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Sunny Review

1. [Tsinghua University Delegation Visit](#)

On 23rd June (Tue), a delegation from Tsinghua University (清華大學) visited our College. The group was led by Professor Hu Hongying (胡洪营教授), Dean of Xiuzhong College, and Professor Feng Peng (冯鹏教授), Dean of Shuimu College, accompanied by other senior administrators and student representatives.



During the meeting, Professor Joan Zuo (左中教授), College Associate Master and Student Hostel Warden of East Block, introduced the CUHK collegiate system and highlighted the College's initiatives across various areas. Together with Professor Kong-pang Pun (潘江鵬教授), Student Hostel Warden of West Block, Professor Robin Huang (黃輝教授), College Member and alumnus of Tsinghua University, and Ms. Yolinda Wong (黃翠欣女士), College Secretary, they engaged with the delegation in an exchange of experiences and perspectives on building a new College.



Following the meeting, the delegation was guided by a student ambassador on a tour of the College campus, with particular attention to the student hostel facilities, to gain a deeper understanding of the College environment and student life.

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2. Farewell to Lookup Coffee

Lookup Coffee completed its catering contract on Friday, 26th June 2026 (Fri). To express our heartfelt appreciation, the College arranged a warm farewell gathering at the Café on their last day to give our sincere thanks for their wholehearted dedication and service over the past five years.



Lookup Coffee's presence has left a lasting impression on our College. From serving quality beverages to creating a welcoming space for connection, their contributions have been truly valued.

The College sincerely thanks Mable and Ching for their commitment and support throughout these years, and we wish them every success in their future endeavours.



The next Café operator will be Lov Lov Coffee Limited, with the commencement date to be announced in due course.

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College Announcements

1. Congratulations to College Overseer Mr. David M.H. FONG on being awarded the Silver Bauhinia Star (S.B.S.)



The College extends its heartiest congratulations to our College Overseer, Mr. David M.H. FONG (方文雄先生) B.B.S., J.P., who has been awarded the Silver Bauhinia Star (S.B.S.) in the 2026 Honours List announced by the HKSAR Government on 1st July 2026 (Wed).

This prestigious honor recognizes Mr. Fong's outstanding and meritorious contributions to the community. Over the years, Mr. Fong has been a dedicated philanthropist, driving impactful charitable initiatives across Hong Kong and the Chinese Mainland through his foundations. His long-standing support spans education, medical research, and technology, alongside vital contributions to social welfare facilities like childcare and elderly care centers. The College community is immensely proud of Mr. Fong's well-deserved recognition and his enduring dedication to the development of both Hong Kong and the nation.

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2. CUHK Art Museum presents special exhibition: "In Loving Memory of Prof. Lee Hon-ching" 中大文物館呈獻「感墨鑄情——憶利漢楨教授」特別展覽



The late Professor Lee Hon-ching (1938–2025), Honorary Fellow of CUHK and College Honorary Advisor, was a dedicated patron of CUHK arts initiatives through the Hop Wai Art and Cultural Development Fund, organized numerous art exhibitions, lectures and workshops for staff and students, supporting Chung Chi College, United College and Wu Yee Sun College in advancing the Hop Wai Arts and Culture Programme and fostering artistic exchange on and beyond campus.

This exhibition presents a significant donation from Professor Lee in tribute to his lifelong dedication to arts and culture at the University, and to his enduring wish that Chinese art be preserved, studied, and shared with the wider community. The opening ceremony was held on 2nd July 2026 (Thu), and was officiated by distinguished guests, including our College Master Professor Anthony T.C Chan and the family of Professor Lee Hon-ching.

The exhibition is divided into four thematic sections – The Concept of Ink and Colour, The Power of Line, The Use of Space, and Reminders of Chinese Arts – which reflect Professor Lee's artistic and scholarly journey, as well as his support for CUHK and the Art Museum. It features 60 masterpieces selected from the donated works. Highlights include Herding Buffalo by Li Keran, the great master of Chinese ink painting; Morning Scene by the Jialing River by Song Wenzhi, a leading figure of the New Jinling School; and Landscape by Liu Guosong, regarded as the father of modern ink painting.

