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Sunny Review

1. Wu Yee Sun College Students Excel at the Hong Kong Universities Rowing Championships 2026 全港大學賽艇錦標賽 2026

Wu Yee Sun College is proud to congratulate our students who represented the CUHK University Team at the Hong Kong Universities Rowing Championships 2026, held on 22-23 August 2026. Demonstrating exceptional dedication, perseverance, and teamwork, our student athletes delivered outstanding performances and achieved remarkable results across multiple events.



Men's Events

Events	College students
Men's Eight (Coxed) - Gold	Wong Tin Tai (黃天泰)
Men's Eight (Coxed) - Silver	Chu Lok Man (朱樂文)
Men's Four (Coxless) - Gold	Wong Tin Tai (黃天泰)
Men's Four (Coxed) - Gold	Leung Tsz Ying (梁祉盈) (Coxswain)



Women's Events

Events	College students
Women's Eight (Coxed) - Gold	Ying Ching Man (邢靜雯) (Coxswain)
Women's Four (Coxed) - Gold	Ying Ching Man (邢靜雯) (Coxswain)
Women's Four (Coxed) - Silver	Lau Ho Yan (劉可欣)
Women's Eight (Coxed) - Bronze	Lau Ho Yan (劉可欣) Chung Wing Lam Leanne (鍾泳林) Fu Wenfei (傅文妃)



These impressive accomplishments are a testament to the determination, resilience, and sporting excellence of our students. Their achievements not only brought honour to the University Team but also brought great pride to the College. We extend our heartfelt congratulations to all participating rowers and wish them continued success in their future competitions.

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College Activities

1. Sunny Living Week 2026

☀️ Sunny Living Week is Here! ☀️

Looking to add some excitement to your university life, make new friends, and try something different? 🌈 Join us for Sunny Living Week, a vibrant series of activities designed to help you relax, recharge, and explore new interests!

From the exciting 🏊 Rowing Challenge, the hands-on 🐻☕ Food-making Workshops, and a relaxing 🛋️ Weaving and Picnic Experience, to the lively 🌻 Sunny Market and a Visit to Traditional Hakka Village to learn about heritage conservation, there's something for everyone.

Whether you're looking to pick up a new skill, express your creativity, stay active, or simply chill out with friends, join us for an unforgettable week filled with positive energy, laughter, and new experiences. 💖

🔥 Don't miss out! Gather your friends and sign up today! ☀️ ⚡

Sunny Living Week

5 - 10 Oct 2026

5. 10 (Mon)
Rowing Challenge
6 - 8 pm

6. 10 (Tue)
Healthy Bear
Steamed Bun Workshop
6.30 - 8.30 pm

7. 10 (Wed)
3D Bear Latte Art
Workshop
6.30 - 8.00 pm

8. 10 (Thu)
Farm-to-Picnic &
Weaving Experience
7 - 9 pm

9. 10 (Fri)
Sunny Market
11.30 am - 2.30 pm

10. 10 (Sat)
Discovering the Science
Behind Hakka Culture
9.15 am - 3.15 pm

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

Date	Activity
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5th Oct 2026(Mon) 6:00pm – 8:00pm	Rowing Challenge 划艇挑戰賽 (Details & Registration)
6th Oct 2026(Tue) 6:30pm – 8:30pm	Healthy Bear Steamed Bun Workshop 健康小熊饅頭工作坊 (Details & Registration)
7th Oct 2026(Wed) 6:30pm – 8:00pm	3D Bear Latte Art Workshop 3D 立體小熊拉花工作坊 (Details & Registration)
8th Oct 2026(Thu) 7:00pm – 9:00pm	Farm-to-Picnic & Weaving Experience 本地菜野餐 x 編織體驗 (Details & Registration)
9th Oct 2026 (Fri) 11:30am – 2:30pm	Sunny Market 陽光市集 Farmer's Fair Free Drink Distribution - please bring your own cup Sweat & Smash (by Sports Association) Stress-relief Herbal Sachet Making Power-Generating Bike Experience Registration is not required for the above booths! Herb Identification & Natural Cleaner Making Workshop (by Green Team) Upcycling Workshop and Icelandic Wool Experience (by clab) Please stay tuned for the updated details @green_team.wys / @clab_cuhk
10th Oct 2026 (Sat) 9:15am – 3:15pm	Discovering the Science Behind Hakka Culture 客家文化的科學觀 (Details & Registration)

