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- [4. 誠邀香港青年 多彩貴州 錦繡黔东南 交流計劃](#)
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Sunny Review

1. Welcoming Session for Non-local Freshmen



To facilitate non-local freshmen in settling down and meeting other non-local students at the College, the International Team organized a two-day Welcoming Session for Non-local Freshmen on 12th-13th Sep. Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Dean of Students, together with Associate Dean of Students, Dr. Po-king Leung (梁寶建博士) and Dr. Sharon S.Y. Wong (黃倩影博士), sent their greetings to the students during the welcome lunch and encouraged the non-local students to enjoy College life by participating in various College activities.



The Team organized a series of group games, a scavenger hunt, and Music Night. All participants enjoyed the event and made new friends. Wish all freshmen a fruitful university life!

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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! 🌻 📅



Date	Activity
5 th Oct 2026(Mon) 6:00pm – 8:00pm	Rowing Challenge 划艇挑戰賽 (Details & Registration)
6 th Oct 2026(Tue) 6:30pm – 8:30pm	Healthy Bear Steamed Bun Workshop 健康小熊饅頭工作坊 (Details & Registration)
7 th Oct 2026(Wed) 6:30pm – 8:00pm	3D Bear Latte Art Workshop 3D 立體小熊拉花工作坊 (Details & Registration)
8 th Oct 2026(Thu) 7:00pm – 9:00pm	Farm-to-Picnic & Weaving Experience 本地菜野餐 x 編織體驗 (Details & Registration)
9 th Oct 2026 (Fri) 11:30am – 2:30pm	Sunny Market 陽光市集 Farmer's Fair Free Lemon Winter Melon Tea with Grass Jelly - 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!

	Upcycling Workshop and Icelandic Wool Experience (by clab) Registration Herb Identification & Natural Cleaner Making Workshop (by Green Team) Please stay tuned for the updated details @ green_team.wys
10 th 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. 語文提昇活動 - 系列講座

新學年伊始，相信大家已逐漸投入各科的學習。隨著課程進度推進，各類小組計劃、書面報告及口頭匯報亦陸續展開。在準備過程中，相信同學常常遇到邀請校內外機構合作、安排訪問等工作。臨近學期尾聲，更須思考如何呈現一份出色的匯報。面對這些挑戰，同學應如何有效準備？

中國語言及文學系聯同伍宜孫書院特別合辦兩場「語文提昇活動 - 系列講座」，深入講解專業邀請函的撰寫技巧及口頭報告策略。無論是畢業專題（FYP）或其他課堂報告與計劃，均能受惠：

「從提問到成稿：訪問與撰稿技巧工作坊」：

2026 年 9 月 21 日(一) 14:30 - 16:00

成功的訪問能通過對話挖掘人物背後的故事，而出色的訪問稿則可將口中的故事化為有溫度的文字結晶。本工作坊旨在指導同學如何進行有效訪問並撰寫專業訪問稿，討論如何梳理素材，搭建文章結構和忠實呈現受訪者的故事。通過實例分析和互動練習，同學將掌握由事前準備到事後撰稿的完整流程，為每一次「提問和書寫」的機會做好準備，寫出兼具溫度和深度的訪問稿。

報名表格：

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13740775>

Supported by Teaching Development and Language Enhancement Grants for the 2023-26
Extensively sharing knowledge and refinement, integrating Chinese Language Learning with innovative technology

中文系與伍宜孫書院合辦
從提問到成稿：訪問與撰稿技巧工作坊

講者：曾綺薇博士

日期：2026年9月21日(一)
時間：14:30 - 16:00
地點：伍宜孫書院演藝廳
語言：粵語

報名表格

成功的訪問能通過對話挖掘人物背後的故事，而出色的訪問稿則可將口中的故事化為有溫度的文字結晶。本工作坊旨在指導同學如何進行有效訪問並撰寫專業訪問稿，討論如何梳理素材，搭建文章結構和忠實呈現受訪者的故事。通過實例分析和互動練習，同學將掌握由事前準備到事後撰稿的完整流程，為每一次「提問和書寫」的機會做好準備，寫出兼具溫度和深度的訪問稿。

查詢電郵：
chitproject@cuhk.edu.hk

中大系 香港中文大學中國語文及文學系
中國語文 中大中文系中國語文及文學系
中大 中大中文系中國語文及文學系

「口頭報告策略工作坊」:

2026 年 10 月 26 日(一) 14:30 - 16:00

在課堂與學術會議中，能夠清晰、有條理地呈現內容，是傳達知識與觀點的關鍵能力；而在面對聽眾提問時，專業而自信地回應，更能彰顯學術素養與溝通實力。本工作坊將引導同學系統地學習報告準備與表達的技巧，從內容架構的安排、重點訊息的提煉，到語言與非語言表達的運用，協助同學提升整體報告效果。同時，透過實例分析與互動練習，說明如何強化即席回答的能力，學會在提問環節中保持冷靜思考，清楚、專業地回應。

報名表格：

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13740779>

查詢電郵: chltproject@cuhk.edu.hk

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Supported by Teaching Development and Language Enhancement Grants for the 2025-26
"Excellently teaching knowledge and reforming: Integrating Chinese Language Learning with innovative technology"