已故中大榮譽院士及書院名譽顧問利漢楨教授（1938-2025）多年來通過「洽蕙藝術及文化發展基金」，鼎力支持崇基學院、聯合書院及伍宜孫書院推動「洽蕙藝文計劃」，每年於中大校園舉辦藝術名家的作品展覽，並為師生籌辦藝術工作坊，為校園內外的藝文活動添姿增彩。

本次展覽於中大文物館展出利教授捐贈的名家翰墨，以表揚利教授多年來在中大推廣文化藝術的無私奉獻，並貫徹他畢生致力承傳、研習和推廣中國藝術的弘願。文物館於 2026 年 7 月 2 日舉行展覽開幕典禮，並邀得利漢楨教授家屬及主禮嘉賓，包括本院院長陳德章教授等出席主禮。

是次展覽分為四大單元：「墨與色的理念」、「線條的力量」、「留白的運用」和「中國藝術的意象」，藉以貫串利教授的學藝之道，並銘懷其對香港中文大學及文物館的厚愛。展覽精選 60 件佳作，包括中國水墨畫大師李可染的《牧牛圖》、新金陵畫派代表人物宋文治的《嘉陵清曉圖》、現代水墨之父劉國松的《山水》等。

展覽詳情 [免費開放] Details of the exhibition [Free Entry]:

地點 Venue

中大文物館展廳三
Gallery III, CUHK Art Museum

展期 Exhibition Period

2026 年 7 月 3 日起至 2027 年 1 月 12 日
From 3rd July 2026 (Fri) to 12th January 2027 (Tue)

開放時間 Opening Hours |

跟隨文物館開放時間
Following the Art Museum opening hours

查詢 Enquiries: 曾小姐 Ms. Irene Tsang (irenetsang@cuhk.edu.hk / 3943 3936)

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3. Summer Opening Hours for College Gymnasium

The opening hours of the College Gymnasium in summer (15th May 2026(Fri) – 4th Sep 2026(Fri)) will be adjusted:

Facilities	Summer Opening Hours
College Gymnasium	7:00am – 10:30pm (Daily)

For energy conservation, please ensure that all lights and air-conditioners are turned off if you are the last to leave the room.

Thank you for your attention and cooperation.

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4. Summer Opening Hours of Wu Yee Sun College Catering Outlets and Change of Café Caterer 伍宜孫書院膳堂暑期營業時間及咖啡店轉換承辦商

The summer opening hours of College catering outlets are as follows:

Student Canteen

22nd Jun 2026 (Mon) – 6th Sep 2026 (Sun)

Mon to Sat & Public Holidays	11:00am – 9:00pm (Last order at 8:15pm)
Sun	Closed

Breakfast service will resume on 7th Sep 2026(Mon).

Café

* Lookup Coffee completed its catering contract on 26th Jun 2026(Fri).

The next Café caterer will be Lov Lov Coffee Limited. Updated opening hours of the new Café will be announced soon.

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5. 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

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6. Visitor Policy in College Student Hostels

Visiting Hour:

CUHK Student Visitors <i>(i.e. CUHK current undergraduate and postgraduate students who do not have a hostel place at Wu Yee Sun College)</i>	Same-sex CUHK Student Visitors: 8:00 am – 12:00 am daily Opposite-sex CUHK student visitors:
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	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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7. 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.

8. 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.

9. 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>

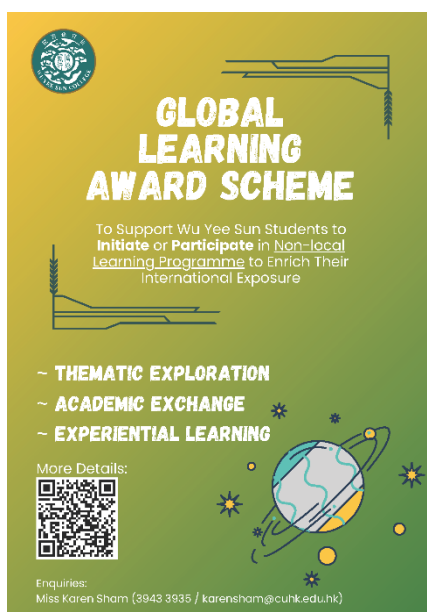
Check out the details through this [link](#).