More Details : <https://wys.cuhk.edu.hk/news/sunny-living-week-2026/>
Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13734545>

Enquiries:

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

Ms. Ruby Tam (rubbyttam@cuhk.edu.hk / 3943 9768)

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2. Service-Learning Programmes (Term 1, 2026-27)



“Nurturing students through assuming social responsibility” is one of our College’s educational goals. This semester, we offer three local Service-Learning opportunities for you to engage in social services. The main service targets are

children, including ethnic minorities and those with chronic genetic conditions. You will have the chance to understand the needs of various types of service user, plan and implement service-learning projects that address their needs.

Details: <https://wys.cuhk.edu.hk/news/service-learning-programmes-term-1-2026-27/>

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13739620>

Deadline: 13th Sep 2026 (Sun)

Interview period: 15th Sep 2026 (Tue) – 16th Sep 2026 (Wed)

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

Remarks: These service-learning programmes are conducted voluntarily and are not eligible for application towards the GEYS4011 Social Responsibility through Community Engagement: Individual Project.

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

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3. 粵語社交會話工作坊 Social Cantonese Workshop



粵語社交會話工作坊

導師：沈嘉儀老師

日期：10月7, 14, 21及28日
(逢星期三，共四堂)

時間：晚上6:30至8:00

地點：伍宜孫書院西座112室

語言：粵語 / 普通話

截止日期：9月30日

按金：港幣\$ 100
(只收現金，出席三堂可獲退還全部按金)

註：名額有限，先到先得，欲報從速。
報名次序以遞交按金先後次序為準，請將按金交至書院辦公室(G03)。

專為以普通話為母語，或能以普通話溝通而粵語能力尚未達到流利程度的同學而設。

立即報名

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

想在香港生活時多用粵語，融入本地文化嗎？本工作坊專為以普通話為母語，或能以普通話溝通而粵語能力尚未達到流利程度的同學而設。透過互動活動及實際溝通練習，同學將學習適用於香港校園及日常生活情境的實用粵語，例如點餐、購買飲品、乘搭公共交通工具、問路，以及向宿舍或校內職員尋求協助等。課程亦會介紹粵語基本發音及香港本地文化特色，協助同學提升運用粵語的信心，並更容易融入校園及香港生活。

Want to learn more Cantonese and immerse yourself in the local culture while living in Hong Kong? This workshop is designed for students whose first language is Putonghua, as well as students who can communicate in Putonghua but are not yet fluent in Cantonese. Through interactive activities and practical communication tasks, participants will learn useful Cantonese for everyday situations, such as ordering food and drinks, taking public transport, asking for directions, and seeking assistance from hostel or campus staff. The workshop will also introduce basic Cantonese pronunciation and local cultural practices, helping students build confidence in using Cantonese and integrate more fully into campus and community life in Hong Kong.

Instructor: Ms. Kelly K.Y. SHUM [Part-time instructor at Yale-China Chinese Language Academy, CUHK, specializing in teaching Cantonese as a second language. She has over ten years of experience teaching spoken Cantonese to non-local students, from beginner to advanced levels.]

Date: 7th, 14th, 21st and 28th Oct 2026 (Wed)

Time: 6:30pm – 8:00pm

Venue: W112, Wu Yee Sun College

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13739150>

Deadline: 30th Sep 2026(Wed)

Deposit: \$100 (Refundable upon completing at least 3 sessions)

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

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

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4. 精神健康急救基礎課程



根據香港心理衛生會的一項調查顯示，現今 Z 世代（18 至 24 歲）青年的精神健康危機最為嚴峻，情況不容忽視。如果你都想伸出援手，幫助身邊的朋友或家人，歡迎你參加由書院舉辦的精神健康急救基礎課程，讓你辨識潛在問題，及早化解危機，詳情如下：

目標：

- 辨識常見的精神及情緒問題
- 辨識精神健康問題或危機的跡象
- 在精神健康惡化前提供有效的及早介入工作
- 知道如何鼓勵有需要人士尋求專業支援或運用合適的社區資源