中文系與伍宜孫書院合辦 「口頭報告及問答技巧」講座

講者: 曾綉微博士

日期: 2026年10月26日(一)
時間: 14:30 - 16:00
地點: 伍宜孫書院演藝廳
語言: 粵語

報名表格

在課堂與學術會議中，能夠清晰、有條理地呈現內容，是傳達知識與觀點的關鍵能力；而在面對聽眾提問時，專業而自信地回應，更能彰顯學術素養與溝通實力。本工作坊將引導同學系統地學習報告準備與表達的技巧，從內容架構的安排、重點訊息的提煉，到語言與非語言表達的運用，協助同學提升整體報告效果。同時，透過實例分析與互動練習，說明如何強化即席回答的能力，學會在提問環節中保持冷靜思考，清楚、專業地回應。

查詢電郵: chltproject@cuhk.edu.hk

3. Yoga Class

YOGA CLASS

Date: Sep 21, 28 • Oct 12, 26 • Nov 2, 9 (Mondays)

Time: Class A - 6pm to 7pm
Class B - 7pm to 8pm
Class C - 8pm to 9pm

Venue: W112-114

Quota: 14 (per class)

Instructor: Ms. Regine Wong

PE Marks: 5 (upon completion of at least 5 lessons)

WYS Students: \$250 (\$200 will be refunded upon completing at least 5 lessons)

WYS College Members: \$150

Registration:

Deadline: Sep 16, 5pm

Enquiries: Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3533)

Move with Ease • Breathe with Calm

Date: 21st, 28th Sep 2026

12th, 26th Oct 2026

2nd, 9th Nov 2026 (Mondays)

Time: Class A - 6:00pm to 7:00pm

Class B - 7:00pm to 8:00pm

Class C - 8:00pm to 9:00pm

Venue: W112-114

Quota: 14 (per class)

Instructor: Ms. Regine Wong

PE Marks: 5 (upon completion of at least 5 lessons)

Fee:

WYS Students: \$250 (\$200 will be refunded upon completing at least 5 lessons)

WYS College Members: \$150

Application:

Interested students please fill in the webform AND submit the course fee to the College Office on or before 16th Sep 2026(Wed), 5:00 pm (first-come, first-served. Time of payment will be the determinant)

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

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4. Mingling Dinner with Residents

The poster for the 'MINGLING DINNER WITH RESIDENTS' event features a central title in red and black. Below the title, it says 'Get to know your Wardens, Resident Tutors and fellow residents'. The event schedule is listed in three rows: English on SEP 16 at 6:45 PM, Cantonese on SEP 24 at 6:45 PM, and Putonghua on SEP 28 at 6:45 PM. A location pin icon indicates the venue is the College Staff Dining Room, G/F, West Block. A 'REGISTER NOW' button is accompanied by a QR code. An inset photo shows a group of people sitting around a table in a dining room.

We hope residents find the comforts of home in our student hostels and strengthen the bonding with one another. Spend a cozy evening with our Wardens, Resident Tutors, and members of Resident Association to share stories and experiences of hostel life, while enjoying delicious dishes, interactive games (winners may win a small prize!) and fun chat with fellow residents.

Warden of East Block: Professor Joan Z. ZUO 左中教授
(School of Pharmacy)

Warden of West Block: Professor Kong-pang PUN 潘江鵬教授
(Department of Electronic Engineering)

Event Details

Date: 16th Sep 2026(Wed), 24th Sep 2026(Thu), 28th Sep 2026(Mon)
Time: 6:45pm – 8:00pm
Location: College Staff Dining Room, G/F, West Block, Wu Yee Sun College

Date	Language	Registration Deadline
16 th Sep 2026 (Wed)	English 英語	12:00nn, 14 th Sep 2026 (Mon)
24 th Sep 2026 (Thu)	Cantonese 廣東話	12:00nn, 22 nd Sep 2026 (Tue)
28 th Sep 2026 (Mon)	Putonghua 普通話	12:00nn, 24 th Sep 2026 (Fri)

All residents are welcome while first-come-first-served and priorities will be given to freshmen and residents who have not attended the previous dinner.

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13714516>
(This event is NOT a Roundtable Dinner.)

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

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5. 3D Printer Basic Training



clab is thrilled to announce the arrival of our newest 3D printer! Whether you're working on a personal creative project or an academic prototype, this new machine is ready for you.

All WYS students are encouraged to join our hands-on **clab 3D Printer Basic Training**! Master the basics and automatically unlock access to future bookings on the clab 3D printer.

What You'll Learn:

- Learn slicing software, printer settings, and filament loading.
- Launch a live test job with direct, 1-on-1 coaching.
- Learn essential safety rules, cleanup procedures, and future booking protocols.

Workshop Options:

- **Session A:** 22nd Sep 2026 (Tue) | 6:30pm – 8:30pm **(FULL)**
- **Session B:** 13th Oct 2026 (Tue) | 6:30pm – 8:30pm

Deposit: \$50 (Fully refunded upon workshop completion)

Application Deadline: 21st Sep 2026(Mon), 5:00pm

Don't miss out on unlocking our new maker tools for the semester! Register early to secure your spot.

