、台灣、馬來西亞、斯里蘭卡、德國、巴西等
職業領域：IT、市場推廣、商業、工程、金融等

如果你準備好探索世界和在全球探索事業發展的經驗，以為自己的生涯發展鋪路，就請把握好這個黃金機會，尋找屬於你的工作機會！有興趣的同學可以透過以下連結報名，我們會先為你安排一對一的諮詢服務，進一步闡述計劃的詳情，並了解你的期望與需要 ~

如有任何疑問，請隨時聯絡 Ellie LIU, 電郵：ellie.liu@aiesec.net 或 WhatsApp: +852 5282 2383。我們期待你的參與。今年暑假見!

Instagram：@aiesechk
網站：https://aiesec.hk/
(Back to top)

2. Global Citizenship (GC) is now available!

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

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

(Back to top)

3. Community Resources for Emotional Support

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

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

<Jockey Club Electronic Clinic for Psychological Service (JC eClinic)>
Common mental disorders such as depression and anxiety are highly prevalent among young adults. The clinical psychological services team of New Life Psychiatric Rehabilitation Association aspires to make evidence-based psychological interventions more accessible and affordable to the public. They offer the following service to young adults free-of-charge :

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

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

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

English Emotional Support Hotline: 2389 2223

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

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

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

(Back to top)

4. Independent Learning Centre (ILC) Services for Students

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

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

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

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

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

(Back to top)

5. Guided Imagery videos are now available on Sunshine At CUHK's YouTube and Mobile App 意象鬆弛法影片現已登陸中大有晴 YouTube 及 手機應用程式

Living in a busy city, we often feel the urge to escape and release the emotions that have been piling up. However, it's not easy to set aside a whole day from our studies or work.

Guided imagery can help you relieve stress and soothe anxiety by imagining a tranquil and pleasant place. Simply set aside 10 minutes and go on an impromptu journey with Sunshine At CUHK.

Guided Imagery – Forest (English Version): https://youtu.be/Ie16jU9h6Kc
🌳 Walking through an imaginary forest through guided imagery and allowing yourself to relax.

Guided Imagery – Lake (English Version): https://youtu.be/vQCrlWhyl68
🌅 Enjoying an imaginary lake view through guided imagery and finding your inner peace.

Guided Imagery – Mountain (English Version): https://youtu.be/GZPMIsTDhKc
🏞 Hiking on an imaginary mountain through guided imagery and awakening your inner strength.

Other guided Imagery videos are all available on Sunshine At CUHK's YouTube channel. Remember to comment, like, and subscribe!
📽 Sunshine At CUHK 中大有晴: https://youtube.com/@sunshineatcuhk9210

You can also enjoy the guided imagery videos in Sunshine At CUHK Mobile App under the "Mindfulness Exercise" section. Download it now!
📌 iOS: https://apple.co/3qKoTDK
📌 Android: https://bit.ly/3wS5JNt

生活在忙碌的都市之中，我們總會想出走一下，解放堆積如山的情緒。但要放下學業或工作一整天又談何容易。

意象鬆弛法可以通過想像一個寧靜宜人的地方來幫助你緩解壓力和焦慮。只要 10 分鐘，讓中大有晴陪你來一場說走就走的旅程。

意象鬆弛法 – 森林篇(廣東話版): https://youtu.be/SnpmdYdviaI
🌳 透過意象鬆弛法，在腦海中漫步森林，讓自己放鬆一下。

意象鬆弛法 – 湖水篇(廣東話版): https://youtu.be/D8vPbHU0teo
🌅 透過意象鬆弛法，在腦海中欣賞湖水，尋找內心的平靜。

意象鬆弛法 – 山丘篇(廣東話版): https://youtu.be/TstpaewapjI
🌅 透過意象鬆弛法，在腦海中登上山丘，喚醒內心的力量。

其他意象鬆弛法影片盡在中大有晴 YouTube 頻道。記得留言，讚好同訂閱啊！
📽️ Sunshine At CUHK 中大有晴: https://youtube.com/@sunshineatcuhk9210

你亦可於中大有晴手機應用程式中的「靜觀練習」欄目中觀看意象鬆弛法影片 。立即下載！
📌 iOS: https://apple.co/3qKoTDK
📌 Android: https://bit.ly/3wS5JNt

(Back to top)

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