內容：

- 學習精神健康急救五項重點工作：ALGEE
- 學習如何運用精神健康急救，協助面對抑鬱症、焦慮症、物質濫用及重性精神病等精神健康問題的人士，並應對相關危機情況，包括自殺風險、驚恐發作、成癮問題及精神病發作
- 認識本地精神健康資源及支援網絡

日期：15, 22, 29/10 及 5/11 (星期四) [共四堂]

時間：6:30pm – 9:30pm

地點：W112

語言：粵語

學費：全免 (參加者須繳交\$100 按金，出席所有課堂後全額退還)

導師：香港心理衛生會導師

歡迎伍宜孫書院同學及教職員參加

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13738236>

(請於 2026 年 10 月 2 日(星期五)或之前填妥報名表格並到地下院務室繳交按金。)

參加者完成 12 小時之課程後可獲由「香港心理衛生會」頒發之證書

查詢:

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

Ms. Ruby Tam (rubyyttam@cuhk.edu.hk / 3943 9768)

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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 Sep 2026(pm)(Thu) – 5th Sep 2026(Sat): Professor Kong-pang Pun (潘江鵬教授), Warden of West Block

11th Sep 2026(Fri) – 18th Sep 2026(Fri): Professor Joan Z. Zuo (左中教授), Associate College Master and Warden of East Block

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2. Admission Scholarships 2026/27

The following Admission Scholarships for 2026/27 are now open for application.

Francis Wong Hok Bun Memorial Scholarship for Distinguished Arts/ Business/ Education/ Engineering/ Law/ Medical/ Science/ Social Science Freshman

Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman
黃學斌紀念獎學金 優異新生

Eligibility 申請資格

Distinguished Arts Freshman 優異文學藝術科生
Distinguished Business Freshman 優異工商管理學科生
Distinguished Education Freshman 優異教育學科生
Distinguished Engineering Freshman 優異工程學科生
Distinguished Law Freshman 優異法律學科生
Distinguished Medical Freshman 優異醫學科生
Distinguished Science Freshman 優異科學科生
Distinguished Social Science Freshman 優異社會科學科生

College freshmen of the respective programme with Level 5** in 2 subjects or above in HKDSE, and proven leadership in social services or shown talents in creativity or innovation.
Eligible for students who placed Wu Yee Sun College as their 1st College Preference.
Applicable for local freshmen admitted via JUPAS in 2025.
於香港中學文憑考試中，取得兩科或以上 5** 成績，並在社會服務方面具有卓越領導才能，或在創意、創新學科方面表現傑出者均可申請。
當獲派往黃宜禧中學為首選。
適用於 2025 年經 JUPAS 入學之本地學生。

Award Amount 獎學金額

HK\$25,000 – HK\$50,000 per recipient
每名獲者 HK\$25,000 – 50,000 元正

Application Method 申請方法

Online application until 17 Sep 2026
即日起至 2026 年 9 月 17 日接受網上申請

Please visit College website for more information about admission scholarships
請參閱學院網頁了解詳情: www.wys.cuhk.edu.hk/scholarships.php
Enquiries 查詢: Ms Stephanie Leung | 3943 8772 | stephanleung@cuhk.edu.hk

立即申請 Apply Now

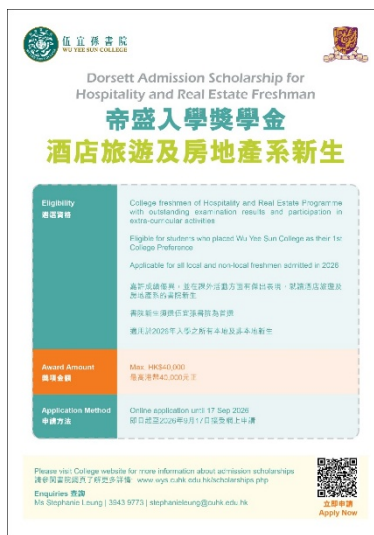
Eligibility:

- Local freshmen of respective faculty with Level 5** in 2 subjects or above in HKDSE, and proven leadership in social services or shown talents in creativity or innovation
- Placed Wu Yee Sun College as their 1st College Preference

Award amount is HK\$25,000 – HK\$50,000 per recipient.