Sign up now: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13739565>

Inquiries: Ms. Carrie Zeng (carriezeng@cuhk.edu.hk / 3943 3934)

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6. Table Tennis Training Programme



Date: 29th Sep 2026,
6th ,13th ,20th ,27th Oct 2026
3rd ,10th ,17th ,24th Nov 2026
1st Dec 2026 (Every Tuesday)

Time: 7:00 pm – 9:00 pm

No. of sessions: 10

Venue: Shaw College Indoor Multi-purpose Room

Fee: Free of charge

Quota: 30

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13738717>

Registration Deadline: 22nd Sep 2026(Tue)

Enquiries: Mr. Mac Chow (9571 1457)

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7. Mid-autumn Festival Welcome Party (by Resident Tutors)

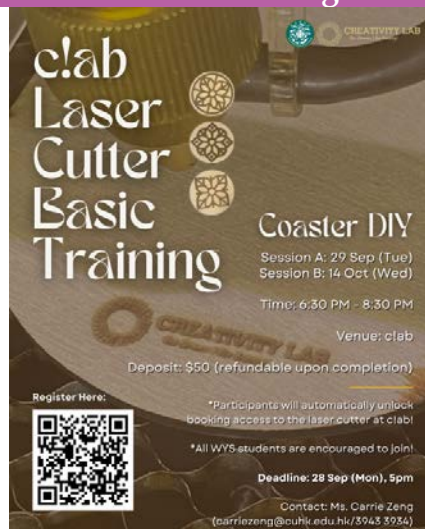


Mid-Autumn Hostel Gathering & Orientation is here! 🥰 Feeling a bit shy after just moving in? Grab your roommates and head over to the College Gallery on **24th Sep 2026 (Thu) at 8:00 pm!** 🥰

We've prepared delicious mooncakes 🥮, snacks, and drinks 🍷, along with super fun lantern riddles and traditional pitch-pot (touhu) games waiting for you. 🎉 This is the absolute best opportunity to meet your resident tutors and fellow residents, unlock hostel life tips, and let non-local students experience authentic Mid-Autumn culture firsthand. 😊 Come hang out, enjoy some treats, and kick off an amazing hostel life together! 😊

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8. Laser Cutter Basic Training: Coaster DIY



Ready to turn your designs into physical creations? Wu Yee Sun College clab encourages all WYS students to join the upcoming *Laser Cutter Basic Training: Coaster DIY* workshop!

Guided by clab staff and assistants, this interactive session will teach you essential safety protocols, software workflows, and machine operations. You will put your knowledge into practice by crafting a custom wooden coaster to take home – after completing the workshop, **participants will automatically unlock booking access** to the laser cutter at clab for future projects!

Location: clab, UG08, Wu Yee Sun College

Session Class A: Tuesday, 29th Sep 2026(Tue) | 6:30pm – 8:30pm

Session Class B: Wednesday, 14th Oct 2026(Wed) | 6:30pm – 8:30pm

Deposit: \$50 (Fully refundable upon workshop completion)

Application Deadline: 28th Sep 2026(Mon), 5:00pm

What You'll Learn:

- Material compatibility & ventilation safety
- Software workflow and setting configuration
- Hands-on laser cutter operation
- Makerspace booking guidelines & machine etiquette

Don't miss out on unlocking a creative maker tool at clab. Space is limited!

Sign up now: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13650642>

Inquiries: Ms. Carrie Zeng (3943 3934)

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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
(wanhungchan@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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10. English Through Tea Appreciation 品茶學英語



本工作坊通過一系列互動遊戲及實踐活動，讓參加者認識與茶藝相關的英語，並在專業導師引導下學習各類中國茶的沖泡技巧，配搭享用美味點心，展開一場豐富多樣的感官之旅，探索博大精深的茶藝世界。

Dive into our captivating "English Through Tea Appreciation" workshop! Embark on a sensory adventure as you explore diverse teas, from smoky black to aromatic oolong. 🌱

Through interactive games, you'll master tea-themed vocabulary, idioms, and perfect brewing techniques—including water temperature and steeping time. ☕🕒 Feel free to come with an empty stomach, as we'll serve delicious refreshments that pair perfectly with our tea selections! 🍰

Whether you're a tea lover or a beginner, improve your English while cultivating a deeper appreciation for this beloved beverage. Spots are limited, so reserve your place today! 📅

Instructor: Dr. Joyce LEE [China Adult Education Association Certified Tea Sommelier (Advanced)]

Date: 20th Oct 2026(Tue)

Time: 6:30pm – 8:30pm

Venue: W112, Wu Yee Sun College

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13736947>

Deadline: 6th Oct 2026 (Tue)

Deposit: \$100 (Refundable upon completion of the activity)

*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 determining factor.

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

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11. Fitness Training Workshops



Ready to reset and recharge?

With Fascial Release and HIIT training, you can improve your posture, relieve stress and boost your fitness. Let's get moving and power up your body and mind!