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 for funding for the self-initiating trips, overseas programmes, and virtual programmes. For further details, please refer to the 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
Winter	1st Nov 2026(Sun) – 30th Apr 2027(Fri)	1st May 2026(Fri) – 31st Oct 2026(Sat)

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13733233>

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

Application & Guidelines :

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.

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 includes a QR code for "Application & Guidelines". It is divided into two main sections: "Sports Activities" and "Qualification Courses for Sports Coach".

Sports Activities

- Max. funding amount: **\$1500**
- OR Up to 60% of application fee & course fee (whichever is lower)
- Examples:** Standard Chartered Hong Kong Marathon, Oxfam Trailwalker, Spartan Race, Yoga Class, Dance Workshop

Qualification Courses for Sports Coach

- Max. funding amount: **\$3000**
- OR Up to 60% of course fee (whichever is lower)
- Examples:** Rowing, Rope-skiing, Orienteering, Taekwondo

Additional text on the infographic: "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."

伍宜孫書院 WU YEE SUN COLLEGE

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

Application & Guidelines : 

Self-Motivation Fund for Sustainability Activities

encourages students to participate in various kinds of sustainability activities that promote sustainable development and reduce inequality

Sustainability Activities

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

Examples
Eco-cultural Tour
Uncycling Workshops
Design-thinking Workshops

Qualification Courses for Instructors of Sustainability Activities

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

Examples
Horticultural Therapists
Docent Training on Ecotourism
Certified Environmental, Social and Governance (ESG) Planner

 伍宜孫書院
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Enquiries:
MS Sonia YU (soniayu@cuhk.edu.hk / 3943 3937)

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

Funding Amount:

Sustainability Activities:

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

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

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

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

Enquiries:

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

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6. Mingle Fund



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

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

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

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

Enquiries:

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

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



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

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

Enquiries:

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

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Other Activities & Announcements

1. Global Citizenship (GC) is now available!

The Global Citizenship Series aims at enhancing your global awareness, broadening your horizon, and empowering you with knowledge and skills needed for a critical and reflective mind to become responsible global citizens and participate effectively for positive changes at personal, community and global levels.

Intercultural Communication
Cultural Identity | Levels of Identity | Communication Styles
Class Studies | Solutions and Advocacy

Media and Technology
Digital Media Characteristics | Digital Inequality | Interactions
Information Disorder | Solutions and Advocacy

Global Labour and Employment
Global Systems | Worker Challenges | Digital Platforms
Solutions and Advocacy

Let's get started NOW!
<https://ilc.link/GC>

The Independent Learning Centre
The Chinese University of Hong Kong | 3943 3935 | ilc@cuhk.edu.hk

Global Citizenship Series
An online series of 3 modules designed to help you become a global citizen.

Intercultural Communication
Who, where, and identity: how does our identity affect our interpersonal relationships? Who are I, and how do I relate to others? What are the similarities and differences between different cultures? Through a series of self-reflection, group discussion, and case study analysis, this module will help you better understand the world, to better understand different cultures, and to become a responsible global citizen.

Media & Technology
Let's start with the basics: what is media? What is technology? How do they relate to each other? In this module, we will explore the cultural effects of digital technology on our lives, and how it shapes our communication, our social interactions, and our identity. We will also explore the challenges and opportunities of digital technology, and how we can become responsible global citizens in the digital age.

Global Labour & Employment
In a world where the economy is changing rapidly, the labour market is also changing. In this module, we will explore the challenges and opportunities of the labour market, and how we can become responsible global citizens in the global economy. We will also explore the challenges and opportunities of digital technology, and how we can become responsible global citizens in the digital age.

Nurturing Global Citizenship Through English

The Independent Learning Centre
3943 3935 | ilc@cuhk.edu.hk | <https://ilc.link/GC>

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

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

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2. Community Resources for Emotional Support

<TourHeart+ X Wellness and Counselling Centre>

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

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



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

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

Guided Imagery – Forest (English Version): <https://youtu.be/Ie16jU9h6Kc>

🌳 Walking through an imaginary forest through guided imagery and allowing yourself to relax.

Guided Imagery – Lake (English Version): <https://youtu.be/vQCrIWhy168>

🌊 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.