Online Application is open until 17th Sep 2026 (Thu).

Dorsett Admission Scholarship for Hospitality and Real Estate Freshman



Eligibility:

- College outstanding Local or Non-local freshmen studying in the Hospitality and Real Estate Programme, based on academic performance and participation in extra-curricular activities
- Placed Wu Yee Sun College as their 1st College Preference

Award amount is max. HK\$40,000.

Online Application is open until 17th Sep 2026 (Thu).

Enquiries:

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

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3. College Team Tryouts (2026-27 Term 1) 書院院隊選拔 (2025-26 上學期)



Whether you're a seasoned athlete or simply passionate about sports, don't miss the chance to join the College Teams! The College is now recruiting athletes for the **basketball, soccer, volleyball, swimming, athletic and rowing team**. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

Sports Team	Date	Time	Venue
Men's & Women's Swimming	9 th Sep 2026(Wed) or 11 th Sep 2026(Fri)	6:00pm – 8:00pm	University Swimming Pool
Men's & Women's Volleyball	10 th Sep 2026(Thu)	6:00pm – 8:00pm	New Asia College Charles Leung Gym

Men's & Women's Basketball	10 th Sep 2026(Thu)	6:00pm – 8:00pm	Yeung Ming Biu Indoor Sports Center (University Gymnasium)
Men's Soccer	11 th Sep 2026(Fri)	6:00pm – 8:00pm	No.2 Sir Philip Haddon-Cave Sports Field
Men's and Women's Rowing	23 rd Sep 2026(Wed) or 24 th Sep 2026(Thu)	6:30pm – 9:30pm	Grand Stand, Sir Philip Haddon-Cave Sports Field
Men's & Women's Athletic	15 th Oct 2026(Thu)	6:00pm – 8:00pm	Sir Philip Haddon-Cave Sports Field

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13737338>

Enquiries :

Swimming, Basketball, Rowing, Athletic

Mr. Ka-kit Hui (kakithui@cuhk.edu.hk / 3943 3986)

Soccer, Volleyball

Mr. Ka-wing Lai (eaglelai@cuhk.edu.hk / 3943 3987)

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4. Welcome Lov Lov Coffee Café - Exclusive Offer for WYS Students and Staff



LOV LOV COFFEE
opening

Soft Opening: 25/8 (Tue) Grand Opening: 7/9 (Mon)

Join the Welcome Party & Food Tasting!
22 / 9 (Tue)
4:30 p.m. - 5:45 p.m.

WYS STUDENTS AND STAFF
10% OFF On drinks
20% OFF A drink+Pasta/
Sourdough Toast/Salad/Cake

MONDAY - FRIDAY 08:15 AM - 5:45 PM
SATURDAY 11:00 AM - 4:00 PM
SUNDAY & PUBLIC HOLIDAYS CLOSED

G/F, WU YEE SUN COLLEGE | @LOVLOVCOFFEE-CAFEHK

We are excited to announce the **grand opening of Lov Lov Coffee Café on 7th Sep 2026 (Wed)!**

Whether you need a morning coffee, an afternoon refreshment, or a place to relax between classes, Lov Lov Coffee is ready to welcome you.

Opening Hours

- **Monday to Friday:** 8:15am – 5:45pm
- **Saturday:** 11:00am – 4:00pm
- **Sunday and Public Holidays:** Closed

Exclusive Offer for WYS Students and Staff

10% off on any single drink

20% off on a meal set when purchasing a drink with a handmade pasta / sourdough toast / salad / cake

🍷 Welcome Party & Food Tasting on 22 September (Tuesday), 4:30 pm – 5:45 pm

Join us at the café to celebrate its arrival at Wu Yee Sun College! Come and sample signature handmade pasta, delicious snacks and drinks, and share your feedback with our caterer on-site.

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13738984>

For the latest updates, menu offerings and promotion, please follow Lov Lov Coffee on Instagram:

📷 https://www.instagram.com/lovlovcoffee_cafehk

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5. New American Pool Table Available in W116



We are pleased to announce that a new **American Pool Table** has been installed in **Room W116** and is now available for use by students and staff members.