Fascial Release & Posture Correction Class 肌筋膜放鬆與體態矯正班

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

Time : 8:00pm – 9:00pm

HIIT for Beginners 高強度間歇訓練 (新手入門班)

Date : 4th , 11th , 18th Nov 2026(Wed)

Time : 8:00pm – 9:00 pm

Deposit : \$200 / workshop (Refundable upon completing all lessons)

Venue: College Gym

Quota: 12 /workshop

PE Mark : 5 /workshop

Instructor : Mr. John Chan

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13734692>

Interested students please fill in the webform AND submit the deposit to the College Office on or before 6th Oct 2026(Tue), **5:00pm** (First-come-first-served. The time of deposit payment will be the determinant)

Enquiries:

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

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

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12. Fitness Consultation Sessions



Fitness Trainer is at our College's Gymnasium!!! Need guidance for a keep-fit plan or proper use of fitness equipment? Mark your calendar!

Date (Wed) :

16th Sep 2026

7th Oct 2026

Time: 7:00pm - 9:00pm

Date (Wed) :

14th , 21st , 28th Oct 2026

4th , 11th , 18th Nov 2026

Time: 7:00pm - 8:00pm

Venue: College Gymnasium

Instructor: Mr. John Chan

Target: Wu Yee Sun College students and staff (No registration is required)

Enquiries:

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

Ms. Ruby Tam ([rubyyttam@cuhk.edu.hk](mailto:rubbyttam@cuhk.edu.hk) / 3943 9768)

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13. 精神健康急救基礎課程

精神健康急救基礎課程

🕒 6:30pm - 9:30pm

📅 2026年10月15、22、29 及 11月5日 (星期四)

📍 W112

歡迎伍宜漢書院同學及教職員參加

📄 費 (需繳交\$100 雜費, 此項所有課堂全額退還)

📄 由香港心理衛生管理局認證的精神健康急救導師教授

成功完成 12 小時培訓的學員將獲頒證書

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
- 協助有需要人士尋求專業支援或運用合適的社區資源

重點

- 學習精神健康急救的五項核心原則: ALGEE
- 學習如何運用精神健康急救, 協助面對精神壓力、焦慮症、物質濫用及急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、緊急發作、戒斷問題及精神崩潰
- 認識本地精神健康資源及支援網絡

📞 如有查詢請聯絡: Ms. Ruby Tam ([rubyyttam@cuhk.edu.hk](mailto:rubbyttam@cuhk.edu.hk) / 3943 9768)

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 (rubbyttam@cuhk.edu.hk / 3943 9768)

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14. Preparation Workshop for the Putonghua Proficiency Test 普通話水平測試預備班

普通話水平測試預備班 全新活動

導師：李春平老師
(國家級普通話水平測試員)

日期：2026年10月16、23、30日，11月6、13、20日
(逢星期五，共六堂)

時間：晚上6:30至8:30

地點：伍宜孫書院西座112室

語言：普通話

截止日期：10月9日(星期五)

按金：港幣\$100
(只收現金，出席四堂可獲退還全部按金)

註冊：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)。

查詢：Miss Rita Chan
(wahkungchan@cuhk.edu.hk / 3943 9772)

應試技巧
流利程度
規範程度
朗讀水平
口語表達能力

國家語委普通話水平測試 (PSC) 是世界上最權威的普通話考試之一，在考試中獲取佳績有助增強升學就業競爭力。本課程以參加 PSC 考試為導向，由資深國家級普通話水平測試員主講，致力提升同學的普通話朗讀水平和口語表達能力，掌握實用應試技巧，為達到目標等級作充份準備。

The Putonghua Proficiency Test (PSC) is one of the most authoritative Putonghua exams in the world. Achieving excellent results can enhance your competitiveness in further studies and employment. The workshop is tailored for students preparing for the PSC administered by the State Language Commission, and is taught by experienced National Certified Putonghua Proficiency Examiner. Students will acquire effective exam strategies for the PSC and receive comprehensive preparation ahead of the assessment.

Instructor: Mr. Chunpu LI [Lecturer at Yale-China Chinese Language Academy, CUHK, and National Certified Putonghua Proficiency Examiner. He previously served as Panel Chair and Chief Examiner for the Putonghua Oral Test of Language Proficiency Assessment administered by the Hong Kong Examinations and Assessment Authority]

Date: 16th, 23rd, 30th Oct 2026 & 6th, 13th, 20th Nov 2026(Fri)

Time: 6:30 pm – 8:30 pm

Venue: W112, Wu Yee Sun College

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13736570>

Deadline: 9th Oct 2026(Tue)

Deposit: \$100 (Refundable upon completing at least 4 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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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:

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

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 2026.

外港及中國文憑入讀中、香港預科或以 1.5**成績、並在社會服務及課外活動表現傑出者，或已獲獎、證明具備領導才能及創新潛力的學生。

獲獎學生須獲各系系主任簽核。

適用於2026年經聯大入學之本地學生。

Award Amount 獎學金額

HK\$75,000 - HK\$50,000 per recipient
每名獲獎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日提交網上申請

Please visit College website for more information about admission scholarships
請參閱學院網站了解詳情: www.wys.cuhk.edu.hk/scholarships.php

Enquiries 查詢
Ms Stephanie Leung | 3943 5772 | stephanieleung@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
 資格條件
 College freshmen of Hospitality and Real Estate Programme with outstanding examination results and participation in extra-curricular activities.
 Eligible for students who placed Wu Yee Sun College as their 1st College Preference.
 Applicable for all local and non-local freshmen admitted in 2026.
 適用於成績優秀，並有課外活動方面表現出色者，就讀酒店旅遊及房地產系之學院新生。
 學院新生須將本院列為第1志願。
 適用於2026年入學之所有本地及非本地新生。

Award Amount
 獎學金額
 Max. HK\$40,000
 最高獎額40,000港元

Application Method
 申請方法
 Online application until 17 Sep 2026
 即日起至2026年9月17日透過網上申請

Please visit College website for more information about admission scholarships.
 請參閱學院網頁了解更多詳情: www.wys.cuhk.edu.hk/scholarships.php
 Enquiries 查詢: Ms Stephanie Leung | 3543 9773 | stephanieleung@cuhk.edu.hk

Apply Now

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

The award amount is a maximum of HK\$40,000.

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

The "Sunny" Award

Eligibility:

- College Local or Non-local freshmen with a positive attitude and achievements demonstrating entrepreneurial spirit (i.e., creativity, passion, and vision) or social responsibility
- Placed Wu Yee Sun College as their 1st College Preference

Award amount is HK\$15,000/ \$10,000.

[Online Application](#) opens until 4th Oct 2026(Sun).

Hop Wai Admission Scholarship for Outstanding Artistic Achievements



Eligibility:

- College Local or Non-local freshmen with outstanding achievements in literary arts/ performing arts/ visual arts/ film/ media arts/ music
- Placed Wu Yee Sun College as their 1st College Preference

Award amount is HK\$10,000.

[Online Application](#) opens until 4th Oct 2026(Mon).

Enquiries:

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

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3. Deferment of Tuition and Hostel Fees for Full-time Undergraduate Students (Term 1, 2026/27)

The deadline for the fee payment of Term 1, 2026/27 is 30th Sep 2026 (Wed). A late charge of \$250 will be levied on late payments. For more information about student fees, please refer to:

<https://www.fno.cuhk.edu.hk/student/student-fees/faq/>.

College students who need to defer tuition and/or hostel fees of Term 1, 2026/27 due to financial difficulties must complete the application form ([download here](#)) and submit it along with supporting documents in person to the College Office (G03, East Block) **on or before 22nd Sep 2026 (Tue)**. **Please note that late applications and incomplete forms will not be accepted.**

Enquiries:

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

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4. Rance Lee Award for Creativity 2026-27 – Application Now Open



Creativity and Sunny Living are two of the College's core values. If you are health-conscious and a green living supporter, grab this chance to promote your creative idea!

Unleash your creativity, grab the chance to win **HK\$10,000** to promote **Sunny Living**!

Rance Lee Award for Creativity aims at encouraging the integration of creativity and Sunny Living in the following 3 areas:

- Rance Lee Award for Creativity in promoting **health and well-being**
- Rance Lee Award for Creativity in promoting **lifetime sports**
- Rance Lee Award for Creativity in promoting **green life**

Eligibility:

All WYS undergraduate students, regardless of discipline and year of study, are welcome to apply, and both individual and group projects are eligible for funding.

*The group must comprise 50% of WYS students, and the other 50% may be students from other Colleges

Project Duration:

One year, and all projects **MUST** be implemented **before graduation**!

What to do:

1. Read through the guidelines carefully and fill in the application with attachments of relevant materials as requested on the form.
2. Submit your application **on or before 4th Oct 2026(Sun) by 11:59pm** and your proposal **on or before 11th Oct 2026(Sun) by 11:59pm** through one of the following channels –
 - a. E-mail the application form to Ms. Elisha Yting (elishaying@cuhk.edu.hk), which can be downloaded from the College Website (<https://wys.cuhk.edu.hk/cms/college-life-support/funding-scheme/?scheme=rance-lee-award>); OR
 - b. Fill in the webform (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13739033>); OR
 - c. Submit the hardcopy to the DOS Office, UG/F, West Block, Wu Yee Sun College during office hours; and
 - d. Submit a ONE A4 page Executive Summary along with the application form via online or in person

Wait until you hear from the College. Applicants may be invited to a short interview. The college will notify applicants of their application results within one month.

Enquiries:

Ms. Carrie Zeng (carriezeng@cuhk.edu.hk / 3943-3934)

Ms. Elisha Yting (elishaying@cuhk.edu.hk / 3943-9767)

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5. College Hostel Grant 2026/27 – Applications Now Open

College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant* 2026/27. The grant amount for 2026/27 will be a maximum of \$5,658 per year.

Applications are now open until **5th Oct 2026(Fri)**. Local students with Term 1 or whole-year residence are eligible to apply. Please [download the application form](#) and submit the completed form with supporting documents in person to the College Office (G03, G/F, East Block) before the deadline.

** The College Hostel Grant is generously supported by Mr. and Mrs. John Lo Student Grant Schemes.*

Enquiries:

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

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6. Fire Drill at Wu Yee Sun College (30th Sep 2026)



To familiarize staff and students with the fire alarm system and evacuation procedures, the College and the Security Unit will jointly conduct a fire drill on **30th Sep 2026(Wed) at 8:00pm**. The fire drill will take about 30 minutes.