Opening hours 9:00 am – 10:30 pm

To ensure a safe, clean, and pleasant environment for everyone, please observe the following rules when using the facilities:

1. To ensure user safety, the dart machine must not be used while the pool table is in use.
2. No food, drinks, or personal belongings are allowed on the pool table.
3. Do not sit, lean, lie down, or stand on the pool table.
4. Please return all cues to the cue rack after use.
5. Please return all balls to the ball collection rack on the table after use.
6. Please keep noise levels at an appropriate level and respect other users.

7. Please take turns using the facilities and avoid occupying them for extended periods.
8. Please treat the facilities with care. If any damage is discovered, please report it to the College Office immediately.
9. Please remove all rubbish and bring your personal belongings with you before leaving.

Thank you for your cooperation in keeping the facilities clean and enjoyable for everyone. We hope you enjoy the new addition to our College!

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6. 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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7. 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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8. 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 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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9. 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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10. 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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11. 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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12. 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=13737539>

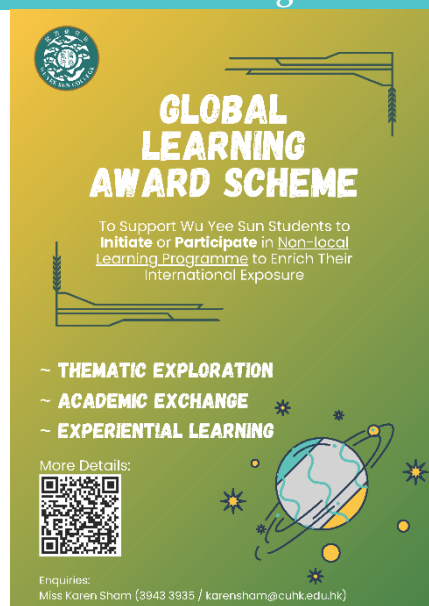
Check out the details through this [link](#).

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	1 st Nov 2026(Sun) – 30 th Apr 2027(Fri)	1 st May 2026(Fri) – 31 st 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 Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

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. Ruby Tam (rubyyttam@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

Application & Guidelines: 

Self-Motivation Fund for Sports Activities

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"

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 application fee & course fee (whichever is lower)

Examples
Rowing
Rope-skipping
Orienteering
Taekwondo

 伍宜孫書院
WU YEE SUN COLLEGE

Enquiries:
Ms Ruby Tam (rubyyttam@cuhk.edu.hk / 3943 9768)
Ms Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

*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. Ruby Tam (rubyyttam@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. 第一屆全球大學生生命科學挑戰賽 First Global Collegiate Life Science Competition



主辦單位: 生命科學開放聯盟
承辦單位: 全國高校生物醫藥區域技術轉移化驗港澳大灣區中心
協辦單位: 協同承辦處或協辦決賽的有關單位
支持單位: 香港中文大學 知識轉移專務處 Knowledge Transfer Office

區賽承辦單位: 臺北賽區: 清華大學 華東賽區: 上海科技大學 華中賽區: 武漢大學 廣州賽區: 中山大學 西部賽區: 四川大學 東北賽區: 吉林大學
支持單位: 廣州醫藥集團有限公司、廣州高新區投資集團有限公司

全球大學生生命科學挑戰賽 is an AI+ Life Sciences Youth Innovation Platform initiated and hosted by 生命科學開放聯盟. The competition centers on the core concept of "Real Problems · Real Data · Real Verification," aiming to create a flagship event of "China raises questions, China organizes evaluations, and global teams participate." It targets undergraduate and graduate students at universities worldwide, setting real challenges around key scientific issues at the intersection of artificial intelligence and life sciences, guiding young students to complete closed-loop research from "AI design" to "experimental verification."

Key Dates & Deadlines
Registration & Abstract Submission Deadline: September 5, 2026
Project Output Submission Deadline: October 4, 2026
Regional Evaluation Completed (Online): October 10, 2026
Grand Final Defense (On-site in Guangzhou): October 16, 2026

To facilitate the promotion, please find attached the promotional banner and email (only Chinese version available) for your reference. More details about the competition are available on the website below:
<https://competition.openlifesci-alliance.org/home/homepage>

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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!

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

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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>

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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/vQCrIWhyl68>

🌊 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.