Please take note of the following during the exercise:

- The fire alarm will sound for about 5 minutes.
- Students, staff and visitors in the College Building are requested to leave immediately using the nearest staircase and evacuate to the **Assembly Point (Outdoor Area of Shaw College Student Canteen)**.
- DO NOT use lifts.
- Lock your hostel room doors.
- Resident Tutors and College staff will conduct a headcount and confirm when the drill is complete.

All staff and students are invited to join and learn more about fire safety.

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7. 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, athletics, 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 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>

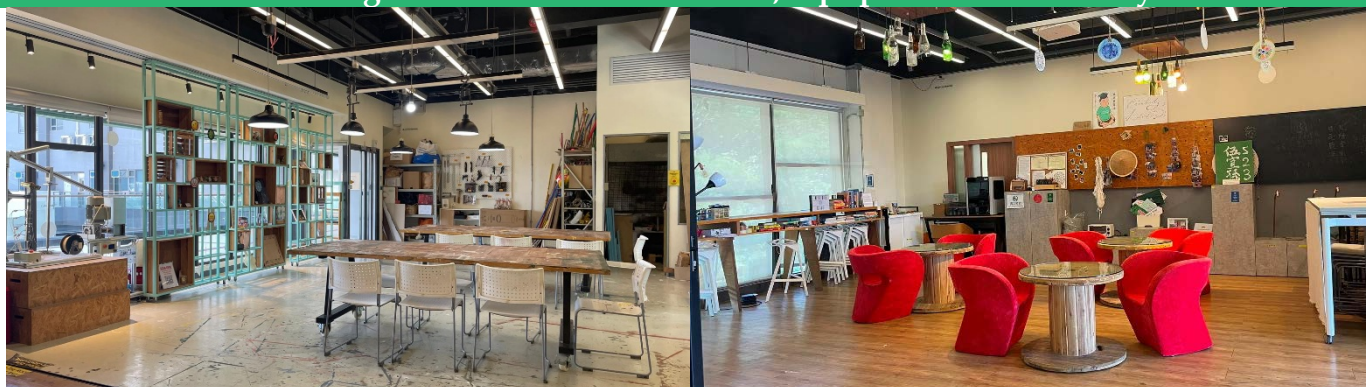
Enquiries :

Swimming, Basketball, Rowing, Athletics

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

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8. Booking Guidelines for clab Venue, Equipment & Machinery



All Wu Yee Sun College students and student organizations using the clab's venue, equipment and machinery for a specific period must register at least **2 weeks in advance**.

Application Forms:

- [Booking of Venue & Equipment at clab](#)

- [Booking of Machinery at c!ab](#)

Students must then visit the DOS Office counter **2 days before** the registered booking period with a Student ID for verification, a signed [House Rules](#), along with the deposit. Students can only begin work after official confirmation is received.

Please read the [Booking Guidelines](#) of c!ab before submitting your application.

Thank you for your cooperation, and we hope you enjoy the creative space.

For further inquiries:

Ms. Carrie Zeng (carriezeng@cuhk.edu.hk / 3943 3934)

Ms. Elisha Yting (elishaying@cuhk.edu.hk / 3943 9767)

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9. Opening Hours for College Gymnasium

The opening hours of the College Gymnasium in 2026/27 are adjusted as follows:

Facilities	Summer Opening Hours
College Gymnasium	7:00am – 11:00pm (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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10. 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 (Mon)!**

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:** 8:15 am – 5:45 pm
- **Saturday:** 11:00 am – 4:00 pm
- **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 22nd Sep 2026 (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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11. 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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12. 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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13. 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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14. 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: 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

- WYS non-residents can access College until 11:00pm daily. Only residents can access College building after 11:00pm.*
- The opening hour of College Gymnasium is adjusted to 7:00am – 11:00pm.*
 - First-time users should bring their valid (i) CU Link Card and (ii) CUHK Fitness Room User Certificate to College Office (G03) for registration.*
 - 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.*
- The opening hours of other College facilities can be referred at <https://www.wys.cuhk.edu.hk/about-us/campus/>.*

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15. 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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16. 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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17. WYS's Got Talents – Photography, Poster Design, MC and a lot more!

**JOIN
WYS'S GOT
TALENT**

- Photography/Video-production
- Master of Ceremonies
- Simultaneous Interpretation
- Organizing Workshops for College Students (e.g. handicraft)
- Audio-Visual Support
- Writing
- Art & Design

Registered students may be invited to assist in different occasions
Don't hide your talents, shine in the College!

REGISTER



Inquiries:
Miss Linda Tsang (linda@wys.cuhk.edu.hk / 3543 3834)
Miss Kiki Chan (kiki@wys.cuhk.edu.hk / 3543 5775)

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

The poster for the Be Entrepreneurial! Funding Scheme features a dark blue background with a lightbulb icon in the top right corner. It highlights three student projects: Lee Hon Lam's SolarGuard (2025-26), Hui Chi Yan's Food_Mood (2025-26), and Wong Tsz Kwan's WriteRight (2025-26). Each project is represented by a circular image of the student. At the bottom, it states 'Maximum Funding HK\$20,000' and provides a QR code for the application form. Contact information for Ms. Carrie Zeng is also listed.

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

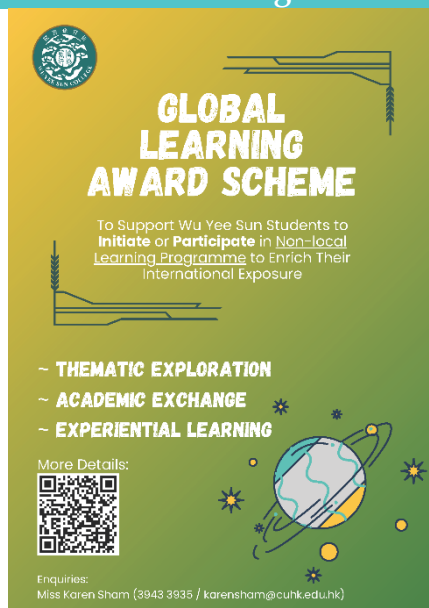
- <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13737539>

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

Enquiries:

Ms. Carrie Zeng (carriezeng@cuhk.edu.hk / 3943 3934)

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>

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**.



伍宜孫書院
WU YEE SUN COLLEGE

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

Health and Well-being Activities



Max. funding amount

\$1500

OR

Up to 60% of application fee & course fee (whichever is lower)

Qualification Courses for Health and well-being instructors



Max. funding amount

\$3000

OR

Up to 60% of course fee (whichever is lower)

Examples

Healthy Cooking Class
Course about Nutrition / Chinese Medicine
Mindfulness Workshop
Mental Health First Aid Course

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

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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

Application & Guidelines: 

Self-Motivation Fund for Sustainability Activities

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

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Enquiries:
Ms Sonia Yu (soniaryu@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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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 (karensam@cuhk.edu.hk / 3943 3935)

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Other Activities & Announcements

1. University Bursaries and Loans 2026/27

The University Bursaries and Loans (UBL) 2026/27 are now available for local students who are studying full-time undergraduate programme and cannot get sufficient financial assistance under the Government Tertiary Student Financial Scheme – Publicly-funded Programmes (TSFS).

Applicants should complete and submit the online application via CUSIS (Website: <https://www.cuhk.edu.hk/cusis>; Login MyCUHK > Click 'CUSIS' icon > Click 'Scholarships and Financial Aid' icon > Select 'Online Application Form' > Public Application > click the magnifying glass to select "University Bursaries and Loans") on or before **30th Sep 2026(Wed)**.

Application details: <https://admission.cuhk.edu.hk/fees-financing-your-studies/financial-aid/open-for-applications/>

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2 Student Residence Bursary Scheme 2026/27

Student Residence Bursary Scheme aims to provide a hostel grant to subsidize partial hostel fees of the needy local undergraduate students who are not able to benefit substantially from the government hostel subsidy.

Eligibility

To be eligible to apply for the CUHK Student Residence Bursary 2026/27, applicants must:

1. be local full-time undergraduate students;
2. be registered residents of the hostel and have resided in the hostel for at least 75% of the time of the term (based on the availability of the hostels for students);

3. have an average monthly household income (during the period from 1st Apr 2025(Tue) to 31st Mar 2026(Tue)) lower than the median of the monthly household income published in the recent Quarterly Report on General Household Survey by the Census and Statistics Department (*Please refer to the [Guidelines](#) for the monthly household income bandings*);
4. be not able to benefit from the government hostel subsidy or receive less than \$1,990 per term under the government hostel subsidy.

Amount of Bursary

1. For eligible needy students who are not able to benefit from the government hostel subsidy, the value of each bursary will be \$1,990 per term.
2. For eligible needy students who receive less than \$1,990 per term under the government hostel subsidy, the value of each bursary will be the difference between \$1,990 and the approved amount of the government hostel subsidy.
3. The maximum amount of bursary for residents of all types of shared rooms will be the same.

Application Procedures

1. Eligible students who live in the hostel for the first term or the whole year should submit their online application in CUSIS (Website: <https://www.cuhk.edu.hk/cusis>; MyCUHK > Click 'CUSIS' icon > Click 'Scholarships and Financial Aid' icon > Select 'Online Application Form' > Public Application > click the magnifying glass to select "Student Residence Bursary") during the application period **from 7th Sep 2026(Mon) to 30th Oct 2026(Fri)**.
2. Applicants should print out Section 7 of the online application form and submit it together with the supporting documents to the College on or before the application deadline.

Application details: <https://admission.cuhk.edu.hk/fees-financing-your-studies/financial-aid/open-for-applications/>

Enquiries:

Office of Admissions and Financial Aid (3943 1898 / 3943 7205)

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3. Tertiary Student Finance Scheme - Publicly-funded Programmes (TSFS) and Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2026/27

Both TSFS and NLSFT (2026/27) are now open for applications from new students until 25th Sep 2026. Applications should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through "eWFSFAA" online platform (eWFSFAA.gov.hk) **on or before 25th Sep 2026 (Fri)**.

After submission of the online form, applicants will be required to submit the declaration and supporting documents by online uploading, by post or to the collection boxes at the SFO's office. Applicants may also submit the documents to the collection box at Room 1206, 12/F, YIA from 8:45 am to 1:00 pm and 2:00 pm to 5:30 pm, Monday to Friday (except public holidays) **from 7th Sep 2026(Mon) to 2nd Oct 2026(Fri)**.

Details of TSFS and NLSFT can be found on the website of Office of Admissions and Financial Aid (OAFA) at <https://admission.cuhk.edu.hk/fees-financing-your-studies/scholarships/open-for-applications/> (Financial Aid → Open for Applications → Government Financial Aid Schemes).

Enquiries:

Scholarships and Financial Aid Section, Office of Admissions and Financial Aid (sfas@cuhk.edu.hk / 3943 7205 / 3943 1898)

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4. 誠邀香港青年_多彩貴州_錦繡黔東南_交流計劃



想深度體驗多彩貴州民族文化？👉🇨🇳

💎一齊走進黔東南，感受民族共融嘅魅力！💎

🇨🇳「錦繡黔東南・同心中華情」主題交流活動

🎓主辦單位：保良局青年發展服務 及 貴州凱里學院

👥邀請對象：18 歲或以上港澳大專學生

🎨活動內容：

👨👩帶領義教活動 | 專題互動講座🎤 | 蠟染非遺體驗🖌️ | 民族文旅實地考察🗺️ | 苗侗歌舞武術觀摩👯 | 苗族飛歌體驗🎵 | 博物館及校園參觀🏛️ | 凱里城區文化漫步🚶🚶 | 👨👩結業禮

📍地點：貴州凱里、丹寨縣等黔東南地區

📅日期：2026 年 10 月 27 日(星期二)至 11 月 1 日(星期日) (6 日 5 夜)

📌簡介會：2026 年 10 月 3 日 (星期六) 下午

📌報名截止：2026 年 9 月 16 日 (星期三) 之後會安排視像面見確定參加資格

💰費用安排：\$2,500

已包括：

- ☑️ 高鐵香港往返貴州
- ☑️ 當地食宿（三餐+標準雙人房）
- ☑️ 當地行程內的交通費
- ☑️ 行程中的文化體驗活動

💎收穫：體驗多元民族文化、見證文旅振興鄉村成果、拓展青年交流網絡、跨境服務經驗、📄服務證書

🔥名額有限 | 額滿即止！

📄報名：<https://forms.gle/AJ9FpQsE74mFDkoN9>

☎️查詢：2277 8538（陳先生）

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5. AIESEC in CUHK is Recruiting Members! | AIESEC 會員招募

Discover the **real potential** within you this semester. Join our community of growth-seeking students across Hong Kong! In AIESEC in CUHK, you'll get to expand your network, start your self-development journey, and uncover the **real potential** within *you*.

[What is AIESEC?](#)

AIIESEC is an international youth organization founded in 1948, present in **100+ countries worldwide**. In Hong Kong, AIIESEC in CUHK is **one of 6 branches** across 6 universities. AIIESEC aims to develop youth by providing real leadership experiences through **membership** and **exchange programs**.

Membership:

- Join one of AIIESEC in CUHK's 7 departments that ultimately contribute to **facilitating AIIESEC exchanges**. It ranges from **external business savvy** operations to **internal team management**.
- Participate in different touchpoints **hosted only for AIIESECers**, for example local, national, and **international conferences** to connect with people from diverse backgrounds
- Build hands-on skills in leadership and cross-cultural communication, while gaining career exposure and professional growth beyond academics
- You can go on **AIIESEC exchange** by the end of your membership with a special discount!

A glimpse of what you'll be apart of/working on - AIIESEC Exchange:

- Facilitating **Overseas Volunteer** and **Internship** exchanges that allow students to gain an enriched understanding toward other cultures, develop leadership skills, and create real impact
- AIIESEC facilitates over **30,000** experiences a year, and we are excited to have you join us on this journey!

Interested in becoming an AIIESEC Member?

Please fill out the sign-up form below for one of our following recruitment talks in CUHK:

- **10th Sep 2026(Thu) 6:45pm-9:00pm**
- **14th Sep 2026(Mon) 6:45pm-9:00pm**
- **18th Sep 2026(Fri) 7:00pm-9:00pm (Virtual)**
- **19th Sep 2026(Sat) 7:00pm-9:00pm (Virtual)**
- **21st Sep 2026(Mon) 6:45pm-9:00pm**

Sign-up link: <http://aiesec.hk/joinaiesec2026>

Please note that attending one of our recruitment talks is mandatory for applying for membership.

In the meantime, feel free to check out our Instagram page at [@aiesechk](https://www.instagram.com/aiesechk) or check out our website aiesec.hk/cuhk-2026/ for more information. We look forward to seeing you there!

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6. Global Citizenship (GC) is now available!

Global Citizenship Series

Intercultural Communication
Cultural Identity | Levels of Identity | Communication Styles
Case 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
802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000

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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7. 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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8. 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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9. 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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